



Est. 1977 in San Diego

Pace Yourself	miles per hour	minutes per mile
Very Casual*	2.0	30
Casual	2.5	25
Moderate	3.0	20

* Used in lieu of "Walk at your own pace"

+ Used to indicate a possible slightly brisker pace



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, email: 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.

July 2019

JOIN US FOR THE PAGEANT OF THE MASTERS ONE DAY TRIP: WEDNESDAY AUGUST 21, 2019

We leave San Diego at 11:30am via a 47 passenger coach/tour bus. Stop at La Costa Park & Ride at noon to pick up North County passengers.

Arrive in Laguna Beach around 1:30-2pm. Which will give us plenty of time to participate in the art festival activities before the Pageant of the Masters show and have dinner.

Gather at the theater early enough to get into the theater, use the restroom, and get to our seats before show time, which is 8:30pm.

After the show, which will be around 10pm, board our bus for the ride home. Stop at La Costa to drop off North County passengers.

Arrive back in San Diego about 12:30-1:30am.



Drive yourself home.

The price will be \$125.00 per person.

Send your check to Walkabout International, 2650 Truxtun Rd., Suite 110, San Diego, CA 92106. Mark the memo line – *Pageant of the Masters*.



MONTHLY WALK ROUND-UP

MONDAY, JULY 1

6:30 am

 **SUNRISE SERIES: SWEETWATER RIVER NATIONAL CITY.** We'll walk along the river at a *casual to moderate pace* on flat paved terrain. We'll see if any birds and/or ducks are roaming in the water and check to see if there are any improvements along the walking/bike path. Maybe we'll get all The Way to the National City Marina? Take I-805 South to Sweetwater turnoff, stay on left side and turn left at 1st light (Sweetwater Rd.), left at next light then immediate right to meet in furniture store parking lot. Bring money for optional breakfast afterward. John and Marilyn (619) 840-5544.

10:00 am

 **CROWN POINT AREA BECKONS.** Start out your week with beautiful scenic views of Mission Bay and nearby homes. Our guest leader will take the group on a flat walk for about two hours, with a pause for coffee or yogurt. Take I-5 to Grand Ave. and go west to Lamont Street, turn left on Lamont Street, then right on Crown Point Drive 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. Pace: moderate to moderate-plus.* Kathy L. (858) 484-0349.

10:00 am

 **HISTORIC LA PLAYA TRAIL:** Join peripatetic leaders Rob or Anita as we follow the historic La Playa Trail, along shoreline, past yacht clubs and amazing homes and gardens. Meet at trail marker by the bay at the intersection of Talbot Street and Anchorage Lane, adjacent to SD Yacht Club. The *casual+ pace* is on a dirt trail for approx. 2.4 miles and 75 minutes. Street parking; observe signage. Optional eats after; heavy rain cancels; served by bus #28. Sally R. (619) 222-3800. Repeats every other week.

Taking a single step involves up to 200 muscles.

TUESDAY, JULY 2

6:30 pm

 **ABOVE THE BAY.** Join us for some exercise and fabulous views of Mission Bay. Meet at the Clairemont Information Center, west side of I-5 at the Clairemont Drive exit. Walk starts at 6:30 pm, is 1-hour plus and 3.5 miles plus long, *moderate to moderate-plus* walk. Rain, but not mist, cancels. Flashlight recommended. Please call Jill F. (858) 292-4231 to make sure walk is 'on' for the week. We do cancel if Tuesday is a holiday.

WEDNESDAY JULY 3

5:30 pm

 **WEDNESDAY WORKOUT.** Join us in front of Bookstar in Costa Verde Shopping Center at 8650 Genesee Ave. for a friendly walk'n'talk for about 1½ hours through neighborhoods, parks, and canyon trails all around UTC, University City, and UCSD areas. *Rain cancels. Pace: moderate-plus.* Please call Nicki L. at 619-665-6981 or Barbara S. (858) 452-8832 to confirm.

THURSDAY, JULY 4 (INDEPENDENCE DAY HOLIDAY)

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. We'll meet at the Tecolote Canyon Natural Park & Nature Center parking lot. Take I-5 to Tecolote Rd. exit, go east on Tecolote Rd. to the parking lot at the end of the road. We'll explore the athletic fields that are part of this San Diego Regional Park as well as the nature trail. Bring money for an optional breakfast afterward. Connie V. (619) 477-8628.

