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.

January 2020

THE THINGS WE SAW IN BOISE

Walter Konopka leads our Walkabouters through the lava fields of Craters of the Moon Park in Idaho.
THURSDAY, JANUARY 2
6:30 am

☀️ SUNRISE SERIES: BALBOA PARK. Meet at 6th Ave. and Laurel St. to start our exploration of Balboa Park from the west side where we'll plan to see two of San Diego's historic treasures, the Marston House, a classic 1805 Arts and Crafts style museum home designed by renowned local architects William Hubbard and Irving Gill, and then continue over historic Cabrillo Bridge to Plaza de Panama and into Balboa Park as far as we can go in 1 hour on flat and paved terrain at your own pace. Bring money for optional breakfast afterward. John & Marilyn (619) 840-5544.

10:00 am

แนวทาง 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

Sortable 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, JANUARY 5
7:15 am

 createState 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

แนวทาง 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, JANUARY 6
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. Marlene G. cell (619) 204-0095.

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. 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, JANUARY 7
6:30 pm

แนวทาง 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, JANUARY 8
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, JANUARY 9
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 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

MISSION BEACH NORTH & SOUTH. See Thursday, January 2 for details.

10:00 am

SHELTER ISLAND WALK & TALK. See Thursday, January 2 for details.

FRIDAY, JANUARY 10

4:00 pm

MISSION HILLS MEANDER. Have you ever looked for patterns in the names of our local streets? From A to Z, Point Loma has streets named for famous authors. Pacific Beach has gem and mineral streets. Ash to Walnut are the tree streets in Banker’s Hill. Do you know what Mission Hills has? Join us at a new, one time location—the corner of West Washington and Albatross—for a one hour moderate walk as we discover what streets are unique to this area of San Diego. Cynthia R. (619) 889-6645.

SATURDAY, JANUARY 11

9:30 am

LAKE COUNTRY – SAN MARCOS. Start off the new decade on the right foot by joining me for this walk from Lake San Marcos to Discovery Lake in San Marcos. This will be a fairly flat, approximately 5 mile, moderate-paced journey along suburban streets and easy trails. Expect to see water fowl, finches and other natural sights along these peaceful, pretty, local lakes. Meet in front of the Decoy restaurant at 1035 La Bonita Dr., San Marcos, CA. From the intersection of S. Rancho Santa Fe Rd. and W. San Marcos Blvd, go south on S. Rancho Santa Fe Rd. Turn left at Lake San Marcos Dr. Turn left at San Marino. Turn right at La Bonita Dr. Lenore E. (619) 890-0714 (ledidin@san.rr.com).

SUNDAY, JANUARY 12

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, January 5 for details.

MONDAY JANUARY 13

6:30 am

SUNRISE SERIES: MISSION BAY. Let’s enjoy the season by the bay on this moderate, 1 hour, flat walk where we can watch for a beautiful sunrise and check out the different birds. Meet at the former Visitors Information Center. From the I-5, take the Clairemont Dr. exit and go west. Optional breakfast follows. Winnie M. (858) 278-4003.

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 and 75 minutes. Street parking; observe signage. Optional eats after; heavy rain cancels; served by bus #28. Sally R. (619) 222-3600. Repeats every other week.

10:00 am

CROWN POINT AREA BECKONS. See Monday, January 6 for details.

TUESDAY, JANUARY 14

6:30 pm

ABOVE THE BAY. See Tuesday, January 7 for details.

THURSDAY, JANUARY 16

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. Frances (619) 479-3962.

10:00 am

MISSION BEACH NORTH & SOUTH. See Thursday, January 2 for details.

10:00 am

SHELTER ISLAND WALK & TALK. See Thursday, January 2 for details.

FRIDAY, JANUARY 17 (THIRD FRIDAY)

4:10 pm (note time change)

SUNSET CLIFFS VIEWS. We’ll finish our one hour walk near dusk, 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 very casual pace with stops as appropriate. Stan F. (619) 222-3447.

KEY TO WALK SYMBOLS

WEEKLY REPEATING WALKS

SUNRISE SERIES

BREAKFAST SPECIAL

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SUNDAY, JANUARY 19
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, January 5 for details.

