



San Diego Feets

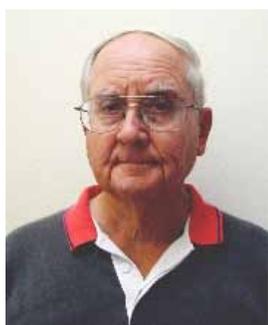
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No.9

WALKABOUT INTERNATIONAL is a non-profit educational group that promotes neighborhood walking in urban, suburban, and rural environments throughout the world. Walkabout publishes a monthly schedule of events; for one complimentary issue call the Walkabout office, located at 2650 Truxtun Road, Suite 110, San Diego, CA 92106-6007, (619) 231-SHOE (7463), FAX (619) 231-9246. Office hours: 10:00 am to 2:00 pm, Monday through Friday. Internet: www.walkabout-int.org, e-mail: info@walkabout-int.org.

September 2012

PRESIDENT'S MESSAGE



As previously announced in San Diego Feets, I am serving as Walkabout's 13th president, replacing Stan Follis, who served two separate terms as president. My thanks again to Stan for his many years of service to Walkabout International. As your new president I am not proposing new directions for Walkabout, but strengthening and carrying forward

the policies that have been successful in the past 35 years.

At the recent retreat, the Board of Directors set forth goals for the future. One goal was improving the form of the website - this task is being implemented by an appointed committee as this message is being written. Another goal was attracting new members - improving the website will help accomplish this, but will not achieve the goal by itself. In the past many new members came to Walkabout through "word of mouth", that is, recommendations from friends who were Walkabout members. Recommending Walkabout to friends is something that all the members can do. A third goal was to determine what age group would be our primary target for new members. I feel that newly retired people would be the most likely to become new members. Young people seem to be too busy with life's tasks and responsibilities. But it is obvious that Walkabout needs to attract younger members if it is to survive the lifetimes of present members.

It seems that walks and events attract some members, our trips attract others and, of course, some like both. The Board felt that more specialty walks, like those held in March for Walkabout's 35th Anniversary and in years past should be developed. We will be working on this and we solicit members ideas for future walks. A list of proposed 2013 trips appeared in the July issue of the newsletter, along with a survey to determine member's wishes for future walks and future trips. As of this writing we have received approximately 60 replies to the survey and we thank you all for this.

Robert Buehler, President
(858) 571-7733 robo9@ix.netcom.com

SATURDAY, SEPTEMBER 1

Time: TBA

SATURDAY WILDERNESS HIKE. Today's hike will be an e-mail hike with details sent out 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. Also call in case of bad weather conditions. 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 the hikes at <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 **Kathy** at kpiller@cox.net or (760) 796-4007.

9:15 am **NC**

DEL MAR DELIGHTS – SOUTHERN EXPOSURE.

Labor Day Weekend continues last Saturday's exploration of picturesque pathways in this convivial coastal community. Today, we start sauntering through the scenic "southern" corners with their enchanting nooks and crannies, captivating canyons and the precipitous cliffs overlooking the celebrated surf. Time to head 'em up, move 'em out, rawhide! Look for **Larry** at the northwest corner of Del Mar Heights Rd. and Durango Dr. – 6 blocks west of I-5's Del Mar Heights exit – for a **moderate-plus** paced, 3-hour sensational September sashay over mixed-up and down terrain. Larry@walkabout-int.org or (858) 755-1751.



Pace Yourself

Half Speed	—	1-2 miles per hour
Casual	—	2-3 miles per hour
Moderate	—	3 miles per hour
Moderate/Plus	—	3 1/2 miles per hour
Brisk	—	4 miles per hour
Very Brisk	—	over 4 miles per hour

2- DAY TRIP TO A PREMIER MOUNTAIN GETAWAY - JULIAN

WEDNESDAY, OCT. 3, TO THURSDAY, OCT. 4, 2012

Join **Walter** and **Rita** for a trip to Julian with an overnight stay at the beautiful Julian Lodge B&B in the heart of town, full a/c and private bathrooms. There will be a continental breakfast the following morning. Julian was founded more than 100 years ago and it still maintains its unique quality of life where time seems to stand still and there is freedom from the hustle and bustle of urban life. We have some wonderful activities planned for both days, including touring a camel farm on the way up. We will be taking a 1-1/2 hour train ride with tour guides dressed in 1890s costumes and riding in an antique train where we'll enter a gold mine never visited by Walkabout before. The group may also want to visit a winery and you'll also have time to enjoy the town itself. We are only able to take 12 people in a 15-passenger van since we will need space for SMALL LUGGAGE. The price of the trip will include a 15-passenger van and gas as well as lodging at Julian Lodge. Price based on double occupancy is \$162, or add \$35 for a single room. The continental breakfast includes hot and cold cereals, juices, Danish rolls, breads and bagels as well as yogurt. All entrance fees and the train ride are included. Other meals are on your own.

Send a \$162.00 check to Walkabout Int'l , 2650 Truxtun Rd., Suite 110, San Diego, CA 92106-6007 (please add \$35 more for a single room). Be sure to include your phone number, e-mail address and a self-addressed stamped envelope for your itinerary to be mailed to you. NO REFUNDS unless there is a waiting list with someone to take your place. Please designate your pickup location: San Diego or North County (you will be given exact pickup addresses later). We will leave San Diego by 9:00 am and North County (off Hwy 15) will be a 9:30 am rest stop. We shall return Thursday, hopefully by 5:00 pm. If you have any questions, please call Rita at (619)266-2555.

