



Est. 1977 in San Diego

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



Bruce Herms admires colorful scarves at the Walkabout offices in 2004.

Vol. 42, No. 6

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.

June 2019

“SEZ ME”

Elaine Berger, President

It was quite a shock for those of us who live in San Diego to realize that the craziness of the world can also take place here. To all our Walkabouts of the Jewish faith, we are sorry for your pain. Walkabout is an inclusive and welcoming organization. I don't think any of us can imagine what the perpetrator of this tragic event was thinking.

It is also hard for all of us to realize that Walkabout has lost it's two co-founders in the last three months. I did not have the pleasure of knowing or traveling with Bruce Herms, but everything I have heard describes him as a very special person who put his unique stamp on Walkabout.

Spring is clearly here as the days get longer, the temperatures get warmer and baby birds are everywhere. I hope you get out and enjoy some of the lovely walks listed in SD Feets for June. We are looking for events or activities for the summer months, so if you know of an event, a concert, a festival etc. that would be fun, just let me or Marilyn B. know.

Be kind to one another.



Walkabouts tour new Museum of African American Culture in Washington, DC.

MONTHLY WALK ROUND-UP

SUNDAY, JUNE 2

7:15 am

 **BREAKFAST SPECIAL: 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, JUNE 2

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, JUNE 3

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, JUNE 3

10:00 am

 **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, JUNE 3

10:00 am

 **HISTORIC LA PLAYA TRAIL:** Join peripatetic leaders Rob or Anita 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, JUNE 4

6:30 pm

 **ABOVE THE BAY.** Join us for some exercise and fabulous views of Mission Bay. Meet at the Clairemont Information Center, west side of I-5 at the Clairemont Drive exit. Walk starts at 6:30 pm, is 1-hour plus and 3.5 miles plus long, *moderate to moderate-plus* walk. Rain, but not mist, cancels. Flashlight recommended. Please call Jill F. (858) 292-4231 to make sure walk is 'on' for the week. We do cancel if Tuesday is a holiday.

WEDNESDAY JUNE 5

5:30 pm

 **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, JUNE 6

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 M. (858) 278-4003.

THURSDAY, JUNE 6

10:00 am

 **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, JUNE 6

10:00 am

 **SHELTER ISLAND WALK & TALK.** Join Rob, Elaine, Janet or Kathy B. 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.

SUNDAY, JUNE 9

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, JUNE 9

8:15 am

 **MERRY GO-ROUND.** See Sunday, June 2 for details.

MONDAY, JUNE 10

6:30 am

 **SUNRISE SERIES: SAN DIEGO RIVER.** Hopefully, our feathered friends will be on hand for this 1-hour walk on flat paved terrain *at your own pace* along San Diego River, so you can test your legs or bring binoculars and slow down to enjoy nature. Take the I-5 to the Tecolote-Sea World Drive exit and proceed west past several lights. After the light at Friars Rd., watch for the next light, where you'll see the South Shores Boat Ramp sign on your right, but you will turn left onto the old road that parallels Sea World Dr. Bring money for an optional breakfast afterward. John and Marilyn (619) 840-5544.

MONDAY, JUNE 10

10:00 am

 **AMERICA'S CUP HARBOR:** Join peripatetic leaders Rob or Anita 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.

MONDAY, JUNE 10

10:00 am

 **CROWN POINT AREA BECKONS.** See Monday, June 3 for details.

TUESDAY, JUNE 11

6:30 pm

 **ABOVE THE BAY.** See Tuesday, June 4 for details.

WEDNESDAY JUNE 12

5:30 pm

 **WEDNESDAY WORKOUT.** See Wednesday, June 5 for details.

THURSDAY, JUNE 13

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. Frances B. (619) 479-3962.

THURSDAY, JUNE 13

10:00 am

 **MISSION BEACH NORTH & SOUTH.** See Thursday, June 6 for details.

THURSDAY, JUNE 13

10:00 am

 **SHELTER ISLAND WALK & TALK.** See Thursday, June 6 for details.

FRIDAY, JUNE 14

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, JUNE 15

9:30 am

CARDIFF & ENCINITAS. The Composer District of Cardiff was developed in the early 1900's to be an artists' enclave with streets named after composers such as Chopin, Bach, Haydn, and Vivaldi. Come and discover this charming neighborhood of coastal North County as we travel along its streets and trails. On this approximately 6-mile *moderate+ paced* walk we will see the historic 1883 Encinitas schoolhouse as well as the two famous boat houses. Our walk will also include a visit to the Self Realization Fellowship Meditation Gardens where we can ponder the mysteries of life while enjoying its lush greenery, koi ponds and ocean views. Be prepared for hills and steps. Meet in front of Vons at 453 Santa Fe Dr, Encinitas (just west of Highway 5). Lenore E. (619) 890-0714 (ledidin@san.rr.com).