MONDAY, JANUARY 20 (DR. MARTIN LUTHER KING HOLIDAY)
6:30 am

**SUNRISE SERIES: DOWNTOWN—MLK PROMENADE.** We'll explore the Dr. Martin Luther King Jr. Promenade in celebration of this holiday. Along the way, we'll check on progress of any new construction in downtown. We'll meet at the parking lot next to the merry-go-round at the south end of Pacific Hwy for this flat, moderate, 1-hour walk followed by an optional breakfast. Connie V. (619) 477-8628.

10:00 am

**AMERICA’S CUP HARBOR.** See Monday, January 6 for details.

10:00 am

**CROWN POINT AREA BECKONS.** See Monday, January 6 for details.

TUESDAY, JANUARY 21
2:00 pm

**MAUREEN CONNOLLY WALK.** In celebration of the 100th anniversary of women receiving the vote, Evelyn will lead one walk each month honoring a notable San Diego woman. We will start with Maureen Connolly (“Little Mo”), one of the greatest women's tennis players of all time. We will see where she grew up, where she started playing tennis, and a new exhibit honoring her. Meet at the corner of Lincoln and Idaho streets for a casual-to-moderate, 1.5 plus hour walk with some hills. Buses stop on University Ave. at Utah or Oregon/ Pershing, and on El Cajon Blvd. at Utah and Oregon. Rain cancels. Evelyn K. (619) 461-6095.

6:30 pm

**ABOVE THE BAY.** See Tuesday, January 7 for details.

WEDNESDAY, JANUARY 22
9:00 am

**MISSION TRAILS REGIONAL PARK, OAK GROVE LOOP PLUS.** 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. Meet in front of 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, JANUARY 23
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

**MISSION BEACH NORTH & SOUTH.** See Thursday, January 2 for details.

10:00 am

**SHELTER ISLAND WALK & TALK.** See Thursday, January 2 for details.

FRIDAY, JANUARY 24
4:00 pm

**MISSION HILLS MEANDER.** Even if you really don't believe in it, many in China (with a population of over 1 billion) claim to follow the Chinese zodiac. We will walk, talk and learn about its 12 animal signs. You'll be saying “Guny Hay Fat Choy” before the end of the walk and be ready for the Year of the Rat. This is a 1 hour, casual to moderate 2.5 mile walk. From Washington St. go north on Goldfinch and west to our regular meeting place, 1920 Ft. Stockton Dr. Cynthia R. (619) 889-6645.
SUNDAY, JANUARY 26
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, January 5 for details.

MONDAY, JANUARY 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.

10:00 am
**HISTORIC LA PLAYA TRAIL.** See Monday, January 6 for details.

10:00 am
**CROWN POINT AREA BECKONS.** See Monday, January 6 for details.

TUESDAY, JANUARY 28
6:30 pm
**ABOVE THE BAY.** See Tuesday, January 7 for details.

THURSDAY, JANUARY 30
6:30 am
**SUNRISE SERIES: MISSION HILLS.** We’ll discover what’s new and old, what is being remodeled and renovated, the beautiful yards and gardens in one of San Diego’s oldest neighborhoods. This is a moderate 1-hour walk on flat terrain, but for the faster walkers, there will be an option for you. 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, January 2 for details.

10:00 am
**SHELTER ISLAND WALK & TALK.** See Thursday, January 2 for details.

UPCOMING EVENTS/TRIPS/WALKS

JANUARY:
Annual Walk Leaders Appreciation Luncheon .......TBD

MARCH:
Walkabout Anniversary Potluck..................................TBD

APRIL:
Board Members Annual Retreat/Planning Session TBD
**JANUARY 2020 WALKS AT A GLANCE**

