



# San Diego Feets

Vol. 35

No.6

**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).

## June 2012

### FRIDAY, JUNE 1

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, JUNE 2

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, contact **Don** at [dpiller@cox.net](mailto:dpiller@cox.net) or (760) 796-4007.

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, JUNE 3

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.

### MONDAY, JUNE 4

6:00 am

#### **SUNRISE SERIES: QUIET WALK IN A QUIETER LOCATION.**

Let's take a route that gives us scenic views of bay and ocean as we check out any new low-water landscaping on this **casual to moderate** 1-hour walk (with a "caboose" for the slower group) mostly on flat and paved surfaces. Meet at the corner of Rappahannock St. and Clairemont Dr., easily reached by exiting the I-5 at Clairemont Dr. and going up the hill all the way to Rappahannock St., the next signal after Dakota, near a school. Afterwards, we will drive a short distance for our traditional optional breakfast. **Verna** (619) 276-3055.

---

#### **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

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

## WALKING, TALKING, EATING AND FUN AROUND THE BONFIRE

Saturday, June 9 4pm

If this sounds like a good time to you, join Bev and friends for a late afternoon walk along our beautiful beaches in the Mission Bay Park area.

We will be walking through San Diego Paradise Point Resort, around the Model Yacht Pond and along the perimeter of this isle. Following our walk, we will enjoy the beauty of the Mission Bay Channel as well as an optional potluck and BBQ. Then we'll sit around the bonfire. Anybody up for some S'Mores???

Bring sunscreen, hat, beach chair (we will be sitting either on the grass or sand), food to share and food to BBQ, and a beverage. BBQ as well as table service (plates, forks, etc) will be provided. There will not be any tables to sit at for your meal. The table will be used for our potluck food.

DIRECTIONS FROM 8 EAST GOING WEST (others refer to Thomas Brother's pg.1268)

Hwy 8 going West, exit W Mission Bay Drive; turn Right at the traffic light onto Ingraham Street; continue on Ingraham Street, staying in the left lane to the second traffic light, approximately 1½ miles. Turn left at West Vacation Road. Turn IMMEDIATELY onto the first left (this will be a frontage road) and follow this to the end parking lot. This frontage road runs PARALLEL to Ingraham Street. We will be at the last table on the left of the cement canopy as you are facing Mission Bay Channel.

Call the office to be placed on the Interest List. Call Bev (858)-268-8088 if you have questions.

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, JUNE 5

10:00 am

**TWEEDS (TUESDAY WALKING ETHNIC EATING BUNCH)** will walk to the past in Old Town to visit the oldest house and memorials to Jedidiah Smith, Father Serra, the Mormon Battalion and the white deer. Walk is **moderate** for about 90 minutes, and there is definitely a hill. Meet at the flag in the Old Town plaza near Juan and Twiggs streets. Optional lunch follows. Rain cancels. **Pat K.** (619) 469-6223.

6:30 pm

**MISSION BAY SUNSETS.** Walk leaves promptly at 6:30. Rain (not mist) cancels. Enjoy the cooler evening air and beautiful views of Mission Bay! Join us for a flat but fairly fast-paced **moderate to moderate-plus**, 1-hour-plus walk along the shores of Mission Bay. Take the I-5 and go west on Clairemont Dr. to meet at the former Visitors Information Center (see Thomas Guide 1248-D7). **Teri E.** (619) 584-8984 or **Jill F.** (858) 292-4231.

## WEDNESDAY, JUNE 6

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 June 2 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Stan** at (619) 448-1668 before 6:00 pm.

10:00 am

No Robert and Friends walk today.

10:30 am

**GOLDEN HILL IN THE SUMMER.** Even on a hot day, Golden Hill has ocean breezes and large shade trees, so come join **Lorraine** for a flat, **casual** walk as she leads you around Historic Golden Hill pushing her wheeled walker. Meet at the corner of 25th and A streets to learn a little about the wealthy families from the late 1800s and early 1900s through to the present. We'll visit a fire station, a Mexican bakery and have an optional lunch after. Bring water, wear a hat. (619) 583-7644.

6:15 pm

**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.

## THURSDAY, JUNE 7

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 in 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 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. Optional eats after. 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, JUNE 8

6:00 pm

**MISSION HILLS MEANDER.** See June 1.

## SATURDAY, JUNE 9

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 June 2 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.

