



# San Diego Feets

Vol. 39, No. 3

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)

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

Pace Yourself	miles	minutes
	per hour	per mile
Casual	2.5	25
Moderate	3	20
Moderate-plus	3.5	17

## March 2016

### 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

**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 of Mission Blvd. To use public transit, ride the trolley to Old Town, and then 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 2.5 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

**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.

## FRIDAYS

5:00 pm \*\*\*Note New Time\*\*\*

**MISSION HILLS MEANDER.** Come see the great views and picturesque homes of this old neighborhood on a 1-hour **casual** walk for about 2.5 miles on flat terrain. The walk ends within 15 minutes of sunset so flashlights aren't needed and there will be light to enjoy the views. 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. **Stan F.** (619) 222-3447.

## 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** walk 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 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** in the parking lot near 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.

Date	Contact Information
Mar 2	<b>Margot:</b> (619) 276-5330
Mar 5	<b>Stan H:</b> (619) 448-1668 before 6:00 pm or <a href="mailto:shunt92071@yahoo.com">shunt92071@yahoo.com</a>
Mar 9	<b>Stan H:</b> (619) 448-1668 before 6:00 pm or <a href="mailto:shunt92071@yahoo.com">shunt92071@yahoo.com</a>
Mar 12	<b>Bill:</b> (619) 206-5809 or <a href="mailto:wa4lrm@gmail.com">wa4lrm@gmail.com</a>
Mar 16	<b>Rita C:</b> (619) 482-0052
Mar 19	<b>Bill:</b> (619) 206-5809 or <a href="mailto:wa4lrm@gmail.com">wa4lrm@gmail.com</a>
Mar 23	<b>Ron:</b> (619) 390-3033 or <a href="mailto:lucasronald@hotmail.com">lucasronald@hotmail.com</a>
Mar 26	<b>Candy:</b> (619) 435-2894 or <a href="mailto:ccbeckwith146@yahoo.com">ccbeckwith146@yahoo.com</a>
Mar 30	<b>Candy:</b> (619) 435-2894 or <a href="mailto:ccbeckwith146@yahoo.com">ccbeckwith146@yahoo.com</a>

## MORE GREAT WALKS THIS MONTH

### THURSDAY, MARCH 3

6:30 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** (619) 840-5544.

### SATURDAY, MARCH 5

11:00 am

**CRYSTAL PIER TO WINDANSEA BEACH.** This 11th segment of Dan's "San Diego County Coastal Walks" starts and ends on beaches, and follows nearby streets in between. This is a very pretty **casual to moderate** walk of 3.5 miles. Meet directly under the pier at 11 am and we'll enjoy a lunch break midway. For public transit, travel to Old Town Transit Center (OTTC) and take northbound Bus 30 at 10:15 or 10:30 am to Crystal Pier. Otherwise park close to the intersection of Felspar St. and Mission Blvd., and walk west to the pier. We will return via Bus 30 to the Felspar St. bus stop or to OTTC. Bring \$ for food and bus ride(s) \$1.10 per senior / \$2.25 per adult per ride. Email **Dan D.** at [ddobbs48@gmail.com](mailto:ddobbs48@gmail.com) and he will reply with details. Heavy rain cancels. (858) 722-3002.

### SUNDAY, MARCH 6

7:15 am

**BREAKFAST SPECIAL ON SHELTER ISLAND.** Ships and seagulls will delight us as we walk as far around Shelter Island as we wish **at our own speed.** Time out to pet cute dogs. The walk is mostly flat, but we might go along the shore and some might go up the hill for the views. Optional breakfast follows to eat and chat. Meet at Shelter Island Dr. and Anchorage Ln. This intersection is served by the 6:45 #28 bus. Rain cancels or postpones. **Pat's Pals** (619) 469-6223.

9:15 am

**MARCH MADNESS MEANDER BEYOND CARMEL VALLEY.** Carmel Valley and its outskirts still harbor pockets of serenity...for now. So, enjoy a **moderate-plus** 3-hour prance over mixed-up and up and down pathways and trails in the less frequented eastern reaches of this burgeoning area. Look for **Larry** in front of Trader Joe's entrance, inside the new Village at Pacific Highlands Ranch shopping center near the corner of Carmel Valley and Del Mar Heights Rds. From 56/Ted Williams Fwy., take the Carmel Valley Rd. exit traveling north about a 1/2 mile with the mall on the right. BYO water, rain cancels. (858) 755-1751 (evenings/weekends).

