March 2020

On Tuesday, January 21, this large group followed Evelyn Kooperman to Morley Field to learn about San Diego tennis star Maureen Connolly ("Little Mo") at a new exhibit that recently opened there.
MONTHLY WALK ROUND-UP

SUNDAY, MARCH 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+. Rick P. (858) 565-7212.

MONDAY, MARCH 2
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. (619) 692-3020, 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.

TUESDAY, MARCH 3
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, MARCH 4
9:00 am  🌅 OLD MISSION DAM—MISSION TRAILS REGIONAL PARK. We'll meet in the parking area by the Old Mission Dam. Turn Left off Mission Gorge Road to Father Junipero Serra Trail, drive thru the park to the parking lot on the left by Old Mission Dam. If parking lot is full, there is some street parking. Pay attention to areas of No Parking. We will walk for about 1 and ½ hours. Wear shoes with good tread as we will be on dirt trail with some paved road. Rain cancels. Optional breakfast after. Janet F. (619) 890-4622.

THURSDAY, MARCH 5
6:30 am  🌅 SUNRISE SERIES: CORONADO HISTORICAL DESTINATIONS. Let's take a flat, moderately paced walk through scenic Coronado where we will visit some of Coronado's historic sites: Coronado Village Theater, Coronado Historical Association, Museum of History and Art, Glorietta Bay Inn, Coronado Boatthouse (1887), Hotel Del Coronado, and of course beautiful Coronado Beach. We'll walk along Orange Avenue, Coronado's historic Downtown a “Main Street U.S.A." Early morning in Coronado is the best! Take a ride over the San Diego-Coronado Bay Bridge and meet us at the west side of 10th St. and Orange Avenue. Optional breakfast afterwards. Connie V. (619) 477-8628.

10:00 am  🌡 SHELTER ISLAND WALK & TALK. Join Rob, Elaine, Janet or Kathy B. for a beautiful walk from the Bali Hai to the Japanese 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.

SATURDAY, MARCH 7
9:30 am  🌅 LAKE HODGES TRAILS. Let's take a hike along
some scenic trails near Lake Hodges. There are two separate loop trails on this approximately 5-mile, moderate paced hike. On the Bernardo Bay and Piedras Pintadas trails we'll see a waterfall, cross a couple of little bridges, and get close-up views of Lake Hodges. Be prepared for some ups and downs and a few rocky places. The meeting point is in Rancho Bernardo at the intersection of Poblado Road and Moon Song Ct. If coming from the south: Take Hwy 15 to Rancho Bernardo Road and go west (left). Turn right on West Bernardo Dr. Turn left on Duenda Rd. If coming from the north: Take Hwy 15 to West Bernardo Dr. and go west (left). Turn right on Duenda Rd. From Duenda Rd the trailhead is on the right after the third stop sign at the curve in the road. Lenore E. (619) 890-0714 (ledidan@san.rr.com).

SUNDAY, MARCH 8
7:15 am
\[\text{BREAKFAST SPECIAL: BALBOA PARK.}\] 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
\[\text{MERRY GO-ROUND.}\] See Sunday, March 1 for details.

MONDAY MARCH 9
6:30 am
\[\text{SUNRISE SERIES: PACIFIC BEACH BOARDWALK.}\] 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
\[\text{HISTORIC LA PLAYA TRAIL.}\] 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.

TUESDAY, MARCH 10
10:00 am
\[\text{HAPPY 43RD BIRTHDAY WALKABOUT.}\] Recreate the walk that launched thousands upon thousands of ships, er, walks since St. Patrick's Day of 1977. Savor what the times were like back then and how Walkabout took its first baby steps. Explore what were some little-known trails in the picturesque La Playa area of Point Loma on a 1.5 hour, moderate walk over mixed up and down terrain. Look for Rob K. who is recreating Larry's first walk, at the front of Pizza Nova (5050 N. Harbor Dr.) near Scott Street. There is free parking available in the lot or on streets nearby. From there we'll proceed to the traditional "poetic" starting point of Scott and Emerson Streets. Rain cancels. (619) 972-2819.

