



San Diego Feets

Vol. 38, 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 2015

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 transit, 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** walk (see Thomas Guide 1248-F6). Rain, but not mist, cancels. Flashlight recommended. Please call **Teri E.** (858) 560-0446 or **Jill F.** (858) 292-4231 to make sure walk is "on" for the week.

WEDNESDAYS

3:00 pm

WEDNESDAY 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** 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 ***NO WALK NEW YEAR'S DAY***

MISSION BEACH NORTH & SOUTH. Walk the beach or the bay and stop for coffee near the end of this **moderate-plus** or **moderate** flat walk. Meet at the Belmont Park ticket booth off Mission Blvd. To use public transit, 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 ***NO WALK NEW YEAR'S DAY***

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 2.5 miles round trip; 60-70 minutes including pit stop). Breathe delicious ocean air and enjoy dynamic bay and city views from ships to wildlife. You may stop at one of the many benches and rejoin us on the return leg. Meet at east end of the island to the right of the Bali Hai by the lamp post and hand rails, where we will stretch for a few minutes. If you're late, drive down the island and join us along the way. Take the #28 bus and walk approximately 3 blocks to the Bali Hai where there is ample free parking. Optional eats afterward. Rain cancels. Join us - just for the health of it! **Sally R.** (619) 222-3800.

10:15 am ***NO WALK NEW YEAR'S DAY***

MORNING STROLL IN BALBOA PARK. Meet at the Senior Lounge across from the Museum of Photographic Arts to walk at a **casual** pace through beautiful Balboa Park for about 45 minutes. Terrain is flat and mostly paved. Stay after for optional coffee. For public transit, 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 (cont.)

FRIDAYS

4:30 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

6:00 pm

SATURDAY NIGHT LIVE, LIVES! Join our varied leaders as we rejuvenate one of Walkabout's most venerable evening walks, a **casual** pace through the downtown streets of San Diego in search of the new and different in the heart of the city. Meet outside the historic Balboa Theater entrance (4th Ave. & E St.) for a 90-minute visit downtown. The route (and leaders) may vary each week, and an optional dinner gathering follows. Take public transit or consider free, machine validated 3-hr. parking offered at the Horton Plaza parking garage. Rain cancels. Leaders: Dan, Donna, and Jerry. (619) 231-7463.

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 transit, 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** in the parking lot near 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.

You can e-mail your newsletter comments and suggestions to publisher@walkabout-int.org



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:

Date	Contact Information
Jan 3	Candy: (619) 435-2894 or ccbeckwith146@yahoo.com
Jan 7	Stan H: (619) 448-1668 before 6:00 pm or shunt92071@yahoo.com
Jan 10	Bill: (619) 206-5809 or wa4lrm@gmail.com
Jan 14	Ron: (619) 390-3033 or lucasronald@hotmail.com
Jan 17	Candy: (619) 435-2894 or ccbeckwith146@yahoo.com
Jan 21	Don: dpiller@cox.net or (760) 796-4007
Jan 24	Stan H: (619) 448-1668 before 6:00 pm or shunt92071@yahoo.com
Jan 28	Rita C: (619) 482-0052
Jan 31	Bill: (619) 206-5809 or wa4lrm@gmail.com

WALKABOUT INTERNATIONAL WILL PARTICIPATE IN TWO OF SAN DIEGO'S BIGGEST SENIOR HEALTH FAIRS

U-T Successful Living Expo

Saturday, January 24, 9 am to 4 pm
Town and Country Resort & Convention Center
500 Hotel Circle North
San Diego, CA 92108
Several thousand attendees

Sharp Women's Health Conference

Saturday, March 14, 7:30 am to 4:30 pm
Sheraton San Diego Hotel & Marina
1380 Harbor Island Drive
San Diego, CA 92101
www.sharp.com/womensevent
Limited to 1,000 Attendees

We will have a booth at each of these events promoting Walkabout in the community. Come join us! About 25 to 30 days before the date of the event, look for our e-blast (e-mail) with all of the details asking for volunteers to help set-up, take-down, and work in our booth. Our volunteers are what keep us going. Thanks for all of your help! Marilyn Buckley, Walkabout International Public Relations Coordinator.

