



San Diego Feets

Vol. 40, 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. Office hours: 10 am to 2 pm, Monday, Wednesday, Friday Internet: www.walkabout-int.org, e-mail: info@walkabout-int.org

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

Unless otherwise specified, walks start at the time indicated. Walk leaders should arrive at least 10 minutes prior to the start time.

December 2017

40th Anniversary Year!

WEEKLY REPEATING WALKS

These walks repeat every week this month at the same location, day, and time.

MONDAYS

10:00 am ***No walk on Christmas Day***

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

7:00 am

SAN DIEGO RIVER PARK TRAIL. In partnership with the SD River Park Foundation 'Park Watch' Program, join us in Mission Valley for a **moderate** walk by the river along the north/south paved trails from Fashion Valley Road to Camino Del Este or Qualcomm Way for 4-5 miles round-trip. During the walk we will be reporting any encampments, trash, debris, graffiti or lights out to City and SDRPF. Meet at north entrance of the pedestrian bridge (across from Fashion Valley trolley stop). Rain Cancels. **John N.** (619) 772-8855.

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. 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.

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. Meet **Rick** in lot near 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 2	Bob R: care4bob@sbcglobal.net or (760) 468-0070
Dec 6	Bob R: care4bob@sbcglobal.net or (760) 468-0070
Dec 9	Bill B: wa4lrm@gmail.com or (619) 206- 5809
Dec 13	Don P: dpiller@cox.net or (760) 670-6862
Dec 16	Bill B: wa4lrm@gmail.com or 619-206- 5809
Dec 20	Mike L: lewis@san.rr.com or (858) 922-0738
Dec 23	Ray E: ray@escondidocoin.com or (760) 644-1648
Dec 27	Bill B: wa4lrm@gmail.com or (619) 206- 5809
Dec 30	Ray E: ray@escondidocoin.com or (760) 644-1648

MORE GREAT WALKS THIS MONTH

FRIDAY, DECEMBER 1

10:00 AM

HILLCREST MONTECITO POINT. This will be a 1-1/2 hour **casual** walk through the hospital district and neighborhood North of Washington St. We will visit the campus of Scripps Mercy and UCSD medical center. Part of the walk will be up and down stairs and some dirt trails to see canyon views. Meet in the courtyard of Village Hillcrest at 3955 Fifth Ave. (below Landmark Theater). Rain cancels. **Roger L.** (619) 299-0489.

SUNDAY, DECEMBER 3

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.

MONDAY, DECEMBER 4

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.

THURSDAY, DECEMBER 7

6:30 am

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

FRIDAY, DECEMBER 8

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 about a mile on Ft. Stockton Dr. Rain cancels. **Stan F.** (619) 222-3447.

SATURDAY, DECEMBER 9

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 10

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 11

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.

WEDNESDAY, DECEMBER 13

2:00PM

BONITA MUSEUM AND ROHR PARK. Let's see the spectacular Teller Magi collection at the Bonita Museum: over 800 sets of wise men from more than 50 countries. We will begin with a short tour of the museum, but come early or stay later. Then we will walk the trail around Rohr Park and the Chula Vista Municipal Golf Course and see the Rohr Mansion, the Old Adobe, and the train that was once broken accidentally by Walkabouters. Meet at the Bonita Museum and Cultural Center, 4355 Bonita Rd., for a 1-1/2 hour, **casual to moderate** flat walk. Park in the museum's lot. **Evelyn K.** (619) 461-6095.

THURSDAY, DECEMBER 14

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.

7:30 pm

CLAIREMONT CANDY CANE LANE. Meet in front of Madison High School under the lighted sign at 4833 Doliva Dr. (parking available on Warhawk Way) for a **casual** walk to admire homes decorated for Christmas. Some homes sell cookies, hot chocolate, and/or cider in their driveways. Bring a flashlight. Rain cancels. **Beverly D.** (858) 229-0741.

SATURDAY, DECEMBER 16

6:00 pm

SPARKLING LIGHTS OF BALBOA PARK. Join us for a 1-hour **casual** walk through Balboa Park past various evening activities and many bright lights as well as into serene garden areas. At the end of the walk we'll check out the possibility of light refreshments at Panama 66 or Lady Caroline's Pub. Meet **Stella and Derek** at one of the tables in the Spanish Village. Plenty of zoo parking available at this time. (619) 232-3756.

