



# San Diego Feets

Vol. 35

No.3

**WALKABOUT INTERNATIONAL** is a non-profit educational group that promotes neighborhood walking in urban, suburban, and rural environments throughout the world. Walkabout publishes a monthly schedule of events; for one complimentary issue call the Walkabout office, located at 2650 Truxtun Road, Suite 110, San Diego, CA 92106-6007, (619) 231-SHOE (7463), FAX (619) 231-9246. Office hours: 10:00 am to 2:00 pm, Monday through Friday. Internet: [www.walkabout-int.org](http://www.walkabout-int.org), e-mail: [info@walkabout-int.org](mailto:info@walkabout-int.org).

## March 2012

### CELEBRATING OUR 35TH ANNIVERSARY

#### CELEBRATING 35 YEARS – WALKABOUT INTERNATIONAL STYLE!

We're quirky, we're different, we're thrifty...we know how to live, and we live longer because we have walked to where we are today. For 35 years, we have grouped together to explore San Diego and the world. When the front door looked too grand an entrance for our sneakers, shorts and T-shirts, we have been more than happy to use the back door. And we have survived.

So it is with the celebration of our 35th Anniversary. Our wonderful 100 walks or so per month are in this newsletter, but the added attraction is that we are celebrating every day this anniversary month with a special walk or event. That's at least 31 reasons to get out of the easy chair, lace up your sneakers and join the crowds. Every walk leader was urged to create a special commemorative walk for this month, and many came through. There is a Tecolote Canyon walk (3/5), a North/South/Dog Park walk (3/22), a University City walk (3/28). There are special museum walks for reduced fees (3/23, 3/29), history walks (3/4, 3/7, 3/16) and numerous "memories" walks (3/3, 3/30). There are walks that feature glimpses into places you wouldn't ordinarily go (3/15, 3/27), and there is an elegant high tea (3/25), a bus tour (3/10), a cocktail party (3/19), a guest walk with the Friendship Force (3/2) and a brown bag speech celebrating 35 years of downtown walks (3/6). We close the month with a "Convergence Walk" on 3/31...pick one of four entrance points and end up in the Gaslamp Quarter for a special tribute to Downtown Sam! Our walk leaders' creativity was extraordinary, and all you have to do is show up!

So check out our walks in this issue of SDFeets and pay special attention to those walks that are highlighted as "Anniversary Walks". Special effort has been taken to ensure a unique experience for our walkers. There will be press coverage throughout the month, so watch for newspaper and television coverage, too.

We're 35 years young; just look at us and smile!

Unless otherwise specified, Walks start at the time shown. Walk leaders should arrive 15 minutes before the time listed in the newsletter.

#### THURSDAY, MARCH 1

6:30 am

**35TH ANNIVERSARY WALK—SUNRISE SERIES: LIBERTY STATION.** Join us to view the replica of a historic ship under construction. From the I-5, take Rosecrans St., turn left on Womble Rd. (just past Von's and Trader Joe's) and go to the parking lot at the end of the street. This is a mostly flat and **moderate** walk for 1 hour, but there will be one small hill as we cross a bridge. Bring money for an optional breakfast after. **Fusa** (619) 223-6947.

10:00 am

**MISSION BEACH NORTH & SOUTH.** Walk the beach or the bay and stop for coffee at the end of this **moderate**-paced walk. Meet at the Belmont Park ticket booth off Mission Blvd. To use public transport, take the trolley to Old Town. Take the #8 bus at 9:40 to Mission Blvd. arriving at 9:54. Walk across the street. Rain cancels. **Kathy L.** (858) 484-0349.

10:00 am

**SHELTER ISLAND WALK & TALK BUNCH.** **Sandra, Sally and Friends** will do a **casual** walk from the Bali Hai Restaurant to the Friendship Bell and back on flat sidewalks (about 2.2 miles round trip & about 60-70 minutes). Breathe delicious ocean air and enjoy dynamic bay and city views from ships to seashore wildlife. You may stop at one of the many benches and rejoin us on the return leg. Meet at the east end of the island, about 100 paces to the right of the entrance to the Bali Hai by the lamp post and hand rails, where we will stretch a few minutes and leave promptly at 10:03 am. If you're late, drive down the island and join us along the way. Optional: re-walk the island to the pier for additional mileage. Bring a pedometer if you have one. For public transportation, take the #28 bus and walk approximately 3 blocks to the Bali Hai. Ample free parking. Rain cancels. Join us - just for the health of it!! Walk repeats every Thursday. **Sally R.** (619) 272-8851.

10:15 am

**MORNING STROLL IN BALBOA PARK.** Meet at the Senior Lounge across from the Museum of Photographic Arts to walk at a **casual** pace through beautiful Balboa Park for about 45 minutes. Terrain is flat and mostly paved. Stay after for optional coffee and cookies. Use the #7 bus if you don't want to drive. Rain cancels. **Mary T.** (619) 291-1349.

**FRIDAY, MARCH 2**

10:00 am

**35TH ANNIVERSARY WALK—FRIENDSHIP FORCE MEET, GREET & FEET FEAT.** Meet **Dan** at Santa Fe Depot (Broadway and Kettner Blvd.) by the front door. Walkabouts will walk at a **very casual** pace with Friendship Force guests visiting from Asheville, N.C. We'll take the MLK Promenade, with frequent stops to show off our fine city and tell stories. Optional lunch follows at fish restaurant at 5th Ave. and L St. with either a walk back or trolley. Please bring one or more small gifts for our visitors (e.g., a deck of cards, t-shirt, notepad with a San Diego connection). Rain or shine. Questions? [danielbhaslam111@yahoo.com](mailto:danielbhaslam111@yahoo.com).

3:30 pm

**35TH ANNIVERSARY WALK—LIBERTY STATION TOUR/WALKABOUT OPEN HOUSE.** Meet **Marilyn B.** in front of The Dance Place building, 2650 Truxtun Rd. at the corner of Dewey Rd., for a **casual** 1-hour walk/guided tour of NTC at Liberty Station. We will meet Alan Ziter, Executive Director of NTC Foundation, at the historic NTC Command Center, where he will tell us the history of the Naval Training Center and Liberty Station, show us some of the historic buildings, reveal plans for future use and point out some of the businesses, restaurants and galleries along the way. Afterward, we'll go to the Walkabout office Open House for refreshments. You might want to stay to explore the shops and attend the "First Friday" free events (art gallery exhibits, music and dance performances) that begin at 5:00 pm. Free street parking and behind the dance building. Rain cancels walking tour, but not the 4:30 pm open house. (619) 692-0536.

4:30 pm

**MISSION HILLS MEANDER.** Come see the great views and picturesque homes and gardens of this homey old neighborhood on a 1-hour, **moderate**-paced walk on flat terrain. Meet at Espresso Mio, 1920 Ft. Stockton Dr. From Washington St., go north on Goldfinch St. and west on Ft. Stockton Dr. Rain cancels. Wear white or light colors for safety's sake. **Pat P.** (619) 291-6162.

**Office Staff**

Donna Farris, Marilyn Buckley, Pat Peterson, Marilyn Ralph, Anna Terkelsen.

**SATURDAY, MARCH 3**

Time: TBA

**SATURDAY WILDERNESS HIKE.** Today's hike will be an e-mail hike with details sent out a day or two before. **IMPORTANT HIKE INFO:** Park on the street in front of the Methodist Church, 2111 Camino del Rio South (west of Texas St.). Be prepared to drive yourself if there are no other carpoolers. Bring lunch, 2-3 quarts of water, sun and rain protection, and lug-soled shoes. "First timers" must call the leader. Also call in case of bad weather conditions. All participants must be in top condition, well prepared for trail conditions and will be accepted at the leader's discretion. Hikers must be able to keep pace with the group. Check the hikes at <http://www.walkabout hikes.org> as weather or unusual conditions may cause the hike to be moved or canceled. If you have any questions, please contact **Candy** at (619) 435-2894 or [ccbeckwith146@yahoo.com](mailto:ccbeckwith146@yahoo.com).