6:15 pm

SATURDAY NIGHT LIVE. Carol, Donna or Teri will guide you along the harbor or through downtown while enjoying the bright lights and fresh breezes. Meet at the statue on the Harbor Dr. side of the County Administration Center building between Ash and Grape Sts. The pace is **moderate to moderate-plus** for about 1½ hours. Rain cancels. We encourage anyone to lead a slower version of this walk any Saturday. Walk leaves promptly at 6:15. **Carol W.** (619) 303-7942, **Teri E.** (619) 584-8984.

Remember to wear comfortable, supportive shoes with good soles for your soles' sake.

SUNDAY, SEPTEMBER 2

7:15 am

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

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 **brisk** pace 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 transportation, 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 **Rick** at the carousel at Park Blvd. and Zoo Pl. (858) 565-7212.

MONDAY, SEPTEMBER 3

6:00 am

SUNRISE SERIES: EXPLORING CLAIREMONT. Today's walk will be on mostly flat terrain as we go at a **moderate** pace for 1 hour to enjoy the sunrise and each other's company. Meet **Winnie** in the parking lot at the southeast corner of Genesee and Balboa avenues. Money for optional breakfast is needed if you want to stay after. Take the 805 to the Balboa Ave. exit, go west to Genesee Ave. (858) 278-4003.

10:00 am

CROWN POINT AREA BECKONS. Start out your week with a beautiful scenic view of Mission Bay and homes nearby. **Kathy L.** leads a **moderate**-paced walking group and pauses for coffee at a Pacific Beach coffee shop. Rain cancels. Take I-5 to Grand Ave. and go west to Lamont St. Turn left on Lamont St. then right on Crown Point Dr. Meet at the west end of the parking lot near the restrooms. To use public transportation, take the trolley to Old Town. Take the #9 bus at 9:10, get off at La Cima at 9:30. Walk 3 blocks east to the parking lot. Rain cancels. (858) 484-0349.

10:00 am **SC**

LABOR DAY HIKE. Meet **Virginia C.** in front of Home Depot in the shopping center just west of the I-5 at Palm Ave. and Saturn Blvd. We'll walk at a **casual** pace on the New Otay Regional Valley Trail, a popular hiking trail, and then we'll reverse direction to return. By trolley, take the Blue Line south to the Palm station and then take the #933 bus to the shopping center. (619) 231-7463.

TUESDAY, SEPTEMBER 4

10:00 am

TWEEDS (TUESDAY WALKING ETHNIC EATING BUNCH). Pat is out of town, and since no one volunteered to lead a walk, there will not be one today.

6:30 pm

MISSION BAY SUNSETS. Walk leaves promptly at 6:30. Rain (not mist) cancels. Enjoy the cooler evening air and beautiful views of Mission Bay! Join us for a flat but fairly fast-paced **moderate to moderate-plus**, 1-hour-plus walk along the shores of Mission Bay. Take the I-5 and go west on Clairemont Dr. to meet at the former Visitors Information Center (see Thomas Guide 1248-D7). **Teri E.** (619) 584-8984 or **Jill F.** (858) 292-4231.

WEDNESDAY, SEPTEMBER 5

Time: TBA

WEDNESDAY WILDERNESS HIKE. Today will be an e-mail hike. There is a chance there will be no hike due to certain weather conditions. You can check the hikes at www.walkabout hikes.org for updates. See September 1 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Don** at dpiller@cox.net or (760) 796-4007.

10:00 am

CORONADO - BAY AND OCEAN. Join **Robert and Friends** for a 1-hour **casual**-pace, flat walk to view the bay and historic photos of the Hotel del Coronado, then cross over to the ocean side and walk past the high-rise condominiums south of the Hotel Del. We'll meet in front of the Boat House Restaurant on Strand Way (take Orange Ave. south past the Hotel Del and the Boat House Restaurant to the first traffic light, turn left, then left again onto Strand Way). You can park free on Strand Way or in the Boat House parking lot until 4 pm. For public transportation, take or transfer to the #901 bus marked "Iris Trolley" from the 12th & Imperial Transit Center and get off just past the Hotel Del. Optional eats/refreshment afterward. Rain cancels. **Robert B.** (858) 414-6181.

6:15 pm

WEDNESDAY NITE WORKOUT. Meet at Costa Verde Shopping Center, west of Westfield Shoppingtown UTC, between La Jolla Village Dr. and Nobel Dr., in front of Bookstar. We will walk about 1½ hours at a **moderate-plus to brisk** pace, heading in a different direction each week, exploring canyon trails and hills. Come explore this area and have some fun! **Debbie B.** (858) 229-1065 or **Barbara N.** (619) 226-3024.



Unless otherwise specified, Walks start at the time shown. Walk leaders should arrive 15 minutes before the time listed in the newsletter.

20 Volunteers Needed for Mother Goose Parade

Walkabout is planning to participate in the 33rd Annual Mother Goose Parade on Sunday, November 18, 2012. We need at least 20 people to walk the parade route and help carry the Walkabout banner. We also need help in planning and organizing our preparations for the parade. Contact Marilyn B. at (619) 231-7463 or email pr@walkabout-int.org. Come help promote Walkabout in the community on this fun walk!

