



San Diego Feets

Vol. 41, No.7

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 per hour	Minutes per mile
Casual	2.5	25
Moderate	3.0	20
Moderate-plus	3.5	17

July 2018

WALKABOUT'S NEW PRESIDENT

During our Walkabout Board's yearly planning retreat on Friday April 13, 2018 Elaine Berger was elected to the position of President. Congratulations to Elaine on her new position as President. Many thanks to Robert Buehler for his many contributions to Walkabouts, including the last six years as president. He continues his participation as he takes the position of 1st Vice President. No other changes occurred in the Directors or Officers of Walkabout.

TAKE THE TRIPS SURVEY

The new board has taken action to move the organization forward. This month's newsletter contains a survey regarding your trip preferences. The same survey is also available on-line at walkabout-int.org/survey. Please take a few minutes and let us know what, where and how you like to travel so that we can be better in tune with our current subscribers. The survey deadline is July 31, 2018 so please act now. The organization can't commit to any specific trip or preference but we are trying to ascertain what your desires are as we move forward.

NEW NEWSLETTER EDITOR

Kim Mills who has been our wonderful Newsletter editor for years has decided to pursue new opportunities. We wish her the best as she has done an excellent job collecting, editing and publishing our newsletter. Kathy Garcia will be our new newsletter editor. She brings many years of experience in newsletter editing to our monthly mailer. The board has also decided that after many years the format and style of the newsletter has become a bit "dated". They have re-affirmed their commitment to bringing more news, articles and pictures to the newsletter and website.

PLEASE SEND US YOUR PHOTOS

To accomplish this we will now be accepting **photos** from your **phone, email or online**.

From you phone or emails summit photos to the **photos@walkabout-int.org** email address. The one thing that we must have when you submit a photo is your name and phone number so please include that with all picture submissions. We are adding a top level new menu item onto our website. Simply click on the Photos tab and follow the directions on how to upload pictures online. We will try to publish as many pictures as possible. Picture content in the newsletter however will be limited by cost considerations as each picture takes additional paper space and each additional piece of paper increases our mailing cost as well. The website has neither of these constraints and will continue to publish a much more robust picture content.

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.

MONDAYS

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. **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 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 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
July 4	Ray: Ray@escondidocoin.com (760)-644-1648
July 7	TBA
July 11	Don: dpiller@cox.net (760) 796-4007
July 14	Irma: irmacaizan@yahoo.com (619) 795-5821
July 18	Bill: wa4lrm@gmail.com (619) 206-5809
July 21	Bill: wa4lrm@gmail.com (619) 206-5809
July 25	Mike L: lewis@san.rr.com or (858) 922-0738
July 28	TBA

Thanks to everyone. Anyone wants to take an open Saturday just let me know. Don Piller



MORE GREAT WALKS THIS MONTH

SUNDAY, JULY 1

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, JULY 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.

THURSDAY, JULY 5

7:15 am

BREAKFAST SPECIAL: BRIDGES OF BANKERS HILL. Let's see how many bridges we can cross in this historic interesting area. Optional breakfast follows. Meet at First and Juniper. **Pat** 619-469-6223.

FRIDAY, JULY 6

10:00 am

UCSD CAMPUS STUART COLLECTION: A casual 3 mile loop walk around the UCSD campus to visit the Stuart collection. Meet at the VA hospital, 3350 La Jolla Village Drive, San Diego CA 92161. Meet at the bus stop in front of the hospital. There is an express bus number 150 from Old Town leaving at 9:28, arriving 9:52. Free parking in the visitor lot south of the hospital entrance. Optional lunch in the campus food court near the end of the walk. Rain Cancels. **Roger L.** (619)-299-0489.

SUNDAY, JULY 8

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, JULY 9

6:30 am

SUNRISE SERIES: CHULA VISTA. We'll meet on Third Ave. between F and G Sts. to inspect the Third Ave. renovation. Take the I-5 south to the E St. exit, continue straight onto Bay Blvd and then turn left onto F St., turn right onto Third Ave. and park in area near the fast food restaurant. Pace for this 1 hour walk will be **casual to moderate** on flat, paved streets. Bring money for optional breakfast afterward. **Marilyn & John** (619) 840-5544.

