June 2020

“When SEZ ME”
Elaine Berger, President

When I sent out the eblast in March halting all Walkabout activities as a result of the governor’s “sequester in place,” I could not have imagined that we would be living with these rules in June and potentially much longer. We have chosen to ask walk leaders who would be willing to lead walks in June to submit walk descriptions to the newsletter. We realize that the probability of these walks actually taking place is small.

However, when we can resume walks, they may be very different than they were. The safe distancing rule seems to now be part of normal life, so get used to walking 6 feet away from your nearest friend. No groups will be allowed to get together, so we will have to change how we greet walkers and have them sign our registration sheets. In all probability we will have to continue face coverings. And certainly having a meal with friends after the walk is out of the question. These changes will make Walkabout re-evaluate how we operate and what we want to be in the future.

Many thanks to Stanley as he gets us set up to use Zoom as a way to stay in touch. We will probably be doing board meetings by this technique for the next few months.

Staying home to be safe has its problems. I tripped on my slippers, fell and dislocated my left wrist. My orthopedic surgeon said I was the 17th such injury he had seen in a two-week period! By the time you get this newsletter I should be mostly healed, but May was quite a challenge. I hope none of you have had a similar experience.

Finally, here are a few things I miss most and hope to resume in the near future. I miss being able to see my friends and walk with them. I miss being able to share a meal after our walks. As someone with springtime allergies, I find the facial coverings rule very uncomfortable. I miss all the normal summer events in San Diego—Comic-con, the fair, baseball, 4th of July celebrations, etc. I don’t know what the future holds, but I promise that Walkabout will develop new ways of meeting, walking and socializing.

Take care, be safe and get out and enjoy the beautiful San Diego summer.

Elaine Berger
President, Walkabout-int.
THE WALKS LISTED ARE PROPOSED, BUT NOT AUTHORIZED, DEPENDING ON STATE AND LOCAL GUIDELINES. A WALKABLAST WILL BE SENT ANNOUNCING WHEN WALKS MAY OFFICIALLY RESUME.

MONDAY, JUNE 1
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. Park as usual. Sally R. (619) 222-3800. Repeats every other week.

TUESDAY, JUNE 2
10:00 am
LIBERTY STATION/OLD SAN DIEGO RIVER REMNANT WALK. Meet up with Rob K. at the USS Recruit aka the USS NeverSail (Naval recruit training vessel) for basically an hour walk along the river to the end and back. Casual pace on sidewalk or dirt path, your choice. Pass by gardens including the Hugh Story Rose Garden, tributes to sunken submarines and more. Rob counted 101 squirrels on a recent return leg of the walk. Enter Liberty Station from Harbor Drive. Ample free parking by the NeverSail. Optional lunch or coffee after. Repeats weekly. Rob K. at (619) 972-2819 or Sally R. at (619) 222-3800.

WEDNESDAY JUNE 3
11:00 am
RIVER WALK. Meet Sharon at the Navy Federal Credit Union parking lot in the Rio Vista Shopping Center in the 8000 block of Rio San Diego Drive to walk along the San Diego river for a very casual 1 hour walk. Free parking available. Optional lunch at restaurant at the Rio Vista trolley station afterwards. Sharon N. (619) 298-4340.

THURSDAY, JUNE 4
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. Park as usual. Pace: casual+. Sally R. (619) 222-3800.

FRIDAY, JUNE 5 (FIRST FRIDAY)
7:00 pm (note time change) This walk will now be on the FIRST and THIRD Fridays)
SUNSET CLIFFS VIEWS. We will finish our one hour walk as the sun sets. No walking in the dark. Due to COVID-19, we may walk the residential streets and will enjoy this picturesque neighborhood and spectacular views. 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 return and meet everyone one hour later for the best sunset view in San Diego. Stan F. (619) 222-3447.

SUNDAY, JUNE 7
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.

MONDAY, JUNE 8
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; park as usual, served by bus #28. Sally R. (619) 222-3800. Repeats every other week.

TUESDAY, JUNE 9
10:00 am
LIBERTY STATION/OLD SAN DIEGO RIVER REMNANT WALK. See Tuesday, June 2 for details.

THURSDAY, JUNE 11
10:00 am
SHELTER ISLAND WALK & TALK. See Thursday, June 4 for details.

