



San Diego Feets

Vol. 35

No. 11

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

November 2012

THURSDAY, NOVEMBER 1

6:30 am

SUNRISE SERIES: ANOTHER ONE FOR THE BIRDS. Hopefully, our feathered friends have arrived from the north for this 1-hour, flat walk on paved terrain **at your own pace** along Mission Bay, so you can test your legs or bring binoculars and slow down to enjoy nature. Take the I-5 to the Tecolote-Sea World Drive exit and proceed west past several lights. After the light at Friars Rd., watch for the next signal, where you'll see the South Coast Launch Area sign on your right, but you will turn left onto the old road that parallels Sea World Dr. Bring money for an optional breakfast after. For more information, call **Edie** (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. If you're late, drive down the island and join us along the away. 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 including Thanksgiving Day. **Sally R.** (619) 272-8851.

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

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, NOVEMBER 2

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, NOVEMBER 3

DAYLIGHT SAVINGS TIME ENDS AT 2:00 AM TOMORROW. DON'T FORGET TO SET YOUR CLOCKS BACK 1 HOUR TONIGHT.

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 **Stan** at (619) 448-1668 before 6:00 pm or shunt92071@yahoo.com.

CLAIREMONT'S ANNUAL CANDY CANE LANE

Saturday, December 15, 6:30 pm

Meet **Norm** at the corner of Jamar Dr. and Mt. Albertine Ave. to walk at a **casual** pace to view the decorated homes with spectacular Christmas lights and ornaments.

Following the walk, everyone is invited to a potluck at Norm's home, 4785 Jamar Ct. (you can bring your potluck dish before the walk). Merry Christmas to all and to all a good night! (858) 278-1253.

6:15 pm **NOTE NEW MEETING LOCATION**

SATURDAY NIGHT LIVE. **Carol, Teri** or a substitute leader will guide you along the harbor or through downtown while enjoying the bright lights and fresh breezes. Meet at the northwest corner of Broadway and Pacific Hwy. There is a 5 Star parking lot on the west side of Pacific Hwy. that has a few rows of metered parking (free after 6 pm) before you enter the pay lot. There also is metered street parking one block south on "E" street in front of Office Depot, also free after 6 pm. 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. Often a group of walkers will break away for a casual dinner, so feel free to join them! Walk leaves promptly at 6:15. **Carol W.** (619) 303-7942, **Teri E.** (619) 584-8984.

SUNDAY, NOVEMBER 4

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.

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.

9:15 am **NC**

CARMEL VALLEY CAVORT. As Daylight Savings Time hits the road, Jack and Jill, let's hit the pristine pathways, parks and trails nestled around Carmel Valley. The times, they are a-changing, so let's explore a change of view overlooking the scenic valley on a 2.5 hour moderate-plus paced prance with mixed-up and down terrain. Look for **Larry** at the northwest corner of Carmel Creek Rd. and Valley Center Dr. (just outside the Piazza Carmel Shopping Center where ample parking abounds). Take the Carmel Creek Rd. exit off of Highway 56. Rain cancels. Larry@walkabout-int.org or (858) 755-1751 (evenings and weekends)

MONDAY, NOVEMBER 5

6:30 am

SUNRISE SERIES: MISSION VALLEY. Enjoy the mall with no shoppers. We'll 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. 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.

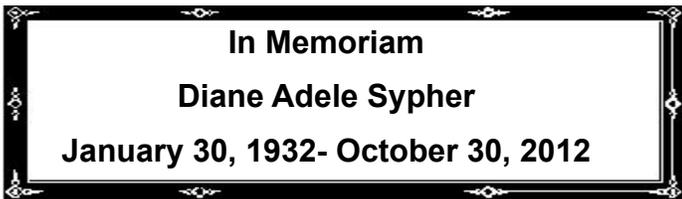
TUESDAY, NOVEMBER 6

10:00 am

TUESDAY WALKERS will search for fall foliage in Tierrasanta since the trees are turning, so let's go kick a few on this mostly flat, **moderate** walk for 1-1.5 hours by the houses along the edge of the canyons and back through the residential area. Optional lunch follows at a nearby Louisiana barbecue cafe. Meet by the market at Clairemont Mesa Blvd. and Santo Rd. Rain cancels. **Pat K.** (619) 469-6223.

