TUESDAY, MAY 1

10:00 am
TWEEDS (TUESDAY WALKING ETHNIC EATING BUNCH). What better way to celebrate May Day than by admiring the gardens of Coronado? Last month’s flower-show winners will be proudly displaying their blue ribbons, and we can admire the results as we take a moderate walk over flat terrain for about 90 minutes. We’ll meet at the library on Orange Ave. between 6th St. and 7th St. We will leave at 10:05 after a quick look inside the library when it opens. Optional lunch follows (taco Tuesday?) Rain cancels. Pat K. (619) 469-6223.

6:30 pm
MISSION BAY SUNSETS. Walk leaves promptly at 6:30. Rain (not mist) 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, 1-hour-plus walk along the shores of Mission Bay. Take the I-5 and go west on Clairemont Dr. to meet at the former Visitors Information Center (see Thomas Guide 1248-D7). Teri E. (619) 584-8984 or Jill F. (858) 292-4231.

WEDNESDAY, MAY 2

Time: TBA

WEDNESDAY WILDERNESS HIKE. Today’s hike will be an e-mail hike with details sent out 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. Also call in case of bad weather conditions. 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 the hikes at http://www.walkabouthikes.org as weather or unusual conditions may cause the hike to be moved or canceled. If you have any questions, please contact Don at dpiller@cox.net or (760) 796-4007.

10:00 am
CORONADO - BAY AND OCEAN. Robert and Friends will do a casual, flat walk to view the bay and the new civic buildings of Coronado, then cross over to the ocean side and walk past the towering condominiums south of the Hotel Del. We’ll meet in front of the Boat House Restaurant on Strand Way (take Orange Ave. south past the Hotel Del and the Boat House Restaurant to the first traffic light, turn left, then left again onto Strand Way). For public transportation, take, or transfer to, the #901 bus (“Iris Trolley”) from the 12th & Imperial Transit Center and get off just past the Hotel Del. Optional eats afterward. Rain cancels. Robert B. (858) 571-7733.

6:15 pm
WEDNESDAY NITE WORKOUT. Meet at Costa Verde Shopping Center, west of Westfield Shoppingtown UTC, between La Jolla Village Dr. and Nobel Dr., in front of Bookstar. We will walk about 1½ hours at a moderate-plus to brisk pace, heading in a different direction each week, exploring canyon trails and hills. Come explore this area and have some fun! Debbie B. (858) 229-1065 or Barbara N. (619) 226-3024.

THURSDAY, MAY 3

6:00 am
SUNRISE SERIES: SEAPORT VILLAGE/EMBARCADERO. We’ll start at Seaport Village and walk along the bay toward the Convention Center to explore Marina Parks North and South on this moderately-paced flat 1-hour walk. Both parks have spectacular views of San Diego Bay, boats and ships, the Coronado Bridge, Coronado, the marina and downtown. Meet Connie at the south end of Pacific Hwy and park by the Seaport Village Merry-Go-Round. Bring a flashlight for safety and money for the optional breakfast afterwards. (619) 477-8628.

Unless otherwise specified, Walks start at the time shown. Walk leaders should arrive 15 minutes before the time listed in the newsletter.
SATURDAY, MAY 5

Time: TBA

SATURDAY WILDERNESS HIKE. Today will be an e-mail hike. There is a chance there will be no hike due to certain weather conditions. You can check the hikes at www.walkabouthikes.org for updates. See May 2 listing for IMPORTANT INFORMATION. If you have any questions, please contact Kathy at kpiller@cox.net or (760) 796-4007.

6:15 pm

SATURDAY NIGHT LIVE. Carol, Donna or Teri will guide you along the harbor or through downtown while enjoying the bright lights and fresh breezes. Meet at the statue on the Harbor Dr. side of the County Administration Center building between Ash and Grape Sts. The pace is moderate to moderate-plus for about 1½ hours. Rain cancels. We encourage anyone to lead a slower version of this walk any Saturday. Walk leaves promptly at 6:15. Carol W. (619) 303-7942, Donna F. (619) 443-6131, Teri E. (619) 584-8984.

