



San Diego Feets

Vol. 36, No. 11

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

November 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

ABOVE THE BAY. Join us for some exercise and fabulous views of the lights around Mission Bay. Meet by Carl's Jr. at Clairemont Dr. and Burgener Blvd. for a hilly, 1-hour plus, **moderate to moderate-plus** paced walk (see Thomas Guide 1248-F6). Rain, but not mist, cancels. Flashlight recommended. Please call **Teri E.** (858) 483-0512 or **Jill F.** (858) 292-4231 to make sure walk is "on" for the week (rarely cancelled due to holiday or commitments).

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 (no walk Thanksgiving Day)

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) 222-3800.

10:15 am (no walk Thanksgiving Day)

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. For public transport, use the #7 bus. 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

4:30 pm

MISSION HILLS MEANDER. Come see the great views and picturesque homes and gardens of this homey old neighborhood on a 1-hour, **moderate**-paced walk on flat terrain. Meet at Espresso Mio, 1920 Ft. Stockton Dr. From Washington St., go north on Goldfinch St. and west on Ft. Stockton Dr. Rain cancels. Wear white at night. **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.** (858) 483-0512.

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 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.



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
Nov 2	Don: dpiller@cox.net or (760) 796-4007
Nov 6	Stan H: (619) 448-1668 before 6:00 pm or shunt92071@yahoo.com
Nov 9	Candy: (619) 435-2894 or ccbeckwith146@yahoo.com
Nov 13	Candy: (619) 435-2894 or ccbeckwith146@yahoo.com
Nov 16	Bill: (619) 264-1299 or wa4lrm@gmail.com
Nov 20	Don: dpiller@cox.net or (760) 796-4007
Nov 23	Stan H: (619) 448-1668 before 6:00 pm or shunt92071@yahoo.com
Nov 27	Candy: (619) 435-2894 or ccbeckwith146@yahoo.com
Nov 28	Don: dpiller@cox.net or (760) 796-4007 Happy Thanksgiving Day!
Nov 30	Bill: (619) 264-1299 or wa4lrm@gmail.com



THANKSGIVING WITH YOUR WALKABOUT FRIENDS

Thursday, November 28

Walkabout typically offers an opportunity for you to dine out with your Walkabout friends in San Diego, and this year is no different. If you are interested in a Thanksgiving meal at a restaurant, please contact the Walkabout office at (619) 231-7463 with your name, telephone number, and email address (if you have one). Once we have an idea of how many are interested, we will contact various restaurants, make a reservation, and notify you.

Please RSVP by 11/12. You may be included after that date only if space allows. A walk will be included to help work off the calories!

MORE GREAT WALKS THIS MONTH

FRIDAY, NOVEMBER 1

10:00 am

SHERMAN HEIGHTS/GRANT HILL. Today is the "Day of the Dead" in the Latino culture, and we're sure to find vestiges of its celebration in this barrio. Meet at the northeast corner of 24th & Market Sts. (street parking available or take the #5 bus). There are some gradual hills in the Heights, but our **casual** pace will make a comfortable walk. We'll also do a walk-by of the Jesse Shepard House (Villa Montezuma) and give you a history of this unique landmark. Optional Mexican eatery lunch follows. Rain cancels. "Deadly Dan" (619) 249-9813.

SATURDAY, NOVEMBER 2

9:15 am

CARMEL VALLEY CAVORT. The day before daylight savings time hits the road, Jack and Jill, let's hit some pristine pathways, parks and promenades nestled around Carmel Valley. The times, they are changing, so let's explore the changing views in this community from uncommon vantage points with view-tiful vistas and cozy canyons on a 3-hour, **moderate-plus** paced prance with mixed-up and -down terrain. Look for **Larry** at the northwest corner of Carmel Creek Rd. and Valley Center Dr. (near Piazza Carmel Shopping Center where ample free parking abounds). Take the Carmel Creek Rd. exit off of CA-56. Rain cancels. Larry@walkabout-int.org or (858) 755-1751 (evenings and weekends).

