Est. 1977 in San Diego

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.

San Diego Feets
Vol. 43, No. 4

April 2020

“SEZ ME”
Elaine Berger, President

First, I want to thank all of you who participated in our Feb 18 walk leader strategy meeting at Liberty Station. We had a very lively discussion and talked about some of our current issues. I hope to hold this type of meeting on a quarterly basis and hope to have such a positive response.

One result of this meeting is we will be hosting a table at the UT Festival of Books at Liberty Station on Aug 29. This is part of the One Book San Diego library reading program and will put our name out there in front of 20,000 visitors.

Second, one of the items brought up at this meeting was Walkabout once again having a t-shirt proclaiming our pride in our organization. Several individuals have asked about this and I personally would love to have a Walkabout t-shirt to wear at walks, health fairs etc. If you would also like to have such a shirt, please call the office and tell us what size and how many you would like. We have not yet chosen a style or color scheme, so your voice still counts. We will not order any shirts that are not requested. Shirts will probably be in the $15 range.

Finally, I know many of you plan to travel this summer and the corona virus news is something we all need to consider. If you are scheduled for a cruise, you may want to reconsider. While you personally may not be at serious risk, you could wind up quarantined in some undesirable location or even floating out in the ocean with no destination. While I personally plan to go to the east coast in early fall, I will definitely keep the CDC advisories in mind as I plan my travels.

The Walkabout Board of Directors met on Friday, March 13 and made the following policy decisions for walks for the month of April. We decided to continue walks as listed in the newsletter IF the walk leader decides to lead the walk. To reduce contact we ask the walk leader to have a pen and sign in each walker instead of each person signing in individually. We feel that the benefits of walking and interacting socially outweigh the benefits of isolation—especially since walkers can easily keep a social distance that should reduce risks of interaction. We ask that walk leaders and walkers use common sense—if you are coughing or sneezing, please stay home. If you feel the risks of joining a walk are too high for you personally, we all understand the fact that you choose not to walk. If you are a walk leader who choses not to do your walk, please notify your usual walkers as well as the Walkabout office. If possible, make arrangements for an alternate walk leader.

As they say, this too shall pass. We simply want to insure that we provide Walkabouters with a safe and enjoyable experience.
MONTHLY WALK ROUND-UP

WEDNESDAY, APRIL 1
5:30 pm

W 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 (hills and/or flat) all around UTC, University City, and UCSD areas. Rain cancels. Pace: moderate-plus. Please call or text Nicki L. at 619-665-6981 to confirm, if it’s your 1st time.

THURSDAY, APRIL 2
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

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.

FRIDAY, APRIL 3 (FIRST FRIDAY)
6:12 pm (note time change) This walk will now be on the FIRST and THIRD Fridays

SUNSET CLIFFS VIEWS. We’ll finish our one hour walk as the sun sets. No walking in the dark. 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 YOUR 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 later for the best sunset view in San Diego. Stan F. (619) 222-3447.

SATURDAY, APRIL 4
6:30 am

SUNRISE SERIES: MIRAMAR LAKE. Enjoy the serenity and beauty of nature! This is a 5.5 mile paved loop for all levels. You can choose your own pace and distance. This is your journey so you make your time meaningful, be in silence or conversation, relating or meditation, or a combination. Direction from Interstate 15: exist Mira Mesa Blvd and turn right. Turn right onto Scripps Ranch Blvd. Turn left at Scripps Lake Drive. Turn left into entrance. Stay on right toward parking lot. Meet under the American flag. We will start at 6:35am. Leader Rose C. 858-735-5051 will walk the entirety.

SUNDAY, APRIL 5
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, APRIL 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. (691) 692-3020, cell (619) 204-0095.

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.

TUESDAY, APRIL 7
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, APRIL 8
9:00 am
CHOLLAS LAKE. We will walk around the lake and into the surrounding areas for 1 hour. Meet in the Gloria’s Mesa Parking Lot by the playground area on College Grove Drive. It’s the first driveway west of the main parking lot at 6350 College Grove Drive. Optional breakfast follows. Janet F. (619) 890-4622.

5:30 pm
ché® WEDNESDAY WORKOUT. See Wednesday, April 1 for details.