SUNDAY, MAY 6

7:15 am

BREAKFAST SPECIAL ON SHELTER ISLAND. Ships and seagulls will delight us as we walk as far around Shelter Island as we wish at our own speed. Time out to pet cute dogs. The walk is mostly flat, but we might go along the shore and some might go up the hill for the views. Optional breakfast follows to eat and chat. Meet at Shelter Island Dr. and Anchorage Ln. This area is served by the 6:45 #28 bus to Shelter Island Dr. and Anchorage Ln. Rain cancels or postpones. Pat's Pals (619) 469-6223.

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 brisk pace 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 transportation, 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 at the carousel at Park Blvd. and Zoo Pl. (858) 565-7212.

9:15 am

NC

RAMBLING THROUGH THE RANCH. That's Rancho Santa Fe, of course. As we prance along some pulchritudinous pathways, we'll try to blend in as best we can. Enjoy horsing around some tantalizing trails in the "lake district" of this remarkable realm on a 3-hour, moderate-plus paced prance over mixed up and down terrain. Look for Larry in front of the Rancho Santa Fe Library at 17040 Avenida De Acacias near the corner of La Granada (route S-9) (Thomas Guide 1148-D3). BYO water, but rainwater cancels. Larry@walkabout-int.org or (858) 565-7212.
MONDAY, MAY 7

6:00 am
**SUNRISE SERIES: BALBOA PARK.** Come enjoy the flowers of Balboa Park on this flat walk *at your own speed* through the beautiful gardens (we might even make it to the rose garden). Meet at 5th Ave. and Spruce St., where we will have an optional breakfast afterwards. **Pat K.** (619) 469-6223.

10:00 am
**CROWN POINT AREA BECKONS.** Start out your week with a beautiful scenic view of Mission Bay and homes nearby. **Kathy L.** leads a *moderate*-paced walking group and pauses for coffee at a Pacific Beach coffee shop. Rain cancels. Take I-5 to Grand Ave. and go west to Lamont St. Turn left on Lamont St. then right on Crown Point Dr. Meet at the west end of the parking lot near the restrooms. To use public transportation, take the trolley to Old Town. Take the #9 bus at 9:10, get off at La Cima at 9:30. Walk 3 blocks east to the parking lot. Rain cancels. (858) 484-0349.

TUESDAY, MAY 8

10:00 am
**TWEEBs VISITS “SECRET” MARINA.** Not too many know that seemingly-blue collar National City boasts a beautiful marina complete with sculptures only 5 minutes south of downtown San Diego. We’ll discover a “hidden” bridge over the Sweetwater River decorated with local “art,” visit the bayside park and maybe even spot a huge cargo ship unloading brand new cars on this flat, *moderate* 90-minute walk followed by an optional lunch. Take the I-5 to the Mile of Cars Way/Bay Marina Dr. exit, turn right (west) to the first stop sign, turn left into the hotel parking lot and park behind the hotel. **Fran W.** (619) 271-7107.

6:30 pm
**MISSION BAY SUNSETS.** See May 1.

WEDNESDAY, MAY 9

Time: TBA

**WEDNESDAY WILDERNESS HIKE.** Today will be an e-mail hike with details sent out a day or two before. There is a chance there will be no hike due to certain weather conditions. You can check the hikes at [www.walkabouthikes.org](http://www.walkabouthikes.org) for updates. See May 2 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Candy** at (619) 435-2894 or ccbeckwith146@yahoo.com.

10:00 am
No Robert and Friends walk today – see you next week.

6:15 pm
**WEDNESDAY NIGHT WORKOUT.** See May 2.

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**Huntington Library and Botanical Gardens**

**Saturday, May 12, 2012**
You are invited to join **Rita** and **Norm** to visit that very special place in Pasadena, the Huntington Library and Botanical Gardens. Its fabulous art collection includes “The Blue Boy” by Gainsborough and “Pinkie” by Thomas Lawrence. Stroll through the beautiful 12 theme gardens on your own, which include the newly-renovated Japanese Gardens, desert landscape in full bloom and the beautiful Rose Gardens. There are two temporary exhibits at this time: near the Chinese Gardens, you will find “The Quest for a Railroad across America,” covering 1840 to 1880 in the Boone Gallery. The other temporary display honors the famed Al Martinez, the “Bard of L.A.,” featuring the life and times of the Pulitzer Prize-winning journalist who has covered 5 decades of Los Angeles and national news, and is best known for his column in the Los Angeles Times.

