



San Diego Feets

Vol. 36

No. 7

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.

July 2013

In Memoriam

Larry Jacobson

April 5, 1949 - May 27, 2013

Walkabout's Most Experienced Co-Leader Dies Unexpectedly

Larry L. Jacobson, 64, passed away over the Memorial Day weekend in Arlington, VA of an apparent heart attack. Larry was Walkabout International's most experienced trip co-leader, having served on dozens of van trips over the years. He most recently co-led the Charleston-Savannah trip in early April this year and had just completed Walkabout's trip to the DC area (as a "full fare paying passenger" as he liked to say), when he died. His last birthday party on April 5 was celebrated, as it often was, with Walkabout, at the Pirate Haus restaurant in Savannah with a pirate theme. Larry was always big on celebrating his birthday each April. Larry's social life revolved almost entirely around his Walkabout friends, and he loved taking photographs of virtually anything – including his meals!

Larry was born in South Dakota and grew up there and in Phoenix, AZ. He served more than three years in the Air Force as a photographer. Larry's career included time as a baker in Death Valley, and he retired from San Diego County, having been a driver for Social Services, escorting children for visits with their families. Larry never married, and he lived for years in SRO hotels in downtown San Diego and Hillcrest. Larry was an early supporter of Walkabout, and he was well known for his lumbering style, quick wit and stubbornness. At the time of his death, Larry was looking forward to taking an Amtrak sleeper across country from the East Coast to California. He told his friends in DC, "You can't take it with you, and, while I know this trip will be expensive, you never know when it will be your last."

Larry's last weeks were filled with joy. He explored the Smithsonian voraciously with his fellow travelers on the DC trip, and, prior to that trip, enjoyed a cross-country drive in April with his friend, Dan Haslam, and Dan's dog, Suzy, visiting casinos on the Mississippi River, civil

war battlefields and Dan's family in Charlotte, NC. He spent two weeks exploring Cape Cod prior to his last DC trip. Larry's curiosity and youth-like approach to life will be missed by his many friends. He leaves a brother, Lynn, in Phoenix and various nieces and nephews.

By Dan Haslam (See photos of Larry on pzge 11.)

MONDAY, JULY 1

6:00 am

SUNRISE SERIES: EXPLORING OLD TOWN. We'll explore Old Town in the early morning at a **moderate** pace for 1 hour on flat terrain while everything is quiet except for the old train depot. Let's check out what's new and what's old. Meet at Rosecrans Ave. and Pacific Hwy. (southeast corner) in the parking lot of the trolley station. Park near the fence at Rosecrans. Bring money for an optional breakfast after. **Edie** (619) 222-4396.

10:00 am

CROWN POINT AREA BECKONS. No walk today.

TUESDAY, JULY 2

10:00 am

TUESDAY WALKERS will visit Balboa Park to take a mostly-flat and **moderate**-paced walk for about 90 minutes along Park Blvd., including a peek at Centro Cultural de la Raza, and back amid the flowers. Optional stay afterward for a free visit to the Natural History Museum, Fleet Science Center or Railroad Museum. Meet at the carousel at Park Blvd. and Zoo Pl. 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.** (858) 483-0512 or **Jill F.** (858) 292-4231.

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

WALKABOUT PRESENTS THE SPACE SHUTTLE ENDEAVOUR

SATURDAY, AUGUST 31, 2013
50 PASSENGER BUS/WITH RESTROOM
\$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 8:30 am and arrive approximately 11:30 am for lunch at Rose Garden Café in which you are on your own for the meal. At 1:00 pm we shall meet at the IMAX to check in and get our tickets for the 1:30 pm 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 2:30 pm. 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.

WEDNESDAY, JULY 3

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 **Ron** at (619) 390-3033 or lucasronald@hotmail.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, JULY 4

6:00 am

SUNRISE SERIES: HAPPY 4TH! Before the crowds arrive, the noise and other distractions, let's enjoy the beauty and serenity of Mission Bay as we celebrate our country's birth with a 1-hour walk **at your own pace** on paved, flat terrain. Meet at the former Visitors Information Center. Take the I-5 and turn west on Clairemont Dr. Bring money for an optional breakfast afterward. **Sandra S.** (619) 582-6550.

10:00 am

SHELTER ISLAND WALK & TALK BUNCH. No walk today.

10:00 am

MISSION BEACH NORTH & SOUTH. No walk today.

10:15 am

MORNING STROLL IN BALBOA PARK. No walk today.

