



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](http://www.walkabout-int.org), email: [info@walkabout-int.org](mailto: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.

## November 2019

### WALKABOUT WELCOMES A NEW BOARD OF DIRECTORS MEMBER

Please welcome Janet Fenston who was elected to the Walkabout Board of Directors on Friday, September 13. We welcome her presence and look forward to her contributions to our organization.

Janet moved to "sunny" San Diego from "snowy" Buffalo, New York in the 1970's. She raised her family—one daughter currently living in Ireland and one son living here in San Diego—and has three grandchildren. She spent her career working as a bookkeeper and still works part time for a local masonry company. Janet has a real green thumb and has treated many of our walkers with goodies from her garden. She also watches out and cares for feral cats in her neighborhood.



*Janet enjoying a lobster dinner while on Walkabout tour in South Yarmouth, MA (Cape Cod).*

Janet became a Walkabout member in 2013 and since then has participated in many of our local walks as well as enjoying traveling for both day trips and extended trips to Cape Cod and especially Switzerland. She has recently become involved in leading walks. Examples of her walks include Free Tuesdays in Balboa Park, a walk around Lake Murray and

she plans to begin walks from the Mission Trails visitor center.

Janet wants to concentrate her energy on the board by working to increase membership. I'm sure she will be asking for volunteers to participate in health fairs and public events to make sure Walkabout information is spread throughout the county.

# MONTHLY WALK ROUND-UP

## SUNDAY, NOVEMBER 3

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](mailto:edier@cox.net). (619) 313-7818.

**Bob Wilson** turns the magic 100 years young in November. Join us for the regular Merry Go Round walk on Sunday **November 3rd** at 8:15. Bob will be leading the walk which will include a birthday celebration.



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, NOVEMBER 4

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. We'll see walkers, bicyclers and lots of cute dogs out for their morning stroll. Optional breakfast follows. Betty H. (858) 248-3782.

10:00 am

**HISTORIC LA PLAYA TRAIL.** Join leader Rob as we follow a leg of the historic La Playa Trail along shoreline past yacht clubs, amazing homes and award winning gardens. Meet at the trail marker by the bay at the intersection of Talbot Street and Anchorage Lane, 2800 Talbot Street, an area which was the site of a Chinese junk shipbuilding village until the Chinese Exclusion Act. We will follow the ancient Kumeyaay path that became the oldest commercial trail in the Western United States, used by fur traders, whalers and fishermen to transport cargo from Ballast Point to Old Town and beyond. The *casual+ pace* is on a flat dirt trail for approx. 2.4 miles RT 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.** Start out your week with beautiful scenic views of Mission Bay and nearby homes. Our guest leader will take the group on



**Daylight Savings Time ends**

November 3, 2019

*Don't forget to set your clocks back 1 hour*

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, NOVEMBER 5

6:30 pm

 **ABOVE THE BAY.** Join us for some exercise and fabulous views of the lights around Mission Bay. Meet by Carl's Jr. at Clairemont Dr. and Burgener Blvd. for a hilly, 1-hour *plus, moderate to moderate-plus* walk. Rain, but not mist, cancels. Flashlight recommended. Please call Jill F. (858) 292-4231 to make sure walk is 'on' for the week. We cancel due to holidays or commitments during this busy season.

## WEDNESDAY, NOVEMBER 6

9:00 am

**MISSION TRAILS REGIONAL PARK, VISITOR CENTER LOOP.** This is a 1.5 mile round trip easy walk on a dirt trail. It's mostly level terrain with a gradual incline and some steps. It's a good idea to wear shoes with a good tread. No worn out tennies & no shorts! Meet in front of the Visitors Center. Arrive at 9 am. We will start walking 9:10 am to allow for bathroom time at the Visitors Center. Directions from Interstate 8 exit to Interstate 15, take Mission Gorge road exit then turn left on One Father Junipero Serra Trail, San Diego 92119. *Rain cancels.* Optional breakfast after. Janet F., (619) 890-4622.

## THURSDAY, NOVEMBER 7

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.** 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.

### KEY TO WALK SYMBOLS



WEEKLY REPEATING WALKS



SUNRISE SERIES



BREAKFAST SPECIAL

10:00 am

**AMERICA'S CUP HARBOR.** Join leader Rob 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.** See Monday, November 4 for details.