SUNDAY, DECEMBER 17

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 18

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.

THURSDAY, DECEMBER 21

6:30 pm

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.

FRIDAY, DECEMBER 22

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 about a mile on Ft. Stockton Dr. Rain cancels. **Stan F.** (619) 222-3447.

SUNDAY, DECEMBER 24

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.

THURSDAY, DECEMBER 28

6:30 am

SUNRISE SERIES: LIBERTY STATION. Meet **Edie** in the parking lot off Truxtun near Womble for a 1 hour **moderate** walk. We'll investigate the new additions for the holidays and enjoy some old. The ice rink will be quiet and the Christmas tree may be dark, but the spirit will still be there. Maybe the restaurants and businesses have added a little holiday cheer. Optional breakfast afterward. (619) 313-7818.

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.

SATURDAY, DECEMBER 30

6:00 pm

SPARKLING LIGHTS OF BALBOA PARK. Join us for a 1-hour **casual** walk through Balboa Park past various evening activities and many bright lights as well as into serene garden areas. At the end of the walk we'll check out the possibility of light refreshments at Panama 66 or Lady Caroline's Pub. Meet **Stella and Derek** at one of the tables in the Spanish Village. Plenty of zoo parking available at this time. (619) 232-3756.

SUNDAY, DECEMBER 31

7:15 am

BREAKFAST SPECIAL IN LA JOLLA. Let's take a **moderate** walk along the ocean to check out the surf and see if any whales are swimming by on their way from Alaska to Baja California. Optional breakfast at a well-known diner. Meet at Girard Ave. and Pearl St. **Pat K.** (619) 469-6223.

FEATURED TRIPS

RIVERSIDE COUNTY / MISSION INN

Saturday, December 9

Join Beverly Bruff and Mark Levy for a moderate activity level day trip to Riverside County to three very different destinations. Our first stop will be at the Farmers Market in Temecula. You will have time to wander around the market. There will be local fruits and vegetables, eggs, flowers, plants, crafts and much more. Then we'll head for downtown Riverside to Tio Taco's, a hole in the wall taco shop. It is the backyard that brings us here. It is filled with unique, eclectic art/sculptures from recycled, repurposed material. Truly unbelievable, there is a snake made from a vacuum cleaner hose located in a tree.

Then we will walk to our final destination, Mission Inn, a national historical landmark. This 4-story, 238 room inn opened in 1903 as a roadside motel, occupies a city block in the heart of downtown Riverside. Numerous presidents and Hollywood stars have frequented the inn. At dusk, we will enjoy millions of holiday sparkling lights that transform the inn into an enchanting fairy tale setting.

Mail your check for \$65 which includes a bus, docent-led tour of Mission Inn, snacks and leaders expense. What a bargain! Please include your phone number or email in the memo line. There will be no refunds unless there is someone from the waiting list to take your place. This will truly be an experience you will long remember. Questions? Bev Bruff (858) 268-8088.

WALKABOUT ANNOUNCES A UNIQUE TRAVEL PROGRAM FOR 2018

During 2018 our chief tour leader, Dan Haslam, will be on sabbatical leave from Walkabout so he can travel around the world. The good news is that Dan is opening

segments of his trip to Walkabouts who would like to join him as individuals or in small groups. Here's how it will work: get on the interest list for Dan's detailed itinerary by contacting the office with your email address. All reservations/confirmations, etc. will be handled by Dan via email. All payments will, as always, go through the Walkabout office. Peruse the itinerary for a segment of the world tour that interests you. You can provide your own airfare and "tack on" the segment to your independent itinerary, or your airline ticket can be purchased for you. Your segment price will be quoted to you in advance of your making any initial payments and will include being met at the airport or other point of arrival, your accommodations, and Dan's services as your walk guide. Trip/travel insurance is a "must," and all food and beverage charges (except those specifically included in your itinerary) are not included. Some ground transportation may be included, especially where there is small group involved.

