



# San Diego Feets

Vol. 39, No. 12

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. Summer office hours: 10:00 am to 2:00 pm, Mon., Wed., Fri. 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 at least 10 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

## December 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. Rarely, we cancel due to holidays or commitments during this busy season.

#### WEDNESDAYS

2:00 pm *\*\*\*Note New Time\*\*\**

**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.** Join Sandra, Sally and Friends for 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 sea lions. Meet new friends 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. Ample free parking. 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, Optional eats afterward. Heavy 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.

# MORE GREAT WALKS THIS MONTH

## THURSDAY, DECEMBER 1

### FRIDAYS

4:00 pm

**MISSION HILLS MEANDER.** Join us for great views and picturesque homes of this old neighborhood on a 1-hour **casual** walk for about 2.5 miles on flat terrain. We will enjoy the late afternoon views. Meet 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
Dec 3	<b>Don:</b> <a href="mailto:dpiller@cox.net">dpiller@cox.net</a> or (760) 796-4007
Dec 7	(Winery & Safari Park) <b>Bob R:</b> (760) 728-8232
Dec 10	<b>Bill:</b> (619) 206-5809 or <a href="mailto:wa4lrm@gmail.com">wa4lrm@gmail.com</a>
Dec 14	<b>Rita C:</b> (619) 482-0052
Dec 17	<b>Bill:</b> (619) 206-5809 or <a href="mailto:wa4lrm@gmail.com">wa4lrm@gmail.com</a>
Dec 21	<b>Stan H:</b> (619) 448-1668 before 6:00 pm or <a href="mailto:shunt92071@yahoo.com">shunt92071@yahoo.com</a>
Dec 24	<b>NO HIKE</b>
Dec 28	<b>Don:</b> <a href="mailto:dpiller@cox.net">dpiller@cox.net</a> or (760) 796-4007
Dec 31	<b>NO HIKE</b>

6:30 am

**SUNRISE SERIES: BY THE RIVER AT LIBERTY STATION.** Join **Edie** 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.

## FRIDAY, DECEMBER 2

11:00 am

**GOLDEN HILL MEANDER.** Meet at 25th and A (#2 bus to 26th & C) for a **casual** 1-hour meander with a couple of hills around Golden Hill Park and the commercial district, with an optional lunch stop at 28th and B (Mexican food), then walk back to starting point. We'll check out some new condos near 28th on C and visit some old haunts. Rain cancels. **Dan H.** (619) 318-4870.

## SUNDAY, DECEMBER 4

7:15 am

**BREAKFAST SPECIAL DOWNTOWN.** Let's take a **casual** stroll through the downtown area admiring the Christmas decorations and holiday spirit. Optional breakfast follows. Meet at the corner of 2nd Ave. and G St. Parking is free on 2nd and 3rd Aves. south of G St. until 10 am and also in yellow zones on Sundays. **Pat K.** (619) 469-6223.

9:15 am

**RANCHO FANTASY ROMP.** With the holiday just around the corner, let's saunter through the enchanting realm of rancho fantasy, also known as Rancho Santa Fe. Time to stretch our legs past luxurious lawns and sumptuous estates all aglow with December trimmings on a spirited, **moderate-plus** 3-hour prance over mixed-up and -down trails and pathways. Look for **Larry** at the corner of Via de la Valle (aka route S-6) and Cancha de Golf (which leads into the Morgan Run Resort and Club). Rain cancels! (858) 755-1751 (evenings/weekends) [Larry@walkabout-int.org](mailto:Larry@walkabout-int.org).



## SUNDAY, DECEMBER 4 (CONT.)

4:00 pm

**BALBOA PARK STROLL.** By this time the park is less crowded and parking is available along Balboa Dr. and 6th Ave. Meet **Stella** at 6th and Upas for a **casual** Balboa Park walk starting at Marston House and continuing into the center of the park via the Trees for Health Garden to view sculptures around the art museum as well as those in the Sculpture Garden. We'll take approximately 90 minutes to enjoy the late afternoon. (619) 232-3756.

