



# San Diego Feets

Vol. 41, No. 6

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](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

## June 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

**MISSION BAY SUNSETS.** Walk leaves promptly at 6:30. Rain 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 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.

#### 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.

5:30 pm

**THURSDAY TROMP.** Meet in front of Bookstar in Costa Verde Shopping Center at 8650 Genesee Ave. for a friendly walk'n'talk for about 1½ hours at a **moderate-plus** pace through neighborhoods, parks, and canyon trails all around UTC and UCSD areas. Rain cancels. **Kathy T.** (858) 539-6888 or **Barbara S.** (858) 452-8832.

**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 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
Jun 2	<b>Irma:</b> irmacaizan@gmail.com or (619) 795-5821
Jun 6	No hike
Jun 9	<b>Bill:</b> (619) 206-5809 or wa4lrm@gmail.com
Jun 13	<b>Mike L:</b> lewis@san.rr.com or (858) 455-0738
Jun 16	<b>Bill:</b> (619) 206-5809 or wa4lrm@gmail.com
Jun 20	<b>Ray:</b> ray@escondidocoin.com or 760-644-1648
Jun23	TBA
Jun 27	<b>Eva:</b> (619) 283-1872 or evajudo@aol.com
Jun 30	<b>Don:</b> dpiller@cox.net or (760) 670-6862



**MORE GREAT WALKS THIS MONTH**

**SUNDAY, JUNE 3**

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, JUNE 4**

6:30 am

**SUNRISE SERIES: LIBERTY STATION.** Meet **Edie** at Womble and Truxtun Rds. 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. We'll 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) 313-7818.

**WEDNESDAY, JUNE 6**

10:00 am

**HISTORIC DOWNTOWN CHULA VISTA.** Learn about the historic significance and hear stories of various public, commercial, and residential buildings and sites around downtown Chula Vista, then visit the historic exhibit at the downtown Chula Vista library at the end of the walk. This will be a mostly flat, **casual to moderate** walk for about 1-1/2 hours. Meet in front of Fuddruckers at 340 Third Ave., Chula Vista. There is an adjacent 3-hour free parking lot and structure or take the #929 or #701 bus to the intersection of Third Ave. and F St. Rain cancels. **Beth C.** (619) 265-1577.

**THURSDAY, JUNE 7**

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.

**FRIDAY, JUNE 8**

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, JUNE 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, JUNE 10

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, JUNE 11

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, JUNE 12

10:00 AM

**CORONADO'S BEAUTIFUL GARDENS** Join **Pat K.** as we walk at a **moderate** pace on one of her favorite walks through Coronado admiring some of the gardens that won prizes this year. Meet at the library entrance on Orange between 6<sup>th</sup> and 7<sup>th</sup> Sts. For public transit, take bus #901 from 12<sup>th</sup> and Imperial or #904 from Ferry Landing. (619) 469-6223 or cell: (619) 540-9031.

10:00 am

**EXPLORE TIMKEN MUSEUM OF ART.** Join us in Balboa Park on free Tuesday for San Diego City & County residents. Be sure to bring your ID. Meet at the front entrance to The Timken museum. This small museum is always free and is home to the Putnam Foundation's globally-important collection of European old masters, 19<sup>th</sup> century American art and Russian icons. If time permits we can take a stroll through the Botanical Building. For public transit, take the #7 bus. Optional lunch afterward. **Janet F.** (619) 890-4622.

## THURSDAY, JUNE 14

6:30 am

**SUNRISE SERIES: NATIONAL CITY.** We'll take a **moderate** 1-hour flat walk to check out the National City Marina and then on to Pepper Park. We hope to see a cargo ship unloading cars or lumber and people fishing off the pier. Bring money for an optional breakfast afterward. Take I-5 south to the Mile of Cars Way/Bay Marina Dr exit, turn right (west) and then make a left at signal into the restaurant parking lot where we'll meet. **Frances** (619) 479-3962.

## FRIDAY, JUNE 15

5:00 pm

**SUNSET CLIFFS VIEWS.** For public transit, take bus route 923 from downtown at Broadway & 5th OR route 35 from Old Town Transit Center and transfer to 923 in O.B. at Cable & Voltaire Sts. We'll start the walk right after the bus arrives at Sunset Cliffs Blvd. and Point Loma Ave. (not to be confused with West Point Loma Blvd.) Our **casual** walk will last about 1 hour so bus riders may catch the return bus (last bus departs @ 6:36). We'll walk along Sunset Cliffs Blvd. with the Pacific Ocean on one side and interesting homes on the other. Spectacular views. Count on fresh cool breezes from the ocean. **Stan F.** (619) 222-3447.

## SUNDAY, JUNE 17

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, JUNE 18

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.

## TUESDAY, JUNE 19

2:00 pm

**SOUTH NORTH PARK.** Enjoy the final days of spring with a stroll through a quiet neighborhood at the south end of North Park. Meet **Evelyn K.** at the corner of 32<sup>nd</sup> and Kalmia St. for a **casual-to-moderate**, mostly flat, 1-1/2 hour walk. Bus #2 stops at 30<sup>th</sup> and Juniper St. (619) 461-6095.

