



San Diego Feets

Vol. 36, No. 12

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

December 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 (no walk Christmas & New Year's Eves)

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 (no walk Christmas Day)

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) 222-3800.

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. 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

HIKE WEDNESDAYS & SATURDAYS

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 for about 1½ hours at a moderate pace 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 (free after 6:00 pm) before you enter the pay lot. (note: ABM lot on the east side of Broadway is a pay lot.) Rain cancels. We encourage someone 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, Donna & Jerry (619) 559-5650.

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 **moderate-plus** 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

***** Updated to extend by an extra week! *****

All walks must be submitted by the **10th** 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 10th. 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.

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. For any questions, please contact the relevant hike leader as noted below.

Date	Contact Information
Dec 4	Stan H: (619) 448-1668 before 6:00 pm or shunt92071@yahoo.com
Dec 7	Don: dpiller@cox.net or (760) 796-4007
Dec 11	Don: dpiller@cox.net or (760) 796-4007
Dec 14	Bill: (619) 264-1299 or wa4lrm@gmail.com
Dec 18	Stan H: (619) 448-1668 before 6:00 pm or shunt92071@yahoo.com
Dec 21	Bill: (619) 264-1299 or wa4lrm@gmail.com
Dec 25	No Hike
Dec 28	Candy: (619) 435-2894 or ccbeckwith146@yahoo.com



Even when not mentioned, flashlights should be kept handy on evening or early morning walks. They help you not only to see, but to be seen. Also, in case of emergency please carry ID and medical information.

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 with your name and telephone number to be put on the interest list.

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. The rules are you cannot take someone’s gift away from them. Call Rita for questions (619) 266-2555.

MORE GREAT WALKS THIS MONTH

SUNDAY, DECEMBER 1

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, DECEMBER 2

6:30 am

SUNRISE SERIES: OLD TOWN. We'll visit Old Town to check out what's new. Meet at the corner of Pacific Hwy. and Rosecrans St. for this flat, 1-hour **casual to moderate** walk. Bring money for optional breakfast afterward. **Frances B.** (619) 479-3962.

THURSDAY, DECEMBER 5

6:30 am

SUNRISE SERIES: AUDREY DAVIS MEMORIAL WALK IN CORONADO. For those of you who knew Audrey Davis, you will remember her many creative walks. The "Early Birds" of the Sunrise Series will walk in Coronado in her honor. Meet Connie at the corner of Orange Blvd. and 10th St. for a 1 hour **moderate** paced walk around Coronado and into the world famous Hotel Del Coronado where we will enjoy this 125-year-old historical site decorated for the holidays. Bring money for optional breakfast after the walk. **Connie V.** (619) 477-8628.

SATURDAY, DECEMBER 7

9:15 am

AN RSF THROUGH RSF. As the holiday embrace/invoke us, escape on an RSF (really sensational "feet") through RSF (Rancho Santa Fe). Stretch your legs past luxurious lawns and sumptuous estates all aglow with December trimmings on a lively, **moderate-plus** paced, 3-hour walk that features mixed-up and -down trails and pathways. Look for **Larry** at the corner of Via de la Valle (aka route S-6) and Cancha de Golf (which leads into the Morgan Run Resort). BYO water; rainwater cancels! Larry@walkabout-int.org or (858) 755-1751 (evenings and weekends).

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

SUNDAY, DECEMBER 8

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, DECEMBER 9

6:30 am

SUNRISE SERIES: DOWNTOWN. Decorations are up and we are ready to take a flat, **moderate** walk through the downtown area to ooh and aah. Which color predominates on this year's Christmas trees? Which is the cleverest? the prettiest? the richest? Let's see! Meet at 1st Ave. and G St. by Ralph's. You can park in their free parking underground (enter from west bound Market St.) or park on the street and get back before 8 am. **Pat K.** (619) 469-6223.

TUESDAY, DECEMBER 10

10:00 am

CHRISTMAS DOWNTOWN. Let's take a look at the decorations before the last minute rush. We'll take a **moderate** walk through the streets and lobbies to admire the trees and decorations. Then follow with an optional snack at a nearby restaurant. 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. Or take a trolley or any of many buses that go downtown. **Pat K.** (619) 469-6223.

