



San Diego Feets

Vol. 35

No.8

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, e-mail: info@walkabout-int.org.

August 2012

In Memoriam

Audrey Davis

Sept 11, 1929- July 8, 2012



Walkabout International's unofficial hostess-for-life, Audrey M. Davis, died on Sunday, July 8, after a long illness. Audrey will long be remembered for her many years of service to our organization, both as a creative walk leader, administrator and hostess extraordinaire. For many years she hosted Walkabout International's annual Fourth of July picnic at her home in Imperial Beach. When she sold her house "the most southwesterly single family residence in the US" adjacent to the IB nature conservancy and moved into a cottage at Fredericka Manor, she continued to host the Fourth of July picnics, annual auctions and one of her favorite events, New Year's Day with Johnny Cake that she made.

Audrey was raised in New England, in Newport, RI. She worked for many years in social service industries, including hospital food service and even with a tour service operating out of Old Town. She married relatively late in life, and her husband, who predeceased her, was a proud survivor of Pearl Harbor in WWII. Audrey served in many official capacities with Walkabout International, including Vice President, Chairman of Day Trip Planning, member of the board of directors, and as President. She is the first former Walkabout president to pass away. For many years she spent a good part of her Tuesdays assisting with Walkabout operations, first at its office in the Gaslamp Quarter, then in University Heights and ultimately at Liberty Station.

Audrey was a creative walk leader, frequently tying her walks into the "flavor" of the month (National Onion Day); some memorable walks include thrift shop walks in National City where a car would follow to pick up the purchase bags, harbor walks, historical walks in South Bay, and nature walks in Coronado, and throughout San Diego. She also planned and led hundreds of day trips throughout southern California as well as longer trips throughout the US. She was active with many other organizations, including the Imperial Beach Woman's Club, and most recently with a

large social service circle at her new home in Fredericka Manor. As late as July 2010 she appeared before Chula Vista's city council to present the fire chief with 19 handmade blankets for people who needed to keep warm.

Audrey leaves behind her sister, Pamela Langston, and many nieces and nephews and their children. There are no family services pending; however cards may be sent to her sister at 1052 9th Avenue, #228, Imperial Beach, Ca 91932.

Walkabout International will remember Audrey at a memorial walk in her honor at Walkabout's Green Room, 2650 Truxtun Road, Liberty Station, San Diego on Wednesday, August 1 at 10:30 a.m. Refreshments will be served following the walk, which will be led by Dan Haslam, who is flying in from Cape Cod, in part for this purpose. Please bring with you your stories to share about Audrey following our walk. We will create a memory book to be given to Audrey's sister, so please provide a written copy for this purpose.

WEDNESDAY, AUGUST 1

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 may cause the hike to be moved or canceled. If you have any questions, contact **Don** at dpiller@cox.net or (760) 796-4007.

10:30 am

MEMORIAL WALK IN AUDREY DAVIS HONOR.

See article above. For planning, let us know if you are staying for the refreshments. (619) 231-7463.

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

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, AUGUST 2

6:00 am

SUNRISE SERIES: ALONG MISSION BAY. Let's explore a new bridge and old flat path along Rose Creek as far and as **fast or slow as we wish.** Then back to our cars where we motor to one of our favorite restaurants for an optional breakfast. Meet at the former Mission Bay Info. Center. From the I-5, take the Clairemont Dr. exit, turn west into the parking lot. **Pat K.** (619) 469-6223.

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. Terrain is flat and mostly paved. Stay after for optional coffee and cookies. Rain cancels. **Mary T.** (619) 291-1349.

FRIDAY, AUGUST 3

10:00 am

OLD TOWN UPS & DOWNS. Meet on the front porch of the Old Town Visitor & Information Center (northwest corner of the central square) for a **moderate-plus** 2-hour walk up into Mission Hills with its interesting architecture and landscaping. A brief stop at a coffee shop for some refreshment will spur us on our up-and-down journey back into Old Town. Be prepared for some hilly terrain. Optional Mexican lunch follows in Old Town. **Michael B.** (619) 275-5383.

10:00 am

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.

