



Est. 1977 in San Diego

Unless otherwise specified, walks start at the time indicated. Walk leaders should arrive at least 10 minutes prior to the start time.

San Diego Feets

Vol. 41, No.12

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 am to 2 pm, Monday, Wednesday, Friday Internet: www.walkabout-int.org, email: info@walkabout-int.org

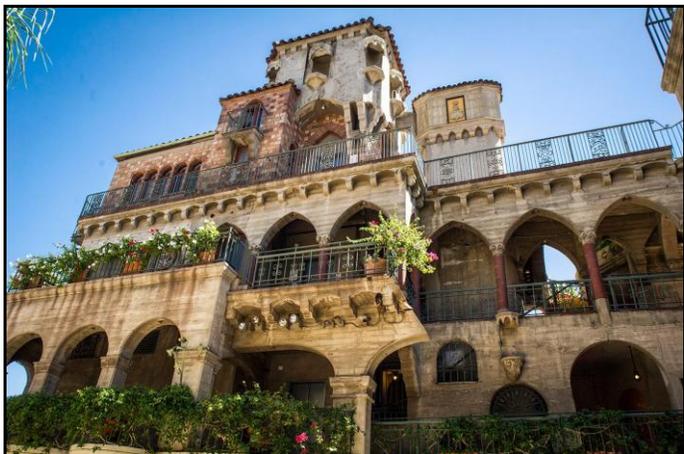
Pace Yourself	miles per hour	minutes per mile
Very Casual*	2.0	30
Casual	2.5	25
Moderate	3.0	20

* Used in lieu of "Walk at your own pace"

+ Used to indicate a possible slightly brisker pace

December 2018

RIVERSIDE COUNTY MISSION INN TRIP



SATURDAY, DECEMBER 15, 2018

DON'T FORGET TO SIGNUP!

Join Beverly Bruff and Elaine Berger for a moderate activity level day trip to Riverside County to three very different destinations.

Our first stop will be at the Farmers Market in Temecula. You will have time to wander around the market. There will be local fruits and vegetables, plants, flowers, crafts and much more.

Then we'll head for downtown Riverside to Tio Taco's, a hole in the wall taco shop. You'll find traditional Mexican food as well as seafood. A great place for lunch (on your own). It is the backyard that brings us here. It is filled with unique, eclectic art/sculptures from recycled, repurposed material. There's a snake made from a vacuum cleaner hose located in a tree. Tio Taco's is a must.

Our final destination is Mission Inn, a national historical landmark. This inn opened in 1903 as a roadside motel. Today this 4-story, 238 room inn occupies a city block in the heart of downtown Riverside. Numerous presidents and Hollywood stars have frequented the inn. At dusk, we will enjoy millions of holiday sparkling lights that transform the inn into an enchanting fairy tale setting. Upon leaving the Mission Inn we will be heading south on the 15 to a Sizzler restaurant for dinner (on your own). Sizzlers menu provides abroad selection of food for meat lovers, vegetarians, etc.

Mail your check for \$70 to the Walkabout Office which is \$30 less than our competitors. . Please include your email address and cell phone number. There will be no refunds unless someone from the waiting list takes your place. Questions???? Call Bev Bruff: (858) 268-8088.

HOW DID WE GET HERE? PART 2

Submitted by Bruce Herms

Two of my favorite walk leaders, adventurer and world-class walkers are Diane and Hans Altona. Their trips encompassed Europe, the Orient and the Americas. Diane was a school teacher, writer and traveler. She is well known to Walkabouts for her trips to Mexico. I have great memories of a Mexican trip with them to Copper Canyon.

Hans was born in Indonesia, formerly known as the Dutch East Indies. During World War II, when the Japanese took over, Papa Altona was placed in a prisoner-of-war camp for men. Mama Altona was placed in another for women and girls. Hans was placed in a prison camp for boys. After the war, the family moved to the Netherlands.