SUNDAY, JUNE 16

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. Meet in the parking lot in front of the roller coaster. Edie A. edier@cox.net. (619) 313-7818.

SUNDAY, JUNE 16

8:15 am

 **MERRY GO-ROUND.** See Sunday, June 2 for details.

MONDAY JUNE 17

6:30 am

 **SUNRISE SERIES: LIBERTY STATION.** Meet at Womble St. and Truxtun Rd. for a 1-hour *casual to moderate* walk on flat, paved terrain. We'll walk the arcades to see what new businesses and attractions are being added

to this historic location. Once home to Naval Training Center (NTC) San Diego, you can see such diverse attractions as Historic North Chapel, our own Walkabout office, and numerous art galleries and dance studios. Bring money for an optional breakfast afterward. Edie A. (619) 313-7818.

MONDAY, JUNE 17

10:00 am

 **CROWN POINT AREA BECKONS.** See Monday, June 3 for details.

MONDAY, JUNE 17

10:00 am

 **HISTORIC LA PLAYA TRAIL.** See Monday, June 3 for details.

TUESDAY, JUNE 18

2:00 pm

Secret North Park. Discover more lovely but little-known areas of North Park. We will walk past well-kept Craftsman houses, Mediterranean-style villas, and beautiful gardens. From the edge of Balboa Park Municipal Golf Course we will have a panoramic view of the Park. On our walk we will also get to see a train and a dinosaur! Meet at the corner of Palm and Dale streets for a *casual-to-moderate*, mostly flat, 1 1/2 hour walk. Bus #2 stops at 30th and Palm. Rain cancels. Evelyn K. 619-461-6095.

TUESDAY, JUNE 18

6:30 pm

 **ABOVE THE BAY.** See Tuesday, June 4 for details.

WEDNESDAY JUNE 19

5:30 pm

 **WEDNESDAY WORKOUT.** See Wednesday, June 5 for details.

THURSDAY, JUNE 20

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, JUNE 20

10:00 am

 **MISSION BEACH NORTH & SOUTH.** See Thursday, June 6 for details.

THURSDAY, JUNE 20

10:00 am

 **SHELTER ISLAND WALK & TALK.** See Thursday, June 6 for details.

FRIDAY, JUNE 21 (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, JUNE 23

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. Meet at the end of Garnet where the pier begins. Optional breakfast follows, perhaps overlooking the ocean and the surfers. Edie A. edier@cox.net. (619) 313-7818.

SUNDAY, JUNE 23

8:15 am

 **MERRY GO-ROUND.** See Sunday, June 2 for details.

SUNDAY, JUNE 23

8:30 am

VILLAGE OF CARLSBAD: Join us for a scenic, mostly flat, 2 hour walk thru the village of Carlsbad, south along the coast with a return jaunt along the Agua Hedionda Lagoon. Meet at the Carlsbad Village train station (ample parking available). Carlsbad Village Drive exit, go west to State Street, right 1-1/2 blocks to 2775 State, left to station. *Rain cancels. Pace-casual to moderate.* Text Judith 760-687-3215 or Joe 760-687-5473.

MONDAY, JUNE 24

6:30 am

 **SUNRISE SERIES: PACIFIC BEACH BOARD-WALK.** 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 and Marilyn (619) 840-5544.

MONDAY, JUNE 24

10:00 am

 **AMERICA'S CUP HARBOR.** See Monday, June 10 for details.

MONDAY, JUNE 24

10:00 am

 **CROWN POINT AREA BECKONS.** See Monday, June 3 for details.

TUESDAY, JUNE 25

6:30 pm

 **ABOVE THE BAY.** See Tuesday, June 4 for details.

WEDNESDAY JUNE 26

5:30 pm

 **WEDNESDAY WORKOUT.** See Wednesday, June 5 for details.



Walkabout/UCC group enjoying East Wing of National Gallery of Art during May tour.

SUNDAY, JUNE 30

7:15 am

B BREAKFAST SPECIAL: LA JOLLA. We'll walk in La Jolla and look for seals and birds and other wonderful things along the shore. Enjoy crashing waves and ocean breezes for an hour or more, then an optional breakfast for those who want one. Come and join us. We'll meet at the NE corner of Girard and Pearl. Edie A. edier@cox.net. (619) 313-7818.

