



San Diego Feets

Vol. 37, No. #12

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

DECEMBER 2014

WEEKLY REPEATING WALKS

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

MONDAYS

10:00 am

CROWN POINT AREA BECKONS. Start out your week with beautiful scenic views of Mission Bay and nearby homes as a guest leader takes the group on a **moderate to moderate-plus** flat walk for about 2 hours with a pause for coffee or yogurt. Take I-5 to Grand Ave. and go west to Lamont St., turn left on Lamont St., then right on Crown Point Dr. to meet at the west end of the parking lot by the park's southern end restrooms. To use public transport, take the trolley to Old Town and board the #9 bus at 9:10, get off at La Cima Dr. and walk 3 blocks east to the parking lot. Rain cancels. **Kathy L.** (858) 484-0349.

TUESDAYS

6:30 pm

ABOVE THE BAY. Join us for some exercise and fabulous views of the lights around Mission Bay. Meet by Carl's Jr. at Clairemont Dr. and Burgener Blvd. for a hilly, 1-hour plus, **moderate to moderate-plus** walk (see Thomas Guide 1248-F6). Rain, but not mist, cancels. Flashlight recommended. Please call **Teri E.** (858) 483-0512 or **Jill F.** (858) 292-4231 to make sure walk is "on" for the week.

WEDNESDAYS

3:00 pm *****NO WALK ON HOLIDAY EVES*****

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

Pace Yourself

Casual — 2-3 miles per hour
 Moderate — 3 miles per hour
 Moderate-plus — 3 ½ miles per hour
 Brisk — 4 miles per hour

THURSDAYS

10:00 am *****NO WALK CHRISTMAS DAY*****

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

10:00 am *****JOIN US CHRISTMAS DAY!*****

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 2.5 miles round trip; 60-70 minutes including pit stop). Breathe delicious ocean air and enjoy dynamic bay and city views from ships to wildlife. You may stop at one of the many benches and rejoin us on the return leg. Meet at east end of the island to the right of the Bali Hai by the lamp post and hand rails, where we will stretch for a few minutes. If you're late, drive down the island and join us along the way. Take the #28 bus and walk approximately 3 blocks to the Bali Hai where there is ample free parking. Optional eats afterward. Rain cancels. Join us - just for the health of it! **Sally R.** (619) 222-3800.

See Thursday, December 4 and 18 10:00 am listings for special additions to this weekly walk.

10:15 am *****NO WALK CHRISTMAS DAY*****

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. For public transport, use the #7 bus. Rain cancels. **Mary T.** (619) 291-1349.

WEEKLY REPEATING WALKS (cont.)

FRIDAYS

4:30 pm

MISSION HILLS MEANDER. Come see the great views and picturesque homes and gardens of this old neighborhood on a 1-hour **casual** walk for about 2.5 miles on flat terrain. Meet at the coffee shop at 1920 Ft. Stockton Dr. From Washington St., go north on Goldfinch St. and west on Ft. Stockton Dr. Rain cancels. Wear white at night. **Pat P.** (619) 291-6162.

SATURDAYS

6:00 pm

SATURDAY NIGHT LIVE, LIVES! Join our varied leaders as we rejuvenate one of Walkabout's most venerable evening walks, a **casual** pace through the downtown streets of San Diego in search of the new and different in the heart of the city. Meet outside the historic Balboa Theater entrance (4th Ave. & E St.) for a 90-minute visit downtown. The route (and leaders) may vary each week, and an optional dinner gathering follows. Take public transportation or consider free, machine validated 3-hr. parking offered at the Horton Plaza parking garage. Rain cancels. Leaders: Dan, Donna, and Jerry. (619) 231-7463.

SUNDAYS

8:15 am

MERRY GO-ROUND. Start from the carousel in Balboa Park and join us on one of the most scenic walks in San Diego. Our **moderate-plus** 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 transport, 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** in the parking lot near the carousel at Park Blvd. and Zoo Pl. (858) 565-7212.

ANNUAL CHRISTMAS BRUNCH & GIFT EXCHANGE

Thursday, December 25, 2014 at Broken Yolk
1851 Garnet Ave., Pacific Beach

Walk begins at 7:45 am from the corner of Lamont St. and Garnet Ave., with a buffet at 8:30 am. Mail your check for \$12.00, which includes everything – tax, tip and coffee, tea or milk, to Walkabout Int'l, 2650 Truxtun Rd., Suite 110, San Diego, CA 92106. Last year we got rave reviews on the buffet.

Bring a gift marked (Male), (Female) or (Generic) with a value of under \$10. No fruit cakes PLEASE. We really had some nice gifts last year and the rules are you cannot take someone's gift away from them. Call Rita with any questions at (619) 266-2555.

HIKE WEDNESDAYS & SATURDAYS

Time: TBA

WILDERNESS HIKE. Details e-mailed a day or two before. **IMPORTANT HIKE INFO:** Park on the street in front of the Methodist Church, 2111 Camino del Rio South (west of Texas St.). Be prepared to drive yourself if there are no other carpoolers. Bring lunch, 2-3 quarts of water, sun and rain protection, and lug-soled shoes. **"First timers" must** call the leader. All participants **must** be in top condition, well prepared for trail conditions and will be accepted at the leader's discretion. Hikers **must** be able to keep pace with the group. Check <http://www.walkabout hikes.org> as weather or unusual conditions may cause the hike to be moved or canceled. If you have any questions, please contact the relevant hike leader as noted below.

Date	Contact Information
Dec 3	Ron: (619) 390-3033 or lucasronald@hotmail.com
Dec 6	Candy: (619) 435-2894 or ccbeckwith146@yahoo.com
Dec 10	Don: dpiller@cox.net or (760) 796-4007
Dec 13	Bill: (619) 206-5809 or wa4lrm@gmail.com
Dec 17	Rita C: (619) 482-0052
Dec 20	Bill: (619) 206-5809 or wa4lrm@gmail.com
Dec 24	Stan H: (619) 448-1668 before 6:00 pm or shunt92071@yahoo.com
Dec 27	Stan H: (619) 448-1668 before 6:00 pm or shunt92071@yahoo.com
Dec 31	Candy: (619) 435-2894 or ccbeckwith146@yahoo.com



NEWSLETTER DEADLINE NOTICE

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



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



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

Unless otherwise specified, walks start at the time indicated. Walk leaders should arrive 15 minutes prior to the start time.