SATURDAY, JUNE 13
11:00 am
RIVER WALK. Meet Sharon at the Mission Valley trolley stop at the (sign says) Park Valley Center shopping
center on Camino De La Reina in front of Sammy’s Pizza for a very casual 1 hour walk along the river. Abundant parking or take bus #6. Sharon N. (619) 298-4340.

SUNDAY, JUNE 14
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.

MONDAY, JUNE 15
6:30 am
Sunrise Series: Liberty Station. Meet Connie in the parking lot to the left of Trader Joe's on Truxtun Road, (near intersection of Womble St. and Truxtun Rd), for a 1-hour casual to moderate walk on flat, paved terrain. We'll walk the arcades to see what is going at this historic location. Once home to Naval Training Center (NTC) San Diego, you can see such diverse attractions as Historic North Chapel, our own Walkabout office, and numerous art galleries and dance studios. Bring money for an optional breakfast afterward. Connie V. (619) 477-8628.

THURSDAY, JUNE 18
6:30 am
Sunrise Series: Seaport Village/Embarcadero. We'll start at Seaport Village and walk along the bay toward the Convention Center, possibly exploring Marina Park, on this moderate 1-hour flat walk. Join us for spectacular views of the bay, Coronado Bridge, Coronado, and downtown San Diego. Meet Connie at the south end of Pacific Hwy. and park by the Seaport Village merry-go-round. Bring money for an optional breakfast afterward. Connie V. (619) 477-8628.

FRIDAY, JUNE 19 (THIRD FRIDAY)
7:00 pm
Sunset Cliffs Views. We will finish our one hour walk as the sun sets. No walking in the dark. Due to COVID-19, we may walk the residential streets and will enjoy this picturesque neighborhood and spectacular views. 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 return and meet everyone one hour later for the best sunset view in San Diego. Stan F. (619) 222-3447.

SATURDAY, JUNE 20
11:00 am
River Walk. See Saturday, June 13 for details.

SUNDAY, JUNE 21
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.
MONDAY, JUNE 22
6:30 am
LIBERTY STATION. Meet in the parking lot at Womble St. and Truxtun Rd. for a one hour walk at a casual to moderate pace. There are several directions we can walk from there. Bring money for an optional breakfast. Who knows if we will be able to eat or not. Think positive. John and Marilyn 619-840-5544.

10:00 am
HISTORIC LA PLAYA TRAIL. See Monday, June 8 for details.

TUESDAY, JUNE 23
10:00 am
LIBERTY STATION/OLD SAN DIEGO RIVER REMNANT WALK. See Tuesday, June 2 for details.

2:00 pm
TALMADGE TRAVELS. The “Notable San Diego Women” walks are on hold, but if a group walk is a safe option in June, I will lead a walk in Talmadge. We will stroll the streets named for the three sisters of movie fame as we view beautiful gardens, some Moorish architecture, and bear with antlers. Meet Evelyn K. at the corner of Euclid and Madison avenues (2 blocks north of El Cajon Blvd.) for a casual to moderate, flat, 1 1/2 hour walk. Bus #1 stops at El Cajon Blvd. & Euclid Ave. (east bound) & El Cajon Blvd. & Menlo (west bound) Rain cancels. Evelyn K. 619-461-6095.

THURSDAY, JUNE 25
6:30 am
SEAPORT VILLAGE. Meet at the Merry-Go-Round, pace is casual to moderate. There are three directions we can walk from here so it is not always the same. Again, think positive about the optional breakfast after. John and Marilyn 619-840-5544.

10:00 am
SHELTER ISLAND WALK & TALK. See Thursday, June 4 for details.

SUNDAY, JUNE 28
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.

MONDAY, JUNE 29
6:30 am
SUNRISE SERIES: LIBERTY STATION/SPANISH LANDING. Meet in the parking lot at Womble and Truxtun Rds. on Liberty Station. We will walk for 1 hour on flat/paved terrain, at a casual to moderate pace with faster walkers going at their own pace. We’ll head through Liberty Station and over to Spanish Landing to check out the sites. If you haven’t taken this walk before, it is delightful and, yes, the airplanes do depart San Diego’s Lindbergh Field at exactly 6:30 am! Bring money for optional breakfast afterward. Edie A. edier@cox.net. (619) 313-7818.