9:00 am

**35TH ANNIVERSARY WALK—MEMORIES OF EARLY WALKABOUT WALKS.** Join **Pat K.** as she ventures through Tierrasanta's Shepherd's Canyon, where she first heard about Walkabout, and then on to the rim of other canyons and back through the townhouses where she led her first walk in January 1980 (at Larry's urging) – it is still one of her favorite places to walk. Meet at the grocery store at Santo Rd. and Clairemont Mesa Blvd. Optional snack follows. (619) 469-6223.

1:00 pm

**UNIVERSITY HEIGHTS/HILLCREST.** Meet **Virginia** in front of Ralphs Market in the Uptown Shopping Center, University Ave. and Vermont St., for a two-hour **casual** walk to admire the beautiful homes and enter a canyon. Rain cancels. You can get there by way of the #1, 10 or 11 bus. (619) 231-7463.

6:15 pm

**35TH ANNIVERSARY WALK—SATURDAY NIGHT LIVE.** Join **Teri, Carol and Donna** as we guide you along the harbor through the Greatest Generation Walk and Seaport Village to the Hilton Hotel and across the pedestrian bridge over Harbor Dr. or through the Gaslamp Quarter. We'll feature a slightly-different walk every week this month at a **moderate to moderate-plus** pace for about 1-1/2 hours. Meet at the statue on the Harbor Dr. side of the County Administration Center building between Ash and Grape Sts. Rain cancels. **Carol** (619) 303-7942, **Teri** (619) 584-8984, **Donna** (619) 559-5650.



**Pace Yourself**

Half Speed	—	1-2 miles per hour
Casual	—	2-3 miles per hour
Moderate	—	3 miles per hour
Moderate/Plus	—	3 1/2 miles per hour
Brisk	—	4 miles per hour
Very Brisk	—	over 4 miles per hour

# March 2012 Walks at a Glance

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>4</b> 7:15 am Breakfast Special – La Jolla 8:15 am Merry Go Round 10:30 Shelter Island - Rob	<b>5</b> 6:30 am Sunrise Series-Seaport Village 10 am Tecolote Canyon -Addie 10 am Crown Point	<b>6</b> 10 am Tweebs-Pt. Loma-Pat K. Noon Downtown-Dan 2 pm Board Meeting 6:30 pm Above the Bay	<b>7</b> TBA-Hike-Stan 10 am Coronado-Dan 10 am Robert-Fashion Valley 6:15 pm Workout	<b>1</b> 6:30 am Sunrise Series-Liberty Station- Fusa 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	<b>2</b> 10 am Friendship Force – Dan 3:30 pm Liberty Station –Marilyn B. 4:30 pm Mission Hills	<b>3</b> TBA-Hike-Candy 9:00 am Tierrasanta – Pat K. 1:00 pm University Heights-Virginia 6:15 pm Sat Night
<b>11</b> 7:15 am Breakfast Special –Balboa Park 8:15 am Merry Go Round 10 am La Jolla-Pat K.	<b>12</b> 6:30 am Sunrise Series-Normal Heights 10 am Crown Point 10:00 am Clairemont Mesa-Verna	<b>13</b> 10 am Tweebs-Banker's Hill/Park-Pat 6:30 pm Above the Bay	<b>14</b> TBA-Hike-Don 10 am No Robert walk 10:30 am Golden Hill-Larraine 6:15 pm Workout	<b>8</b> 6:30 am Sunrise Series –Liberty Station-Edie 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park 11 am Liberty Station – Rita & Dorothy	<b>9</b> 10 am Downtown-Dan 1:30 pm University Heights-Sharon 4:30 pm Mission Hills	<b>10</b> TBA-Hike-Bill 7:15 am Late Birds 10 am Bus Tour 6:15 pm Sat Night
<b>18</b> 7:15 am Breakfast Special –East Mission Bay 8:15 am Merry Go Round 9:15 am Marching-Larry 10 am Balboa Park - Michael	<b>19</b> 6:30 am Sunrise Series-Old Town-Frances 10 am Crown Point 3 pm Ocean Beach-Stan	<b>20</b> 10 am Tweebs-La Jolla –Pat K. 6:30 pm Above the Bay	<b>21</b> TBA-Hike-Kathy 10 am Robert-Balboa Park 6:15 pm Workout	<b>15</b> 6:30 am Sunrise Series – Clairemont Mesa- Winnie 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	<b>16</b> 10 am Old Town-Michael 6:00 pm Mission Hills	<b>17</b> TBA-Hike-Bill 11 am St. Patrick's Day Parade-Fran W. 6:15 pm Sat Night
<b>25</b> 7:15 Breakfast Special –Pacific Beach 8:15 am Merry Go Round 2 pm High Tea San Diego-Enid	<b>26</b> 6:30 am Sunrise Series-Downtown-Gloria 10 am La Jolla-Addie 10 am Crown Point	<b>27</b> 10 am Tweebs-Coronado-Fran W. 6:30 pm Above the Bay	<b>28</b> TBA-Hike-Candy 10 am No Robert walk 10:30 am University City-Mary C. 6:15 pm Workout	<b>22</b> 6:30 am Sunrise Series –Mission Hills-Jane 9 am South Park-Walter 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	<b>23</b> 9 am Harbor-Elizabeth 6:00 pm Mission Hills	<b>24</b> TBA-Hike-Stan 7:15 am Late Birds 6:15 pm Sat Night
				<b>29</b> 6:30 am Sunrise Series –Mission Bay-Verna 10 am El Cajon 10 am Shelter Island- No walk today 10 am Mission Beach 10:15 am Balboa Park	<b>30</b> 10 am Bird Rock-Julie 6:00 pm Mission Hills	<b>31</b> TBA-Hike-Don Noon Downtown-4 leaders 6:15 pm Sat Night

## DESERT WILDFLOWERS, SCULPTURES AND OTHER TREASURES

Tuesday, April 3rd

If you love wildflowers, this is the trip for you! Join **Walter**, master of the native plant and flower world, for a series of several nature walks on our way to the Anza-Borrego Desert as well as other treasures he has in store for us. Bring your camera, lunch, water and sun screen.

We will be carpooling from the Grossmont Center Park & Ride, across from Walmart and the Red Lobster Restaurant, leaving promptly at 8:30 am. Be prepared to either be a driver or a passenger (expect to chip in for gas money). Call the office to sign up as a passenger or a driver (indicate number of passengers you can take) 619-231-7463. Rain cancels. Call Bev at 858-268-8088 if you have any questions.

### UPCOMING EVENTS 2012

#### MARCH

10 Walkabout 35<sup>th</sup> Anniversary Celebration

#### APRIL

5 Hawaii Cruise ..... Dan  
3 Anza Borrego Day Trip ..... Bev & Walter  
Board Member Retreat ..... Election of Officers  
Baltimore/Penn Dutch Trip March/April ..... Dan

#### MAY

9 Mystery Trip Overnight ..... Dan & Rita  
11 Board Member Retreat  
12 Huntington Library Day Trip ..... Walter & Rita  
London/Paris Trip May/June ..... Dan

#### JUNE

Twilight in the Park ..... Julie  
Balboa Island Day Trip ..... Rita & Marilyn B  
Annual Walk Leaders' Appreciation Luncheon

#### JULY

Laguna Beach Pageant of the Masters ..... Rita & Bev

#### AUGUST

Nixon Library ..... Rita & Bev

#### SEPTEMBER

4 Rhode Island/Cape Cod Trip ..... Dan  
Palm Springs Day Trip ..... Rita & Bev  
Catalina Overnight ..... Rita & Bev

#### OCTOBER

Annual Picnic/Meeting/Auction  
Julian Lodge Overnight ..... Rita & Walter

#### NOVEMBER

Thanksgiving Dinner

#### DECEMBER

California Missions ..... Dan

Additional trips will be available in 2012. Walkabout supporters who are interested in learning more about these trips should contact the office and have their names (with email addresses/ phone number) placed on the interest list for each trip.

## Fundraising High Tea for Walkabout Will Feature "The Men of Walkabout"

Walkabout International will host a high tea on Sunday, March 25 at 2:00 p.m. at a residence in North Park. The men of Walkabout will offer valet parking, escort you to the tea hall, serve the tea and provide many of the goodies and pastries that you will enjoy. The tea will also feature a musicale and a reprise of an art exhibit which was displayed at a downtown museum several years ago, entitled "The Art of My Grandmothers," featuring an astounding display of Tole painting. Attire for the tea is "dress to impress," and hats are encouraged for women, according to creator Beverly Bruff. The host facility is handicapped-accessible.