SUNDAY, JUNE 30

8:15 am

W MERRY GO-ROUND. See Sunday, June 2 for details.

THURSDAY, JUNE 27

6:30 am

SUNRISE SERIES: MISSION BAY BACKWARDS. Let's start on the path near Sea World Dr. to enjoy the playground and the sights we've missed on this *moderate* 1-hour walk on flat, mostly paved terrain. Take Sea World Dr. exit west off I-5, turn right at the first light, pass the entrance to Fiesta Island, cross the bridge and park at the second small parking area on your left. Optional breakfast afterward. Winnie M. (858) 278-4003.

THURSDAY, JUNE 27

10:00 am

W MISSION BEACH NORTH & SOUTH. See Thursday, June 6 for details.

THURSDAY, JUNE 27

10:00 am

W SHELTER ISLAND WALK & TALK. See Thursday, June 6 for details.

FRIDAY, JUNE 28

4:00 pm

MISSION HILLS MEANDER. See Friday, June 14 or details.

COURTLAND LOWERISON
September 23, 1924 - February 22, 2019

Court will be remembered as a loving husband to Lorraine Lowerison, his wife of 70 years. A longtime San Diego resident, he graduated from Hoover High School and San Diego State University. After college, he went to work for the San Diego County Treasurer before retiring in 1977. Court served as a sergeant in the US Army in WW II in Italy and North Africa in the 3194th Signal Service Company.



Court and Lorraine joined Walkabout in 1984. In retirement, they traveled extensively and really enjoyed their many trips with the Walkabout group in San Diego.

LOOKING FOR NEW VENUES

Walkabout has traditionally put together a group Thanksgiving Day Lunch and a Christmas Day Brunch. Also need new venue for our Annual Walk Leaders Appreciation Luncheon.

Please put your thinking caps on and get your taste buds salivating and come up with new venue suggestions to be presented to the Special Events committee. Need name and address of venue, contact person, and phone number. Prefer a separate room where we can all sit together. Reasonably priced including meal, drink, tax, and tip. Need central location with ample parking and easy freeway access.

1. Thanksgiving Day Lunch Thursday, 11/28/19.

Full traditional meal – Turkey, mashed potatoes and gravy, stuffing, veggies, salads, desserts, and drinks. Room for 20-30 people to sit together. Starting around

noon. Good place to walk afterwards would be great.

2. Christmas Day Brunch Wednesday 12/25/19.

Breakfast brunch including drinks. Separate room for 20 to 40 people. Roomy enough to have our gift exchange. Starting at 9am – ending around noon. Walk afterwards.

3. Annual Walk Leaders Appreciation Luncheon Mid-February 2020.

Separate room for 20 to 50 people. Group menu options including drinks. Audio/Visual equipment for speaker and meeting presentation.

If you have any questions call Marilyn Buckley on Fridays between 10am and 2pm at the Walkabout office 619-231-7463.

VITAL AGING EVENT, TUESDAY, JUNE 19, 2019
8:30am-2:30pm at the San Diego Convention Center

Walkabout will have an exhibitor booth at this event and will need volunteers. Contact Elaine if you can help, (858) 560-9003.

STAN TO LEAD BOISE AND TRAILING OF THE SHEEP FESTIVAL OCTOBER 7 TO 14, 2019

Join us for an 8-day, 7-night Van 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/>



Walter K entertains our 2015 group; they are in the mirror and are really watching him.

On Thurs we take a Van 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 Van 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 S D 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.

This trip is presently filled and we are accepting names on a STAND-BY LIST in case anyone has to drop out. Please call the office at 619.231.7463.

This trip will be a VAN trip which may require some luggage restriction; however, we will have a van for getting around in Ketchum for the Trailing of the Sheep Festival. The number of travelers will be between 10 and 14. With the fewer travelers than my previous plans, now the cost is \$1,319 per person, double occupancy. There is no change for travelers that have already sent in their deposits. The cost for single occupancy is \$1,886.

If 3 travelers wish to share a double queen bedroom the cost for each will be \$941. The deposit is \$719 and is 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". 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.

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

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 BOARD MEETING

Friday, June 14th at 10:30 a.m.