4:00 pm

FIRST FRIDAY AT LIBERTY STATION. Meet **Marilyn B.** on the front steps of the Dance Place building, 2650 Truxtun Rd. at the corner of Dewey Rd., for a 1-one hour **moderate** walk along the waterway and green space down to the historic stationary Naval training vessel, the USS Recruit. Afterward, we will participate in the First Friday events, which you can do at your own pace or join me as I view the newest arts building, see the latest gallery exhibits, explore the interesting shops and partake in the complimentary wine, cheese and more. First Friday events are from 5:00 to 8:00 pm the first Friday of each month. For more information, visit <http://www.libertystation.com>. Rain cancels. (619) 692-0536.

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, AUGUST 4

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 for updates. See August 1 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Candy** at (619) 435-2894 or ccbeckwith146@yahoo.com.

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

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, AUGUST 5

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 3rd Ave. and C St. At 3rd 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, AUGUST 6

6:00 am

SUNRISE SERIES: RIVER WALK. We'll meet at the corner of Pacific Hwy. and Rosecrans St. in the restaurant parking lot for a 1-hour, **at your own pace** flat walk along the river heading west. Hopefully, we'll spot some birds along the way. Bring money for an optional breakfast after. **Frances** (619) 479-3962.

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, AUGUST 7

10:00 am

TWEEBS (TUESDAY WALKING ETHNIC EATING BUNCH) will meet in beautiful La Jolla to walk south along the shore, past the beautiful homes and enjoy the ocean breezes on this classic walk. Meet at Gravilla St. and La Jolla Blvd. for this **moderate**, mostly flat walk for about 1-1/2 hours. Optional lunch follows. Rain cancels. You can take the #30 bus from Old Town. Pat K. will be gone the first Tuesday in September, the 4th – who will volunteer to lead this walk north? **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, AUGUST 8

10:00 am 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 for updates. See August 1 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Stan** before 6:00 pm at (619) 448-1668 or email shunt92071@yahoo.com.

10:00 am

No Robert & Friends walk today.

6:15 pm

WEDNESDAY NIGHT WORKOUT. See August 1.

THURSDAY, AUGUST 9

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

SHELTER ISLAND WALK & TALK BUNCH. See August 2.

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

2- DAY TRIP TO A PREMIER MOUNTAIN GETAWAY - JULIAN

WEDNESDAY, OCT. 3, TO THURSDAY, OCT. 4, 2012

Join **Walter** and **Rita** for a trip to Julian with an overnight stay at the beautiful Julian Lodge B&B, full a/c and private bathrooms, in the heart of town. There will be a continental breakfast the following morning. Julian was founded more than 100 years ago and it still maintains its unique quality of life where time seems to stand still and there is freedom from the hustle and bustle of urban life. We have some wonderful activities planned for both days, including touring a camel farm on the way up. We will be taking a 1-1/2 hour train ride with tour guides dressed in 1890s costumes and riding in an antique train where we'll enter a gold mine never visited by Walkabout before. The group may also want to visit a winery and you'll also have time to enjoy the town itself. We are only able to take 12 people in a 15-passenger van since we will need space for SMALL LUGGAGE. The price of the trip will include a 15-passenger van and gas as well as lodging at Julian Lodge. Price based on double occupancy is \$162, or add \$35 for a single room. The continental breakfast includes hot and cold cereals, juices, Danish rolls, breads and bagels as well as yogurt. All entrance fees and the train ride are included. Other meals are on your own.

Send a \$162.00 check to Walkabout Int'l , 2650 Truxtun Rd., Suite 110, San Diego, CA 92106-6007 (please add \$35 more for a single room). Be sure to include your phone number, e-mail address and a self-addressed stamped envelope for your itinerary to be mailed to you. NO REFUNDS unless there is a waiting list with someone to take your place. Please designate your pickup location: San Diego or North County (you will be given exact pickup addresses later). We will leave San Diego by 9:00 am and North County (off Hwy 15) will be a 9:30 am rest stop. We shall return Thursday, hopefully by 5:00 pm. If you have any questions, please call Rita at (619)266-2555.

10:00 am

MISSION BEACH NORTH & SOUTH. See August 2.

10:15 am

MORNING STROLL IN BALBOA PARK. See August 2.

FRIDAY, AUGUST 10

10:00 am

OLD TOWN UPS & DOWNS. See August 3.

6:00 pm

MISSION HILLS MEANDER. See August 3.

SATURDAY, AUGUST 11

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 for updates. See August 1 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 August 4.

SUNDAY, AUGUST 12

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 August 5.