TUESDAY, JULY 10

10:00 am

EXPLORING SAN DIEGO. Mission Beach Amusement Park calls us. Sea breezes will cool us while we enjoy our beautiful beach area as we walk in and out of the walkaways/roads named after world beaches and resorts. We even may see a houseboat on land. Park south of the roller coaster and meet at its ticket booth. **Pat K.** (619)-469-6223

THURSDAY, JULY 12

6:30

SUNRISE SERIES: RIVERWALK. We'll meet at the restaurant on the corner of Pacific Hwy. and Rosecrans St. to walk along the river and hope that the landscape has been cut back and cleaned up since our last walk as we try to make it to Mission Valley. Terrain is flat and walk will be at a **moderate** pace for 1 hour. Bring money for optional breakfast afterward. **Frances** (619) 479-3962.

FRIDAY, JULY 13

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, JULY 15

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, JULY 16

6:30 am

SUNRISE SERIES: OCEAN BEACH. We will take a **moderate** 3-mile walk visiting the pier to see the surfers and fishermen and then continuing in the Sunset Cliffs neighborhood. To reach our meeting place, take I-8 to the west end, turn left onto Sunset Cliffs Blvd., then turn right onto Newport Blvd. for a block and a half. Meet across the street from the old Strand Theater. Bring money for an optional breakfast. **Fusa** (619) 223-6947.

THURSDAY, JULY 19

6:30

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 Marilyn at Goldfinch St. and Fort Stockton Dr., which is 1 block north of West Washington St. Optional breakfast afterward. **Marilyn** (619) 294-8308.

FRIDAY, JULY 20

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.

9:00 am

JOIN THE COMIC-CON WILDNESS. Let's take a casual walk to check out San Diego's wildest convention. We will pick our route with the least wild crowds, but best view of the participants as we observe and enjoy their fun. Take any trolley line to Imperial and 12th St. but allow time for crowded lines and parking lots. Meet by the Green Line trolley terminal to walk toward rain cancels. **Pat K.** (619) 469-6223.

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, JULY 22

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, JULY 23

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.

TUESDAY, JULY 24

2:00 pm

WILD ANIMALS OF UNIVERSITY HEIGHTS Come see hippos, a warthog, a gorilla, a dinosaur, a deer, and even a mermaid or two. Five years ago one sharp-eyed walker spied 65 animals! See if you can top that. Meet Evelyn K. at the corner of Johnson and Lincoln for a casual-to-moderate mostly flat, 1 1/2 hour walk. Take the Washington Street east exit from the 163 freeway and turn left on Lincoln Avenue. Buses 11 and 215 stop at Park Blvd. and Howard Avenue. Rain cancels. Evelyn K. 619-461-6095.

THURSDAY, JULY 26

6:30 am

SUNRISE SERIES: INLET AT LIBERTY

STATION. Join **Edie** for a **moderate**, 1-hour walk on mostly paved, level paths. We'll meet in the parking area near the river at the south end of Womble Rd. From the south, take I-5 to the Pacific Hwy. exit, veer to the left onto Barnett Ave., turn left into Liberty Station, turn left at Womble Rd. From the north or east, take the Rosecrans St. exit, proceed several miles until you see Vons on your left – Womble Rd. is the next left turn. Optional breakfast follows. (619) 313-7818.

FIRDAY, JULY 27

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, JULY 29

7:15 am

BREAKFAST SPECIAL: BRIDGES OF BANKERS

HILL. Let's see how many bridges we can cross in this historic interesting area. Optional breakfast follows. Meet at First and Juniper. **Pat** 619-469-6223.

MONDAY, JULY 30

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 Marilyn at Goldfinch St. and Fort Stockton Dr., which is 1 block north of West Washington St. Optional breakfast afterward. (619) 294-8308.