THURSDAY, APRIL 9
6:30 am
ché® SUNRISE SERIES: EASTERN BALBOA PARK.
Meet Edie at the merry go-round off Park Blvd. near the Zoo. We’ll see roses and cacti galore, and much more on this moderate 1 hour walk. We’ll stay on cement paths, cross a bridge and hope for a rose garden in full bloom. Plan for an optional breakfast afterward. Shall we try Greek? Edie A. edier@cox.net. (619) 313-7818.

10:00 am
-chevron® SHELTER ISLAND WALK & TALK. See Thursday, April 2 for details.

FRIDAY, APRIL 10
4:00 pm
MISSION HILLS MEANDER. Is it time to put a little spring in your step? Come with us as we walk by many meticulously manicured yards and check out what’s beginning to bloom in this lovely area of San Diego. Meet at 1920 Fort Stockton Drive for a 2.5 mile, one hour, casual to moderate walk and make it a good Friday. Cynthia R. (619) 889-6645.

SATURDAY, APRIL 11
6:30 am
ché® SUNRISE SERIES: MIRAMAR LAKE. See Saturday, April 4 for details.

SUNDAY, APRIL 12
7:15 am
ché® 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
ché® MERRY GO-ROUND. See Sunday, April 5 for details.

MONDAY APRIL 13
6:30 am
ché® SUNRISE SERIES: SAN DIEGO RIVER. Let’s take a flat moderate walk along the San Diego River as we go west as far as we please and then return at your own pace. We can listen for the birds, admire the river and check out if any new stores have been built. Meet at the IHOP restaurant next to Mark Twain in the shopping center at Fenton Pkwy. south of Friar’s Rd. Trolley stop is nearby. John & Marilyn, (619) 840-5544.

10:00 am
ché® 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 at 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, APRIL 14
6:30 pm
ché® ABOVE THE BAY. See Tuesday, April 7 for details.

WEDNESDAY, APRIL 15
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.

5:30 pm
ché® WEDNESDAY WORKOUT. See Wednesday, April 1 for details.

THURSDAY, APRIL 16
6:30 am
ché® SUNRISE SERIES: OLD TOWN. We’ll visit Old Town to check out what’s new. 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. Francis. (619) 479-3962.

10:00 am
ché® SHELTER ISLAND WALK & TALK. See Thursday, April 2 for details.

FRIDAY, APRIL 17 (THIRD FRIDAY)
6:22 pm (note time change)
ché® SUNSET CLIFFS VIEWS. We’ll finish our one hour walk as the sun sets. No walking in the dark. 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 YOUR 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 later for the best sunset view in San Diego. Stan F. (619) 222-3447.
SATURDAY, APRIL 18
6:30 am ☀️ SUNRISE SERIES: MIRAMAR LAKE. See Saturday, April 4 for details.
9:30 am CARLSBAD TRAILS AND FLOWER FIELDS. Let’s celebrate spring on this approximately 6.5-mile, moderate pace hike starting at The Crossings at Carlsbad golf course. The golf course trail leads to a creek where we can experience the diverse local riparian habitat, then cross a rustic golf cart bridge. A tunnel under the street will lead us to Veteran’s Memorial Park where we’ll hike up to high vistas with breathtaking views of Agua Hedionda Lagoon and the Pacific Ocean. The second half of our outing will bring us to the famous Flower Fields of Carlsbad at the peak season for viewing the colorful ranunculus fields. The final leg of our journey will give us a peek into the back of LEGOLAND theme park. Meet in front of The Crossings at Carlsbad, 5800 Crossings Dr., Carlsbad. Take Highway 5 North and exit at Palomar Airport Road. Go east (turn right) on Palomar Airport Road. In about a half mile turn left on The Crossings Dr. Look for The Crossings on your right near the end of the road. Lenore E. (619) 890-0714 (ledidin@san.rr.com).

SUNDAY, APRIL 19
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, April 5 for details.

MONDAY, APRIL 20
6:30 am ☀️ SUNRISE SERIES: NATIONAL CITY MARINA DISTRICT AND HISTORIC SITES. Take a moderate one-hour flat walk with us to check out part of the busy National City Marina District which includes the National City Marina and Aquatic Center, views of Paradise Creek (urban salt marsh creek), and Pepper Park, where we might see a cargo ship unloading. In addition, we will visit the two of National City’s four Registered National Historic Sites; The Santa Fe Rail Depot (California Southern Terminus Depot) and National City Railcar Plaza. These sites are a reminder that National City as the 2nd oldest City in San Diego County was an important transportation hub. From I-5 exit Mile of Cars Way/Bay Marina Drive Exit, turn west and make a left turn at signal into the restaurant parking lot where we’ll meet. Bring money for an optional breakfast afterwards. Connie V. (619) 477-8628.

