



# San Diego Feets

Vol. 39, No. 6

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. Summer office hours: 10:00 am to 2:00 pm, Mon., Wed., Fri. Internet: [www.walkabout-int.org](http://www.walkabout-int.org), e-mail: [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.

Pace Yourself	miles	minutes
	per hour	per mile
Casual	2.5	25
Moderate	3	20
Moderate-plus	3.5	17

## June 2016

### 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! **Kathy T.** (858) 459-6438 or **Barbara S.** (858) 452-8832.

#### 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.** Join Sandra, Sally and Friends for 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 sea lions. Meet new friends 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. Ample free parking. If you're late, drive down the island and join us along the way. Take the #28 bus and walk approximately 3 blocks to the Bali Hai, Optional eats afterward. Heavy rain cancels. Join us - just for the health of it! **Sally R.** (619) 222-3800.

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.

## FRIDAYS

6:30 pm \*\*\*Note New Time\*\*\*

**MISSION HILLS MEANDER.** Come see the great views and picturesque homes of this old neighborhood on a 1-hour **casual** walk for about 2.5 miles on flat terrain. The walk ends before sunset so flashlights aren't needed and there will be light to enjoy the views. 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 3<sup>rd</sup> Ave. and C St. At 3<sup>rd</sup> 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.walkabout hikes.org> as weather or unusual conditions may cause the hike to be moved or canceled. If you have any questions, please contact the relevant hike leader as noted.

Date	Contact Information
Jun 1	<b>Eva:</b> (619) 283-1872 or <a href="mailto:evajudo@aol.com">evajudo@aol.com</a>
Jun 4	<b>Candy:</b> (619) 435-2894 or <a href="mailto:ccbeckwith146@yahoo.com">ccbeckwith146@yahoo.com</a>
Jun 8	<b>NO HIKE</b>
Jun 11	<b>Bill:</b> (619) 206-5809 or <a href="mailto:wa4lrm@gmail.com">wa4lrm@gmail.com</a>
Jun 15	<b>Stan H:</b> (619) 448-1668 before 6:00 pm or <a href="mailto:shunt92071@yahoo.com">shunt92071@yahoo.com</a>
Jun 18	<b>Bill:</b> (619) 206-5809 or <a href="mailto:wa4lrm@gmail.com">wa4lrm@gmail.com</a>
Jun 22	<b>Rita C:</b> (619) 482-0052
Jun 25	<b>Candy:</b> (619) 435-2894 or <a href="mailto:ccbeckwith146@yahoo.com">ccbeckwith146@yahoo.com</a>
Jun 29	<b>Don:</b> <a href="mailto:dpiller@cox.net">dpiller@cox.net</a> or (760) 796-4007

## MORE GREAT WALKS THIS MONTH

### WEDNESDAY, JUNE 1

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, JUNE 2

6:30 am

**SUNRISE SERIES: MISSION BAY.** Let's enjoy the season by the bay on this flat 1 hour **moderate** walk where we can watch for a beautiful sunrise and check out the different birds. Meet at the former Visitors Information Center. From the I-5, take the Clairemont Dr. exit and go west. Optional breakfast follows. **Winnie** (858) 278-4003.

### SUNDAY, JUNE 5

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, JUNE 6

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, JUNE 9

6:30 am

**SUNRISE SERIES: NORTH PARK.** Meet at Pershing Dr. and Upas St. for a one hour **casual to moderate** walk. We'll stroll thru Bird Park and check out the area around it. Take I-5 to Pershing Dr. exit and continue on Pershing Dr. for 1.5 miles – your destination will be on the right. Bring money for an optional breakfast afterward at a new restaurant. **Frances** (619) 479-3962.

## SATURDAY, JUNE 11

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.