10:00 am

 **MISSION BEACH NORTH & SOUTH.** Walk the beach or the bay and stop for coffee near the end of this 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. Pace: moderate to moderate-plus.* Kathy L. (858) 484-0349.

10:00 am

 **SHELTER ISLAND WALK & TALK.** Join Rob, Elaine, Janet or Kathy B. for a 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. Pace: casual+.* Sally R. (619) 222-3800.

SUNDAY, JULY 7

7:15 am

 **BREAKFAST SPECIAL: 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. Then back to optional breakfast. Meet at meterless spaces in the parking lot at Anchorage Ln. and Canon St. (one block south of Shelter Island Dr). Edie A. edier@cox.net. (619) 313-7818.

8:15 am

 **MERRY GO-ROUND.** Join us on one of the most scenic walks in San Diego. We start at the carousel in Balboa Park. Our walk encompasses the harbor, downtown and Bankers Hill. Depending on size of the group and mood, we may include some bridges. Allow three 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 in the lot near the carousel at Park Blvd. and Zoo Place. *Pace: moderate-plus.* Rick P. (858) 565-7212.

MONDAY, JULY 8

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 H. (858) 248-3782.

10:00 am

 **AMERICA'S CUP HARBOR:** Join peripatetic leaders Rob or Anita as we walk around America's Cup Harbor on sidewalks to admire what's new in the marina from bayside restaurants to a new brewery, gelato/ coffee shop, deluxe condos and new docks, with lots of construction and MORE. The *casual+ pace* walks on flat paved surfaces and are approximately 2.5 miles each for about 1 hour and 15 minutes. Fun, friendly group. Optional eats afterward. Meet to the right of the front door of the Bali Hai. Ample free parking; Served by #28 Bus and walk 3 blocks. *Heavy rain cancels.* Sally R. (619) 222-3800. Repeats every other week.

10:00 am

 **CROWN POINT AREA BECKONS.** See Monday, July 1 for details.

TUESDAY, JULY 9

6:30 pm

 **ABOVE THE BAY.** See Tuesday, July 2 for details.

WEDNESDAY JULY 10

8:30 am

LAKE MURRAY. Walk at a casual pace for 1 hour on 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 at the covered picnic table by the water just off the main parking lot. Optional breakfast after. Janet F. (619) 890-4622.

5:30 pm

 **WEDNESDAY WORKOUT.** See Wednesday, July 3 for details.

THURSDAY, JULY 11

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 E St., turn right onto Third Ave. and park in area near Fuddrucker's Restaurant. There is plenty of free parking available. Pace for this walk will be *casual to moderate* on flat, paved streets for about 1 hour. Bring money for optional breakfast afterward. Frances (619) 479-3962.

10:00 am

 **MISSION BEACH NORTH & SOUTH.** See Thursday, July 4 for details.

10:00 am

 **SHELTER ISLAND WALK & TALK.** See Thursday, July 4 for details.

FRIDAY, JULY 12

4:00 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 Drive. *Rain cancels.* Jim M. (619) 971-1518.

SATURDAY, JULY 13

9:30 am

LAGOON VIEWING – DEL MAR. Let's take advantage of the break between the San Diego County Fair and the racing season and visit the San Dieguito Lagoon in Del Mar. Wildlife viewing opportunities abound on this approximately 6-mile, moderate+ paced walk along mostly flat, easy trails. We'll walk along part of the Coast to Crest Trail and the Del Mar River Path, affording views of this coastal wetlands area and the San Dieguito River. We'll also get to see horses going through their paces behind the Del Mar Horse Park. Meet in front of Gelson's Market at 2707 Via De La Valle in the Del Mar Shopping Center just east of Highway 5. Lenore E. (619) 890-0714 (ledidin@san.rr.com).

SUNDAY, JULY 14

7:15 am

 **BREAKFAST SPECIAL: BALBOA PARK.** The park is beautiful year round, with many paths to explore at your own pace. Eating and chatting afterward is optional but great fun. Meet at the carousel on Park Blvd. at Zoo Pl. Edie A. edier@cox.net. (619) 313-7818.