Lunch is on your own at the Huntington’s excellent café, where you will have a choice of hot or cold food including salads, fruit and deserts to enjoy in an outdoor garden setting (the Huntington has asked us not to bring any food onto the premises). You will have 5 hours to enjoy the grounds including lunch. There will be a San Diego pickup location and a North County pickup location (off Hwy 15). Please indicate on your check the desired pickup spot and your telephone number. There will be one rest stop each way.

Please mail your $62.00 check and a self-addressed, stamped, business-sized envelope to Walkabout Int’l, 2650 Truxtun Rd., Suite 110, San Diego, CA 92106-6007. Refunds will only be possible if a minimum of 35 people have signed up (the refund date will be May 1). Your seating on the bus is determined by the order your check is received, from front to back. There is walking involved at the Huntington and how much is up to you; however, it is well worth it. The price includes a Coach America 49-passenger bus with restroom, entrance to the Huntington, yummy snacks and your guides, Rita and Norm. If you have any questions please call **Rita** (619) 266-2555.

Departure time will be 7:30 am from San Diego and 8:15 am for North County. We will stop for 30 minutes for breakfast and a rest stop. We will leave for home at 4:00 pm. Traffic may be heavy; however, we expect to be home by 7:00 pm.

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**NEWSLETTER STAFF:** Diane Altona, Verna Bain, Bob Buehler, Dick Hiatt, Stan Follis, Larraine Marshall, Marilyn Ralph, Fran Whiteman.

**MAILING CREW:** Pat Peterson (Captain), Alice Berwert, Barbara Miller, Sharon Nelson, Donna O’Donnell, Joanne Paul, Fusa Shimizu, Judy Vandruff.
THURSDAY, MAY 10

6:00 am

**SUNRISE SERIES: LA MESA.** Let’s help celebrate this charming community’s 100th birthday on this **moderate**, mostly flat walk for 1 hour around lovely homes, gardens and stores. Meet at the old train station at La Mesa Blvd. and Spring St. (buses 1, 7 and 855 - Orange trolley line stops across the street). Optional breakfast follows. **Pat K.** (619) 469-6223.

10:00 am

**MISSION BEACH NORTH & SOUTH.** See May 3.

10:00 am

**SHELTER ISLAND WALK & TALK BUNCH.** See May 3.

10:15 am

**MORNING STROLL IN BALBOA PARK.** See May 3.

FRIDAY, MAY 11

6:00 pm

**MISSION HILLS MEANDER.** See May 4.

SATURDAY, MAY 12

Time: TBA

**SATURDAY WILDERNESS HIKE.** Today will be an e-mail hike. There is a chance there will be no hike due to certain weather conditions. You can check the hikes at [www.walkabouthikes.org](http://www.walkabouthikes.org) for updates. See May 2 listing for IMPORTANT INFORMATION. Contact **Bill** at (619) 264-1299 if you have any questions.

7:15 am

**LATE BIRDS.** For those of us who can’t get up for the Sunrise Series, **Anna T.** will lead a walk **at your own pace** around Pacific Beach. After the walk, we will have an optional breakfast. Take the #30 bus at 6:45 from Old Town, exit at Mission Blvd. Meet in front of the Crystal Pier at the west end of Garnet Ave. Rain cancels. (619) 231-7463.

6:15 pm

**SATURDAY NIGHT LIVE.** See May 5.

SUNDAY, MAY 13

7:15 am

**BREAKFAST SPECIAL IN 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 afterwards is optional but great fun (Greek?). Meet at the carousel on Park Blvd. at Zoo Pl. **Pat’s Pals** (619) 469-6223.

8:15 am

**MERRY GO-ROUND.** See May 6.

Remember to wear comfortable, supportive shoes with good soles for your soles’ sake.

