



# San Diego Feets

Vol. 39, 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](http://www.walkabout-int.org), e-mail: [info@walkabout-int.org](mailto:info@walkabout-int.org)

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.

## February 2016

### 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.

## FRIDAYS

4:30 pm

**MISSION HILLS MEANDER.** Come see the great views and picturesque homes of this old neighborhood on a 1-hour **casual** walk for about 2.5 miles on flat terrain. The walk ends within 15 minutes of sunset so flashlights aren't needed and there will be light to enjoy the views. 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 3<sup>rd</sup> Ave. and C St. At 3<sup>rd</sup> 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.

## HIKE WEDNESDAYS & SATURDAYS

Time: TBA

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

Date	Contact Information
Feb 3	<b>Stan H:</b> (619) 448-1668 before 6:00 pm or <a href="mailto:shunt92071@yahoo.com">shunt92071@yahoo.com</a>
Feb 6	<b>TBA</b>
Feb 10	<b>Don:</b> <a href="mailto:dpiller@cox.net">dpiller@cox.net</a> or (760) 796-4007
Feb 13	<b>Bill:</b> (619) 206-5809 or <a href="mailto:wa4lrm@gmail.com">wa4lrm@gmail.com</a>
Feb 17	<b>Mike L.</b> (858) 455-0738
Feb 20	<b>Bill:</b> (619) 206-5809 or <a href="mailto:wa4lrm@gmail.com">wa4lrm@gmail.com</a>
Feb 24	<b>Rita C:</b> (619) 482-0052
Feb 27	<b>Stan H:</b> (619) 448-1668 before 6:00 pm or <a href="mailto:shunt92071@yahoo.com">shunt92071@yahoo.com</a>

## MORE GREAT WALKS THIS MONTH

### MONDAY, FEBRUARY 1

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.

11:00 am

**DOWNTOWN DELIGHTS AND MINI-CONCERT.** Meet **Dan H.** at Balboa Theater at 4<sup>th</sup> and E St. for a 1-hour **casual** walk enjoying the new sights of downtown. The walk will end at noon for a mini-concert at the Lyceum Theater at Horton Plaza. Bring a brown bag lunch to eat in the theater and enjoy the Steph Johnson Trio. Donations to the concert are welcomed, but there's no admission charge. If you park at Horton Plaza garage, have your parking ticket validated at Lyceum, which gives you more free time downtown. Rain does not cancel. (619) 249-9813.

### TUESDAY, FEBRUARY 2

11:00 am

**ALLEYS OF UNIVERSITY HEIGHTS.** Having just moved back to UH to unfurnished digs, **Dan H.** needs help on a casual walk to scour the alleys to fill up his place. Enjoy some back door views as we take an unconventional look at the backside of this interesting neighborhood. Be Dan's guest for lunch at his home afterward, but unless you find a chair, we'll sit on the floor. Rain does not cancel. An RSVP for food purposes would be helpful! [danielbhaslam111@yahoo.com](mailto:danielbhaslam111@yahoo.com) or (619) 249-9813.

### WEDNESDAY, FEBRUARY 3

10:00 am

**OCEAN BEACH EXPLORATION.** Enjoy varied terrain, interesting homes, beautiful gardens, and the ocean on this **casual** 1 to 1-1/2 hour walk. Meet in the first parking lot to the right, opposite the ball field, after entering Robb Field. Take I-8 West to the end, turn left (south) onto Sunset Cliffs Blvd, keep in the right lane and turn right (west) onto West Pt Loma Blvd. Turn right at Bacon St. for the entrance to Robb Field. For public transit, take the #35 bus west to Ocean Beach, exit at Sunset Cliffs Blvd. and West Pt. Loma Blvd. at approx. 9:30 am, and walk west 2 blocks on West Pt. Loma Blvd. to the Bacon St. entrance of Robb Field. Bring money for optional eats afterward. Rain cancels. **Robert B.** (858) 414-6181.

## THURSDAY, FEBRUARY 4

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.

