September 2015

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.

**TUESDAYS**

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** 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. Teri E. (858) 560-0446 or Jill F. (858) 292-4231.

**WEDNESDAYS**

5:30 pm

**WEDNESDAY WORKOUT.** Meet at Costa Verde Shopping Center in front of Bookstar, west of the UTC Mall between La Jolla Village Dr. and Nobel Dr. We will walk for about 1½ hours at a moderate-plus pace, heading in a different direction each week, exploring canyon trails and hills. Rain cancels. Come and have some fun! Barbara N. (619) 226-3024.

**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 BUNCH.** Sandra, Sally and Friends will do a **casual**+ walk from the Bali Hai Restaurant to the Friendship Bell and back on flat sidewalks (about 2.5 miles round trip; 60-70 minutes including pit stop). Breathe delicious ocean air and enjoy dynamic bay and city views from ships to wildlife. You may stop at one of the many benches and rejoin us on the return leg. Meet at east end of the island to the right of the Bali Hai by the lamp post and hand rails, where we will stretch for a few minutes. 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 where there is ample free parking. Optional eats afterward. Rain cancels. Join us - just for the health of it! Sally R. (619) 222-3800.

10:15 am

**MORNING STROLL IN BALBOA PARK.** Meet at the Senior Lounge across from the Museum of Photographic Arts to walk at a **casual** pace through beautiful Balboa Park for about 45 minutes. Terrain is flat and mostly paved. Stay after for optional coffee. For public transit, use the #7 bus. Rain cancels. Mary T. (619) 291-1349.

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<tr>
<th>Pace Yourself</th>
<th>miles per hour</th>
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<tr>
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<td>Moderate</td>
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<tr>
<td>Moderate-plus</td>
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Unless otherwise specified, walks start at the time indicated. Walk leaders should arrive 15 minutes prior to the start time.
WEEKLY REPEATING WALKS (CONT.)

FRIDAYS
5:30 pm ***Note new time***
MISSION HILLS MEANDER. Come see the great views and picturesque homes and gardens of this old neighborhood on a 1-hour casual walk for about 2.5 miles on flat terrain. Meet at the coffee shop at 1920 Ft. Stockton Dr. From Washington St., go north on Goldfinch St. and west on Ft. Stockton Dr. Rain cancels. Stan F. (619) 222-3447.

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 parking lot near the 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.walkabouthikes.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:

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<tr>
<th>Date</th>
<th>Contact Information</th>
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<tr>
<td>Sep 2</td>
<td>Mike L. (858) 465-0738</td>
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<tr>
<td>Sep 5</td>
<td>Bill: (619) 206-5809 or <a href="mailto:wa4lrm@gmail.com">wa4lrm@gmail.com</a></td>
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<tr>
<td>Sep 9</td>
<td>Ron: (619) 390-3033 or <a href="mailto:lucasronald@hotmail.com">lucasronald@hotmail.com</a></td>
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<td>Sep 12</td>
<td>Stan H: (619) 448-1668 before 6:00 pm or <a href="mailto:shunt92071@yahoo.com">shunt92071@yahoo.com</a></td>
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<td>Sep 16</td>
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<td>Sep 19</td>
<td>Candy: (619) 435-2894 or <a href="mailto:ccbeckwith146@yahoo.com">ccbeckwith146@yahoo.com</a></td>
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<tr>
<td>Sep 23</td>
<td>Don: <a href="mailto:dpiller@cox.net">dpiller@cox.net</a> or (760) 796-4007</td>
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<td>Sep 26</td>
<td>Don: <a href="mailto:dpiller@cox.net">dpiller@cox.net</a> or (760) 796-4007</td>
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<td>Sep 30</td>
<td>Bob R: (760) 728-8232</td>
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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.

You can e-mail your newsletter comments and suggestions to publisher@walkabout-int.org

If you are interested in helping to write up an article or two for our Walkabout newsletter describing a walk or walking group that you enjoy, or to make suggestions on how we can improve the walks, please contact the Walkabout Board via President@walkabout-int.org or Pat Keller via pat.kell1@cox.net.