**DAYLIGHT SAVINGS TIME ENDS AT 2 AM.
REMEMBER TO SET YOUR CLOCKS BACK 1 HOUR.**



SUNDAY, NOVEMBER 3

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.

ANNUAL CHRISTMAS BRUNCH & GIFT EXCHANGE

Wednesday, December 25

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 questions at (619) 266-2555.

MONDAY, NOVEMBER 4

6:30 am

SUNRISE SERIES: MISSION HILLS. Let's return to this area of beautiful homes and enjoy an optional breakfast afterward at a favorite place. Meet at Goldfinch St. and Fort Stockton Dr. for a 1-hour flat at **your own pace** walk. **Edie** (619) 222-4396.

WEDNESDAY, NOVEMBER 6

10:00 am

CORONADO MINI-MANSIONS. Join **Robert and Friends** for a 1-hour, Coronado **casual** stroll to view mini-mansions squeezed onto toy-sized lots. Optional restaurant coffee klatch follows. Cross the bridge to Coronado, continue to Orange Ave., turn left, turn left again on 4th St., then a quick right on A Ave. to the 4th and A meeting place. To use public transport, take the 9012 bus marked "Iris Trolley" at 9:32 am from the 12th & Imperial Transit Center, exit on Pomona Ave. at 3rd St. in Coronado at approx. 9:41 am, and walk southwest to A Ave. & 4th St. Rain cancels. **Robert B.** (858) 414-6181.



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.

THURSDAY, NOVEMBER 7

6:30 am

SUNRISE SERIES: MISSION BAY. Join **Connie** at the South Shores Boat Ramp just east of Sea World on Mission Bay. We'll walk at a **moderate** pace on flat, paved terrain and see if we can reach the Hilton Resort or possibly the old visitor's center. Join us in the early morning while we enjoy the birds, folks paddling their kayaks, and beautiful views of San Diego from the shores of Mission Bay. Take I-5 to Sea World Dr., west to South Shores Boat Ramp area. We'll meet by the restrooms at the boat launch. Optional breakfast afterward. (619) 477-8628.

FRIDAY, NOVEMBER 8

1:00 pm

SAUNTER AROUND SCENIC SANTEE. Meet us at the Santee Trolley stop (the last stop on the Green Line) for a **casual** 2-mile circular walk across the San Diego River, through a new luxury housing development, recreational fields, and perhaps a peek at the new women's prison under construction. We will look at the grounds of the last remaining poor farm in California and see what remains. When we return to Town Center, you can join us for an optional BBQ lunch or catch the trolley back to the city. Come for a day in the "country"! Free parking available at the trolley stop, but take the trolley anyway. Rain cancels. "Santee Dan" (619) 249-9813.

SATURDAY, NOVEMBER 9

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, NOVEMBER 10

7:15 am

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



MONDAY, NOVEMBER 11

6:30 am

SUNRISE SERIES: VETERANS DAY MEMORIALS. Our harbor has many memorials to the men and women who fought for our country. Bob Hope will greet us as we walk by on a flat, **moderate** walk and remember those who gave their all. Meet at entrance to Seaport Village on Pacific at Harbor Dr. Bring your AARP card if you have one for optional food afterward. **Pat K.** (619) 469-6223.

TUESDAY, NOVEMBER 12

10:00 am

TUESDAY WALKERS ALONG THE HARBOR Let's celebrate Veterans Day a day later. We will meander on a **casual** walk through downtown and then along Harbor Dr. to see Bob Hope and admire all the veteran memorials that line our Harbor. Meet by the Balboa Theater at 4th Ave. and E St. Note that parking is free in Horton Plaza for 3 hours if you enter after 9:30 am. There will be an option to extend the walk to the new library. Optional lunch afterward. Rain cancels. **Pat K.** (619) 469-6223.

LAMB'S CHRISTMAS FESTIVAL

Sunday, December 1, \$46.00

Only 8 tickets left!

