



# San Diego Feets

Vol. 39, No. #4

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

## April 2016

### WEEKLY REPEATING WALKS

These walks repeat every week this month at the same location, day, and time.

#### MONDAYS

10:00 am

**CROWN POINT AREA BECKONS.** Start out your week with beautiful scenic views of Mission Bay and nearby homes as a guest leader takes the group on a **moderate to moderate-plus** flat walk for about 2 hours with a pause for coffee or yogurt. Take I-5 to Grand Ave. and go west to Lamont St., turn left on Lamont St., then right on Crown Point Dr. to meet at the west end of the parking lot by the park's southern end restrooms. To use public transit, take the trolley to Old Town and board the #9 bus at 9:10, get off at La Cima Dr. and walk 3 blocks east to the parking lot. Rain cancels. **Kathy L.** (858) 484-0349.

#### TUESDAYS

6:30 pm

**ABOVE THE BAY.** Join us for some exercise and fabulous views of the lights around Mission Bay. Meet by Carl's Jr. at Clairemont Dr. and Burgener Blvd. for a hilly, 1-hour plus, **moderate to moderate-plus** walk (see Thomas Guide 1248-F6). Rain, but not mist, cancels. Flashlight recommended. Please call **Teri E.** (858) 560-0446 or **Jill F.** (858) 292-4231 to make sure walk is "on" for the week.

#### WEDNESDAYS

5:30 pm

**WEDNESDAY WORKOUT.** Meet at Costa Verde Shopping Center in front of Bookstar, west of the UTC Mall between La Jolla Village Dr. and Nobel Dr. We will walk for about 1½ hours at a moderate-plus pace, heading in a different direction each week, exploring canyon trails and hills. Rain cancels. Come and have some fun! **Kathy T.** (858) 459-6438 or **Barbara S.** (858) 452-8832.

#### THURSDAYS

10:00 am

**MISSION BEACH NORTH & SOUTH.** Walk the beach or the bay and stop for coffee near the end of this **moderate-plus** or **moderate** flat walk. Meet at the Belmont Park ticket booth off of Mission Blvd. To use public transit, ride the trolley to Old Town, and then take the #8 bus at 9:40 to Mission Blvd. arriving at 9:54, and walk across the street. Rain cancels. **Kathy L.** (858) 484-0349.

10:00 am

**SHELTER ISLAND WALK & TALK BUNCH.** 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

**MORNING STROLL IN BALBOA PARK.** Meet at the Senior Lounge across from the Museum of Photographic Arts to walk at a **casual** pace through beautiful Balboa Park for about 45 minutes. Terrain is flat and mostly paved. Stay after for optional coffee. For public transit, use the #7 bus. Rain cancels. **Mary T.** (619) 291-1349.

## FRIDAYS

6:15 pm \*\*\*Note New Time\*\*\*

**MISSION HILLS MEANDER.** Come see the great views and picturesque homes of this old neighborhood on a 1-hour **casual** walk for about 2.5 miles on flat terrain. The walk ends before sunset so flashlights aren't needed and there will be light to enjoy the views. Meet at the coffee shop at 1920 Ft. Stockton Dr. From Washington St., go north on Goldfinch St. and west on Ft. Stockton Dr. Rain cancels. **Stan F.** (619) 222-3447.