Walkabouters from Hyannis Federated Church posed with Provincetown’s Town Crier during a July visit to the tip of Cape Cod, which included a picnic lunch, Pilgrims’ landing, the National Seashore visitors’ center and the Truro Vineyards.
MORE GREAT WALKS THIS MONTH

WEDNESDAY, SEPTEMBER 2

10:00 am
CORONADO MINI-MANSIONS. Join Robert and Friends for a 1-hour, Coronado casual stroll to view mini-mansions squeezed onto toy-sized lots. Optional restaurant coffee klatch follows. Cross the bridge to Coronado, continue to Orange Ave., turn left, turn left again on 4th St., then a quick right on A Ave. to the 4th and A meeting place. To use public transit, take the 901 bus marked "Iris Trolley" at 9:32 am from the 12th & Imperial Transit Center, exit on Pomona Ave. at 3rd St. in Coronado at approx. 9:41 am, and walk southwest to A Ave. & 4th St. Rain cancels. Robert B. (858) 414-6181.

THURSDAY, SEPTEMBER 3

6:30 am
SUNRISE SERIES: SEAPORT VILLAGE. Meet at the south end of Pacific Hwy. at Seaport Village where you can park next to the merry-go-round for free until 10 am. The walk is mostly moderate, but you may walk at your own pace for 1 hour on flat and paved terrain. We should be able to reach the pedestrian bridge over Harbor Dr. near Petco Park and see the new Central Library. Bring money for optional breakfast afterward. John & Marilyn (619) 840-5544.

SATURDAY, SEPTEMBER 5

10:00 am
OLD AND THE NEW DOWNTOWN. Our one-hour casual walk will take us past points of interest in the Gaslamp area and to two newly-created parks in East Village. An optional lunch follows at our favorite fish taco outdoor hangout. Meet Stella outside the Balboa Theater at 4th & E Sts. Free 3-hour parking available at Horton Plaza after 9:30 am (619) 232-3756.

SUNDAY, SEPTEMBER 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 intersection is served by the 6:45 #28 bus. Rain cancels or postpones. Pat’s Pals (619) 469-6223.

MONDAY, SEPTEMBER 7

6:30 am
SUNRISE SERIES: SEAPORT VILLAGE/EMBARCADERO. We’ll start at Seaport Village and walk along the bay toward the Convention Center, exploring Marina Park, on this moderate 1-hour flat walk. Join us for spectacular views of the bay, Coronado Bridge, Coronado, and downtown San Diego. If we have time, we’ll also visit the “The Kiss” located next to the USS Midway Museum. Meet Connie at the south end of Pacific Hwy. and park by the Seaport Village merry-go-round. Bring money for an optional breakfast afterward. Verna (619) 276-3055.

THURSDAY, SEPTEMBER 10

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. Frances (619) 479-3962.

SATURDAY, SEPTEMBER 12

7:15 am
LATE BIRDS. For those of us who can’t get up in time for the Sunrise Series, Anna T. will lead a flat 1-hour walk at your own pace around Pacific Beach, followed by an optional breakfast. Take the #30 bus at 6:45 from Old Town, exit at Mission Blvd. Meet in front of Crystal Pier at the west end of Garnet Ave. Rain cancels. (619) 231-7463.

12:30 pm
GREAT BEACH WALKS OF LA JOLLA. Dan, the Explorer, will offer four of his favorite beach walks over this month and the next. This casual to moderate 3.9 mile beach and sidewalk adventure from Crystal Pier to Windandsea Beach will include visits to Tourmaline Beach, Sun Gold Point and Big Rock Reef. Be sure to bring a camera to preserve the awesome views. Coffee break at midpoint. Travel to Old Town Transit Center (OTTC) and take the northbound Bus 30 to Crystal Pier in Pacific Beach or drive a car and park on side streets near Felspar, north of Garnet Ave. Meet under Crystal Pier at 12:30 pm. Will return from Windandsea Beach on Bus 30 after about 3 hours including coffee break. Rain Cancels. Dan D. (858) 722-3002 or ddobbs48@gmail.com.

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.
**SUNDAY, SEPTEMBER 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 afterward (Greek?) is optional but great fun. Meet at the carousel on Park Blvd. at Zoo Pl.  
**Pat’s Pals** (619) 469-6223.