8:15 am

 **MERRY GO-ROUND.** See Sunday, July 7 for details.

MONDAY JULY 15

6:30 am

 **SUNRISE SERIES: PACIFIC BEACH BOARD-WALK.** 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 and Marilyn (619) 840-5544.

10:00 am

 **CROWN POINT AREA BECKONS.** See Monday, July 1 for details.

10:00 am

 **HISTORIC LA PLAYA TRAIL.** See Monday, July 1 for details.

TUESDAY, JULY 16

6:30 pm

 **ABOVE THE BAY.** See Tuesday, July 2 for details.

WEDNESDAY JULY 17

5:30 pm

 **WEDNESDAY WORKOUT.** See Wednesday, July 3 for details.



May walk in Encinitas Ranch.

THURSDAY, JULY 18

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. **Connie V.** (619) 477-8628.

10:00 am

 **MISSION BEACH NORTH & SOUTH.** See Thursday, July 4 for details.

10:00 am

 **SHELTER ISLAND WALK & TALK.** See Thursday, July 4 for details.

FRIDAY, JULY 19 (3RD FRIDAY)

5:36 pm

SUNSET CLIFFS VIEWS. Meet at Sunset Cliffs Blvd. & Point Loma Ave. (not West Point Loma Blvd.) in Ocean Beach. We'll enjoy spectacular views and fresh cool breezes from the Pacific Ocean. 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 Street. If you take the bus and it's late, please call me and we'll wait for you. Otherwise, we'll start at the announced time. Our walk will last about one hour. Pace: *Casual*. **Stan F.** (619) 222-3447.

SUNDAY, JULY 21

7:15 am

 **BREAKFAST SPECIAL: MISSION BEACH.** Let's walk, at your own pace, along the boardwalk to enjoy the ocean waves reflecting the rising sun. We could go north or south as we admire the mixture of old beach cottages and new multi-story homes. Meet in the parking lot in front of the roller coaster. **Edie A.** edier@cox.net. (619) 313-7818.

8:15 am

 **MERRY GO-ROUND.** See Sunday, July 7 for details.

MONDAY, JULY 22

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. **Winnie** (858) 278-4003.

10:00 am

 **AMERICA'S CUP HARBOR.** See Monday, July 1 for details.

10:00 am

 **CROWN POINT AREA BECKONS.** See Monday, July 1 for details.

TUESDAY, JULY 23

2:00 pm

Why be Normal? Part 1. Let's see what's normal about Normal Heights West. We'll stroll past charming older homes sitting next to mansions built after the 1985 canyon fire, and see a beautiful Carmelite Monastery. Meet at the corner of West Mountain View Dr. and Kenmore Terrace, one block north of Adams Ave. for a casual-to-moderate, flat, 1.5-hour walk. Bus #11 stops at Adams Ave. and West Mountain View Dr. **Evelyn K,** 619-461-6095.

6:30 pm

 **ABOVE THE BAY.** See Tuesday, July 2 for details.

WEDNESDAY JULY 24

8:30 am

LAKE MURRAY. Walk at a casual pace for 1 hour on 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 at the covered picnic table by the water just off the main parking lot. Optional breakfast after. **Janet F.** (619) 890-4622.

5:30 pm

 **WEDNESDAY WORKOUT.** See Wednesday, July 3 for details.

THURSDAY, JULY 25

6:30 am

 **SUNRISE SERIES: LITTLE ITALY.** We'll walk for 1 hour at a *moderate pace* on flat paved terrain. We hope to see many changes. 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 afterward. **Frances** (619) 479-3962.

10:00 am

 **MISSION BEACH NORTH & SOUTH.** See Thursday, July 4 for details.

10:00 am

 **SHELTER ISLAND WALK & TALK.** See Thursday, July 4 for details.

FRIDAY, JULY 26

4:00 pm

MISSION HILLS MEANDER. See Friday, July 12 or details.

SUNDAY, JULY 28

7:15 am

 **BREAKFAST SPECIAL: PACIFIC BEACH.** Before the crowds arrive, walking along the ocean in Pacific Beach can be delightful. We'll admire the waves on a flat walk at your own speed and then return by the same route. Meet at the end of Garnet where the pier begins.