MORE GREAT WALKS THIS MONTH

MONDAY, DECEMBER 1

6:30 am

SUNRISE SERIES: LAKE MURRAY. Walk at your own pace for 1 hour on a mostly flat path around the lake. Drive through the main entrance to Lake Murray at the end of Kiowa Dr. off Lake Murray Blvd. Meet in the main parking lot on the left as you approach the lake. Optional breakfast follows. **Betty** (858) 248-3782.

THURSDAY, DECEMBER 4

6:30 am

SUNRISE SERIES: PACIFIC BEACH BOARDWALK. Let's take a moderate 1-hour walk on flat terrain and enjoy the fresh air, early morning breeze and beautiful sunrise where we can look forward to good company, chatting and an optional breakfast afterward. Meet at the Crystal Pier at the west end of Garnet Ave. Bring money for optional breakfast. **Winnie** (858) 278-4003.

10:00 am

SAN DIEGO BAY. As an addition to the weekly 10 am Shelter Island walk, a history of the San Diego Bay as seen from Shelter Island will be presented. Learn about key figures and events associated with the bay's history and gain insight into why the bay looks as it does. **Rob K.** (619) 972-2819.

SATURDAY, DECEMBER 6

9:15 am

AN RSF THROUGH RSF. With the holiday just around the corner, let's invade RSF (Rancho Santa Fe) for an RSF (really sensational "feet"). In the enchanting realm of rancho fantasy, let's stretch our legs past luxurious lawns and sumptuous estates all aglow with December trimmings on a spirited 3-hour, moderate-plus prance over mixed-up and -down trails and pathways. Look for **Larry** at the corner of Via de la Valle (aka route S-6) and Cancha de Golf (which leads into the Morgan Run Resort and Club). Rain cancels! (858) 755-1751 (evenings and weekends).

SUNDAY, DECEMBER 7

7:15 am

BREAKFAST SPECIAL DOWNTOWN. Let's explore the harbor north or south with a flat, moderate, 1-hour walk to see what changes are going on downtown and along the harbor. We will start from Ruocco Park at the intersection of Harbor Dr. and Pacific Hwy. (across from former police station). Meters are free on Sundays. All trolleys go to Amtrak station and then a 15-minute walk 1 block west to Pacific Hwy. and 4 blocks south to Harbor Dr. gets you there. Optional breakfast follows. Rain cancels or postpones. **Pat's Pals** (619) 469-6223.

SUNDAY, DECEMBER 7

10:00 am

HOLIDAY TIME IN SO-NO PARK. Join us at Juniper and 30th Sts. to explore South Park and North Park home decorations at a casual to moderate pace and visit the SO-NO Park annual chili cook-off for McKinley School at 32nd and Thorn Sts. Food, music, craft beer, and good times. Linger or walk back with our leader along 30th to our starting point. Rain cancels. **Pat K.** (619) 469-6223.

MONDAY, DECEMBER 8

6:30 am

SUNRISE SERIES: SHELTER ISLAND. We'll walk this beautiful mostly-flat area by the bay where there are many beautiful homes. There will be a choice of going up a hill for those who feel they would like to climb to where the view is very scenic. To meet the group, from I-5, drive west on Rosecrans St. to Shelter Island Dr., turn left and go about two blocks to Anchorage Dr. to the large parking lot (park where there are no meters). Bring money for optional breakfast afterward. **John and Marilyn** (619) 840-5544.

TUESDAY, DECEMBER 9

10:30 am

UNIVERSITY CITY NEIGHBORHOOD WALK. Meet at Sprouts near intersection of Regents Rd. and Governor Dr. for a moderate 1-1/4 hour walk. Optional pizza lunch afterward. **Mary C.** (858) 453-5376.

3:00 pm

MISSION TRAILS TREK. Join us on hike up to 1-1/2 hours at a moderate pace through one of the largest natural urban parks in the United States. We will meet just outside the Visitors Center off Mission Gorge Rd. between Jackson and Golfcrest Drs. Look for the large wooden park sign on Mission Gorge Rd. and enter the parking lot on the left. We will take the Oak Grove Loop trail to see a Kumeyaay Ewaa along with native flora and fauna. The trail is easy, but has a few small hills and rough places, so you might bring a hiking stick, also a hat, and water. Plan to come early to enjoy the displays in the Visitor Center or view a film in the auditorium. We can explore the museum in the event of rain. **Evelyn K.** (619) 461-6095.

THURSDAY, DECEMBER 11

6:30 am

SUNRISE SERIES: CORONADO. Let's take a flat, moderate paced walk through beautiful Coronado with stops to admire the shops, homes, gardens, Hotel Del Coronado and of course the beach. Meet at the west side of 10th St. and Orange Ave. with optional breakfast afterward. **Connie** (619) 477-8628.

THANK YOU TO OUR GENEROUS RAFFLE/DOOR PRIZE DONORS

Submitted by Sally R., Raffle/Door Prize Coordinator

Thanks so much to the following businesses who so generously donated wonderful prizes for the raffle drawings at the Walkabout Annual Picnic on October 25th.

- Tickets for two aboard Hornblower Cruises Seafarer (harbor or whale watching cruises)
- Sprouts Market gift certificate (Midway & Rosecrans)
- Two coupons for lunch or dinner at Luna Grill (Liberty Station)
- Two breakfast coupons with beverages AND two breakfast or lunch coupons at Einstein Bagels (Midway & Rosecrans)
- One year membership in Osher Institute at SDSU (for seniors)
- Two coupons good for four each at Paipa's Buffet Restaurant at Sycuan Casino

SATURDAY, DECEMBER 13

7:15 am

LATE BIRDS. For those of us who can't get up in time for the Sunrise Series, **Anna T.** will lead a flat 1-hour walk **at your own pace** around Pacific Beach, followed by an optional breakfast. Take the #30 bus at 6:45 from Old Town, exit at Mission Blvd. Meet in front of Crystal Pier at the west end of Garnet Ave. Rain cancels. (619) 231-7463.