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.

Where do you want to go?

Your board of directors is turning to you for assistance. We need fresh ideas to keep Walkabout International in tune with our subscribers, so please complete our survey either Online (Preferred) at walkabout-int.org/survey or offline on the form below and mail/email to our office. You may remain anonymous if you wish; however, if you share your information we will be able to follow up to obtain even more pertinent information. Thank you in advance

= Multiple Choice Questions

= Select One Question

Day Trips

- Nixon Library
- Reagan Library
- Getty Center
- Huntington Library & Gardens
- Knott's Berry Farm
- San Juan Capistrano
- Universal Studios Hollywood
- Jet Propulsion Lab (JPL)
- Petersen Automotive Museum
- Old Town Walking Tour
- Lavender Festival
- Guadalupe Valley Wine Tasting
- Ensenada Lunch & Shopping

1-3 Day Trips

- Palm Springs
- Julian/Borrego Springs/Desert
- Pageant of the Masters/Laguna
- Hearst Castle San Simeon

Alternative Suggestions

Longer Trips

California

- Hearst Castle – San Simeon
- Solvang
- San Francisco & Bay Area
- Redwoods & North 101
- Placerville & Gold Country
- Chico & Lassen National Park

West & Southwest

- Sedona & Red Rocks
- Tucson & Green Valley Area
- Reno & Lake Tahoe
- Las Vegas
- Boise & Trailing of the Sheep Festival

East and Southeast

- Boston
- New York City
- Toronto & Niagara Falls
- Charleston & Savannah
- San Antonio & Austin
- New Orleans

Alternative Suggestions

TRAVEL PREFERENCES

= Multiple Choice Questions

= Select One Question

Preferred Activity Level

- Leisurely - Short walks - Sightseeing
- Moderate – Walking 30%-50% most days
- Active – Walking 50% - 70% most days
- Strenuous - >70% rough terrain, elevation, etc.

Accommodations

- Basic - Motel 6 or other bargain lodging
- Comfortable - Quality Inn or Best Western
- Plush - Hilton or Hyatt Chains
- Prefer B&B, Vacation Residence or Condo

Main Interests

- Current Culture Exploration
- Historical, Museums & Monuments
- Churches & Religious Oriented
- Parks, Woodlands and Backcountry
- Cultural - Shows, Opera, Theme oriented

Group Size & Transportation

- <5 Full Size SUV
- 7 – 10 Van
- 10 – 16 Mini Bus
- 35+ Full size Bus

Preferred Trip Length

- 1 - 3 days
- 3 – 5 days
- 5 -7 days
- > 8 days

Optional Information

Name _____

Male Female

Phone _____

Miles I walk every month:

Additional Comments

Walkabout-International
2650 Truxtun Rd., Suite 100
San Diego, CA 92106-6007
survey@walkabout-int.org

JULY 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	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 La Playa Trail 10 am Crown Point Area Beckons	6:30 pm Mission Bay Sunsets	TBA Hike	7:15 AM Breakfast Spcl: Bridges of Bankers Hill 10 am Shelter Island 10 am Mission Beach 5:30 Tromp	10 am UCSD Campus Stuart Collection	TBA Hike
8	9	10	11	12	13	14
7:15 am Breakfast Spcl: Balboa Park 8:15 am Merry Go- Round	6:30 am Sunrise Chula Vista 10 am Crown Point Area Beckons 10 am La Playa Trail	6:30 pm Mission Bay Sunsets 10:00 am Exploring San Diego	TBA Hike	6:30 am Sunrise: River Walk 10 am Shelter Island 10 am Mission Beach 5:30 Tromp	6 pm Mission Hills Meander	TBA Hike
15	16	17	18	19	20	21
7:15 am Breakfast Spcl: Mission Beach 8:15 am Merry Go- Round	6:30 am Sunrise: Ocean Beach 10 am Crown Point Area Beckons 10 am La Playa Trail	6:30 pm Mission Bay Sunsets	TBA Hike	6:30 am Sunrise: Mission Hills 10 am Shelter Island 10 am Mission Beach 5:30 Tromp	7:15 am Breakfast Spcl: Pacific Beach 5 pm Sunset Cliffs Views	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: Mission Bay 10 am Crown Point Area Beckons 10 am La Playa Trail	6:30 pm Mission Bay Sunsets 2 pm Wild Animals of University Hts.	TBA Hike	6:30 am Sunrise: Inlet at Liberty Station 10 am Shelter Island 10 am Mission Beach 5:30 Tromp	6 pm Mission Hills Meander	TBA Hike
29	30					
7:15 am Breakfast Spcl: Bridges of Bankers Hill 8:15 am Merry Go- Round	6:30 am Sunrise: Mission Hills 10 am Crown Point Area Beckons 10 am La Playa Trail					



