



# San Diego Feets

Vol. 36

No.3

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

## March 2013

### Walkabout At Kobey's Swap Meet

Saturday March 2, 2013 7am to 3pm

Stop by the Walkabout booth at Kobey's Swap Meet and help out with our publicity campaign. Mix and mingle with potential walkers and share your experiences.

### FRIDAY, MARCH 1

4:30 pm

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

### SATURDAY, MARCH 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.

9:00 am

**SCENIC LA JOLLA HOMES.** Meet **Virginia** for a 2-hour **casual** walk with 2 hills at La Jolla Shores Dr. and Calle del Oro (Thomas Guide 1227-H4). You can take the #30 bus. Rain cancels. (619) 231-7463.

6:15 pm

**SATURDAY NIGHT LIVE.** **Carol, Teri** or a substitute leader will guide you along the harbor or through downtown while enjoying the bright lights and fresh breezes. Meet at the **entrance** to the 5 Star parking lot on the **west** side of Pacific Hwy. just north of Broadway – this lot has lots of metered parking, which is free after 6:00 pm, before you enter the pay lot. (Note: the 5 Star lot on the east side of Broadway is a pay lot only.) 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. Often a group of walkers will break away for a casual dinner, so feel free to join them! Walk leaves promptly at 6:15. **Carol W.** (619) 303-7942, **Teri E.** (619) 584-8984.

### SUNDAY, MARCH 3

7:15 am

**LA JOLLA BREAKFAST SPECIAL.** Let's explore La Jolla's beautiful homes, interesting stores and ocean views. Maybe we'll spot some migrating whales again on this **moderately**-paced walk for about 60 minutes. Optional breakfast follows at a favorite restaurant. Meet at Girard Ave. and Pearl St. Rain cancels or postpones. **Pat's Pals** (619) 469-6223.

8:15 am

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

#### 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

## ST. PATRICK'S DAY PARADE

Saturday, March 16, 11:00 am

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



## MONDAY, MARCH 4

6:30 am

**SUNRISE SERIES: NORTH PARK STROLL.** Meet **Frances** at the restaurant at 3949 Ohio St. just north of University Ave., where there is plenty of parking, for this 1-hour **casual to moderate** walk over flat terrain. This neighborhood is a walker's paradise, where daily errands do not require a car. This used to be one of our frequent walks, and we look forward to checking out new additions to the neighborhood. From the 805, exit at University Ave. and head west to Ohio St. Bring a flashlight and money for optional breakfast afterwards. (619) 479-3962.

10:00 am

**CROWN POINT AREA BECKONS.** Start out your week with beautiful scenic views of Mission Bay and nearby homes as a guest leader takes the group on a **moderate to moderate-plus** paced flat walk for about 2 hours with a pause for coffee or yogurt. Take the I-5 to Grand Ave. and go west to Lamont St., turn left on Lamont St., then right on Crown Point Dr. to meet at the west end of the parking lot near the restrooms. To use public transportation, take the trolley to Old Town and board the #9 bus at 9:10, get off at La Cima Dr. and walk 3 blocks east to the parking lot. Rain cancels. **Kathy L.** (858) 484-0349.

## TUESDAY, MARCH 5

10:00 am

**TUESDAY WALKERS CIRCLE LAKE MURRAY.** Let's get away from the crowds and noise to take a quiet walk **at your own speed** around the lake as far as you wish to go and then back. We will watch for the local birds, rabbits and maybe a swan or two. Meet by the restrooms in the parking lot. Enter off Lake Murray Blvd. at Kiowa Dr. (Starbucks). Optional lunch follows (chicken soup, pastrami anyone?). Bikes okay. Rain cancels. **Pat K.** (619) 469-6223.

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

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, 1-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 or **Jill F.** (858) 292-4231 to make sure the walk is "on" for the week (rarely cancelled due to holiday or commitments).

## WEDNESDAY, MARCH 6

Time: TBA

**WEDNESDAY WILDERNESS HIKE.** No hike today.

1:00 pm

**CHULA VISTA CHARM.** Meet our charming walking group at the E Street Trolley Station (blue line) for a mile's **casually**-paced walk into town, visiting the 3rd Avenue shopping district, Friendship and Memorial Parks, the library, Norman Park Center and other landmarks on this 3-mile visit to the former celery capital of the US. We'll have a stop for refreshments. Heavy rain will cancel, but if it's only drizzle, come anyway. **"South County Dan"** (619) 249-2446.

