MARCH 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 paced 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

9:00 am  *** NEW WEEKLY WALK***

SAN DIEGO RIVER PARK TRAIL. Join us in Mission Valley for a moderate walk by the river along the north trail from the mall to Camino Del Este and returning via portions of the south and north trail for about 4 miles round trip. All walk surfaces are paved and mostly flat with some inclines. Green trolley line and multiple bus routes stop at the Fashion Valley Transit Center or park in the lot at the transit center (specified trolley parking areas only). Meet at north entrance of the bridge that crosses the river to a hotel. Optional gathering afterward in the mall food court. Rain cancels. John N. (619) 772-8855.

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 paced 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 (rarely cancelled due to holiday or commitments).

WEDNESDAYS

6:15 pm

WEDNESDAY NIGHT WORKOUT. Join us at Pioneer Park in Mission Hills next to Grant School at Washington Pl. and Randolph St. for a 1½ hour moderate-plus pace 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.

THURSDAYS

10:00 am

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

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 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.

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
WEEKLY REPEATING WALKS (cont.)

THURSDAYS

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. For public transport, use the #7 bus. Rain cancels.

Mary T. (619) 291-1349.

FRIDAYS

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 at night. Pat P. (619) 291-6162.

SATURDAYS

9:00 am *** NEW WEEKLY WALK***

SAN DIEGO RIVER PARK TRAIL. Join us in Mission Valley for a moderate walk by the river along the north trail from the mall to Camino Del Este and returning via portions of the south and north trail for about 4 miles round trip. All walk surfaces are paved and mostly flat with some inclines. Green trolley line and multiple bus routes stop at the Fashion Valley Transit Center or park in the lot at the transit center (specified trolley parking areas only). Meet at north entrance of the bridge that crosses the river to a hotel. Optional gathering afterward in the mall food court. Rain cancels. John N. (619) 772-8855.

6:15 pm

SATURDAY NIGHT LIVE. Come join us for a walk along the harbor or through downtown for about 1½ hours at a moderate pace while we enjoy the bright lights and fresh breezes. Meet at the entrance to the ABM parking lot on the west side of Pacific Hwy. just north of Broadway – this lot has plenty of metered parking (free after 6:00 pm) before you enter the pay lot. Note: the ABM lot on the east side of Broadway is a pay lot. Optional dinner afterward. Rain cancels. Carol W. (619) 303-7942 or Donna & Jerry (619) 559-5650.

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 7:46. Arrive at Zoo Pl. at 8:00 or 8:06. Meet Rick at the carousel at Park Blvd. and Zoo Pl. (858) 565-7212.

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.walkabouthikes.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.

<table>
<thead>
<tr>
<th>Date</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>Mar 1</td>
<td>Don: <a href="mailto:dpiller@cox.net">dpiller@cox.net</a> or (760) 796-4007</td>
</tr>
<tr>
<td>Mar 5</td>
<td>Don: <a href="mailto:dpiller@cox.net">dpiller@cox.net</a> or (760) 796-4007</td>
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<tr>
<td>Mar 8</td>
<td>Bill: (619) 206-5809 or <a href="mailto:wa4lrm@gmail.com">wa4lrm@gmail.com</a></td>
</tr>
<tr>
<td>Mar 12</td>
<td>Stan H: (619) 448-1668 before 6:00 pm or <a href="mailto:shunt92071@yahoo.com">shunt92071@yahoo.com</a></td>
</tr>
<tr>
<td>Mar 15</td>
<td>Bill: (619) 206-5809 or <a href="mailto:wa4lrm@gmail.com">wa4lrm@gmail.com</a></td>
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<tr>
<td>Mar 19</td>
<td>Candy: (619) 435-2894 or <a href="mailto:ccbeckwith146@yahoo.com">ccbeckwith146@yahoo.com</a></td>
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<tr>
<td>Mar 22</td>
<td>Candy: (619) 435-2894 or <a href="mailto:ccbeckwith146@yahoo.com">ccbeckwith146@yahoo.com</a></td>
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<td>Mar 26</td>
<td>Stan H: (619) 448-1668 before 6:00 pm or <a href="mailto:shunt92071@yahoo.com">shunt92071@yahoo.com</a></td>
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<tr>
<td>Mar 29</td>
<td>Candy: (619) 435-2894 or <a href="mailto:ccbeckwith146@yahoo.com">ccbeckwith146@yahoo.com</a></td>
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Unless otherwise specified, walks start at the time indicated. Walk leaders should arrive 15 minutes prior to the start time.

