



San Diego Feets

Vol. 36, No.10

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

October 2013

WEEKLY REPEATING WALKS

These walks repeat every week this month at the same location, day, and time.

MONDAYS

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 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 by the park's southern end restrooms. To use public transport, 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.

TUESDAYS

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. **Teri E.** (619) 584-8984 or **Jill F.** (858) 292-4231.

WEDNESDAYS

6:15 pm

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

THURSDAYS

10:00 am

MISSION BEACH NORTH & SOUTH. Walk the beach or the bay and stop for coffee near the end of this **moderate-plus** or **moderate** flat walk. Meet at the Belmont Park ticket booth off Mission Blvd. To use public transport, ride the trolley to Old Town, take the #8 bus at 9:40 to Mission Blvd. arriving at 9:54, and walk across the street. Rain cancels. **Kathy L.** (858) 484-0349.

10:00 am

SHELTER ISLAND WALK & TALK BUNCH. **Sandra, Sally and Friends** will do a **casual+** walk from the Bali Hai Restaurant to the Friendship Bell and back on flat sidewalks (about 2.2 miles round trip, about 60-70 minutes including pit stop). Breathe delicious ocean air and enjoy dynamic bay and city views from ships to wildlife. You may stop at one of the many benches and rejoin us on the return leg. Meet at east end of the island to the right of the Bali Hai by the lamp post and hand rails, where we will stretch for a few minutes. If you're late, drive down the island and join us along the way. Take the #28 bus and walk approximately 3 blocks to the Bali Hai where there is ample free parking. Optional eats afterward. Rain cancels. Join us - just for the health of it! **Sally R.** (619) 272-8851.

10:15 am

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



Pace Yourself

- Casual — 2-3 miles per hour
- Moderate — 3 miles per hour
- Moderate/Plus — 3 ½ miles per hour
- Brisk — 4 miles per hour

Unless otherwise specified, walks start at the time indicated. Walk leaders should arrive 15 minutes prior to the start time.

WEEKLY REPEATING WALKS

FRIDAYS

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 at night. **Pat P.** (619) 291-6162.

SATURDAYS

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. **Carol W.** (619) 303-7942, **Teri E.** (619) 584-8984.

SUNDAYS

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 transport, 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.



NEWSLETTER DEADLINE NOTICE

All walks must be submitted 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 must e-mail your walks to walks@walkabout-int.org. If you e-mail more than one walk, please leave extra space between each walk.



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

HIKE WEDNESDAYS & SATURDAYS

Time: TBA

WILDERNESS HIKE. Details e-mailed 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. 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 <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 the relevant hike leader as noted below.

Date	Contact Information
Oct 2	Stan H: (619) 448-1668 before 6:00 pm or shunt92071@yahoo.com
Oct 5	Candy: (619) 435-2894 or ccbeckwith146@yahoo.com
Oct 9	Candy: (619) 435-2894 or ccbeckwith146@yahoo.com
Oct 12	Bill: (619) 264-1299 or wa4lrm@gmail.com
Oct 16	Don: dpiller@cox.net or (760) 796-4007; FALL POTLUCK
Oct 19	Bill: (619) 264-1299 or wa4lrm@gmail.com
Oct 23	Stan H: (619) 448-1668 before 6:00 pm or shunt92071@yahoo.com
Oct 26	Don: dpiller@cox.net or (760) 796-4007
Oct 30	Candy: (619) 435-2894 or ccbeckwith146@yahoo.com



PUBLISHER’S NOTE

Dick Hiatt recently retired after 23+ years as publisher of our monthly newsletter. Dick’s expertise and dedication to quality was evident every month. I follow in his footsteps with less expertise, but with the same objective to deliver relevant information to our Walkabout subscribers and supporters.

We’ve switched to less complex software and you will notice some changes beginning this month. I hope you’ll like the new dedicated sections for Weekly Repeating Walks vs. Additional Walks This Month, Featured Trips, etc. You can more quickly locate your interests and there’s no need to flip pages back and forth to find repeating walks that were previously listed separately for each date. Stay tuned and thank you for your support! –Kim

ADDITIONAL WALKS THIS MONTH

THURSDAY, OCTOBER 3

6:30 am

SUNRISE SERIES: LA MESA OKTOBERFEST. We will take a **moderate** walk to preview what preparations La Mesa is making for tomorrow's Oktoberfest and then admire the old homes including a former Walkabouters'. Optional inexpensive breakfast nearby. Meet at old train station at La Mesa Blvd. and Nebo or Spring St. **Pat K.** (619) 469-6223.