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.

THURSDAY, NOVEMBER 14

6:30 am

SUNRISE SERIES: BACK TO HARBOR ISLAND.

Meet **Gloria** for a 1 hour walk **at your own pace** on a flat paved sidewalk. If weather cooperates, we'll have a beautiful view of downtown San Diego. From N. Harbor Dr., turn on to Harbor Island Dr. (across from the airport) and turn left at the end to park in the restaurant parking lot at 880 Harbor Island Dr. Optional breakfast afterward. (619) 482-7677.

FRIDAY, NOVEMBER 15

10:00 am

NORTH PARK MEANDERERS. North Park is the new Hillcrest, with fashionable restaurants, performing art centers and galleries changing the face of the neighborhood. Let's explore it, including the deadly crash site of a PSA flight years ago, at a **casual** pace. Optional lunch follows. Rain cancels. Take the #2, 6, or 10 bus. Meet at the southwest corner of University and 30th Sts. Street parking in neighborhoods a couple of blocks away. "NP **Dan**" (619) 249-9813.

SUNDAY, NOVEMBER 17

7:15 am

BREAKFAST SPECIAL ALONG EAST MISSION

BAY. Let's take a flat walk **at your own speed** to see the birds, boats and views. Optional breakfast and chatting follow. Meet at the former Visitors Information Center. From I-5 take the Clairemont Dr. exit and go west. Rain cancels or postpones. **Pat's Pals** (619) 469-6223.

MONDAY, NOVEMBER 18

6:30 am

SUNRISE SERIES: SHELTER ISLAND. Let's take a **moderate** walk around Shelter Island for an hour. Those who are capable of climbing a hill can go up the hill by Kellogg St. where there are some easements and spectacular views. Meet at Canyon St. and Anchorage Ln. From I-5 take Rosecrans St. heading west to Shelter Island Dr., then head south a couple of blocks to Anchorage Ln. and turn into the west end of the parking lot where there are no meters. Bring money for optional breakfast afterward. **Fusa** (619) 223-6947.

TUESDAY, NOVEMBER 19

10:00 am

TUESDAY WALKERS DOWNTOWN. Meet by the Balboa Theater at 4th Ave. and E St. to walk to the new library and check it out! Note that parking is free in Horton Plaza for 3 hours if you enter after 9:30 am. **Sharon N.** (619) 298-4340.

3:00 pm

MICKEY MOUSE WALK. Mickey Mouse is 85 years old! Let's celebrate his birthday one day late with a **moderate**, 1-½ hour walk along paved and dirt paths walk around Lake Murray. Enter at Kiowa Dr. off of Lake Murray Blvd. and meet **Evelyn K.** at the west end of the parking lot by the concession building. Be sure to wear clothing with a Mickey Mouse theme and don't forget your mouse ears! Rain cancels. (619) 461-6095.

WEDNESDAY, NOVEMBER 20

10:00 am

A DELICIOUS TASTE OF YESTERYEAR. If you enjoy the rural scene and love to see ducks, geese and rare white pelicans, then take a 1-hour **casual** meander with **Robert and Friends** around Lindo Lake. Take Route 67 from I-8, turn off at Riverford Rd. and go through Lakeside on Woodside Ave until you see the park and lake. Turn right on Chestnut St. and a quick left into the VFW parking lot. Later, as an option, we will chow down at a local restaurant. 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, NOVEMBER 21

6:30 am

SUNRISE SERIES: FALL BY THE OCEAN. Let's take a flat **moderate** 1 hour walk and enjoy the early morning breezes and fresh air. There are some interesting sights and sounds along the boardwalk. Meet at the Crystal Pier at the west end of Garnet Avenue in Pacific Beach. Bring money for optional breakfast afterward. **Winnie M.** (858) 278-4003.