6:15 pm

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

## THURSDAY, MARCH 7

6:30 am

**SUNRISE SERIES: MISSION BAY BACKWARDS.** Instead of starting at the Information Center, let's start on the path near Sea World Dr. to enjoy the playground and the sights we've missed on this **moderate** 1-hour walk on flat, mostly paved terrain. Take Sea World Dr. exit west off the I-5, turn right at the first light, pass the entrance to Fiesta Island, cross the bridge and park at the second small parking area on your left. An optional breakfast is planned after. **Edie** (619) 222-4396.

9:00 am

**AMERICA'S CUP HARBOR.** Join **Mark L. and Troops** for a **moderate** 1-hour walk around the recently-opened promenade along America's Cup Harbor past the boat yards, fishing fleet, famous seafood restaurants, etc., and back. Meet at the Bali Hai Restaurant FREE parking lot on the east end of Shelter Island Drive by the circle. OPTIONAL: After, you can join the Shelter Island Walk & Talk Bunch for a second hour along the bay, followed by an optional lunch or free stretching class. (See below.) Rain cancels. Repeats every Thursday. **Mark L.** (619) 964-3097.

10:00 am

**MISSION BEACH NORTH & SOUTH.** Walk the beach or the bay and stop for coffee near the end of this **moderate-plus** or **moderate** flat walk. Meet at the Belmont Park ticket booth off Mission Blvd. To use public transport, ride the trolley to Old Town, take the #8 bus at 9:40 to Mission Blvd. arriving at 9:54, and 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 including pit stop). Breathe delicious ocean air and enjoy dynamic bay and city views from ships to wildlife. You may stop at one of the many benches and rejoin us on the return leg. Meet at east end of the island to the right of the Bali Hai by the lamp post and hand rails, where we will stretch for a few minutes. If you're late, drive down the island and join us along the way. Take the #28 bus and walk approximately 3 blocks to the Bali Hai. Ample free parking. Optional eats after, or optional **free** adult education stretching class nearby (11:30 am-12:45 pm). Rain cancels. Join us - just for the health of it! Walk repeats every Thursday. **Sally R.** (619) 272-8851.

10:15 am

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

## FRIDAY, MARCH 8

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.

1:00 pm

**SANTEE LAKES ON SUZY'S 10th BIRTHDAY.** Come help celebrate teaching an old dog new tricks, and Suzy will come, too, so bring your pooch. Refreshments will be served (for people and dogs) and we'll carpool from our meeting point, which is the Santee Trolley stop (terminus of green line). Dan (Suzy's dad) can take 4 in his car and others will drive, so don't all take the trolley! We'll walk around Santee Lakes and enjoy water breezes and sing birthday songs to the animals. Heavy rain will cancel, but dogs don't care if they get wet. "**Dad Dan**" (619) 246-2449.

4:30 pm

**MISSION HILLS MEANDER.** See March 1.

## DESERT WILDFLOWERS, SCULPTURES AND OTHER TREASURES

THURSDAY, APRIL 4th

If you love wildflowers and other treasures, this is the trip for you! With our recent rains, there should be a number of wildflowers in bloom. Join Walter, master of the native plant and flower world, for a series of several nature walks on our way to the Anza-Borrego Desert as well as Ricardo Breceda's fantastic metal sculptures. Bring your camera, lunch, water and sunscreen. We will be carpooling from the Grossmont Center Park & Ride, across from Walmart and the Red Lobster Restaurant, leaving promptly at 8:30 am. Call the office to sign up either as a passenger or driver (indicate the number of passengers you can take) 619-231-7463. Rain cancels.

Cost: Expect to chip in for gas money if you are a passenger. Call Bev at 858-268-8088 with questions. The day of the event call Bev at 619-886-8086 (cell).

## SATURDAY, MARCH 9

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



Time: TBA

**SATURDAY WILDERNESS HIKE.** Today will be an e-mail hike. There is a chance there will be no hike due to certain weather conditions. You can check the hikes at [www.walkabouthikes.org](http://www.walkabouthikes.org) for updates. See March 2 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).

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 March 2.

## SUNDAY, MARCH 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 March 3.

9:15 am **NC**

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

4:30 pm

**PRESIDENT STREETS TOUR/DINNER.** Join us for an interesting social walk and optional dinner at a nearby café afterwards. Members of the Sierra Social Club have also been invited. Meet at Lincoln Ave. and Vermont St. (just across the Vermont Bridge – Thomas Guide 1269-B5) for a flat, 1-hour-plus, **moderate**-paced walk. If you have any questions, please contact **EI** before 4:00 pm at [sdwalks@interactor.cc](mailto:sdwalks@interactor.cc) or (760) 533-2725.

