



# San Diego Feets

Vol. 40, 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 am to 2 pm, Monday, Wednesday, 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 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

## January 2017

## 40<sup>th</sup> Anniversary Year!

### 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.

#### 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.

#### 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.

Flashlights should be kept handy on evening or early morning walks. They help you not only to see, but to be seen. In case of emergency please carry ID and medical information.

**SUNDAYS**

8:15 am

**MERRY GO-ROUND.** Start from the carousel in Balboa Park and join us on one of the most scenic walks in San Diego. Our **moderate-plus** 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
Jan 4	<b>Don:</b> <a href="mailto:dpiller@cox.net">dpiller@cox.net</a> or (760) 796-4007
Jan 7	<b>Stan H:</b> (619) 448-1668 before 6:00 pm or <a href="mailto:shunt92071@yahoo.com">shunt92071@yahoo.com</a>
Jan 11	<b>Rita C:</b> (619) 482-0052
Jan 14	<b>Bill:</b> (619) 206-5809 or <a href="mailto:wa4lrm@gmail.com">wa4lrm@gmail.com</a>
Jan 18	<b>Mike L.</b> (858) 455-0738
Jan 21	<b>Bill:</b> (619) 206-5809 or <a href="mailto:wa4lrm@gmail.com">wa4lrm@gmail.com</a>
Jan 25	<b>Bob R:</b> (760) 728-8232
Jan 28	<b>Candy:</b> (619) 435-2894 or <a href="mailto:ccbeckwith146@yahoo.com">ccbeckwith146@yahoo.com</a>

**MORE GREAT WALKS THIS MONTH**

**SUNDAY, JANUARY 1**

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. For public transit, take the 6:45 #28 bus. Rain cancels or postpones. **Pat's Pals** (619) 469-6223.

**SUNDAY, JANUARY 1 (CONT.)**

11:00 am

**CORONADO "CRUISE."** Kick off a healthy New Year with a **moderate** 1-1/2 to 2-hour flat walk (1 small hill) in beautiful Coronado with an optional lunch break mid-way (the walk officially ends at that point since we'll break up into smaller groups for optional lunch at the restaurant of your choice). 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 wanting to drop out early, there are several shortcuts 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 should be free in the lot on the north side ONLY (by the American flag) or park on the street (meters are free that day). Meet at the center's entrance near the flag pole. Rain cancels. **Fran W.** (619) 271-7107.

**MONDAY, JANUARY 2**

6:30 am

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

**TUESDAY, JANUARY 3**

10:00 am

**SOLAR POWER IN BALBOA PARK.** Meet **Stella** at the tables in front of the Art Museum for a 1-hour **casual** walk to include the Rose Garden and Spanish Village. After a short break at the senior lounge for coffee or tea, we'll visit the Model Railroad Museum (free day for San Diego residents) to see a miniature replica of a section of Balboa Park as it was in 1915. The replica includes a solar-powered working fountain and trolley as well as a model of the Organ Pavilion. (619) 232-3756.

**THURSDAY, JANUARY 5**

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.

## SUNDAY, JANUARY 8

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 9

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, JANUARY 10

10:00 am

**TOURSDAY TUESDAY.** Today we'll explore a bit of up-and-coming North Park before it comes and goes! We have planned a mystery tour of something unusual that you may not have seen before, so you don't want to miss this **casual** walk. Meet at the SW corner of 30th and University bus stop. There is 2-hour parking in the 'hood, and if you walk a few blocks you can avoid the meters and the restrictions. We'll have an optional lunch at Dan's fave Italian restaurant a few blocks away. Rain won't cancel. "North Park **Dan**" (619) 318-4870.

## WEDNESDAY, JANUARY 11

11:00 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 4<sup>th</sup> St., then a quick right on A Ave. to the 4<sup>th</sup> and A meeting place. To use public transit, take the 901 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 12

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, JANUARY 14

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 15

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, JANUARY 16

6:30 am

**SUNRISE SERIES: DOWNTOWN.** Let's walk through downtown checking on progress at any new construction. We'll walk along Martin Luther King Promenade. Meet at the parking lot next to the merry-go-round at the south end of Pacific Hwy. for this **moderate** 1-hour flat walk followed by an optional breakfast. **Connie V.** (619) 477-8628.