FRIDAY, NOVEMBER 22

10:00 am

DOWNTOWN DELIGHTS. Don't let the lack of free parking dissuade you from visiting downtown. Take the trolley; take the bus! Meet at the Balboa Theater, 4th Ave. and E St. for a **casual** walk within downtown to check out what's new and different. We may visit the new library and check on the progress of the enlarged Horton Plaza. Optional lunch downtown follows. "Downtown **Dan**" (619) 249-9813.

SATURDAY, NOVEMBER 23

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.

10:00 am

CANYON WALK IN LA JOLLA. Meet **Virginia C.** at the UTC Transit Center near the #50 bus covered area for a **casual** walk from the UTC shopping center to the canyon on Genesee, and back the same way. The canyon goes to Sorrento Valley and connects to the nature area there. We will walk only as far as the group decides. Rain cancels. You can take bus #2 from Old Town or Bus #41 from Fashion Valley. (619) 231-7463.

SUNDAY, NOVEMBER 24

7:15 am

BREAKFAST SPECIAL IN PACIFIC BEACH. Before the crowds arrive, walking in Pacific Beach can be delightful. We'll walk along the ocean admiring the waves on a flat walk **at your own speed** and then return by the same route. Meet at the west end of Garnet Ave. by Crystal Pier. From Old Town Transit Center, take the #8 bus at 6:30. Rain cancels or postpones. Optional breakfast follows, perhaps overlooking the ocean. **Pat's Pals** (619) 469-6223.

MONDAY, NOVEMBER 25

6:30 am

SUNRISE SERIES: EXPLORING CLAIREMONT CONSTRUCTION. Join us for a historical walk **at your own pace** with some nice views along the way. One of the faster walkers will lead and your walk leader will caboose to be sure everyone is together at 7:30 as we head for an optional breakfast. Meet at Clairemont Village parking lot (by the food store) up the hill from the Clairemont Dr. exit of I-5. **Verna** (619) 276-3055.

THURSDAY, NOVEMBER 28 (THANKSGIVING)

6:30 am

SUNRISE SERIES. No walk today.

10:00 am

MISSION BEACH NORTH & SOUTH. No walk today.

10:00 am

SHELTER ISLAND WALK. Let's walk off a few calories BEFORE Thanksgiving dinner. See Thursdays in the Weekly Repeating Walks section.

10:15 am

MORNING STROLL IN BALBOA. No walk today.

Time: TBA

THANKSGIVING WILDERNESS HIKE. Don will send out information to the hike e-mail distribution list prior to Thanksgiving Day. For questions, please contact Don at dpiller@cox.net or (760) 796-4007.

FEATURED TRIPS

ADVENTURE TO TEMECULA

Saturday, November 16, \$49.00

Join our tour leader Dan Haslam for a full day's visit to the Temecula region leaving San Diego first thing in the morning and returning before dinner. We'll walk-tour the streets of Old Town and learn a bit about the history of this wild west California town, then tour the Temecula Museum (admission included) with the city's museum director. The tour features a brand new exhibit on "miniature" rooms by a San Diego resident and friend of Walkabout. Following our activities downtown, we'll visit the neighboring wine country, and stop for a picnic lunch en route (included). It's likely that our tour will be by one or more vans, with the possibility of a small bus, depending on numbers.

Mail a check for \$49.00 payable to Walkabout Int'l, 2650 Truxtun Road, Suite 110, San Diego, CA 92106 and include your email address for trip details (parking, pick up points, confirmation etc.) to be sent to you. First come, first served. Refunds available only if your purchased seat is resold.

4TH ANNUAL RIVERSIDE MISSION INN

Saturday, December 21

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

DEADLINE FOR MAILING CHECK: NOV. 1

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.