FRIDAY, OCTOBER 4

10:00 am

OKTOBERFEST COMES TO LA MESA. Let's meet to find out what changes are planned for this year's La Mesa Oktoberfest. We will take a **casual** walk around the city and then through the center to see the great costume store, the location of a new restaurant, and all the other charming shops in the village of La Mesa. Optional lunch follows in a popular Mexican restaurant. Meet at the senior center on La Mesa Blvd., at University Ave. and Memorial Dr. Rain cancels. **Pat K.** (619) 469-6223.

SUNDAY, OCTOBER 6

7:15 am

BREAKFAST SPECIAL DOWNTOWN. Let's explore the harbor north or south with a flat, **moderate**, 1-hour walk to see what changes are going on downtown and along the harbor. We will start from Ruocco Park at the intersection of Harbor Dr. and Pacific Hwy. (across from former police station). Meters are **free** on Sundays. All trolleys go to Amtrak station and then a 15-minute walk 1 block west to Pacific Hwy. and 4 blocks south to Harbor Dr. gets you there. Optional breakfast follows. Rain cancels or postpones. **Pat's Pals** (619) 469-6223.

MONDAY, OCTOBER 7

6:30 am

SUNRISE SERIES: WHAT'S NEW IN LEMON GROVE? So much has changed in this little city lately. Join us to see all that is new and improved. We will enjoy a 1-hour **moderate** pace walk. Take CA-94 to the Lemon Grove Ave. exit and turn right. Make a U-turn at the first street and park in the lot across from the trolley station. Bring money for optional breakfast afterward. **Sandra S.** (619) 582-6550.



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.

DICK HIATT RETIREMENT PARTY

Sunday, November 3, 2013 11:30 am

A very special person on the Board of Directors has given notice that he will be retiring from the Board in October, 2013. The Walkabout Board is planning a party to recognize the 23 years Dick Hiatt has devoted to publishing the newsletter every month. The party will be held at 11:30 am at **Vi at La Jolla Village**, located at 8515 Costa Verde Blvd., San Diego. Vi offers **FREE** valet parking; no tipping expected. The cost to each person is \$15.00 including tax and tip for the luncheon. Lunch includes a cup of soup, an entree selection and choice of asparagus with carrots, or macaroni and cheese, or roasted potatoes. The dessert is a very special surprise, something Hyatt is famous for. Beverage choices are sodas, coffee, tea and milk. Reservations will not be taken over the phone. You must mail us a \$15.00 check payable to Walkabout with your phone number in order to be included in the luncheon. Please specify roasted chicken, grilled salmon, or vegetarian as your entree. Dick Hiatt will be the guest of honor on behalf of Walkabout. You may bring a card if you wish, but please no gifts. If you have any questions, call our office at (619) 231-7463. The maximum number is 40 people and we expect to sell out. Come celebrate with us!

THURSDAY, OCTOBER 10

6:30 am

SUNRISE SERIES: OCTOBER'S A VERY SPECIAL MONTH. Our leader has 8 special October days to remember. Hope you can remind her. A prize for the one who checks the most dates correctly. We'll walk **at your own** pace with a caboose to be sure we all get back together. Meet at the CCSA Building, corner of Clairemont Dr. and Rappahannock Ave., across the street from the S. Clairemont Recreation Center. Take I-805 to Clairemont Mesa Blvd. exit and follow signs for Clairemont Mesa Blvd. W. Head west and turn right onto Rappahannock Ave. Or via I-5, exit at Clairemont Dr. and turn left onto Rappahannock Ave. Bring money for optional breakfast afterward. **Verna B.** (619) 276-3055.

SATURDAY, OCTOBER 12

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.

SUNDAY, OCTOBER 13

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

MONDAY, OCTOBER 14

6:30 am

SUNRISE SERIES: OCEAN BEACH. We will take a **moderate** 3-mile walk visiting the pier to see the surfers and fishermen and then continuing in the Sunset Cliffs neighborhood. To reach our meeting place, take I-8 to the west end, turn left onto Sunset Cliffs Blvd., then turn right onto Newport Blvd. for a block and a half. Meet across the street from the old Strand Theater. Bring money for an optional breakfast. **Fusa** (619) 223-6947.