## MONDAY, MARCH 11

6:30 am

**SUNRISE SERIES: MARINA VILLAGE.** We'll enjoy a moderate-paced 1-hour flat walk on what, hopefully, should be a warmer and brighter day, as we look for fishermen leaving for sport fishing. This area was re-done several years ago and it really looks more inviting. Take the I-8 west to its end, turn left on Sunset Cliffs Blvd., then right 1 block on West Pt. Loma Blvd. until you see the stop sign at Bacon St., turn right into Robb Field, and park near the restrooms. Bring money for an optional breakfast after. **Fusa** (619) 223-6947.

10:00 am

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

## TUESDAY, MARCH 12

10:00 am

**TUESDAY WALKERS EXPLORE GOLDEN TRIANGLE.** Join **Beverly D.** to see what's happening in UTC. We'll walk through the beautiful Renaissance complex and continue on to the 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.

6:30 pm

**ABOVE THE BAY.** See March 5.

## WEDNESDAY, MARCH 13

Time: TBA

**WEDNESDAY WILDERNESS HIKE.** Today will be an e-mail hike. There is a chance there will be no hike due to certain weather conditions. You can check the hikes at [www.walkabout-hikes.org](http://www.walkabout-hikes.org) for updates. See March 2 listing for IMPORTANT INFORMATION. If you have any questions, contact **Don** at [dpiller@cox.net](mailto:dpiller@cox.net) or (760) 796-4007.

10:00 am

**POINT LOMA OCEAN VIEW.** Join **Robert and Friends** for a mostly flat, 1-hour, paved, **casual** stroll through the land of beautiful dwellings and views between Point Loma and Ocean Beach. Tasty coffee klatching later at a restaurant on Shelter Island. Take Rosecrans St. through Point Loma, turn right on Talbot St., go up the hill, turn right on Catalina Blvd., make a quick left on Hill St. and go over the hump to the corner of the Alexandria Dr. meeting place. Rain cancels. **Robert B.** (858) 571-7733.

6:15 pm

**WEDNESDAY NIGHT WORKOUT.** See March 6.

## THURSDAY, MARCH 14

6:30 am

**SUNRISE SERIES: LIBERTY STATION RAMBLE.** Join **Connie** at the foot of Womble St. next to the inlet for a 1-hour **at your own pace** flat walk down the inlet and under the bridge to visit the San Salvador (Cabrillo's flagship) replica, which is being rebuilt by the SD Maritime Museum, and continue along Spanish Landing. Faster walkers will be able to visit the Cancer Survivors Park at the eastern end of Spanish landing before returning to Liberty Station. A flashlight may not be needed, but bring money for optional breakfast afterwards. (619) 477-8628.

9:00 am

**AMERICA'S CUP HARBOR.** See March 7.

10:00 am

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

10:00 am

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

10:15 am

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

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### 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.