In 1954, Hans migrated from the Netherlands to Cleveland, Ohio where met and married Diane in 1958. They immediately moved to San Diego and eventually joined Walkabout. They led many memorable trips including one to Indonesia including Bali and Java with its famed temple complex of Borobudur!

Hans and Diane also led tours of the Rhine River and the Canals of Holland. I was fortunate to join them on one of these voyages. We boarded our motorized canal boat in Amsterdam. It accommodated about twenty Walkabouts in ten cabins, furnished with double bunks. Stan Follis and I shared a cozy cabin for two, next to the galley where we took our meals. The boat was skippered by a handsome young Dutchman assisted by two attractive female crew members, who made you feel like you were on a James Bond adventure. They were pretty good cooks, too.

Our first night's destination was the village of Haarlem on the main north/south canal. You may recall, from your American history class, Haarlem was the interim home of the Pilgrims before they landed on Plymouth Rock. Haarlem was also the home of the Dutch Master, Frans Hals. One of the things about this town that caught my attention was the number of cats sunning themselves by the front window as you strolled along the narrow streets.

This was early spring, so another common sight were the ubiquitous fields of tulips. Endless, so it seemed. The next afternoon, we continued our journey to the famous ceramic factory town of Delft (think "Delft-Blue"). In Delft we caught the train for a side trip to The Hague, site of the World Court where some war crimes trials were conducted (think "Sarajevo"). The Hague also boasts some fine art galleries where many outstanding paintings are displayed. One of my favorite is Girl with a Pearl Earring (eat your heart-out, "Mona Lisa").

The next day we continued our trip to Rotterdam and then upstream against the mighty Rhine River. At this point our skipper allowed Stan Follis to take the helm as he piloted our stalwart barge up the Rhine. What a grand sight that was!

Here we encountered the first windmills that the resourceful Dutch used to pump ocean from the Polderlands back into the North Sea. On one of our stops we met the crown prince of the Netherlands, who was helping the local citizens celebrate the refurbishment of yet another windmill. At one of these stops, Stan and other members of our group rented bicycles to visit the mansion and final place of exile of Kaiser Wilhelm, who many felt was responsible for starting World War I.

The following day we arrived in Arnhem, which was featured in the Lawrence Olivier film "A Bridge Too Far". We docked near the famous Bridge next to one of those monster river luxury liners like you see on KPBS. That evening Hans took us on a walk along the Rhine River to a monument dedicated to the children who were held by the Japanese as prisoners of war in the Dutch East Indies during WWII (in other words, people like Hans Altona). Arnhem has several other interesting war museums plus a wonderful modern art museum in the nearby forest, with a great collection of Van Gogh paintings.

We continued our journey on the northeast branch of the Rhine River, visiting several towns along the way. In some we were greeted by the Burgomeister. In all, we enjoyed the open markets, architectural treasures of churches, secular buildings and gothic castles.

We completed our circumnavigation of Holland by returning to and docking next to the Amsterdam railway station, where Hans and Diane continued their downtown tour of Amsterdam and the humongous Rijksmuseum with its fine collection of Rembrandts and other Dutch masters. That evening one of our tour members, Naida, volunteered to lead us on a tour of Amsterdam's infamous Red Light district. Prostitution, along with other vices is legalized, licensed and regulated in Holland. On the street, the "business women" may wear tailored business suits or modest frocks-nothing to call attention to themselves. At work (on display) they may be dressed in lingerie and may be seen standing and preening or sitting and reading a book, magazine or newspaper, or combing their hair and grooming themselves in their windows. The business establishments were about 7 feet to 10 feet wide, with a front door at one side next to a "show window" about 5 feet by 8 feet wide. The room on display could be depicted as a "Reception room" or a boudoir. The actual bedroom/bathroom was behind the showroom and not on display. If a customer entered the premise than a curtain or blinds could be drawn across the front window for privacy, while owner and customer discussed terms or other arrangements. Everything was quite discreet. In fact, we were told that Dutch parents would sometimes bring their children to see "the pretty ladies on display". It was, you might say, like a human zoo.