6:30 pm

ABOVE THE BAY. Join us for some exercise and fabulous views of the lights around Mission Bay. Meet by Carl's Jr. at Clairemont Dr. and Burgener Blvd. for a hilly, one hour plus, **moderate to moderate-plus** paced walk (see Thomas Guide 1248-F6). Rain, but not mist, cancels. Flashlight recommended. Please call **Teri E.** (619) 584-8984 or **Jill F.** (858) 292-4231 to make sure the walk is "on" for the week (rarely cancelled due to holiday or commitments).



In Memoriam

Diane Adele Sypher

January 30, 1932- October 30, 2012

WEDNESDAY, NOVEMBER 7

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 November 3 listing for **IMPORTANT INFORMATION**. If you have any questions, please contact **Don** at dpiller@cox.net or (760) 796-4007.

10:00 am

CORONADO BEACHING. Join **Robert and Friends** for approximately 1-hour on a beautiful, architecturally diverse **casual** stroll past dream homes. Refuel at a Coronado eatery afterwards if you like. Meet at the corner of Ocean Blvd. and Marina Ave. To use public transport, take the #901 bus ("Iris Trolley") from the 12th & Imperial Transit Center at 8:35. Exit at Orange Ave. and Park Pl.; walk 0.7 mile west to Ocean Blvd. and Marina Ave. Rain cancels. **Robert B.** (858) 571-7733.

6:15 pm

WEDNESDAY NITE 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, NOVEMBER 8

6:30 am

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. Walk **at your own pace** for 1 hour on flat terrain. Verna will appoint a leader and 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

SHELTER ISLAND WALK & TALK BUNCH. See November 1.

10:00 am

MISSION BEACH NORTH & SOUTH. See November 1.

10:15 am

MORNING STROLL IN BALBOA PARK. See November 1.

FRIDAY, NOVEMBER 9

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.

4:30 pm **NOTE TIME CHANGE**

MISSION HILLS MEANDER. See November 2.

SATURDAY, NOVEMBER 10

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 November 3 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 November 3. **NOTE** new meeting location.

SUNDAY, NOVEMBER 11

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 November 4.

MONDAY, NOVEMBER 12

6:30 am

SUNRISE SERIES: MARINA VILLAGE. We may see some fishermen leaving on their boats for the day in this lovely location on a 1-hour moderate walk on flat terrain. Take the I-8 to its west end, turn left onto Sunset Cliffs Blvd., then right on West Point Loma Blvd., right at Bacon St. (stop sign) and park near the restrooms at Robb Field. Please bring money for optional breakfast after. Fusa (619) 223-6947.

10:00 am

CROWN POINT AREA BECKONS. See November 5.

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

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. **PAYMENT DEADLINE** is November 30. 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.

TUESDAY, NOVEMBER 13

10:00 am

TUESDAY WALKERS. No walk today.

3:00 pm

KENSINGTON/TALMADGE EXCURSION. Explore the east end of Kensington to see a stone mansion plus houses where two presidents of Mexico lived. Meet at the corner of Adams Ave. and Talmadge Dr. (1 block east of Van Dyke Ave.) for a **moderate**, flat 1.5-hour walk. Bus #1 stops at Adams Ave. and Biona Dr. Rain cancels. **Evelyn K.** (619) 461-6095.

6:30 pm

ABOVE THE BAY. See November 6.

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

WEDNESDAY, NOVEMBER 14

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

10:30 am

COLORFUL HISTORIC GOLDEN HILL. Cooler weather is here (hopefully) and the Holidays are coming, so 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 November 7.

THURSDAY, NOVEMBER 15

6:30 am

SUNRISE SERIES: PACIFIC BEACH

BOARDWALK. Let's take a **moderate** 1-hour walk on flat terrain to enjoy the early morning breeze and fresh air. Meet at the Crystal Pier at the west end of Garnet Ave. Bring money for an optional breakfast after. **Winnie** (858) 278-4003.