## SUNDAYS

8:15 am

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

## HIKE WEDNESDAYS & SATURDAYS

Time: TBA

**WILDERNESS HIKE.** Details e-mailed a day or two before. **IMPORTANT HIKE INFO:** Park on the street in front of the Methodist Church, 2111 Camino del Rio South (west of Texas St.). Be prepared to drive yourself if there are no other carpoolers. Bring lunch, 2-3 quarts of water, sun and rain protection, and lug-soled shoes. **"First timers" must** call the leader. All participants **must** be in top condition, well prepared for trail conditions and will be accepted at the leader's discretion. Hikers **must** be able to keep pace with the group. Check <http://www.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
Apr 2	<b>Candy:</b> (619) 435-2894 or <a href="mailto:ccbeckwith146@yahoo.com">ccbeckwith146@yahoo.com</a>
Apr 6	<b>Stan H:</b> (619) 448-1668 before 6:00 pm or <a href="mailto:shunt92071@yahoo.com">shunt92071@yahoo.com</a>
Apr 9	<b>Bill:</b> (619) 206-5809 or <a href="mailto:wa4lrm@gmail.com">wa4lrm@gmail.com</a>
Apr 13	<b>Mike L.</b> (858) 455-0738
Apr 16	<b>Bill:</b> (619) 206-5809 or <a href="mailto:wa4lrm@gmail.com">wa4lrm@gmail.com</a>
Apr 20	<b>Don:</b> <a href="mailto:dpiller@cox.net">dpiller@cox.net</a> or (760) 796-4007
Apr 23	<b>Stan H:</b> (619) 448-1668 before 6:00 pm or <a href="mailto:shunt92071@yahoo.com">shunt92071@yahoo.com</a>
Apr 27	<b>Rita C:</b> (619) 482-0052
Apr 30	<b>Candy:</b> (619) 435-2894 or <a href="mailto:ccbeckwith146@yahoo.com">ccbeckwith146@yahoo.com</a>

## MORE GREAT WALKS THIS MONTH

### FRIDAY, APRIL 1

4:01 am

**APRIL'S FIRST AMBLE.** As Walkabout enters our 40th year of pedestrian power, it's time for a big celebration, don't ya think? Therefore, you are cordially invited to enjoy a free breakfast -- Walkabout's treat -- at the Prado Restaurant in Balboa Park after Larry pulls your legs on a casual stroll past the memorable museums in San Diego's premier park. Enjoy the traditional foolishness of the day by meeting at the northeast corner of Twelfth Ave. and Laurel St. RSVP for walk and free breakfast: (619) 555-WALK. Rain does NOT cancel this festive event!

### SATURDAY, APRIL 2

10:00 am

**LA JOLLA COVE TO SCRIPPS PIER.** This 13th segment of Dan's New Year's Resolution Walks starts at the La Jolla Cave store above the cove and continues through the La Jolla Ecological Reserve and along a "secret path" at Coast Walk Lane to a tiny pathway to gain access to La Jolla Shores and then to Scripps Pier. This is a **casual to moderate** 3.3 mile 3-hour walk with an optional meal afterward. There is limited 2-hour only parking in the starting area. Best free parking is on Prospect Place south of Torrey Pines Rd. from the I-5. Parking and public transportation from OTTC alternatives require detailed explanation. Email **Dan D.** at [ddbobs48@gmail.com](mailto:ddbobs48@gmail.com) and he will reply with details or phone (858) 722-3002. Heavy rain cancels.

### SUNDAY, APRIL 3

7:15 am

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

### MONDAY, APRIL 4

6:30 am

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

## THURSDAY, APRIL 7

6:30 am

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

## SATURDAY, APRIL 9

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, APRIL 10

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, APRIL 11

6:30 am

**SUNRISE SERIES: MARINA VILLAGE.** This is a very flat 1 hour walk at a **moderate** pace with beautiful views where many sport fishing boats are moored. Take the I-8 to the west end, left onto Sunset Cliffs Blvd., right at the light (W. Point Loma Blvd.), then right at Bacon St. (stop sign) to the parking lot by the restrooms at Robb Field. Bring money for optional breakfast afterward. **Fusa** (619) 223-6947.

## WEDNESDAY, APRIL 13

9:00 am

**SCRIPPS PIER TO TORREY PINES RESERVE.** This 14th segment of Dan's New Year's Resolution Walks requires everyone meet promptly at 9 am at the VA Hospital (3350 La Jolla Village Dr.) to take Bus 30 to the starting point. Later, we will take Bus 101 from Torrey Pines Reserve back to the VA Hospital to avoid parking problems. This is a 4.7 mile **casual to moderate beach** walk (no food or water available) and includes viewing a most unusual "beach house" on the cliff and beach just before Black's Beach. Parking and public transportation from OTTC alternatives require detailed explanation. Email **Dan D.** at ddoobs48@gmail.com and he will reply with details or phone (858) 722-3002. Heavy rain cancels.

