



Est. 1977 in San Diego

San Diego Feets

Vol. 41, No.11

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, email: 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	miles	minutes
Yourself	per hour	per mile
Very Casual*	2.0	30
Casual	2.5	25
Moderate	3.0	20

* Used in lieu of "Walk at your own pace"

+ Used to indicate a possible slightly brisker pace

November 2018

"Sez Me"

Elaine Berger, President

Greetings to fellow Walkabout friends. I hope you are enjoying the lovely fall weather we have had for the last few days. It makes walks much more comfortable.

This month we need to address emails addressed to walks@walkabout-int.org and publisher@walkabout-int.org from walk leaders. I believe that you all know by now that Kathy Garcia has taken over from Kim Mills as the editor for the Walkabout newsletter. I would appreciate it if everyone would check the items you send to Kathy. Please take a moment and read the write-up for your walk. Make sure it is accurate, includes the walk leader and a correct phone number. Only send Kathy the **final write-up** you want to see in the newsletter. This month Kathy ha received numerous emails that were redundant, confusing or at times had nothing to do with the newsletter. This simply makes her job a lot more difficult to execute. We all got very spoiled by Kim, as she had a long association with Walkabout, knew most of the walk leaders, and was able to correct errors if she discovered them. Kathy has no such institutional memory and we must help her continue to put out a great newsletter. If you have questions that are not to be published in the newsletter, send them to me at president@walkabout-int.org and I will do my best to direct them to the appropriate destination. Thanks for your help.

Remember that Daylight savings ends on Sunday, November 4. You don't want to miss that extra hour of sleep!

Also, remember that Election Day is Tuesday, November 6. Please vote. I will be a poll worker in my neighborhood and hope to see a large turn-out.

Trek Or Treat

This Halloween night (10/31) get off the couch and plan to frighten the kiddos in your scariest costume, by walking the night away in our *Trek or Treat*.



Meet Sharon Nelson at Trolley Barn Park (Florida Street at Adams Avenue, Univ. Hgts. #11 bus) at 5:00 p.m. You'll parade over at a casually paced walk to Dan Haslam's

nearby cottage in UH to eat the complimentary "Ghoul's Buffet" (roadkill with a mysterious red sauce) and then join the maddening crowd for the Nightmare on Maryland Street Halloween event. Bring a flashlight for this event.

You must RSVP for dinner by 10/30. Text or email Dan at 619-318-4870 or danielbhaslam111@yahoo.com, or just show up for the walk only. This is a one-way walk as we cannot keep a group together in 0the crowd. You will have to find your way back. Come early to locate parking, or take the bus.

SAVE THE DATE

ANNUAL CHRISTMAS BRUNCH AND GIFT EXCHANGE

Tuesday, December 25 • 9:00 a.m.

Broken Yolk Café

1851 Garnet Avenue, Pacific Beach

(Details on the Website and the December Newsletter.)

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. Our guest leader will take the group on a flat walk for about two hours, with a pause for coffee or yogurt. Take I-5 to Grand Ave. and go west to Lamont Street, turn left on Lamont Street, then right on Crown Point Drive 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. **Pace:** moderate to moderate-plus. **Kathy L.** (858) 484-0349.

HISTORIC LA PLAYA TRAIL OR AMERICA'S CUP HARBOR. Join peripatetic leaders Mark, Rob, Jackie or Sally as we alternate walking around either *America's Cup Harbor to admire the new coffee shop, restaurants, condos, brewery and more in the ever-changing beautiful marina OR follow the historic **La Playa Trail along the shore past yacht clubs and amazing homes. See the monthly Walks At A Glance calendar in this newsletter to determine which walk we are doing this week. The Casual+ pace walks on flat surfaces are approximately 2.5 miles for about 1 hour and 15 minutes. Optional eats afterward. **Sally R.** (619) 222-3800. Heavy rain cancels.

Note: For *America's Cup Harbor* walk, meet to the right of the front door of the Bali Hai. Ample free parking. For *La Playa Trail* walk, meet at the trail marker by the bay at the intersection of Talbot Street and Anchorage Lane. Park on street. **Both walks served by #28 Bus.**

TUESDAYS

6:30 pm

MISSION BAY SUNSETS. Walk leaves promptly at 6:30. Rain cancels. Enjoy the cooler evening air and beautiful views of Mission Bay! Join us for a flat walk along the shores of Mission Bay. Take I-5 and go west on Clairemont Dr. to meet at the former Visitors Information Center. **Pace:** moderate to moderate-plus. **Jill F.** (858) 292-4231.

THURSDAYS

10:00 am

MISSION BEACH NORTH & SOUTH. Walk the beach or the bay and stop for coffee near the end of this 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. **Pace:** moderate to moderate-plus. **Kathy L.** (858) 484-0349.

