



San Diego Feets

Vol. 38, No. 2

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

February 2015

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 transit, 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) 560-0446 or **Jill F.** (858) 292-4231 to make sure walk is "on" for the week.

WEDNESDAYS

3:00 pm

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.

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 of Mission Blvd. To use public transit, ride the trolley to Old Town, and then 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 2.5 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.

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

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.

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.)

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 transit 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 transit, 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.

JOIN WALKABOUT INTERNATIONAL AT SHARP'S ANNUAL HEALTH FAIR

Sharp Women's Health Conference

Saturday, March 14, 7:30 am to 4:30 pm
 Sheraton San Diego Hotel & Marina
 1380 Harbor Island Drive
 San Diego, CA 92101
www.sharp.com/womensevent
 Limited to 1,000 Attendees

We will have a booth at this event promoting Walkabout in the community. Come join us! About 25 to 30 days before the date of the event, look for our e-blast (e-mail) with all of the details asking for volunteers to help set-up, take-down, and work in our booth. Our volunteers are what keep us going. Thanks for all of your help! Marilyn Buckley, Walkabout International Public Relations Coordinator.

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:

Date	Contact Information
Feb 4	Don: dpiller@cox.net or (760) 796-4007
Feb 7	Don: dpiller@cox.net or (760) 796-4007
Feb 11	Stan H: (619) 448-1668 before 6:00 pm or shunt92071@yahoo.com
Feb 14	Bill: (619) 206-5809 or wa4lrm@gmail.com
Feb 18	Rita C: (619) 482-0052
Feb 21	Bill: (619) 206-5809 or wa4lrm@gmail.com
Feb 25	Ron: (619) 390-3033 or lucasronald@hotmail.com
Feb 28	Stan H: (619) 448-1668 before 6:00 pm or shunt92071@yahoo.com



NEWSLETTER DEADLINE NOTICE

You must **e-mail** your walks to walks@walkabout-int.org. 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 received by March 10th. 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

SUNDAY, FEBRUARY 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, FEBRUARY 2

6:30 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. **Margo** (619) 287-7722.

THURSDAY, FEBRUARY 5

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. **John and Marilyn** (619) 840-5544.

FRIDAY, FEBRUARY 6

10:00 am

GREAT STORIES ABOUT DOWNTOWN. Meet at the Balboa Theater (4th & E Streets) for a 90-minute **casual** walk downtown, and hear three true and amazing stories as we walk about downtown -- one of which appeared in Ripley's "Believe It Or Not." Take the trolley or bus, or use free validation (after 9:30 am) for 3 hrs. of Horton Plaza parking. Rain cancels. Optional lunch follows at Horton Plaza's grocery. 'Dictionary **Dan**' (619) 249-9813.

SUNDAY, FEBRUARY 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.

FRIDAY, MARCH 13TH

LUCKY DAY AT THE LIBRARY!

Help celebrate Walkabout International's anniversary with a free, docent-guided tour of the Central Library downtown on Friday, March 13 at 11:00 am. We'll gather at 10:45 am. and meet at the front entrance of the library near the bookstore, and enjoy our private tour before the main library actually opens. While on the tour, we'll stop and polish Walkabout's thousand dollar brick near the check-out area. The tour is limited to 25 people, so it's first-come, first served.

We have to provide a head count to the library staff two weeks before the tour; **you must reserve by calling the office (619) 231-7463 by 2 pm on 2/27** to put your name and email address on the reservations list. Please reserve only if you intend to tour. We'll confirm your reservation by email. After our tour, we'll walk to lunch at a nearby Mexican restaurant and tour the burgeoning East Village neighborhood surrounding the library. There is limited free parking at the library, but if you're going to tour and lunch, it will cost you a couple of bucks to park. Better to take the #11 bus or Blue Line trolley, both of which stop at or near the library. Email "Book End Dan" at danielbhaslam111@yahoo.com if you have any questions.

MONDAY, FEBRUARY 9

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.

WEDNESDAY, FEBRUARY 11

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 transit, 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.