7:30 pm

RAY STREET AT NIGHT TWO FER. Let's meet at the corner of 30th St. and University Ave. in North Park for a **casual** evening walk exploring the artist venues and shops in this developing neighborhood. We'll hear some music and stop for refreshments, too. Make this a "two-fer" and join in on the Downtown Saturday Night Live walk at 6 pm, which will "fold into" this walk by taking the #2 bus from downtown to North Park. "Moonlight **Dan**" (619) 249-9813.

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



SUNDAY, DECEMBER 14

2:00 pm

GASLAMP HOLIDAY PET PARADE. Meet at the Gaslamp Museum at 4th and Island Aves. to welcome Father Christmas and help set up the grounds for a photo shoot with city dog sculptures Bum and Greyfriars Bobby before a **casual** walk to the Hilton along the MLK Promenade to visit the pet expo in preparation for walking the Pet Parade through the Gaslamp at 3 pm. You can have your photo taken for free with Father Christmas, and the GQHF will email it to you. Pets can register for the parade for \$10 (with coupon from Ace Hardware), but it's free to walk. "Suzy & **Dan** Scrooge" (619) 249-9813.

MONDAY, DECEMBER 15

6:30 am

SUNRISE SERIES: DOWNTOWN. Decorations are up and we are ready to take a flat, **casual to moderate** walk through the downtown area to ooh and aah. Which color predominates on this year's Christmas trees? Which is the cleverest? the prettiest? the richest? Let's see! Meet at 1st Ave. and G St. by Ralph's. You can park in their free parking underground (enter from west bound Market St.) or park on the street and get back before 8 am. **Pat K.** (619) 469-6223.

1:00 pm

DOWNTOWN CHRISTMAS DECORATIONS. Meet outside the historic Balboa Theater at 4th Ave. & E St. for a **casual** walk to get in the holiday spirit and check out the wonderful decorations in the hotels south of Broadway. **Virginia C.** (619) 231-7463.

TUESDAY, DECEMBER 16

10:00 am

HOLIDAY DECORATIONS IN BALBOA PARK. Meet in front of the Timken Museum of Art for a 1 hour **casual** walk of the park to see the holiday decorations. We will visit the Timken Museum's Christmas tree decorated with unique handmade beaded ornaments, many made by Walkabout's very own Elizabeth Schlappi. She will share the story of the ornaments and how Walkabout got involved. Walkabout volunteers decorate the tree each year as a long-standing tradition starting with Downtown Sam in 1989. Next stop is the Botanical Building to see the poinsettias. From there we will check out whatever interests us and finish up at the Mingei International Museum with a self-guided tour of the Surf Craft Exhibit. Entrance to the Mingei Museum is free on the 3rd Tuesday of each month for local residents; be sure to bring your ID with you. Rain cancels walk, but we will still visit the Mingei. **Marilyn B.** (619) 692-0536.

TUESDAY, DECEMBER 16

10:00 am

TOURING DOWNTOWN HOLIDAY LOBBIES. You'll be amazed at the artistic decorations which fill the office and hotel lobbies downtown. Get in the holiday spirit with your feet on the ground as we team up with the Alzheimer's Assn. for a 1 hour **casual** respite walk for caregivers this season. Meet at 4th Ave. & E St. outside the Balboa Theater. Take any downtown bus or trolley or validate for 3 hours parking in Horton Plaza. "Santa **Dan**" (619) 249-9813.

1:00 pm

EXPLORING MISSION HILLS. Join us for a mostly level 1 hour, **casual** walk through Mission Hills on some streets overlooking Mission Valley and in the area of Kate Sessions former nursery, including passing by a home where she once lived. Meet at the NE corner of Jackdaw and West Lewis Sts. **Marty L.** (858) 337-6160.

3:00 pm

WALK ON THE WILD SIDE. Join two Lindas for an afternoon and evening **casual** walk (with some hills) at the world famous San Diego Zoo. Meet us in front of the main entrance. We will meander through some of our favorite exhibits and then stop and eat an early dinner (optional). After dinner, we will walk around and enjoy the beautiful holiday light display known as "Jungle Bells." There will be some extra Zoo passes available, but you will need to contact us to reserve one. To reserve a pass or to let us know that you have an extra one available, please contact **Linda H:** hitney@juno.com or (619) 222-1056 or **Linda S:** (619) 358-5228. We hope to see you there!

WEDNESDAY, DECEMBER 17

9:30 am

CHRISTMAS AT UTC. Join us on a **casual** walk to check out the fish sculptures and lots of wonderful holiday decorations at the Westfield UTC shopping center. Meet by the #50 bus sign at the Westfield UTC Transit Center, located just north of Macy's. **Virginia C.** (619) 231-7463.

10:15 am

SOLANA BEACH WALKING & CHRISTMAS SHOPPING. Meet "Dan, the Wanderer" at track 3 of the Old Town Transit Center. Buy a Coaster ticket to Solana Beach (\$5.50 adults; \$2.75 seniors) and take a 37-minute ride on the Coaster train to Solana Beach. We'll walk at a **casual to moderate** pace through this quaint beachside town and along its beautiful northern beach loop. Enjoy brunch followed by a shopping excursion to the Cedros Avenue Design District's many shops. Return on the Coaster in the mid-afternoon (same ticket price as above). For detailed information, phone Dan and leave your email address. Rain cancels. **Dan D.** (858) 722-3002.

CLAIREMONT'S CANDY CANE LANE & POTLUCK

Friday, December 19, 6:00 pm

Meet **Norm** at the corner of Jamar Dr. and Mt. Abernathy Ave. We will walk at a **casual** pace to view Christmas lights and stop occasionally to look at the decorated homes. Following the walk, everyone is invited to a potluck at Norm's home, 4785 Jamar Ct. You are encouraged to bring your potluck dish to the house before the walk. (858) 278-1253.

THURSDAY, DECEMBER 18

6:30 am

SUNRISE SERIES: HARBOR ISLAND. We'll have a quiet walk for 1 hour at a **moderate** pace on flat terrain around this beautiful area so close to downtown. Take Harbor Dr. to Harbor Island Dr., turn west to the end and turn left to the parking next to Island Prime Restaurant. Bring money for optional breakfast afterward. **Gloria** (619) 482-7677.

