



Est. 1977 in San Diego

Pace	miles	minutes
Yourself	per hour	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



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.

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

December 2019

“SEZ ME”

Elaine Berger, President

Here we are with the holiday season rapidly approaching—wasn't it just new years day a few weeks ago? Where did the time go?

Thanks to all who joined Walkabout on Mission Bay for our annual picnic/meeting/auction. Thanks to Evelyn K for leading a pre-luncheon walk and to Donna, Dan and Marilyn for setting up the tables. And what a feast we enjoyed as people brought all sorts of yummy food. Again thanks to Dan for his auctioneering skills—we did make a profit thanks to the generosity of our members. Congratulations to those who won door-prizes.

On Saturday, Nov. 2 we had positive feedback from many individuals who stopped at our booth at the UT Successful Aging event at the Convention Center (see page 12 for some photos). Special thanks to Tracey J., Connie V., Jessica N., Derek S., Cynthia R., Janet F. and Marilyn B. for serving as ambassadors at our booth throughout the day. We handed out some 100 newsletters and probably almost as many panel cards. We also got names and email addresses from 45 people who will receive PDF

copies of the newsletter. I am always surprised when I meet folks at these types of events who were previously members of Walkabout but who have not participated for decades. They all have fond memories of their time in the organization and are pleased that we are still going strong.

Make sure to check the newsletter and your emails for special walks and events that will be occurring during the month of December. Most are designed to observe the many beautiful holiday decorations around the city. It is hard to beat a nice walk while enjoying the colors of the season. And however you decide to spend your holiday, remember to take a few minutes each day to walk. It will give you a chance to catch your breath and appreciate all the season has to offer.



MONTHLY WALK ROUND-UP

SUNDAY, DECEMBER 1

7:15 am

 **BREAKFAST SPECIAL: SHELTER ISLAND.** Let's take a casual to moderate walk along this beautiful, mostly flat area by the bay where there are many beautiful homes. Then back to optional breakfast. Meet at meterless spaces in the parking lot at Anchorage Ln. and Canon St. (one block south of Shelter Island Dr). Edie A. edier@cox.net. (619) 313-7818.

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.

Observation: "It is paradoxical, that the idea of living a long life appeals to everyone, but the idea of getting old doesn't appeal to anyone." —*Humorist Andy Rooney*

MONDAY, DECEMBER 2

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. We'll see walkers, bicyclers and lots of cute dogs out for their morning stroll. Optional breakfast follows. Marlene G. (619) 692-3020, or cell (619) 204-0095.

10:00 am

HISTORIC LA PLAYA TRAIL. Join leader Rob as we follow a leg of the historic La Playa Trail along shoreline past yacht clubs, amazing homes and award winning gardens. Meet at the trail marker by the bay at the intersection of Talbot Street and Anchorage Lane, 2800 Talbot Street, an area which was the site of a Chinese junk shipbuilding village until the Chinese Exclusion Act. We will follow the ancient Kumeyaay path that became the oldest commercial trail in the Western United States, used by fur traders, whalers and fishermen to transport cargo from Ballast Point to Old Town and beyond. The *casual+ pace* is on a flat dirt trail for approx. 2.4 miles RT and 75 minutes. Street parking; observe signage. Optional eats after; *heavy rain cancels*; served by bus #28. Sally R. (619) 222-3800. Repeats every other week.

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.

TUESDAY, DECEMBER 3

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. Rain, but not mist, cancels. Flashlight recommended. Please call Jill F. (858) 292-4231 to make sure walk is 'on' for the week. We cancel due to holidays or commitments during this busy season.

WEDNESDAY, DECEMBER 4

9:00 am

MISSION TRAILS REGIONAL PARK, OAK GROVE LOOP PLUS. This is a 1.5 mile round trip *easy walk* on a dirt trail. It's mostly level terrain with a gradual incline and some steps. It's a good idea to wear shoes with a good tread. Meet in front of the Visitors Center. Directions from Interstate 8 exit to Interstate 15, take Mission Gorge road exit then turn left on One Father Junipero Serra Trail, San Diego 92119. *Rain cancels.* Optional breakfast after. Janet F. (619) 890-4622.

