



San Diego Feets

Vol. 36

No.6

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

June 2013

SATURDAY, JUNE 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.

9:30 am

NEW LEMON GROVE LIBRARY. It's not as big as the new downtown library, but it is in conjunction with a school, so let's take a flat, **moderate** walk around this charming city to see what's new in housing adjacent to the trolley stop and what's old with interesting homes, murals and the famous Lemon Grove bakery. Meet at the parking lot next to the 99 CENTS ONLY STORE on Lemon Grove Ave. off Hwy 94, one block south of Broadway. **Pat K.** (619) 469-6223.

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.** (858) 483-0512.

SUNDAY, JUNE 2

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 intersection is served by the 6:45 #28 bus. 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, JUNE 3

6:00 am

SUNRISE SERIES: BY THE RIVER AT LIBERTY STATION. Join **Edie** for a **moderate** paced 1-hour mostly flat walk on mostly paved paths as we meet at the parking area near the river at the end of Womble St. at Liberty Station. We'll check out the ship building and part of San Diego Bay. Take I-5 to the Pacific Highway off-ramp and exit on Barnett Ave., which you follow to the entrance to Liberty Station on your left. Proceed through Liberty Station until you come to Womble St. and turn left. From the north or east, take the Rosecrans Ave. exit and follow it through many lights until you see Vons on your left, turn left at the next light (Womble St.) and follow until it ends. An optional breakfast is planned afterward. (619) 222-4396.

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

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.

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, JUNE 4

10:00 am

TUESDAY WALKERS EXPLORE THE SAN DIEGO RIVER. We'll see what's new in Mission Valley as we take a **moderate**, flat walk along the river for about 90 minutes to check out any new building and enjoy river views under the trees. Meet by the library at Fenton Pkwy. south of Friar's Rd. (near IKEA). Green Line Trolley stops right there. **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.** (858) 483-0512 or **Jill F.** (858) 292-4231.

WEDNESDAY, JUNE 5

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 June 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 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** pace, heading in a different direction each week, exploring canyon trails and hills. Come explore this area and have some fun! **Debbie B.** (858) 229-1065 or **Barbara N.** (619) 226-3024.

THURSDAY, JUNE 6

6:00 am

SUNRISE SERIES: ROAMING ROLANDO. This flat, **casual to moderate** walk will explore this delightful area for about 1 hour. Rolando Village had the streets paved and the streetlights in by 1929 – why weren't the houses built 20 years later? Join this walk to discuss. Meet at the corner of 67th St. and El Cajon Blvd. across from Ralph's. Bring money for an optional breakfast to follow. **Sandra S.** (619) 582-6550.



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

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 where there is ample free parking. Optional eats after, or optional free adult education stretching class nearby (11:30am-12:45pm). 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.

10:15 am

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

FRIDAY, JUNE 7

6:00 pm

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

SATURDAY, JUNE 8

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.

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 June 1 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Bill** at (619) 264-1299 or wa4lrm@gmail.com.

9:15 am **NC**

"SHORE" ENOUGH - ONWARD TO SOLEDAD. As spring winds down, let's spring into action on a memorable march from sea level at La Jolla Shores to the heights of 822-foot tall Mount Soledad. Enjoy crossing secluded streets and pulchritudinous pathways as well as past majestic monuments (known by La Jollans as "homes") on this breathtaking **3-hour, moderate-plus** prance over exceedingly hilly terrain. Look for **Larry** by the northernmost restrooms in the free (but often crowded) parking lot of La Jolla Shores Park, one block west of El Paseo Grande and Camino Del Oro. BYOH2O. Rain cancels. Larry@walkabout-int.org or (858) 755-1751 (evenings and weekends).

6:15 pm

SATURDAY NIGHT LIVE. See June 1.

SUNDAY, JUNE 9

7:15 am

BREAKFAST SPECIAL IN BALBOA PARK. The park is beautiful any time of the year with many paths to explore on this flat walk **at your own pace**. Eating and chatting afterwards is optional but great fun (Greek?). Meet at the carousel on Park Blvd. at Zoo Pl. **Pat's Pals** (619) 469-6223.

8:15 am

MERRY GO-ROUND. See June 2.

MONDAY, JUNE 10

6:00 am

SUNRISE SERIES: Chula Vista. We'll meet on Third Ave. between F and G streets to inspect the first phase of the Third Ave. renovation. Take the I-5 south to the E St. exit, continue straight onto Bay Blvd and then turn left onto F St., turn right onto Third Ave. and park in area near Fuddrucker's. Pace for this 1-hour walk will be casual to moderate on flat, paved streets for about 1 hour. Bring money for optional breakfast afterward. **Gloria** (619) 482-7677.

