



San Diego Feets

Vol. 37, No. 1

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

January 2014

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 (no walk New Year's 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. Rain cancels. 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

FRIDAYS

4:30

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

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.

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
Jan 1	Don: dpiller@cox.net or (760) 796-4007
Jan 4	Stan H: (619) 448-1668 before 6:00 pm or shunt92071@yahoo.com
Jan 8	Candy: (619) 435-2894 or ccbeckwith146@yahoo.com
Jan 11	Bill: (619) 264-1299 or wa4lrm@gmail.com
Jan 15	Candy: (619) 435-2894 or ccbeckwith146@yahoo.com
Jan 18	Bill: (619) 264-1299 or wa4lrm@gmail.com
Jan 22	Stan H: (619) 448-1668 before 6:00 pm or shunt92071@yahoo.com
Jan 25	Candy: (619) 435-2894 or ccbeckwith146@yahoo.com
Jan 29	Don: dpiller@cox.net or (760) 796-4007

Happy New Year!



Marvelous Monterey Bay & Asilomar in November

MORE GREAT WALKS THIS MONTH

WEDNESDAY, JANUARY 1

9:00 am

“WORLD FAMOUS” NEW YEAR’S DAY WALK IN RANCHO BERNARDO. Frances S., a longtime participant, will lead Jim Attig’s annual walk 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. **Frances** (858) 538-1435.

10:45 am

15th ANNUAL NEW YEAR CORONADO “CRUISE.” Celebrate New Year’s Day in Coronado as we catch the 11 am ferry from Broadway Pier (allow extra time for construction in the area and to purchase \$8.50 roundtrip tickets about 1 block south of Broadway Pier). After crossing the sparkling bay, we’ll walk to the beach: **casual** walkers will follow Robert B., Beverly D. will lead at a **moderate** pace, and Enid F. will lead those who prefer a **moderate-plus** pace. We’ll view the Del ice rink and tree before deciding where to eat lunch. Walk back to the Ferry Landing at your own pace to shop or catch the ferry (every hour on the half-hour). **PARKING/TROLLEY:** there is no charge to park in metered spaces on the holiday, but, due to heavy construction, the closest meters are at the entrance to the ABM parking lot on the west side of Pacific Hwy. just north of Broadway before you enter the pay lot. Better yet, avoid traffic by taking the trolley, which will be on a Sunday schedule. Rain cancels. (619) 271-7107.

THURSDAY, JANUARY 2

6:30 am

SUNRISE SERIES: CLAIREMONT. Meet at Clairemont Dr. and Rappahannock Ave. by the CCSA Building as we explore the area almost finished with new landscaping, etc. As usual there will be 2 groups, **casual** and **medium** paced for 1 hour. Watch the weather and dress accordingly. Bring money for optional breakfast afterward. **Verna** (619) 276-3055.

FRIDAY, JANUARY 3

10:00 am

DOWNTOWN CAPER. Meet Dan at the Balboa Theater (4th & E St.) downtown and **casually** walk where the downtown New Year’s spirit moves us for 90 minutes. Park at Horton Plaza with free 3 hr. validation after 9:30 a.m., or take the trolley or bus for a green experience. Optional lunch follows. Rain cancels. danielbhaslam111@yahoo.com.

SATURDAY, JANUARY 4

9:00 am

UNIVERSITY TOWNE CENTER BIRD WATCHING. Meet **Virginia** at Macy’s in the UTC shopping center. Take bus #30 from Old Town to the UTC Transit Center or you can park in the mall lot. Walk into shopping center to meet at the outdoor restroom at corner of Macy’s. We’ll take a **casual** walk from the shopping center to the University City Community Library. Bring your field glasses and we’ll share a field guide. Rain cancels. (619) 231-7463.

SUNDAY, JANUARY 5

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, JANUARY 6

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 Lake Murray Blvd. Meet in the main parking lot on the left as you approach the lake. An optional breakfast follows. **Betty** (858) 248-3782.

TUESDAY, JANUARY 7

10:00 am

TUESDAY WALKERS AT POINT LOMA NAZARENE UNIVERSITY. The Theosophists are gone, but the beauty remains. We’ll explore this beautiful campus on a mostly flat, moderate walk as we share the story of this historical campus. Meet at the corner of Lomaland Dr. and Catalina Blvd. Rain cancels. **Pat K.** (619) 469-6223.