THURSDAY, DECEMBER 5

6:30 am

 **SUNRISE SERIES: CORONADO (HOLIDAYS IN DECEMBER).** Let's take a flat, *moderate* paced walk through scenic Coronado where hopefully we will see some beautiful Holiday decorations. We'll see what we find as we explore the shops, homes and gardens, and of course the Hotel Del Coronado! Will the ice rink be open? Will Santa and his elves be lurking about this early in the month? Join us and we'll find out together! Early morning in Coronado is the best! Meet at the west side of 10th St. and Orange Ave. with optional breakfast afterward. Connie V. (619) 477-8628.

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.

10:00 am

 **SHELTER ISLAND WALK & TALK.** Join Rob, Elaine, Janet or Kathy B. 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.

SUNDAY, DECEMBER 8

7:15 am

 **BREAKFAST SPECIAL:**

BALBOA PARK. The park is beautiful year round, with many paths to explore at your own pace. Eating and chatting afterward is optional but great fun. Meet at the carousel on Park Blvd. at Zoo Pl. Edie A. edier@cox.net. (619) 313-7818.

8:15 am

 **MERRY GO-ROUND.** See Sunday, December 1 for details.

4:00 pm

48th ANNUAL SAN DIEGO BAY PARADE OF LIGHTS and WALK (www.sdparadeoflights.org). This year's theme is Comi-con on the Bay where a procession of lavishly decorated boats begins at 5pm. Rob will lead a walk at 4pm to the end of the island and back. Meet in an area behind the Bali Hai, to the right, where there is a wall to sit on with great view of the event. Seating limited. Bring finger food to share, non-alcoholic beverage and cushion if desired. Bar drinks are available at the Bali Hai. For parking info, email Sally at sallywalkabout@cox.net.

MONDAY, DECEMBER 9

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.

10:00 am

AMERICA'S CUP HARBOR. Join leader Rob as we walk around America's Cup Harbor on sidewalks to admire what's new in the marina from bayside restaurants to a new brewery, gelato/coffee shop, deluxe condos and new docks, with lots of construction and MORE. The *casual+ pace* walks on flat paved surfaces and are approximately 2.5 miles each for about 1 hour and 15 minutes. Fun, friendly group. Optional eats afterward. Meet to the right of the front door of the Bali Hai. Ample free parking; Served by #28 Bus and walk 3 blocks.

Heavy rain cancels.
Sally R. (619) 222-3800. Repeats every other week.

10:00 am

 **CROWN POINT AREA BECKONS.**

See Monday, December 2 for details.

KEY TO WALK SYMBOLS



WEEKLY REPEATING WALKS



SUNRISE SERIES



BREAKFAST SPECIAL

TUESDAY, DECEMBER 10

2:00 pm

TREASURES OF UNIVERSITY

HEIGHTS. Stroll the quiet streets of what was once the site of the famous Mission Cliff Gardens, find a huge map of University Heights in the Trolley Barn Park, and discover California courts, an

1886 house, a log house and some "secret" streets. Meet at the corner of Adams Ave. and the east end of Panorama Drive (Louisiana Street to the south) for a *casual-to-moderate* 1 1/2 hour flat walk. Bus #11 stops on Adams Ave at Panorama. *Rain cancels.* Evelyn K. (619-461-6095).

6:30 pm

 **ABOVE THE BAY.** See Tuesday, December 3 for details.

THURSDAY, DECEMBER 12

6:30 am

 **SUNRISE SERIES: LIBERTY STATION.** Join Edie in the parking lot to the east of Trader Joes on Truxtun Road for a one hour *casual to moderate* walk. We'll see if the businesses and galleries have added any Christmas decorations to this historic location. Once home to Naval Training Center (NTC) San Diego, you can see such diverse attractions as Historic North Chapel, our own Walkabout office, and numerous art galleries and dance studios. Bring money for an optional breakfast afterward. Edie A. edier@cox.net, 619-313-7818.

