



San Diego Feets

Vol. 36

No.5

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.

May 2013

WEDNESDAY, MAY 1

Time: TBA

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

6:15 pm

WEDNESDAY NITE WORKOUT. Meet at Costa Verde Shopping Center in front of Bookstar, west of Westfield UTC Mall between La Jolla Village Dr. and Nobel Dr. 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, MAY 2

6:00 am

SUNRISE SERIES: EASTERN BALBOA PARK. Meet **Edie** at the merry go-round off Park Blvd. near the Zoo. We'll see roses and cacti galore, and also much more on this **moderate**-paced 1-hour walk. Be ready for some uneven dirt paths. Plan for an optional breakfast afterward. Shall we try Greek? (619) 222-4396.

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

9:00 am

AMERICA'S CUP HARBOR. Join Mark L. and Rob for a **moderate** one-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 Dr. by the circle. **OPTIONAL:** After, we will join the Shelter Island Walk & Talk Bunch for a second hour along the bay, followed by an optional lunch or free stretching class. (See next walk). Repeats every Thursday. Mark L. (619) 964-3097.

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 lamppost and handrails, 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 where there is 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.

10:00 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.



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

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, MAY 3

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, MAY 4

Time: TBA

WILDERNESS HIKE. Today will be an e-mail hike. There is a chance that there will be no hike due to certain weather conditions. You can check the hikes at www.walkabouthikes.org for updates. See May 1 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Don** at dpiller@cox.net or (760) 796-4007.

4:00 pm

WALKING, TALKING, EATING AND FUN AROUND THE BONFIRE. Join **Bev** and friends for a late afternoon **casual** 1-hour walk along our beautiful beaches in the Mission Bay Park area. We will be walking through 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, and then sit around the bonfire (anybody up for some s'mores?). Bring sunscreen, hat, beach chair (for on the grass or sand), food to share, food to BBQ and a beverage. Table service (plates, forks, etc.) will be provided. Tables will be used for our potluck food; there will not be any tables to sit at for your meal. From the I-8 westbound (others refer to Thomas Guide pg.1268), exit W. Mission Bay Dr., turn right at the traffic light onto Ingraham St., stay in the left lane to the second traffic light (about 1½ miles), turn left at West Vacation Road and turn IMMEDIATELY left onto a frontage road that runs parallel to Ingraham St.; follow this to the end parking lot where we'll be at the last table to the left of the cement canopy as you face Mission Bay Channel. **Bev** (858) 268-8088.

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 ABM 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: ABM 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, MAY 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** with 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.

9:15 am **NC**

RANCHO SANTA FE OLE! Start the cheerful Cinco de Mayo day off on the right foot by dancing along festive footpaths and tantalizing trails in the "lake district" of this cozy community on a 3-hour, **moderate-plus paced** prance over mixed-up and down terrain. Scenic delights beckon around each corner in this remarkable realm. Look for **Larry** in front of the Rancho Santa Fe Library at 17040 Avenida De Acacias near the corner of La Granada (route S-9). BYO water; rainwater cancels. Larry@walkabout-int.org (858) 755-1751 (evenings and weekends).

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.



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

MONDAY, MAY 6

6:00 am

SUNRISE SERIES: LIBERTY STATION. Meet **Connie** at Womble St. and Truxtun Rd. for a 1-hour, **casual to moderate** walk on flat, paved terrain. We'll walk the arcades to see what new businesses and attractions are being added to this historic location, once home to the Navy Training Center (NTC) San Diego, where we'll see such diverse attractions as High Tech High and Middle School, The Rock Church and Academy, the Historic North Chapel, our own Walkabout International Office, non-profit organizations such as SD Foundation and SD Coastkeeper, and numerous art galleries and dance studios. Did I mention the numerous restaurants and the shops to check out? Bring money for an optional breakfast afterward. (619) 477-8628.