## MONDAY, DECEMBER 5

6:30 am

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

## THURSDAY, DECEMBER 8

6:30 am

**SUNRISE SERIES: CORONADO.** Let's take a flat, **moderate** paced walk through beautiful Coronado with stops to admire the shops, homes, gardens, Hotel Del Coronado and of course the beach. Meet at the west side of 10th St. and Orange Ave. with optional breakfast afterward. **Connie** (619) 477-8628.

## FRIDAY, DECEMBER 9

8:00 am

**DOWNTOWN ON THE WATERFRONT.** Meet underneath the lighted Gaslamp Quarter sign at 5th and L Sts. Park on street for free in this area until 10 am., or take the Green Line trolley to Gaslamp Quarter trolley stop. We'll take a **casual** walk by Petco Park, take the pedestrian overpass and head out for sea breezes to poor old Seaport Village, whose days are numbered. Then back along paths and streets to our starting point within the 2-hour free parking limit. Rain cancels. Meter Maid **Dan H.** (619) 318-4870.

## SATURDAY, DECEMBER 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, DECEMBER 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, DECEMBER 12

6:30 am

**SUNRISE SERIES: DOWNTOWN.** Let's take a **casual** stroll through the downtown area admiring the Christmas decorations and holiday spirit. Optional breakfast follows. Meet at the corner of 2nd Ave. and G St. Parking is free on 2nd and 3rd Aves. south of G St. until 10 am. **Pat K.** (619) 469-6223.

10:00 am

**UTC AREA CHRISTMASTIME.** Meet Virginia C. outside Bookstar in Costa Verde Shopping Center for a 1-1/2 to 2 hour **casual** walk to view and admire various holiday decorated trees in several buildings around UTC. This area is a special treat. One building has a garden with a water feature and fish tanks inside. The trees are huge and always beautiful. Rain cancels. (619) 231-7463.

## WEDNESDAY, DECEMBER 14

10:30 am

**CORONADO BAY AND OCEAN.** Robert and Friends will do a **casual**, 1-hour flat walk to view the bay and the civic buildings of Coronado, then cross over to the ocean side and walk past the high-rise condos to check out the Hotel Del's famous Christmas Trees. Meet in front of the Bluewater Boathouse Restaurant on Strand Way. Take Orange Ave. south past the Hotel Del and the restaurant to the first traffic light, turn left, then left again onto Strand Way. There is free parking in the restaurant parking lot or on Strand Way. For public transit, take or transfer to the #901 bus ("Iris Trolley") from the 12th and Imperial Transit Center and get off just past the Hotel Del before 9:45 am, proceed across Orange Ave. and down the hill to the meeting place. Optional eats afterward. Rain cancels. **Robert B.** (858) 414-6181.

## THURSDAY, DECEMBER 15

6:30 am

**SUNRISE SERIES: DOWNTOWN.** Let's walk through downtown checking on progress at any new construction. Meet at the parking lot next to the merry-go-round at the south end of Pacific Hwy. for this flat, **moderate**, 1-hour walk followed by an optional breakfast. **Frances** (619) 479-3962.

## FRIDAY, DECEMBER 16

11:00 am

**TRAIPE IN UNIVERSITY HEIGHTS.** Meet **Dan H.** underneath the lighted UH sign on Park Boulevard at Madison for a **casual** traipse to Trolley Barn Park, a walk through the neighborhood and lunch at Dan's house. We'll see bungalow courts, coffee houses, a theater, new restaurants and peruse a couple of alleys, too. **Please RSVP** for count coming for lunch after walk. Rain won't cancel. danielbhaslam111@yahoo.com (619) 318-4870.

## SUNDAY, DECEMBER 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. If the road/parking lot is closed for an event, 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.

## MONDAY, DECEMBER 19

6:30 am

**SUNRISE SERIES: OLD TOWN.** We'll visit Old Town to check out what's new. Meet at the corner of Pacific Hwy. and Rosecrans St. for this flat, **casual to moderate** 1-hour walk. Bring money for optional breakfast afterward. **John & Marilyn** (619) 840-5544.

7:30 pm

**CLAIREMONT CANDY CANE LANE.** Meet at the corner of Kesling St. and Mount Abernathy Ave. for a **casual** walk to admire the homes decorated for Christmas. Some of the homes sell cookies, hot chocolate, and/or cider in their driveways. Bring a flashlight. Rain cancels. **Beverly D.** (858) 229-0741.