8:00 am

**CARLSBAD VILLAGE TO OCEANSIDE PIER.** This 19th segment of Dan's New Year's Resolution Walks travels from Carlsbad Village to Oceanside Pier and follows the low tide route along the hard-packed sand near the ocean. Meet between Track 2 and 3 at the Old Town Transit Center (OTTC) at 8 am to buy a round-trip Coaster ticket to Oceanside for the bargain price of \$5.50 for seniors or \$11.00 adults. Then we'll go to the south end of the station, down the stairs and pass through the tunnel to the right to reach Track 4. We will take the Amtrak train to Oceanside, which departs at 8:27 am. This 4.7 mile **casual to moderate** walk includes an optional lunch on Oceanside's pier. Live bands often perform music at the pier during summer months. Ride the Amtrak train, walk a fine beach, people watch, eat, drink, shop - what's not to like? Heavy rain cancels. Email **Dan D.** at [ddobbs48@gmail.com](mailto:ddobbs48@gmail.com) and he will reply with details or phone (858) 722-3002.

## SUNDAY, JUNE 12

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.

9:15 am

**BIOTECH TREK.** The heart of San Diego's biotech community sits high above the Pacific in the environs of the celebrated Torrey Pines Golf Course. Let's get our hearts going as we wander around it on a **moderate-plus**, 3-hour meander over mixed up and up and down terrain up past the Torrey Pine State Reserve into this little explored oasis of serenity and calm and biodiversity. Look for **Larry** at the traffic signal by the southwest corner of Carmel Valley and McGonigle Rds., about 1/10 mile south of Highway 101 (where Camino Del Mar meets North Torrey Pines Rd. in Del Mar). From I-5 take the Carmel Valley Rd. exit west for about 1/2 mile to McGonigle Rd. BYO water, rainwater cancels! (858) 755-1751 (evenings/weekends).

## MONDAY, JUNE 13

6:30 am

**SUNRISE SERIES: DOWNTOWN.** Let's walk through downtown checking on progress at any new construction. Meet at the parking lot next to the merry-go-round at the south end of Pacific Hwy. for this flat, **moderate**, 1-hour walk followed by an optional breakfast. **Pat K.** (619) 469-6223.

## WEDNESDAY, JUNE 15

10:00 am

**CORONADO BEACHING.** Join **Robert and Friends** for approximately 1-hour on a beautiful, architecturally diverse **casual** stroll past dream homes. Refuel at a Coronado eatery afterward if you like. Meet at the corner of Ocean Blvd. and Marina Ave. To use public transit, take #901 bus ("Iris Trolley") from the 12th & Imperial Transit Center at 9:02. Exit at Orange Ave. and Park Pl.; walk south to Ocean Blvd. then west .7 mile to Marina Ave. Rain cancels. **Robert B.** (858) 414-6181.

## THURSDAY, JUNE 16

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.

## SATURDAY, JUNE 18

10:15 am

**OCEANSIDE PIER TO OCEANSIDE HARBOR.** This 20th segment of Dan's New Year's Resolution Walks starts at Oceanside Pier. Meet between Track 2 and 3 at the Old Town Transit Center (OTTC) at 10:15 am to buy a round-trip Coaster ticket to Oceanside for the bargain price of \$5.50 for seniors or \$11.00 adults. Then we'll go to the south end of the station, down the stairs and pass through the tunnel to the right to reach Track 4. We will take the Amtrak train to Oceanside, which departs at 10:49 am. This is a **casual to moderate** low tide beach walk of 3.9 miles along lovely beaches to the bustling activity and attractions at Oceanside harbor where we'll stop for an optional lunch. Walk to the far end of the pier after the walk for an ice cream soda before your return on the 3:34 pm Coaster. Heavy rain cancels. Email **Dan D.** at [ddobbs48@gmail.com](mailto:ddobbs48@gmail.com) and he will reply with details or phone (858) 722-3002.

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, JUNE 19

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. If the road/parking lot is closed for an event, we will meet in the restaurant parking lot at Pacific Hwy. and Rosecrans St. to walk along the river or Old Town. Rain cancels or postpones. **Pat's Pals** (619) 469-6223.

## MONDAY, JUNE 20

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. **Fusa** (619) 223-6947.