## SATURDAY, FEBRUARY 6

10:30 am

**POINT LOMA NAZARENE UNIVERSITY TO OCEAN BEACH PIER.** This 8th segment of Dan's "San Diego County Coastal Walks" begins at Point Loma Nazarene University in the Point Loma area and travels through the campus to the cliffs above the ocean before heading north along Sunset Cliffs Blvd. to the end at Ocean Beach Pier. A **casual to moderate** walk of 4.4 miles that includes lunch on your own dime in Ocean Beach. Meet at Old Town Transit Center (OTTC) on the parking side of the station at platform "M" where we will take Bus 28 for a 19-minute ride to Shelter Island to begin our adventure. Afterward, we will take Bus 35 from Ocean beach back to OTTC. Adults bring \$4.50 (\$3.30 seniors) in cash or load \$5 on your Compass Card for a full day transit pass. Email **Dan D.** at [ddobbs48@gmail.com](mailto:ddobbs48@gmail.com) and he will reply with details. Heavy rain cancels. (858) 722-3002.

6:00 pm

**DOWNTOWN LIVE SATURDAY NIGHT!** Meet me at Balboa Theater at 4<sup>th</sup> and E St. for a 1-hour **casual** jaunt on downtown streets seeking out the new and different. Park for free with 3-hr. validation at the Horton Plaza garage. Some in the group may join up for an optional supper near the end of the walk. Rain cancels. Sat. Night **Dan** (619) 249-9813.

## SUNDAY, FEBRUARY 7

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, FEBRUARY 8

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.

## TUESDAY, FEBRUARY 9

11:00 am

**ARCHITECTURAL HISTORY: UNIVERSITY HEIGHTS' COTTAGE COMMUNITIES.** You've seen them while driving past...small communities of tiny cottages grouped together -- a precursor to mid- and high-rises? A step down from single family homes? Let's learn a bit about them and even step inside one such community as we seek several out on this **casual** walk. Meet under the UH lighted sign at Park Blvd. and Madison Ave. Optional Mexican lunch afterward. Rain cancels. Cottage **Dan** (619) 249-9813.

## THURSDAY, FEBRUARY 11

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

## SATURDAY, FEBRUARY 13

7:15 am

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



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.

## SATURDAY, FEBRUARY 13 (cont.)

10:00 am

**OCEAN BEACH PIER TO BELMONT PARK IN MISSION BEACH.** This 9th segment of Dan's "San Diego County Coastal Walks" begins from directly under Ocean Beach Pier and passes along the southern portion of the Mission Bay Channel leading into Mission Bay. We will pass over the channel on West Mission Bay Blvd. to arrive at Belmont Park for brunch on your own dime. This is a flat, **casual to moderate** 3.4 mile walk. Meet at Old Town Transit Center (OTTC) at 10:00 at bus platform L, where Bus 35 to Ocean Beach will depart at 10:15 from the side of the station where the parking lot is found. After walk, we will return to OTTC on Bus 8 from Mission Blvd. Bring exact change for each bus ride (\$2.25 for adults or \$1.10 for seniors). Email **Dan D.** at [ddobbs48@gmail.com](mailto:ddobbs48@gmail.com) and he will reply with details. Heavy rain cancels. (858) 722-3002.

6:00 pm

**SATURDAY NIGHT LIVE DOWNTOWN!** Meet at Balboa Theater at 4th and E St. for a 1-hour **casual** trollop on downtown streets in search of an early Valentine. Wear red so we know you're available! (For some of us, this may be the closest thing we get to a date!) Park for free with 3-hr. validation at the Horton Plaza garage. Optional supper afterward. Rain cancels. **Dan!** Cupid (619) 249-9813.

## SUNDAY, FEBRUARY 14

7:15 am

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

## MONDAY, FEBRUARY 15

6:30 am

**SUNRISE SERIES: PACIFIC BEACH.** We never know what we'll see – dog walkers, joggers, cyclists, skaters, surfers and, of course, the birds. Meet at Crystal Pier at the west end of Garnet Ave. to walk **at your own pace** on flat terrain for about 1 hour. We usually have two groups – you can join the faster walkers or slow down to enjoy conversation. Optional breakfast follows. **John & Marilyn** (619) 840-5544.

## TUESDAY, FEBRUARY 16

**RESERVATION DEADLINE FOR HAPPY LUNAR NEW YEAR -- CHINESE STYLE.** Today is the last day for Walkabout to receive your \$17 check for this tantalizing event. After today, the price swings -- like a monkey -- to \$19. See page 6 for details.