# March Walks at a Glance

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> 4:30 pm Mission Hills	<b>2</b> TBA-Hike-Don 9:00 am Scenic La Jolla Homes 6:15 pm Sat Night Live
<b>3</b> 7:15 am Breakfast Special - La Jolla 8:15 am Merry Go Round	<b>4</b> 6:30 am Sunrise Series 10 am Crown Point	<b>5</b> 10 am Tuesday Walkers 6:30 pm Above The Bay	<b>6</b> 1:00 pm Chula Vista Charm 6:15 pm Workout	<b>7</b> 6:30 am Sunrise Series 9:00 am America's Cup Harbor 10 am Mission Beach 10 am Shelter Island 10:15 am Balboa Park	<b>8</b> 10:00 am Walkabout Board Meeting 1:00 pm Santee Lakes 4:30 pm Mission Hills	<b>9</b> TBA-Hike-Stan 7:15 am Late Birds 6:15 pm Sat Night Daylight Saving Time ends, Spring Forward.
<b>10</b> 7:15 am Breakfast Special - Balboa Park 8:15 am Merry Go Round 9:15 am NC Marching Through The Meadows 4:30 pm President Streets Tour/Dinner	<b>11</b> 6:30 am Sunrise Series - Marina Village 10 am Crown Point	<b>12</b> 10 am Tuesday Walkers 6:30 pm Above The Bay	<b>13</b> TBA-Hike today - Don 10 am Point Loma Ocean View 6:15 pm Workout	<b>14</b> 6:30 am Sunrise Series 9:00 am America's Cup Harbor 10 am Mission Beach 10 am Shelter Island 10:15 am Balboa Park	<b>15</b> 1:00 pm Santee By The River 6:00 pm Mission Hills- Note Time Change	<b>16</b> TBA-Hike-Bill 11:00 am St. Patrick's Day Parade 6:15 pm Sat Night Live
<b>17</b> 7:15 am Breakfast Special - East Mission Bay 8:15 am Merry Go Round 9:30 am Happy Sweet 36th	<b>18</b> 6:30 am Sunrise Series - Lake Murray 10 am Crown Point	<b>19</b> 1:00 pm Downtown Dawdlers 6:30 pm Above The Bay	<b>20</b> TBA-Hike-Stan 10 am Anniversary Walk 6:15 pm Workout	<b>21</b> 6:30 am Sunrise Series - By The Bay 9:00 am America's Cup Harbor 10 am Mission Beach 10 am Shelter Island 10:15 am Balboa Park	<b>22</b> 1:00 pm Lookin' Over Lakeside 6:00 pm Mission Hills- Note Time Change	<b>23</b> TBA-Hike- Candy 7:15 Late Birds 6:15 pm Sat Night
<b>24</b> 7:15 am Breakfast Special - Pacific Beach 8:15 am Merry Go Round	<b>25</b> 6:30 am Sunrise Series -Uptown/ University Heights 10 am Crown Point	<b>26</b> 3:00 pm Pacific Beach Promenade 6:30 pm Above The Bay	<b>27</b> TBA-Hike-Candy 10 am Coronado Mini-Mansions 6:15 pm Workout	<b>28</b> 6:30 am Sunrise Series - Little Italy 9:00 am America's Cup Harbor 10 am Mission Beach 10 am Shelter Island 10:15 am Balboa Park	<b>29</b> 6:00 pm Mission Hills- Note Time Change	<b>30</b> TBA-Hike- Bill 6:15 pm Sat Night Live
<b>31</b> 7:15 am Breakfast Special - Adams Ave, 8:15 am Merry Go Round						

## UPCOMING WALKS, EVENTS & TRIPS FOR 2013

We are recruiting walk leaders for some of the following walks that don't list a leader. If interested, please call the office (619) 231-7463 . Receive help w/write-up, etc. And, please send in YOUR ideas!! (Note Newsletter deadline dates).

### MARCH 2013

Walkabout's 36th Anniversary Walks.

St .Patrick's Day Parade Walk.....Fran W.

Coronado Garden Tour Walk..... Bob B.

Kobey Swap Meet P/R Booth ..... (Need Volunteers)

### APRIL 2013 (Deadline for newsletter: Mar 3rd)

Anza Borrego Day Trip.....Walter K.

Three Rose Gardens at Liberty Station.....Linda H.

Japanese Garden/Balboa Park/Cherry Blossoms

..... Jackie B/Sally R.

### MAY 2013 (Deadline for newsletter: April 3rd)

Annual Coronado Bridge Walk ..... Sally R.

Memorial Day Walk

Annual Port of San Diego Harbor Boat Tour + Bus Tour

of behind the scenes .....FREE (May/June)

### JUNE 2013 (Deadline for newsletter: May 3rd.)

Downtown Library Opening..... Evelyn K.

Mainly Mozart Open Free Rehearsals,

Balboa Theater: June 13, 15 & 20th, followed by Walk

### OTHER SUGGESTED WALKS/EVENTS

Annual Walk Leaders Safety Meeting

Annual Walk Leaders Appreciation Luncheon

Airport Terminal Opening Summer 2013

Balboa Park w/Ranger Tour

Cabrillo Monument Ranger led Cabrillo trails.. Ellen Q.

Coaster trip to Oceanside Pier/Cedros Shopping

County Fair- June/early July

Del Mar Race Track- July/Aug

Free Tuesdays at Museums in Balboa Park

Gemological Institute of America/Carlsbad Docent Led

tour

I Love A Clean San Diego - beach cleanup - Sept

Jerry Schad Memorial Trail/Balboa Park

La Mesa Oktoberfest- Sept

Lambs Xmas Play-Dec

Navy Fleet Week- Sept

Neighborhood Holiday Light Viewing - Holidays

Reuben Fleet/Star Gazing/Balboa Park - Ellen Q.

