



San Diego Feets

Vol. 37, No. 6

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

June 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

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 at the transit center. Meet at north entrance of the footbridge (across from transit center) that crosses the river to a hotel. Rain cancels. **John N.** (619) 772-8855.

6:30 pm

MISSION BAY SUNSETS. Walk leaves promptly at 6:30. Rain (not mist) cancels. Enjoy the cooler evening air and beautiful views of Mission Bay! Join us for a flat but fairly fast-paced **moderate to moderate-plus** walk along the shores of Mission Bay. Take the I-5 and go west on Clairemont Dr. to meet at the former Visitors Information Center. **Teri E.** (858) 483-0512 or **Jill F.** (858) 292-4231.

WEDNESDAYS

6:15 pm

WEDNESDAY NIGHT WORKOUT. Meet at Costa Verde Shopping Center in front of Bookstar, west of the UTC Mall between La Jolla Village Dr. and Nobel Dr. We will walk for about 1½ hours at a **moderate-plus** pace, heading in a different direction each week, exploring canyon trails and 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

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 at the transit center. Meet at north entrance of the footbridge (across from transit center) that crosses the river to a hotel. Rain cancels. **John N.** (619) 772-8855.

6:15 pm ***New Location***

SATURDAY NIGHT LIVE IN THE PARK. Because of new parking problems downtown, we have moved the walk to Balboa Park. Come join us for a walk through the park for 90 minutes at a **moderate** pace. Meet at the northeast corner of President's Way and Park Blvd. 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 7:48. Arrive at Zoo Pl. at 8:00 or 8:06. Meet **Rick** at the carousel at Park Blvd. and Zoo Pl. (858) 565-7212.

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
Jun 4	Candy: (619) 435-2894 or ccbeckwith146@yahoo.com
Jun 7	Don: dpiller@cox.net or (760) 796-4007
Jun 11	Eva: (619) 283-1872 or evajudo@aol.com
Jun 14	Bill: (619) 206-5809 or wa4lrm@gmail.com
Jun 18	Stan H: (619) 448-1668 before 6:00 pm or shunt92071@yahoo.com
Jun 21	Bill: (619) 206-5809 or wa4lrm@gmail.com
Jun 25	Stan H: (619) 448-1668 before 6:00 pm or shunt92071@yahoo.com
Jun 28	Don: dpiller@cox.net or (760) 796-4007



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.

MORE GREAT WALKS THIS MONTH

SUNDAY, JUNE 1

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, JUNE 2

6:00 am

SUNRISE SERIES: UPTOWN/UNIVERSITY HEIGHTS. Let's walk over the bridge and wander past these historic homes and modern drought resistant gardens for 1 hour at a **moderate** pace on mostly flat terrain. We'll meet by the entrance to the pedestrian bridge behind Trader Joe's. Turn north off University Ave. at Vermont St. into the parking lot. **Connie** (619) 477-8628.

WEDNESDAY, JUNE 4

10:00 am

CORONADO GLORIETTA MANSIONS. Join Robert for a 1-hour, "Mansion Row" **casual** stroll to view the homes and gardens along Glorietta Blvd. Optional snacks afterward. From San Diego, soar over the beautiful blue bridge to Coronado, turn left onto Orange Ave, turn left again on 5th St, then turn right on Glorietta Blvd. to our meeting place at the corner of 6th St and Glorietta Blvd. For public transport, take the #901 bus marked "Iris Trolley" from the 12th & Imperial Transit Center at approx. 9:32 am. Exit the bus at the "Pomona Ave at Glorietta Place" stop in Coronado at approx. 9:41, and walk southwest to 6th St. and Glorietta Blvd. Rain cancels. **Robert B.** (858) 414-6181.

6:00 pm

CORONADO EVENING STROLL THROUGH THE GARDENS. Let's take a flat, **moderate** walk with stops at the top three prize winners of Coronado's Annual Garden Show as well as many runner-ups. Meet at west side of 10th St. and Orange Ave. Rain cancels. **Pat K.** (619) 469-6223.

