



# San Diego Feets

Vol. 35

No.4

**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).

## April 2012

### PRESIDENT'S COMMENTS

At this time in the life of Walkabout, I find it necessary to step down as president and turn over the reins of Walkabout to Bob Buehler. A long time walker, traveler and a member of the Board of Directors, he will add his own imprint to the journey that is Walkabout. This will take place at our annual retreat in May. I will continue to do the other tasks that I have accumulated in my tour as President, maintain the database, print address labels and reports, and monitor the email traffic. Of course, I will continue on the Board of Directors and be with you on walks and trips.

The move to Liberty Station has been my contribution to Walkabout. I became aware of the potential of this location when I was working with the Peninsula Shepherds Senior Center and we had an office in building 200. This was during the transition period between the Navy turning the Naval Training Center over to the City of San Diego and the time that the restoration project began. I am sure that Walkabout is the earliest group to express interest in participating in the project that actually became a tenant in what is now Liberty Station. If you are not familiar with the activities of Liberty Station I urge you come here and see for yourself. <http://libertystation.com/>.

I hope you took advantage of the many special events of our 35th anniversary celebration this last month. Please thank the many volunteers headed by Dan, Bev and Marilyn B. who brought it all together.

One last thought: Fran Whiteman has been our walks coordinator/typist for the newsletter for at least three years and has asked to be relieved from this task. We are looking for someone to take her place in this vital link in the process of creating our newsletter and keeping our website current. It really is not so much typing as it is receiving email messages with walk descriptions from our walk leaders and copying this information into a standard format so that it can be sent on to our publisher, Dick Hiatt. The job requires computer skills in word processing and email. The work has been done at home in the past, but could be done in the Walkabout office if necessary. If you feel that you could handle this vital task and would like to contribute to the Walkabout experience, please call me and we will talk.

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

### SUNDAY, APRIL 1

4:01 AM

**APRIL'S FIRST AMBLE.** As Walkabout enters its 36th year of pedestrian power, you are cordially invited to celebrate the occasion with a free Sunday brunch at the Prado Restaurant in Balboa Park after Larry pulls your legs on a casual stroll past all the museums in San Diego's premier park. Enjoy the traditional foolishness of the day by meeting at the northeast corner of Twelfth Avenue and Laurel Street. Free brunch for the first 10 who RSVP for walk/breakfast at: (619) 555-WALK.

7:15 am

**BREAKFAST SPECIAL ON SHELTER ISLAND.** Ships and seagulls will delight us as we walk as far around Shelter Island as we wish **at our own speed.** Time out to pet cute dogs. The walk is mostly flat, but we might go along the shore and some might go up the hill for the views. Optional breakfast follows to eat and chat. Meet at Shelter Island Dr. and Anchorage Ln. This area is served by the 6:45 #28 bus to Shelter Island Dr. and Anchorage Ln. 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.



#### 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

## Balboa Island

Walkabout would like to go to Balboa Island including boat ride (Newport Beach). We need to have a count of people interested and willing to pay \$64.00 for a walk and boat ride on June 23, 2012 before we hire a bus. Please call Walkabout at 619-266-2555 and commit yourself, otherwise we shall cancel the trip. Rita & Marilyn B would really like to see you aboard.

9:15 AM NC

**IN THE DEPTHS OF DEL SUR-ROUNDINGS.** No foolin', "jest" a del-lightful ramble along some little-known pathways lurking around and through Del Sur and bingo – Crosby Estates (The Crosby at Rancho Santa Fe). Enjoy horsing around some trails that definitely will take your breath away on a 3-hour, **moderate-plus** paced prance over mixed VERY up and down terrain. You will be a fool not to look for **Larry** at the southeast corner of Camino Del Sur and Paseo Del Sur. Take Route 56 (Ted Williams Freeway) to the Camino Del Sur exit (#6) and go north about 5 miles to Paseo Del Sur (at the signal). BYO water, but rainwater cancels. [Larry@walkabout-int.org](mailto:Larry@walkabout-int.org) or (858) 755-1751.

