



# San Diego Feets

Vol. 37, No. 9

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](http://www.walkabout-int.org), e-mail: [info@walkabout-int.org](mailto:info@walkabout-int.org)

## September 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** 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 at the transit center. Meet at north entrance of the footbridge (across from transit center) that crosses the river to a hotel. Rain cancels. **John N.** (619) 772-8855.

6:30 pm

**MISSION BAY SUNSETS.** Walk leaves promptly at 6:30. Rain (not mist) cancels. Enjoy the cooler evening air and beautiful views of Mission Bay! Join us for a flat but fairly fast-paced **moderate to moderate-plus** walk along the shores of Mission Bay. Take the I-5 and go west on Clairemont Dr. to meet at the former Visitors Information Center. **Teri E.** (858) 483-0512 or **Jill F.** (858) 292-4231.

#### 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.)

### THURSDAYS

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 old neighborhood on a 1-hour **casual** walk for about 2.5 miles on flat terrain. Meet at the coffee shop at 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 at the transit center. Meet at north entrance of the footbridge (across from transit center) that crosses the river to a hotel. Rain cancels. **John N.** (619) 772-8855.

6:15 pm

**SATURDAY NIGHT LIVE IN THE PARK.** Come join us for a walk through Balboa Park for 90 minutes at a **moderate** pace. Meet at the northeast corner of President's Way and Park Blvd. Rain cancels. **Carol W.** (619) 303-7942 or **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 3<sup>rd</sup> Ave. and C St. At 3<sup>rd</sup> 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  |
|--------|--|
| Sep 3  | <b>Candy:</b> (619) 435-2894 or <a href="mailto:ccbeckwith146@yahoo.com">ccbeckwith146@yahoo.com</a>           |
| Sep 6  | <b>Bill:</b> (619) 206-5809 or <a href="mailto:wa4lrm@gmail.com">wa4lrm@gmail.com</a>                          |
| Sep 10 | <b>Stan H:</b> (619) 448-1668 before 6:00 pm or <a href="mailto:shunt92071@yahoo.com">shunt92071@yahoo.com</a> |
| Sep 13 | <b>Bill:</b> (619) 206-5809 or <a href="mailto:wa4lrm@gmail.com">wa4lrm@gmail.com</a>                          |
| Sep 17 | <b>Don:</b> <a href="mailto:dpiller@cox.net">dpiller@cox.net</a> or (760) 796-4007                             |
| Sep 20 | <b>Don:</b> <a href="mailto:dpiller@cox.net">dpiller@cox.net</a> or (760) 796-4007                             |
| Sep 24 | <b>Stan H:</b> (619) 448-1668 before 6:00 pm or <a href="mailto:shunt92071@yahoo.com">shunt92071@yahoo.com</a> |
| Sep 27 | <b>Candy:</b> (619) 435-2894 or <a href="mailto:ccbeckwith146@yahoo.com">ccbeckwith146@yahoo.com</a>           |



### 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](mailto:walks@walkabout-int.org). If you e-mail more than one walk, please leave extra space between each walk.



You can e-mail your newsletter comments and suggestions to [publisher@walkabout-int.org](mailto:publisher@walkabout-int.org)



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

## MONDAY, SEPTEMBER 1

6:00 am

**SUNRISE SERIES: PACIFIC BEACH BOARDWALK.** Let's take a **moderate** 1-hour walk on flat terrain and enjoy the fresh air, early morning breeze and beautiful sunrise where we can look forward to good company, chatting and an optional breakfast afterward. Meet at the Crystal Pier at the west end of Garnet Ave. Bring money for optional breakfast. **John & Marilyn Bintz** (619) 840-5544

## WEDNESDAY, SEPTEMBER 3

10:00 am

**CORONADO TIDELANDS STROLL.** Join **Robert and Friends** for a 1-hour, flat, paved, **casual** stroll in Coronado's Tidelands Park. Optional brunch afterward. Drive over the beautiful blue bridge to Coronado, turn right after the former tollbooth onto Glorietta Blvd, then turn right again on Mullinix Dr. into Tidelands Park. To use public transport, take the #901 bus (Iris Trolley) from the 12<sup>th</sup> & Imperial Transit Center at 8:35; after crossing the bridge, get off at stop on Mullinix Dr. at Glorietta Pl. at approx. 9:41, turn right on Glorietta Pl., bear right on 3rd St. onto Mullinix Dr. and into the park. Meet at the restroom. Rain cancels. **Robert B.** (858) 414-6181.