MONDAY, AUGUST 13

6:00 am

SUNRISE SERIES: OCEAN BEACH. We'll look at the pier and travel around the neighborhood on a **moderate** 1-hour walk as we view the fishermen and surfers in the area. Go to the west end of the I-8, turn left onto Sunset Cliffs Blvd., turn right on Newport Ave. one-half block after Cable St. Meet across from the old Strand Theater. Optional breakfast follows. **Fusa** (619) 223-6947.

10:00 am

CROWN POINT AREA BECKONS. See August 6.

TUESDAY, AUGUST 14

10:00 am

TWEEDS. Check **Pat K.**'s weekly email for details, or call her at (619) 469-6223 if you're not on her email distribution list.

6:30 pm

MISSION BAY SUNSETS. See August 7.



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

August 2012 Walks at a Glance

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 TBA-Hike 10:30 am Audrey Memorial 6:15 pm Workout	2 6:00 am Sunrise Series-Mission Bay 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	3 10 am Old Town 10:00 am -Board Meeting 4:00 pm First Friday 6:00 pm Mission Hills	4 TBA-Hike 6:15 pm Sat Night
5 7:15 Breakfast Special – Shelter Island 8:15 am Merry Go Round	6 6:00 am Sunrise Series – River Walk 10 am Crown Point	7 10 am Tweebs – La Jolla 6:30 pm Mission Bay	8 TBA-Hike 10 am Robert – No walk 6:15 pm Workout	9 6:00 am Sunrise Series – Liberty Station 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	10 10 am Old Town 6:00 pm Mission Hills	11 TBA-Hike 7:15 Late Birds – Pacific Beach 6:15 pm Sat Night
12 7:15 Breakfast Special – Balboa Park 8:15 am Merry Go Round	13 6:00 am Sunrise Series – Ocean Beach 10 am Crown Point	14 10 am Tweebs 6:30 pm Mission Bay	15 TBA-Hike 10 am Robert – Coronado 10:30 am Golden Hills 6:15 pm Workout	16 6:00 am Sunrise Series – Seaport Village 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	17 10 am Old Town 6:00 pm Mission Hills	18 TBA-Hike 6:15 pm Sat Night
19 7:15 Breakfast Special – Mission Bay 8:15 am Merry Go Round	20 6:00 am Sunrise Series – Pacific Beach 10 am Crown Point	21 10 am Tweebs – Rose Creek 3:00 pm South Park 6:30 pm Mission Bay	22 TBA-Hike 10 am Robert – No Walk 6:15 pm Workout	23 6:00 am Sunrise Series –South Shores 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	24 10 am Old Town 6:00 pm Mission Hills	25 TBA-Hike 7:15 Late Birds – Shelter Island 7:30 am Del Mar 9:15 am Del Mar Delights 4:00 pm Vacation Isle 6:15 pm Sat Night
26 7:15 Breakfast Special – Pacific Beach 8:15 am Merry Go Round	27 6:30 am Sunrise Series – Harbor Island 10 am Crown Point	28 10 am Tweebs 6:30 pm Mission Bay	29 TBA-Hike 10 am Robert – San Diego River 6:15 pm Workout	30 6:00 am Sunrise Series – Balboa Park 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	31 10 am Old Town 6:00 pm Mission Hills	

UPCOMING EVENTS 2012-2013

Asterisk marks = planned events.

Without asterisk we need volunteers/walk leaders

AUGUST 2012

- *Twilight in the Park free concerts/Balboa Park
- *Nixon Library Day Trip Leaders/Rita & Marilyn B.

SEPTEMBER 2012

- Labor Day Symphony Summer Pops
- *Rhode Island/Cape Cod Leader Dan Haslam

OCTOBER 2012

- *Annual Picnic, Meeting, Auction
- *Julian Lodge Overnight

NOVEMBER 2012

- *Thanksgiving Dinner

DECEMBER 2012

- California Missions Leader Dan Haslam
- Boat Parade of Lights
- Ocean Beach Holiday Parade Walk
- Hotel Del Coronado Walk/View Tree
- *Xmas Breakfast/Gift Exchange

JANUARY 2013

- Annual New Year's Day Ferry Ride to Coronado

FEBRUARY 2013

- Ground Hog Day Walk

MARCH 2013

- 36th Anniversary Walks and Events

APRIL 2013

- *Anza Borrego Day Trip
- Coronado Flower Show and Walk

MAY 2013

- Coronado Bridge Walk
- Memorial Day Event/Walk

ADDITIONAL OPTIONS:

We Need Volunteers/Walk Leaders For Events

- Garden and Home Tours
- Parade of Tall Ships
- Navy Fleet Week
- La Mesa Oktoberfest
- Lambs Xmas Play
- Free day at Cabrillo Monument
- I Love A Clean San Diego
- Clean Up Beaches
- Neighborhood Xmas Light Viewing
- Free Tuesday at Museums in Balboa Park
- Airport Terminal Opening 2013

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.