## TUESDAY, JANUARY 17

10:00 am

**TOURSDAY TUESDAY.** Today will ideally introduce you to something new downtown that you have not seen before. You know that free parking is quite restricted at Horton Plaza, so unless you have connections at Macy's or Jimbos (which validate for more than an hour), take public transportation to our meeting point at the Balboa Theater at 4th and E Sts. for our **casual** walk. We'll probably be on our feet for 90 minutes and there will be an optional lunch afterward. Rain won't cancel. "Gaslamp **Dan**" H. (619) 318-4870.

## THURSDAY, JANUARY 19

6:30 am

**SUNRISE SERIES: KENSINGTON.** Gardens are in bloom in this charming area at this time of year as we take a **moderate** flat 1-hour walk to view gardens and homes followed by an optional breakfast. Meet at the library at Kensington St. and Adams Ave. **Frances B.** (619) 479-3962.

## SUNDAY, JANUARY 22

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

**FANCY FOOTWORK IN RANCHO SANTA FE.** Prance along pulchritudinous pathways in a pristine promised land perfect for pedestrian pursuits. Pow! Explore some little traversed trails in the remarkable realm of Rancho Santa Fe on a 3-hour, **moderate-plus** parade over mixed up and down terrain. Look for **Larry** in front of the library at 17040 Avenida De Acacias near the corner of La Granada (route S-9). BYO water, rainwater cancels. (858) 755-1751 (evenings/weekends) Larry@walkabout-int.org.

## MONDAY, JANUARY 23

6:30 am

**SUNRISE SERIES: SAN DIEGO RIVER WALK – SOUTHSIDE.** In the winter the trees lose leaves which makes the river easier to admire. We will take a **casual** walk along one side of the river and then cross over to the other side to check out what changes have been made. Meet at SE corner of Mission Center Rd. and Camino de la Reina in the shopping center parking lot. **Pat K.** (619) 469-6223.

## TUESDAY, JANUARY 24

10:00 am

**TOURSDAY TUESDAY DOWNTOWN.** Meet at our new Central Library at 12th and K St. (main entrance near tour entrance) for a mystery tour of something unusual you may not have seen before. There is 2-hour validated parking at the library. We'll take a 90 minute **casual** walk followed by an optional lunch in the East Village. You can take either green, blue or orange trolley or #11 bus all of which stop within a block of the library. Rain won't cancel. "Mystery Walker" **Dan** (619) 318-4870.

2:00 pm

**KENSINGTON NORTHWEST.** Stroll the lovely streets past beautiful homes and gardens. We will discover some "secret" streets and a tiny park, and see where many San Diego civic leaders have lived. Meet at the corner of Alder and Kensington Dr. for a flat, **casual to moderate**, 1.5+ hour walk. Bus #11 stops at Adams Ave. and Kensington Dr. Rain cancels. **Evelyn K.** (619) 461-6095.

## WEDNESDAY, JANUARY 25

11:00 am

**SPANISH LANDING.** Join us for a 1-hour **casual** walk along harbor pathways to view the marinas and the Cancer Survivor's Park. Meet in the entrance to the parking lot at the west end of Spanish Landing Park. From Harbor Dr., turn toward the bay at the traffic light with the sign "Spanish Landing W" or take #923 bus to arrive at the "N. Harbor Dr. at Spanish Landing W" stop. Rain cancels. **Robert B.** (858) 414-6181.

## THURSDAY, JANUARY 26

6:30 am

**SUNRISE SERIES: SHELTER ISLAND.** Let's take a **casual** walk along this beautiful mostly-flat area by the bay where there are many beautiful homes. There will be a choice of going up a hill for those who feel they would like to climb to where the view is very scenic. From I-5, drive west on Rosecrans St. to Shelter Island Dr., turn left and go about two blocks to Anchorage Dr. to the large parking lot (park where there are no meters). Bring money for optional breakfast afterward. **Edie** (619) 222-4396.

## SUNDAY, JANUARY 29

7:15 am

**BREAKFAST SPECIAL IN LA JOLLA.** Let's take a **moderate** walk through this charming village and then along the shore to watch for possible whale sightings as they migrate between Alaska and Baja California. Optional breakfast at a well-known diner. Meet at Girard Ave. and Pearl St. **Pat K.** (619) 469-6223.

## MONDAY, JANUARY 30

6:30 am

**SUNRISE SERIES: MARINA VILLAGE.** This is a very flat 1 hour walk at a **moderate** pace with beautiful views where many sport fishing boats are moored. Take the I-8 to the west end, left onto Sunset Cliffs Blvd., right at the light (W. Point Loma Blvd.), then right at Bacon St. (stop sign) to the parking lot by the restrooms at Robb Field. Bring money for optional breakfast afterward. **Fusa** (619) 223-6947.