## TUESDAY, FEBRUARY 16 (cont.)

11:00 am

**REMEMBERING LARRAINE MARSHALL AND HER GOLDEN HILL WALK.** We lost a treasure when Lorraine left us last month, but we'll remember her fondly on the walk she loved to lead for more than 30 years! Meet **Dan H.** at 25th & B St. for a **casual** walk around the park and then the west portion of Golden Hill as we relive the sights that Lorraine loved to tell us about. Bring photos and plan to share stories of the "Queen Mother of Walkabout." An optional lunch follows at her favorite coffee house with more reminiscing. Rain won't cancel. (619) 249-9813.

3:00 pm

**SOUTH MISSION BEACH COURTS.** We will wind back and forth along the charming walkways called "courts" between Mission Blvd. and Ocean Front Walk. We'll see a great variety of architecture, including the "Tugboat House", as we watch the waves roll in. Meet in the Belmont Park parking lot on Mission Blvd. (east of the roller coaster) for a flat, **casual to moderate** 1.5 hour walk. Bus #8 stops at Mission Bay Dr. and Mission Blvd. Rain Cancels. **Evelyn K.** (619) 461-6095.

## WEDNESDAY, FEBRUARY 17

10:00 am

**BALBOA PARK CORK STOPPER.** Join **Robert and Friends** for a **casual** 1-hour walk; half city streets, half squirrel land, including the Marston House grounds. Enjoy the splendor of our downtown forest. See the famous Balboa Park cork tree. Optional eating afterward. Meet at 6<sup>th</sup> Ave. and Spruce St. Free parking on Balboa Dr. in the park with the entrance at Upas St. Note that there is no parking on the park side of 6<sup>th</sup> Ave. on Wednesday mornings. To use public transit from the north, take bus #3 ("Euclid Trolley"). Exit at 4<sup>th</sup> Ave. and Spruce St. at approximately 9:33, walk 0.1 mile east to 6<sup>th</sup> St. From the south, take bus #3 ("UCSD Hospital"). Exit at 5<sup>th</sup> Ave. and Redwood St. at approximately 9:39, walk 0.1 mile northeast to 6<sup>th</sup> Ave. and Spruce St. Rain cancels. **Robert B.** (858) 414-6181.

## THURSDAY, FEBRUARY 18

6:30 am

**SUNRISE SERIES: BY THE RIVER AT LIBERTY STATION.** Join **Edie** for a **moderate**, 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.

## SATURDAY, FEBRUARY 20

10:15 am

**BELMONT PARK IN MISSION BEACH TO CRYSTAL PIER IN PACIFIC BEACH.** This 10th segment of Dan's "San Diego County Coastal Walks" begins at Belmont Park and initially runs south to the Mission Bay Channel entrance where Mission Beach begins, then travels northward, splitting walking time at the tide line on the hard-packed sand with walking along the boardwalk and arriving at the quaint wooden Crystal Pier (built in 1927). Meet at Old Town Transit Center (OTTC) at 10:15 am at Bus Platform J for Bus 8 (leaving at 10:23) from the parking side of the station and we will return on Bus 30 from Pacific Beach after optional lunch. This is a flat, casual to moderate 3.7 mile walk. Bring cash for 2 buses (\$2.25 for adults or \$1.10 for seniors) and optional lunch. Email **Dan D.** at ddoobbs48@gmail.com and he will reply with details. Heavy rain cancels. (858) 722-3002.

10:30 am

**CABRILLO ANNUAL WHALE WATCHING WEEKEND & INTERTIDAL LIFE FESTIVAL.** It's kind of a mouthful, but according to the website, this national park is free for President's Day weekend. We'll meet up at the visitor center to enjoy a **casual** walk (some hills) and take in the festival sites. Bring snacks or lunch since food is not usually available here. There may be a parking fee. Rain won't cancel. Whale o'a **Dan** (619) 249-9813.

## SUNDAY, FEBRUARY 21

7:15 am

**BREAKFAST SPECIAL ALONG EAST MISSION BAY.** Let's take a flat walk **at your own speed** to see the birds, boats, and views. Optional breakfast and chatting follow. Meet on Mission Bay Dr. by the restrooms just south of Clairemont Dr. If the road/parking lot is closed for an event, we will meet in the restaurant parking lot at Pacific Hwy. and Rosecrans St. to walk along the river or Old Town. Rain cancels or postpones. **Pat's Pals** (619) 469-6223.