## THURSDAY JUNE 21

6:30 am

**SUNRISE SERIES: SUNSET CLIFFS.** We'll take a 1 hour, flat walk **at your own pace**. Take I-8 West toward the beach. Turn left onto Sunset Cliffs Blvd, then slight right to stay on Sunset Cliffs Blvd for 1.7 miles to Point Loma Avenue, turn left and park on the street. Meeting place is Sunset Cliffs Blvd. and Point Loma Ave. Bring money for optional breakfast afterward. **Fusa** (619) 223-6947.

## FRIDAY, JUNE 22

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, JUNE 24

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, JUNE 25

6:30 am

**SUNRISE SERIES: EASTERN BALBOA PARK.** Meet **Mark** 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) 964-3097.

## THURSDAY, JUNE 28

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.



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



### LAVENDER FESTIVAL

Saturday, June 9<sup>th</sup>

#### Historic Highland Springs Ranch & Resort

Join Bev B. and Sally R. on a day trip to the 14<sup>th</sup> Annual Lavender Festival held on Southern California's largest certified organic lavender farm located on 20 acres with over 90 different varieties of lavender.

Take an optional narrated horse-drawn carriage ride and learn about the history of lavender and the lavender farm (\$4 seniors). The organic marketplace showcases many products including aroma therapy, body oils, plants, teas, bouquets, balsamic vinegar and much more.

Lunch is on your own. Food booths with freshly prepared selections from local farms, many selections are lavender infused- lavender lemonade and lavender ice cream to name a few. Enjoy live music. Seminars possible.

On the way to the Lavender Festival, we will stop in Temecula Old Town where you will have your choice of strolling through the farmers market or visiting historic landmarks, enjoy unique architecture and antique shops including the Old Town Mural next to Temecula Stage Stop (bus depot).

Send your check for \$65 to Walkabout International, 2650 Truxton Rd. Suite 110, San Diego 92106. Note 'Lavender Festival' on the memo line. Include your cell number if you need to be picked up in North County (Escondido Transit Center), and email address to receive the trip itinerary. If you don't have an email address, include a self-addressed stamped envelope with your check.

The price includes a 40-passenger bus with restroom, admission to the Lavender Festival, snacks, bottled water, and driver gratuity. Refunds only if there is someone to replace you from the waiting list.

Check-in will begin at 8:30 am in front of the Walkabout office on Dewey between Rosecrans and Truxton. Parking is available on the street or parking lot across the street.

We will stop on the way home for an early dinner at Sizzler. Anticipated arrival time back in San Diego between 6-7 pm.

More info on the festival at <http://hsresort.com/the-lavenderfestival>. For more information, contact Bev at [beverlybruff@gmail.com](mailto:beverlybruff@gmail.com) or (858) 268-8088.

## JUNE 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
					<b>1</b>	<b>2</b>
						TBA Hike
<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: Liberty Station  <b>10 am</b> Crown Point Area Beckons  <b>10 am</b> La Playa Trail	<b>6:30 pm</b> Mission Bay Sunsets	No Hike  10 am Historic Downtown Chula Vista	6:30 am Sunrise: Coronado  <b>10 am</b> Shelter Island <b>10 am</b> Mission Beach  <b>5:30</b> Tromp	6 pm 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: Lake Murray  <b>10 am</b> Crown Point Area Beckons  <b>10 am</b> America's Cup Harbor	10 am Coronado Gardens  10 am Explore Timken Museum  <b>6:30 pm</b> Mission Bay Sunsets	TBA Hike	6:30 am Sunrise: National City  <b>10 am</b> Shelter Island <b>10 am</b> Mission Beach  <b>5:30</b> Tromp	5 pm Sunset Cliffs Views	TBA Hike
<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: Mission Beach  <b>8:15 am</b> Merry Go- Round	6:30 am Sunrise: South Shore  <b>10 am</b> Crown Point Area Beckons  <b>10 am</b> La Playa Trail	2 pm South North Park  <b>6:30 pm</b> Mission Bay Sunsets	TBA Hike	6:30 am Sunrise: Sunset Cliffs  <b>10 am</b> Shelter Island <b>10 am</b> Mission Beach  <b>5:30</b> Tromp	6 pm 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	6:30 am Sunrise: E. Balboa Park  <b>10 am</b> Crown Point Area Beckons  <b>10 am</b> America's Cup Harbor	<b>6:30 pm</b> Mission Bay Sunsets	TBA Hike	6:30 am Sunrise: Mission Hills  <b>10 am</b> Shelter Island <b>10 am</b> Mission Beach  <b>5:30</b> Tromp		TBA Hike

## UPCOMING WALKS, EVENTS & TRIPS

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

### Day Trips

Lavender Festival, Cherry Valley	June 9
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### Events/Walks

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.