Attendance at the tea is by invitation only, and if you would like to receive an invitation, you may contact the office to leave your name and number, or telephone Beverly at (858) 268-8088. While the tea is complimentary, a silver bowl and discreet envelopes will be present to accept gifts to Walkabout International to help defray the costs of producing numerous events for the 35th Anniversary celebrations.

This event will undoubtedly be the talk of the social season for Walkabout International, and a commemorative gift from the event will be provided to each guest at the conclusion of the tea.

### 2011-2012 Board Members

#### President

Stan Follis .....(619) 222-3447  
[president@walkabout-int.org](mailto:president@walkabout-int.org)

#### 1st Vice President

Norman Vigeant ..... [ngfrenchy@hotmail.com](mailto:ngfrenchy@hotmail.com)

#### 2nd Vice President

Beverly Bruff..... (619)-886-8086  
[bbruff1@san.rr.com](mailto:bbruff1@san.rr.com)

#### Recording Secretary

Donna Farris ..... [secretary@walkabout-int.org](mailto:secretary@walkabout-int.org)

#### Treasurer

Rita Balliot .....(619) 266-2555  
[treasurer@walkabout-int.org](mailto:treasurer@walkabout-int.org)

#### Directors

Marilyn Buckley ..... [pr@walkabout-int.org](mailto:pr@walkabout-int.org)

Robert Buehler .....(858) 571-7733  
[robo9@ix.netcom.com](mailto:robo9@ix.netcom.com)

Larry Forman .....(858) 755-1751  
[larry@walkabout-int.org](mailto:larry@walkabout-int.org)

Dan Haslam .....(619) 249-2446  
[danhaslam@walkabout-int.org](mailto:danhaslam@walkabout-int.org)

Dick Hiatt ..... [publisher@walkabout-int.org](mailto:publisher@walkabout-int.org)

Walter Konopka .....(619) 281-4958  
[wkonopka@sbcglobal.net](mailto:wkonopka@sbcglobal.net)

Bruce Herms..... Emeritus

## SUNDAY, MARCH 4

7:15 am

**35TH ANNIVERSARY WALK—LA JOLLA BREAKFAST SPECIAL.** Let's take a walk to explore La Jolla's beautiful homes, interesting stores and ocean views. Maybe we'll spot some whales again. Join us for a **moderately**-paced walk for about 60 minutes. Optional breakfast follows at a favorite restaurant. Perhaps linger afterwards for a street fair and parade. Meet at Girard Ave. and Pearl St. Rain cancels or postpones. **Pat's Pals** (619) 469-6223.

8:15 am

**MERRY GO-ROUND.** Start from the carousel in Balboa Park and join us on one of the most scenic walks in San Diego. Our **brisk** pace encompasses the harbor, downtown, Bankers Hill and bridges, depending on size of group and mood. Allow 3 hours, which includes a coffee break. To use public transportation, take the trolley to 3<sup>rd</sup> Ave. and C St. At 3<sup>rd</sup> Ave. and Broadway take the #7 bus at 7:42 or 7:48. Arrive at Zoo Pl. at 8:00 or 8:06. Meet **Rick** at the carousel at Park Blvd. and Zoo Pl. (858) 565-7212.

10:30 am

**35TH ANNIVERSARY WALK—HISTORY OF SAN DIEGO BAY FROM SHELTER ISLAND.** On a **casually**-paced walk down Shelter Island beginning at the Bali Hai Restaurant, a history of the bay from its formation to the present day will be discussed. Insights as to why the bay looks as it does today will be explained, and key events and figures associated with the history of the bay will be presented by the leader, **Rob**. Meet at the Bali Hai. Rain cancels. (619) 231-7463.

## MONDAY, MARCH 5

6:30 am

**SUNRISE SERIES: SEAPORT VILLAGE/HARBOR.** We'll start at Seaport Village for a flat 1-hour **moderate** walk along San Diego Bay toward the Convention Center and bridge to Petco Park, with a possible side trip to Marina Park. We can return on Harbor Dr. or just reverse direction if we choose. Meet **Connie** at the south end of Pacific Hwy. and park by the merry go-round. Bring a flashlight for safety and money for an optional breakfast after. (619) 477-8628.

---

### NEWSLETTER DEADLINE NOTICE

All walks must be in the office by the 3<sup>rd</sup> of the month before the month of the walk. None will be accepted after that date. (For example, the April newsletter is published in March, so walks must be submitted by March 3<sup>rd</sup>.) You can e-mail your walks to [walks@walkabout-int.org](mailto:walks@walkabout-int.org), or mail them to Walkabout, 2650 Truxtun Rd. Suite 110, San Diego, CA 92106-6007. If you mail them, please use the walk information form available in our office, on our website at [www.walkabout-int.org](http://www.walkabout-int.org), or send a SEPARATE 8 x 11 sheet for each walk. If you e-mail more than one walk, please leave extra space between each walk.

10:00 am

**35TH ANNIVERSARY WALK—URBAN OASIS.** Let's visit beautiful Tecolote Canyon on a flat, peaceful path that should be filled with spring flowers. We'll walk at a **casual** pace for about an hour and then have an optional lunch at a nearby Cuban cafe. Rain cancels. Take the I-5 to the Tecolote Rd. exit, go east on Tecolote Rd. all the way into the canyon, and continue driving to the very end, where there is parking and a visitor center. **Addie S.** (858) 456-4260.

10:00 am

**CROWN POINT AREA BECKONS.** Start out your week with a beautiful scenic view of Mission Bay and homes nearby. **Kathy L.** leads a **moderate**-paced walking group and pauses for coffee at a Pacific Beach coffee shop. Rain cancels. Take I-5 to Grand Ave. and go west to Lamont St. Turn left on Lamont St. then right on Crown Point Dr. Meet at the west end of the parking lot near the restrooms. To use public transportation, take the trolley to Old Town. Take the #9 bus at 9:10; get off at La Cima at 9:30. Walk 3 blocks east to the parking lot. Rain cancels. (858) 484-0349.

## TUESDAY, MARCH 6

10:00 am

**TWEEDS (TUESDAY WALKING ETHNIC EATING BUNCH)** this month explores some of San Diego's hidden pathways that **Pat** learned from Larry's walks in the 70's (Did you think I made them up?). We will explore the hidden pathways along the bay and then at dead-end streets on a **moderate** walk with great views for 60-90 minutes, with one avoidable hill. Meet at the Bali Hai restaurant. Take Rosecrans St., turn left to the end of Shelter Island Dr. and turn left into the parking lot. Optional lunch follows (taco Tuesdays?). Rain cancels. If you like any of these walks, lead it yourself at a later date – passing it on is how Walkabout grows. (619) 469-6223.

12:00 pm

**35TH ANNIVERSARY WALK—CCDC'S DOWNTOWN LUNCH BITES BROWN BAG SERIES.** Join luncheon speaker **Dan Haslam** for a humorous and animated review of Walkabout International's 35-year history of downtown walks in San Diego. Reminisce about Downtown Sam and some of the best walks over the years. Bring your brown bag lunch. Following the presentation, Dan will lead a short walk around the Horton Plaza area, pointing out some of the historical features of the neighborhood. Meet at CCDC's Downtown Information Center, 2nd level of Horton Plaza, directly above the CVS Drugstore. Validate parking for 3 hours at 2nd level kiosks. Rain or shine. Questions: [danielbhaslam111@yahoo.com](mailto:danielbhaslam111@yahoo.com).

---

The following geographical descriptions are used for walks not in San Diego proper. They appear on the same line with the time.

**NC** = north past La Jolla

**EC** = east of La Mesa

**SB** = National City or south

2:00 pm

**WALKABOUT BOARD MEETING.** The monthly meeting will be held in the BOARD ROOM of the NTC Command Center, 2640 Historic Decatur Rd. (619) 231-7463.

6:30 pm

**ABOVE THE BAY.** Join us for some exercise and fabulous views of the lights around Mission Bay. Meet by Carl's Jr. at Clairemont Dr. and Burgener Blvd. for a hilly, one-hour-plus, **moderate to moderate-plus** paced walk (see Thomas Guide 1248-F6). Rain, but not mist, cancels. Flashlight recommended. Please call **Teri E.** (619) 584-8984, **Jill F.** (858) 292-4231 or **Donna O.** (858) 279-7016 to make sure the walk is "on" for the week (rarely cancelled due to holiday or commitments).