9:15 am

**AFOOT THROUGH RANCHO SF FANTASY.** Prance along pulchritudinous pathways in a pristine promised land perfect for pedestrian pursuits. Pow! Explore some little traversed trails in the remarkable realm of Rancho Santa Fe on a 3-hour, **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; rainwater cancels. (858) 755-1751 (evenings/weekends).

## MONDAY, FEBRUARY 22

6:30 am

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

## TUESDAY, FEBRUARY 23

11:00 am

**(AB)NORMAL HEIGHTS WALK.** There's a newish thrift shop in the 'hood, and we'll stop in and pay a visit; maybe Dan can get you a discount! Meet at 35<sup>th</sup> & Adams Ave., parking on the street or take the #11 bus. We'll take a **casual** walk through parks, see the local library, and try to find an antique shop on Antique Row. An optional lunch follows. Rain cancels. Discount **Dan** (619) 249-9813.

## THURSDAY, FEBRUARY 25

6:30 am

**SUNRISE SERIES: MISSION BAY BACKWARDS.** Let's start on the path near Sea World Dr. to enjoy the playground and the sights we've missed on this **moderate** 1-hour walk on flat, mostly paved terrain. Take Sea World Dr. exit west off I-5, turn right at the first light, pass the entrance to Fiesta Island, cross the bridge and park at the second small parking area on your left. Optional breakfast afterward. **Winnie** (858) 278-4003.

## SATURDAY, FEBRUARY 27

6:00 pm

**DOWNTOWN SATURDAY NIGHT LIVE!** Meet Dan at Balboa Theater at 4th & E St. for a 1-hour **casual** walk on downtown streets in search of fun and frolic! You can park for 3 hrs. free with validation in the Horton Plaza garage or take the bus or trolley. An optional dinner follows. Rain cancels. **SNL Dan** (619) 249-9813.

## SUNDAY, FEBRUARY 28

7:15 am

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



## MONDAY, FEBRUARY 29

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.

11:00 am

**LEAPIN' LIZARDS LEAP YEAR WALK AND CONCERT!** We can only do this **casual** walk every 4 years at most, so join us for a 1-hour downtown walk, followed by a free mini-concert at the Lyceum Theater. This week it's the Sue Palmer trio, and her music is trailer park great! You can bring a bag lunch in to enjoy, and throw a few bucks in the glass jar as a donation, just to keep things "free". Rain may cancel the walk but not the concert. Park for free with validation at Horton Plaza garage and meet at 4<sup>th</sup> and E St. outside Balboa Theater. Validate at the Lyceum for more free time if you're attending the concert. Leapin' **Dan** (619) 249-9813.



### A HAPPY LUNAR NEW YEAR CELEBRATION - CHINESE STYLE

Sunday, February 21

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

**5:00 pm Feast** Gather outside the restaurant entrance to receive your admission ticket)



Happy 4714!

Time to monkey around with Walkabout on our festive celebration to start off the Lunar New Year . . . of the "Red Fire" Monkey! Officially beginning February 8th, the celebration continues for 15 days with Walkabout joining in the fun on February 21st.

At 4 pm Look for Larry to start things off on this Walkabout tradition with a flat and casual appetite-awaking, anecdote-filled amble.

At 5 pm, prepare to feast on delectable dishes -- no monkey business here -- 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 several 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 along with other surprising treats.

Enjoy the fabulous feast for the all-inclusive price of \$17 per person (for the all-you-can-savor food with tea and 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 Tuesday February 16, after which the price goes up to \$19 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 Boulevard and Genesee Avenue. Any questions? Call Walkabout at 619.231.7463. Gung Hay Fat Choy!



### RITA BALLIOT RETIRES AS TREASURER AND BOARD MEMBER AFTER 32 YEARS

Rita Balliot, Walkabout's treasurer and longest serving board member, has retired due to illness. Rita was named in 2014 as Walkabout's Volunteer Extraordinaire for the length and quality of her service. She was feted at a catered dinner in her honor.

Over the past several years Rita has also led many day trips offered by Walkabout. Periodically Rita would lead longer trips, such as trips over Thanksgiving to Chicago and other destinations she enjoyed. Cards of thanks and remembrance may be sent to Walkabout and will be presented to Rita.

