



San Diego Feets

Vol. 38, No. #9

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

September 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

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) 560-0446 or **Jill F.** (858) 292-4231.

WEDNESDAYS

5:30 pm

WEDNESDAY 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 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.



Pace Yourself	miles	minutes
	per hour	per mile
Casual	2.5	25
Moderate	3	20
Moderate-plus	3.5	17

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

WEEKLY REPEATING WALKS (CONT.)

FRIDAYS

5:30 pm ***Note new time***

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. **Stan F.** (619) 222-3447.

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** walk 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.



Walkabouts from Hyannis Federated Church posed with Provincetown's Town Crier during a July visit to the tip of Cape Cod, which included a picnic lunch, Pilgrims' landing, the National Seashore visitors' center and the Truro Vineyards.

If you are interested in helping to write up an article or two for our Walkabout newsletter describing a walk or walking group that you enjoy, or to make suggestions on how we can improve the walks, please contact the Walkabout Board via President@walkabout-int.org or Pat Keller via pat.kell1@cox.net.

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
Sep 2	Mike L. (858) 455-0738
Sep 5	Bill: (619) 206-5809 or wa4lrm@gmail.com
Sep 9	Ron: (619) 390-3033 or lucasronald@hotmail.com
Sep 12	Stan H: (619) 448-1668 before 6:00 pm or shunt92071@yahoo.com
Sep 16	No Hike
Sep 19	Candy: (619) 435-2894 or ccbeckwith146@yahoo.com
Sep 23	Don: dpiller@cox.net or (760) 796-4007
Sep 26	Don: dpiller@cox.net or (760) 796-4007
Sep 30	Bob R: (760) 728-8232



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

WEDNESDAY, SEPTEMBER 2

10:00 am

CORONADO MINI-MANSIONS. Join **Robert and Friends** for a 1-hour, Coronado **casual** stroll to view mini-mansions squeezed onto toy-sized lots. Optional restaurant coffee klatch follows. Cross the bridge to Coronado, continue to Orange Ave., turn left, turn left again on 4th St., then a quick right on A Ave. to the 4th and A meeting place. To use public transit, take the 901 bus marked "Iris Trolley" at 9:32 am from the 12th & Imperial Transit Center, exit on Pomona Ave. at 3rd St. in Coronado at approx. 9:41 am, and walk southwest to A Ave. & 4th St. Rain cancels. **Robert B.** (858) 414-6181.

THURSDAY, SEPTEMBER 3

6:30 am

SUNRISE SERIES: SEAPORT VILLAGE. Meet 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. **John & Marilyn** (619) 840-5544.

SATURDAY, SEPTEMBER 5

10:00 am

OLD AND THE NEW DOWNTOWN. Our one-hour **casual** walk will take us past points of interest in the Gaslamp area and to two newly-created parks in East Village. An optional lunch follows at our favorite fish taco outdoor hangout. Meet **Stella** outside the Balboa Theater at 4th & E Sts. Free 3-hour parking available at Horton Plaza after 9:30 am (619) 232-3756.

SUNDAY, SEPTEMBER 6

7:15 am

BREAKFAST SPECIAL ON SHELTER ISLAND. Ships and seagulls will delight us as we walk as far around Shelter Island as we wish **at our own speed**. Time out to pet cute dogs. The walk is mostly flat, but we might go along the shore and some might go up the hill for the views. Optional breakfast follows to eat and chat. Meet at Shelter Island Dr. and Anchorage Ln. This intersection is served by the 6:45 #28 bus. Rain cancels or postpones. **Pat's Pals** (619) 469-6223.

MONDAY, SEPTEMBER 7

6:30 am

SUNRISE SERIES: SEAPORT VILLAGE/EMBARCADERO. We'll start at Seaport Village and walk along the bay toward the Convention Center, exploring Marina Park, on this **moderate** 1-hour flat walk. Join us for spectacular views of the bay, Coronado Bridge, Coronado, and downtown San Diego. If we have time, we'll also visit the "The Kiss" located next to the USS Midway Museum. Meet **Connie** at the south end of Pacific Hwy. and park by the Seaport Village merry-go-round. Bring money for an optional breakfast afterward. **Verna** (619) 276-3055.

THURSDAY, SEPTEMBER 10

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. **Frances** (619) 479-3962.