FRIDAY, JULY 5

6:00 pm

MISSION HILLS MEANDER. Come see the great views and picturesque homes and gardens of this pleasant old neighborhood on a 1-hour, **casual** 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, JULY 6

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 July 3 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Don** at dpiller@cox.net or (760) 796-4007.



Pace Yourself

Half Speed	—	1-2 miles per hour
Casual	—	2-3 miles per hour
Moderate	—	3 miles per hour
Moderate/Plus	—	3 1/2 miles per hour
Brisk	—	4 miles per hour
Very Brisk	—	over 4 miles per hour

6:15 pm

SATURDAY NIGHT LIVE. Carol, 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, JULY 7

7:15 am

BREAKFAST SPECIAL EXPLORES THE HARBOR & COMING LIBRARY. When will it ever open – who knows? Let’s take a **moderate**, flat walk along the harbor and then go in search of what’s new around the new downtown library. We will check on the old police headquarters remodel on the way back. Meet by the carousel at Seaport Village at the south end of Pacific Hwy. Rain cancels. Optional breakfast follows (bring your AARP card). **Pat K.** (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, JULY 8

6:00 am

SUNRISE SERIES: SAN DIEGO RIVER. Let’s take a flat **moderate** walk along the San Diego River as we go west as far as we please and then return **at your own pace.** We can listen for the birds, admire the river and check out if any new stores have been built. Meet at the IHOP restaurant next to Mark Twain in the shopping center at Fenton Pkwy. south of Friar’s Rd. Trolley stop is nearby. **Pat K.** (619) 469-6223.



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

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.

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).

TUESDAY, JULY 9

6:30 pm

MISSION BAY SUNSETS. See July 2.

WEDNESDAY, JULY 10

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 July 3 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 July 3.

THURSDAY, JULY 11

6:00 am

SUNRISE SERIES: NATIONAL CITY. Enjoy a **casual** walk for about 1 hour through the Butterfly Park and then on to the former Walton House (now home to Olivewood Gardens and Learning Center), where we may be able to walk through the gardens. We'll continue to the Dickinson-Boal house, one of the most elaborate Queen Anne Victorian homes in National City and which became the San Miguel School for Boys and then a B&B. Take I-805 south to Plaza Blvd. exit, right onto Plaza Blvd., get into left lane until you come to Palm Ave. (USA gas station on corner), turn left, go to the top of the hill, cross 18th St. to Butterfly Park. Bring money for optional breakfast after. **Frances** (619) 479-3962.

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. See July 4.

FRIDAY, JULY 12

6:00 pm

MISSION HILLS MEANDER. See July 5.

July 2013 Walks at a Glance

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 6:00 am Sunrise Series: Exploring Old Town 10:00 am Crown Point	2 10 am Tuesday Walkers: Balboa Park 6:30 pm Mission Bay Sunsets	3 TBA- Wilderness Hike 6:15 pm Workout	4 6:00 am Sunrise Series: happy 4th!	5 6:00 pm Mission Hills	6 TBA- Wilderness Hike 6:15 pm Sat Night Live
7 7:15 am Breakfast Special: The Harbor & Coming Library 8:15 am Merry Go Round	8 6:00 am Sunrise Series: San Diego River 10:00 am Crown Point	9 6:30 pm Mission Bay Sunsets	10 TBA- Wilderness Hike 6:15 pm Workout	11 6:00 am Sunrise Series: National City 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	12 10:00 am Walkabout Board Meeting 6:00 pm Mission Hills	13 TBA- Wilderness Hike 7:15 am Late Birds 9:15 am Del Mar 6:15 pm Sat Night Live
14 7:15 am Breakfast Special: Balboa Park 8:15 am Merry Go Round	15 6:00 am Sunrise Series: Marina Village 10:00 am Crown Point	16 10:00 am Tuesday Walkers In University City 6:30 pm Mission Bay Sunsets	17 TBA- Wilderness Hike 10:00 am El Prado And Spanish Village: Balboa PARK 6:15 pm Workout	18 6:00 am Sunrise Series: South Shore Saunter 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	19 6:00 pm Mission Hills	20 TBA- Wilderness Hike 7:45 am Donut Day At Del Mar 4:00 pm Walking, Talking, Eating And Fun Around The Bonfire 6:15 pm Sat Night Live
21 7:15 am Breakfast Special: East Mission Bay 8:15 am Merry Go Round	22 6:00 am Sunrise Series: Lake Murray 10 am Crown Point	23 10:00 am Tuesday Walkers 3:00 pm Kensington Northwest: Evelyn 6:30 pm Mission Bay Sunsets	24 TBA- Wilderness Hike 6:15 pm Workout	25 6:00 am Sunrise Series: Kensington Northwest 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	26 6:00 pm Mission Hills	27 TBA- Wilderness Hike 7:15 Late Birds 6:15 pm Sat Night Live
28 7:15 am Breakfast Special: Pacific Beach 8:15 am Merry Go Round	29 6:00 am Sunrise Series: Little Italy 10 am Crown Point	30 6:30 pm Mission Bay Sunsets	31 TBA- Wilderness Hike 10:00 am Sunset Cliffs 6:15 pm Workout			