## THURSDAY, APRIL 14

6:30 am

**SUNRISE SERIES: MISSION VALLEY.** Enjoy the mall with no shoppers. We'll meet in the parking lot at the west end of Mission Valley Center (next to the jeweler at Camino de la Reina and Mission Center Rd.) to walk **at your own pace** for 1 hour on a mostly flat path. We'll walk along the river up one side and down the other to see if the vegetation has been trimmed so we can check for ducks and other birds. An optional breakfast follows. **Edie** (619) 222-4396.

## SATURDAY, APRIL 16

8:00 am

**TORREY PINES RESERVE, DEL MAR & SOLANA BEACH EXPLORATION!** This 15th segment of Dan's New Year's Resolution Walks begins with a train ride to Solana Beach, which leaves Old Town Transit Center on an Amtrak Train at 8:27 for the low, low price of \$5.50 per senior round-trip. Meet in the middle of the station on track 3 to buy a round-trip Coaster ticket and walk through the tunnel under the tracks to track 4 to depart on Amtrak to Solana Beach, followed by a short bus ride to Torrey Pines Reserve. We'll take a 3.6 or 5.2 mile **casual to moderate beach** walk from Torrey Pines State Beach to Del Mar for an optional lunch right on the beach to break up the walk for a little rest. The walk may end here for some while others may choose to walk the additional 1.6 miles to Solana Beach back to the Coaster Station for return on the 2:54 train to San Diego's Old Town. Email **Dan D.** at ddoobs48@gmail.com and he will reply with details or phone (858) 722-3002. Heavy rain cancels.

## SUNDAY, APRIL 17

7:15 am

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

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.



## SUNDAY, APRIL 17 (cont.)

9:15 am

**THIRD TIME'S THE CHARM AROUND CARMEL VALLEY ENVIRONS.** Not once, but twice this walk has been rained out. Sooo, let's give it the ol' college try as we attempt to explore Carmel Valley and its outskirts that still may harbor pockets of serenity on a **moderate-plus**, 3-hour prance over mixed-up and up and down pathways and trails in the less frequented, eastern reaches of this burgeoning area. Look for **Larry** in front of Trader Joe's entrance, inside the new Village at Pacific Highlands Ranch shopping center, near the corner of Carmel Valley and Del Mar Heights Rds. Directions: from Route 56/Ted Williams Fwy., take the Carmel Valley Rd. exit going north about 1/2 mile, with the mall on the right. BYO water. Rain (hopefully not) cancels! (858) 755-1751 (evenings/weekends).

## MONDAY, APRIL 18

6:30 am

**SUNRISE SERIES: SDSU.** Here's our chance to get educated on what is happening at San Diego State University as we take a mostly flat walk for about 1 hour at a **moderate** pace exploring the old and the new. Afterward, we'll have an optional breakfast at a nearby restaurant. Meet in the church parking lot on Montezuma Rd. between College Ave., and Campanile Dr. **Pat K.** (619) 469-6223.

## TUESDAY, APRIL 19

3:00 pm

**OLD LA MESA.** We'll take a **casual to moderate**, somewhat hilly 1.5 hour walk through the residential streets of old La Mesa, where we'll see 100+-year-old historic houses, hidden cul-de-sacs, and horse rings in the sidewalk. Meet at the corner of Date St. and Lemon Ave. You can take the #1, 7, 851 or 855 bus, or the Orange Line Trolley. Rain cancels. **Evelyn K.** (619) 461-6095.

## THURSDAY, APRIL 21

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, APRIL 24

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.

4:00 pm

**ST GEORGE (Patron Saint of England) SLAYS THE DRAGON.** Meet at the 6th Ave./Upas St. corner of Balboa Park for a one-hour **casual** walk and we'll make our way over to St Paul's Cathedral to watch their annual St George's Day parade. Be sure to sharpen your swords and watch out for the dragon! **Stella** (619) 232-3756.

## MONDAY, APRIL 25

6:30 am

**SUNRISE SERIES: DOWNTOWN.** Let's walk through downtown checking on progress at any new construction. Meet at the parking lot next to the merry-go-round at the south end of Pacific Hwy. for this flat, **moderate**, 1-hour walk followed by an optional breakfast. **Frances** (619) 479-3962.