MORE GREAT WALKS THIS MONTH

THURSDAY, JANUARY 1

6:30 am

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

9:00 am

ANNUAL NEW YEARS 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. Rain cancels. Bring water, hat, and sunscreen. Meet in front of Rancho Bernardo Winery at 13330 Paseo Del Verano Norte. Take I-15 to Rancho Bernardo Rd. exit and travel east to turn left onto Pomerado Rd., and then right onto Paseo del Verano Norte to the winery. We would love to see you and to wish everyone a very happy new year! **Frances** (858) 538-1435.

11:00 am

CORONADO "CRUISE." Kick off a healthy New Year by joining us for a **moderate** 1-1/2 to 2-hour flat walk (1 small hill) in beautiful Coronado with an optional lunch break a little more than halfway through. We'll take the road less traveled to explore Coronado's non-touristy south end while enjoying sea breezes, city views, and a unique view of the bridge. For those who want to drop out early, there are several places to take a short cut back or catch the bus along Orange Ave. Take the I-5 over the Coronado Bridge, continue to Orange Ave., turn right until the street ends at First Ave., turn right a few blocks to the Ferry Landing shopping center on the left. Allow a few extra minutes to find parking, which is free ONLY in the lot on the north side (by the American flag) or park on the street. Meet at the center's entrance near the flag pole. Rain cancels. **Fran W.** (619) 271-7107.

FRIDAY, JANUARY 2

10:30 am

COME HELP NAIDA CELEBRATE THE BIG 80! Meet at the Walkabout Office at Liberty Station, 2650 Truxtun Rd., Suite 110 at the intersection of Dewey Rd. for a **casual** walk (flat, no steps) through the old restored section of the NTC (Naval Training Center) and arrive at the Corvette Diner at 11:30 am for lunch (at your own expense). NO gifts please; Naida would love the pleasure of your company. RSVP not required. **Naida** (619) 296-0550 (9 am - 5 pm).

1:00 pm

LIBERTY STATION'S WATERFRONT WALK. Let's take in the brackish air along Liberty Station's waterfront after Naida's party on a **casual**, flat stroll. Meet outside the Corvette Diner near the southeast entrance to Liberty Station to walk off lunch and take in the sights for about an hour. We'll check out a couple of hotels en route and plan out 2015, too. Maybe we can find a new octogenarian to join us. Rain cancels. "New Year's Babe **Dan**" (619) 249-9813.

SUNDAY, JANUARY 4

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 5

6:30 am

SUNRISE SERIES: NORTH PARK. Meet at Pershing Dr. and Upas St. for a one hour **casual to moderate** walk. We'll stroll thru Bird Park and check out the area around it. Take I-5 to Pershing Dr. exit and continue on Pershing Dr. for 1.5 miles – your destination will be on the right. Bring money for an optional breakfast afterward at a new restaurant. **Frances** (619) 479-3962.

WEDNESDAY, JANUARY 7

10:00 am

OCEAN BEACH EXPLORATION. Enjoy varied terrain, interesting homes, beautiful gardens, and the ocean on this **casual** 1 to 1-1/2 hour walk. Meet in the first parking lot to the right, opposite the ball field, after entering Robb Field. Take I-8 West to the end, turn left (south) onto Sunset Cliffs Blvd, keep in the right lane and turn right (west) onto West Pt Loma Blvd. Turn right at Bacon St. for the entrance to Robb Field. For public transit, take the #35 bus west to Ocean Beach, exit at Sunset Cliffs Blvd. and West Pt. Loma Blvd. at approx. 9:30 am, and walk west 2 blocks on West Pt. Loma Blvd. to the Bacon St. entrance of Robb Field. Bring money for optional eats afterward. Rain cancels. **Robert B.** (858) 414-6181.



Please remember that Walkabout International is a non-smoking experience. There is no smoking at the meeting place or during the walk.