10:00 am

AMERICA'S CUP HARBOR. As an add on to the weekly 10 am Shelter Island walk, a history of America's Cup Harbor will be presented. We will view the new construction there and discuss the impact of what the future might hold. **Rob K.** (619) 972-2819.

FRIDAY DECEMBER 19

6:00 pm

CLAIREMONT'S CANDY CANE LANE WALK & POTLUCK. See newsletter box item for details.

SATURDAY, DECEMBER 20

10:00 am

TOURING DOWNTOWN HOLIDAY LOBBIES. You'll be amazed at the artistic decorations which fill the office and hotel lobbies downtown. Get in the holiday spirit with your feet on the ground as we team up with Kaiser-Permanente walkers for a 90-minute **casual** stroll this season. Meet at 4th Ave. & E St. outside the Balboa Theater. Take any downtown bus or trolley or validate for 3 hours' parking in Horton Plaza. "Santa **Dan**" (619) 249-9813.

SUNDAY, DECEMBER 21

7:15 am

BREAKFAST SPECIAL ALONG EAST MISSION BAY. Let's take a flat walk at **your own speed** to see the birds, boats, and views. Optional breakfast and chatting follow. Meet on Mission Bay Dr. by the restrooms just south of Clairemont Dr. Rain cancels or postpones. **Pat's Pals** (619) 469-6223.

LAMBS CHRISTMAS FESTIVAL: NORTHERN LIGHTS

Sunday matinee, December 28

This year brings back one of the Lamb's favorite Festival scripts, "Northern Lights," last produced 10 years ago. This is Festival playwright Kerry Meads' most personal story, centered around a Minnesota family celebration in 1962.

We'll have center front row seats for this 2:00 pm performance. Meet in front of Lamb's Players Theatre, 1142 Orange Ave., Coronado to receive your tickets. If you wish to walk prior to the show, please arrive at 12:15 pm to join Bob Buehler, President of Walkabout, for a casual walk to the Del's Christmas tree and view the holiday lights enroute. The Hotel Del is only two blocks away.

To make a reservation, mail a check for \$66.00 payable to Walkabout Int'l, 2650 Truxtun Rd., Suite 110, San Diego, CA 92106 and note on the check "LAMBS". There are only 15 seats available. Enclose a stamped, self-addressed envelope for your itinerary and include your telephone number. If you have any questions please call Rita at (619) 266-2555. Bob is looking forward to another successful year, since last year was simply wonderful.

MONDAY, DECEMBER 22

6:30 am

SUNRISE SERIES: PACIFIC BEACH BOARDWALK.

Let's take a **moderate** 1-hour walk on flat terrain and enjoy the fresh air, early morning breeze and beautiful sunrise where we can look forward to good company, chatting and an optional breakfast afterward. Meet at the Crystal Pier at the west end of Garnet Ave. Bring money for optional breakfast. **Verna** (619) 276-3055.

THURSDAY, DECEMBER 25

7:45 am

ANNUAL CHRISTMAS BRUNCH & GIFT

EXCHANGE. See newsletter box item for details.

10:00 am

SHELTER ISLAND WALK. See page 1.

SUNDAY, DECEMBER 28

7:15 am

BREAKFAST SPECIAL IN PACIFIC BEACH. Before the crowds arrive, walking in Pacific Beach can be delightful. We'll walk along the ocean admiring the waves on a flat walk **at your own speed** and then return by the same route. Meet at the west end of Garnet Ave. by Crystal Pier. From Old Town Transit Center, take the #8 bus at 6:30. Rain cancels or postpones. Optional breakfast follows, perhaps overlooking the ocean. **Pat's Pals** (619) 469-6223.

MONDAY, DECEMBER 29

6:30 am

SUNRISE SERIES: LA MESA. We'll walk along University Ave. in La Mesa, just 1 block from San Diego, at a **casual to moderate** pace on paved, flat sidewalks for 1 hour – faster walkers may reach La Mesa Blvd. Park in the parking lot of the restaurant at 7118 University Ave. Bring money for optional breakfast afterward. **Margo C.** (619) 287-7722.



LOOKING AHEAD

THURSDAY, JANUARY 1, 2015

9:00 am

ANNUAL NEW YEARS DAY WALK IN RANCHO BERNARDO. Look for details in the January newsletter.

TBD

CORONADO SOUTH. Mark your calendar for a **moderate** 1-1/2 to 2-hour walk in beautiful Coronado with an optional lunch break a little more than halfway through. We'll "cruise" the non-touristy south end of Coronado while enjoying sea breezes, city views, and maybe even some flamingos. For those who don't want to walk the entire route, there will be several places to either take a shortcut back or catch a bus along Orange Ave. Look for the meeting time and place in the January newsletter. Rain cancels. **Fran W.** (619) 271-7107.

FRIDAY, JANUARY 2

10:30 am

COME HELP NAIDA CELEBRATE THE BIG 80!

Meet at the Walkabout Office at Liberty Station, 2650 Truxtun Rd., Suite 110 at the intersection of Dewey Rd. for a **casual** walk (flat, no steps) through the old restored section of the NTC (Naval Training Center) and arrive at the Corvette Diner at 11:30 am for lunch (at your own expense). NO gifts please; Naida would love the pleasure of your company. RSVP not required. **Naida** (619) 296-0550 (9 am - 5 pm).



FEATURED TRIPS

SPACE SHUTTLE ENDEAVOUR & IMAX

SATURDAY, DECEMBER 13

COST: \$49.00 or POMPEII PKG \$65.00

Rita and Walter invite you to the Science Center in Exposition Park, Los Angeles to see the Endeavour firsthand. Included in the package is the IMAX film. We shall depart from San Diego at 7:00 am and take I-5 to La Costa to pick up North County passengers. Since our 50 passenger bus has a restroom, we shall drive directly to

the Science Center for a 10:00 am appointment at the IMAX. We have been told that a specific IMAX film has not been scheduled at this time. At 11:30 am you have a lunch break on your own. At 1:00 pm our group will enter the Endeavour Exhibit located in the Space Pavilion. Bring a camera. At 2:00 pm we have an appointment for the POMPEII Exhibit for those people who paid the additional \$16.00 for the trip. The Exhibit takes at least one hour to see and it will be ending in January, 2015 so this is your last chance to see it. At 3:30 pm we shall return to San Diego and hope to arrive by 6:30 pm.