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.

2011-2012 Board Members

President

Robert Buehler(858) 571-7733
President@walkabout-int.org

1st Vice President

Norman Vigeant ngfrenchy@hotmail.com

2nd Vice President

Beverly Bruff..... (619)-886-8086
bbruff1@san.rr.com

3ed Vice President

Dan Haslam(619) 334-0004
danhaslam@walkabout-int.org

Recording Secretary

Donna Farris secretary@walkabout-int.org

Treasurer

Rita Balliot(619) 266-2555
treasurer@walkabout-int.org

Directors

Marilyn Buckley pr@walkabout-int.org

Stan Follis.....(619) 222-3447
Stanley@walkabout-int.org

Larry Forman.....(858) 755-1751
larry@walkabout-int.org

Dick Hiattpublisher@walkabout-int.org

Walter Konopka(619) 281-4958
wkonopka@sbcglobal.net

Bruce Herms..... Emeritus



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, 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, 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.

WEDNESDAY, AUGUST 15

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 for updates. See August 1 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Candy** at (619) 435-2894 or ccbeckwith146@yahoo.com.

10:00 am

CORONADO TIDELANDS STROLL. Join **Robert and Friends** for a 1-hour, flat, paved, **casual** stroll in Coronado's Tidelands Park. Optional brunch afterwards. Drive over the beautiful blue bridge to Coronado, turn right after the former tollbooth onto Glorietta Blvd, then turn right again on Mullinex Dr. into Tidelands Park. To use public transport, take the #901 bus (Iris Trolley) from the 12th & Imperial Transit Center at 8:35; after crossing the bridge, get off at first stop, walk southeast on 3rd St. onto Mullinex Dr. and into the park. Meet at the restroom. Rain cancels. **Robert B.** (858) 571-7733.

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 this historic area pushing her wheeled walker. Meet at the corner of 25th and A streets to learn a little about the wealthy families who lived here and still do. We'll visit a fire station, a Mexican bakery and have an optional lunch after the walk. Bring water, wear a hat. (619) 583-7644.

6:15 pm

WEDNESDAY NIGHT WORKOUT. See August 1.

THURSDAY, AUGUST 16

6:00 am

SUNRISE SERIES: SEAPORT VILLAGE/EMBARCADERO. We'll start at Seaport Village and walk along San Diego Bay toward the Convention Center to explore Marina Parks North and South on this **moderately**-paced 1-hour flat walk. Comic Con 2012 will be a memory for another year and the San Diego Pops will be featuring Wilson Phillips the following evening, so join us in between these very San Diego events for spectacular views of San Diego Bay and Downtown...and, hopefully, a beautiful sunrise. Meet **Connie** at the south end of Pacific Hwy. and park by the Seaport Village Merry-Go-Round. Bring money for an optional breakfast afterwards. (619) 477-8628.

10:00 am

MISSION BEACH NORTH & SOUTH. See August 2.

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

10:00 am

SHELTER ISLAND WALK & TALK BUNCH. See August 2.

10:15 am

MORNING STROLL IN BALBOA PARK. See August 2.

FRIDAY, AUGUST 17

10:00 am

OLD TOWN UPS & DOWNS. See August 3.

6:00 pm

MISSION HILLS MEANDER. See August 3.

SATURDAY, AUGUST 18

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 for updates. See August 1 listing for IMPORTANT INFORMATION. If you have any questions, contact **Bill** at (619) 264-1299.

6:15 pm

SATURDAY NIGHT LIVE. See August 4.

SUNDAY, AUGUST 19

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 the 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 August 5.