## THURSDAY, SEPTEMBER 4

6:00 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 on this **moderate** 1-hour walk on flat, mostly paved terrain. Take Sea World Dr. exit west off I-5, turn right at the first light, pass the entrance to Fiesta Island, cross the bridge and park at the second small parking area on your left. Optional breakfast afterward. **Edie** (619) 222-4396.

## SUNDAY, SEPTEMBER 7

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.

### IN MEMORIAM

Pat Jones Hess 2/12/1933 – 6/21/2014

## MONDAY, SEPTEMBER 8

6:00 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.

## WEDNESDAY, SEPTEMBER 10

9:00 am

**MOUTH OF SAN DIEGO RIVER.** Join us for a **moderate** walk by the mouth of the river. We will start at the jetty separating the mouths of the San Diego River and Mission Bay and then walk along the river path for approximately 1 hour/3 mile round trip. Park just past the traffic circle at Hospitality Point Park at the end of Quivira Way (Thomas Guide pg. 1268). We will meet near the restrooms. Rain cancels. **John N.** (619) 772-8855.

## THURSDAY, SEPTEMBER 11

6:00 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.

## FRIDAY, SEPTEMBER 12

1:00 pm

**MIDTOWN MEANDER.** Join us for a **casual** walk with some slight hills for about an hour beginning at one of one of San Diego's hidden treasures! We'll start near a private garden of meticulously sculpted and whimsically trimmed bushes and trees. Then we'll pass through a pleasant neighborhood close to the airport and downtown. Meet at the corner of Union and Vine Sts. (just up the hill from India Street). **Marty L.** (858) 337-6160.

## SATURDAY, SEPTEMBER 13

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, SEPTEMBER 14

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.

9:15 am

**DEL MAR'S NIFTY NORTHERN NOOKS.** Let's wander through the nifty "northern" reaches and beaches of Del Mar around delightful nooks and crannies including cozy canyons, secluded estuaries, and the celebrated seacoast. Time to head 'em up, move 'em out, rawhide! Look for **Larry** at the northwest corner of Del Mar Heights Rd. and Durango Dr. -- 6 blocks west of I-5's Del Mar Heights exit -- for a **moderate-plus**, 3-hour spirited September sashay over mixed-up and down terrain. (858) 755-1751 (evenings/weekends).

## MONDAY, SEPTEMBER 15

6:00 am

**SUNRISE SERIES: LITTLE ITALY.** We'll walk for 1 hour at a **moderate** pace on flat paved terrain. We hope to see many changes. Take Harbor Dr. south a couple blocks past Broadway, turn right and park at the "Kissing" statue near the Midway Museum. Bring money for optional breakfast afterward. **Gloria** (619) 482-7677.

## TUESDAY, SEPTEMBER 16

3:00 pm

**PT. LOMA PROMENADE AND HOME TOUR.** Nestled among the beautiful homes ranging in style from Colonial to Mediterranean to Art Deco is an incredible geodesic dome house called "The Greenest Home in San Diego", and the owner/designer will treat us to a tour. Meet at the corner of Tennyson and Capistrano Sts., one block east of Chatsworth, for a **moderate**, 1-½ hour walk which will include some hills. Bus #923 stops at Chatsworth Blvd. and Tennyson St. **Evelyn K.** (619) 461-6095.

## WEDNESDAY, SEPTEMBER 17

9:00 am

**UNIVERSITY OF SAN DIEGO.** Join us for a **moderate** but challenging walk that includes the hills and staircases on the campus of the University of San Diego. We will start at the Moreno/Linda Vista Trolley Station and walk to the USD campus, where we will enjoy the varied terrain and views. After a walk around (and up and down) the campus we will return to the trolley station, approximately 5 miles round-trip. Green line to Moreno/Linda Vista Trolley Station or 44 bus route. Parking is available at trolley station off of Friars Rd. Meet on north side of trolley platform. Rain cancels. **John N.** (619) 772-8855.