## SUNDAY, MARCH 6 (cont.)

1:00 pm

### SUZY'S DOG WALK AND 13TH BIRTHDAY

**CELEBRATION!** Bring your pooch on this dog walk around the historic block in Gaslamp Quarter and then stop for cake and dog biscuits as we celebrate Suzy's 13th birthday. She's walked the block a hundred times on kids tours, protected the park, and guarded the museum. We'll meet at the Davis-Horton Museum at 4th and Island for a **casual** stroll with poop bags. Free parking with validation at Horton Plaza or free street parking today. Rain won't cancel. Suzy's Dad **Dan** (619) 249-9813.

## MONDAY, MARCH 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, MARCH 8

3:00 pm

**SOUTH HILLCREST/BANKERS HILL.** Explore some of the less-traveled streets of this neighborhood to discover large African animals, mews, and cul-de-sacs with grand old houses, including several Gill houses. Meet at the corner of Walnut Ave. and Albatross St. for a 1.5 hour **casual to moderate** mostly flat walk. Bus #11 stops at 1<sup>st</sup> and Walnut Aves. Rain cancels. **Evelyn K** (619) 461-6095.

## THURSDAY, MARCH 10

6:30 am

**SUNRISE SERIES: HARBOR ISLAND.** We'll have a quiet walk for 1 hour at a **moderate** pace on flat terrain around this beautiful area so close to downtown. Take Harbor Dr. to Harbor Island Dr., turn west to the end and turn left to the parking next to Island Prime Restaurant. Bring money for optional breakfast afterward. **Frances** (619) 479-3962.

## FRIDAY, MARCH 11

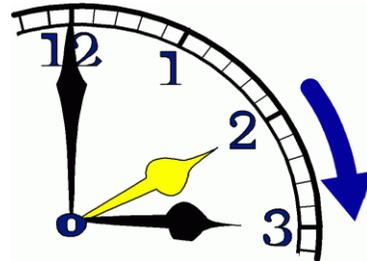
11:00 am

**DOWNTOWN DELIGHTS.** Meet outside the historic Balboa Theater at 4th & E St. and we'll explore downtown together at a **casual** pace for about 90 minutes. Today we'll focus on "free speech" and locate San Diego's own historically designated Speakers' Corner where soap box shouting matches ended up in a riot more than 100 years ago. Optional lunch follows at an upscale grocery store in Horton Plaza. Bring your own soap box. Park for free at Horton Plaza with 3-hr validation. Rain cancels. First Amendment **Dan** (619) 249-9813.

## SATURDAY, MARCH 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.



**SPRING AHEAD 1 HOUR!  
DAYLIGHT SAVINGS TIME BEGINS**

## SUNDAY, MARCH 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.

9:30 am

**39 IS DIVINE...FOR WALKABOUT.** Recreate the walk that launched thousands upon thousands of ships, err, walks since St. Patrick's Day of 1977, 39 years ago! Savor what the times were like back then and how Walkabout took its first baby steps. Explore what were some little-known trails in the picturesque La Playa area of Point Loma on a 1.5-hour **moderate** parade over mixed up and down terrain. Look for **Larry** at the "poetic" corner of Scott and Emerson Sts. (near the famous seafood restaurant). Travel south on Rosecrans St. three blocks past North Harbor Dr. and take a left on Emerson St. and then one block to Scott St. BYO water, rain cancels. (858) 755-1751 (evenings/weekends).

## MONDAY, MARCH 14

6:30 am

**SUNRISE SERIES: OCEAN BEACH.** We will take a **moderate** 3-mile walk visiting the pier to see the surfers and fishermen and then continuing in the Sunset Cliffs neighborhood. To reach our meeting place, take I-8 to the west end, turn left onto Sunset Cliffs Blvd., then turn right onto Newport Blvd. for a block and a half. Meet across the street from the old Strand Theater. Bring money for an optional breakfast. **Fusa** (619) 223-6947.

## TUESDAY, MARCH 15

9:45 am

**CHERRY BLOSSOM TIME IN BALBOA PARK.** Meet at the entrance to the Japanese Friendship Garden for a (free Tuesday) tour of the many beautiful exhibits. We will walk down (and up) the inclined areas at a **casual** pace to view the latest additions to these lovely grounds. Pauses to enjoy the ambiance of the sights and the scents of the flowers and trees and the sounds of the birds and water running over the rocks will be included. Time permitting, we will visit one or two other hidden gardens close by, followed by an optional lunch. For public transit, take the #7 bus. **Jackie B.** (619) 795-3561 & **Elaine B.** (858) 560-9003.