Even when not mentioned, flashlights should be kept handy on evening or early morning walks. They help you not only to see, but to be seen. In case of emergency please carry ID and medical information.

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

SUNDAY, MARCH 2

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.

MONDAY, MARCH 3

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.

10:30 am  
LYCEUM CONCERT WALK, LISTEN & LUNCH. Meet at the Balboa Theater (4th & E) downtown for a casual 90-minute walk before we enter the Lyceum Theater at Horton Plaza to enjoy a brown bag (bring your own) noontime concert with a string trio. Bring a couple of bucks for the performers and validate Horton parking ticket at the theater for more hours than the Plaza machines. Rain cancels the walk, but not the concert. "Virtuoso Dan" (619) 249-9813.

THURSDAY, MARCH 6

6:30 am  
SUNRISE SERIES: BY THE RIVER AT LIBERTY STATION. Join Edie for a moderate-paced, 1-hour walk on mostly paved, level paths. We’ll meet in the parking area near the river at the south end of Womble St. From the south, take I-5 to the Pacific Hwy. exit, veer to the left onto Barnett Ave., turn left into Liberty Station, turn left at Womble St. From the north or east, take the Rosecrans St. exit, proceed several miles until you see Vons on your left – Womble St. is the next left turn. Optional breakfast follows. (619) 222-4396.

FRIDAY, MARCH 7

11:00 am  
EXPLORE UNIVERSITY HEIGHTS. Let’s meet under the lighted UH sign near Madison Ave. and Park Blvd. For public transport, take #11 bus. We’ll take in some Mission Valley views and visit a cottage condo complex from the 1920’s with a 100+ year old dragon tree on a casual 90-minute walk. We’ll drop by a neighborhood theater and walk through Trolley Barn Park. Optional lunch follows. "In the Heights Dan" (619) 249-9813.

SATURDAY, MARCH 8

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.

IN MEMORIAM

Kay Hughes  
January 27, 2014
SUNDAY, MARCH 9

7:15 am  
**BREAKFAST SPECIAL IN BALBOA PARK.** The park is beautiful any time of the year with many paths to explore on this flat walk at your own pace. Eating and chatting afterward (Greek?) is optional but great fun. Meet at the carousel on Park Blvd. at Zoo Pl.  
**Pat's Pals** (619) 469-6223.

9:15 am  
**SAUNTER THROUGH SANTA LUZ-CIOUS.** Just beyond the outskirts of Fairbanks Ranch lies some open countryside with remote trails offering serene vistas. The glistening realm of Santa Luz beckons! Enjoy a 3-hour, moderate-plus prance over very mixed up and downright hilly terrain. Look for Larry by the restrooms of the South Village Neighborhood Park (next to the Willow Grove Elementary School) on Via Azul just off of Camino Del Sur. Directions: Take CA-56 (Ted Williams Fwy.) to exit #6 at Camino Del Sur; go north on Camino Del Sur for about 3.5 miles until Via Azul; turn left and continue for about 1/10 mile until the parking lot on the right at South Village Neighborhood Park. BYOH2O. Rain Cancels. Larry@walkabout-int.org (858) 755-1751 (evenings and weekends).

