March 2018

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.

10:00 am
LA PLAYA OR HARBOR. Join peripatetic leaders Mark, Rob, Jackie or Sally as we alternate walking around either America’s Cup Harbor to admire what’s new in the marina OR follow the historic La Playa Trail along the shore past yacht clubs and amazing homes. The Casual+ pace walks on flat surfaces are approximately 3 miles for about 1.5 hours. Optional eats afterward. Meet to the right of the front door of the Bali Hai. Ample free parking. Served by #28 Bus. Heavy rain cancels. Sally (619) 222-3800.

TUESDAYS

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
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. Join Sandra, Sally and friends for a casual+ walk from the Bali Hai to the Friendship Bell and back on flat sidewalks (about 2.5 miles round trip; 60+ minutes including pit stop). Breathe delicious ocean air and enjoy dynamic bay and city views from ships to sea lions. Meet new friends 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. 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 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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<tr>
<th>Date</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>Mar 3</td>
<td>Irma: <a href="mailto:irlmcaizan@yahoo.com">irlmcaizan@yahoo.com</a> or (619) 795-5821</td>
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<tr>
<td>Mar 7</td>
<td>Mike: <a href="mailto:lewis@san.rr.com">lewis@san.rr.com</a> or (858) 922-0738</td>
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<td>Mar 10</td>
<td>Bill: (619) 206-5809 or <a href="mailto:wa4lrm@gmail.com">wa4lrm@gmail.com</a></td>
</tr>
<tr>
<td>Mar 14</td>
<td>Bob: <a href="mailto:gwarrickster@gmail.com">gwarrickster@gmail.com</a> or 760-730-2349</td>
</tr>
<tr>
<td>Mar 17</td>
<td>Bill: (619) 206-5809 or <a href="mailto:wa4lrm@gmail.com">wa4lrm@gmail.com</a></td>
</tr>
<tr>
<td>Mar 21</td>
<td>Eva: (619) 283-1872 or <a href="mailto:evajudo@aol.com">evajudo@aol.com</a></td>
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<tr>
<td>Mar 24</td>
<td>Ray: <a href="mailto:ray@escondidocoin.com">ray@escondidocoin.com</a></td>
</tr>
<tr>
<td>Mar 28</td>
<td>Bill: (619) 206-5809 or <a href="mailto:wa4lrm@gmail.com">wa4lrm@gmail.com</a></td>
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<tr>
<td>Mar 31</td>
<td>Rita C. Memorial Don: <a href="mailto:dpiller@cox.net">dpiller@cox.net</a> or (760) 670-6862</td>
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MORE GREAT WALKS THIS MONTH

THURSDAY, MARCH 1

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. Mark L. (619) 964-3097.

FRIDAY, MARCH 2

10:00 am

HILLCREST CANYON EXPLORATION. A casual two hour walk for 2 miles in the canyon lands running through Hillcrest on gravel paths (some small hills) and city sidewalks. Meet at The Hub shopping center (near Panera by University and Vermont Aves.) Wear good walking shoes and carry a walking stick if needed. We'll stop for an optional lunch afterward. Buses #11, 10, and 1 will drop you practically at the door. Rain cancels. Roger L. (619) 299-0489.

SUNDAY, MARCH 4

7:15 am

BREAKFAST SPECIAL: SHELTER ISLAND. Let’s take a casual walk along the playa admiring the beautiful boats, birds, homes, and gardens before our optional breakfast. Meet at meterless spaces in the parking lot at Anchorage Ln and Canon St. (one block south of Shelter Island Dr.) Pat’s Pals (619) 469-6223.

MONDAY, MARCH 5

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, MARCH 8

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.

FRIDAY, MARCH 9

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.

SATURDAY, MARCH 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.
SUNDAY, MARCH 11

7:15 am

**BREAKFAST SPECIAL: 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, MARCH 12

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.

THURSDAY, MARCH 15

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 at Goldfinch St. and Fort Stockton Dr., which is 1 block north of West Washington St. Optional breakfast afterward. *Connie* (619) 477-8628.