10:00 am

 **MISSION BEACH NORTH & SOUTH.** See Thursday, December 5 for details.

10:00 am

 **SHELTER ISLAND WALK & TALK.** See Thursday, December 5 for details.

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 and dress warmly. Meet at the intersection of Warhawk Way and Mt. Abernathy Ave.—near Madison High School. Beverly D. 858-274-0687.

FRIDAY, DECEMBER 13

4:00 pm

MISSION HILLS MEANDER. Come get your Walkabout Passport and collect different stickers for various walks taken in this charming area. The air should be cool and crisp as we check out historic homes decked out with delightful decorations. This 1 hour *moderate* walk for 2.5 miles meets at 1920 Fort Stockton Dr. From Washington St. go north on Goldfinch and west to Fort Stockton Dr. Cynthia R. (619) 889-6645.



Lenore's Gonzales Canyon October walk.

**SATURDAY,
DECEMBER 14**

9:30 am

4S RANCH RAMBLE.

Take a break from the holiday rush to come out and discover this friendly North County neighborhood on a varied walk along easy trails and tree-lined streets. Be on the lookout for ducks or other water birds around the wetland area and pond. Some hills. Meet in front of Carl's

Jr. in the 4S Ranch Village Center at 16613 Dove Canyon Drive for a *moderate-paced* approximately 6-mile loop. Take the Camino Del Norte exit from Highway 15 and go west. Turn left at Dove Canyon Drive then left at the first light into the shopping center. Lenore E. (619) 890-0714 ledidin@san.rr.com.



Anita, Kathy B., Mark L., and Janet F. at the first walk at Mission Trails Park on November 6, 2019.

SUNDAY, DECEMBER 15

7:15 am

BREAKFAST SPECIAL: MISSION BEACH. Let's walk, at your own pace, along the boardwalk to enjoy the ocean waves reflecting the rising sun. We could go north or south as we admire the mixture of old beach cottages and new multi-story homes. Meet in the parking lot in front of the roller coaster. If this parking lot is closed, meet in the large parking lot to the south. Edie A. edier@cox.net. (619) 313-7818.

8:15 am

MERRY GO-ROUND. See Sunday, December 1 for details.

MONDAY DECEMBER 16

6:30 am

SUNRISE SERIES: HARBOR ISLAND. We'll have a quiet walk for 1 hour at a *moderate pace* on flat terrain around this beautiful area so close to downtown. This walk also has an option for those faster walkers who want to join us! 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. Winnie M. (858) 278-4003.

10:00 am

HISTORIC LA PLAYA TRAIL. See Monday, December 2 for details.

10:00 am

CROWN POINT AREA BECKONS. See Monday, December 2 for details.

TUESDAY, DECEMBER 17

6:30 pm

ABOVE THE BAY. See Tuesday, December 3 for details.

WEDNESDAY, DECEMBER 18

9:00 am

LAKE MURRAY. Come join us for a peaceful *casual paced* 1 hour walk on a mostly flat path by the water. There is a variety of wildlife to be seen as well. Drive through the main entrance to Lake Murray at the end of Kiowa Dr. off Lake Murray Blvd. Meet at the covered picnic table by the water just off the main parking lot. Optional breakfast after. Janet F. (619) 890-4622.

THURSDAY, DECEMBER 19

6:30 am

SUNRISE SERIES: NORTH PARK. Meet at Pershing Dr. and Upas

St. for a one hour *casual to moderate* walk. We'll stroll thru Bird Park and check out the area around it. Take I-5 to Pershing Dr. exit and continue on Pershing Dr. for 1.5 miles – your destination will be on the right. Bring money for an optional breakfast afterward at a new restaurant. Frances B. (619) 479-3962. 10:00 am

MISSION BEACH NORTH & SOUTH. See Thursday, December 5 for details.

10:00 am

SHELTER ISLAND WALK & TALK. See Thursday, December 5 for details.

FRIDAY, DECEMBER 20 (THIRD FRIDAY)

3:40 pm

SUNSET CLIFFS VIEWS. We'll finish our one hour walk near dusk, but we will enjoy this picturesque wonderland and spectacular views with occasional surprises such as weddings, marriage proposals and impromptu celebrations. Meet at Sunset Cliffs Blvd. & Point Loma Ave. (not West Point Loma Blvd.) in Ocean Beach. For public transit, take bus route 923 from downtown at Broadway & 5th Ave. OR route 35 from Old Town Transit Center and transfer to route 923 in O.B. We walk at a *casual pace* with stops as appropriate. Stan F. (619) 222-3447.