## THURSDAY, APRIL 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.

## SATURDAY, APRIL 30

9:30 am

**SOLANA BEACH TO ENCINITAS.** This 16th segment of Dan's New Year's Resolution Walks begins with a beautiful train ride to Solana Beach, which leaves Old Town Transit Center on the Coaster Train at 9:54. Meet in the center of Track 3 at the Old Town Transit Center by 9:30 am to buy a round-trip Coaster ticket to Encinitas for only \$5.50 for seniors. This will be either a 4.3 or 6.3 mile **casual to moderate beach** walk from Solana Beach to Restaurant Row for a delightful optional lunch. For the shorter walk, some may take Bus 101 to Encinitas while others will visit the inspiring Meditation Gardens before returning to the beach at Swami's Point to complete the walk to Moonlight Beach. Email Dan D. at [ddbbs48@gmail.com](mailto:ddbbs48@gmail.com) and he will reply with details or phone (858) 722-3002. Heavy rain cancels.

## FEATURED TRIPS



### WALKABOUT JOURNEY TO JULIAN

April 8 – 11 \*\*\*SOLD OUT

A group of six lucky Walkabouters will journey to the mountain community of Julian for a 3-night, 4-day stay in a private mountaintop home with **sweeping vistas all the way to the Pacific Ocean!** This "staycation" includes ten home cooked meals with wine served at dinner each evening, fires in the fireplace on chilly evenings, pool tournaments and dazzling views from the front deck. Each of the bedrooms has a queen or king bed. Two of the bedrooms share a bath. During the day, the group will wander the streets of Julian, visit wineries, parks and hike on mountain paths. In the evening there are DVDs and a cozy fire. There are resident blue jays on the property as well as a visiting dog.



### WALK LEADERS FETED AT ANNUAL WALKABOUT LUNCHEON

On January 29, forty Walkabout walk leaders were treated to lunch at TGI Fridays in the Gaslamp Quarter. The group met at the Balboa Theater and took a walk through Horton Plaza and the Horton District, stopping to admire several historic buildings in the Gaslamp Quarter before arriving for lunch. At the luncheon, leaders were reminded about walk etiquette, safety rules, and new office procedures. Board members in attendance were introduced and gifts of bling-bling necklaces were given to the women and security wallets to the men. The guest speaker was Sue Schaffner, regional VP for Hostelling International. Sue discussed possible ways in which Hostelling and Walkabout could work together and reviewed some past experiences of group meals, overnights, and walks undertaken between the organizations. Three walk leaders (Frances Brown, Fusa Shimizu, and Verna Bain) who are also nonagenarians (90+) were provided special gifts and attested to their longevity by continuing to walk. Long time walk leaders Patricia Peterson and Pat Keller were recognized for their contributions, and long time walk leader Lorraine Marshall, who recently passed away, was remembered. Dan Haslam and Marilyn Buckley organized the event for Walkabout.

## WALKABOUT BOARD APPROVES CHANGES TO OFFICE HOURS, BOOKKEEPING SERVICES

Due to a shortage of volunteers willing to staff the Walkabout office regularly, the board approved reduced office hours for the "summer" season, from April until October. During these months, the office will be open only on Mondays, Wednesdays, and Fridays (excluding holidays) from 10 am until 2 pm. Because of the decline in the numbers of volunteers, the board created a task force to determine the feasibility of maintaining an office at its current volunteer staff level. The cost and suitability of storage facilities was also examined by the task force, and whether there was a need to maintain an office at all. The cost of maintaining our current office, including telephone requirements and office equipment was evaluated. The board determined that for the foreseeable future, the current office would be maintained. Should a decline in revenues from trip profits or other changes occur, this decision may be re-evaluated at a future date. The board examined its reserves and determined that if necessary, reserves could be used to maintain an office should that be necessary. If Walkabout subscribership increases or additional volunteers materialize, maintaining the office for a greater number of hours may occur.

The board also approved hiring an independent bookkeeper to bring WI 's financial records up to date from June 2015 through the current fiscal year, which ends March 31. The board has been unable to determine the profitability of several trips and monitor certain expenses for the past 9 months without an active treasurer. The board is seeking a replacement volunteer treasurer who would keep up with our finances, but for the moment a paid replacement is necessary to bring and keep our records current. If you are willing to assist with our financial records, please contact our office immediately.