WEDNESDAY OCTOBER 16

10:00 am

BALBOA PARK CORK STOPPER. Join **Robert and Friends** for a **casual** 1-hour walk - half city streets, half squirrel land, including the Marston House grounds. Enjoy the splendor of our downtown forest. See the famous Balboa Park cork tree. Optional eating afterward. Meet at 6th Ave. and Spruce St. Free parking on Balboa Dr. in the park with the entrance at Upas St. Note that there is no parking on the park side of 6th Ave. on Wednesday mornings. To use public transport from the north, take bus #3 ("Euclid Trolley"). Exit at 4th Ave. and Spruce St. at approximately 9:33, walk 0.1 mile east to 6th St. From the south, take bus #3 ("UCSD Hospital"). Exit at 5th Ave. and Redwood St. at approximately 9:39, walk 0.1 mile northeast to 6th Ave. and Spruce St. Rain cancels. **Robert B.** (858) 414-6181.

10:30 am

GOLDEN HILL: HISTORY AND SURPRISES. This 1-1/2 hr., flat, **casual** walk is filled with San Diego history and some little surprises. Meet by the blue mailbox at the corner of 25th and A Sts. Walk may be slow as **Lorraine** pushes her wheeled walker. Bring money for optional lunch. Only heavy rain cancels. (619) 583-7644.

THURSDAY, OCTOBER 17

6:30 am

SUNRISE SERIES: SEAPORT VILLAGE. Meet at the Merry-Go-Round in Seaport Village. We may take a detour through the Marina Parks North and South. Walk will be **casual to moderate or at your own pace** on flat terrain. Bring a flashlight and money for optional breakfast after. **Frances B.** (619) 479-3962.

FRIDAY, OCTOBER 18

1:00 pm

SHERMAN HEIGHTS HEIST. Let's walk this eclectic neighborhood which has some terrific views of the bay, Victorian homes and even a 99-cent store. Meet us on the corner of 25th and Market Sts. for a **casual** one-hour stride around this part of town which has a couple of hills. You'll learn about the forthcoming "Day of the Dead" celebrations and a little history of this part of San Diego. Park on the street or take the #5 bus to our meeting place, or the #2 bus to 25th and Broadway and walk down the hill. An optional lunch follows at an historic location. "Back In Town" **Dan** (619) 249-9813.

SUNDAY, OCTOBER 20

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.

MONDAY, OCTOBER 21

6:30 am

SUNRISE SERIES: LIBERTY STATION/SPANISH LANDING. Meet Connie at the parking lot at Womble and Truxtun Rds. on Liberty Station. We will walk for one hour on flat/paved terrain, pace will be **casual to moderate with faster walkers going at their own pace**. We'll head through Liberty Station and over to Spanish Landing to check out the progress of the San Salvador. If you haven't taken this walk before, it is delightful and yes, the airplanes do depart San Diego's Lindbergh Field at exactly 6:30 am! Expect to see and hear numerous airplanes as they make their way to exotic destinations. Bring money for optional breakfast afterwards. **Connie V.** (619) 477-8628.

TUESDAY, OCTOBER 22

3:00 pm

VICTORIAN VIEWS. You will be amazed at the number of beautifully restored Victorians in Sherman Heights. Meet **Evelyn K.** at the corner of 25th and G Sts. (1 block north of Market St.) for a **moderate**, 1-1/2 hour walk past lovely century-old homes and churches, and up a hill or two to a park with panoramic views of the city. Buses #3 & 5 stop at 25th and Market Sts. Rain cancels. (619) 461-6095.



ANNUAL MEETING/AUCTION/PICNIC

Saturday, October 26, 2013 11 am to 2 pm

Mark your calendars now for Walkabout International's annual meeting, auction, and potluck picnic to be held on Saturday, October 26 from 11 am to 2 pm at the East Mission Bay Park (same location as last year). We need each person to bring three things: 1) Contributions for the auction; 2) Food to share for the potluck; 3) your checkbook or cash to pay for someone else's former treasure at the auction! You should also consider a folding chair and a light jacket as the park can get breezy on a cool day.

The park is located just west of I-5 near the former visitors center at Clairemont Drive. We will be in a covered shelter, south of the visitor center, north of the Hilton Hotel; watch for our bright blue banners or signs. Walkabout will provide beverages, ice, cutlery, napkins, cups, and plates. You're welcome to bring your friends and neighbors; all are welcome (just bring plenty of food to share). We usually get a crowd of around 50 or so. We'll have our annual meeting, which consists of reports about Walkabout's operations, and if you have any questions, we will try to answer those, too.

Auction favorites for bidding include plants, baked goods, gift certificates (your favorite restaurant, hairdresser, movie tickets), books, gifts that you want to "re-gift," things that can be consumed (rather than stored on a shelf); gift baskets of fancy food, wine. Things to avoid bringing to the auction: artwork, clothing, electronics (unless working). As usual, our cheerful auctioneer will be Dan Haslam, and other volunteers are always welcome to come a bit early to help put out signs, set up and stay afterwards to take down and clean up.