## WEDNESDAY, MARCH 16

10:00 am

**FASHION VALLEY WINDOW SHOPPING.** Meet **Robert and Friends** for a 1-hour **casual** lookie-loo through the new, improved, up-see-down-daisy, multi-shop walkways into escalated euphoria. Afterward, you can stay for some serious shopping on your own. Optional tearoom visit follows. Meet in the mall in front of the east, ground level entrance of Nordstrom. Free parking. To use public transit, take the green-line trolley marked "Green Santee" to arrive by 9:44 at the Fashion Valley station. Walk northeast to the meeting location. Rain cancels. **Robert B.** (858) 414-6181.

## THURSDAY, MARCH 17

6:30 am

**SUNRISE SERIES: HORTON PLAZA.** Let's check out if they have finally finished the Horton Plaza. We'll find out what they decided to keep and what is new. Ice cream? at 6:30 am? Maybe there will be St. Patrick's Day decorations. Linger for an optional breakfast. Meet at 2nd and G Sts. (Ralph's corner). Parking on 2nd or 3rd is free until 10:00 am. Drive west on Market St. to turn right onto 1<sup>st</sup> Ave. and then right again on G St. **Pat K** (619) 469-6223.

## FRIDAY, MARCH 18

9:45 am

**CARLSBAD FLOWER FIELDS.** Join us for one of the most spectacular displays of natural beauty with nearly 50 acres of Giant Tecolote Ranunculus flowers. Meet in the parking lot in front of Armstrong Garden Centers for a **casual** walk followed by lunch and we will come back again to the fields afterward (adults \$14, seniors 60+ \$13). For public transit, take coaster/Amtrak 567 from Santa Fe depot at 8:22 am or Old Town at 8:29 am to arrive at Carlsbad Village at 9:19 am. Return on 5:09 pm Coaster 660 from Carlsbad Village to arrive at Old Town at 6:01 pm or Santa Fe depot at 6:08 pm. Rain reschedules. For pick-up/drop off at train station or more details, phone/text **Ann S.** (760) 390-5489 or email Schrammmom@gmail.com.

## SATURDAY, MARCH 19

2:00 pm

**WINDANSEA BEACH TO LA JOLLA COVE.** This 12th segment of Dan's "San Diego County Coastal Walks" begins at the very low tide of -.4 feet for best viewing and walking. This **casual to moderate** 3.2 mile beach and sidewalk adventure will include Marine Beach, La Jolla Cove, Goldfish Point, and the La Jolla Cave Store. Plan on a snack or a meal afterward on your dime. Meet at the foot of Palomar Ave. by the beach. For public transit, travel to Old Town Transit Center (OTTC) and take the 1:13 pm northbound Bus 30 to the La Jolla Blvd. & Winamar Ave. stop or park on side streets nearby. Will return from La Jolla via Bus 30 to either Palomar Ave. or OTTC. Email **Dan D.** at ddobbs48@gmail.com and he will reply with details. Heavy rain cancels. (858) 722-3002.

## SUNDAY, MARCH 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. If the road/parking lot is closed for an event, we will meet in the restaurant parking lot at Pacific Hwy. and Rosecrans St. to walk along the river or Old Town. Rain cancels or postpones. **Pat's Pals** (619) 469-6223.

2:00 pm

**rites of Spring, Dogs Abound!** Here's a dog experience you don't want to miss. Bring your dog and help GQHF and Sister Cities "spring clean" the bronze dog statues at 410 Island Ave. in the Gaslamp Quarter. Meet us at 4th & Island Ave. Street parking is free today or use the Horton Plaza garage or take bus #3 or #11 or the green line trolley to get you close. After the cleanup, you can join in on the Bum-the-Dog **casual** walking tour to see where he pranced and squatted in the 1880s and 90s. Dog'gone **Dan** (619) 249-9813.

## MONDAY, MARCH 21

6:30 am

**SUNRISE SERIES: BALBOA PARK.** Meet **Connie** at 5<sup>th</sup> Ave. and Spruce St. to start our exploration of Balboa Park from the west side where we'll plan to see two of San Diego's historic treasures, the Marston House, a classic 1805 Arts and Crafts style museum home designed by renowned local architects William Hubbard and Irving Gill, and then continue over historic Cabrillo Bridge to Plaza de Panama and into Balboa Park as far as we can go in 1 hour on flat and paved terrain at **your own pace**. Bring money for optional breakfast afterward. (619) 477-8628.