### BOARD ACCEPTS NEW MEMBER AND SEEKS OTHERS

At its February 19 board meeting, Walkabout welcomed Elaine Berger as its newest board member. Elaine joined Walkabout nearly 4 years ago after her retirement from a career in the pharmaceutical industry. She has been active with Walkabout in assisting PR director Marilyn Buckley with efforts to produce exhibitor events geared toward Walkabout's intended demographics. Elaine has indicated an interest in working to retain Walkabout's existing subscribers as well as to increase efforts to add new ones through personal contact with current supporters and increased presence in exhibitor fairs. Four such fairs are planned for this spring and early summer through Marilyn's and Elaine's efforts, and we welcome her to the board and Walkabout family.

## WALKABOUT INTERNATIONAL CAPE COD GEARS UP FOR SPRING

WI's eastern operation on Cape Cod will get underway in early May, just in time for the spring flowers. This year Walkabout will operate in four spheres -- through Hyannis Federated Church, Hostelling International (Hyannis), Barnstable Land Trust (Osterville), and the Barnstable Historical Society (either Tales of Cape Cod or the Society). Our operation on Cape Cod is a one-man operation, through VP Dan Haslam. He organizes, publicizes, and leads all the walks. On Fridays in the past, Haslam met walkers at the Hyannis hostel overlooking the Hyannis harbor. Hostel personnel promote and advertise the walks to their guests. These walks are typically 90 minutes long and are billed as "Historical Highlights of Hyannis," and take in the oldest residence in Hyannis, the oldest (pre-Revolutionary) tree, and various tourist sites generally centered around the Kennedy family. Usually the walks end up at a concert or other venue for evening entertainment.

On weekends, Barnstable Land Trust/Walkabout walks provide a walk in one of the 7 villages making up the Barnstable township, and focus on historical buildings and stories researched by others or by Haslam, who trained with some great historians. These are narrated walks, with usually up to 25 in attendance. Church walks also involve day trips, in the past to Martha's Vineyard or Provincetown, and will continue this season as well. This summer Walkabout offers a "summer camp" experience for west coasters to travel to the Inn at Poland Spring, ME, which begins in Boston, about 75 miles north of Cape Cod. That trip features exploration north of the Cape and includes several stops along the Atlantic Coast, including Boston. Undoubtedly, this trip will involve lobster, and not usually the walking kind!



Walkabouters celebrate Chinese New Year



Walkabouters on a December Morgan Run Ramble

## APRIL 2016 WALKS AT A GLANCE

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1</b>	<b>2</b>
					4:01 April's First Amble  <b>6:15 pm</b> Mission Hills Meander	TBA Hike  10 am La Jolla Cove to Scripps Pier
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
7:15 am Breakfast Spcl: Shelter Island  <b>8:15 am</b> Merry Go- Round	6:30 am Sunrise: Lake Murray  <b>10 am</b> Crown Point Area Beckons	<b>6:30 pm</b> Above the Bay	TBA Hike  <b>5:30 pm</b> Wednesday Workout	6:30 am Sunrise: Mission Hills  <b>10 am</b> Shelter Island <b>10 am</b> Mission Beach  <b>10:15 am</b> Balboa Park	<b>6:15 pm</b> Mission Hills Meander	TBA Hike  7:15 am Late Birds
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
7:15 am Breakfast Spcl: Balboa Park  <b>8:15 am</b> Merry Go- Round	6:30 am Sunrise: Marina Village  <b>10 am</b> Crown Point Area Beckons	<b>6:30 pm</b> Above the Bay	TBA Hike  9 am Scripps Pier to Torrey Pines Reserve  <b>5:30 pm</b> Wednesday Workout	6:30 am Sunrise: Mission Valley  <b>10 am</b> Shelter Island <b>10 am</b> Mission Beach  <b>10:15 am</b> Balboa Park	<b>6:15 pm</b> Mission Hills Meander	TBA Hike  8 am Torrey Pines Reserve to Del Mar & Solana Bch
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
7:15 am Breakfast Spcl: E. Mission Bay  <b>8:15 am</b> Merry Go- Round  9:15 am Third Time Charm @ Carmel Valley	6:30 am Sunrise: SDSU  <b>10 am</b> Crown Point Area Beckons	3 pm Old La Mesa  <b>6:30 pm</b> Above the Bay	TBA Hike  <b>5:30 pm</b> Wednesday Workout	6:30 am Sunrise: South Shore  <b>10 am</b> Shelter Island <b>10 am</b> Mission Beach  <b>10:15 am</b> Balboa Park	<b>6:15 pm</b> Mission Hills Meander	TBA Hike
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
7:15 am Breakfast Spcl: Pacific Beach  <b>8:15 am</b> Merry Go- Round  4 pm St George Slays the Dragon	6:30 am Sunrise: Downtown  <b>10 am</b> Crown Point Area Beckons	<b>6:30 pm</b> Above the Bay	TBA Hike  <b>5:30 pm</b> Wednesday Workout	6:30 am Sunrise: Pacific Beach Boardwalk  <b>10 am</b> Shelter Island <b>10 am</b> Mission Beach  <b>10:15 am</b> Balboa Park	<b>6:15 pm</b> Mission Hills Meander	TBA Hike  9:30 am Solana Beach to Encinitas