## WEDNESDAY, MARCH 7

Time: TBA

**WEDNESDAY WILDERNESS HIKE.** Today will be an e-mail hike. There is a chance there will be no hike due to certain weather conditions. You can check the hikes at [www.walkabout hikes.org](http://www.walkabout hikes.org) for updates. See March 3 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Stan** at (619) 448-1668 before 6:00 pm or [shunt92071@yahoo.com](mailto:shunt92071@yahoo.com).

10:00 am

**35<sup>TH</sup> ANNIVERSARY WALK—"BEAUTIFUL STRANGER" HALF-DAY WALK EVENT.** Are you fascinated with the story of the ghost of the Hotel Del? Today, we use the historical society's book of the same title to re-trace the steps of the woman who died at the Del. Join an inspector and a medical examiner (Dr. Patricia Peterson) as they sort out the clues. We meet at the Arts Tix booth at Horton Plaza (near the fountain) for a walk through the Gaslamp and then a bus to Coronado, then trolley and at least one other bus. Several interesting and historical stops en route. Buy an MTS day pass or bring \$4.40 in bills and change for senior public transportation. You'll be gone several hours solving clues, so don't park at Horton Plaza. We'll stop for lunch en route. Questions? Inspector [danielbhaslam111@yahoo.com](mailto:danielbhaslam111@yahoo.com).

10:00 am

**FASHION VALLEY WINDOW SHOPPING.** Meet **Robert and Friends** for a 1-hour **casual** lookie-loo through the new, improved, up-see-down-daisy, multi-shop walkways into escalated euphoria. At the last store, we may view some retro restoration hardware. Optional tearoom visit follows. Meet in the mall in front of the east, ground level entrance of Nordstrom. Free parking. To use public transportation, take the green-line trolley marked "Green Santee" to arrive by 9:15 at the Fashion Valley station. Walk northeast to the meeting location. Rain cancels. **Robert B.** (858) 571-7733.

6:15 pm

**WEDNESDAY NITE WORKOUT.** Join us at Pioneer Park in Mission Hills next to Grant School at Washington Pl. and Randolph St. for a **moderate-plus** to **brisk**-paced, 1½ hour walk. We head in a different direction each week to explore Old Town, Hillcrest, Bankers Hill or Mission Hills. Come and have some fun! **Debbie B.** (858) 229-1065 or **Barbara N.** (619) 226-3024.

## THURSDAY, MARCH 8

6:30 am

**SUNRISE SERIES: BY THE RIVER AT LIBERTY STATION.** Join **Edie** for a **moderate**-paced, 1-hour walk on mostly paved, level paths. We'll meet at the parking area at the south end of Womble St. near the river. From the south, take I-5 to the Pacific Hwy. exit, veer to the left onto Barnett Ave., turn left into Liberty Station, turn left at Womble St. From the north or east, take the Rosecrans St. exit, proceed several miles until you see Vons Market on your left – Womble St. is the next left turn. Optional breakfast follows. (619) 222-4396.

10:00 am

**SHELTER ISLAND WALK & TALK BUNCH.** See March 1.

10:00 am

**MISSION BEACH NORTH & SOUTH.** See March 1.

10:15 am

**MORNING STROLL IN BALBOA PARK.** See March 1.

11:00 am

**35<sup>TH</sup> ANNIVERSARY WALK—LIBERTY STATION.** Come celebrate one of our 35th Anniversary special walks in Liberty Station with **Rita** and **Dorothy** at "**half speed**" for 1 hour. We invite those who need assistance and desire a nice slow pace, since we will be enjoying the art work in the Walkabout building as well as visiting the nearby marketplace. Meet at the office, 2650 Truxtun Rd., Suite 110. Call Rita with any questions, (619) 266-2555.

## FRIDAY, MARCH 9

10:00 am

**35<sup>TH</sup> ANNIVERSARY WALK—IN THE FOOTSTEPS (& UNDER THE VISOR) OF DOWNTOWN SAM.** Meet **Dan** at the Balboa Theater (4th & E) for a **casual**, flat, tribute walk to learn about our favorite son, Downtown Sam. If you never knew him, you've missed a hoot! We'll walk by many of his hallowed haunts and dust off his bench in the Gaslamp Quarter. Optional lunch at one of his favorite spots, but back to our starting point within the 3-hour Horton Plaza parking allocation. Rain cancels. Shorts, T-shirts and visors are de rigueur. Questions? [danielbhaslam111@yahoo.com](mailto:danielbhaslam111@yahoo.com).

1:30 pm

**35TH ANNIVERSARY WALK—HISTORIC UNIVERSITY HEIGHTS.** We'll tour buildings dating from 1887 to 1925, a total of more than 20 sites including the former Mission Cliff Gardens, ostrich farm and trolley barn in and around the old state teachers college area. Meet **Sharon N.** at Trolley Barn Park, Adams Ave. and Florida St. Either find street parking or take the #11 bus to the starting point. (619) 298-4340.

4:30 pm

**MISSION HILLS MEANDER.** See March 2.

**SATURDAY, MARCH 10**

**DAYLIGHT SAVINGS TIME BEGINS AT 2:00 AM TOMORROW. DON'T FORGET TO SET YOUR CLOCKS AHEAD 1 HOUR BEFORE YOU GO TO BED TONIGHT.**



Time: TBA

**SATURDAY WILDERNESS HIKE.** Today will be an e-mail hike. There is a chance there will be no hike due to certain weather conditions. You can check the hikes at [www.walkabout hikes.org](http://www.walkabout hikes.org) for updates. See March 3 listing for IMPORTANT INFORMATION. If you have any questions, contact **Bill** at (619) 264-1299.

7:15 am

**35TH ANNIVERSARY WALK—LATE BIRDS.** For those of us who can't get up for the Sunrise Series, **Anna T.** will lead a walk **at your own pace** around Pacific Beach. After the walk, we will have an optional breakfast. Take the #30 bus at 6:45 from Old Town, exit at Mission Blvd. Meet in front of the Crystal Pier at the west end of Garnet Ave. Rain cancels. (619) 231-7463.

6:15 pm

**SATURDAY NIGHT LIVE.** See March 3.

**SUNDAY, MARCH 11**

7:15 am

**BREAKFAST SPECIAL IN BALBOA PARK.** The park is beautiful any time of the year with many paths to explore on this flat walk **at your own pace.** Eating and chatting afterwards is optional but great fun (Greek?). Meet at the carousel on Park Blvd. at Zoo Pl. **Pat's Pals** (619) 469-6223.

8:15 am

**MERRY GO-ROUND.** See March 4.



**NEWSLETTER STAFF:** Diane Altona, Verna Bain, Bob Buehler, Dick Hiatt, Stan Follis, Lorraine Marshall, Marilyn Ralph, Fran Whiteman.

**MAILING CREW:** Pat Peterson (Captain), Alice Berwert, Barbara Miller, Sharon Nelson, Donna O'Donnell, Joanne Paul, Fusa Shimizu, Judy Vandruff.

**Huntington Library and Botanical Gardens**

**Saturday, May 12, 2012**

You are invited to join **Rita** and **Norm** to visit that very special place in Pasadena, the Huntington Library and Botanical Gardens. Their fabulous art collection includes "The Blue Boy" by Gainsborough and "Pinkie" by Thomas Lawrence. Stroll through the beautiful 12 theme gardens on your own, which include the newly-renovated Japanese Gardens, desert landscape in full bloom and the beautiful Rose Gardens. There are two temporary exhibits at this time: near the Chinese Gardens, you will find "The Quest for a Railroad across America," covering 1840 to 1880 in the Boone Gallery. The other temporary display honors the famed Al Martinez, the "Bard of L.A.," featuring the life and times of the Pulitzer Prize-winning journalist who has covered 5 decades of Los Angeles and national news, and is best known for his column in the Los Angeles Times.