Optional breakfast follows, perhaps overlooking the ocean and the surfers. Edie A. edier@cox.net. (619) 313-7818.

8:15 am

 **MERRY GO-ROUND.** See Sunday, July 7 for details.

MONDAY JULY 29

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. Edie A. edier@cox.net. (619) 313-7818.

10:00 am

 **HISTORIC LA PLAYA TRAIL.** See Monday, July 1 for details.

10:00 am

 **CROWN POINT AREA BECKONS.** See Monday, July 1 for details.

TUESDAY, JULY 30

6:30 pm

 **ABOVE THE BAY.** See Tuesday, July 2 for details.

WEDNESDAY JULY 31

5:30 pm

 **WEDNESDAY WORKOUT.** See Wednesday, July 3 for details.

WALKABOUT AND UCC TAKE ON DC/MONTICELLO

Spring flowers were in bloom for Walkabout International and UCC's joint trip to the nation's capital. Twenty-four participants from Walkabout and University Christian Church joined on the 8-day tour, whose highlights included visits to the new Museum of African American History and Culture, the mall monuments, US Capitol and ultimately to Jefferson's Monticello in Charlottesville. In DC the group stayed at a simple, retro motel in Rosslyn, VA, which was well placed to the Metro, Washington's subway system. Travelers became expert commuters and also enjoyed local hangouts near the motel, which was walking distance to the two Jima military memorial and Arlington cemetery.

Early bird walks were held each morning to enjoy the Arlington neighborhood. Daily visits to Smithsonian museums attempted to cover as much ground as possible, and the group enjoyed guided tours of the



Several of the group gather at the river/fountain at the National Gallery of Art tunnel on the mall.

Capitol, Monticello, and the Washington National Cathedral.

The group was led by former DC resident and tour guide Dan Haslam and co-led by Jim Miller. Dan's nephew, Silas, met the group in Charlottesville and provided a walking tour at Jefferson's University of VA, where Silas is an architect working on the redesign of the college hospital. The church group delighted in hosting UCC

former member Marilyn Randels at a pizza dinner in Charlottesville, and since the trip included Mothers' Day, the women were feted to dinner out at a wonderful buffet. Moving

two dozen people around DC and VA was a challenge for the tour leaders, who led smaller groups to different museums, depending on interests. Some favorites included the Museum of American Art (portrait museum), National Gallery of Art, the Kennedy



Silas Haslam gave a walking tour at the UVA campus, originally designed by Thomas Jefferson.

Center, Georgetown, Museum of American Indian and Museum of Natural History. The group was kept busy from morning until night, with group happy hours along the way. Profits from the trip will be split proportionally between the organizations.



Mother's Day luncheon buffet in Charlottesville. Chopsticks as gifts!

STAN TO LEAD BOISE AND TRAILING OF THE SHEEP FESTIVAL OCTOBER 7 TO 14, 2019

Join us for an 8-day, 7-night Van tour of Idaho highlights, from the state capitol in Boise to the wonderful Trailing of the Sheep Festival in Ketchum. On Monday we fly nonstop to Boise and will start with 3 days with walks along the Boise river and tours of the beautiful State Capitol. We will stay at the Marriott Springhill Suites as we have in times past. <https://www.marriott.com/hotels/hotel-photos/boidt-springhill-suites-boise-parkcenter/>



Walter K entertains our 2015 group; they are in the mirror and are really watching him.

On Thurs we take a Van trip through the Sawtooth mountains to Ketchum where we will be staying at the Limelight Hotel, <https://www.limelighthotels.com/ketchum>. We will spend 4 days and enjoy the Trailing of the Sheep Festival <http://www.trailingofthesheep.org/> and watch hundreds of sheep parade through town. On the last Monday, we will again Van back to Boise with spectacular views and then have a nonstop flight home. Breakfasts in our hotels and one or two evening banquets is included in the cost. Other features will be announced in S D Feets, Web Site and WalkaBlasts as they are known. Del Parkinson has agreed to entertain us again as he has on ALL of our previous Boise trips <https://music.boisestate.edu/dparkins/>. Other attractions will be announced as they develop.

This trip is presently filled and we are accepting names on a STAND-BY LIST in case anyone has to drop out. Please call the office at 619.231.7463.

