



San Diego Feets

Vol. 37, No. 4

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

April 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

9:00 am

SAN DIEGO RIVER PARK TRAIL. Join us in Mission Valley for a **moderate** walk by the river along the north trail from the mall to Camino Del Este and returning via portions of the south and north trail for about 4 miles round trip. All walk surfaces are paved and mostly flat with some inclines. Green trolley line and multiple bus routes stop at the Fashion Valley Transit Center or park in the lot at the transit center (specified trolley parking areas only). Meet at north entrance of the bridge that crosses the river to a hotel. Optional gathering afterward in the mall food court. Rain cancels. **John N.** (619) 772-8855.

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. Meet at Costa Verde Shopping Center in front of Bookstar, west of the UTC Mall between La Jolla Village Dr. and Nobel Dr. We will walk for about 1½ hours at a **moderate-plus** pace, heading in a different direction each week, exploring canyon trails and 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.

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

WEEKLY REPEATING WALKS (cont.)

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.

FRIDAYS

6:00 pm

MISSION HILLS MEANDER. Come see the great views and picturesque homes and gardens of this homey old neighborhood on a 1-hour, **moderate**-paced walk on flat terrain. Meet at Espresso Mio, 1920 Ft. Stockton Dr. From Washington St., go north on Goldfinch St. and west on Ft. Stockton Dr. Rain cancels. Wear white at night. **Pat P.** (619) 291-6162.

SATURDAYS

9:00 am

SAN DIEGO RIVER PARK TRAIL. Join us in Mission Valley for a **moderate** walk by the river along the north trail from the mall to Camino Del Este and returning via portions of the south and north trail for about 4 miles round trip. All walk surfaces are paved and mostly flat with some inclines. Green trolley line and multiple bus routes stop at the Fashion Valley Transit Center or park in the lot at the transit center (specified trolley parking areas only). Meet at north entrance of the bridge that crosses the river to a hotel. Optional gathering afterward in the mall food court. Rain cancels. **John N.** (619) 772-8855.

6:15 pm

SATURDAY NIGHT LIVE. Come join us for a walk along the harbor or through downtown for about 1½ hours at a **moderate** pace while we enjoy 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 plenty of metered parking (free after 6:00 pm) before you enter the pay lot. Note: the ABM lot on the east side of Broadway is a pay lot. Optional dinner afterward. Rain cancels. **Carol W.** (619) 303-7942 or **Donna & Jerry** (619) 559-5650.



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

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.

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.

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
Apr 2	Stan H: (619) 448-1668 before 6:00 pm or shunt92071@yahoo.com
Apr 5	Candy: (619) 435-2894 or ccbeckwith146@yahoo.com
Apr 9	No Hike Today
Apr 12	Bill: (619) 206-5809 or wa4lrm@gmail.com
Apr 16	Candy: (619) 435-2894 or ccbeckwith146@yahoo.com
Apr 19	Bill: (619) 206-5809 or wa4lrm@gmail.com
Apr 23	Don: dpiller@cox.net or (760) 796-4007 (Potluck)
Apr 26	Don: dpiller@cox.net or (760) 796-4007
Apr 30	Stan H: (619) 448-1668 before 6:00 pm or shunt92071@yahoo.com

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.

MORE GREAT WALKS THIS MONTH

TUESDAY, APRIL 1

6:30 am

APRIL'S FIRST AMBLE. As Walkabout enters our 38th year of pedestrian power, you are cordially invited to celebrate the occasion with a free breakfast -- Walkabout's treat -- at the Prado Restaurant in Balboa Park after **Larry** pulls your legs on a **casual** stroll past the memorable museums in San Diego's premier park. Enjoy the traditional foolishness of the day by meeting at the northeast corner of 12th Ave. and Laurel St. RSVP for walk and free breakfast at: (619) 555-WALK. Rain does NOT cancel this festive event!

WEDNESDAY, APRIL 2

10:00 am

BALBOA PARK--6th AND JUNIPER. Join **Robert and Friends** for 1-hour at a **casual** gait and stroll with the friendliest creatures on earth besides the squirrels. The terrain is half city streets and half parkland paths. Optional restaurant stop afterward. Parking is free on the park side of 6th Ave. near Juniper St. or on Balboa Dr. in the park. Watch for No Parking signs on some days. To use public transport, take the #3 bus north on 5th Ave. or south on 4th Ave., get off at Juniper St. at approximately 9:15 and walk east to 6th. Rain cancels. **Robert B.** (858) 414-6181.