San Diego River Walk/Docent Led - May

Spring and Fall Garden and Home Tours

Summer Pops

Tijuana- Visit new San Diego Office in TJ ..... May

### 2013 TRIPS: ( Tentative Schedule)

Charleston, SC & Savannah, GA..... Apr 2-9

Washington DC.....May 14-21

Switzerland.....Jun 23-Jul 7

Poland Spring Inn/Maine.....Aug 13-20

Cape Cod/Boston.....Sep 3-9

Biltmore Estate/Ashville, NC .....Sep 10-17

New York City.....Sep 24-30

Julian Overnight 2nd Annual visit .....Oct. 2-3

Vermont..... Oct 1-8

Boise, ID ..... Oct 10-17

Cuba.....Nov 5-12

Asilomar/Monterey Bay .....Nov 26-30

Northern CA Coast/Hwy 1.....Dec 3-10

San Francisco ..... FALL

New Orleans ..... Late.Fall

### 2013 Day Trips (Tentative Schedule)

Please call office (619) 231-7463 to put your name on the interest list.

Disney Concert Hall-LA Philharmonic-Gustavo

Dudamel -Performance – Mozart & Mendelssohn Los

Angeles ..... 5/26

Mark Taper Forum – Play: "What The Butler Saw"-

Comedy ..... 10/20

### In Planning Stage: Dates Unknown

Russian Ballet-Segerstrom Art Center/Costa Mesa

Gene Autry Western Museum/LA Zoo-Griffith Park

Elvis Presley Estate @ Graceland of the West/Palm

Springs

Los Angeles Art Museum and La Brea Tar Pits Tour

Getty: Please choose one: Malibu Villa at waterfront

or the Getty in the Mountains of Mulholland.

### 2011-2012 Board Members

President

Robert Buehler .....(858) 571-7733

[President@walkabout-int.org](mailto:President@walkabout-int.org)

1st Vice President

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### Directors

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Bruce Herms..... Emeritus

**NEWSLETTER STAFF:** Diane Altona, Rita Balliot, Dick Hiatt, Stan Follis, Lorraine Marshall, Kim Mills, Marilyn Ralph, Fran Whiteman.

**MAILING CREW:** Pat Peterson (Captain), Alice Berwert, Julie McKane, Barbara Miller, Sharon Nelson, Joanne Paul, Fusa Shimizu, Judy Vandruff.

## FRIDAY, MARCH 15

1:00 pm

**SANTEE BY THE RIVER.** Meet **Dan** by the Santee Trolley stop (green line) for a 2-hour **casually**-paced walk along the San Diego River on the current trail, which ends at the golf course. We'll backtrack a bit and then visit a close-out store for a big box mart, check out a thrift store and stop for refreshments before concluding our 3-mile trek and the trolley whisks you back to civilization. Those who'd like to stop for lunch at a wonderful BBQ place should meet me at the trolley stop at noon and we'll work off our lunch with the walk. Heavy rain will cancel, but bring an umbrella for merely threatening skies and drizzle. "**Diego Dan**" (619) 249-2446.

6:00 pm **NOTE TIME CHANGE**

**MISSION HILLS MEANDER.** See March 1.

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

11:00 am

**ST. PATRICK'S DAY PARADE.** See box on page 2.

6:15 pm

**SATURDAY NIGHT LIVE.** See March 2.

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

8:15 am

**MERRY GO-ROUND.** See March 3.

9:30 am

**HAPPY SWEET 36TH BIRTHDAY WALKABOUT!** Recreate the walk that launched thousands upon thousands of ships, er, walks since St. Patrick's Day of 1977. Savor what the times were like back then and how Walkabout took its first baby steps. Explore what were some little-known trails in the picturesque La Playa area of Point Loma on a 1.5-hour, **moderate**-paced parade over mixed up and down terrain. Look for **Larry** at the "poetic" corner of Scott and Emerson streets (near Point Loma Seafood). Go south on Rosecrans St. 3 streets past North Harbor Dr. with a left on Emerson St. and 1 block to Scott St. BYO water, but rainwater cancels. [Larry@walkabout-int.org](mailto:Larry@walkabout-int.org) or (858) 755-1751 (evenings/weekends).