This trip will be a VAN trip which may require some luggage restriction; however, we will have a van for getting around in Ketchum for the Trailing of the Sheep Festival. The number of travelers will be between 10 and 14. With the fewer travelers than my previous plans, now the cost is \$1,319 per person, double occupancy. There is no change for travelers that have already sent in their deposits. The cost for single occupancy is \$1,886.

If 3 travelers wish to share a double queen bedroom the cost for each will be \$941. The deposit is \$719 and is NONREFUNDABLE. Travelers are always encouraged to take trip insurance to cover unanticipated cancellations. Please send your deposits of \$719 to the WI office now and mark for "BOISE 2019". There will not be any mailed information so one person in each traveling group needs to have an email address. I need to know each traveler's full name as on your

identification and birth date.

Walkabout International, Boise 2019
2650 Truxtun Rd, Suite 110
San Diego, CA 92106

Please call Stan Follis at 619.222.3447.

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.

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



Follow us on Facebook at
Walkabout International

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 email your walks to walks@walkabout-int.org. If you email more than one walk, please leave extra space between each walk. You can email your newsletter comments and suggestions to publisher@walkabout-int.org.

WALKABOUT BOARD MEETING

Friday, July 12th at 10:30 a.m.

Serra Mesa-Kearny Mesa Branch Library,
Sudberry Room

9005 Aero Drive, San Diego, CA 92123

All Subscribers Are Welcome

WEDNESDAYS & SATURDAY HIKES

Time: TBA

WILDERNESS HIKE details and trailhead directions will be e-mailed a day or two before each hike.

IMPORTANT HIKE INFO: 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 well prepared for trail conditions, be able to keep pace with the group and will be accepted at the leader's discretion.

Car Pool 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.

Check [Wilderness Hikes](#) 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.

HIKE CONTACT INFORMATION

DATE	LEADER
Wednesday 7/3	Sherry M (619) 885-0055 or sherry.rokarty@gmail.com
Saturday 7/6	TBD
Wednesday 7/10	Mike L (858) 922-0738 or mlewis1944@gmail.com
Saturday 7/13	TBD
Wednesday 7/17	Myra C (619) 876-1814 or sierra.myra@gmail.com
Saturday 7/20	Bill B (619) 206-5809 or wa4lm@gmail.com
Wednesday 7/24	TBD
Saturday 7/27	Ray E (760) 644-1648 or ray@escondidocoin.com
Wednesday 7/31	Don P (760) 670-6862 or dpiller@cox.net

SAFETY FIRST!

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.

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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Norman Vigeant	(619) 231-7463 ngfrenchy@hotmail.com

OFFICE STAFF

Elaine Berger, Marilyn Buckley, Robert Buehler, Donna Farris, Janet Fenston, Dan Haslam, and Charlotte Sedgwick

NEWSLETTER STAFF

Kathy Johnson, Dan Haslam

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.

JULY 2019 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
	6:30 am <i>Sunrise:</i> Sweetwater River 10 am Historic La Playa Trail 10 am Crown Point Area Beckons	6:30 pm Above the Bay	TBA Hike 5:30 pm Wednesday Workout	6:30 am <i>Sunrise:</i> Tecelote Canyon 10 am Shelter Island 10 am Mission Beach		TBA Hike
7	8	9	10	11	12	13
7:15 am <i>Breakfast:</i> Shelter Island 8:15 am Merry Go-Round	6:30 am <i>Sunrise:</i> Lake Murray 10 am America's Cup Harbor 10 am Crown Point Area Beckons	11 am Celebration of Bruce Herms 6:30 pm Above the Bay	TBA Hike 8:30 am Lake Murray 5:30 pm Wednesday Workout	6:30 am <i>Sunrise:</i> Chula Vista 10 am Shelter Island 10 am Mission Beach	10:30 am Walkabout Board Meeting 4:00 pm Mission Hills Meander	9:30 am Lagoon Viewing - Del Mar TBA Hike
14	15	16	17	18	19	20
7:15 am <i>Breakfast:</i> Balboa Park 8:15 am Merry Go-Round	6:30 am <i>Sunrise:</i> Pacific Beach Boardwalk 10 am Historic La Playa Trail 10 am Crown Point Area Beckons	6:30 pm Above the Bay	TBA Hike 5:30 pm Wednesday Workout	6:30 am <i>Sunrise:</i> Mission Hills 10 am Shelter Island 10 am Mission Beach	5:36 pm Sunset Cliff Views	TBA Hike
21	22	23	24	25	26	27
7:15 am <i>Breakfast:</i> Mission Beach 8:15 am Merry Go-Round	6:30 am <i>Sunrise:</i> Harbor Island 10 am America's Cup Harbor 10 am Crown Point Area Beckons	2:00 pm Why be Normal? 6:30 pm Above the Bay	TBA Hike 8:30 am Lake Murray 5:30 pm Wednesday Workout	6:30 am <i>Sunrise:</i> Little Italy 10 am Shelter Island 10 am Mission Beach	4:00 pm Mission Hills Meander	TBA Hike
28	29	30	31			
7:15 am <i>Breakfast:</i> Pacific Beach 8:15 am Merry Go-Round	6:30 am <i>Sunrise:</i> Sunset Cliffs 10 am Historic La Playa Trail 10 am Crown Point Area Beckons	6:30 pm Above the Bay	TBA Hike 5:30 pm Wednesday Workout			

