



San Diego Feets

Vol. 41, No. 3

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, 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

March 2018

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.

10:00 am

LA PLAYA OR HARBOR. Join peripatetic leaders Mark, Rob, Jackie or Sally as we alternate walking around either America's Cup Harbor to admire what's new in the marina OR follow the historic La Playa Trail along the shore past yacht clubs and amazing homes. The **Casual+** pace walks on flat surfaces are approximately 3 miles for about 1.5 hours. Optional eats afterward. Meet to the right of the front door of the Bali Hai. Ample free parking. Served by #28 Bus. Heavy rain cancels. **Sally** (619) 222-3800.

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. 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.

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. Join Sandra, Sally and friends for a **casual+** 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. Join us - just for the health of it! **Sally R.** (619) 222-3800.

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 lot near 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
Mar 3	Irma: irmacaizan@yahoo.com or (619) 795-5821
Mar 7	Mike: lewis@san.rr.com or (858) 922-0738
Mar 10	Bill: (619) 206-5809 or wa4lrm@gmail.com
Mar 14	Bob: gwarrickster@gmail.com or 760-730-2349
Mar 17	Bill: (619) 206-5809 or wa4lrm@gmail.com
Mar 21	Eva: (619) 283-1872 or evajudo@aol.com
Mar 24	Ray: ray@escondidocoin.com
Mar 28	Bill: (619) 206-5809 or wa4lrm@gmail.com
Mar 31	Rita C. Memorial Don: dpiller@cox.net or (760) 670-6862

MORE GREAT WALKS THIS MONTH

THURSDAY, MARCH 1

6:30 am

SUNRISE SERIES: UPTOWN/UNIVERSITY HEIGHTS. Let's walk over the bridge and wander past these historic homes and modern drought resistant gardens for 1 hour at a **moderate** pace on mostly flat terrain. We'll meet by the entrance to the pedestrian bridge behind Trader Joe's. Turn north off University Ave. at Vermont St. into the parking lot. **Mark L.** (619) 964-3097.

FRIDAY, MARCH 2

10:00 am

HILLCREST CANYON EXPLORATION. A **casual** two hour walk for 2 miles in the canyon lands running through Hillcrest on gravel paths (some small hills) and city sidewalks. Meet at The Hub shopping center (near Panera by University and Vermont Aves.) Wear good walking shoes and carry a walking stick if needed. We'll stop for an optional lunch afterward. Buses #11, 10, and 1 will drop you practically at the door. Rain cancels. **Roger L.** (619) 299-0489.

SUNDAY, MARCH 4

7:15 am

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

MONDAY, MARCH 5

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, MARCH 8

6:30 am

SUNRISE SERIES: NORTH PARK. Meet **Frances** at the restaurant at 3949 Ohio St. just north of University Ave., where there is plenty of parking, for this **casual to moderate** 1-hour walk on flat terrain. This neighborhood is a walker's paradise, where daily errands do not require a car. From I-805, exit at University Ave. and head west to Ohio St. Optional breakfast afterward. (619) 479-3962.

FRIDAY, MARCH 9

6:00 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 about a mile on Ft. Stockton Dr. Rain cancels. **Stan F.** (619) 222-3447.

SATURDAY, MARCH 10

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, MARCH 11

7:15 am

BREAKFAST SPECIAL: 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, MARCH 12

6:30 am

SUNRISE SERIES: BY THE BAY. Today we'll hope for sunny skies, lots of birds and that any clouds are the fluffy kind for a more beautiful sunrise. Meet at the former Visitor Information Center just west of the I-5 at the Clairemont Dr. exit. We usually have two groups, **casual and moderate**, on this 1 hour flat walk. Bring money for an optional breakfast afterward at one of our favorite places. **John & Marilyn** (619) 840-5544.

THURSDAY, MARCH 15

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

SATURDAY, MARCH 17

9:30am

HAPPY 41ST BIRTHDAY WALKABOUT. Recreate the walk that launched thousands upon thousands of ships, er, walks since St. Patrick's Day of 1977. Savor what the times were like back then and how Walkabout took its first baby steps. Explore what were some little-known trails in the picturesque La Playa area of Point Loma on a 1.5 hour, **moderate** walk over mixed up-and-down terrain. Look for **Rob K.** who is recreating Larry's first walk, at the front of Pizza Nova (5050 N. Harbor Dr.) near Scott St. There is free parking available in the lot or on streets nearby. From there we'll proceed to the traditional "poetic" starting point of Scott and Emerson Sts. Rain Cancels. (619) 972-2819.