SUNDAY, DECEMBER 22

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 a flat walk at your own speed and then return by the same route. Meet at the end of Garnet where the pier begins. Optional breakfast follows, perhaps overlooking the ocean and the surfers. Edie A. edier@cox.net. (619) 313-7818.

8:15 am

MERRY GO-ROUND. See Sunday, December 1 for details.



Marty Tullar and Mark Levy enjoying the annual Walkabout Picnic at Mission Bay.

MONDAY, DECEMBER 23

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. **John & Marilyn** 619-840-5544.

10:00 am

AMERICA'S CUP HARBOR. See Monday, December 9 for details.

10:00 am

 **CROWN POINT AREA BECKONS.** See Monday, December 2 for details.

TUESDAY, DECEMBER 24

6:30 pm

 **ABOVE THE BAY.** See Tuesday, December 3 for details.

WEDNESDAY, DECEMBER 25

9:30 am

WALKABOUT'S ANNUAL CHRISTMAS BRUNCH. See write-up on page 6.

THURSDAY, DECEMBER 26

6:30 am

 **SUNRISE SERIES: MISSION HILLS.** We'll discover what's new and old, what is being remodeled and renovated, the beautiful yards and gardens in one of San Diego's oldest neighborhoods. I'm sure we will also see some wonderful holiday decorations! This is a *moderate* 1-hour walk on flat terrain, but for the faster walkers, there will be an option for you. Meet Connie at St. and Fort Stockton Dr., which is 1 block north of West Washington St. Optional breakfast afterward. **Connie V.** (619) 477-8628.

10:00 am

 **MISSION BEACH NORTH & SOUTH.** See Thursday, December 5 for details.

10:00 am

 **SHELTER ISLAND WALK & TALK.** See Thursday, December 5 for details.

FRIDAY, DECEMBER 27

4:00 pm

MISSION HILLS MEANDER. Hopefully, by this time your to-do lists have gotten shorter. Don't forget to sneak in one last walk with us before the end of the year. Our walk will help you stay active, give you energy, reduce your stress and help mitigate some of those extra calories you may have eaten. This 1 hour *moderate* walk for 2.5 miles meets at 1920 Ft. Stockton Dr. From Washington St. go north on Goldfinch and west to Ft. Stockton Dr. **Cynthia R.** (619) 889-6645.



Janet F. (Candy Striper) and Cynthia R. (Jelly Belly Candy) on the Halloween walk at Shelter Island on October 31, 2019.

SUNDAY, DECEMBER 29

7:15 am

BREAKFAST SPECIAL: LA JOLLA.

We'll walk in La Jolla and look for seals and birds and other wonderful things along the shore. Enjoy crashing waves and ocean breezes for an hour or more, then an optional breakfast for those who want one. Come and join us. We'll meet at the NE corner of Girard and Pearl. **Edie A. edier@cox.net.** (619) 313-7818.

8:15 am

 **MERRY GO-ROUND.** See Sunday, December 1 for details.

MONDAY, DECEMBER 30

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, sea birds,

fishermen and others out enjoying the early morning. 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. For those of you who have not walked here, it is yet another great way to enjoy our beautiful Mission Bay! This walk allows for those walkers who want to walk at a faster than *moderate pace* as well! Optional breakfast follows this *moderate*, flat 1-hour walk. **Winnie** (858) 278-4003.

10:00 am

HISTORIC LA PLAYA TRAIL. See Monday, December 2 for details.