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

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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<td>1</td>
<td>TBA Hike</td>
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<tr>
<td>6:30 am Sunrise: Lake Murray</td>
<td>6:30 pm Above the Bay</td>
<td>TBA Hike 9:00 am Lake Murray</td>
<td>6:30 am Sunrise: By the River at Liberty Station</td>
<td>6:30 pm Mission Hills Meander</td>
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<td>7:15 am Breakfast: Shelter Island</td>
<td>8:15 am Merry-Go-Round</td>
<td>7:15 am Breakfast: Balboa Park</td>
<td>10 am America's Cup Harbor</td>
<td>10 am Mission Beach</td>
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<tr>
<td>8:15 am Merry-Go-Round</td>
<td>6:30 am Sunrise: Mission Bay</td>
<td>10 am Historic La Playa Trail</td>
<td>10 am Mission Beach</td>
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<tr>
<td>7:15 am Breakfast: Mission Beach</td>
<td>8:15 am Merry-Go-Round</td>
<td>6:30 am Sunrise: Downtown—MLK Prom.</td>
<td>10 am America's Cup Harbor</td>
<td>10 am Mission Beach</td>
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<tr>
<td>7:15 am Breakfast: Pacific Beach</td>
<td>8:15 am Merry-Go-Round</td>
<td>6:30 am Sunrise: Mission Bay Backwards</td>
<td>10 am Historic La Playa Trail</td>
<td>10 am Mission Beach</td>
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<tr>
<td>6:30 pm Above the Bay</td>
<td>TBA Hike</td>
<td>6:30 pm Mission Trails Regional Park</td>
<td>6:30 am Sunrise: Pacific Beach Boardwalk</td>
<td>4:00 pm Mission Hills Meander</td>
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<tr>
<td>2:00 am Lake Maureen Connelly Walk</td>
<td>6:30 pm Above the Bay</td>
<td>6:30 am Sunrise: Mission Hills</td>
<td>10 am Shelter Island</td>
<td>10 am Mission Beach</td>
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<td>4:10 pm Sunset Cliff Views</td>
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<td>4:00 pm Mission Hills Meander</td>
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<td>4:00 pm Mission Hills Meander</td>
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6
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.

WALKABOUT BOARD MEETING
Friday, January 10th at 10:30 a.m.
Serra Mesa-Kearny Mesa Branch Library, Sudberry Room
9005 Aero Drive, San Diego 92123
All Subscribers Are Welcome
WILDERNESS 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>Wednesday 1/1</td>
<td>Don P (760) 670-6862 or <a href="mailto:dpiller@cox.net">dpiller@cox.net</a></td>
</tr>
<tr>
<td>Wednesday 1/8</td>
<td>Mike M (858) 449-9399 or <a href="mailto:pmichael@mcdonaldgroup.net">pmichael@mcdonaldgroup.net</a></td>
</tr>
<tr>
<td>Wednesday 1/15</td>
<td>Mike L (858) 922-0738 or <a href="mailto:mlewis1944@gmail.com">mlewis1944@gmail.com</a></td>
</tr>
<tr>
<td>Wednesday 1/22</td>
<td>PJ (858) 566-8928 or <a href="mailto:pjeffery1@sbcglobal.net">pjeffery1@sbcglobal.net</a></td>
</tr>
<tr>
<td>Wednesday 1/29</td>
<td>Myra C (619) 876-1814 or <a href="mailto:sierra.myra@gmail.com">sierra.myra@gmail.com</a></td>
</tr>
</tbody>
</table>

SAFETY FIRST!
Flashlights should be kept handy on evening or early morning walks. They help you not only to see, but to be seen. In case of emergency please carry ID and medical information.

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.

BOARD MEMBERS

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Contact Information</th>
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Kathy Johnson kathyj@walkabout-int.org, 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 kathyj@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.

Follow us on Facebook at Walkabout International
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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CITY __________________________________________________________ STATE ____ ZIP+4___________- __________

PRIMARY PHONE (             ) _________________________ OTHER PHONE (            )  ___________________________

EMAIL ADDRESS ______________________________________________________________________________________
January 2020

WALKABOUT MEMBERS HAD A GREAT TIME AT THE SAN DIEGO BAY BOAT PARADE OF LIGHTS

ENJOYING HOLIDAY LIGHTS

Beverly D. and Clairemont Holiday Lights Walkers