Est. 1977 in San Diego

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, email: info@walkabout-int.org.

Unless otherwise specified, walks start at the time indicated. Walk leaders should arrive at least 10 minutes prior to the start time.

April 2019

BORREGO TRIP WITH THE GASLAMP QUARTER HISTORICAL FOUNDATION

Walter Konopka holds court on Walkabout’s day bus trip to Anza-Borrego desert on Feb.28 to view wildflowers.

Pace miles minutes
Yourself per hour per mile
Very Casual* 2.0 30
Casual 2.5 25
Moderate 3.0 20

* Used in lieu of “Walk at your own pace”
+ Used to indicate a possible slightly brisker pace
MONTHLY WALK ROUND-UP

MONDAY, APRIL 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 H. (858) 248-3782.

MONDAY, APRIL 1
10:00 am
浼 CROWN POINT AREA BECKONS. Start out your week with beautiful scenic views of Mission Bay and nearby homes. Our guest leader will take the group on a flat walk for about two hours, with a pause for coffee or yogurt. Take I-5 to Grand Ave. and go west to Lamont Street, turn left on Lamont Street, then right on Crown Point Drive 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. Pace: moderate to moderate-plus. Kathy L. (858) 484-0349.

MONDAY, APRIL 1
10:00 am
浼 AMERICA’S CUP HARBOR. Join peripatetic leaders Mark, Rob, Jackie or Sally as we walk around America’s Cup Harbor on sidewalks to admire what’s new in the marina from bayside restaurants to a new brewery, gelato/coffee shop, deluxe condos and new docks, with lots of construction and MORE. The casual+ pace walks on flat paved surfaces and are approximately 2.5 miles each for about 1 hour and 15 minutes. Fun, friendly group. Optional eats afterward. Meet to the right of the front door of the Bali Hai. Ample free parking; Served by #28 Bus and walk 3 blocks.
Heavy rain cancels. Sally R. (619) 222-3800. Repeats every other week.

TUESDAY, APRIL 2
6:30 pm
浼 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 walk along the shores of Mission Bay. Take I-5 and go west on Clairemont Dr. to meet at the former Visitors Information Center. Pace: moderate to moderate-plus. Jill F. (858) 292-4231.

WEDNESDAY APRIL 3
5:30 pm
浼 WEDNESDAY WORKOUT. Join us in front of Bookstar in Costa Verde Shopping Center at 8650 Genesee Ave. for a friendly walk’n’talk for about 1½ hours through neighborhoods, parks, and canyon trails all around UTC, University City, and UCSD areas. Rain cancels. Pace: moderate-plus. Please call Nicki L. at 619-665-6981 or Barbara S. (858) 452-8832 to confirm.

THURSDAY, APRIL 4
6:30 am
浼 SUNRISE SERIES: SOUTH BAY. Meet Frances in the parking lot on the corner of National City Blvd. and 2nd St. as we visit Heritage Square, where the “Railroad Homes” and Kimball House are located, and the National City Library, which has a custom designed William Hubbell stained glass window. We’ll cut through Kimball Park, visiting the ARTS center on this casual to moderate 1 hour walk on flat terrain. From the north, take the I-5 south to Main St., make a left turn onto National City Blvd., go under the I-5 freeway and bear right at the arrow. Parking lot is about two blocks on your right. Bring money for optional breakfast afterward. Francis B. (619) 479-3962.

THURSDAY, APRIL 4
10:00 am
浼 MISSION BEACH NORTH & SOUTH. Walk the beach or the bay and stop for coffee near the end of this 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. Pace: moderate to moderate-plus. Kathy L. (858) 484-0349.

THURSDAY, APRIL 4
10:00 am
浼 SHELTER ISLAND WALK & TALK. Join us for a 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. Pace: casual+. Sally R. (619) 222-3800.

SATURDAY, APRIL 6
9:30 am
浼 BRANCH OUT FROM THE WINERY. We’ll start out at that neighborhood gem, the historic Bernardo Winery in Rancho Bernardo. From there we will wind around some of the trails in the extensive City of Poway trail system for a moderate-paced, approximately 5-mile walk, with an optional 2.5 mile extension on Poway horse trails. Meet by the restrooms at the Bernardo Winery at 13330 Paseo Del Verano Norte. Lenore E. (619) 890-0714 (ledidin@san.rr.com).

