



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



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.

September 2019

NORM VIGEANT RESIGNS

I am sorry to announce the resignation of Norm Vigeant from the Walkabout board of directors. Norm felt that ongoing health issues prevented him from being able to participate on the board in a meaningful way. We want to thank Norm for his many years of service—he joined the board in 2005. He has participated in numerous overnight trips (he was especially fond of trips to Switzerland) and he was always willing to participate at our booths at health fairs to “sell” the virtues of walking—especially with Walkabout. His presence will be missed and we wish him the best of luck for the future.

Observation

“Start where you are.
Use what you have.
Do what you can.”

—Arthur Ashe


After many years of board service and co-leading trips, Norm Vigeant is retiring. In 2018 he toured New England with Walkabout. He is pictured here trying to make a strike on a unique, all-granite bowling alley at Rock of Ages granite company in Barre, VT, home of the world's deepest quarry. Norm is one of Walkabout's best cheerleaders, and his service will be missed.




MONTHLY WALK ROUND-UP

SUNDAY, SEPTEMBER 1

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.

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, SEPTEMBER 2


6:30 am

 **SUNRISE SERIES: HARBOR DRIVE.** We'll walk for 1 hour at a *moderate pace* on flat paved terrain. We hope to see many changes. Take Harbor Dr. south a couple blocks past Broadway, turn right and park at the Kissing Statue near the Midway Museum. Bring money for optional breakfast afterward. John & Marilyn, 619-840-5544.

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.

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.

TUESDAY, SEPTEMBER 3

2:00 pm


POINT LOMA GARDENS. Come find the site of what was once the world-famous Rosecroft Begonia Gardens as we stroll down the tree-canopied streets past spectacular mansions and gardens and up a hidden path. Meet at the corner of Catalina Blvd and Rosecroft Lane for a *casual-to-moderate* 1.5+ hour walk with some hills. Bus #84 stops at Catalina Blvd. and Garden Lane. Evelyn K., 619-461-6095.

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, SEPTEMBER 4

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, SEPTEMBER 5


6:30 am

 **SUNRISE SERIES: NATIONAL CITY.** We'll take a *moderate* 1-hour flat walk to check out the National City Marina and then on to Pepper Park. We hope to see a cargo ship unloading cars or lumber and people fishing off the pier. Bring money for an optional breakfast afterward. Take I-5 south to the Mile of Cars Way/Bay Marina Dr exit, turn right (west) and then make a left at signal into the restaurant parking lot where we'll meet. Connie V. (619) 477-8628.

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.


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, SEPTEMBER 8

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.

8:15 am


 **MERRY GO-ROUND.** See Sunday, September 1 for details.

MONDAY, SEPTEMBER 9

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.

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.

10:00 am

 **CROWN POINT AREA BECKONS.** See Monday, September 2 for details.

TUESDAY, SEPTEMBER 10

6:30 pm


 **ABOVE THE BAY.** See Tuesday, September 3 for details.

WEDNESDAY, SEPTEMBER 11

8:30 am


LAKE MURRAY. Walk at a *casual pace* for 1 hour on 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 at the covered picnic table by the water just off the main parking lot. Optional breakfast after. Janet F. (619) 890-4622.

5:30 pm




 **WEDNESDAY WORKOUT.** See Wednesday, September 4 for details.

THURSDAY, SEPTEMBER 12

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

KEY TO WALK SYMBOLS

-  WEEKLY REPEATING WALKS
-  SUNRISE SERIES
-  BREAKFAST SPECIAL

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 (619) 479-3962.

10:00 am

 **MISSION BEACH NORTH & SOUTH.** See Thursday, September 5 for

details.

10:00 am

 **SHELTER ISLAND WALK & TALK.** See Thursday, September 5 for details.

FRIDAY, SEPTEMBER 13

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.

SUNDAY, SEPTEMBER 15

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. If this parking lot is closed, meet in the large parking lot to the south. Edie A. edier@cox.net. (619) 313-7818.

8:15 am


 **MERRY GO-ROUND.** See Sunday, September 1 for details.

MONDAY, SEPTEMBER 16


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 (858) 278-4003.

10:00 am

 **AMERICA'S CUP HARBOR.** See Monday, September 2 for details.

10:00 am

 **CROWN POINT AREA BECKONS.** See Monday, September 2 for details.

TUESDAY, SEPTEMBER 17

2:00 pm

PT LOMA PROMENADE AND HOME TOUR. Nestled among the beautiful homes ranging in style from Colonial to Mediterranean to Art Deco is an incredible geodesic dome house called "The Greenest Home in San Diego",



Lenore's July walk at San Dieguito Lagoon.

and the owner/designer will treat us to a tour. Meet at the corner of Tennyson and Capistrano streets, one block east of Chatsworth, for a *casual-to-moderate*, 1.5 hour walk, which will include some hills. Bus #923 stops at Chatsworth Blvd. and Tennyson Street. Evelyn K. 619-461-6095.