The following day, Sunday, was our final day in Amsterdam. I got up early in hopes of seeing one of my priority places, the home and hiding place of Anne Frank and her family where they sought shelter from the Nazis, as World War II wound down. As we all know, their luck ran out and all members of the Frank family except Papa Frank perished in the Nazi death camps. Papa Frank was able to find his daughter's diary which became one of the best-read memorials of man's inhumanity, but in its own way, a symbol of hope. While I waited on the front steps for the doors of "the annex" to open, I was joined by a young man from Canada who had come to pay his homage to this young German girl. A few moments later a still younger Japanese student arrived, on his own spiritual quest. It puzzled me. I think I could understand my own motives. Anne and I were about the same age, we were both children of World War II-she could have been my own sister. But what was it about this young girl's mystique that can reach out to one, two and I am sure more generations to touch the lives of so many people?

When I returned to the barge it was time to pack up and exchange goodbyes. Some of our groups were heading home after two wonderful weeks in Holland. Hans and Diane were leading the rest on yet another week of adventure into the high lands of Holland and Belgium.

Next time I will tell you about the trip to Copper Canyon with Diane and Hans.

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. Our guest leader will take the group on a flat walk for about two hours, with a pause for coffee or yogurt. Take I-5 to Grand Ave. and go west to Lamont Street, turn left on Lamont Street, then right on Crown Point Drive 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. **Pace:** moderate to moderate-plus. **Kathy L.** (858) 484-0349.

HISTORIC LA PLAYA TRAIL OR AMERICA'S CUP HARBOR.



Join peripatetic leaders Mark, Rob, Jackie or Sally as we alternate walking around either *America's Cup Harbor to admire the new coffee shop, restaurants, condos, brewery and more in the ever-changing beautiful marina OR follow the historic **La Playa Trail along the shore past yacht clubs and amazing homes. See the monthly Walks At A Glance calendar in this newsletter to determine which walk we are doing this week. The Casual+ pace walks on flat surfaces are approximately 2.5 miles for about 1 hour and 15 minutes. Optional eats afterward. **Sally R.** (619) 222-3800. Heavy rain cancels.

Note: For *America's Cup Harbor* walk, meet to the right of the front door of the Bali Hai. Ample free parking. For *La Playa Trail* walk, meet at the trail marker by the bay at the intersection of Talbot Street and Anchorage Lane. Park on street. **Both walks served by #28 Bus.**

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. Flashlight recommended. Rain (not mist) and holidays will result in the walk being cancelled. Please call to make sure walk is 'on' for the week. **Jill F. (858) 292-4231**

THURSDAYS

10:00 am

MISSION BEACH NORTH & SOUTH. Walk the beach or the bay and stop for coffee near the end of this 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. **Pace:** moderate to moderate-plus. **Kathy L.** (858) 484-0349.

SHELTER ISLAND WALK & TALK. Join us for a walk from the Bali Hai to the Friendship Bell and back on flat sidewalks (about 2.5 miles round trip; 60+ minutes including pit stop). Breathe delicious ocean air and enjoy dynamic bay and city views from ships to sea lions. Meet new friends to the right of the Bali Hai by the lamp post and hand rails, where we will stretch for a few minutes. Ample free parking. 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. Optional eats afterward. Heavy rain cancels. **Pace:** casual+. **Sally R.** (619) 222-3800.

SUNDAYS

8:15 am

MERRY GO-ROUND. Join us on one of the most scenic walks in San Diego. We start at the carousel in Balboa Park. Our walk encompasses the harbor, downtown and Bankers Hill. Depending on size of the group and mood, we may include some bridges. Allow three 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 in the lot near the carousel at Park Blvd. and Zoo Place. **Pace:** moderate-plus. **Rick P.** (858) 565-7212.



OTHER FEATURED WALKS

TUESDAY, DECEMBER 4

2:00 pm

GOLDEN DAY IN GOLDEN HILLS.