MONDAY, AUGUST 20

6:00 am

SUNRISE SERIES: PACIFIC BEACH. Meet **Verna** at Crystal Pier at the west end of Garnet St. to enjoy the colors of a morning sunrise, the sound of the surf and the camaraderie of this long-time group of faithful walkers that eagerly welcomes new walkers. After our walk **at your own pace** for about 1 hour on flat terrain along the boardwalk with a "caboose" to keep the slower walkers in sight, we'll stop for an optional breakfast at our favorite spot overlooking the water. You can take the #27 bus from the Clairemont area or the #30 from Old Town to the Mission Blvd. stop. For any questions, call **Verna** at (619) 276-3055 between 6:30 pm and 9:00 pm.

10:00 am

CROWN POINT AREA BECKONS. See August 6.

TUESDAY, AUGUST 21

10:00 am

TWEEBS goes in search of cool breezes along the bay as we have a pleasant flat walk to the north exploring the Rose Creek area as far as you wish **at your own speed** and turning back when you wish. We will meet at the restrooms just south of old Visitor Information Center. From the I-5, take the Claremont Dr. exit, go west one block and then left to the parking area. Optional lunch follows (Mexican?). Rain cancels. Who will volunteer to lead this walk south on Sept.11? **Pat K.** (619) 469-6223.

3:00 pm

SOUTH PARK STROLL. Come see the beautifully-restored historic homes of South Park and discover a hidden stairway. Meet **Evelyn K.** at the southeast corner of 30th St. (where it becomes Fern St.) and Juniper St. (in front of Rebecca's) for a **moderate**, 1-1/2 hour flat walk. Bus #2 stops at 30th and Juniper St. (619) 461-6095.

6:30 pm

MISSION BAY SUNSETS. See August 7.

WEDNESDAY, AUGUST 22

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 for updates. See August 1 listing for IMPORTANT INFORMATION. If you have any questions, contact Kathy at kpiller@cox.net or (760) 796-4007.

10:00 am

No **Robert & Friends** walk today.

6:15 pm

WEDNESDAY NIGHT WORKOUT. See August 1.

THURSDAY, AUGUST 23

6:00 am

SUNRISE SERIES: SOUTH SHORES. Meet **Winnie** at the South Shores launch just east of Sea World on Mission Bay. Hopefully, we will see some of the seasonal water birds that visit San Diego on this 1-hour **moderate** walk on flat terrain. Take the I-5 to Sea World Dr. and South Shores. Optional breakfast follows. (858) 278-4003.

10:00 am

SHELTER ISLAND WALK & TALK BUNCH. See August 2. Also, today we will go to the bountiful buffet lunch (\$8.95) at a lovely Mexican restaurant across from the Victorian homes in Old Town to honor Walkabouts whose birthdays are in July, August and September. All are welcome. We can stroll around the Victorian homes after lunch and/or head for the shopping area at your own pace to see the latest re-do of the area.

10:00 am

MISSION BEACH NORTH & SOUTH. See August 2.

10:15 am

MORNING STROLL IN BALBOA PARK. See August 2.

FRIDAY, AUGUST 24

10:00 am

OLD TOWN UPS & DOWNS. See August 3.

6:00 pm

MISSION HILLS MEANDER. See August 3.

SATURDAY, AUGUST 25

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 for updates. See August 1 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Stan** before 6:00 pm at (619) 448-1668 or email shunt92071@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.

7:30 am

DONUT DAY AT DEL MAR. Join us on our annual trek to the races for a quick tour of the track followed by free donuts, coffee and OJ. Then we'll watch the horses practice going through the starting gate. Linger afterwards if you want to watch the workouts or listen to the speakers about horse racing. Free parking. Meet at the parking lot entrance to the race track off Jimmy Durante Blvd. **Pat K.**'s cell for that day is (619) 743-4008 – home is (619) 469-6223.

9:15 am

DEL MAR DELIGHTS – NORTHERN EXPOSURE. This weekend and next weekend give rise to a dynamic duo of discoveries by exploring a plethora of picturesque pathways in this convivial coastal community. Today, we begin wandering through the nifty "northern" reaches and beaches of Del Mar. Next weekend, we start sauntering through the scenic "southern" corners. Both journeys take us around different delightful nooks and crannies including cozy canyons and the celebrated seacoast. Time to head 'em up, move 'em out, rawhide! Look for **Larry** at the northwest corner of Del Mar Heights Rd. and Durango Dr. – 6 blocks west of I-5's Del Mar Heights exit – for a **moderate-plus** paced, 3-hour "august" August amble over mixed-up and down terrain. Larry@walkabout-int.org or (858) 755-1751.