Here's an example of how this will work: you want to visit Barcelona and environs for a week and then walk along the Camino (religious pilgrimage walk) with Dan, staying in pensions along the way for another week. Dan meets you in Barcelona, tours you around the city and area and travels with you for the week along the Camino. That is your 2-week segment. Perhaps you want to add on another segment in Madrid. You'll know in advance when the Barcelona trip begins and when the segment will end.

There are two more components to our Travels in 2018: you can book a summer vacation with Dan on Cape Cod, MA for one, two, or more weeks. You'll fly to Boston, then a bus to Hyannis where Dan will meet you. You may stay in a vacation condo which he owns, or a hotel, and your tour will include trips around the Cape, a boat to either Martha's Vineyard or Nantucket (or both), and sunny weather and sand on the Atlantic Ocean.

By early October Dan leaves the Cape for a road trip across the U.S. with stops at national parks along the way, and walks in each. His schedule will include which parks and when, and you can fly in and join him for an in-depth exploration of your park(s) of choice. He'll meet you at the local airport, and everything will be taken care of for you, just as we do on regular Walkabout tours.

Details are still being worked out at press time concerning the specific itinerary for the world tour. The "bucket list" includes travel from San Diego west around the world, with the final international stop in Ireland. Here are some of the countries to be visited: Australia, New Zealand (Jan into Feb); Vietnam, possibly China; Turkey, Greece, Italy (Venice & Rome); possibly S. Africa, St. Petersburg, Russia, Sweden, Scotland, Ireland, Madrid, Barcelona (Camino). These travels will occur over a 4-month period (Jan. through April, or into early May). Then Cape Cod May to October, then U.S. National Parks from Oct. into November.

If you love to travel, but hate to do the planning, this is the trip for you. All you have to do is show up and enjoy

the walk! You'll have access to Dan's international cell phone number, and he will have computer access should you need that. You'll have packing instructions and you can indicate the types of accommodations you prefer (e.g. hostel dorm rooms with shared baths, European hotels/pensions with hall baths, or the American model of private room with en suite baths). We may include a partial meal plan as part of your accommodations (e.g. bed and breakfast). Your trip segment price will include ground transportation (price subject to change if costs fluctuate). Sign up for details at the Walkabout office today!

PARTIAL REPRINT FROM SD TRIB ARTICLE BY MORGAN COOK, CONTACT REPORTER

Several dozen people took to the streets Saturday in Point Loma to celebrate the joy and "magic" of something many people take for granted: walking.

The celebration was part of "The Joys of Walking," a festival marking the 40th anniversary of Walkabout International, a San Diego-based nonprofit that organizes hundreds of cost-free local walks each year. The event, held at Liberty Station, began with various speakers and ended with a walk outdoors.

Edie Andrew-Akita, 89 of San Diego, said she has been a member of Walkabout for 30 years and could attest to the power of walking regularly for exercise. "It has kept us young," Andrew-Akita said of herself and her fellow members.

Dr. Poulina Uddin, a cardiologist with Scripps Health who spoke at the event Saturday, said walking 45 minutes at least four days a week can improve muscle tone, reduce blood pressure, lower cholesterol and relieve stress. Regular exercise makes people stronger and more physically resilient, so they can recover faster if they get sick or need major surgery, Uddin said.

Another speaker, Walkabout founder Larry Forman, said decades of walking helped him get on his feet both physically and mentally after surgery to treat his brain cancer. "I certainly didn't want a little hiccup in my health like brain cancer to prevent me from pursuing my passion: walking," Forman said. And it didn't, he said. The nurses who accompanied him on his post-surgery walks got tired before he did.

Robert Manning, an author of books on walking, spoke about its benefits on the mind and soul. He pointed to great thinkers throughout history, from the Greek philosopher Aristotle to the English author Henry David Thoreau, who said regular walks stimulated their minds.

Along with meeting friends, Walkabout groups are also a great way to explore the city, members said. Volunteers lead numerous walks daily in neighborhoods throughout San Diego. The group also organizes out-of-town trips.