## FEATURED TRIPS



### WALKABOUT TRIPS OFFERINGS FOR 2016

So far, four week-long trips have been approved for Walkabout International during 2016.

- St. Augustine, FL (Mar 29 - Apr 5) \$1100-1200 pp/do
- NW New Mexico (April 12 -19) \$900-1000 pp/do
- Summer Camp at Poland Spring, ME (August 23 -30) \$1100-1200 pp/do
- NC and the Biltmore (Oct 4-11) \$1200-1300 pp/do

These trips were advertised in the January issue of SDFeets and there are sufficient numbers on the interest list to fill each trip (twice as many as needed for the NC trip) if all who indicated interest make deposits. You may continue to add your name (as would appear on an airline ticket), email address, phone number, and date of birth to the office interest list, and you will be contacted. The trip closes once sufficient deposits are received for each trip (which is likely from our interest list). Due to airline ticketing requirements, cancellations do not allow a waiting list at the same price, although we'll continue to try to fill any vacancies from our lists.

### COUPLES (OR POSSIBLY SINGLES) "STAYCATION" TO JULIAN, APRIL 8 - 11

**(4 days, 3 nights) \$275-300 (per room, not person)**

An email blast was sent in January to those for whom we have email addresses, but just in case we have not yet filled this trip: Walkabout has purchased a 3-night, 4-day "staycation" in a modern 3-BR, 2BA cabin on 10-acres in Julian, CA. We'll enjoy great walks during our vacation, and the trip includes 10 home cooked meals, with wine with dinner each evening. There are 3 accommodations offered, master bedroom with king bed, and private bath (\$300 for the couple) and two bedrooms, each with a queen bed, sharing a hall bath (\$275 for each couple). The home is fully equipped, with a pool table, linens, and blankets. Transportation to and from Julian is on your own, although those needing a ride may be offered one by trip leader as space permits. This is an all-inclusive vacation for housing and meals; other attractions are at optional cost. If interested, please send an email to [danielbhaslam111@yahoo.com](mailto:danielbhaslam111@yahoo.com) for availability, and if so, you'll be advised to send full payment to Walkabout.



### VOLUNTEER SHORTAGE NOW "CRITICAL" FOR WALKABOUT OPERATIONS

You may see the little blurbs in the newsletter seeking to fill the chronic shortage of volunteers for our walking organization. Now, according to Robert Buehler, Walkabout's President that shortage has reached "critical" proportions. With the unexpected loss of our longtime treasurer, Rita Balliot, we are seeking someone to serve as treasurer, which involves paying our bills, tracking our revenues, working with our CPA to ensure timely compliance with tax forms and filings and presenting monthly finance reports to our board.

We are at less than half the capacity of the number of board members we can have. In addition, under the terms of our commercial lease with Liberty Station, our office must be staffed at least half time. At present, there are insufficient numbers of volunteers to fill those necessary hours. Board members are attempting to fill in, but it is still not enough. As a result the board has a task force in place to determine a course of action, which may involve closing the office and placing our furnishings and equipment in storage, partnering with another organization to share our office half time, or moving to an office without opening hours requirements.

While the office closing would save a lot of money in rent, utilities and insurance, it would be awkward to manage our operations from a storage unit. Much of our work (newsletter production, trip planning, board meetings) is now done off-site, but having an office presence maintains a presence for our supporters and the public. As of April 1, there will be insufficient volunteers to maintain the office at minimum requirements unless our supporters step forward to volunteer their time and talent. It's time for you to voice your willingness to help or accept the consequences of complacency.





### **LARRAINE MARSHALL (1925 - 2016)**

*Remembrance submitted by Dan Haslam*

Lorraine Marshall, 90, Walkabout's 3rd president, passed away on January 8 after a short illness. Lorraine was affectionately known as the "Queen Mother" of Walkabout because for three decades she had her finger on the pulse of Walkabout International and was involved in every aspect of its operations. From 1984 - 89 she served as president and saved Walkabout from a financial fiasco when treasury funds were embezzled and she steered the criminal prosecution and ultimate restitution.