## FRIDAY, NOVEMBER 8

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, NOVEMBER 9

9:30 am

**POWAY TRAILS TROMP.** The City of Poway has an extensive trail system. Join this walk to explore just a few of them for an approximately 7.5 mile **moderate** loop along hiking trails, horse trails, and streets. Sightings of horses, chickens and other farm animals are possible. Some hills with a few steep spots. Meet in front of the Sprouts Farmers Market at 15737 Bernardo Heights Parkway (at intersection with Pomerado Road). Lenore E. (619) 890-0714 ([ledidin@san.rr.com](mailto:ledidin@san.rr.com)).

## SUNDAY, NOVEMBER 10

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](mailto:edier@cox.net). (619) 313-7818.

8:15 am

 **MERRY GO-ROUND.** See Sunday, November 3 for details.

## MONDAY, NOVEMBER 11

6:30 am

 **SUNRISE SERIES: MARINA VILLAGE.** This is a very flat 1 hour walk at a **moderate pace** with beautiful views where many sport fishing boats are moored. Take the I-8 to the west end, left onto Sunset Cliffs Blvd., right at the light (W. Point Loma Blvd.), then right at Bacon St. (stop sign) to the parking lot by the restrooms at Robb Field. Bring money for optional breakfast afterward. Winnie M. (858) 278-4003.

## TUESDAY, NOVEMBER 12

2:00 pm

**VETERANS MEMORIAL CENTER.** Celebrate Veterans Day a day late with a visit to the Veterans Museum in Balboa Park, in the building that once was the chapel that served the Balboa Naval Hospital. Today the museum is free to San Diego residents, so bring your ID and come 30 minutes early to enjoy the displays before we walk. We will meet at the flagpole in front of the Veterans Memorial Center and Museum (not the War Memorial Bldg.), 2115 Park Blvd. Then we will stroll through the Veterans Memorial Garden and Garden Court, the Rose Garden, and the Desert Garden for a **casual-to-moderate**, 1 1/2 hour, flat walk. Park in one of the large public lots in front of or to the south of the Veterans Museum or take the #7 bus to Presidents Way. **Rain cancels.** Evelyn K. (619) 461-6095.

6:30 pm

 **ABOVE THE BAY.** See Tuesday, November 5 for details.

## THURSDAY, NOVEMBER 14

6:30 am

 **SUNRISE SERIES: OLD TOWN.** We'll walk through Old Town San Diego State Historic Park to check out what's new. Old Town San Diego' established in 1769 is considered the "birthplace of California" and is worth a visit. Meet at the corner of Pacific Hwy. and Rosecrans St. for this flat, **casual to moderate** 1-hour walk. Bring money for optional breakfast afterward. Frances (619) 479-3962.

10:00 am

 **MISSION BEACH NORTH & SOUTH.** See Thursday, November 7 for details.

10:00 am

 **SHELTER ISLAND WALK & TALK.** See Thursday, November 7 for details.

## FRIDAY, NOVEMBER 15 (THIRD FRIDAY)

5:10 pm (*Note time Change*)

**SUNSET CLIFFS VIEWS.** We'll finish our one hour walk near sunset so we will not be walking in the dark, but we will enjoy this picturesque wonderland and

spectacular views with occasional surprises such as weddings, marriage proposals and impromptu celebrations. Meet at Sunset Cliffs Blvd. & Point Loma Ave. (not West Point Loma Blvd.) in Ocean Beach. For public transit, take bus route 923 from downtown at Broadway & 5th Ave. OR route 35 from Old Town Transit Center and transfer to route 923 in O.B. We walk at a casual pace with stops as appropriate. Stan F. (619) 222-3447.

## SUNDAY, NOVEMBER 17

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](mailto:edier@cox.net). (619) 313-7818.

8:15 am

 **MERRY GO-ROUND.** See Sunday, November 3 for details.

## MONDAY NOVEMBER 18

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. John & Marilyn, 619-840-5544.