4:00 pm

VACATION ISLE. Join us for a **casual** 1-1/2 hour walk on flat terrain around the perimeter of the island. At Paradise Point Resort, those hearty souls can climb to the top of a tower for an incredible view. At 5:30 pm, we'll gather for an optional potluck and barbeque followed by a bonfire. Bring beach chairs, a beverage, guitars, food to share and to barbeque. The barbeque and table service will be provided, but there will not be any tables available at which you can sit while eating. Take Ingraham St. to Vacation Rd. (Paradise Point sign), turn west, turn left on the frontage road and stay to the left to the foot of the bridge by the picnic tables (Thomas Guide A-2). Call **Bev B.** with any questions at (858) 268-8088.

6:15 pm

SATURDAY NIGHT LIVE. See August 4.

SUNDAY, AUGUST 26

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 August 5.

MONDAY, AUGUST 27

6:00 am

SUNRISE SERIES: HARBOR ISLAND. We'll meet for a quiet 1-hour **at your own pace**, flat walk. We should have a beautiful view of both Downtown and the harbor. Take Harbor Dr., turn west at Harbor Island Dr., turn left at the end and park in the lot near Island Prime restaurant. Optional breakfast follows. **Gloria** (619) 482-7677.

10:00 am

CROWN POINT AREA BECKONS. See August 6.

TUESDAY, AUGUST 28

10:00 am

TWEEBS. Check Pat K.'s weekly email for details, or call her at (619) 469-6223 if you're not on her email distribution list.

6:30 pm

MISSION BAY SUNSETS. See August 7.

Office Staff

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

WEDNESDAY, AUGUST 29

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.walkabouthikes.org for updates. See August 1 listing for IMPORTANT INFORMATION. If you have any questions, contact Don at dpiller@cox.net or (760) 796-4007.

10:00 am

A BOATLESS RIVER EXCURSION. Join **Robert and Friends** for a 1-hour, paved, **casual** walk overlooking the San Diego River. Water wings not required. Optional restaurant stop afterwards. Meet in the parking lot of Mimi's on Mission Center Rd. at Camino de la Reina. To use public transport, take the Green Line Trolley marked "Green Santee," exit at Mission Valley Station, walk southwest to 5180 Mission Center Rd. Rain cancels. **Robert B.** (858) 571-7733.

6:15 pm

WEDNESDAY NIGHT WORKOUT. See August 1.

THURSDAY, AUGUST 30

6:00 am

SUNRISE SERIES: BALBOA PARK. Join **Marilyn** for a level walk **at your own pace** for about 1 hour through the park. There is always something in bloom and sometimes a few surprises. Meet at 5th and Spruce Streets. Optional breakfast follows. (619) 294-8308.

10:00 am

SHELTER ISLAND WALK & TALK BUNCH. See August 2.

10:00 am

MISSION BEACH NORTH & SOUTH. See August 2.

10:15 am

MORNING STROLL IN BALBOA PARK. See August 2.

FRIDAY, AUGUST 31

10:00 am

OLD TOWN UPS & DOWNS. See August 3.

6:00 pm

MISSION HILLS MEANDER. See August 3.

SATURDAY, SEPTEMBER 1

9:15 am

DEL MAR DELIGHTS – SOUTHERN EXPOSURE. Labor Day Weekend continues last Saturday's exploration of picturesque pathways in this convivial coastal community. Today, we start sauntering through the scenic "southern" corners with their enchanting nooks and crannies, captivating canyons and the precipitous cliffs overlooking the celebrated surf. Time to head 'em up, move 'em out, rawhide! More in September NL.

WALK LEADERS APPRECIATION LUNCHEON

Approximately 35 Walk Leaders were treated to a bountiful luncheon buffet on the patio at the lovely Acapulco Restaurant & Cantina in Old Town on June 27th.

Walk Leaders are the heart and “sole” of Walkabout. They spend time preparing their walks by scouting out the area; some even gather bits and pieces of interesting info on the area. They provide Walkabouts with physical exercise, socializing and good healthy fun. We all greatly appreciate what they do.

It wouldn't have been a Walkabout function if walks were not included. The celebration began with a walk before lunch around the beautiful Heritage Park Victorian homes, led by Julie McKane. After the luncheon, Mark Levy led us on a walk through Old Town, followed by happy-hour-priced Margaritas on the patio.

Our own Margaret Sohar, a physical therapist, was the guest speaker. She gave us tips on how to stay healthy during exercise, and for our raffle drawing she generously gave a certificate for a two-hour treatment.