UPCOMING WALKS, EVENTS & TRIPS FOR 2013-2014

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).

(Alphabetical Order)

Airport Terminal Opening Summer 2013 Bob B.
 Annual Clairemont Holiday Light Viewing/ Potluck.....
 Norm V.
 Balboa Park w/Ranger Tour ?
 Coaster trip to Oceanside Pier/Cedros Shopping ?
 Del Mar Race Track- July/Aug..... ?
 Free Tuesdays at Museums in Balboa Park..... Mark L.
 Gemological Institute of America/Carlsbad Docent Led
 tour..... ?
 Grand Opening of new Central Library.....?
 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 ?
 Reuben Fleet/Star Gazing/Balboa Park Ellen Q
 Spring/Fall Garden and Home Tours Bev B.
 Summer Pops July 4 until Labor Day..Beverly D/Pat K.
 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.

Cape Cod/Boston.....Sep 3-9
 New York City.....Sep 24-30
 Julian Overnight 2nd Annual visitOct. 2-3
 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

2013 Day Trips (Tentative Schedule)

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

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

THE FOLLOWING TRIPS WILL BE PLANNED IF THERE IS SUFFICIENT INTEREST. Please call office to be put on the interest list.

Los Angeles Art Museum/La Brea Tar Pits Tour.....TBA
 Mission Inn/Riverside/Holiday Lights w/Bev B..... Dec
 Temecula/ Old Town..... Dan H.

2013-2014 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
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Larry Forman.....(858) 755-1751
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Walter Konopka(619) 281-4958
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Kim Mills(619) 231-7463

Norman Vigeant.....ngfrenchy@hotmail.com

Bruce Herms..... Emeritus

WALKABOUT BOARD MEETING.

July 12 at 10:00 am

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

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, Beverly Stebbins, Judy Vandruff.

Office Staff

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

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.

SATURDAY, JULY 13

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 July 3 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Bill** at (619) 264-1299 or wa4lrm@gmail.com.

9:15 am NC

DEL MAR-VELOUS DELIGHTS. Stretch your legs on a **3-hour, moderate-plus** paced prance over mixed up and down terrain on a scenic saunter through the little-known Torrey Pines State Reserve Extension, along the alluring Pacific Ocean and through enchanting nooks and crannies of this convivial coastal community. Look for **Larry** (freshly returned from Walkabout's Sensational Switzerland escapade) by the northwest corner of Del Mar Heights Rd. and Durango Dr. – 6 blocks west of I-5's Del Mar Heights Rd. exit. Larry@walkabout-int.org or (858) 755-1751 (evenings and weekends).

6:15 pm

SATURDAY NIGHT LIVE. See July 6.

SUNDAY, JULY 14

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 (Greek?) is optional but great fun. Meet at the carousel on Park Blvd. at Zoo Pl. **Pat's Pals** (619) 469-6223.

8:15 am

MERRY GO-ROUND. See July 7.

MONDAY, JULY 15

6:00 am

SUNRISE SERIES: MARINA VILLAGE. This is a very flat 1-hour walk at a **moderate** pace with beautiful views where many sport fishing boats are moored. Take the I-8 to the west end, left onto Sunset Cliffs Blvd., right at the light (W. Point Loma Blvd.), then right at Bacon St. (stop sign) to the parking lot by the restrooms at Robb Field. Bring money for optional breakfast after. **Fusa** (619) 223-6947.

10:00 am

CROWN POINT AREA BECKONS. See July 8.