10:00 am

**HISTORIC LA PLAYA TRAIL.** See Monday, November 4 for details.

10:00 am

 **CROWN POINT AREA BECKONS.** See Monday, November 4 for details.

## TUESDAY, NOVEMBER 19

6:30 pm

 **ABOVE THE BAY.** See Tuesday, November 5 for details.

## WEDNESDAY, NOVEMBER 20

9:00 am

**LAKE MURRAY.** Come join us for a peaceful casual paced 1 hour walk on a mostly flat path by the water. There is a variety of wildlife to be seen as well. 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.

## THURSDAY, NOVEMBER 21

6:30 am

 **SUNRISE SERIES: LIBERTY STATION.** Meet Edie A. in the parking lot to the left of Trader Joes on Truxtun Rd. We will walk the arcades and look for some

new sculptures made of cloth. We will see attractions old and new. There is always a new café. Hear about the new Music Hall that is planned, and learn about all the happenings on First Friday. Edie has grown a little slower, but some will walk faster. Enjoy the early morning air and the quiet of a usually noisy place. Bring money for an optional breakfast and more time to chat with friends. Edie A. [edier@cox.net](mailto:edier@cox.net). (619) 313-7818.

10:00 am

 **MISSION BEACH NORTH & SOUTH.** See Thursday, November 7 for details.

10:00 am

 **SHELTER ISLAND WALK & TALK.** See Thursday, November 7 for details.

## FRIDAY, NOVEMBER 22

4:00 pm

**MISSION HILLS MEANDER.** See Friday, November 8 for details.

## SUNDAY, NOVEMBER 24

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](mailto:edier@cox.net). (619) 313-7818.

8:15 am

 **MERRY GO-ROUND.** See Sunday, November 3 for details.

## MONDAY, NOVEMBER 25

6:30 am

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

10:00 am

**AMERICA'S CUP HARBOR.** See Monday, November 11 for details.

10:00 am

 **CROWN POINT AREA BECKONS.** See Monday, November 4 for details.

## TUESDAY, NOVEMBER 26

6:30 pm

 **ABOVE THE BAY.** See Tuesday, November 5 for details.

## THURSDAY, NOVEMBER 28 (THANKSGIVING)

10:00 am

**THANKSGIVING SHELTER ISLAND WALK.** See Thursday, November 7 for details.

1:00 pm

**THANKSGIVING DINNER AT MIMI'S CAFE.** See article on page 5 for details.

# FROM THE WALKABOUT PHOTO ARCHIVES



La Jolla Shores



TP bridge



## Join your Walkabout Friends for a group meal at 1pm on Thanksgiving Day

### ***Mimi's Cafe***

5180 Mission Center Road, San Diego, CA 92108, 619-491-0284

Join your Walkabout Friends for a group meal at 1pm on Thanksgiving Day, Thursday November 28, 2019 at Mimi's Café in Mission Valley. Call the Walkabout office at (619) 231-7463 to put your name on the list of attendees (need a head count for our reservation). Deadline to be included is Friday, November 15, 2019. You will pay for your meal at the restaurant.

The dine-in Thanksgiving meal usually includes: Soup or Salad, Roasted Turkey, Traditional Gravy, Buttered Cornbread Stuffing, Candied Pecan Sweet Potatoes, Whipped Mashed Potatoes, Green Bean Casserole. The approximate cost is \$18.99 (plus tax and tip). The meal includes a choice of dessert (depends on what they offer that day), drinks are extra. Ice tea = \$2.99, soft drinks = \$3.29 and bar drinks are available also. *Total cost around \$30 (includes meal, dessert, non-alcoholic drink, tax and 20% tip).*

# WALKABOUT WILL PARTICIPATE IN THE UNION TRIBUNE'S



Saturday, November 2, 2019 | 9 a.m. - 4 p.m.  
San Diego Convention Center

Walkabout will be participating in the Union Tribune's "Successful Aging Expo" this year on Saturday, November 2, 2019. The event will be downtown at the San Diego Convention Center Ballroom 6, Upper Level. 111 W. Harbor Drive, San Diego, Ca 92101.

The 10th annual "Successful Aging Expo" gathers the latest in research, products, and services to help San Diegans make the most of life after 50. They have been promoting it in their newspaper, you probably have seen their ads. This event features FREE admission, expert speakers and the latest information, services and products geared to active older adults. For more information, [sandiegouniontribune.com/successful-aging-sd](http://sandiegouniontribune.com/successful-aging-sd)

Walkabout needs volunteers to work in our booth. This is your opportunity to show your support for Walkabout. If you want to sign up for a shift, please contact Marilyn Buckley at (619) 231-7463. The best way to get there is on the trolley. It stops about a block away. You can see the convention center from the trolley station.