## TUESDAY, JUNE 21

3:00 pm

**OLD LA MESA.** Let's take a **casual to moderate** somewhat hilly, 1-1/2 hour walk through the winding residential streets of old La Mesa, where we'll see 100+ year old historic houses, hidden cul-de-sacs, horse rings, and hitching posts. Meet at the corner of Date and Lemon Aves. You can take #1, 7, 851, or 855 bus, or Orange Line trolley. Rain cancels. **Evelyn K.** (619) 461-6095.

## THURSDAY, JUNE 23

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. Take I-5 to Tecolote Rd. exit, go east on Tecolote Rd. all the way into the canyon to the parking lot and visitor center at the end of the road. Bring money for an optional breakfast afterward. **Winnie** (858) 278-4003.

## SUNDAY, JUNE 26

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, JUNE 27

6:30 am

**SUNRISE SERIES: PACIFIC BEACH BOARDWALK.** 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 & Marilyn** (619) 840-5544.

## THURSDAY, JUNE 30

6:30 am

**SUNRISE SERIES: THE BRIDGES OF BANKER'S HILL.** Meet at the southeast corner of Juniper St. and First Ave. We will see if we can cross at least 3 of the bridges of Banker's Hill. We can definitely make the suspension bridge on Spruce St. for an early morning sway. So put on your walking shoes and join **Edie** for a **moderate** 1-hour walk to work up an appetite for a breakfast spot we haven't visited for a while. (619) 222-4396.

## WALKABOUT INTERNATIONAL STEPS OUT IN CAPE COD

Walkabout's first spring walk in Cape Cod stepped out on Saturday, May 7 amidst the cold, dreary weather that is spring this year. The walk was a narrated historical tour along Main Street in Centerville, MA, known for its early 17th century cranberry and salt work pioneers. Summer local Dan Haslam led the walk in partnership with the Barnstable Land Trust, a conservation organization that purchases land to save it from development.

Although the weather never peaked above 50-degrees, the half-dozen walkers skirted rain and walked house-by-house learning about ship captains' homes, most of whom shared a common last name of Crosby. The oldest house on the walking tour was built in the late 1600's, when the town was still known by its Indian name of Checquaset. By the mid-1800's a post office was established and the village was named Centerville, later anglicized to Centerville. Haslam told stories about townspeople gleaned from history books, like how Walt Disney visited town to stay with the Kalmus family who invented the Technicolor film process and made millions. Today their home is a bed and breakfast inn across the street from an ardent abolitionist who entertained Wm. Lloyd Garrison, and whose great grandfather held a party for Revolutionary soldiers who held a gun and blew away the dining area plaster walls in their excitement!

A highlight of the walk was finding the old town school open so the group could visit a classroom in which a famous muralist painted a fishermen mural on the wall, now a landmark. The Centerville walk is part of a series which will occur on Saturday mornings in several Barnstable villages during the course of the summer. Other Walkabout walks will be regularly done in Hyannis on Friday afternoons.

## IN MEMORIAM



**Patricia Peterson, MD**, who holds the distinction of having led a weekly Walkabout for the greatest number of years, passed away on May 2. In addition to her Friday afternoon walk in Mission Hills, which she led for more than 25 years, Pat until recently was also captain of our newsletter's mailing crew, and was active in a number of Walkabout spin-off groups. She organized a popular monthly card playing group called "Card Sharks," in which Walkabouts celebrate each other's birthdays through host homes providing main dishes, while other players supply delicious side dishes for a luncheon followed by an afternoon of cards. Pat would have turned 80 on her next birthday, May 23.