## MONDAY, MARCH 18

6:30 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

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

## TUESDAY, MARCH 19

1:00 pm

**DOWNTOWN DAWDLERS.** Let's meet at the Balboa Theater at 4<sup>th</sup> Ave. & E St. to check out progress of the remodeling of a portion of Horton Plaza into a park as well as a walk around downtown to see what's new and different. We'll **casually** walk city streets, and you can still park at Horton Plaza, but note the new validation criteria (much cheaper to come via public transit). Rain cancels! "**Gaslamp Dan**" (619) 249-2446.

6:30 pm

**ABOVE THE BAY.** See March 5.

## WEDNESDAY, MARCH 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 March 2 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

**ANNIVERSARY WALK.** Walkabout is celebrating its anniversary this month, so we'll hear some history of Golden Hill as well as Walkabout on this **casual** jaunt for about 1 hour+ with some slight hills. Golden Hill's location was perfect for wealthy businessmen in the late 1800s, and its closeness to downtown is still very appealing to today's young professionals. Join **Lorraine** at the corner of 25<sup>th</sup> and A streets, and bring your own stories of how you discovered Walkabout. Optional lunch follows plus our usual visit to a Mexican bakery and maybe the fire station. (619) 583-7644.

6:15 pm

**WEDNESDAY NIGHT WORKOUT.** See March 6.



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

## THURSDAY, MARCH 21

6:30 am

**SUNRISE SERIES: BY THE BAY.** Today we'll hope for sunny skies, lots of birds and that any clouds are the fluffy kind for a more beautiful sunrise. Meet **Verna** at the former Visitor Information Center just west of the I-5 at the Clairemont Dr. exit. We usually have two groups, **moderate** and **casual**, on this 1-hour flat walk. An optional breakfast follows (don't forget to bring your \$) at one of our favorite places. (619) 276-3055.

9:00 am

**AMERICA'S CUP HARBOR.** See March 7.

10:00 am

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

10:00 am

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

10:15 am

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

## FRIDAY, MARCH 22

1:00 pm

**LOOKIN' OVER LAKESIDE.** We'll meet at the bus stop at Maine Ave. & Laurel St. at 1:00 pm to meet the 12:57 pm #848 MTS bus arriving from El Cajon Transit Center. It takes 35 minutes to get to Lakeside via bus, so you can check the schedule and work out your arrival. Our **casual** walk includes Lindo Lake Park, the library, historical society and the community center, and, if you're not careful, you might learn a bit about the history of this town founded for fun and frolic. Heavy rain cancels, but bring an umbrella if it looks only threatening. "**Redneck Dan**" (619) 249-2446.

6:00 pm **NOTE TIME CHANGE**

**MISSION HILLS MEANDER.** See March 1.

## SATURDAY, MARCH 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.walkabouthikes.org](http://www.walkabouthikes.org) for updates. See March 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).

7:15 am

**LATE BIRDS.** For those of us who can't get up for the Sunrise Series, **Fusa and Friends** will lead a 1-hour walk **at your own pace** around Shelter Island, followed by an optional breakfast. Meet in the parking lot at Anchorage Ln. and Cañon St. Rain cancels. (619) 223-6947.

6:15 pm

**SATURDAY NIGHT LIVE.** See March 2.

## SUNDAY, MARCH 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 Crystal Pier. From Old Town Transit Center, take the #8 bus at 6:30. Rain cancels or postpones. Optional breakfast follows, perhaps on a deck overlooking the ocean. **Pat's Pals** (619) 469-6223.

8:15 am

**MERRY GO-ROUND.** See March 3.

## MONDAY, MARCH 25

6:30 am

**SUNRISE SERIES: UPTOWN/UNIVERSITY HEIGHTS.** Let's walk over the bridge and wander past these historic homes and modern drought-resistant gardens for 1 hour at a **moderate** pace on mostly flat terrain. We'll meet by the entrance to the pedestrian bridge between Panera's and Trader Joe's. Turn north off University Ave. at Vermont St. into the parking lot. You can take bus routes 1, 10, 11 or 120. **Pat K.** (619) 469-6223.

10:00 am

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

## TUESDAY, MARCH 26

3:00 pm

**PACIFIC BEACH PROMENADE.** We'll meet at Crown Point (at the west end of the parking lot near the restrooms – the same place as Monday's 10:00 am walk), but we'll head northeast past a marsh reserve and a thriving community garden on this **moderate**, flat 1.5-hour walk. Bus #9 stops at Ingraham St. and La Cima Dr. Rain cancels. **Evelyn K.** (619) 461-6095.

