



Est. 1977 in San Diego

Pace	miles	minutes
Yourselves	per hour	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](http://www.walkabout-int.org), email: [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.

# October 2019

## MARK YOUR CALENDARS FOR OUR ANNUAL PICNIC • MEETING • AUCTION

**SATURDAY, OCTOBER 26, 2019**

Pumpkin spice time means it is time for the Walkabout annual picnic, membership meeting and fund-raising auction. The event will be held on Saturday, October 26, 2019 from 11am to 2pm. This is a pot-luck luncheon, so here is your chance to impress your fellow Walkabouts with your culinary skills—or your Costco shopping skills as the case may be! Remember to bring enough to share with +20 or so others.

Since this is the only meeting we have for all members at the same time, we want to encourage as many of you as possible to come. We especially want to encourage those folks who have been with us for 1-5 years, as we want to meet you. You may feel awkward that you don't know many of the people at the picnic, but don't worry. Walkabouts love to talk and tell "tales" of previous picnics, walks, trips, etc.—believe me, many of these are hilarious.

After our lunch and meeting we will move on to our auction which will be moderated by our auctioneer-extraordinaire, Dan Haslam. Remember, this is a fund raiser as well as being

a way of sharing excess goods with others. Therefore, we ask that you bring items that someone else might want—gift cards, tickets to events, food (brownies and cookies are popular), gift baskets or plants. Avoid bringing artwork, clothing, electronics (unless they work) and anything not in good condition. And remember to bring a few bucks so you can bid on items!

The event will be held at East Mission Bay Park in the Playa II covered shelter (gazebo) south of the visitor's center and north of the Hilton Hotel. The park is located on East Mission Bay Drive just west of the I-5 at Clairemont Drive exit #22. Look for our bright blue banners and signs. Plenty of free parking is available in the nearby lot and Walkabout will provide drinks, ice, cutlery, napkins, cups and plates. Plan on arriving early so you can leave your potluck donation and join us on the walk. The schedule is:

- 11 am - walk around Mission Bay to the Hilton
- 12 noon - lunch and socialize
- 12:45 pm - annual meeting
- 1 pm - auction

# MONTHLY WALK ROUND-UP

## TUESDAY, OCTOBER 1

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, OCTOBER 2

8:30 am

**LAKE MURRAY.** Come join us for a peaceful *casual paced* 1 hour walk on a mostly flat path by the water. There is a variety of wildlife to be seen as well. 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.

## THURSDAY, OCTOBER 3

6:30 am

 **SUNRISE SERIES: CHULA VISTA MARINA.** Join us for a one hour walk on flat terrain at Chula Vista Marina. We'll meet at the parking lot of the Galley at the Marina Restaurant at Marina Parkway and Sandpiper Way; address is 550 Marina Parkway, Chula Vista, CA. From I-5 South, Exit 8A, take ramp right and follow signs for H Street, turn right on H Street and continue until you turn left at Marina Parkway. From I-5 North, exit J Street, Exit 7B and head west towards Chula Vista Harbor/Marina Parkway. Continue until you reach Sandpiper Way. Bring money for optional breakfast afterward. Francis B. (619) 479-3962.

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, OCTOBER 6

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](mailto: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, OCTOBER 7

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

 **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.

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.

## TUESDAY, OCTOBER 8

6:30 pm

 **ABOVE THE BAY.** See Tuesday, October 1 for details.

## THURSDAY, OCTOBER 10

6:30 am

 **SUNRISE SERIES: MISSION BAY.** Let's enjoy the season by the bay on this *moderate*, 1 hour, flat 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.

10:00 am

 **MISSION BEACH NORTH & SOUTH.** See Thursday, October 3 for details.

10:00 am

 **SHELTER ISLAND WALK & TALK.** See Thursday, October 3 for details.

## FRIDAY, OCTOBER 11

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.

## SUNDAY, OCTOBER 13

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](mailto:edier@cox.net). (619) 313-7818.

8:00 am

**WALK THE BATIQUITOS LAGOON.** Join us for a *casual to moderate* 2 hour walk to the Batiquitos Lagoon, a natural coastal wetland and estuary in Carlsbad. Enjoy the sylvan atmosphere as we walk thru a eucalyptus and palm tree-lined trail with shoreline views. Meet at La Costa Coffee Roasting, 6965 El Camino Real (Plaza Paseo Real), Carlsbad. Take Poinsettia exit off the 5 fwy, head east 1.1 miles to Aviara Parkway, right 2 miles to Manzanita; make a left u-turn. Take the next right into the shopping center. Turn right at Cinepolis. La Costa Coffee Roasting is straight ahead. *Heavy rain cancels.* Judith & Joe, 760-687-5473; [judithschumacher@gmail.com](mailto:judithschumacher@gmail.com).

