



San Diego Feets

Vol. 35

No. 10

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.

October 2012

WALKABOUT'S ANNUAL MEETING/ AUCTION/PICNIC

Saturday, October 27 11am to 2pm

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 and East Mission Bay Drive. We will be in a covered shelter, south of the visitor center north of the Hilton Hotel; watch for our bright blue banners 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 than 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! Call the office (619-231-7463) to sign up on Potluck interest list with name and food contribution. Main dishes preferred.

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

MONDAY, OCTOBER 1

6:30 am **NOTE NEW TIME**

SUNRISE SERIES: PACIFIC BEACH. Meet **Verna** at Crystal Pier at the foot of Garnet St. The #30 bus will take you from Old Town Trolley Station to Garnet St., or there should be ample street parking this early. Enjoy the sight of surfers, bikers, walkers, runners and the sound of the surf. Your leader has reason to celebrate this day and month – she married in October, her brother, first son and first grandchild were born this month and our beloved Walkabout, Downtown Sam, celebrated his birthday in October. Walk **at your own pace** for 1 hour on flat terrain. Verna will appoint a leader and she will "caboose" to be sure no one is left behind. We'll meet after at our favorite beach cafe. (619) 276-3055 between 6:00 and 9:30 pm.

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.

TUESDAY, OCTOBER 2

10:00 am

TUESDAY WALKERS: BALBOA PARK. We will explore some unusual sites and enjoy the flowers and views on this **moderate**, 90-minute, mostly flat walk. Optional lunch follows as well as an optional visit to the Natural History Museum (free today) for the display on horses or to the Fleet Museum for reduced-price IMAX movies and displays. Meet at the west side of the Organ Pavilion. Rain cancels. **Pat K.** (619) 469-6223.

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

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, OCTOBER 3

Time: TBA

WEDNESDAY 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.walkabouthikes.org> as weather or unusual conditions may cause the hike to be moved or canceled. If you have any questions, please call **Stan** before 6:00 pm at (619) 448-1668

6:15 pm

WEDNESDAY NIGHT WORKOUT. Join us at Pioneer Park in Mission Hills next to Grant School at Washington Pl. and Randolph St. for a **moderate-plus to brisk**-paced, 1½ hour walk. We head in a different direction each week to explore Old Town, Hillcrest, Bankers Hill or Mission Hills. Come and have some fun! **Debbie B.** (858) 229-1065 or **Barbara N.** (619) 226-3024.

THURSDAY, OCTOBER 4

6:30 am

SUNRISE SERIES: SPANISH LANDING. We'll meet at the entrance to Spanish Landing across from the Airport's Terminal 2 for this **moderate**, 1-hour flat walk, and enjoy the calming views of boats and birds. We'll pause for 10 minutes or so at the Cancer Survivors Park to read the inspirational messages from those who have not only survived cancer, but added new meaning to their lives. If coming from the south, take the Hawthorn St. exit off the I-5, turn west toward the bay and turn right on North Harbor Dr. If arriving from the north, take the Sassafras exit, turn right at Laurel and right again on North Harbor Dr. You will turn left into Spanish Landing Park at the light at the northern end of Terminal 2. An optional breakfast follows the walk. For more information, call **Eddie** at (619) 222-4396.

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, OCTOBER 5

10:00 am

OKTOBERFEST IN LA MESA. Come join us as we walk through this charming town to enjoy the architecture and views, and then stroll on your own through one of the largest Oktoberfests this side of the Mississippi. Walk is about 1 hour and **moderate** with small hills. Meet at the Adult Center at the corner of La Mesa Blvd., University Ave., and Memorial Dr. Rain cancels. **Pat K.** (619) 469-6223.

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, OCTOBER 6

Time: TBA

SATURDAY WILDERNESS HIKE. Today will be an e-mail hike listed at www.walkabout hikes.org a day or two before the hike. Make sure you review the IMPORTANT INFORMATION in the October 3 listing. If you have any questions, please contact **Candy** at (619) 435-2894 or cbeckwith146@yahoo.com.

7:45 am **and** 8:00 am

NEW DOWNTOWN WALK. Let's see who would like to walk once a month downtown. All three trolleys go by the train depot now and there is alternate parking nearby. We will meet at the WWII memorial at Harbor Dr. and Tuna Ln. (G St.). Trolley riders will first meet at the depot patio facing Broadway and leave at 7:45 to cross Harbor Dr. and walk south along the water to our meeting place. Those driving will park at the Seaport Village parking lot next to the merry-go-round (parking is free there until 10:00 am), then at 7:50 walk north to Tuna Ln. to meet the trolley takers. We will then all continue our flat, **moderate** walk for about 90 minutes, heading along the water to see the new library and whatever else intrigues us downtown. Rain cancels. Optional breakfast follows near the depot. This is a trial to see if it works and how you like it. Any questions, call **Pat K.** (619) 469-6223.