10:00 am

 **CROWN POINT AREA BECKONS.** See Monday, December 2 for details.

TUESDAY, DECEMBER 31

6:30 pm

 **ABOVE THE BAY.** See Tuesday, December 3 for details.



45-TripQueGroup



LIBERTY STATION

TREE LIGHTING & HOLIDAY FESTIVITIES

NOVEMBER 29, 2019 FROM 4:00–9:00PM

Liberty Station invites the community to celebrate the season at its 2019 Salute the Season main event, the Liberty Station Tree Lighting & Holiday Festivities, taking place in the North Promenade on Friday, Nov. 29, from 4 to 9 p.m. Visitors will enjoy a magical evening of the iconic 88-foot Norfolk pine tree lighting as well as live entertainment, festive firetruck rides, free photos with Santa, and The Grinch movie showing.



North Promenade to watch it come alive with holiday spirit as a Rady Children’s Hospital patient family lights the towering tree from top to bottom. Following the lighting, event goers are encouraged to stop by one of Liberty Station’s restaurants for a bite to eat. Then, everyone is welcome to set up lawn

chairs and picnic blankets for an outdoor viewing of The Grinch that will be projected onto a sail movie screen custom-made by a local craftsman. Ice skating at Rady Children’s Ice Rink in Central Promenade will be open for the entire evening.

The evening will begin with live entertainment starting at 4 p.m. At 6:15 p.m., guests will gather around the 88-foot Norfolk Pine in the

WALKABOUT’S ANNUAL CHRISTMAS BRUNCH

WEDNESDAY, DECEMBER 25, 2019, 9:30am to around 2pm

11004 Dutton Drive, La Mesa, 91941 (just off Avocado between Fuerte & I-94)

This year’s holiday brunch is being hosted by the Oliver Family (Eugene, Evelyn and Janice) at their home in La Mesa. Come and enjoy a wonderful brunch, gift exchange, and time to hangout and visit. The cost is \$15.00 per person. Send your check to Walkabout International, 2650 Truxtun Road, Suite 110, San Diego, CA 92106. Marked Christmas Brunch. Questions contact Janice 619-518-4812 (C) or Eugene and Evelyn 619-447-6013 (H).

Menu:

Scrambled eggs, vegan sausage, bacon, assorted croissant & Danish pastries, bagels and cream cheese, fresh fruits, nuts, cheeses, orange juice, coffee, ice tea, and Mimosas.

Cooks and Brunch Elves are Bev Bruff, Beth Chopp, Terry Bernardo, Sharon La Croix and of course Janice Oliver.

Gift Exchange:

After we eat. Bring a gift (around \$10) marked male, female, or generic.

Visit Time:

Bring your best ever and worst travel stories and/or holiday family get-togethers to share. Hangout and visit with your Walkabout friends.

BOY, DO WE LOVE BOISE



Dan and Bobbi Seibel at the Idaho state penitentiary.



Our group listens to our guide in the rotunda of the Idaho state capital.



Learning interesting facts at the Birds of Prey exhibit in Boise, ID.



Dan Seibel leads us in learning the PO-TA-TO-PO-TA-TO song.



Walter K entertains us while we wait for our Del Parkinson piano concert.



A chilly day at the Masad Gorge State Park.



Shoshone Falls at Twin Falls, ID.



All 13 of us pose at the "Niagara Falls of the West."

A FAREWELL FROM DAN HASLAM

After nearly 20 years in San Diego, I am walking on. I have moved to Fort Lauderdale, FL, where I will continue my north-south migration between Cape Cod and now Florida in the springs and falls. The semi-annual drive across country was losing its luster, and with a new house in each of Cape Cod and Florida, it was time to move on. I have loved my Walkabout years, and just because I have relocated to another state, it does not mean you won't see me again. I have maintained a rental condo in San Diego which I can move to at any time. With the board's permission, I will continue to offer walking tours, but they will be planned out of Florida or Massachusetts. Many of the new tours may focus on the East Coast, and I'll simply meet the travelers at local airports.



Dan Haslam at Fallback festival pie eating contest 2018.