2:00 pm
\[\text{HAZEL WOOD WATERMAN.}\] In the continuing series of walks honoring San Diego women, we will admire some of the houses and buildings designed by San Diego's first woman architect. Meet at the corner of Front and Walnut streets for a flat, casual-to-moderate 1 1/2- hr walk. Bus #11 stops at First and Walnut. Rain cancels. Evelyn K. (619)461-6095.

6:30 pm
\[\text{ABOVE THE BAY.}\] See Tuesday, March 3 for details.

WEDNESDAY, MARCH 11
9:00 am
\[\text{NORTH LAKE MURRAY.}\] We'll meet on the Northwest side of Lake Murray in the parking lot off Murray Park Drive by the Softball Fields & Tennis Court for a 1 hour casual paced walk. We will walk to the closed gates and back and a short way toward the main entrance for a little different perspective than our usual walk. Rain cancels. Optional breakfast after. Janet F. (619) 890-4622.

THURSDAY, MARCH 12
6:30 am
\[\text{SUNRISE SERIES: CHULA VISTA MARINA.}\] We will be taking a 1-hour walk along the San Diego Bay front of Chula Vista Marina View Park. Take Highway 5 south to the J-Street exit and then follow J St. to the boat launch parking lot and we'll meet at the northwest corner near the park identification sign. Optional breakfast follows. Frances (619) 479-3962.

10:00 am
\[\text{SHELTER ISLAND WALK & TALK.}\] See Thursday, March 5 for details.

FRIDAY, MARCH 13
4:00 pm
\[\text{MISSION HILLS MEANDER.}\] Don't let “friggatriskadekaphobia " stop you from walking this Friday the 13th! No need to be afraid as we won't be trekking under any ladders and, knock on wood, we won't see any black cats along the way. We'll do our best to avoid stepping on any cracks in the sidewalk as well. Come join us on this moderate, 2.5 mile, one hour walk starting at 1920 Fort Stockton Drive and make it your lucky day. Cynthia R. (619) 889-6645.
SUNDAY, MARCH 15
7:15 am
☀️ BREAKFAST SPECIAL: OCEAN BEACH. Let’s see what the fishermen are catching on the Ocean Beach pier, and if the surfers are having any luck in catching waves below. We'll walk the pier and the neighborhood to check what is going on and then have a Sunday breakfast at a near by restaurant. So join us for fresh ocean breezes and lots of laughs to start your day. Meet across the street from the old Strand Theatre on Newport Blvd. Edie A. edier@cox.net. (619) 313-7818.

8:15 am
❄️ MERRY GO-ROUND. See Sunday, March 1 for details.

MONDAY, MARCH 16
6:30 am
☀️ SUNRISE SERIES: HARBOR ISLAND. 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
°F SHELTER ISLAND WALK & TALK. See Thursday, March 5 for details.

TUESDAY, MARCH 17
6:30 pm
❄️ ABOVE THE BAY. See Tuesday, March 3 for details.

THURSDAY, MARCH 19
6:30 am
☉ SUNRISE SERIES: MISSION HILLS. Enjoy the beautiful yards and views from one of San Diego’s oldest neighborhoods, home to Mission Hills Historic District. This is a moderate 1-hour walk on mostly flat terrain, but there are also options for some outstanding hills (views towards the San Diego Airport and also Mission Valley. Discover what is new and old, what is being remodeled and renovated and just enjoy being in one of San Diego’s oldest neighborhoods. 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
°F SHELTER ISLAND WALK & TALK. See Thursday, March 5 for details.

FRIDAY, MARCH 20 (THIRD FRIDAY)
6:05 pm (note time change)
☉ SUNSET CLIFFS VIEWS. We'll finish our one hour walk near sunset. 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. This walk will be AT YOU OWN PACE. You may walk at whatever pace you prefer. We will walk south for 30 minutes and then come back on the same route and meet everyone one hour after we started in time to catch the bus or get a snack and socialize. For public transit, take bus route 35 from Old Town Transit Center OR route 923 from downtown at Broadway & 5th Ave.
and transfer to route 35 in O.B.
Stan F. (619) 222-3447.

