May 2017

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 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 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.

THURSDAYS

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.

5:30 pm

THURSDAY TROMP. Meet in front of Bookstar in Costa Verde Shopping Center at 8650 Genesee Ave. for a friendly walk’n’talk for about 1½ hours at a moderate-plus pace through neighborhoods, parks, and canyon trails all around UTC and UCSD areas. Rain cancels. Kathy T. (858) 539-6888 or Barbara S. (858) 452-8832.
**FRIDAYS**

6:00 pm  
**MISSION HILLS MEANDER.** Join us for great views and picturesque homes of this old neighborhood on a 1-hour casual walk for about 2.5 miles on flat terrain. We will enjoy the late afternoon views. Meet at 1920 Ft. Stockton Dr. From Washington St., go north on Goldfinch St. and west about a mile on Ft. Stockton 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 lot near 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](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.

<table>
<thead>
<tr>
<th>Date</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 3</td>
<td>Stan H: (619) 448-1668 before 6:00 pm or <a href="mailto:shunt92071@yahoo.com">shunt92071@yahoo.com</a></td>
</tr>
<tr>
<td>May 6</td>
<td>Bob R: (760) 728-8232</td>
</tr>
<tr>
<td>May 10</td>
<td>Stan H: (619) 448-1668 before 6:00 pm or <a href="mailto:shunt92071@yahoo.com">shunt92071@yahoo.com</a></td>
</tr>
<tr>
<td>May 13</td>
<td>Bill: (619) 206-5809 or <a href="mailto:wa4lrn@gmail.com">wa4lrn@gmail.com</a></td>
</tr>
<tr>
<td>May 17</td>
<td>TBA</td>
</tr>
<tr>
<td>May 20</td>
<td>Bill: (619) 206-5809 or <a href="mailto:wa4lrn@gmail.com">wa4lrn@gmail.com</a></td>
</tr>
<tr>
<td>May 24</td>
<td>Mike L. (858) 455-0738</td>
</tr>
<tr>
<td>May 27</td>
<td>Bob R: (760) 728-8232</td>
</tr>
<tr>
<td>May 31</td>
<td>Eva: (619) 283-1872 or <a href="mailto:evajudo@aol.com">evajudo@aol.com</a></td>
</tr>
</tbody>
</table>

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.

**MORE GREAT WALKS THIS MONTH**

**MONDAY, MAY 1**

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, MAY 4**

6:30 am  
**SUNRISE SERIES: EASTERN BALBOA PARK.** Meet at the merry go-round off Park Blvd. near the Zoo. We’ll see roses and cacti galore, and much more on this moderate 1 hour walk. We’ll stay on cement paths, cross a bridge and hope for a rose garden in full bloom. Plan for an optional breakfast afterward. John & Marilyn (619) 840-5544.

**FRIDAY, MAY 5**

10:00 am  
**BALBOA SOUTHEAST LOOP.** Meet near the corner of Park Blvd. and Presidents Way for a casual walk mostly on sidewalks, with time to explore the sights. We will see the Veterans Museum, Inspiration Point, the Balboa Park Activity Center, and other landmarks. Optional lunch after. **Roger** (619) 299-0489.

**SUNDAY, MAY 7**

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.

9:15 am  
**MAY THE FOURTH-PLUS-THREE BE WITH THEE.** We will O-BE-WANdering amongst flat and out-of-this-world pathways on a moderate-plus 3-hour serene saunter in this inland empire along the environs of the Palacio Del Mar community in a remote region of tranquility and calm in Carmel Valley. LUKE for Larry under the SKY as we join other WALKERS at the northwest corner of Carmel Creek Rd. and Valley Center Dr. (just outside the Piazza Carmel Shopping Center where ample free parking abounds). Take the Carmel Creek Rd. exit off of Highway 56. Rain cancels. If YODA have any questions: (858) 755-1872 (evenings/weekends).
MONDAY, MAY 8
6:30 am
**SUNRISE SERIES: MISSION VALLEY.** Let’s take a flat walk at your own speed along the San Diego River. We’ll look for birds, new tree growth and new commercial development. Linger afterwards for optional breakfast. Meet at parking lot at Mission Center Rd. and Camino de la Reina (look for Jared’s sign). **Pat K.** (619) 469-6223.