THURSDAY, JANUARY 8

6:30 am

SUNRISE SERIES: SUNSET CLIFFS. We'll take a 1 hour, flat walk **at your own pace**. Take I-8 West toward the beach. Turn left onto Sunset Cliffs Blvd, then slight right to stay on Sunset Cliffs Blvd for 1.7 miles to Point Loma Avenue, turn left and park on the street. Meeting place is Sunset Cliffs Blvd. and Point Loma Ave. Bring money for optional breakfast afterward. **Fusa** (619) 223-6947.

FRIDAY, JANUARY 9

11:00 am

DOWNTOWN ONCE AGAIN. Meet at historic Balboa Theater, 4th Ave. & E St. (park at Horton Plaza or use public transit) for a 90-minute **casual** walk around downtown to take in what's new and different in the New Year. Rain cancels. "Daring **Dan**" (619) 249-9813.

SATURDAY, JANUARY 10

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 11

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 12

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.



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 13

3:00 pm

TREES OF 6TH AVENUE. To celebrate the 100th anniversary of the Panama-California Exposition, Evelyn will lead six walks through some of the less familiar parts of Balboa Park. Today we will explore the northwest area to see the Marston House gardens, Trees for Health Garden and many other exotic trees. Meet at the corner of 6th Ave. and Upas St. for a **moderate**, 1-1/2 hour walk with a few rough paths. Buses 3 and 12 stop at 4th or 5th and Upas. Rain cancels. **Evelyn K.** (619) 461-6095.

THURSDAY, JANUARY 15

6:30 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.

FRIDAY, JANUARY 16

10:00 am

REMEMBERING JUNE ANDERSON. Let's meet at the corner of 6th Ave. and Upas St. on the edge of Balboa Park for a **casual** walk to reflect on June Anderson's life. We'll cut the ribbon on a memorial bench given to the city by some of her friends in her memory. June died at her Escondido home in 2013 just shy of her 90th birthday and held the record for traveling on the most road trips with Walkabout International. Our "no nonsense" walk will be just what June would have liked! **Dan** (619) 249-9813.

SUNDAY, JANUARY 18

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, JANUARY 19

6:30 am

SUNRISE SERIES: MARTIN LUTHER KING WALKWAY. What better way to honor MLK Day than to walk along the promenade bordering Harbor Dr. reading the quotations as we go. Meet at the entrance to Seaport Village along Pacific Hwy. at Harbor Dr. Free parking until 10 am in the lot next to the carousel. Optional meal follows. **Pat K.** (619) 469-6223.

WEDNESDAY, JANUARY 21

10:00 am

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

THURSDAY, JANUARY 22

6:30 am

SUNRISE SERIES: MISSION BAY. Before the crowds arrive, let's enjoy the beauty and serenity of Mission Bay with a 1 hour walk **at your own pace** on paved, flat terrain. Meet at the former Visitors Information Center. Take the I-5 and turn west on Clairemont Dr. Bring money for an optional breakfast afterward. **John and Marilyn** (619) 840-5544.

FRIDAY, JANUARY 23

11:00 am

EXPLORING THE SANTEE LOOP. Meet at the Santee Trolley station (near the restrooms where the tracks end) for a 3-mile **casual** loop along the San Diego River, Mast Park, a sell-off store for a big box store, radio station monument, a killer thrift shop, the newest 99-cent store and an optional lunch at a famous local BBQ restaurant. It's suburban walking at it's finest, and you'll see some new construction and hear about the San Diego River extension from Santee to Lakeside. Rain won't cancel...we'll still window shop and eat! "Development **Dan**" (619) 249-9813.

SUNDAY, JANUARY 25

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.

9:15 am

HANG "LUZ" IN SANTA LUZ. A wee bit beyond Fairbanks Ranch lies fetching countryside that both suffered and survived last year's blazing fires. Trek along tucked away trails offering tantalizing vistas. The delightful realm of Santa Luz beckons! Enjoy a 3-hour, **moderate-plus** prance over very mixed up and downright hilly terrain. Look for **Larry** by the restrooms of the South Village Neighborhood Park (next to the Willow Grove Elementary School) on Via Azul just off of Camino Del Sur. Directions: Take CA-56 (Ted Williams Pkwy) to exit #6 at Camino Del Sur; go north on Camino Del Sur for about 3.5 miles until Via Azul, where you turn left for about 1/10 mile until the parking lot on the right at South Village Neighborhood Park. BYOH2O. Rain cancels. (858) 755-1751 (evenings/weekends).