10:00 am

CROWN POINT AREA BECKONS. See June 3.

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

WALKABOUT PRESENTS THE SPACE SHUTTLE ENDEAVOUR

SATURDAY, AUGUST 31, 2013

\$49.00

After a harrowing ride through the streets of Los Angeles, the space shuttle Endeavour is now on display in the California Science Center Space Pavilion. We shall leave San Diego at 8:30am and arrive approximately 11:30am for lunch at Rose Garden Café in which you are on your own for the meal. At 1:00pm we shall meet at the IMAX to check in and get our tickets for the 1:30pm showing of Blue Planet film which features footage taken by crews during five space missions. You will see a view of your global home that is as close to being in orbit with the astronauts as one can possibly get. Watch as a breathtaking earthrise fills the giant screen and a shimmering blue planet sparkles in the majestic blackness of space.

Following the IMAX film our tour continues with ENDEAVOUR at 2:30pm. After viewing several dramatic video programs you will go to the Space Pavilion to the Endeavour. Afterwards you will have free time to visit other Center exhibits and walk around.

Please mail \$49.00 to Walkabout Int'l at 2650 Truxtun Rd., Suite 110, San Diego, CA 92106 and mark on the check "Space Shuttle" and your phone number. We cannot tell you where the pickup location is until you sign up. This is for security reasons. There will be San Diego pickup and North County pickup. Mark which one you are interested in. The North County location will be just off the I-15 corridor. If you have any questions please call Rita at 619-266-2555. This will be a fast fill since we have never done it before. You must enclose a self-addressed STAMPED ENVELOPE for us to mail the Itinerary.

TUESDAY, JUNE 11

10:00 am

TUESDAY WALKERS will escape the heat by following **Fran W.** up and down the breezy, shady byways of Mission Beach to enjoy a wide variety of frequently-whimsical building styles and landscaping on this **at your own speed**, flat walk for about 90 minutes. Meet at the Belmont Park roller coaster. Optional lunch follows. Rain cancels. (619) 271-7107.

6:30 pm

MISSION BAY SUNSETS. See June 4.

WEDNESDAY, JUNE 12

Time: n/a

WILDERNESS HIKE. No hike today.

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.

10:00 am

SPANISH LANDING. Join Robert and Friends for a 1-hour, flat, paved, beautiful, **casual** stroll along the harbor pathways. On this walk we can check-out the progress in building a replica of Cabrillo's ship. Optional refreshments follow. Meet at the restroom in Spanish Landing Park. From Harbor Dr. turn towards the water at the traffic light with the sign "Spanish Landing W" near the west end of the airport, then take a quick left or right into the parking lot. To use public transportation, take the #923 bus from Downtown or Ocean Beach before 9:45 am at "N. Harbor Dr. at Spanish Landing W" and walk to meeting place. Rain cancels.

Robert B. (858) 414-6181.

6:15 pm

WEDNESDAY NIGHT WORKOUT. See June 5.

THURSDAY, JUNE 13

6:00 am

SUNRISE SERIES: BALBOA PARK. Join **Marilyn M.** for a flat 1-hour walk **at your own speed** through the park, where there is always something in bloom and maybe a few surprises. Meet at 5th Ave. and Spruce St. Optional breakfast follows. (619) 294-8308.

10:00 am

SHELTER ISLAND WALK & TALK BUNCH. See June 6.

10:00 am

MISSION BEACH NORTH & SOUTH. See June 6.

10:15 am

MORNING STROLL IN BALBOA PARK. See June 6.

FRIDAY, JUNE 14

10:00 am

WALKABOUT BOARD MEETING. The monthly meeting will be held at the Point Loma Library Meeting Room, 3701 Voltaire St. (619) 231-7463.

6:00 pm

MISSION HILLS MEANDER. See June 7.

SATURDAY, JUNE 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 June 1 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Bill** at (619) 264-1299 or wa4lrm@gmail.com.



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.