SHELTER ISLAND WALK & TALK. Join us for a walk from the Bali Hai to the Friendship Bell and back on flat sidewalks (about 2.5 miles round trip; 60+ minutes including pit stop). Breathe delicious ocean air and enjoy dynamic bay and city views from ships to sea lions. Meet new friends 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. **Pace:** casual+. **Sally R.** (619) 222-3800. ***** INCLUDES THANKSGIVING DAY *****

SUNDAYS

8:15 am

MERRY GO-ROUND. Join us on one of the most scenic walks in San Diego. We start at the carousel in Balboa Park. Our walk encompasses the harbor, downtown and Bankers Hill. Depending on size of the group and mood, we may include some bridges. Allow three hours, which includes a coffee break. To use public transit, take the trolley to 3rd Ave. and C St. At 3rd Ave. and Broadway take the #7 bus at 7:42 or 7:48. Arrive at Zoo Pl. at 8:00 or 8:06. Meet in the lot near the carousel at Park Blvd. and Zoo Place. **Pace:** moderate-plus. **Rick P.** (858) 565-7212.



OTHER FEATURED WALKS

FRIDAYS, NOVEMBER 9 & 23

4:30 pm

Note time change

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 Drive. Rain cancels. **Jim M.** (619) 971-1518.

FRIDAY, NOVEMBER 16

5:06 pm

SUNSET CLIFFS VIEWS. Meet at Sunset Cliffs Blvd. & Point Loma Ave. (**not** West Point Loma Blvd.) in Ocean Beach. We'll enjoy spectacular views and fresh cool breezes from the Pacific Ocean. For public transit, take bus route 923 from downtown at Broadway & 5th OR route 35 from Old Town Transit Center and transfer to 923 in O.B. at Cable & Voltaire Street. If you take the bus and it's late, please call me and we'll wait for you. Otherwise, we'll start at the announced time -- right after the bus arrives. Our walk will last about one hour. **Pace:** Casual. **Stan F.** (619) 222-3447.

TUESDAY, NOVEMBER 13

2:00 pm

KATE SESSIONS IN PACIFIC BEACH. Let's honor "The Mother of Balboa Park" by walking past her home and the park named after her in Pacific Beach. We'll see beautiful mansions including a castle, and enjoy a spectacular view of Mission Bay and the Pacific Ocean as we wander up and down the hills on the south slope of Mt. Soledad. Meet at the flag pole in the parking lot of Kate Sessions Park east of Soledad Road (not Soledad Mountain Road) and north of Loring Street, for a casual to moderate, hilly, 1.5 hour walk. Bus #27 stops at Garnet and Lamont; bus #30 stops at Grand and Lamont. Rain cancels. **Evelyn K.** (619) 461-6095.

SUNRISE SERIES



THURSDAY, NOVEMBER 1

6:30 am

SUNRISE SERIES: BALBOA PARK. Meet at 5th Ave. and Spruce St. to start our exploration of Balboa Park from the west side where we'll plan to see two of San Diego's historic treasures, the Marston House, a classic 1805 Arts and Crafts style museum home designed by renowned local architects William Hubbard and Irving Gill, and then continue over historic Cabrillo Bridge to Plaza de Panama and into Balboa Park as far as we can go in 1 hour on flat and paved terrain at your own pace. Bring money for optional breakfast afterward. **Marlene G.** (619) 692-3020 or (619) 204-0095.

MONDAY, NOVEMBER 5

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 H.** (858) 248-3782.

THURSDAY, NOVEMBER 8

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 B.** (619) 840-5544

THURSDAY, NOVEMBER 15

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 V.** (619) 477-8628, and **Francis B.**

MONDAY, NOVEMBER 19

6:30 am

SUNRISE SERIES: Eastern Balboa Park. Meet Edie at the merry go-round off Park Blvd. near the Zoo. We'll see roses and cacti galore, and much more on this moderate 1 hour walk. We'll stay on cement paths, cross a bridge and hope for a rose garden in full bloom. Plan for an optional breakfast afterward. Shall we try Greek? **Mark L.** (619) 222-4396.

MONDAY, NOVEMBER 26

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 M.** (858) 278-4003..

THURSDAY, NOVEMBER 29, 6:30 AM

6:30 am

SUNRISE SERIES: MISSION HILLS. We'll discover what's new in one of San Diego's oldest neighborhoods on this moderate 1-hour walk on flat terrain. Meet Marilyn at Goldfinch St. and Fort Stockton Dr., which is 1 block north of West Washington St. Optional breakfast afterward. **Connie V.** (619) 294-8308.

SPECIAL EVENT

**North Coast Repertory Theatre
Presents "Always Patsy Cline"
Saturday, December 29
2:00 p.m.**

(Details on the Website and the December Newsletter.)