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, MAY 7

10:00 am

TUESDAY WALKERS. Today we travel to Point Loma to view the beautiful homes, gardens, and views on a **moderate**, mostly flat walk strolling through one of San Diego's premier neighborhoods where we'll look for award-winning gardens and historic homes. Meet at the grocery parking lot where Catalina Blvd., Talbot St. and Canon St. meet. Optional snacks follow. 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.

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

NC = NC = North County - North past La Jolla
EC = East County - East of La Mesa
SB = South Bay - National City or South

WEDNESDAY, MAY 8

Time: TBA

WILDERNESS HIKE. Today will be an e-mail hike. There is a chance that there will be no hike due to certain weather conditions. You can check the hikes at www.walkabout hikes.org for updates. See May 1 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Don** at dpiller@cox.net or (760) 796-4007.

6:15 pm

WEDNESDAY NIGHT WORKOUT. See May 1.

THURSDAY, MAY 9

6:00 am

SUNRISE SERIES: NORTH PARK. Enjoy a 1-hour flat walk at a **moderate** pace in this older section of San Diego where we'll see a variety of interesting homes that have stood the test of time. Meet at Hamilton St. and El Cajon Blvd. (south side). Bring money for an optional breakfast afterward. **Sandra S.** (619) 582-6550.

9:00 am

AMERICA'S CUP HARBOR. See May 2.

10:00 am

SHELTER ISLAND WALK & TALK BUNCH. See May 2.

10:00 am

MISSION BEACH NORTH & SOUTH. See May 2.

10:15 am

MORNING STROLL IN BALBOA PARK. See May 2.

FRIDAY, MAY 10

16:00 pm

MISSION HILLS MEANDER. See May 3.

SATURDAY, MAY 11

Time: TBA

WILDERNESS HIKE. Today will be an e-mail hike. There is a chance that there will be no hike due to certain weather conditions. You can check the hikes at www.walkabout hikes.org for updates. See May 1 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Bill** at (619) 264-1299 or wa4lrm@gmail.com.

7:15 am

LATE BIRDS. For those of us who can't get up in time for the Sunrise Series, **Anna T.** will lead a flat 1-hour walk **at your own pace** around Pacific Beach, followed by an optional breakfast. Take the #30 bus at 6:45 from Old Town, exit at Mission Blvd. Meet in front of Crystal Pier at the west end of Garnet Ave. Rain cancels. (619) 231-7463.

6:15 pm

SATURDAY NIGHT LIVE. See May 4.

RIVER DAYS – WALKABOUT WALKS

SUNDAY, MAY 12

Walkabout Int'l and the San Diego River Park Foundation present a fun day at Rio Vista Trolley Station in Mission Valley with a fitness class (9:00 am), FREE continental brunch (10:00 am – RSVP by 5:00 pm May 9 to www.SDRiverDays.org or (619) 297-7380) and 2 scenic walks along the river at 11:00 am, a ½-hour casual pace for slower walkers and young children led by Robert B. and a 1-hour walk at a moderate pace led by Mark L. Please wear comfortable walking shoes, sunscreen, sunglasses, hat and water. If you have any questions, please contact Walkabout (619) 231-7463 or Mark L. (619) 964-3097.

SUNDAY, MAY 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 afterward 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 May 5.

11:00 am

RIVER DAYS WALKS. See box above.

MONDAY, MAY 13

6:00 am

SUNRISE SERIES: LAKE MURRAY. Drive through the main entrance to Lake Murray at the end of Kiowa Dr. off Lake Murray Blvd. and meet in the main parking lot, on the left as you approach the lake. You may then walk **at your own pace** for 1 hour on a mostly flat path around the lake. An optional breakfast follows. **Betty** (858) 248-3782.

10:00 am

CROWN POINT AREA BECKONS. See May 6.