## MONDAY, APRIL 2

6:00 am (NOTE TIME CHANGE)

**SUNRISE SERIES: SHELTER ISLAND.** We'll do a **moderate** flat walk for 1 hour around this beautiful area, where we'll view the Friendship Bell and, hopefully, the 20 brand-new Japanese cherry trees scheduled to be planted at the end of March. Take the I-5 to Rosecrans St. and turn left at Shelter Island Dr. to Anchorage Ln. Park at the far end of the parking lot where there are no meters. We'll have an optional breakfast after. **Fusa** (619) 223-6947.

10:00 am

**WALKABOUT BOARD MEETING.** The meeting will be held at Country Waffles on Midway. Call Walkabout office for more information on meeting place. (619) 231-7463463

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, APRIL 3

10:00 am

**TWEEDS (TUESDAY WALKING ETHNIC EATING BUNCH)** explores University Heights, where we'll see graceful old homes, the original site of what is now San Diego State University, and a train on a building. Walk will be **moderate** and relatively flat for about 90 minutes. Optional lunch follows. Rain cancels. **Pat K.** (619) 469-6223.

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, APRIL 4

Time: TBA

**WEDNESDAY 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 in April 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).

10:00 am

**No Robert & Friends** walk today.

6:15 pm (NOTE LOCATION CHANGE)

**WEDNESDAY NITE WORKOUT.** Meet at Costa Verde Shopping Center, west of Westfield Shoppingtown UTC, between La Jolla Village Dr. and Nobel Dr., in front of Bookstar. We will walk about 1½ hours at a **moderate-plus** to **brisk** pace, heading in a different direction each week, exploring canyon trails and hills. Come explore this area and have some fun! **Debbie B.** (858) 229-1065 or **Barbara N.** (619) 226-3024.



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

# April 2012 Walks at a Glance

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 7:15 Breakfast Special - Shelter Island 8:15 am Merry Go Round 9:15 am Del Sur - Larry	<b>2</b> 6:00 am Sunrise Series - Shelter Island 10 am Board Meeting 10 am Crown Point	<b>3</b> 10 am Tweebs - University Heights 6:30 pm Above the Bay	<b>4</b> TBA-Hike-Candy 10 am Robert-No walk 6:15 pm Workout	<b>5</b> 6:00 am Sunrise Series - Liberty Station 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	<b>6</b> 6:00 pm Mission Hills	<b>7</b> TBA-Hike-Stan 1:00 pm Mission Valley - Virginia 6:15 pm Sat Night
<b>8</b> 7:15 Breakfast Special - Balboa Park 8:15 am Merry Go Round	<b>9</b> 6:00 am Sunrise Series - Harbor Island 10 am Crown Point	<b>10</b> 10 am Tweebs - Tierrasanta 6:30 pm Above the Bay	<b>11</b> TBA-Hike-Don 10 am Robert - Coronado 6:15 pm Workout	<b>12</b> 6:00 am Sunrise Series - Mission Hills 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	<b>13</b> 10 am-JTC-Beverly D. 6:00 pm Mission Hills	<b>14</b> TBA-Hike-Bill 7:15 Late Birds 6:15 pm Sat Night
<b>15</b> 7:15 Breakfast Special - East Mission Bay 8:15 am Merry Go Round	<b>16</b> 6:00 am Sunrise Series - Clairmont 10 am Crown Point	<b>17</b> 10 am Tweebs - La Mesa 6:30 pm Above the Bay	<b>18</b> 9:00 am-Hike/Potluck - Tecolote Canyon 10 am Robert-No walk 6:15 pm Workout	<b>19</b> 6:00 am Sunrise Series - Pacific Beach 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	<b>20</b> 6:00 pm Mission Hills	<b>21</b> TBA-Hike-Bill 6:15 pm Sat Night
<b>22</b> 7:15 Breakfast Special - Pacific Beach 8:15 am Merry Go Round	<b>23</b> 6:00 am Sunrise Series - Mission Bay 10 am Crown Point	<b>24</b> 10 am Tweebs - Liberty Station 3:00 pm Point Loma - Evelyn 6:30 pm Above the Bay	<b>25</b> TBA-Hike-Stan 10 am Robert - Spanish Landing 6:15 pm Workout	<b>26</b> 6:00 am Sunrise Series - Mission Hills 10 am Mission Beach 10 am Shelter Island 10:15 am Balboa Park	<b>27</b> 6:00 pm Mission Hills	<b>28</b> TBA-Hike-Candy 7:15 Late Birds 6:15 pm Sat Night
<b>29</b> 7:15 Breakfast Special - Normal Heights 8:15 am Merry Go Round	<b>30</b> 6:00 am Sunrise Series - Rolando 10 am Crown Point					