## UPCOMING WALKS, EVENTS & TRIPS

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

### Overnight Trips (all dates are tentative)

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

### Events/Walks

Ice Cream Social Walk	August
Annual Meeting Potluck & Auction	October
Thanksgiving Restaurant Dinner	November
Christmas Brunch; Gift Exchange	December

## VOLUNTEER!

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

### WALK LEADERS NEEDED

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

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

### BOARD SEEKS YOUR HELP

We need office volunteers and new board members.



### NEWSLETTER DEADLINE NOTICE

All walks must be submitted by the **10th** of the month before the month of the walk. None will be accepted after that date. For example, the April newsletter is published in March, so walks must be submitted by March 10th. You must e-mail your walks to [walks@walkabout-int.org](mailto:walks@walkabout-int.org). If you e-mail more than one walk, please leave extra space between each walk.

You can e-mail your newsletter comments and suggestions to [publisher@walkabout-int.org](mailto:publisher@walkabout-int.org)



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

## WALKABOUT BOARD MEETING

Thursday, April 7 at 1:30 pm

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



## BOARD MEMBERS

<b>President</b>	(858) 571-7733
Robert Buehler	<a href="mailto:President@walkabout-int.org">President@walkabout-int.org</a>
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<b>3rd Vice President</b>	(619) 222-3447
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Bruce Herms	Emeritus

## JOIN US ON MEETUP!

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



### OFFICE STAFF

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

### NEWSLETTER STAFF

Dan Haslam, Kim Mills, Fran Whiteman

### MAILING CREW

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

## ABOUT WALKABOUT, SAN DIEGO'S PREMIER SOCIAL NETWORK AFOOT

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

### Walkabout Newsletter Subscription/Supporter Form

You are the heart and "soles" of an all-volunteer, nonprofit organization that raises walking far above a pedestrian pursuit. WALKABOUT depends in large part on your generous spirit to fund our yearly operating costs through your thoughtful, tax deductible donations. If you appreciate the value you receive from WALKABOUT, please contribute. All levels of support include a one-year subscription to our monthly newsletter.

Basic Level \$20     
  Tenderfoot \$25     
  Footprint \$100     
  Arch Supporter \$500  
 Twinkle Toes \$50     
  Kindred Sole \$250     
  Big Foot \$1000     
 Other Contribution Amount \$ \_\_\_\_\_

Circle RENEW or NEW Subscriber/Supporter...How did you hear about us? \_\_\_\_\_

Please mail completed form (we do not share information): 2650 Truxtun Rd., Suite 110, San Diego, CA 92106-6007

NAME \_\_\_\_\_ DATE \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP+4 \_\_\_\_\_ - \_\_\_\_\_

PRIMARY PHONE ( ) \_\_\_\_\_ OTHER PHONE ( ) \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

PDF ALSO (available only if support greater than Basic Level)

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

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

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

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

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PRIMARY PHONE ( ) \_\_\_\_\_ OTHER PHONE ( ) \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_  PDF ONLY



**Walkabouters remember Lorraine Marshall during walk in record heat**



Walkabouters check out our new sign at Liberty Station during our anniversary potluck luncheon in March