### 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

Friday, June 8 at 10 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

<b>President</b>	(858) 560-9003
Elaine Berger	<a href="mailto:President@walkabout-int.org">President@walkabout-int.org</a>
<b>1<sup>st</sup> Vice President</b>	(858) 571-7733
Robert Buehler	<a href="mailto:vp1@walkabout-int.org">vp1@walkabout-int.org</a>
<b>2nd Vice President</b>	(619) 318-4870
Dan Haslam	<a href="mailto:danhaslam@walkabout-int.org">danhaslam@walkabout-int.org</a>
<b>3rd Vice President</b>	(619) 222-3447
Stan Follis	<a href="mailto:Stanley@walkabout-int.org">Stanley@walkabout-int.org</a>
<b>Secretary</b>	(619) 231-7463
Donna Farris	<a href="mailto:secretary@walkabout-int.org">secretary@walkabout-int.org</a>
<b>Treasurer</b>	(619) 231-7463
Diane Erk	<a href="mailto:treasurer@walkabout-int.org">treasurer@walkabout-int.org</a>
<b>Directors</b>	
Marilyn Buckley	(619) 231-7463 <a href="mailto:prwalkabout@yahoo.com">prwalkabout@yahoo.com</a>
Larry Forman	(858) 755-1751 <a href="mailto:larry@walkabout-int.org">larry@walkabout-int.org</a>
Norman Vigeant	(619) 231-7463 <a href="mailto:ngfrenchy@hotmail.com">ngfrenchy@hotmail.com</a>
Bruce Herms	Emeritus

## JOIN US ON MEETUP!

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



### OFFICE STAFF

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

### SAN DIEGUITO RIVER PARK BECKONS

*By Carol Carr*

Have you heard of the San Dieguito River Park? Have you been there? It's a regional open space park with a trail system that stretches from the Del Mar Fairgrounds to Volcan Mountain near Julian, following the 55-mile San Dieguito River corridor. For the past 30 years, the park has been building a single 70-mile long walking trail. More than 65 miles of trails of every level are open for day use.

I recently became your Walkabouts representative at the Park's monthly Citizens Committee meetings where we work to build and maintain all those trails. I encourage you to get out there for a little nature! If our Walkabout Wilderness Hikes seem daunting, I'll be glad to help you select an easy walk within the park. Contact me at [caroldcarr@att.net](mailto:caroldcarr@att.net).

The most popular trail is next to the Del Mar Fairgrounds. There are 2 trailheads, so you can take an easy, flat walk of 3 or 6 miles while you enjoy the San Dieguito Lagoon and River, a great variety of birds, native plants full of spring flowers, cool breezes, and beautiful scenery. Find all the details you need for exploring the Park's trails in the Trails section at [www.sdrp.org](http://www.sdrp.org).



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San Diego, CA 92106-6007  
(619) 231-7463  
<http://www.walkabout-int.org>  
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San Diego, CA  
Permit # 1946



Verna George Bain, past president and longtime walk and trip leader, passed away on April 22. Verna was born and raised in Wells River, Vermont, a town so small that, in her words, "I knew all my classmates as well as everyone in the village." Perhaps that's why she was so sociable. She grew up during the Depression, which fostered her resourcefulness and early love of walking. Verna walked across the campus at Middlebury College, graduating in 1940, and walked down the aisle soon after, marrying George Watt Bain in 1942. He was a medic in the U.S. Army, and after the war they moved to San Diego, CA with their two sons, Michael & Gregory, where Verna began a 29-year career in education as a teacher and administrator.

Though not a socialite, Verna was very sociable. In 1968 she joined Northminster Presbyterian Church, where she served on various committees, was a member of the Women's Association, and served as an elder for six years. She volunteered at the Natural History Museum as a guide for C4U, guiding the blind on museum tours and Saturday field trips. Verna also volunteered for several years at the Blind Recreation Center, where she served as a guide for the Night Walkers. When her husband died in

1982, Verna discovered Walkabout International, which, in her words, "became a second family to me."

Verna joined Walkabout in 1983 and immediately embraced the Monday and Thursday Early Bird walks which she could complete before going to work. She soon became a walk leader, a Board member in 1984, then a trip leader. She served as President twice, 1989-1991 and 1993-1995. As trip leader, her favorite trips included the San Antonio River Walk and the trip to England and Scotland in 2001. Twenty-six people had booked the trip, but after the attack on the Twin Towers, only 8 people were still willing to go. She was always proud of that brave little group.

Verna is survived by her sister, Elizabeth Strickland, her sons, Michael and Gregory (Carol), four grandchildren, and four great grandchildren. Her persistence and optimism inspired many over the years. She celebrated her 99th birthday on April 17th and died peacefully in her sleep at home on April 22, 2018. A memorial service will be held at Northminster Presbyterian Church on June 9th at 10:00 am. Informal reception to follow. In lieu of flowers, Verna requested donations to Walkabout International and Northminster Presbyterian Church.