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**MONDAY, SEPTEMBER 14**

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, SEPTEMBER 17**

6:30 am  
**SUNRISE SERIES: MISSION HILLS.** We’ll discover what’s new in one of San Diego’s oldest neighborhoods on this moderate 1-hour walk on flat terrain. Meet **Connie** at Goldfinch St. and Fort Stockton Dr., which is 1 block north of West Washington St. Optional breakfast afterward. (619) 477-8628.

**SUNDAY, SEPTEMBER 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 on Mission Bay Dr. by the restrooms just south of Clairemont Dr. Rain cancels or postpones. **Pat’s Pals** (619) 469-6223.

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**MONDAY, SEPTEMBER 21**

6:30 am  
**SUNRISE SERIES: SHELTER ISLAND.** We’ll walk this beautiful mostly-flat area by the bay where there are many beautiful homes. There will be a choice of going up a hill for those who feel they would like to climb to where the view is very scenic. To meet the group, from I-5, drive west on Rosecrans St. to Shelter Island Dr., turn left and go about two blocks to Anchorage Dr. to the large parking lot (park where there are no meters). Bring money for optional breakfast afterward. **Fusa** (619) 223-6947.
TUESDAY, SEPTEMBER 22

3:00 pm
GOLDEN HILL PARK. Come explore one of the first areas of Balboa Park to be developed. You will discover a monkey puzzle tree grove, a community garden, and a rustic fountain on the National Register. We will also stroll through the south end of the Balboa Park Municipal Golf Course. Meet at the corner of 25th and A Sts. (park on street or in the park) for a casual to moderate 1-1/2 hour walk with some easy hills. Bus #2 stops at 25th and Broadway. Evelyn K. (619) 461-6095.

WEDNESDAY, SEPTEMBER 23

10:00 am
SPANISH LANDING. Join Robert for a 1-hour, flat, paved, beautiful casual walk along harbor pathways. On this walk we can view the marinas and the Cancer Survivor's Park. Meet in the entrance to the parking lot at the west end of Spanish Landing Park. From Harbor Dr., turn toward the bay at the traffic light with the sign “Spanish Landing W”. For public transit, take the #923 bus from downtown or Ocean Beach to arrive before 9:45 am at the “N. Harbor Dr. at Spanish Landing W” stop, and walk toward the bay into the parking lot. Rain cancels. Robert B. (858) 414-6181.

THURSDAY, SEPTEMBER 24

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. Edie (619) 222-4396.

SATURDAY, SEPTEMBER 26

2:00 pm
BEACH WALK TO SUNSET. Dan, the Explorer, will lead a coastal walk from the Carlsbad Poinsettia Coaster Station to South Carlsbad State Beach and Grandview Beach and then past “The Beach of the 50 Stairways” to Beacon’s Beach to a delightful restaurant for Happy Hour with half priced appetizers and drinks. This adventure is one of Dan’s “Coaster Cruises” excursions which will travel on the Coaster Train from Old Town Transit Center (OTTC) at 2:22 pm to the Carlsbad Poinsettia Station. We’ll take a casual to moderate 4.5 mile beach walk to the south and finish up at the Encinitas Coaster Station at 7:03 pm to return on an Amtrak train to OTTC at 8:07 pm, for the low Coaster price of $5.50, round trip. Food is on your own, but the sunset vistas are free! Rain Cancels. Dan D. (858) 722-3002.

SUNDAY, SEPTEMBER 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 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, SEPTEMBER 28

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. Edie (619) 222-4396.

TUESDAY, SEPTEMBER 29

8:00 am
SAN JUAN CAPISTRANO & SAN CLEMENTE. Join Dan, the explorer, for an 8:29 am Amtrak trip to San Juan Capistrano to visit the Mission where the swallows return annually. Enjoy a full day of exploration with optional lunch, followed by a Metrolink train to San Clemente to take a casual to moderate 3.2 mile beach stroll on one of the most beautiful beaches in the world. We will delight in an optional dinner right on the pier in San Clemente, followed by a tour of downtown San Clemente. We’ll take a Metrolink train at 8:08 pm to Oceanside Pier area and return to San Diego on the Coaster train leaving Oceanside at 9:19 pm to arrive in San Diego at 10:25 pm. Bring $ for food and transportation. Important: please contact Dan D. for full details, including costs. Rain will not cancel. (858) 722-3002 or ddobbs48@gmail.com.