## TUESDAY, JANUARY 31

10:00 am

**TOURSDAY TUESDAY LITTLE ITALY.** Meet beneath the "Little Italy" sign which spans India St. in the Italian section of downtown for a mystery tour of something unusual you might not have seen before. Parking is tight in the 'hood, so you'll want to park on the outskirts of the neighborhood and walk in. We'll tour for about 90 minutes at a **casual** pace today. Afterward, let's have an optional spaghetti lunch in a famous location which makes you think you're entering a deli and not a restaurant! Rain won't cancel. "Italian Man **Dan**" (619) 318-4870.

# REMEMBER TO SAVE THIS PAGE SO YOU CAN MARK YOUR CALENDARS WITH "SAVE THE DATE" INFORMATION

## WALKABOUT INTERNATIONAL'S 40<sup>TH</sup> ANNIVERSARY YEAR

Welcome to Walkabout International's 40th Anniversary year, with celebrations planned to commemorate this milestone all year long. Many of our events are grouped around our founding month -- March -- but we will celebrate all year long. Watch for walk leaders to lead 40<sup>th</sup> Anniversary walks celebrating the best of the best all year long. There may be special lectures during the year -- stay tuned, but read on....

**11:00 am Sunday, January 29. CONVERGENCE WALK!** Let's "converge" on Walkabout's 40<sup>th</sup> anniversary with a vengeance. We'll have multiple walk leaders leading walks from several different points of origin to our destination. We leave the points of origin at 11:00 am and "converge" on the Stone Brewery at Liberty Station for our luncheon (cost is on your own). After we're full of good food, we can have a post-meal walk around Liberty Station. We need your **RSVP by January 21** for this walk so we can reserve space at the restaurant. Please call the office (619) 231-7463. Meet walk leaders at any of the following origins:

- Corner of Chatsworth Blvd. & Voltaire St. (near Pt. Loma High School) for a walk (mostly downhill) to Liberty Station; *or*
- Meet Donna & Jerry at Old Town Transit Center (by the antique clock near the train station building); *or*
- Meet Larry at the Silver Gate Yacht Club at 2091 Shelter Island Drive, for the 3-mile walk to our Liberty Station destination.

You can walk back, grab a carpool, or take the #28 bus back to your starting point.

**Monday, February 20. PRESIDENTS' DAY RECEPTION.** Let's thank Walkabout's eleven presidents (9 surviving) who have served over our 40 years. Our celebration will be a light luncheon served in our office's Green Room at NOON, including sandwiches, fruit, cake and punch. Those past (and present presidents) who can attend will share memorable moments, and out come the photo albums! Please **RSVP by Friday, February 17** at 2 pm so sufficient refreshments are available. No admission charge.

**Saturday, February 25. 40th ANNIVERSARY BUS TOUR AND LUNCHEON.** 9 am departure, returning around 3 pm. This tour, leaving from the Walkabout office at Liberty Station, will be a narrated bus tour of some of Walkabout's favorite haunts over the years. You'll see the locations of our various offices over a 40-year period, and perhaps watch a video presentation recapping our years. This will be a trip down memory lane, re-telling the contributions from so many Walkabout stand-outs (e.g. Kay Hughes, Lorraine Marshall, Audrey Davis, Downtown Sam). We'll have opportunities for restroom stops and short walk stops (do them if you want, or not), and we'll enjoy a mid-way luncheon stop (included) along the way. This trip will sell out quickly, so make your reservation and payment early. Cost \$40 per person. (see next page for the limited offer of \$40-for-40 bundle pricing!) Tickets now on sale.

**Saturday, March 4. 40th ANNIVERSARY OPEN HOUSE 4 - 6 pm.** Although this is not actually our founding day, we use it because of the "march forth" connotation! Enjoy a hosted cocktail party at our Green Room with wine, cheese, and hors d'oeuvres, with a media/slide show of 40 years of Walkabout activities. Official proclamations will be read with all sorts of anniversary surprises! **RSVP deadline is Wednesday, March 1** at 2 pm. No admission charge.