In the 1890's and early 1900's, Golden Hill was where the upper crust lived. We will walk past Victorian mansions and other beautifully restored homes, visit a grocery store with a huge tree inside it, and walk across a musical bridge. Join us at 25th and A Streets for a 1 1/2 hour, casual-to-moderate, slightly hilly walk. Bus #2 stops at 25th and Broadway. Rain cancels. Evelyn K. (619) 461-6095.

SATURDAY, DECEMBER 8

9:30 am

EXPLORING 4S RANCH. Discover this North County neighborhood on a varied walk along easy trails and tree-lined streets. Some hills. Meet in front of the Coffee Bean & Tea Leaf in the 4S Commons shopping center at the corner of Dove Canyon Road and Rancho Bernardo Road for a moderate to moderate-plus 2-hour walk. Lenore E. ledidin@san.rr.com.

WEDNESDAY, DECEMBER 12

10:30 am

CORONADO - HOLIDAYS AT THE BAY AND OCEAN. Join Robert and friends for a **casual**, 1-hour walk to view the famous Christmas Trees at the Hotel Del Coronado (one in the lobby and one outside). We will first view the bay and the remodeled civic buildings of Coronado, then cross over to the ocean side and walk past the high-rise condominiums south of the Hotel Del to the hotel itself. Meet in front of the Bluewater Boathouse Restaurant, 1701 Strand Way. Take Orange Ave south past the Hotel Del and the Boathouse to the first traffic light, turn left, then left again onto Strand Way. There is free parking in the parking lot adjacent to the restaurant or on Strand Way. For public transportation, take or transfer to the #901 bus ("Iris Trolley") from the 12th and Imperial Transit Center and get off just past the Hotel Del before 10:15 am, proceed across Orange Ave. and down the hill to the Bluewater Boathouse Restaurant meeting place. Optional eats afterward. Rain cancels. **Robert B.** (858) 414-6181.

FRIDAYS, DECEMBER 14 & 28

4:00 pm

Note time change

MISSION HILLS MEANDER. Join us for great views and picturesque homes of this old neighborhood on a 1-hour casual walk for about 2.5 miles on flat terrain. We will enjoy the late afternoon views. Meet at 1920 Ft. Stockton Dr. From Washington St., go north on Goldfinch St. and west about a mile on Ft. Stockton Drive. Rain cancels. **Jim M.** (619) 971-1518.

THURSDAY, DECEMBER 20

7:00 pm

CLAIREMONT CHRISTMAS LIGHTS. Tis the season. Let's take a flat, casual walk and see this famous area with wonderful decorations. Some of the homes sell hot chocolate and cookies. Bring a flashlight. Meet at the intersection of Warhawk Way and Mt. Abernathy Ave, near Madison High School. Beverly D. (858) 274-0687.

FRIDAY, DECEMBER 21

4:06 pm

Note time change

SUNSET CLIFFS VIEWS. Meet at Sunset Cliffs Blvd. & Point Loma Ave. (**not** West Point Loma Blvd.) in Ocean Beach. We'll enjoy spectacular views and fresh cool breezes from the Pacific Ocean. For public transit, take bus route 923 from downtown at Broadway & 5th OR route 35 from Old Town Transit Center and transfer to 923 in O.B. at Cable & Voltaire Street. If you take the bus and it's late, please call me and we'll wait for you. Otherwise, we'll start at the announced time -- right after the bus arrives. Our walk will last about one hour. **Pace:** Casual. **Stan F.** (619) 222-3447.

SUNRISE SERIES



BREAKFAST SPECIALS

SUNRISE SERIES start at 6:30 am
BREAKFAST SPECIALS start at 7:15 am

SUNDAY, DECEMBER 2

7:15 am

BREAKFAST SPECIAL: SHELTER ISLAND. Let's take a casual walk along the playa admiring the beautiful boats, birds, homes, and gardens before our optional breakfast. Meet at meterless parking lot at Anchorage Ln. and Canon St. (one block south of Shelter Island Dr.). **Pat's Pals** (619) 469-6223.