SATURDAY, SEPTEMBER 12

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.

12:30 pm

GREAT BEACH WALKS OF LA JOLLA. Dan, the Explorer, will offer four of his favorite beach walks over this month and the next. This **casual to moderate** 3.9 mile beach and sidewalk adventure from Crystal Pier to Windandsea Beach will include visits to Tourmaline Beach, Sun Gold Point and Big Rock Reef. Be sure to bring a camera to preserve the awesome views. Coffee break at midpoint. Travel to Old Town Transit Center (OTTC) and take the northbound Bus 30 to Crystal Pier in Pacific Beach or drive a car and park on side streets near Felspar, north of Garnet Ave. Meet under Crystal Pier at 12:30 pm. Will return from Windandsea Beach on Bus 30 after about 3 hours including coffee break. Rain Cancels. **Dan D.** (858) 722-3002 or ddoobs48@gmail.com.

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.

ANNUAL MEETING / AUCTION / PICNIC

SATURDAY, OCTOBER 24, Noon to 4 pm

Mark your calendars now for Walkabout International's annual potluck picnic and auction to be held at East Mission Bay Park (same location as last year).

We need each person to bring three things:

1. Contributions for the auction
2. Food to share for the potluck (usually 40+ attendees)
3. Your checkbook or cash to pay for someone else's treasure at the auction

The park is located on East Mission Bay Drive just west of the I-5 near the former visitors center at Clairemont Drive, Exit #22. We will be in the Playa II covered shelter (gazebo), south of the visitors center, north of the Hilton Hotel; look for our bright blue banners & signs. Plenty of free parking nearby. Walkabout will provide beverages, ice, cutlery, napkins, cups, and plates. You're welcome to bring your friends and neighbors; all are welcome (just be sure to bring plenty of food to share).

We will start off with a casual to moderate walk along the bay before lunch. There will be a short annual meeting about Walkabout's operations presented by our President, Bob Buehler before the auction. As usual, our cheerful auctioneer Dan Haslam will entertain us with his fast talking as he tries his best to move all those treasures to new homes. Auction favorites include plants, homemade baked goods, gift certificates (restaurants, hairdresser, movie tickets), books, gifts that you want to "re-gift", things that can be consumed (rather than stored on a shelf), gift baskets of fancy food, wine. Things to avoid bringing to the auction: artwork, clothing, electronics (unless working), anything not in good condition.

Come on down for an entertaining afternoon, good food, great company and chances to win free door prizes, plus a chance to win a free day trip to the Broad Museum.

Call the office (619) 231-7463 to sign up on the potluck interest list with your name and food contribution. Main dishes preferred.

SUNDAY, SEPTEMBER 13

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, SEPTEMBER 14

6:30 am

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

THURSDAY, SEPTEMBER 17

6:30 am

SUNRISE SERIES: MISSION HILLS. We'll discover what's new in one of San Diego's oldest neighborhoods on this **moderate** 1-hour walk on flat terrain. Meet **Connie** at Goldfinch St. and Fort Stockton Dr., which is 1 block north of West Washington St. Optional breakfast afterward. (619) 477-8628.

SUNDAY, SEPTEMBER 20

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

A SOLSTICE SAUNTER THROUGH TORREY PINES. As we approach the time of year when everything "falls" into place and a new year unfolds, celebrate the change in our solar journey with a 3-hour **moderate-plus** prance over mixed-up and up and down terrain through BOTH Torrey Pines State Preserves . . . the well-known one and the secret, tucked-away one. Look for **Larry** at northwest corner of Del Mar Heights Rd. and Durango Dr., 6 blocks west of I-5. (858) 755-1751 (evenings/weekends).

MONDAY, SEPTEMBER 21

6:30 am

SUNRISE SERIES: SHELTER ISLAND. We'll walk this beautiful mostly-flat area by the bay where there are many beautiful homes. There will be a choice of going up a hill for those who feel they would like to climb to where the view is very scenic. To meet the group, from I-5, drive west on Rosecrans St. to Shelter Island Dr., turn left and go about two blocks to Anchorage Dr. to the large parking lot (park where there are no meters). Bring money for optional breakfast afterward. **Fusa** (619) 223-6947.