## 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) 231-7463 to commit, otherwise we shall cancel the trip. Rita & Marilyn B would really like to see you aboard.

9:15 am **NC**

**BREEZING ALONG THE 101-DERFUL.** Instead of a traditional circular Walkabout wander, let's stretch our way in one direction from Solana Beach to Carlsbad along the stunning and historic Highway 101 . . . and then "Breeze" back on the bus. Look for **Larry** at the Solana Beach train station by the main entrance under the clock tower on North Cedros Ave. (just north of Lomas Santa Fe Dr.) for a **moderate-plus** paced, 3-hour cavort up the coast over mixed-up and down terrain. Then, we can shoot the breeze as we return around 12:30 pm on the Breeze (bus -- \$1.75 but \$.75/senior 60 or older) to arrive around 1:05 at the start of all this foolishness. [Larry@walkabout-int.org](mailto:Larry@walkabout-int.org) or (858) 755-1751.

6:15 pm

**SATURDAY NIGHT LIVE.** See June 2.

## SUNDAY, JUNE 10

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 June 3.

## MONDAY, JUNE 11

6:00 am

**SUNRISE SERIES: MARINA VILLAGE.** Let's check out this beautiful area where many sports fishing boats take off for the day - the landscaping is better than it was a couple of years ago. Take the I-8 to the west end, then left onto Sunset Cliffs Blvd., turn right on West Point Loma Blvd., right at Bacon St. (stop sign) into Robb Field and park near the restroom. Bring money for optional breakfast after. **Fusa** (619) 223-6947.

10:00 am

**CROWN POINT AREA BECKONS.** See June 4.

### Office Staff

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

## NIXON LIBRARY

**Sunday, August 5, 2012**  
**WOW – COST ONLY: \$55.00**

You are invited to join Walkabout Int'l on a 24 passenger bus with a professional bus driver to the Nixon Library. We have not done this trip in over 7 years and they just spent a great deal of money redoing the Library. We shall leave San Diego at 8:30am and drive up to North County off Hwy 15 by 9:15am. There will be a 30-minute breakfast and rest stop on your own at McDonalds. At 9:45am we will depart for the Nixon Library and keep our appointment at 11:00am (when they open) in Yorba Linda. You are on your own for a self-guided tour. Expect to be back in San Diego by 5:00pm. There will be a rest stop on the way home.

Please mail your \$55.00 check and a self-addressed stamped business-sized envelope to Walkabout Int'l, 2650 Truxtun Rd., Suite 110, San Diego, CA 92106-6007 noting pickup location: San Diego or North County. Refunds will only be possible if we have a replacement for you. Your seating on the bus is determined by the order your check is received, first come first served. There is not a huge amount of walking since the library is smaller than Reagan Library and there is ample amount of seating throughout the library. The price includes a Motor Coach by Sure Ride and entrance fee to the Library. We shall be serving yummy snacks and water for you to enjoy. If you are on a special diet, bring your own snacks. We shall make sure you have a choice for lunch (on your own). Rita and Marilyn B. will be your guides for the day and look forward to seeing you. If you have any questions call Rita at (619) 266-2555. The bus is only 24 passenger and we may fill this trip in our first advertised month in June, 2012. The price is right.

## TUESDAY, JUNE 12

10:00 am

**TWEEBS "CRUISES" CORONADO.** Join us for a **moderate**, flat 90-minute walk to explore Coronado's south shoreline. We'll visit a beautiful resort, large park with whimsical décor, view the bridge from a unique angle and wend our way back for an optional lunch (barbecue?). Meet at the entrance to the Ferry Landing pier. Take the Coronado Bridge to Orange Ave., turn right to the end, turn right about 1 block to the Ferry Landing parking lot on the left. Rain cancels. **Fran W.** (619) 271-7107.

6:30 pm

**MISSION BAY SUNSETS.** See June 5.

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

## WEDNESDAY, JUNE 13

Time: TBA

**WEDNESDAY WILDERNESS HIKE.** No hike today – see you Saturday.

10:00 am

No Robert and Friends walk today.

6:15 pm

**WEDNESDAY NIGHT WORKOUT.** See June 6.

## THURSDAY, JUNE 14

6:00 am

**SUNRISE SERIES: LAKE MURRAY.** We'll meet at the Baltimore Dr. entrance to Lake Murray (5900 block, Thomas Guide 1250-G7) to walk **at your own pace** for 1 hour on a mostly flat path. An optional breakfast follows. **Betty** (858) 248-3782.