SUNDAY, MARCH 22

7:15 am

しましょう: 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, March 1 for details.

MONDAY, MARCH 23

6:30 am

SUNRISE SERIES: SUNSET CLIFFS. Our 1-hour walk will take us by mansions on our right and the ocean on our left. Some may choose a dirt path closer to the ocean and others the streets. We'll meet at Point Loma Ave. and Sunset Cliffs Blvd. Take I-8 west to the end. Turn left and then take the right option which is Sunset Cliffs Blvd. Follow it for 1.7 miles to our meeting place. Bring money for an optional breakfast. Edie A. edier@cox.net. (619) 313-7818.

10:00 am

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

TUESDAY, MARCH 24

10:00 am

CHERRY BLOSSOM—JAPANESE FRIENDSHIP GARDEN. Come celebrate spring and the cherry blossoms in beautiful Balboa Park with a casual walk through the gardens. You will find an abundance of flowers as we make our way down the winding paths to the stream and koi pond below. This is a free Tuesday event for City & County residents so make sure to bring your ID. Meet at the front entrance to the gardens. Optional lunch at the café in front. Elaine B. (858) 560-9003 and Janet F. (619) 890-4622.

6:30 pm

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

THURSDAY, MARCH 26

6:30 am

SUNRISE SERIES: CLAIREMONT. Meet at Clairemont Dr. and Rappahannock Ave. by the CCSA Building as we explore for 1 hour the almost finished area with new landscaping, etc. As usual there will be 2 groups, casual and moderate paced. Watch the weather and dress accordingly. Bring money for optional breakfast afterward. Winnie (858) 278 4003.

10:00 am

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

FRIDAY, MARCH 27

4 pm

MISSION HILLS MEANDER. How many walks have you gone on this month? March 4th was Walkabout's anniversary so hopefully you “marched forth” and completed several. Come get your feet stickers to add to your passport. Meet at 1920 Ft. Stockton Drive for a one hour, 2.5 mile, moderate walk. Cynthia R. (619) 889-6645.

SUNDAY, MARCH 29

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 Point Loma Ave. Bring money for optional breakfast afterward. Winnie (858) 278 4003.

8:15 am

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

MONDAY, MARCH 30

6:30 am

SUNRISE SERIES: SUNSET CLIFFS. We'll take a 1 hour, flat walk at your own pace. Take I-8 West toward the beach. Turn left onto Sunset Cliffs Blvd, then slight right to stay on Sunset Cliffs Blvd for 1.7 miles to Point Loma Avenue, turn left and park on the street. Meeting place is Sunset Cliffs Blvd. and Point Loma Ave. Bring money for optional breakfast afterward. Winnie (858) 278 4003.

10:00 am

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

TUESDAY, MARCH 31

6:30 pm

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

UPCOMING EVENTS/TRIPS/WALKS

MARCH:

Anniversary Walk ............................................March 10
Walk Leaders Lunch ...........................................TBD

APRIL:

Descanso Garden Bus Trip ...................................TBD

OCTOBER:

Annual Meeting/Mission Bay Picnic ........................TBD

Join Evelyn Kooperman, former librarian and author of “San Diego Trivia” as she leads a walk once a month at 2:00 on a Tuesday afternoon. Come enjoy her walks and learn interesting tidbits about women who shaped San Diego history.
### MARCH 2020 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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<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
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<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 9:00 am Old Mission Dam—Mission Trails Regional Park</td>
<td>6:30 am Sunrise: Coronado Historical Destinations</td>
<td>10 am Shelter Island</td>
<td>9:30 am Lake Hodges Trails</td>
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<tr>
<td>7:15 am Breakfast: Balboa Park</td>
<td>6:30 am Sunrise: Pacific Beach Boardwalk</td>
<td>10:00 am Walkabout Anniversary Walk</td>
<td>TBA Hike 9:00 am North Lake Murray</td>
<td>6:30 am Sunrise: Chula Vista Marina</td>
<td>10 am Shelter Island</td>
<td>10:30 am Walkabout Board Meeting</td>
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<td>8:15 am Merry-Go-Round</td>
<td>10 am Historic La Playa Trail</td>
<td>2:00 pm Hazel Wood Waterman Walk</td>
<td>6:30 pm Above the Bay</td>
<td>4:00 pm Mission Hills Meander</td>
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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, March 13th 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

