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.

August 2020

“SEZ ME”
Elaine Berger, President

As I try to decide how to address Walkabout members this August, I have two ways to look at the events in our community. One, I complement our membership as they follow the common-sense rules of wearing a facial covering, observing safe-distancing rules and stay in away from large groups—especially in enclosed environments. The fact that we have had not had any of our membership get ill is something we can all celebrate. Keep up the good work.

On the other hand, I am so disappointed that we are not able to resume our walking groups. I was so sure we were close to opening all outdoor recreational activities from mid-July. To have the terrible new numbers of infections is so disappointing. As President of Walkabout, I feel the pain of our organization as we are unable to carry on our main purpose.

On the bright side, our membership has demonstrated their resilience by continuing to renew their memberships. Even more important, walk leaders continue to indicate their desire to resume walks. And membership indicates their eagerness to resume our walks and the social-recreational purpose of our organization.

I am also overwhelmed by the generosity of our membership. A recent request for donations of items for our office has been met by an overwhelming response by our membership.

THANK YOU!

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

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

MONTHLY WALK ROUND-UP

SUNDAY, AUGUST 2
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.

8:00 am 🚶‍♂️ MERRY-GO-ROUND WALK. Meet at 8am every Sunday for the Merry-Go-Round walk at the Carousel in front of the San Diego Zoo (intersection of Zoo Pk and Park Blvd). Walkers meet at 8am and leave at 8:15am. About 3 hours (6 to 8 miles). Generally, there is a lot of parking in the parking lot adjacent to the Carousel. There are two routes and versions, one moderate plus (longed routes vary) and one moderate (shorter). Break stop is usually near Seaport Village, so bring change for coffee and snack. Meet with Rick Puetter (619) 565-7212, rpuetter@att.net. Co-leaders: Ward Martin (moderate +), Tom Samaras (moderate).

MONDAY, AUGUST 3
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. We'll see if we can spot the architectural styles located there: Bungalows, Craftsman, Prairie School, Mission Revival, Spanish Revival, and Colonial Revival. 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 🚶‍♂️ 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. Pace: casual+. Sally R. (619) 222-3800. Repeats every other week.

TUESDAY, AUGUST 4
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.

THURSDAY, AUGUST 6
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. We'll see if we can spot the architectural styles located there: Bungalow, Craftsman, Prairie School, Mission Revival, Spanish Revival, and Colonial Revival. 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 ☀️ 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 seastars. 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, AUGUST 7 (FIRST FRIDAY)
6:30 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 YOUR 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, AUGUST 9
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.

8:00 am
MERRY GO-ROUND. See Sunday, August 2 for details.

MONDAY, AUGUST 10
6:30 am
CHULA VISTA J. ST. MARINA. Take I-5 South to Chula Vista. Exit J. St./Marina Parkway. Right on Marina Parkway. Left at first Left turn lane and Left into the first parking lot. Bring money for an optional breakfast at a restaurant with abundant outdoor seating. John and Marilyn (619) 840-5544.

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) 477-8628. Repeats every other week.

TUESDAY, AUGUST 11
10:00 am
LIBERTY STATION/OLD SAN DIEGO RIVER REMNANT WALK. See Tuesday, August 4 for details.

THURSDAY, AUGUST 13
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 at 5185 Waring Rd. off of I-8. Betty (858) 248-3782.

10:00 am
SHELTER ISLAND WALK & TALK. See Thursday, August 6 for details.

SUNDAY, AUGUST 16
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.

8:00 am
MERRY GO-ROUND. See Sunday, August 2 for details.

MONDAY, AUGUST 17
6:30 am
SUNRISE SERIES: EAST MISSION BAY PARK. We'll meet at the South End of East Mission Bay at the parking lot near the playground. From there we can enjoy the views of Fiesta Island and the nice walkway along the Bay. This is a moderate one-hour walk on flat, paved terrain. We share this walk with runners, dog-walkers, bicyclists and sometimes skaters. Early in the morning we can usually see an abundance of birds and rowboat teams sculling. Throw in the sunrise and you've got a beautiful place to walk. Take Sea World Drive Exit west off l-5, turn right at the first light, keep right, (do not take the turnoff to Fiesta Island) and park at the first parking lot on your left. Optional breakfast afterward. Connie V. (619) 477-8628.

10:00 am
HISTORIC LA PLAYA TRAIL. See Monday, August 3 for details.

TUESDAY, AUGUST 18
10:00 am
LIBERTY STATION/OLD SAN DIEGO RIVER REMNANT WALK. See Tuesday, August 4 for details.