THURSDAY, SEPTEMBER 6

6:00 am

SUNRISE SERIES: MISSION HILLS. Since it's almost the end of summer, let's check how this area is doing. Meet at Goldfinch St. and Fort Stockton Dr. for an **at-your-own pace**, flat 1-hour walk. Bring money for an optional breakfast after. **Jane** (619) 299-1060.

10:00 am

MISSION BEACH NORTH & SOUTH. Walk the beach or the bay and stop for coffee at the end of this **moderate**-paced walk. Meet at the Belmont Park ticket booth off Mission Blvd. To use public transport, take the trolley to Old Town. Take the #8 bus at 9:40 to Mission Blvd. arriving at 9:54. Walk across the street. Rain cancels. **Kathy L.** (858) 484-0349.

10:00 am

SHELTER ISLAND WALK & TALK BUNCH. **Sandra, Sally and Friends** will do a **casual** walk from the Bali Hai Restaurant to the Friendship Bell and back on flat sidewalks (about 2.2 miles round trip & about 60-70 minutes). Breathe delicious ocean air and enjoy dynamic bay and city views from ships to seashore wildlife. You may stop at one of the many benches and rejoin us on the return leg. Meet at the east end of the island, about 100 paces to the right of the entrance to the Bali Hai by the lamp post and hand rails, where we will stretch a few minutes and leave promptly at 10:03 am. If you're late, drive down the island and join us along the way. Optional: re-walk the island to the pier for additional mileage. Bring a pedometer if you have one. For public transportation, take the #28 bus and walk approximately 3 blocks to the Bali Hai. Ample free parking. Optional eats after. Rain cancels. Join us - just for the health of it!! Walk repeats every Thursday. **Sally R.** (619) 272-8851.

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 and cookies. Use the #7 bus if you don't want to drive. Rain cancels. **Mary T.** (619) 291-1349.

FRIDAY, SEPTEMBER 7

4:00 pm

FIRST FRIDAY AT LIBERTY STATION. Meet **Marilyn B.** on the front steps of the Dance Place building, 2650 Truxtun Rd. at the corner of Dewey Rd., for a 1-hour **moderate** walk along the waterway and green space down to the historic stationary Naval training vessel, the USS Recruit. Afterward, we will participate in the First Friday events, which you can do so at your own pace or join me as I view the newest arts building, the latest gallery exhibits, explore the interesting shops and partake in the complimentary wine, cheese and more. First Friday events are from 5:00 to 8:00 pm the first Friday of each month. For more information, visit <http://www.libertystation.com>. Rain cancels. (619) 692-0536.

6:00 pm

MISSION HILLS MEANDER. Come see the great views and picturesque homes and gardens of this homey old neighborhood on a 1-hour, **moderate**-paced walk on flat terrain. Meet at Espresso Mio, 1920 Ft. Stockton Dr. From Washington St., go north on Goldfinch St. and west on Ft. Stockton Dr. Rain cancels. Wear white or light colors for safety's sake. **Pat P.** (619) 291-6162.

SATURDAY, SEPTEMBER 8

Time: TBA

SATURDAY WILDERNESS HIKE. Today will be an e-mail hike. There is a chance there will be no hike due to certain weather conditions. You can check the hikes at www.walkabout hikes.org for updates. See September 1 listing for IMPORTANT INFORMATION. If you have any questions, contact **Bill** at (619) 264-1299.

7:15 am

LATE BIRDS. For those of us who can't get up for the Sunrise Series, **Anna T.** will lead a walk **at your own pace** around Pacific Beach. After the walk, we will have an optional breakfast. Take the #30 bus at 6:45 from Old Town, exit at Mission Blvd. Meet in front of the Crystal Pier at the west end of Garnet Ave. Rain cancels. (619) 231-7463.

6:15 pm

SATURDAY NIGHT LIVE. See September 1.

SUNDAY, SEPTEMBER 9

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 afterwards is optional but great fun (Greek?). Meet at the carousel on Park Blvd. at Zoo Pl. **Pat's Pals** (619) 469-6223.



In case of emergency please carry ID and medical information on walks.

VOLUNTEERS NEEDED

Front Desk/Receptionist

Training Provided

Two Mondays per month 10 am to 2 pm

Friendly, easygoing volunteer to answer phones, get mail, and perform simple office procedures.

Knowledge of Walkabout a plus! Basic computer skills would be very helpful. Call the office at (619) 231-7463.

8:15 am

MERRY GO-ROUND. See September 2.

MONDAY, SEPTEMBER 10

6:00 am

SUNRISE SERIES: DOWNTOWN. Have you seen the new Central Library lately with its stylish dome? Join **Gloria** at 4th Ave. and E St. by the Balboa Theater and park along the street nearby. We'll stroll the streets to the new Central Library at Park Blvd. and J St. on this 1-hour, **moderate**, paved and mostly flat walk. The new Library is a 9-story building with flexible spaces and accessible public amenities. A new 76,000 square-foot charter high school is planned for the sixth and seventh floor and builds upon the Library's role as a regional learning center. Bring money for optional breakfast after. (619) 482-7677.

10:00 am

CROWN POINT AREA BECKONS. See September 3.