MONDAY, JANUARY 26

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, at a **casual to moderate** pace 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.

THURSDAY, JANUARY 29

6:30 am

SUNRISE SERIES: BY THE BAY. Today we'll hope for sunny skies, lots of birds and that any clouds are the fluffy kind for a more beautiful sunrise. Meet at the former Visitor Information Center just west of the I-5 at the Clairemont Dr. exit. We usually have two groups, **moderate** and **casual**, on this 1 hour flat walk. Bring money for an optional breakfast afterward at one of our favorite places. **Verna** (619) 276-3055.

FRIDAY, JANUARY 30

11:00 am

BARRIO BROWSING. Meet at the Barrio Logan Trolley Stop for a fun, **casual** walk around Barrio Logan. We'll see new developments under construction, visit a wonderful fruit & veggie market for shopping, and have an optional Latino luncheon in the area at the end of the walk. Rain cancels. "Barrio **Dan'I**" (619) 249-9813.



FEATURED TRIPS

DAY INTO EVENING AT GRIFFITH OBSERVATORY

THURSDAY, JANUARY 22

Due to popular demand, we will travel again to the Griffith Observatory and enjoy the lights of the city as the sun goes down. There is so much to see at the Observatory, it was impossible to view it all during our October trip. There are outside exhibits as well as three floors of new and exciting exhibits. The Samuel Oschin Planetarium seats 285 people featuring state of the art tech designed to fabricate a realistic looking night sky that is awe inspiring. You will have your choice of films since we will arrive from San Diego around 2:30 pm. You are on your own to purchase your film ticket (there is a senior rate of \$5). The excellent café operated by Wolfgang Puck offers reasonably priced healthy food with soups, salads, and hot meals (dinner is at your own expense). We shall leave San Diego at noon in order to arrive by 2:30 pm. We are scheduled to leave the Observatory by 6:30 pm and arrive home by 9:00 pm. Traffic in Los Angeles is not bad at these planned hours.

The trip includes a 29-passenger bus with Goldfield Stage which includes a bathroom, driver gratuity, water, snacks, and entrance into Griffith Observatory. Please send a check for \$51.00 per person (no discount for children 13 and older) 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 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.

COUNTY FAIR & NATIONAL DATE FESTIVAL IN INDIO

THURSDAY, FEBRUARY 19

Join Rita & Marilyn B. in the "City of Festivals" for its 69th year of hosting the Riverside County Fair and National Date Festival. This is a first time visit for Walkabout. If you missed the Del Mar Fair, don't fret. This event is just as big and wonderful with its long-standing traditions of camel and ostrich races, art exhibits, homemade goods, and thousands of exhibits. There are exciting shows such as Monster Trucks, Hot Rod Truck Pulling, and the Demolition Derby. There will be live concert performances by many well-known groups. There is something for everybody! Count on temperatures in the mid-70's thanks to perfect weather year after year. This event is known for delicious fair food including the famous date shake. Count calories tomorrow, not today.

The trip includes a 29-passenger bus with Goldfield Stage which includes a bathroom, driver gratuity, water, snacks and entrance into the festival fairgrounds.

Please send a check for \$58.00 per person (no discount for children 13 and older) 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 if you prefer North County we shall stop at I-15 Park & Ride 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. We look forward to you joining us.

WALKABOUT TO HIT THE VEGAS STRIP!