Over the years, I've had a lot of fun with Walkabout and the special breed that are our members. In '94 I hosted nearly 40 for 10 days in Tucson, AZ where I was then living, and moved to San Diego in 2000. My board service extends to 2000 with several years as president and VP, and with my first trip leading a luxury tour to Montreal and Quebec City. Then when 9/11 hit, I kept our Atlantic van tour calm and collected as we worked our way through a terrorized country. About 125 trips later, I think I've learned a few tricks. Don't squeeze 15 people onto a 15-passenger van. Limit luggage. Lots of rest stops when driving. Not a whole lot of night life ... people are tired after a long

day of walking. The local activities in San Diego have delighted me as well. Remember the holiday home tours? Happy hour walks? Dog walks? Cheap "Weekend Warriors" van day trips with picnic lunches? Thanksgiving dinners at my church prepared with the help of Dorothy Busbee, Norm Vigeant, Fred Ihler and so many more? All the meals I have cooked, gifts wrapped for walk leaders appreciation — the unusual narrated walks I researched and led — so many obituaries I have written — the annual auctions and fundraisers — the 5-year anniversary parties — it has been a great 25+ years with all of you. While I will miss you all, I welcome the opportunity for new challenges; I have been invited to join the board of the

Truro Historical Society in my new Cape Cod town. My job as a starter/ranger for the oldest golf links in America resumes next May. I will be leading walks in both Provincetown and Fort Lauderdale ... we may even continue our Cape Cod affiliate of Walkabout. But I want to have a bit more time for just me ... to travel broadly, and cruise luxuriously. To swim in my pool and enjoy a tropical paradise. Ft. Lauderdale is the busiest cruise terminal on the East Coast, and I intend to do my share. Please keep in touch with me and know that Walkabout will always have a special place in my heart, and feet. —Dan Haslam

BOARD SEEKS YOUR HELP VOLUNTEERS NEEDED!

1. Office Volunteers

Here is your opportunity to help keep our great organization going. Office hours are 10am-2pm Monday, Wednesday and Friday. Activities include answering the phone, checking the mail, general maintenance of the office and helping with projects as needed. No prior office experience is required as we will train you on all aspects of the job and a board member is usually only a phone call away if something comes up for which you have no answer. Currently we have been able to maintain office hours because board members are giving their time to serve.

2. Board of Directors Members

What does it take to be a member of the Board of Directors?

First and foremost a desire to do all that is necessary to keep this great organization moving forward. We request you attend one two hour meeting on the 2nd Friday of each month. These meetings are where we determine what events, activities, trips etc. that Walkabout will do. In addition to board meetings, most members have additional activities. For example,

Donna is the secretary and takes the minutes of our board meetings, Diane is the treasurer and makes sure our bills are paid, Stan keeps our membership rolls in order so people receive their monthly newsletter, Marilyn plans activities and day trips and Dan plans multi-day trips.

We currently need someone who would like to help us develop new walks. We would also like to have someone who is social media savvy and would like to spread our story using this forum.

If this sounds like something you would like to do, please attend a board meeting so we can meet you and hear your ideas. If you can't attend the board meeting, please email your ideas to Elaine Berger President@walkabout-int.org.

WALKABOUT BOARD MEETING

Friday, December 13th at 10:30 a.m.

Serra Mesa-Kearny Mesa Branch library,
Sudberry Room

9005 Aero Drive, San Diego 92123

All Subscribers Are Welcome

WEDNESDAYS & SATURDAY HIKES

Time: TBA

WILDERNESS HIKE details and trailhead directions will be e-mailed a day or two before each hike.

IMPORTANT HIKE INFO: 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 well prepared for trail conditions, be able to keep pace with the group and will be accepted at the leader's discretion.

Car Pool 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.

Check [Wilderness Hikes](#) 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
Wednesday 12/4	Mike L (858) 922-0738 or mlewis1944@gmail.com
Wednesday 12/11	PJ (858) 566-8928 or pjeffery1@sbcglobal.net
Wednesday 12/18	Mike M (858) 449-9399 or pmi-chael@mcdonaldgroup.net
Wednesday 12/25	Christmas Day - <i>No Hike</i>

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.

JOIN US ON MEETUP!

www.meetup.com/Walkabout-International



Please remember that Walkabout International is a non-smoking experience. There is no smoking at the meeting place or during the walk.