MONDAY, MARCH 10

6:30 am  
**SUNRISE SERIES: NORTH PARK.** Meet Frances at the restaurant at 3949 Ohio St. just north of University Ave., where there is plenty of parking, for this casual to moderate 1-hour walk on flat terrain. This neighborhood is a walker’s paradise, where daily errands do not require a car. From I-805, exit at University Ave. and head west to Ohio St. Optional breakfast afterward. (619) 479-3962.

TUESDAY, MARCH 11

3:00 pm  
**TREASURES OF UNIVERSITY HEIGHTS.** Stroll the quiet streets of what was once the site of the famous Mission Cliff Gardens, find the huge map of University Heights in the Trolley Barn Park, and discover California courts, an 1886 house, a log house, and some "secret" streets. Meet at the corner of Adams Ave. and the east end of Panorama Dr. (Louisiana St. to the south) for a moderate, 1-1/2 hour, flat walk. Bus #11 stops at Adams and Panorama. Rain cancels.  
**Evelyn K.** (619) 461-6095.

WEDNESDAY, MARCH 12

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 afterward if you like. Meet at the corner of Ocean Blvd. and Marina Ave. To use public transport, take #901 bus ("Iris Trolley") from the 12th & Imperial Transit Center at 8:32. Exit at Orange Ave. and Park Pl.; walk .7 mile west to Ocean Blvd. and Marina Ave. Rain cancels. Robert B. (858) 414-6181.

THURSDAY, MARCH 13

6:30 am  
**SUNRISE SERIES: CLAIREMONT.** Meet at Clairemont Dr. and Rappahannock Ave. by the CCSA Building as we explore for 1 hour the almost finished area with new landscaping, etc. As usual there will be 2 groups, casual and moderate paced. Watch the weather and dress accordingly. Bring money for optional breakfast afterward. Verna (619) 276-3055.
FRIDAY, MARCH 14

10:30 am
EAST VILLAGE OF FUTURE: RECONSTRUCTION.
Meet at the Park & Market trolley stop for a one-hour casual walk around East Village, visiting new construction sites and redevelopment areas around the new Central Library. We’ll finish at the library by noon, where you’ll have an hour to read or explore, then join back up and walk a few blocks for an inexpensive lunch at a Mexican eatery. Rain won’t cancel. Take public transportation or plan to park in far East Village beyond the meters and walk in. "EV Dan" (619) 249-9813.

SUNDAY, MARCH 16

7:15 am
BREAKFAST SPECIAL ALONG EAST MISSION BAY. Let’s take a flat walk at your own speed to see the birds, boats, and views. Optional breakfast and chatting follow. Meet on Mission Bay Dr. by the restrooms just south of Clairemont Dr. Rain cancels or postpones. Pat’s Pals (619) 469-6223.

9:30 am
37 IS HEAVEN FOR WALKABOUT. Recreate the walk that launched thousands upon thousands of ships, err, walks since St. Patrick’s Day of 1977, 37 years ago! Savor what the times were like back then and how Walkabout took its first baby steps. Explore some little known trails in the picturesque La Playa area of Point Loma on a 1.5-hour, moderate parade over mixed up and down terrain. Look for Larry at the "poetic" corner of Scott and Emerson Sts. (near Point Loma Seafoods). Directions: proceed south on Rosecrans St. three streets past North Harbor Dr., take a left on Emerson St. and then one block to Scott St. Rain cancels. Larry@walkabout-int.org or (858) 755-1751 (evenings/weekends).

MONDAY, MARCH 17

6:30 am.
SUNRISE SERIES: SUNSET CLIFFS. We’ll take a 1 hour, flat walk at your own pace. Take I-8 West toward Beaches. Turn left onto Sunset Cliffs Blvd, then slight right to stay on Sunset Cliffs Blvd for 1.7 miles to Point Loma Avenue, turn left and park on the street. Meeting place is Sunset Cliffs Blvd. and Point Loma Ave. Bring money for optional breakfast afterward. Fusa (619) 223-6947.