THURSDAY, DECEMBER 6

6:30 am

SUNRISE SERIES: NATIONAL CITY. We'll take a **moderate** 1-hour flat walk to check out the National City Marina and then on to Pepper Park. We hope to see a cargo ship unloading cars or lumber and people fishing off the pier. Bring money for an optional breakfast afterward. Take I-5 south to the Mile of Cars Way/Bay Marina Dr exit, turn right (west) and then make a left at signal into the restaurant parking lot where we'll meet. **Frances B.** (619) 479-3962.

SUNDAY, DECEMBER 9

7:15 am

BREAKFAST SPECIAL: BALBOA PARK. Balboa Park is always beautiful but in the holiday season it is even prettier with all the holiday decorations. We will take a casual walk admiring the plants and the decorations. Meet at the carousel at Park Blvd. and Zoo Pl. Optional breakfast follows nearby. **Pat's Pals** (619) 469-6223.

MONDAY, DECEMBER 10

6:30 am

SUNRISE SERIES: MISSION BAY. Hopefully, our feathered friends will be on hand for this 1-hour walk on flat paved terrain **at your own pace** along Mission Bay, so you can test your legs or bring binoculars and slow down to enjoy nature. Take the I-5 to the Tecolote-Sea World Drive exit and proceed west past several lights. After the light at Friars Rd., watch for the next light, where you'll see the South Shores Boat Ramp sign on your right, but you will turn left onto the old road that parallels Sea World Dr. Bring money for an optional breakfast afterward. **Edie A.** (619) 222-4396.

THURSDAY, DECEMBER 13

6:30 am

SUNRISE SERIES: CORONADO. Let's take a flat, **moderate** paced walk through beautiful Coronado with stops to admire the shops, homes, gardens, Hotel Del Coronado and of course the beach. Meet at the west side of 10th St. and Orange Ave. with optional breakfast afterward. **Connie V.** (619) 477-8628.

SUNDAY, DECEMBER 16

7:15 am

BREAKFAST SPECIAL: DOWNTOWN. Let's take a CASUAL walk through the downtown area admiring the lobbies and checking out the new construction. We'll follow with an optional breakfast. Meet at 2nd and G St. corner next to street parking which is free until 10am. Happy Holidays. **Pat's Pals** (619) 469-6223.

MONDAY, DECEMBER 17

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 H.** (858) 248-3782.

THURSDAY, DECEMBER 20

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 & Marilyn** 619-840-5544.

SUNDAY, DECEMBER 23

7:15 am

BREAKFAST SPECIAL: PACIFIC BEACH. Before the crowds arrive, walking along the ocean in Pacific Beach can be delightful. We'll admire the waves on this flat walk south and back at your own speed. Meet at west end of Garnet Ave. by Crystal Pier. Optional breakfast follows. (We'll send holiday thoughts to a walker who enjoys this walk the most). **Pat's Pals** (619) 469-6223,

MONDAY, DECEMBER 24

6:30 AM

SUNRISE SERIES: OCEAN BEACH. We will take a **moderate** 3-mile walk visiting the pier to see the surfers and fishermen and then continuing in the Sunset Cliffs neighborhood. To reach our meeting place, take I-8 to the west end, turn left onto Sunset Cliffs Blvd., then turn right onto Newport Blvd. for a block and a half. Meet across the street from the old Strand Theater. Bring money for an optional breakfast. **John & Marilyn** 619-840-5544.

THURSDAY, DECEMBER 27

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 M.** (858) 278-4003.

SUNDAY, DECEMBER 30

7:15 am.

BREAKFAST SPECIAL: MISSION VALLEY. The year is ending so let's see it out with an at-your-own-speed walk in our beautiful Mission Valley. We should get a good view of the river. AND Pat K. will be celebrating her big 9-0..Meet in the north west corner of the Jared's parking lot at the corner of Mission Center Road and Camino de la Reina. Optional breakfast follows. **Pat's Pals** (619) 469-6223.

MONDAY, DECEMBER 31

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

WEDNESDAYS & SATURDAY HIKES

Time: TBA

WILDERNESS HIKES. Details emailed 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.