Lunch is on your own at the Huntington's excellent café, where you will have a choice of hot or cold food including salads, fruit and deserts to enjoy in an outdoor garden setting (the Huntington has asked us not to bring any food onto the premises). You will have 5 hours to enjoy the grounds including lunch. There will be a San Diego pickup location and a North County pickup location (off Hwy 15). Please indicate on your check the desired pickup spot and your telephone number. There will be one rest stop each way. Please mail your \$62.00 check and a self-addressed, stamped, business-sized envelope to Walkabout Int'l, 2650 Truxtun Rd., Suite 110, San Diego, CA 92106-6007. Refunds will only be possible if a minimum of 35 people have signed up (the refund date will be May 1). Your seating on the bus is determined by the order your check is received, from front to back. There is walking involved at the Huntington and how much is up to you; however, it is well worth it. The price includes a Coach America 49-passenger bus with restroom, entrance to the Huntington, yummy snacks and your guides, Rita and Norm. If you have any questions please call Rita (619) 266-2555. Departure time will be 7:30 am from San Diego and 8:15 am for North County. We will stop for 30 minutes for breakfast and a rest stop. We will leave for home at 4:00 pm. Traffic may be heavy; however, we expect to be home by 7:00 pm.

10:00 am

**35TH ANNIVERSARY WALK—UCSD'S STUART COLLECTION.** Join Walkabout as we explore the world-acclaimed outdoor sculpture art and interesting architecture on a **casual** walk for 60-90 minutes over trails through a forest of singing and talking trees, by a huge bear and through a giant snake (don't worry, it's safe!). Parking is free on Sundays, so turn off North Torrey Pines Rd. onto Muir College Dr. to the first lot on the right. Rain cancels. **Pat K.** (619) 469-6223.

## WALKABOUT 'MYSTIFIES' THOSE SEEKING

### MIDWEEK MYSTERY ADVENTURE

Mystery Trip, Wednesday, May 9 through Thursday, May 10, 2012, \$149 per person (double occupancy), includes van trip, accommodations (1 night), 4 meals (L, D, B, L)

Join Walkabout International on a two-day mystery trip via van to a point within driving distance from San Diego but "worlds away" according to trip leader Dan Haslam. "We'll walk along quiet paths, breathe fresh air and possibly see some wildlife, and we'll eat very well on this trip, as usual. The views will be spectacular." If you call Walkabout to find out where we are going, no one will know – it's one of the best kept secrets in the office, but we will have wonderful walks in scenic areas and a group dinner, with picnic meals as well. Space is extremely limited as we will take no more than 11 people total. To register, send check for \$149 with self-addressed, stamped envelope to the office. Mark "Mystery Trip" on your check. If you cancel, you'll receive a refund if and when we can replace you on the trip. Questions? Email [danielbhaslam111@yahoo.com](mailto:danielbhaslam111@yahoo.com).

## MONDAY, MARCH 12

6:30 am

**35<sup>TH</sup> ANNIVERSARY WALK—SUNRISE SERIES: NORMAL HEIGHTS.** In honor of Walkabout's 35th Anniversary, let's take a stroll down 35th Street. Join us for a **casual** 1-hour, mostly flat walk beginning at the corner of 35th St. and Adams Ave. From the 805 take the El Cajon Blvd. exit, go east, turn left on 35th St. and continue to Adams Ave. Find street parking on 35th St. on either side of Adams Ave. An optional breakfast follows. **Betty** (858) 248-3782.

10:00 am

**CROWN POINT AREA BECKONS.** See March 5.

10:15 am

**35<sup>TH</sup> ANNIVERSARY WALK—EXPLORING SDG&E's ENERGY INNOVATION CENTER.** This project began almost a year ago and covers an entire block at Clairemont Mesa Blvd. and Diane Ave. **Verna** is attempting to arrange a guided tour inside the facility to see every imaginable energy and labor saving device for household and garden use. Even if we cannot arrange a guided tour, there are several places where we can get a see-through. After our half-hour **casual to moderate** walk and time at the facility, we will have an optional lunch nearby. If coming from the 805, take the Clairemont Mesa Blvd. exit and head west. If from the I-5, take the Balboa Ave. exit, head east, turn left on Clairemont Dr., right on Clairemont Mesa Blvd. to Diane Ave. (619) 276-3055.

## TUESDAY, MARCH 13

10:00 am

**35<sup>TH</sup> ANNIVERSARY WALK—TWEEBES.** Follow **Pat K.** to explore hidden pathways and pedestrian bridges in Banker's Hill and Balboa Park. We'll see beautiful old homes, views and exotic plants on this **moderate** and mostly flat walk for about 60-90 minutes. Meet at the corner of 6th Ave. and Upas St. Optional lunch follows. Rain cancels. (619) 469-6223.

6:30 pm

**ABOVE THE BAY.** See March 6.

## WEDNESDAY, MARCH 14

Time: TBA

**WEDNESDAY WILDERNESS HIKE.** Today will be an e-mail hike. There is a chance there will be no hike due to certain weather conditions. You can check the hikes at [www.walkabout hikes.org](http://www.walkabout hikes.org) for updates. See March 3 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Don** at [dpiller@cox.net](mailto:dpiller@cox.net) or (760) 796-4007.

10:00 am

**No** Robert & Friends walk today.

10:30 am

**35<sup>TH</sup> ANNIVERSARY WALK—HISTORIC GOLDEN HILL.** The Golden Hill walks have been going on since the early '80s so let's celebrate Walkabout's anniversary by visiting some of the original sites. Meet at 25th and A Sts. for a **casual** walk as Lorraine pushes her wheeled walker. We'll visit a Mexican bakery, a firehouse and stop for an optional lunch. Only heavy rain cancels. **Lorraine** (619) 583-7644.

6:15 pm

**WEDNESDAY NIGHT WORKOUT.** See March 7.

## THURSDAY, MARCH 15

6:30 am

**35<sup>TH</sup> ANNIVERSARY WALK—SUNRISE SERIES: NORTH CLAIREMONT REVISITED.** Let's watch the sun rise on this **moderate**, mostly-flat 1-hour walk to see the new football field and buildings at Madison High School (our tax dollars at work!). Take the 805 to Clairemont Mesa Blvd. west, make a u-turn at the first light (Doliva Dr.), and come back a half-block to the Madison Shopping Center parking lot. Optional breakfast follows. **Winnie** (858) 278-4003.

10:00 am

**SHELTER ISLAND WALK & TALK BUNCH.** See March 1. Also, today, we'll visit the Dennis Connor Museum at America's Cup Harbor (entrance fee waived for us) and have lunch at the Bali Hai Restaurant with its gorgeous view (see menu at [BaliHaiRestaurant.com](http://BaliHaiRestaurant.com)).

10:00 am

**MISSION BEACH NORTH & SOUTH.** See March 1.

10:15 am

**MORNING STROLL IN BALBOA PARK.** See March 1.

## FRIDAY, MARCH 16

10:00 am

**35TH ANNIVERSARY WALK—PRESIDIO UPS & DOWNS.** We'll take a **moderate-plus** 2-hour walk up into Mission Hills with its interesting architecture and gardens. A brief stop for some refreshment will spur us on our up-and-down journey back to the Presidio. Be prepared for some hilly terrain. Meet in the Serra Museum parking lot in Mission Hills – go north on Morena Blvd, turn right on Presidio Dr., bear left at the first stop sign and wind uphill (the lot will be on your right across from the museum). Optional Mexican lunch follows in Old Town. Rain cancels. **Michael B.** (619) 231-7463.

6:00 pm

**35TH ANNIVERSARY WALK—MISSION HILLS MEANDER: KATE SESSIONS WALK.** Come see the great views and picturesque homes and gardens of this homey old neighborhood for which Kate Sessions was critically responsible. She not only started Mission Hills Nursery, but enticed the trolley company to run a line here, helping Mission Hills to grow. This will be a 1 hour, **moderate**-paced walk on flat terrain. Meet at Espresso Mio, 1920 Ft. Stockton Dr. From Washington St., go north on Goldfinch St. and west on Ft. Stockton Dr. Rain cancels. **Pat P.** (619) 291-6162.

## SATURDAY, MARCH 17

Time: TBA

**SATURDAY WILDERNESS HIKE.** Today will be an e-mail hike with details sent out a day or two before. You can check the hikes at [www.walkabout hikes.org](http://www.walkabout hikes.org) for updates. See March 3 listing for IMPORTANT INFORMATION. If you have any questions, contact **Bill** at (619) 264-1299.