TUESDAY, SEPTEMBER 11

10:00 am

TWEEDS "SETS SAIL." Well, kind of, as we see if we can spot any progress on the re-creation underway of the San Salvador, the ship in which Cabrillo entered San Diego Bay, on our way from Liberty Station to Spanish Landing Park, where we'll enjoy the always-beautiful harbor. This 90-minute **at-your-own-pace** jaunt will be mostly flat, but we will cross an arched bridge twice. Meet **Fran W.** across from Oggi's Pizza on Laning Dr. near N. Harbor Dr. at Liberty Station. Rain cancels. Optional lunch follows (Thai?). **Fran W.** (619) 512-7265.

6:30 pm

MISSION BAY SUNSETS. See September 4.

WEDNESDAY, SEPTEMBER 12

Time: TBA

WEDNESDAY WILDERNESS HIKE. Today will be our spring hike and potluck. More information will be sent out prior to this special day. If you have any questions, contact **Stan** at (619) 448-1668 before 6:00 pm or shunt92071@yahoo.com.

6:15 pm

WEDNESDAY NIGHT WORKOUT. See September 5.

September 2012 Walks at a Glance

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 TBA-Hike-Kathy 9:15 am Del Mar - Larry 6:15 pm Sat Night Live
2 7:15 Breakfast Special -Shelter Island 8:15 am Merry Go Round	3 6:00 am Sunrise Series – Clairemont 10:00 am – South Bay - Virginia 10:00 am Crown Point	4 10:00 am Tweebs – <u>No</u> walk today 6:30 pm Mission Bay	5 TBA-Hike-Don 10:00 am Robert - Coronado 6:15 pm Workout	6 6:00 am Sunrise Series – Mission Hills 10 am Mission Beach 10 am Shelter Island 10:15 am Balboa Park	7 4:00 pm – Liberty Station – Marilyn B. 6:00 pm Mission Hills	8 TBA-Hike-Bill 7:15 Late Birds – Pacific Beach 6:15 pm Sat Night Live
9 7:15 Breakfast Special – Balboa Park 8:15 am Merry Go Round	10 6:00 am Sunrise Series – Downtown 10:00 am Crown Point	11 10:00 am Tweebs – Spanish Landing 6:30 pm Mission Bay	12 TBA-Hike-Stan 6:15 pm Workout	13 6:00 am Sunrise Series – Embarcadero 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	14 10:00 am Board Meeting 6:00 pm Mission Hills	15 TBA-Hike-Bill 6:15 pm Sat Night Live
16 7:15 Breakfast Special – East Mission Bay 8:15 am Merry Go Round	17 6:00 am Sunrise Series – East Mission Bay 10:00 am Crown Point	18 10:00 am Tweebs – La Jolla 6:30 pm Mission Bay	19 TBA-Hike-Candy 10:00 am Robert – Sunset Cliffs 6:15 pm Workout	20 6:00 am Sunrise Series – Ocean Beach 10 am Mission Beach 10 am Shelter Island 10:15 am Balboa Park	21 6:00 pm Mission Hills	22 TBA-Hike-Stan 7:15 Late Birds – Shelter Island 10:00 am Pt. Loma – Jim & Marty 6:15 pm Sat Night Live
23 7:15 Breakfast Special – Pacific Beach 8:15 am Merry Go Round	24 6:00 am Sunrise Series – Shelter Island 10:00 am Crown Point	25 10:00 am Tweebs – La Jolla 3:00 pm – La Jolla – Evelyn 6:30 pm Mission Bay	26 TBA-Hike-Don 6:15 pm Workout	27 6:00 am Sunrise Series – University Heights 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	28 6:00 pm Mission Hills	29 TBA-Hike-Candy 6:15 pm Sat Night Live
30 7:15 Breakfast Special – Normal Heights 8:15 am Merry Go Round						

WANTED

Newsletter Walks Coordinator. Requires assembling the walk descriptions as submitted, updating the calendar, and copying this information into a Microsoft Word format compatible with our publishing software. If interested, contact Fran Whiteman for further information. (619)271-7107. franw13@yahoo.com.

UPCOMING EVENTS 2012-2013

Asterisk marks = planned events.

Without asterisk we need volunteers/walk leaders

SEPTEMBER 2012

Labor Day Symphony Summer Pops

*Rhode Island/Cape Cod Leader Dan Haslam

OCTOBER 2012

*Annual Picnic, Meeting, Auction

*Julian Lodge Overnight

NOVEMBER 2012

*Thanksgiving Dinner

DECEMBER 2012

California Missions Leader Dan Haslam

Boat Parade of Lights

Ocean Beach Holiday Parade Walk

Hotel Del Coronado Walk/View Tree

*Xmas Breakfast/Gift Exchange

JANUARY 2013

Annual New Year's Day Ferry Ride to Coronado

FEBRUARY 2013

Ground Hog Day Walk

MARCH 2013

36th Anniversary Walks and Events

APRIL 2013

*Anza Borrego Day Trip

Coronado Flower Show and Walk

MAY 2013

Coronado Bridge Walk

Memorial Day Event/Walk

ADDITIONAL OPTIONS:

We Need Volunteers/Walk Leaders For Events

Garden and Home Tours

Parade of Tall Ships

Navy Fleet Week

La Mesa Oktoberfest

Lambs Xmas Play

Free day at Cabrillo Monument

I Love A Clean San Diego

Clean Up Beaches

Neighborhood Xmas Light Viewing

Free Tuesday at Museums in Balboa Park

Airport Terminal Opening 2013

Walkabout supporters who are interested in learning more about these trips should contact the office and have their names (with email addresses/ phone number) placed on the interest list for each trip.