THURSDAY, APRIL 3

6:30 am

SUNRISE SERIES: PACIFIC BEACH. We'll meet at Crystal Pier in Pacific Beach where you can **choose your own pace**. Leader will "caboose" for the slower-paced and a co-leader will lead the faster walkers on flat and paved terrain for 1 hour. Pace will depend on your energy this early. Watch for waves, sun on the water, runners and people watchers. Bring \$\$ for optional breakfast afterward. **Verna** (619) 276-3055.

SATURDAY, APRIL 5

6:15 pm

REMEMBERING LARRY J. Let's join up with the Saturday Night Live group (meet at ABM parking lot on west side of Pacific Hwy., just north of Broadway -- near Santa Fe Depot) and celebrate what would have been Larry's 65th birthday. His birthday was his favorite day of the year, and for many years this walk was a staple in his social calendar. After the walk, we'll enjoy dinner together and have a toast and some stories recalling his life. Rain may cancel the walk, but not dinner and memories. **Dan H.** (619) 249-9813.

SUNDAY, APRIL 6

7:15 am

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

MONDAY, APRIL 7

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. Optional breakfast follows. **Betty** (858) 248-3782.

TUESDAY, APRIL 8

10:00 am

LOLLYGAGGING AROUND LIBERTY STATION. There's always something new near Walkabout's headquarters, so let's root it out. Meet **Dan H.** at the Walkabout office, 2650 Truxtun Road, Suite 110 (park behind the Dance Place building or take #28 bus) for a 90-minute **casually**-paced stroll around the campus. We'll get near the water and take in fresh breezes. Optional lunch follows at a famous burger restaurant known for its fries. Rain cancels. **"Liberty Dan"** (619) 249-9813.

WEDNESDAY, APRIL 9

9:00 am

MOUTH OF SAN DIEGO RIVER. Join us for a **moderate** walk by the mouth of the river. We'll start at the jetty separating the mouths of the San Diego River and Mission Bay and then walk along the river path for an approximate 1-hour round trip. Park at the City park at the end of Quivira Way (Thomas Guide pg 1268) and meet at the restrooms. Rain cancels. **John N.** (619) 772-8855.

THURSDAY, APRIL 10

6:30 am

SUNRISE SERIES: MISSION BAY BACKWARDS . Let's start on the path near Sea World Dr. to enjoy the playground and the sights we've missed. This is a **moderate** 1-hour walk on flat, mostly paved terrain. Take the Sea World Dr. exit off I-5, proceed west and turn right at the first light; pass the entrance to Fiesta Island; cross the bridge and park at the second entrance to the small parking area on your left. Optional breakfast afterwards. **Edie** (619) 222-4396.



FRIDAY, APRIL 11

10:00 am

WALKING DAN'S FAVORITE SAN DIEGO

STREET. Do you have one - a street where you would live if you had the money? Meet **Dan H.** at the entrance to Morley Field swimming pool in Balboa Park (close cross streets are Texas and Upas Streets) for a **casually**-paced 90-minute walk (some hills) and you'll see why this street has everything...views, location, highway proximity, parks, wonderful architecture - but it doesn't have Dan...yet. The #2, #7 & 10 buses get within 4-6 blocks, but a car may be best. Optional lunch follows in North Park. Rain cancels. "**Street Fan Dan**" (619) 249-9813.

SATURDAY, APRIL 12

7:15 am

LATE BIRDS. For those of us who can't get up in time for the Sunrise Series, **Anna T.** will lead a flat 1-hour walk **at your own pace** around Pacific Beach, followed by an optional breakfast. Take the #30 bus at 6:45 from Old Town, exit at Mission Blvd. Meet in front of Crystal Pier at the west end of Garnet Ave. Rain cancels. (619) 231-7463.

SUNDAY, APRIL 13

7:15 am

BREAKFAST SPECIAL IN BALBOA PARK. The park is beautiful any time of the year with many paths to explore on this flat walk **at your own pace**. Eating 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, APRIL 14

6:30 pm

SUNRISE SERIES: GOLDEN HILL/BALBOA PARK. Let's walk along a trail on the east side of Balboa Park with some really magnificent views, followed by a tour of the beautiful homes that front the park, with an optional shortcut through the golf course. Meet at 25th and B Sts. Optional breakfast at a nearby restaurant with a Mexican flavor after walking past a bakery that will test your willpower with heavenly smells. **Pat K.** (619) 469-6223.