TUESDAY, SEPTEMBER 22

3:00 pm

GOLDEN HILL PARK. Come explore one of the first areas of Balboa Park to be developed. You will discover a monkey puzzle tree grove, a community garden, and a rustic fountain on the National Register. We will also stroll through the south end of the Balboa Park Municipal Golf Course. Meet at the corner of 25th and A Sts. (park on street or in the park) for a **casual to moderate** 1-1/2 hour walk with some easy hills. Bus #2 stops at 25th and Broadway. **Evelyn K.** (619) 461-6095.

WEDNESDAY, SEPTEMBER 23

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 the Cancer Survivor's Park. 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, SEPTEMBER 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. **Edie** (619) 222-4396.

SATURDAY, SEPTEMBER 26

2:00 pm

BEACH WALK TO SUNSET. Dan, the Explorer, will lead a coastal walk from the Carlsbad Poinsettia Coaster Station to South Carlsbad State Beach and Grandview Beach and then past "The Beach of the 50 Stairways" to Beacon's Beach to a delightful restaurant for Happy Hour with half priced appetizers and drinks. This adventure is one of Dan's "Coaster Cruises" excursions which will travel on the Coaster Train from Old Town Transit Center (OTTC) at 2:22 pm to the Carlsbad Poinsettia Station. We'll take a **casual to moderate** 4.5 mile beach walk to the south and finish up at the Encinitas Coaster Station at 7:03 pm to return on an Amtrak train to OTTC at 8:07 pm, for the low Coaster price of \$5.50, round trip. Food is on your own, but the sunset vistas are free! Rain Cancels. **Dan D.** (858) 722-3002.

SUNDAY, SEPTEMBER 27

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, SEPTEMBER 28

6:30 am

SUNRISE SERIES: MISSION BAY. Let's enjoy the season by the bay on this **moderate**, 1 hour, flat walk where we can watch for a beautiful sunrise and check out the different birds. Meet at the former Visitors Information Center. From the I-5, take the Clairemont Dr. exit and go west. Optional breakfast follows. **Edie** (619) 222-4396.

TUESDAY, SEPTEMBER 29

8:00 am

SAN JUAN CAPISTRANO & SAN CLEMENTE. Join Dan, the explorer, for an 8:29 am Amtrak trip to San Juan Capistrano to visit the Mission where the swallows return annually. Enjoy a full day exploration with optional lunch, followed by a Metrolink train to San Clemente to take a **casual to moderate** 3.2 mile beach stroll on one of the most beautiful beaches in the world. We will delight in an optional dinner right on the pier in San Clemente, followed by a tour of downtown San Clemente. We'll take a Metrolink train at 8:08 pm to Oceanside Pier area and return to San Diego on the Coaster train leaving Oceanside at 9:19 pm to arrive in San Diego at 10:25 pm. Bring \$ for food and transportation. Important: please contact **Dan D.** for full details, including costs. Rain will not cancel. (858) 722-3002 or ddbbs48@gmail.com.

FEATURED TRIPS

LACMA 50TH ANNIVERSARY SPECIAL

THURSDAY, SEPTEMBER 17

A collection of masterpieces from the 19th and 20th centuries by such artists as Degas, Toulouse-Lautrec and others are featured in an exclusive exhibit per the recent bequest of A. Jerrold Perenchio. Your tour includes time for lunch on your own at one of LACMA's eateries. Please note that Walkabout's price is much less than our competitors. Our comfortable bus will be a 49 passenger no-vibration vehicle with bathroom.

We'll meet at the Walkabout Office at Liberty Station at 7:00 am in order to depart no later than 7:30 am and pick up North County passengers by 8:00 am at La Costa off the I-5. We'll leave Los Angeles by 3:30 pm in order to return to San Diego by 7:00 pm. Please mail your \$60.00



check to Walkabout Int'l, 2650 Truxtun Rd., Suite 110, San Diego, CA 92106-6007, indicating a San Diego or N. County pickup location and your phone number. Please enclose a self-addressed stamped envelope for your itinerary to be mailed to you. There will be no refunds unless there is a waiting list. The first people to respond will get their choice of the best seating on the bus. There is walking involved at the Museum, and it is up to you how much you are able to do. Please call Rita at (619) 266-2555 with questions.