If you led a walk last year but didn't receive an invitation, please contact us so that we can update our list.

We are actively compiling new walk ideas and a list of new walk leaders to add to the unique mix of walks we currently offer. Join the fun and become a walk leader. Call 619-231-7463 or see the Guidelines for submitting new walks on the web site, www.walkabout-int.org. Assistance will be provided by Walk Leader Coordinator Bev Bruff.





\$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 deductible 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.

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Other Features

This section contains walking events that are NOT sponsored by WALKABOUT

VARIOUS DAYS

SAN DIEGO NATURAL HISTORY MUSEUM'S CANYONEERS offer Saturday and Sunday walks exploring San Diego County's many canyons. These are nature walks, not endurance hikes. They are designed to accommodate all participants if they know that there are special needs. For detailed information about locations, dates, and times, call the Museum at (619) 232-3821, ext 203.

THE SAN DIEGO COUNTY ROCKHOPPERS of the American Volkspart Association have scheduled walks in North County. For more information, call Denyce Kinkead (760) 720-3773.

DESERT HIKES. Hikes occur on various days of the week at 11 am. For information call Erik Johnson (858) 565-0548, Sue Bell (619) 468-3721 or Joanne Whiteley (619) 561-0618. Meet at Scissors Crossing (junction of Highway 78 & S2) in Anza Borrego Desert for non-strenuous hikes with emphasis on natural science. Walkers will proceed to a pre-selected desert campsite and remain overnight for hikes on Wednesday & Thursday. Wear a hat and sturdy shoes; bring camp chair, water and firewood (if you have any) and something to share at "happy hour" after hiking.

LACOSTA WALKERS.: Monday, Wednesday, Friday at 8 am. Call Judith (760) 730-9205 for walk details.

GROSSMONT ADULT SCHOOL WALKING. Walk with people of all ages including seniors. We are motivating, supportive, and friendly. Walk short or long distances at your own pace. Groups meet at Lake Murray at 6pm Thursday and Chollas Lake at 6:30pm Monday to Friday, 7:30pm Saturday. Contact Peter Saccone for place, (619) 670-4555.

TUESDAYS

1:00 pm

BALBOA PARK INTERPRETIVE WALKS. SD Park & Recreation Dept & Balboa Park Rangers offer FREE interpretive walks every Tuesday on the rich history & botanical treasures of Balboa Park. Meet at the Balboa Park Visitor Center located in the Plaza de Panama. **We also meet on Sundays.** For directions to Visitor Center, call (619) 235-1122.

Various times early pm

POWAY TRAILS WALKING GROUP. Poway Senior Center sponsors casual walks for any age. Some hills to challenge but not discourage. Leaders are Greg, Marie, Jan or Rolanda. Call (760) 746-6094 for meeting time and place

7:00 pm

SARANAC-MOHAWK TROLLEY-TO-TROLLEY. This meets every Tuesday night and the walk is at a casual pace. Meet Barlow at the northeast corner of 68th and El Cajon Blvd. 619-675-1765.

WEDNESDAY

7:00 am

WEDNESDAY WALKERS. Walk the various neighborhoods and canyons of Tierrasanta. We meet at the corner of La Cuenta and Clairemont Mesa Drive. For further information call (858) 569-5013

SATURDAYS

8:00 am and 9 am

GROSSMONT MALL WALKERS. Stretch program. For information call Shelly, Mon, Wed and Fri, (619) 740-4214. Walk at Mall any day.

10:00 am

OFFSHOOT TOURS continues free plant walks in Balboa Park through the City of SD Park & Recreation Dept with a different theme each Saturday. Walks last one hour. Canceled for rain or less than four attendees. Contact Lori Hynes, Park Ranger, (619) 235-1121.

10:00 am

CHOLLAS LAKE PARK offers Guided Nature Walks every 2nd Saturday, and Guided Bird Walks every 3rd Saturday. Both walks last for approximately one hour. These walks are suitable for all ages and are fun, educational, and FREE! For more information, please contact the Park Rangers at the office: (619) 527-7683.

SUNDAYS

3:00 pm

BIRD WALKS. Every Sunday, from 3:00 to 4:00pm. Walks begin at the Tijuana Estuary Visitor Center. Bring binoculars if you have them. All ages welcome. No reservations required. FREE! Call (619) 575-3613 for directions.