THURSDAY, AUGUST 20
6:30 am
SUNRISE SERIES SHELTER ISLAND. This is a new meeting place so read carefully. Drive straight down Shelter Island Drive until you come to the site where the road turns. Take the curve to the left and park in the lot in front of the Bali Hai. Edie will meet you at the entrance to the parking lot. There will be plenty of room to distance ourselves as we walk either on the sidewalks or parking lots. We'll walk through the boat ramp and past the pier and turn around when we have walked half an hour and then turn back. Edie will meet you back at the parking lot and hopes you will join her
for an optional breakfast.
Edie A. edier@cox.net. (619) 313-7818.

10:00 am

鳚 SHELTER ISLAND WALK & TALK. See Thursday, August 6 for details.

FRIDAY, AUGUST 21
(THIRD FRIDAY)
6:30 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.

SUNDAY, AUGUST 23
7:15 am

とはい 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.

8:00 am

鳚 MERRY GO-ROUND. See Sunday, August 2 for details.

MONDAY, AUGUST 31
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. Frances (619) 479-3962.

10:00 am

 исполни SHELTER ISLAND WALK & TALK. See Thursday, August 6 for details.

SUNDAY, AUGUST 30
7:15 am

cestor 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 Pearl. Edie A. edier@cox.net. (619) 313-7818.

8:00 am

],& MERRY GO-ROUND. See Sunday, August 2 for details.

THURSDAY, AUGUST 27
6:30 am

◎ SUNRISE SERIES: NORTH PARK. Meet Frances at the restaurant at 3949 Ohio St. just north of University Ave., where there is plenty of parking, for this casual to moderate 1-hour walk on flat terrain. This neighborhood is a walker’s paradise, where daily errands do not require a car. From I-805, exit at University Ave. and head west to Ohio St. Optional breakfast afterward. Frances (619) 479-3962.

10:00 am

鳚 SHELTER ISLAND WALK & TALK. See Thursday, August 6 for details.

WALKABOUT BOARD MEETING

Tuesday, August 11th at 10:30 a.m.

ZOOM Meeting, Invitations Will Be Sent via Walkablast Before

All Subscribers Are Welcome
AUGUST 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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WILDERNESS HIKES

AUGUST 2020 UPDATE

Your hike leaders have been contacted 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 submit 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. For more information Don P (760) 670-6862 or dpiller@cox.net

BOARD SEEKS YOUR HELP

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

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<tr>
<th>Position</th>
<th>Name</th>
<th>Phone Number</th>
<th>Email Address</th>
</tr>
</thead>
<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>
</tr>
<tr>
<td>2nd Vice President</td>
<td>Marilyn Buckley</td>
<td>(619) 231-7463</td>
<td><a href="mailto:prwalkabout@yahoo.com">prwalkabout@yahoo.com</a></td>
</tr>
<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>
</tr>
<tr>
<td>Secretary</td>
<td>Donna Farris</td>
<td>(619) 559-5650</td>
<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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DIRECORS

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<tr>
<th>Name</th>
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<tr>
<td>Connie Vickers</td>
<td>(619) 477-8628</td>
<td><a href="mailto:walks@walkabout-int.org">walks@walkabout-int.org</a></td>
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<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</td>
<td>Dan Haslam</td>
<td>(619) 318-4870</td>
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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 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. To submit photos, go to https://walkabout-int.org/about-us/forms/photo-submission/

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 ______________________________________________________________________________________
BOARD OF DIRECTORS MEETING, FRIDAY JULY 10, 2020

For the last two months we have conducted our monthly Board of Directors meeting by ZOOM. This has actually worked very well and will continue to be the format for our meeting for the next several months. All Walkabout members are welcome to join the meeting. Unless you have asked for an item to be added to the agenda, you are not allowed to speak at the meeting until we address things during the round table.

At our meeting we addressed the fact that we had not had an election for Directors of the Board. Normally this is done in April at our annual retreat, but that was not possible this year. As a Board we agreed to use this meeting to elect Board members.

There are two significant changes to the Board this year. Marilyn Buckley will now be 2nd vice-president. She is taking a position vacated by Dan Haslam. Thank-you Marilyn!

In addition, Connie Vickers was elected as a new member of the Board. Connie has a long history with our organization as a walker, a walk leader and trip participant. Thank-you Connie.

Remember, we have several openings on our Board of Directors and are always looking for new members. The more the merrier! Please feel free to contact any Board member if you are interested in joining our leadership.

Next meeting, TUESDAY, AUG 11, 2020.