There will be a walk around the park before the meeting and potluck lunch, and restrooms are close by. **Come on down for an entertaining afternoon, good food, and great company.** Call the office (619-231-7463) to sign up on Potluck interest list with your name and food contribution. Main dishes preferred.

THURSDAY, OCTOBER 24

6:30 am

SUNRISE SERIES: THE OTHER SIDE OF HILLCREST. We will explore the other side of Washington St. (southward) at a **moderate** pace for one hour. Meet at Fort Stockton and Goldfinch Sts. north of W. Washington St. Bring money for optional breakfast afterward. **Marilyn M.** (619) 294-8308.

FRIDAY, OCTOBER 25

11:00 am

PRE HALLOWEEN HAUL AROUND DOWNTOWN.

We'll meet at the Park and Market Trolley stop on the blue/orange line. There is some free street parking south of Market St. and east of Park Blvd., but you have to hunt. Better to take the red trolley. We'll be hunting for about an hour for some Halloween treats, and if you want to get rid of your candy early, bring it on our **casual** walk in East Village. Maybe the new library will have some sweet treats. Some may stay for an optional lunch afterward. "Masked Man **Dan**" (619) 249-9813.

SATURDAY, OCTOBER 26

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.

SUNDAY, OCTOBER 27

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 overlooking the ocean. **Pat's Pals** (619) 469-6223.

9:15 am

TRICKS AND TREATS IN DEL MAR. Simply howl with delight over discovering the tricky corners and eerie crevices and crevasses of Del Mar on a 3-hour **moderate-plus** paced prance along mixed-up and -down terrain in anticipation of Halloween. You will be treated to traipsing through the Del Mar zoo and along secret trails and mysterious pathways with spook-tacular ocean vistas as we make tracks around Del Mar. Look for **Larry** at the northwest corner of Del Mar Heights Rd. and Durango Dr., 6 blocks west of I-5's Del Mar Heights exit. Larry@walkabout-int.org or (858) 755-1751 (evenings/weekends).

THANKSGIVING

If you are interested in getting together on Thanksgiving, please contact the Walkabout office at (619) 231-7463 and leave your name and telephone number. Somebody will call you to let you know the restaurant we have chosen and the cost including tax and tip. Leave the cooking and the mess to somebody else this year. Come and enjoy your friends at Walkabout for several hours.

MONDAY, OCTOBER 28

6:30 am

SUNRISE SERIES: BACK TO COLLEGE GROVE.

This one-hour walk is on flat, paved, and dirt paths. Walk is **casual to moderate**. We should be able to make it to the park. Take College Ave. south from CA-94 and turn right at College Grove Dr. Turn left at the restaurant and park in the lot there. An optional breakfast afterward. **Gloria A.** (619) 482-7677.

TUESDAY, OCTOBER 29

10:00 am

BURLINGAME'S HALLOWEEN DECO. This upbeat community really celebrates the holidays. Let's take a flat, **moderate** walk to admire the homes and their decorations. Meet at 30th and Laurel Sts. (No. 2 bus). Optional witch's brew follows. **Pat K.** (619) 469-6223.

WEDNESDAY, OCTOBER 30

10:00 am

FASHION VALLEY WINDOW SHOPPING. Meet **Robert and Friends** for a 1-hour **casual** lookie-loo through the new, improved, up-see-down-daisy, multi-shop walkways into escalated euphoria. At the last store, we may view some retro restoration hardware. Optional tearoom visit follows. Meet in the mall in front of the east, ground level entrance of Nordstrom. Free parking. To use public transport, take the green-line trolley marked "Green Santee" to arrive by 9:44 at the Fashion Valley station. Walk northeast to the meeting location. Rain cancels. **Robert B.** (858) 414-6181.

THURSDAY, OCTOBER 31

6:30 am

SUNRISE SERIES: SOUTH SHORE SAUNTER.

Meet Winnie at the South Shores Boat Launch just east of Sea World on Mission Bay. Hopefully we'll see some rabbits and the great sea birds there. Take I-5 to Sea World Dr. and go west to the South Shores Boat Launch Ramp area. Watch for the sign, it is not very prominent. We'll meet at the restrooms at the launch area. Optional breakfast follows this **moderate**, flat one-hour walk. **Winnie M.** (858) 278-4003.