10:00 am

MISSION BEACH NORTH & SOUTH. See November 1.

10:00 am

SHELTER ISLAND WALK & TALK BUNCH. See November 1.

10:15 am

MORNING STROLL IN BALBOA PARK. See November 1.

FRIDAY, NOVEMBER 16

10:30 am

HISTORY OF SAN DIEGO BAY FROM SHELTER ISLAND. On a **casually**-paced, 2-hour flat walk (1 hour walking – 1 hour history) down Shelter Island beginning at the Bali Hai Restaurant, a history of the bay from its formation to the present day will be discussed. Insights as to why the bay looks as it does today will be explained, and key events and figures associated with the history of the bay will be presented by the leader, **Rob**. Meet at the Bali Hai. Rain cancels. (619) 972-2819.

4:30 pm

MISSION HILLS MEANDER. See November 2.

November 2012 Walks at a Glance

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4 7:15 Breakfast Special – Shelter Island 8:15 am Merry Go Round 9:15 Larry – Camel Valley	5 6:30 am Sunrise Series – Mission Valley 10 am Crown Point	6 10 am Tuesday Walkers - Tierrasanta 6:30 pm Clairemont	7 TBA-Hike-Don 10 am Robert - Coronado 6:15 pm Workout	1 6:30 am Sunrise Series –Mission Bay 10 am Mission Beach 10 am Shelter Island 10:15 am Balboa Park	2 6:00 pm Mission Hills	3 TBA-Hike-Stan 6:15 pm Sat Night Live
11 7:15 Breakfast Special – Balboa Park 8:15 am Merry Go Round	12 6:30 am Sunrise Series – Marina Village 10 am Crown Point	13 10 am Tuesday Walkers – <u>No</u> walk today 3:00 pm Evelyn – Kensington/Talmadge 6:30 pm Clairemont	14 TBA-Hike-Candy 10:30 am Lorraine – Golden Hill 6:15 pm Workout	15 6:30 am Sunrise Series – Pacific Beach 10 am Mission Beach 10 am Shelter Island 10:15 am Balboa Park	16 10:30 am Rob – Shelter Island 4:30 pm Mission Hills	17 TBA-Hike-Bill 9:00 am Virginia – Kearny Mesa 6:15 pm Sat Night Live
18 7:15 Breakfast Special – East Mission Bay 8:15 am Merry Go Round	19 6:30 am Sunrise Series – East San Diego 10 am Crown Point	20 10 am Tuesday Walkers - <u>No</u> walk today 6:30 pm Clairemont	21 TBA-Hike-Candy 10 am Robert – Balboa Park 6:15 pm Workout	22 TBA-Hike/Potluck-Don 6:30 am Sunrise Series - Downtown 10 am Shelter Island 10 am Mission Beach - <u>No</u> walk today 10:15 am Balboa Park - <u>No</u> walk today	23 4:30 pm Mission Hills	24 TBA-Hike-Don 7:15 Late Birds – Shelter Island 6:15 pm Sat Night Live
25 7:15 Breakfast Special – Pacific Beach 8:15 am Merry Go Round	26 6:30 am Sunrise Series – Bay 10 am Crown Point	27 10 am Tuesday Walkers – Balboa Park 6:30 pm Clairemont	28 TBA-Hike-Stan 6:15 pm Workout	29 6:30 am Sunrise Series – Pacific Beach 10 am Mission Beach 10 am Shelter Island 10:15 am Balboa Park	30 4:30 pm Mission Hills 6:15 Enid – Rancho San Diego	

THANKSGIVING

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..

UPCOMING EVENTS, 2012-2013

We Need Volunteers/Walk Leaders For Some of These Walks Please call the office if interested in leading one! And, please send in YOUR ideas!!