Pat raised two children as a single parent and served for many years as a family physician in general practice in San Diego. She was also an accomplished artist and sculptor, using her maiden name "Doty," as her artist moniker. She showed internationally, and was selected by the San Diego Port Commission as one of the first artists to create a tree sculpture to be displayed on the San Diego Embarcadero. This she did with the engineering assistance of Walkabout Everet Mehner. When her friend and Walkabout icon "Downtown Sam" Minsker passed away in 2001, Pat created the bronze bust which appears on the memorial

benches on display at the Gaslamp Quarter Historical Foundation's pocket park at 4th and Island, and outside the Walkabout office in Liberty Station. Pat also collected marbles passionately over the years, raised Bichon Frise dogs, and drove a succession of yellow automobiles. She had a great sense of personal style and entertained extensively.

Pat travelled many times on Walkabout tours, celebrated most holidays with other Walkabouts, and was an avid supporter of liberal causes, including Planned Parenthood, upon whose board she once served. She won a congressional lottery and received tickets to attend the second inaugural of President Obama. Unfortunately, her tickets were for standing room only and she was too short to see much of the ceremony, although being present at the event was a highlight for her.

She is survived by her son Shep, his wife, and several grandchildren. Pat held Walkabout International in high regard and has gifted most of her personal property to Walkabout. A memorial walk and remembrance in Mission Hills will be held in her memory this fall. If you would like to participate in this event, please contact the Walkabout office in order to receive an email notification of the date and location.



## WALKABOUT STORMS THROUGH NEW MEXICO!

It was supposed to be a spring trip to New Mexico, to trace some of western writer Tony Hillerman's tales about the region. It turned out to be several days of a rare spring blizzard in northwest New Mexico, both to the delight and consternation of 10 Walkabouts who had quite an adventure. The week-long road trip began on April 12 and spanned 1000 miles (and 5 motels) of Indian country in the 4-corners region. After an overnight in Albuquerque and a walk around Old Town and along the Rio Grande, our group hiked through El Morro and El Malpais, NM to view craters. Good weather so far.

In Gallup we viewed downtown murals and played bingo after a New Mexican dinner in a bar. Our visit to the Hubbell Trading Post and Canyon de Chelly, NM was delightful, as were visits to a mining museum and Native American trading post. A day at Chaco Culture NHP was cool but wonderful. In Farmington, we had a crisp morning walk along the Animas River, and then the snow began.

For the 200-mile trip to Taos and over a mountain pass, snow fell along the route just 20 miles south of Colorado. The pass remained opened however, and the group was treated to snow on branches, a deer herd scavenging in snow, and more snow.

In Taos the Pueblo was closed, so the group toured a sustainable housing community called Earthship, constructed with rammed earth, auto tires, and beer cans. The trip from Taos to Santa Fe was also snowy, and for the last 3 days the temp never ventured above 34-degrees. The walk around the capital was spirited, with a visit to the state capital and its great art, the Plaza and museums.

The sun finally reappeared on the last day for a visit to quirky Madrid along the Turquoise Trail. Shoppers among our group were abundant, and treasures were hauled back to San Diego. Travelers included Walter Konopka (co-leader), Donna and Jerry Farris, Valerie Sanfilippo, Regina Bartolini, Art and Phyllis Cottee, Evah Allen (newbie), Jennifer Nickles and leader Dan Haslam.