Please mail \$49.00 for Endeavour & IMAX or \$65.00 for Endeavour, IMAX & POMPEII to Walkabout Int'l, 2650 Truxtun Rd., Suite 110, San Diego, CA 92106 and note on the check "Space Shuttle", also include your phone number and preferred pickup location, either the Walkabout office in San Diego or La Costa off of I-5 for North County people. Please enclose a self-addressed envelope with a stamp for us to mail your itinerary. Note: we sold out our first trip last year and we hope to fill the bus this year. The price includes a 50 passenger bus, driver tip, IMAX ticket and the most delicious snacks and water. Our price is lower than our competitors. If you have any questions please call Rita at (619) 266-2555. The Walkabout Office will also answer any of your questions. We hope to see you aboard.

RIVERSIDE VICTORIAN HOME TOUR AND CITY HOLIDAY TOUR

Saturday, December 20

Treat yourself to a memorable excursion in Riverside. It's a festive time of year and the community goes all out to share this special season. The city has a unique character with over 100 landmarks designated by the Cultural Heritage Board. Our group will see many of these landmarks during a narrated city tour. On the drive down Mission Inn Avenue, we'll see examples of fine architecture, places where historic events occurred, and a national landmark. Learn how Riverside became the richest city in the U.S. at the turn of the 20th century and see the theater where "Gone with the Wind" was secretly previewed before it was shown in Atlanta. Guests will enjoy a view of Riverside's beloved Mt. Rubidoux, also known as Easter Mountain, and find out how the community recently banded together to save the cross at the top. Guests will drive through a beautiful city park designed by Olmsted and Olmsted in 1911; recently designated one of America's Great Public Places. The tour highlights several prominent historic areas, vintage neighborhoods, and includes stops at two charming, decorated Victorian homes.

Tours of the Town specialized service includes a 50-passenger bus with a bathroom and an experienced guide who will board and entertain passengers, regaling them with anecdotes and local history. Enjoy this tour, rain or shine. Physical requirement: walking up and down steps.

Please send a check for \$45.00 per person for only a round-trip bus ride to Riverside or \$65.00 per person for the bus ride plus the tour of Victorian homes and city tour to Walkabout Int'l, 2650 Truxtun Rd., Suite 110, San Diego, CA 92106-6007. Enclose a stamped, self-addressed envelope for your itinerary and include your telephone number and specify your pickup location at either the Walkabout Office San Diego or North County Park & Ride off I-15 at Mercy Road. There will be NO REFUNDS unless there is a waiting list. If you have any questions, please call Rita at (619) 266-2555.

DAY INTO EVENING AT GRIFFITH OBSERVATORY

THURSDAY, JANUARY 22, 2015

Due to popular demand, we will travel again to the Griffith Observatory and enjoy the lights of the city as the sun goes down. There is so much to see at the Observatory, it was impossible to view it all during our October trip. There are outside exhibits as well as three floors of new and exciting exhibits. The Samuel Oschin Planetarium seats 285 people featuring state of the art tech designed to fabricate a realistic looking night sky that is awe inspiring. You will have your choice of films since we will arrive from San Diego around 2:30 pm. You are on your own to purchase your film ticket (there is a senior rate of \$5). The excellent café operated by Wolfgang Puck offers reasonably priced healthy food with soups, salads, and hot meals (dinner is at your own expense). We shall leave San Diego at noon in order to arrive by 2:30 pm. We are scheduled to leave the Observatory by 6:30 pm and arrive home by 9:00 pm. Traffic in Los Angeles is not bad at these planned hours.

The trip includes a 29-passenger bus with Goldfield Stage which includes a bathroom, driver gratuity, water, snacks, and entrance into Griffith Observatory. Please send a check for \$51.00 per person (no discount for children 13 and older) to Walkabout Int'l, 2650 Truxtun Rd., Suite 110, San Diego, CA 92106-6007 with a stamped, self-addressed envelope for us to mail your itinerary. Include your telephone number in case we need to contact you and indicate your pickup preference at our office in San Diego or if you prefer North County, we shall stop at La Costa off of I-5. There will be NO REFUNDS unless there is a waiting list. If you have any questions, please call Rita at (619) 266-2555.

COUNTY FAIR & NATIONAL DATE FESTIVAL IN INDIO

THURSDAY, FEBRUARY 19, 2015

Join Rita & Marilyn B. in the "City of Festivals" for its 69th year of hosting the Riverside County Fair and National Date Festival. This is a first time visit for Walkabout. If you missed the Del Mar Fair, don't fret. This event is just as big and wonderful with its long-standing traditions of camel and ostrich races, art exhibits, homemade goods, and thousands of exhibits. There are exciting shows such as Monster Trucks, Hot Rod Truck Pulling, and the

Demolition Derby. There will be live concert performances by many well-known groups. There is something for everybody! Count on temperatures in the mid-70's thanks to perfect weather year after year. This event is known for delicious fair food including the famous date shake. Count calories tomorrow, not today.

The trip includes a 29-passenger bus with Goldfield Stage which includes a bathroom, driver gratuity, water, snacks and entrance into the festival fairgrounds. Please send a check for \$58.00 per person (no discount for children 13 and older) to Walkabout Int'l, 2650 Truxtun Rd., Suite 110, San Diego, CA, 92106-6007 with a stamped, self-addressed envelope for us to mail your itinerary. Include your telephone number in case we need to contact you and indicate your pickup preference at our office in San Diego or if you prefer North County we shall stop at I-15 Park & Ride at Mercy Road. There will be NO REFUNDS unless there is a waiting list. If you have any questions please call Rita at (619) 266-2555. We look forward to joining us.

THE 4 CULTURES OF SWITZERLAND

July 14 – 26, 2015

Trip is full; accepting only those for waiting list!