UPCOMING WALKS, EVENTS & TRIPS

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

Events/Walks

Annual Meeting Potluck & Auction	October
Thanksgiving Shelter Island Walk	November
Christmas Brunch; Gift Exchange	December 25



BOARD SEEKS YOUR HELP VOLUNTEERS NEEDED!

We need office volunteers and board members. We are also recruiting new walk leaders. If Interested, please contact Norm Vigeant at 858-278-1253 or ngfrenchy@hotmail.com and he will guide you through the process. We always looking for new ideas for walks so If you are interested in any of our volunteer opportunities, please call the office (619) 231-7463.



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. If you have not led a walk before, please contact Norm Vigeant at 858-278-1253 or ngfrenchy@hotmail.com well prior to the planned walk for approval and training. You can e-mail your newsletter comments, suggestions or any other info to publisher@walkabout-int.org.

WALKABOUT BOARD MEETING

Friday, July 13 at 10:00 a.m.,
Serra Mesa-Kearny Mesa Branch
Library, Sudberry Room, 9005 Aero
Drive, San Diego, CA 92123

BOARD MEMBERS

President Elaine Berger	(858) 560-9003 President@walkabout-int.org
1st Vice President Robert Buehler	(858) 571-7733 vp1@walkabout-int.org
2nd Vice President Dan Haslam	(619) 318-4870 danhaslam@walkabout-int.org
3rd Vice President Stan Follis	(619) 222-3447 Stanley@walkabout-int.org
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Treasurer Diane Erk	(619) 231-7463 treasurer@walkabout-int.org
Directors Marilyn Buckley	(619) 231-7463 prwalkabout@yahoo.com
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Norman Vigeant	(619) 231-7463 ngfrenchy@hotmail.com
Bruce Herms	Emeritus



OFFICE STAFF

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

NEWSLETTER STAFF

Dan Haslam, Kathy Garcia

MAILING CREW

Charlotte Sedgwick, Beverly Stebbins, Stan Follis, Don Piller

JOIN US ON MEETUP!

www.meetup.com/Walkabout-International



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

Premier Social Network Afoot

Walkabout International 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:

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP+4 _____ - _____

PRIMARY PHONE () _____ OTHER PHONE () _____

EMAIL ADDRESS _____ PDF ONLY



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San Diego, CA 92106-6007
(619) 231-7463
<http://www.walkabout-int.org>
CHANGE SERVICE REQUESTED

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Seagulls along Sunset Cliffs from Stan Follis
on one of his new walks May 1, 2018



Cliffs - Caves on a cloudy afternoon at
Sunset Cliffs from Stan Follis

POTLUCK SOCIAL

Come meet with fellow Walkabouters for a potluck luncheon in the Green Room (down the hall from our office) on Tuesday, July 10, from noon to 2:00. Bring a dish to share. Walkabout will provide paper goods, utensils, and water. This is a chance to meet other Walkabouters and share experiences, funny and interesting things occurring on walks and trips, and any new ideas for where or when to have walks or trips. If it is not too warm, we will take a walk, probably from 1:30 to 2:00. Questions call (619) 231-7463.