TUESDAY, MAY 14

10:00 am

TUESDAY WALKERS VIEW CORONADO GARDENS. Since this is the height of the season for Coronado's award-winning gardens, meet **Fran W.** at the Library on Orange Ave. between 6th and 7th Sts. for a **moderate**, flat 1.5-hour walk as we view some of the area's most beautiful gardens and homes. Optional lunch follows. Rain cancels. (619) 271-7107.

6:30 pm

MISSION BAY SUNSETS. See May 7.

WEDNESDAY, MAY 15

Time: TBA

WILDERNESS HIKE. Today will be an e-mail hike. There is a chance that there will be no hike due to certain weather conditions. You can check the hikes at www.walkabout hikes.org for updates. See May 1 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Stan** at (619) 448-1668 before 6:00 pm or shunt92071@yahoo.com.

6:15 pm

WEDNESDAY NIGHT WORKOUT. See May 1.

THURSDAY, MAY 16

6:00 am

SUNRISE SERIES: South Bay. It's been a long time since we've visited National City, so meet **Frances** in the parking lot on the corner of National City Blvd. and 2nd St. as we visit Heritage Square, where the "Railroad Homes" and Kimball House are located, and the National City Library, which has a custom-designed William Hubbell stained glass window. We'll cut through Kimball Park, visiting the ARTS center, while we explore the second oldest city in San Diego County on this **casual to moderate** 1-hour walk with flat terrain. From the north, take the I-5 south to Main St., make a left turn onto National City Blvd., go under the I-5 freeway and bear right at the arrow. Parking lot is about two blocks on your right. Bring money for optional breakfast afterward. (619) 479-3962.

9:00 am

AMERICA'S CUP HARBOR. See May 2.

10:00 am

SHELTER ISLAND WALK & TALK BUNCH. See May 2.

10:00 am

MISSION BEACH NORTH & SOUTH. See May 2.

10:15 am

MORNING STROLL IN BALBOA PARK. See May 2.

FRIDAY, MAY 17

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.

6:00 pm

MISSION HILLS MEANDER. See May 3.



Office Staff

Donna Farris, Marilyn Buckley, Grace Greenalch, Pat Peterson, Marilyn Ralph,

May 2013 Walks at a Glance

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 TBA-Wilderness Hike-Candy 6:15 pm Workout	2 6 am Sunrise Series-Eastern Balboa Park Harbor 9 am America's Cup 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	3 6 pm Mission Hills Meander	4 TBA-Hike-Don 4 pm Walking, Talking, Eating And Fun Around The Bonfire 6:15 pm Sat Night Live
5 7:15 Breakfast Special -Shelter Island 8:15 am Merry Go Round 9:15 am NC Rancho Santa Fe Ole!	6 6 am Sunrise Series-Liberty Station 10 am Crown Point	7 10 am Tuesday Walkers 6:30 pm Mission Bay Sunsets	8 TBA-Hike-Don 6:15 pm Workout	9 6 am Sunrise Series-North Park 9 am America's Cup Harbor 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	10 6 pm Mission Hills Meander	11 TBA-Hike-Bill 7:15 am Late Birds 6:15 pm Sat Night Live
12 7:15 Breakfast Special - Balboa Park 8:15 am Merry Go Round 11 am River Days Walks	13 6 am Sunrise Series-Lake Murray 10 am Crown Point	14 10 am Tuesday Walkers View Coronado Gardens 6:30 pm Mission Bay Sunsets	15 TBA-Hike-Stan 6:15 pm Workout	16 6 am Sunrise Series-South Bay 9 am America's Cup Harbor 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	17 6 pm Mission Hills Meander 10 am Walkabout Board Meeting	18 TBA-Hike-Bill 6:15 pm Sat Night Live
19 7:15 Breakfast Special -East Mission Bay 8:15 am Merry Go Round	20 6 am Sunrise Series-Crystal Pier 10 am Crown Point	21 3 pm Talmadge Travels 6:30 pm Mission Bay Sunsets	22 TBA-Hike-Stan 10 am Point Loma Harbor View 10 am Golden Hill Mansions 6:15 pm Workout	23 6 am Sunrise Series-Teclote Revisited 9 am America's Cup Harbor 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	24 6 pm Mission Hills Meander	25 TBA-Hike-Candy 7:15 am Late Birds 6:15 pm Sat Night Live
26 7:15 Breakfast Special -Pacific Beach 8:15 am Merry Go Round	27 6 am Sunrise Series-Kensington 10 am Memorial Day At Mount Hope Cemetery 10 am Crown Point	28 6:30 pm Mission Bay Sunsets	29 TBA-Hike-Candy 6:15 pm Workout	30 6 am Sunrise Series-Coast Guard Station 9 am America's Cup Harbor 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	31 6 pm Mission Hills Meander	