THANKGIVING

If you are interested in getting together on Thanksgiving at a restaurant please contact the Walkabout office at (619) 231-7463 and leave your name and telephone number. Somebody will call you letting you know the restaurant we have chosen and the cost including tax and tip. Leave the cooking and the mess to somebody else this year. Come and enjoy your friends at Walkabout for several hours. We should have more information in the October Newsletter.

2011-2012 Board Members

President

Robert Buehler(858) 571-7733

President@walkabout-int.org

1st Vice President

Norman Vigeant ngfrenchy@hotmail.com

2nd Vice President

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Recording Secretary

Donna Farris secretary@walkabout-int.org

Treasurer

Rita Balliot(619) 266-2555

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Directors

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larry@walkabout-int.org

Dick Hiatt publisher@walkabout-int.org

Walter Konopka(619) 281-4958

wkonopka@sbcglobal.net

Bruce Herms Emeritus

NEWSLETTER STAFF: Diane Altona, Bob Buehler, Dick Hiatt, Stan Follis, Lorraine Marshall, Marilyn Ralph, Fran Whiteman.

MAILING CREW: Pat Peterson (Captain), Alice Berwert, Barbara Miller, Sharon Nelson, Julie McKane, Joanne Paul, Fusa Shimizu, Judy Vandruff.



NEWSLETTER DEADLINE NOTICE

All walks must be in the office by the 3rd 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 3rd.) You can e-mail your walks to walks@walkabout-int.org, or mail them to Walkabout, 2650 Truxtun Rd. Suite 110, San Diego, CA 92106-6007. If you mail them, please use the walk information form available in our office, on our website at www.walkabout-int.org, or send a SEPARATE 8 x 11 sheet for each walk. If you e-mail more than one walk, please leave extra space between each walk.

THURSDAY, SEPTEMBER 13

6:00 am

SUNRISE SERIES: EMBARCADERO (North and South). Join **Frances** at the parking lot of the restaurant on the corner of Pacific Hwy. and Hawthorn St. We'll walk along the Embarcadero for 1 hour at a **moderate** pace on flat terrain, going north towards toward the Coast Guard Station and the spot where local news channels park their satellite vans to broadcast with beautiful views of San Diego in the background. We can then head south to check out new development along Harbor Dr. Bring money for an optional breakfast afterwards. (619) 479-3962.

10:00 am

SHELTER ISLAND WALK & TALK BUNCH. See September 6.

10:00 am

MISSION BEACH NORTH & SOUTH. See September 6.

10:15 am

MORNING STROLL IN BALBOA PARK. See September 6.

FRIDAY, SEPTEMBER 14

10:00 am

WALKABOUT BOARD MEETING. The monthly meeting will be held in the Board Room of the NTC Command Center, 2640 Historic Decatur Rd. (619) 231-7463.

6:00 pm

MISSION HILLS MEANDER. See September 7.

SATURDAY, SEPTEMBER 15

Time: TBA

SATURDAY WILDERNESS HIKE. Today will be an e-mail hike. There is a chance there will be no hike due to certain weather conditions. You can check the hikes at www.walkabout hikes.org for updates. See September 1 listing for IMPORTANT INFORMATION. If you have any questions, contact **Bill** at (619) 264-1299.

6:15 pm

SATURDAY NIGHT LIVE. See September 1.

SUNDAY, SEPTEMBER 16

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 at the former Visitors Information Center. From I-5 take the Clairemont Dr. exit and go west. Rain cancels or postpones. **Pat's Pals** (619) 469-6223.

8:15 am

MERRY GO-ROUND. See September 2.

MONDAY, SEPTEMBER 17

6:00 am

SUNRISE SERIES: EAST MISSION BAY RAMBLE (two ways). Join **Connie** for an East Mission Bay ramble as we meet at the small parking lot near Sea World Dr. Take the Sea World Dr. exit from the I-5, go west to the first traffic light, turn right, pass the entrance to Fiesta Island and the parking lot there, cross the bridge and path at the next small parking area on your left. From there we'll enjoy a flat, 1-hour ramble **at your own pace**. You can head north towards the Mission Bay Hilton or to the west to end up at the South Shores Boat Launch ramp near Sea World. In either direction, you'll find other early morning walkers, yoga aficionados and a variety of shore and sea birds. In addition, the early morning commuters will provide a distant hum as they hurry to work – lucky us, we'll be getting our exercise and enjoying beautiful Mission Bay views. Bring money for an optional breakfast afterwards. (619) 477-8628.

10:00 am

CROWN POINT AREA BECKONS. See September 3.

TUESDAY, SEPTEMBER 18

10:00 am

TWEEBS heads to La Jolla for a 90-minute, **moderate**, mostly flat walk along the ocean, the cliffs and among beautiful homes ending with an optional lunch. Meet by the Children's Pool to view the seals (across from Casa De Mañana) on Coast Blvd. at Jenner St. Rain cancels. **Pat K.** (619) 469-6223.

6:30 pm

MISSION BAY SUNSETS. See September 4.

WEDNESDAY, SEPTEMBER 19

Time: TBA

WEDNESDAY WILDERNESS HIKE. Today will be an e-mail hike with details sent out a day or two before. You can check the hikes at www.walkabout hikes.org for updates. See September 1 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Candy** at (619) 435-2894 or ccbeckwith146@yahoo.com.

