San Diego Feets
Vol. 40, No. 11
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. Office hours: 10 am to 2 pm, Monday, Wednesday, Friday Internet: www.walkabout-int.org, e-mail: info@walkabout-int.org

November 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.

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
ABOVE THE BAY. Join us for some exercise and fabulous views of the lights around Mission Bay. Meet by Carl's Jr. at Clairemont Dr. and Burgener Blvd. for a hilly, 1-hour plus, moderate to moderate-plus walk. Rain, but not mist, cancels. Flashlight recommended. Please call Teri E. (858) 560-0446 or Jill F. (858) 292-4231 to make sure walk is ‘on’ for the week. Rarely, we cancel due to holidays or commitments during this busy season.

Thursdays

10:00 am ***No Walk Thanksgiving Day***
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.

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.

More Great Walks This Month

THURSDAY, NOVEMBER 2
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., 1 block north of West Washington St. Optional breakfast afterward. (619) 477-8628.

FRIDAY, NOVEMBER 3
10:00 am

HILLCREST MONTECITO POINT. Let’s take a casual walk through the hospital district and neighborhood north of Washington St. We will go through the campus of Scripps Mercy and UCSD medical centers and the blocks in between for about a 2-mile loop. Meet below the Landmark Theater in Village Hillcrest at 3955 Fifth Ave. Rain cancels. Roger L. (619) 299-0489.

SUNDAY, NOVEMBER 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, NOVEMBER 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, NOVEMBER 9
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. Edie (619) 313-7818.

FRIDAY, NOVEMBER 10
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, NOVEMBER 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.

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.
SUNRISE SERIES: LA MESA. Let’s explore what’s new in town and find out what happened to the golf course? We will also view a former friend’s historic home. Moderate pace with one optional hill. Meet at parking lot on Allison Ave. next to bus 7 stop, just west of the Orange Trolley line and Spring St. Pat K. (619) 469-6223.

SUNRISE SERIES: SHELTER ISLAND. Cross the bridge and first light, pass the entrance to Fiesta Island, turn right and park at the Kissing Statue near the Midway Harbor Dr. south a couple blocks past Broadway, turn just south of Clairemont Dr., sam just north of the zoo on this 1/2 hour flat walk. Afterward, we may stay on for refreshments at Panama 66 or Lady Caroline’s Pub adjacent to Old Globe theater. Meet Stella and Derek at one of the tables close to the main entrance of Spanish Village. (619) 232-3756.

SUNRISE SERIES: SEAPORT VILLAGE/EMBARCADERO. We’ll start at Seaport Village and walk along the bay toward the Convention Center, exploring Marina Park, on this moderate 1-hour flat walk. Join us for spectacular views of the bay, Coronado Bridge, Coronado, and downtown San Diego. If we have time, we’ll also visit the ‘The Kiss’ located next to the USS Midway Museum. Meet at the south end of Pacific Hwy. 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.

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. Winnie (619) 278-4003.
FEATURED TRIPS & EVENTS
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.

WALKABOUT TO CELEBRATE TRIP REUNION PARTY FOR 40TH ANNIVERSARY

Save the date of Saturday, December 16, to celebrate with us as we fete all those who have travelled with us! We'll meet in our Green Room for a potluck party and prizes to the most-travelled, most-requested roommate, biggest faux pas, etc. You can check out which trips you've travelled on in our December newsletter which will include a list of more than 100 trips we have offered in our 40-year history. This is our close-out anniversary bash, so even if you've never travelled with us, come to the party anyway! Details in the next newsletter!

ANNUAL CHRISTMAS BRUNCH & GIFT EXCHANGE
MONDAY DECEMBER 25

Broken Yolk Café, 1851 Garnet Ave., Pacific Beach

Walkabout's annual Christmas Brunch attracts around 40 people and is an excellent way to celebrate the holidays with your Walkabout friends. You can make this the center of your day, or simply start Christmas off with us and move onto other parties. You are warmly welcome!

Enjoy a bountiful brunch of scrambled eggs, bacon, hash browns, pancakes, muffins, orange juice, coffee, and tea. Cost $16.00 per person (includes tax and tip). Send your check to Walkabout, 2650 Truxtun Rd., Suite 110, San Diego, CA 92106. Be sure to note 'Christmas Brunch' on the check. Questions? (619) 231-7463.