**In Memoriam**  
**Crystine Seipel**  
**March, 21 1917- March 3, 2012**

**UPCOMING EVENTS 2012**

**APRIL**

5 Hawaii Cruise ..... Dan  
 Mystery Trip Overnight ..... Dan & Rita  
 Anza Borrego Day Trip ..... Bev & Walter

**MAY**

Huntington Library Day Trip ..... Walter & Rita  
 Board Member Retreat ..... Election of Officers  
 London/Paris Trip ..... Dan

**JUNE**

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

**AUGUST**

Nixon Library ..... Rita & Bev

**SEPTEMBER**

Rhode Island/Cape Cod Trip ..... Dan

**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.

**NEWSLETTER DEADLINE NOTICE**

All walks must be in the office by the 3rd 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 3rd.) 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.

**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).

**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) 334-0004  
[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

## THURSDAY, APRIL 5

6:00 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

**MISSION BEACH NORTH & SOUTH.** Walk the beach or the bay and stop for coffee at the end of this **moderate**-paced flat 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 away. 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. Terrain is flat and mostly paved. Stay after for optional coffee and cookies. Rain cancels. **Mary T.** (619) 291-1349.



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

## FRIDAY, APRIL 6

6:00 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.

## SATURDAY, APRIL 7

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 April 4 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).

1:00 pm

**MISSION VALLEY HIDDEN PATHWAY.** Journey from Fry's to Qualcomm Stadium on this 2-hour **casual** walk. Meet at the bus stop near Fry's at Murphy Canyon Rd. and Stonecrest Blvd. across from the Aero Drive Shopping Center. You can ride the green line trolley back to the starting point or walk back uphill with **Virginia**. To get there, you can take the #928 bus from Fashion Valley Center. (619) 231-7463.

6:15 pm

**SATURDAY NIGHT LIVE.** Carol, Donna or Teri will guide you along the harbor or through downtown while enjoying the bright lights and fresh breezes. Meet at the statue on the Harbor Dr. side of the County Administration Center building between Ash and Grape Sts. The pace is **moderate to moderate-plus** for about 1½ hours. Rain cancels. We encourage anyone to lead a slower version of this walk any Saturday. Walk leaves promptly at 6:15. **Carol W.** (619) 303-7942, **Donna F.** (619) 443-6131, **Teri E.** (619) 584-8984.

## SUNDAY, APRIL 8

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 April 1.

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

## 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.

**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.

## MONDAY, APRIL 9

6:00 am

### **SUNRISE SERIES: HARBOR ISLAND STROLL.**

Meet **Connie** at the east end of Harbor Island in the restaurant parking lot (880 Harbor Island Dr.), across from Lindbergh Field for this **moderate**, 1-hour flat walk to observe fisherman, other walkers and runners, and maybe see some activity in the Harbor if there are any Navy ships coming and going. On the return, we'll have a great view of the San Diego skyline, the *Star of India* and the *Midway* Museum from a different perspective. Bring a flashlight for safety and money for the optional breakfast after. (619) 477-8628.