Lorraine organized everything -- from the walks for the Concerts in the Park series, to large group trips, cruises, picnics and the office in general. Lorraine was an active walk leader, specializing in "her" Golden Hill walks during which she used photos, index cards, and neighbors' doorbells to tour walkers through private homes. She and pal Audrey Davis were two of the few who could rein in Downtown Sam, whose lofty walking schemes had to be brought down to earth. Lorraine managed the

Gaslamp Quarter office in the Lewis Building on 5th Avenue and organized the new office in University Heights and the move from there to Liberty Station. She helped Audrey plan 4<sup>th</sup> of July celebrations, New Year's Eve walks, our Christmas breakfasts, and annually led Walkabout in the St. Patrick's Day march near Balboa Park. She hosted Walkabout's elegant 25<sup>th</sup> anniversary celebration at the Admiral Kidd Club.

Lorraine was also active in several other nonprofits, including the Friends of Oak Park Library and various political groups. In the 1980's the City Council designated a day in Lorraine's honor, and she rarely missed a state of the city speech. She rued the day Walkabout left the Gaslamp Quarter and railed against the redevelopment of quaint downtown. When Lorraine led a walk you neither walked ahead of her, nor talked when she was speaking, or you suffered the consequences. She led walks into her 90th year, pushing a 3-wheeled walker.

Lorraine took in strays, and she and husband Byron "adopted" their beloved dog Goldie, a lost puppy who wandered to her breakfast-out table at the Balboa Park golf course. Lorraine actively involved her family in Walkabout activities, and she is survived by her daughters, Sally and Susan, and son, Byron, and their spouses, and children and of course Goldie, now 15.

The family plans no funeral services, but will hold a celebration of life -- likely at Lorraine's home in Oak Park (5495 Redwood Street, SD 92105) -- where cards may be sent. An email notification will be sent once this is finalized. Gifts in memory of Lorraine may be made to the Walkabout office. To say that Lorraine is missed is an understatement -- she is revered as one of the cornerstones of Walkabout International. A walk on Tuesday, February 16 in her beloved Golden Hill is planned in her memory.



## FEBRUARY 2016 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
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	6:30 am Sunrise: South Shore  <b>10 am</b> Crown Point Area Beckons  11 am Downtown & Mini-concert	11 am Alleys of University Hts.  <b>6:30 pm</b> Above the Bay	TBA Hike  10 am Ocean Beach Explore  <b>3 pm</b> Wednesday Workout	6:30 am Sunrise: Mission Hills  <b>10 am</b> Shelter Island <b>10 am</b> Mission Beach  <b>10:15 am</b> Balboa Park	<b>4:30 pm</b> Mission Hills Meander	TBA Hike  10:30 am Pt Loma U to OB Pier  6 pm Downtown Live Sat. Night
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
7:15 am Breakfast Spcl: Shelter Island  <b>8:15 am</b> Merry Go- Round	6:30 am Sunrise: Lake Murray  <b>10 am</b> Crown Point Area Beckons	11 am Architect. History: U Hts.  <b>6:30 pm</b> Above the Bay	TBA Hike  <b>3 pm</b> Wednesday Workout	6:30 am Sunrise: Old Town  <b>10 am</b> Shelter Island <b>10 am</b> Mission Beach  <b>10:15 am</b> Balboa Park	<b>4:30 pm</b> Mission Hills Meander	TBA Hike  7:15 am Late Birds  10 am OB Pier to Belmont Park  6 pm Sat. Night Live Downtown
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
7:15 am Breakfast Spcl: Balboa Park  <b>8:15 am</b> Merry Go- Round	6:30 am Sunrise: Pacific Beach  <b>10 am</b> Crown Point Area Beckons	11 am Remembering Lorraine in Golden Hills  3 pm S. Mission Beach Courts  <b>6:30 pm</b> Above the Bay	TBA Hike  10 am Balbo Park Cork Stopper  <b>3 pm</b> Wednesday Workout	6:30 am Sunrise: By the River At Liberty Station  <b>10 am</b> Shelter Island <b>10 am</b> Mission Beach  <b>10:15 am</b> Balboa Park	<b>4:30 pm</b> Mission Hills Meander	TBA Hike  10:15 am Belmont Park to Crystal Pier  10:30 Cabrillo Annual Whale Watch & Festival
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
7:15 am Breakfast Spcl: E. Mission Bay  <b>8:15 am</b> Merry Go- Round  9:15 Afoot Thru Rancho	6:30 am Sunrise: Sunset Cliffs  <b>10 am</b> Crown Point Area Beckons	11 am (AB)normal Hts.  <b>6:30 pm</b> Above the Bay	TBA Hike  <b>3 pm</b> Wednesday Workout	6:30 am Sunrise: Mission Bay  <b>10 am</b> Shelter Island <b>10 am</b> Mission Beach  <b>10:15 am</b> Balboa Park	<b>4:30 pm</b> Mission Hills Meander	TBA Hike  6 pm Downtown Live Sat. Night
<b>28</b>	<b>29</b>					
7:15 am Breakfast Spcl: Pacific Beach  <b>8:15 am</b> Merry Go- Round	6:30 am Sunrise: San Diego River  <b>10 am</b> Crown Point Area Beckons  11 am Leapin' Lizards & concert					