Once again, Walkabout heads to the land overflowing with the most spectacular scenery accessible by foot – Switzerland. This time we immerse ourselves into the four distinctive cultures and flavors of Switzerland: German, French, Italian and the little-known Romansch. The land-only price is \$3,250 per person for double-occupancy with a limited number of single rooms available for the supplement of \$480, based on a group size of at least 12 plus leaders. Questions? Call Larry at 858.755.1751 (only evenings and weekends, please!)

BEAUTIFUL BOISE AND TRAILING OF THE SHEEP FESTIVAL

October 6 - 13, 2015

Join Stan Follis and his faithful co-leader, Walter Konopka Jr. for an 8-day exploration of southwestern Idaho. This trip will be much like our previous travels in 2003, '07, '11, and '13, but we will find new attractions and revisit the best of previous trips. We will fly into Boise and visit the Sun Valley area for a few days in a mountain paradise; very popular in the winter, but we will see it in the fall for the Trailing of the Sheep Festival. Our accommodations may be at the Christophe Condominiums in Ketchum, ID. We will see the Sawtooth Mountains and perhaps visit the Craters of the Moon National Monument. In Boise, we will explore this charming city with a walk along the river and through graceful old Victorian neighborhoods, and visit the grand state capitol building. For those of you who knew Kathy Follis, we will visit with her sister and family. Other possible attractions will be announced in upcoming months, perhaps a piano recital, the Seibel family band, and the rich Basque heritage in Boise. Walks will be at a

casual pace and optional except for getting around town. You will be expected to manage your own luggage. If you require more than minimal assistance, you should travel with a companion. Travelers must be current Walkabout newsletter subscribers.

Cost is estimated to be \$1,199 for double occupancy and a single supplement of \$375. This will include airfare, coach, lodging, scheduled attractions, breakfasts, and a farewell dinner. The price is based on 20 participants and travel using a coach and local public transportation. We will use a van rather than a coach if we have significantly fewer travelers.

Please call the office at (619) 231-7463 to be added to the interest list. To reserve a spot, please send a \$400 deposit check which is fully refundable until we purchase the airline tickets in July or August 2015. We will notify you before we purchase the airline tickets and urge you to obtain travel insurance in case you need to cancel. Please enclose a SASE if we do not have your email address on file. Call Stanley at (619) 222-3447 if you have any questions.

WALKABOUT TEAMS UP WITH FRIENDLY EXCURSIONS FOR TWO 2015 TRIPS

Walkabout International will partner with Friendly Excursions of Sunland, CA, for two trips to Arizona. In **March 2015**, Friendly will produce a 4-night, 5-day trip for baseball enthusiasts for spring training in Phoenix (see trip announcement, this issue). In **November 2015**, Walkabout will produce a slightly longer excursion to Tucson, AZ.

Friendly Excursions has created the itinerary for the March spring training trip and made all the hotel, bus, attraction, and meal reservations. Walkabout will receive a share of each seat sold to a Walkabout who signs up for this trip. Friendly will oversee the trip. If a sufficient number of Walkabouts sign up for the trip, then Walkabout will send a tour escort who will provide our customary walks throughout the day. For the November trip to Tucson, Walkabout will produce the trip with some assistance from Friendly, and daily walks will be provided as part of the itinerary.

BASEBALL SPRING TRAINING IN PHOENIX 3/22-3/26, 2015 (5 DAYS, 4 NIGHTS)

\$999 per person, double occ./ \$1,299 single occ.

Join up with a busload of baseball enthusiasts for a 5-day, 4-night trip to the Phoenix area to enjoy spring training. The tour, planned by Friendly Excursions of Sunland, CA, includes breakfast daily and two dinners (one of which has a "cowboy" theme), a city tour of Phoenix, a visit to the state capitol, a tour to the historic mining town of Globe, a visit to the renowned Heard Museum and a guided tour of Frank Lloyd Wright's Taliesin West. There will be two baseball training season games included, one of which will be your favorite team. Teams scheduled are SF Giants, Oakland As, Anaheim and LA Angels, the LA

Dodgers and the SD Padres. If a sufficient number of Walkabouts sign up for this tour, then a Walkabout tour leader will be included to provide early bird and other walking tours throughout the trip. Otherwise, there will be a professional tour escort available for the whole trip. If you'd like to go, phone Friendly Excursions at (818) 353-7726 to arrange to make a \$200 payment, which is due now. Final payment is due by 2/2/2015 and last day to cancel is 2/1/15. For those who prefer not to travel by deluxe motorcoach, flights from SAN to PHX can be arranged at additional cost. Friendly Excursions is the producer of this trip, although any Walkabouts who sign up will benefit our organization as well. **All inquiries about this trip should be directed to Friendly Excursions, not to our Walkabout office.**



WALKABOUTERS SLOG THROUGH SEATTLE, SAN JUAN ISLANDS

Eleven intrepid Walkabouts set off for Seattle and the San Juan Islands in late October for a fall trip to the far northwest of the US. On day one, we travelled by light rail into center city for a visit to Pike Place Market and a fish dinner at a diner. Some of our group enjoyed a walk along the waterfront to historic sites to see how Seattle had been rebuilt after a devastating fire in the late 1800's. The next day, we set off via minivans and ferry to Friday Harbor, the largest town in the San Juan Islands. We were delighted with our hotel, a converted modular building which had been used by workers in Alaska during the Valdez oil spill and later shipped to San Juan. We had our own building, which felt like a college dorm, with hall parties. Although it rained lightly most of the time on the islands, umbrellas helped out for visits to English and American Camp national parks, an alpaca farm, and a lavender farm. Our group ferried from island to island on day trips, and enjoyed Orcas Island with a clouded-in mountain and a visit to a resort hotel, built like a ship. We also ferried to Lopez Island, with its many farms and lovely views. Because the trip included Halloween, the hotel put on a party for our group. We arrived costumed for the event and were judged by the hotel's costumed mascot, Tilly. Jim Stegall, a Walkabout traveler in the past who has retired in Friday Harbor, joined the group for the party with his seeing-eye Golden Retriever, Emilio. We enjoyed picnic lunches nearly every day while touring the islands, and self-catered breakfasts at the hotel along with several memorable meals on the road. We took a walking tour of historic Roche Harbor, a favorite vacation spot of John Wayne and also home to a bizarre cemetery. Other adventures included time at a thrift shop, a visit to the ER, and various aches and pains among the travelers. During walks and touring, we spotted many deer, unusual birds, and colorful plant life. En route back to Seattle, we enjoyed a visit to a river town and an upscale winery. Travelers included Dan Haslam (leader), Norm Vigeant (co-leader), Walter Konopka, Margot and Walter Linback, Marianne Goldberg, Regina Bartolini, Charlotte Sedgwick, Beverly Stebbins, Yong Baird and Beth Chopp.