Carol Carr's walk on Sept. 18 in Encinitas, the group is posed in front of the statue of the Cardiff Kook.

## 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. For example,

Donna is the secretary and takes the minutes of our board meetings, Diane is the treasurer 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 email your ideas to Elaine Berger [President@walkabout-int.org](mailto:President@walkabout-int.org).

## WALKABOUT BOARD MEETING

Friday, November 8th at 10:30 a.m.

Mission Valley Library, Seminar Room A  
2123 Fenton Parkway, San Diego 92108

*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 11/6	Group returning from Idyllwild Trip - <i>No Hike</i>
Saturday 11/9	Irma K (619) 795-5821 or <a href="mailto:irmacaizan@gmail.com">irmacaizan@gmail.com</a>
Wednesday 11/13	Mike M (858) 449-9399 or <a href="mailto:pmi-chael@mcdonaldgroup.net">pmi-chael@mcdonaldgroup.net</a>
Wednesday 11/20	Sherry M (619) 885-0055 or <a href="mailto:sherry.rokarty@gmail.com">sherry.rokarty@gmail.com</a>
Wednesday 11/27	Day before Thanksgiving - <i>No Hike</i>
Thursday 11/28	Don P Thanksgiving hike and Potluck at Daley Ranch (760) 670-6862 or <a href="mailto:dpiller@cox.net">dpiller@cox.net</a>

### 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 <a href="mailto:President@walkabout-int.org">President@walkabout-int.org</a>
1st Vice President Robert Buehler	(619) 470-0778 <a href="mailto:vp1@walkabout-int.org">vp1@walkabout-int.org</a>
2nd Vice President Dan Haslam	(619) 318-4870 <a href="mailto:danhaslam@walkabout-int.org">danhaslam@walkabout-int.org</a>
3rd Vice President Stan Follis	(619) 222-3447 <a href="mailto:Stanley@walkabout-int.org">Stanley@walkabout-int.org</a>
Secretary Donna Farris	(619) 559-5650 <a href="mailto:secretary@walkabout-int.org">secretary@walkabout-int.org</a>
Treasurer Diane Erk	(619) 231-7463 <a href="mailto:treasurer@walkabout-int.org">treasurer@walkabout-int.org</a>

## DIRECTOR

Marilyn Buckley	(619) 231-7463 <a href="mailto:prwalkabout@yahoo.com">prwalkabout@yahoo.com</a>
Janet Fenston	(619) 890-4622

## OFFICE STAFF

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

## 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](mailto: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](mailto:publisher@walkabout-int.org).

## JOIN US ON MEETUP!

[www.meetup.com/Walkabout-International](http://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.