NOVEMBER 2012

*Thanksgiving Dinner at a Restaurant..... Dan

DECEMBER 2012

California MissionsLeader Dan Haslam
Mission Inn Tour w/Holiday Lights Day Trip.. Bev Bruff
Hotel Del Coronado Walk/View TreeBob Buehler
*Xmas Breakfast/Gift Exchange Rita
Holiday Lights Downtown w/Happy Hour at
Manchester Hyatt Sally R/Marilyn B
Annual New Year's Eve WalkPat Keller

JANUARY 2013

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

* = planned events

ADDITIONAL SUGGESTIONS FOR WALKS SOME NEED VOLUNTEER TO LEAD THE WALKS

DECEMBER 2012

Big Bay Boat Parade of Lights & Potluck/Bonfire
Ocean Beach Holiday Parade/Walk

FEBRUARY 2013

Groundhog Day Walk

MARCH 2013

Walkabout's 36th Anniversary Walks and Events
Coronado Flower Show and Walk..... Bob Buehler

APRIL 2013

Anza Borrego Day Trip.....Walter Konopka

MAY 2013

Annual Coronado Bridge Walk- Must register by late
January. Call Sally R @ (619)272-8851
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

HELP 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.

La Mesa Oktoberfest- Sept
Lambs Xmas Play-Dec
Neighborhood Holiday Light Viewing - Holidays
Free day at Cabrillo Monument
Ranger led Cabrillo trails - Ellen Q.
San Diego River Walk/Docent Led - May
Gemology Institute of America/Carlsbad Docent Led
Tour
Japanese Garden/Balboa Park/Docent Led
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

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President@walkabout-int.org

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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

SATURDAY, NOVEMBER 17

Time: TBA

SATURDAY 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.walkabouthikes.org for updates. See November 3 listing for IMPORTANT INFORMATION. If you have any questions, contact **Bill** at (619) 264-1299.

9:00 am

KEARNY MESA STROLL. Join **Virginia C.** for a **casual**, flat 2-hour walk in the Japantown area and maybe get in some early Christmas shopping. Park at Target and meet at Othello Ave. and Kearny Mesa Rd. There are five Japanese stores nearby filled with books, foods and household goods. Rain cancels. (619) 231-7463.

6:15 pm

SATURDAY NIGHT LIVE. See November 3. **NOTE** new meeting location.

SUNDAY, NOVEMBER 18

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 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 November 4.

MONDAY, NOVEMBER 19

6:30 am

SUNRISE SERIES: SALVATION ARMY KROC COMMUNITY CENTER. We'll meet in the parking lot at Shirley's Kitchen, 7118 University Ave. between 70th St. and Massachusetts Ave. and then walk to the Salvation Army Ray and Joan Kroc Corps Community Center (12.4 acre family support, education, recreation and cultural arts center). The walk is on flat, paved terrain at a **moderate** pace for 1-hour. May need flashlight for safety. Bring money for optional breakfast after. **Gloria** (619) 482-7677.

10:00 am

CROWN POINT AREA BECKONS. See November 5.

TUESDAY, NOVEMBER 20

10:00 am

TUESDAY WALKERS. No walk today.

6:30 pm

ABOVE THE BAY. See November 6.

Office Staff

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

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

WEDNESDAY, NOVEMBER 21

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

10:00 am

BALBOA PARK NUTTY SQUIRREL WALK. Join **Robert and Friends** for a 1-hour, half city, half park, **casual** stroll. All you bring is a smile, some cash if you eat afterwards and maybe a few peanuts for you and the squirrels. Afterwards, we may be able to view the Behold, America! exhibit at the San Diego Museum of Art and/or at the Timken Museum of Art. Meet at 6th Ave. and Nutmeg St. There is free parking on Balboa Dr., which you enter at 6th Ave. and Upas St. Note: Do not park on the Park side of 6th Ave. as no parking is allowed there on Wednesdays. To use public transport, take the #3 bus north on 5th Ave. or south on 4th Ave., exit at Nutmeg St. at approximately 9:15, walk east to 6th & Nutmeg. Rain cancels. **Robert B.** (858) 571-7733.

6:15 pm

WEDNESDAY NIGHT WORKOUT. See November 7.