MONDAY, MAY 14

6:00 am

**SUNRISE SERIES: OCEAN BEACH.** We’ll enjoy a very flat 1-hour walk at **moderate** speed as we view the beautiful ocean, but the cliffs are eroding so we’ll need to be very careful. Take Hwy. 8 west until it ends, turn left on Sunset Cliffs Blvd. about 7 blocks to Point Loma Ave. (not West Point Loma Blvd.) to the church on the corner where we’ll meet. If dark, please bring a flashlight, plus money for optional breakfast after. **Fusa** (619) 223-6947.

10:00 am

**CROWN POINT AREA BECKONS.** See May 7.

TUESDAY, MAY 15

10:00 am **NC TWEEBs** goes in search of wildflowers as we venture to Torrey Pines. Where else can you find such a beautiful assortment of flowers with breathtaking views of the ocean? The walk is mostly flat and at a **moderate** pace for about 90 minutes. Optional lunch follows with a view of the golf course. Park in the area for Torrey Pines Golf Course and meet at the Lodge entrance. From N. Torrey Pines Rd., turn off at Torrey Pines Park Rd./Callan Rd. and go under the roadway into the parking lot. Rain cancels. **Pat K.** (619) 469-6223.

10:00 am

**FREE HEALTH FAIR.** See box on page 4.

3:00 pm

**CELEBRATE LA MESA’S CENTENNIAL** with a walk along some of the older winding streets. We’ll see the historic 1890s Porter House plus other handsome homes from the early 1900s. Meet at the northwest corner of Memorial Dr. and University Ave. by MacArthur Park for a **moderate** but hilly 1.5-hour jaunt. You can take the # 1, 7, 851 or 855 bus, or the Orange Line Trolley. Rain cancels. **Evelyn K.** (619) 461-6095.

6:30 pm

**MISSION BAY SUNSETS.** See May 1.

WEDNESDAY, MAY 16

Time: TBA

**WEDNESDAY WILDERNESS HIKE.** Today will be an e-mail hike with details sent out a day or two before. There is a chance there will be no hike due to certain weather conditions. You can check the hikes at [www.walkabouthikes.org](http://www.walkabouthikes.org) for updates. See May 2 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Candy** at (619) 435-2894 or ccbeckwith146@yahoo.com.

Office Staff

Donna Farris, Marilyn Buckley, Pat Peterson, Marilyn Ralph, Anna Terkelsen.
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UPCOMING EVENTS 2012

MAY
9 Mystery Trip Overnight...............Dan & Rita
11 Board Member Retreat
12 Huntington Library Day Trip........Walter & Rita
London/Paris Trip May/June................Dan

JUNE
Twilight in the Park.............................Julie
Balboa Island Day Trip...............Rita & Marilyn B
Annual Walk Leaders’ Appreciation Luncheon

JULY
Laguna Beach Pageant of the Masters.....Rita & Bev

AUGUST
Nixon Library .......................................Rita & Bev

SEPTEMBER
4 Rhode Island/Cape Cod Trip..............Dan
Palm Springs Day Trip.......................Rita & Bev
Catalina Overnight..............................Rita & Bev

OCTOBER
Annual Picnic/Meeting/Auction
Julian Lodge Overnight......................Rita & Walter

NOVEMBER
Thanksgiving Dinner

DECEMBER
California Missions ............................Dan

Additional trips will be available in 2012. Walkabout supporters who are interested in learning more about these trips should contact the office and have their names (with email addresses/ phone number) placed on the interest list for each trip.

NEWSLETTER DEADLINE NOTICE

All walks must be in the office by the 3rd 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 3rd.) You can e-mail your walks to walks@walkabout-int.org, or mail them to Walkabout, 2650 Truxtun Rd. Suite 110, San Diego, CA 92106-6007. If you mail them, please use the walk information form available in our office, on our website at www.walkabout-int.org, or send a SEPARATE 8 x 11 sheet for each walk. If you e-mail more than one walk, please leave extra space between each walk.