HIKE CONTACT INFORMATION

DATE	LEADER
12/1	TBA
12/5	Don P dpiller@cox.net or (760) 670-6862
12/8	Bill B wa4lm@gmail.com or (619) 206-5809
12/12	Bill B wa4lm@gmail.com or (619) 206-5809, and Mike L mlewis1944@gmail.com or (858) 922-0738
12/15	TBA
12/19	PJ pjeffery1@sbcglobal.net or (858) 566-8928
12/22	TBA
12/26	Myra C sierra.myra@gmail.com or (619) 876-1814
12/29	Bill B wa4lm@gmail.com or (619) 206-5809

NORTH COAST REPERTORY THEATRE PRESENTS "ALWAYS PATSY CLINE"

SATURDAY, DECEMBER 29 2:00 P.M.

Walkabout wants you to join them on a musical journey with the North Coast Repertory Theatre Presentation of *"Always Patsy Cline"* A dramatic musical theatrical experience. *"Always Patsy Cline"* has enjoyed great success all over the US. The show is based on a true story of Patsy's friendship with a fan, Louise Seger, who continued a correspondence with Patsy to the end of her life. The musical play includes many of Patsy's unforgettable hits such as "Crazy", "I Fall To Pieces" and "Walking After Midnight" Gather together your theater buddies and join us for a matinee performance at 2pm on Saturday, 12/29/18. Send you check marked Patsy Cline for \$ 40.00 to Walkabout International, 2650 Truxtun Road, Suite 110, San Diego, CA 92106. Deadline to receive your check is Friday 12/21/18 by 2pm when the office closes.

It would make a great holiday gift to yourself or someone you love. You will pick up your ticket at will call. We recommend you arrive at the theater by 1:40pm at the latest to give yourself time to pick-up your ticket at will call, use the restroom, and be in your seat before the show starts at 2pm.

Theater is located at 987 Loma Santa Fe Drive, Solana Beach, CA. Take the 5 freeway to Loma Santa Fe Drive (exit 37) go east to the 2nd driveway into the shopping center. Turn left at the first stop and go towards the back of the shopping center. The Theater is in the left corner. Plenty of free parking. Carpooling is recommended. Maybe a group dinner afterwards.

BOARD SEEKS YOUR HELP VOLUNTEERS NEEDED!

We need office volunteers and board members. We are also recruiting new walk leaders. If Interested, please contact Norm Vigeant at 858-278-1253 or ngfrenchy@hotmail.com and he will guide you through the process. We always looking for new ideas for walks so If you are interested in any of our volunteer opportunities, please call the office (619) 231-7463.



Follow us on Facebook at Walkabout International

BOARD MEMBERS

WALKABOUT BOARD MEETING

Friday, December 14th 10:30 a.m.,
Serra Mesa-Kearny Mesa Branch
Library, Sudberry Room
9005 Aero Drive
San Diego, CA 92123

Visitors are invited to join us.

President (858) 560-9003
Elaine Berger President@walkabout-int.org

1st Vice President (858) 571-7733
Robert Buehler vp1@walkabout-int.org

2nd Vice President (619) 318-4870
Dan Haslam danhaslam@walkabout-int.org

3rd Vice President (619) 222-3447
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Charlotte Sedgwick, Janet Fenston and Pat Keller

NEWSLETTER STAFF

Kathy Garcia, Dan Haslam

MAILING CREW

Charlotte Sedgwick, Beverly Stebbins, Stan Follis

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 email your walks to walks@walkabout-int.org. If you email more than one walk, please leave extra space between each walk. You can email your newsletter comments and suggestions to publisher@walkabout-int.org



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

JOIN US ON MEETUP!

www.meetup.com/Walkabout-International

SAFETY FIRST!

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.