6:30 pm

**ABOVE THE BAY.** See March 5.

## WEDNESDAY, MARCH 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.walkabouthikes.org](http://www.walkabouthikes.org) for updates. See March 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

**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 March 6.

**THURSDAY, MARCH 28**

6:30 am

**SUNRISE SERIES: LITTLE ITALY AND BEYOND.** Meet **Gloria** at the restaurant parking lot at the corner of Hawthorn St. and Pacific Hwy. for a 1- hour, mostly flat and paved walk at a **casual to moderate** pace. A walk through Little Italy is always interesting with something new going on most of the time. You may need a flashlight, and bring money for an optional breakfast after. (619) 482-7677.

9:00 am

**AMERICA'S CUP HARBOR.** See March 7.

10:00 am

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

10:00 am

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

10:15 am

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

**FRIDAY, MARCH 29**

6:00 pm **NOTE TIME CHANGE**

**MISSION HILLS MEANDER.** See March 1.

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

6:15 pm

**SATURDAY NIGHT LIVE.** See March 2.

**Office Staff**

Donna Farris, Marilyn Buckley, Grace Greenalch, Pat Peterson, Marilyn Ralph, Joanne Young.

**Marvelous Monterey Bay – A Thanksgiving Treat in the Serenity of Asilomar**

**November 26 - 30, 2013**

Cannery Row, Pacific Grove, Pebble Beach and the Monterey Bay Aquarium. Enjoy 5 days / 4 nights accommodations with all the delectable meals of 4



breakfasts, 5 lunches and 5 dinners (including a superb, mouthwatering Thanksgiving Day extravaganza) during our sojourn in the bucolic environs of Asilomar Conference Grounds. Stroll with Rita and Diane. Or, stretch your legs with Larry and Walter. The choices abound for how you can enjoy the Thanksgiving week with the Walkabout family. Our comfortable chartered coach sweeps us up to and back from our Northern California hideaway. Estimated all-inclusive price: \$985 (double-occupancy); \$325 (single-supplement).

To officially reserve a spot, send your nonrefundable deposit -- \$500 for double-occupancy or \$600 for single-occupancy -- to Walkabout accompanied by your name, address, phone number, email address and notation: Marvelous Monterey Bay. If you already are one of the 35+ who have tentatively reserved with a fully refundable \$100 deposit, please send the remainder of your deposit payment of either \$400 (double) or \$500 (single). For more info, contact Larry at [Larry@walkabout-int.org](mailto:Larry@walkabout-int.org) or (858) 755-1751 (evenings or weekends)

**SUNDAY, MARCH 31**

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 March 3.



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.



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.

## Walkabout Board Invites New Board Applicants

Ever consider board service for Walkabout International? Too high-falutin'? Too much work? Too many fuddy-duddies on board? Nah...not even close. The current board is made up of 10 dedicated active volunteers with room in our bylaws for more. It doesn't cost anything to belong to our board (some board of directors actually require members to contribute a set financial amount), and our meetings occur monthly, usually for about two hours per meeting. We have several openings, and we could use some new blood. Either that or Geritol.

Each board member is expected to contribute service, in addition to good judgment, to the organization, although like you we are all supporting "members." Thus, one board member publishes the newsletter, one works with computers and our website, another leads trips, one is our treasurer, one manages the office, one does PR work. All board members are expected to participate with our events in helping set up, take down, or operate the desk in the event of a trade show. We all recognize each other's strengths, and we try to overlook weaknesses. In general, we are a pretty homogeneous group, although we do snipe occasionally.

California recognizes that we are not a membership organization to be run by members, and all affairs of the organization are run by our board. We operate on a one-person, one-vote schedule, and majority rules. One board member is our corporate secretary and keeps official "minutes" of all our meetings so we can refer back to our mistakes. The president only votes in the event of a tie, which is rare. There are contentious issues, grumpy meetings and grumpier directors from time to time. Once a year we have a retreat (April) in which we attempt (in a half day meeting) to do long-range planning for the next year. Certain issues always consume us -- how to increase our subscription levels; our reliance on trip income for our income stream, but we use these sessions for creative ideas. Lunch is always the highlight of the retreat; one of the few perks that come with the job.

It's easy to become a board member. Show up to a couple of meetings, show an interest. You'll find that it won't take up too much of your time, and the time you give will make Walkabout's experience all the more rich. Talk to a current board member and express your interest. If you're breathing and have a pulse, you just might make it.