6:30 pm

ABOVE THE BAY. See Tuesday, September 3 for details.

WEDNESDAY, SEPTEMBER 18

8:30 am

LAKE MURRAY. See Wednesday, September 11 for details.

5:30 pm

WEDNESDAY WORKOUT. See Wednesday, September 4 for details.

THURSDAY, SEPTEMBER 19

6:30 am

SUNRISE SERIES: MISSION HILLS. We'll discover what's new and old, what is being remodeled and renovated and the beautiful gardens 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.

10:00 am

MISSION BEACH NORTH & SOUTH. See Thursday, September 5 for details.

10:00 am

SHELTER ISLAND WALK & TALK. See Thursday, September 5 for details.

FRIDAY, SEPTEMBER 20 (THIRD 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, SEPTEMBER 22

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.

8:15 am

MERRY GO-ROUND. See Sunday, September 1 for details.

MONDAY, SEPTEMBER 23

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 & Marilyn**, 619-840-5544.

10:00 am

HISTORIC LA PLAYA TRAIL. See Monday, September 9 for details.

10:00 am

CROWN POINT AREA BECKONS. See Monday, September 2 for details.

TUESDAY, SEPTEMBER 24

6:30 pm

ABOVE THE BAY. See Tuesday, September 3 for details.

WEDNESDAY, SEPTEMBER 25

5:30 pm

WEDNESDAY WORKOUT. See Wednesday, September 4 for details.

THURSDAY, SEPTEMBER 26

6:30 am

SUNRISE SERIES: BY THE RIVER AT LIBERTY STATION. Join **Edie** for a *moderate*, 1-hour walk on mostly paved, level paths. We'll meet in the parking area near the river at the south end of Womble St. From the south, take I-5 to the Pacific Hwy. exit, veer to the



Connie Vickers Tecolote Canyon walk.



Connie Vickers Mission Hills walk among the jacarandas.

left onto Barnett Ave., turn left into Liberty Station, turn left at Womble St. From the north or east, take the Rosecrans St. exit, proceed several miles until you see Vons on your left – Womble St. is the next left turn. Optional breakfast follows. Edie A. (619) 313-7818.

10:00 am

W MISSION BEACH NORTH & SOUTH. See Thursday, September 5 for details.

10:00 am

W SHELTER ISLAND WALK & TALK. See Thursday, September 5 for details.

FRIDAY, SEPTEMBER 27

4:00 pm

MISSION HILLS MEANDER. See Friday, September 13 or details.

SUNDAY, SEPTEMBER 29

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.

8:15 am

W MERRY GO-ROUND. See Sunday, September 1 for details.

MONDAY, SEPTEMBER 30

6:30 am

S 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 (858) 278-4003.

10:00 am

W AMERICA'S CUP HARBOR. See Monday, September 2 for details.

10:00 am

W CROWN POINT AREA BECKONS. See Monday, September 2 for details.

FROM THE WALKABOUT PHOTO ARCHIVES



Mardi Gras 2017



Big Laguna meadow with the Wilderness Group.

MARK YOUR CALENDARS

SATURDAY, OCTOBER 26, 2019

ANNUAL PICNIC • MEETING • AUCTION

About time to start thinking about some yummy treat to share with your friends, as well as something to bring to the auction. Please bring items in good shape that you think someone else might enjoy. This is Elaine, last year I got a set of bath and hand towels that were just what I needed. I smile each time I shower and use these items!

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/>

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.



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

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!

1. Office Volunteers

Here is your opportunity to help keep our great organization going. Office hours are 10am-2pm Monday, Wednesday and Friday. Activities include answering the phone, checking the mail, general maintenance of the office and helping with projects as needed. No prior office experience is required as we will train you on all aspects of the job and a board member is usually only a phone call away if something comes up for which you have no answer. Currently we have been able to maintain office hours because board members are giving their time to serve.

2. Board of Directors Members

What does it take to be a member of the Board of Directors?

First and foremost a desire to do all that is necessary to keep this great organization moving forward. We request you attend one two hour meeting on the 2nd Friday of each month. These meetings are where we determine what events, activities, trips etc that Walkabout will do. In addition to board meetings, most members have additional activities-ex. Donna

is the secretary and takes the minutes of our board meetings, Diane is the treasures and makes sure our bills are paid, Stan keeps our membership rolls in order so people receive their monthly newsletter, Marilyn plans activities and day trips and Dan plans multi-day trips.

We currently need someone who would like to help us develop new walks. We would also like to have someone who is social media savvy and would like to spread our story using this forum.

If this sounds like something you would like to do, please attend a board meeting so we can meet you and hear your Ideas. If you can't attend the board meeting, please use the form on page 10, or the online version, to share your ideas with us.