Hamming it up on Halloween at the Orca Inn in Friday Harbor, San Juan Islands



Slogging through San Juan Islands



Galley Restaurant and Lounge on Lopez Island, WA

PLAN YOUR 2015 TRAVEL CALENDAR WITH WALKABOUT

Looking to travel in 2015? Look no farther than Walkabout International, which will offer you the best travel prices over any commercial travel company, plus the joy of walking to destinations and looking behind the scenes -- on foot.

For 2015, Walkabout has eight trips in the works so far, including three international trips. In late April or early May, we plan to offer a 7-night cruise to Bermuda, where we'll tour the island on pink buses and ferries as well as walking in historic areas, visiting museums, and hiking on the rail trail. Later in May we'll offer a road tour to Canada's Calgary and Lake Louise. Larry Forman has sold out his legendary Switzerland trip for next summer in July and in September we'll fly east to visit the historic Biltmore estate and Ashville, NC area. In October, we have two trips planned, one to Branson, MO and the other to Eureka Springs, Ark. Dan Haslam will lead a week long tour in the Las Vegas, NV area, including Valley of the Fire SP, museums, and wonderful adventures. Stan Follis will lead another spectacular trip to walk with the sheep in Boise, ID. Walkabout has teamed up with Friendly Tours to offer two trips, one in April for spring training baseball in the Phoenix area (programmed by Friendly) and another trip (programmed by Walkabout) for a return to Tucson, AZ in November.

Each of the above trips has an interest list kept at the office. You'll need an email address (use a friend's if you don't have one) to hear about the trips before other announcements appear in the newsletter. Most trips fill from the interest list. Once the trip is further along in the planning, a deposit (usually \$300 for a domestic trip and \$500 for an international trip) is required (along with your legal name and date of birth for TSA purposes), and once you're confirmed as a passenger you may purchase trip insurance, if you're interested in doing so. Each trip leader is responsible for specific trips, so you'll be in contact with the trip leader for your trip, although all Walkabout-programmed trip monies are handled through our office.

Other trips may be offered during 2015, so the above list is not comprehensive. There are numerous day trips in the works as well. You can follow these in our SDFeets newsletter.



Walkabouters enjoy a day trip to Grand Tradition Estate & Gardens in November



Beachy Keen walk from Solana Beach to Torrey Pines State Beach in August

DECEMBER 2014 WALKS AT A GLANCE

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	6:30 am Sunrise: Lake Murray 10 am Crown Point Area Beckons	6:30 pm Above the Bay	TBA Hike 3 pm Wednesday Workout	6:30 am Sunrise: Pacific Beach 10 am Shelter Island & SD Bay 10 am Mission Beach 10:15 am Balboa Park	4:30 pm Mission Hills Meander	TBA Hike 9:15 am An RSF through RSF 6 pm Sat Night Live
7	8	9	10	11	12	13
7:15 am Breakfast Spcl: Downtown 8:15 am Merry Go-Round 10 am Holiday Time in So-No	6:30 am Sunrise: Shelter Island 10 am Crown Point Area Beckons	10:30 am University City Neighborhood 3 pm Mission Trails Trek 6:30 pm Above the Bay	TBA Hike 3 pm Wednesday Workout	6:30 am Sunrise: Coronado 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	4:30 pm Mission Hills Meander	TBA Hike 7:15 am Late Birds 6 pm Sat Night Live 7:30 pm Ray Street at Night
14	15	16	17	18	19	20
7:15 am Breakfast Spcl: Balboa Park 8:15 am Merry Go-Round 2 pm Gaslamp Holiday Pet Parade	6:30 am Sunrise: Downtown 10 am Crown Point Area Beckons 1 pm Downtown Christmas Decorations	10 am Holiday Decorations in Balboa Park 10 am Touring Downtown Holiday Lobbies 1 pm Exploring Mission Hills 3 pm Walk on the Wild Side 6:30 pm Above the Bay	TBA Hike 9:30 am Christmas at UTC 10:15 am Solana Beach Walk & Christmas Shop 3 pm Wednesday Workout	6:30 am Sunrise: Harbor Island 10 am Shelter Island & America's Cup Harbor 10 am Mission Beach 10:15 am Balboa Park	4:30 pm Mission Hills Meander 6 pm Clairemont's Candy Cane Lane & Potluck	TBA Hike 10 am Touring Downtown Holiday Lobbies 6 pm Sat Night Live
21	22	23	24	CHRISTMAS 25	26	27
7:15 am Breakfast Spcl: East Mission Bay 8:15 am Merry Go Round	6:30 am Sunrise: Pacific Beach 10 am Crown Point Area Beckons	6:30 pm Above the Bay	TBA Hike	7:45 am Walk, Brunch & Gift Exchange 10 am Shelter Island	4:30 pm Mission Hills Meander	TBA Hike 6 pm Sat Night Live
28	29	30	31	NEW YEAR 1	2	3
7:15 am Breakfast Spcl: Pacific Beach 12:15 pm Del walk <i>b4</i> Lamb's 8:15 am Merry Go-Round	6:30 am Sunrise: La Mesa 10 am Crown Point Area Beckons	6:30 pm Above the Bay	TBA Hike	9 am Annual Walk in Rancho Bernardo TBD Coronado South	10:30 am Celebrate with Naida	

UPCOMING WALKS, EVENTS & TRIPS

Please call our office (619) 231-7463 to put your name on the interest list for any of the following.

