



San Diego Feets

Vol. 39, No. #9

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, e-mail: 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

September 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

4:00 pm ***note new time through March***

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. We will enjoy the late afternoon views. Meet 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.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
Sep 3	Bill: (619) 206-5809 or wa4lrm@gmail.com
Sep 7	Don: dpiller@cox.net or (760) 796-4007
Sep 10	Bill: (619) 206-5809 or wa4lrm@gmail.com
Sep 14	Stan H: (619) 448-1668 before 6:00 pm or shunt92071@yahoo.com
Sep 17	TBA
Sep 21	Rita C: (619) 482-0052
Sep 24	Bob R: (760) 728-8232
Sep 28	Eva: (619) 283-1872 or evajudo@aol.com

MORE GREAT WALKS THIS MONTH

THURSDAY, SEPTEMBER 1

6:30 am

COLLEGE GROVE MEMORIES. Thanks to Lorraine and Isabel, Early Birds has a long history of great walks around Chollas Lake and the former radio transmitter where the first news of Pearl Harbor was received and relayed to the President and the nation. Let's duplicate their walks and linger for a visit at an optional breakfast afterwards as we hop to a nearby restaurant on University at 7:35. Bring your memories. Meet at College Grove Way and Dearflower Rd. (second intersection north of College Grove Dr.) **Pat K.** (619) 469-6223.

SATURDAY, SEPTEMBER 3

8:00 am

EAST MISSION BAY. Take an entertaining **moderate** walk along the bay for 1 to 1-1/2 hours. Meet at the former Visitors Information Center on top of the hill. Take I-5 and go west on Claremont Dr. to a nearby parking lot. We will walk south along the water. This is a walker's paradise and a healthy exercise walk. Rain cancels. **Joanne W.** (619) 697-7009.

SUNDAY, SEPTEMBER 4

7:15 am

BREAKFAST SPECIAL ON SHELTER ISLAND. Let's wave goodbye to Red Sails Inn 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 5

6:30 am

SUNRISE SERIES: BY THE BAY. Today we'll hope for sunny skies, lots of birds and that any clouds are the fluffy kind for a more beautiful sunrise. Meet at the former Visitor Information Center just west of the I-5 at the Clairemont Dr. exit. We usually have two groups, **casual and moderate**, on this 1 hour flat walk. Bring money for an optional breakfast afterward at one of our favorite places. **John & Marilyn** (619) 840-5544.

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.

WEDNESDAY, SEPTEMBER 7

10:00 am

BALBOA PARK CORK STOPPER. Join **Robert and Friends** for a **casual** 1-hour walk; half city streets, half squirrel land, including the Marston House grounds. Enjoy the splendor of our downtown forest. See the famous Balboa Park cork tree. Optional eating afterward. Meet at 6th Ave. and Spruce St. Free parking on Balboa Dr. in the park with the entrance at Upas St. Note that there is no parking on the park side of 6th Ave. on Wednesday mornings. To use public transit from the north, take bus #3 ("Euclid Trolley"). Exit at 4th Ave. and Spruce St. at approximately 9:33, walk 0.1 mile east to 6th St. From the south, take bus #3 ("UCSD Hospital"). Exit at 5th Ave. and Redwood St. at approximately 9:39, walk 0.1 mile northeast to 6th Ave. and Spruce St. Rain cancels. **Robert B.** (858) 414-6181.

THURSDAY, SEPTEMBER 8

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, SEPTEMBER 10

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

EAST MISSION BAY. Take an entertaining **moderate** walk along the bay for 1 to 1-1/2 hours. Meet at the former Visitors Information Center on top of the hill. Take I-5 and go west on Claremont Dr. to a nearby parking lot. We will walk south along the water. This is a walker's paradise and a healthy exercise walk. Rain cancels. **Joanne W.** (619) 697-7009.

SUNDAY, SEPTEMBER 11

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.

MONDAY SEPTEMBER 12

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 Claremont Dr. exit and go west. Optional breakfast follows. **Verna** (619) 276-3055.

THURSDAY, SEPTEMBER 15

6:30 am

SUNRISE SERIES: SWEETWATER RIVER NATIONAL CITY. We'll walk along the river at a **casual to moderate** pace on flat paved terrain. We'll see if any birds and/or ducks are roaming in the water and check to see if there are any improvements along the walking/bike path. Maybe we'll get all the way to the National City Marina. Take I-805 south to Sweetwater turnoff, stay on left side and turn left at 1st light (Sweetwater Rd.), left at next light then immediate right to meet in furniture store parking lot. Bring money for optional breakfast afterward. **Frances** (619) 479-3962.