## JUNE 2016 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>
			TBA Hike  10 am Spanish Landing  <b>5:30 pm</b> Wednesday Workout	6:30 am Sunrise: Mission Bay  <b>10 am</b> Shelter Island <b>10 am</b> Mission Beach  <b>10:15 am</b> Balboa Park	<b>6:30 pm</b> Mission Hills Meander	TBA Hike
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
7:15 am Breakfast Spcl: Shelter Island  <b>8:15 am</b> Merry Go- Round	6:30 am Sunrise: Lake Murray  <b>10 am</b> Crown Point Area Beckons	<b>6:30 pm</b> Mission Bay Sunsets	No Hike  <b>5:30 pm</b> Wednesday Workout	6:30 am Sunrise: North Park  <b>10 am</b> Shelter Island <b>10 am</b> Mission Beach  <b>10:15 am</b> Balboa Park	<b>6:30 pm</b> Mission Hills Meander	TBA Hike  7:15 am Late Birds  8 am Carlsbad Village to Oceanside Pier
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
7:15 am Breakfast Spcl: Balboa Park  <b>8:15 am</b> Merry Go- Round  9:15 am Biotech Trek	6:30 am Sunrise: Downtown  <b>10 am</b> Crown Point Area Beckons	<b>6:30 pm</b> Mission Bay Sunsets	TBA Hike  10 am Coronado Beaching  <b>5:30 pm</b> Wednesday Workout	6:30 am Sunrise: Mission Hills  <b>10 am</b> Shelter Island <b>10 am</b> Mission Beach  <b>10:15 am</b> Balboa Park	<b>6:30 pm</b> Mission Hills Meander	TBA Hike  10:15 am Oceanside Pier to Oceanside Harbor
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
7:15 am Breakfast Spcl: Mission Bay  <b>8:15 am</b> Merry Go- Round	6:30 am Sunrise: Sunset Cliffs  <b>10 am</b> Crown Point Area Beckons	3 pm Old La Mesa  <b>6:30 pm</b> Mission Bay Sunsets	TBA Hike  <b>5:30 pm</b> Wednesday Workout	6 am Sunrise: Tecolote Cyn  <b>10 am</b> Shelter Island <b>10 am</b> Mission Beach  <b>10:15 am</b> Balboa Park	<b>6:30 pm</b> Mission Hills Meander	TBA Hike
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>		
7:15 am Breakfast Spcl: Pacific Beach  <b>8:15 am</b> Merry Go- Round	6:30 am Sunrise: PB Boardwalk  <b>10 am</b> Crown Point Area Beckons	<b>6:30 pm</b> Mission Bay Sunsets	TBA Hike  <b>5:30 pm</b> Wednesday Workout	6:30 am Sunrise: Bridges of Banker's Hill  <b>10 am</b> Shelter Island <b>10 am</b> Mission Beach  <b>10:15 am</b> Balboa Park		

## UPCOMING WALKS, EVENTS & TRIPS

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

### Overnight Trips (all dates are tentative)

Summer Camp in Maine	August 23 - 30
North Carolina and the Biltmore	October 4 - 11

### Events/Walks

Ice Cream Social Walk	August
Annual Meeting Potluck & Auction	October
Thanksgiving Restaurant Dinner	November
Christmas Brunch; Gift Exchange	December



## VOLUNTEER!

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

### BOARD SEEKS YOUR HELP

We need office volunteers and new board members.



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



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

## WALKABOUT BOARD MEETING

Friday, June 17 at 11:00 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

<b>President</b> Robert Buehler	(858) 571-7733 President@walkabout-int.org
<b>1st Vice President</b> Dan Dobbs	(858) 722-3002 ddobbs48@gmail.com
<b>2nd Vice President</b> Dan Haslam	(619) 318-4870 danhaslam@walkabout-int.org
<b>3rd Vice President</b> Stan Follis	(619) 222-3447 Stanley@walkabout-int.org
<b>Recording Secretary</b> Donna Farris	(619) 231-7463 secretary@walkabout-int.org
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Larry Forman	(858) 755-1751 larry@walkabout-int.org
Norman Vigeant	(619) 231-7463 ngfrenchy@hotmail.com
Bruce Herms	Emeritus

## JOIN US ON MEETUP!

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



### OFFICE STAFF

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

### NEWSLETTER STAFF

Dan Haslam, Kim Mills, Fran Whiteman

### MAILING CREW

Charlotte Sedgwick & Beverly Stebbins (Captains), Alice Berwert, Stan Follis, Grace Greenalch, Julie McKane, Barbara Miller, Sharon Nelson, Joanne Paul, Gwen Phelps, Fusa Shimizu, 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

## IN MEMORIAM

**Betty Hunt (December 5, 1921 – March 27, 2016)**

Nonagenarian and longtime Walkabout. Life celebration with lunch will be held at 11am on June 4 at the Little Lodge at Glen Abbey.



**Mother's Day Meander in Carmel Valley**