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.

WEDNESDAY, MARCH 19

10:00 am
SAN DIEGO ZOO SAFARI PARK. Meet at the entrance for a very casual walk through the Safari Park (formerly known as the Wild Animal Park.) We will wander the African Plains Trail and also see if we can get up close and personal with a lemur in the brand new Lemur Walk exhibit. Optional lunch in the park. Rain cancels. Non-members may contact Linda H. to see if we can come up with a guest pass for you. hitney@juno.com.

10:30 am
HISTORIC GOLDEN HILL. To celebrate Walkabout’s 37th anniversary, Larraine will come out of retirement (for one day only) to walk the historic streets of Golden Hill. We’ll see lovely Victorian mansions, carriage houses, and learn a little history of this old, once elegant area. Meet at the blue mail box at 25th and A Sts. Walk is casual while Larraine pushes her wheeled walker. Walk is 1-1/2 hrs, flat & paved. Optional lunch follows. Only heavy rain cancels. (619) 583-7644.

THURSDAY, MARCH 20

6:30 am
SUNRISE SERIES: SOUTH SHORE. Meet at the South Shores Boat Launch just east of Sea World on Mission Bay. Hopefully we’ll see some rabbits and the great sea birds there. Take I-5 to Sea World Dr. and go west to the South Shores Boat Launch Ramp area. Watch for the sign, it is not very prominent. We’ll meet at the restrooms at the boat launch. Optional breakfast follows this moderate, flat 1-hour walk. Connie V. (619) 477-8628.

SATURDAY, MARCH 22

7:15 am
LATE BIRDS. For those of us who can’t get up in time for the Sunrise Series, Fusa and Friends will lead a flat 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.

SUNDAY, MARCH 23

7:15 am
BREAKFAST SPECIAL IN PACIFIC BEACH. Before the crowds arrive, walking in Pacific Beach can be delightful. We’ll walk along the ocean admiring the waves on a flat walk at your own speed and then return by the same route. Meet at the west end of Garnet Ave. by Crystal Pier. From Old Town Transit Center, take the #8 bus at 6:30. Rain cancels or postpones. Optional breakfast follows, perhaps overlooking the ocean. Pat’s Pals (619) 469-6223.
MONDAY, MARCH 24
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.

THURSDAY, MARCH 27
6:30 am

**SUNRISE SERIES: SAN DIEGO RIVER.** Let’s take a flat moderate walk along the San Diego River as we go west as far as we please and then return at your own pace. We can listen for the birds, admire the river and check out if any new stores have been built. Meet at the IHOP restaurant next to Mark Twain in the shopping center at Fenton Pkwy. south of Friar’s Rd. Trolley stop is nearby. **Pat K.** (619) 469-6223.

SATURDAY, MARCH 29
4:15 pm

**WALK, POTLUCK, & BONFIRE.** Join Bev for a late afternoon casual 1-hour walk for about two miles along Mission Bay Park as we walk on flat terrain through Paradise Point Resort, around the Model Yacht Pond, and along the perimeter of this “isle”. Afterward, we’ll enjoy an optional potluck and BBQ, and sit around the bonfire. Bring sun screen, hat, beach chair, beverages, and food to share/BBQ. Table service (plates, forks, etc.) provided. From I-8 west (others refer to Thomas Guide pg.1268), exit W. Mission Bay Drive, turn right at the traffic light onto Ingraham St., stay in the left lane to the second traffic light (about 1/2 miles), turn left at West Vacation Road and IMMEDIATELY onto the first left (a frontage road that runs parallel to Ingraham St.). Follow this to the end parking lot where we’ll be at a table on the left of the cement canopy as you face Mission Bay Channel. **B**ev (858) 268-8088, day of event call Henry (619) 857-7588.