WEDNESDAY, DECEMBER 11

10:00 am

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



THURSDAY, DECEMBER 12

6:30 am

SUNRISE SERIES: MISSION BAY. Let's enjoy a **moderate** paced 1 hour walk on flat paved walk areas by Mission Bay. Meet at the former Visitors' Information Center. From the I-5 take the Clairemont Dr. exit and go west. Optional breakfast afterward. **Winnie M.** (858) 278-4003.

FRIDAY, DECEMBER 13

1:00 pm

HOLIDAY SUPERSTITION WALK'N TALK. Let's meet in front of the Balboa Theater downtown at 4th Ave. & E St. for a **casual** looksee downtown and see where the superstition spirit moves us. We'll relay some good and bad luck stories about downtown and you can share your own holiday superstitions. We'll walk for about 90 minutes. Take the bus or trolley downtown or park with validation at Horton Plaza garage. Rain cancels. "Lucky **Dan**" (danielbhaslam111@yahoo.com).

SATURDAY, DECEMBER 14

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.

4:30 pm

MISSION BAY WALK, POTLUCK, PARADE, FIREWORKS. Join **Bev B** and friends for a **casual** walk and then we'll gather around a fire ring to watch the parade of boats decked with Christmas lights and decorations. Best to arrive early to find parking and locate us on the EAST side of Vacation Isle (Thomas Guide 1268). Turn at the Ski Beach sign, take an immediate left, follow the road to the end and turn right. Go as far as you can and look for the blue cement canopy structure at the end of the point. We will be there or as close to it as we can. Dress warmly and bring a chair, flashlight, something warm to drink and food to share if you wish to take part in the potluck. Table service will be provided. No barbecue. **Bev** (858) 268-8088, **Henry** (619) 857-7588.

SUNDAY, DECEMBER 15

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.

4:30 pm

62nd ANNUAL LAS POSADAS OLD TOWN. This lighted procession walk re-creates the Christmas family in search of a place to stay and ending up in a stable. It's very moving, and we'll move too, at a **casual** pace. Consider bringing a flashlight. Meet at the Old Town trolley station under the clock. Parking in the area will be tight, so plan to take the Green Line trolley. Procession starts at 5 pm; carolers start at 2 pm if you want to go early. Rain cancels. "Santa **Dan**" (danielbhaslam111@yahoo.com).

MONDAY, DECEMBER 16

6:30 am

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

TUESDAY, DECEMBER 17

1:00 pm

HOLIDAY DECORATIONS IN BALBOA PARK. Meet **Marilyn B.** in front of the Timken Museum of Art, where we will begin our 1 hour, **casual** pace tour of the park and its holiday decorations. We will start with the Timken Museum of Art lobby tree, which is decorated with unique handmade beaded ornaments, many made by Walkabout's very own Elizabeth Schlappi. She will share the story of the ornaments and how Walkabout got involved. Walkabout volunteers decorate the tree each year as a long-standing tradition starting with Downtown Sam in 1989. Who will be the first to spot the Walkabout ornament? Next stop is the Botanical Building to see the poinsettias. From there we will check out whatever interests us and finish up at the Mingei International Museum. Join Marilyn afterwards to see the many exhibits at the Mingei (free on the 3rd Tuesday each month for local residents; be sure to bring your ID with you). Rain cancels. Marilyn B. (619) 692-0536.

3:00 pm

City Stroll. Take a break from the holiday rush to wander the quiet loops and cul-de-sacs just north of the zoo on this 1.5 hour, **moderate**, flat walk. We will see the model house designed for the 1935 California Pacific International Exposition. Meet at the corner of Robinson Ave. and Richmond St., 2 blocks south of University Ave. Bus routes 1,10 and 11 stop at University Ave. at Richmond St. Rain Cancels. **Evelyn K.** (619) 461-6095.



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

WEDNESDAY, DECEMBER 18

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, DECEMBER 19

6:00 am

SUNRISE SERIES: BY THE RIVER AT LIBERTY STATION. Join **Edie** for a **moderate**-paced, 1-hour walk on mostly paved, level paths. We'll meet in the parking area near the river at the south end of Womble St. From the south, take I-5 to the Pacific Hwy. exit, veer to the left onto Barnett Ave., turn left into Liberty Station, turn left at Womble St. From the north or east, take the Rosecrans St. exit, proceed several miles until you see Vons on your left – Womble St. is the next left turn. Optional breakfast follows. (619) 222-4396.