June 2013 Walks at a Glance

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 7:15 am Breakfast Special: Shelter Island 8:15 am Merry Go Round	3 6:00 am Sunrise Series: By The River At Liberty Station 10:00 am Crown Point	4 10:00 am Tuesday Walkers Explore The San Diego River 6:30 pm Mission Bay	5 TBA-Hike- Stan 6:15 pm Workout	6 6:00 am Sunrise Series: Roaming Rolando 10 am Mission Beach 10 am Shelter Island 10:15 am Balboa Park	7 6:00 pm Mission Hills	1 TBA-Hike-Candy 9:30 am Lemon Grove's New Library 6:15 pm Sat Night Live
9 7:15 am Breakfast Special: Balboa Park 8:15 am Merry Go Round	10 6:00 am Sunrise Series: Walk In Chula Vista 10:00 am Crown Point	11 10:00 am Tuesday Walkers 6:30 pm Mission Bay	12 No Hike Today 10:00 am Spanish Landing 6:15 pm Wednesday Night Workout	13 6:00 am Sunrise Series: Balboa Park 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	14 10 am Walkabout Board meeting 6:00 pm Mission Hills	8 TBA-Hike-Bill 7:15 Late Birds: Pacific Beach 9:15 am NC "Shore" Enough: Onward To Soledad 6:15 pm Sat Night Live
16 7:15 am Breakfast Special: East Mission Bay 8:15 am Merry Go Round	17 6:00 am Sunrise Series: SDSU 10:00 am Crown Point	18 10:00 am Tuesday Walking In University Heights 3:00 pm Wild Animals of University Heights 6:30 pm Mission Bay	19 TBA-Hike-Don 6:15 pm Workout	20 6:00 am Sunrise Series: Back To The Beach 10 am Mission Beach 10 am Shelter Island 10:15 am Balboa Park	21 6:00 pm Mission Hills	22 TBA-Hike-Stan 7:15 Late Birds 6:15 pm Sat Night Live
23 7:15 am Breakfast Special: Pacific Beach 8:15 am Merry Go Round	24 6:00 am Sunrise Series: Shelter Island 10:00 am Crown Point	25 6:30 pm Mission Bay	26 TBA-Hike-Eva 10:00 am Coronado: Bay and Ocean 6:15 pm Workout	27 6:00 am Sunrise Series: Coronado Is Calling Us 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	28 6:00 pm Mission Hills	29 TBA-Hike-Don 6:15 pm Sat Night Live
30 7:15 am Breakfast Special Along 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).

WALK LEADERS NEEDED FOR THE FOLLOWING SUGGESTED WALKS/EVENTS

(Spring/Summer)

County Fair- June/early July
 Grand Opening New Downtown Library/TBA
 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
 Hotel Del Coronado Decorations/Holiday Tree. Bob B.
 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
 Annual Clairemont Holiday Light Viewing/Pot Luck... ..
 Norm V.
 Reuben Fleet/Star Gazing/Balboa Park Ellen Q
 Spring/Fall Garden and Home Tours Bev B.
 Thanksgiving Dinner at Restaurant
 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



Office Staff

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

2013 Day Trips (Tentative Schedule)

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

Endeavor Shuttle/Imax Movie 8/31
 Getty Malibu Villa 9/21
 Palm Springs/Movie Star Homes 10/19

In Planning Stage: Dates Unknown

Gene Autry Western Museum/LA Zoo-Griffith Park
 Los Angeles Art Museum and La Brea Tar Pits Tour
 Mission Inn/Riverside Dec.
 Temecula Old Town w/Dan H.

2012-2013 Board Members

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

1st Vice President
 Vacant

2nd Vice President
 Dan Haslam(619)249-2446
danhaslam@walkabout-int.org

3rd Vice President
 Stan Follis(619) 222-3447
Stanley@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
 Larry Forman(858) 755-1751
larry@walkabout-int.org
 Dick Hiattpublisher@walkabout-int.org
 Walter Konopka(619) 281-4958
wkonopka@sbcglobal.net
 Kim Mills(619) 231-7463
 Norman Vigeant..... ngfrenchy@hotmail.com
 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.

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 as we walk through Paradise Point Resort, around the Model Yacht Pond and along the perimeter of this isle. We will then enjoy the beauty of Mission Bay Channel as well as an optional potluck and BBQ before sitting around a bonfire (anybody up for some s'mores?). Bring sunscreen, hat, beach chair (for 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 8 going west (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 Rd. and IMMEDIATELY onto the first left (a frontage road that runs parallel to Ingraham St.). Follow this to the end parking lot where we'll be at the last table on the left of the cement canopy as you face Mission Bay Channel. (858) 268-8088.

6:15 pm

SATURDAY NIGHT LIVE. See June 1.

SUNDAY, JUNE 16

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 June 2.