## THURSDAY, DECEMBER 22

6:30 am

**SUNRISE SERIES: SDSU.** Here's our chance to get educated on what is happening at San Diego State University as we take a mostly flat walk for about 1 hour at a **moderate** pace exploring the old and the new. Afterward, we'll have an optional breakfast at a nearby restaurant. Meet in the church parking lot on Montezuma Rd. between College Ave., and Campanile Dr. **Margo** (619) 287-7722.

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.

## FRIDAY, DECEMBER 23

8:00 am

**MORNING DOWNTOWN LOBBIES.** Parking is free at most downtown meters until 10 am, so we'll do a late bird **casual** walk to check out decorated downtown lobbies as most head to work. Meet at the front of Horton Plaza on the traffic circle near Lyceum Theater. Take public transportation or find a free meter; you'll be back by 10 am when the meter kicks in. Rain cancels. Lobbyist **Dan** (619) 318-4870.

## MONDAY, DECEMBER 26

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.

## WEDNESDAY, DECEMBER 28

10:30 am

**POINT LOMA HARBOR VIEW.** Join **Robert and Friends** for a mostly level, 1-hour stroll at **casual speed** along Point Loma's crest. Optional eating afterward. The following directions avoid driving up particularly steep hills: Take Rosecrans St. south through Point Loma. Turn right on Talbot St., left on Gage Dr., left on Jennings St., right on Bangor St., left on Golden Park Ave. and around the bend to our meeting place at Harbor View Dr. Rain cancels. **Robert B.** (858) 414-6181.

## THURSDAY, DECEMBER 29

6:30 am

**SUNRISE SERIES: MISSION BAY.** Let's enjoy the season by the bay on this flat 1 hour **moderate** walk where we can watch for a beautiful sunrise and check out the different birds. Meet at the former Visitors Information Center. From the I-5, take the Clairemont Dr. exit and go west. Optional breakfast follows. **Winnie** (858) 278-4003.

## FRIDAY, DECEMBER 30

11:00 am

**RESOLUTION WALK.** You probably gave up on your diet in January and exercise may have taken a back seat. Today we'll share our resolutions for 2017 and perhaps by uttering them, you'll honor them. Meet at the Walkabout office at Liberty Station for a **casual** jaunt around all the new stuff. Bring a brown bag lunch and something to share, and we'll break bread at the end in the Green Room. Rain won't cancel. **RESOLUTE DAN** (619) 318-4870.

## FEATURED TRIPS



**Resplendent Rambles in the Alluring Swiss Alps**

**June 25 - July 9, 2017**

The trip is full, but a waiting list is open. Questions? Email [Larry@walkabout-int.org](mailto:Larry@walkabout-int.org) or call 858.755.1751 (evenings/weekends)

### TRIP POSSIBILITIES FOR 2017

Walkabout has announced an impressive line-up for approved trips for 2017, including 3 international trips (possibly 5!) Our trips are only open to our members, and since we are a volunteer organization, they are priced well below similar commercial trips. If you are interested in any of the following trips, contact the WI office immediately and put your name on the interest list for that trip. Please indicate those trips in which you might be seriously interested, as we use the interest list as a planning tool for trip budgeting, reservations, etc.

(late) March 2017. FLORIDA! Miami, Florida Keys including Key West, the Everglades and a day National Park Service trip to the Dry Tortugas (lots of parks and path walking).

(mid) April 2017. RUSH FOR CALIFORNIA GOLD! Tour with us along Rte. 49 and take in Jamestown, Columbia, Angel's Camp, Sacramento + Capitol, Coloma, Nevada City, Auburn. Trip done in conjunction with the Gaslamp Quarter Historical Foundation.