Serra Mesa-Kearny Mesa Branch Library,
Sudberry Room

9005 Aero Drive, San Diego, CA 92123

All Subscribers Are Welcome

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

DATE	LEADER
Saturday 6/1	Don P (760) 670-6862 or dpiller@cox.net
Wednesday 6/5	Sherry M (619) 885-0055 or sherry.rokarty@gmail.com
Saturday 6/8	Bill B (619) 206-5809 or wa4lm@gmail.com
Wednesday 6/12	PJ (858) 566-8928 or pjeffery1@sbcglobal.net
Saturday 6/15	Bill B (619) 206-5809 or wa4lm@gmail.com
Wednesday 6/19	Mike L (858) 922-0738 or mlewis1944@gmail.com
Saturday 6/22	TBD
Wednesday 6/26	Ray E (760) 644-1648 or ray@escondidocoin.com
Saturday 6/29	TBD

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

President Elaine Berger	(858) 560-9003 President@walkabout-int.org
1st Vice President Robert Buehler	(858) 571-7733 vp1@walkabout-int.org
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3rd Vice President Stan Follis	(619) 222-3447 Stanley@walkabout-int.org
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OFFICE STAFF

Elaine Berger, Marilyn Buckley, Robert Buehler, Donna Farris, Janet Fenston, Dan Haslam, and Charlotte Sedgwick

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.

JUNE 2019 WALKS AT A GLANCE

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
						TBA Hike
2	3	4	5	6	7	8
7:15 am <i>Breakfast:</i> Shelter Island 8:15 am Merry Go-Round	6:30 am <i>Sunrise:</i> Lake Murray 10 am Historic La Playa Trail 10 am Crown Point Area Beckons	6:30 pm Above the Bay	TBA Hike 5:30 pm Wednesday Workout	6:30 am <i>Sunrise:</i> South Shore 10 am Shelter Island 10 am Mission Beach		TBA Hike
9	10	11	12	13	14	15
7:15 am <i>Breakfast:</i> Balboa Park 8:15 am Merry Go-Round	6:30 am <i>Sunrise:</i> San Diego River 10 am America's Cup Harbor 10 am Crown Point Area Beckons	6:30 pm Above the Bay	TBA Hike 5:30 pm Wednesday Workout	6:30 am <i>Sunrise:</i> North Park 10 am Shelter Island 10 am Mission Beach	10:30 am Walkabout Board Meeting 4:00 pm Mission Hills Meander	TBA Hike 9:30 am Cardiff & Encinitas
16	17	18	19	20	21	22
7:15 am <i>Breakfast:</i> Mission Beach 8:15 am Merry Go-Round	6:30 am <i>Sunrise:</i> Liberty Station 10 am Historic La Playa Trail 10 am Crown Point Area Beckons	2:00 pm Secret North Park 6:30 pm Above the Bay	TBA Hike 8:30 am Vital Aging Event 5:30 pm Wednesday Workout	6:30 am <i>Sunrise:</i> Mission Hills 10 am Shelter Island 10 am Mission Beach	5:36 pm Sunset Cliff Views	TBA Hike
23	24	25	26	27	28	29
7:15 am <i>Breakfast:</i> PB 8:15 am Merry Go-Round 8:30 am Village of Carlsbad	6:30 am <i>Sunrise:</i> Pacific Beach Boardwalk 10 am America's Cup Harbor 10 am Crown Point Area Beckons	6:30 pm Above the Bay	TBA Hike 5:30 pm Wednesday Workout	6:30 am <i>Sunrise:</i> Mission Bay Backwards 10 am Shelter Island 10 am Mission Beach	4:00 pm Mission Hills Meander	TBA Hike
30						
7:15 am <i>Breakfast:</i> La Jolla 8:15 am Merry Go-Round						

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 \$ _____

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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.

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Subscribe to the email list for Wilderness Hikes

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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.

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June 2019

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PASSING OF BRUCE HERMS

It is with great sadness that the Walkabout Board of Directors announces the passing of Bruce Herms, former President and Director Emeritus of Walkabout. Bruce died on Thursday, April 25 at a local hospital. He had most recently lived at The Paradise Village Retirement Home where he was busy writing music and manuscripts of his many stories.

We will be honoring Bruce and his many contributions to our organization at a pot-luck luncheon in mid-July. Details are being finalized and will be included in the July newsletter.

Our sincere sympathies to his family.



Front row: Larry Forman, Bruce Hermes, Verna Bain
Top row: Andy Garcia, Dan Haslam, Bob Buehler, Stan Follis



Bruce at Paula Stober's park get together, July 21, 2017.



Edie Andrew-Aketa and Bruce at his residence, Oct. 11, 2018.