ABOUT WALKABOUT, SAN DIEGO'S PREMIER SOCIAL NETWORK AFOOT

Established in 1977, Walkabout promotes healthy regular exercise, social camaraderie and discovering new places. We are a volunteer, San Diego-based, non-profit organization who offers 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.

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 INTERNATIONAL 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 INTERNATIONAL, please contribute. All levels of support include a one-year subscription to our monthly newsletter. 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!

Basic Level \$20 Tenderfoot \$25 Footprint \$100 Arch Supporter \$250
 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.

All applications including the buy-one, get-one-free must contain a correct address, including zip code, and at least one phone number.

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NEWSLETTER AND EMAIL OPTIONS

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

MAIL ONLY (physical newsletter will be mailed to your address)

BOTH (available only if support greater than Basic Level)

Subscribe to the email list for Wilderness Hikes

BUY-ONE GET-ONE-FREE

Subscriptions at and above the Tenderfoot (\$25) level include our buy-one, get-one-free (PDF only) deal whether you are a new or renewing subscriber. This allows you to give a one-year Newsletter subscription, PDF version only, to anyone who has never been a WALKABOUT subscriber.

NAME _____ DATE _____

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July 2019

2650 Truxtun Rd., Suite 110
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(619) 231-7463
<http://www.walkabout-int.org>

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“SEZ ME”

Elaine Berger, President

It is hard to believe we are already half way through this year. If time flies when you are having fun, I must really be having a blast! I hope you are all having a wonderful summer.

As we enjoy our walks and friendships and activities, I am curious what made each of you join (and more importantly) remain in Walkabout. When I retired I spent the first two months reading non-work associated material. I read a book a day on many days—a luxury I had promised myself for years. However, I soon realized that I needed

to get out and meet some people. As a result, I joined a book club and Walkabout. After several walks I volunteered to serve as an ambassador for Walkabout at our booth as we attended health fairs and library events spreading “the joy of walking”. Eventually I was persuaded to join the Board of Directors, but it never occurred to me that I would eventually become President of the organization! Why do I stay in Walkabout? THE PEOPLE, the challenge of keeping the organization going, the activities and day trips that present new opportunities. That is my story. What is yours? Let me know and we can try putting some of this in our newsletters.

POT LUCK LUNCHEON/CELEBRATION OF BRUCE HERMS



Tuesday, July 9, 2019 11:00am to 1:00pm

Dorothea Laub Dance Place Building (#175) in Liberty Station, 2650 Truxtun Road (same building as Walkabout). In the Green Room, which is at the other end of the building from Walkabout.

Come join your fellow Walkabouters as we celebrate

summer. Bring something to share with your friends

(salads, finger foods, etc. are nice for summer). In addition, bring your pictures and stories of travels with Bruce Herms as we celebrate such an important contributor to Walkabout’s history. We were unable to get details of formal services for Bruce in April, so this is our chance to honor him.

Plates, silverware, cups, and water and beverages will be supplied by Walkabout.

Free parking is available in the lot across the street at the corner of Dewey and Truxtun Roads.

Call the office 619-231-7463 to let us know you are planning to attend.