



San Diego Feets

Vol. 39, No. #5

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

May 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***

MISSION BAY SUNSETS. Walk leaves promptly at 6:30. Rain (not mist) cancels. Enjoy the cooler evening air and beautiful views of Mission Bay! Join us for a flat but fairly fast-paced **moderate to moderate-plus** walk along the shores of Mission Bay. Take the I-5 and go west on Clairemont Dr. to meet at the former Visitors Information Center. **Teri E.** (858) 560-0446 or **Jill F.** (858) 292-4231.

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

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 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.walkabouthikes.org> as weather or unusual conditions may cause the hike to be moved or canceled. If you have any questions, please contact the relevant hike leader as noted.

Date	Contact Information
May 4	Mike L. (858) 455-0738
May 7	Don: dpiller@cox.net or (760) 796-4007
May 11	Don: dpiller@cox.net or (760) 796-4007
May 14	Bill: (619) 206-5809 or wa4lrm@gmail.com
May 18	Rita C: (619) 482-0052
May 21	Bill: (619) 206-5809 or wa4lrm@gmail.com
May 25	Stan H: (619) 448-1668 before 6:00 pm or shunt92071@yahoo.com
May 28	Eva: (619) 283-1872 or evajudo@aol.com

MORE GREAT WALKS THIS MONTH

SUNDAY, MAY 1

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, MAY 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. Optional breakfast follows. **Betty** (858) 248-3782.

TUESDAY, MAY 3

9:30 am

ENCINITAS TO CARLSBAD POINSETTIA STATION. This 17th segment of Dan's New Year's Resolution Walks starts at Carlsbad's Poinsettia Station to Moonlight Beach and passes north along the base of massive sandstone cliffs to Stone Steps Beach, Encinitas City Beach, Beacon's Beach and beyond to South Carlsbad State Park, and ends at the Poinsettia Train Station. Meet at 9:30 am between Track 2 and 3 in the middle of Old Town Transit Center (OTTC) to purchase a round-trip Coaster ticket (\$5.50 senior / \$11 adult) to Carlsbad's Poinsettia Station that leaves at 9:54 am. This delightful 3.5 or 5.9 mile **casual to moderate** walk is along Encinitas' northern beaches and some of South Carlsbad's beachside communities as well. We will enjoy an optional replenishing lunch about halfway through the walk, where you can shorten the walk if you desire. Heavy rain cancels. Email **Dan D.** at ddobbs48@gmail.com and he will reply with details or phone (858) 722-3002.



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.

WEDNESDAY, MAY 4

10:00 am

CORONADO MINI-MANSIONS. Join **Robert and Friends** for a 1-hour, Coronado **casual** stroll to view mini-mansions squeezed onto toy-sized lots. We may also see some of the winners in this year's garden judging. Optional restaurant coffee klatch follows. Cross the bridge to Coronado, continue to Orange Ave., turn left, turn left again on 4th St., then a quick right on A Ave. to the 4th and A meeting place. To use public transit, take the 901 bus marked "Iris Trolley" at 9:32 am from the 12th & Imperial Transit Center, exit on Pomona Ave. at 3rd St. in Coronado at approx. 9:41 am, and walk southwest to A Ave. & 4th St. Rain cancels. **Robert B.** (858) 414-6181.

THURSDAY, MAY 5

6:30 am

SUNRISE SERIES: SOUTH BAY. Meet **Frances** in the parking lot on the corner of National City Blvd. and 2nd St. as we visit Heritage Square, where the "Railroad Homes" and Kimball House are located, and the National City Library, which has a custom designed William Hubbell stained glass window. We'll cut through Kimball Park, visiting the ARTS center on this **casual to moderate** 1 hour walk on flat terrain. From the north, take the I-5 south to Main St., make a left turn onto National City Blvd., go under the I-5 freeway and bear right at the arrow. Parking lot is about two blocks on your right. Bring money for optional breakfast afterward. (619) 479-3962.