Tentative dates: March 29 - April 3 (5 nights, 6 days)

Price Per Person (double occ.) \$499

Join the non-gamblers' brigade as we focus on what's to see in Vegas on foot. We'll visit all-things-Vegas "other than" slot machines during the day, including the Petroglyphs State Park, a trip to visit the wild burros in Oatman, AZ, the Hoover Dam, Boulder City, the Alan Bible Trail, Lake Mead, Valley of the Fire State Park, and the county historical park. En route on this all-van tour, we'll stop at Calico Ghost Town near Barstow. Our evenings in Las Vegas will include walking the Strip, visiting the light shows at the Fremont Street Experience and the neon signs graveyard. Our departure from San Diego will be an early morning one, from a central location. Trip includes roundtrip van transportation, 5 nights hotel (double occ.), at least 2 meals per day, selected admissions, and the services of your tour leader(s). Wanna go? Send \$300 deposit to Walkabout International, 2650 Truxtun Road, Suite 110, San Diego, CA 92106 with your name, email address and phone number. Mark "Vegas 2015" on your payment. Once a sufficient number of deposits are received, you'll be notified about trip specifics. Must have 5 paid travelers to offer this trip; limited to 10 customers; first come, first served. If you've never been to Vegas with Walkabout, you've never been on foot! Questions? Contact trip leader, Dan Haslam, danielbhaslam111@yahoo.com

THE 4 CULTURES OF SWITZERLAND

JULY 14 – 26

Trip is full; accepting only those for waiting list!

Once again, Walkabout heads to the land overflowing with the most spectacular scenery accessible by foot – Switzerland. This time we immerse ourselves into the four distinctive cultures and flavors of Switzerland: German, French, Italian and the little-known Romansch.

The land-only price is \$3,250 per person for double-occupancy with a limited number of single rooms available for the supplement of \$480, based on a group size of at least 12 plus leaders. Questions? Call Larry at 858.755.1751 (only evenings and weekends, please!)

BEAUTIFUL BOISE AND TRAILING OF THE SHEEP FESTIVAL

OCTOBER 6 - 13

Join Stan Follis and his faithful co-leader, Walter Konopka Jr., for an 8-day exploration of southwestern Idaho. This trip will be much like our previous travels in 2003, '07, '11, and '13, but we will find new attractions and revisit the best of previous trips. We will fly into Boise and visit the Sun Valley area for a few days in a mountain paradise; very popular in the winter, but we will see it in the fall for the Trailing of the Sheep Festival. Our accommodations may be at the Christophe Condominiums in Ketchum, ID. We will see the Sawtooth Mountains and perhaps visit the Craters of the Moon National Monument. In Boise, we will explore this charming city with a walk along the river and through graceful old Victorian neighborhoods, and visit the grand state capitol building. For those of you who knew Kathy Follis, we will visit with her sister and family. Other possible attractions will be announced in upcoming months, perhaps a piano recital, the Seibel family band, and the rich Basque heritage in Boise. Walks will be at a casual pace and optional except for getting around town. You will be expected to manage your own luggage. If you require more than minimal assistance, you should travel with a companion. Travelers must be current Walkabout newsletter subscribers.

Cost is estimated to be \$1,199 for double occupancy and a single supplement of \$375. This will include airfare, coach, lodging, scheduled attractions, breakfasts, and a farewell dinner. The price is based on 20 participants and travel using a coach and local public transportation. We will use a van rather than a coach if we have significantly fewer travelers.

Please call the office at (619) 231-7463 to be added to the interest list. To reserve a spot, please send a \$400 deposit check which is fully refundable until we purchase the airline tickets in July or August 2015. We will notify you before we purchase the airline tickets and urge you to obtain travel insurance in case you need to cancel. Please enclose a SASE if we do not have your email address on file. Call Stanley at (619) 222-3447 if you have any questions.

WALKABOUT TEAMS UP WITH FRIENDLY EXCURSIONS FOR TWO 2015 TRIPS

Walkabout International will partner with Friendly Excursions of Sunland, CA, for two trips to Arizona. In **March 2015**, Friendly will produce a 4-night, 5-day trip for baseball enthusiasts for spring training in Phoenix (see trip announcement, this issue). In **November 2015**, Walkabout will produce a slightly longer excursion to Tucson, AZ.

Friendly Excursions has created the itinerary for the March spring training trip and made all the hotel, bus, attraction, and meal reservations. Walkabout will receive a share of each seat sold to a Walkabout who signs up

for this trip. Friendly will oversee the trip. If a sufficient number of Walkabouts sign up for the trip, then Walkabout will send a tour escort who will provide our customary walks throughout the day. For the November trip to Tucson, Walkabout will produce the trip with some assistance from Friendly, and daily walks will be provided as part of the itinerary.