6:30 pm

HALLOWEEN IN UNIVERSITY HEIGHTS. Costumes are optional and so is trick-or-treating on this **casual** walk. We'll leave from Trolley Barn Park, at Adams Ave. and Florida St. (bus #11) to see the elaborate Halloween decorations by theatre set designers in the neighborhood. There are lots of costumes, fire-breathing dragons, a lonely old bride, a cemetery and usually the Wizard of Oz. **Sharon N.** (619) 298-4340.

LAMB'S CHRISTMAS FESTIVAL

Sunday, December 1, 2013, \$46.00

This Festival is a Christmas gift that all will enjoy. It was one of Audrey Davis' favorite events, so our attendance will be dedicated to Audrey's memory. The holiday show has dance, laughter, love and great music of the season. Kerry Meads has written a brand new script this year for our enjoyment. We have center front row seats for this 2:00 pm preview performance. Prior to the show we shall have a walk at 12:30 pm to view the holiday lights and perhaps the Del's Christmas tree. Meet in front of Lamb's Players Theatre, 1142 Orange Ave., Coronado, for the walk. Off-street parking is free.

To make a reservation, mail a check for \$46.00 payable to Walkabout Int'l, 2650 Truxtun Rd., Suite 110, San Diego, CA 92106 and indicate on the memo line "Lambs." There are only 14 seats in honor of Audrey Davis being offered to us in the front row at this reduced price. Please enclose a self-addressed envelope with a stamp for us to mail you the itinerary. Your host is Robert Buehler (President of Walkabout). If you have any questions please call the office at 619-231-7463.



FEATURED TRIPS

2-DAY MOUNTAIN GETAWAY TO JULIAN

October 2-3, 2013

Join Walter and Rita on Wednesday, October 2, for a trip to Julian with an overnight stay at the beautiful Julian Lodge B & B, fully a/c and private bathrooms in the heart of town. You will enjoy a hearty continental breakfast the following morning. Julian, founded more than 100 years ago, still maintains its unique quality of life, where time seems to stand still, free from the hustle-bustle of urban life. We have wonderful activities planned for both days. This is our 2nd anniversary in Julian, and the fall foliage in the month of October is very beautiful. Walter will lead a walk in town following the Observatory visit on Wednesday. The next day, before dining at the hotel, you may want to join Walter for a casual walk and later wander around Julian to enjoy the town.

We will take only 12 people in a 15-passenger van since we will need space for SMALL Luggage. The price of the trip includes the van, lodging, entrance fees for the observatory, a train ride and gold mine, Menghini Winery and the camel ranch. Price is based on double occupancy at \$169.00. For single occupancy, add \$35.00. The continental breakfast includes hot and cold cereals, juices, Danish rolls, breads, bagels and yogurt.

Send \$169.00 to Walkabout Int'l, 2650 Truxtun Rd., Suite 110, San Diego, CA 92106-6007 for double occupancy; add \$35.00 more for a private room. Enclose a Self-addressed stamped envelope for an itinerary. NO REFUNDS unless there is a waiting list with someone to



take your place. Please designate the pickup location: San Diego or North County. You will be given exact pickup locations at a later date for security reasons. We will leave San Diego by 9:00 am in order to arrive in North County (off Hwy 15) by 9:30 am. We hope to return by 5:00 pm on Thursday. If you have questions, please call Rita at (619) 266-2555. Let Walter and Rita show you Julian as you have never seen it before.

PALM SPRINGS MOVIE STAR HOMES

Saturday, October 19, 2013, \$56.00

Join Rita and Wayne in a 25-passenger bus to Palm Springs, where we'll board Celebrity Tours' air-conditioned 50-passenger bus to view the "Old Movie Colony," Las Palmas and Racquet Club Estates, as well as other locations with many movie and television stars' current and former homes. See the Big Mushroom, "House of Wax," an air-conditioned "Dog House," the Gum House, property guarded by "transformers" and much, much more. Enjoy the Coachella Valley's "Best Date Shake," compliments of Celebrity Tours, at the end of our nearly 2½-hour tour. We will arrive in Palm Springs at approximately 11:30 am, giving us enough time to go to Ruby's or several other restaurants on Palm Dr., the main street, for lunch on your own. There will be a casual walk prior to the tour. We hope to leave Palm Springs at 4:00 pm, and return to San Diego by 6:00-6:30 pm if all goes as planned. Rain or shine, this trip is a go (there are contingency plans if the weather is bad). The trip includes the bus, driver tip and Celebrity Tours' own bus.