2011-2012 Board Members

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president@walkabout-int.org

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2nd Vice President
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bbruff1@san.rr.com

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Walter Konopka ..............................(619) 281-4958
wkonopka@sbcglobal.net

Bruce Herms .........................................Emeritus

NEW WALKABOUT POLICIES

The following policies have been adopted by the Board:

1. All walk leaders and trip leaders must be Newsletter subscribers.

2. Only Walkabout subscribers may go on Walkabout overnight trips. Non-subscribers will be charged an extra $20 for a one year subscription.

3. Walkabout subscribers can go on one-day trips.
10:00 am

**POINT LOMA HARBOR VIEW.** Join Robert and Friends for a mostly level, 1-hour stroll at casual speed along Point Loma’s crest. Optional eating afterwards. The following directions avoid driving up particularly steep hills: Take Rosecrans St. south through Point Loma. Turn right on Talbot St., left on Gage Dr., left on Jennings St., right on Bangor St., left on Golden Park Ave. and around the bend to our meeting place at Harbor View. Rain cancels. Robert B. (858) 571-7733.

6:15 pm

**WEDNESDAY NIGHT WORKOUT.** See May 2.

**THURSDAY, MAY 17**

6:00 am

**SUNRISE SERIES: RIVER WALK.** Meet Frances at the corner of Pacific Highway and Rosecrans Ave. in the south parking lot of the restaurant there for a flat 1-hour casual to moderate pace along the river. Bring money for an optional breakfast after. Rain or shine! (619) 479-3962.

10:00 am

**SHELTER ISLAND WALK & TALK BUNCH.** See May 3.

10:00 am

**MISSION BEACH NORTH & SOUTH.** See May 3.

10:15 am

**MORNING STROLL IN BALBOA PARK.** See May 3.

**FRIDAY, MAY 18**

10:00 am

**SHELTER ISLAND: HISTORY OF SAN DIEGO BAY.** Join Beverly D. for a casual flat walk along Shelter Island. Guest narrator Rob will reprise his history of the bay from its formation to the present, with insights as to why the bay looks as it does today, and key events and figures associated with the history of the bay. Take Rosecrans Ave. to Shelter Island Dr., turn left to the end and left again to the Bali Hai Restaurant. Rain cancels. Optional lunch afterward. (858) 274-0687.

6:00 pm

**MISSION HILLS MEANDER.** See May 4.

**SATURDAY, MAY 19**

Time: TBA

**SATURDAY WILDERNESS HIKE.** Today will be an e-mail hike with details sent out a day or two before. There is a chance there will be no hike due to certain weather conditions. You can check the hikes at www.walkabouthikes.org for updates. See May 2 listing for IMPORTANT INFORMATION. Contact Bill at (619) 264-1299 if you have any questions.

6:15 pm

**SATURDAY NIGHT LIVE.** See May 5.

**SUNDAY, MAY 20**

7:15 am

**BREAKFAST SPECIAL ALONG EAST MISSION BAY.** Let’s take a flat walk at your own speed to see the birds, boats and views. Optional breakfast and chatting follow. Meet at the former Visitors Information Center. From I-5 take the Clairemont Dr. exit and go west. Rain cancels or postpones. Pat’s Pals (619) 469-6223.

8:15 am

**MERRY GO-ROUND.** See May 6.

**MONDAY, MAY 21**

6:00 am

**SUNRISE SERIES: LAKE MURRAY.** We’ll meet at the Baltimore Dr. entrance to Lake Murray off Lake Murray Blvd. (Thomas Guide 1250-G7) to walk at your own pace for 1 hour on a mostly flat path (one short hill). Now that it’s light, we’ll see beautiful flowers and maybe some 4-legged creatures. Optional breakfast follows. Gloria (619) 482-7677.

10:00 am

**CROWN POINT AREA BECKONS.** See May 7.

**TUESDAY, MAY 22**

10:00 am

**TWEBBS explores the Golden Triangle.** We’ll walk at a moderate pace for about 90 minutes and explore what’s happening in UTC, including the beautiful Renaissance complex and wonderful library. Meet Beverly D. at the Bookstar, 8650 Genesee Ave. (north of Nobel Dr.) Optional lunch afterwards. Rain cancels. (858) 274-0687.