BASEBALL SPRING TRAINING IN PHOENIX

March 22 - 26 (5 days, 4 nights)

\$999 per person, double occ./ \$1,299 single occ.

Join up with a busload of baseball enthusiasts for a 5-day, 4-night trip to the Phoenix area to enjoy spring training. The tour, planned by Friendly Excursions of Sunland, CA, includes breakfast daily and two dinners (one of which has a "cowboy" theme), a city tour of Phoenix, a visit to the state capitol, a tour to the historic mining town of Globe, a visit to the renowned Heard Museum and a guided tour of Frank Lloyd Wright's Taliesin West. There will be two baseball training season games included, one of which will be your favorite team. Teams scheduled are SF Giants, Oakland As, Anaheim and LA Angels, the LA Dodgers and the SD Padres. If a sufficient number of Walkabouts sign up for this tour, then a Walkabout tour leader will be included to provide early bird and other walking tours throughout the trip. Otherwise, there will be a professional tour escort available for the whole trip. If you'd like to go, phone Friendly Excursions at (818) 353-7726 to arrange to make a \$200 payment, which is due now. Final payment is due by 2/2/2015 and last day to cancel is 2/1/15. For those who prefer not to travel by deluxe motorcoach, flights from SAN to PHX can be arranged at additional cost. Friendly Excursions is the producer of this trip, although any Walkabouts who sign up will benefit our organization as well. **All inquiries about this trip should be directed to Friendly Excursions, not to our Walkabout office.**



Joan Loomis won "best in show" western hat contest

WALKABOUT TACKLES TEXAS

Twenty Walkabouters toured southern Texas shortly before Christmas to check out the holiday decorations in both San Antonio and Austin. Our group started the week in San Antonio and enjoyed many walks along the recently expanded River Walk, including an evening boat ride on the San Antonio River. Our hotel was close to the Alamo, and we enjoyed several tours within the area. We travelled throughout San Antonio on foot and by public transit. We visited the San Antonio Shoe (SAS) Company on the south side and took in 5-cent popcorn and 10-cent sodas while watching handmade shoes being crafted. A visit to the San Jose Mission included a ranger-led tour. Walks were held all over the city, including to the downtown Market Place, the San Fernando Cathedral, public library and the San Antonio School of Art. Some toured the Museum of Art the Pearl Arts Center or the Tower of the Americas. Wonderful, local meals were enjoyed throughout the trip.

After 4 days in San Antonio, our group headed via two vans to the state's capital, Austin, for 3 more days of touring, including guided tours of the Capitol, the LBJ boyhood home in Johnson City, Fredericksburg, Gruene and New Braunfels. Of particular interest was a ranger-led tour of the LBJ Ranch and Texas White House. The Lady Bird Johnson Gardens were on the itinerary, and a cowboy hat decorating contest held at a Latino-style Hooters made for a fun final night activity. Our group was led by Dan Haslam and co-led by Walter Konopka. Passengers included Charles Konopka, Joan Loomis (who won the hat contest), Yong Baird, Donna and Jerry Farris, Donald Gold and Arlene Special, Joanne Young, Sue Thomas, Kathy Hargrove, Louise Kuebker, Joan Emerick, Janet Forss, Margot Kugies, Evelyn Moon, Janet Hussey, and Patricia and Maureen McCabe.



Walkabout group gathers in Austin to show off their decorated cowboy hats

PLAN YOUR 2015 TRAVEL CALENDAR WITH WALKABOUT

Looking to travel in 2015? Look no farther than Walkabout International, which will offer you the best travel prices over any commercial travel company, plus the joy of walking to destinations and looking behind the scenes -- on foot.