CALIFORNIA NORTHERN COAST

Tentative Dates: December 3 – 10

LIKELY TO BE FILLED FROM INTEREST LIST

Our tentative dates for this air/van trip are December 3rd through 10th. The group will likely fly into a San Francisco-area airport, pick up the van, and head up Rte. 101 to the northern California coast, with walks along the way. The sights include walks in redwood forests, Eureka, Ferndale (where "Murder She Wrote" was filmed), Ft. Ross SP, Fort Bragg, and the Pt. Reyes National Seashore. No price has been set for this trip, but if you are interested, contact the office with your name and email (or a friend's email address) to be added to the interest list. It is likely that this trip will fill from the interest list, so there may not be another opportunity to receive details other than through the interest list. This will be a small-group trip, with some extensive walks (not difficult, in parks and on trails). For questions, contact leader Dan Haslam at danielbhaslam111@yahoo.com.

PALM SPRINGS FOLLIES –LAST HURRAH

A Very Special Walkabout Performance

Thursday, December 12, FULL -- WAITING LIST ONLY

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!

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.

SAN DIEGO AIRPORT TARMAC TOUR

1 hour by bus; 1-hour walking tour inside

November 21, FULL -- WAITING LIST FOR DATE TBD

MARVELOUS MONTEREY BAY

A Thanksgiving Treat in the Serenity of Asilomar

November 26 - 30, FULL -- WAITING LIST ONLY

Call Walkabout at (619) 231-7463 to join the waiting list.



WALKABOUT WALKERS TACKLE NEW YORK CITY IN FALL ADVENTURE

Twenty Walkabout walkers visited New York City in a week-long pedestrian adventure during the last week of September. The group had an ambitious itinerary to take in as much of the Big Apple as possible during their stay. They began their touring by visiting the observation deck of the Empire State Building which provided an excellent overview of the city during a week of picture-postcard weather. The group toured mid-town New York sites including Grand Central Station, the New York Public Library and the Rockefeller Center. Using a CityPass, Walkabouts were able to take in \$182 worth of attractions at a 42% discount. They enjoyed the Museum of Natural History and planetarium show, the Met Museum of Art, the Guggenheim, Top of the Rock and a 2-hr. cruise around Manhattan. In addition, the group hopped on a free ferry to Staten Island and got great views of Ellis Island and the Statue of Liberty. A tour of the 9/11 Memorial provided an opportunity for reflection.

Tour leader Dan Haslam planned 5 walks of NYC neighborhoods -- Greenwich Village, Lower Manhattan, East Village, Harlem and Central Park. The walks encompassed about 2 miles each, plus the distance it took to walk to the starting point. The group had an opportunity to sample New York City's subway system as well as frequent trips around town on public buses. The hotel in Edgewater, NJ is across the Hudson River from Columbia University and provided an excellent breakfast and skyline views of the NYC skyline. Some of the group took in "Jersey Boys" on Broadway, and some noshed on famous Katz's deli sandwiches in East Village. Some walkers even made it into a backdrop for a music video being filmed near the Bowery. Ethnic neighborhoods visited by the walkers included Little Italy, Chinatown, and the tenement neighborhoods of the lower East Side.

The group enjoyed two order-in meals at their hotel at the end of long days; a pizza night and Chinese food night. On the last evening, the group gathered for a going away cocktail party on the hotel deck overlooking the Hudson River to watch the sun go down on a spectacular journey to the "city that never sleeps."

Trip participants included: Barbara Clark, Cynthia Duhamel, Eileen Frame, Carol Carr, Doris and Ed Scheumann, Yong Baird, Mary Demasin, John Hoff, Margot Linback, Regina Bartolini, Bob Buehler, Wendy Silver, Dolly Cutler, Phyllis and Art Cottee, Sara Valverde, Jennifer Nickeles, Haslam and co-leader David Squire.

WALKABOUT INCLUDED IN NATIONAL WALKING CONFERENCE

From October 1 to 3 the country's major health, political, and educational organizations devoted to issues concerning walking convened at a national conference in Washington, DC. Tiny Walkabout International was provided a seat at the table.