## UPCOMING WALKS, EVENTS & TRIPS

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

### Overnight Trips (all dates are tentative)

St. Augustine, FL	March 29 - April 5
'Staycation' to Julian	April 8 - 11
Northwest New Mexico	April 12 - 19
Summer Camp in Maine	August 23 - 30
North Carolina and the Biltmore	October 4 - 11

### Events/Walks

Chinese New Year Walk/Dinner	February 21
Walkabout's Anniversary	March
Ice Cream Social Walk	August
Annual Meeting Potluck & Auction	October
Thanksgiving Restaurant Dinner	November
Christmas Brunch; Gift Exchange	December

## VOLUNTEER!

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

### WALK LEADERS NEEDED

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

- Balboa Park with ranger tour
- Free Tuesdays at museums in Balboa Park

### BOARD SEEKS YOUR HELP

We need office volunteers and new board members.

### 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](mailto: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](mailto: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.

## WALKABOUT BOARD MEETING

Friday, February 19 at 11:30 am

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



### BOARD MEMBERS

<b>President</b>	(858) 571-7733
Robert Buehler	<a href="mailto:President@walkabout-int.org">President@walkabout-int.org</a>
<b>1st Vice President</b>	(619) 249-9813
Dan Haslam	<a href="mailto:danhaslam@walkabout-int.org">danhaslam@walkabout-int.org</a>
<b>2nd Vice President</b>	Vacant
<b>3rd Vice President</b>	(619) 222-3447
Stan Follis	<a href="mailto:Stanley@walkabout-int.org">Stanley@walkabout-int.org</a>
<b>Recording Secretary</b>	(619) 231-7463
Donna Farris	<a href="mailto:secretary@walkabout-int.org">secretary@walkabout-int.org</a>
<b>Treasurer</b>	(619) 231-7463
Vacant	<a href="mailto:treasurer@walkabout-int.org">treasurer@walkabout-int.org</a>
<b>Directors</b>	
Marilyn Buckley	(619) 231-7463 <a href="mailto:prwalkabout@yahoo.com">prwalkabout@yahoo.com</a>
Dan Dobbs	(858) 722-3002
Larry Forman	(858) 755-1751 <a href="mailto:larry@walkabout-int.org">larry@walkabout-int.org</a>
Norman Vigeant	(619) 231-7463 <a href="mailto:ngfrenchy@hotmail.com">ngfrenchy@hotmail.com</a>
Bruce Herms	Emeritus

### JOIN US ON MEETUP!

[www.meetup.com/Walkabout-International](http://www.meetup.com/Walkabout-International)



### OFFICE STAFF

Robert Buehler, Donna Farris, Marilyn Buckley, Eileen Frame, Grace Greenalch, Dan Haslam, Charlotte Sedgwick

### NEWSLETTER STAFF

Dan Haslam, Kim Mills, Fran Whiteman

### MAILING CREW

Beverly Stebbins (Captain), Alice Berwert, Stan Follis, Grace Greenalch, Julie McKane, Barbara Miller, Sharon Nelson, Joanne Paul, Gwen Phelps, Charlotte Sedgwick, Fusa Shimizu, 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

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



Walkabouters enjoy the bay views from Shelter Island on the weekly Thursday walk



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!

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Walkabouters continue a long tradition of Christmas morning walk, breakfast, and gift exchange