THURSDAY, MAY 11
6:30 am
**SUNRISE SERIES: MARINA VILLAGE.** This is a very flat 1 hour walk at a moderate pace with beautiful views where many sport fishing boats are moored. Take the I-8 to the west end, left onto Sunset Cliffs Blvd., right at the light (W. Point Loma Blvd.), then right at Bacon St. (stop sign) to the parking lot by the restrooms at Robb Field. Bring money for optional breakfast afterward. **Fusa** (619) 223-6947.

SATURDAY, MAY 13
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.

9:00 am
**SAN DIEGO RIVER PARK TRAIL.** Join us in Mission Valley for a moderate walk by the river along the north trail from the Fashion Valley Mall to Camino Del Este and returning via the south trail for about 4 miles round-trip. All walk surfaces are paved and mostly flat with some inclines. Green trolley line and multiple bus routes stop at the Fashion Valley Transit Center or park in the lot at the transit center (specified trolley parking areas only). Meet at north entrance of the pedestrian bridge (across from trolley stop) that crosses the river to the hotel. **John N.** (619) 772-8855.

SUNDAY, MAY 14
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, MAY 15
6:30 am
**SUNRISE SERIES: RIVERWALK.** We’ll meet at the restaurant on the corner of Pacific Hwy. and Rosecrans St. to walk along the river as we try to make it to Mission Valley. Terrain is flat and walk will be at a moderate pace for 1 hour. Bring money for optional breakfast afterward. **Frances** (619) 479-3962.

TUESDAY, MAY 16
2:00 pm
**BIRD ROCK IN THE SPRING.** Discover the church that once was a railroad station as we meander along an unpaved nature path in the Bird Rock area. We will also explore some of the residential streets with lovely homes and gardens. Meet at the corner of Camino de la Costa and La Jolla Blvd, one block north of Bird Rock Ave., for a 90 minute casual-to-moderate, mostly flat walk. Bus #30 stops at La Jolla Blvd. and Camino de la Costa. **Evelyn K.** (619) 461-6095.

THURSDAY, MAY 18
6:30 am
**SUNRISE SERIES: SOUTH SHORE.** Meet at the South Shores Boat Launch just east of Sea World on Mission Bay. Maybe we’ll see some rabbits and great sea birds. Take I-5 to Sea World Dr. and go west to the South Shores Boat Launch Ramp area. Watch for the sign, it is not very prominent. We’ll meet at the restrooms. Optional breakfast follows this moderate, flat 1-hour walk. **Edie** (619) 222-4396.

SUNDAY, MAY 21
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, 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, MAY 22
6:30 am
**SUNRISE SERIES: BALBOA PARK.** Meet **Connie** at 5th Ave. and Spruce St. to start our exploration of Balboa Park from the west side where we’ll plan to see two of San Diego’s historic treasures, the Marston House, a classic 1805 Arts and Crafts style museum home designed by renowned local architects William Hubbard and Irving Gill, and then continue over historic Cabrillo Bridge to Plaza de Panama and into Balboa Park as far as we can go in 1 hour on flat and paved terrain at your own pace. Bring money for optional breakfast afterward. (619) 477-8628.
THURSDAY, MAY 25
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, MAY 28
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, MAY 29 (HOLIDAY)
6:30 am
**SUNRISE SERIES: MISSION BAY BACKWARDS.** Let's start on the path near Sea World Dr. to enjoy the playground and the sights we’ve missed on this **moderate** 1-hour walk on flat, mostly paved terrain. Take Sea World Dr. exit west off I-5, turn right at the first light, pass the entrance to Fiesta Island, cross the bridge and park at the first small parking area on your left (2nd entrance). Optional breakfast afterward. *Connie (619) 477-8628.*