TUESDAY, JULY 16

10:00 am

TUESDAY WALKERS will keep cool as we navigate the always-beautiful waterside park in Liberty Station, cross the bridge to Spanish Landing Park to admire the latest construction on the replica of a historic sailing ship and, hopefully, get as far as Cancer Survivors Park alongside the Harbor. The walk will be **at your own pace** for about 1.5 hours, or as far as you care to go, on flat terrain (except for the bridge), with an optional lunch afterward. Meet at Dewey and Cushing Rds. (Thomas Guide 1268 D7) – plenty of free street parking and lots (be sure to park in a visitor's spot and not a reserved space). Rain cancels. **Fran W.** (619) 271-7107.

6:30 pm

MISSION BAY SUNSETS. See July 2.

WEDNESDAY, JULY 17

10:00 am

EL PRADO AND SPANISH VILLAGE - BALBOA PARK. Join **Robert and Friends** for a 1-hour, flat, paved safari at **casual speed** around the northern section of Balboa Park. We are in no hurry, so you will be able to relax and observe the wonders of the park. Optional restaurant stop afterwards. Meet at the Balboa Park Fountain on the Prado near Park Blvd. Free parking on paved lots at Park Blvd. and Village Pl. To use public transport, take the #7 bus north or south on Park Blvd., exit at Village Place at approximately 9:15. Rain cancels. **Robert B.** (858) 414-6181.

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 July 3 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Eva** at (619) 283-1872 or evajudo@aol.com.

6:15 pm

WEDNESDAY NIGHT WORKOUT. See July 3.

THURSDAY, JULY 18

6:00 am

SUNRISE SERIES: SOUTH SHORE SAUNTER. Meet **Winnie** at the South Shores Boat Launch just east of Sea World on Mission Bay, where we're almost sure to see rabbits and water birds. Take the I-5 to Sea World Dr. and go west to the South Shores Boat Ramp area. We'll meet by the restrooms at the boat launch. Optional breakfast follows this **moderate**, flat 1-hour walk. (858) 278-4003.

10:00 am

SHELTER ISLAND WALK & TALK BUNCH. See July 11.

GETTY VILLA – MALIBU

Saturday, September 21, 2013

\$50.00

Come enjoy the Getty Home and Museum in Malibu (not to be confused with the Getty Center), with its new mission statement, a dedication to the arts and cultures of ancient Greece, Rome and Etruria, as well as an educational center. You will view European paintings, drawings, manuscripts, sculpture and decorative arts and European and American photographs. The modern architecture and gardens are a must to see. There are 23 galleries with an additional five devoted to changing exhibits and one gallery of gods and goddesses said to be like no other in the country. Your trip will be by comfortable bus, with restroom stops in both directions. The Villa is not nearly as large as the Getty Center, so there will not be as much walking required. You are on your own for lunch at the Villa, at your choice of a very beautiful café or an inexpensive stand. Also, feel free to bring something to eat and keep it in a small ice chest. Please mail your \$50.00 check payable to Walkabout Int'l to 2650 Truxtun Rd., Suite 110, San Diego 92106-6007 and indicate pickup location: San Diego or North County. Please **enclose a self-addressed, stamped envelope** so that we can mail you the itinerary. For any questions, please call Rita (619) 266-2555. No reservations will be taken by phone – you must mail your money to be on the trip. Rita and Marilyn B. hope to see you on this adventure!

10:00 am

MISSION BEACH NORTH & SOUTH. See July 11.

10:15 am

MORNING STROLL IN BALBOA PARK. See July 11.

FRIDAY, JULY 19

6:00 pm

MISSION HILLS MEANDER. See July 5.

SATURDAY, JULY 20

7:45 am

DONUT DAY AT DEL MAR. Join us on our annual trek to the race track for a quick tour of the stands followed by free donuts, coffee and O.J. Then we'll watch the horses practice going through the starting gate and linger afterwards to watch the workouts and/or listen to the speakers about horse racing. **FREE PARKING.** Meet at the parking lot entrance to the race track off of Jimmy Durante Blvd. **Pat K.**'s cell for that day is (619) 743-4008, otherwise (619) 469-6223. Rain cancels.

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.

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 July 3 listing for **IMPORTANT INFORMATION.** If you have any questions, please contact **Bill** at (619) 264-1299 or wa4lm@gmail.com.

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 July 6.

SUNDAY, JULY 21

7:15 am

BREAKFAST SPECIAL ALONG EAST MISSION BAY. Let's take a flat walk **at your own pace** 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 July 7.

MONDAY, JULY 22

6:00 am

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

10:00 am

CROWN POINT AREA BECKONS. See July 8.