STANLEY (STAN) HUNTER 1944 - 2018

Stan was a Walkabout Wilderness hiker and leader for numerous years. Years ago, he and other of his fellow hikers would go to the mountains twice a week to "blaze" new trails for the group. Stan loved the mountains around San Diego, loved the trails in those mountains as well as being well known for doing a "bit of bushwhacking" when he thought he could get away with it.



Besides being a hiker, Stan was also a man for all seasons - biking, kayaking, sailing, pool player and etc. He always had a smile for everyone and loved to assist anyone needing a little extra attention. He had no locale family so his sailing buddies and hiking pals were his extended family in San Diego.

A memorial hike and potluck was held in Stan's memory on Saturday September 29, 2018 out of Red Tail Roost trailhead in his beloved Laguna Mountains by 39 friends.



He is leaving a void but his memory will be cherished by all who knew him.



RIVERSIDE COUNTY MISSION INN TRIP SATURDAY, DECEMBER 15, 2018 DON'T FORGET TO SIGNUP!

Mail your check for \$70 to the Walkabout Office which is \$30 less than our competitors. Please include your email address and cell phone number. There will be no refunds unless someone from the waiting list takes your place. Questions? Call Bev Bruff: (858) 268-8088

WEDNESDAYS & SATURDAY HIKES

Time: TBA

WILDERNESS HIKES. Details emailed 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.

HIKE CONTACT INFORMATION

DATE	LEADER
11/3	TBA
11/7	PJ: pjeffery1@sbcglobal.net (858) 566-8928
11/10	Bill B: wa4lrm@gmail.com (619) 206-5809
11/14	Ray E: ray@escondidocoin.com or (760) 749-4816
11/17	Bill B: wa4lrm@gmail.com (619) 206-5809
11/22	Don P: dpiller@cox.net or (760) 670-6862
11/24	Irma K: irmacaizan@yahoo.com (619) 795-5821
11/28	Ray E: ray@escondidocoin.com or (760) 749-4816

Thanks to everyone.

Contact Don Piller if you're interested in taking an open date.

UPCOMING WALKS, EVENTS & TRIPS

Visit our website walkabout-int.org or call our office (619) 231-7463 for details about any of the following.

Huntington Library	November 10
Thanksgiving Shelter Island Walk	November 22
Riverside County Mission Inn	December 15
Christmas Brunch; Gift Exchange	December 25

SAFETY FIRST!

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.

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 email your walks to walks@walkabout-int.org. If you email more than one walk, please leave extra space between each walk.

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

BOARD SEEKS YOUR HELP VOLUNTEERS NEEDED!

We need office volunteers and board members. We are also recruiting new walk leaders. If Interested, please contact Norm Vigeant at 858-278-1253 or ngfrenchy@hotmail.com and he will guide you through the process. We always looking for new ideas for walks so 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

WALKABOUT BOARD MEETING

Friday, November 9th at 10:00 a.m.,
Serra Mesa-Kearny Mesa Branch
Library, Sudberry Room
9005 Aero Drive
San Diego, CA 92123



Follow us on Facebook
at Walkabout International

BOARD MEMBERS

President	(858) 560-9003
Elaine Berger	President@walkabout-int.org

1st Vice President	(858) 571-7733
Robert Buehler	vp1@walkabout-int.org

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) 559-5650
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
-------------	----------

OFFICE STAFF

Elaine Berger, Robert Buehler, Donna Farris, Marilyn Buckley, Eileen Frame, Dan Haslam, Charlotte Sedgwick, Janet Fenston and Pat Keller

NEWSLETTER STAFF

Kathy Garcia, Dan Haslam

MAILING CREW

Charlotte Sedgwick, Beverly Stebbins, Stan Follis

JOIN US ON MEETUP!