**CALIFORNIA GOLD RUSH TRIP IN APRIL**

Eleven Walkabouters traveled by van to Sacramento and California Gold Rush country in early April to ride along Route 49 and visit gold sites. The group learned about mining methods and spent a couple of days in Lake Tahoe, nearly getting snowed in. They escaped in their van by climbing the Donner Pass, only to find out that their newly purchased snow chains were too small, so new ones were purchased and installed on the spot. They toured Sutter’s Fort in Sacramento and Sutter's Mill along the American River where gold was discovered. They took a train ride at Railtown in Jamestown, and ate twice at Mel's Diner because it was so good. There were cocktail and pizza parties, and in Auburn the group posed for a picture mimicking a Native American on the hunt. On the last full day of the tour our group was scheduled to spend the day at Yosemite National Park, avoiding a landslide due to heavy snows this year. Our group spent an afternoon at Columbia State Park touring old mining-era buildings and some enjoyed a stagecoach ride. Travelers were: Dan Haslam (leader), Jim Miller (co-leader), Ginger Thaler, Bev Stebbins, Charlotte Sedgwick, Marianne Goldberg, Regina Bartolini, Margot and Walter Linback, and newbies Jimmy and Fariba Talebi.
**MAY 2017 WALKS AT A GLANCE**

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

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
<td>TBA Hike</td>
<td></td>
<td>TBA Hike</td>
</tr>
<tr>
<td>6:30 am Sunrise: Lake Murray</td>
<td>6:30 pm Mission Bay Sunsets</td>
<td>TBA Hike</td>
<td>6:30 am Sunrise: E. Balboa Park</td>
<td>10 am Balboa Southeast Loop</td>
<td>TBA Hike</td>
<td></td>
</tr>
<tr>
<td>10 am Crown Point Area Beckons</td>
<td></td>
<td></td>
<td>10 am Shelter Island</td>
<td>6 pm Mission Hills Meander</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:15 am Breakfast Spcl: Shelter Island</td>
<td>8:15 am Merry Go-Round</td>
<td>9:15 am May the Fourth + 3 be with thee</td>
<td>10 am Mission Beach</td>
<td>10 am Balboa</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10 am Crown Point Area Beckons</td>
<td>6:30 am Sunrise: Mission Valley</td>
<td>6:30 pm Mission Bay Sunsets</td>
<td>TBA Hike</td>
<td>6:30 am Sunrise: Marina Village</td>
<td>6 pm Mission Hills Meander</td>
<td></td>
</tr>
<tr>
<td>6:30 am Sunrise: Mission Valley</td>
<td>10 am Crown Point Area Beckons</td>
<td>6:30 pm Mission Bay Sunsets</td>
<td>TBA Hike</td>
<td>10 am Shelter Island</td>
<td>TBA Hike</td>
<td></td>
</tr>
<tr>
<td>7:15 am Breakfast Spcl: Balboa Park</td>
<td>8:15 am Merry Go-Round</td>
<td>2 pm Bird Rock in the spring</td>
<td>10 am Mission Beach</td>
<td>10 am Balboa</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:30 pm Mission Bay Sunsets</td>
<td>6:30 am Sunrise: Riverwalk</td>
<td>6:30 pm Mission Bay Sunsets</td>
<td>TBA Hike</td>
<td>10 am Shelter Island</td>
<td>6 pm Mission Hills Meander</td>
<td></td>
</tr>
<tr>
<td>10 am Crown Point Area Beckons</td>
<td>10 am Crown Point Area Beckons</td>
<td>6:30 pm Mission Bay Sunsets</td>
<td>TBA Hike</td>
<td>10 am Mission Beach</td>
<td>TBA Hike</td>
<td></td>
</tr>
<tr>
<td>7:15 am Breakfast Spcl: E. Mission Bay</td>
<td>8:15 am Merry Go-Round</td>
<td>2 pm Bird Rock in the spring</td>
<td>6:30 am Sunrise: Tecolote Canyon</td>
<td>10 am Balboa</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:30 am Sunrise: Balboa Park</td>
<td>6:30 pm Mission Bay Sunsets</td>
<td>TBA Hike</td>
<td>6 pm Mission Hills Meander</td>
<td>5:30 pm Tromp</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10 am Crown Point Area Beckons</td>
<td>10 am Crown Point Area Beckons</td>
<td>6:30 pm Mission Bay Sunsets</td>
<td>TBA Hike</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:15 am Breakfast Spcl: Pacific Beach</td>
<td>8:15 am Merry Go-Round</td>
<td>6:30 am Sunrise: Mission Bay Backwards</td>
<td>6:30 pm Mission Bay Sunsets</td>
<td>TBA Hike</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:30 pm Mission Bay Sunsets</td>
<td>10 am Crown Point Area Beckons</td>
<td>6:30 pm Mission Bay Sunsets</td>
<td>TBA Hike</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:30 pm Mission Bay Sunsets</td>
<td>10 am Crown Point Area Beckons</td>
<td>6:30 pm Mission Bay Sunsets</td>
<td>TBA Hike</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:15 am Breakfast Spcl: Pacific Beach</td>
<td>8:15 am Merry Go-Round</td>
<td>6:30 am Sunrise: Mission Bay Backwards</td>
<td>6:30 pm Mission Bay Sunsets</td>
<td>TBA Hike</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:30 pm Mission Bay Sunsets</td>
<td>10 am Crown Point Area Beckons</td>
<td>6:30 pm Mission Bay Sunsets</td>
<td>TBA Hike</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:30 pm Mission Bay Sunsets</td>
<td>10 am Crown Point Area Beckons</td>
<td>6:30 pm Mission Bay Sunsets</td>
<td>TBA Hike</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:15 am Breakfast Spcl: Pacific Beach</td>
<td>8:15 am Merry Go-Round</td>
<td>6:30 am Sunrise: Mission Bay Backwards</td>
<td>6:30 pm Mission Bay Sunsets</td>
<td>TBA Hike</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
UPCOMING WALKS, EVENTS & TRIPS

