“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 Walkabouters 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 its 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.
MONTHLY WALK ROUND-UP

SUNDAY, JUNE 2
7:15 am
.argument 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
.argument 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
.argument 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
.argument 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
.argument 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
.argument 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. 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
.argument 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
.argument 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
.argument 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
.argument 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.

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

THURSDAY, JUNE 27
10:00 am
楽しい 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.

SUNDAY, JUNE 30
7:15 am
☀ 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
楽しい MERRY GO-ROUND. See Sunday, June 2 for
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.

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.
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/

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 Feet, 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 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.

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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.

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**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

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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.

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**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

<table>
<thead>
<tr>
<th>DATE</th>
<th>LEADER</th>
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<tbody>
<tr>
<td>Saturday 6/1</td>
<td>Don P (760) 670-6862 or</td>
</tr>
<tr>
<td></td>
<td><a href="mailto:dpiller@cox.net">dpiller@cox.net</a></td>
</tr>
<tr>
<td>Wednesday 6/5</td>
<td>Sherry M (619) 885-0055</td>
</tr>
<tr>
<td></td>
<td><a href="mailto:sherry.rokarty@gmail.com">sherry.rokarty@gmail.com</a></td>
</tr>
<tr>
<td>Saturday 6/8</td>
<td>Bill B (619) 206-5809 or</td>
</tr>
<tr>
<td></td>
<td><a href="mailto:wa4lm@gmail.com">wa4lm@gmail.com</a></td>
</tr>
<tr>
<td>Wednesday 6/12</td>
<td>PJ (858) 566-8928 or</td>
</tr>
<tr>
<td></td>
<td><a href="mailto:pjeffery1@sbcglobal.net">pjeffery1@sbcglobal.net</a></td>
</tr>
<tr>
<td>Saturday 6/15</td>
<td>Bill B (619) 206-5809 or</td>
</tr>
<tr>
<td></td>
<td><a href="mailto:wa4lm@gmail.com">wa4lm@gmail.com</a></td>
</tr>
<tr>
<td>Wednesday 6/19</td>
<td>Mike L (858) 922-0738 or</td>
</tr>
<tr>
<td></td>
<td><a href="mailto:mlewis1944@gmail.com">mlewis1944@gmail.com</a></td>
</tr>
<tr>
<td>Saturday 6/22</td>
<td>TBD</td>
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<tr>
<td>Wednesday 6/26</td>
<td>Ray E (760) 644-1648 or</td>
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<tr>
<td></td>
<td><a href="mailto:ray@escondidocoin.com">ray@escondidocoin.com</a></td>
</tr>
<tr>
<td>Saturday 6/29</td>
<td>TBD</td>
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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>Role</th>
<th>Name</th>
<th>Contact Details</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>
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</table>

DIRECTORS

<table>
<thead>
<tr>
<th>Director</th>
<th>Phone Number</th>
<th>Email Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marilyn Buckley</td>
<td>(619) 231-7463</td>
<td><a href="mailto:prwalkabout@yahoo.com">prwalkabout@yahoo.com</a></td>
</tr>
<tr>
<td>Norman Vigeant</td>
<td>(619) 231-7463</td>
<td><a href="mailto:ngfrenchy@hotmail.com">ngfrenchy@hotmail.com</a></td>
</tr>
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</table>

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.

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<th>Sunday</th>
<th>Monday</th>
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<tr>
<td>7:15 am Breakfast: Shelter Island</td>
<td>6:30 am Sunrise: Lake Murray</td>
<td>6:30 pm Above the Bay</td>
<td>TBA Hike</td>
<td>6:30 am Sunrise: South Shore</td>
<td>10 am Shelter Island</td>
<td>10 am Mission Beach</td>
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<tr>
<td>8:15 am Merry Go-Round</td>
<td>10 am Historic La Playa Trail</td>
<td>10 am Crown Point Area Beckons</td>
<td>5:30 pm Wednesday Workout</td>
<td>10 am Shelter Island</td>
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<tr>
<td>7:15 am Breakfast: Balboa Park</td>
<td>6:30 am Sunrise: San Diego River</td>
<td>6:30 pm Above the Bay</td>
<td>TBA Hike</td>
<td>6:30 am Sunrise: North Park</td>
<td>10 am Shelter Island</td>
<td>10 am Mission Beach</td>
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<tr>
<td>8:15 am Merry Go-Round</td>
<td>10 am America’s Cup Harbor</td>
<td>10 am Crown Point Area Beckons</td>
<td>5:30 pm Wednesday Workout</td>
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<tr>
<td>7:15 am Breakfast: Mission Beach</td>
<td>6:30 am Sunrise: Liberty Station</td>
<td>2:00 pm Secret North Park</td>
<td>TBA Hike</td>
<td>6:30 am Sunrise: Mission Hills</td>
<td>5:30 pm Sunset Cliff Views</td>
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<tr>
<td>8:15 am Merry Go-Round</td>
<td>10 am Historic La Playa Trail</td>
<td>6:30 pm Above the Bay</td>
<td>8:30 am Vital Aging Event</td>
<td>10 am Shelter Island</td>
<td>TBA Hike</td>
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<tr>
<td>7:15 am Breakfast: PB</td>
<td>6:30 am Sunrise: Pacific Beach Boardwalk</td>
<td>6:30 pm Above the Bay</td>
<td>TBA Hike</td>
<td>6:30 am Sunrise: Mission Bay Backwards</td>
<td>4:00 pm Mission Hills Meander</td>
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<tr>
<td>8:15 am Merry Go-Round</td>
<td>10 am America’s Cup Harbor</td>
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<td>10 am Shelter Island</td>
<td>TBA Hike</td>
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<td>7:15 am Breakfast: La Jolla</td>
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<td>TBA Hike</td>
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10:30 am Walkabout Board Meeting
4:00 pm Mission Hills Meander
9:30 am Cardiff & Encinitas
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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NAME _______________________________________________________________ DATE ___________________________

ADDRESS _____________________________________________________________________________________________

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PRIMARY PHONE (             ) _________________________ OTHER PHONE (            )  ___________________________

EMAIL ADDRESS ______________________________________________________________________________________
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.