MONDAY, JUNE 17

6:00 am

SUNRISE SERIES: SDSU. Here's our chance to get educated on what is happening at San Diego State University as we take a mostly flat walk for about 1 hour at a **moderate** pace exploring the old and the new. Afterward, we'll have an optional breakfast at a nearby restaurant. Meet in the church parking lot on Montezuma Rd. between College Ave., and Campanile Dr. **Pat K.** (619) 469-6223.

10:00 am

CROWN POINT AREA BECKONS. See June 3.



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

TUESDAY, JUNE 18

10:00 am

TUESDAY WALKERS EXPLORE UNIVERSITY HEIGHTS. Let's take a **casual**, 1-hour mostly flat walk through this interesting neighborhood of old homes, upbeat residents and lots of coffee houses. How many? Let's check it out. Meet at the site of the old trolley barn at Florida St. and Adams Ave. The #11 bus takes you there. **Sharon** (619) 298-4340.

3:00 pm

WILD ANIMALS OF UNIVERSITY HEIGHTS. We were almost rained out in February, but two intrepid walkers found 2 hippos, a gorilla, 3 lions, a warthog, 4 mermaids, 2 deer, a fish, a pig, and numerous rodents, birds, and amphibians. See if you can top them. Meet **Evelyn K.** at the corner of Johnson and Lincoln avenues for a **moderate**, mostly flat 1-1/2 hour walk. Take the Washington St. exit from the 163 Freeway, go east 1 block to Lincoln Ave. and turn left. Bus #15 stops at Washington St. and Lincoln Ave. Rain cancels. (619) 461-6095.

6:30 pm

MISSION BAY SUNSETS. See June 4.

WEDNESDAY, JUNE 19

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 June 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 June 5.

THURSDAY, JUNE 20

6:00 am

SUNRISE SERIES: BACK TO THE BEACH. We'll meet at Crystal Pier in Pacific Beach where you can **choose your own pace** for about 1 hour on flat, paved terrain. The leader will "caboose" for the slower-paced and a co-leader will lead the faster walkers. The pace will depend on your energy level so early in the morning. Watch for waves, sun on the water, runners and people watchers. Bring \$\$ for optional breakfast afterward. **Verna** (619) 276-3055.

10:00 am

SHELTER ISLAND WALK & TALK BUNCH. See June 6.

10:00 am

MISSION BEACH NORTH & SOUTH. See June 6.

10:15 am

MORNING STROLL IN BALBOA PARK. See June 6.

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

November 26 - 30, 2013

TRIP IS FULL -- WAITING LIST ONLY

(Call Walkabout at (619) 231-7463 to join the Waiting List)

Walkabout always offers fantastic value for each of its adventures afoot.

Therefore, due to the huge increase over the past year in transportation and accommodation costs beyond our control, Walkabout sought ways



to reduce the price originally estimated for this Thanksgiving extravaganza. To that end, some nice adjustments have been made so the trip price could be lowered while still maintaining an outstanding itinerary and comfortable means of transportation.

Savor a day (and night) in San Luis Obispo before immersing ourselves for 3 nights in the bucolic environs of Asilomar Conference Grounds. Explore Monterey Bay and the charm of Carmel, Cannery Row, Pacific Grove, Pebble Beach and the famous Monterey Bay Aquarium (admission included!). Enjoy 5 days / 4 nights accommodations with 9 delectable meals included (4 breakfasts, 2 lunches, 2 dinners and the Thanksgiving Day feast). Choose between strolling with Rita and Diane or stretching your legs with Larry and Walter. Celebrate Thanksgiving week with the Walkabout family as we are swept up to and back from our Northern California hideaways.

Updated price: \$785 (double-occupancy); \$275 (single-supplement). For more info, contact Larry at Larry@walkabout-int.org or (858) 755-1751 (evenings or weekends).

FRIDAY, JUNE 21

6:00 pm

MISSION HILLS MEANDER. See June 7.

SATURDAY, JUNE 22

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.

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 June 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

SATURDAY NIGHT LIVE. See June 1.

SUNDAY, JUNE 23

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 June 2.

MONDAY, JUNE 24

6:00 am

SUNRISE SERIES: SHELTER ISLAND. We will see this beautiful mostly-flat area by the bay where there are many beautiful homes. There will be a choice of going up a hill for those who feel they would like to climb to where the view is very scenic. To meet the group, from I-5, drive west on Rosecrans St. to Shelter Island Dr., turn left and go about two blocks to Anchorage Dr. to the large parking lot (park where there are no meters). Bring money for optional breakfast after. **Fusa** (619) 223-6947.