THURSDAY, FEBRUARY 12

6:30 am

SUNRISE SERIES: MISSION VALLEY. It's been a while since we've done the river walk. Let's see if some of the bushes have been cut for better views. We'll meet in the parking lot at the west end of Mission Valley Center (next to the jeweler at Camino de la Reina and Mission Center Rd.) to walk **at your own pace** for 1 hour on a mostly flat path. An optional breakfast follows. **Edie** (619) 222-4396

FRIDAY, FEBRUARY 13

10:00 am

BALBOA PARK THROUGH NEWBIES' EYES. Meet at the west entrance to the Organ Pavilion for a one-hour **casual**, narrated walk through the main campus of Balboa Park. We'll be joined by our Cape Cod visitors who are seeing the park for the first time. Our Zoo visit follows, and you're welcome to join that too. Rain cancels. "Zoo Can **Dan**" (619) 249-9813.

10:15 am

TRAIN TO SOLANA BEACH WALKING & SHOPPING. Enjoy lovely beach views from the train before our **casual to moderate** walk through this quaint beachside town and along its beautiful northern and southern beach loops. Travel on an Amtrak train to Solana Beach for the low Coaster price of \$5.50 adults or \$2.75 seniors. Meet at Old Town Transit Center (OTTC) in the middle of track 3 to purchase tickets and then go to track 4 for Amtrak departure at 10:49. Free parking is available at OTTC. We'll visit Cedros Avenue Design District afterward for some Valentine's Day shopping and return by train in the mid-afternoon (same ticket prices as above). For detailed information, phone and leave your email address. Rain cancels. **Dan D.** (858) 722-3002.

SATURDAY, FEBRUARY 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, FEBRUARY 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.

CELEBRATE VALENTINE'S DAY WITH A WALK AND A WALKABOUT POTLUCK!

On Saturday, February 14, wear your brightest red outfit and join the gang for a potluck lunch in Walkabout's Green Room, located down the hall from our Liberty Station office at 2650 Truxtun Road in the Dance Place Building.

Our Valentine's Day guests will be four women from WI Cape Cod, who are visiting San Diego as part of our walk-touring program for the whole week. You'll have a chance to visit with them and take in a special "Tales of Liberty Station Romances" walk as part of the day. Nametags and valentines for all will be provided.

Come and "meet and greet" our guests at 11:30 am with the luncheon starting at noon. **Please call the office at (619) 231-7463 to indicate how many will be attending and what you'll bring.** Desserts or breads are not needed, but main dishes, side dishes and salads (fruit, green and other) are welcome. Our kitchen has a microwave for reheating, and all plates, cups, cutlery, napkins, and beverages will be provided. Our "Tales" casual walk at will follow the luncheon.

MONDAY, FEBRUARY 16

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.

TUESDAY, FEBRUARY 17

11:00 am

GOING DOWN TO SOUTH PARK. See San Diego's answer to what's south of North Park on this **moderate** 90-minute, occasionally hilly walk to view some of the leader's favorite attractions in her favorite neighborhood. Meet at the corner of 30th and Grape Sts. (don't be alarmed when 30th St. turns into Fern St. and back - just watch for directional signs; the streets are only a block apart). Allow a few minutes extra for street parking. Optional lunch follows at a unique local favorite. Rain cancels. **Fran W.** (619) 271-7107.

IN MEMORIAM

Bobbie Noegel

1/28/1924 - 12/09/2014

TUESDAY, FEBRUARY 17

3:00 pm

WHY BE NORMAL? PART 1. Let's see what's normal about Normal Heights West. We'll stroll past charming older homes sitting next to mansions built after the 1985 canyon fire, and see a beautiful Carmelite Monastery. Meet **Evelyn K.** at the corner of West Mountain View Dr. and Kenmore Terrace, one block north of Adams Ave. for a **moderate**, flat 1.5-hour walk. Bus #11 stops at Adams Ave. and West Mountain View Dr. Rain cancels. (619) 461-6095.

WEDNESDAY, FEBRUARY 18

RESERVATION DEADLINE FOR WALKABOUT'S HAPPY LUNAR NEW YEAR CELEBRATION -- CHINESE STYLE. Today is the last day for Walkabout to receive your \$16 check for this tantalizing event. After today, price sheepishly jumps up to \$18. See related newsletter item for details.

THURSDAY, FEBRUARY 19

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. **Winnie** (858) 278-4003.