(early) May 2017. BERMUDA! Fly (possibly a red-eye) to Boston and hop on the cruise ship for 2 days over and 2 back, with 3 days on the Island riding pink buses and walking historic paths! Dan's favorite trip. (easy to moderate walking, some hills, off and on buses)

(early to mid) June 2017. CANADIAN ADVENTURE! Montreal & Quebec City. We will use public transport throughout, including a train from city to city, and a river trip, too! Passports required. (moderate to substantial walking, city walking, hills)

September 2017 (mid-month) CHICAGO and OAK PARK. An architectural walking tour of great Windy City buildings while staying at a downtown hotel for easy access. (substantial walking)

October 2017. (late month) SOUTHEASTERN NEW MEXICO. Silver City, Carlsbad Caverns, atomic sites, Las Cruces...you'll glow after this trip! (easy to moderate walking)

November 2017 (well before Thanksgiving). LEAPING LOUISIANA! Van tour of Baton Rouge, Lafayette and New Orleans. (easy to moderate walking)

December 2017. (First week or so) TASTE OF TEXAS! Austin and San Antonio; walk the Riverwalk to see it decorated for the holidays, including a barge trip at night! (easy to moderate walking, with substantial walking on Riverwalk).

Larry Forman has already filled his Switzerland adventure during summer 2017. There's a strong possibility of WI partnering with other organizations to visit Edinburgh, Scotland to see San Diego's town dog Bum's new home in a swanky new mall, with an optional week-long trip to Ireland. (This will be an off-season trip). Trip prices have not yet been determined, but you can count on something close to \$100 per person per day for domestic trips, plus air fare. (covers 2 meals, hotels, ground transportation, admissions, tour leader/co-leader; overseas trips may be higher).

Trips are first-come, first-served, and most likely will sell out to those on interest list. This is likely your only notice of these trips before they fill. Other trips (such as Cuba) may be offered during the year, and you'll read more about that. We contact those on the interest list once the trip is ready to book and call for \$300 deposits (more for international trips). Once placed, your deposit may not be refunded if you cancel from the trip. Trip insurance highly recommended but not included in price. Luggage limitations may apply and passengers may be screened for fitness levels. Other trips may be led by other leaders, the above trips to be led by Dan Haslam. Some trips may not advance due to interest levels; other trips may be substituted.



### WALKABOUTERS ENJOY ANNUAL PICNIC AND AUCTION AT MISSION BEACH

On a picture-perfect beach day on Saturday, October 29, about thirty-five Walkabouters enjoyed a potluck lunch, auction, and walks to celebrate a beautiful fall day at Mission Beach. About half the group joined on an initial walk to commemorate the life of Rita Balliot, our former treasurer and board member who died late this summer. Flower petals were handed out at water's edge with instructions to float the petals in memory of Rita, whose ashes were scattered at sea by her family. (A memorial walk for Rita had been held a week before). When the walk ended, lunch began, an assortment of homemade and store bought goodies were presented to delight the crowd under our covered gazebo near the shore.

After lunch Walkabout President Bob Buehler gave a brief report on overall operations, subscribership, trips and introduced our newest board member and treasurer, Diane Erk. After his report, auctioneer Dan Haslam begged for bids for the numerous "cast offs" contributed by our members. Movie tickets to "The Lot" (next door to WI's offices) were raffled off as door prizes. Norm Vigeant's homemade pumpkin pies were a hit at the auction as was a week-long stay at a Cape Cod condo. Other items were sold at bargain basement prices, with several bidders getting a head start on holiday shopping. Following the hour-long auction, Mark Levy led another walk for those who wanted to walk off the calories from lunch.