10:00 am

CROWN POINT AREA BECKONS. See June 3.

TUESDAY, JUNE 25

6:30 pm

MISSION BAY SUNSETS. See June 4.

WEDNESDAY, JUNE 26

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 June 1 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Eva** at (619) 283-1872 or evajudo@aol.com.

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

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.

10:00 am

CORONADO - BAY AND OCEAN. Robert and Friends will do a **casual**, 1-hour flat walk to view the bay and the remodeled civic buildings of Coronado, then cross over to the ocean side and walk past the high-rise condominiums south of the Hotel Del. We will meet in front of the Boat House Restaurant on Strand Way. Take Orange Ave. south past the Hotel Del and the Boat House restaurant to the first traffic light, turn left, then left again onto Strand Way. There is free parking in the Boat House parking lot or on Strand Way. For public transportation, take or transfer to the #901 bus ("Iris Trolley") from the 12th and Imperial Transit Center and get off just past the Hotel Del before 9:45 am, proceed across Orange Ave. and down the hill to the Boat House Restaurant meeting place. Optional eats afterward. Rain cancels. **Robert B.** (858) 414-6181.

6:15 pm

WEDNESDAY NIGHT WORKOUT. See June 5.

THURSDAY, JUNE 27

6:00 am

SUNRISE SERIES: CORONADO IS CALLING. Let's visit an area tourists don't often see as we view the ferry landing, a pocket park, beautiful homes and lovely views on this **casual to moderate** flat walk for about 1 hour. After crossing the bridge to Coronado, turn right on Orange Ave. to First St. and turn left. Park at the corner of First St. and Orange Ave. Bring money for optional breakfast to follow. **Sandra S.** (619) 582-6550.

10:00 am

SHELTER ISLAND WALK & TALK BUNCH. See June 6.

10:00 am

MISSION BEACH NORTH & SOUTH. See June 6.

10:15 am

MORNING STROLL IN BALBOA PARK. See June 6.

FRIDAY, JUNE 28

6:00 pm

MISSION HILLS MEANDER. See June 7.

SATURDAY, JUNE 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 June 1 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Don** at dpiller@cox.net or (760) 796-4007.

6:15 pm

SATURDAY NIGHT LIVE. See June 1.

SUNDAY, JUNE 30

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 June 2.

WALKABOUT BOARD WELCOMES NEW MEMBER

At its May 2013 board meeting Kim Mills joined the Walkabout Board for her first "official" meeting. Kim has recently retired from the corporate world and has a background in accounting, training and information systems. She is an avid walker and has taken an interest in all phases of our operations. Kim will take her first Walkabout trip this summer, Larry Forman's trip to Switzerland, and she is interested in planning and leading trips for Walkabout. We welcome Kim to our walking organization and appreciate her enthusiasm and interest.

WALKABOUT ENTERS THE 21st CENTURY ON FACEBOOK!

You may not use a computer; you may not even have an email address. But Walkabout International, being the trendy, up-to-date organization that it is, finally has a Facebook page. "Like Us On Facebook" is much-quoted technical jargon thrown around by Donna Farris, Walkabout's corporate secretary, who is overseeing our participation. "You need to enter 'Walkabout International' to get to our Facebook page," she said recently, after having uploaded many photos from recent Walkabout walks to the social medium's page. If you have interesting photos from walks or events, send them to the office (preferably via email) so they can be added to our Facebook page. Some of us are still scratching our heads about what we're supposed to do or get from Facebook, but we're there nevertheless.

North County Walkers

An e-mail group affiliated with WALKABOUT that meets weekly for walks and hikes in San Diego's North County. The emphasis is on fitness-paced walks 6+ miles long which take an average of 2 hours. Traffic is avoided as much as possible. If there are hills, they will be mentioned in the e-mail you receive mid-week before the hike or either Saturday or Sunday. During hot summers, walks are on the coast only. You will be notified of North County fitness-paced hikes by e-mail only so send an e-mail to Jim Taylor at jtaylor1000@mail.com to get on the NC Walkers e-mail list. Be sure and set your Mail Options to filter any message with NC Walkers in the subject line to your inbox. This will ensure that NC Walkers e-mail is not sorted as spam.