10:00 am

**CROWN POINT AREA BECKONS.** See April 2.

## TUESDAY, APRIL 10

10:00 am

**TWEEBS** explores beautiful Tierrasanta. We will walk at a **moderate** pace for about 90 minutes through neighborhoods, down a dirt path, along a canyon, then through shaded condos on our way back to our cars in this community built with walking paths designated in the plans. Meet behind McDonalds at the Albertson's shopping center on Tierrasanta Blvd. just east of the I-15. Optional lunch follows. Rain cancels. **Pat K.** (619) 469-6223.

6:30 pm

**ABOVE THE BAY.** See April 3.

## WEDNESDAY, APRIL 11

Time: TBA

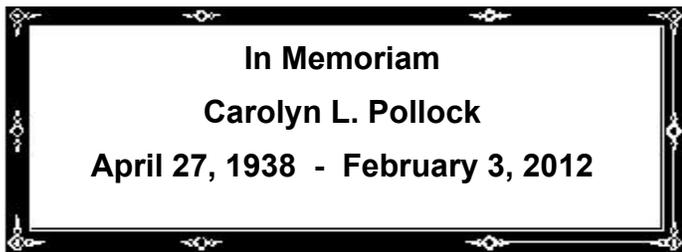
**WEDNESDAY WILDERNESS HIKE.** Today will be an e-mail hike. There is a chance there will be no hike due to certain weather conditions. You can check the hikes at [www.walkabout hikes.org](http://www.walkabout hikes.org) for updates. See April 4 listing for IMPORTANT INFORMATION. If you have any questions, contact **Don** at (760) 796-4007 or [dpiller@cox.net](mailto:dpiller@cox.net).

10:00 am

**CORONADO MINI-MANSIONS.** Join **Robert and Friends** for a 1-hour, Coronado **casual** stroll to view mini-mansions squeezed onto toy-sized lots. Optional restaurant coffee klatch follows. Cross the bridge to Coronado, continue to Orange Ave., turn left, turn left again on 4<sup>th</sup> St., then a quick right on A Ave. to the 4<sup>th</sup> and A meeting place. To use public transport, take the 901 bus marked "Iris Trolley" at 8:35 from the 12<sup>th</sup> & Imperial Transit Center. Exit near A Ave. and 3<sup>rd</sup> St. in Coronado, walk southwest to A Ave. and 4<sup>th</sup> St. Rain cancels. **Robert B.** (858) 571-7733.

6:15 pm

**WEDNESDAY NIGHT WORKOUT.** See April 4.



## SUNDAY, APRIL 15

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 former Visitors Information Center. From I-5 take the Clairemont Dr. exit and go west to the parking lot. Rain cancels or postpones. **Pat's Pals** (619) 469-6223.

8:15 am

**MERRY GO-ROUND.** See April 1.

## MONDAY, APRIL 16

6:00 am

**SUNRISE SERIES: CLAIREMONT.** Checking up on remodels, new homes, flowering trees and plants will take us a-wandering on a **casual or moderate** pace for 1 hour. Meet **Verna** at Rappahannock Ave. and Clairemont Dr. From the I-5, exit at Clairemont Dr. and follow it all the way up the hill to Rappahannock Ave. by the park. From the 805, take the Balboa Ave. exit west to Clairemont Dr., turn left to Rappahannock Ave. An optional breakfast follows. (619) 276-3055.

10:00 am

**CROWN POINT AREA BECKONS.** See April 2.

## TUESDAY, APRIL 17

10:00 am

**TWEEDS** explores La Mesa, which is celebrating its 100th anniversary, as we discover what makes this charming city so appealing with its old homes, recreation facilities, shops and restaurants, on a **moderate** mostly flat walk for about 90 minutes. Meet by the Adult Center at La Mesa Blvd. and Memorial Dr. (Thomas Guide 1270-J2). Optional lunch follows. Rain cancels. **Pat K.** (619) 469-6223.