## THURSDAY, SEPTEMBER 18

6:00 am

**SUNRISE SERIES: SOUTH SHORE.** Meet at the South Shores Boat Launch just east of Sea World on Mission Bay. Hopefully we'll see some rabbits and the great sea birds there. Take I-5 to Sea World Dr. and go west to the South Shores Boat Launch Ramp area. Watch for the sign, it is not very prominent. We'll meet at the restrooms at the boat launch. Optional breakfast follows this **moderate**, flat 1-hour walk. **Winnie** (858) 278-4003.

## SUNDAY, SEPTEMBER 21

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, SEPTEMBER 22

6:00 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, SEPTEMBER 24

9:00 am

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

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, SEPTEMBER 25

6:00 am

**SUNRISE SERIES: NORTH PARK.** Meet **Frances** at the restaurant at 3949 Ohio St. just north of University Ave., where there is plenty of parking, for this **casual** to **moderate** 1-hour walk on flat terrain. This neighborhood is a walker's paradise, where daily errands do not require a car. From I-805, exit at University Ave. and head west to Ohio St. Optional breakfast afterward. (619) 479-3962.

## FRIDAY, SEPTEMBER 26

10:00 am

**EXPLORE UTC AREA.** Let's walk at a **moderate** pace for 1-1/2 hours in the beautiful Golden Triangle area of San Diego. We will meet at the south entrance to Macy's in Westfield Shopping Town UTC (on the southwest corner of the mall, near the corner of Genesee Ave. and Nobel Dr.) Optional lunch afterward. **Beverly D.** (858) 229-0741.

1:00 pm

**PACIFIC BEACH VISTAS.** Let's take a **casual** walk for about an hour. We will enjoy city and ocean views from Kate Sessions Memorial Park, and then walk through the park into a quiet residential area. No beach crowds here! This area of homes has large lots and magnificent views of the city. Meet in the parking lot at Kate Sessions Park. **Marty L.** (858) 337-6160.

## SATURDAY, SEPTEMBER 27

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, SEPTEMBER 28

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, SEPTEMBER 29

6:00 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.

## FEATURED TRIPS

### SANTA BARBARA ACROSS FROM THE WATERFRONT

SEPTEMBER 26, 27, 28

The charm and gracious hospitality of the Dons still lives in romantic Santa Barbara. The price of this trip includes a 29-passenger bus with restroom and a professional driver for 3 full days (2 nights) at the beautiful Hyatt Parkside Inn on Cabrillo Blvd. across from the Pacific Ocean. The great Stearns Wharf is a 1-mile walk from the hotel along the waterfront. All rooms have Wi-Fi, cable TV, refrigerators, hairdryers, carpeted floors and tea/coffee making facilities. Activities include the Botanical Gardens, a tour in the town of Montecito at the famous Casa del Herrero, the most talked about Court House in the country, the Andree Clark Bird Refuge next to our hotel and the very beautiful Mission. Needless to say we will go across the street on Sunday to see the open air Art Show. Daily full breakfast at Hyatt and farewell dinner Saturday night at top Fish House Restaurant is included in package.

We are only taking 24 people on the bus to make sure 5 seats are available for luggage. Please specify if you want double occupancy at \$550 or a single room at \$675. The cost of this trip is \$200 less than other tour companies. Please mail a \$300 deposit to hold your spot on the trip. The balance will be due the first week of September, 2014. If there is a waiting list, refunds will be made as requested. The Hyatt waterfront Hotel is the drawing card and there probably will be a waiting list. Walkabout will pay for a secure gated parking lot Park & Ride near Old Town for anybody coming with a car. We do not recommend any unsecured parking.

Mail your \$300 deposit to Walkabout Int'l, 2650 Truxtun Rd., Suite 110, San Diego, CA 92106 and include a business size envelope with a stamp for us to mail your Itinerary. Your Leaders Rita Balliot, Walter Konopka, and Marilyn Buckley look forward to a first class trip to Santa Barbara and would enjoy seeing you.

### GRIFFITH OBSERVATORY INCLUDING PLANETARIUM FOR ONLY \$45.00

THURSDAY, OCTOBER 9

Rita & Marilyn B. are offering a wonderful deal in which "Centered in the Universe", a live presentation will be in the planetarium as part of the package at the observatory.