FEATURED TRIPS

LACMA 50TH ANNIVERSARY SPECIAL

THURSDAY, SEPTEMBER 17

A collection of masterpieces from the 19th and 20th centuries by such artists as Degas, Toulouse-Lautrec and others are featured in an exclusive exhibit per the recent bequest of A. Jerrold Perenchio. Your tour includes time for lunch on your own at one of LACMA’s eateries. Please note that Walkabout's price is much less than our competitors. Our comfortable bus will be a 49 passenger no-vibration vehicle with bathroom.

We’ll meet at the Walkabout Office at Liberty Station at 7:00 am in order to depart no later than 7:30 am and pick up North County passengers by 8:00 am at La Costa off the I-5. We’ll leave Los Angeles by 3:30 pm in order to return to San Diego by 7:00 pm. Please mail your $60.00
check to Walkabout Int'l, 2650 Truxtun Rd., Suite 110, San Diego, CA 92106-6007, indicating a San Diego or N. County pick up location and your phone number. Please enclose a self-addressed stamped envelope for your itinerary to be mailed to you. There will be no refunds unless there is a waiting list. The first people to respond will get their choice of the best seating on the bus. There is walking involved at the Museum, and it is up to you how much you are able to do. Please call Rita at (619) 266-2555 with questions.

**NEW ENGLAND FALL FOLIAGE TRIP**

**MONDAY, 9/28 - MONDAY, 10/5 (7 nights, 8 days)**

$1349 per person (double occupancy)

We'll join our sister Cape Cod organization for a New England tour of the beautiful fall foliage. You'll fly to Boston without a tour leader but be greeted by one when you arrive, and we'll spend our first night in Boston which allows for an evening on the town and an early bird walk the next morning. Then we'll join up with the Cape Cod gang en route via van to Vermont. We'll travel through the hills of New Hampshire to begin six days of touring small towns. There are hay rides, hymn sings, hillside hikes, artisans and craft fairs, museums, bus tours and much more to delight you in seeing rural VT at its finest. We'll visit a chapel for dogs, Ben & Jerry's and the countryside for the best leaves and sights.

We'll stay in simple, heated cottages overlooking Joe's Pond, enjoy home cooked breakfasts and picnic lunches and then gorge ourselves at community suppers sponsored by the towns. Your last night will be spent on Cape Cod, with a day long tour of the land as it beds down in slow season for the winter ahead. You'll take a comfortable, direct bus back to the airport in Boston for the flight home.

Trip price includes round trip air, hotel transfers in Boston, accommodations in Boston, VT, and Cape Cod, ground transportation, all meals in VT and Cape Cod, bus from Cape Cod to Boston and the services of your tour leader/co-leader. Trip is open only to a very limited number of travelers from San Diego, so act early! Send $300 deposit to Walkabout International, 2650 Truxtun Road, Suite 110, San Diego, CA 92106. Mark "NE Fall Foliage" on check. Include legal name for airline ticket, month, day, year of birth (TSA requirement) and email address. Questions to danielbhaslam111@yahoo.com.

**NEW BROAD MUSEUM**

**SATURDAY, NOVEMBER 7**

Enjoy Walkabout's first visit to the new Broad Museum in Los Angeles across from Disney Concert Hall with Rita and Marilyn B. Note that more than one-half of the 49 passenger bus has already been filled from the interest list. This is your chance to see magnificent European paintings and contemporary art work made possible by Eli and Edythe Broad's huge donation to this totally unique museum, which includes a fabulous restaurant inside. Your trip includes the air conditioned bus and professional driver, a bathroom aboard, entrance fee to the museum, quality snacks and water. The cost to you is much lower than with any other travel group.

Please mail your check for $60.00 to Walkabout Int'l, 2650 Truxtun Rd., Suite 110, San Diego, CA 92106-6007, and include your pickup location: San Diego Walkabout Office or La Costa Park & Ride off I-5 at Carlsbad. Please include a self-addressed stamped envelope for your itinerary and your phone number in case there are any changes. Since we already have a large number of people going, it looks like we'll have a waiting list, in which case you could receive a refund if you request it.