SATURDAY, MAY 7

6:00 pm

SATURDAY NIGHT LIVE. Join **Stella and Derek** on this one-hour **casual** walk to take in old and new sights downtown. Meet outside the Balboa Theater at 4th Ave. and E St. adjacent to the newly-opened Horton Plaza Park. There will be an optional stop for fish tacos. Free 3-hr parking available at Horton Plaza with validation. (619) 298-4891.

SUNDAY, MAY 8

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.



SUNDAY, MAY 8 (CONT.)

9:15 am

MAY THE FOURTH-PLUS-FOUR BE WITH YOU. We will O-BE-WANdering amongst the breath-taking beauty of a secluded canyon along some out-of-this-world pathways as we DARTH inVADE, eRr, the "meadows" area of Carmel Valley. Immerse yourself into a **moderate-plus**, 3-hour meander over mixed up and down terrain in this inland empire overlooking the environs of The Grand Del Mar Resort in the remote, Del Mar Mesa, rest-room empty community. **LUKE** for **Larry** under the SKY as we join other WALKERs by Carmel Country Rd. and Sagamore Way. From I-5 or I-15, connect to Route 56 and take the Carmel Country Rd. exit south for about 1/2 mile to Sagamore Way. BYO water, rainwater cancels! If YODA have any questions: (858) 755-1751 (evenings/weekends).

MONDAY, MAY 9

6:30 am

SUNRISE SERIES: 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. There will be a choice of going up a hill for those who feel they would like to climb to where the view is very scenic. To meet the group, from I-5, drive west on Rosecrans St. to Shelter Island Dr., turn left and go about two blocks to Anchorage Dr. to the large parking lot (park where there are no meters). Bring money for optional breakfast afterward. **Fusa** (619) 223-6947.

TUESDAY, MAY 10

3:00 pm

KENSINGTON CANTER NE. The beautiful gardens of Kensington should be in full bloom today, as we stroll along lovely streets all named for places in England. We'll see many venerable houses, including "The Watchtower House". Meet us at the corner of Marlborough and Alder Drs., 1 block north of Adams Ave., for a 1-1/2 hour flat **casual to moderate** walk. Bus #11 stops at Adams Ave. and Kensington Dr. Rain cancels. **Evelyn K.** (619) 461-6095.

THURSDAY, MAY 12

6:30 am

SUNRISE SERIES: COLLEGE GROVE. Let's take a walk through the military housing where the news of Pearl Harbor was first transmitted to the United States on this 1-hour **moderate**, fairly-flat walk, and then we'll amble around Chollas Lake. Optional breakfast follows. Meet at College Grove Way and Dearflower Rd. (second intersection north of College Grove Dr.). **Margo** (619) 287-7722.

SATURDAY, MAY 14

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.

8:00 am

CARLSBAD POINSETTIA STATION TO CARLSBAD VILLAGE. This 18th segment of Dan's New Year's Resolution Walks starts at Carlsbad Poinsettia Train Station and travels north to the Carlsbad Village Train Station. Meet at 8:00 am between Track 2 and Track 3 in the middle of Old Town Transit Center to purchase a round-trip Coaster ticket (\$5.50 senior / \$11 adult) to Carlsbad's Poinsettia Station (we will actually take Amtrak's 8:27 am departure at Coaster prices). This delightful 4.7 mile **casual to moderate** beach walk includes a long stretch of relatively desolate beach with dramatic scenery as you move toward the imposing smokestack of Carlsbad's power plant. Just after the power plant, we will pass the breeding tanks for Carlsbad's unique shellfish farming business before reaching the rather populous area of Carlsbad State Beach leading to Carlsbad Village itself. Heavy rain cancels. Email **Dan D.** at ddobbs48@gmail.com and he will reply with details or phone (858) 722-3002.

SUNDAY, MAY 15

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.