SUNDAY, APRIL 7
7:15 am
浼 SUNRISE SERIES: SHELTER ISLAND. Let’s take a casual to moderate walk along this beautiful, mostly flat area by the bay where there are many beautiful homes. Then back to optional breakfast. Meet at meterless spaces in the parking lot at Anchorage Ln. and Canon St. (one block south of Shelter Island Dr) Edie A. edier@cox.net. (619) 313-7818.
SUNDAY, APRIL 7
8:15 am  MERRY GO-ROUND. Join us on one of the most scenic walks in San Diego. We start at the carousel in Balboa Park. Our walk encompasses the harbor, downtown and Bankers Hill. Depending on size of the group and mood, we may include some bridges. Allow three 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 in the lot near the carousel at Park Blvd. and Zoo Place. Pace: moderate-plus. Rick P. (858) 565-7212.

MONDAY, APRIL 8
6:30 am  SUNRISE SERIES: BANKER’S HILL. Meet at the corner of Curlew and Thorn Streets for a 1 hour moderate walk through this neighborhood of historic mansions, Victorian and Craftsman homes. We will also view some animal sculptures along First Ave. Optional breakfast follows. Marlene G. (619) 692-3020 or (619) 205-0094.

MONDAY, APRIL 8
10:00 am  CROWN POINT AREA BECKONS. See Monday, April 1 for details.

MONDAY, APRIL 8
10:00 am  HISTORIC LA PLAYA TRAIL. Meet up with leaders Mark, Rob and Jackie or Sally as we follow the historic La Playa Trail, along shoreline, past yacht clubs and amazing homes and gardens. Meet at trail marker by the bay at the intersection of Talbot Street and Anchorage Lane, adjacent to SD Yacht Club. The casual pace is on a dirt trail for approx. 2.4 miles and 75 minutes. Street parking; observe signage. Optional eats after; heavy rain cancels; served by bus #28. Sally R. (619) 222-3800. Repeats every other week.

TUESDAY, APRIL 9
6:30 pm  MISSION BAY SUNSETS. See Tuesday, April 2 for details.

WEDNESDAY APRIL 10
5:30 pm  WEDNESDAY WORKOUT. See Wednesday, April 3 for details.

THURSDAY, APRIL 11
6:30 am  SUNRISE SERIES: SHELTER ISLAND. Let’s take a casual to moderate walk along this beautiful mostly-flat area by the bay where there are many beautiful homes. There will be a choice of going up a hill for those who feel they would like to climb to where the view is very scenic. To meet the group, from I-5, drive west on Rosecrans St. to Shelter Island Dr., turn left and go about two blocks to Anchorage Dr. to the large parking lot (park where there are no meters). Bring money for optional breakfast afterward. Edie A. (619) 313-7818.

THURSDAY, APRIL 11
10:00 am  MISSION BEACH NORTH & SOUTH. See Thursday, April 4 for details.

THURSDAY, APRIL 11
10:00 am  SHELTER ISLAND WALK & TALK. See Thursday, April 4 for details.

FRIDAY, APRIL 12
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 Drive. Rain cancels. Jim M. (619) 971-1518.

SATURDAY, APRIL 13
7:15 am  BREAKFAST SPECIAL: 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 6:45am from Old Town Transit Center, exit at Mission Blvd. Meet in front of Crystal Pier at the west end of Garnet Ave. Rain cancels. At your own pace. Anna T. (858) 270-1276.

SUNDAY, APRIL 14
7:15 am  BREAKFAST SPECIAL: BALBOA PARK. The park is beautiful year round, with many paths to explore at your own pace. Eating and chatting afterward is optional but great fun. Meet at the carousel on Park Blvd. at Zoo Pl. Edie A. edier@cox.net. (619) 313-7818.

SUNDAY, APRIL 14
8:15 am  MERRY GO-ROUND. See Sunday, April 7 for details.

MONDAY, APRIL 15
6:30 am  SUNRISE SERIES: MISSION BAY. Let’s enjoy the season by the bay on this moderate, 1 hour, flat 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 M. (858) 278-4003.

MONDAY, APRIL 15
10:00 am  CROWN POINT AREA BECKONS. See Monday, April 1 for details.