6:30 pm

**ABOVE THE BAY.** See April 3.

## WEDNESDAY, APRIL 18

9:00 am

**SPRING POTLUCK HIKE (WEDNESDAY WILDERNESS GROUP).** Today's hike will be through parts of Tecolote Canyon as **Margo** leads us on a 6-8 mile loop before we return to her beautiful home at 2122 February Ct., San Diego 92110 (Thomas Guide 1268-G1) for our annual Spring Potluck. Refrigeration and heating will be available, so bring your favorite dish to share and a beverage as plates, cups and utensils will be supplied. This is always a winner with an interesting hike and great food in a beautiful San Diego yard surrounded by great friends. The hike will leave Margo's promptly at 9:00 AM (there will not be a carpool.) Make sure you check the Wilderness Hike for April 4 for further info. or contact Don at [dpiller@cox.net](mailto:dpiller@cox.net) or (760) 796-4007.

## THURSDAY, APRIL 12

6:00 am

**SUNRISE SERIES: MISSION HILLS.** We'll enjoy another early walk in this lovely area. Meet at Goldfinch St. and Ft. Stockton Dr. for a **moderate**, flat, 1-hour walk. Bring money for optional breakfast after. **Jane** (619) 299-1060.

10:00 am

**MISSION BEACH NORTH & SOUTH.** See April 5.

10:00 am

**SHELTER ISLAND WALK & TALK BUNCH.** See April 5.

10:15 am

**MORNING STROLL IN BALBOA PARK.** See April 5.

## FRIDAY, APRIL 13

10:00 am

**EXPLORE GOLDEN TRIANGLE.** Join **Beverly D.** to see what's happening in UTC, including the beautiful Renaissance complex and wonderful library on this **moderate**, 1-1/2 hour venture with some inclines. Meet at the Bookstar, 8650 Genesee Ave., north of Nobel Dr. Optional lunch afterwards. Rain cancels. (858) 274-0687.

6:00 pm

**MISSION HILLS MEANDER.** See April 6.

## SATURDAY, APRIL 14

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.walkabouthikes.org](http://www.walkabouthikes.org) for updates. See April 4 listing for IMPORTANT INFORMATION. If you have any questions, contact **Bill** at (619) 264-1299.

7:15 am

**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 April 7.

**The City of San Diego Libraries are sponsoring a FREE Health Fair**

Sat. 5/19/12 10am to 2pm

Taylor Library, 4275 Cass Street, Pacific Beach.

Walkabout is participating with a booth. We will probably lead a walk around the nearby neighborhood. More details in the May Newsletter.

COME JOIN US !!

10:00 am

**No Robert & Friends** walk today.

6:15 pm

**WEDNESDAY NIGHT WORKOUT.** See April 4.

**THURSDAY, APRIL 19**

6:00 am

**SUNRISE SERIES: PACIFIC BEACH**

**BOARDWALK.** We'll take a **moderate** 1-hour walk on flat terrain to enjoy the early morning breeze and fresh air. Meet at Crystal Pier at the west end of Garnet Ave. Bring money for an optional breakfast after. **Winnie** (858) 278-4003.

10:00 am

**SHELTER ISLAND WALK & TALK BUNCH.** See April 5.

10:00 am

**MISSION BEACH NORTH & SOUTH.** See April 5.

10:15 am

**MORNING STROLL IN BALBOA PARK.** See April 5.

**FRIDAY, APRIL 20**

6:00 pm

**MISSION HILLS MEANDER.** See April 6.

**SATURDAY, APRIL 21**

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 April 4 listing for IMPORTANT INFORMATION. If you have any questions, contact **Bill** at (619) 264-1299.

6:15 pm

**SATURDAY NIGHT LIVE.** See April 7.



It is an official WALKABOUT policy that anyone who passes the leader is no longer a participant on the walk, unless otherwise stated by the leader.

**SUNDAY, APRIL 22**

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 April 1.

**MONDAY, APRIL 23**

6:00 am

**SUNRISE SERIES: MISSION BAY.** Join **John** and **Marilyn** for a flat, **at your own pace** walk on always lovely Mission Bay. Take the I-5 to the Mission Bay Dr./Clairemont Dr. exit, go west and park at the former Visitors Center. Bring money for an optional breakfast after. (619) 840-5544.

