October 2017

40th Anniversary Year!

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.

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.

TUESDAYS
7:00 am
SAN DIEGO RIVER PARK TRAIL. In partnership with the SD River Park Foundation “Park Watch” Program, join us in Mission Valley for a moderate walk by the river along the north/south paved trails from Fashion Valley Road to Camino Del Este or Qualcomm Way for 4-5 miles round-trip. During the walk we will be reporting any encampments, trash, debris, graffiti or lights out to City and SDRPF. Meet at north entrance of the pedestrian bridge (across from Fashion Valley trolley stop). Rain Cancels. John N. (619) 772-8855.

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.

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. 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 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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<thead>
<tr>
<th>Date</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>Oct 4</td>
<td>Don: <a href="mailto:dpiller@cox.net">dpiller@cox.net</a> or (760) 796-4007</td>
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<tr>
<td>Oct 7</td>
<td>Bob W: <a href="mailto:gwarrickster@gmail.com">gwarrickster@gmail.com</a> or 760-730-2349</td>
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<td>Oct 11</td>
<td>Mike L: <a href="mailto:lewis@san.rr.com">lewis@san.rr.com</a> or (858) 455-0738</td>
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<td>Oct 14</td>
<td>Bill: (619) 206-5809 or <a href="mailto:wa4lrm@gmail.com">wa4lrm@gmail.com</a></td>
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<tr>
<td>Oct 18</td>
<td>No Hike - Santa Barbara outing</td>
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<tr>
<td>Oct 21</td>
<td>Bill: (619) 206-5809 or <a href="mailto:wa4lrm@gmail.com">wa4lrm@gmail.com</a></td>
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<tr>
<td>Oct 25</td>
<td>Stan H: (619) 448-1668 before 6 pm or <a href="mailto:shunt92071@gmail.com">shunt92071@gmail.com</a></td>
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<tr>
<td>Oct 28</td>
<td>Bob R: (760) 728-8232 or <a href="mailto:care4bob@sbcglobal.net">care4bob@sbcglobal.net</a></td>
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MORE GREAT WALKS THIS MONTH

SUNDAY, OCTOBER 1

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, OCTOBER 2

6:30 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.

SUNDAY, OCTOBER 7

10:00 am

BALBOA PARK FLORIDA CANYON. Join us on a casual two-mile loop on dirt trails through Florida Canyon. There are some up and down sections as we go through the canyon. Meet at the Morley Field Gateway sign just North of the Bud Kearns Swimming Pool at 2229 Morley Field Dr. Bring sturdy shoes. Rain cancels. Roger L. (619) 299-0489.

6:00 pm

SPARKLING LIGHTS OF BALBOA PARK. A one-hour casual walk through Balboa Park will take us past various evening activities and many bright lights as well as into serene garden areas. At the end of the walk we’ll check out the possibility of light refreshments at Panama 66 or Lady Carolyn’s Pub although service is not always available at these venues. Meet Stella and Derek at the tables near the entrance to the Japanese Friendship Garden. (619) 232-3756.

SUNDAY, OCTOBER 8

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, OCTOBER 9

6:30 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.

THURSDAY, OCTOBER 5

6:30 am

SPARKLING LIGHTS OF BALBOA PARK. A one-hour casual walk through Balboa Park will take us past various evening activities and many bright lights as well as into serene garden areas. At the end of the walk we’ll check out the possibility of light refreshments at Panama 66 or Lady Carolyn’s Pub although service is not always available at these venues. Meet Stella and Derek at the tables near the entrance to the Japanese Friendship Garden. (619) 232-3756.
THURSDAY, OCTOBER 12
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.

FRIDAY, OCTOBER 13
4:00 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.

SATURDAY, OCTOBER 14
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.

SUNDAY, OCTOBER 15
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, OCTOBER 16
6:30 am

**SUNRISE SERIES: UPTOWN/UNIVERSITY HEIGHTS.** Let’s walk over the bridge and wander past these historic homes and modern drought resistant gardens for 1 hour at a **moderate** pace on mostly flat terrain. We’ll meet by the entrance to the pedestrian bridge behind Trader Joe’s. Turn north off University Ave. at Vermont St. into the parking lot. **Pat K.** (619) 469-6223.