11:00 am

**35TH ANNIVERSARY WALK—ST. PATRICK'S DAY PARADE.** SURE AND BEGORRAH! Everyone's Irish for St. Patrick's Day, people say, so we'll join the festivities to walk the parade route at a **casual** pace to view everything from Irish setters to dancing colleens, not just sit and watch. Wear something green and join **Fran** "Irish eyes are smiling" **W.** in the parking lot right behind Hall of Champions near Park Blvd. and Presidents Way, and we'll walk over to 6th Ave. at a **moderate** pace to join the spectators. You can take the #7 bus north or south. Optional lunch follows at a restaurant along the way. Rain cancels. (619) 271-7107.

6:15 pm

**SATURDAY NIGHT LIVE.** See March 3.

## SUNDAY, MARCH 18

7:15 am

**BREAKFAST SPECIAL ALONG EAST MISSION BAY.** Let's take a flat walk **at your own speed** to see the birds, boats and views. Optional breakfast and chatting follow. Meet at the Visitors Information Center. From I-5 take the Clairemont Dr. exit and go west. Rain cancels or postpones. **Pat's Pals** (619) 469-6223.

8:15 am

**MERRY GO-ROUND.** See March 4.

9:15 am

**MARCHING THROUGH THE MEADOWS.** Enjoy a March meander across the breath-taking, bucolic beauty of a secluded canyon along some little known pathways in the "Meadows" area of Carmel Valley. It's a "Grand" time for a **moderate-plus paced**, 3-hour meander over mixed up and down terrain in the environs of The Grand Del Mar Resort. Look for **Larry** by Carmel Country Road and Sagamore Way. Directions: From I-5 or I-15, connect to Route 56 and take the Carmel Country Road exit south for about 1/2 mile. BYO water, but rainwater cancels! [Larry@walkabout-int.org](mailto:Larry@walkabout-int.org) (858) 755-1751.

10:00 am

**35TH ANNIVERSARY WALK—CAROUSEL CAPER.** We'll start at the carousel in Balboa Park for a very scenic walk at a **moderate** pace to enjoy the Park, Bankers Hill and footbridges. Allow 2 hours, which includes a coffee break, for this up-and-down jaunt. Meet **Michael** at Park Blvd. and Zoo Pl. (the #7 bus stops there). (619) 231-7463.

## MONDAY, MARCH 19

6:30 am

**SUNRISE SERIES: OLD TOWN.** We'll take a **moderate** 1-hour walk on mostly flat terrain through this historic area. Meet at the parking lot on the south side of Perry's at the corner of Rosecrans Ave. and Pacific Highway. Bring a flashlight and money for optional breakfast after. **Frances** (619) 479-3962.

10:00 am

**CROWN POINT AREA BECKONS.** See March 5.

3:00 pm

**35TH ANNIVERSARY WALK—SUNSET CLIFFS WALK & WINE & WHINE COCKTAIL PARTY.** Join Prez **Stan** for a pre-sunset walk in OB, followed by a Walkabout-hosted wine & snacks party at an lovely home in Sunset Cliffs. Meet at Pt. Loma Ave. and Sunset Cliffs Blvd. for a walk heading south (street parking). After the walk, you can move your car to the party area (OK to show up in tennis shoes). To attend the 4:30 - 6:30 pm cocktail party, you need to RSVP to the office ((619) 231-7463) to obtain the party address. The walk is recommended but optional. Rain cancels the walk but not the party!

## TUESDAY, MARCH 20

10:00 am

**35<sup>TH</sup> ANNIVERSARY WALK—TWEEDS** travels to La Jolla to explore UCSD's buildings along the ocean and up the hill sometimes, maybe using elevators to reach a hidden Donal Hord statue and a scenic view of Black's Beach. I'll point out the pathway Larry took us on, but those days are gone for this leader. Optional lunch follows. Meet at the lifeguard tower by Kellogg Park at La Jolla Shores. From La Jolla Shores Dr., take Calle Frescota west. Rain cancels. Thanks to Larry and others for introducing us to these and other wonderful walks. Do you have a favorite walk – how about leading it later this year? **Pat K.** (619) 469-6223.

6:30 pm

**ABOVE THE BAY.** See March 6.

## WEDNESDAY, MARCH 21

Time: TBA

**WEDNESDAY WILDERNESS HIKE.** Today will be an e-mail hike with details sent out a day or two before. You can check the hikes at [www.walkabout hikes.org](http://www.walkabout hikes.org) for updates. See March 3 listing for **IMPORTANT INFORMATION.** If you have any questions, please contact Kathy at [kpiller@cox.net](mailto:kpiller@cox.net) or (760) 796-4007.

10:00 am

**35<sup>TH</sup> ANNIVERSARY WALK—BALBOA PARK** **EL PRADO.** Join **Robert and Friends** for a 1-hour, **casual**, flat and paved walk around the heart of Balboa Park. We will be in no hurry, so you will be able to relax and observe the wonders of the park, including the Zorro Garden, nudes along the pedestrian mall, the lily pond and the botanical building, the Timken Museum (always free), the California Tower and others. Optional refreshment stop afterwards at the Japanese Tea Pavilion. Meet at the northwest corner of Park Blvd. and Village Place. Free parking in the lot just north of Village Place. To use public transportation, take the #7 bus north or south on Park Blvd. and get off at Village Place. Rain cancels. **Robert B.** (858) 571-7733.

6:15 pm

**WEDNESDAY NIGHT WORKOUT.** See March 7.

## THURSDAY, MARCH 22

6:30 am

**SUNRISE SERIES: MISSION HILLS.** Let's enjoy springtime gardens in this historic area of San Diego. Meet at Ft. Stockton Dr. and Goldfinch St., for a **moderate**, flat 1-hour walk. Bring money for optional breakfast after. **Jane** (619) 299-1060.



Even when not mentioned, flashlights should be kept handy on evening or early morning walks. They help you not only to see, but to be seen.

9:00 am

**35<sup>TH</sup> ANNIVERSARY WALK—SOUTH PARK: FROM NORTH PARK TO DOG PARK.** See old homes, cutesy boutiques and hear from an old-time resident about how the neighborhood has changed. Join **Wandering Walter** for a **moderate** 1-to 2 hour walk, beginning at Rebecca's Coffee Shop at 30th St. and Juniper Ave., across from the #2 bus stop. (619) 281-4958.

10:00 am

**MISSION BEACH NORTH & SOUTH.** See March 1.

10:00 am

**SHELTER ISLAND WALK & TALK BUNCH.** See March 1.

10:15 am

**MORNING STROLL IN BALBOA PARK.** See March 1.

## FRIDAY, MARCH 23

9:00 am

**35<sup>TH</sup> ANNIVERSARY WALK—STAR OF INDIA** **DOCENT TOUR.** Meet long-time Maritime Museum docent **Elizabeth Schlappi** (Timken Tree decorator and fellow Walkabout) at the Maritime Museum on Pacific Highway for a 2-hour tour of the historical ships and museum, at a reduced price of \$8 per person. There is 2-hr. metered parking in the area, but consider public transportation (#992 bus or trolley) to cut costs. With Elizabeth, you'll have an unusual tour that the general public can only hope for. (619) 231-7463.

6:00 pm

**MISSION HILLS MEANDER.** See March 2.

## SATURDAY, MARCH 24

Time: TBA

**SATURDAY WILDERNESS HIKE.** Today will be an e-mail hike. There is a chance there will be no hike due to certain weather conditions. You can check the hikes at [www.walkabout hikes.org](http://www.walkabout hikes.org) for updates. See March 3 listing for **IMPORTANT INFORMATION.** If you have any questions, contact **Stan H.** at (619) 448-1668 before 6:00 pm or [shunt92071@yahoo.com](mailto:shunt92071@yahoo.com).

7:15 am

**35<sup>TH</sup> ANNIVERSARY WALK—LATE BIRDS.** Walkabout traces one of its earliest and most popular walks exploring secret trails along the bay and through dead-end streets to great views. About 60 minutes at a **moderate** pace with one optional hill. Park in the meterless parking area at Anchorage Ln. and Canon St. Rain cancels. **Pat K.** (619) 469-6223.

