



San Diego Feets

Vol. 39, No. #11

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. Summer office hours: 10:00 am to 2:00 pm, Mon., Wed., Fri. Internet: www.walkabout-int.org, e-mail: 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.

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

November 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 ****Note New Location****

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. Rarely, we cancel due to holidays or commitments during this busy season.

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 ****No Walk Thanksgiving Day****

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. Join Sandra, Sally and Friends for 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 sea lions. Meet new friends 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. 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. Join us - just for the health of it! **Sally R.** (619) 222-3800.

10:15 am ****No Walk Thanksgiving Day****

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.

MORE GREAT WALKS THIS MONTH

WEDNESDAY, NOVEMBER 2

FRIDAYS

4:00 pm

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 on Ft. Stockton Dr. Rain cancels. **Stan F.** (619) 222-3447.

SUNDAYS

8:15 am

MERRY GO-ROUND. Start from the carousel in Balboa Park and join us on one of the most scenic walks in San Diego. Our **moderate-plus** walk encompasses the harbor, downtown, Bankers Hill and bridges depending on size of group and mood. Allow 3 hours, which includes a coffee break. To use public transit, take the trolley to 3rd Ave. and C St. At 3rd Ave. and Broadway take the #7 bus at 7:42 or 7:48. Arrive at Zoo Pl. at 8:00 or 8:06. Meet **Rick** in the parking lot near the carousel at Park Blvd. and Zoo Pl. (858) 565-7212.

HIKE WEDNESDAYS & SATURDAYS

Time: TBA

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

Date	Contact Information
Nov 2	Mike L. (858) 455-0738
Nov 5	Bob R: (760) 728-8232
Nov 9	Candy: (619) 435-2894 or ccbeckwith146@yahoo.com
Nov 12	Bill: (619) 206-5809 or wa4lrm@gmail.com
Nov 16	Rita C: (619) 482-0052
Nov 19	Bill: (619) 206-5809 or wa4lrm@gmail.com
Nov 23	No Hike
Nov 24	Thanksgiving potluck - Don Piller
Nov 26	Stan H: (619) 448-1668 before 6:00 pm or shunt92071@yahoo.com
Nov 30	Eva: (619) 283-1872 or evajudo@aol.com

10:30 am

EL PRADO AND SPANISH VILLAGE - BALBOA PARK. Join **Robert and Friends** for a 1-hour, flat, paved safari at **casual speed** around the northern section of Balboa Park. We are in no hurry, so you will be able to relax and observe the wonders of the park. Optional restaurant stop afterward. Meet at the Balboa Park Fountain on the Prado near Park Blvd. Free parking on paved lots at Park Blvd. and Village Pl. To use public transit, take the #7 bus north or south on Park Blvd., exit at Village Place at approximately 9:15. Rain cancels. **Robert B.** (858) 414-6181.

THURSDAY, NOVEMBER 3

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.

*****REMEMBER TO FALL BACK 1 HOUR!*****

SUNDAY, NOVEMBER 6

7:15 am

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

9:15 am

MEANDERING AROUND CARMEL VALLEY/MOUNTAIN. Ready to seek some secluded trails and serene pathways in the less explored southern reaches of Carmel Valley? Savor a **moderate-plus** 3-hour cavort over mixed-up and down terrain. Look for **Larry** at the front-door entrance to Vons (in the Torrey Hills Center near the corner of Carmel Mountain Rd. and East Ocean Air Dr., with free parking). Take I-5 to connect onto the Local Bypass (south of CA-56) and exit at Carmel Mountain Rd. to go east for two streets, where Carmel Mountain makes a sharp right-turn. About a mile later is entrance to shopping center. BYO water, rain cancels. (858) 755-1751 (evenings/weekends) Larry@walkabout-int.org.

MONDAY NOVEMBER 7

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, NOVEMBER 8

10:00 am

THE 7 GREAT WALKS OF MISSION BAY. Dan D. offers a new series of walks beginning with a moderate flat walk of 4.3 miles from the Catamaran Hotel around the west side of the main western loop of Mission Bay, and the smaller southwestern loop, with lunch on your own dime at Belmont Park. You can drive and park on side streets north and east of Pacific Beach Dr., or meet Dan at Old Town Transit Center (OTTC) on the parking side where Bus 8 departs at 9:23 am to drop us off directly at the hotel. Pass through the lobby and meet everyone outside in the patio area near Bayside Walk. Afterwards, either walk back or take the northbound Bus 8 back to the hotel or the southbound Bus 8 back to OTTC to reclaim your car. Heavy rain cancels. Email **Dan D.** at ddobbs48@gmail.com and he will reply with details or phone (858) 722-3002.