FRIDAY, FEBRUARY 20

10:00 am

MISSION VALLEY'S GROWTH SPURT. Meet at the Hazard Center Green Line Trolley stop across from the shopping center for a **casual** wander through the newly built and under construction homes in Mission Valley north. We'll peruse models and get an overview of what traffic and life is likely to be like here in ten years. Optional lunch follows. Rain cancels. "MV Dan" (619) 249-9813.

SUNDAY, FEBRUARY 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, FEBRUARY 23

6:30 am

SUNRISE SERIES: BALBOA PARK. Join **Connie** for a flat 1-hour walk **at your own speed** through the park, where there is always something in bloom and maybe a few surprises. Meet at 5th Ave. and Spruce St. Optional breakfast follows. (619) 477-8628.

WEDNESDAY, FEBRUARY 25

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 transit, 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.

THURSDAY, FEBRUARY 26

6:30 am

SUNRISE SERIES: SEAPORT VILLAGE. Meet at the Merry-Go-Round in Seaport Village. We may take a detour through the Marina Parks North and South. Walk will be **casual to moderate or at your own pace** on flat terrain. Bring money for optional breakfast afterward. **Frances** (619) 479-3962.

FRIDAY, FEBRUARY 27

10:00 am

SUDS 'N DUDS IN MIDDLETOWN. Meet at the Washington St. trolley stop (near intersection of Pacific Hwy); take Green Line trolley or #10 bus. We'll take a 90-minute **casual** walk to visit a craft brewery (suds) and shopping at a huge thrift shop (duds) along with some other sites in the area. An optional Mexican lunch follows, so bring money for that as well. "Dudsy Dan" (619) 249-9813.

SATURDAY, FEBRUARY 28

9:15 am

A RATHER RAMBUNCTIOUS RANCHO SANTA FE RAMBLE. Prance along pulchritudinous pathways in a pristine promised land perfect for pedestrian pursuits. Explore some little traversed trails in this remarkable realm on an extended 5-hour (including lunch stop) **moderate-plus** parade over mixed up and down terrain. Look for **Larry** in front of the Rancho Santa Fe Library at 17040 Avenida De Acacias near the corner of La Granada (route S-9). BYO water and picnic lunch. Rain cancels. (858) 755-1751 (evenings/weekends).



DAY TRIPS SURE TO DELIGHT

If you're looking for a good time for just a day, consider Walkabout's broad selection of day trips in 2015. Most day trips utilize a comfortable bus/coach, and many buses include an on-board restroom. Recent trips have included a "Day into Evening at the Griffith Observatory" and an upcoming trip to the "County Fair and National Date Festival in Indio" (2/19). Future trips include Palm Springs (4/25) and the Huntington Library (5/16).

Walkabout's day trips are managed by Rita Balliot (also our treasurer), with frequent assistance by fellow board member Marilyn Buckley, or Walter Konopka. Selling up to 50 seats on a tour bus is a daunting job, and Rita frequently hawks her trips on other trips, on walks, and wherever she can buttonhole a potential customer. Rita works hard to make the day trips competitively priced with commercial companies' tours. She also includes more in the Walkabout daily itineraries than her competition. "Better snacks, gratuities included and then there are the walks," Rita mused recently. Walkabout is the only walk-tour organization that includes walks as standard fare in its itineraries, whether a day trip or a week-long excursion.

Revenue from day trips helps to support Walkabout's annual operating budget, so it's important to support them and keep traveling. If you hear of an interesting destination, please contact Rita, Marilyn, or the office to provide your suggestions. Then hop aboard the bus for a fun day with Walkabout!



Wilderness hiking group outing at the San Diego Zoo Safari Park in December



Our annual Christmas walk, breakfast, and gift exchange with Rita presiding was a grand success

FEATURED TRIPS

COUNTY FAIR & NATIONAL DATE FESTIVAL IN INDIO

THURSDAY, FEBRUARY 19

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 you joining us.



WALKABOUT CELEBRATES THE BIG 38!

SATURDAY, MARCH 21

Join our intrepid celebrators as we head off on a 55-passenger bus for a day trip to Anza Borrego Desert to view the wild flowers and wonderful steel art sculptures throughout this area. Your special anniversary fare is \$38 per person and includes snacks on the bus and a picnic lunch at Christmas Circle in Borrego Springs. We'll take walks in the town and walks at the state park's Visitor Center, or you can simply enjoy a wonderful narrated bus tour!