10:00 am

SUNSET CLIFFS. **Robert and Friends** will enjoy a 1-hour **casual**-pace, flat walk to view the cliffs, ocean and lovely homes. Meet at the corner of Sunset Cliffs Blvd. and Point Loma Ave. Take the I-8 west to its end, turn left onto Sunset Cliffs Blvd. and proceed through Ocean Beach to Point Loma Ave. (Note: not West Point Loma Blvd.) For public transportation, take the westbound #35 bus to arrive at the meeting place at 9:43 or before. Optional eats/refreshment afterward. Rain cancels. **Robert B.** (858) 414-6181.

6:15 pm

WEDNESDAY NIGHT WORKOUT. See September 5.

ANNUAL MEETING/AUCTION/PICNIC SET FOR SATURDAY, OCTOBER 27

Mark your calendar now for Walkabout International's annual meeting, auction and potluck picnic to be held on Saturday, October 27 from 11 am until 2 pm at the East Mission Bay Park (same location as last year). We need each person to bring three things: 1) contributions for the auction; 2) food to share for the potluck; and 3) your checkbook or cash to pay for someone else's former treasure at the auction! You should also consider a folding chair and a light jacket as the park can get pretty breezy on a cool day. The park is located just west of I-5 near the visitor center at Clairemont Drive. We will be in a covered shelter, south of the visitor center; watch for our banner or signs.

Walkabout will provide beverages, ice, cutlery, napkins, cups and plates, and we usually get a crowd of around 40 or so. You're welcome to bring your friends and neighbors; all are welcome to bid (just bring plenty of food to share). We'll have our annual meeting, which consists of reports about Walkabout's operations, and if you have questions to ask, we'll try to answer those, too. Auction favorites for bidding include plants, baked goods, gift certificates (your favorite restaurant, hairdresser, movie theater), books, gifts that you want to "re-gift," things that can be consumed (rather than stored on a shelf); gift baskets of fancy food, wine. Things to avoid bringing for auction: artwork, clothing, electronics (unless working). As usual, our cheerful auctioneer will be Dan Haslam, and other volunteers are always welcome to come a bit early to help put out signs, set up, and to stay afterwards for take-down and clean-up. There will be a walk around the park, and restrooms are close by. Come on down for an entertaining afternoon, good food and great company!

THURSDAY, SEPTEMBER 20

6:00 am

SUNRISE SERIES: OCEAN BEACH. We'll do a moderate-paced, 1-hour walk to check out the Ocean Beach pier where some fishermen are out very early as well as surfers if the waves are favorable. Take the I-8 to its west end, turn left at Sunset Cliffs Blvd. and go south a few blocks to Newport Ave., turn right until just past Cable St. where we'll meet just across the street from the old movie theater. Bring money for an optional breakfast after. **Fusa** (619) 223-6947.

10:00 am

MISSION BEACH NORTH & SOUTH. See September 6.

10:00 am

SHELTER ISLAND WALK & TALK BUNCH. See September 6.

10:15 am

MORNING STROLL IN BALBOA PARK. See September 6.

FRIDAY, SEPTEMBER 21

6:00 pm

MISSION HILLS MEANDER. See September 7.

SATURDAY, SEPTEMBER 22

Time: TBA

SATURDAY WILDERNESS HIKE. Today will be an e-mail hike. There is a chance there will be no hike due to certain weather conditions. You can check the hikes at www.walkabouthikes.org for updates. See September 1 listing for IMPORTANT INFORMATION. If you have any questions, contact **Stan** at (619) 448-1668 before 6:00 pm or shunt92071@yahoo.com.

7:15 am

LATE BIRDS. For those of us who can't get up for the Sunrise Series, **Dick and the Divas** will lead a 1-hour walk **at your own pace** around Shelter Island. After the walk, we'll have an optional breakfast. Meet in the parking lot at Anchorage Ln. and Cañon St. Rain cancels. (619) 469-6223.

10:00 am

NATURE WALK: FAMOSA SLOUGH AND PACIFIC ISLE GARDENS. We will see the entire Famosa Slough, watch the ocean current flow in the center of a salt marsh, look for migratory and local birds (over 190 species) and see an old trolley trestle before we briefly rest and enjoy the romantic gardens, fountains and lagoon located inside the center of the circular Pacific Isle on this **casual** 1-1/4 hour walk. Meet **Jim** and **Marty** when you park at the far west end of the Midway Towne Shopping Center parking lot past Papa John's, 3960 West Point Loma Blvd. (Hint: Sports Arena Blvd. changes its name to West Point Loma Blvd. at Midway Dr. and Midway Dr. changes its name to West Mission Bay Dr. at the same corner). You can take the #35 bus from Old Town Transit Center and get off at the Midway Towne Shopping Center stop in front of CVS and Denny's. Optional lunch follows at a buffet restaurant in the shopping center. (619) 222-8714.

6:15 pm

SATURDAY NIGHT LIVE. See September 1.

SUNDAY, SEPTEMBER 23

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 on a deck overlooking the ocean. **Pat's Pals** (619) 469-6223.

8:15 am

MERRY GO-ROUND. See September 2.