The conference was entitled "Every Body Walk" and was produced as a collaborative effort by America Walks, a national walking advocacy group, and Kaiser Permanente, a major US health care provider. The conference was the first of its kind in the US, took two years to plan, and included 400 registrants. On opening day, registrants attended either policy-making groups or round table discussions about walking issues. Walkabout's representative, VP Dan Haslam, attended as many of the round table talks as possible. He had just completed leading a 100-mile, week long tour of New York City with 20 people as the DC conference started.

The conference began on the day the federal government shut down; consequently all the federally-sponsored speakers were required to bow out, including the US Secretary of Transportation and the Surgeon General of the US. However, an opening welcome was provided by DC Mayor Gray, who announced that while the federal government was closed, "DC was open for business." Mayor Gray observed that despite the city's small size, 1,200 new residents were moving to the District each month, in part because of the walkability of the city. Former Surgeon General Regina Benjamin received a standing ovation as she began to speak and when she concluded. She announced that she would actively remain committed to walking issues as honorary chair of the Every Body Walk collaborative.

Walkabout submitted speaking and walking proposals for the conference, but none was accepted. However, the conference provided a full scholarship for Walkabout to attend. Haslam participated in all the DC walks, including a 6 am walk and exercise program one morning with a physical trainer, and another early bird 2.5 mile walk to the DC Mall with the "Walk Diva," a two-time Guinness Book of Records holder (for walking 100 miles in 25 hours with only bathroom and meal breaks). Another walk in the Chinatown area near the conference hotel focused on including the disabled in walking groups and the physical challenges faced in this. An evening walk conducted by the DC Planning Office focused on city parks and urban green spaces in downtown DC.

The conference included several meals for the registrants, notably a "healthy" breakfast featuring scrambled egg whites, which nobody seemed to like. Turkey sausages and bacon were tolerable, but there were also inedible gluten-free bagels. Fresh fruit and fat free yogurts were a hit. No one used escalators during the conference, and there were "walking meetings," stretch breaks, and even dancing during the day to encourage moving about frequently.

As part of Walkabout's commitment to the conference, Haslam will produce a working paper on national walking topics discussed at the conference and hold a seminar in Walkabout's Green Room at a future date to educate Walkabout walkers about what other walking groups throughout the country are doing. If you are interested in an invitation to this seminar, please contact the office and leave your name and email address to receive further information on this event.



REMINDER TO LEADERS AND WALKERS

Walkabout's intention is for all to have a positive, safe experience while enjoying a walk. Our walks provide an opportunity for exercise and social connections where you can talk to different people as you walk along, or just have the company of other walkers if you prefer not to talk. Let's take a moment to review some of the guidelines/responsibilities for Walk Leaders and Walkers.

Walk Leaders Guidelines

It is expected that the Walk Leader will adhere to all guidelines. Prior to beginning the walk, state the pace, distance, duration of the walk, and offer safety reminders. When appropriate for your walk, designate someone to be the caboose. The caboose stays at the end of the group, walking at the designated pace. The caboose is not meant to slow pace to match those who cannot maintain the designated pace, but to direct them back to the starting point or to a meeting place and to notify the walk leader of the dropouts. Cross at intersections and regroup on the other side if everyone isn't able to cross at the same time. Walk Leaders should periodically regroup as appropriate and take a count of Walkers which should match the count at the beginning of the walk.

Walker Guidelines

As a walker it is important to be aware of the pace, distance, duration, and the terrain before the walk starts. If it's not stated, ask the walk leader. If you think you cannot keep up with the pace, there are options. You can choose to not come on the walk and plan to go on a shorter, slower walk. You can form a plan for a reduced walk on a route you know before the walk begins. Inform the Walk Leader of your plan and if and where you intend to meet the group.

Some of us are slowing down and don't move as fast as we once did. It is expected that the Walker will keep up with the pace set for the walk. The group will not adjust the pace to meet the needs of those who are unable to keep pace. If you are uncertain as to your pace capability, you have some options. You can go on a walk that is set at a pace slower than what you think you can do. See "Pace Yourself" in the newsletter for a listing of the various speed ranges. You can practice walking on your own for one hour to determine your pace. If there isn't a walk that suits your needs, contact the office to find out how to create a walk that you can lead for yourself.