**"MAYHEM ON MARYLAND STREET"  
HALLOWEEN PROWL!**

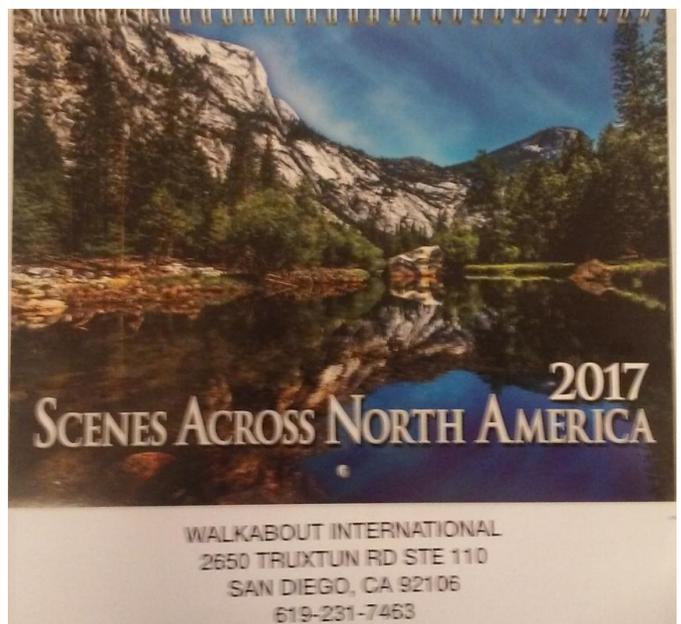
Nearly twenty Walkabouts (some in costume) turned out for the annual Halloween prowl around University Heights for a walk as darkness fell over festive and scary Maryland Street. This street's several blocks has in recent years become "the" neighborhood to visit ghosts and ghouls, and this year was no disappointment. The Bates Motel, with "vacancy" sign lit over the front door in a classic Victorian, featured Mrs. Bates rocking in her chair out front, passing out candy for those who dared to approach. She's also seen rocking on the balcony upstairs, and a clever electronic silhouette of "her" wielding a knife in the downstairs window. Another exhibit featured Michael Jackson's "Thriller," to dancing gourds and a skeleton in a raised garden bed. There was a skit in someone's front yard "turning on" son of Frankenstein, complete with doctors in lab coats, jellied "brains," and all sorts of sound effects.

Our Walkabout group met up in University Heights at Dan Haslam's bungalow court condo and walked to the event and collected some candy along the way too. Following the crowded mass of pedestrians, our group returned to our starting point for an evening supper and other refreshments. This event is a crowd pleaser, so mark your calendar for next year -- if you dare!

**INTRODUCING WALKABOUT'S NEW TREASURER**



At its October meeting our Walkabout board approved its newest board member and treasurer, **Diane Erk**. Diane has been a Walkabout member for nearly a year, having joined following her retirement from full time employment in the financial field. Diane hails from Pittsburgh, PA but followed her family to San Diego in 1978. She was educated at Pennsylvania schools and has her bachelor's degree (in biology and microbiology) and MBA (in accounting) from the University of Pittsburgh. She has worked at Price Waterhouse in accounting and for a number of other financial firms. She has been married to Frank Dezenzo (too many Z's she says to change her name) for 35+ years, and they share their home with Benny the cat. She became aware of Walkabout's need for a treasurer through board member Marilyn Buckley, who overheard Diane talking about QuickBooks during their swim-aerobics class. The rest is history. She and Frank showed up for Walkabout's Halloween walk costumed as jail convicts, thus inspiring much confidence in her plans to handle Walkabout's finances! Diane enjoys bicycling, walking, swimming and reading, and has travelled with her husband on many trips. When asked what she felt about her new job, she replied, I think this is going to be fun!"



Looking for a great, inexpensive gift for a friend for the holidays? Enjoy Walkabout International every day of the year with a wall-mount calendar for \$3. The calendar has beautiful photographs of colorful scenes from around the country. It will remind you of great walking and trips to come! It even comes wrapped in a decorated envelope and has Walkabout's address and phone number on each one for easy referral. To purchase one (available after Thanksgiving), contact the office and put your name (and email address) on the list. You can pay at the office when you call for your calendar during office hours.