SUNDAY, MARCH 18

7:15 am

BREAKFAST SPECIAL: MISSION BEACH. Let's walk along the boardwalk to enjoy the ocean waves reflecting the rising sun. We also might go north or south as we explore the variety of homes from old beach cottages to modern multi-story residences including a boat house. Optional breakfast afterward. Meet at the merry-go-round on Mission Blvd. near Mission Bay Dr. **Pat's Pals** (619) 469-6223.

MONDAY, MARCH 19

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.

TUESDAY, MARCH 20

10:00 am

CELEBRATE SPRING & CHERRY BLOSSOMS.

Joining us at a tranquil spot in beautiful Balboa Park for a **casual** walk as we make our leisurely way along winding paths and gradual slopes to view the fascinating exhibits. Pause to enjoy the ambience of the sights and the scents of the flowers and trees and the sounds of the birds and water running over the rocks. Meet at the entrance to the Japanese Friendship Gardens. This is free Tuesday, so remember to bring ID. Time permitting we will visit other hidden gardens or museums. For public transit, take the #7 bus. Optional lunch afterward. **Janet F. & Elaine B.** (858) 560-9003.

2:00 pm

LITTLE KNOWN NORTH PARK. Celebrate the first day of spring by discovering some of the charming cul-de-sacs in North Park. We will find at least five of them as we walk past well-kept Craftsman and Spanish-style houses built in the early and mid 1900s. We will also see a 'literary' and 'artistic' fence. Meet at the corner of 31st and Thorn Sts. for a **casual-to-moderate**, 1-½ hour, flat walk. Bus #2 stops at 30th and Thorn. Rain cancels. **Evelyn K.** (619) 461-6095.

THURSDAY, MARCH 22

6:30 am

SUNRISE SERIES: LIBERTY STATION/SPANISH

LANDING. Meet in the parking lot at Womble and Truxtun Rds. on Liberty Station. We will walk for 1 hour on flat/paved terrain, at a **casual to moderate** pace with faster walkers going at their own pace. We'll head through Liberty Station and over to Spanish Landing to check out the sites. If you haven't taken this walk before, it is delightful and, yes, the airplanes do depart San Diego's Lindbergh Field at exactly 6:30 am! Bring money for optional breakfast afterward. Happy big birthday to Edie! **Pat K.** (619) 469-6223.



FRIDAY, MARCH 23

6:00 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 about a mile on Ft. Stockton Dr. Rain cancels. **Stan F.** (619) 222-3447.

SUNDAY, MARCH 25

7:15 am

BREAKFAST SPECIAL: 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, MARCH 26

6:30 am

SUNRISE SERIES: LITTLE ITALY. We'll walk for 1 hour at a **moderate** pace on flat paved terrain. We'll check out the port and see if anything is new before we touch on Little Italy and circle back. There's always a new building to see. Take Harbor Dr. south a couple blocks past Broadway, turn right and park at the Kissing Statue near the Midway Museum. Bring money for optional breakfast. **Eddie** (619) 313-7818.

THURSDAY, MARCH 29

6:30 am

SUNRISE SERIES: MISSION BAY. Let's enjoy the season by the bay on this flat 1 hour **moderate** walk where we can watch for a beautiful sunrise and check out the different birds. Meet at the former Visitors Information Center. From the I-5, take the Clairemont Dr. exit and go west. Optional breakfast follows. **Winnie** (858) 278-4003.



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.

FEATURED TRIPS

EXPLORE BOWERS MUSEUM, SANTA ANA

Saturday, March 31, 2018

Join Marilyn B. and Elaine B. on our visit to the Bowers Museum in Santa Ana, CA. We will arrive in time for you to explore the museum's various exhibits on your own before lunch. Of special interest is the exhibit of California Bounty: Image and Identity, 1850-1930. California Bounty is the first curatorial interpretation of the museum's distinguished painting collection since 1994. Viewers will take a rambling journey through California's visual history, a history shaped by a mixture of Mexican and Anglo traditions as well as the state's position on the Pacific Rim. The exhibition brings together many of the museum's most cherished paintings, including works by early artists documenting the Mission and Rancho periods: landscapes by plein air painters portraying California's coasts and canyons; sumptuous portraits and still-life paintings of flowers and paper-wrapped fruit by Alberta and William McCloskey.

Lunch will be on your own. The museum has a restaurant named Tangata and there are several within a short walking distance from the museum.