10:00 am ☀️ HISTORIC LA PLAYA TRAIL. See Monday, April 6 for details.

TUESDAY, APRIL 21
2:00 pm LAURA RODRIGUEZ WALK. Come find out why this grandmother lay down in front of a revving bulldozer, and then chained herself to the door of the Logan Heights Neighborhood House. We will see many tributes to Laura Rodriguez, including the Point of Light Award. Meet at the corner of Cesar Chavez Parkway and Julian Avenue, by the pink church, for a flat, 1/2 hour, casual-to-moderate walk. The orange trolley stops at 25th. and Commercial, and bus #3 stops at Ocean View Blvd. and Commercial, and bus #12 stops at Logan Avenue and Cesar Chavez Parkway. Rain Cancels. Evelyn K. 619-461-6095.

6:30 pm ☀️ ABOVE THE BAY. See Tuesday, April 7 for details.

WEDNESDAY, APRIL 22
5:30 pm ☀️ WEDNESDAY WORKOUT. See Wednesday, April 1 for details.

THURSDAY, APRIL 23
6:30 am ☀️ SUNRISE SERIES: MISSION HILLS. We’ll discover what’s new and old, what is being remodeled and renovated and the beautiful yards and gardens in one of San Diego’s oldest neighborhoods. I’m sure the yards and gardens will be beautiful as they prepare for the 2020 Mission Hills Garden Walk taking place on Saturday May 9, 2020. This is a moderate 1-hour walk on flat terrain, and a reminder that in some places the sidewalks are showing their age. For the faster walkers, there will be an option for you and hills if you dare. Meet Connie at corner of Goldfinch and Fort Stockton Dr., which is 1 block north of West Washington St. Bring money for an optional breakfast afterward. Connie V. (619) 477-8628.

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

FRIDAY, APRIL 24
4:00 pm MISSION HILLS MEANDER. Join us as we continue to celebrate Earth Day and see what a picturesque part of earth lies in Mission Hills. The neighborhood has preserved the historic character and charm so well. Our
meeting place is 1920 Fort Stockton Drive. This casual to moderate walk is about 2.5 miles and takes around an hour. Cynthia R. (619) 889-6645.

SATURDAY, APRIL 25
6:30 am
oons SUNRISE SERIES: MIRAMAR LAKE. See Saturday, April 4 for details.

SUNDAY, APRIL 26
7:15 am
Bow 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, April 5 for details.

MONDAY, APRIL 27
6:30 am
SUNRISE SERIES: OCEAN BEACH. We will take a moderate 3-mile walk visiting the pier to see the surfers and fishermen and then continuing in the Sunset Cliffs neighborhood. To reach our meeting place, take I-8 to the west end, turn left onto Sunset Cliffs Blvd., then turn right onto Newport Blvd. for a block and a half. Meet across the street from the old Strand Theater. Bring money for an optional breakfast. John & Marilyn, (619) 840-5544.

10:00 am
AMERICA’S CUP HARBOR. See Monday, April 13 for details.

TUESDAY, APRIL 28
6:30 pm
ABOVE THE BAY. See Tuesday, April 7 for details.

WEDNESDAY, APRIL 29
5:30 pm
WEDNESDAY WORKOUT. See Wednesday, April 1 for details.

THURSDAY, APRIL 30
6:30 am
SUNRISE SERIES: OLD TOWN. We’ll visit Old Town to check out what’s new. 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. John & Marilyn, (619) 840-5544.

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

MEET ONE OF OUR WALK-A-LEADERS

Rob Keller leads three different walks in the Point Loma area. Every other Monday he conducts walks at either La Playa Trail or America’s Cup Harbor. On Thursdays he guides groups down Shelter Island and back. He is very knowledgeable about San Diego history as well as an expert on anything to do with sailing. Plus he always has a joke or two to make you chuckle along the way.