6:15 pm

**SATURDAY NIGHT LIVE.** See March 3.

---

In case of emergency please carry ID and medical information on walks.

## SUNDAY, MARCH 25

7:15 am

### **BREAKFAST SPECIAL IN PACIFIC BEACH.**

Before the crowds arrive, walking in Pacific Beach can be delightful. We'll walk along the ocean admiring the waves on a flat walk **at your own speed** and then return by the same route. Meet at the west end of Garnet Ave. by the Crystal Pier. From Old Town Transit Center, take the #8 bus at 6:30. Rain cancels or postpones. Optional breakfast follows, perhaps on a deck overlooking the ocean. **Pat's Pals** (619) 469-6223.

8:15 am

**MERRY GO-ROUND.** See March 4.

2:00 pm

**35<sup>TH</sup> ANNIVERSARY WALK—"MEN OF WALKABOUT" HIGH TEA.** See Box on page 4.

2:00 pm **EC**

**RANCHO SAN DIEGO OLD AND NEW.** Join **Enid** for a **moderate**, mostly flat, 90-minute walk. We'll take a look at the historic Sweetwater River steel bridge that dates from the 1920s, then go over to see the new buildings at the local college, where there have been several construction projects lately, and back along a short trail, with an optional snack to follow (Irish, maybe, for the weekend after St. Patrick's Day). Meet near the bus shelter at the shopping center on the corner of SR 94 (Campo Rd.) and Jamacha Rd. (not to be confused with Jamacha Blvd., which you will see before you get to Jamacha Rd. if you come east on SR 94). Heavy rain cancels. (619) 670 5839.

## MONDAY, MARCH 26

6:30 am

### **SUNRISE SERIES: WALKING DOWNTOWN.**

Meet **Gloria** at 4th Ave. and E St. in front of the Balboa Theater for a 1- hour, **moderate**, paved and mostly flat walk. We'll travel to the site of the new downtown library to check out progress. May need flashlight. Bring money for optional breakfast after. (619) 482-7677.

10:00 am

**35<sup>TH</sup> ANNIVERSARY WALK—LA JOLLA/ CASA DE MAÑANA.** We'll walk at a **casual** pace along the coast, admiring the seals and some beautiful gardens, followed by an escorted tour of Casa de Mañana retirement community, including some light refreshments. Meet **Addie** at Casa de Mañana, 849 Coast Blvd. (across from the seals). There is two-hour parking by the Museum of Contemporary Art nearby on Prospect St. Rain cancels. (858) 456-4260.

10:00 am

**CROWN POINT AREA BECKONS.** See March 5.

## TUESDAY, MARCH 27

10:00 am

**35<sup>TH</sup> ANNIVERSARY WALK—TWEEBES.** Come tour the beautiful 1906 Lodge in equally-beautiful Coronado after we first navigate our way around the "island" for 1 hour **at your own pace** on flat terrain. You can head back anytime you like and meet the rest of the group at 11:00 am for the tour on the corner where we started. Built as a boarding house in 1906, the Lodge was rumored to house America's earliest aviators from Glen Curtiss' school a mile away. Take the bridge, turn left at Orange Ave. and left at Adella Ave. (the stop light just before the Hotel Del) to find street parking as close to our meeting place at the corner of A Ave. as you can. Optional lunch follows. Rain cancels. **Fran W.** (619) 271-7107.

6:30 pm

**ABOVE THE BAY.** See March 6.

## WEDNESDAY, MARCH 28

Time: TBA

**WEDNESDAY WILDERNESS HIKE.** Today will be an e-mail hike. There is a chance there will be no hike due to certain weather conditions. You can check the hikes at [www.walkabout hikes.org](http://www.walkabout hikes.org) for updates. See March 3 listing for **IMPORTANT INFORMATION**. If you have any questions, contact **Candy** at (619) 435-2894 or [ccbeckwith146@yahoo.com](mailto:ccbeckwith146@yahoo.com).

10:00 am

No Robert & Friends walk today.

10:30 am

**35<sup>TH</sup> ANNIVERSARY WALK—SWEET TREAT.** We'll celebrate our anniversary today with a 1-hour, **moderate**, flat walk through University City, after which you may enjoy an optional pizza lunch, and leader **Mary C.** will treat you to dessert. Meet at the entrance to Sprouts Farmers Market at Governor Dr. and Regents Rd. (858) 453-5376.

6:15 pm

**WEDNESDAY NIGHT WORKOUT.** See March 7.

## THURSDAY, MARCH 29

6:30 am

**SUNRISE SERIES: MISSION BAY.** Let's take a look to see if spring has sprung along the shoreline of Mission Bay as far as your feet can take you and return in an hour at **your own pace** on flat terrain. See if some of the migratory flocks have left and new arrivals settled in. Optional breakfast follows. Take the I-5 to the Clairemont Dr. exit, go west and park by the former Visitors Information Center. **Verna** (619) 276-3055.

Remember to wear comfortable, supportive shoes with good soles for your soles' sake.

10:00 am

**35TH ANNIVERSARY WALK—OLAF WIEGHORST MUSEUM.** Join **Jerry and Donna F.** as we take a 45-minute docent-led tour of this unique El Cajon museum devoted to the works of the “Dean of Western Art.” We’ll tour the western museum, his home and enjoy the cactus garden as well as the “alley cats” art and other murals. We will also tour the first hotel in El Cajon as this is El Cajon’s 100th anniversary. Take the Orange or Green Line to the El Cajon Transit Center (Marshall Ave. between Main St. and El Cajon Blvd.), where we’ll meet those who drove, to take a 20-minute **moderate** walk to the museum. Bring \$2 for a \$1 donation to each museum. Optional lunch follows. (619) 559-5650.

10:00 am

**SHELTER ISLAND WALK & TALK BUNCH.** No walk today.

10:00 am

**MISSION BEACH NORTH & SOUTH.** See March 1.

10:15 am

**MORNING STROLL IN BALBOA PARK.** See March 1.

## FRIDAY, MARCH 30

10:00 am

**35TH ANNIVERSARY WALK—BIRTHDAY BIRD DAY FAVORITES!** This is one of our favorite walks with great vistas, lovely houses and a section of the trolley right of way, back to when the No. 16 trolley went to La Jolla. We will walk about 1.5 hours at a **moderate** pace with 1-2 slight hills. Optional Mexican lunch at a local favorite. Oh, by the way, it is also your leader’s birthday! Meet in south Bird Rock at Chelsea St. and Midway St. (1 block west of La Jolla Blvd.) **Julie** (619) 275-1195.

6:00 pm

**MISSION HILLS MEANDER.** See March 2.

## SATURDAY, MARCH 31

Time: TBA

**SATURDAY WILDERNESS HIKE.** Today will be an email hike. There is a chance there will be no hike due to weather conditions. You can check the hikes at [www.walkabouts.org](http://www.walkabouts.org) for updates. See March 7 listing for IMPORTANT INFORMATION. If you have any questions, contact Kathy at [dpiller@cox.net](mailto:dpiller@cox.net) or 760-796-4007.

12:00 pm

**35TH ANNIVERSARY WALK—CONVERGENCE WALK FROM FOUR DOWNTOWN STARTING POINTS.** This walk “converges” from multiple downtown starting points and ends at 4th Ave. and Island St. at the Wm. Heath Davis House Museum Pocket Park, where Downtown Sam’s memorial bench resides. At the conclusion of the walk, we’ll enjoy refreshments and a recap of the wonderful 35th anniversary month we have all enjoyed. Show up at high noon at one of the following starting points and look for the leader: Balboa Park: meet **Pat Keller** at the statue of Kate Sessions near the entrance to Cabrillo Bridge; Waterfront: meet **Marilyn Buckley** at the intersection of Broadway and Harbor Dr. near the entrance to the cruise terminal; East Village: meet **Donna Farris** in front of the Albertson’s grocery store on 14<sup>th</sup> St. between Market and G Sts.; Little Italy: meet **Beverly Bruff** at the Little Italy signpost that stretches across India St. in the center of the neighborhood. Questions? [danielbhaslam111@yahoo.com](mailto:danielbhaslam111@yahoo.com).