For 2015, Walkabout has numerous trips in the works, including three international trips. In late April or early May, we plan to offer a 7-night cruise to Bermuda, where we'll tour the island on pink buses and ferries as well as walking in historic areas, visiting museums, and hiking on the rail trail. Later in May we'll offer a road tour to Canada's Calgary and Lake Louise. Larry Forman has sold out his legendary Switzerland trip for next summer in July and in September we'll fly east to visit the historic Biltmore estate and Ashville, NC area. In October, we have two trips planned, one to Branson, MO and the other to Eureka Springs, Ark. Dan Haslam will lead a week long tour in the Las Vegas, NV area, including Valley of the Fire SP, museums, and wonderful adventures. Stan Follis will lead another spectacular trip to walk with the sheep in Boise, ID. Walkabout has teamed up with Friendly Tours to offer two trips, one in April for spring training baseball in the Phoenix area (programmed by Friendly) and another trip (programmed by Walkabout) for a return to Tucson, AZ in November.

Each of our trips has an interest list kept at the office. You'll need an email address (use a friend's if you don't have one) to hear about the trips before other announcements appear in the newsletter. Most trips fill from the interest list. Once the trip is further along in the planning, a deposit (usually \$300 for a domestic trip and \$500 for an international trip) is required (along with your legal name and date of birth for TSA purposes), and once you're confirmed as a passenger you may purchase trip insurance, if you're interested in doing so. Each trip leader is responsible for specific trips, so you'll be in contact with the trip leader for your trip, although all Walkabout-programmed trip monies are handled through our office.

Other trips may be offered during 2015, so the above list is not comprehensive. There are numerous day trips in the works as well. You can follow these in our SDFeets newsletter.

JANUARY 2015 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
				1	2	3
				6:30 am Sunrise: Liberty Station 9 am Annual walk Rancho Bernardo 11 am Coronado "Cruise"	10:30 am Naida's Big 80 1:00 pm Liberty Station Water 4:30 pm Mission Hills Meander	TBA Hike 6 pm Sat Night Live
4	5	6	7	8	9	10
7:15 am Breakfast Spcl: Downtown 8:15 am Merry Go-Round	6:30 am Sunrise: North Park 10 am Crown Point Area Beckons	6:30 pm Above the Bay	TBA Hike 10 am Ocean Beach Exploring 3 pm Wednesday Workout	6:30 am Sunrise: Sunset Cliffs 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	11 am Downtown Once Again 4:30 pm Mission Hills Meander	TBA Hike 7:15 am Late Birds 6 pm Sat Night Live
11	12	13	14	15	16	17
7:15 am Breakfast Spcl: Balboa Park 8:15 am Merry Go- Round	6:30 am Sunrise: Lake Murray 10 am Crown Point Area Beckons	3 pm Trees of 6 th Avenue 6:30 pm Above the Bay	TBA Hike 3 pm Wednesday Workout	6:30 am Sunrise: Little Italy 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	10 am Remembering June Anderson 4:30 pm Mission Hills Meander	TBA Hike 6 pm Sat Night Live
18	19	20	21	22	23	24
7:15 am Breakfast Spcl: East Mission Bay 8:15 am Merry Go Round	6:30 am Sunrise: MLK Walkway 10 am Crown Point Area Beckons	6:30 pm Above the Bay	TBA Hike 10 am Coronado Mini-mansions 3 pm Wednesday Workout	6:30 am Sunrise: Mission Bay 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	11 am Exploring Santee Loop 4:30 pm Mission Hills Meander	TBA Hike 6 pm Sat Night Live
25	26	27	28	29	30	31
7:15 am Breakfast Spcl: Pacific Beach 8:15 am Merry Go- Round 9:15 am Hang Luz in Santa Luz	6:30 am Sunrise: Liberty Station 10 am Crown Point Area Beckons	6:30 pm Above the Bay	TBA Hike 3 pm Wednesday Workout	6:30 am Sunrise: By the Bay 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	11 am Barrio Browsing 4:30 pm Mission Hills Meander	TBA Hike 6 pm Sat Night Live

UPCOMING WALKS, EVENTS & TRIPS

Please call our office (619) 231-7463 for details about any of the following.