FRIDAY, DECEMBER 20

3:00 pm

LIBERTY STATION DECORATIONS WALK. Meet at the Walkabout office, 2650 Truxtun Rd., Suite 110 for a **casual** 1 hour walk around the neighborhood stores and businesses to enjoy their decorations. Refreshments will be served, so maybe the outside lights won't be the only ones to get lit! Dress warmly. Rain cancels. "Decoration **Dan**" (danielbhaslam111@yahoo.com).

SUNDAY, DECEMBER 22

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, DECEMBER 23

6:30 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 afterward. **Fusa** (619) 223-6947.

7:00 pm

CHRISTMAS STROLL IN NORTH PARK. Meet **Virginia** at the corner of Upas St. and Pershing Dr. (Bus #7 or #10). We'll take a **casual** stroll to view Christmas decorations and enjoy music that will appeal to the whole family along a two block area in North Park. Bring a flashlight. Rain cancels. (619) 231-7463.

TUESDAY, DECEMBER 24

10:00 am

CHRISTMAS EVE DOWNTOWN WALK. Let's meet at the Balboa Theater (4th Ave. & E St.) for a festive, **casual** stretch downtown and see who's sneaking out of work early for the holiday. Maybe Santa has left us early presents somewhere in the downtown streets! Rain cancels the walk but not the spirit! "Grinchy **Dan**," danielbhaslam111@yahoo.com.

THURSDAY, DECEMBER 26

6:30 am

SUNRISE SERIES: HOLIDAY SPIRITS STILL WITH US. Let's walk along the ocean front at Crystal Pier at the foot of Garnet St. in Pacific Beach. Allow time for parking (limited parking by the pier; plenty along the streets near the drugstore.) We will walk a half hour at a **moderate** pace with two leaders. Verna will act as a caboose for the more casual group and appoint one of the faster walkers to take the lead for that group. We are hoping for good waves and sunlight outlining the tops of the incoming "biggies". Upon our return to the pier we will enjoy one of our favorite breakfast places. **Verna** (619) 276-3055.

FRIDAY, DECEMBER 27

1:00 pm

BALBOA PARK'S GOLDEN HILL & SOUTH PARK TREASURES. There's gold in them hills, and we'll wander woody paths at a **casual** pace for about 90 minutes to find it. You'll enjoy a walk through the park, woods and even the Grape Street dog park (it's OK to bring your dog on this walk). Expect superior Craftsmen buildings, manicured lawns, and airplanes overhead. Meet at 25th & B Sts. Park on street or take the #2 bus, which drops you at 25th & Broadway (2 blocks away). Rain cancels. "Doggie **Dan**" (danielbhaslam111@yahoo.com).

SATURDAY, DECEMBER 28

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, DECEMBER 29

7:15 am

BREAKFAST SPECIAL IN LA JOLLA. Remnants of the holidays should delight us in the store windows and the walk along the ocean is always a joy. Will we see some migrating whales again? Who knows. The pace is **moderate** with one hill at the end. Breakfast at one of our favorite places is always a treat. Meet at Girard Ave. and Pearl St. Rain cancels or postpones. **Pat K.** (619) 469-6223.

MONDAY, DECEMBER 30

6:30 am

SUNRISE SERIES: LAKE MURRAY. This one hour walk will be **at your own pace** on flat, paved terrain to see what's new at the lake. Drive through the main entrance to Lake Murray at the end of Kiowa Dr. off of Lake Murray Blvd. Meet at the parking lot on the Kiowa Drive side. Bring money for optional breakfast afterward. **Gloria A.** (619) 482-7677.

9:00 am

BIG BAY BALLOON PARADE. If there's a kid in you, then come out for the parade. In fact, come early and come by public transit (parking will be nil) as 100,000 watch this parade. Meet at the Little Italy/County Admin. Green Line trolley stop to walk over to the assembly station for the hot air balloons. We might see a few wiener dogs in town for their annual race. Consider a folding chair for the parade as we seek out a good spot along Harbor Dr. Family Festival follows on the Broadway Pier. Rain cancels. "Parade Boy **Dan**" (danielbhaslam111@yahoo.com).