WALKABOUT TO OFFER VAN TRIP TO CALIFORNIA MISSIONS IN DECEMBER 2012

This is Last Call for Walkabout International's 2012 trip to the Missions of California is designed to pick and choose from among the best of the 21 California missions so that we can maximize the use of our small group, van travel time together. Our expected departure date is Dec. 4 or 5, returning a week later. There will be pre-trip meetings to learn about the missions and participate in creating an itinerary. If you are interested in this trip, contact the office at 619.231.7463 and join the interest list. Dan Haslam at danielbhaslam111@yahoo.com

THURSDAY, NOVEMBER 22

Time: TBA

THANKSGIVING WILDERNESS HIKE. Don will send out information on the hike and potluck at Daley Ranch prior to Thanksgiving Day. Also, see November 3 listing for IMPORTANT INFORMATION. If you have any questions, please contact Don at dpiller@cox.net or (760) 796-4007.

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. Burn some calories before your Thanksgiving dinner! See November 1.

10:00 am

MISSION BEACH NORTH & SOUTH. No walk today.

10:15 am

MORNING STROLL IN BALBOA PARK. No walk today.

FRIDAY, NOVEMBER 23

4:30 pm

MISSION HILLS MEANDER. See November 2.

SATURDAY, NOVEMBER 24

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 November 3 listing for IMPORTANT INFORMATION. If you have any questions, please contact Don at dpiller@cox.net or (760) 796-4007.

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, followed by an optional breakfast. Meet in the parking lot at Anchorage Ln. and Cañon St. Rain cancels. (619) 223-6947.

6:15 pm

SATURDAY NIGHT LIVE. See November 3. **NOTE** new meeting location.

SUNDAY, NOVEMBER 25

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 the 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 November 4.

MONDAY, NOVEMBER 26

6:30 am

SUNRISE SERIES: SEAPORT VILLAGE. We'll meet at the merry-go-round in Seaport Village to check out the new park and Bob Hope memorial across from the Midway Museum. Bring a flashlight and money for an optional breakfast after. The walk will be **at your own pace** on flat terrain for 1 hour. **Frances** (619) 479-3962.

10:00 am

CROWN POINT AREA BECKONS. See November 5.

TUESDAY, NOVEMBER 27

10:00 am

TUESDAY WALKERS will explore the Jerry Schad Memorial Walk in Balboa Park. Jerry was THE premier explorer of trails throughout our area and into surrounding locales. This will be a flat, **moderate** walk for 1 hour along the west side of Balboa Park. Meet at 6th Ave. and Upas St. Rain cancels. **Pat K.** (619) 469-6223.

6:30 pm

ABOVE THE BAY. See November 6.

WEDNESDAY, NOVEMBER 28

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.walkabouthikes.org for updates. See November 3 listing for IMPORTANT INFORMATION. If you have any questions, please contact Stan at (619) 448-1668 before 6:00 pm or shunt92071@yahoo.com.

6:15 pm

WEDNESDAY NIGHT WORKOUT. See November 7.

THURSDAY, NOVEMBER 29

6:30 am

SUNRISE SERIES: PACIFIC BEACH. We never know what we'll see – dog walkers, joggers, bicycle riders, coffee drinkers, homeless, skaters, surfers and, of course, the birds. Meet at Crystal Pier at the west end of Garnet Ave. to walk **at your own pace** on flat terrain for about 1 hour. We usually have two groups – you can join the faster walkers or slow down to enjoy conversation. Optional breakfast follows. **Marilyn** (619) 294-8308.

10:00 am

MISSION BEACH NORTH & SOUTH. See November 1.

10:00 am

SHELTER ISLAND WALK & TALK BUNCH. No walk today.

10:15 am

MORNING STROLL IN BALBOA PARK. See November 1.

FRIDAY, NOVEMBER 30

4:30 pm

MISSION HILLS MEANDER. See November 2.