**Monday, March 13. 40th ANNIVERSARY TEA!** This elegant event will be held at 1 p.m. in Walkabout's Green Room which will be suitably decorated for the occasion. Walkabout men will serve! We hope to have a "high tea", with musical guests and wonderful refreshments. Dress to impress -- the surroundings will astound you! Charge: \$10 per person. See bundled pricing next page! **RSVP by March 1.**

**Friday, March 17. 40th ANNIVERSARY RE-CREATION.** Join Walkabout founder Larry Forman at 10 am on an almost-re-creation of the walk that started it all 40 years ago! Meet Larry at the corner of Scott and Emerson Sts. (near Pt. Loma Seafoods) for a moderate 2-hour amble.

**Saturday, April 1. 40th ANNIVERSARY HOME AND GARDEN TOUR 1 pm - 4 pm.** Join us for a rare peek into several fellow Walkabouts' homes and gardens on this afternoon self-drive visit to various locations around San Diego. Pay the fee and receive a map to the "stars" homes, who will welcome you with refreshments at each location. Spring has sprung, and you should too, with a chance to learn how the other half (hey, it could be the bottom half) lives! We offer tour experiences --- from "tiny" homes to mansions and gardens all decked out to impress! Tickets: \$10 each (see bundle pricing next page).

# WALKABOUT INTERNATIONAL'S 40<sup>TH</sup> ANNIVERSARY YEAR

**November 2017.** 40th ANNIVERSARY BOAT TOUR. Join us on a date to be announced for a boat tour of the bay with a commercial tour operator. Date and time TBA, but don't miss the boat! The cost for this tour is not a part of the bundled pricing.

**December 2017.** 40th ANNIVERSARY TRIP REUNION! This is a trip reunion experience to rival all others. Walkabout will publish every extended trip ever led over the years (there are 100+) and you make your own name tag with those trips you went on. Then come to our potluck at the Walkabout office Green Room and share your experiences. There will be prizes for most trips, best memories, best stories -- this will be a fun reflection event not to be missed. Even if you haven't travelled, you'll want to come! It's free!

About "bundled pricing". Walkabout will offer a limited number (40) of \$40-for-Forty tickets for various events above. This is to encourage early payments for our 40th Anniversary celebrations. You pay \$40 up front and receive priority for the bus tour (which is guaranteed to sell out), plus you get admission to the anniversary tea and home and garden tour without additional cost! Just mark \$40-for-Forty on your check, made payable to Walkabout International, and you'll automatically be signed up for all 3 events! It is possible to pay for a home tour or the tea separately, but we need to sell out our bus tour which encourages this promotion.



## A HAPPY LUNAR NEW YEAR CELEBRATION - CHINESE STYLE

**SATURDAY, FEBRUARY 11**



**10:45 am "Feet"** Gather outside the Great Plaza Buffet in Pacific Beach at 1840 Garnet Avenue

**Noon Feast** Gather outside the restaurant entrance to pay Walkabout AND receive your admission ticket

Happy 4715! Time to crow with Walkabout about the start of the Lunar New Year...of the Fire Rooster! Officially beginning January 28th, this age-old celebration continues for 15 days with Walkabout joining in the fun on February 11<sup>th</sup>. Look for Larry to start things off on this festive Walkabout tradition with a flat and casual appetite-awaking, anecdote-filled amble at 10:45 am.

At noon, prepare to feast on over 150 (!) delectable dishes including many traditional Chinese delicacies. Savor a tantalizing assortment of crab, shrimp, beef, chicken, pork and fish items -- and don't forget to eat your veggies, too -- along with desserts galore!

Enjoy the fabulous feast for the all-inclusive price of \$13 per person for the all-you-can-eat buffet, beverage (non-alcoholic) plus tax and tip. If you are cock-sure about attending, then simply **RSVP by Wednesday February 8** to the Walkabout Office at (619) 231-7463 AND indicate and number and names of the people in your party. After February 8th, the price flies up to \$15 per person, if space is available. Plan to bring a check payable to Walkabout International in the amount of \$13 per person in your group . . . Alas, no refunds for cancellations or chickening out.

Our captivating venue is the Great Plaza Buffet at 1840 Garnet Avenue by the corner of Lamont Street in Pacific Beach with ample parking. Gung Hay Fat Choy!