MONDAY, MAY 16

6:30 am

SUNRISE SERIES: CORONADO. Let's take a flat, **moderate** paced walk through beautiful Coronado with stops to admire the shops, homes, gardens, Hotel Del Coronado and of course the beach. Meet at the west side of 10th St. and Orange Ave. with optional breakfast afterward. **Pat K** (619) 469-6223.



MONDAY, MAY 16 (CONT.)

9:35 am

OCEANSIDE PIER AND HARBOR. Meet **Ann S.** at the Oceanside train station for a **casual** walk in Oceanside. For public transit, take Amtrak 567 from Old Town at 8:29 am to arrive in Oceanside at 9:25 am. We will see where "Top Gun" with Tom Cruise took place and walk along the strand and pier. Then to the harbor to enjoy watching the boats and seals. After an optional lunch at a nearby hotel, we'll walk back to the train station for Coaster 654 at 2:32 pm to arrive back to Santa Fe Depot at 3:36 pm. (760) 390-5489.

WEDNESDAY, MAY 18

10:00 am

POINT LOMA OCEAN VIEW. Join **Robert and Friends** for a mostly flat, 1-hour, paved, **casual** stroll through the land of beautiful dwellings and views between Point Loma and Ocean Beach. Tasty coffee klatching later at a restaurant on Shelter Island. Take Rosecrans St. through Point Loma, turn right on Talbot St., go up the hill, turn right on Catalina Blvd., make a quick left on Hill St. and go over the hump to the corner of the Alexandria Dr. meeting place. Rain cancels. **Robert B.** (858) 414-6181.

THURSDAY, MAY 19

6:30 am

SUNRISE SERIES: TECOLOTE CANYON. Let's walk in beautiful Tecolote Canyon on a flat comfortable dirt road as we see what the season has to offer on this **casual to moderate** 1-hour walk. Take I-5 to Tecolote Rd. exit, go east on Tecolote Rd. all the way into the canyon to the parking lot and visitor center at the end of the road. Bring money for an optional breakfast afterward. **Winnie** (858) 278-4003.

10:30 am

JAZZ AT TERMINAL 2. Enjoy some live jazz music at the San Diego Airport. We'll take a **moderate** walk from Harbor Island to listen to live jazz for an hour. Allow 2 to 2-1/2 hours for the walk and jazz. We'll meet in the public parking lot near the west end of Harbor Island (off Harbor Dr.) across from the hotel located at 1960 Harbor Island Dr. **Carol W.** (619) 303-7942.

SUNDAY, MAY 22

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, MAY 23

6:30 am

SUNRISE SERIES: LIBERTY STATION. Meet **Connie** at Womble St. and Truxtun Rd. for a 1-hour **casual to moderate** walk on flat, paved terrain. We'll walk the arcades to see what new businesses and attractions are being added 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. (619) 477-8628.

THURSDAY, MAY 26

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. **Edie** (619) 222-4396.

SUNDAY, MAY 29

7:15 am

BREAKFAST SPECIAL IN SOUTH PARK. Join us to explore this historical neighborhood with a **casual to moderate** walk to find out what makes it so special - Balboa Park golf course and historical homes. We'll meet at 28th and Date Sts. (take 28th St. north off of Hwy 94). Optional breakfast follows. **Pat K.** (619) 469-6223.

MONDAY, MAY 30

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

MEMORIAL DAY AT MOUNT HOPE. Let's take a **moderate** walk around one of San Diego's earliest cemeteries. We'll walk over lawns and knolls noting burial sites of famous men and women of San Diego: Horton, Marston, Sessions, etc. Perhaps we will see a memorial ceremony by Sons of Civil War veterans to remember the 620,000 people who died in that conflict. Enter the cemetery at 3751 Market St. east of I-15. Meet at the Visitor Center. Rain cancels. **Pat K.** (619) 469-6223.