THURSDAY, NOVEMBER 10

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 V.** at Goldfinch St. and Fort Stockton Dr., which is 1 block north of West Washington St. Optional breakfast afterward. (619) 477-8628.

FRIDAY, NOVEMBER 11 (VETERANS DAY)

9:00 am

SAN DIEGO RIVER PARK GARDEN. Meet **Virginia C.** at the Rio Vista Trolley Stop for a 1-1/2 to 2-hour casual walk from the trolley Stop along the sidewalk to the new garden. On the way, we will pass by a very odd looking building. Parking is available at the mall across the street.

SATURDAY, NOVEMBER 12

7:15 am

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

SUNDAY, NOVEMBER 13

7:15 am

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

MONDAY, NOVEMBER 14

6:30 am

SUNRISE SERIES: EASTERN BALBOA PARK. Meet **Edie** at the merry go-round off Park Blvd. near the Zoo. We'll see roses and cacti galore, and much more on this moderate 1 hour walk. We'll stay on cement paths, cross a bridge and hope for a rose garden in full bloom. Plan for an optional breakfast afterward. Shall we try Greek? (619) 222-4396.

TUESDAY, NOVEMBER 15

2:00 pm

LA MESA MEANDER. We'll wind around old La Mesa and see the historic 1890's Porter House, plus other handsome homes from the early 1900's. Meet at the northwest corner of Memorial Dr. and University Ave., by MacArthur Park for a casual to moderate hilly, 1.5 hour jaunt. Arrive 15 minutes early to enjoy the art of the Foothills Fine Arts Gallery at Porter Hall, located at our meeting corner. You can take the #1, 7, 851, or 855 bus or the Orange Line Trolley. Rain cancels. **Evelyn K.** (619) 461-6095.

WEDNESDAY, NOVEMBER 16

10:30 am

A DELICIOUS TASTE OF YESTERYEAR. If you enjoy the rural scene and love to see ducks, geese and rare white pelicans, then take a 1-hour casual meander with **Robert and Friends** around Lindo Lake. Take Route 67 from I-8, turn off at Riverford Rd. and go through Lakeside on Woodside Ave until you see the park and lake. Turn right on Chestnut St. and a quick left into the VFW parking lot. Later, as an option, we will chow down at a local restaurant. Rain cancels. **Robert B.** (858) 414-6181.

THURSDAY, NOVEMBER 17

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.

SUNDAY, NOVEMBER 20

7:15 am

BREAKFAST SPECIAL ALONG EAST MISSION BAY. Let's take a flat walk **at your own speed** to see the birds, boats, and views. Optional breakfast and chatting follow. Meet on Mission Bay Dr. by the restrooms just south of Clairemont Dr. If the road/parking lot is closed for an event, 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.

MONDAY, NOVEMBER 21

6:30 am

SUNRISE SERIES: HARBOR ISLAND. We'll have a quiet walk for 1 hour at a **moderate** pace on flat terrain around this beautiful area so close to downtown. Take Harbor Dr. to Harbor Island Dr., turn west to the end and turn left to the parking next to Island Prime Restaurant. Bring money for optional breakfast afterward. **Frances** (619) 479-3962.

THURSDAY, NOVEMBER 24 (THANKSGIVING)

10:00 am **SHELTER ISLAND WALK.** Let's walk off a few calories before Thanksgiving dinner. See page 1

SUNDAY, NOVEMBER 27

7:15 am

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

MONDAY, NOVEMBER 28

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.



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.

TUESDAY, NOVEMBER 29

10:00 am

THE 7 GREAT WALKS OF MISSION BAY. This 2nd walk of Dan's series runs from Belmont Park, around the southern portion of the main western loop to Dana Landing and north over Ingraham St. Bridge to Vacation Isle. This **moderate** 2.7 mile walk will take us on a unique and pleasant pathway that will include lunch on your own dime along the way. The best way to reach the start and depart from the end of this walk is to meet Dan at Old Town Transit Center (OTTC) on the parking side of the station where Bus 8 departs at 10:03 am (\$1.10 cash for a senior). Return to OTTC on Bus 9 from Ingraham St. Heavy rain cancels. Email Dan D. at ddoobs48@gmail.com and he will reply with details or phone (858) 722-3002.