SATURDAY, SEPTEMBER 17

8:00 am

EAST MISSION BAY. Take an entertaining **moderate** walk along the bay for 1 to 1-1/2 hours. Meet at the former Visitors Information Center on top of the hill. Take I-5 and go west on Claremont Dr. to a nearby parking lot. We will walk south along the water. This is a walker's paradise and a healthy exercise walk. Rain cancels. **Joanne W.** (619) 697-7009.

10:00 am

IMPERIAL BEACH PIER TO SILVER STRAND STATE BEACH. We will follow the low tide route along the hard-packed sand after lunch on your own dime at the far end of Imperial Beach Pier. This will be a 3.8 mile **casual to moderate** beach walk that will travel to the Silver Strand State Beach to the north. Meet at Old Town Transit Center (OTTC) at Track 1 ticket machines where we will buy (or reload) a Compass Card for \$5 to cover our 3 trolleys and 2 short bus rides for the day. We will take the Green Line southbound Trolley at 10:23 am to begin our adventure. We will return to OTTC at about 4 pm after a fun day of discovery. Heavy rain cancels. Email **Dan D.** at ddobbs48@gmail.com and he will reply with details or phone (858) 722-3002.



SUNDAY, SEPTEMBER 18

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, SEPTEMBER 19

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.

TUESDAY, SEPTEMBER 20

2:00 pm

HISTORIC PT. LOMA. See mansions old and new, including the 1898 Victorian Dixon House, the 1913 Sefton Mansion, and the 1980 Quigley Waterfall House. Meet at the corner of Chatsworth Blvd. and La Cresta Dr. for a mostly flat, 1-1/2 hour **casual to moderate** walk. Bus #923 stops at Chatsworth and Narragansett. **Evelyn K.** (619) 461-6095.

WEDNESDAY, SEPTEMBER 21

10:00 am

A DELICIOUS TASTE OF YESTERYEAR. If you enjoy the rural scene and love to see ducks, geese and rare white pelicans, then take a 1-hour **casual** meander with **Robert and Friends** around Lindo Lake. Take Route 67 from I-8, turn off at Riverford Rd. and go through Lakeside on Woodside Ave until you see the park and lake. Turn right on Chestnut St. and a quick left into the VFW parking lot. Later, as an option, we will chow down at a local restaurant. Rain cancels. **Robert B.** (858) 414-6181.

THURSDAY, SEPTEMBER 22

6:30 am

SUNRISE SERIES: KEARNY MESA. Return to a familiar place as we walk on mostly flat terrain at a **moderate** pace for 1 hour. We'll meet in the parking lot of the restaurant at 3906 Convoy St. Maybe we can explore a different area this time, but also some familiar sites. An optional breakfast follows. Take the I-805, exit at Balboa Ave. turnoff, east to Convoy St. and turn right. **Winnie** (858) 278-4003.

SATURDAY, SEPTEMBER 24

8:00 am

EAST MISSION BAY. Take an entertaining **moderate** walk along the bay for 1 to 1-1/2 hours. Meet at the former Visitors Information Center on top of the hill. Take I-5 and go west on Clairemont Dr. to a nearby parking lot. We will walk south along the water. This is a walker's paradise and a healthy exercise walk. Rain cancels. **Joanne W.** (619) 697-7009.

9:15 am

FALL-ING INTO PLACE IN DEL MAR. Just a few days after the autumnal equinox, it's now the season for sauntering through tree-lined pathways. Leave your worries behind as we celebrate the change in our solar journey with a 3-hour **moderate-plus** prance over mixed-up and down terrain through little-known back roads and trails of this quintessential coastal community. Look for **Larry** at northwest corner of Del Mar Heights Rd. and Durango Dr., 6 blocks west of I-5. **Larry@walkabout-int.org** (858) 755-1751 (evenings/weekends).

SUNDAY, SEPTEMBER 25

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 26

6:30 am

SUNRISE SERIES: 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. There will be a choice of going up a hill where the view is very scenic. 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). Optional breakfast afterward. **Fusa** (619) 223-6947.



NEWSLETTER DEADLINE NOTICE

*****1-week earlier in September*****

Due to scheduling conflicts, all October walks must be submitted by the **3rd** of September. None will be accepted after that date.



TUESDAY, SEPTEMBER 27

9:00 am

SILVER STRAND STATE BEACH TO HOTEL DEL CORONADO. Meet at Old Town Transit Center (OTTC) at track 1 where we will buy a \$5 Compass Card to cover transportation for the day. We will take a 4.8 mile **casual to moderate** walk along the beach from the Silver Strand State Beach, through the tunnel to the east side, where we will walk north along San Diego Bay to lunch on your own dime, just south of the Hotel Del. After lunch, we will visit "The Del" and then return to OTTC at about 3 pm. Heavy rain cancels. Email **Dan D.** at ddobbs48@gmail.com and he will reply with details or phone (858) 722-3002.