TUESDAY, APRIL 15

10:00 am

TAX DAY BLUES WALK. Bring your 1040 return and we'll ceremoniously mail them together from the main post office while we walk there because, after paying taxes, there's no money for gas or a stamp. Meet **Dan H.** at the Walkabout office, 2650 Truxtun Road, Suite 110, for this **casually**-paced straggle parade down Barnett Ave. to our tax doom. Wear a long face, cardboard in your shoes and turn your pockets inside out - Uncle Sam wants his! Rain cancels the walk, but not the tax man. An optional, write-off lunch may follow. "**Deductible, Delectable Dan**" (619) 249-9813.

3:00 pm

ROLANDO'S HIDDEN STAIRWAYS. Taxes are done, so we'll have a carefree time discovering the secret stairways and paths in the charming neighborhood of Rolando, just northeast of College and University Avenues. Meet at the corner of Rolando Blvd. and Malcolm Dr., 1 block north of University Ave. for a **moderate**, 1.5 hour walk with some hills. #7 bus stops at University Ave. and Rolando Blvd. Rain cancels. **Evelyn K.** (619) 461-6095.

WEDNESDAY, APRIL 16

10:00 am

A BOATLESS RIVER EXCURSION. Join **Robert and Friends** for a 1-hour, paved, **casual** walk overlooking the San Diego River. Water wings not required. Optional restaurant stop afterward. Meet in the parking lot of Mimi's on Mission Center Rd. at Camino de la Reina. To use public transport, take the Green Line Trolley marked "Green Santee," exit at Mission Valley Station, walk southwest to 5180 Mission Center Rd. Rain cancels. **Robert B.** (858) 414-6181.

THURSDAY, APRIL 17

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.

Downtown at Breaking The Chains Sculpture

FRIDAY, APRIL 18

10:00 am

SOME BACK STREETS IN HILLCREST. We all know the "strip," but what about some of the back streets with interesting houses and hidden canyons? Let's discover some together at a **casual** pace for 90 minutes (mostly flat, some steps and canyon walking). Meet **Dan H.** at University Ave. and Richmond St. (northeast corner); street parking in neighborhood or take the #1, #7, #10 or #11 bus. Rain cancels. Optional lunch follows on the strip. **"Back Street Dan"** (619) 249-9813.

SATURDAY, APRIL 19

9:15 am

MEANDERING AMONG THE MEADOWS. Enjoy the breath-taking, bucolic beauty of a secluded canyon along some little-known pathways in the "Meadows" area of Carmel Valley. Immerse yourself into a **moderate-plus** paced, 3-hour amble over mixed up and down terrain overlooking the environs of The Grand Del Mar Resort in the remote, Del Mar Mesa community. Look for **Larry** by Carmel Country Rd. and Sagamore Way. From I-5 or I-15, connect to Route 56 and take the Carmel Country Rd. exit south for about 1/2 mile to Sagamore Way. BYO water, but rainwater cancels! Larry@walkabout-int.org; (858) 755-1751 (evenings or weekends).

SUNDAY, APRIL 20

7:15 am

BREAKFAST SPECIAL ALONG EAST MISSION BAY. Let's take a flat walk **at your own speed** to see the birds, boats, and views. Optional breakfast and chatting follow. Meet on Mission Bay Dr. by the restrooms just south of Clairemont Dr. Rain cancels or postpones. **Pat's Pals** (619) 469-6223.

MONDAY, APRIL 21

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.



WEDNESDAY, APRIL 23

9:00 am

LET'S CLIMB THE HILL. Join us for a **moderate** but challenging walk that includes "Bachman Hill." We will start at the Fashion Valley Transit Center and walk to (and up) Bachman Pl. to the UCSD Medical Center. After a walk around the campus, we will return down Bachman Hill to the transit center, approximately 4 miles round-trip. Green trolley line and multiple bus routes stop at Fashion Valley Transit Center or park in the lot at the transit center (specified trolley parking areas only). Meet at north end of the bridge that crosses the river to a hotel. Rain cancels. **John N.** (619) 772-8855.

THURSDAY, APRIL 24

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 at the parking lot on the Kiowa Dr. side. Bring money for optional breakfast afterward. **Gloria** (619) 482-7677.

FRIDAY, APRIL 25

10:00 am

STINGAREE & GASLAMP QUARTER STROLL. Let's see where the city's shady ladies used to hang out at cribs, fan tan parlors and bordellos. Join the Kaiser Permanente Wellness group for a 90-minute **casually**-paced romp through this formerly rough area. Come see **Dan H.** off on his last walk before he heads to Cape Cod for summer and fall. Meet at the Balboa Theater, 4th Ave. and E St. (3 hours free parking at Horton Plaza with validation). Rain or shine. **"Dicey Dan"** (619) 249-9813.