#### IN MEMORIAM

Virginia Brust 5/27/1916 - 8/8/2014

Celebration of Life on September 6; phone  
Walkabout office for additional information

We shall not only view exterior exhibits, but also see Wilder Hall of the Eye, Ahmanson Hall of the Sky, the Central Rotunda, Cosmic Connection and Gunther Depths of Space. Your ticket includes the sensational Samuel Oschin Planetarium, which seats 285 people featuring state of the art tech in an immersive environment designed to fabricate a real-looking night sky that is both incredible and awe inspiring. Note this is a first of a kind anywhere, using a Star Projector and a Laser Projector for color. If anyone wants to bring children along, we ask you to invite minimum age 13 and older. The trip includes a 50 passenger bus, driver gratuity, planetarium ticket, and water with snacks. Lunch is not included, however your choices in the café range from sandwiches, soups, salads or a hot meal from \$8 to \$10. The Observatory does not open until noon. We hope to be back in San Diego between 6:30 and 7:00 pm.

Please send a check for \$45.00 per person (no discount for youth) to Walkabout Int'l, 2650 Truxtun Rd., Suite 110, San Diego, CA 92106-6007 with a self-addressed envelope with a stamp for us to mail your itinerary. Include your telephone number in case we need to contact you and indicate your pickup preference at our office in San Diego or if you prefer North County we shall stop at La Costa off of I-5. There will be no refunds unless there is a waiting list. If you have any questions, please call Rita at (619) 266-2555.

## EXOTIC GARDENS IN FALLBROOK & MUSEUM OF MAKING MUSIC

**SATURDAY, NOVEMBER 8**

Join Rita and Marilyn B. as we visit the "Grand Tradition Estate & Gardens" in Fallbrook. Once available for viewing only during private events, this lush botanical reserve is now open year-round as a public garden. As you journey along the winding pathways, you will be transported to a veritable Shangri-La of thematic gardens –from Victorian to Mediterranean to tropical. Experience 15 acres of densely planted gardens, profuse with exotic floral scents, sparkling waterfalls and award-winning displays of colorful botanicals. Escape to this secret garden paradise. We shall arrive at 10:30 am and walk for one hour. We shall take our bus to Carlsbad for a lunch break on your own. At 2:00 pm we are expected at the Museum of Making Music located in Carlsbad for a one-hour docent lead tour. Three years ago Walkabout had a tour of the Museum and it was highly successful. Expect to be back before 5:00 pm. The trip includes a 29 passenger bus with a bathroom and all entrance fees.

Please send a \$47.00 check to Walkabout Int'l, 2650 Truxtun Rd., Suite 110, San Diego, CA 92106-6007 with a stamped, self-addressed envelope for us to mail your itinerary. Include your telephone number in case we need to contact you and indicate your pickup preference at our office in San Diego or North County Park & Ride off Hwy 15 at Mercy Road. There will be no refunds unless there is a waiting list. If you have any questions, please call Rita at (619) 266-2555.

## SPACE SHUTTLE ENDEAVOUR & IMAX

**SATURDAY, DECEMBER 13**

**COST: \$49.00 or POMPEII PKG \$65.00**

Rita and Walter invite you to the Science Center in Exposition Park, Los Angeles to see the Endeavour firsthand. Included in the package is the IMAX film. We shall depart from San Diego at 7:00 am and take I-5 to La Costa to pick up North County passengers. Since our 50 passenger bus has a restroom, we shall drive directly to the Science Center for a 10:00 am appointment at the IMAX. We have been told that a specific IMAX film has not been scheduled at this time. At 11:30 am you have a lunch break on your own. At 1:00 pm our group will enter the Endeavour Exhibit located in the Space Pavilion. Bring a camera. At 2:00 pm we have an appointment for the POMPEII Exhibit for those people who paid the additional \$16.00 for the trip. The Exhibit takes at least one hour to see and it will be ending in January, 2015 so this is your last chance to see it. At 3:30 pm we shall return to San Diego and hope to arrive by 6:30 pm.