10:00 am

**CROWN POINT AREA BECKONS.** See April 9.

**TUESDAY, APRIL 24**

10:00 am

**TWEEDS VISITS LIBERTY STATION.** From water fowl to cute dogs out with their owners to the latest construction projects, there's always plenty to see as **Fran W.** leads a **moderate**, flat 90-minute walk around this man-made marvel with maybe a short stop at Walkabout's office. Meet in front of Oggi's Pizza on Laning Dr. near N. Harbor Dr. (619) 271-7107.

3:00 pm

**POINT LOMA PROMENADE.** Stroll past beautiful homes and gardens, and discover a hidden pathway. Meet at the park at Chatsworth Blvd. and Plumosa Dr. (Thomas Guide 1268-C6) for a **moderate**, flat 1.5-hour walk. Rain cancels. **Evelyn K.** (619) 461-6095.

6:30 pm

**ABOVE THE BAY.** See April 3.

**WEDNESDAY, APRIL 25**

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 April 4 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

**SPANISH LANDING.** Join **Robert and Friends** for a 1-hour, flat, paved, beautiful **casual** stroll along the harbor pathways. Optional refreshment follows. Meet at the restroom in Spanish Landing Park. Turn towards the water at the traffic light on Harbor Dr. at the west end of the Airport Terminal, take a quick right into the parking lot. To use public transport, take the #923 bus from Downtown or Ocean Beach to arrive close to 9:00 at "N Harbor Dr. at Spanish Landing W," walk to meeting location. Rain cancels. **Robert B.** (858) 571-7733.

6:15 pm

**WEDNESDAY NIGHT WORKOUT.** See April 4.

## THURSDAY, APRIL 26

6:00 am

**SUNRISE SERIES: THE OTHER SIDE OF MISSION HILLS.** We'll check out the homes and views on the south side of Washington St. Meet at Goldfinch St. and Ft. Stockton Dr. for a **moderate** 1-hour walk on even terrain with an optional breakfast after. From the I-5, take Washington St. to the top of the hill and turn left on Goldfinch St. **Marilyn M.** (619) 294-8308.

10:00 am

**MISSION BEACH NORTH & SOUTH.** See April 5.

10:00 am

**SHELTER ISLAND WALK & TALK BUNCH.** See April 5.

10:15 am

**MORNING STROLL IN BALBOA PARK.** See April 5.

## FRIDAY, APRIL 27

6:00 pm

**MISSION HILLS MEANDER.** See April 6.

## SATURDAY, APRIL 28

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 April 4 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Candy** at (619) 435-2894 or [ccbeckwith146@yahoo.com](mailto:ccbeckwith146@yahoo.com).

7:15 am

**LATE BIRDS.** For those of us who can't get up for the Sunrise Series, **Dick and the Divas** will lead a 1-hour walk **at your own pace** around Shelter Island. After the walk, we'll have an optional breakfast. Meet in the parking lot at Anchorage Ln. and Cañon St. Rain cancels. (858) 558-1442.

6:15 pm

**SATURDAY NIGHT LIVE.** See April 7.

## SUNDAY, APRIL 29

7:15 am

**BREAKFAST SPECIAL ALONG ADAMS AVE.** Interesting homes and views along the edge of Mission Valley will greet us on this flat, **moderate** walk. Optional breakfast follows. Rain cancels or postpones. Meet at 30th St. and Adams Ave. **Pat K.** (619) 469-6223.

8:15 am

**MERRY GO-ROUND.** See April 1.

## MONDAY, APRIL 30

6:00 am

**SUNRISE SERIES: ROLANDO RAMBLE.** Join **Gloria** and **Isabel** for a **moderate** one-hour walk that is paved and mostly flat. Meet in the parking lot of the restaurant at 6695 El Cajon Blvd near Montezuma Rd. (see Thomas Guide 1270 E-2). Art and Isabel led this walk for many years. Bring money for optional breakfast after. **Gloria** (619) 482-7677.