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<tr>
<th>DATE</th>
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<tbody>
<tr>
<td>Wednesday 3/4</td>
<td>Sherry M (619) 887-0055 or <a href="mailto:sher-ry.rokarty@gmail.com">sher-ry.rokarty@gmail.com</a></td>
</tr>
<tr>
<td>Wednesday 3/11</td>
<td>PJ (858) 566-8928 or <a href="mailto:pjeffery1@sbcglobal.net">pjeffery1@sbcglobal.net</a></td>
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<tr>
<td>Wednesday 3/18</td>
<td>Mike M (858) 449-9399 or <a href="mailto:pmichael@mcdonaldgroup.net">pmichael@mcdonaldgroup.net</a></td>
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<tr>
<td>Wednesday 3/25</td>
<td>Mike L (858) 922-0738 or <a href="mailto:mlewis1944@gmail.com">mlewis1944@gmail.com</a></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.

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

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<tr>
<td>President</td>
<td>Elaine Berger</td>
<td>(858) 560-9003</td>
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<td><a href="mailto:President@walkabout-int.org">President@walkabout-int.org</a></td>
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<tr>
<td>1st Vice President</td>
<td>Robert Buehler</td>
<td>(619) 470-0778</td>
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<td><a href="mailto:vp1@walkabout-int.org">vp1@walkabout-int.org</a></td>
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<td>2nd Vice President</td>
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<td>3rd Vice President</td>
<td>Stan Follis</td>
<td>(619) 222-3447</td>
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<td><a href="mailto:Stanley@walkabout-int.org">Stanley@walkabout-int.org</a></td>
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<tr>
<td>Secretary</td>
<td>Donna Farris</td>
<td>(619) 559-5650</td>
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<td><a href="mailto:secretary@walkabout-int.org">secretary@walkabout-int.org</a></td>
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<tr>
<td>Treasurer</td>
<td>Diane Erk</td>
<td>(619) 231-7463</td>
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<td><a href="mailto:treasurer@walkabout-int.org">treasurer@walkabout-int.org</a></td>
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DIRECTORS

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<td>Marilyn Buckley</td>
<td>(619) 231-7463</td>
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<td><a href="mailto:prwalkabout@yahoo.com">prwalkabout@yahoo.com</a></td>
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<td>Janet Fenston</td>
<td>(619) 890-4622</td>
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<td><a href="mailto:Janet@walkabout-int.org">Janet@walkabout-int.org</a></td>
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<tr>
<td>Director Emeritus</td>
<td>Dan Haslam</td>
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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 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 $_________

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

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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 ______________________________________________________________________________________________

CITY __________________________________________________________ STATE ____ ZIP+4___________- __________

PRIMARY PHONE (             ) _________________________ OTHER PHONE (            )  ___________________________

EMAIL ADDRESS ______________________________________________________________________________________
“SEZ ME”
Elaine Berger, President

Wow, how can we already be in to March? Wasn't it just the holiday season? And no, my Xmas lights are NOT still up on my patio!

As each new year comes, folks are looking for ways to improve their health. As a result, there have been some really great articles online describing the wonderful benefits of walking. An article by Meghan Rabbitt in *Country Living* listed 11 ways walking can improve your life. The list includes improving your mood, burning calories and losing weight, reducing your risk of chronic disease, improving your digestion, boosting your immunity and alleviating joint pain. It is a very extensive article and will make you want to get up, put on your walking shoes, and get out the door.

In addition, an article in *Consumer Reports* from Nov. 4, 2019 offers “How to Get the Biggest Benefits of Walking.” This includes walking as much as possible each day, and at the fastest pace possible.

Don't worry about walking in one long walk—walking for short periods multiple time per day is actually just as beneficial.

Bottom line, Walkabout has the right idea—walk, meet new friends and explore your environment.

Happy Walking!

*Elaine*