We will depart from the San Diego Walkabout Office at 7:15 am and arrive at the North County pickup location by 7:45 am, leave North County by 8:00 am and head non-stop to the Museum. We expect to reach the Broad at 10:00 am and you will be on your own until our 4:00 pm departure, which will give you 6 hours to have lunch (on your own) and walk around the huge complex that includes Disney Concert Hall, Ahmanson Theatre and the Mark Taper Forum. We plan to be back in San Diego by 7:00 pm. If you have any questions, please call Rita at home, (619) 266-2555. The day of the event you can reach her on her cell, (619) 890-0375. Marilyn B. and Rita promise this Museum is not like any other museum you have ever seen before.

**BACK TO TUCSON**

5 nights, 6 days, November 18 - 23

We're taking a van from San Diego and crossing the desert for the 6-hour drive. Some of the trip highlights include a visit to the 18th Century Mission del Bac aka "Dove of the Desert," the University of Arizona, 4th Avenue entertainment venue, renowned Desert Museum, Sabino Canyon tram in the Coronado Natl. Forest, Saguaro National Monument, the Ted deGrazia art gallery & studio, Bisbee, Tombstone, Tubac and so much more. Our downtown hotel location provides a perfect setting for informative early bird walks, and our van tour gives us travel flexibility throughout the trip. You can do as much walking on this trip as you like or are able.

Trip includes roundtrip van transportation (air travel is available for about $150 more), double occupancy hotel accommodations (single supplement available at $175), at least two meals a day (breakfast each day and usually lunch), attractions admissions (above), and the services of your tour leader and co-leader. Trip insurance is recommended but not provided. Reservations are first-come, first-served, with a maximum of 13 guests on this tour. Refunds are available only if your seat is resold.

To reserve send $300 deposit to Walkabout International, 2650 Truxtun Road, Suite 110, San Diego, CA 92106. Mark "Tucson" on your payment, and for further info or if you want plane reservations contact trip leader Dan at danielbhaslam111@yahoo.com. It's been 21 years since a major Tucson trip -- let's do it up, cowboy/girl!
### SEPTEMBER 2015 WALKS AT A GLANCE

**Bold** walk start times are those that repeat every week at the same location, day, and time.

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<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
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<td>6:30 pm Mission Bay Sunsets</td>
<td>TBA Hike</td>
<td>6:30 am Sunrise: Seaport Village</td>
<td>5:30 pm Mission Hills Meander</td>
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<td>10 am Coronado Mini-mansions</td>
<td>10 am Shelter Island</td>
<td>10 am Old and the New Downtown</td>
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<td>5:30 pm Wednesday Workout</td>
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<td></td>
<td>7:15 am Breakfast Spcl: Shelter Island</td>
<td>6:30 am Sunrise: Seaport Village</td>
<td>6:30 pm Mission Bay Sunsets</td>
<td>6:30 am Sunrise: Harbor Island</td>
<td>5:30 pm Mission Hills Meander</td>
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<td></td>
<td>8:15 am Merry Go-Round</td>
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<td>TBA Hike</td>
<td>10 am Shelter Island</td>
<td>7:15 am Late Birds</td>
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<td>No Hike</td>
<td>10 am Mission Beach</td>
<td>12:30 pm Great Beach Walks of La Jolla</td>
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<td>3:00 pm Golden Hill Park</td>
<td>6:30 am Sunrise: Shelter Island</td>
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<td>10 am Crown Point Area Beckons</td>
<td>7:15 am Late Birds</td>
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<td>10 am Spanish Landing</td>
<td>10 am Crown Point Area Beckons</td>
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UPCOMING WALKS, EVENTS & TRIPS

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

Day Trips
LA Country Museum of Art | September 17
Broad Museum | November 7
Riverside Victorian Tour | December 12

Overnight Trips
New England Fall Foliage | Sept 28 – October 5
Beautiful Boise | October 8 - 15
Tucson & Southeast Arizona | November 18 - 23

Events/Walks
Annual Meeting Potluck & Auction | October 24
Thanksgiving Walk Shelter Island | November 26
Thanksgiving Restaurant Dinner | November 26
Holiday Trees/Dec. Nights Balboa | December
Christmas Brunch & Gift Exchange | December 25
Annual New Year’s Walk | January 1, 2016
Annual Walk Leader’s Luncheon | January
Chinese New Year Walk/Dinner | February
Walkabout’s 39th Anniversary | March

WALK LEADERS NEEDED

We are recruiting walk leaders for the suggested walks/events below. If interested, please call the office (619) 231-7463. Receive help with write-up, etc. And, please send in YOUR ideas!!