SUNDAY, MARCH 30
7:15 am

**BREAKFAST SPECIAL IN UNIVERSITY HEIGHTS/NORTH PARK.** Let's take a moderate flat walk along the valley rim either west or east to admire the views of the valley and the interesting homes along the rim. Optional breakfast follows. Meet at 30th and Adams Ave. (bus 2 or 11). Rain cancels or postpones. **Pat's Pals** (619) 469-6223.

MONDAY, MARCH 31
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.

**BOARD STRUGGLES WITH BURN OUT; SEEKS YOUR HELP**

For its nearly 37-year history Walkabout has been organized and run by volunteers. Administrative tasks such as office management, newsletter, public relations, finances, trips and events have been divided among the board of directors and other volunteers. Tuesdays at the office were abuzz with trip planning, event coordination, bill paying, etc. Today, however, the work once assigned to many, is being accomplished by just a few, and our mature organization needs your help. Tuesdays, nowadays, is a relatively quiet day at the office.

We have lost coordinators, proofreaders, and other volunteers to help Kim with our newsletter publication. Our day trips are managed by Rita Balliot, who also pays our bills, balances our books, and works on a myriad of committees. Donna Farris our corporate secretary, prepares a record of our board meetings (called "minutes" although the meetings run for hours) and also keeps the office staffed, orders supplies, leads walks, and works virtually every event. Nearly every board member is over tasked with multiple responsibilities. At some point, the house of cards will fall. Too few doing too much.

In addition, the office at Liberty Station is staffed for four hours per day, five days per week. In the past couple of years, many of these twenty hours --which used to have regular, permanent volunteers -- have had to be absorbed by six board members by jockeying their other duties with phone and mail duty, in order to keep the office open. It cannot go on this way. "It ain't right," wails Michael Turko from his KUSI television perch when he sees a San Diego injustice. With nearly 400 supporters in our organization, we should be able to ask for, and receive, volunteer assistance. Cheerfully. If you all want the organization to succeed -- indeed survive -- then answer the call to help, or don't complain when the doors close.

We need office volunteers and new board members. Either the lifeblood increases, or the patient will not survive. Which will it be?
FEATURED TRIPS

JOIN US FOR JAZZY NEW ORLEANS!
March 18 - 25; $1399+/-pp/do*
Avoid Mardi Gras crowds but enjoy spring-like weather on this southern swing trip. We’ll visit Bourbon Street, colonial Jackson Square, the Audubon Park, shop at the French Market, view sculptures in City Park and much, much more on our adventure to New Orleans. We’ll sample gumbo, crayfish, and grits, and take a water boat on the river. This is an ideal city for walking, and we will do plenty! We may visit surrounding areas as well, including plantations, bayous and historic sites. We’ll inspect post-hurricane progress and walk along the Mississippi River.

SPRINGTIME IN SAN FRANCISCO!
April 8 – 15; $999+/-pp/do*
We fly to SF and use public transportation around the city and bay and also our feet to get around. Our vintage hotel is in Chinatown, and our sights are set on tours to Alcatraz, Mission Dolores, Lombard Street, Haight-Ashbury, Golden Gate Park, Berkeley, Fisherman's Wharf, Cable Car Museum, Yerba Buena Gardens and so much more. Ideal trip for the SF novice or the person who wants to spend outdoor time exploring on foot, with visits to more outdoor sites than indoor museums. This trip involves considerable city walking on hilly terrain.

*Each trip includes RT air, airport transfers, double occupancy hotel for 7 nights, 2 meals a day (typically a continental breakfast and lunch), select admissions, and services of tour leaders. Price also includes van expenses when used (only in New Orleans). Pricing is based on 11 travelers and the final trip dates and price is determined upon actual air/hotel bookings. Travel insurance is recommended, but not included (purchase after acceptance). Extras not included in the pricing are the odd meal, public transit fares, personal expenses, and optional attraction admissions.