BOARD MEMBERS

President Elaine Berger	(858) 560-9003 President@walkabout-int.org
1st Vice President Robert Buehler	(619) 470-0778 vp1@walkabout-int.org
2nd Vice President	
3rd Vice President Stan Follis	(619) 222-3447 Stanley@walkabout-int.org
Secretary Donna Farris	(619) 559-5650 secretary@walkabout-int.org
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MAILING CREW

Charlotte Sedgwick, Beverly Stebbins, Stan Follis, Don Piller

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.



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DECEMBER 2019 WALKS AT A GLANCE

Bold walk start times are those that repeat every week at the same location, day, and time.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
7:15 am <i>Breakfast:</i> Shelter Island 8:15 am Merry-Go-Round	6:30 am <i>Sunrise:</i> Lake Murray 10 am Historic La Playa Trail 10 am Crown Point Area Beckons	6:30 pm Above the Bay	TBA Hike 9:00 am Mission Trails Regional Park, Oak Grove Loop	6:30 am <i>Sunrise:</i> Coronado 10 am Shelter Island 10 am Mission Beach		
8	9	10	11	12	13	14
7:15 am <i>Breakfast:</i> Balboa Park 8:15 am Merry-Go-Round 4:00 pm San Diego Bay Parade of Lights	6:30 am <i>Sunrise:</i> Pacific Beach Boardwalk 10 am America's Cup Harbor 10 am Crown Point Area Beckons	6:30 pm Above the Bay 2:00 pm Treasures of University Heights	TBA Hike	6:30 am <i>Sunrise:</i> Liberty Station 10 am Shelter Island 10 am Mission Beach	10:30 am Walkabout Board Meeting 4:00 pm Mission Hills Meander	9:30 am 4S Ranch Ramble
15	16	17	18	19	20	21
7:15 am <i>Breakfast:</i> Mission Beach 8:15 am Merry-Go-Round	6:30 am <i>Sunrise:</i> Harbor Island 10 am Historic La Playa Trail 10 am Crown Point Area Beckons	6:30 pm Above the Bay	TBA Hike 9:00 am Lake Murray	6:30 am <i>Sunrise:</i> North Park 10 am Shelter Island 10 am Mission Beach	3:40 pm Sunset Cliff Views	
22	23	24	25	26	27	28
7:15 am <i>Breakfast:</i> Pacific Beach 8:15 am Merry-Go-Round	6:30 am <i>Sunrise:</i> Old Town 10 am America's Cup Harbor 10 am Crown Point Area Beckons	6:30 pm Above the Bay	9:30 am Christmas Brunch	6:30 am <i>Sunrise:</i> Mission Hills 10 am Shelter Island 10 am Mission Beach	4:00 pm Mission Hills Meander	
29	30	31				
7:15 am <i>Breakfast:</i> La Jolla 8:15 am Merry-Go-Round	6:30 am <i>Sunrise:</i> South Shore 10 am Historic La Playa Trail 10 am Crown Point Area Beckons	6:30 pm Above the Bay				

ABOUT WALKABOUT, SAN DIEGO'S PREMIER SOCIAL NETWORK AFOOT

Established in 1977, Walkabout promotes healthy regular exercise, social camaraderie and discovering new places. We are a volunteer, San Diego-based, non-profit organization who offers more than 1,000 free local walks each year, along with parties, picnics, potlucks, holiday celebrations and other activities – including day trips, national and international travel – all with a walking component.

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 \$ _____

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December 2019

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SPREADING THE WORD ABOUT WALKABOUT AT THE



UPCOMING EVENTS/TRIPS/WALKS

DECEMBER:

- Office Appreciation Holiday Party/Gift Exchange TBD
- Hotel Del Coronado Walk Thu, Dec 5
- San Diego Bay Boat Parade of Lights Sun, Dec 8
- Annual Christmas Brunch/Gift Exchange Wed, Dec 25

JANUARY:

- Annual New Years Day Walk?.....Wed, Jan 1

MARCH:

- Annual Walk Leaders Appreciation Luncheon TBD
- Walkabout 43rd Anniversary Potluck..... TBD
- New Orleans Trip/Caribbean Cruise..... TBD

APRIL:

- Board Members Annual Retreat/Planning Session TBD