6:15 pm

SATURDAY NIGHT LIVE. Carol 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 or **Teri E.** (619) 584-8984.

SUNDAY, OCTOBER 7

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 up the hill. Optional breakfast follows to eat and chat. Meet at Shelter Island Dr. and Anchorage Ln. This area is served by the blue- or green-line trolley to Old Town. Take the #28 bus at 6:46 to Shelter Island Dr. and Anchorage Ln. Rain cancels or postpones. **Pat's Pals** (619) 469-6223.

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

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, OCTOBER 8

6:30 am

SUNRISE SERIES: BALBOA PARK. We'll meet at the carousel at Park Blvd. and Zoo Pl. to walk through the Desert Garden, which has more than 150 species of cacti and other desert plants from North and South America, then continue our **moderate** 1-hour, mostly flat walk through the Inez Parker Memorial Rose Garden with its award winning All-American Rose Selection Display Garden containing more than 2,400 rose bushes. From there, we'll explore the eastern edge of Balboa Park. Bring money for an optional breakfast afterwards and flashlight for safety. **Frances** (619) 479-3962.

10:00 am

CROWN POINT AREA BECKONS. See October 1

TUESDAY, OCTOBER 9

10:00 am

TUESDAY WALKERS: J STREET MARINA. Enjoy the beautiful views and bayside breezes in Chula Vista on this **at your own pace** flat walk for about 1 hour. There are plenty of benches to rest and just enjoy the view. Take I-5 south to the J St. exit in Chula Vista, turn right and follow the curving road to the Marina, turn into the parking lot after South Bay Fish and Grill. We will meet on the sidewalk by the water between the two restaurants. Optional lunch follows. Any questions, please call **Diana** (858) 457-1491 or **Linda** (619) 358-5228.

6:30 pm

MISSION BAY SUNSETS. See October 2.

WEDNESDAY, OCTOBER 10

Time: TBA

WEDNESDAY WILDERNESS HIKE. Today will be an e-mail hike listed at www.walkabout hikes.org a day or two before the hike. Make sure you review the IMPORTANT INFORMATION in the October 3 listing. If you have any questions, contact **Candy** at (619) 435-2894 or cbeckwith146@yahoo.com.

6:15 pm

WEDNESDAY NIGHT WORKOUT. See October 3.

3RD ANNUAL RIVERSIDE MISSION INN TRIP

Saturday, December 15, 2012

Join **Bev** and **Walter** for a late morning to evening day trip to a national historic landmark, the Riverside Mission Inn. Our afternoon will begin with a walk led by Walter, who will entertain us with one of his most interesting and knowledgeable tours of this historic area that includes historic buildings, antique shops and specialty boutiques. After the walk in the downtown area, we will visit the Riverside Mission Inn where we'll enjoy a 75-minute walking tour of the inn, checking out nooks and crannies, meandering through a maze of spiral staircases, hidden hallways and terracotta domes. This four-story, 238-room inn, which opened in 1903 as a roadside motel, occupies a city block in the heart of downtown Riverside. Notable guests of the Inn have included Presidents Taft, Teddy Roosevelt, Nixon, Kennedy and Reagan. Judy Garland, Clark Gable, Barbara Streisand, Bette Davis and Raquel Welch frequented the Inn.

At dusk, we will experience millions of holiday sparkling lights that transform the Inn into an enchanting fairy tale setting. Departure and arrival times are forthcoming. Mail your check for \$60, which includes the Mission Inn docent tour and bus/van, to Walkabout International, 2650 Truxtun Road, Suite 110, San Diego, CA 92106-6007. Indicate a San Diego or North County - Escondido pickup point. We will stop in Escondido for a pickup, rest stop and opportunity to purchase lunch. Dinner will be on your own in Temecula on the way back to San Diego. This is a trip for your "bucket list" – one you will not want to miss. Call **Bev** with any questions at (858) 268-8088.

THURSDAY, OCTOBER 11

6:30 am

SUNRISE SERIES: DOWNTOWN. Let's walk through downtown, checking on progress at the library and any other new construction. Meet at the parking lot next to the merry-go-round at the south end of Pacific Highway for this **moderate**, 60-minute flat walk followed by an optional breakfast. **Pat K.** (619) 469-6223.