NEW ENGLAND FALL FOLIAGE TRIP

MONDAY, 9/28 - MONDAY, 10/5 (7 nights, 8 days)

\$1349 per person (double occupancy)

We'll join our sister Cape Cod organization for a New England tour of the beautiful fall foliage. You'll fly to Boston without a tour leader but be greeted by one when you arrive, and we'll spend our first night in Boston which allows for an evening on the town and an early bird walk the next morning. Then we'll join up with the Cape Cod gang en route via van to Vermont. We'll travel through the hills of New Hampshire to begin six days of touring small towns. There are hay rides, hymn sings, hillside hikes, artisans and craft fairs, museums, bus tours and much more to delight you in seeing rural VT at its finest. We'll visit a chapel for dogs, Ben & Jerry's and the countryside for the best leaves and sights.

We'll stay in simple, heated cottages overlooking Joe's Pond, enjoy home cooked breakfasts and picnic lunches and then gorge ourselves at community suppers sponsored by the towns. Your last night will be spent on Cape Cod, with a day long tour of the land as it beds down in slow season for the winter ahead. You'll take a comfortable, direct bus back to the airport in Boston for the flight home.

Trip price includes round trip air, hotel transfers in Boston, accommodations in Boston, VT, and Cape Cod, ground transportation, all meals in VT and Cape Cod, bus from Cape Cod to Boston and the services of your tour leader/co-leader. Trip is open only to a very limited number of travelers from San Diego, so act early! Send \$300 deposit to Walkabout International, 2650 Truxtun Road, Suite 110, San Diego, CA 92106. Mark "NE Fall Foliage" on check. Include legal name for airline ticket, month, day, year of birth (TSA requirement) and email address. Questions to danielbhaslam111@yahoo.com.

NEW BROAD MUSEUM

SATURDAY, NOVEMBER 7

Enjoy Walkabout's first visit to the new Broad Museum in Los Angeles across from Disney Concert Hall with Rita and Marilyn B. Note that more than one-half of the 49 passenger bus has already been filled from the interest list. This is your chance to see magnificent European paintings and contemporary art work made possible by Eli and Edythe Broad's huge donation to this totally unique museum, which includes a fabulous restaurant

inside. Your trip includes the air conditioned bus and professional driver, a bathroom aboard, entrance fee to the museum, quality snacks and water. The cost to you is much lower than with any other travel group.

Please mail your check for \$60.00 to Walkabout Int'l, 2650 Truxtun Rd., Suite 110, San Diego, CA 92106-6007, and include your pickup location: San Diego Walkabout Office or La Costa Park & Ride off I-5 at Carlsbad. Please include a self-addressed stamped envelope for your itinerary and your phone number in case there are any changes. Since we already have a large number of people going, it looks like we'll have a waiting list, in which case you could receive a refund if you request it.

We will depart from the San Diego Walkabout Office at 7:15 am and arrive at the North County pickup location by 7:45 am, leave North County by 8:00 am and head non-stop to the Museum. We expect to reach the Broad at 10:00 am and you will be on your own until our 4:00 pm departure, which will give you 6 hours to have lunch (on your own) and walk around the huge complex that includes Disney Concert Hall, Ahmanson Theatre and the Mark Taper Forum. We plan to be back in San Diego by 7:00 pm. If you have any questions, please call Rita at home, (619) 266-2555. The day of the event you can reach her on her cell, (619) 890-0375. Marilyn B. and Rita promise this Museum is not like any other museum you have ever seen before.

BACK TO TUCSON

5 nights, 6 days, November 18 - 23

We're taking a van from San Diego and crossing the desert for the 6-hour drive. Some of the trip highlights include a visit to the 18th Century Mission del Bac aka "Dove of the Desert," the University of Arizona, 4th Avenue entertainment venue, renowned Desert Museum, Sabino Canyon tram in the Coronado Natl. Forest, Saguaro National Monument, the Ted deGrazia art gallery & studio, Bisbee, Tombstone, Tubac and so much more. Our downtown hotel location provides a perfect setting for informative early bird walks, and our van tour gives us travel flexibility throughout the trip. You can do as much walking on this trip as you like or are able.

Trip includes roundtrip van transportation (air travel is available for about \$150 more), double occupancy hotel accommodations (single supplement available at \$175), at least two meals a day (breakfast each day and usually lunch), attractions admissions (above), and the services of your tour leader and co-leader. Trip insurance is recommended but not provided. Reservations are first-come, first-served, with a maximum of 13 guests on this tour. Refunds are available only if your seat is resold.