SATURDAY, MARCH 17

9:30 am

**HAPPY 41ST BIRTHDAY WALKABOUT.** Recreate the walk that launched thousands upon thousands of ships, or, walks since St. Patrick’s Day of 1977. Savor what the times were like back then and how Walkabout took its first baby steps. Explore what were some little-known trails in the picturesque La Playa area of Point Loma on a 1.5 hour, **moderate** walk over mixed up-and-down terrain. Look for *Rob K.* who is recreating Larry’s first walk, at the front of Pizza Nova (5050 N. Harbor Dr.) near Scott St. There is free parking available in the lot or on streets nearby. From there we’ll proceed to the traditional "poetic" starting point of Scott and Emerson Sts. Rain cancels. (619) 972-2819.

SUNDAY, MARCH 18

7:15 am

**BREAKFAST SPECIAL: MISSION BEACH.** Let’s walk along the boardwalk to enjoy the ocean waves reflecting the rising sun. We also might go north or south as we explore the variety of homes from old beach cottages to modern multi-story residences including a boat house. Optional breakfast afterward. Meet at the merry-go-round on Mission Blvd. near Mission Bay Dr. *Pat’s Pals* (619) 469-6223.

MONDAY, MARCH 19

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.

TUESDAY, MARCH 20

10:00 am

**CELEBRATE SPRING & CHERRY BLOSSOMS.** Joining us at a tranquil spot in beautiful Balboa Park for a **casual** walk as we make our leisurely way along winding paths and gradual slopes to view the fascinating exhibits. Pause to enjoy the ambience of the sights and the scents of the flowers and trees and the sounds of the birds and water running over the rocks. Meet at the entrance to the Japanese Friendship Gardens. This is free Tuesday, so remember to bring ID. Time permitting we will visit other hidden gardens or museums. For public transit, take the #7 bus. Optional lunch afterward. *Janet F. & Elaine B.* (858) 560-9003.

2:00 pm

**LITTLE KNOWN NORTH PARK.** Celebrate the first day of spring by discovering some of the charming cul-de-sacs in North Park. We will find at least five of them as we walk past well-kept Craftsman and Spanish-style houses built in the early and mid 1900s. We will also see a ‘literary’ and ‘artistic’ fence. Meet at the corner of 31st and Thorn Sts. for a **casual-to-moderate,** 1-½ hour, flat walk. Bus #2 stops at 30th and Thorn. Rain cancels. *Evelyn K.* (619) 461-6095.

THURSDAY, MARCH 22

6:30 am

**SUNRISE SERIES: LIBERTY STATION/SPANISH NAVIGATION.** Meet in the parking lot at Womble and Truxtun Rds. on Liberty Station. We will walk for 1 hour on flat/paved terrain, at a **casual to moderate** pace with faster walkers going at their own pace. We’ll head through Liberty Station and over to Spanish Landing to check out the sites. If you haven’t taken this walk before, it is delightful and, yes, the airplanes do depart San Diego’s Lindbergh Field at exactly 6:30 am! Bring money for optional breakfast afterward. Happy big birthday to Edie! *Pat K.* (619) 469-6223.
FRIDAY, MARCH 23
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.

SUNDAY, MARCH 25
7:15 am
BREAKFAST SPECIAL: 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, MARCH 26
6:30 am
SUNRISE SERIES: LITTLE ITALY. We’ll walk for 1 hour at a moderate pace on flat paved terrain. We’ll check out the port and see if anything is new before we touch on Little Italy and circle back. There’s always a new building to see. Take Harbor Dr. south a couple blocks past Broadway, turn right and park at the Kissing Statue near the Midway Museum. Bring money for optional breakfast. Edie (619) 313-7818.

THURSDAY, MARCH 29
6:30 am
SUNRISE SERIES: MISSION BAY. Let’s enjoy the season by the bay on this flat 1 hour moderate walk where we can watch for a beautiful sunrise and check out the different birds. Meet at the former Visitors Information Center. From the I-5, take the Clairemont Dr. exit and go west. Optional breakfast follows. Winnie (858) 278-4003.