10:00 am

SHELTER ISLAND WALK & TALK BUNCH. See October 4.

10:00 am

MISSION BEACH NORTH & SOUTH. See October 4.

10:15 am

MORNING STROLL IN BALBOA PARK. See October 4.

FRIDAY, OCTOBER 12

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 October 5.

SATURDAY, OCTOBER 13

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 October 3 listing for IMPORTANT INFORMATION. Contact **Bill** at (619) 264-1299 if you have any questions.

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.

11:00 am

SENSATIONAL SWITZERLAND PRE-TRIP MEETING. Enjoy learning all the details of Walkabout's upcoming adventures afoot in this walker's paradise. **Larry** highlights the "feets" and treats to be experienced during this remarkable 15-day odyssey from June 23 to July 7, 2013 through the Swiss countryside. Join the fun at Walkabout's Green Room just inside the entrance to our headquarters at 2650 Truxtun Road, Liberty Station, Point Loma. Free street parking. Questions: contact Larry@walkabout-int.org or call (858) 755-1751 (evenings or weekends).

6:15 pm

SATURDAY NIGHT LIVE. See October 6.

SUNDAY, OCTOBER 14

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.

8:15 am

MERRY GO-ROUND. See October 7.

Office Staff

Donna Farris, Marilyn Buckley, Pat Peterson, Marilyn Ralph,

October 2012 Walks at a Glance

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 6:30 am Sunrise Series – Pacific Beach 10 am Crown Point	2 10 am Tuesday Walkers-Balboa Park 6:30 pm Mission Bay	3 TBA-Hike-Stan 6:15 pm Workout	4 6:30 am Sunrise Series – Spanish Landing 10 am Mission Beach 10 am Shelter Island 10:15 am Balboa Park	5 10:00 am La Mesa Oktoberfest – Pat K. 6:00 pm Mission Hills	6 TBA-Hike-Candy 7:45/8:00 am Downtown – Pat K. 6:15 pm Sat Night Live
7 7:15 Breakfast Special –Shelter Island 8:15 am Merry Go Round	8 6:30 am Sunrise Series – Balboa Park 10 am Crown Point	9 10 am Tuesday Walkers – J Street Marina 6:30 pm Mission Bay	10 TBA-Hike-Candy 6:15 pm Workout	11 6:30 am Sunrise Series – Downtown 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	12 10:00 am Board Meeting 6:00 pm Mission Hills	13 TBA-Hike-Bill 7:15 Late Birds – Pacific Beach 11:00 am Liberty Station-Larry 6:15 pm Sat Night Live
14 7:15 Breakfast Special –Balboa Park 8:15 am Merry Go Round 9:15 am Del Mar – Larry	15 6:30 am Sunrise Series – Ocean Beach 10 am Crown Point	16 10 am Tuesday Walkers – No walk today 6:30 pm Mission Bay	17 TBA-Hike-Don 10 am Robert – Coronado 6:15 pm Workout	18 6:30 am Sunrise Series – Tecolote Canyon 10 am Mission Beach 10 am Shelter Island 10:15 am Balboa Park	19 6:00 pm Mission Hills	20 TBA-Hike/Fall Potluck- Don 6:15 pm Sat Night Live
21 7:15 Breakfast Special –East Mission Bay 8:15 am Merry Go Round	22 6:30 am Sunrise Series – Mission Valley 10 am Crown Point	23 10 am Tuesday Walkers – No walk today 3:00 pm South North Park – Evelyn 6:30 pm Mission Bay	24 TBA-Hike-Kathy 10 am Robert – Balboa Park 10:30 am Golden Hill - Lorraine 6:15 pm Workout	25 6:30 am Sunrise Series – Liberty Station 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	26 6:00 pm Mission Hills	27 TBA-Hike-Candy 7:15 Late Birds – Shelter Island 9:00 am East Balboa Park – Virginia 11:00 – Annual Meeting 6:15 pm Sat Night Live
28 7:15 Breakfast Special –Pacific Beach 8:15 am Merry Go Round	29 6:30 am Sunrise Series – Lake Murray 10 am Crown Point	30 10 am Tuesday Walkers – Mission Hills 6:30 pm Mission Bay	31 TBA-Hike-Stan 6:15 pm Workout			

WANTED

Newsletter Walks Organizer. 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