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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.

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TUESDAY, OCTOBER 17
2:00 pm

**MISSION HILLS RIM.** As we explore the streets and cul-de-sacs of northwest Mission Hills, along the rim overlooking Mission Valley, we will admire beautiful early 20th century Prairie, Craftsman, Mission, and Spanish Revival homes, and discover some streets that are almost concentric circles. Meet at the corner of W. Lewis and Lark Sts (Bus #83 stops there) for a 1-1/2 hour **casual-to-moderate** walk that includes some hills. **Evelyn K.** (619) 461-6095.

THURSDAY, OCTOBER 19
6:30 am

**SUNRISE SERIES: NORTH PARK.** Meet **Frances** at the restaurant at 3949 Ohio St. just north of University Ave., where there is plenty of parking, for this **casual** to **moderate** 1-hour walk on flat terrain. This neighborhood is a walker’s paradise, where daily errands do not require a car. From I-805, exit at University Ave. and head west to Ohio St. Optional breakfast afterward. (619) 479-3962.

SUNDAY, OCTOBER 22
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, OCTOBER 23
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.

THURSDAY, OCTOBER 26
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** walk to work up an appetite for a breakfast spot we haven’t visited for a while. (619) 313-7818.
**FRIDAY, OCTOBER 27**

4:00 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.

**SUNDAY, OCTOBER 29**

7:15 am  
**BREAKFAST SPECIAL ALONG ADAMS AVE.**  
Interesting homes and views along the edge of Mission Valley will greet us on this flat, **moderate** walk. Optional breakfast follows. Rain cancels or postpones. Meet at 30th St. and Adams Ave. **Pat's Pals** (619) 469-6223.

**MONDAY, OCTOBER 30**

6:30 am  
**SUNRISE SERIES: SOUTH SHORE.** Meet at the South Shores Boat Launch just east of Sea World on Mission Bay. Hopefully we'll see some rabbits and the great sea birds there. 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 at the boat launch. Optional breakfast follows this **moderate**, flat 1-hour walk. **Winnie** (858) 278-4003.

**TUESDAY, OCTOBER 31**

6:30 pm  
**ANNUAL HALLOWEEN WALK.** We'll meet and take a **casual** walk from Trolley Barn Park near the corner of Adams Ave. and Florida St. (#11 bus stops there). One intersection in University Heights becomes mobbed with trick-or-treaters only on this night. It's about a 3-mile roundtrip to see all the set designer sights around Maryland St. and Meade Ave. Costumes are optional: walk will be crowded but unique! **Sharon N.** (619) 298-4340.

**FEATURED EVENTS / TRIPS**

**JOYS OF WALKING FESTIVAL**  
**Saturday, November 11**

10:00 am Talk-the-Talk about the Joys of Walking  
11:45 am - 12:45 pm Walk-the-Walk demonstration

In partnership with Scripps Health Foundation Walkabout invites all of San Diego to celebrate **The Joys of Walking** – An Open and Free Holistic, Integrative Festival Afoot Celebrating 40 Years of the Wonders of Walking in San Diego and Beyond!

McMillin Companies Event Center at Liberty Station  
2875 Dewey Rd, San Diego, 92106. Free parking.

**Master of ceremonies:** Susan Taylor, former award-winning NBC News anchor. Currently Director External Affairs at Scripps Health Foundation.

**Keynote speakers:**  
**Maggie Spilner:** former Senior Editor with Prevention Magazine, authority on fitness and walking, will 'spill' the beans about her prolific encounters with walking experts and the unexpected curative powers they shared with her of putting one foot in front of the other.