Please mail \$49.00 for Endeavour & IMAX or \$65.00 for Endeavour, IMAX & POMPEII to Walkabout Int'l, 2650 Truxtun Rd., Suite 110, San Diego, CA 92106 and note on the check "Space Shuttle", also include your phone number and preferred pickup location, either the Walkabout office in San Diego or La Costa off of I-5 for North County people. Please enclose a self-addressed envelope with a stamp for us to mail your itinerary. Note: we sold out our first trip last year and we hope to fill the bus this year. The price includes a 50 passenger bus, driver tip, IMAX ticket and the most delicious snacks and water. Our price is lower than our competitors. If you have any questions please call Rita at (619) 266-2555. The Walkabout Office will also answer any of your questions. We hope to see you aboard.



**Starting from Hyannis Hostel on a Friday Walkabout**

## SEPTEMBER 2014 WALKS AT A GLANCE

**Bold** walk start times are those that repeat every week at the same location, day, and time.

| SUNDAY  | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY  |
|---|--|---|--|---|---|---|
|   | <b>1</b>   | <b>2</b>  | <b>3</b>   | <b>4</b>  | <b>5</b>  | <b>6</b>  |
|   | 6 am Sunrise:<br>Pacific Beach<br><br><b>10</b> am Crown<br>Point Area<br>Beckons  | <b>9</b> am SD River<br><br><b>6:30</b> pm Mission<br>Bay Sunsets                                   | TBA Hike<br><br>10 am Coronado<br>Tidelands Stroll<br><br><b>6:15</b> pm Wed<br>Night Workout                                    | 6 am Sunrise:<br>Mission Bay<br><br><b>10</b> am Shelter<br>Island<br><b>10</b> am Mission<br>Beach<br><br><b>10:15</b> am Balboa<br>Park     | <b>6</b> pm Mission<br>Hills Meander  | TBA Hike<br><br><b>9</b> am SD River<br><br><b>6:15</b> pm Sat Night<br>Live                              |
| <b>7</b>  | <b>8</b>   | <b>9</b>  | <b>10</b>  | <b>11</b>   | <b>12</b>   | <b>13</b>   |
| 7:15 am<br>Breakfast Spcl:<br>Downtown<br><br><b>8:15</b> am Merry<br>Go-Round  | 6 am Sunrise:<br>Downtown<br><br><b>10</b> am Crown<br>Point Area<br>Beckons       | <b>9</b> am SD River<br><br><b>6:30</b> pm Mission<br>Bay Sunsets                                   | TBA Hike<br><br>9 am Mouth of<br>San Diego River<br><br><b>6:15</b> pm Wed<br>Night Workout                                      | 6 am Sunrise:<br>Liberty Station<br><br><b>10</b> am Shelter<br>Island<br><b>10</b> am Mission<br>Beach<br><br><b>10:15</b> am Balboa<br>Park | 1 pm Midtown<br>Meander<br><br><b>6</b> pm Mission<br>Hills Meander                                       | TBA Hike<br><br>7:15 am Late<br>Birds<br><br><b>9</b> am SD River<br><br><b>6:15</b> pm Sat Night<br>Live |
| <b>14</b>   | <b>15</b>  | <b>16</b>   | <b>17</b>  | <b>18</b>   | <b>19</b>   | <b>20</b>   |
| 7:15 am<br>Breakfast Spcl:<br>Balboa Park<br><br><b>8:15</b> am Merry<br>Go-Round<br><br>9:15 am Del<br>Mar's Nifty N.<br>Nooks | 6 am Sunrise:<br>Little Italy<br><br><b>10</b> am Crown<br>Point Area<br>Beckons   | <b>9</b> am SD River<br><br>3 pm Pt. Loma<br>Promenade<br><br><b>6:30</b> pm Mission<br>Bay Sunsets | TBA Hike<br><br>9 am USD<br><br><b>6:15</b> pm Wed<br>Night Workout  | 6 am Sunrise:<br>South Shore<br><br><b>10</b> am Shelter<br>Island<br><b>10</b> am Mission<br>Beach<br><br><b>10:15</b> am Balboa<br>Park     | <b>6</b> pm Mission<br>Hills Meander  | TBA Hike<br><br><b>9</b> am SD River<br><br><b>6:15</b> pm Sat Night<br>Live                              |
| <b>21</b>   | <b>22</b>  | <b>23</b>   | <b>24</b>  | <b>25</b>   | <b>26</b>   | <b>27</b>   |
| 7:15 am<br>Breakfast Spcl:<br>E. Mission Bay<br><br><b>8:15</b> am Merry<br>Go Round  | 6 am Sunrise:<br>Marina Village<br><br><b>10</b> am Crown<br>Point Area<br>Beckons | <b>9</b> am SD River<br><br><b>6:30</b> pm Mission<br>Bay Sunsets                                   | TBA Hike<br><br>9 am Let's Climb<br>the Hill<br><br>10 am Boatless<br>River Excursion<br><br><b>6:15</b> pm Wed<br>Night Workout | 6 am Sunrise:<br>North Park<br><br><b>10</b> am Shelter<br>Island<br><b>10</b> am Mission<br>Beach<br><br><b>10:15</b> am Balboa<br>Park      | 10 am Explore<br>UTC area<br><br>1 pm Pacific<br>Beach Vistas<br><br><b>6</b> pm Mission<br>Hills Meander | TBA Hike<br><br>7:15 am Late<br>Birds<br><br><b>9</b> am SD River<br><br><b>6:15</b> pm Sat Night<br>Live |
| <b>28</b>   | <b>29</b>  | <b>30</b>   |  |   |   |   |
| 7:15 am<br>Breakfast Spcl:<br>Pacific Beach<br><br><b>8:15</b> am Merry<br>Go-Round   | 6 am Sunrise:<br>Lake Murray<br><br><b>10</b> am Crown<br>Point Area<br>Beckons    | <b>9</b> am SD River<br><br><b>6:30</b> pm Mission<br>Bay Sunsets                                   |  |   |   |   |