10:00 am

**SHELTER ISLAND WALK & TALK BUNCH.** See June 7.

10:00 am

**MISSION BEACH NORTH & SOUTH.** See June 7.

10:15 am

**MORNING STROLL IN BALBOA PARK.** See June 7.

## FRIDAY, JUNE 15

10:00 am

**LOMA PORTAL PROMENADE.** We'll stroll through Loma Riviera and discover a hidden pathway; visit Famosa Slough Park and watch the tide ebb or flow; look for migratory birds and see an old trestle; then enjoy the romantic gardens and fountains located inside the center of the circular Pacific Isle on this **very casual** 1-hour walk. Meet **Jim** and **Marty** when you park at the west end of the Midway Towne Shopping Center parking lot past Papa John's, 3960 West Point Loma Blvd. (Hint: Sports Arena Blvd. changes name to West Point Loma Blvd. at Midway Dr. and Midway Dr changes names to West Mission Bay Dr. at the same corner). You can take the #35 bus from Old Town Transit Center and get off at the Midway Towne Shopping Center stop in front of CVS and Dennys. Optional lunch follows at a restaurant in the shopping center. (619) 222-8714.

6:00 pm

**MISSION HILLS MEANDER.** See June 1.

## SATURDAY, JUNE 16

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 June 2 listing for IMPORTANT INFORMATION. If you have any questions, contact **Bill** at (619) 264-1299.

# June Walks at a Glance

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>3</b> 7:15 Breakfast Special - Shelter Island 8:15 am Merry Go Round	<b>4</b> 6:00 am Sunrise Series - Clairemont 10 am Crown Point	<b>5</b> 10 am Tweebs - Old Town 6:30 pm Mission Bay Sunsets	<b>6</b> TBA-Hike-Stan 10 am Robert- <u>No</u> walk today 10:30 am Golden Hill - Lorraine 6:15 pm Workout	<b>7</b> 6:00 am Sunrise Series - Liberty Station 10 am Mission Beach 10 am Shelter Island 10:15 am Balboa Park	<b>1</b> 6:00 pm Mission Hills	<b>2</b> TBA-Hike-Don 6:15 pm Sat Night
<b>10</b> 7:15 Breakfast Special - Balboa Park 8:15 am Merry Go Round	<b>11</b> 6:00 am Sunrise Series - Marina Village 10 am Crown Point	<b>12</b> 10 am Tweebs - Coronado 6:30 pm Mission Bay Sunsets	<b>13</b> TBA- <u>No</u> Hike today 10 am Robert - <u>No</u> walk today 6:15 pm Workout	<b>14</b> 6:00 am Sunrise Series - Lake Murray 10 am Mission Beach 10 am Shelter Island 10:15 am Balboa Park	<b>15</b> 10 am Loma Portal - Jim & Marty 6:00 pm Mission Hills	<b>16</b> TBA-Hike-Bill 6:15 pm Sat Night
<b>17</b> 7:15 Breakfast Special - East Mission Bay 8:15 am Merry Go Round	<b>18</b> 6:00 am Sunrise Series - Mission Valley 10 am Crown Point	<b>19</b> 10 am Tweebs - Mission Bay 3 pm Lake Murray - Evelyn 5:30 pm Opening Night Potluck 6:30 pm Mission Bay Sunsets	<b>20</b> TBA-Hike-Stan 10 am Robert - Coronado 6:15 pm Workout	<b>21</b> 6:00 am Sunrise Series - Morley Field 10 am Mission Beach 10 am Shelter Island 10:15 am Balboa Park	<b>22</b> 6:00 pm Mission Hills	<b>23</b> TBA-Hike-Kathy 7:15 Late Birds 6:15 pm Sat Night
<b>24</b> 7:15 Breakfast Special - Pacific Beach 8:15 am Merry Go Round	<b>25</b> 6:00 am Sunrise Series - Little Italy 10 am Crown Point	<b>26</b> 10 am Tweebs - Pacific Beach 6:30 pm Mission Bay Sunsets	<b>27</b> TBA-Hike-Candy 10 am Robert - <u>No</u> walk today 6:15 pm Workout	<b>28</b> 6:00 am Sunrise Series - Embarcadero 10 am Mission Beach 10 am Shelter Island 10:15 am Balboa Park	<b>29</b> 6:00 pm Mission Hills	<b>30</b> TBA-Hike-Candy 6:15 pm Sat Night