OCTOBER 2012

- *Annual Picnic, Meeting, Auction
- *Julian Lodge Overnight

NOVEMBER 2012

- *Thanksgiving Dinner at a Restaurant...Dan

DECEMBER 2012

- *California Missions overnight.....Leader Dan Haslam
- *Mission Inn Tour w/Holiday Lights Day Trip Bev Bruff
- *Hotel Del Coronado Walk/View Tree.....Bob Buehler
- *Xmas Breakfast/Gift Exchange..... Rita
- *Holiday Lights Downtown w/Happy Hour at
- *Manchester Hyatt..... Sally R/Marilyn B
- *Annual New Year's Eve Walk.....Pat Keller
- Big Bay Boat Parade of Lights& Potluck/Bonfire
- Ocean Beach Holiday Parade/Walk

JANUARY 2013

- *Annual New Year's Day Ferry Ride to Coronado.....
..... Bob, Fran, Enid

FEBRUARY 2013

- Ground Hog Day Walk

MARCH 2013

- 36th Anniversary Walks and Events
- *Coronado Flower Show and Walk. Bob Buehler

APRIL 2013

- *Anza Borrego Day Trip..... Walter Konopka

MAY 2013

- Coronado Bridge Walk Sally R
- Memorial Day Event/Walk

OTHER SUGGESTED WALKS/EVENTS/NEED LEADERS

- Fall and Spring Garden and Home Tours
- Coaster trip to Oceanside Pier/Cedros Antiques
- Reuben Fleet Astronomy/Star Gazing/Balboa Park - Ellen Q.
- Annual Port of San Diego Harbor Tour + Bus Tour of behind the scenes (May/June)
- Parade of Tall Ships (Labor Day Weekend)
- Navy Fleet Week- Sept
- La Mesa Oktoberfest- Sept
- Lambs Xmas Play-Dec
- Neighborhood Holiday Light Viewing - Holidays
- Free day at Cabrillo Monument
- Ranger led Cabrillo trails - Ellen Q. (any time)
- San Diego River Walk/Docent Led - May

- Gemology Institute of America/Carlsbad Docent Led Tour (anytime)
- Japanese Garden/Balboa Park/Docent Led (anytime)
- I Love A Clean San Diego - cleanup
- Clean Up Beaches - September
- Free Tuesdays at Museums in Balboa Park
- Airport Terminal Opening 2013
- Balboa Park w/Ranger Tour

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. Anyone interested in leading a walk please call the office (619) 231-7463 and give your name and phone number and we will contact you with help in setting it up.

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

Dan Haslam(619) 334-0004
danhaslam@walkabout-int.org

Recording Secretary

Donna Farris secretary@walkabout-int.org

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Stan Follis.....(619) 222-3447
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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 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.

9:15 am

DEL MARVELOUS TREATS. Discover secluded pathways and unexpected delights in this cozy coastal community on a 2.5 hour **moderate-plus** paced prance over mixed up and down terrain. Enjoy tucked away trails, hidden public staircases and breath-taking ocean vistas as we make tracks around Del Mar. Look for **Larry** at the northwest corner of Del Mar Heights Rd. and Durango Dr., 6 blocks west of the I-5 exit. Larry@walkabout-int.org or (858) 755-1751 (evenings and weekends).

MONDAY, OCTOBER 15

6:30 am

SUNRISE SERIES: OCEAN BEACH. This will be a **moderate** 3-mile walk in the Sunset Cliffs area, a beautiful area by the ocean. Maybe we'll see some surfers. Meet at the corner of Point Loma Ave. (**NOT WEST POINT LOMA AVE.**) and Sunset Cliffs Blvd. Drive west on the I-8 to Sunset Cliffs Blvd., turn left all the way to our meeting place. Bring money for an optional breakfast after. **Fusa** (619) 223-6947.

10:00 am

CROWN POINT AREA BECKONS. See October 1.

TUESDAY, OCTOBER 16

10:00 am

TUESDAY WALKERS. No walk scheduled today.

6:30 pm

MISSION BAY SUNSETS. See October 2.

WEDNESDAY, OCTOBER 17

Time: TBA

WEDNESDAY WILDERNESS HIKE. Today will be an e-mail hike listed at www.walkabout hikes.org a day or two before the hike. Make sure you review the **IMPORTANT INFORMATION** in the October 3 listing. If you have any questions, please contact **Don** at dpiller@cox.net or (760) 796-4007.