Please mail your \$56.00 check and a self-addressed stamped business-size envelope for the itinerary to Walkabout Int'l, 2650 Truxtun Rd., Suite 110, San Diego, CA 92106-6007. Please indicate on your check your phone number and the pickup location: San Diego or North County. For security reasons, exact locations will be given to you when you sign up. If you have questions, please call Rita at (619) 266-2555. This is a first-time trip for us, and we hope it will fill fast. Wayne and Rita would love to have you join us.

PALM SPRINGS FOLLIES –LAST HURRAH

A Very Special Walkabout Performance

Thursday, December 12, 2013 1:30 pm

DEADLINE FOR MAILING CHECK: NOV. 12

Rita and Marilyn B. invite you to a very nostalgic performance of the Palm Springs Follies, on December 12 at 1:30 pm., a trip started by Walkabout's own Audrey Davis 22 years ago. Doors to the fabulous, historic Plaza Theatre will be closed for good, and Walkabout has been invited to join in the farewell festivities. The performance is like Las Vegas, with colorful costumes, tremendous dancing, and features performer Susan Anton in her third visit. This will be our farewell to the Follies, and you really should not miss your chance to attend. IT'S NOW OR NEVER!

Walkabout has to guarantee the tickets and the bus by the November 12 deadline since there are other groups wanting to use the tickets. We have sold over half of our 34 tickets for a 35-passenger bus. If there is a waiting list, we will issue a refund if you need to cancel. The day trip includes the bus, driver tip, water, snacks, and theater ticket. At \$105.00, we offer the most reasonable price of any travel group. We will arrive in Palm Springs in time for lunch on your own and a nice walk.

Please mail your check and a self-addressed, stamped business-size envelope for the itinerary to Walkabout Int'l, 2650 Truxtun Rd., Suite 110, San Diego, CA 92106-6007. Indicate on your check your phone number and the pickup location: San Diego or North County. For security reasons, the exact location will be given to you after you sign up. Walkabout must receive your check before the deadline. If you have questions, please call Rita at (619) 266-2555. Marilyn and Rita hope you will be a part of the FINAL HURRAH.

4TH ANNUAL RIVERSIDE MISSION INN

Saturday, December 21, 2013

Cost \$55.00 (No tour) / \$70.00 (With tour)

Join Bev & Walter for a day trip to a national historic landmark, the Riverside Mission Inn. There will be a 75-minute, docent-led tour of the Inn for those who paid the extra \$15.00. This four-story, 238-room inn, which opened in 1903 as a roadside motel, occupies a city block in the heart of downtown Riverside. Numerous Presidents and Hollywood stars have frequented the Inn. At dusk, you will experience millions of holiday sparkling lights that transform the Inn into an enchanting fairy tale setting. Please note that you are responsible for your own food. Departure and arrival times are forthcoming.

Mail your check for \$55 which includes a 24-passenger bus, without tour of Mission Inn, or \$70 which includes the docent-led tour of the Mission Inn, to Walkabout Int'l 2650 Truxtun Rd., Suite 110, San Diego, CA 92106 and indicate your preference of San Diego or North County pick-up. Please include your phone number or email and enclose a self-addressed, stamped business-size envelope for the itinerary. This is a trip for your "bucket list," one you will not want to miss. Call Bev B. with any questions at (858) 268-8088.

SAN DIEGO AIRPORT TARMAC TOUR

1 hour by bus; 1-hour walking tour inside

SOLD OUT: November 21, 2013 1:00 pm – 3:00 pm

WAITING LIST FOR NEW DATE (TBD)

Call Walkabout Office (619) 231-7463 and provide your LEGAL NAME (on your license) and your DATE OF BIRTH. The airport requires this information. Be prepared for a 2-hour tour so please wear comfortable walking shoes. Parking and meeting details forthcoming. If you have questions please call Rita at (619) 266-2555.

MARVELOUS MONTEREY BAY

A Thanksgiving Treat in the Serenity of Asilomar

November 26 - 30, 2013, FULL -- WAITING LIST ONLY

Call Walkabout (619) 231-7463 to join the wait list or call Rita (213) 266-2555 for any questions regarding the trip.



WALKABOUT INTERNATIONAL CAPE COD SAILS FOR MARTHA'S VINEYARD

On Thursday, August 22, fifty-five members and friends of Hyannis Federated Church set sail for Oak Bluffs, Martha's Vineyard, from Hyannis, Cape Cod. Of that number about half would choose to take a Walkabout walk in the colonial town of Edgartown, following a brief church service at the local Federated Church.