10:00 am

**CROWN POINT AREA BECKONS.** See April 2.

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

Larry Forman

Continued from March Issue

But stop the clock! How did The Pack evolve into Walkabout International? As The Pack expanded with its increasing number of walks, the casual affiliation with AYH began to see the "tail wagging the dog." I would include our schedule of walks in the monthly AYH bulletin. Initially, the bulletin was almost entirely filled with bicycling events. Very quickly the AYH publication contained more about The Pack than about cycling. It became clear The Pack needed to leave its informal roost with AYH. With the director's blessing, we did.

Meeting at the homes of Stan and Kathy Follis, Kay Hughes, Virginia Brust, Annabel McKinney and others to discuss our future helped pave the way for the new direction of our growth. Ralph's legal expertise guided us in how to become a non-profit, educational organization for promoting walking in urban, suburban and rural environments throughout the world. Our vision included the possibilities of conducting extended walking tours across the globe and possibly branching out with chapters in other cities, not unlike the Sierra Club but with an urban accent. As we headed out on our new road, it also was time to consider a different name for our organization. That's when "Walkabout International" was born.

Recently, I had seen a movie, called *Walkabout*, and was touched by the story and intrigued by the name and what it meant. A walkabout is an Australian aborigine ritual in which members of the community venture out to live off the land and meet their environment on its own

terms. Well, that's the spirit of what our walks are all about. We encounter and embrace our urban, suburban and rural environments on their own terms and open ourselves up to uncovering the beauty and essence of a neighborhood while we enjoy healthy exercise and convivial socializing. That's the "Walkabout" part. The "International" component reflects the opportunities to walk in other countries, which we have done, and includes customized, behind-the-scenes walking tours in Switzerland, England, Wales, Scotland, France, Canada, Mexico and even Japan.

Since our official emergence, Walkabout International has grown and blossomed in many ways. Walkabout has been featured on local radio and television and in articles appearing in virtually every newspaper and magazine published in San Diego County, as well as in *The Los Angeles Times* and the nationally prominent *Prevention Magazine*. Even celebrated travel guru, Arthur Frommer, has praised us for the quality of our unique, behind-the-scenes walking tours. Walkabout has been recognized by the Save Our Heritage Organization (SOHO), the San Diego Historical Association, and the La Jolla Historical Association for our innovative efforts in promoting walking to raise people's consciousness about local history, architectural preservation, and the rich cultural diversity within our communities. The City of San Diego, with the blessings of many mayors, has honored us by proclaiming Walkabout San Diego Day on March 4<sup>th</sup>. Why this date? Because it is the only day of the year that is an exhortation to walk – to march forth!

Walkabout also has received a distinguished award from the National Endowment for the Humanities. We obtained a special grant to work with San Diego State University and the University of San Diego to research the historical, sociological and cultural development of Hillcrest. This resulted in our conducting a series of walking tours for the public in conjunction with professors from SDSU and USD to highlight the transformation of Hillcrest from a pedestrian-centered community to an automobile-based one and identify the ensuing detrimental consequences of this shift. Perhaps, this is one of the reasons that shortly after our project concluded the City of San Diego undertook the development of a walker-friendly Hillcrest, which has led to the flourishing and vibrant community Hillcrest is today.

During our three and one-half decades, Walkabout has conducted easily over 25,000 walks covering more than two million people-miles – or the equivalent of walking around the equator over 80 times! Our walks have included a rich assortment of flair and flavor: there have been short ones, long ones, historical ones, hysterical ones, theme-based ones, gastronomic ones, silent ones, musical ones. When San Diego celebrated America's Finest City Week in August, Walkabout annually hosted the La Jolla Ice Cream Social Amble, where we stopped to sample treats at every ice cream and frozen yogurt parlor. And who could forget the Scenic Drive Endurance Walk that same week in which hundreds would start the