IN MEMORIAM: SANDRA GUSTAFSON

NOV 21, 1938 – FEB 1, 2020

Sandra Gustafson started the weekly Thursday Shelter Island Walk & Talk Bunch in 2010 with Sally Rathbone which has grown from just the two of them to sometimes 23+ and continues on today. Sandra was a world traveler, noted author of 34 guide books to Europe and Hawaii, and long-time San Diego resident and Walkabout member. May she rest in peace.

To find out more about Sandra’s extraordinary life, please click the link below:

# APRIL 2020 WALKS AT A GLANCE

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

<table>
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<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
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<tr>
<td>7:15 am Breakfast: Shelter Island</td>
<td>6:30 am Sunrise: Lake Murray</td>
<td>6:30 pm Above the Bay</td>
<td>TBA Hike 9:00 am Chollas Lake 5:30 pm Wednesday Workout</td>
<td>6:30 am Sunrise: Eastern Balboa Park 10 am Shelter Island</td>
<td>10:30 am Walkabout Board Meeting 4:00 pm Mission Hills Meander</td>
<td>6:30 am Sunrise: Lake Miramar</td>
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<td>8:15 am Merry-Go-Round 6:15 am Sunrise: Eastern Balboa Park 10 am Historic La Playa Trail</td>
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<td>7:15 am Breakfast: Balboa Park</td>
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<td>TBA Hike 9:00 am Lake Murray 5:30 pm Wednesday Workout</td>
<td>6:30 am Sunrise: Old Town 10 am Shelter Island</td>
<td>6:22 pm Sunset Cliff Views</td>
<td>6:30 am Sunrise: Lake Miramar 9:30 am Carlsbad Trails and Flower Fields</td>
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<tr>
<td>7:15 am Breakfast: Ocean Beach</td>
<td>6:30 am Sunrise: National City Marina District and Historic Sites 10 am Historic La Playa Trail</td>
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<td>TBA Hike 5:30 pm Wednesday Workout</td>
<td>6:30 am Sunrise: Mission Hills 10 am Shelter Island</td>
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BOARDS 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.

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**WALKABOUT BOARD MEETING**
Friday, April 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

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<tr>
<td>Wednesday 4/1</td>
<td>PJ (858) 566-8928 or <a href="mailto:pjeffery1@sbcglobal.net">pjeffery1@sbcglobal.net</a></td>
</tr>
<tr>
<td>Wednesday 4/8</td>
<td>Mike L (858) 922-0738 or <a href="mailto:mlewis1944@gmail.com">mlewis1944@gmail.com</a></td>
</tr>
<tr>
<td>Wednesday 4/15</td>
<td>Sherry M (619) 885-0055 or <a href="mailto:sherry.rokarty@gmail.com">sherry.rokarty@gmail.com</a></td>
</tr>
<tr>
<td>Wednesday 4/22</td>
<td>Phil W (858) 775-3530 or <a href="mailto:covevu@gmail.com">covevu@gmail.com</a></td>
</tr>
<tr>
<td>Wednesday 4/29</td>
<td>Mike M (858) 449-9399 or <a href="mailto:pmi-chael@mcdonaldgroup.net">pmi-chael@mcdonaldgroup.net</a></td>
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</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

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<tr>
<td>President</td>
<td>Elaine Berger</td>
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<td>2nd Vice President</td>
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<td>Treasurer</td>
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DIRECTORS

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<thead>
<tr>
<th></th>
<th>Phone</th>
<th>Email</th>
</tr>
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<tbody>
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OFFICE STAFF
Elaine Berger, Marilyn Buckley, Robert Buehler, Donna Farris, Charlotte Sedgwick, and Janet Fenston

NEWSLETTER STAFF
Kathy Johnson kathyj@walkabout-int.org

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 day trips, 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...*Where* 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.

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PRIMARY PHONE (             ) _________________________ OTHER PHONE (            )  ___________________________
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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.

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PRIMARY PHONE (             ) _________________________ OTHER PHONE (            )  ___________________________
EMAIL ADDRESS ______________________________________________________________________________________
2019 TRIP TO IDAHO

UPCOMING EVENTS/TRIPS/WALKS

AUGUST:
Booth at Festival of Books/Liberty Station .......... Aug 29

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

HOLIDAYS:
Hotel Del Coronado Tree/Walk/Happy Hour ........... TBD
Annual New Years Day Walk ......................... Jan 1

SPRING:
Walk Leaders Appreciation Luncheon ............ TBD