CLOSING CELEBRATION FOR 40TH ANNIVERSARY IS A "TRAVEL POTLUCK"

DECEMBER 16 AT NOON

Walkabout has celebrated its 40th anniversary all year long, with receptions, tours, a convergence walk, home tours and finally a Travel Potluck on Saturday, December 16 at our Green Room at Liberty Station, beginning at noon. In early years, Walkabout would concentrate on one or two big trips per year. This would typically involve large tour buses, detailed itineraries and leaders, co-leaders and assistant leaders. Since 2000, smaller van trips have been the rule, with several trips offered each year. The purpose of the trips is not only to offer travel walking experiences for our walkers but also to help fund our organization. When our subscription base was 1,100+ in the 1980s, the tours would fill fast. Now the tours still fill fast because as an all-volunteer organization our prices are so low, but the pool of available travelers is smaller. With this issue of SD Feets, you'll find a list of trips that have been offered since 2000. Thanks to Grace Greenalch for perusing our old newsletters for the past 17 years to come up with the list! We figured no one would remember much before the Millennium.

If you've traveled on any of these trips (or kept a record prior to 2000), jot down the trips you went on and create a name tag showing where you've been with Walkabout over the years. There will be prizes for things like "most trips," "most creative name tags" and the like. You don't have to have traveled with Walkabout in order to join in on our potluck. We welcome all Walkabouters! Bring a potluck dish to share for our luncheon and a folding chair since we will probably not have enough seating for everyone who has traveled. We've had a succession of trip leaders, including Verna Bain, Larry Forman, Bruce Herms, Beverly Bruff, Walter Konopka, Julie McKane, Stan Follis, Audrey Davis, Lorraine Marshall and Dan Haslam. Be prepared to share some stories about trips that you remember -- and remember that the trip leaders may have some stories featuring you as well!

Please RSVP for this event (by calling the office) so that we can get a head count for liquid refreshments, paper plates, etc. Oh, and we'll have a walk at Liberty Station....just because that's what we do!

2000

Search for Frank Lloyd Wright, AZ
Mile High Adventures, CO
Walk San Francisco
Return to the Islands, Maui

2001

Colonial Caper, Williamsburg, VA
Springtime in Montreal & Quebec City
WI Midsummer Walk on Wild Side
Gator Trip to E. Florida

2002

Road Runners Revenge; Return to Tucson
 Mystery Air-Van Journey, NM
 Microscopic DC
 Inaugural Voyage to Yuma
 Return to San Antonio
 Journey to the Pac N.W.
 Walking Mainly in the Canadian Provinces
 Foliage of the Northeast Kingdom
 Secrets of Santa Barbara
 Gator Express FL Coast & W. Everglades

2003

Dogwood Dawdlers on Carolina Coast
 In the Footsteps of Tony Hillerman, NM
 Walkabout's First Cruise N Walk, Canada to LA
 Beautiful Boise & Sun Valley, ID
 Foot stepping in Fabulous FL

2004

Hiking Viva Las Vegas
 Footsteps of Cochise and AZ's Southeastern Ghosts
 Springtime on the Eastern Shore
 In Search of San Francisco & Maltese Falcon
 Positively Pedestrian Providence to Provincetown
 Walkabout Presents Fall in AZ
 FL's Gulf Stream Express
 Walkabout's Sweetheart Mexican Rivera Cruise
 Springtime in Wasatch Mt. and Salt Lake City
 Spectacular Summer Saunters in Switzerland

2005

Death Valley and Beyond
 Pedestrian Pennsylvania
 Maine Event: Inns at Poland Spring
 Bopping Around Boston
 Fall Foliage in New England
 Fabulous Florida
 It's Apple Picking Time in Julian

2006

Portland, Oregon & Seattle, WA Gems of NW
 Come Dance with Walkabout: Palm Springs Follies
 San Francisco Labor Day Weekend
 Cape Cod Capers, Boston
 Finagling Florida on Foot

2007

Mission Possible-CA Missions
 Leaping Las Vegas (Walking Isn't for Sissies)
 Footsteps of Colonial America, VA
 Chicago in Pampered Fashion
 Footing Around Vermont Foliage
 Beautiful Boise & Sun Valley, ID
 Fabulous FL

2008

Springtime in Northern AZ
 NY, NY Beckons
 Journey to Rushmore, Yellowstone, Grand Teton NP
 San Francisco Trip

2009

Everything But Las Vegas
 CA Gold Rush Here We Come
 CA North Coastal
 Cape Cod Revisited
 Marvelous Minnesota

2010

Three-Day Getaway to Santa Barbara
 Albuquerque

2011

Trip to Wonder Valley Ranch Thanksgiving
 All Aboard for Santee Lakes Camping Staycation
 Summer Camp in Maine Not to be Missed
 San Francisco Public Transportation Way
 Beautiful Boise & Sun Valley Sheep
 Gracious TN
 Cruise to Hawaii

2012

2-day trip to Julian Premier Mt.