## TUESDAY, MARCH 22

6:00 pm

**EAST VILLAGE PRE-CONCERT WALK.** Let's meet at the new central library entrance on 11<sup>th</sup> Ave. in East Village for a 1-hour **casual** pre-concert walk and then we'll stay for the free 2-hour "literary, musical and historical journey" concert featuring Colin McAllister in the library's auditorium. You get only 2 free hours parking in the library garage so either locate street parking and pay a meter until 6 pm or take #11 bus or a trolley line to 12th & Imperial or Park & Market stop. If you want to join Dan for dinner at 5 pm, email him at danielbhaslam111@yahoo.com for location. Let's have a night out! Rain may cancel the walk but not the concert! Concert **Dan** (619) 249-9813.

## WEDNESDAY, MARCH 23

10:00 am

**RUDEST, NUDIST, BALBOA PARK.** Join **Robert and Friends** for a **casual** stroll to see what the curious said during the double exposures of yesteryear. Large groups are welcome, provided they do not disrobe. Afterward, we starving meanderers will eat at a nearby restaurant. Meet at the paved parking lot at Park Blvd. and Village Pl. near the giant fig tree. To use public transit, take the #7 bus north or south along Park Blvd and get off at Village Pl. at approximately 9:15. Rain cancels. **Robert B.** (858) 414-6181.

## THURSDAY, MARCH 24

6:30 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. **Winnie** (858) 278-4003.

## SUNDAY, MARCH 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.

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.

## MONDAY, MARCH 28

6:30 am

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

## THURSDAY, MARCH 31

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 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, take second left to park at the small parking area. Optional breakfast afterward. **Edie** (619) 222-4396.



## FEATURED TRIPS



## WALKABOUT TRIPS OFFERINGS FOR 2016

So far, four week-long trips have been approved for Walkabout International during 2016.

- St. Augustine, FL (Mar 29 - Apr 5) \$1100-1200 pp/do
- NW New Mexico (April 12 -19) \$900-1000 pp/do
- Summer Camp at Poland Spring, ME (August 23 -30) \$1100-1200 pp/do
- NC and the Biltmore (Oct 4-11) \$1200-1300 pp/do

These trips advertised in the January issue of SDFeets are filled based on the interest list. You may continue to add your name (as would appear on an airline ticket), email address, phone number, and date of birth to the office interest list, and you will be contacted. The trip closes once sufficient deposits are received for that trip. Due to airline ticketing requirements, cancellations do not allow a waiting list at the same price, although we'll continue to try to fill any vacancies from our lists.

## "STAYCATION" TO JULIAN, CA

**3 NIGHTS, 4 DAYS...AS LOW AS \$250 PP!**

April 8 - 11

Looking for a vacation in southern CA which you can only have with Walkabout? How about a "staycation" at a beautiful, modern family home on 10 acres in this mountain community, with 10 home-cooked meals and walks throughout the area? As of this writing we have two rooms available (shared bath). Each available room has a queen sized bed in it, and for a single person, the room rate is \$250; \$275 for a couple. The home is fully equipped, with a pool table, linens and blankets. Transportation to and from Julian is on your own, and you'll have a map with detailed directions to find your way. Or, there may be an opportunity for a carpool. This is an all-inclusive vacation for housing and meals (including wine served at dinner); other attractions are at additional cost. For more information, email [danielbhaslam111@yahoo.com](mailto:danielbhaslam111@yahoo.com) and contact him to determine availability before sending full payment to the Walkabout office at 2650 Truxtun Rd. #110, San Diego, CA 92016.

### WALKABOUT TURNS 39 THIS MONTH!

On March 4<sup>th</sup> (get it, "march forth"), Walkabout will celebrate its 39th anniversary with a **potluck luncheon** in our "green room" at 2650 Truxtun Road (just down the hall from our office). We'll have a "meet and greet" at 11:30 am and dive into the food at Noon. We have a microwave for reheating, and a fridge to keep things cold. Your place in line is determined by when you joined Walkabout, so age has its privileges! Walkabout will supply drinks, cups, ice, beverages, plates, napkins and cutlery - - and cake for dessert.