FEATURED TRIPS



RESPLENDENT RAMBLES IN THE ALLURING SWISS ALPS

June 25 - July 9, 2017

The trip is full, but a waiting list is open.

Since our last Swiss trip (in 2015), a growing interest has arisen for Walkabout to return to that fabled land. Finally, Larry has succumbed to leading yet another walking tour in Switzerland.

Continuing our Swiss tradition, once again we will experience an itinerary totally different from any of our previous trips there. This time we go behind-the-scenes to a new series of fascinating and far away villages that abound in absolutely stunning alpine scenery.

We will visit four remote areas of Switzerland: Arosa in the east (3 nights), Weggis in the central region (4 nights on the lake of Lucerne), Lenk in the west (3 nights) and world renowned

Zermatt -- home of the majestic Matterhorn -- in the south (4 nights).

Our adventures bring us to three hotels nestled in distant valleys surrounded by alluring alpine vistas and reached only by our taking trains to their final, end-of-the-line destinations. One lakeside hotel, not accessible by train, entreats us to arrive by boat, where nearby we will soar high atop a favorite alp of celebrated rambler, Mark Twain.

Our trip includes 15 days/ 14 nights of 3- and 4-star accommodations, 14 breakfasts, 14 dinners, a 15-day Swiss Travel Pass (for unlimited train, bus and boat transport), admissions to countless museums and cultural events, all-the-chocolate-you-can-eat, a host of daily walks to savor breath-taking alpine beauty, comprehensive services of Walkabout leader, Larry (who has led dozens of walking tours of Switzerland).

The land-only cost is \$3,895 (per person, double-occupancy) with \$425 single-supplement, pending 2017 pricing for Swiss Travel Pass and Swiss-US Dollar exchange rate.



POSSIBLE DAY TRIP

A historic Spa south of Riverside with multiple hot springs, pools and a mud treatment grotto. There are both outdoor and indoor areas in which to relax and rejuvenate. November 2016 or Spring 2017 trip, depending on interest shown. If you are interested, please call the Walkabout office (619) 231-7463 to add your name to the interest list.



WALKABOUT HIKES APPALACHIAN TRAIL

Fourteen Walkabouts hiked a portion of the Appalachian trail in western North Carolina in early October as part of a weeklong tour in the area. The 2,800 mile trail begins in Georgia,

and so did our walkers. The trail walk was only a tiny portion of the trip and was accomplished in the mountain town of Hot Springs, NC, one of two places on the trail where the path actually runs down Main Street.

Our tour began at the Atlanta airport, where our group was met by leader Dan Haslam. We were whisked in our tour van to Stone Mountain, GA, an eastern suburb of Atlanta, and hopped on a gondola and ferried to the top of the huge, carved granite mountain. There are three Confederate heroes carved into the stone facing (similar to Mt. Rushmore), and the views from the top of the mountain of the surrounding countryside are breathtaking. Most of the group hiked the 1.5 miles down the mountain and another mile or so to the starting point. A wonderful Greek dinner followed.

The next day the group headed up to their digs in Asheville, NC and toured the winery at the Biltmore Estate, with a little tasting on the side. Early the next morning our group had an early bird walk in Biltmore Village, built by George Vanderbilt to house his bank, church, railroad station and other Tudor-style commercial enterprises. A self-guided tour of the Biltmore mansion followed, with a full day allotted on the manicured gardens and trails with perfect weather.

Hurricane Matthew was brewing on the east coast, and there were many evacuees moving into Asheville motels, which were full to overflowing. Our group braved some rain as the only effect of the storm, but continued with plans to visit a mountain celebration in Waynesville, with craft tents, clogging, Morris dancers, and southern songs.

Our group also took a daylong outing to the western border of NC and eastern border of Tennessee and delighted in scenic mountain roads. We also toured the Carl Sandburg estate (complete with prize-winning goats) near Hendersonville, NC, now run by the National Park Service.

In Asheville, our group enjoyed a tour and visit of author Thomas Wolfe's boarding house, My Old Kentucky Home. The eclectic nature of Asheville's downtown was fascinating, with many unusual restaurants, music venues, and period architecture. Our group also visited the state Arboretum, home of the largest bonsai collection and the Folk Art craft center, as part of a drive on the Blue Ridge Parkway. There were even a few zombies around Asheville to keep things interesting.

Those on the trip included Norm Vigeant (co-leader), Bob Buehler, Candy Beckwith and Patty Meyer, Wendy Lucas-Meyer, Jennifer Nickles, Jim Miller, Marianne Goldberg, Carol Eckhart, Joan Emerick,, Walter and Margo Linback and David Squire.