## ANNUAL TWILIGHT IN THE PARK CONCERT OPENING NIGHT POTLUCK

**Tuesday June 19, 5:30 p.m.**

It's time for Walkabout's annual opening night potluck for the twilight concerts in Balboa Park. Meet on the western side of the Organ Pavilion under the portico. The concert starts at 6:15. Plates, utensils and water will be provided – please bring a serving spoon for your dish. Afterwards, there will be a 45-minute to 1-hour **casual** walk around the park with a leader who will be recruited from among those attending. Call the Walkabout office at (619) 231-7463 with questions. We are also looking for leaders for walks after all the summer concerts. If you would like to lead a walk, please call the office to sign up.

### UPCOMING EVENTS 2012

#### JUNE

London/Paris Trip May/June.....Dan  
Twilight in the Park .....Julie  
Balboa Island Day Trip ..... Rita & Marilyn B  
Annual Walk Leaders' Appreciation Luncheon

#### AUGUST

Nixon Library ..... Rita & Bev

#### SEPTEMBER

4 Rhode Island/Cape Cod Trip.....Dan  
Palm Springs Day Trip..... Canceled  
Catalina Overnight..... Canceled

#### 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 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.

#### 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 BOARD APPROVES WALKABOUT EXPANSION TO CAPE COD, MASSACHUSETTS

At its monthly board meeting in April, the Walkabout board approved an expansion of its operations into Cape Cod, MA through a program called Walkabout International Cape Cod (WICC). The expansion will take place with the seasonal relocation of board member Dan Haslam, who has purchased a condominium residence near Hyannis Port, MA, the center of Cape Cod. Haslam will organize walks in Cape Cod later this summer and publish an electronic newsletter of walks to be held throughout Cape Cod. For the present, he plans to offer a weekly walk in several towns throughout the 50-mile long Cape. For example, on one day he'll do a walk in Hyannis, then the next day a walk in Chatham and so forth throughout the week. As interested walk leaders are recruited they can take over individual walks and help the program expand. WICC will likely be a seasonal effort, since activities on the Cape are largely dormant between November and May, when Haslam will return to San Diego. This seasonal relocation will have no effect on Walkabout's trip program, which will continue in its present form. A fall trip to Newport, RI and Cape Cod is already in the works, and a large interest list for this trip has been established for the group's departure immediately after Labor Day in September. The institution of WICC may also be an opportunity for Cape Codders to visit San Diego and the expansion of our membership base.

### 2011-2012 Board Members

#### President

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

#### 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)

#### 3rd Vice President

Dan Haslam .....(619) 334-0004  
[danhaslam@walkabout-int.org](mailto:danhaslam@walkabout-int.org)

#### 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)

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

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

## WANTED

Newsletter Walks Coordinator. Requires assembling the walk descriptions as submitted, updating the calendar, and copying this information into a Microsoft Word format compatible with our publishing software. If interested, contact Fran Whiteman for further information. (619)271-7107. [franw13@yahoo.com](mailto:franw13@yahoo.com) or the Walkabout Office (619)231-7463

6:15 pm

**SATURDAY NIGHT LIVE.** See June 2.

## SUNDAY, JUNE 17

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 June 3.

## MONDAY, JUNE 18

6:00 am

**SUNRISE SERIES: MISSION VALLEY.** Let's take a flat, 1-hour **moderate** walk along the river to admire the foliage and see any new development. Meet by Mark Twain's statue at IHOP in the shopping center off Fenton Pkwy. (near Costco and Ikea). Optional breakfast follows. **Pat K.** (619) 469-6223.

10:00 am

**CROWN POINT AREA BECKONS.** See June 4.

## TUESDAY, JUNE 19

10:00 am

**TWEEDS ECONOMY ISLAND "CRUISE."** If you missed Dan's Hawaii trip, this is the cheap version as we walk around a flat tropical island **at your own speed** for about 90 minutes or as far as you care to go. Optional tower climb to get a great view. Meet at the sign for Paradise Point on Vacation Island just off Ingraham St. at Vacation Rd. Optional lunch follows. Rain cancels. **Pat K.** (619) 469-6223.

3:00 pm

**LAKE MURRAY STROLL.** On this last day of spring, we'll frolic along paved and dirt paths to see the birds and flowers. Enter at Kiowa Dr. (by Starbucks) off Lake Murray Blvd. and meet **Evelyn K.** at the snack bar at the west end of the parking lot for a **moderate**, 1.5-hour flat walk. Rain cancels. (619) 461-6095.