SATURDAY, APRIL 26

7:15 am

LATE BIRDS. For those of us who can't get up in time for the Sunrise Series, **Fusa and Friends** will lead a flat 1-hour walk **at your own pace** around Shelter Island, followed by an optional breakfast. Meet in the parking lot at Anchorage Ln. and Cañon St. Rain cancels. (619) 223-6947.

SUNDAY, APRIL 27

7:15 am

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

MONDAY, APRIL 28

6:30 am

SUNRISE SERIES: NORTH PARK/NORMAL HEIGHTS.

We'll meet at the corner of Kansas St. and El Cajon Blvd to explore these eclectic neighborhoods. Park behind the restaurant at 2900 El Cajon Blvd. for this **casual to moderate** 1-hour walk on flat terrain. Bring money for an optional breakfast afterward. From the south, take I-805 to the El Cajon Blvd. exit and turn left. From the north, turn right onto El Cajon Blvd. until you come to Kansas St. (about ½ mile). **Frances** (619) 479-3962.



FEATURED TRIPS

PALM SPRINGS FOLLIES THE LAST HURRAH ENCORE

Saturday, April 26

There are only 3 seats left for Walkabout's final trip to Palm Springs for a performance of The Follies before the historic Plaza Theatre closes for good in May. The December show was fabulous, with gorgeous dancers and all new costumes. Comedian and host Riff Markowitz was wonderful and so too was Susan Anton. You won't want to miss the guest star, Rock & Roll Hall of Fame inductee Darlene Love, famous for "He's a Rebel" (that was her on the Oscar telecast singing her incredible acceptance speech). The sound is remarkable in this theatre.

Please hurry and mail in your check so you don't miss out again. Cancellation refunds will be available only if there's a waiting list. This day trip includes the bus, professional driver and tip, water, snacks and theater ticket, all for only \$105.00. We arrive in Palm Springs in time for lunch on your own and a nice walk. Please mail your check along with 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 any questions, please call Rita at (619) 266-2555.

HUNTINGTON LIBRARY & BOTANICAL GARDENS

Wednesday, April 30

Join Rita and Marilyn B. for a very special visit to the Huntington Library & Botanical Gardens near Pasadena. Come see "The Blue Boy" by Gainsborough and "Pinkie" by Thomas Lawrence in the Thornton Portrait Gallery. You will not want to miss the temporary exhibition "Lost and Found: The Secrets of Archimedes." Stroll through 12 beautiful theme gardens including the renovated Japanese Garden, the breathtaking Rose Garden in full bloom, and the Desert Garden to name a few. Lunch is on your own at the Café or the more expensive Tea Room. Reservations are required for the Tea Room. The

Huntington has asked us not to bring any food on the premises. We will leave San Diego in a comfortable 35-passenger bus at 8:30 am and pick up north county people off I-5 by 9:00 am. There will be a 30-minute rest stop at McDonald's in Laguna Niguel. We plan to arrive at the Huntington by noon and depart at 4:00 pm in order to be back in San Diego by 7:30 pm.

Please mail your \$65.00 check payable to Walkabout Int'l, 2650 Truxtun Rd., Suite 110, San Diego, CA 92106; note your phone number and indicate either San Diego or N. County pickup. Enclose a self-addressed stamped envelope for your itinerary. We are unable to provide any refunds unless there is a waiting list. The first people to reserve get their choice of preferred seating. The Huntington trip involves a moderate level of walking for the best experience; it is up to you how much you will do. If you have any questions please call Rita at (619) 266-2555.

LA BREA TAR PITS & L.A. ART MUSEUM SPECIAL EXHIBIT

Saturday, June 14

You are invited to join Rita and Marilyn B. on a trip that you will love. We will visit the tar pits and enter into the Page Museum for a self-guided tour to see the latest finds. We shall then break for lunch (at your own expense) at the wonderful café located in the LACMA. We'll have tickets for the exhibit "Expressionism in Germany and France" which explores the connections that developed among artists including Vincent van Gogh, Paul Cézanne, Paul Gauguin, Paul Signac, Henri Matisse, Ernst Ludwig Kirchner, Franz Marc, and Wassily Kandinsky. This exhibition features numerous loans from major museums in the United States, France, Germany, Switzerland and the United Kingdom, and various private collections.

There will be a San Diego and a North County pickup location. We have hired a 50-passenger bus with a restroom from Sun Diego Charter. The cost of the trip includes the bus and professional driver, entrance fee for the Page Museum and LACMA including the special exhibit. The cafeteria is moderately priced and offers both inside and outside seating. Due to the tight time schedule and a restroom aboard the bus, we will not be stopping en route either way. Expect to return to San Diego by 7:30 pm. The trip involves a moderate walking requirement, therefore wheelchairs are not recommended.