WALKABOUT'S CAPE COD OPERATION TAKES WINTER HIATUS

Walkabout International Cape Cod (WICC) has taken its seasonal break as of mid-October after a busy spring, summer and fall season.

Our Cape Cod affiliate is a one-person operation, headed by Dan Haslam, who resides on the Cape from April through October each year. This year, as in the past, WICC partnered with other organizations for its walks. The Barnstable Land Trust, which is a land conservation organization, provided most of the walking opportunities, which included narrated, historical walks through several Cape Cod villages including Centerville, Osterville, Hyannis, Barnstable and Marstons Mills. Haslam led walks in the villages and also in two conservation areas, including a former cranberry bog and a farm and lake that have been preserved by the Land Trust. For the nature walks, Haslam teamed up with the Mass Audubon Society, which provided a naturalist to interpret the flora and fauna on each tour, while Haslam provided the historical perspective. Dan was named by the Barnstable Land Trust as its official historian this year, replacing Dr. James Gould, 93, who has retired.

In addition to the BLT walks, a van day trip to the ‘cottages’ of Newport, RI was conducted in September. Six people from Hyannis Federated Church (another walk partner) traveled to this elegant seaside community for a tour of the Breakers, the Vanderbilt mansion, and a driving tour of other homes in the area. The group also enjoyed a lunch at the Newport Creamery, famous for ice cream, and a visit to a topiary garden also owned by the historical foundation in Newport. The group also walked to the harbor and other historic areas including churches in Newport. Profits from the trip were shared between Walkabout International and Hyannis Federated Church.

In October, WICC led a walking tour of the streets of Hyannis, the largest village on the Cape, as the town existed in 1917. This walk was conducted in partnership with Hyannis Federated Church, which coincidently celebrates its 100th anniversary in 2017. Haslam gave a PowerPoint presentation from old photos of Hyannis’ Main Street as it existed in 1917, and then walk-toured groups to the buildings as they are today. This lecture was also given at the Hyannis Public Library, with a separate walk of western Main Street and the same photo presentation.

WICC also remained in touch with Hosteling International in Hyannis, although no official walks were conducted with the hostel. This relationship will remain ongoing and future walks on demand will be offered.
NOVEMBER 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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<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
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<td>TBA Hike</td>
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<td>10 am Shelter Island</td>
<td>10 am Mission Beach</td>
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<td>6:30 am Sunrise: Shelter Island</td>
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<td>7:15 am</td>
<td>Breakfast Spcl: Shelter Island</td>
<td>6:30 am Sunrise: Lake Murray</td>
<td>7 am San Diego River Park Trail</td>
<td>TBA Hike</td>
<td>6:30 am Sunrise: South Shore</td>
<td>4 pm Mission Hills Meander</td>
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<td>8:15 am</td>
<td>Merry Go-Round</td>
<td>10 am Crown Point Area</td>
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<td>7:15 am</td>
<td>Breakfast Spcl: Balboa Park</td>
<td>6:30 am Sunrise: La Mesa</td>
<td>7 am San Diego River Park Trail</td>
<td>TBA Hike</td>
<td>6:30 am Sunrise: Little Italy</td>
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<td>8:15 am</td>
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<td>7:15 am</td>
<td>Breakfast Spcl: E. Mission Bay</td>
<td>6:30 am Sunrise: Mission Bay Backwards</td>
<td>7 am San Diego River Park Trail</td>
<td>No Hike</td>
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<td>4 pm Mission Hills Meander</td>
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<td>7:15 am</td>
<td>Breakfast Spcl: Pacific Beach</td>
<td>6:30 am Sunrise: Seaport Village</td>
<td>7 am San Diego River Park Trail</td>
<td>TBA Hike</td>
<td>6:30 am Sunrise: Shelter Island</td>
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<td>10 am Mission Beach</td>
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**THANKSGIVING WITH YOUR WALKABOUT FRIENDS**