APRIL 22ND CABRILLO NATIONAL MONUMENT TOUR AND WALK

Our Walkabout group had good attendance for its tour and walk. Ranger Debbie Sherman gave us a wonderfully enthusiastic overview and tour of the park's highlights including the Old Lighthouse, Cabrillo monument, information on whales, tide pools, and the WWII military museum and bunker as well as the Bayside Trail walk with wildflowers and scenic views of San Diego and Mexico. Several of us stayed for a brown bag lunch at the monument with a great view! And we had perfect weather too!! Deborah J. Sherman is Park Ranger of Interpretation and Education, and the Director of Outreach at the Cabrillo NM.

Cabrillo National Monument is one of the treasures of San Diego. It is nearby in Point Loma and offers many options to enjoy its historic and natural resources. This 2013 the park is celebrating the 100th anniversary of its establishment as Cabrillo National Monument and has scheduled many interesting programs for this year. Special pass options are available and listed on their website and the San Diego bus route 84 takes you right there if you didn't have a chance to join us or want to return.



Walkabout hikers on the Bayside Trail, Ranger Sherman on the left



Whale Watch Overview



Larry led Walkabout's high-spirited first Meetup event in mid-April

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 an all-volunteer, nonprofit organization that raises walking far above a pedestrian pursuit. WALKABOUT depends in large part on your generous spirit to fund our yearly operating costs through your thoughtful, tax deductible donations. If you appreciate the value you receive from WALKABOUT, please contribute. All levels of support include a one-year subscription to our monthly newsletter.

Basic Level \$20 Tenderfoot \$25 Footprint \$100 Arch Supporter \$500

Twinkle Toes \$50 Kindred Sole \$250 Big Foot \$1000 Other: \$

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PDF ONLY (fully tax deductible and helps us keep costs down)

Call 619-231-SHOE (7463) to notify office promptly of any changes to your information; or to discuss WALKABOUT's charitable gifts, trusts, and memorials program; or to find out how you can donate some time to WALKABOUT.

By coming on walks, bringing friends, helping out at the headquarters or at events - you sustain and spread the WALKABOUT spirit!

Walkabout is offering a buy-one, get-one-free subscription deal when you contribute at the \$25 level or above. Simply provide information for someone who has never had their own subscription and might like to subscribe:

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WALKABOUT BOARD APPROVES SUBSCRIPTION PROMOTION

Walkabout International is offering a buy-one, get-one-free subscription deal! The next time you renew your subscription at the \$25 level or above, you will be entitled to provide one free annual subscription to a person new to Walkabout. This person must be new to Walkabout (not someone who has ever had his or her own subscription). Simply provide the name, address, phone number and email address (if available) for the new subscriber. Ideally, you will be providing a free subscription to someone who will then decide to renew independently and who will want to support Walkabout International just as you have done over the years.

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).



Please remember that Walkabout International is a non-smoking experience. There is no smoking at the meeting place before the walk or during the walk.



2650 Truxtun Rd., Suite 110
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WALKABOUT INTERNATIONAL CAPE COD (WICC) BEGINS ITS SECOND SEASON

Walkabout's second season on Cape Cod began as soon as spring made an appearance on the island, and at the Board's annual retreat, members learned about operations for the 2013 season. The social media website Meet Up will be utilized to list and promote walks on a weekly basis, and a section of Walkabout's Facebook page will also carry Cape Cod information.

Many Hyannis walks will begin at the Hyannis Visitor's Center and take in this largest Cape city's historic and scenic sites. Walkabout will also join the Barnstable Newcomer's Club, which has a walking group component, but no one on the roster to lead walks. Walkabout will offer to do so and also offer week-long tours for Cape Cod snow bird groups to visit San Diego during the winter months. Walkabout will also offer a week-long trip to Cape Cod and Boston from San Diego, with a likely departure date of Tuesday, September 3. San Diegans interested in this trip may contact the office to be placed on the interest list.

Other Cape activities around which walks will likely be centered are town band concerts during the summer (one offered each night of the week somewhere on the Cape), library events to introduce Walkabout to communities and collaboration with other walking groups in Chatham, Harwich, Truro and Falmouth. On May 30, Walkabout VP Dan Haslam was scheduled as the luncheon speaker for the Hyannis Rotary Club, to discuss the challenges of starting up a one-person nonprofit organization on Cape Cod.

Last fall, WICC sponsored a homemade Italian dinner at Hostelling International overlooking Hyannis Harbor and hosted more than 30 people, including a dozen or so San Diegans on the Cape Cod tour and hostel guests. Similar participation with the hostel is expected this year as well.

Walkabout International Cape Cod, at this point, is intended as a seasonal operation (late April through mid-October) with a mailing address of P.O. Box 647, Hyannis Port, MA 02647, and phone number, (619) 249-2446.