6:15 pm **EC**

FLEETWOOD MAC REVISITED. Join **Enid** for a **moderate** early-evening walk around the well-lit, mostly flat Cuyamaca College campus, followed by an optional trip back to the music of the 1970s, presented live in unique arrangements as the Cuyamaca College Rock, Pop & Soul Ensemble performs Fleetwood Mac's classic LP "Rumours" in the College Performing Arts Theatre (admission \$5 for seniors). Meet outside the theater at 900 Rancho San Diego Parkway – call for directions. Free parking in student lots. Rain cancels the walk, but come at 7:15 pm for the concert anyway. (619) 670-5839.



LEADERS AND FOLLOWERS

It has come to the attention of the Board that on several occasions, walkers have become lost when they could not keep up with the pace, dropped back or stopped, and could no longer see where the walk leader was going. This serves an opportunity to remind Walk Leaders as well as Walkers to look at what their responsibilities are. Taking responsibility is a mutual thing. Let's take a moment to review some of the guidelines/responsibilities for Walk Leaders, as well as establish some guidelines for Walkers.

Walk Leaders Guidelines

It is expected that the Walk Leader will adhere to all the guidelines.



State the length, pace and time of the walk prior to beginning the walk. This is included in the walk description which the Walk Leader submits for publication in the newsletter.

Designate someone to be the caboose regardless of the size of the group. The caboose stays at the end of the group, walking at the "designated pace". The caboose is not meant to keep pace with those that cannot keep the designated pace, but to direct them back to the starting point or to a meeting place and to notify the walk leader of the dropouts.

Periodically regroup at intersections or wherever appropriate. The Walk Leader should take a count of the number of Walkers which should match the number at the beginning of the walk.

Cross at intersections with regrouping on other side if everyone isn't able to cross at the same time. Take a count of the number of Walkers as mentioned above.

Walker Guidelines

As a walker it is important to be aware of the pace, length of the walk, time of the walk and the terrain before the walk starts. If it's not stated, ask the walk leader. If you think you cannot keep up with the pace, what are your options? You can choose to not come on the walk and plan to go on a shorter, slower walk. You can form a plan for a reduced walk on a route you know before the walk begins. Inform the Walk Leader of your plan and if and where you intend to meet the group.

It is expected that the Walker can keep up with the pace set for the walk. The group will not adjust the pace to meet the needs of those that are unable to comply.

If you are uncertain as to your pace capability, you have a couple of options. One would be to go on a walk that is set at a pace slower than what you think you can do. There is a listing of the various speed ranges in the newsletter under the heading "Pace Yourself." We are an ageing group, and as such, some of us are slowing down and don't move as fast as we once did. Secondly, practice walking on your own for one hour to see how that works for you. How far did you walk?

If there isn't a walk that suits your needs, contact the office to find out how to create a walk that will work for you and lead your own walk.

Walkabout's intention is for all to have a positive, safe experience while on a walk. Our walks provide an opportunity for exercise as well as providing social connections where you can talk, if you prefer, to different people as you walk along, or just have the company of other walkers if you prefer not to talk.

Robert Buehler, President

WALKABOUT INTERNATIONAL CAPE COD HOSTS SAN DIEGO WALKERS

In mid-September ten walkers from the West Coast flew to the East Coast for a weeklong adventure in Newport, RI and Cape Cod, MA. The group enjoyed the first three days in exclusive Newport, RI, an historic seaport town, home to some of the grandest “cottage” homes on the eastern seaboard. The Vanderbilt home, The Breakers, had scores of staff in its “gilded age,” the era of the late 1800s. The Walkabout group toured this mansion together, and each walker got to pick another mansion to tour individually. In addition, the group walked the 5-mile Cliff Walk, which runs on a paved path along the ocean adjacent to many of the mansions, but in some cases requires scaling boulders in order to continue. One early bird walk in the Newport area featured a nature trail along the ocean in Middletown, where the group stayed at a motel overlooking the Atlantic.

One of the Newport highlights was a visit to the Newport Creamery, an ice cream shop where “diet” is a four-letter word. Our walkers split up into threesomes, and each trio devoured ten scoops of ice cream, nine maraschino cherries, four toppings and a mountain of ice cream. “Holy cow!” was the name of the dairy confection. Few people required dinner after that afternoon pig-out, and afterward the group waddled over to the historic tennis center across the street.