Our Walkabout began at one of the original Methodist churches, which is today used for town meetings and the performing arts. We had a museum docent provide a history of the building and then walked to an elegant mansion next door, which was built by the wealthiest whale oil merchant from the 1800's. We next visited the oldest, original residential structure on the island, which was moved nearly 50 years ago. It now sits on an historic city block.

Next we walked to a red-brick Episcopal church, one of only three brick buildings on the island. The pulpit in this church is actually a small, pointy piece of the bow of an old ship that used to ply the waters of Edgartown harbor. The church also sports original Tiffany stained glass windows. The group of 25 next went to visit the ferry dock which boasts the "On Time" ferry, so named for the quick amount of time it took to build it and not for the fact that since it operates constantly across a narrow harbor, it's always "on time." The ferry sails to Chappaquiddick, another island, which was famous for a drowning involving Ted Kennedy in the 1970s. We walked along the shore for a bit and took in the Carnegie Library with its celebrated art works, and visited the site of the original whale oil refinery, now an art gallery.

Since the day was hot and humid, we did lose a few walkers, but the stalwarts stayed with us to see the largest Pagoda (a.k.a. Japanese flame) tree in North America and a few steps beyond that the house where Capt. Ahab lived (from Moby Dick fame). The full group met up after lunch, and we boarded our transit buses for the short bus ride back to Oak Bluffs and saw many of the scene locales for the movie "Jaws." Edgartown was featured in "Jaws" as the fictional village of Amity.

A few industrious walkers joined walk leader Dan Haslam for a quick jaunt around the tabernacle at Oak Bluffs, including the tiny, colorful Victorian houses surrounding the huge outdoor church, which was closed that day due to a benefit concert featuring Natalie Cole, daughter of King Cole. The only traces of the Obama family having

been on the island for their recent vacation were the novel souvenir T-shirts in the store windows. Everyone agreed that we had enough walking for the day, so the 1-1/2 hour boat ride back to Hyannis from Oak Bluffs at the end of a long day was a welcome interlude.

There may be some sporadic Walkabout walks in Hyannis during September; however, the walking (and tourist) season is winding to a close.



Walkabout group stopped at huge bronze sculpture to pose for a group photo on our visit to Edgartown, MA.



On Monday evenings, Walkabout walks originate from the Barnstable Court House dating from the 1800's. The statue is of Mercy Otis Warren, a Revolutionary writer.



OCTOBER 2013 WALKS AT A GLANCE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 6:30 pm Mission Bay Sunsets	2 TBA Hike 6:15 pm Wednesday Night Workout	3 6:30 am Sunrise Series La Mesa 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	4 10 am Oktoberfest Comes To La Mesa 6 pm Mission Hills Meander	5 TBA Hike 6:15 pm Saturday Night Live
6 7:15 am Breakfast Special Downtown 8:15 am Merry Go-Round	7 6:30 am Sunrise Series: What's New In Lemon Grove? 10 am Crown Point Area Beckons	8 6:30 pm Mission Bay Sunsets	9 TBA Hike 6:15 pm Wednesday Night Workout	10 6:30 am Sunrise Series: Oct Very Special Month 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	11 6 pm Mission Hills Meander	12 TBA Hike 7:15 am Late Birds 6:15 pm Saturday Night Live
13 7:15 am Breakfast Special Balboa Park 8:15 am Merry Go-Round	14 6:30 am Sunrise Series: Ocean Beach 10 am Crown Point Area Beckons	15 6:30 pm Mission Bay Sunsets	16 TBA Hike 10 am Balboa Park Cork Stopper 10:30 am Golden Hill: History And Surprises 6:15 pm Wednesday Night Workout	17 6:30 am Sunrise Series: Seaport Village 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	18 1 pm Sherman Heights Heist 6 pm Mission Hills Meander	19 TBA Hike 6:15 pm Sat Night Live
20 7:15 am Breakfast Special Along East Mission Bay 8:15 am Merry Go Round	21 6:30 am Sunrise Series: Liberty Station/Spanish Landing 10 am Crown Point Area Beckons	22 6:30 pm Mission Bay Sunsets 3 pm Victorian Views	23 TBA Hike 6:15 pm Wednesday Night Workout	24 6:30 am Sunrise Series: The Other Side Of Hillcrest 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	25 11 am Pre-Halloween Haul Around Downtown 6 pm Mission Hills Meander	26 TBA Hike 7:15 am Late Birds 6:15 pm Sat Night Live
27 7:15 am Breakfast Special In Pacific Beach 8:15 am Merry Go-Round 9:15 am Tricks And Treats In Del Mar	28 6:30 am Sunrise Series: Back To College Grove 10 am Crown Point Area Beckons	29 10 am Burlingame's Halloween Deco 6:30 pm Mission Bay Sunsets	30 TBA Hike 10 am Fashion Valley Window Shopping 6:15 pm Wednesday Night Workout	31 6:30 am Sunrise Series: South Shore Saunter 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park 6:30 pm Halloween In University Heights		

UPCOMING WALKS, EVENTS & TRIPS

Look for details in current and future newsletters.