TUESDAY, DECEMBER 31

10:00 am

"RESOLUTIONS 2014" Here's a way to follow through on weight-loss, exercise-club commitments: we'll meet for a walk to end the year on the best of intentions and you can write up your resolutions for next year..we'll seal them in an envelope and open them at the end of 2014 to see how you did! Meet at the Balboa Theater (4th Ave. & E St.) for a **casual** downtown romp to look at some of the 2013 changes with hopes for more improvements for 2014. Rain cancels."New Year's Baby **Dan**," danielbhaslam111@yahoo.com.



“WORLD FAMOUS” NEW YEAR’S DAY WALK IN RANCHO BERNARDO

Frances S., a longtime participant, will lead Jim Attig’s annual New Year’s Day walk starting at 9:00 am for approximately 5 miles at a **casual** pace (2.5 to 3 mph) over the gorgeous, sometimes hilly terrain enjoyed on this walk in years past. Of course Jim will join us for part of the walk.

Rain cancels. Bring water, hat, and/or sunscreen. Meet in front of Rancho Bernardo Winery. Take Hwy.15 to Rancho Bernardo Rd., right (east) to Pomerado Rd., left (north) to Paseo del Verano Norte, right on winding road to the winery. For questions, call **Frances** at (858) 538-1435.

FEATURED TRIPS

CALIFORNIA NORTHERN COAST

December 3 – 10

Our dates for this air/van trip are December 3rd through 10th. The group will 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

Thursday, December 12, \$105 - 2 TICKETS LEFT!

Rita and Marilyn B. invite you to a very nostalgic performance of the Palm Springs Follies, on December 12 at 1:30 pm. Doors to the fabulous, historic Plaza Theatre will soon be closed for good. The performance is like Las Vegas, with colorful costumes, tremendous dancing, and features performer Susan Anton. This will be our farewell to the Follies, and you really should not miss your chance to attend. IT’S NOW OR NEVER!

This day trip includes the bus, driver tip, water, snacks, and theater ticket; all for only \$105.00. 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. Note on the check your phone number and pickup location: San Diego or North County. If you have questions, please call Rita at (619) 266-2555.

4TH ANNUAL RIVERSIDE MISSION INN

Saturday, December 21

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.

SANTA BARBARA/SOLVANG – THE BEST OF TWO WORLDS

MAY 16 - 18, 2014 \$360/pp DBL Occupancy

The charm and gracious hospitality of the Dons still lives in romantic Santa Barbara while the Danish Village of Solvang offers an entirely different atmosphere. Price of this trip includes a 24-passenger bus with a professional driver, 3 full days with 2 nights at the wonderful "Solvang Inn & Cottages" with heated pool and spa, a group dinner at the famous Red Viking Restaurant, Solvang tours (planning in process), a home tour in Montecito of the famous "Casa del Herrero", the Mission in Santa Barbara, the Biltmore Hotel boardwalk, Andree Clark Bird Refuge, and the Sunday Art Show located along the Santa Barbara waterfront. Cost based on accommodation type:

		Total
Single Room	\$360 plus \$90 supplement	\$450
Double Occupancy	\$360 per person	\$360
2 Room Unit (share	\$330.00 1 large bed	\$330
1 bathroom)	\$300.00 2 beds	\$300

Note: most have microwave & refrigerator

Please mail your \$100.00 refundable deposit to Walkabout Int'l, 2650 Truxtun Rd., Suite 110, San Diego, CA 92106 and include a self addressed business sized envelope. The balance will be due by February 28, 2014. Please specify "Single" \$450.00; "DBL Occ" \$360.00; or "2 RM" (and note 1 or 2 beds). Once the money is sent to Solvang Inn there will not be any refunds unless there is a waiting list. There will be a secure gated parking lot in San Diego for your car (at your expense) and a "Park & Ride" for the North County location (at no cost). Your

Leaders will be Rita Balliot, Wayne Walker, and Marilyn Buckley. We are offering you a chance to join the festivities at a price much below travel agencies. We look forward to seeing you on our trip. If you have any questions, please call Rita at (619)266-2555.