NOVEMBER 2013 WALKS AT A GLANCE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					10 am Sherman Heights 4:30 pm Mission Hills Meander	TBA Hike 9:15 am Carmel Valley Cavort 6:15 pm Sat Night Live
3	4	5	6	7	8	9
Time change - fall back 1 hr 7:15 am Breakfast Special:Downtown 8:15 am Merry Go-Round	6:30 am Sunrise Series: Mission Hill 10 am Crown Point Area Beckons	6:30 pm Above The Bay	TBA Hike 10 am Coronado Mini-Mansions 6:15 pm Wed Night Workout	6:30 am Sunrise Series: Mission Bay 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	1 pm Saunter Scenic Santee 4:30 pm Mission Hills Meander	TBA Hike 7:15 am Late Birds 6:15 pm Sat Night Live
10	11	12	13	14	15	16
7:15 am Breakfast Special: Balboa 8:15 am Merry Go-Round	6:30 am Sunrise Series: Vet's Memorials 10 am Crown Point Area Beckons	10 am Along the Harbor 6:30 pm Above The Bay	TBA Hike 6:15 pm Wed Night Workout	6:30 am Sunrise Series: Harbor Island 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	10 am North Park Meander 4:30 pm Mission Hills Meander	TBA Hike 6:15 pm Sat Night Live
17	18	19	20	21	22	23
7:15 am Breakfast Special: East Mission Bay 8:15 am Merry Go Round	6:30 am Sunrise Series: Shelter Island 10 am Crown Point Area Beckons	10 am Downtown 3 pm Mickey Mouse 6:30 pm Above The Bay	TBA Hike 10 am Lindo Lake Delicious Taste of Yesteryear 10:30 am Golden Hill History & Surprises 6:15 pm Wed Night Workout	6:30 am Sunrise Series: Crystal Pier 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	10 am Downtown Delights 4:30 pm Mission Hills Meander	TBA Hike 7:15 am Late Birds 10 am La Jolla Canyon/UTC 6:15 pm Sat Night Live
24	25	26	27	HOLIDAY 28	29	30
7:15 am Breakfast Special: Pacific Beach 8:15 am Merry Go-Round	6:30 am Sunrise Series: Clairemont 10 am Crown Point Area Beckons	6:30 pm Above The Bay	TBA Hike 6:15 pm Wed Night Workout	TBA Hike 10 am Shelter Island	4:30 pm Mission Hills Meander	TBA Hike 6:15 pm Sat Night Live

UPCOMING WALKS, EVENTS & TRIPS

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

Day Trips & Events

Temecula Old Town	Nov 16
San Diego airport tarmac tour	Nov 21 (sold out)
Thanksgiving with friends	Nov 28
Lamb's Christmas festival	Dec 1
Palm Springs follies	Dec 12 (sold out)
Riverside Mission Inn	Dec 21
Christmas brunch & gift exchange	Dec 25

Overnight Trips

Marvelous Monterey Bay/Asilomar	Nov 26-30 (wait list)
Northern CA coast / Hwy 1	Dec 3-10 (tentative)
Cuba	2014

Trips – planned only if sufficient interest

LA art museum/La Brea tar pits	Spring 2014
Pasadena mansions tour	Spring 2014

Look for details in future newsletters for the following.

Walks/Events

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
Santa Barbara	Apr 2014



VOLUNTEER!

We are recruiting walk leaders for suggested walks/events. 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

Friday, November 8 at 10:00 am

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



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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: \$

Circle RENEW or NEW Subscriber/Supporter...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

NAME _____ DATE _____

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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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Near NYC's Bowery District, Walkabouters encountered a music video being filmed and managed to become "backdrop" to the action!

LABEL CODE REMINDER

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



Walkabout visited Hyundai's Electronic Wall on Times Square, and for a few moments walkers' images lit up Times Square with group members' smiling faces!