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

WEDNESDAY, JANUARY 8

10:00 am

GLORIETTA BLVD. MANSIONS. Join Robert and Friends for a 1-hour, "Mansion Row" **casual** stroll in Coronado. Optional snacks afterward. From San Diego, soar over the beautiful blue bridge to Coronado, turn left on Orange Ave, turn left again on 5th St, then go right on Glorietta Blvd to the 6th St. and Glorietta Blvd. meeting place. To use public transport, take the 901 bus from the 12th & Imperial Transit Center marked "Iris Trolley" at 9:32 (check schedule to confirm); exit at stop for Pomona Ave. and Glorietta Place; and walk southwest to 6th St. and Glorietta Blvd. Rain cancels. **Robert** (858) 414-6181.

THURSDAY, JAN 9

6:30 am

SUNRISE SERIES: MISSION BAY. Hopefully, our feathered friends will be on hand for this 1-hour walk on flat paved terrain **at your own pace** along Mission Bay, so you can test your legs or bring binoculars and slow down to enjoy nature. Take the I-5 to the Tecolote-Sea World Drive exit and proceed west past several lights. After the light at Friars Rd., watch for the next light, where you'll see the South Shores Boat Ramp sign on your right, but you will turn left onto the old road that parallels Sea World Dr. Bring money for an optional breakfast afterward. **Edie** (619) 222-4396.

FRIDAY, JANUARY 10

1:00 pm

OLD TOWN TODDLE. Let's meet at the clock at the Old Town Transit trolley station for a 90-minute **casual** walk through the village and up the hill to the Victorian houses and then to the historic cemetery, and visiting the old golf course adobe. Street parking or take the trolley for meet up ease. Rain cancels. "Toddle **Dan**" danielbhaslam111@yahoo.com.

SATURDAY, JANUARY 11

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, JANUARY 12

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, JANUARY 13

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.

THURSDAY, JANUARY 16

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 money for optional breakfast afterward. **Frances** (619) 479-3962.

FRIDAY, JANUARY 17

10:00 am

ALLEYS OF NORTH PARK. Let's meet on the SW corner of 30th St. and University Ave. for a 90-minute **casual** walk through some of the interesting alleyways of North Park and check out what people are throwing away these days. We may have to throw a few streets in, too. Street parking in neighborhoods, or take the #6, 2, 10 or 7 bus to our starting point. Rain cancels. Optional lunch follows. "Alley Cat **Dan**" danielbhaslam111@yahoo.com.

SUNDAY, JANUARY 19

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, JANUARY 20

6:30 am

SUNRISE SERIES: DOWNTOWN. Let's walk through downtown checking on progress at any new construction. Meet at the parking lot next to the merry-go-round at the south end of Pacific Hwy. for this flat, **moderate**, 1-hour walk followed by an optional breakfast. **Pat K.** (619) 469-6223.



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.

TUESDAY, JANUARY 21

3:00 pm

EAST SOUTH PARK STROLL. South Park is a neighborhood on the upswing. Come see funky fences, marvelous mosaics, secluded cul-de-sacs, and scenic views. We will walk past Gregory Peck's father's house, and we may even have a tour of a beautifully restored 80-year-old Spanish Revival home. Meet at the corner of Grape and Edgemont Sts., one block east of 31st St., for a **moderate**, 1 ½ hour walk with some hills. Bus #2 stops at 30th (Fern) and Grape Sts. (northbound) and 30th (Fern) and Hawthorne Sts. (southbound). Rain cancels. **Evelyn K** (619) 461-6095.

THURSDAY, JANUARY 23

6:30 am

SUNRISE SERIES: 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** (619) 294-8308.

FRIDAY, JANUARY 24

10:00 am

SANTEE & SAN DIEGO RIVER. Meet me at the Santee trolley stop (end of Green Line) for a 2-3 mile **casual** walk along the San Diego River, with a stop in the local library, a visit to a big box off-sale store, a radio station monument, and a thrift shop. We return to our starting point and an optional lunch at a popular BBQ restaurant. Rain cancels. "Santee **Dan**" danielbhaslam111@yahoo.com.

SATURDAY, JANUARY 25

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.