BOARD APPROVES TRIPS FOR 2014

At its regular November meeting, the Walkabout Board approved seven multi-night trips and half a dozen day trips for 2014. The trips (with corresponding month) are as follows: New Orleans (March); San Francisco/Oakland (April); Santa Barbara & Solvang (May); Summer camp in Poland Spring, Maine (June, July, or August); Boston/Salem (September); Seattle/San Juan Islands (October); Cuba (November) and San Antonio/Austin (December). Day trips include La Brea Tar Pits & museums, Pasadena mansions, Endeavor Shuttle, Huntington Library, Anza-Borrego wildflowers, Nethercutt Auto Museum.

To receive specific advance details about a trip, you may call the Walkabout office and ask to have your name and email address placed on that trip's Interest List. Trips are generally filled from the interest lists, so it is important to be added to the interest list.

Trips may be added or deleted. If you have a specific location you'd like to travel to (and can round up several others who might like to join), please let the Walkabout trip committee know about your interest. Generally, five or six travelers in addition to the leader are required before a trip will be considered. Most of the weekly trips will be led by Dan Haslam, and Rita Balliot will organize the day trips. New trip leaders are being recruited, and if you are interested in planning and leading a trip, please contact the trip committee through the office.

Walkabout will offer a travel show in January in the Green Room beside our office to provide detailed information about the trips and to accept early refundable deposits. Details about the show will appear in the January issue of SDFeets.



Walkabouters in Sherman Heights for Día de los Muertos

WALKABOUT SEEKS BACKUP CORPORATE SECRETARY

Every month Walkabout International's board of directors meets to conduct the business of our organization. Walkabout has a corporate secretary who takes notes from the meetings and then writes them up as minutes to be approved by the board at the next meeting. Minutes are available for any member of the public to review, and all the board's meetings are open to the public.

Board member Donna Farris has been recording minutes for several years, and in the past couple of years she has been taking summers away (May - September). The board is scrambling to have a volunteer trained to produce meeting minutes for the 2-hour monthly board meetings that Donna cannot attend.

Donna will train one or more substitutes and at most substitutes will fill in 3-5 times per year. The time commitment is only a few hours each month. This is an important task and greatly helps the board.

If you are able to act as a backup, please contact the office at 619.231.7463 with your name and telephone number and Donna will be in touch.



ANNUAL MEETING/AUCTION ATTRACTS LARGE CROWD

Walkabout International's annual meeting, auction, and potluck on Saturday, October 26 drew over 60 attendees and raised almost \$900 in auction proceeds.

Walkabouts enjoyed a sunny walk along Mission Bay led by Mark Levy, followed by a brief annual meeting, and the highly anticipated auction. Many contributed interesting items to be sold for the benefit of Walkabout and some simply wrote checks and took stuff home.

President Bob Buehler gave a stirring speech about the state of our organization, and many board members (including Marilyn, Norm, Kim, Wayne, Rita, Dan, Stan, Donna) helped in many ways. Sally Rathbone acquired door prizes for the event, and we had plenty of food and drink.

Thanks to all the planners, set up people, event workers and cleaning crew for making this annual event special for everyone. Check out our Facebook page for photos!



DICK HIATT'S RETIRMENT PARTY



DECEMBER 2013 WALKS AT A GLANCE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
7:15 am Breakfast Spcl: Downtown 8:15 am Merry Go- Round	6:30 am Sunrise: Old Town 10 am Crown Point Area Beckons	6:30 pm Above The Bay	TBA Hike 6:15 pm Wed Night Workout	6:30 am Sunrise: Coronado 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	4:30 pm Mission Hills Meander	TBA Hike 9:15 am An RSF through RSF 6:15 pm Sat Night Live
8	9	10	11	12	13	14
7:15 am Breakfast Spcl: Balboa Park 8:15 am Merry Go-Round	6:30 am Sunrise: Downtown 10 am Crown Point Area Beckons	10 am Christmas Downtown 6:30 pm Above The Bay	TBA Hike 10 am Coronado – Bay and Ocean 6:15 pm Wed Night Workout	6:30 am Sunrise: Mission Bay 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	1 pm Holiday Superstitions Downtown 4:30 pm Mission Hills Meander	TBA Hike 7:15 am Late Birds 4:30 pm Mission Bay Walk, Potluck, & Parade 6:15 pm Sat Night Live
15	16	17	18	19	20	21
7:15 am Breakfast Spcl: East Mission Bay 8:15 am Merry Go- Round 4:30 pm 62 nd Annual Las Posadas Old Town	6:30 am Sunrise: Lake Murray 10 am Crown Point Area Beckons	1 pm Holiday Decorations in Balboa Park 3 pm City Stroll 6:30 pm Above The Bay	TBA Hike 10:30 am Golden Hill History and Surprises 6:15 pm Wed Night Workout	6:30 am Sunrise: Liberty Station 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	3 pm Liberty Station Decorations 4:30 pm Mission Hills Meander	TBA Hike 6:15 pm Sat Night Live
22	23	24	CHRISTMAS 25	26	27	28
7:15 am Breakfast Spcl: Pacific Beach 8:15 am Merry Go Round	6:30 am Sunrise: Marina Village 10 am Crown Point Area Beckons 7 pm Christmas Stroll North Park	10 am Christmas Eve Downtown Walk	7:45 am Walk, Brunch, & Gift Exchange	6:30 am Sunrise: Crystal Pier 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	1 pm Balboa Park's Golden Hill & South Park 4:30 pm Mission Hills Meander	TBA Hike 7:15 am Late Birds 6:15 pm Sat Night Live
29	30	31				
7:15 am Breakfast Spcl: La Jolla 8:15 am Merry Go- Round	6:30 am Sunrise: Lake Murray 9 am Big Bay Balloon Parade 10 am Crown Point Area Beckons	10 am Resolutions 2014				