Day Trips

Endeavor Shuttle	December 13
Riverside City Holiday Tour	December 20
Griffith Observatory	January 22, 2015
Indio Date Festival	February 19, 2015
Palm Springs Tramway	Spring 2015
Ramona Pageant	April 25, 2015
Huntington Library & Gardens	May 16, 2015
Lake Arrowhead	September 2015
Joshua Tree National Park	TBD

Overnight Trips

San Antonio/Austin, TX	December 2 – 9
The 4 Cultures of Switzerland	July 14 – 26, 2015
Las Vegas/ Calico Ghost Town	September 2015
Beautiful Boise	October 6 -13, 2015

Events/Walks

Candy Cane Lane & Potluck	December 19
Christmas Brunch	December 25
Christmas Walk Shelter Island	December 25
Lamb's Christmas Festival	December 28
2015 New Year's Day Walks	January 1
Annual Walk Leader's Appreciation Luncheon	January 27
Sharp Women's Conference	March 14



VOLUNTEER!

WALK LEADERS NEEDED

We are recruiting walk leaders for the suggested walks/events below. If interested, please call the office (619) 231-7463. Receive help with write-up, etc. And, please send in YOUR ideas!!

- Balboa Park w/ranger tour
- Coaster trip to Oceanside Pier/Cedros shopping
- Docent led tours of new central library
- Free Tuesdays at museums in Balboa Park
- Gem Institute of America/Carlsbad/ docent tour
- I Love A Clean San Diego beach cleanup
- Thanksgiving Dinner at restaurant
- New Year's Eve walk

BOARD SEEKS YOUR HELP

We need office volunteers and new board members.

If you are interested in any of our volunteer opportunities, please call the office (619) 231-7463.



WALKABOUT BOARD MEETING

Friday, December 19 at 11:30 am

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



BOARD MEMBERS

President	(858) 571-7733
Robert Buehler	President@walkabout-int.org
1st Vice President	Vacant
2nd Vice President	(619)249-2446
Dan Haslam	danhaslam@walkabout-int.org
3rd Vice President	(619) 222-3447
Stan Follis	Stanley@walkabout-int.org
Recording Secretary	(619) 231-7463
Donna Farris	secretary@walkabout-int.org
Treasurer	(619) 266-2555
Rita Balliot	treasurer@walkabout-int.org
Directors	
Marilyn Buckley	(619) 231-7463 pr@walkabout-int.org
Larry Forman	(858) 755-1751 larry@walkabout-int.org
Norman Vigeant	(619) 231-7463 ngfrenchy@hotmail.com
Bruce Herms	Emeritus
Dick Hiatt	Emeritus

JOIN US ON MEETUP!

www.meetup.com/Walkabout-International



OFFICE STAFF

Donna Farris, Marilyn Buckley, Eileen Frame, Susan Goodrich, Grace Greenalch, Pat Peterson, Charlotte Sedgwick

NEWSLETTER STAFF

Rita Balliot, Stan Follis, Dan Haslam, Ann Leever, Lorraine Marshall, Kim Mills, Fran Whiteman

MAILING CREW

Pat Peterson (Captain), Alice Berwert, Julie McKane, Barbara Miller, Sharon Nelson, Joanne Paul, Gwen Phelps, Fusa Shimizu, Beverly Stebbins, Judy Vandruff

ABOUT WALKABOUT, SAN DIEGO'S PREMIER SOCIAL NETWORK AFOOT

Walkabout is an all volunteer San Diego-based non-profit organization offering more than 1,000 free local walks each year along with parties, picnics, potlucks, holiday celebrations and other activities including national and international travel, all with a walking component. Established in 1977, Walkabout promotes healthy regular exercise, social camaraderie and discovering new places.

Walkabout Newsletter Subscription/Supporter Form

You are the heart and "soles" of an all-volunteer, nonprofit organization that raises walking far above a pedestrian pursuit. WALKABOUT depends in large part on your generous spirit to fund our yearly operating costs through your thoughtful, tax deductible donations. If you appreciate the value you receive from WALKABOUT, please contribute. All levels of support include a one-year subscription to our monthly newsletter.

Basic Level \$20
 Tenderfoot \$25
 Footprint \$100
 Arch Supporter \$500
 Twinkle Toes \$50
 Kindred Sole \$250
 Big Foot \$1000
 Shoe Fund amount \$ _____

Circle RENEW or NEW Subscriber/Supporter...How did you hear about us? _____

Please mail completed form (we do not share information): 2650 Truxtun Rd., Suite 110, San Diego, CA 92106-6007

NAME _____ DATE _____

ADDRESS _____

CITY _____ STATE _____ ZIP+4 _____ - _____

PRIMARY PHONE () _____ OTHER PHONE () _____

EMAIL ADDRESS _____

PDF ALSO (available only if support greater than Basic Level)

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

Call 619-231-SHOE (7463) to notify office promptly of any changes to your information; or to discuss WALKABOUT's charitable gifts, trusts, and memorials program; or to find out how you can donate some time to WALKABOUT. By coming on walks, bringing friends, helping out at the headquarters or at events - you sustain and spread the WALKABOUT spirit!

Walkabout is offering a buy-one, get-one-free subscription deal when you contribute at the \$25 level or above. Simply provide information for someone who has never had their own subscription and might like to subscribe:

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP+4 _____ - _____

PRIMARY PHONE () _____ OTHER PHONE () _____

EMAIL ADDRESS _____ PDF ONLY

WHAT IS THE SHOE FUND?

Forrest Warren, a former S.D. Union reporter and columnist started the shoe fund in the 1930s to assist children who needed shoes in the depression era. The Ninth District PTA has been administering the Fund for more than 75 years. Vouchers for shoes are distributed through school nurses who fax the PTA when they have identified a student in need of shoes. Walkabout started many years ago through our Audrey Davis to request anybody in Walkabout to add a donation to their subscription renewal. Any monies received were mailed to the S.D. Union. This had been very successful until 2008, when we stopped. We decided to restart in 2014.

We feel it is well worth asking our subscribers for any donation they wish to make. We thank you in advance for a very worthy cause. When you fill out your subscription form please state the amount of money you wish to add to your renewal check.

LABEL CODE REMINDER

Please check the expiration date on your label to renew beforehand. We don't want you to miss an issue!



November's canyon of calm walk in Carmel Valley