8:15 am

 **MERRY GO-ROUND.** See Sunday, October 6 for details.

## MONDAY, OCTOBER 14

6:30 am

 **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.

### KEY TO WALK SYMBOLS



WEEKLY REPEATING WALKS



SUNRISE SERIES



BREAKFAST SPECIAL

Bring money for optional breakfast afterward. John & Marilyn, 619-840-5544.

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, October 7 for details.

## TUESDAY, OCTOBER 15

6:30 pm

 **ABOVE THE BAY.** See Tuesday, October 1 for details.

## THURSDAY, OCTOBER 17

6:30 am

 **SUNRISE SERIES: MISSION HILLS.** We'll discover what's new and old, what is being remodeled and renovated and the beautiful gardens 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, October 3 for details.

10:00 am

 **SHELTER ISLAND WALK & TALK.** See Thursday, October 3 for details.

## FRIDAY, OCTOBER 18 (THIRD 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.

## SATURDAY, OCTOBER 19

9:30 am

**EXPLORE GONZALES CANYON.** Come out and hike along the trails of Gonzales Canyon in North County's Carmel Valley. We'll warm up with a little jaunt along

the streets of the Pacific Highlands Ranch neighborhood. Then we'll proceed on our out-and-back, moderate-paced, approximately 2-hour hike along the canyon's trails. Be prepared for some hills. Meet in front of Trader Joe's at 13480 Highlands Place. From Highway 56 take the Carmel Valley Road exit and go north. Then turn right on Pacific Highlands Ranch Parkway (first stoplight after Del Mar Heights Road). Turn right after Wells Fargo Bank. Lenore E. (619) 890-0714 ([ledidin@san.rr.com](mailto:ledidin@san.rr.com)).

## SUNDAY, OCTOBER 20

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. If this parking lot is closed, meet in the large parking lot to the south. Edie A. [edier@cox.net](mailto:edier@cox.net). (619) 313-7818.

8:15 am

 **MERRY GO-ROUND.** See Sunday, October 6 for details.

## MONDAY, OCTOBER 21

6:30 am

 **SUNRISE SERIES: MISSION VALLEY.** Enjoy the mall with no shoppers. We'll meet in the parking lot at the west end of Mission Valley Center (next to the jeweler at Camino de la Reina and Mission Center Rd.) to walk at your *own pace* for 1 hour on a mostly flat path. An optional breakfast follows. John & Marilyn, 619-840-5544.

10:00 am

 **HISTORIC LA PLAYA TRAIL.** See Monday, October 7 for details.

10:00 am

 **CROWN POINT AREA BECKONS.** See Monday, October 7 for details.

## TUESDAY, OCTOBER 22

2:00 pm

**WHY BE NORMAL? PART 2:** Let's stroll some less-traveled streets in the charming older neighborhood of East Normal Heights. Here we will see an eclectic mix of home styles from cobblestone to ultra-modern. Meet at the corner of East Mountain View Dr. and Belmont Ave., two short blocks north of Adams Ave., for a flat, 1.5 + hour, *casual-to-moderate* walk. Bus #11 stops along Adams Ave. at both Cherokee Ave and 39th St. *Rain cancels.* Evelyn K. (619) 461-6095.

6:30 pm

 **ABOVE THE BAY.** See Tuesday, October 1 for details.

## CHUCKLE FOR THE DAY

"My grandmother started walking five miles a day when she was 60 years old. She's 97 now, and we don't know where the hell she is."

—Ellen DeGeneres

(619) 890-4622.

## WEDNESDAY, OCTOBER 23

8:30 am

**LAKE MURRAY.** Come join us for a peaceful *casual paced* 1 hour walk on a mostly flat path by the water. There is a variety of wildlife to be seen as well. 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.

## THURSDAY, OCTOBER 24

6:30 am

 **SUNRISE SERIES: BY THE RIVER 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 St. 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 St. From the north or east, take the Rosecrans St. exit, proceed several miles until you see Vons on your left – Womble St. is the next left turn. Optional breakfast follows. Edie A. (619) 313-7818.

10:00 am

 **MISSION BEACH NORTH & SOUTH.** See Thursday, October 3 for details.

10:00 am

 **SHELTER ISLAND WALK & TALK.** See Thursday, October 3 for details.

## FRIDAY, OCTOBER 25

4:00 pm

**MISSION HILLS MEANDER.** See Friday, October 11 for details.

## SUNDAY, OCTOBER 27

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](mailto:edier@cox.net). (619) 313-7818.