THURSDAY, SEPTEMBER 29

6:30 am

SUNRISE SERIES: OLD TOWN. We'll visit Old Town to check out what's new. Meet at the NW corner of Rosecrans and Pacific Hwy in the restaurant parking lot for this flat, **casual to moderate** 1-hour walk. Bring money for optional breakfast afterward. **Edie** (619) 222-4396.

FEATURED TRIPS



RESPLENDENT RAMBLES IN THE ALLURING SWISS ALPS

June 25 - July 9, 2017

Since our last Swiss trip (in 2015), a growing interest has arisen for Walkabout to return to that fabled land. Finally, Larry has succumbed to leading yet another walking tour in Switzerland. Continuing our Swiss tradition, once again we will experience an itinerary totally different from any of our previous trips there. This time we go behind-the-scenes to a new series of fascinating and far away villages that abound in absolutely stunning alpine scenery.

We will visit four remote areas of Switzerland: Arosa in the east (3 nights), Weggis in the central region (4 nights on the lake of Lucerne), Lenk in the west (3

nights) and world renowned Zermatt -- home of the majestic Matterhorn -- in the south (4 nights).

Our adventures bring us to three hotels nestled in distant valleys surrounded by alluring alpine vistas and reached only by our taking trains to their final, end-of-the-line destinations. One lakeside hotel, not accessible by train, entreats us to arrive by boat, where nearby we will soar high atop a favorite alp of celebrated rambler, Mark Twain.

Our trip includes 15 days/ 14 nights of 3- and 4-star accommodations, 14 breakfasts, 14 dinners, a 15-day Swiss Travel Pass (for unlimited train, bus and boat transport), admissions to countless museums and cultural events, all-the-chocolate-you-can-eat, a host of daily walks to savor breath-taking alpine beauty, comprehensive services of Walkabout leader, Larry (who has led dozens of walking tours of Switzerland). The land-only cost is \$3,895 (per person, double-occupancy) with \$425 single-supplement, pending 2017 pricing for Swiss Travel Pass and Swiss-US Dollar exchange rate.

Due to the already high enthusiasm for this recently rumored trip, you now can join a "Serious Interest List" by sending Walkabout a fully refundable deposit of \$200 per person. Make your check payable to Walkabout International with a notation "Switzerland 2017" and mail to: Walkabout International, 2650 Truxtun Road, Suite #110, San Diego, CA 92106-6007. Separately, please include your name(s), mailing address, phone numbers AND email address(es). To streamline the process, when you mail your check, also please email that your check "is in the mail" to Larry@walkabout-int.org

BTW, this time around, we'll be taking a smaller group of only 12 adventurers. So, act quickly if you wish to join the festive fun afoot frolicking through the Swiss alps on a first-paid, first-accepted basis. Questions: Call Larry at (858) 755-1751 (evenings/weekends). Yodel lay he hoo!



POSSIBLE DAY TRIP

A historic Spa south of Riverside with multiple hot springs, pools and a mud treatment grotto. There are both outdoor and indoor areas in which to relax and rejuvenate. November 2016 or Spring 2017 trip, depending on interest shown. If you are interested, please call the Walkabout office (619) 231-7463 to add your name to the interest list.



CAPE CODE CHAPTER NEWS

Walkabout International has great walks on Cape Cod, too! In early August a group from the partnership between WI and Barnstable Land Trust visited historic West Barnstable. The group started with a short lecture at the oldest Congregational church in America, built in 1717. The congregation celebrated 400 years last year! This ancient building is still under renovation and has a 5 foot rooster as a weathervane on the roof, and a Paul Revere bell in the bell tower. After the church tour, the group headed toward the village. The village was created as an adjunct of Barnstable, but the new church was the main cause for the split. James Otis, who shouted "Taxation without representation is tyranny!" lived in this village. We also toured a neighborhood garden, greenhouse and farm, and ended at the railroad station from the middle 1800's. En route we learned about a poor farm, now a senior village, the original township town hall, the library and a lot of greenery too. There were about 15 on this walk, part of a series that Dan Haslam is doing for WI and BLT. Other Cape Cod walks occur on Friday afternoons, starting from the Hosteling International hostel on the Hyannis waterfront, called "Historic Highlights of Hyannis."