MONDAY, APRIL 15
10:00 am  AMERICA’S CUP HARBOR. See Monday, April 1 for details.
TUESDAY, APRIL 16
6:30 pm

MISSION BAY SUNSETS. See Tuesday, April 2 for details.

WEDNESDAY APRIL 17
5:30 pm

WEDNESDAY WORKOUT. See Wednesday, April 3 for details.

THURSDAY, APRIL 18
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. Connie V. (619) 477-8628.

THURSDAY, APRIL 18
10:00 am

MISSION BEACH NORTH & SOUTH. See Thursday, April 4 for details.

THURSDAY, APRIL 18
10:00 am

SHELTER ISLAND WALK & TALK. See Thursday, April 4 for details.

FRIDAY, APRIL 19 (3RD FRIDAY)
5:36 pm

SUNSET CLIFFS VIEWS. Meet at Sunset Cliffs Blvd. & Point Loma Ave. (not West Point Loma Blvd.) in Ocean Beach. We'll enjoy spectacular views and fresh cool breezes from the Pacific Ocean. For public transit, take bus route 923 from downtown at Broadway & 5th OR route 35 from Old Town Transit Center and transfer to 923 in O.B. at Cable & Voltaire Street. If you take the bus and it's late, please call me and we'll wait for you. Otherwise, we'll start at the announced time. Our walk will last about one hour. Pace: Casual. Stan F. (619) 222-3447.

SUNDAY, APRIL 21
7:15 am

BREAKFAST SPECIAL: MISSION BEACH. Let's walk, at your own pace, along the boardwalk to enjoy the ocean waves reflecting the rising sun. We could go north or south as we admire the mixture of old beach cottages and new multi-story homes. Edie A. edier@cox.net. (619) 313-7818.

SUNDAY, APRIL 21
8:15 am

MERRY GO-ROUND. See Sunday, April 7 for details.

MONDAY, APRIL 22
6:30 am

SUNRISE SERIES: PACIFIC BEACH BOARDWALK. Let's take a moderate 1-hour walk on flat terrain and enjoy the fresh air, early morning breeze and beautiful sunrise where we can look forward to good company, chatting and an optional breakfast afterward. Meet at the Crystal Pier at the west end of Garnet Ave. Bring money for optional breakfast. John & Marilyn, (619) 840-5544.

MONDAY, APRIL 22
10:00 am

CROWN POINT AREA BECKONS. See Monday, April 1 for details.

MONDAY, APRIL 22
10:00 am

HISTORIC LA PLAYA TRAIL. See Monday, April 8 for details.

TUESDAY, APRIL 23
10:00 am

Balboa Park Free Fourth Tuesday: This walk will meet 10:00 AM at the Bea Evenson Fountain (North of Fleet museum). We will take advantage of the free museum day and explore the Air and Space Museum and Botanic Building. We will walk for about an hour then have time to visit the museum. This will be a casual walk mostly on sidewalks, with time to explore the sights. Optional lunch afterward. Rain Cancels. Roger Lundbohm at rlundbohm@sbcglobal.net, 619-299-0489.

TUESDAY, APRIL 23
6:30 pm

MISSION BAY SUNSETS. See Tuesday, April 2 for details.

WEDNESDAY APRIL 24
5:30 pm

WEDNESDAY WORKOUT. See Wednesday, April 3 for details.

THURSDAY, APRIL 25
6:30 am

SUNRISE SERIES: HARBOR ISLAND. We'll have a quiet walk for 1 hour at a moderate pace on flat terrain around this beautiful area so close to downtown. Take Harbor Dr. to Harbor Island Dr., turn west to the end and turn left to the parking next to Island Prime Restaurant. Bring money for optional breakfast afterward. Winnie M. (858) 278-4003.

THURSDAY, APRIL 25
10:00 am

MISSION BEACH NORTH & SOUTH. See Thursday, April 4 for details.

THURSDAY, APRIL 25
10:00 am

SHELTER ISLAND WALK & TALK. See Thursday, April 4 for details.

FRIDAY, APRIL 26
4:00 pm

MISSION HILLS MEANDER. See Friday, April 12 or details.
SUNDAY, APRIL 28
7:15 am

**BREAKFAST SPECIAL: PACIFIC BEACH.** Before the crowds arrive, walking along the ocean in Pacific Beach can be delightful. We'll admire the waves on a flat walk at your own speed and then return by the same route. Optional breakfast follows, perhaps overlooking the ocean and the surfers. Edie A. edier@cox.net. (619) 313-7818.