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).

MAY 2013

San Diego River Walk/Free Brunch/Lots Of Fun
Activities on Mother's Day 5/12 Mark L.

JULY 2013 (Deadline for newsletter: June 3rd.)

Grand Opening New Downtown Library.....Evelyn K.

WALK LEADERS NEEDED FOR THE FOLLOWING SUGGESTED WALKS/EVENTS

(Spring/Summer)

Spring and Fall Garden and Home ToursBev B.
Memorial Day Walk Pat K.
Mainly Mozart Open Free Rehearsals
Balboa Theater: June 13, 15 & 20th, followed by Walk
County Fair- June/early July
Del Mar Race Track- July/Aug
Summer Pops July 4 until Labor Day . Beverly D/Pat K.

(Alphabetical Order)

Airport Terminal Opening Summer 2013 Bob B.
Balboa Park w/Ranger Tour
Coaster trip to Oceanside Pier/Cedros Shopping
Free Tuesdays at Museums in Balboa Park..... Mark L.
Gemological Institute of America/Carlsbad Docent Led
tour
I Love A Clean San Diego - beach cleanup - Sept
Jerry Schad Memorial Trail/Balboa Park Larry
La Mesa Oktoberfest- Sept Pat K.
Lambs Xmas Play-Dec
Navy Fleet Week- Sept
Neighborhood Holiday Light Viewing - Holidays Norm V.
Reuben Fleet/Star Gazing/Balboa Park Ellen Q.
Visit new San Diego Mayor's office in Tijuana

2013 TRIPS: (Tentative Schedule)

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

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 visitOct. 2-3
Vermont..... Oct 1-8
Boise, ID Oct 10-17
Cuba.....Nov 5-12
Asilomar/Monterey BayNov 26-30
Northern CA Coast/Hwy 1.....Dec 3-10
San Francisco FALL
New OrleansLate.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.
Mission Inn/Riverside - Dec.
Stars Homes – Palm Springs
Temecula Old Town w/Dan H.

2012-2013 Board Members

President
Robert Buehler(858) 571-7733
President@walkabout-int.org
2nd Vice President
Dan Haslam(619)249-2446
danhaslam@walkabout-int.org
Recording Secretary
Donna Farris secretary@walkabout-int.org
Treasurer
Rita Balliot(619) 266-2555
treasurer@walkabout-int.org

Directors

Marilyn Buckleypr@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
Norman Vigeant..... ngfrenchy@hotmail.com
Bruce Herms..... Emeritus



NEWSLETTER STAFF: Diane Altona, Verna Bain, 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.

SATURDAY, MAY 18

Time: TBA

WILDERNESS HIKE. Today will be an e-mail hike. There is a chance that there will be no hike due to certain weather conditions. You can check the hikes at www.walkabout hikes.org for updates. See May 1 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Bill** at (619) 264-1299 or wa4lrm@gmail.com.

6:15 pm

SATURDAY NIGHT LIVE. See May 4.

SUNDAY, MAY 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 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 May 5.