TUESDAY, JULY 23

10:00 am

TUESDAY WALKERS will wander through cool La Jolla to view beautiful homes and the ocean as we take a mostly flat, **moderate**, 90-minute walk through this famous community. Optional lunch follows. Rain cancels (rain, what's that?). Meet at La Jolla Blvd. and Gravilla St. Bus 30 leaves downtown (9th Ave. and B St.) at 8:50 and Old Town at 9:10 to deliver you right there. **Pat K.** (619) 469-6223.

3:00 pm

KENSINGTON NORTHWEST. Explore the lovely streets of northwest Kensington, past beautiful homes and gardens to see where some prominent San Diegans are from. Meet at the corner of Alder and Kensington drives for a 1-1/2 hour flat, **moderate** walk. Bus #11 stops at Adams Ave. and Kensington Dr. **Evelyn K.** (619) 461-6095.

6:30 pm

MISSION BAY SUNSETS. See July 2.

WEDNESDAY, JULY 24

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 July 3 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 July 3.

THURSDAY, JULY 25

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.** Leader will "caboose" for the slower-paced and a co-leader will lead the faster walkers on flat and paved terrain for 1 hour. Pace will depend on your energy so early. 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 July 11.

10:00 am

MISSION BEACH NORTH & SOUTH. See July 11.

10:15 am

MORNING STROLL IN BALBOA PARK. See July 11.

FRIDAY, JULY 26

6:00 pm

MISSION HILLS MEANDER. See July 5.

Walkabout Offers Fall NYC Trip, 9/24 - 9/30

\$1199 +/- per person, double occ. (based on 10 paid travelers)

Walkabout's trip to the Big Apple may already be filled from the interest list, but in the event it's not, it's a great deal at a great price. The trip includes round trip air from SAN to a NYC-area airport, airport transfers, 7 nights' accommodation at a close-to-NYC New Jersey hotel, partial ground transport costs, breakfast each day and several additional meals during the week, use of a CityPass to visit some of the best attractions, such as the Empire State Building, American Museum of Natural History, MOMA, Top of the Rock or Guggenheim Museum, a cruise to the Statue of Liberty and Ellis Island or a Circle Line cruise. Walks will take in Central Park, Brooklyn Bridge, Grand Central Station, Times Square, South Street Seaport, Harlem, Rockefeller Center, NY Public Library, Ground Zero, UN headquarters, Little Italy, Chinatown and much, much more. What's not included: extra meals, NYC subway fares, optional museums & attractions, chambermaid gratuities. Trip insurance is also recommended, but extra.

You must be in good physical shape to make the trip since buses and subways (and stairs) will be used. The trip is first-come, first-served and closes when filled (approximately a dozen travelers). Single occupancy may be available for around \$500 additional. To reserve, contact trip leader Dan Haslam at danielbhaslam111@yahoo.com to determine whether the trip is still open, and if there's space, you'll send a \$300 deposit to Walkabout International, 2650 Truxtun Road, Suite 110, San Diego, CA 92106-6007. Mark "NYC Trip" on your check or money order, and include your name as it should appear on a plane ticket, plus your date of birth. Cancellation information and trip details may be obtained by contacting Dan by email (above).

SATURDAY, JULY 27

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 July 3 listing for IMPORTANT INFORMATION. Leader TBA.

6:15 pm

SATURDAY NIGHT LIVE. See July 6.

SUNDAY, JULY 28

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 pace** 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 July 7.

MONDAY, JULY 29

6:00 am

SUNRISE SERIES: LITTLE ITALY. We'll walk for 1 hour **at your own pace** on paved, flat terrain to see what is new. Take Hawthorn St., turn left at Kettner Blvd. (a one-way street) and park on the street near the restaurant located on the right side (about ½ block) – parking available on both sides of this one-way street. Bring money for optional breakfast afterward. **Gloria** (619) 482-7277.

10:00 am

CROWN POINT AREA BECKONS. See July 8.

TUESDAY, JULY 30

6:30 pm

MISSION BAY SUNSETS. See July 2.

WEDNESDAY, JULY 31

10:00 am

SUNSET CLIFFS. Robert and Friends will enjoy a 1-hour **casual**-pace, flat walk to view the cliffs, ocean and lovely homes. Meet at the corner of Sunset Cliffs Blvd. and Point Loma Ave. Take the I-8 west to its end, turn left onto Sunset Cliffs Blvd. and proceed through Ocean Beach to Point Loma Ave. (Note: not West Point Loma Blvd.) For public transportation, take the westbound #35 bus to arrive at the meeting place at 9:43 or before. Optional eats/refreshment afterward. Rain cancels. **Robert B.** (858) 414-6181.