SUNDAY, APRIL 28
8:15 am

**MERRY GO-ROUND.** See Sunday, April 7 for details.

MONDAY, APRIL 29
6:30 am

**SUNRISE SERIES: OCEAN BEACH.** We will take a moderate 3-mile walk visiting the pier to see the surfers and fishermen and then continuing in the Sunset Cliffs neighborhood. To reach our meeting place, take I-8 to the west end, turn left onto Sunset Cliffs Blvd., then turn right onto Newport Blvd. for a block and a half. Meet across the street from the old Strand Theater. Bring money for an optional breakfast. John & Marilyn, (619) 840-5544.

MONDAY, APRIL 29
10:00 am

**AMERICA’S CUP HARBOR.** See Monday, April 1 for details.

MONDAY, APRIL 29
10:00 am

**CROWN POINT AREA BECKONS.** See Monday, April 1 for details.

TUESDAY, APRIL 30
2:00pm

**MIDDLETOWN MANSIONS.** Delight in discovering a little-known part of old San Diego as we stroll past some 100-year-ole mansions, including “The Lion House” and the block with “The Three Sisters”. We will revel in the spectacular views of the airport, North Island and the San Diego Bay. Meet at the corner of Hawk and Thorn streets for a 1 1/2 hour casual to moderate walk with several hills. This area is little known because it is difficult to find. Directions: Take Reynard Way and turn west onto Redwood Street, then continue onto Falcon Street. Turn left onto Thorn Street and continue west two blocks to Hawk Street. Bus #83 stops at Reynard Way and Redwood Street. Rain cancels. Evelyn K. (619) 461-6095.

TUESDAY, APRIL 30
6:30 pm

**MISSION BAY SUNSETS.** See Tuesday, April 2 for details.

**COME CELEBRATE DAN HASLAM’S BIRTHDAY**

SUNDAY, APRIL 28
11:00 am

**GASLAMP WALK & PICNIC.** Join Dan as he celebrates his 65th birthday (which is actually 4/30) before his annual migration to Cape Cod. Meet at 4th & Island in Gaslamp (Davis-Horton Museum) for a one-hour narrated, *casually-paced* stroll through the historic district. Dan will share the stories of this colorful area and his recollections of 20 years leading tours here. He’ll also serve you a complimentary picnic lunch if you RSVP him by 4/25. **Come celebrate!** Free street parking today danielbhaslam111@yahoo.com. (619) 318-4870.

Dan H leads history walk in Julian on Borrego trip. Photo by Val Sanfilippo.

Walter K expounds on birds & bees in Surprise Canyon. Photo by Val Sanfilippo.
Join us for an 8-day, 7-night Coach tour of Idaho highlights, from the state capitol in Boise to the wonderful Trailing of the Sheep Festival in Ketchum. On Monday we fly nonstop to Boise and will start with 3 days with walks along the Boise river and tours of the beautiful State Capitol. We will stay at the Marriott Springhill Suites, as we have in times past. https://www.marriott.com/hotels/hotel-photos/boidt-springhill-suites-boise-parkcenter/ On Thurs we take a coach trip through the Sawtooth mountains to Ketchum where we will be staying at the Limelight Hotel, https://www.limelighthotels.com/ketchum. We will spend 4 days and enjoy the Trailing of the Sheep Festival http://www.trailingofthesheep.org/ and watch hundreds of sheep parade through town. On the last Monday, we will again coach back to Boise with spectacular views and then have a nonstop flight home. Breakfasts in our hotels and one or two evening banquets is included in the cost. Other features will be announced in SD Feets, Web Site and WalkaBlasts as they are known. Del Parkinson has agreed to entertain us again as he has on ALL of our previous Boise trips https://music.boisestate.edu/dparkins/ Other attractions will be announced as they develop.

Since the trip is still seven months away, the cost of the trip is still evolving; however, until April 5 the cost is $1,219 per person, double occupancy. The cost for single occupancy is $1,789. If 3 travelers wish to share a double queen bedroom the cost for each will be $839. The minimum number of travelers may be 20. The maximum number will be determined by hotel room availability and air travel factors. The deposit is $719 and is refundable until April 5, at that time it will be NONREFUNDABLE. Travelers are always encouraged to take trip insurance to cover unanticipated cancellations. Please send your deposits of $719 to the WI office now and mark for “BOISE 2019”. If you have paid your deposit of $419 Please send an additional $300 which is refundable until April 5.