Please send a check for \$38.00 per person to Walkabout Int'l, 2650 Truxtun Road, Suite 110, San Diego, CA 92106 and note "38th Celebration". Bus will depart Walkabout's office at 9:00 am and will be back late in the afternoon. First come, first served; we'll confirm your acceptance by email. Please enclose a SASE if we do not have your email address on file.

WALKABOUT TO HIT THE VEGAS STRIP!

MARCH 29 - APRIL 3 (5 NIGHTS, 6 DAYS)

\$499 per person based on double occupancy

Join the non-gamblers' brigade as we focus on what's to see in Vegas on foot. We'll visit all-things-Vegas "other than" slot machines during the day, including the Petroglyphs State Park, a trip to visit the wild burros in Oatman, AZ, the Hoover Dam, Boulder City, the Alan Bible Trail, Lake Mead, Valley of the Fire State Park, and the county historical park. En route on this all-van tour, we'll stop at Calico Ghost Town near Barstow. Our evenings in Las Vegas will include walking the Strip, visiting the light shows at the Fremont Street Experience and the neon signs graveyard. Our departure from San Diego will be an early morning one, from a central location. Trip includes roundtrip van transit, 5 nights hotel (double occ.), at least 2 meals per day, selected admissions, and the services of your tour leader(s). Wanna go? Send \$300 deposit to Walkabout International, 2650 Truxtun Road, Suite 110, San Diego, CA 92106 with your name, email address and phone number. Mark "Vegas 2015" on your payment. Once a sufficient number of deposits are received, you'll be notified about trip specifics. Must have 5 paid travelers to offer this trip; limited to 10 customers; first come, first served. If you've never been to Vegas with Walkabout, you've never been on foot! Questions? Contact Dan Haslam, trip leader at danielbhaslam111@yahoo.com.

PALM SPRINGS AERIAL TRAMWAY

SATURDAY, APRIL 25

Enjoy a unique Palm Springs getaway with Rita and Marilyn B. as we depart San Diego at 7:30 am to reach Palm Springs by 10:00 am just in time for those interested to visit to the Palm Springs Art Museum on your own (\$10.50 senior rate). You'll have plenty of time to enjoy the historic Village, including one of its wonderful eateries on your own, before we meet the bus by 1:15 pm where you were dropped off and depart by 1:30 pm for the Tram, where our tram departs at 2:30 pm for the top. Aboard the Tramway, the world's largest rotating tramcar, you will experience a breathtaking journey up the sheer cliffs of Chino Canyon during a 10-minute ride, ending at the San Jacinto Mountain Station at an elevation of 8,516 feet, during which you will enjoy spectacular 360 degree views on the 80-passenger Tram. Those who have difficulty breathing at this elevation can stand in line to return on the next available Tram while the rest of us will have until 3:45 pm to return to the Valley floor, which should give you almost 1 hour to enjoy the top of the mountain. We will board our bus at 4:30 pm to depart for San Diego. Expect to reach San Diego by 7:30 pm if all goes according to plan. Please note the **activity level is moderate**.

Please send a check for \$77.00 per person (less than our competitors), which includes the Goldfield Stage bus with bathroom, the Palm Springs Aerial Tramway, driver tip, water and snacks to Walkabout Int'l at 2650 Truxtun Rd.,

Suite 110, San Diego, CA 92106-6007 with a stamped, self-addressed envelope for us to mail your itinerary, and include your telephone number in case we need to contact you. Specify a pickup location of either the Walkabout Office or North County at Mercy Rd. off I-15. There will be NO REFUNDS unless there is a waiting list. If you have questions, please call Rita at (619) 266-2555.