Dan Haslam and Saleh "Sam" Saqr (visiting from Saudi Arabia) paint Downtown Sam's bench

CLEANING THE "BRASS"

In March, Downtown Sam's Memorial Bench at the Horton-Davis Park at 4th and Island in the Gaslamp Quarter was cleaned and painted after 15 years! . Two bronze dog sculptures were also cleaned. It was all part of a "clean the bronze" day, with a narrated historical walk about Bum, San Diego's town dog, in cooperation with the Sister Cities program (Edinburgh), the Gaslamp Quarter Historical Foundation and Walkabout Int'l. "Downtown Sam" was Walkabout's living legend of the 1980's and 90's, leading hundreds of creative and zany walks throughout downtown and San Diego. After Sam passed away, funds were raised for memorial benches in the Gaslamp Quarter and at the Walkabout office, and a memorial brick was also purchased at Petco Park to honor Downtown Sam.

IN MEMORIAM

Frank Gould, Jr. (March 1916- March 2016)

Frank was a learned supporter of Walkabout who lived to be 100 years and one day, a goal which he ardently hoped to achieve. He was a writer and teacher and hailed from New England. His second marriage to Marion Gould resulted in a devoted WI couple. Marion crafted fine quilted purses and other artwork which she frequently donated to WI for auctions and fundraisers. Frank lectured almost daily on WI's cruise from Vancouver to LA. In their later years the Goulds moved to CT, to be closer to Frank's children. Marion predeceased Frank several years ago.

Yong Baird (March 20, 1951 - March 19, 2016).

Yong missed her 67th birthday by a day. She was a native Korean and a delightful traveler with Walkabout. On a WI hostel trip where our group was sharing multiple bedded rooms (as is the hostel custom), she was so appalled that a hostel guest couple who had married earlier in the day were going to share a room with 3 other Walkabouts, she took up a collection to send the couple to a motel! She had a passion for animals, especially dogs, and worked for the San Diego school system before retiring a few years ago.



TRIP RECAP ST. AUGUSTINE, FL

Eight Walkabouters enjoyed a springtime (3/29 - 4/5) Walkabout in the northeast section of Florida, centered around America's oldest city, St. Augustine. The group flew to Jacksonville and stayed in a well worn motel with a 400-year old tree just outside the historic district of St. Augustine, founded 1565. Early bird walks included eastern sunrises over the very spot where Spanish colonists stepped ashore and visits with peacocks at the Fountain of Youth. The group visited and walked in Mt. Dora (altitude 144' above sea level), which is a quaint New England-style town. They also toured Marjorie Rawlings' home and park and the state gardens at Ravine SP (where they spotted the one and only alligator). They took a ferry trip to Amelia Island and enjoyed a luncheon in Fernandina Beach, as well as a tour of the Kingsley Plantation with slave quarters. On the sole rainy morning of the trip, the group visited the odd artifacts at the Lightner Museum in St. A, then toured a distillery (with samples) and then a winery (more samples). In addition, there were frequent walks in the "ancient city," as St. A is referred to.

There were coastal trips along highway A1A, including a walk in Faver-Dyke SP and Washington Gardens, the former estate of an industry giant, who grew and sold citrus from his little stand along the highway. A highlight of the trip was a visit to the Daytona Speedway for a 90-minute tour, which included a chance to experience the 31-degree slant of the race way and to admire the race drivers' meeting room, the new stands (with wider seats), and cars. Everyone enjoyed the southern food and buffets on the trip, too. Our travelers included Norm Vigeant (co-leader), Bob Buehler, Donna and Jerry Farris, Mary Prokop (first timer), John Hoff, Naida Hindert and trip leader Dan Haslam.