grueling walk along the 62-mile, signposted route from Sea World through Old Town, Balboa Park, Downtown, the Gaslamp Quarter, Harbor and Shelter Islands, Sunset Cliffs, Pacific Beach, Mount Soledad, UCSD, Scripps Institution of Oceanography, La Jolla Cove, Mission Beach and back to Sea World, typically 17 hours later? During the Christmas season, other special walks included going through neighborhoods in Clairemont and Chula Vista known for their exuberant display of lights and decorations. "In the footsteps of" was a series of walks focusing on notable San Diegans. One that always hit a homerun was "In the footsteps of Ted Williams" as we walked through the North Park neighborhood where Ted lived and cultivated his remarkable prowess for hitting a baseball. Walkabout often has made history with our historical walks, such as our "Talmadge Tales" in Kensington. On this wander, Walkabout shared the story of the Hollywood connection with this cozy community and capped it off by renting the Ken Cinema to showcase the movies of the famous stars of the silent screen, the Talmadge Sisters, who sparked real estate development in the area.

And, there's still more to tell about our early history, like the story of the first unsuccessful attempt to create Walkabout; or the reason Switzerland was a catalyst for the start of Walkabout; or the pioneering move to establish Walkabout's first official office and headquarters – in the emerging Gaslamp Quarter well before other San Diegans recognized the cultural and historical importance of Downtown – in one of the City's most celebrated architectural gems as well as, ahem, former home of San Diego's most illustrious bordello; or, speaking of Downtown, the exploits of our fabled Downtown Sam (Minsker); or the contributions of some of the other remarkable pioneers in Walkabout; or the groups which blossomed in Los Angeles, Oregon, Arizona and beyond; or the eerie sighting of a UFO in Ocean Beach (of course); or the outlandish confrontation on Rodeo Drive with the entire Beverly Hills police force; or our offering the first college-credit classes in the entire US (and maybe the world) on walking. Well, the list goes on and on, but this article does not. And, this is the "short and sweet" story! We still are only beginning to share the saga of the early days of Walkabout!

Our first official walk began in 1977 on a street named for Ralph Waldo Emerson, renowned American poet from New England. It is only fitting to end with words from this noted poet who also was an avid walker. In a speech from 1858, Emerson observed "'tis the best of humanity that goes out to walk." As I reflect on Walkabout's astounding accomplishments, illustrious leaders and faithful followers, I keenly feel the truth of Emerson's words. On every Walkabout encounter, I clearly see "the best of humanity" before me. May we all continue to enjoy going "out to walk" together for many more miles.

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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.



## \$UPPORTERS\$

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:

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### Footsteps of Downtown Sam Tribute Walk



Dan at the WHDavis Museum telling schoolchildren from Sunset View Elementary School (and Walkabout) the story of Bum, San Diego’s dog, and Edinburgh’s Greyfriar’s Bobby.



Walkers on the walk in front of CineCafe on 4th & K, one of Sam’s favorite places



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### FRIDAY FROLIC FOREVER FRIENDSHIP

It began on Friday, January 13<sup>th</sup>, 1995. It was Pat Keller's Friday Frolic Walk, Pioneer Park, Mission Hills.

Jim had attended a couple of previous Walkabout walks. Marty was a regular walker since 1990 and especially liked the Friday Frolic.

Marty was standing with many assembled walkers waiting for the start. Jim parked his car near the group and as he joined the others, their eyes met. Marty introduced herself to Jim; she then proceeded to introduce Jim to the rest of the group.

As soon as the walk started, Jim initiated a conversation with Marty and they walked together, spending the whole hour sharing life stories. After the walk, a smaller group of walkers joined together to have dinner at Maria's Mexican Café on Washington in Mission Hills and we continued talking, learning more about each other, and we made a date for another walk on the following Monday.

After several other walks we started dating and discovered we enjoyed many common interests: walking, Friday night Mission Hills Meander, biking, movies, and San Diego outdoor activities. Each year, thereafter, we returned to Maria's Mexican Café on January 13<sup>th</sup> to celebrate the anniversary of when we met.

After dating for five years, and attending the same church, we married in the Fall of 2000 and are forever grateful to Walkabout for our forever friendship.

February 12, 2012

Marty and Jim Tullar