There will not be any mailed information so one person in each traveling group needs to have an email address. I need to know each traveler's full name as on your identification and birth date.

Walkabout International, Boise 2019
2650 Truxtun Rd, Suite 110
San Diego, CA 92106

Please call Stan Follis at 619.222.3447.

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BOARD SEEKS YOUR HELP

VOLUNTEERS NEEDED!

We need office volunteers and board members. We are also recruiting new walk leaders. If Interested, please contact Norm Vigeant at 858-278-1253 or ngfrenchy@hotmail.com and he will guide you through the process. We always looking for new ideas for walks so 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

Follow us on Facebook at Walkabout International

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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 email your walks to walks@walkabout-int.org. If you email more than one walk, please leave extra space between each walk. You can email your newsletter comments and suggestions to publisher@walkabout-int.org.

WALKABOUT RETREAT

Thursday, April 12th

This is our annual retreat and not open to all members. The next open meeting is May 10.

9005 Aero Drive, San Diego, CA 92123
WEDNESDAYS & SATURDAY HIKES

Time: TBA

WILDERNESS HIKE details and trailhead directions will be e-mailed a day or two before each hike.

IMPORTANT HIKE INFO: 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 well prepared for trail conditions, be able to keep pace with the group and will be accepted at the leader’s discretion.

Car Pool 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.

Check Wilderness Hikes 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.

HIKE CONTACT INFORMATION

<table>
<thead>
<tr>
<th>DATE</th>
<th>LEADER</th>
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</thead>
<tbody>
<tr>
<td>Wednesday 4/3</td>
<td>PJ (858) 566-8928 or <a href="mailto:pjeffery1@sbcglobal.net">pjeffery1@sbcglobal.net</a></td>
</tr>
<tr>
<td>Saturday 4/6</td>
<td>Irma K (619) 795-5821 or <a href="mailto:irmacaizan@gmail.com">irmacaizan@gmail.com</a></td>
</tr>
<tr>
<td>Wednesday 4/10</td>
<td>Mike L (858) 922-0738 or <a href="mailto:mlewis1944@gmail.com">mlewis1944@gmail.com</a></td>
</tr>
<tr>
<td>Saturday 4/13</td>
<td>Spring Pot Luck (760) 796-4007 or <a href="mailto:dpiller@cox.net">dpiller@cox.net</a></td>
</tr>
<tr>
<td>Wednesday 4/17</td>
<td>Ray E (760) 644-1648 or <a href="mailto:ray@escondidocoin.com">ray@escondidocoin.com</a></td>
</tr>
<tr>
<td>Saturday 4/20</td>
<td>Bill B (619) 206-5809 or <a href="mailto:wa4lm@gmail.com">wa4lm@gmail.com</a></td>
</tr>
<tr>
<td>Wednesday 4/24</td>
<td>Sherry M (619) 885-0055 or <a href="mailto:sherry.rokarty@gmail.com">sherry.rokarty@gmail.com</a></td>
</tr>
<tr>
<td>Saturday 4/27</td>
<td>Ray E (760) 644-1648 or <a href="mailto:ray@escondidocoin.com">ray@escondidocoin.com</a></td>
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</tbody>
</table>

SAFETY FIRST!
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.

BOARD MEMBERS

<table>
<thead>
<tr>
<th>POSITION</th>
<th>NAME</th>
<th>PHONE/EMAIL</th>
</tr>
</thead>
<tbody>
<tr>
<td>President</td>
<td>Elaine Berger</td>
<td>(858) 560-9003 <a href="mailto:President@walkabout-int.org">President@walkabout-int.org</a></td>
</tr>
<tr>
<td>1st Vice President</td>
<td>Robert Buehler</td>
<td>(858) 571-7733 <a href="mailto:vp1@walkabout-int.org">vp1@walkabout-int.org</a></td>
</tr>
<tr>
<td>2nd Vice President</td>
<td>Dan Haslam</td>
<td>(619) 318-4870 <a href="mailto:danhaslam@walkabout-int.org">danhaslam@walkabout-int.org</a></td>
</tr>
<tr>
<td>3rd Vice President</td>
<td>Stan Follis</td>
<td>(619) 222-3447 <a href="mailto:Stanley@walkabout-int.org">Stanley@walkabout-int.org</a></td>
</tr>
<tr>
<td>Secretary</td>
<td>Donna Farris</td>
<td>(619) 559-5650 <a href="mailto:secretary@walkabout-int.org">secretary@walkabout-int.org</a></td>
</tr>
<tr>
<td>Treasurer</td>
<td>Diane Erk</td>
<td>(619) 231-7463 <a href="mailto:treasurer@walkabout-int.org">treasurer@walkabout-int.org</a></td>
</tr>
</tbody>
</table>