10:00 am

GLORIETTA BLVD. MANSIONS. Join **Robert and Friends** for a 1-hour, "Mansion Row" **casual** stroll in Coronado. Optional snacks afterwards. Soar over the beautiful blue bridge to Coronado, turn left on Orange Ave., turn left again on 5th St., then go right on Glorietta Blvd. to the 6th St. and Glorietta Blvd. meeting place. To use public transport, take the 901 bus marked "Iris Trolley" at 8:35 from the 12th & Imperial Transit Center. Exit at first Coronado stop, walk southwest to 6th St. and Glorietta Blvd. Rain cancels. **Robert B.** (858) 571-7733.

6:15 pm

WEDNESDAY NIGHT WORKOUT. See October 3.

It is an official WALKABOUT policy that anyone who passes the leader is no longer a participant on the walk, unless otherwise stated by the leader.

ANNUAL CHRISTMAS BRUNCH & GIFT EXCHANGE

TUESDAY, DECEMBER 25, 2012 AT THE BROKEN YOLK

1851 GARNET AVENUE, PACIFIC BEACH

Walk begins at 7:45 am from Lamont St. & Garnet Ave., with breakfast at 8:30 am. Call Walkabout at (619) 231-7463 to be put on the "Interest List" with your name and telephone number. Call Rita with any questions at (619)266-2555.

WALKABOUT SPECIAL MENU:

- 2 eggs any style, 2 pieces bacon or sausage and 2 pancakes or French Toast \$6.00
- Oatmeal served w/walnuts/raisins, brown sugar and milk \$5.00
- Dry Cereal with milk..... \$3.00
- Small Fruit dish..... \$2.50
- Breads: Biscuit, toast, blueberry or English Muffin (each) \$1.70
- Coffee or tea – no charge

Any additional food or drinks you must pay.

Last year we had 40 people attend and it was very enjoyable. Please notice the prices are the same as last year. Bring a gift marked as (Male), (Female), or (Generic), with a value of under \$10.00

THURSDAY, OCTOBER 18

6:30 am

SUNRISE SERIES: TECOLOTE REVISITED. We'll take a 1-hour, **moderately**-paced, flat walk in a country setting on this canyon walk, where we'll hopefully see some new plant and animal life. If you haven't been to Tecolote Canyon or it's been awhile, you are in for a treat. Take the I-5 to the Tecolote Rd./Seaworld Dr. exit, go east all the way into the canyon and keep driving to the visitor center and parking lot at the end. Bring money for an optional breakfast afterwards and don't forget your flashlight for safety. **Winnie** (858) 278-4003.

10:00 am

MISSION BEACH NORTH & SOUTH. See October 4.

10:00 am

SHELTER ISLAND WALK & TALK BUNCH. See October 4.

10:15 am

MORNING STROLL IN BALBOA PARK, See October 4.

FRIDAY, OCTOBER 19

6:00 pm

MISSION HILLS MEANDER. See October 12.

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

SATURDAY, OCTOBER 20

Time: TBA

SATURDAY WILDERNESS HIKE. Today will be an e-mail hike as well as the Fall Potluck. 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 October 3 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Don** at dpiller@cox.net or (760) 796-4007.

6:15 pm

SATURDAY NIGHT LIVE. See October 6.

SUNDAY, OCTOBER 21

7:15 am

BREAKFAST SPECIAL BY EAST MISSION BAY. Let's take a flat, **moderate**-paced walk along Mission Bay to see the birds, boats and views. Optional breakfast and chatting follow. Meet at the Visitors Information Center. From I-5 take the Clairemont Dr. exit and go west. To use public transportation, take the blue- or green-line trolley to Old Town. Take the # 30 bus at 6:45 to arrive at Grand Ave. and Mission Bay Dr at 7:03. Walk ¼ mile south to the Visitors Information Center. Rain cancels or postpones. **Pat's Pals** (619) 469-6223.

8:15 am

MERRY GO-ROUND. See October 7.

MONDAY, OCTOBER 22

6:30 am

SUNRISE SERIES: MISSION VALLEY. Enjoy the mall with no shoppers as we meet in the parking lot at the west end of Mission Valley Center next to Jared Jewelers (Camino de la Reina and Mission Center Rd.) to walk **at your own pace** for 1 hour on a mostly flat path. An optional breakfast follows. **Betty** (858) 248-3782.

10:00 am

CROWN POINT AREA BECKONS. See October 1.

TUESDAY, OCTOBER 23

10:00 am

TUESDAY WALKERS. No walk scheduled today.

3:00 pm

SOUTH NORTH PARK. Discover a quiet neighborhood at the south end of North Park near historic St. Augustine High School. Meet **Evelyn K.** at the corner of 32nd and Kalmia streets for a **moderate**, mostly flat 1-1/2 hour walk. Bus #2 stops at 30th and Juniper streets (619) 461-6095.