FEATURED TRIPS
EXPLORE BOWERS MUSEUM, SANTA ANA
Saturday, March 31, 2018
Join Marilyn B. and Elaine B. on our visit to the Bowers Museum in Santa Ana, CA. We will arrive in time for you to explore the museum’s various exhibits on your own before lunch. Of special interest is the exhibit of California Bounty: Image and Identity, 1850-1930. California Bounty is the first curatorial interpretation of the museum’s distinguished painting collection since 1994. Viewers will take a rambling journey through California’s visual history, a history shaped by a mixture of Mexican and Anglo traditions as well as the state’s position on the Pacific Rim. The exhibition brings together many of the museum’s most cherished paintings, including works by early artists documenting the Mission and Rancho periods: landscapes by plein air painters portraying California’s coasts and canyons; sumptuous portraits and still-life paintings of flowers and paper-wrapped fruit by Alberta and William McCloskey.

Lunch will be on your own. The museum has a restaurant named Tangata and there are several within a short walking distance from the museum.

After lunch we will have a guided tour of the American Visionary: John F. Kennedy’s Life and Times which is a presentation of over 70 photographs celebrating the life, political career, and extraordinary vision of one of the country’s most admired and most charismatic presidents. We will travel on a 30 passenger bus with a restroom. Pick-up will be at Walkabout’s office in Liberty Station, 2650 Truxtun Rd, at the intersection of Truxtun and Dewey roads. Parking is available in the lot across the street. Final pick-up will be at the La Costa Park & Ride, exit 44 off the I-5 freeway.

Send your check for $69.00 to Walkabout International, 2650 Truxtun Road, Suite 110, San Diego, CA 92106. Mark the memo line “Bowers”. Please include a stamped self-addressed envelope to receive your trip itinerary. No refunds unless someone from the wait list takes your place. Bottled water and light snacks will be provided. Hope you can join us for a fun day!

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.
MARCH 2018 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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<th>SUNDAY</th>
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<td>6:30 am Sunrise: Uptown/U-Hts.</td>
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<td>10 am Shelter Island</td>
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<td>10 am Mission Beach</td>
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<td>6:30 am Sunrise: Lake Murray</td>
<td>6:30 pm Above The Bay</td>
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<td>6:30 am Sunrise: Mission Hills</td>
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<td>8:15 am Merry Go-Round</td>
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<td>6:30 am Sunrise: By the Bay</td>
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<td>10 am Crown Point Area Beckons</td>
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<td>10 am Shelter Island</td>
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<td>10 am Celebrate Spring &amp; Cherry Blossoms</td>
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<td>6:30 am Sunrise: Liberty Station/ Spanish Landing</td>
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<td>2 pm Little known North Park</td>
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UPCOMING WALKS, EVENTS & TRIPS

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

Day Trips
Bowers Museum, Santa Ana

Events/Walks
Walkabout’s Anniversary
Annual Meeting Potluck & Auction
Thanksgiving Shelter Island Walk
Christmas Brunch; Gift Exchange

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.

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, March 16 at 2:00 pm
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 Number</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
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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>
<td>(619) 231-7463</td>
<td><a href="mailto:treasurer@walkabout-int.org">treasurer@walkabout-int.org</a></td>
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<td>Marilyn Buckley</td>
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<td><a href="mailto:prwalkabout@yahoo.com">prwalkabout@yahoo.com</a></td>
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<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>
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<td>Bruce Herms</td>
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JOIN US ON MEETUP!
www.meetup.com/Walkabout-International

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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.

INVITATION TO VISIT WALKABOUT-INT.ORG

We know that you love our monthly “San Diego Feets” newsletter. Do you also know that we have an outstanding web site with information that may not be included in the newsletter?

Many monthly walks have pictures associated with them on our web site. Trips are explained in detail on the web site with complete agendas and additional information that can’t be included in the newsletter.

Need Walkabout forms or contact info, want to renew your membership, maybe review Walkabout safety rules, and easily donate to Walkabout-int? All this and much more can be found on our web site.

Come take a look at http://walkabout-int.org - you may be pleasantly surprised at what you have been missing out on!
Having some fun on the Weekly Sunday MERRY GO-ROUND walk