DIRECTORS

<table>
<thead>
<tr>
<th>NAME</th>
<th>PHONE/EMAIL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marilyn Buckley</td>
<td>(619) 231-7463 <a href="mailto:prwalkabout@yahoo.com">prwalkabout@yahoo.com</a></td>
</tr>
<tr>
<td>Norman Vigeant</td>
<td>(619) 231-7463 <a href="mailto:ngfrenchy@hotmail.com">ngfrenchy@hotmail.com</a></td>
</tr>
<tr>
<td>Bruce Herms</td>
<td>Emeritus</td>
</tr>
</tbody>
</table>

OFFICE STAFF
Elaine Berger, Robert Buehler, Donna Farris, Marilyn Buckley, Eileen Frame, Dan Haslam, Charlotte Sedgwick, Janet Fenston and Pat Keller

NEWSLETTER STAFF
Kathy Johnson, Dan Haslam

MAILING CREW
Charlotte Sedgwick, Beverly Stebbins, Stan Follis, Don Piller

JOIN US ON MEETUP!
www.meetup.com/Walkabout-International

Please remember that Walkabout International is a non-smoking experience. There is no smoking at the meeting place or during the walk.
# APRIL 2019 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>
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</table>
| 6:30 am  
Sunrise: Lake Murray  
10 am America's Cup Harbor  
10 am Crown Point Area Beckons | 6:30 pm  
Mission Bay Sunsets | TBA Hike  
5:30 pm  
Wednesday Workout | 6:30 am  
Sunrise: South Bay  
10 am Shelter Island  
10 am Mission Beach | 6:30 pm  
Mission Bay Sunsets |          |          |
| 7      | 8      | 9       | 10        | 11       | 12     | 13       |
| 7:15 am  
Breakfast:  
Shelter Island  
8:15 am Merry Go-Round | 6:30 am  
Sunrise:  
Banker's Hill  
10 am Historic La Playa Trail  
10 am Crown Point Area Beckons | 6:30 pm  
Mission Bay Sunsets | TBA Hike  
5:30 pm  
Wednesday Workout | 6:30 am  
Sunrise:  
Shelter Island  
10 am Shelter Island  
10 am Mission Beach | 4:00 pm  
Mission Hills Meander  
7:15 am  
Breakfast Special:  
Pacific Beach |          |
| 14     | 15     | 16      | 17        | 18       | 19     | 20       |
| 7:15 am  
Breakfast:  
Balboa Park  
8:15 am Merry Go-Round | 6:30 am  
Sunrise:  
Mission Bay  
10 am America's Cup Harbor  
10 am Crown Point Area Beckons | 6:30 pm  
Mission Bay Sunsets | TBA Hike  
5:30 pm  
Wednesday Workout | 6:30 am  
Sunrise:  
Mission Hills  
10 am Shelter Island  
10 am Mission Beach | 5:36 pm  
Sunset Cliff Views  
TBA Hike |          |
| 21     | 22     | 23      | 24        | 25       | 26     | 27       |
| 7:15 am  
Breakfast:  
Mission Beach  
8:15 am Merry Go-Round | 6:30 am  
Sunrise:  
Pacific Beach Boardwalk  
10 am Historic La Playa Trail  
10 am Crown Point Area Beckons | 10:00 am  
Balboa Park Free Fourth Tuesday  
6:30 pm  
Mission Bay Sunsets | TBA Hike  
5:30 pm  
Wednesday Workout | 6:30 am  
Sunrise:  
Harbor Island  
10 am Shelter Island  
10 am Mission Beach | 4:00 pm  
Mission Hills Meander  
TBA Hike |          |
| 28     | 29     | 30      |           |          |        |          |
| 7:15 am  
Breakfast:  
Pacific Beach  
8:15 am Merry Go-Round  
11:00 am  
Gaslamp Walk & Picnic  
Dan Haslam Birthday | 6:30 am  
Sunrise:  
Ocean Beach  
10 am America's Cup Harbor  
10 am Crown Point Area Beckons | 2:00 pm  
Middletown Mansions  
6:30 pm  
Mission Bay Sunsets |          |          |          |          |
ABOUT WALKABOUT, SAN DIEGO’S PREMIER SOCIAL NETWORK AFOOT