DECEMBER 2018 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
						TBA Hike
2	3	4	5	6	7	8
7:15 am Shelter Island 8:15 am Merry Go- Round	10 am Crown Point Area Beckons 10 am La Playa Trail	6:30 pm Above the Bay 2:00 Golden Hills	TBA Hike	6:30 am Sunrise: National City 10 am Shelter Island 10 am Mission Beach		TBA Hike 9:30 am 4S Ranch
9	10	11	12	13	14	15
7:15 am Balboa Park 8:15 am Merry Go- Round	6:30 am Sunrise: Mission Bay 10 am Crown Point Area Beckons 10 am America's Cup Harbor	6:30 pm Above the Bay	TBA Hike 10:30 am Coronado	6:30 am Sunrise: Coronado 10 am Shelter Island 10 am Mission Beach	4:00 pm Mission Hills Meander	TBA Hike
16	17	18	19	20	21	22
7:15 am Downtown 8:15 am Merry Go- Round	6:30 am Sunrise: Lake Murray 10 am Crown Point Area Beckons 10 am La Playa Trail	6:30 pm Above the Bay	TBA Hike	6:30 am Sunrise: Pacific Beach 10 am Shelter Island 10 am Mission Beach 7:00 pm Claremont Lights	4:06 pm Sunset Cliffs Views	TBA Hike
23	24	25	26	27	28	29
7:15 am Pacific Beach 8:15 am Merry Go- Round	6:30 am Sunrise: Ocean Beach 10 am Crown Point Area Beckons 10 am America's Cup Harbor	6:30 pm Above the Bay	TBA Hike	6:30 am Sunrise: Mission Bay 10 am Shelter Island 10 am Mission Beach	4:00 pm Mission Hills Meander	TBA Hike
30	31					
7:15 am Mission Valley 8:15 am Merry Go- Round	6:30 am Sunrise: Mission Bay 10 am Crown Point Area Beckons 10 am La Playa Trail					

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 INTERNATIONAL 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 INTERNATIONAL, please contribute. All levels of support include a one-year subscription to our monthly newsletter. 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!

Basic Level \$20 Tenderfoot \$25 Footprint \$100 Arch Supporter \$250
 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. All applications including the buy-one, get-one-free must contain a correct address, including zip code, and at least one phone number

NAME _____ DATE _____

ADDRESS _____

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NEWSLETTER AND EMAIL OPTIONS

PDF ONLY (fully tax deductible, eco-friendly, and helps us keep costs down)

MAIL ONLY (physical newsletter will be mailed to your address)

BOTH (available only if support greater than Basic Level)

Subscribe to the email list for Wilderness Hikes

BUY-ONE GET-ONE-FREE

Subscriptions at and above the Tenderfoot (\$25) level include our buy-one, get-one-free (PDF only) deal whether you are a new or renewing subscriber. This allows you to give a one year Newsletter subscription, PDF version only, to anyone who has never been a WALKABOUT subscriber.

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP+4 _____ - _____

PRIMARY PHONE () _____ OTHER PHONE () _____

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

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ANNUAL CHRISTMAS BRUNCH AND GIFT EXCHANGE



TUESDAY DECEMBER 25

Broken Yolk Café • 1851 Garnet Avenue • Pacific Beach

Walkabout's Annual Christmas Brunch attracts around 40 people and is an excellent way to celebrate the holiday with your Walkabout friends. You can make this the center of your day, or simply start Christmas Day off with us and move onto other events. You are warmly welcome.

Brunch: 9:00am – “Serve yourself” buffet

Enjoy a bountiful brunch of scrambled eggs, bacon, fresh fruit, pancakes, muffins, orange juice, coffee, and tea.

Gift Exchange: 10:00am-- Bring a gift to receive a gift -- gift not mandatory

Walk To Follow: Will depend on who leads the walk -- could be before or afterwards

Gift Exchange: Bring a gift valued around \$10.00 marked Male, Female or Generic

Cost: \$18.50 per person (includes tax and tip). Send your check to Walkabout International, 2650 Truxtun Road, Suite 110, San Diego, CA 92106. Be sure to note “Christmas Brunch” on the check. Questions call 619-231-7463. Deadline to receive your check is Friday, 12/22/18 by 2pm when the office closes