A hammock walk in the Ocala National Forest

TRIP RECAP JULIAN

Six Walkabouters got to eat apple pie and spend a long weekend in the hills of Julian in early April. The trip was the result of a purchase of a gift certificate for a 3-night, 4-day stay at a charitable auction. Individual rooms were then sold to Walkabouters. Our group was comprised of Al and Carolyn Phares, Margie McGuigan and Jeff O'Steen, Dave Beddow and Dan Haslam (leader) and his dog, Suzy. Unfortunately cold winds and extensive rain pervaded the weekend, but our group kept warm by the fire and played pool in the large family room. Dan made meals for walkabouters and the rain let up enough for our group to walk the streets of Julian, visit an estate sale, and shop for bargains. We also took a road trip to Wynola to visit a winery and beer tasting facility and a drive-around through William Heise County Park to check out the camping sites and park facility.

The mountain cabin shared by the group had all the comforts of home. It was built after the major fires from the last decade, and featured three bedrooms and two bathrooms. The cabin was hand built by the owners on 10 acres of land, formerly a goat farm. There are views all the way to the Pacific Ocean and to the Palomar Observatory, but with the fog and clouds, views were spotty. Guests saw a wolf, coyote, rabbits, and fed hundreds of resident blue jays which are regularly fed by the owners. We played cards and crowned Dave Beddow pool champion. This was also his first trip with and second walk with Walkabout. We also had a movie night and shared lots of stories, laughs, and lies.



Walkabouters narrowly escape the concrete Julian jail! Left to right are Dave Beddow, Carolyn Phares, Margie McGuigan and Jeff O'Steen. Not pictured are Al Phares and photographer Dan Haslam.

MAY 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	7
7:15 am Breakfast Spcl: Shelter Island 8:15 am Merry Go- Round	6:30 am Sunrise: Lake Murray 10 am Crown Point Area Beckons	9:30 am Encinitas to Carlsbad Poinsettia Stn. 6:30 pm Mission Bay Sunsets	TBA Hike 10 am Coronado Mini-mansions 5:30 pm Wednesday Workout	6:30 am Sunrise: South Bay 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	6:15 pm Mission Hills Meander	TBA Hike 6 pm Saturday Night Live Downtown
8	9	10	11	12	13	14
7:15 am Breakfast Spcl: Balboa Park 8:15 am Merry Go- Round 9:15 am May the 4 th +4 be with you in Carmel Valley	6:30 am Sunrise: Shelter Island 10 am Crown Point Area Beckons	3 pm Kensington Canter NE 6:30 pm Mission Bay Sunsets	TBA Hike 5:30 pm Wednesday Workout	6:30 am Sunrise: College Grove 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	6:15 pm Mission Hills Meander	TBA Hike 7:15 am Late Birds 8 am Carlsbad Poinsettia Stn. to Carlsbad Village
15	16	17	18	19	20	21
7:15 am Breakfast Spcl: E. Mission Bay 8:15 am Merry Go- Round	6:30 am Sunrise: Coronado 9:35 am Oceanside Pier & Harbor 10 am Crown Point Area Beckons	6:30 pm Mission Bay Sunsets	TBA Hike 10 am Pt. Loma Ocean View 5:30 pm Wednesday Workout	6:30 am Sunrise: Tecolote Canyon 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park 10:30 am Jazz at terminal 2	6:15 pm Mission Hills Meander	TBA Hike
22	23	24	25	26	27	28
7:15 am Breakfast Spcl: Pacific Beach 8:15 am Merry Go- Round	6:30 am Sunrise: Liberty Station 10 am Crown Point Area Beckons	6:30 pm Mission Bay Sunsets	TBA Hike 5:30 pm Wednesday Workout	6 am Sunrise: Harbor Island 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	6:15 pm Mission Hills Meander	TBA Hike
29	30	31				
7:15 am Breakfast Spcl: South Park 8:15 am Merry Go- Round	6:30 am Sunrise: PB Boardwalk 10 am Crown Point Area Beckons 10 am Memorial at Mount Hope	6:30 pm Mission Bay Sunsets				

UPCOMING WALKS, EVENTS & TRIPS

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

Overnight Trips (all dates are tentative)

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. 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, May 20 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

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

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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

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

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
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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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