2013

Marvelous Monterey Bay Asilomar Thanksgiving
 Beautiful Boise & Sheep Festival
 Santa Barbara & Solvang

2014

Springtime in San Francisco
 Jazzy New Orleans
 Santa Barbara Across the Waterfront
 Spring Baseball Training in PHX
 4 Cultures of Switzerland

2015

Las Vegas
 Boise, ID
 Return to Tucson, AZ
 Austin & San Antonio, TX
 Washington, DC

2016

Switzerland
 Asheville, North Carolina
 Northern NM
 Tucson, AZ
 Poland Spring, ME
 San Clemente
 St. Augustine, FL

2017

FL Everglades & Keys
 CAL Gold Rush
 Bermuda Cruise from Boston
 S.E. New Mexico/TX
 Switzerland Resplendent Alps



END OF YEAR MATCHING GIFTS OFFER

An anonymous Walkabout donor will match your gift to Walkabout for a total of \$600! So, if we gather 10 gifts of \$60 each, Walkabout will receive \$1200! Happy holidays to us, and we thank all donors for their generosity.

DECEMBER 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
					1	2
					10 am Hillcrest Montecito Point	TBA Hike
3	4	5	6	7	8	9
7:15 am Breakfast Spcl: Downtown 8:15 am Merry Go- Round	6:30 am Sunrise: Lake Murray 10 am Crown Point Area Beckons	7 am San Diego River Park 6:30 pm Above The Bay	TBA Hike	6:30 am Sunrise: North Park 10 am Shelter Island 10 am Mission Beach	4 pm Mission Hills Meander	TBA Hike 7:15 am Late Birds
10	11	12	13	14	15	16
7:15 am Breakfast Spcl: Balboa Park 8:15 am Merry Go- Round	6:30 am Sunrise: Downtown 10 am Crown Point Area Beckons	7 am San Diego River Park 6:30 pm Above The Bay	TBA Hike 2 pm Bonita Museum and Rohr Park	6:30 am Sunrise: Coronado 10 am Shelter Island 10 am Mission Beach 7:30 pm Clairemont Candy Cane Lane		TBA Hike 6 pm Sparkling Lights of Balboa
17	18	19	20	21	22	23
7:15 am Breakfast Spcl: E. Mission Bay 8:15 am Merry Go- Round	6:30 am Sunrise: Mission Bay 10 am Crown Point Area Beckons	7 am San Diego River Park 6:30 pm Above The Bay	TBA Hike	6:30 am Sunrise: Old Town 10 am Shelter Island 10 am Mission Beach	4 pm Mission Hills Meander	TBA Hike
24	HOLIDAY 25	26	27	28	29	30
7:15 am Breakfast Spcl: Pacific Beach 8:15 am Merry Go- Round	Annual Christmas Breakfast & Gift Exchange	7 am San Diego River Park 6:30 pm Above The Bay	TBA Hike	6:30 am Sunrise: Liberty Station 10 am Shelter Island 10 am Mission Beach		TBA Hike 6 pm Sparkling Lights of Balboa
HOLIDAY 31						
7:15 am Breakfast Spcl: La Jolla 8:15 am Merry Go- Round						

UPCOMING WALKS, EVENTS & TRIPS

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

Overnight Trips (all dates are tentative)

Baja California, Mexico	February 17 - 23
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Events/Walks

Riverside County/Mission Inn	December 9
40 th Anniversary Trip Reunion	December 16
Christmas Brunch; Gift Exchange	December 25



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.