• Balboa Park w/ranger tour
• Free Tuesdays at museums in Balboa Park
• I Love A Clean San Diego beach cleanup

BOARD SEeks YOUR HELP

We need office volunteers and new board members.

If you are interested in any of our volunteer opportunities, please call the office (619) 231-7463.

VOLUNTEER!

Please call the office if you would like to help organize any of the walks or events listed below.

Events/Walks
Annual Ice Cream Walk | TBD
Holiday Decorations at Hotel Del | December
Lamb’s Theater Christmas Play | December

WALKABOUT BOARD MEETING

Friday, September 18 at 11:30 am
The monthly meeting will be held at Serra Mesa-Kearny Mesa Branch Library, Sudberry Room, 9005 Aero Drive, San Diego, CA 92123

BOARD MEMBERS

President (858) 571-7733
Robert Buehler President@walkabout-int.org
1st Vice President (619) 249-9813
Dan Haslam danhaslam@walkabout-int.org
2nd Vice President Vacant
3rd Vice President (619) 222-3447
Stan Follis Stanley@walkabout-int.org
Recording Secretary (619) 231-7463
Donna Farris secretary@walkabout-int.org
Treasurer (619) 266-2555
Rita Balliot treasurer@walkabout-int.org
Directors
Marilyn Buckley (619) 231-7463 prwalkabout@yahoo.com
Dan Dobbs (858) 722-3002
Larry Forman (858) 755-1751 larry@walkabout-int.org
Norman Vigeant (619) 231-7463 ngfrenchy@hotmail.com
Bruce Herms Emeritus
Dick Hiatt Emeritus

JOIN US ON MEETUP!

www.meetup.com/Walkabout-International

OFFICE STAFF
Donna Farris, Marilyn Buckley, Eileen Frame, Susan Goodrich, Grace Greenalch, Pat Peterson, Charlotte Sedgwick

NEWSLETTER STAFF
Rita Balliot, Stan Follis, Dan Haslam, Ann Leegers, Lorraine Marshall, Kim Mills, Fran Whiteman

MAILING CREW
Pat Peterson (Captain), Alice Berwert, Stan Follis, Grace Greenalch, Julie McKane, Barbara Miller, Sharon Nelson, Joanne Paul, Gwen Phelps, Fusa Shimizu, Beverly Stebbins, Judy Vandruff
ABOUT WALKABOUT, SAN DIEGO’S PREMIER SOCIAL NETWORK AFOOT

Walkabout is an all volunteer San Diego-based non-profit organization offering more than 1,000 free local walks each year along with parties, picnics, potlucks, holiday celebrations and other activities including national and international travel, all with a walking component. Established in 1977, Walkabout promotes healthy regular exercise, social camaraderie and discovering new places.

Walkabout Newsletter Subscription/Supporter Form

You are the heart and "soles" of an all-volunteer, nonprofit organization that raises walking far above a pedestrian pursuit. WALKABOUT depends in large part on your generous spirit to fund our yearly operating costs through your thoughtful, tax deductible donations. If you appreciate the value you receive from WALKABOUT, please contribute. All levels of support include a one-year subscription to our monthly newsletter.

___ Basic Level $20   ___ Tenderfoot $25   ___ Footprint $100   ___ Arch Supporter $500
___ 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

NAME _____________________ ___________________________ DATE ______________
ADDRESS __________________________________________________________
CITY _____________________ STATE ____ ZIP+4 ___- ___
PRIMARY PHONE ( ) ______________ OTHER PHONE ( ) ______________
EMAIL ADDRESS __________________________________________________________

___ PDF ALSO (available only if support greater than Basic Level)
___ PDF ONLY (fully tax deductible, eco-friendly, and helps us keep costs down)

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
LABEL CODE REMINDER
Please check the expiration date on your label to renew beforehand. We don’t want you to miss an issue!

Walkabouters at Oceanside Pier