You are asked to bring a potluck dish to serve at least 6 people (main dish, side dish or salad). Bring fun photos to remember your years with Walkabout, and we'll share some of ours. We have acquired from Lorraine Marshall's family her photo albums from Walkabout trips, and it's fun to see some of our oldies-but-goodies with dark hair! Trips include, 1995 New Orleans and 1995 Atlanta/Savannah/Charleston/Asheville, 1986 Waikiki, 1994 Tucson and Denver 2000.

So that we have enough of everything, please call the office and indicate number in your party and what you will bring. Following lunch there will be a casual walk around Liberty Station, so don't plan to eat and run...eat and walk! Parking is extremely tight in our adjacent parking lot, so plan to park across

the street. The #28 bus from Old Town stops about a block away from our office.

### VOLUNTEER SHORTAGE STILL "CRITICAL" FOR WALKABOUT OPERATIONS

You may see the little blurbs in the newsletter seeking to fill the chronic shortage of volunteers for our walking organization. We are at less than half the capacity of the number of board members we can have. In addition, under the terms of our commercial lease with Liberty Station, our office must be staffed at least half time. At present, there are insufficient numbers of volunteers to fill those necessary hours. Board members are attempting to fill in, but it is still not enough. As a result the board has a task force in place to determine a course of action, which may involve closing the office and placing our furnishings and equipment in storage, partnering with another organization to share our office half time, or moving to an office without opening hours requirements.

While the office closing would save a lot of money in rent, utilities and insurance, it would be awkward to manage our operations from a storage unit. Much of our work (newsletter production, trip planning, board meetings) is now done off-site, but having an office presence maintains a presence for our supporters and the public. As of April 1, there will be insufficient volunteers to maintain the office at minimum requirements unless our supporters step forward to volunteer their time and talent. It's time for you to voice your willingness to help or accept the consequences of complacency.



**Walkabouters in Pontresina, Switzerland**

## MARCH 2016 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>
		6:30 pm Above the Bay	TBA Hike  3 pm Wednesday Workout	6:30 am Sunrise: PB Boardwalk  10 am Shelter Island 10 am Mission Beach  10:15 am Balboa Park	<b>11:30 Anniversary Potluck</b>  5 pm Mission Hills Meander	TBA Hike  11 am Crystal Pier to Windansea
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
7:15 am Breakfast Spcl: Shelter Island  8:15 am Merry Go- Round  9:15 am March Madness Meander Beyond Carmel Valley  1 pm Suzy's Dog Walk & 13 <sup>th</sup> Bday	6:30 am Sunrise: Lake Murray  10 am Crown Point Area Beckons	3 pm S. Hillcrest / Bankers Hill  6:30 pm Above the Bay	TBA Hike  3 pm Wednesday Workout	6:30 am Sunrise: Harbor Island  10 am Shelter Island 10 am Mission Beach  10:15 am Balboa Park	11 am Downtown Delights  5 pm Mission Hills Meander	TBA Hike  7:15 am Late Birds
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
7:15 am Breakfast Spcl: Balboa Park  8:15 am Merry Go- Round  9:30 <b>39</b> is Divine for Walkabout	6:30 am Sunrise: Ocean Beach  10 am Crown Point Area Beckons	9:45 am Cherry Blossom at Balboa Park  6:30 pm Above the Bay	TBA Hike  10 am Fashion Valley Window Shopping  3 pm Wednesday Workout	6:30 am Sunrise: Horton Plaza  10 am Shelter Island 10 am Mission Beach  10:15 am Balboa Park	9:45 am Carlsbad Flower Fields  5 pm Mission Hills Meander	TBA Hike  2 pm Windansea to La Jolla Cove
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
7:15 am Breakfast Spcl: E. Mission Bay  8:15 am Merry Go- Round  2 pm Rites of Spring, Dogs!	6:30 am Sunrise: Balboa Park  10 am Crown Point Area Beckons	6 pm E. Village Pre-concert  6:30 pm Above the Bay	TBA Hike  10 am Rudest, Nudist, Balboa Park  3 pm Wednesday Workout	6:30 am Sunrise: PB Boardwalk  10 am Shelter Island 10 am Mission Beach  10:15 am Balboa Park	5 pm Mission Hills Meander	TBA Hike
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>		
7:15 am Breakfast Spcl: Pacific Beach  8:15 am Merry Go- Round	6:30 am Sunrise: Clairemont  10 am Crown Point Area Beckons	6:30 pm Above the Bay	TBA Hike  3 pm Wednesday Workout	6:30 am Sunrise: Mission Bay  10 am Shelter Island 10 am Mission Beach  10:15 am Balboa Park		