## JANUARY 2017 WALKS AT A GLANCE

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
7:15 am Breakfast Spcl: Shelter Island  8:15 am Merry Go- Round  11 am Coronado Cruise	6:30 am Sunrise: South Shore  10 am Crown Point Area Beckons	10 am Solar Power in Balboa Park  6:30 pm Above the Bay	TBA Hike	6:30 am Sunrise: SDSU  10 am Shelter Island 10 am Mission Beach  10:15 am Balboa Park	4 pm Mission Hills Meander	TBA Hike
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
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	10 am Toursday Tuesday  6:30 pm Above the Bay	TBA Hike  11 am Coronado Mini-Mansions	6:30 am Sunrise: PB Boardwalk  10 am Shelter Island 10 am Mission Beach  10:15 am Balboa Park	4 pm Mission Hills Meander	TBA Hike  7:15 am Late Birds
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
7:15 am Breakfast Spcl: E. Mission Bay  8:15 am Merry Go- Round	6:30 am Sunrise: Downtown  10 am Crown Point Area Beckons	10 am Toursday Tuesday  6:30 pm Above the Bay	TBA Hike	6:30 am Sunrise: Kensington  10 am Shelter Island 10 am Mission Beach  10:15 am Balboa Park	4 pm Mission Hills Meander	TBA Hike
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
7:15 am Breakfast Spcl: Pacific Beach  8:15 am Merry Go- Round  9:15 am Fancy Footwork in Rancho Santa Fe	6:30 am Sunrise: SD River Walk - Southside  10 am Crown Point Area Beckons	10 am Toursday Tuesday  2 pm Kensington Northwest  6:30 pm Above the Bay	TBA Hike  11 am Spanish Landing	6:30 am Sunrise: Shelter Island  10 am Shelter Island 10 am Mission Beach  10:15 am Balboa Park	4 pm Mission Hills Meander	TBA Hike
<b>29</b>	<b>30</b>	<b>31</b>				
7:15 am Breakfast Spcl: La Jolla  8:15 am Merry Go- Round  11 am 40 <sup>th</sup> Anniversary Convergence Walk	6:30 am Sunrise: Marina Village  10 am Crown Point Area Beckons	10 am Toursday Tuesday  6:30 pm Above the Bay				

## UPCOMING WALKS, EVENTS & TRIPS

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

### Overnight Trips (all dates are tentative)

Florida Everglades & Keys	3/21 – 3/28
California Gold Rush	4/4 – 4/11
Bermuda Cruise from Boston	5/11 – 5/19
Montreal & Quebec	Early June
Resplendent Rambles in the Alluring Swiss Alps	June 25 - July 9, 2017
Louisiana	Late September
SE New Mexico	Late October
San Antonio Riverwalk	Early December

### Events/Walks

New Year's Day Walks	January 1
Irvine Museum Trip	January 14
Convergence Walk	January 29
Chinese New Year Walk/Dinner	February 11
President's Day Reception	February 20
40 <sup>th</sup> Anniversary Tour & Lunch	February 25
40 <sup>th</sup> Anniversary Open House	March 4
40 <sup>th</sup> Anniversary Tea	March 13
40 <sup>th</sup> Anniversary Re-Creation	March 17
40 <sup>th</sup> Anniversary Home & Garden	April 1
40 <sup>th</sup> Anniversary Boat Tour	November
40 <sup>th</sup> Anniversary Trip Reunion	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!!

### 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. Note that you must e-mail your walks to [walks@walkabout-int.org](mailto:walks@walkabout-int.org)

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, January 13 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>	(858) 571-7733
Robert Buehler	President@walkabout-int.org
<b>1st Vice President</b>	(858) 722-3002
Dan Dobbs	ddobbs48@gmail.com
<b>2nd Vice President</b>	(619) 318-4870
Dan Haslam	danhaslam@walkabout-int.org
<b>3rd Vice President</b>	(619) 222-3447
Stan Follis	Stanley@walkabout-int.org
<b>Recording Secretary</b>	(619) 231-7463
Donna Farris	secretary@walkabout-int.org
<b>Treasurer</b>	(619) 231-7463
Diane Erk	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



### RESPLENDENT RAMBLES IN THE ALLURING SWISS ALPS

**June 25 - July 9, 2017**

**\$3,895 (single supplement \$425) includes everything except lunches and airfare.** The trip is full, but a waiting list is open. To join the waiting list, please send a fully refundable \$200 check (note "Switzerland" in the memo) to Walkabout International, 2650 Truxtun Rd., Suite 110, San Diego, CA 92106-6007 Questions? Larry@walkabout-int.org or call 858.755.1751 (evenings/weekends)



Dan Dobbs has covered the southern California coast and walks on Mission Bay. Some of his faithful followers are pictured here at Mission Bay on an early December walk.