MONDAY, SEPTEMBER 24

6:00 am

SUNRISE SERIES: SHELTER ISLAND, with or without the "hill" option. **Verna** will lead the slower group on all flat terrain at a **casual** to **moderate** pace and have a "caboose" to be sure everyone gets turned around to return by 7:00 am. The leader of the faster group sometimes takes the option of climbing the hill to enjoy the views after walking on the mostly unpaved dirt path to its end. We'll enjoy an optional breakfast at 7:00 am where the outside patio is decorated with murals and other interesting things to enjoy. Meet at Anchorage Ln. and Shelter Island Dr. (619) 276-3055.

10:00 am

CROWN POINT AREA BECKONS. See September 3.

TUESDAY, SEPTEMBER 25

10:00 am

TWEEBS will meet again at the Children's/Seals' Pool, but this time head south along the water to view beautiful homes and scenery on this mostly flat, **moderate** 90-minute walk. Children's Pool is on Coast Blvd. near Jenner St. Rain cancels. Optional lunch follows. **Pat K.** (619) 469-6223.

3:00 pm

SCENIC LA JOLLA. Most of the tourists and students will have departed, so we can enjoy a stroll past storybook cottages, traditional mansions and ultra-modern homes with a view of the ocean at every block. Meet at the corner of Marine and Olivetas streets (1 block south of Pearl St. and 1 block west of La Jolla Blvd.) for a **moderate**, 1-1/2 hour walk with a few hills. Bus #30 stops on La Jolla Blvd. at Genter St. and at Arenas St. **Evelyn K.** (619) 461-6095.

6:30 pm

MISSION BAY SUNSETS. See September 4.

WEDNESDAY, SEPTEMBER 26

Time: TBA

WEDNESDAY WILDERNESS HIKE. Today will be an e-mail hike. There is a chance there will be no hike due to certain weather conditions. You can check the hikes at www.walkabout hikes.org for updates. See September 1 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Don** at dpiller@cox.net or (760) 796-4007.

6:15 pm

WEDNESDAY NIGHT WORKOUT. See September 5.



Office Staff

Donna Farris, Marilyn Buckley, Pat Peterson, Marilyn Ralph, Anna Terkelsen.

THURSDAY, SEPTEMBER 27

6:00 am

SUNRISE SERIES: UNIVERSITY HEIGHTS. Let's take a flat **moderate** walk for 1 hour through this delightful historic area enjoying the pedestrian bridge, old homes, new eco-gardens and aim to catch the train on Park Blvd. Meet at Trader Joe's at the north end of the parking lot at 10th St. and University Ave. You can take bus #1 or #7. Optional breakfast follows. **Pat K.** (619) 469-6223.

10:00 am

SHELTER ISLAND WALK & TALK BUNCH. See September 6.

10:00 am

MISSION BEACH NORTH & SOUTH. See September 6.

10:15 am

MORNING STROLL IN BALBOA PARK. See September 6.

FRIDAY, SEPTEMBER 28

6:00 pm

MISSION HILLS MEANDER. See September 7.

SATURDAY, SEPTEMBER 29

Time: TBA

SATURDAY WILDERNESS HIKE. Today will be an e-mail hike. There is a chance there will be no hike due to certain weather conditions. You can check the hikes at www.walkabout hikes.org for updates. See September 1 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Candy** at (619) 435-2894 or ccbeckwith146@yahoo.com.

6:15 pm

SATURDAY NIGHT LIVE. See September 1.

SUNDAY, SEPTEMBER 30

7:15 am

BREAKFAST SPECIAL ALONG ADAMS AVE. Interesting homes and views along the edge of Mission Valley will greet us on this flat, **moderate** walk. Optional breakfast follows. Rain cancels or postpones. Meet at 30th St. and Adams Ave. **Pat K.** (619) 469-6223.

8:15 am

MERRY GO-ROUND. See September 2.



The following geographical descriptions are used for walks not in San Diego proper. They appear on the same line with the time.

NC = north past La Jolla

EC = east of La Mesa

SB = National City or south



DAVIS MEMORIAL WELCOMES 50 CELEBRANTS OF AUDREY'S LIFE

On Wednesday, August 1, more than 50 people packed Walkabout's Green Room to celebrate Audrey Davis' life and contributions to our organization. Audrey passed away early in July, and while there were no official services for her, participants at her Liberty Station walk had an opportunity to share memories of her life and what she meant to all of us. Board volunteers led by Rita Balliot and Marilyn Buckley cobbled an "Audrey-style" lunch with sub sandwiches, vegetable platters, salad, fresh fruit salad and homemade cake and cookies for walkers to enjoy.

Stan Follis created a computer slide show set to music with dozens of photographs featuring Audrey in the many hats she wore in Walkabout's work. A memory book was available for people to sign and include written tributes to Audrey. The book will be presented to her sister, Pam, who was remembered as Audrey's sag-wagon driver for her many thrift shop walks in National City. Dan Haslam led a walk around Liberty Station in Audrey's memory, with a stop to locate the brick she purchased at the Command Center plaza in memory of her late husband, Walter, a veteran of WWII.

More than \$500 has been received by Walkabout International in Audrey's memory. Separate gifts have been made in Audrey's name to the Shoe Fund, but her sister has directed that Walkabout International was Audrey's preferred charity. The Board has retained the memorial funds in its money market account for future disposition.

BOARD REVIEWS SURVEY RESULTS; APPROVES TRIPS FOR 2013

At its August 2012 meeting the Walkabout Board reviewed the results of more than 100 surveys which were returned by Walkabout subscribers indicating where in the world people would like to travel in 2013.