# NOVEMBER 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
The Merry-Go-Round walk on Nov. 3 will be led by <b>Bob Wilson</b> , who turns 100 in November. A birthday celebration is included in his special walk.						
3	4	5	6	7	8	9
<p><i>Daylight Savings Time ends, set your clock back 1 hr</i></p> <p><b>7:15 am</b> Breakfast: Shelter Island</p> <p><b>8:15 am</b> Merry-Go-Round</p>	<p><b>6:30 am</b> <i>Sunrise:</i> Lake Murray</p> <p><b>10 am</b> Historic La Playa Trail</p> <p><b>10 am</b> Crown Point Area Beckons</p>	<p><b>6:30 pm</b> Above the Bay</p>	<p>TBA Hike</p> <p><b>9:00 am</b> Mission Trails Regional Park</p>	<p><b>6:30 am</b> <i>Sunrise:</i> Mission Hills</p> <p><b>10 am</b> Shelter Island</p> <p><b>10 am</b> Mission Beach</p>	<p><b>10:30 am</b> Walkabout Board Meeting</p> <p><b>4:00 pm</b> Mission Hills Meander</p>	<p>TBA Hike</p> <p><b>9:30 am</b> Poway Trails Tromp</p>
10	11	12	13	14	15	16
<p><b>7:15 am</b> Breakfast: Balboa Park</p> <p><b>8:15 am</b> Merry-Go-Round</p>	<p><b>6:30 am</b> <i>Sunrise:</i> Marina Village</p> <p><b>10 am</b> America's Cup Harbor</p> <p><b>10 am</b> Crown Point Area Beckons</p>	<p><b>2:00 pm</b> Veterans Memorial Center</p> <p><b>6:30 pm</b> Above the Bay</p>	<p>TBA Hike</p>	<p><b>6:30 am</b> <i>Sunrise:</i> Old Town</p> <p><b>10 am</b> Shelter Island</p> <p><b>10 am</b> Mission Beach</p>	<p><b>5:10 pm</b> Sunset Cliff Views</p>	
17	18	19	20	21	22	23
<p><b>7:15 am</b> Breakfast: Mission Beach</p> <p><b>8:15 am</b> Merry-Go-Round</p>	<p><b>6:30 am</b> <i>Sunrise:</i> Mission Bay Backwards</p> <p><b>10 am</b> Historic La Playa Trail</p> <p><b>10 am</b> Crown Point Area Beckons</p>	<p><b>6:30 pm</b> Above the Bay</p>	<p>TBA Hike</p> <p><b>9:00 am</b> Lake Murray</p>	<p><b>6:30 am</b> <i>Sunrise:</i> Liberty Station</p> <p><b>10 am</b> Shelter Island</p> <p><b>10 am</b> Mission Beach</p>	<p><b>4:00 pm</b> Mission Hills Meander</p>	
24	25	26	27	28	29	30
<p><b>7:15 am</b> Breakfast: Pacific Beach</p> <p><b>8:15 am</b> Merry-Go-Round</p>	<p><b>6:30 am</b> <i>Sunrise:</i> Pacific Beach Boardwalk</p> <p><b>10 am</b> America's Cup Harbor</p> <p><b>10 am</b> Crown Point Area Beckons</p>	<p><b>6:30 pm</b> Above the Bay</p>	<p>TBA Hike</p>	<p><b>10:00 am</b> Thanksgiving Day Shelter Island Walk, See Nov. 7th for details</p> <p><b>1:00 pm</b> Thanksgiving Lunch see p.5 for details</p>		

# 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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ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP+4 \_\_\_\_\_ - \_\_\_\_\_

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## NEWSLETTER AND EMAIL OPTIONS

PDF ONLY (fully tax deductible, eco-friendly, and helps us keep costs down)

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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.

NAME \_\_\_\_\_ DATE \_\_\_\_\_

ADDRESS \_\_\_\_\_

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November 2019

2650 Truxtun Rd., Suite 110  
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(619) 231-7463  
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## MARGARET ANN SAMUELSON WALKER AUGUST 3, 1920 - SEPTEMBER 8, 2019

One of our dear Walkabout friends, Margaret Ann Samuelson Walker, age 99, died at home in Poulsbo, WA, on September 8, 2019. She



was predeceased by her husband, Allison Walker of Hammond, IN. Margaret was born on August 3, 1920 in Towner, CO, held a BA from Grinnell College, IA, and MS from Purdue University, IN. Margaret taught in Hammond, IN. In San Diego, Margaret was active in Mission Hills United Church

of Christ, Walkabout International, the San Diego Women's Club, and Scripps Ranch High School Library Volunteers.

### UPCOMING EVENTS/TRIPS/ WALKS

#### NOVEMBER:

- Successful Aging Expo 9am ..... Sat, Nov 2
- Thanksgiving Shelter Island Walk 10am ..... Thu, Nov 28
- Thanksgiving Dinner 1pm ..... Thu, Nov 28

#### DECEMBER:

- Office Appreciation Holiday Party/Gift Exchange ... TBD
- Hotel Del Coronado Walk ..... TBD
- San Diego Bay Boat Parade of Lights ..... Sun, Dec 8
- Annual Christmas Breakfast/Gift Exchange ... Wed, Dec 25

#### JANUARY:

- Annual New Years Day Walk ..... Wed, Jan 1
- Annual Walk Leaders Appreciation Luncheon ..... TBD

#### MARCH:

- Walkabout Anniversary Potluck ..... TBD

#### APRIL:

- Board Members Annual Retreat/Planning Session TBD