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.

THURSDAY, JUNE 5

6:00 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.

SUNDAY, JUNE 8

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.

MONDAY, JUNE 9

6:00 am

SUNRISE SERIES: CORONADO. Who won top prize for the gardens of Coronado? Let's walk through these beautiful gardens and see if we agree with the judges. The walk is flat, **moderate pace** with stops to ooh and aah. Optional breakfast afterward. Meet at west side of 10th St. and Orange Ave. **Pat K.** (619) 469-6223.

TUESDAY, JUNE 10

3:00 pm

TOPIARY TREAT. Let's stroll some more of the little known streets of Middletown and south Mission Hills area to see a William Templeton Johnson Pueblo revival house, a spectacular topiary garden, and maybe some surprises. Meet at the corner of Sutter and Kite Sts. for a **moderate**, mostly flat, 1-½ hour walk. Go south on Goldfinch St. from University Ave. and then turn west on Sutter (Thomas Guide 1268-J6). Bus #83 stops at Washington and Goldfinch Sts. Rain cancels. **Evelyn K.** (619) 461-6095.

WEDNESDAY, JUNE 11

9:00 am

MOUTH OF SAN DIEGO RIVER. Join us for a **moderate** walk by the mouth of the river. We will start at the jetty separating the mouths of the San Diego River and Mission Bay and then walk along the river path for approximately 1 hour (3 miles) round trip. Park just past the traffic circle at Hospitality Point Park at the end of Quivira Way (Thomas Guide pg. 1268). We will meet near the restrooms. Rain cancels. **John N.** (619) 772-8855.

THURSDAY, JUNE 12

6:00 am

SUNRISE SERIES: BY THE BAY. Today we'll hope for sunny skies, lots of birds and that any clouds are the fluffy kind for a more beautiful sunrise. Meet at the former Visitor Information Center just west of the I-5 at the Clairemont Dr. exit. We usually have two groups, **moderate** and **casual**, on this 1 hour flat walk. Bring money for an optional breakfast afterward at one of our favorite places. **Verna** (619) 276-3055.

SATURDAY, JUNE 14

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.

SUNDAY, JUNE 15

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.

9:15 am

BREEZING ALONG THE 101, DADDY-O. What better way to celebrate Father's Day than to wander "father" north towards Carlsbad from Solana Beach along the stunning and historic Highway 101...and then "Breeze" back on the bus. For this "one-way wander", look for **Larry** at the Solana Beach train station by the main entrance under the clock tower on North Cedros Ave. (just north of Lomas Santa Fe Dr.) for a **moderate-plus**, 3-hour cavort up the coast over mixed-up and down terrain. Then, we can shoot the breeze as we return around 12:30 pm on the Breeze (bus \$1.75 or \$.75 senior 60 or older) to arrive around 1:00 back at the start of all this foolish fun. Larry@walkabout-int.org or (858) 755-1751 (evenings/weekends).

MONDAY, JUNE 16

6:00 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. **Fusa** (619) 223-6947.

WEDNESDAY, JUNE 18

10:00 am

SPANISH LANDING. Join Robert for a 1-hour, flat, paved, beautiful **casual** walk along harbor pathways. On this walk we can view the marinas and check out the progress in building a replica of Cabrillo's ship, the San Salvador. Meet in the entrance to the parking lot at the west end of Spanish Landing Park. From Harbor Dr., turn toward the bay at the traffic light with the sign "Spanish Landing W". For public transport, take the #923 bus from downtown or Ocean Beach to arrive before 9:45 am at the "N. Harbor Dr. at Spanish Landing W" stop, and walk toward the bay into the parking lot. Rain cancels. **Robert B.** (858) 414-6181.