8:15 am

 **MERRY GO-ROUND.** See Sunday, September 1 for details.

## MONDAY, OCTOBER 28

6:30 am

 **SUNRISE SERIES: MISSION BAY BACKWARDS.** Let's start on the path near Sea World Dr. to enjoy the playground and the sights we've missed on this *moderate* 1-hour walk on flat, mostly paved terrain. Take Sea World Dr. exit west off I-5, turn right at the first light, pass the entrance to Fiesta Island, cross the bridge and park at the second small parking area on your left. Optional breakfast follows. Winnie (858) 278-4003.

10:00 am

**W** AMERICA'S CUP HARBOR. See Monday, October 14 for details.

10:00 am

**W** CROWN POINT AREA BECKONS. See Monday, October 7 for details.

**TUESDAY, OCTOBER 29**

6:30 pm

**W** ABOVE THE BAY. See Tuesday, October 1 for details.

**THURSDAY, OCTOBER 31 (HALLOWEEN)**

6:30 am

**SUNRISE SERIES: HALLOWEEN MORNING in CORONADO.** Let's take a flat, *moderate paced* walk through beautiful Coronado where Halloween is on full display. Let's explore to see what tricks and treats we may find as we explore the shops, homes and gardens, and even the Hotel Del! Are there any hauntings along the beach? Join us and see what we can find on our early morning walk through Coronado. Meet at the west side of 10th St. and Orange Ave. with optional breakfast afterward. Connie (619) 477-8628.

10:00 am

**W** MISSION BEACH NORTH & SOUTH. See Thursday, October 3 for details.

10:00 am

**W** SHELTER ISLAND WALK & TALK. See Thursday, October 3 for details.

**FROM THE WALKABOUT PHOTO ARCHIVES**



February Hike on the Beach.



A convergence walk was held as part of WI's 40th anniversary celebrations in 2017. 3 groups converged on Liberty Station from different starting points and had a Dutch treat lunch at a beer restaurant at Liberty Station, it was led by Dan Haslam.



Sunset Cliffs group 6-15-18.



Having Fun With Wind Gusts of 50 MPH.

# BOB WILSON



Bob Wilson turns the magic 100 years young in November. Join us for the regular Merry Go Round walk on Sunday **November 3rd** at 8:15. Bob will be leading the walk for that special day. Come out and see if you can keep up with a real live Centenarian!!! Be careful because this young rascal

can be pretty quick!!! Details for this walk are in the monthly walk round up. We will be taking a break at the Headquarters patio at seaport village with a small celebration for the young man's birthday. If you have any questions, please contact Jim Miller at 619-578-2607 or [jimbarb23@hotmail.com](mailto:jimbarb23@hotmail.com).

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## BOARD SEEKS YOUR HELP VOLUNTEERS NEEDED!

### 1. Office Volunteers

Here is your opportunity to help keep our great organization going. Office hours are 10am-2pm Monday, Wednesday and Friday. Activities include answering the phone, checking the mail, general maintenance of the office and helping with projects as needed. No prior office experience is required as we will train you on all aspects of the job and a board member is usually only a phone call away if something comes up for which you have no answer. Currently we have been able to maintain office hours because board members are giving their time to serve.

### 2. Board of Directors Members

*What does it take to be a member of the Board of Directors?*

First and foremost a desire to do all that is necessary to keep this great organization moving forward. We request you attend one two hour meeting on the 2nd Friday of each month. These meetings are where we determine what events, activities, trips etc. that Walkabout will do. In addition to board meetings, most members have additional activities. For example,

Donna is the secretary and takes the minutes of our board meetings, Diane is the treasurer and makes sure our bills are paid, Stan keeps our membership rolls in order so people receive their monthly newsletter, Marilyn plans activities and day trips and Dan plans multi-day trips.

We currently need someone who would like to help us develop new walks. We would also like to have someone who is social media savvy and would like to spread our story using this forum.

If this sounds like something you would like to do, please attend a board meeting so we can meet you and hear your ideas. If you can't attend the board meeting, please use the form on page 10, or the online version, to share your ideas with us.

### WALKABOUT BOARD MEETING

Friday, October 4th 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 10/2	Ray E (760) 644-1648 or <a href="mailto:ray@escondidocoin.com">ray@escondidocoin.com</a>
Wednesday 10/9	Myra C (619) 876-1814 or <a href="mailto:sierra.myra@gmail.com">sierra.myra@gmail.com</a>
Saturday 10/12	<b>Fall Potluck</b> w/Irma K (619) 795-5821 or <a href="mailto:irmacaizan@gmail.com">irmacaizan@gmail.com</a>
Wednesday 10/16	Eva M (619) 283-1872 or <a href="mailto:evajudo@aol.com">evajudo@aol.com</a>
Wednesday 10/23	Mike L (858) 922-0738 or <a href="mailto:mlewis1944@gmail.com">mlewis1944@gmail.com</a>
Wednesday 10/30	PJ (858) 566-8928 or <a href="mailto:pjeffery1@sbcglobal.net">pjeffery1@sbcglobal.net</a>