Established in 1977, Walkabout promotes healthy regular exercise, social camaraderie and discovering new places. We are a volunteer, San Diego-based, non-profit organization who offers 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.

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 INTERNATIONAL 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 INTERNATIONAL, please contribute. All levels of support include a one-year subscription to our monthly newsletter. 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!

___ Basic Level $20  ___ Tenderfoot $25  ___ Footprint $100  ___ Arch Supporter $250
___ 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.

All applications including the buy-one, get-one-free must contain a correct address, including zip code, and at least one phone number.

NAME ____________________________________________________________ DATE ____________________________

ADDRESS

CITY __________________________ STATE ___ ZIP+4 - __________

PRIMARY PHONE (             ) _________________________ OTHER PHONE (             ) _________________________

EMAIL ADDRESS

NEWSLETTER AND EMAIL OPTIONS

___ PDF ONLY (fully tax deductible, eco-friendly, and helps us keep costs down)
___ MAIL ONLY (physical newsletter will be mailed to your address)
___ BOTH (available only if support greater than Basic Level)
___ Subscribe to the email list for Wilderness Hikes

BUY-ONE GET-ONE-FREE

Subscriptions at and above the Tenderfoot ($25) level include our buy-one, get-one-free (PDF only) deal whether you are a new or renewing subscriber. This allows you to give a one-year Newsletter subscription, PDF version only, to anyone who has never been a WALKABOUT subscriber.

NAME ____________________________________________________________ DATE ____________________________

ADDRESS

CITY __________________________ STATE ___ ZIP+4 - __________

PRIMARY PHONE (             ) _________________________ OTHER PHONE (             ) _________________________

EMAIL ADDRESS
WALKABOUT
ACCEPTING
MEMORIAL GIFTS
FOR FORMAN
FORUM

With the recent passing of our founder Larry Forman, many have contacted our office to make a contribution to Walkabout in Larry’s memory. The board has established a fund to receive these gifts. Any contributions made should be earmarked “Forman Forum,” and such gifts will be used to bring a well-known speaker to San Diego to share walking stories with our membership and the public later this year. All donors will be acknowledged in our program unless you wish anonymity. Walkabout International is a 501 (c)3 nonprofit organization, and all gifts are tax deductible.

“SEZ ME”
Elaine Berger, President

Ah, spring is in the air as a pair of doves looks for a place to nest in the bushes on my patio. I hope you all get out and enjoy the birds, flowers and longer days-no excuse for not walking.

Thanks to Marilyn, Dan and Walter for a great trip to the Anza-Borrego desert. Unfortunately, we were a little early for the “super bloom” but it was still a great trip—and we saw snow in Julian.

The passing of Larry Forman means we now have one less board member. I am surprised at how few members of Walkabout are willing to serve on the Board of Directors. The position requires you to come to one meeting a month—approximately 2 hours on the second Friday of the month. Board members also help with any events we plan, help with trips as needed, etc. The best part is you help determine where our organization will go in the future. If you have suggestions, ideas (even wild ones) we want to hear from you. Come to a board meeting and determine how you can help steer the organization in the future.

On a similar note, we really do need volunteers to help us with the office. We are required to keep our office open to remain in Liberty Station. The job requires that you are on site from 10am to 2pm either Monday, Wednesday or Friday. You answer the phone, pick up the mail, help anyone who walks into the office, etc. We will work with you to find days that fit your schedules. For example, I am doing the first and third Wednesday of each month and need someone to do the second and fourth Wednesday. We also need help on Mondays. Please contact either me or Marilyn B. to get you trained. We truly appreciate those who volunteer as our organization cannot survive without you.