To reserve a spot for either trip, send $300 deposit (nonrefundable after you are accepted), to Walkabout International, 2650 Truxtun Road, Suite 110, San Diego, CA 92106. Note on your check “SF2014” for SF trip, or “JAZZY N.O.” for New Orleans trip. Include full legal name for air tickets and date of birth (M/D/Y) and provide email address for details and trip itinerary. Single supplement for SF is $225; for New Orleans it is undetermined as yet, but probably around $350. Trip is open until filled; first-come, first-served. Trips are open only to Walkabout subscribers and their immediate family members at same address. Questions about either trip should be directed to danielbhaslam111@yahoo.com (trip leader).

PALM SPRINGS FOLLIES
THE LAST HURRAH ENCORE
Saturday, April 26
DEADLINE FOR MAILING CHECK: February 28
Walkabout will return to Palm Springs for another performance of The Follies before the historic Plaza Theatre closes for good in May. The December show was fabulous with gorgeous dancers and all new costumes. Riff Markowitz, comedian and host, was wonderful and so too of course was Susan Anton. You will not want to miss the guest star, Rock & Roll Hall of Fame inductee Darlene Love, famous for “He’s a Rebel.” Wow – what a voice! The sound is remarkable in the historic Plaza Theatre.

Rain or shine this trip is a go. There are only 24 tickets available and 12 people have already expressed interest. Please hurry and mail in your check so you don’t miss out again. Refunds for cancellations will be available only if we have a waiting list. This day trip includes the bus, professional driver and tip, water, snacks, and theater ticket; all for only $105.00. We will arrive in Palm Springs in time for lunch on your own and a nice walk. Please mail your check and a self-addressed, stamped business-size envelope for the itinerary to Walkabout Int’l, 2650 Truxtun Rd., Suite 110, San Diego, CA 92106-6007. Note on the check your phone number and pickup location: San Diego or North County. If you have questions, please call Rita at (619) 266-2555.

HUNTINGTON LIBRARY & BOTANICAL GARDENS
Wednesday, April 30
Join Rita and Marilyn B. for a very special visit to the Huntington Library & Botanical Gardens near Pasadena. Come see “The Blue Boy” by Gainsborough and “Pinkie” by Thomas Lawrence in the Thornton Portrait Gallery. You will not want to miss the temporary exhibition “Lost and Found: The Secrets of Archimedes.” Stroll through 12 beautiful theme gardens including the renovated Japanese Garden, the breathtaking Rose Garden in full bloom, and the Desert Garden to name a few. Lunch is on your own at the Café or the more expensive Tea Room. Reservations are required for the Tea Room. The Huntington has asked us not to bring any food on the premises. We will leave San Diego in a comfortable 35-passenger bus at 8:30 am and pick up north county people off I-5 by 9:00 am. There will be a 30-minute rest stop at McDonald’s in Laguna Niguel. We plan to arrive at the Huntington by noon and depart at 4:00 pm in order to be back in San Diego by 7:30 pm.

Please mail your $65.00 check payable to Walkabout Int’l, 2650 Truxtun Rd., Suite 110, San Diego, CA 92106; note your phone number and indicate either San Diego or N. County pickup. Enclose a self-addressed stamped envelope for your itinerary. We are unable to provide any refunds unless there is a waiting list. The first people to
The charm and gracious hospitality of the Dons still lives in romantic Santa Barbara while the Danish Village of Solvang offers an entirely different atmosphere. Price of this trip includes a 24-passenger bus with a professional driver, 3 full days with 2 nights at the wonderful “Solvang Inn & Cottages” with heated pool and spa, a group dinner at the famous Red Viking Restaurant, Solvang tours (planning in process), a home tour in Montecito of the famous “Casa del Herrero”, the Mission in Santa Barbara, the Biltmore Hotel boardwalk, Andree Clark Bird Refuge, and the Sunday Art Show located along the Santa Barbara waterfront. Cost based on accommodation type:

<table>
<thead>
<tr>
<th>Accommodation Type</th>
<th>Price Information</th>
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<tbody>
<tr>
<td>Single Room</td>
<td>$360 plus $90 supplement = $450</td>
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<tr>
<td>Double Occupancy</td>
<td>$360 per person = $360</td>
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<tr>
<td>2 Room Unit (share)</td>
<td>$330.00 1 large bed = $330</td>
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<tr>
<td>1 bathroom</td>
<td>$300.00 2 beds = $300</td>
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Please specify “Single” $450.00; “DBL Ooc” $360.00; or “2 RM” (and note 1 or 2 beds). Once the money is sent to Walkabout Int’l, 2650 Truxtun Rd., Suite 110, San Diego, CA 92106 and include a self addressed, stamped, business sized envelope to Walkabout Int’l, 2650 Truxtun Rd., Suite 110, San Diego, CA 92106 for your itinerary. Refunds for cancellation will be available up to April 15. After that, refunds will be available only if we have a waiting list. If you have any questions please call Rita at (619) 266-2555.

WALKABOUT FETES WALK LEADERS AT ANNUAL LUNCHEON

On January 21, nearly 40 walk leaders were recognized for their continuing contributions to our organization at a seminar and luncheon in Old Town. The seminar focused on safety issues, feedback from walkers, and operating procedures in the event of emergencies which may occur on walks. Leaders participated in a multiple choice quiz about Walkabout operations, including numbers of walks, supporters, and financial information about our nonprofit organization. In addition, the group enjoyed a PowerPoint presentation with photos of walks, trips, our office and many of our people. A delicious Mexican buffet lunch followed, and a special cake honoring walk leaders made for a tasty dessert. Walkabout’s publicity committee of Sally Rathbone and Marilyn Buckley and treasurer Rita Balliot organized the event, which was emceed by VP Dan Haslam. A short walk followed the luncheon, emphasizing the “dos” and “don’ts” of leading walks. Several walk leaders were specially recognized for long time commitments to Walkabout, and our Wednesday/Saturday wilderness team was singled out for its contribution to the organization.

LA BREA TAR PITS & L.A. ART MUSEUM SPECIAL EXHIBIT

Saturday, June 14

You are invited to join Rita and Marilyn B. on a trip that you will love. We will visit the tar pits and enter into the Page Museum for a self-guided tour to see the latest finds. We shall then break for lunch (at your own expense) at the wonderful café located in the LACMA. We’ll have tickets for the exhibit “Expressionism in Germany and France” which explores the connections that developed among artists including Vincent van Gogh, Paul Cézanne, Paul Gauguin, Paul Signac, Henri Matisse, Ernst Ludwig Kirchner, Franz Marc, and Wassily Kandinsky. This exhibition features numerous loans from major museums in the United States, France, Germany, Switzerland and the United Kingdom, and various private collections.
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<tr>
<th>SUNDAY</th>
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<td>Downtown</td>
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<td>8:15 am</td>
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<td>10 am Crown Point</td>
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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 & Events

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
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<tbody>
<tr>
<td>37th Anniversary Celebration</td>
<td>March 9</td>
</tr>
<tr>
<td>Central Library Tour</td>
<td>March 14</td>
</tr>
<tr>
<td>Palm Springs Follies</td>
<td>April 26</td>
</tr>
<tr>
<td>Huntington Library &amp; Gardens</td>
<td>April 30</td>
</tr>
<tr>
<td>La Brea tar pits/ LA art museum</td>
<td>June 14</td>
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Overnight Trips

<table>
<thead>
<tr>
<th>Destination</th>
<th>Date</th>
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<tbody>
<tr>
<td>New Orleans</td>
<td>March 18-25</td>
</tr>
<tr>
<td>San Francisco/Oakland</td>
<td>April 8-15</td>
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<tr>
<td>Santa Barbara/Solvang</td>
<td>May 16-18</td>
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<tr>
<td>Poland Springs, ME</td>
<td>Summer 2014</td>
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<tr>
<td>Boston/Salem, MA</td>
<td>September</td>
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<tr>
<td>Seattle/San Juan Islands</td>
<td>October</td>
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<tr>
<td>Cuba</td>
<td>November</td>
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<tr>
<td>San Antonio/Austin, TX</td>
<td>December</td>
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Trips – planned only if sufficient interest