5:30 pm

**ANNUAL TWILIGHT CONCERT OPENING NIGHT POTLUCK.** See box on page 6.

6:30 pm

**MISSION BAY SUNSETS.** See June 5.

## WEDNESDAY, JUNE 20

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 June 2 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Stan** at (619) 448-1668 before 6:00 pm.

10:00 am

**GLORIETTA BLVD. MANSIONS.** Join **Robert and Friends** for a 1-hour, "Mansion Row" **casual** stroll in Coronado. Optional snacks afterwards. Soar over the beautiful blue bridge to Coronado, turn left on Orange Ave, turn left again on 5th St, then go right on Glorietta Blvd to the 6th St. and Glorietta Blvd. meeting place. To use public transport, take the 901 bus marked "Iris Trolley" at 8:35 from the 12th & Imperial Transit Center. Exit at first Coronado stop, walk southwest to 6th St. and Glorietta Blvd. Rain cancels. **Robert B.** (858) 571-7733.

6:15 pm

**WEDNESDAY NIGHT WORKOUT.** See June 6.

## THURSDAY, JUNE 21

6:00 am

**SUNRISE SERIES: MORLEY FIELD/HILLCREST.** Meet **Mark** on the southeast corner of Park Blvd. and University Ave. (park along Park Blvd.) to explore Morley Field with its tennis courts, swimming pool and velodrome at a **moderate** pace for 1 hour (mostly flat with some hills). We'll finish up at a café along Park Blvd. for an optional breakfast. (619) 964-3097.

10:00 am

**MISSION BEACH NORTH & SOUTH.** See June 7.

10:00 am

**SHELTER ISLAND WALK & TALK BUNCH.** See June 7.

10:15 am

**MORNING STROLL IN BALBOA PARK.** See June 7.

## FRIDAY, JUNE 22

6:00 pm

**MISSION HILLS MEANDER.** See June 1.



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

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

## SATURDAY, JUNE 23

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 June 2 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Kathy** at [kpiller@cox.net](mailto:kpiller@cox.net) or call (760) 796-4007.

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 June 2.

## SUNDAY, JUNE 24

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 June 3.

## MONDAY, JUNE 25

6:00 am

### **SUNRISE SERIES: RETURN TO LITTLE ITALY.**

Meet **Gloria** in the parking lot of the restaurant at the corner of Pacific Hwy. and Hawthorn St. for a 3-mile, 1-hour **moderate**, paved and mostly flat walk. We'll check to see if there is anything new going on in Little Italy. Bring money for optional breakfast afterwards. (619) 482-7677.

10:00 am

**CROWN POINT AREA BECKONS.** See June 4.

## TUESDAY, JUNE 26

10:00 am

**TWEEDS: PACIFIC BEACH.** Summer is a good time to be near the water, so bring your hat and sunscreen to join us for a **moderate**-paced walk for 1-1/2 hours over flat, paved terrain. Meet at the CVS drugstore, 1792 Garnet Ave., a little east of Jewell St. Optional lunch follows. Rain cancels. **Beverly D.** (858) 274-0687.

6:30 pm

**MISSION BAY SUNSETS.** See June 5.

## WEDNESDAY, JUNE 27

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 June 2 listing for IMPORTANT INFORMATION. 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 and Friends walk today.

6:15 pm

**WEDNESDAY NIGHT WORKOUT.** See June 6.

## THURSDAY, JUNE 28

6:00 am

**SUNRISE SERIES: EMBARCADERO.** Meet **Connie V.** at the parking lot of the restaurant on the corner of Pacific Hwy. and Hawthorn St. for a 1-hour walk at a **moderate** pace on flat terrain to check out what new development is taking place and see the park being built at the north end of Seaport Village. Will there be any cruise ships in town? Will the tourists be out and about getting their exercise? Join us to see what happens early morning along the Embarcadero. If we're lucky, there will be no June gloom so we can experience another beautiful San Diego morning. Bring money for an optional breakfast afterwards. (619) 477-8628.