Walks/Events

Annual meeting / auction / picnic	Oct 26
Dick Hiatt retirement party	Nov 3
Annual Christmas brunch & gift exchange	Dec 25
2014 New Year's Day Walk	Jan 1
Jerry Schad Memorial Trail / Balboa Park	TBD
Reuben Fleet / star gazing / Balboa Park	TBD
Spring Garden and Home Tours	2014

Please call our office (619) 231-7463 to put your name on the interest list for any of the following.

Day Trips & Events

Palm Springs movie star homes	Oct 19
Lamb's Christmas festival	Dec 1
Palm Springs follies	Dec 12
Riverside Mission Inn	Dec 21

Overnight Trips

Julian 2-day mountain getaway	Oct 2-3
Marvelous Monterey Bay/Asilomar	Nov 26-30 (wait list)
Northern CA coast / Hwy 1	Dec 3-10
San Francisco	Dec (tentative)
Cuba	2014

Trips – planned only if sufficient interest

Temecula Old Town	Nov
LA art museum/La Brea tar pits	Spring 2014
Pasadena mansions tour	Spring 2014



VOLUNTEER!

We are recruiting walk leaders for suggested walks and events. New walk leaders will be offered training. If interested, please call the office (619) 231-7463. Receive help with write-up, etc. And, please send in YOUR ideas!! (note newsletter deadline dates)

WALK LEADERS NEEDED

Balboa Park w/ranger tour
Coaster trip to Oceanside Pier/Cedros shopping
Docent led tours of new central library
Free Tuesdays at museums in Balboa Park
Gem Institute of America/Carlsbad/ docent tour
I Love A Clean San Diego beach cleanup
Thanksgiving Dinner at restaurant
New Year's Eve walk

WALKABOUT BOARD MEETING

October 18 at 10:00 am

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



BOARD MEMBERS

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1st Vice President

Vacant

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ABOUT WALKABOUT, SAN DIEGO'S PREMIER SOCIAL NETWORK AFOOT

Walkabout is an all volunteer San Diego-based non-profit organization offering over 1,000 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: \$

NEW Subscriber/Supporter (check here) How did you hear about us? _____

Please mail completed form (we do not share information): **2650 Truxtun Rd., Suite 110, San Diego, CA 92106-6007**

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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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ANNUAL CHRISTMAS BRUNCH & GIFT EXCHANGE

Wednesday, December 25, 2013

At Broken Yolk

1851 Garnet Ave., Pacific Beach

Walk begins at 7:45 am from Lamont St. & Garnet Ave., with breakfast at 8:30am. Call Walkabout at (619) 231-7463 to be put on the "Interest List" with your name and telephone number.

WALKABOUT SPECIAL BUFFET: Eggs, bacon, sausage, potatoes, French toast, muffins, pancakes, fresh fruit and coffee, tea and milk. All for \$12.00 including tax and tip. Last year we had 49 people attend and it was fabulous. Bring a gift marked as (Male), (Female), or (Generic), with a value of under \$10.00. No fruit cakes PLEASE. We had some really nice gifts last year and the rules are you cannot take someone's gift away from them. Call Rita with any questions at (619) 266-2555.



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LABEL CODE REMINDER

Please check the expiration date on your label to renew beforehand. We don't want you to miss an issue!

From a Walkabout supporter and recent day trip traveler...

On Saturday, August 31, forty-six people from Walkabout traveled by bus to the California Science Center Space Pavilion in Los Angeles. We were all looking forward to seeing the space shuttle Endeavour and attending the IMAX theater featuring movies taken during shuttle trips into space. The new Pavilion built for housing the Space Shuttle Endeavour is really something to see. Once we were there, we were free to go on our own to see the fascinating displays including satellites, jet planes, and rooms filled with fun interactive displays. There was an Endeavor simulator that you could enter to give you some idea of what it must have been like being an astronaut on the Endeavour shuttle. A wonderful day trip!



Endeavour on display in the Samuel Oschin Air and Space Center at the California Science Center.