### 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.



Follow us on Facebook at  
Walkabout International

## BOARD MEMBERS

President Elaine Berger	(858) 560-9003 <a href="mailto:President@walkabout-int.org">President@walkabout-int.org</a>
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## DIRECTOR

Marilyn Buckley	(619) 231-7463 <a href="mailto:prwalkabout@yahoo.com">prwalkabout@yahoo.com</a>
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## 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

## 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](mailto: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](mailto:publisher@walkabout-int.org).

## JOIN US ON MEETUP!

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

# OCTOBER 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
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
		6:30 pm Above the Bay	TBA Hike 8:30 am Lake Murray	6:30 am <i>Sunrise:</i> Chula Vista Marina 10 am Shelter Island 10 am Mission Beach	10:30 am Walkabout Board Meeting	
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
7:15 am <i>Breakfast:</i> Shelter Island 8:15 am Merry Go-Round	6:30 am <i>Sunrise:</i> Lake Murray 10 am Historic La Playa Trail 10 am Crown Point Area Beckons	6:30 pm Above the Bay	TBA Hike	6:30 am <i>Sunrise:</i> Mission Bay 10 am Shelter Island 10 am Mission Beach	4:00 pm Mission Hills Meander	TBA Hike
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
7:15 am <i>Breakfast:</i> Balboa Park 8:00 am Batiquitos Lagoon 8:15 am Merry Go-Round	6:30 am <i>Sunrise:</i> Riverwalk 10 am America's Cup Harbor 10 am Crown Point Area Beckons	6:30 pm Above the Bay	TBA Hike	6:30 am <i>Sunrise:</i> Mission Hills 10 am Shelter Island 10 am Mission Beach	5:36 pm Sunset Cliff Views	9:30 am Explore Gonzales Canyon
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
7:15 am <i>Breakfast:</i> Mission Beach 8:15 am Merry Go-Round	6:30 am <i>Sunrise:</i> Mission Valley 10 am Historic La Playa Trail 10 am Crown Point Area Beckons	2:00 pm Why be Normal? Part 2 6:30 pm Above the Bay	TBA Hike 8:30 am Lake Murray	6:30 am <i>Sunrise:</i> By the River at Liberty Station 10 am Shelter Island 10 am Mission Beach	4:00 pm Mission Hills Meander	2:00 am Picnic, Meeting, Auction
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>		
7:15 am <i>Breakfast:</i> Pacific Beach 8:15 am Merry Go-Round	6:30 am <i>Sunrise:</i> Mission Bay Backwards 10 am America's Cup Harbor 10 am Crown Point Area Beckons	6:30 pm Above the Bay	TBA Hike	6:30 am <i>Sunrise:</i> Halloween Morning in Coronado 10 am Shelter Island 10 am Mission Beach		

# 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 \$ \_\_\_\_\_

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October 2019

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## “SEZ ME”

Elaine Berger, President

Hard to believe that we are rapidly slipping into fall, but here we are.

I want to invite all Walkabouters to the annual picnic/meeting/auction on Saturday, October 26—see details on page 1 of this newsletter.



We welcome everyone and want to see as many of you as possible—especially some of our newer members. If you see someone you don’t recognize, go up and introduce yourself and introduce them to others. We want everyone to enjoy themselves.

I also want to give a shout out to Bob Wilson who will turn 100 years young in November. He will be leading the walk on Sunday, November 3 (see page 6 of this newsletter). I have no doubt that this guy can out-walk me!

## UPCOMING EVENTS/TRIPS/ WALKS

### OCTOBER:

Boise Trip..... Oct 7-14  
Annual Picnic/Walk/Meeting/Auction ..... Sat, Oct 26

### NOVEMBER:

Thanksgiving Shelter Island Walk 10am.....Thu, Nov 28  
Thanksgiving Dinner .....Thu, Nov 28

### DECEMBER:

Office Appreciation Holiday Party/Gift Exchange ...TBD  
Holiday Tree Lighting/Balboa Park/Coronado..... TBD  
San Diego Bay Boat Parade of Lights .....TBD  
Annual Christmas Breakfast/Gift Exchange ...Wed, Dec 25

### JANUARY:

Annual New Years Day Walk.....Wed, Jan 1  
Annual Walk Leaders Appreciation Luncheon ..... TBD

### MARCH:

Walkabout Anniversary Potluck.....TBD

### APRIL:

Board Members Annual Retreat/Planning Session TBD