9:15 am

CAPTIVATING CORNERS OF CARMEL VALLEY. The serenity of Carmel Valley can escape the casual passerby. However, tucked away in the valley's corners are enchanting surprises along creeks and through canyons, around parks and on top of plateaus. Discover these captivating corners 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. (just outside the Piazza Carmel Shopping Center, where ample free parking abounds). Take the Carmel Creek Rd. exit off of Hwy 56. Rain cancels. **Larry**@walkabout-int.org or (858) 755-1751 (evenings and weekends).

1:00 pm

FRIENDSHIP FORCE & WALKABOUT

DOWNTOWN. We team up with a FF group from Oregon for a narrated 1-1/2 mile **casual** walk from the Santa Fe Depot (our starting point at the front door on Broadway), along the MLK Promenade, through Chinatown, and the Gaslamp Quarter. Optional lunch will follow the walk. Please consider a small gift representative of San Diego for our guests. Take public transit to Santa Fe Depot as there is no free parking nearby. Only heavy rain cancels. "Friendly **Dan**" danielbhaslam111@yahoo.com.

SUNDAY, JANUARY 26

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, JANUARY 27

6:30 am

SUNRISE SERIES: LIBERTY STATION/SPANISH LANDING. Meet in the parking lot at Womble and Truxtun Rds. on Liberty Station. We will walk for 1 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 sites. 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! Bring money for optional breakfast afterward. **Connie** (619) 477-8628.

WEDNESDAY, JANUARY 29

10:00 am

SPANISH LANDING. Join Robert and Friends for a 1-hour, flat, paved, beautiful, **casual** stroll along the harbor pathways. On this walk we can check out the progress in building a replica of Cabrillo's ship. Optional refreshments follow. Meet at the restroom in Spanish Landing Park. From Harbor Dr. turn toward the water at the traffic light with the sign "Spanish Landing W" near the west end of the airport, then take a quick left or right into the parking lot. To use public transport, take the #923 bus from Downtown or Ocean Beach to arrive before 9:45 am at "N. Harbor Dr. at Spanish Landing W" and walk to meeting place. Rain cancels. **Robert B.** (858) 414-6181.



THURSDAY, JANUARY 30

6:30 am

SUNRISE SERIES: KEARNY MESA. Return to a familiar place as we walk on mostly flat terrain at a **moderate** pace for 1 hour. We'll meet in the parking lot of the restaurant at 3906 Convoy St. Maybe we can explore a different area this time, but also some familiar sites. An optional breakfast follows. Take the I-805, exit at Balboa Ave. turnoff, east to Convoy St. and turn right. **Winnie** (619) 278-4003.

FRIDAY, JANUARY 31

10:00 am

VISIT BARRIO LOGAN. Let's meet at the Barrio Logan Blue Line trolley stop for a **casual** walk to visit the waterfront park before climbing a bit of Grant Hill to check out a relatively new big box store. We'll go produce shopping in the Barrio, then stop for an optional lunch near the end of the walk. Rain cancels. "Barrio **Dan**" danielbhaslam111@yahoo.com.



FEATURED TRIPS

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 1 bathroom)	\$330.00 1 large bed \$300.00 2 beds	\$330 \$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.



MARK YOUR CALENDAR

37TH ANNIVERSARY CELEBRATION

Sunday, March 9



Rita Balliot

In March 2014, Walkabout International will turn 37 years old, and for 30 of those years, Rita Balliot has been at the treasurer's helm writing the checks and keeping the organization on an even financial keel. In addition, Rita has provided innumerable services to Walkabout, including the longest board service, leading trips, and planning events

Rita will be honored for her continuing service to Walkabout during an afternoon reception at an elegant private home in Point Loma. Fortunately for us, she's not retiring any time soon. The reception will be the main event for Walkabout's 37th anniversary celebration, and all Walkabouts are invited to the open house. The reception is a gift to Rita from Walkabout, and congratulatory cards and notes are welcome. While the reception is free and open, reservations are required to attend so that sufficient refreshments are available.

The free open house/reception will be followed by a poolside western-style BBQ dinner. A limited number of tickets (for \$15 each) will be available (through a lottery if demand warrants). Reservations will be taken starting in February.

Rita will be the first recipient of an annual award celebrating extraordinary volunteer service to Walkabout. The award will be presented to Rita between the reception and dinner. Mark your calendar now for Sunday, March 9th and look for details in February's SD Feet.