**Martha and Robert E. Manning:** walking gurus, authors of **Walking Distance: Extraordinary Hikes for Ordinary People and Walks of a Lifetime: from Around the World** reveal innovative ways to bring walking bliss and benefits into everyday life. Doctor Manning is Professor Emeritus and Director of Park Studies Laboratory at the prestigious Rubenstein School of Environment and Natural Resources at the University of Vermont.

A concluding 'Walk-the-Walk' through varied paced Walkabout guided one-hour scenic discovery walks at our home base of Liberty Station to put into practice the insights of the 'Talk-the-Talk'. Optionally explore an assortment of tempting markets and eateries in Point Loma's picturesque Liberty Station parklands. Questions? Walkabout: 619.231.7463 or www.walkabout-int.org

**Free admission, but to assure a seat please RSVP by Wed. Nov. 8 to joyofwalking@walkabout-int.org**

**RIVERSIDE COUNTY / MISSION INN**

**Saturday, December 9**

Join Beverly Bruff and Mark Levy for a moderate activity level day trip to Riverside County to three very different destinations. Our first stop will be at the Farmers Market in Temecula. You will have time to wander around the market. There will be local fruits and vegetables, eggs, flowers, plants, crafts and much more. Then we'll head for downtown Riverside to Tio Taco's, a hole in the wall taco shop. It is the backyard that brings us here. It is filled with unique, eclectic art/sculptures from recycled, repurposed material. Truly unbelievable, there is a snake made from a vacuum cleaner hose located in a tree.

Then we will walk to our final destination, Mission Inn, a national historical landmark. This 4-story, 238 room inn opened in 1903 as a roadside motel, occupies a city block in the heart of downtown Riverside. Numerous presidents and Hollywood stars have frequented the inn. At dusk, we will enjoy millions of holiday sparkling lights that transform the inn into an enchanting fairy tale setting.

Mail your check for $65 which includes a bus, docent-led tour of Mission Inn, snacks and leaders expense. What a bargain! Please include your phone number or email in the memo line. There will be no refunds unless there is someone from the waiting list to take your place. This will truly be an experience you will long remember. Questions? Bev Bruff (858) 268-8088.
# OCTOBER 2017 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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<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tr>
<td>7:15 am Breakfast Spcl: Shelter Island</td>
<td>6:30 am Sunrise: Lake Murray</td>
<td><strong>7 am</strong> San Diego River Park Trail</td>
<td>TBA Hike</td>
<td>6:30 am Sunrise: Pacific Beach Boardwalk</td>
<td>TBA Hike</td>
<td>10 am Balboa Park Florida Cyn</td>
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<td><strong>8:15 am</strong> Merry Go- Round</td>
<td><strong>10 am</strong> Crown Point Area Beckons</td>
<td><strong>6:30 pm</strong> Mission Bay Sunsets</td>
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<td><strong>10 am</strong> Shelter Island</td>
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<td>6 pm Sparkling Lights of Balboa Park</td>
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<tr>
<td><strong>7:15 am</strong> Breakfast Spcl: Balboa Park</td>
<td>6:30 am Sunrise: Inlet at Liberty Station</td>
<td><strong>7 am</strong> San Diego River Park Trail</td>
<td>TBA Hike</td>
<td>6:30 am Sunrise: Mission Hills</td>
<td><strong>4 pm</strong> Mission Hills Meander</td>
<td>TBA Hike</td>
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<tr>
<td><strong>8:15 am</strong> Merry Go- Round</td>
<td><strong>10 am</strong> Crown Point Area Beckons</td>
<td><strong>6:30 pm</strong> Mission Bay Sunsets</td>
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<td><strong>10 am</strong> Shelter Island</td>
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<td>7:15 am Late Birds</td>
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<td><strong>7:15 am</strong> Breakfast Spcl: E. Mission Bay</td>
<td>6:30 am Sunrise: Uptown/University Heights</td>
<td><strong>7 am</strong> San Diego River Park Trail</td>
<td>TBA Hike</td>
<td>6:30 am Sunrise: North Park</td>
<td>TBA Hike</td>
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<tr>
<td><strong>8:15 am</strong> Merry Go- Round</td>
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<td><strong>2 pm</strong> Mission Hills Rim</td>
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<td><strong>10 am</strong> Shelter Island</td>
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<tr>
<td><strong>7:15 am</strong> Breakfast Spcl: Pacific Beach</td>
<td>6:30 am Sunrise: Marina Village</td>
<td><strong>7 am</strong> San Diego River Park Trail</td>
<td>TBA Hike</td>
<td>6:30 am Sunrise: The Bridges of Bankers Hill</td>
<td><strong>4 pm</strong> Mission Hills Meander</td>
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<tr>
<td><strong>7:15 am</strong> Breakfast Spcl: Adams Ave.</td>
<td>6:30 am Sunrise: South Shore</td>
<td><strong>7 am</strong> San Diego River Park Trail</td>
<td>TBA Hike</td>
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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>
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<tbody>
<tr>
<td>SE New Mexico</td>
<td>October 19 - 26</td>
</tr>
<tr>
<td>San Antonio Riverwalk</td>
<td>Early December</td>
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<tr>
<td>Baja California, Mexico</td>
<td>February 17 - 23</td>
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Events/Walks