## DECEMBER 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>
				6:30 am Sunrise: By the River  <b>10 am</b> Shelter Island <b>10 am</b> Mission Beach  <b>10:15 am</b> Balboa Park	11 am Golden Hill Meander  <b>4 pm</b> Mission Hills Meander	TBA Hike
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
7:15 am Breakfast Spcl: Downtown  <b>8:15 am</b> Merry Go- Round  9:15 am Rancho Fantasy Romp  4 pm Balboa Park Stroll	6:30 am Sunrise: Ocean Beach  <b>10 am</b> Crown Point Area Beckons	<b>6:30 pm</b> Above the Bay	TBA Hike  <b>3:00 pm</b> Wednesday Workout	6:30 am Sunrise: Coronado  <b>10 am</b> Shelter Island <b>10 am</b> Mission Beach  <b>10:15 am</b> Balboa Park	8 am Downtown on the Waterfront  <b>4 pm</b> Mission Hills Meander	TBA Hike  7:15 am Late Birds
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
7:15 am Breakfast Spcl: Balboa Park  <b>8:15 am</b> Merry Go- Round	6:30 am Sunrise: Downtown  10 am UTC Area Christmastime  <b>10 am</b> Crown Point Area Beckons	<b>6:30 pm</b> Above the Bay	TBA Hike  10:30 am Coronado Bay and Ocean  <b>3:00 pm</b> Wednesday Workout	6:30 am Sunrise: Downtown  <b>10 am</b> Shelter Island <b>10 am</b> Mission Beach  <b>10:15 am</b> Balboa Park	11 am Traipse in Univ. Heights (RSVP lunch)  <b>4 pm</b> Mission Hills Meander	TBA Hike
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
7:15 am Breakfast Spcl: E. Mission Bay  <b>8:15 am</b> Merry Go- Round	6:30 am Sunrise: Old Town  <b>10 am</b> Crown Point Area Beckons  7:30 pm Clairemont Candy Cane Lane	<b>6:30 pm</b> Above the Bay	TBA Hike  <b>3:00 pm</b> Wednesday Workout	6:30 am Sunrise: SDSU  <b>10 am</b> Shelter Island <b>10 am</b> Mission Beach  <b>10:15 am</b> Balboa Park	8 am Morning Downtown Lobbies  <b>4 pm</b> Mission Hills Meander	No Hike
<b>HOLIDAY 25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
<b>8:15 am</b> Merry Go- Round  TBD – Annual Christmas Breakfast & Gift Exchange	6:30 am Sunrise: Lake Murray  <b>10 am</b> Crown Point Area Beckons	<b>6:30 pm</b> Above the Bay	TBA Hike  10:30 am Point Loma Harbor View  <b>3:00 pm</b> Wednesday Workout	6:30 am Sunrise: Mission Bay  <b>10 am</b> Shelter Island <b>10 am</b> Mission Beach  <b>10:15 am</b> Balboa Park	11 am Resolution Walk  <b>4 pm</b> Mission Hills Meander	No Hike

## UPCOMING WALKS, EVENTS & TRIPS

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

### Overnight Trips (all dates are tentative)

Resplendent Rambles in the Alluring Swiss Alps	June 25 - July 9, 2017
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### Events/Walks

Christmas Brunch; Gift Exchange	December 25
New Year's Day Walks	January 1, 2017
Chinese New Year Walk/Dinner	February 12, 2017
Walkabout's Anniversary	March



## 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

Friday, December 16 at 11:00 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> Robert Buehler	(858) 571-7733 President@walkabout-int.org
<b>1st Vice President</b> Dan Dobbs	(858) 722-3002 ddobbs48@gmail.com
<b>2nd Vice President</b> Dan Haslam	(619) 318-4870 danhaslam@walkabout-int.org
<b>3rd Vice President</b> Stan Follis	(619) 222-3447 Stanley@walkabout-int.org
<b>Recording Secretary</b> Donna Farris	(619) 231-7463 secretary@walkabout-int.org
<b>Treasurer</b> Diane Erk	(619) 231-7463 treasurer@walkabout-int.org
<b>Directors</b>	
Elaine Berger	(858) 560-9003
Marilyn Buckley	(619) 231-7463 prwalkabout@yahoo.com
Larry Forman	(858) 755-1751 larry@walkabout-int.org
Norman Vigeant	(619) 231-7463 ngfrenchy@hotmail.com
Bruce Herms	Emeritus

## JOIN US ON MEETUP!

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



### OFFICE STAFF

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

### NEWSLETTER STAFF

Dan Haslam, Kim Mills, Fran Whiteman

### MAILING CREW

Charlotte Sedgwick & Beverly Stebbins (Captains), Alice Berwert, Stan Follis, Grace Greenalch, Julie McKane, Barbara Miller, Sharon Nelson, Joanne Paul, Gwen Phelps, 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)

Subscribe to the email list for Wilderness Hikes

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

## WALKABOUT CHRISTMAS BREAKFAST AND GIFT EXCHANGE, 12/25/2016

Join our annual breakfast, walk, and gift exchange on Christmas morning. Contact our office to put your name and email address on our interest list, and we'll email you the details. Deadline to register is 12/19 to allow restaurant to prepare.



**Meandering Around Carmel Valley/Mountain in November**