"ALL THINGS LINCOLN" THEME OF MAY TRIP TO WASHINGTON, DC

Tentative dates: May 5 - May 12 (7 nights, 8 days)

\$999 per person based on double occupancy

Join DC enthusiasts for a week-long tour to the nation's capital to explore "all things Lincoln" (Lincoln Memorial, Ford's Theater, house where Lincoln died, summer white house in Cleveland Park and more). We'll have our usual visits to the Smithsonian museums and walks to the national memorials, but we'll focus on Honest Abe. We'll commute into the city from a suburban motel with either bus or metro passes. The tour includes round trip air from San Diego, 7 nights' accommodations (based upon double occupancy, with single supplement around \$300 additional), at least two meals per day (breakfast and typically lunch), select museum admissions, most ground transit and services of your tour leader/co-leader. Trip insurance not included but recommended. This tour involves a lot of walking, but with transit passes, it's easy to do as much as you wish. We will not likely use van transit on this trip. Open until filled; first-come, first served. To place a deposit, send \$300 (mark "DC 2015" on memo line) to Walkabout International, 2650 Truxtun Road, Suite 110, San Diego, CA 92106. Indicate your name as it will appear on an airline ticket and include your birth date and year for TSA requirements. Trip price is based on 10 travelers, and a minimum number of travelers is necessary to make the trip viable. Do not purchase insurance until you have been confirmed. Questions? Contact Dan Haslam, trip leader at danielbhaslam111@yahoo.com.

THE 4 CULTURES OF SWITZERLAND

JULY 14 - 26

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

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'll visit the Sawtooth Mountains and perhaps 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 transit. 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.

BASEBALL SPRING TRAINING IN PHOENIX

MARCH 22 - 26 (5 DAYS, 4 NIGHTS)

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

See previous months' newsletters for details. If you'd like to go, phone Friendly Excursions at (818) 353-7726 to arrange payment **due by 2/2/2015**.

For those who prefer not to travel by deluxe motorcoach, flights from SAN to PHX can be arranged at additional cost. **All inquiries about this trip should be directed to Friendly Excursions, not to our Walkabout office.**

FEBRUARY 2015 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	7
7:15 am Breakfast Spcl: Downtown 8:15 am Merry Go- Round	6:30 am Sunrise: Old Town 10 am Crown Point Area Beckons	6:30 pm Above the Bay	TBA Hike 3 pm Wednesday Workout	6:30 am Sunrise: Pacific Beach Boardwalk 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	10 am Great Stories About Downtown 4:30 pm Mission Hills Meander	TBA Hike 6 pm Sat Night Live
8	9	10	11	12	13	14
7:15 am Breakfast Spcl: Balboa Park 8:15 am Merry Go-Round	6:30 am Sunrise: San Diego River 10 am Crown Point Area Beckons	6:30 pm Above the Bay	TBA Hike 10 am Coronado Glorietta Mansions 3 pm Wednesday Workout	6:30 am Sunrise: Mission Valley 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	10 am Balboa Park Newbies' 10:15 am Train to Solana Beach 4:30 pm Mission Hills Meander	TBA Hike 7:15 am Late Birds 6 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	6:30 am Sunrise: Harbor Island 10 am Crown Point Area Beckons	11 am Going Down To South Park 3 pm Why Be Normal? Part 1 6:30 pm Above the Bay	TBA Hike 3 pm Wednesday Workout	6:30 am Sunrise: South Shore 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	10 am Mission Valley's Growth 4:30 pm Mission Hills Meander	TBA Hike 6 pm Sat Night Live
22	23	24	25	26	27	28
7:15 am Breakfast Spcl: Pacific Beach 8:15 am Merry Go Round	6:30 am Sunrise: Balboa Park 10 am Crown Point Area Beckons	6:30 pm Above the Bay	TBA Hike 10 am Spanish Landing 3 pm Wednesday Workout	6:30 am Sunrise: Seaport Village 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	10 am Suns 'n Duds in Middletown 4:30 pm Mission Hills Meander	TBA Hike 9:15 am A Rather Rambunctious Rancho Santa Fe 6 pm Sat Night Live

UPCOMING WALKS, EVENTS & TRIPS

Please call our office (619) 231-7463 for details about any of the following.