6:30 pm

MISSION BAY SUNSETS. See October 2.

Even when not mentioned, flashlights should be kept handy on evening or early morning walks. They help you not only to see, but to be seen.

WEDNESDAY, OCTOBER 24

Time: TBA

WEDNESDAY WILDERNESS HIKE. Today will be an e-mail hike listed at www.walkabouthikes.org a day or two before the hike. Make sure you review the IMPORTANT INFORMATION in the October 3 listing. If you have any questions, contact **Kathy** at (760) 796-4007 or kpiller@cox.net.

10:00 am

EL PRADO AND SPANISH VILLAGE - BALBOA PARK. Join **Robert and Friends** for a 1-hour, flat, paved safari at **casual speed** around the northern section of Balboa Park. We are in no hurry, so you will be able to relax and observe the wonders of the park. Optional restaurant stop afterwards. Meet at the Balboa Park Fountain on the Prado near Park Blvd. Free parking on paved lots at Park Blvd. and Village Pl. To use public transport, take the #7 bus north or south on Park Blvd., exit at Village Place at approximately 9:15. Rain cancels. **Robert B.** (858) 571-7733.

10:30 am

COLORFUL HISTORIC GOLDEN HILL. Cooler weather is here (maybe) and the Holidays are coming, so for October we'll look for Halloween decorations and pumpkins growing in the community garden. November will find us walking off calories before turkey time. December may offer a real surprise at one of the special houses. Meet at 25th and A streets by the blue mailbox. We'll visit our favorite Mexican bakery, the firemen at Station 11 and find a place for an optional lunch. Walk is **casual** for about 90 minutes on mostly flat terrain while **Lorraine** pushes her wheeled walker. (619) 583-7644.

6:15 pm

WEDNESDAY NIGHT WORKOUT. See October 3.

THURSDAY, OCTOBER 25

6:30 am

SUNRISE SERIES: LIBERTY STATION. Join **Connie** for a **moderately**-paced walk on flat terrain for 1 hour as we meet at the foot of Womble St. to begin our exploration of historic buildings, now home to theater groups, dance companies, museums, galleries and classes of many kinds. We'll point out the 52 Boats Memorial, which honors the 52 submarines lost in World War II. Sunrise isn't until 7:01, so bring a flashlight for safety as well as money for the optional breakfast afterwards. (619) 477-8628.

10:00 am

SHELTER ISLAND WALK & TALK BUNCH. See October 4.

10:00 am

MISSION BEACH NORTH & SOUTH. See October 4.

In Memoriam

Polly Keating Naff

Dec. 10, 1925 – Aug. 17, 2012

10:15 am

MORNING STROLL IN BALBOA PARK. See October 4.

FRIDAY, OCTOBER 26

6:00 pm

MISSION HILLS MEANDER. See October 12.

SATURDAY, OCTOBER 27

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 October 3 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Candy** at (619) 435-2894 or cbeckwith146@yahoo.com.

7:15 am

LATE BIRDS. For those of us who can't get up for the Sunrise Series, **Fusa and Friends** 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) 223-6947.

9:00 am

EAST BALBOA PARK. Meet **Virginia** at Date and 28th streets for a 2-hour **casual**, fairly flat (1 hill) walk that includes a canyon, a dog park and the golf course. Rain cancels. (619) 231-7463.

11.00 am

ANNUAL MEETING/AUCTION/PICNIC. See box on page 1.

6:15 pm

SATURDAY NIGHT LIVE. See October 6.

SUNDAY, OCTOBER 28

7:15 am

BREAKFAST SPECIAL IN PACIFIC BEACH. Before the crowds arrive, walking in Pacific Beach can be delightful. We can choose the bay, the ocean or the interesting houses. Pace is **moderate**. An optional breakfast follows, perhaps on a deck overlooking the ocean. Meet at the west end of Garnet Ave. by the Crystal Pier. To use public transportation, take the blue-or green-line trolley to Old Town. Take the #9 bus at 6:45 to Grand Ave. and Mission Blvd. Rain cancels or postpones. **Pat's Pals** (619) 469-6223.

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.

8:15 am

MERRY GO-ROUND. See October 7.

MONDAY, OCTOBER 29

6:30 am

SUNRISE SERIES: LAKE MURRAY. Met **Gloria** at the Baltimore Dr. entrance off Lake Murray Blvd. (see Thomas Guide 1250-G7). Walk is 1 hour **at your own pace**, mostly flat with one short hill where we might see some rabbits and squirrels or at least flowers. Bring money for an optional breakfast afterwards and you may need a flashlight for safety. (619) 482-7677.