In Cape Cod, the group stayed at a downtown Hyannis motel and enjoyed early bird walks featuring Kennedy family sites, a tree from the 1700s and a walk-by of several of the thrift shops. The group took a ferry ride to Martha’s Vineyard and a walkabout on the island, including the African-American historical and the religious Chautauqua sites before returning to the mainland for a lobster dinner. The group walked Provincetown on a busy Sunday morning and watched films at the National Parks Visitor Center about the geological creation of Cape Cod. They had a fish dinner at the Eastham fall festival, followed by a talent show, and the next night enjoyed a chicken BBQ undertaken by the town fire department. Nearly everyone square danced the night away in the shadow of the Eastham town windmill. Glimpses of the Kennedy Compound in Hyannis Port (where Walkabout has a post office box) were taken on the most popular early bird walk, which included a walk near a private golf course and the tiny rock church in this exclusive neighborhood.

One of the highlights of the visit to Cape Cod was a joint venture dinner at Hostel International’s new hostel on the Hyannis waterfront. Many joined in creating a dinner for 35, in which Walkabouts joined hostellers for a vegetarian Italian meal. The group also had a chance to visit trip leader Dan Haslam’s tiny 248-sq. ft. condo a block from the Atlantic Ocean, and enjoyed traveling around with Suzy, his service dog.

On the last day of the trip, the Walkabout group visited Plymouth Rock and the Mayflower II in Plymouth, as well as walked along the river behind the oldest building in town, built in the 1640s. With Walkabout’s new connection with Cape Cod and its operation there, it is hoped that there will be many future trips to the Cape and Boston area.



Walkabout at New Bedford MA



After the 5-mile Cliff Walk, Newport, RI.



Early Bird Walk, Middletown, Newport RI



Monomoy Island Nature Preserve, Chatham, MA



\$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.

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EARN A FREE EXTENSION TO YOUR SUBSCRIPTION

Our active, traveling Walkabouts have created a minor problem for Walkabout. We always request that the USPS return newsletters that are not delivered so that we can keep our data base up to date. We pay \$0.45 for first class postage for each one that is returned. Lately we have noticed that most of the returned newsletters are for “TEMPORARILY AWAY.” This usually means that the recipient has requested the USPS to hold mail for longer than 30 days. The USPS does not hold mail longer than 30 days, so if “RETURN TO SENDER” is requested, it is returned to sender, marked “TEMPORARILY AWAY.” To minimize these postage due returns I will offer our subscribers the opportunity to extend their subscription for the time they temporarily stop delivery of the newsletter when they are away from home. To do this, please send an email to stanley@walkabout-int.org with “STOP DELIVERY” in the subject line. Please indicate your name and the months that you will be away from home. I will extend your expiration date by the same amount and not mail your newsletter as requested. This can also be done by USPS mail by sending your request to the Walkabout office.

Remember, you can always receive a PDF copy of the newsletter in addition to your mailed copy. This is usually sent earlier than the mailed copy and allows you to read the newsletter anywhere you read email. You can also request to receive only the PDF version and \$20 of your subscription can be counted as a donation to Walkabout, a 501(3)(c) charity.

I also want to apologize for some errors that have occurred in the mailing of the newsletters over the last few months. No excuses, I just goofed up a bit. Still trying to do better.

Stan Follis



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.



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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 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.

The estimate of the land-only price is \$3195 per person for double-occupancy, based on a group of 12 people (plus leaders). A limited number of single rooms will be available with a single-supplement estimate of \$495 per person.

Questions? Contact Larry@walkabout-int.org or by phone: (858)755.1751 (evenings and weekends) to uncover more highlights of our extraordinary adventures afoot in Sensational Switzerland. To reserve one of the cherished spots, send a nonrefundable deposit of \$500 to Walkabout with the notation "Sensational Switzerland" on the check along with your name, address, phone number and email address.