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

Overnight Trips (all dates are tentative)

<table>
<thead>
<tr>
<th>Destination</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bermuda Cruise from Boston</td>
<td>5/11 – 5/19</td>
</tr>
<tr>
<td>Montreal &amp; Quebec</td>
<td>Early June</td>
</tr>
<tr>
<td>Resplendent Rambles in the Alluring Swiss Alps</td>
<td>June 25 - July 9, 2017</td>
</tr>
<tr>
<td>Louisiana</td>
<td>Late September</td>
</tr>
<tr>
<td>SE New Mexico</td>
<td>Late October</td>
</tr>
<tr>
<td>San Antonio Riverwalk</td>
<td>Early December</td>
</tr>
</tbody>
</table>

Events/Walks

<table>
<thead>
<tr>
<th>Walk</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>40th Anniversary Boat Tour</td>
<td>November</td>
</tr>
<tr>
<td>40th Anniversary Trip Reunion</td>
<td>December</td>
</tr>
</tbody>
</table>

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. 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.

BOARD MEMBERS

President (858) 571-7733
Robert Buehler President@walkabout-int.org

1st Vice President (858) 722-3002
Dan Dobbs d dobbs48@gmail.com

2nd Vice President (619) 318-4870
Dan Haslam danhaslam@walkabout-int.org

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) 231-7463
Diane Erk treasurer@walkabout-int.org

Directors
Elaine Berger (858) 560-9003
Marilyn Buckley (619) 231-7463 prwalkabout@yahoo.com

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

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, Peggy Gruncican, Julie McKane, Barbara Miller, Sharon Nelson, Joanne Paul, Gwen Phelps, Fusa Shimizu, Diane Souza
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)

___ Subscribe to the email list for Wilderness Hikes

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 _____________________________________________________________

RESPLENDENT RAMBLES IN THE ALLURING SWISS ALPS

June 25 - July 9, 2017

$3,895 (single supplement $425) includes everything except lunches and airfare. The trip is full, but a waiting list is open.

To join the waiting list, please send a fully refundable $200 check (note “Switzerland” in the memo) to Walkabout International, 2650 Truxtun Rd., Suite 110, San Diego, CA 92106-6007 Questions? Larry@walkabout-int.org or call 858.755.1751 (evenings/weekends)
At the annual Walk Leaders' luncheon on 3/31, Pat Keller (right) was the third recipient of the Volunteer Extraordinaire award for her decades of service to Walkabout. She received the award from board member Marilyn Buckley (left).