10:00 am
AMERICA’S CUP HARBOR. See Monday, June 1 for details.

TUESDAY, JUNE 30
10:00 am
LIBERTY STATION/OLD SAN DIEGO RIVER REMNANT WALK. See Tuesday, June 2 for details.

FROM THE WALKABOUT PHOTO ARCHIVES
## JUNE 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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<td>America's Cup Harbor</td>
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<td>7:15 am Breakfast: Shelter Island</td>
<td>10:00 am Historic La Playa Trail</td>
<td>10:00 am Liberty Station/ Old San Diego River Remnant</td>
<td>10:00 am Sunrise: Liberty Station Old San Diego River Remnant</td>
<td>10:00 am Sunrise: Shelter Island</td>
<td>7:00 pm Sunset Cliff Views</td>
<td>11:00 am River Walk Mission Valley</td>
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<td>7:15 am Breakfast: Balboa Park</td>
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<tr>
<td>7:15 am Breakfast: Ocean Beach</td>
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<tr>
<td>7:15 am Breakfast: Pacific Beach</td>
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<td>10:00 am Sunrise: Liberty Station Old San Diego River Remnant</td>
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WILDERNESS HIKES

ALL HIKES BEFORE JUNE 1 ARE CANCELED.

Your hike leaders will be contacted in late May and, provided that the state, county and local governments are allowing hiking and Walkabout guidelines can be followed we will resume our regular Email listings when leaders summit hikes. We will be accepting hikes from established leaders that want to participate and lead hikes at any time prior to our usual 2 day publishing guideline. We will continue this until we understand what establishes the 'new normal'.

Thanks for your understanding.

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.

BOARD MEMBERS

<table>
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<tr>
<th>Position</th>
<th>Name</th>
<th>Phone Number</th>
<th>Email Address</th>
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<tbody>
<tr>
<td>President</td>
<td>Elaine Berger</td>
<td>(858) 560-9003</td>
<td><a href="mailto:President@walkabout-int.org">President@walkabout-int.org</a></td>
</tr>
<tr>
<td>1st Vice President</td>
<td>Robert Buehler</td>
<td>(619) 470-0778</td>
<td><a href="mailto:vp1@walkabout-int.org">vp1@walkabout-int.org</a></td>
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<tr>
<td>2nd Vice President</td>
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<tr>
<td>3rd Vice President</td>
<td>Stan Follis</td>
<td>(619) 222-3447</td>
<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>
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<td><a href="mailto:secretary@walkabout-int.org">secretary@walkabout-int.org</a></td>
</tr>
<tr>
<td>Treasurer</td>
<td>Diane Erk</td>
<td>(619) 231-7463</td>
<td><a href="mailto:treasurer@walkabout-int.org">treasurer@walkabout-int.org</a></td>
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DIRECTORS

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone Number</th>
<th>Email Address</th>
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<tbody>
<tr>
<td>Marilyn Buckley</td>
<td>(619) 231-7463</td>
<td><a href="mailto:prwalkabout@yahoo.com">prwalkabout@yahoo.com</a></td>
</tr>
<tr>
<td>Janet Fenston</td>
<td>(619) 890-4622</td>
<td><a href="mailto:Janet@walkabout-int.org">Janet@walkabout-int.org</a></td>
</tr>
<tr>
<td>Director Emeritus Dan Haslam</td>
<td>(619) 318-4870</td>
<td><a href="mailto:danhaslam@walkabout-int.org">danhaslam@walkabout-int.org</a></td>
</tr>
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</table>

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 13th 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 13th. 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 publish@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.

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

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.

NAME _______________________________________________________________ DATE ___________________________

ADDRESS _____________________________________________________________________________________________

CITY __________________________________________________________ STATE ____ ZIP+4___________- __________

PRIMARY PHONE (             ) _________________________ OTHER PHONE (            )  ___________________________

EMAIL ADDRESS ______________________________________________________________________________________
2019 TRIP TO IDAHO

Walter K and friends dining out in Ketchum, ID.

Walter K and friends at Craters of the Moon Park, ID in 2019.

Walter K and friends at the Sun Valley Lodge from a previous trip to Ketchum.

UPCOMING EVENTS/TRIPS/WALKS

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