6:30 pm

**MISSION BAY SUNSETS.** See May 1.

**WEDNESDAY, MAY 23**

Time: TBA

**WEDNESDAY WILDERNESS HIKE.** Today will be an e-mail hike with details sent out a day or two before. There is a chance there will be no hike due to certain weather conditions. You can check the hikes at www.walkabouthikes.org for updates. See May 2 listing for IMPORTANT INFORMATION. If you have any questions, please contact Candy at (619) 435-2894 or ccbeckwith146@yahoo.com.

10:00 am

**No Robert and Friends walk today.**

6:15 pm

**WEDNESDAY NIGHT WORKOUT.** See May 2.
THURSDAY, MAY 24

6:00 am  
**SUNRISE SERIES: MISSION HILLS.** Join us for another chance to check out this lovely area in springtime. Meet at Ft. Stockton Dr. and Goldfinch St. for a flat 1-hour walk at your own speed. Bring money for an optional breakfast after. Jane (619) 299-1060.

10:00 am  
**MISSION BEACH NORTH & SOUTH.** See May 3.

10:00 am  
**SHELTER ISLAND WALK & TALK BUNCH.** See May 3.

10:15 am  
**MORNING STROLL IN BALBOA PARK.** See May 3.

FRIDAY, MAY 25

6:00 pm  
**MISSION HILLS MEANDER.** See May 4.

SATURDAY, MAY 26

Time: TBA  
**SATURDAY WILDERNESS HIKE.** Today will be an e-mail hike. There is a chance there will be no hike due to certain weather conditions. You can check the hikes at www.walkabouthikes.org for updates. See May 2 listing for IMPORTANT INFORMATION. Candy at (619) 435-2894 or ccbeckwith146@yahoo.com.

7:15 am  
**LATE BIRDS.** For those of us who can’t get up for the Sunrise Series, *Dick and the Divas* will lead a 1-hour walk at your own pace around Shelter Island. After the walk, we’ll have an optional breakfast. Meet in the parking lot at Anchorage Ln. and Cañon St. Rain cancels. (858) 558-1442.

6:15 pm  
**SATURDAY NIGHT LIVE.** See May 5.

SUNDAY, MAY 27

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 the Crystal Pier. From Old Town Transit Center, take the #8 bus at 6:30. Rain cancels or postpones. Optional breakfast follows, perhaps on a deck overlooking the ocean. Pat’s Pals (619) 469-6223.

8:15 am  
**MERRY GO-ROUND.** See May 6.

MONDAY, MAY 28

6:00 am  
**SUNRISE SERIES: MEMORIAL DAY IN CLAIREMONT.** Help us celebrate Memorial Day by joining us for a two-paced walk examining upgrades in several education facilities in the area (money that was “granted” several years back had to be used or it would be taken back). We’ll also look for a few of the upgraded homes in the area. Pace will be casual to moderate with a roving “caboose” to be sure we all get back to the same place 1 hour later. We’ll then celebrate an optional breakfast, where we share news of family, friends and events. Meet Verna at Rappahannock Ave. and Clairemont Dr. From the I-5, exit at Clairemont Dr. and follow it all the way up the hill to Rappahannock Ave. by the park. From the 805, take the Balboa Ave. exit west to Clairemont Dr., turn left to Rappahannock Ave. (619) 276-3055.

10:00 am  
**CROWN POINT AREA BECKONS.** See May 7.

1:00 pm  
**MEMORIAL DAY ANTIQUES.** Join Virginia for a rare look at the antique furniture inside 2 mausoleums on this casual 2-hour, fairly-flat walk. Meet at Imperial Ave. between 39th St. and 40th St. Rain cancels. (619) 231-7463.

TUESDAY, MAY 29

10:00 am  
**TWEEbS** is off to explore Balboa Park with Linda P. to enjoy flowers galore on a mostly flat, moderate pace for about 90 minutes. Come join us to enjoy our beautiful jewel. Meet at the west side of the Organ Pavilion. Optional lunch follows. Rain cancels. (858) 453-1463.

6:30 pm  
**MISSION BAY SUNSETS.** See May 1.