Day Trips

Indio Date Festival	February 19
Palm Springs Tramway	April 25
Huntington Library & Gardens	May 16
Lake Arrowhead	September
Joshua Tree National Park	TBD

Overnight Trips

Las Vegas/ Calico Ghost Town	March 29 – April 3
Washington DC (tentative dates)	May 5 – 12
The 4 Cultures of Switzerland	July 14 – 26
Beautiful Boise	October 6 -13

Events/Walks

Valentine's Day Walk & Potluck	February 14
Coronado Gardens Walk	March
Chinese New Year Walk/Dinner	March 1
Lucky Day at the Library	March 13
Sharp Women's Health Conf.	March 14
Walkabout's 38 th / Anza Borrego	March 21
Fireworks from Pt. Loma	July
Ice Cream Social Walk	August
Tall Ships Parade & Picnic	September
Annual Meeting Potluck & Auction	October
Thanksgiving Restaurant Dinner	November 26
Holiday Decorations at Hotel Del	December
Lamb's Theatre Christmas Play	December
Christmas Brunch & Gift Exchange	December 25



VOLUNTEER!

Please call the office if you would like to help organize one of the walks or events listed above.

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
- Free Tuesdays at museums in Balboa Park
- Gem Institute of America/Carlsbad/ docent tour
- I Love A Clean San Diego beach cleanup

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, February 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)249-9813
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 prwalkabout@yahoo.com
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), Nadine Bangsberg, Alice Berwert, Stan Follis, Grace Greenalch, 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

WALKABOUT RESOLUTIONS FOR 2015

Now that we're a month into the new year, your resolutions for more walks and more exercise should have kicked in. How about that resolution to help others, unselfishly? We need you to resolve to help out at the Walkabout office in one of several ways. The first is to volunteer to be the office volunteer for 4 times per month (once each week) for four hours (10 am until 2 pm). You'll be trained in the niceties of answering the phone, handling the mail, and greeting visitors.

Walkabout also needs additional board members; people who are interested in the future of our organization and are willing to invest by offering their service on our board of directors. In addition to the monthly board meeting, board members also assist at events, lead tours and trips, and serve the organization in mutually beneficial ways.

Another resolution for 2015 is to give! It's not always money that Walkabout needs (although that helps); right now we need someone to donate a working vacuum cleaner so that we can keep the office clean. If you have one, please contact the office before bringing it in (or transportation may be provided).



2650 Truxtun Rd., Suite 110
San Diego, CA 92106-6007
(619) 231-7463
<http://www.walkabout-int.org>
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LABEL CODE REMINDER

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

A HAPPY LUNAR NEW YEAR CELEBRATION - CHINESE STYLE

Sunday, March 1

4:00 pm "Feet" Gather outside Panda Country Kitchen restaurant entrance in North Clairemont

5:00 pm Feast Gather outside the restaurant entrance (for Rita to provide admission ticket)



Happy 4713! Time to sheepishly walk with Walkabout to start off the Year of the Sheep! Alternatively, feel free to "Goat" with the flow as some call this the Year of the Goat?! Officially beginning February 19th, the celebration continues for 15 days with Walkabout joining in the fun on March 1st. Look for Larry to start things off on this annual Walkabout tradition with a flat and **casual** appetite-awaking, anecdote-filled amble at 4 pm.

At 5 pm, prepare to feast on delectable dishes in a Yelp-rated four-star restaurant well-known locally for the chef's freshly homemade and authentically prepared Chinese delicacies. With the focus on a quality experience, savor three specially created dishes in buffet-style dining just for Walkabout: the signature dish of captivating almond chicken will be accompanied by a vegetable extravaganza as well as with a taste-bud triumvirate of a seductive combo of fresh shrimp, tender beef and tantalizing chicken.

Enjoy the fabulous feast for the all-inclusive price of \$16 per person (for the all-you-can-savor food with tea, tax, and tip) by sending your check with notation "Chinese New Year" to Walkabout International, 2650 Truxtun Road, Suite 110, San Diego, CA 92106 and include your telephone number and all the names of the people in your party **by Wednesday February 18**. After February 18th, the price goes up to \$18 per person, if space is available . . . Alas, no refunds for cancellations or no-shows.

Our bountiful and beautiful venue is the family-operated Panda Country Restaurant (NOT to be confused with the ubiquitous Panda Inn chain) at 4455 Clairemont Mesa Blvd., San Diego, CA 92117 in the shopping center with abundant parking by the southwest corner of Clairemont Mesa Blvd. and Genesee Ave. Any questions? Call Walkabout at (619) 231-7463. Gung Hay Fat Choy!