## UPCOMING WALKS, EVENTS & TRIPS

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

### Overnight Trips (all dates are tentative)

St. Augustine, FL	March 29 - April 5
'Staycation' to Julian	April 8 - 11
Northwest New Mexico	April 12 - 19
Summer Camp in Maine	August 23 - 30
North Carolina and the Biltmore	October 4 - 11

### Events/Walks

Walkabout's Anniversary Potluck	March 4
Ice Cream Social Walk	August
Annual Meeting Potluck & Auction	October
Thanksgiving Restaurant Dinner	November
Christmas Brunch; Gift Exchange	December

## VOLUNTEER!

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

### WALK LEADERS NEEDED

We are recruiting walk leaders for the suggested walks below. If interested, please call the office (619) 231-7463. Receive help with write-up, etc. And, contact us with YOUR ideas for walks!!

- Balboa Park with ranger tour
- Free Tuesdays at museums in Balboa Park

### BOARD SEEKS YOUR HELP

We need office volunteers and new board members.

### 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.

## WALKABOUT BOARD MEETING

There will be no board meeting in March.

### BOARD MEMBERS

<b>President</b>	(858) 571-7733
Robert Buehler	<a href="mailto:President@walkabout-int.org">President@walkabout-int.org</a>
<b>1st Vice President</b>	(619) 249-9813
Dan Haslam	<a href="mailto:danhaslam@walkabout-int.org">danhaslam@walkabout-int.org</a>
<b>2nd Vice President</b>	Vacant
<b>3rd Vice President</b>	(619) 222-3447
Stan Follis	<a href="mailto:Stanley@walkabout-int.org">Stanley@walkabout-int.org</a>
<b>Recording Secretary</b>	(619) 231-7463
Donna Farris	<a href="mailto:secretary@walkabout-int.org">secretary@walkabout-int.org</a>
<b>Treasurer</b>	(619) 231-7463
Vacant	<a href="mailto:treasurer@walkabout-int.org">treasurer@walkabout-int.org</a>
<b>Directors</b>	
Marilyn Buckley	(619) 231-7463 <a href="mailto:prwalkabout@yahoo.com">prwalkabout@yahoo.com</a>
Dan Dobbs	(858) 722-3002
Larry Forman	(858) 755-1751 <a href="mailto:larry@walkabout-int.org">larry@walkabout-int.org</a>
Norman Vigeant	(619) 231-7463 <a href="mailto:ngfrenchy@hotmail.com">ngfrenchy@hotmail.com</a>
Bruce Herms	Emeritus

### JOIN US ON MEETUP!

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

### OFFICE STAFF

Robert Buehler, Donna Farris, Marilyn Buckley, Eileen Frame, Grace Greenalch, Dan Haslam, Charlotte Sedgwick

### NEWSLETTER STAFF

Dan Haslam, Kim Mills, Fran Whiteman

### MAILING CREW

Beverly Stebbins (Captain), Alice Berwert, Stan Follis, Grace Greenalch, Julie McKane, Barbara Miller, Sharon Nelson, Joanne Paul, Gwen Phelps, Charlotte Sedgwick, Fusa Shimizu, 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     
 Other Contribution 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

### NEWSLETTER POSTAL LABELS

In order to maintain its bulk rate permit for discounted mailing rates, Walkabout must periodically jump through postal service regulations regarding everything from paper weight to mailing labels. In February we started using new barcode labels that are formatted by the postal service.

The date printed on the new labels is the date the labels were printed, not your expiration date. We will email subscribers when a subscription is about to expire. For those subscribers without a valid email address, we may attempt to contact them via telephone or snail mail.



2650 Truxtun Rd., Suite 110  
San Diego, CA 92106-6007  
(619) 231-7463  
<http://www.walkabout-int.org>  
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## WALKABOUT TURNS 39 THIS MONTH!

CELEBRATE WITH US AT OUR ANNIVERSARY POTLUCK LUNCHEON ON MARCH 4<sup>TH</sup>  
(REFER TO PAGE 6 FOR DETAILS)

*AND*

Join us on March 13<sup>th</sup> at 9:30 am to recreate the walk that launched thousands upon thousands of  
ships, err, walks since St. Patrick's Day of 1977, 39 years ago! (REFER TO PAGE 3 FOR DETAILS)