MONDAY, MAY 20

6:00 am

SUNRISE SERIES: CRYSTAL PIER. Oh, what a glorious morning (we hope) as you meet **Verna** at Crystal Pier at the end of Garnet St. in Pacific Beach. Come whet your appetite as we walk along the boardwalk **at your own pace** for 1 hour. Give your attention to all of your senses as you see birds and perhaps clouds with a rosy color from the sunrise (or maybe fog?), smell the odors of the salty sea, the whiffs of breakfasts being cooked at the coffee shops and small eating places, and then you can really enjoy the taste of an optional breakfast at our favorite spot overlooking the open sea. There'll be your leader and a "caboose" to make sure none of the slower walkers are late for breakfast. (619) 276-3055.

10:00 am

CROWN POINT AREA BECKONS. See May 6.

TUESDAY, MAY 21

3:00 pm

TALMADGE TRAVELS. Stroll the streets named for the three Talmadge sisters of movie fame as we view beautiful gardens and some Moorish architecture. Meet **Evelyn K.** at the corner of Euclid and Monroe Aves. (1 block north of El Cajon Blvd.) for a **moderate**, flat 1-1/2 hour walk. Bus #1 stops at El Cajon Blvd. and Estrella Ave. (east-bound) and El Cajon Blvd. and 47th St. (west-bound). Rain cancels. (619) 461-6095.

6:30 pm

MISSION BAY SUNSETS. See May 7.

Beautiful Boise, ID and Trailing of the Sheep Festival

October 10th to 17th, 2013, Air and Coach Travel

Join Stan Follis and my co-leader, Walter Konopka Jr. for an 8-day exploration of southwestern Idaho. This will be much like our trips in 2003, '07 and '11 but we will find new



attractions and revisit the best of the previous trip. We will fly to Boise and coach to the Sun Valley area for a few days in this mountain paradise, usually visited in the winter, but we will see it in the fall and the "Trailing of the Sheep" festival. Our accommodations will be at the Christophe Condominiums in Ketchum, ID. We will see the Sawtooth Mountains and Craters of the Moon National monument. In Boise we will stay downtown at the Owyhee Plaza Hotel and walk along the Boise River. We will walk in graceful old Victorian neighborhoods, walk through the grand state capitol building and explore this charming city. For those of you who knew Kathy Follis, we will visit with her sister and family. Other possible attractions will be announced in coming months such as a piano recital, the Seibel family band and the rich Basque heritage in Boise.

Cost is estimated to be \$1,099 for double occupancy and single supplement of \$300. This will include: Southwest airfare, lodging, coach, scheduled attractions, breakfasts and farewell dinner. The price is based on 20 participants, if we have significantly fewer travelers, we will use a van.

We are requesting a \$300 deposit now and it will be refundable until I book the airline tickets in a month or two.

Please send your \$300 deposit to the office now because your delay may cause us to cancel the trip. Please enclose a SASE if we do not have your email address. Call Stanley at (619) 222-3447 if you have any questions.

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.

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

November 26 - 30, 2013

Explore Monterey Bay and the charm of 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 or (858) 755-1751 (evenings or weekends)

WEDNESDAY, MAY 22

Time: TBA

WILDERNESS HIKE. Today will be an e-mail hike. There is a chance that there will be no hike due to certain weather conditions. You can check the hikes at www.walkabout-hikes.org for updates. See May 1 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Stan** at (619) 448-1668 before 6:00 pm or shunt92071@yahoo.com.

10:00 am

POINT LOMA HARBOR VIEW. Join Robert and Friends for a mostly level, 1-hour **stroll** at casual speed along Point Loma's crest. Optional eating afterwards. The following directions avoid driving up particularly steep hills: Take Rosecrans St. south through Point Loma. Turn right on Talbot St., left on Gage Dr., left on Jennings St., right on Bangor St., left on Golden Park Ave. and around the bend to our meeting place at Harbor View. Rain cancels. **Robert B.** (858) 414-6181.