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
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<tbody>
<tr>
<td>Pasadena mansions tour</td>
<td>Spring 2014</td>
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<tr>
<td>Endeavor Shuttle</td>
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<tr>
<td>Huntington Library</td>
<td>TBD</td>
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<tr>
<td>Anza-Borrego wildflowers</td>
<td>TBD</td>
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<tr>
<td>Nethercutt Auto Museum</td>
<td>TBD</td>
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</tbody>
</table>

Look for details in future newsletters for the following.

VOLUNTEER!
WALK LEADERS NEEDED

We are recruiting walk leaders for the suggested walks and events below. 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, March 14 at 1 pm
The monthly meeting will be held at the Walkabout office, 2650 Truxton Rd., Suite 110 green room (619) 231-7463.

BOARD MEMBERS

President: Robert Buehler (858) 571-7733 President@walkabout-int.org
1st Vice President: Vacant
2nd Vice President: Dan Haslam danhaslam@walkabout-int.org
3rd Vice President: Stan Follis Stanley@walkabout-int.org
Recording Secretary: Donna Farris secretary@walkabout-int.org
Treasurer: 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
Walter Konopka (619) 281-4958 wkonopka@sbcglobal.net
Kim Mills (619) 231-7463 publisher@walkabout-int.org
Norman Vigeant (619) 231-7463
Wayne Walker (619) 231-7463
Bruce Herms Emeritus
Dick Hiatt Emeritus

OFFICE STAFF
Donna Farris, Marilyn Buckley, Grace Greenalch, Pat Peterson.

NEWSLETTER STAFF

MAILING CREW
Pat Peterson (Captain), Alice Berwert, Julie McKane, Barbara Miller, Sharon Nelson, Joanne Paul, 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 over 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  ___Other:

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

Oh Kay, Anchors Aweigh! We bid you a fond farewell and happy trails.

On January 27th, with her loving family by her side at home, Kay Hughes took her final steps on a stairway to heaven just six weeks shy of her 98th birthday.

Over the past 35+ years, Kay dedicated so much of her efforts and energy to supporting and embracing our extended Walkabout family. From 1985 through 1997, Kay led a number of Walkabout trips with such names as “UK Capers”, “Legendary Britain”, “Kay’s Ways Through England” and “Wonders and Wanders in Wales and the Lakes”.

Her heart-felt devotion and warm, generous spirit call to mind the words of celebrated poet and walker Ralph Waldo Emerson who said “I think ‘t is the best of humanity that goes out to walk.” Well, for all of us who knew her, we can readily attest that one of the best examples of humanity emerged in the soul and soles of Walkabout’s beloved Kay Hughes.
LABEL CODE REMINDER
Please check the expiration date on your label to renew beforehand. We don’t want you to miss an issue!

WALKABOUT AT
U-T SUCCESSFUL LIVING EXPO

Thanks to 24 wonderful volunteers, Walkabout was able to staff a booth all day at the 5th Annual U-T Successful Living Expo in February. This event was the largest that Walkabout has ever participated in. Marilyn B. and Sally R. of the Publicity Committee are on a roll and need more volunteers for future expos and health fairs.

Volunteering is a fun "job" ...two hour shifts ... talking about Walkabout, sharing your experiences, handing out newsletters, and chatting with those who drop by our booth...plus you get to visit other booths at the events.

Anyone interested in helping out at future events, please email Walkabout's Publicity Committee at prwalkabout@yahoo.com. Also, please contact us if you know of any other senior expos or health fairs.