After lunch we will have a guided tour of the American Visionary: John F. Kennedy's Life and Times which is a presentation of over 70 photographs celebrating the life, political career, and extraordinary vision of one of the country's most admired and most charismatic presidents. We will travel on a 30 passenger bus with a restroom. Pick-up will be at Walkabout's office in Liberty Station, 2650 Truxtun Rd, at the intersection of Truxtun and Dewey roads. Parking is available in the lot across the street. Final pick-up will be at the La Costa Park & Ride, exit 44 off the I-5 freeway.

Send your check for \$69.00 to Walkabout International, 2650 Truxtun Road, Suite 110, San Diego, CA 92106. Mark the memo line "Bowers". Please include a stamped self-addressed envelope to receive your trip itinerary. No refunds unless someone from the wait list takes your place. Bottled water and light snacks will be provided. Hope you can join us for a fun day!

MARCH 2018 WALKS AT A GLANCE

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
				6:30 am Sunrise: Uptown/U-Hts. 10 am Shelter Island 10 am Mission Beach	10 am Hillcrest Cyn. Exploration	TBA Hike
4	5	6	7	8	9	10
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 10 am La Playa Trail	6:30 pm Above The Bay	TBA Hike	6:30 am Sunrise: North Park 10 am Shelter Island 10 am Mission Beach	6 pm Mission Hills Meander	TBA Hike 7:15 am Late Birds <i>Spring ahead time change!</i>
11	12	13	14	15	16	17
7:15 am Breakfast Spcl: Balboa Park 8:15 am Merry Go- Round	6:30 am Sunrise: By the Bay 10 am Crown Point Area Beckons 10 am America's Cup Harbor	6:30 pm Above The Bay	TBA Hike	6:30 am Sunrise: Mission Hills 10 am Shelter Island 10 am Mission Beach		TBA Hike 9:30 am Happy 41 st to Walkabout!
18	19	20	21	22	23	24
7:15 am Breakfast Spcl: Mission Beach 8:15 am Merry Go- Round	6:30 am Sunrise: Marina Village 10 am Crown Point Area Beckons 10 am La Playa Trail	10 am Celebrate Spring & Cherry Blossoms 2 pm Little known North Park 6:30 pm Above The Bay	TBA Hike	6:30 am Sunrise: Liberty Station/ Spanish Landing 10 am Shelter Island 10 am Mission Beach	6 pm Mission Hills Meander	TBA Hike
25	26	27	28	29	30	31
7:15 am Breakfast Spcl: Pacific Beach 8:15 am Merry Go- Round	6:30 am Sunrise: Little Italy 10 am Crown Point Area Beckons 10 am America's Cup Harbor	6:30 pm Above The Bay	TBA Hike	6:30 am Sunrise: Mission Bay 10 am Shelter Island 10 am Mission Beach		TBA Hike

UPCOMING WALKS, EVENTS & TRIPS

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

Day Trips

Bowers Museum, Santa Ana	March 31
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Events/Walks

Walkabout's Anniversary	March 17
Annual Meeting Potluck & Auction	October
Thanksgiving Shelter Island Walk	November
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.



Do you have any experience producing a newsletter? Did you help with production or publication at your last job? Would you like to help Walkabout? If you fit any of these, please contact ElaineWalkabout-Inc@gmail.com or elmaberg@att.net. We need your ideas and experience.



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.



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, March 16 at 2:00 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
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Norman Vigeant	(619) 231-7463 ngfrenchy@hotmail.com
Bruce Herms	Emeritus

JOIN US ON MEETUP!

www.meetup.com/Walkabout-International



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

NEWSLETTER STAFF

Dan Haslam, Kim Mills

MAILING CREW

Charlotte Sedgwick, Beverly Stebbins, Stan Follis

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

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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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INVITATION TO VISIT WALKABOUT-INT.ORG

We know that you love our monthly "San Diego Feets" newsletter. Do you also know that we have an outstanding web site with information that may not be included in the newsletter?

Many monthly walks have pictures associated with them on our web site. Trips are explained in detail on the web site with complete agendas and additional information that can't be included in the newsletter.

Need Walkabout forms or contact info, want to renew your membership, maybe review Walkabout safety rules, and easily donate to Walkabout-int? All this and much more can be found on our web site.

Come take a look at <http://walkabout-int.org> - you may be pleasantly surprised at what you have been missing out on!



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Having some fun on the Weekly Sunday MERRY GO-ROUND walk