6:15 pm

**SATURDAY NIGHT LIVE.** See March 3.

---

## How Did Walkabout Come About? A “Sole”-Searching Perspective

Larry Forman

### Continued from February issue:

When April arrived, I continued using *The Reader* personals and the AYH newsletter to “spread the alarm through every Middlesex village and farm” about the upcoming Pacific Beach walk. As a gentle reminder, I called each of the March 17<sup>th</sup> participants a week before the scheduled April walk as well as a few days before. This practice of contacting people who attended any previous walk to alert them of upcoming events would continue for many months and was the principal way to share information about The Pack. The April walk along the beach from Tourmaline down to Mission Beach and back attracted a larger turnout and included Bruce, who boldly volunteered to lead May’s walk. Coronado was the choice for this emerging maestro of historical meanders.

For several months, we met one night a month and before ending the walk would plan the next month’s encounter. Soon, people boldly suggested we conduct two walks a month, then even more walks, then weekend walks and daylight walks, and The Pack began to pack in more and more participants. Telephoning people to remind them of the impending walks was getting unwieldy. An early pioneer who helped to remedy this was Jane Zeer. Jane discovered The Pack through the *Reader* personal notices. Countless times I informed her about an upcoming walk. But, each time something prevented her



## \$UPPORTER\$

By donating your time to WALKABOUT — coming on walks, bringing friends, helping out at the Headquarters or at events — you sustain and spread the WALKABOUT Spirit! You are the heart and “soles” of a unique, all-volunteer, nonprofit organization — that feels more like an extended family — as it raises walking far above a pedestrian pursuit.

We have no “members” or “dues”, as such. However, we do have expenses, such as rent, utilities, insurance, office equipment and printing costs. WALKABOUT depends in part on your generous spirit to fund our yearly operating costs as we annually conduct over 1000 free walks in and around the San Diego area.

An important way to support WALKABOUT is through your thoughtful, tax-free donations. WALKABOUT values you and your participation. If you appreciate the good value you receive from WALKABOUT, please consider one of the following levels of support below for individuals or families. Each category includes the monthly newsletter by mail for 12-months.

\_\_\_ Please contact me/us to discuss WALKABOUT’s Charitable Gifts, Trusts and Memorials Program.

All levels below include subscriptions to the monthly newsletter for one year:

\_\_\_ Basic Level (Newsletter Subscription) \$20

\_\_\_ Tenderfoot \$25

\_\_\_ Footprint \$100

\_\_\_ Arch Supporter \$500

\_\_\_ Twinkletoes \$50

\_\_\_ Kindred Sole \$250

\_\_\_ Big Foot \$1000 \_\_\_ Other:

\_\_\_ Also e-mail me a PDF copy of the Newsletter

\_\_\_ Please contact me/us to discuss ways I/we can donate some time to WALKABOUT

\_\_\_ NEW SUPPORTER(S) — How did you hear about WALKABOUT: \_\_\_\_\_

Please print or use an address label

NAME \_\_\_\_\_ DATE \_\_\_\_\_

ADDRESS \_\_\_\_\_ APT# \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP + 4 \_\_\_\_\_

HOME PHONE ( ) \_\_\_\_\_ BUSINESS PHONE ( ) \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

Please notify office promptly of change of address or phone.

Call 619-231-SHOE (7463)

from joining us. Eventually she came to one and that was the beginning of the end for her. She jumped in with both feet. Her New York enthusiasm and technical understanding led her to coordinate the initial efforts of producing a newsletter, silk-screening tee shirts, and co-leading with Bruce the first out-of-town bus tour to Los Angeles. When The Pack celebrated our first birthday on Saint Patricks Day, Jane became Irish for the day and adopted a nom de plume of Jane O’Zeer or simply Jane-O, a name she has been called ever since.

As The Pack grew, it was not uncommon for us to have a planning meeting at the beach, for instance at La Jolla Shores. By a roaring bonfire we would enjoy a potluck dinner at dusk, plan the next month of offerings and maybe silkscreen some shirts adorned with feet designed by Gale, who also was instrumental in finding Walkabout’s first official office in the Gaslamp Quarter (where Downtown Sam soon entered the glorious picture) after we outgrew all our unofficial offices, namely the living rooms of many kind-hearted volunteers. But that part of the Walkabout story comes later.

Back to Coronado for a minute. A new arrival to San Diego and recent graduate of the University of California’s prestigious law school, Ralph Hughes saw the notice in *The Reader* about The Pack’s third walk and everything in his world changed because of that notice. He enjoyed his Coronado experience and several months later in January he went on our first international, overnight trip . . . to Ensenada. So did Jerrie Stringer, whose first walk was the previous month in Chula Vista to see the magical Christmas lights of that community. Across the border on an Ensenada amble, it was love at first walk. A year later came the marriage proposal. A year later came Walkabout’s first wedding bells where I was honored to be the “best man.” Three years later came Walkabout’s first baby. Two years later came Walkabout’s first baby brother. Jerrie and Ralph set the stage in accomplishing many of Walkabout’s memorable “firsts.” But throughout the history of Walkabout, many miraculous and life-changing events have arisen within our extended Walkabout family.

Yes, I say “family” because Walkabout had blossomed in unexpected ways (to me) by becoming an extension of one’s “normal” family. In fact, many walkers spend more time with their Walkabout family than with their blood relatives. The spirit of Walkabout is an embracing one in which people enjoy fitness, fun and a warm sense of family. Who would have thought

**Continued on back**



2650 Truxtun Rd., Suite 110  
San Diego, CA 92106-6007  
(619)231-7463  
<http://www.walkabout-int.org>

Nonprofit Org  
U. S. Postage  
PAID  
San Diego, CA  
Permit # 1946

RETURN SERVICE REQUESTED

---

### LABEL CODE REMINDER

Please check the expiration date on your label. The format is YYMM. If you wait 'til the last minute, you could miss an issue!

---

that merely putting one foot in front of the other might lead to this wonderful emotional support system which has helped thousands of people deal with the trials and tribulations affecting their daily lives? "I have Walkabout to thank for helping me through this stressful time" has been a common refrain over the past 35 years.

The following vignette reveals one example in the very early days of an unexpected and touching "family" connection with Walkabout. Roy joined virtually every walk in the beginning days and nights of The Pack. A groundskeeper at the Torrey Pines State Natural Reserve, Roy led us through some little-known sections of this popular park. Unpretentious and quiet-spoken, he cheerfully would chat with a fellow walker. But for the most part, Roy was more comfortable being an attentive listener than a lively conversationalist. Typically, he wandered silently, absorbed in the beauty of the surroundings and the serenity of the walk. Roy took part in our walks so regularly that when he missed one everyone noticed his absence. However, once he missed two consecutive walks. Soon after, I received the phone call . . . from his daughter. Roy's heart was in the right place with Walkabout, but his heart was not strong enough to sustain the heart attack. "You and Walkabout were like family to my Dad. We are having a memorial celebration at Moonlight Beach, a favorite place he walked and where he first walked with you. I know he would appreciate your giving his eulogy. Can you?" was how the phone conversation ended. What immediately struck me was how this taciturn, gentle man had felt such a profound connection with and strong affection for all of us in Walkabout. Who could have imagined how walking together can bring people together in such deep and enduring ways. Walkabout touched Roy in a way that his family became keenly aware of before we ever did. It is amazing how rich and meaningful moments can arise from the simple pedestrian pursuit of going out for a walk.

Not surprisingly, word spread about the ceremony for Roy. Dozens upon dozens joined Roy's relatives at Moonlight Beach as the sun was setting behind the crowd of clouds which also had gathered. I can't recall my exact words, but they spoke of the mutual affection we all had with Roy. My back was to the ocean as the dark, overcast sky loomed above when I ended the eulogy with something to the effect of: "We will miss Roy's gleaming smile, but know his bright spirit will continue to shine upon us on our walks." Suddenly, there was a gasp from the audience. Everyone quickly pointed to the sky. As I turned to understand what may have caused this emotional outburst, I discovered the once cloudy sky had opened up with a pocket of light streaming down. It seems that at the very moment I uttered "shine" Roy's sunrays radiated down upon us. Indeed, the "spirit" of Walkabout continues to shine from and on so many lives even today. Through the years, Walkabout has touched the lives of many and many have enlivened the spirit of Walkabout. Yes, we are "family" and we recognize how walking is good for the soles and for the soul.

**Concluded next month**