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
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<tbody>
<tr>
<td>Annual Auction &amp; Picnic</td>
<td>October 29</td>
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<tr>
<td>Joys of Walking Festival</td>
<td>November 11</td>
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<tr>
<td>40th Anniversary Boat Tour</td>
<td>November</td>
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<tr>
<td>40th Anniversary Trip Reunion</td>
<td>December</td>
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<tr>
<td>Riverside County/Mission Inn</td>
<td>December 9</td>
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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.

Do you have any experience producing a newsletter? Did you help with production or publication at your last job? Would you like to help Walkabout? If you fit any of these, please contact ElaineWalkabout-Inc@gmail.com or elmaberg@att.net. We need your ideas and experience.

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.
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 __________________________________________________________

DAYS OF WINE AND WHALES

February 17 – 23, 2018

Come along with us to spend a few magical days in Baja California. You will be transported via deluxe motor coach right from downtown San Diego to Scammon’s Lagoon for three whale watching excursions. The round trip includes two days enjoying the Guadalupe Valley’s beautiful landscapes, museums, vineyards and Mexican viniculture interlaced with gourmet foods, wine tastings, and glorious sunset views from our hotel in Ensenada before returning to San Diego.

The trip price includes 6 nights accommodation, most meals with one drink each, snacks and drinking water, all visits and excursions mentioned in the itinerary, three whale-watching excursions in Scammon’s Lagoon, services of experienced local travel guides, along with taxes and tips. The cost is $1550/person, double occupancy, with an additional $300 single supplement. For additional information or to sign up, contact our office at (619) 231-7463 or visit our website at http://walkabout-int.org
SUNDAY, OCT. 29 WALKABOUT'S 17TH ANNUAL AUCTION & POTLUCK PICNIC!

11 am Walk; Noon Lunch; 1 pm Auction

Just before Halloween, Walkabouters can do some of their own “trick” or “treating” at our organization’s 17th annual auction, potluck picnic and yearly meeting to be held in our private gazebo along Mission Bay.

This year a featured auction item will be a handmade quilt featuring Elvis Presley being crafted by Donna Farris. Bring your check book as this item will be as popular as “The King” was. And like the crooner, there's only one.

There will be many other goodies as well, promises auctioneer Dan Haslam, including gift certificates, baked goods, and household items. This is the 17th year of our fundraising auction whose proceeds go to support Walkabout International. Guests will enjoy a potluck picnic before the auction and will also hear a brief report about the state of our organization. Prior to the luncheon, there will be a walk from our starting point around Mission Bay, and typically once the auction and lunch are concluded, we’ll take another stroll. Our gazebo is covered so rain is not an issue.

Bring a few donated items for the auction, a potluck item to share and a pick up truck to haul your auction treasures home! Walkabout will provide drinks, cups, cutlery and plates. Come prepared to have a fun afternoon with the Walkabout auction-goers!