Day Trips

Griffith Observatory	January 22
Indio Date Festival	February 19
Palm Springs Tramway	Spring
Ramona Pageant	April 25
Huntington Library & Gardens	May 16
Lake Arrowhead	September
Joshua Tree National Park	TBD

Overnight Trips

Las Vegas/ Calico Ghost Town	March
The 4 Cultures of Switzerland	July 14 – 26
Beautiful Boise	October 6 -13

Events/Walks

New Year's Day Walks	January 1
U-T Successful Living Expo	January 24
Annual Walk Leader's Appreciation Luncheon	January 27
Walkabout's 38 th Anniversary	March
Coronado Gardens Walk	March
Chinese New Year Walk/Dinner	March 1
Sharp Women's Health Conf.	March 14
Fireworks Viewing from Pt. Loma	July
Ice Cream Social Walk	August
Tall Ships Parade & Picnic	September
Annual Meeting Potluck & Auction	October
Thanksgiving Restaurant Dinner	November
Holiday Decorations at Hotel Del	December
Christmas Brunch; Gift Exchange	December
Lamb's Theatre Christmas Play	December



VOLUNTEER!

Please call the office if you would like to help organize one of the walks or events listed above.

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
- Free Tuesdays at museums in Balboa Park
- Gem Institute of America/Carlsbad/ docent tour
- I Love A Clean San Diego beach cleanup

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, January 16 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

President	(858) 571-7733
Robert Buehler	President@walkabout-int.org
1st Vice President	
Vacant	
2nd Vice President	(619)249-9813
Dan Haslam	danhaslam@walkabout-int.org
3rd Vice President	(619) 222-3447
Stan Follis	Stanley@walkabout-int.org
Recording Secretary	(619) 231-7463
Donna Farris	secretary@walkabout-int.org
Treasurer	(619) 266-2555
Rita Balliot	treasurer@walkabout-int.org
Directors	
Marilyn Buckley	(619) 231-7463 pr@walkabout-int.org
Larry Forman	(858) 755-1751 larry@walkabout-int.org
Norman Vigeant	(619) 231-7463 ngfrenchy@hotmail.com
Bruce Herms	Emeritus
Dick Hiatt	Emeritus

JOIN US ON MEETUP!

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, Stan Follis, Grace Greenalch, 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 more than 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 had been very successful until 2008, when we stopped. We decided to restart in 2014.

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

A HAPPY LUNAR NEW YEAR CELEBRATION - CHINESE STYLE

Sunday, March 1

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 provide admission ticket)

Happy 4713! Time to sheepishly walk with Walkabout to start off the Year of the Sheep! Alternatively, feel free to "Goat" with the flow as some call this the Year of the Goat?! Officially beginning February 19th, the celebration continues for 15 days with Walkabout joining in the fun on March 1st. Look for Larry to start things off on this annual Walkabout tradition with a flat and **casual** appetite-awaking, anecdote-filled amble at 4 pm.

At 5 pm, prepare to feast on delectable dishes in a Yelp-rated four-star restaurant well-known locally for the chef's freshly homemade and authentically prepared Chinese delicacies. With the focus on a quality experience, savor three specially created dishes in buffet-style dining just for Walkabout: the signature dish of captivating almond chicken will be accompanied by a vegetable extravaganza as well as with a taste-bud triumvirate of a seductive combo of fresh shrimp, tender beef and tantalizing chicken.

Enjoy the fabulous feast for the all-inclusive price of \$16 per person (for the all-you-can-savor food with tea, tax, and tip) by sending your check with notation "Chinese New Year" to Walkabout International, 2650 Truxtun Road, Suite 110, San Diego, CA 92106 and include your telephone number and all the names of the people in your party **by Wednesday February 18**. After February 18th, the price goes up to \$18 per person, if space is available . . . Alas, no refunds for cancellations or no-shows.

Our bountiful and beautiful venue is the family-operated Panda Country Restaurant (NOT to be confused with the ubiquitous Panda Inn chain) at 4455 Clairemont Mesa Blvd., San Diego, CA 92117 in the shopping center with abundant parking by the southwest corner of Clairemont Mesa Blvd. and Genesee Ave. Any questions? Call Walkabout at (619) 231-7463. Gung Hay Fat Choy!