THANKSGIVING WITH YOUR WALKABOUT FRIENDS **Thursday, November 24**

If you'd like to enjoy Thanksgiving dinner with your Walkabout friends, phone the office at (619) 231-7463 to sign up on the interest list with your name, phone number, email, and number of people who may attend. We'll be in touch once we have confirmed a venue.



NOVEMBER 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
		1	2	3	4	5
		6:30 pm Above the Bay	TBA Hike 10:30 El Prado & Spanish Village 3:00 pm Wednesday Workout	6:30 am Sunrise: San Diego River 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	4 pm Mission Hills Meander	TBA Hike
6	7	8	9	10	HOLIDAY 11	12
7:15 am Breakfast Spcl: Shelter Island 8:15 am Merry Go- Round 9:15 am Meandering around Carmel Valley/Mtn	6:30 am Sunrise: Lake Murray 10 am Crown Point Area Beckons	10 am The 7 Great Walks of Mission Bay 6:30 pm Above the Bay	TBA Hike 3:00 pm Wednesday Workout	6:30 am Sunrise: Mission Hills 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	9 am San Diego River Park Garden 4 pm Mission Hills Meander	TBA Hike 7:15 am Late Birds
13	14	15	16	17	18	19
7:15 am Breakfast Spcl: Balboa Park 8:15 am Merry Go- Round	6:30 am Sunrise: E. Balboa Park 10 am Crown Point Area Beckons	2 pm La Mesa Meander 6:30 pm Above the Bay	TBA Hike 10:30 am Delicious Taste of Yesteryear 3:00 pm Wednesday Workout	6:30 am Sunrise: South Shore 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	4 pm Mission Hills Meander	TBA Hike
20	21	22	23	HOLIDAY 24	25	26
7:15 am Breakfast Spcl: E. Mission Bay 8:15 am Merry Go- Round	6:30 am Sunrise: Harbor Island 10 am Crown Point Area Beckons	6:30 pm Above the Bay	3:00 pm Wednesday Workout	10 am Shelter Island	4 pm Mission Hills Meander	TBA Hike
27	28	29	30			
7:15 am Breakfast Spcl: Pacific Beach 8:15 am Merry Go- Round	6:30 am Sunrise: Pacific Beach Boardwalk 10 am Crown Point Area Beckons	10 am The 7 Great Walks of Mission Bay 6:30 pm Above the Bay	TBA Hike 3:00 pm Wednesday Workout			

UPCOMING WALKS, EVENTS & TRIPS

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

Overnight Trips (all dates are tentative)

Resplendent Rambles in the Alluring Swiss Alps	June 25 - July 9, 2017
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Events/Walks

Thanksgiving Restaurant Dinner	November 24
Thanksgiving Shelter Island Walk	November 24
Christmas Brunch; Gift Exchange	December 25



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. If you e-mail more than one walk, please leave extra space between each walk.

You can e-mail your newsletter comments and suggestions to publisher@walkabout-int.org



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

WALKABOUT BOARD MEETING

Friday, November 18 at 11:30 am

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



BOARD MEMBERS

President	(858) 571-7733
Robert Buehler	President@walkabout-int.org
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Norman Vigeant	(619) 231-7463 ngfrenchy@hotmail.com
Bruce Herms	Emeritus

JOIN US ON MEETUP!

www.meetup.com/Walkabout-International



OFFICE STAFF

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

NEWSLETTER STAFF

Dan Haslam, Kim Mills, Fran Whiteman

MAILING CREW

Charlotte Sedgwick & Beverly Stebbins (Captains), Alice Berwert, Stan Follis, Grace Greenalch, Julie McKane, Barbara Miller, Sharon Nelson, Joanne Paul, Gwen Phelps, 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)
- Subscribe to the email list for Wilderness Hikes

Call 619-231-SHOE (7463) to notify office promptly of any changes to your information; or to discuss WALKABOUT's charitable gifts, trusts, and memorials program; or to find out how you can donate some time to WALKABOUT. By coming on walks, bringing friends, helping out at the headquarters or at events - you sustain and spread the WALKABOUT spirit!

Walkabout is offering a buy-one, get-one-free subscription deal when you contribute at the \$25 level or above. Simply provide information for someone who has never had their own subscription and might like to subscribe:

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Walkabouters 'fall' into place this September in Del Mar