1:00 pm

ANIMAL WALK IN UNIVERSITY HEIGHTS. Let's walk the neighborhood at a **moderate** pace for about 1 hour to three locations with a menagerie of different animals (no dogs or cats included). We will enjoy a bit of history of the area and some really pretty landscaping. Meet at the corner of Meade and Campus Aves near the Birney Elementary School. Rain cancels. **Joan E.** (619) 291-2562.

THURSDAY, JUNE 19

6:00 am

SUNRISE SERIES: OLD TOWN. We'll visit Old Town to check out what's new. Meet at the corner of Pacific Hwy. and Rosecrans St. for this flat, **casual** to **moderate** 1-hour walk. Bring money for optional breakfast afterward. **Frances** (619) 479-3962.

SUNDAY, JUNE 22

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, JUNE 23

6:00 am

SUNRISE SERIES: SEAPORT VILLAGE. Meet Gloria at the south end of Pacific Hwy. at Seaport Village where you can park next to the merry-go-round for free until 10 am. The walk is mostly **moderate**, but you may walk at your own pace for 1 hour on flat and paved terrain. We should be able to reach the pedestrian bridge over Harbor Dr. near Petco Park and see the new Central Library. Bring money for optional breakfast afterward. **Gloria** (619) 482-7677.

WEDNESDAY, JUNE 25

9:00 am

LET'S CLIMB THE HILL. Join us for a **moderate** but challenging walk that includes "Bachman Hill". We will start at the Fashion Valley Transit Center and walk to (and up) Bachman Pl. After a walk around part of the Hillcrest neighborhood we will return down Bachman Hill to the transit center, approximately 4 miles round-trip. Green trolley line and multiple bus routes stop at the Fashion Valley Transit Center. Meet at north entrance of the footbridge (across from transit center) that crosses the river to a hotel. Rain cancels. **John N.** (619) 772-8855.

THURSDAY, JUNE 26

6:00 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. **Winnie** (858) 278-4003.

SATURDAY, JUNE 28

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, JUNE 29

7:15 am

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

MONDAY, JUNE 30

6:00 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.

WANDERS WITH WALKABOUT...WHAT YOU MAY NOT KNOW

Walkabout conducts 1000+ walks each year throughout San Diego, California, the US and abroad. What you may not know is how crucially important it is that the operations of our all-volunteer, non-profit organization is fueled in the two ways of any noteworthy enterprise: through time and through money.

Consider the different flavors of time – time that comes from people planning and conducting local walks; time that comes from people helping at the office in Liberty Station; time that comes from people serving on special committees and boards; time that comes from people fostering partnerships with other organizations poised toward walking; time that comes from people conceiving, coordinating and conducting tours and trips beyond San Diego.

The second kind of "fuel" is money. It also comes in different flavors: money that comes from Newsletters subscriptions; money from tax-deductible contributions; money from special events; money from our trips and tours. It is this last source that prompts this message.

What you may not know is that in just the past two years, Walkabout has conducted the following to celebrate walking as well as to help support the costs of bringing you our 1000-plus walks each year:

Local Events: Our annual meeting and auction, Thanksgiving Day dinner, celebrations for our volunteers, the Chinese New Year banquet, Christmas Day Brunch, Lambs Theatre performance

Day Trips: Huntington library and gardens, Balboa Island, Mission Inn Riverside, Nixon Library, Palm Springs Follies, Getty Villa Malibu, Palm Springs Movies Stars homes, Shuttle Endeavour in Los Angeles, Temecula

Extended Travels: Julian, Idyllwild, San Luis Obispo, Monterey Bay, Northern California missions, Northern California Coast, Baltimore, Pennsylvania, Cape Cod, Boise, New Orleans, Savannah, Charleston, Washington DC, New York City, Vermont, Hawaii (cruise), England, France, Switzerland, Austria