Walkabouters enjoy Del Mar Delights in July

SEPTEMBER 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
				1	2	3
				6:30 am Sunrise: College Grove 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	4 pm Mission Hills Meander	TBA Hike 8 am East Mission Bay (weekly)
4	5	6	7	8	9	10
7:15 am Breakfast Spcl: Shelter Island 8:15 am Merry Go- Round	6:30 am Sunrise: By the Bay 10 am Crown Point Area Beckons	6:30 pm Mission Bay Sunsets	TBA Hike 10 am Balboa Park Cork Stopper 5:30 pm Wednesday Workout	6:30 am Sunrise: Mission Hills 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	4 pm Mission Hills Meander	TBA Hike 7:15 am Late Birds 8 am East Mission Bay (weekly)
11	12	13	14	15	16	17
7:15 am Breakfast Spcl: Balboa Park 8:15 am Merry Go- Round	6:30 am Sunrise: Mission Bay 10 am Crown Point Area Beckons	6:30 pm Mission Bay Sunsets	TBA Hike 5:30 pm Wednesday Workout	6:30 am Sunrise: Sweetwater River National City 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	4 pm Mission Hills Meander	TBA Hike 8 am East Mission Bay (weekly) 10 am Imperial Beach Pier to Silver Strand Beach
18	19	20	21	22	23	24
7:15 am Breakfast Spcl: E. Mission Bay 8:15 am Merry Go- Round	6:30 am Sunrise: Lake Murray 10 am Crown Point Area Beckons	2 pm Historic Pt. Loma 6:30 pm Mission Bay Sunsets	TBA Hike 10 am A Delicious Taste of Yesteryear 5:30 pm Wednesday Workout	6:30 am Sunrise: Kearny Mesa 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	4 pm Mission Hills Meander	TBA Hike 8 am East Mission Bay (weekly) 9:15 am Fall-ing Into Place in Del Mar
25	26	27	28	29	30	
7:15 am Breakfast Spcl: Pacific Beach 8:15 am Merry Go- Round	6:30 am Sunrise: Shelter Island 10 am Crown Point Area Beckons	9 am Silver Strand Beach to Hotel Del Coronado 6:30 pm Mission Bay Sunsets	TBA Hike 5:30 pm Wednesday Workout	6:30 am Sunrise: Old Town 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	4 pm Mission Hills Meander	

UPCOMING WALKS, EVENTS & TRIPS

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

Overnight Trips (all dates are tentative)

North Carolina and the Biltmore	October 4 - 11
Resplendent Rambles in the Alluring Swiss Alps	June 25 - July 9, 2017

Events/Walks

Annual Meeting Potluck & Auction	October 29
Thanksgiving Restaurant Dinner	November 24
Thanksgiving Shelter Island Walk	November 24
Christmas Brunch; Gift Exchange	December 25



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

*****1 week earlier in September*****

All walks must be submitted by the **10th 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 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



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, September 16 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
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Dan Haslam	danhaslam@walkabout-int.org
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Stan Follis	Stanley@walkabout-int.org
Recording Secretary	(619) 231-7463
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Treasurer	(619) 231-7463
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Norman Vigeant	(619) 231-7463 ngfrenchy@hotmail.com
Bruce Herms	Emeritus

JOIN US ON MEETUP!

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

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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 _____

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Walkabouters enjoy Del Mar Delights in July



2650 Truxtun Rd., Suite 110
San Diego, CA 92106-6007
(619) 231-7463
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ANNUAL MEETING/AUCTION/PICNIC

SATURDAY, OCTOBER 29

11 AM TO 2 PM

Mark your calendars now for Walkabout International 's annual potluck picnic and auction to be held at East Mission Bay Park (same location as last year).

We need each person to bring three things:

1. Food to share for the potluck (usually 40+ attendees)
2. Contributions/donations for the auction
3. Your checkbook or cash to pay for someone else's donated treasure at the auction

The park is located on East Mission Bay Drive just west of the I-5, use Exit #22 Clairemont Drive. We will be in the Playa II cover shelter (gazebo), south of the former visitors center, north of the Hilton Hotel. Look for our bright blue banners & signs. There is plenty of free parking in nearby lots. Walkabout will provide beverages, ice, cutlery, napkins, cups, and plates. You can bring your family, friends and neighbors: all are welcome (just be sure to bring plenty food to share).

We will start off with a casual to moderate walk along the bay before lunch. There will be a short meeting about Walkabout's operations presented by our President, Bob Buehler before the auction. As usual our cheerful auctioneer, Dan Haslam will entertain us with his fast talking as he tries his best to move all those treasures to new homes. Auction favorites include plants, homemade baked goods, gift certificates (restaurants, hair salons, movie tickets, etc.) books, gifts you want to "re-gift". Prefer things that can be consumed rather than stored on a shelf. Things to avoid donating to the auction: artwork, clothing, electronics (unless in excellent working condition), anything not in good condition.

Come on down for an entertaining fun afternoon for good food and great company!

Call the office (619) 231-7463 to sign up on the potluck interest list with your name, how many in your party and food contribution. Main dishes preferred.