**Thursday, November 23**

If you’d like to enjoy Thanksgiving Dinner with your Walkabout friends, phone the office at (619) 231-7463 to sign up on the interest list with your name, phone number, email, and number of people expected. We’ll be in touch with details once we have confirmed a venue.
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>
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<tbody>
<tr>
<td>San Antonio Riverwalk</td>
<td>Early December</td>
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<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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<tr>
<td>Joys of Walking Festival</td>
<td>November 11</td>
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<tr>
<td>Thanksgiving Dinner</td>
<td>November 23</td>
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<td>40th Anniversary Boat Tour</td>
<td>November 29</td>
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<tr>
<td>Riverside County/Mission Inn</td>
<td>December 9</td>
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<td>40th Anniversary Trip Reunion</td>
<td>December 16</td>
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<tr>
<td>Christmas Brunch; Gift Exchange</td>
<td>December 25</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.

WALKABOUT BOARD MEETING

Thursday, November 9 at 11 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

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Phone</th>
<th>Email</th>
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<tbody>
<tr>
<td>President</td>
<td>Robert Buehler</td>
<td>(858) 571-7733</td>
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</tr>
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<td>Secretary</td>
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<td><a href="mailto:secretary@walkabout-int.org">secretary@walkabout-int.org</a></td>
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<td>Diane Erk</td>
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<td><a href="mailto:treasurer@walkabout-int.org">treasurer@walkabout-int.org</a></td>
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<td>Directors</td>
<td>Marilyn Buckley</td>
<td>(619) 231-7463</td>
<td><a href="mailto:prwalkabout@yahoo.com">prwalkabout@yahoo.com</a></td>
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<tr>
<td></td>
<td>Larry Forman</td>
<td>(858) 755-1751</td>
<td><a href="mailto:larry@walkabout-int.org">larry@walkabout-int.org</a></td>
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<td></td>
<td>Norman Vigeant</td>
<td>(619) 231-7463</td>
<td><a href="mailto:ngfrenchy@hotmail.com">ngfrenchy@hotmail.com</a></td>
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<tr>
<td></td>
<td>Bruce Herms</td>
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<td>Emeritus</td>
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JOIN US ON MEETUP!

www.meetup.com/Walkabout-International

OFFICE STAFF

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

NEWSLETTER STAFF

Dan Haslam, Kim Mills

MAILING CREW

Charlotte Sedgwicld & Beverly Stebbins (Captains), Alice Berwert, Peggy Crunican, Stan Follis, 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 ____________________________________________________________

___ PDF ONLY

WALKABOUT’S 40TH ANNIVERSARY CELEBRATION CONTINUES ON THE WATER!

Mark your calendars for an afternoon boat tour on Wednesday, November 29.

Although there will be no walking on the water, we may be able to get in a walk before or after the boat tour. If you are interested in the details of our anniversary boat tour, contact the office to add your name, phone number, and email address to our list. Once details have been formalized, you’ll receive instructions to sign up and send in a check. Don’t miss our tour d’eau!
JOYS OF WALKING FESTIVAL
SATURDAY, NOVEMBER 11 AT 10 AM

Make history with Walkabout at this once-in-a-lifetime festival. Join the entire Walkabout family in celebrating our 40 years afoot by uncovering breathtaking beauty and surprising benefits of putting one foot in front of the other with like-minded ‘soles’. Highlighting this unique extravaganza is a star-studded cast moderated by legendary award-winning news anchor and now Director of Scripps External Affairs, Susan Taylor. Savor the sage advice from experts at ScrippsHealth, Prevention Magazine, and the authors of two unusual books on infusing bliss into daily walks. After the eye-popping ‘talk-the-talks’ will be a foot stomping ‘walk-the-walk’ to put into practice the insights from our experts.

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

Invite your family, friends, and even frenemies -- due to limited seating and to enjoy free snacks(!) be sure to RSVP to joyofwalking@walkabout-int.org by Wednesday, November 8

Support Walkabout by attending this extraordinary event to publicly recognize the positive impact Walkabout has made in our lives. If you have benefited from Walkabout, then help us all benefit by your presence at this festival afoot!

Footnote: Walkabout has led over 35,000 walks covering 3.5 million miles - the equivalent of crossing the equator over 150 times.

Your participation really matters!!! Be there:-) or be square:-(