What also may be not be widely known is the extraordinary energy, effort and time that Walkabout leaders ceaselessly donate to crafting trips and tours in order to offer outstanding value for those who seek our unique "Walkabout-way" of travel. Keeping costs low and identifying captivating destinations requires immense commitment and creativity from our leaders. As we embark on planning more trips outside of the San Diego environs, we look forward to offering destinations you wish to visit and providing a price that gives outstanding value to what you experience. Comparable "commercial" tours can cost considerably more than Walkabout tours. Some trips, like our Switzerland adventures with three-

and four-star accommodations, would cost 2 to 3 times as much if taken with a commercial tour company. But, then again, no commercial company offers the company of traveling with your friends and Walkabout family.

We offer a personalized walking component that cannot be found anywhere else -- at any price. Our trips offer the essential features you wish to enjoy, not the frills that you don't care about. Best of all, it's like traveling with your family because you are — that's the spirit of Walkabout, San Diego's premier social network afoot! And this singular spirit permeates every step of our travel experiences.

What can Walkabout supporters do to help Walkabout with its funding challenges? Travel with Walkabout, and travel frequently. Let us know where we can lead you next...



POTENTIAL DAY AND OVERNIGHT TRIPS

We will consider offering the trips listed below if there is sufficient interest. Please call our office (619) 231-7463 to put your name on the interest list for any of the following.

- **Beautiful Boise**, ID and Trailing of the Sheep Festival for 8 days in October, 2015. Don't miss this last opportunity to enjoy this trip with Stan as your leader.
- **Sensational Switzerland** with Larry Forman in July 2015. 15 days/14 nights in 3-star hotels covering a completely different area of Switzerland. Don't wait until the trip is filled again as it was in 2013.
- **Joshua Tree Nat'l Park** – Hidden Valley has fantastic trails that wind through natural rock gardens, Barker Dam, Geology Tour Rd., and wonderful wildlife such as bighorn sheep, roadrunners, coyotes and foxes in a vast desert playground.
- **Fallbrook Grand Tradition Estates & Gardens** feature 15 acres profuse with exotic floral scents and sparkling waterfalls. Perhaps combine with a visit to the Music Museum in Carlsbad in the afternoon.
- **Griffith Park Observatory** in Los Angeles. A "Day Trippers" favorite likely to sell out our 50 passenger bus that includes an onboard restroom.
- **Indio Date Festival** in February 2015 which will be a first for Walkabout. Another "Day Trippers" favorite. You haven't live life to the fullest until you try a fabulous date shake.
- **Ramona Pageant** end of April or 1st week of May, 2015. We'll have the most desirable shaded box seats in this outdoor theatre. They are celebrating 91 years at the Bowl, so they are doing something right.

- **Lake Arrowhead** and a boat ride. Your leader, Rita had a family cabin in "Blue Jay" ½ mile from the Lake and is very familiar with the fun trails in the area.
 - **Palm Springs Tramway** and lunch at the top. This trip will include a walk along downtown and a visit to the wonderful Museum.
 - **Huntington Library & Gardens**. We are waiting for an interesting temporary exhibit. The cost at the Huntington Library is more on weekends. Please specify if you want WEEKDAY or SATURDAY.
 - **Santa Barbara** for 3 days, close to the waterfront for some very beautiful walks. The cost is expected to be approximately \$350 and it will be well worth it.
 - **Calico Ghost Town/Las Vegas** over Labor Day week 2015 for a 4 or 5-night stay. At our daytime stop in Calico on the way to Vegas, we could pan for gold, take a train ride on the Odessa Railway, and enjoy numerous shops and restaurants.
- OR
- **Death Valley/Las Vegas** over Labor Day week 2015 for a 4 or 5-night stay. At our daytime stop in Death Valley on the way to Vegas, it might be interesting to see the Amargosa Opera House and Hotel.