10:00 am

CROWN POINT AREA BECKONS. See October 1.

TUESDAY, OCTOBER 30

10:00 am

TUESDAY WALKERS: MISSION HILLS. We head to Mission Hills to search for interesting Halloween decorations and perhaps some deer on this **moderate**, 90-minute, mostly flat walk. Meet at Mission Hills Park on west Washington Pl. and Randolph St. Rain cancels. **Pat K.** (619) 469-6223.

6:30 pm

MISSION BAY SUNSETS. See October 2.

WEDNESDAY, OCTOBER 31

Time: TBA

WEDNESDAY WILDERNESS HIKE. Today will be an e-mail hike listed at www.walkabouthikes.org a day or two before the hike. Make sure you review the IMPORTANT INFORMATION in the October 3 listing. If you have any questions, call Stan before 6:00 pm at (619) 448-1668.

6:15 pm

WEDNESDAY NIGHT WORKOUT. See October 3.1.



NEWSLETTER STAFF: Diane Altona, Verna Bain, Rita Balliot, Dick Hiatt, Stan Follis, Lorraine Marshall, Marilyn Ralph, Fran Whiteman.

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

WALKABOUT TO OFFER VAN TRIP TO CALIFORNIA MISSIONS IN DECEMBER 2012

A few years ago Walkabout offered a one-way van trip to visit the historic missions of California, starting with the Sonoma Mission and working our way south back to San Diego. Since there are 21 missions along the Pacific Coast, and we had a week to see them, we averaged 3 missions per day. It sounds reasonable, but the trip involved checking in and out of a different motel each night, finding our way from mission to mission, touring the missions while squeezing in meals, and then finding our way to a new motel at the end of the day. It was a great way to hurry through the missions, but they all sort of blended together. Some missions stood out, like the one in the L.A. area where native American graves were scooped up and moved to make way for Bob Hope's burial grounds, but others were fairly similar and nondescript.

This year's trip won't be a scramble to see how many missions we can tick off on our bucket list; it will (hopefully) present a reasonable approach to the missions based on uniqueness and location. It was interesting to visit the mission where Fr. Serra is buried, and to see the mission which is now a state park. Other missions, on busy college campuses or in the middle of California cities, are less interesting.

As part of the trip building process, we'll screen some videos at the Walkabout Green Room to help us pick and choose our selections. If you opt to go and are offered a place on the trip (there are 38 people on the interest list, vying for about 10-13 slots), we hope that you partake of the planning process so that your input is heard.

We also heard from several people from the last trip. Rather than fly one-way north to Oakland to meet up with the van (which had to be driven there to meet up with the group, since you cannot rent a one-way van), they would have preferred to drive up with van since it was going there anyway. This can be arranged, but the last time we drove the van to Oakland, we made a single pit stop en route, so it meant about 3 1/2 hours between stops. Think you can do that? Ordinarily we try to stop every 2 hours or so on a long trip, but time is of the essence when you're meeting a plane. The object is to use day one as part of the tour, not simply for travel. So, it's a very early departure from San Diego with mostly drive time on day one.

We typically don't include the southern missions as part of the tour. Most will have visited San Luis Rey, San Juan Capistrano and San Diego's mission already. However, this is something that can be discussed at a pre-trip meeting. For now, if you are curious about the missions trip, you should contact the Walkabout office and request that your name be placed on the "interest list." These people will receive advance notice of additional details about the trip, including specific costs. It is very likely that the trip will ultimately fill from people on the interest list.

Our projected date of departure is Dec. 4 or 5, with a return to San Diego a week or so later. The trip will include one-way air travel, motel accommodations (double occupancy with a possibility of single occupancy), van travel with luggage limitations, two meals per day (typically breakfast and lunch), mission admissions, and the services of your tour leader and co-leader. This trip is suitable for walkers who are more interested in museum walking than long-distance walking since much of our time is spent touring missions versus nature or urban walks, although these will also be offered. If you have questions about the trip, you may email the trip leader, Dan Haslam, at danielbhaslam111@yahoo.com.

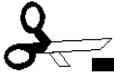
SENSATIONAL SWITZERLAND

June 23 – July 7, 2013



Once again, Walkabout heads to the land overflowing with the most spectacular scenery accessible by foot – Switzerland. Savor sauntering through the renowned vineyards overlooking Lac Lemman near Montreux; into the realm of traditional cheese-making above Gruyère; through the heart of the Berner Oberland surrounded by the triumvirate of Swiss mountains – the Monk, the Eiger and the Jungfrau; around the serene green waters of the lakes embracing Interlaken; along the steaming streams of Europe's highest hot springs resort, Leukerbad, just a peek away from the majestic peak of the Matterhorn; and even venturing into the cozy principality of Liechtenstein where Queen Elizabeth's royal family has escaped to vacation at the border with Austria – which we also will dip into.