## 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

|   |                   |
|---|-------------------|
| Griffith Park Observatory                           | October 9         |
| Fallbrook Estates & Gardens and Making Music Museum | November 8        |
| Endeavor Shuttle                                    | December 13       |
| Indio Date Festival                                 | February 19, 2015 |
| Palm Springs Tramway                                | Spring 2015       |
| Ramona Pageant                                      | April 25, 2015    |
| Lake Arrowhead                                      | September 2015    |
| Huntington Library & Gardens                        | TBD               |
| Joshua Tree National Park                           | TBD               |

### Overnight Trips

|                              |                    |
|------------------------------|--------------------|
| Boston/Salem, MA             | September 2 - 9    |
| Santa Barbara                | September 26 - 28  |
| Seattle/San Juan Islands     | October 29 – Nov 5 |
| San Antonio/Austin, TX       | December 2 - 9     |
| Sensational Switzerland      | August 2015        |
| Las Vegas/ Calico Ghost Town | September 2015     |
| Beautiful Boise              | October 2015       |
| Cuba                         | TBD                |

### Events

|  |              |
|--|--------------|
| Annual Meeting, Auction, Potluck Picnic & Walk | October 25   |
| Thanksgiving Group Dinner                      | November 27  |
| Annual Volunteer's Appreciation Party          | December 19  |
| Christmas Brunch                               | December 25  |
| Annual Walk Leader's Appreciation Luncheon     | January 2015 |



## VOLUNTEER!

### WALK LEADERS NEEDED

We are recruiting walk leaders for the suggested walks/events below. If interested, please call the office (619) 231-7463. 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.

## WALKABOUT BOARD MEETING

Friday, September 19 at 11:30 am

The monthly meeting will be held at Serra Mesa-Kearny Mesa Branch Library, Sudberry Room, 9005 Aero Drive, San Diego, CA 92123



## BOARD MEMBERS

|                            |   |
|----------------------------|---|
| <b>President</b>           | (858) 571-7733                            |
| Robert Buehler             | President@walkabout-int.org               |
| <b>1st Vice President</b>  | (619) 231-7463                            |
| John Nugent                |   |
| <b>2nd Vice President</b>  | (619)249-2446                             |
| Dan Haslam                 | danhaslam@walkabout-int.org               |
| <b>3rd Vice President</b>  | (619) 222-3447                            |
| Stan Follis                | Stanley@walkabout-int.org                 |
| <b>Recording Secretary</b> | (619) 231-7463                            |
| Donna Farris               | secretary@walkabout-int.org               |
| <b>Treasurer</b>           | (619) 266-2555                            |
| Rita Balliot               | treasurer@walkabout-int.org               |
| <b>Directors</b>           |   |
| Marilyn Buckley            | (619) 231-7463<br>pr@walkabout-int.org    |
| Larry Forman               | (858) 755-1751<br>larry@walkabout-int.org |
| Norman Vigeant             | (619) 231-7463<br>ngfrenchy@hotmail.com   |
| Bruce Herms                | Emeritus                                  |
| Dick Hiatt                 | Emeritus                                  |