10:00 am

**SHELTER ISLAND WALK & TALK BUNCH.** See June 7.

10:00 am

**MISSION BEACH NORTH & SOUTH.** See June 7.

10:15 am

**MORNING STROLL IN BALBOA PARK.** See June 7.

## FRIDAY, JUNE 29

6:00 pm

**MISSION HILLS MEANDER.** See June 1.

## SATURDAY, JUNE 30

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 June 2 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Candy** at (619) 435-2894 or [ccbeckwith146@yahoo.com](mailto:ccbeckwith146@yahoo.com).

6:15 pm

**SATURDAY NIGHT LIVE.** See June 2.



## \$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:

\_\_\_ 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)

### WALKABOUT TOURS PENN-DUTCH COUNTRYSIDE AND A BIT OF BALTIMORE, TOO

In late April a group of ten flew to Baltimore, MD for a week of sightseeing in the Pennsylvania Dutch countryside surrounding Lancaster, PA. In addition, the group spent a few days in the city of Baltimore and took side trips and walks to Annapolis, MD and Washington, DC.

The Penn Dutch experience is like setting the clocks back a couple of hundred years. We toured the oldest house and grounds in Lancaster, dating from the early 1700’s. We toured the Ephrata Cloister, a 16th Century religious cult where members slept on boards a mere 15” wide and used wooden blocks or stones for pillows (and ate only one vegetarian meal per day and listened to sermons sometimes 7 hours long!). The group had early bird walks each morning and took an antique tourist train ride in Strasburg, PA through the Amish countryside. They visited a unique farmers’ market in Ephrata where the Amish show up in horse and buggies and where shoo-fly pie is high on the menu. The group learned to make pretzels in the oldest pretzel factory in America in Lititz, and visited a quilt museum and art gallery in Intercourse. They went to a college concert in Lancaster at Franklin-Marshall University. They also visited and walk-toured Annapolis, MD, and had a morning walk and personal tour of the WWII Memorial in Washington, DC, after visiting the new MLK Memorial, and a walk by of the Vietnam Veterans’ Memorial, the Korean Memorial and the Lincoln Memorial. They had a driving tour of Capitol Hill and lunch al fresco at the DC fish market.

The group stayed for 3 nights at a modern hotel in Baltimore which had been converted from a 110-year old furniture warehouse. Early bird walks took in the Lexington Market, Fells Point and other attractions, and the group helped raise the huge flag that flies over Ft. McHenry, which endured a definitive battle in the War of 1812, and from which Francis Scott Key wrote our “Star Spangled Banner.” We toured the fort on the same day that Baltimore’s mayor was there although we never crossed paths. We covered a lot of ground on our week-long tour and returned sated from the chocolate, pretzel and other factories and ice cream parlors that we managed to visit.



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!

## INTREPID TEN TAKE IN HAWAII ON WALKABOUT CRUISE

On April, 3 ten Walkabouts boarded Celebrity Cruise Line's Century at the San Diego docks for a 15-night cruise to Hawaii and back, including numerous ports of call during the trip. The group was treated to cabins with windows overlooking the Pacific Ocean, sumptuous meals at a private table, nightclub entertainment each evening and late night dancing and singing. Then there were the table tennis matches between Sharon Nelson and anyone else vying to beat her (few could). There were shipboard walks, and Walkabout team efforts to win trivia contests (we never did). Dinners were a group event, and in addition to the ship's theme nights, Walkabout had its own, including Hawaiian lei night, silver star crown night, celebratory bead night, and our 35th anniversary birthday party night. We became famous for our private celebrations, and even the ship's a cappella singing group was sporting our head pieces. There were card parties for Walkabouts (and even a few other Walkabouts not a part of our group, but also on the ship).



We had tours of the bridge and informal happy hours before the four-course dinner each evening. Hula and musical instrument lessons were offered, and there were excellent speakers aboard from the Smithsonian and Cal university systems to lecture about history, zoology and other subjects. In each port of call Walkabout offered a walk around the town near the port. For example, in Honolulu we stepped off the ship and visited historic sites in Honolulu, including the first church, the state house, governor's office, the art museum, the oldest house and Chinatown. And that was before lunch! After lunch we took a bus to Diamond Head and climbed it before trudging back to the ship. In another port the group went to a state park and snorkeled, and in still another the group visited museums and strolled around town. Although it was cool aboard the ship coming and going to Hawaii, the weather was sunny and warm in the ports. It was 15-days' worth of Aloha moments.

On Walkabout's April Hawaiian cruise, our dinner group celebrated Walkabout's 35th Anniversary in style aboard the Celebrity Century