www.meetup.com/Walkabout-International



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

NOVEMBER 2018 WALKS AT A GLANCE

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
				6:30 am Sunrise: Balboa Park 10 am Shelter Island 10 am Mission Beach		TBA Hike
4	5	6	7	8	9	10
8:15 am Merry Go- Round	6:30 am Sunrise: Lake Murray 10 am Crown Point Area Beckons 10 am La Playa Trail	6:30 pm Mission Bay Sunsets	TBA Hike	6:30 am Sunrise: Old Town 10 am Shelter Island 10 am Mission Beach	4:30 pm Mission Hills Meander	TBA Hike
11	12	13	14	15	16	17
8:15 am Merry Go- Round	10 am Crown Point Area Beckons 10 am America's Cup Harbor	2:00 pm Pacific Beach 6:30 pm Mission Bay Sunsets	TBA Hike	6:30 am Sunrise: Coronado 10 am Shelter Island 10 am Mission Beach	5:06 pm Sunset Cliffs Views	TBA Hike
18	19	20	21	22	23	24
8:15 am Merry Go- Round	6:30 am Sunrise: Eastern Balboa Park 10 am Crown Point Area Beckons 10 am La Playa Trail	6:30 pm Mission Bay Sunsets		10 am Shelter Island 10 am Mission Beach TBA Hike	4:30 pm Mission Hills Meander	TBA Hike
25	26	27	28	29	30	
8:15 am Merry Go- Round	6:30 am Sunrise: South Shore 10 am Crown Point Area Beckons 10 am America's Cup Harbor	6:30 pm Mission Bay Sunsets	TBA Hike	6:30 am Sunrise: Mission Hills 10 am Shelter Island 10 am Mission Beach		

ABOUT WALKABOUT, SAN DIEGO'S PREMIER SOCIAL NETWORK AFOOT

Established in 1977, Walkabout promotes healthy regular exercise, social camaraderie and discovering new places. We are a volunteer, San Diego-based, non-profit organization who offers 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.

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 INTERNATIONAL 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 INTERNATIONAL, please contribute. All levels of support include a one-year subscription to our monthly newsletter. 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!

Basic Level \$20 Tenderfoot \$25 Footprint \$100 Arch Supporter \$250
 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. All applications including the buy-one, get-one-free must contain a correct address, including zip code, and at least one phone number

NAME _____ DATE _____

ADDRESS _____

CITY _____ STATE _____ ZIP+4 _____ - _____

PRIMARY PHONE () _____ OTHER PHONE () _____

EMAIL ADDRESS _____

PDF ONLY (fully tax deductible, eco-friendly, and helps us keep costs down)

MAIL ONLY (physical newsletter will be mailed to your address)

Subscribe to the email list for Wilderness Hikes

Buy-One Get-One-Free

Subscriptions at and above the Tenderfoot (\$25) level include our buy-one, get-one-free (PDF only) deal whether you are a new or renewing subscriber. This allows you to give a one year Newsletter subscription, PDF version only, to anyone who has never been a WALKABOUT subscriber.

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP+4 _____ - _____

PRIMARY PHONE () _____ OTHER PHONE () _____

EMAIL ADDRESS _____

FALL FOLIAGE TOUR DELIGHTS WALKABOUT LEAF PEEPERS

Late September brought eleven Walkabouters to New England to tour parts of New Hampshire, Vermont and Massachusetts in search of colorful leaves. The group landed in Boston and drove to the Concord area of NH for the first couple of nights. They traveled around Lake Winnepesaukee and admired lake-effect foliage, rode a hay wagon to pick apples and toured a loon refuge and took a walk in the woods.

En route to VT they enjoyed a scenic drive through the White Mountains, visiting a dog chapel and gift shop in St. Johnsbury, a maple sugar factory and the first of several home cooked church dinners served by locals. The dinners were preceded by musicales, including country western, folk or organ hymn sing music.

On Cabot-touring day, the group visited the famous creamery, a turkey farm (where their dinner was hatched), and were astonished to watch a robot milking several cooperative cows. Since it rained nearly every day, walking was optional, so the group visited Glover, VT and admired taxidermied animals in the general store as well as the giant paper mache puppets at the Bread and Puppet theater museum in an old dairy barn.

Plainfield, VT found the group visiting the nearby Barre granite quarries, including a tour, a chance to bowl on an alley made of granite, and also a tour of Hope Cemetery, a sculptural showplace of Rock of Ages granite monuments, including those shaped like race cars, airplanes and soccer

balls -- all made from granite. The group also toured the granite state house in Montpelier, and their motel in Hardwick, VT was the triste point of a former governor and his mistress (on the hush-hush). Part of the group enjoyed bingo in Hardwick, a gypsy concert in Cabot.

Vermont foliage was spectacular this year, and nearly at peak for our Walkabouters. The group also had a chance to tour the Fairbanks Museum or Athenaeum in St. Johnsbury, or check out thrift shops before dinner in a famous diner in Lyndonville. There were no less than two covered bridges to walk across – one in Marshfeld and one in Rockingham at the site of the famous VT Country Store. The group's last day was spent near Lexington, MA, where one of the first skirmishes of the Revolutionary war was fought. On the last day of the tour, before catching their afternoon flight back to San Diego, the group enjoyed a walk on the Freedom Trail in Boston, as well as a driving tour of famous sites in Boston.



Those participating on the tour were: Bev Stebbins, Allen and Janet Hunter, Eileen Frame, Valerie Sanfilippo, Anita Turner, Norm Vigeant, Jim Miller, Ginger Thaler, Sharon Nelson and leader, Dan Haslam.