WEDNESDAY, MAY 30

Time: TBA  
**WEDNESDAY WILDERNESS HIKE.** Today will be an e-mail hike with details sent out a day or two before. There is a chance there will be no hike due to certain weather conditions. You can check the hikes at www.walkabouthikes.org for updates. See May 2 listing for IMPORTANT INFORMATION. If you have any questions, please contact Stan before 6:00 pm at (619) 448-1668 or shunt92071@yahoo.com.

10:00 am  
**No Robert and Friends walk today.

6:15 pm  
**WEDNESDAY NIGHT WORKOUT.** See May 2.

In case of emergency please carry ID and medical information on walks.
**SUPPORTERS**

By donating your time to WALKABOUT — coming on walks, bringing friends, helping out at the Headquarters or at events — you sustain and spread the WALKABOUT Spirit! You are the heart and “soles” of a unique, all-volunteer, nonprofit organization — that feels more like an extended family — as it raises walking far above a pedestrian pursuit.

We have no “members” or “dues”, as such. However, we do have expenses, such as rent, utilities, insurance, office equipment and printing costs. WALKABOUT depends in part on your generous spirit to fund our yearly operating costs as we annually conduct over 1000 free walks in and around the San Diego area.

An important way to support WALKABOUT is through your thoughtful, tax deductible donations. WALKABOUT values you and your participation. If you appreciate the good value you receive from WALKABOUT, please consider one of the following levels of support below for individuals or families. Each category includes the monthly newsletter by mail for 12-months.

___ Please contact me/us to discuss WALKABOUT’s Charitable Gifts, Trusts and Memorials Program.

All levels below include subscriptions to the monthly newsletter for one year:

___ Basic Level (Newsletter Subscription) $20
___ Tenderfoot $25
___ Footprint $100
___ Arch Supporter $500
___ Twinkletoes $50
___ Kindred Sole $250
___ Big Foot $1000
___ Other:
___ Also e-mail me a PDF copy of the Newsletter
___ Please contact me/us to discuss ways I/we can donate some time to WALKABOUT
___ NEW SUPPORTER(S) — How did you hear about WALKABOUT: __________________________

Please print or use an address label

NAME __________________________________________ DATE __________________
ADDRESS ______________________________________ APT# ___________
CITY __________________________ STATE ______ Zip 4 ___________
HOME PHONE ( ) _______________ BUSINESS PHONE ( ) _______________
EMAIL ADDRESS __________________________

Please notify office promptly of change of address or phone.

Call 619-231-SHOE (7463)

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**THURSDAY, MAY 31**

6:00 am

**SUNRISE SERIES: SPRING BY THE BAY.** Let’s take a flat moderate 1-hour walk along Mission Bay to check out different birds and sights, such as a beautiful sunrise. 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

**SHELTER ISLAND WALK & TALK BUNCH.** See May 3.

10:00 am

**MISSION BEACH NORTH & SOUTH.** See May 3.

10:15 am

**MORNING STROLL IN BALBOA PARK.** See May 3.

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**North County Walkers**

An e-mail group affiliated with WALKABOUT that meets weekly for walks and hikes in San Diego’s North County. The emphasis is on fitness-paced walks 6+ miles long which take an average of 2 hours. Traffic is avoided as much as possible. If there are hills, they will be mentioned in the e-mail you receive mid-week before the hike or either Saturday or Sunday. During hot summers, walks are on the coast only. You will be notified of North County fitness-paced hikes by e-mail only so send an e-mail to Jim Taylor at jtaylor1000@mail.com to get on the NC Walkers e-mail list. Be sure and set your Mail Options to filter any message with NC Walkers in the subject line to your inbox. This will ensure that NC Walkers e-mail is not sorted as spam.
LABEL CODE REMINDER
Please check the expiration date on your label. The format is YYMM. If you wait 'til the last minute, you could miss an issue!

35th Anniversary Walk in El Cajon led by Donna and Jerry Farris to the Wieghorst Western Museum.

35th Anniversary Final Convergence Walk Ending at William Heath Davis Museum, 4th & Island,