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## WALKABOUT BOARD REVIEWS SELECTION CRITERIA FOR WALKABOUT TRIPS

At its February 8 meeting the Walkabout board approached a sensitive subject: who should be disqualified from a walking trip/tour because of mental

or physical impairment? As an organization we want to be in compliance with all federal, state and local laws regarding personal limitations, but we also want to ensure that our participants understand the levels of difficulty which each trip or activity involve so that person can make an informed judgment about joining in. A walk can be quite dull if it is advertised as a moderate-plus pace, and someone shows up with the ability only to do a half-speed walk. Somewhere a line must be drawn. We attempt to do so through detailed descriptions of trips, walks, pace, and distances. Providing a good "fit" is the responsibility of both the walk leader and the walk participant. Are you doing your share? Are we?

Because of our mandate to make each trip a walking experience, we continuously stress that "we are, after all, a walking group," as we discourage people from taking that welcoming bus at the end of a long climb to return to the starting point. Since many of our trips involve van transportation, we need travelers who can maneuver in and out of the van. Typically, our travelers need to be able to carry their own luggage onto public conveyances and up and down stairs. Many of the distances we cover on foot can be long, and the walks can be arduous. Trips to San Francisco or Switzerland, for example, are going to involve hills, and you need to be in good shape if you are going to keep up.

Over the years we have happily made accommodations to those who need some assistance. We have taken guide dogs for the sight-challenged and service dogs on tours. There are some travelers who need companion assistance while on the tour, (such as to read menus, or keep the trip participant on time and in the right location). Because the tour leader is responsible for the group moving forward in a timely manner, he or she simply cannot devote enough time to act as a "third wing" to someone who needs assistance all the time.

Walkers should never consider hanging up their walking shoes. Walking keeps us young at heart and on the move. As soon as you give it up for the rocker, the next step is the home for the aged. It is, however, a balancing act between what you'd like to do and what you're capable of. Do not hesitate to contact a trip or walk leader in advance and determine whether a particular trip or walk will meet your expectations and capabilities. Ask questions. Prepare yourself physically. You won't be happy on the jaunt if you perceive you're holding everyone else up. Some city tours may work out well for both you and the group; you simply will join in when possible and have some time on your own. If the tour is going to feature 2-hour early bird walks followed by a daylong hike in the mountains, perhaps that's not for you.

As Walkabouts age, the selection criteria seem all the more important. If we all cooperate, we'll make the right choices for each of us and for our wonderful organization.

## About Walkabout, San Diego's Premier Social Network Afoot

Walkabout is an all volunteer San Diego-based non-profit organization offering over 1000 free local walks each year along with parties, picnics, potlucks, holiday celebrations and other activities including national and international travel, all with a walking component. Established in 1977, Walkabout promotes healthy regular exercise, social camaraderie and discovering new places.



### Walkabout Newsletter Subscription/Supporter Form

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.

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

Basic Level (Newsletter Subscription) \$20

Tenderfoot \$25     Footprint \$100     Arch Supporter \$500

Twinkletoes \$50     Kindred Sole \$250     Big Foot \$1000     Other: \_\_\_\_\_

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HOW DID YOU HEAR ABOUT WALKABOUT: \_\_\_\_\_

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

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

Also e-mail me a PDF copy of the Newsletter     PDF only, fully tax deductible.

Please notify office promptly of change of address or phone. Call 619-231-SHOE (7463)

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

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

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! Your suggestions are welcome.

### SENSATIONAL SWITZERLAND IS FULL, WAIT-LIST ONLY

June 23 - July 7, 2013

**\$3195 (double-occupancy) / \$3690 (single occupancy)**



15 days / 14 nights in three-star hotels -- Montreux (3 nights), Liechtenstein (4 nights), Interlaken (4 nights) and Leukerbad (3 nights) -- with 14 breakfasts and 14 dinners. 15-day Swiss Pass and the services of

Walkabout's own leader, Larry, who personally has conducted over a dozen walking tours of Switzerland. To get on the WAIT-LIST, contact Larry at [Larry@walkabout-int.org](mailto:Larry@walkabout-int.org) or (858) 755-1751 (evenings or weekends).



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**Walkabout and San Diego Sister Cities Program at Commemorative Greyfriars Bobby walk, 1/15/13, 141st anniversary of Bobby's death, Gaslamp Museum, 4th and Island."**

**Photograph by Chris Pantaleoni.**