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

Lamb's Christmas festival	Dec 1 (2 tix left)
Palm Springs Follies	Dec 12 (2 tix left)
Riverside Mission Inn	Dec 21
Christmas brunch & gift exchange	Dec 25

Overnight Trips

CA northern coast / Hwy 1	Dec 3-10
New Orleans	March
San Francisco/Oakland	April
Santa Barbara/Solvang	May 16-18
Poland Springs, ME	Summer 2014
Boston/Salem, MA	September
Seattle/San Juan Islands	October
Cuba	November
San Antonio/Austin, TX	December

Trips – planned only if sufficient interest

LA art museum/La Brea tar pits	Spring 2014
Pasadena mansions tour	Spring 2014
Endeavor Shuttle	TBD
Huntington Library	TBD
Anza-Borrego wildflowers	TBD
Nethercutt Auto Museum	TBD

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



VOLUNTEER!

WALKABOUT SEEKS BACKUP CORPORATE SECRETARY (see box item on page 8)

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
Longest Sidewalk in San Diego/Clairemont

WALKABOUT BOARD MEETING

Friday, December 13 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

President	(858) 571-7733
Robert Buehler	President@walkabout-int.org
1st Vice President	
Vacant	
2nd Vice President	(619)249-2446
Dan Haslam	danhaslam@walkabout-int.org
3rd Vice President	(619) 222-3447
Stan Follis	Stanley@walkabout-int.org
Recording Secretary	(619) 231-7463
Donna Farris	secretary@walkabout-int.org
Treasurer	(619) 266-2555
Rita Balliot	treasurer@walkabout-int.org
Directors	
Marilyn Buckley	(619) 231-7463 pr@walkabout-int.org
Larry Forman	(858) 755-1751 larry@walkabout-int.org
Walter Konopka	(619) 281-4958 wkonopka@sbcglobal.net
Kim Mills	(619) 231-7463 publisher@walkabout-int.org
Norman Vigeant	(619) 231-7463 ngfrenchy@hotmail.com
Wayne Walker	(619) 231-7463
Bruce Herms	Emeritus
Dick Hiatt	Emeritus



OFFICE STAFF

Donna Farris, Marilyn Buckley, Grace Greenalch, Pat Peterson, Sara Valverde.

NEWSLETTER STAFF

Rita Balliot, Stan Follis, Dan Haslam, Lorraine Marshall, Kim Mills, Fran Whiteman.

MAILING CREW

Pat Peterson (Captain), Alice Berwert, Julie McKane, Barbara Miller, Sharon Nelson, Joanne Paul, Fusa Shimizu, Beverly Stebbins, Judy Vandruff.

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 _____

ADDRESS _____

CITY _____ STATE ____ ZIP+4 _____ - _____

PRIMARY PHONE () _____ OTHER PHONE () _____

EMAIL ADDRESS _____

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.

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:

NAME _____

ADDRESS _____

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A group of Walkabouters gather for a walk along Mission Bay during our annual meeting in October.