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 July 3 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 July 3.

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

WALKABOUT SPRINGS INTO SEASON ON SOUTHERN TRIP

Ten Walkabouts enjoyed the height of spring flowers in Savannah and Charleston, SC this past April in a southern walkabout filled with azaleas, dogwood and Spanish moss. The group flew into Charleston and took a side trip to Beaufort, SC, a postcard Southern river town with historic buildings and the classic walking main street. Then off to Savannah for visits to an exotic bamboo farm, tours of an urban mansion that installed indoor plumbing before the White House, a modern art gallery and another classic mansion-turned-museum. Although the group did not eat at Paula Dean's restaurant, they ogled the goodies from the window on a walk and chowed down on Paul Dean pound cake for dessert at their hotel as well as enjoying Savannah's river waterfront and a quick boat trip to an island on a commuter tug. A river street festival was a delight and they enjoyed an evening folk music concert from the folk society. Also, they walked numerous squares and picnicked on Tybee Island, Savannah's beachfront. In addition, they walk-toured a children's nature park and went on a ranger tour of Fort Pulaski, which included a cannon blast. Co-leader Larry Jacobson celebrated his birthday while on the trip, and the group feted him with a pirate-themed luncheon party at the oldest (1624) pirate restaurant near the waterfront. Arggh!

In Charleston, Walkabouts toured the historic Charles Towne Landing State Park, upriver from the current city, and enjoyed a replica ship, a resident alligator and archaeological history of the original settlement. They heard a lecture on slavery at Drayton Hall, one of the few plantations to survive the Civil War, and toured the unrestored building with a guide, as well as walking the grounds. There also was an afternoon at Magnolia Gardens, filled with walking trails sporting peak azaleas in all colors, dogwood and numerous gardens. While in Charleston, the group shared two cottages on stilts, run by the county park system, with home-cooked meals and nature walking trails throughout. On the last morning, the group walked the streets of historic downtown, including the public market and the colorful waterfront homes. The whole trip featured Spanish moss everywhere, with pleasant temperatures and little rain. Participants included Bob Buehler, Donna and Jerry Farris, Bill and Nancy Hasse, Larry Jacobson, Toni Grandgirard, Regina Bartolini, Marianne Goldberg and leader Dan Haslam. Next time y'all come, y'hear?



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.

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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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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Larry Celebrates His 64th Birthday at a Pirate Luncheon In Savannah, April 5, 2013



Larry and Friend

See obituary on page 1.



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Dan Haslam Touts Walkabout at Hyannis Rotary Luncheon in Cape Cod

Walkabout's Cape Cod Group Getting Known

This is only the second season for Walkabout International to have a presence on the east coast on Cape Cod, and already the welcome mat is out for our organization. On May 30 Walkabout's VP Dan Haslam spoke to the Hyannis Rotary Club about the challenges of establishing a new nonprofit on the island. There were about 50 Rotarians in attendance, and while Dan reviewed the history of Walkabout and the benefits of exercise and socializing, the first audience question was "when can we do a pub crawl?" Dan explained that first a walk would be

conducted, and it would end, and then the suds could flow between bars.

The luncheon speech was the first in a series that Dan will do in Cape Cod. He has been invited back to speak to the breakfast Rotary Club group, and also to a couple of other nonprofit groups. His church has agreed to sponsor Walkabout for communications to avoid a costly membership in the Chamber of Commerce. At the luncheon Dan explained how social media, such as Meet Up groups, were working well in California, where nearly 200 people had signed on to learn about interesting walks in San Diego. "We're going to do the same thing in Cape Cod," he said, "and we'll use an electronic newsletter for our Cape Cod organization." In addition, a portion of Walkabout International's website will be devoted to Cape Cod walks and activities. "It's a smaller scale on Cape Cod," Haslam noted, "since it's essentially a one-person operation."

Dan also talked about the different walks that will be offered in Hyannis; a narrated walk showing off the sites of historic buildings (e.g. where Castor Oil was created and the oldest cemetery); the town Legacy walk of Kennedy-related sites, pre-band concert walks, and Sea to Sea walks of the harbor and neighboring public beaches.