Walkabout anniversary walk in March

JUNE 2014 WALKS AT A GLANCE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
7:15 am Breakfast Spcl: Downtown 8:15 am Merry Go- Round	6 am Sunrise: Uptown/University Heights 10 am Crown Point Area Beckons	9 am SD River 6:30 pm Mission Bay Sunsets	TBA Hike 10 am Coronado Glorietta Mansions 6 pm Coronado Evening Gardens 6:15 pm Wed Night Workout	6 am Sunrise: By the River at Liberty Station 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	6 pm Mission Hills Meander	TBA Hike 9 am SD River 6:15 pm Sat Night Live
8	9	10	11	12	13	14
7:15 am Breakfast Spcl: Balboa Park 8:15 am Merry Go-Round	6 am Sunrise: Coronado 10 am Crown Point Area Beckons	9 am SD River 10 am Topiary Treat 6:30 pm Mission Bay Sunsets	TBA Hike 9am Mouth of SD River 6:15 pm Wed Night Workout	6 am Sunrise: By the Bay 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	6 pm Mission Hills Meander	TBA Hike 7:15 am Late Birds 9 am SD River 6:15 pm Sat Night Live
15	16	17	18	19	20	21
7:15 am Breakfast Spcl: East Mission Bay 8:15 am Merry Go- Round 9:15 am Breezing Along The 101	6 am Sunrise: Shelter Island 10 am Crown Point Area Beckons	9 am SD River 6:30 pm Mission Bay Sunsets	TBA Hike 10 am Spanish Landing 1 pm Animal Walk in University Hgts 6:15 pm Wed Night Workout	6 am Sunrise: Old Town 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	6 pm Mission Hills Meander	TBA Hike 9 am SD River 6:15 pm Sat Night Live
22	23	24	25	26	27	28
7:15 am Breakfast Spcl: Pacific Beach 8:15 am Merry Go Round	6 am Sunrise: Seaport Village 10 am Crown Point Area Beckons	9 am SD River 6:30 pm Mission Bay Sunsets	TBA Hike 9 am Let's Climb the Hill 6:15 pm Wed Night Workout	6 am Sunrise: South Shore 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	6 pm Mission Hills Meander	TBA Hike 7:15 am Late Birds 9 am SD River 6:15 pm Sat Night Live
29	30					
7:15 am Breakfast Spcl: Adams Ave 8:15 am Merry Go- Round	6 am Sunrise: Lake Murray 10 am Crown Point Area Beckons					

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

La Brea tar pits/ LA art museum	June 14
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Overnight Trips

Poland Springs, ME	June 21 - 28
Boston/Salem, MA	Early September
Seattle/San Juan Islands	October 28 – Nov 4
Cuba	November (wait list)
San Antonio/Austin, TX	Early December

Trips – planned only if sufficient interest

Endeavor Shuttle	TBD
Nethercutt Auto Museum	TBD



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.



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JOIN US ON MEETUP!

www.meetup.com/Walkabout-International

WALKABOUT BOARD MEETING

Friday, June 20 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
John Nugent	(619) 231-7463
Norman Vigeant	(619) 231-7463 ngfrenchy@hotmail.com
Wayne Walker	(619) 231-7463
Bruce Herms	Emeritus
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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
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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:

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In April, "Some Back Streets in Hillcrest" featured canyon trails, alleys, and ended with Goodwill. Pictured here is a stop at a tiny postbox-like library near the former Broderick mansion. (Photo by Joan Loomis)



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FEATURED TRIPS

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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.

There will be a San Diego and a North County pickup location. We have hired a 50-passenger bus with a restroom from Sun Diego Charter. The cost of the trip includes the bus and professional driver, entrance fee for the Page Museum and LACMA including the special exhibit. The cafeteria is moderately priced and offers both inside and outside seating. Due to the tight time schedule and a restroom aboard the bus, we will not be stopping en route either way. Expect to return to San Diego by 7:30 pm. The trip involves a moderate walking requirement, therefore wheelchairs are not recommended.

Please mail your \$76.00 check and 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.