10:00 am

GOLDEN HILL MANSIONS. We'll enjoy some local history 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 25th and A Sts. 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 May 1.

THURSDAY, MAY 23

6:00 am

SUNRISE SERIES: TECOLOTE REVISITED. We'll take a 1-hour **moderate**-pace, flat walk in a country setting on this canyon walk where we hope to see some animal life at this early hour. Take I- 5 to the Tecolote Road/Seaworld Dr. exit, go east all the way into the canyon and keep driving to the visitor center parking lot at the end. Bring money for an optional breakfast afterward. **Winnie** (858) 278-4003.

9:00 am

AMERICA'S CUP HARBOR. See May 2.

10:00 am

SHELTER ISLAND WALK & TALK BUNCH. See May 2.

10:00 am

MISSION BEACH NORTH & SOUTH. See May 2.

10:15 am

MORNING STROLL IN BALBOA PARK. See May 2.

FRIDAY, MAY 24

6:00 pm

MISSION HILLS MEANDER. See May 3.

SATURDAY, MAY 25

Time: TBA

WILDERNESS HIKE. Today will be an e-mail hike. There is a chance that there will be no hike due to certain weather conditions. You can check the hikes at www.walkabout-hikes.org for updates. See May 1 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Candy** at (619) 435-2894 or ccbeckwith146@yahoo.com.

7:15 am

LATE BIRDS. For those of us who can't get up in time for the Sunrise Series, **Fusa and Friends** will lead a flat 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 May 4.

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: _____

NEW SUBSCRIBER/SUPPORTER (Check here) RENEWAL (Check here)

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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.

SUNDAY, MAY 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 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 May 5.



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

MONDAY, MAY 27

6:00 am

SUNRISE SERIES: KENSINGTON. Gardens are in bloom in this charming area at this time of year as we take a **moderate** flat 1-hour walk to view gardens and homes followed by an optional breakfast. Meet at the library at Kensington St. and Adams Ave. **Pat K.** (619) 469-6223.

10:00 am

MEMORIAL DAY AT MOUNT HOPE CEMETERY. Let's visit some of San Diego's pioneers' gravesites as we walk around these mostly flat, beautiful grounds at a **casual** pace. We'll see Union, Confederate and Spanish American War gravesites as well as those of the famous. Maybe we will see the trolley as it bisects the park. Meet at the visitor office off Market St. east of I-15. Optional ceremony for Civil War Veterans may follow. Rain cancels. **Pat K.** (619) 469-6223.



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

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

10:00 am

CROWN POINT AREA BECKONS. See May 6.

TUESDAY, MAY 28

6:30 pm

MISSION BAY SUNSETS. See May 7.

WEDNESDAY, MAY 29

Time: TBA

WILDERNESS HIKE. Today will be an e-mail hike. There is a chance that there will be no hike due to certain weather conditions. You can check the hikes at www.walkabout-hikes.org for updates. See May 1 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Candy** at (619) 435-2894 or ccbeckwith146@yahoo.com.

6:15 pm

WEDNESDAY NIGHT WORKOUT. See May 1.

THURSDAY, MAY 30

6:00 am

SUNRISE SERIES: COAST GUARD STATION. Meet **Gloria** at the restaurant parking lot at Pacific Highway and Hawthorn St. to walk north on Pacific Highway to the Coast Guard Station and beyond. This 1-hour **at your own pace** walk is on paved, flat terrain. Bring money for optional breakfast afterward. (619) 482-7677.

9:00 am

AMERICA'S CUP HARBOR. See May 2.

10:00 am

SHELTER ISLAND WALK & TALK BUNCH. See May 2.

**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 or 858.755.1751 (evenings or weekends).

10:00 am

MISSION BEACH NORTH & SOUTH. See May 2.

10:15 am

MORNING STROLL IN BALBOA PARK. See May 2.

FRIDAY, MAY 31

6:00 pm

MISSION HILLS MEANDER. See May 3.