WALKABOUT BOARD MEETING

Friday, September 13th 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
Wednesday 9/4	Mike L (858) 922-0738 or mlewis1944@gmail.com
Wednesday 9/11	Ray E (760) 644-1648 or ray@escondidocoin.com
Wednesday 9/18	Sherry M (619) 885-0055 or sherry.rokarty@gmail.com
Saturday 9/21	Irma K (619) 795-5821 or irmacaizan@gmail.com
Wednesday 9/25	PJ (858) 566-8928 or pjeffery1@sbcglobal.net

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.



Follow us on Facebook at
Walkabout International

BOARD MEMBERS

President Elaine Berger	(858) 560-9003 President@walkabout-int.org
1st Vice President Robert Buehler	(858) 571-7733 vp1@walkabout-int.org
2nd Vice President Dan Haslam	(619) 318-4870 danhaslam@walkabout-int.org
3rd Vice President Stan Follis	(619) 222-3447 Stanley@walkabout-int.org
Secretary Donna Farris	(619) 559-5650 secretary@walkabout-int.org
Treasurer Diane Erk	(619) 231-7463 treasurer@walkabout-int.org

DIRECTOR

Marilyn Buckley	(619) 231-7463 prwalkabout@yahoo.com
-----------------	--

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

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.

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.

SEPTEMBER 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	2	3	4	5	6	7
7:15 am <i>Breakfast:</i> Shelter Island 8:15 am Merry Go-Round	6:30 am <i>Sunrise:</i> Harbor Drive 10 am America's Cup Harbor 10 am Crown Point Area Beckons	2:00 pm Point Loma Gardens 6:30 pm Above the Bay	TBA Hike 5:30 pm Wednesday Workout	6:30 am <i>Sunrise:</i> National City 10 am Shelter Island 10 am Mission Beach		
8	9	10	11	12	13	14
7:15 am <i>Breakfast:</i> Balboa Park 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 8:30 am Lake Murray 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	
15	16	17	18	19	20	21
7:15 am <i>Breakfast:</i> Mission Beach 8:15 am Merry Go-Round	6:30 am <i>Sunrise:</i> South Shore 10 am America's Cup Harbor 10 am Crown Point Area Beckons	2:00 pm Point Loma Promenade and Home Tour 6:30 pm Above the Bay	TBA Hike 8:30 am Lake Murray 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
22	23	24	25	26	27	28
7:15 am <i>Breakfast:</i> Pacific Beach 8:15 am Merry Go-Round	6:30 am <i>Sunrise:</i> Pacific Beach Boardwalk 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> By the River at Liberty Station 10 am Shelter Island 10 am Mission Beach	4:00 pm Mission Hills Meander	
29	30					
7:15 am <i>Breakfast:</i> La Jolla 8:15 am Merry Go-Round	6:30 am <i>Sunrise:</i> Mission Beach 10 am America's Cup Harbor 10 am Crown Point Area Beckons					

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 _____



September 2019

2650 Truxtun Rd., Suite 110
San Diego, CA 92106-6007
(619) 231-7463
<http://www.walkabout-int.org>

CHANGE SERVICE REQUESTED

Nonprofit Org
U. S. Postage
PAID
San Diego, CA
Permit # 1946

“SEZ ME”

Elaine Berger, President

To me Walkabout is a great organization that has allowed me to meet wonderful people and participate in unique events. I know many of you feel the same way. However, my love for the organization does not change the fact that we face many issues. These are not new issues. I looked back at Bruce Hermes newsletter articles as president 20 years ago and he was addressing the same issues. At our board meeting on Aug. 9 the question of how to keep Walkabout thriving was discussed. The loss of two board members this year leaves us with a 7 member board. We are having difficulty finding new board members. Also a problem is finding volunteers to work in the office, participate at booths for health fairs, lead new walks, etc. Sadly, new members are few and far between. Therefore the question—what can each of us do to help keep Walkabout vibrant?

Only you, the members, can answer this question. Let our board members know what you feel you can do to help—leave messages on the office phone, send emails, or fill out the form and send through snail mail!

Online form: <https://walkabout-int.org>

HOW DO WE KEEP WALKABOUT THRIVING?

We want our membership to weigh in and let us know what you can do to help keep Walkabout thriving. Send this form through regular mail, use the online form, or call or email us the answers. Thanks

Name _____

Walkabout member for _____ years.

Do you know anyone who might be interested in joining Walkabout? ____ Yes ____ No

Are you interested in volunteering a couple of hours a week in the office or when Walkabout has a booth at an event? ____ Yes ____ No

If so: ____ Office ____ Event ____ Both

Are you interested in being a Board Member:
____ Yes ____ No

I can help by: _____

Walkabout International
2650 Truxtun Rd., Suite 110
San Diego, CA 92106-6007

Fill in form online:
<https://walkabout-int.org>