Greetings to all Walkabouters. I hope this message finds you safe and healthy. Since all indications are that the "shelter in place" rules will continue through mid-May and probably beyond, this newsletter will not include walk descriptions. I do want to assure all of you that we will resume our walking activities as soon as possible. In the meantime, please go out and walk in your neighborhood. Check out the flowers, listen to the birds sing, get a little bit of sunshine and greet your neighbor's from a socially responsible distance. Ironically, May is national walking month—a perfect opportunity for Walkabout to feature some of our walks and potentially join other walkers. We will let you know if the rules change and there are events we can join.

Please continue to do what you are doing. Stay home if possible, wash your hands and don't touch your face etc. we have done a good job here in San Diego of limiting the spread of the COVID-19 virus. Let's continue to keep focused on how important it is for all of us to co-operate.

<table>
<thead>
<tr>
<th>Pace</th>
<th>miles per hour</th>
<th>minutes per mile</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very Casual*</td>
<td>2.0</td>
<td>30</td>
</tr>
<tr>
<td>Casual</td>
<td>2.5</td>
<td>25</td>
</tr>
<tr>
<td>Moderate</td>
<td>3.0</td>
<td>20</td>
</tr>
</tbody>
</table>

* Used in lieu of “Walk at your own pace”
+ Used to indicate a possible slightly brisker pace

May 2020

Elaine Berger, President

**OBSERVATION**

Fresh air impoverishes the doctor.

—Danish proverb

Good boy staying safe and taking pawcautions... 😊

San Diego Feets

Vol. 43, No. 5

**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.

Unless otherwise specified, walks start at the time indicated. Walk leaders should arrive at least 10 minutes prior to the start time.
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.

“Never follow someone else's path; unless you're in the woods and you're lost and you see a path, then by all means, you should follow that.”

— Ellen DeGeneres
A LITTLE CORONA VIRUS HUMOR

• Half of us are going to come out of this quarantine as amazing cooks. The other half will come out with a drinking problem.

• Still haven’t decided where to go for Easter — The Living Room or The Bedroom.

• Homeschooling is going well. 2 students suspended for fighting and 1 teacher fired for drinking on the job.

• I don’t think anyone expected that when we changed the clocks we’d go from Standard Time to the Twilight Zone.

• This morning I saw a neighbor talking to her cat. It was obvious she thought her cat understood her. I came into my house, told my dog…. we laughed a lot.

• So, after this quarantine….. will the producers of My 600 Pound Life just find me or do I find them?

• Quarantine Day 5: Went to this restaurant called THE KITCHEN. You have to gather all the ingredients and make your own meal. I have no clue how this place is still in business.

• My body has absorbed so much soap and disinfectant lately that when I pee it cleans the toilet.

• Day 5 of Homeschooling: One of these little monsters called in a bomb threat.

• I’m so excited — it’s time to take out the garbage. What should I wear?

• I hope the weather is good tomorrow for my trip to Puerto Backyard. I’m getting tired of Los Livingroom.

• Classified Ad: Single man with toilet paper seeks woman with hand sanitizer for good clean fun.

• Day 6 of Homeschooling: My child just said "I hope I don’t have the same teacher next year." ...... I’m offended.
2019 TRIP TO IDAHO

Final visit in Ketchum with Elle Schubert, Terry Koehler, Margot Linbeck and Art Cottee.

Basque Dancers waiting for the parade to move.

Trailing of the Sheep Parade with Sheep herders caravan.

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