Do you have any experience producing a newsletter? Did you help with production or publication at your last job? Would you like to help Walkabout? If you fit any of these, please contact ElaineWalkabout-Inc@gmail.com or elmaberg@att.net. We need your ideas and experience.



NEWSLETTER DEADLINE NOTICE

All walks must be submitted by the **10th** of the month before the month of the walk. None will be accepted after that date. For example, the April newsletter is published in March, so walks must be submitted by March 10th. You must e-mail your walks to walks@walkabout-int.org. If you e-mail more than one walk, please leave extra space between each walk.

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



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 8 at 11 am

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



BOARD MEMBERS

President	(858) 571-7733
Robert Buehler	President@walkabout-int.org
1st Vice President	(858) 560-9003
Elaine Berger	ElaineWalkabout-Inc@gmail.com
2nd Vice President	(619) 318-4870
Dan Haslam	danhaslam@walkabout-int.org
3rd Vice President	(619) 222-3447
Stan Follis	Stanley@walkabout-int.org
Secretary	(619) 231-7463
Donna Farris	secretary@walkabout-int.org
Treasurer	(619) 231-7463
Diane Erk	treasurer@walkabout-int.org
Directors	
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



OFFICE STAFF

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

NEWSLETTER STAFF

Dan Haslam, Kim Mills

MAILING CREW

Charlotte Sedgwick, Beverly Stebbins, Stan Follis

END OF YEAR MATCHING GIFTS OFFER

An anonymous Walkabout donor will match your gift to Walkabout for a total of \$600! So, if we gather 10 gifts of \$60 each, Walkabout will receive \$1200! Happy holidays to us, and we thank all donors for their generosity.

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

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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:

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INVITATION TO VISIT WALKABOUT-INT.ORG

We know that you love our monthly "San Diego Feets" newsletter. Do you also know that we have an outstanding web site with information that may not be included in the newsletter?

Many monthly walks have pictures associated with them on our web site. Trips are explained in detail on the web site with complete agendas and additional information that can't be included in the newsletter.

Need Walkabout forms or contact info, want to renew your membership, maybe review Walkabout safety rules, and easily donate to Walkabout-int? All this and much more can be found on our web site.

Come take a look at <http://walkabout-int.org> - you may be pleasantly surprised at what you have been missing out on!



2650 Truxtun Rd., Suite 110
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TEXAS /NEW MEXICO TRIP RECAP

Eleven Walkabouts flew from San Diego to El Paso, TX for a weeklong excursion touring above and below ground in southeastern New Mexico. We did a short hike in the Guadeloupe Mountains in Texas, which is the highest point in the Lone Star State. Then off for a day at Carlsbad Caverns, a national park of tremendous beauty. We spent the whole day spelunking and enjoyed one of many picnics. Then off to Artesia, with an early bird walk in this oil-rich town. In Roswell, we visited the UFO museum and were welcomed by a flying saucer billboard on the edge of town. Even the McDonald's restaurant is built in the shape of a flying saucer! From here, we drove to Alamogordo and toured the White Sands National Monument and the NM Space Museum. Then off to venerable Truth or Consequences, named for a radio game show, where we stayed in eclectic accommodations featuring a hot mineral springs bath as part of the room rent. Next was Silver City, NM and rural Gila Indian Cliff Dwellings, where we climbed and climbed to see where 12th Century native Americans had their home. We ate well, played well together, and enjoyed our trip filled with sunshine and good exercise.

ANNUAL CHRISTMAS BRUNCH & GIFT EXCHANGE

MONDAY DECEMBER 25

Broken Yolk Café, 1851 Garnet Ave., Pacific Beach

Walkabout's annual Christmas Brunch attracts around 40 people and is an excellent way to celebrate the holidays with your Walkabout friends. You can make this the center of your day, or simply start Christmas off with us and move onto other parties. You are warmly welcome!

Enjoy a bountiful brunch of scrambled eggs, bacon, hash browns, pancakes, muffins, orange juice, coffee, and tea. Cost \$16.00 per person (includes tax and tip). Send your check to Walkabout, 2650 Truxtun Rd., Suite 110, San Diego, CA 92106. Be sure to note 'Christmas Brunch' on the check. Questions? (619) 231-7463.