JANUARY 2014 WALKS AT A GLANCE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			TBA Hike 9 am "World Famous" in RB 10:45 am 15 th Coronado Cruise	6:30 am Sunrise: Clairemont 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	10 am Downtown Caper 4:30 pm Mission Hills Meander	TBA Hike 9 am UTC Bird Watching 6:15 pm Sat Night Live
5	6	7	8	9	10	11
7:15 am Breakfast Spcl: Downtown 8:15 am Merry Go-Round	6:30 am Sunrise: Lake Murray 10 am Crown Point Area Beckons	10 am Pt. Loma Nazarene Univ. 6:30 pm Above The Bay	TBA Hike 10 am Glorietta Blvd. Mansions 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 Old Town Toodle 4:30 pm Mission Hills Meander	TBA Hike 7:15 am Late Birds 6:15 pm Sat Night Live
12	13	14	15	16	17	18
7:15 am Breakfast Spcl: Balboa Park 8:15 am Merry Go-Round	6:30 am Sunrise: Ocean Beach 10 am Crown Point Area Beckons	6:30 pm Above The Bay	TBA Hike 6:15 pm Wed Night Workout	6:30 am Sunrise: Seaport Village 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	10 am Alleys of North Park 4:30 pm Mission Hills Meander	TBA Hike 6:15 pm Sat Night Live
19	20	21	22	23	24	25
7:15 am Breakfast Spcl: East Mission Bay 8:15 am Merry Go Round	6:30 am Sunrise: Downtown 10 am Crown Point Area Beckons	3 pm East South Park Stroll 6:30 pm Above The Bay	TBA Hike 6:15 pm Wed Night Workout	6:30 am Sunrise: Other Side of Hillcrest 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	10 am Santee & SD River 4:30 pm Mission Hills Meander	TBA Hike 7:15 am Late Birds 9:15 am Captivating Carmel Valley 1 pm Friendship Force Downtown 6:15 pm Sat Night Live
26	27	28	29	30	31	
7:15 am Breakfast Spcl: Pacific Beach 8:15 am Merry Go-Round	6:30 am Sunrise: Liberty Station 10 am Crown Point Area Beckons	6:30 pm Above The Bay	TBA Hike 10 am Spanish Landing 6:15 pm Wed Night Workout	6:30 am Sunrise: Kearney Mesa 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	10 am Visit Barrio Logan 4:30 pm Mission Hills Meander	

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

A Happy Lunar New Year	February 9
37 th Anniversary Celebration	March 9

Overnight Trips

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

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 9)

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

Tuesday, January 14 at 1:00 pm

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

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pr@walkabout-int.org

Larry Forman (858) 755-1751
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Walter Konopka (619) 281-4958
wkonopka@sbcglobal.net

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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. 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:

NAME _____

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CITY _____ STATE _____ ZIP+4 _____ - _____

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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.



2650 Truxtun Rd., Suite 110
San Diego, CA 92106-6007
(619) 231-7463
<http://www.walkabout-int.org>
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A HAPPY LUNAR NEW YEAR CELEBRATION - CHINESE STYLE

Sunday, February 9

4:00 pm "Feet" Gather outside Panda Country Kitchen restaurant entrance in North Clairemont

5:00 pm Feast Gather outside the restaurant entrance (for Rita to collect your payment)



Happy 4712! Time to horse around with Walkabout to start off the Year of the Horse. Officially starting on January 31st, the celebration continues for 15 days and Walkabout will join in the fun. Look for Larry to start things off with a flat, casual appetite-awaking, anecdote-filled amble at 4 pm. Then at 5 pm, we'll feast on delicious and delectable dishes in an amazing assortment of culinary delights highlighted by tantalizing beef, chicken, and vegetarian treats. For our festive celebration, Walkabout has arranged for a special buffet menu not generally available at this popular eatery.

Enjoy this fabulous feast for only \$15 per person, only if you **RSVP by Wednesday, February 5** to the Walkabout office at (619) 231-7463 with your name, telephone number, and number in your party. Otherwise, the price rises to \$17 per person as you ride off into the sunset on old paint...The price includes unlimited food, non-alcoholic beverages, tax, and tip.

Be sure to bring your check, payable to Walkabout International, to the restaurant by 5 pm on February 9th, at which time you will receive your admission ticket to our festivities. Our bountiful venue is the Panda Country Kitchen at 4455 Clairemont Mesa Blvd, San Diego, CA 92117 located in the shopping center by the southwest corner of Clairemont Mesa Blvd. and Genesee Ave. Gung Hay Fat Choy!