Alpine splendor. Alluring lakes. Pastoral pathways. Hot springs soaks. Tantalizing cuisine. The comfort and convenience of Switzerland's efficient transportation network of scenic trains, buses, boats and mountain



\$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 deductible 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:

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conveyances. Experience 15 days / 14 nights of paradise for the walking enthusiast with 14 bountiful breakfasts and dinners in star-studded accommodations, use of a 15-day Swiss Pass for virtually unlimited transport in Switzerland as well as free admission to hundreds of museums, and a wealth of walks conducted by Walkabout's own leader, Larry, who has guided over a dozen walking tours of Switzerland and has been recognized for his personal, in-depth, behind-the-scenes approach to travel by celebrated travel gurus, Arthur Frommer and Rick Steves.

As of September 1st, the estimate of the land-only price is approximately \$3000 per person for double-occupancy, based on a group of 12 people (plus leaders). A limited number of single rooms will be available. The actual trip price for both double and single occupancy will be confirmed in the next few weeks.

Questions? Contact Larry@walkabout-int.org or by phone: 858.755.1751 (evenings and weekends). Better yet, plan to attend our first pre-trip meeting 11:00 am on Saturday, October 13 in the Green Room just inside the entrance to the building housing Walkabout's headquarters at 2650 Truxton Road, Liberty Station in Point Loma (San Diego 92106) to uncover the highlights of our extraordinary adventures afoot in Sensational Switzerland. To tentatively reserve one of the cherished spots, send a fully refundable – until the trip price is confirmed later in October – deposit of \$100 to Walkabout with the notation “Sensational Switzerland” on the check along with your name, address, phone number and email address.



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WALKABOUT INTERNATIONAL CAPE COD (WICC) IS OFF AND WALKING

On Wednesday, August 29 the Cape Cod affiliate of San Diego's longest-running, all volunteer walking organization stepped out on its first organized walk in Hyannis, the Cape's largest city. The walk was advertised through Meet Up, an on-line social website, and thirteen people had responded that they were interested and ended up joining the Walkabout Meet Up group. Come the 8:15 p.m. walk time, however, following an outdoor town band concert, nobody showed.

Dan Haslam Touts Walkabout to Chatham Walkers at 300th Town Anniversary Celebration

“How could this be?” mused Dan Haslam, who had organized the walk and was prepared with brochures and had armed himself with the customary sign up sheet. Even Suzy, his service dog, had to be put in the car before the walk because she had developed a limp from over-exerting during a swimming excursion earlier in the week. “Not even the dog could walk. It was a disaster, but you can learn from disasters,” Haslam observed.

Fortunately, Sharon Nelson from San Diego Walkabout, had shown up that afternoon for 3 days as Haslam's houseguest, so all was not lost. The two of them waited an appropriate amount of time at Hyannis' sculpture of the Native American “*Iyanough*” and then walked up one side of the town's main street and down the other.

Because WICC will operate as essentially a one-person seasonal operation, there is no time to publish a newsletter, so the Meet Up website (to which Walkabout subscribes) provides an on-line forum to attract walkers. There are a number of walking organizations on Cape Cod, but these are usually organized on a town-by-town basis. The plan for Cape Cod initially was to develop a viable set up in Hyannis through regular, weekly walks and then expand to other towns with local walk leaders. Meet Up, a paid service, will send out walk descriptions and reminders to people who RSVP. “We just need to get people to show up one time,” Haslam said, “and they'll want to come back again and again, just like in San Diego.”

A dozen walkers from San Diego were scheduled to descend upon Cape Cod for four days following Labor Day as part of a Walkabout tour of Rhode Island and Cape Cod. The group is booked to stay near the Hyannis Harbor, and the tour's early bird walks at 7:15 a.m. are open to Meet Up walkers. Those walks begin at the sculpture of JFK at the museum dedicated to him downtown and include harbor walks, thrift shop walks, the JFK legacy walk and a walk on the Old Colony railroad bed. In addition, the group will host a pasta dinner at the seasonal Hosteling International hostel on the Hyannis Harbor on September 10, with an eye toward working with hostel officials to offer walks as part of overall programming for the hostel, which hosts guests from all over the world.