Please mail your \$76.00 check and a self-addressed, stamped, business sized envelope to Walkabout Int'l, 2650 Truxtun Rd., Suite 110, San Diego, CA 92106 for your itinerary. Refunds for cancellation will be available up to April 15. After that, refunds will be available only if we have a waiting list. If you have any questions please call Rita at (619) 266-2555.



APRIL 2014 WALKS AT A GLANCE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
		9 am SD River 6:30 pm Above The Bay	TBA Hike 10 am Balboa Park-6 th & Juniper 6:15 pm Wed Night Workout	6:30 am Sunrise: Pacific Beach 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	6:00 pm Mission Hills Meander	TBA Hike 9 am SD River 6:15 pm Sat Night Live 6:15 pm Remembering Larry J.
6	7	8	9	10	11	12
7:15 am Breakfast Spcl: Downtown 8:15 am Merry Go-Round	6:30 am Sunrise: Lake Murray 10 am Crown Point Area Beckons	9 am SD River 10 am Liberty Station 6:30 pm Above The Bay	No Hike Today 9 am San Diego River Mouth 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	10 am North Park-Dan's Favorite Street 6:00 pm Mission Hills Meander	TBA Hike 7:15 am Late Birds 9 am SD River 6:15 pm Sat Night Live
13	14	15	16	17	18	19
7:15 am Breakfast Spcl: Balboa Park 8:15 am Merry Go-Round	6:30 am Sunrise: Golden Hill/ Balboa Park 10 am Crown Point Area Beckons	9 am SD River 10 am Tax Day Blues - Pt. Loma 3 pm Rolando's Hidden Stairs 6:30 pm Above The Bay	TBA Hike 10 am Boatless River Excursion 6:15 pm Wed Night Workout	6:30 am Sunrise: South Hillcrest 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	10 am Hillcrest Back Streets 6:00 pm Mission Hills Meander	TBA Hike 9 am SD River 9:15 am Carmel Valley Meadows 6:15 pm Sat Night Live
20	21	22	23	24	25	26
7:15 am Breakfast Spcl: East Mission Bay 8:15 am Merry Go Round	6:30 am Sunrise: Marina Village 10 am Crown Point Area Beckons	9 am SD River 6:30 pm Above The Bay	TBA Hike & Spring Potluck 9 am Mission Valley Hill 6:15 pm Wed Night Workout	6:30 am Sunrise: Lake Murray 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	10 am Downtown Shady Ladies 6:00 pm Mission Hills Meander	TBA Hike 7:15 am Late Birds 9 am SD River 6:15 pm Sat Night Live
27	28	29	30			
7:15 am Breakfast Spcl: Pacific Beach 8:15 am Merry Go-Round	6:30 am Sunrise: North Park/ Normal Heights 10 am Crown Point Area Beckons	9 am SD River 6:30 pm Above The Bay	TBA Hike 6:15 pm Wed Night Workout			

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

Palm Springs Follies	April 26
Huntington Library & Gardens	April 30
La Brea tar pits/ LA art museum	June 14

Overnight Trips

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

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 Chad Memorial Trail / Balboa Park	TBD
Reuben Fleet / star gazing / Balboa Park	TBD
Spring Garden and Home Tours	2014



VOLUNTEER!

WALK LEADERS NEEDED

We are recruiting walk leaders for the suggested walks and events below. Receive help with write-up, etc. And, please send in YOUR ideas!!

- 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

BOARD SEEKS YOUR HELP

We need office volunteers and new board members.

If you are interested in any of our volunteer opportunities, please call the office (619) 231-7463.



BOARD MEMBERS

President (858) 571-7733
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Vacant

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Bruce Herms Emeritus

Dick Hiatt Emeritus

OFFICE STAFF

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

NEWSLETTER STAFF

Rita Balliot, Stan Follis, Dan Haslam, Lorraine Marshall, Winnie McMains, 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.



Captivating Corners of Carmel Valley in January

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 ALSO (available only if support greater than Basic Level)

PDF ONLY (fully tax deductible, eco-friendly, 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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Solana Beach to Torrey Pines State Beach Walk in August



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LABEL CODE REMINDER

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

Rita Balliot enjoying herself at Walkabout's 37th Anniversary Celebration on March 9, where she was honored as the first recipient of the Volunteer Extraordinaire award for 30 years of dedicated service to Walkabout.