The most popular destination for week-long or longer trips was Cuba with 39 positive responses, and the least favored was the Rock and Roll Hall of Fame in Cleveland (11 responses). The Board reviewed all responses and approved the following trips for 2013: Cuba; Charleston/Savannah; Northern coast of CA; New Orleans; Washington, DC and New York City. The preceding trips will be led by Dan Haslam. The Board also approved a trip to San Francisco, Switzerland (Larry Forman to lead) and Asilomar for Thanksgiving.

The Board also considered day trips and approved the following: Anza Borrego desert (most popular); Lake Arrowhead; Los Angeles Stairs; Mission Inn (Riverside); Temecula Old Town; Carlsbad (train) and Beverly Hills or Palm Springs stars' homes. Many of the day trips will be led by Rita Balliot.



\$UPPORTERS\$

By donating your time to WALKABOUT — coming on walks, bringing friends, helping out at the Headquarters or at events — you sustain and spread the WALKABOUT Spirit! You are the heart and “soles” of a unique, all-volunteer, nonprofit organization — that feels more like an extended family — as it raises walking far above a pedestrian pursuit.

We have no “members” or “dues”, as such. However, we do have expenses, such as rent, utilities, insurance, office equipment and printing costs. WALKABOUT depends in part on your generous spirit to fund our yearly operating costs as we annually conduct over 1000 free walks in and around the San Diego area.

An important way to support WALKABOUT is through your thoughtful, tax-free donations. WALKABOUT values you and your participation. If you appreciate the good value you receive from WALKABOUT, please consider one of the following levels of support below for individuals or families. Each category includes the monthly newsletter by mail for 12-months.

___ Please contact me/us to discuss WALKABOUT’s Charitable Gifts, Trusts and Memorials Program.

All levels below include subscriptions to the monthly newsletter for one year:

___ Basic Level (Newsletter Subscription) \$20

___ Tenderfoot \$25

___ Footprint \$100

___ Arch Supporter \$500

___ Twinkletoes \$50

___ Kindred Sole \$250

___ Big Foot \$1000 ___ Other:

___ Also e-mail me a PDF copy of the Newsletter

___ Please contact me/us to discuss ways I/we can donate some time to WALKABOUT

___ NEW SUPPORTER(S) — How did you hear about WALKABOUT: _____

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Please notify office promptly of change of address or phone.

Call 619-231-SHOE (7463)

2013 Trips

Continued from page 10

Interest lists will be created for each of the longer-duration approved trips, and if you are interested in hearing more details about the trips, including when the trip is planned, cost of the trip, etc., you should contact the office and request to have your name and email address added to the interest list for that trip. Day trips will continue to be advertised in SDFeets well in advance of each trip. No details of any trip are available at this time, but most trips fill from the interest list without additional advertising in SDFeets.

Just because a trip has been approved doesn’t mean it will actually occur. Minimum sign-ups are required, and in the case of Cuba, permission and visas are required. Some of the other trips which were included in the survey may still be offered in 2013, so if you and your friends know of a trip you want to take which wasn’t approved, please contact the office or a trip leader and lobby for your particular trip. Other day trips will be offered during the year as well, and your suggestions are always welcomed.

North County Walkers

An e-mail group affiliated with WALKABOUT that meets weekly for walks and hikes in San Diego’s North County. The emphasis is on fitness-paced walks 6+ miles long which take an average of 2 hours. Traffic is avoided as much as possible. If there are hills, they will be mentioned in the e-mail you receive mid-week before the hike or either Saturday or Sunday. During hot summers, walks are on the coast only. You will be notified of North County fitness-paced hikes by e-mail only so send an e-mail to Jim Taylor at jtaylor1000@mail.com to get on the NC Walkers e-mail list. Be sure and set your Mail Options to filter any message with NC Walkers in the subject line to your inbox. This will ensure that NC Walkers e-mail is not sorted as spam.



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WALKABOUT INTERNATIONAL CAPE COD IS OFF AND RUNNING...ER... WALKING!

Walkabout's expansion experiment, WICC, will welcome its first San Diego travelers in early September. The post-Labor Day trip from San Diego to Newport, RI and Cape Cod includes 3 days in Rhode Island and 4 days on the Cape. Although this is not the first Walkabout trip to Cape Cod, it is the first time that the group will be welcomed by a resident trip leader. "It's all about the fun and the walking," notes Dan Haslam, trip leader. "We'll keep the group busy with beach walks, board walks, square dancing, thrift shops and of course, lobster."

In addition to the forthcoming trip, WICC has an approved budget by the Walkabout Board, including a post office box (P. O. Box 647, Hyannis Port, MA 02647) and some organized walks starting in Hyannis this fall. Walkabout is already teaming up with another walking group, the Chatham Walkers, who have just celebrated the 300th anniversary of their village with a 50-person walk. The group is looking forward to welcoming Walkabout walkers as well. Other weekly walks will include walks before band concerts on Tuesday and Wednesday evenings in Hyannis, walks celebrating the new JFK Legacy Trail in Hyannis, and walks held in conjunction with Hostelling International, which overlooks the Hyannis harbor.

Walkabout International will include space in each issue of SDFeets for articles about WICC, but the local newsletter in Cape Cod will be an electronic newsletter. Haslam has already been asked to speak to the local Rotary Club in Hyannis this fall, and will seek out other group opportunities through the library system throughout Cape Cod. He will return to San Diego for the winter months in late October.