To reserve send \$300 deposit to Walkabout International, 2650 Truxtun Road, Suite 110, San Diego, CA 92106. Mark "Tucson" on your payment, and for further info or if you want plane reservations contact trip leader Dan at danielbhaslam111@yahoo.com. It's been 21 years since a major Tucson trip -- let's do it up, cowboy/girl!

SEPTEMBER 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
		6:30 pm Mission Bay Sunsets	TBA Hike 10 am Coronado Mini-mansions 5:30 pm Wednesday Workout	6:30 am Sunrise: Seaport Village 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	5:30 pm Mission Hills Meander	TBA Hike 10 am Old and the New Downtown
6	HOLIDAY 7	8	9	10	11	12
7:15 am Breakfast Spcl: Shelter Island 8:15 am Merry Go-Round	6:30 am Sunrise: Seaport Village	6:30 pm Mission Bay Sunsets	TBA Hike 5:30 pm Wednesday Workout	6:30 am Sunrise: Harbor Island 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	5:30 pm Mission Hills Meander	TBA Hike 7:15 am Late Birds 12:30 pm Great Beach Walks of La Jolla
13	14	15	16	17	18	19
7:15 am Breakfast Spcl: Balboa Park 8:15 am Merry Go-Round	6:30 am Sunrise: Lake Murray 10 am Crown Point Area Beckons	6:30 pm Mission Bay Sunsets	No Hike 5:30 pm Wednesday Workout	6:30 am Sunrise: Mission Hills 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	5:30 pm Mission Hills Meander	TBA Hike
20	21	22	23	24	25	26
7:15 am Breakfast Spcl: E. Mission Bay 8:15 am Merry Go Round 9:15 am Solstice Saunter Thru Torrey Pines	6:30 am Sunrise: Shelter Island 10 am Crown Point Area Beckons	3:00 pm Golden Hill Park 6:30 pm Mission Bay Sunsets	TBA Hike 10 am Spanish Landing 5:30 pm Wednesday Workout	6:30 am Sunrise: Harbor Island 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	5:30 pm Mission Hills Meander	TBA Hike 2 pm Beach Walk to Sunset
27	28	29	30			
7:15 am Breakfast Spcl: Pacific Beach 8:15 am Merry Go-Round	6:30 am Sunrise: Mission Bay 10 am Crown Point Area Beckons	8 am San Juan Capistrano & San Clemente 6:30 pm Mission Bay Sunsets	TBA Hike 5:30 pm Wednesday Workout			

UPCOMING WALKS, EVENTS & TRIPS

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

Day Trips

LA Country Museum of Art	September 17
Broad Museum	November 7
Riverside Victorian Tour	December 12

Overnight Trips

New England Fall Foliage	Sept 28 – October 5
Beautiful Boise	October 8 -15
Tucson & Southeast Arizona	November 18 - 23

Events/Walks

Annual Meeting Potluck & Auction	October 24
Thanksgiving Walk Shelter Island	November 26
Thanksgiving Restaurant Dinner	November 26
Holiday Trees/Dec. Nights Balboa	December
Christmas Brunch & Gift Exchange	December 25
Annual New Year's Walk	January 1, 2016
Annual Walk Leader's Luncheon	January
Chinese New Year Walk/Dinner	February
Walkabout's 39 th Anniversary	March

VOLUNTEER!

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

Events/Walks

Annual Ice Cream Walk	TBD
Holiday Decorations at Hotel Del	December
Lamb's Theater Christmas Play	December

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
- Free Tuesdays at museums in Balboa Park
- 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, September 18 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 (619) 249-9813
Dan Haslam danhaslam@walkabout-int.org

2nd Vice President
Vacant

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

Dan Dobbs (858) 722-3002

Larry Forman (858) 755-1751
larry@walkabout-int.org

Norman Vigeant (619) 231-7463
ngfrenchy@hotmail.com

Bruce Herms Emeritus

Dick Hiatt Emeritus

JOIN US ON MEETUP!

www.meetup.com/Walkabout-International

OFFICE STAFF

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

NEWSLETTER STAFF

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

MAILING CREW

Pat Peterson (Captain), Alice Berwert, 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 Other Contribution 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

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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:

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Walkabouters at Oceanside Pier