## JOIN US ON MEETUP!

[www.meetup.com/Walkabout-International](http://www.meetup.com/Walkabout-International)



### OFFICE STAFF

Donna Farris, Marilyn Buckley, Eileen Frame, Susan Goodrich, Grace Greenalch, Pat Peterson, Charlotte Sedgwick

### NEWSLETTER STAFF

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

### MAILING CREW

Pat Peterson (Captain), Alice Berwert, Julie McKane, Barbara Miller, Sharon Nelson, Joanne Paul, Gwen Phelps, 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      Shoe Fund amount \$ \_\_\_\_\_

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:

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP+4 \_\_\_\_\_ - \_\_\_\_\_

PRIMARY PHONE ( ) \_\_\_\_\_ OTHER PHONE ( ) \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_  PDF ONLY

### WHAT IS THE SHOE FUND?

Forrest Warren, a former S.D. Union reporter and columnist started the shoe fund in the 1930s to assist children who needed shoes in the depression era. The Ninth District PTA has been administering the Fund for more than 75 years. Vouchers for shoes are distributed through school nurses who fax the PTA when they have identified a student in need of shoes. Walkabout started many years ago through our Audrey Davis to request anybody in Walkabout to add a donation to their subscription renewal. Any monies received were mailed to the S.D. Union. This has been very successful until 2008, when we stopped.

We have decided to start again this year. We feel it is well worth asking our subscribers for any donation they wish to make. We thank you in advance for a very worthy cause. When you fill out your subscription form please state the amount of money you wish to add to your renewal check.



2650 Truxtun Rd., Suite 110  
San Diego, CA 92106-6007  
(619) 231-7463  
<http://www.walkabout-int.org>  
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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!

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### Walkabout International Cape Cod Features Hyannis Historical Highlights

Walkabout's seasonal operation on Cape Cod took an entirely different track this year, focusing on a single weekly walk in the largest village on the popular island. Each Friday afternoon walkers have met at the Hostelling International hostel in Hyannis for a two-mile walk to view historical and popular sites in the area. Walk leader Dan Haslam has noticed an increase in the number of participants each week by teaming up with the local hostel. "Our walks are truly international, often with walkers representing six or seven countries on each walk," Dan noted, "and it really helps puts the 'international' in our group's name."

Although there are fewer walks on Cape Cod this year, there are more participants on each walk. Hostellers make for a ready-made audience, with limited entertainment budgets, a love of the outdoors, and a willingness to walk. The Hyannis hostel is ideally set on the edge of the village's downtown area and overlooks the harbor, always filled with fishing, pleasure, and excursion boats. The weekly walks vary slightly, but most take in the oldest (1690) Cape-style house in Hyannis, a row of Victorian sea captains' homes (located on a street formerly called Fish Street where the cod fish were dried on racks on the front lawns, now called Pleasant Street since the smell no longer pervades). The walks also take in a good portion of the 1.6-mile JFK Legacy trail, which features highlights from the President's years on Cape Cod. Walks always pass through the Hyannis Town Green, now a concert venue and city park, but formerly a college campus for Barnstable Normal School, a 19th Century training facility for future teachers. Walkers pass by an historic concrete octagonal house and the oldest graveyard (with plots from 1748) is pointed out. Walking groups meander down Hyannis's Main Street, which features a giant 1776 beach tree (complete with an urban legend), around which a popular drinking hole has been fashioned. Walkers are provided with restaurant recommendations, stop in a few shops and end up at the modern bronze statue of Iyanough, a native American sachem (or chief) from whom the Hyannis area was purchased for three pairs of pants and roughly \$60!

There are other Walkabout events and activities, too. Recently Dan led an excursion to the local library for a lecture by two local women who had walked 250 miles on the St. James pilgrimage trail in southern France and northern Spain. The trail and walk were featured in a film starring Martin Sheen.

Cape Cod is a busy tourist destination each summer, and Walkabout International is making a small difference for many travelers on a budget.