San Diego Feets

Vol. 43, No. 9

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.

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.

September 2020

“SEZ ME”
Elaine Berger, President

165 DAYS

As the calendar slips into September, we are now 165 days into some form of COVID-19 lockdown. Somehow, 165 days doesn’t sound nearly as bad as 5 1/2 months.

If you came to San Diego from an area with four seasons, you remember that September is a month of major transitions. The sky takes on a much softer hue, the days become noticeably shorter and the nights are much cooler. Here in San Diego, without a calendar, one hardly notices the difference between August, September and October. We mark our seasons by the activities we do. September means we get our beaches back for the locals, school activities begin, high school and college football get going and, mercifully, the Padres reach the end of another baseball season! This year, not so much. We may have to develop new traditions to mark our seasons.

As we look to future Walkabout activities, we still have no approval for our walks. If we keep doing what we need to do and we can persuade those around us to do the same, there is hope that some activities will be approved in the near future. At this time we still do not know if we will be able to do our annual meeting/picnic/auction. Under current rules, the answer is no. Keep your fingers crossed that changes before the end of October.

Finally, the CDC has said that we all need to get our flu shot as early as possible this year. A combination of flu and COVID-19 is a scenario straight out of a Stephen King novel.

Please stay safe.

UPCOMING EVENTS/TRIPS/WALKS

HOLIDAYS:
Thanksgiving Dinner ........................................Nov 26
Hotel Del Coronado Tree/Walk/Happy Hour ........TBD
Christmas Breakfast/Gift Exchange ...................Dec 25
Annual New Years Day Walk ..........................Jan 1

SPRING:
Walk Leaders Appreciation Luncheon..............TBD
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MONTHLY WALK ROUND-UP

TUESDAY, SEPTEMBER 1
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, SEPTEMBER 3
6:30 am

SUNRISE SERIES: NATIONAL CITY. We'll take a moderate 1-hour flat walk to check out the National City Marina and then on to Pepper Park. We hope to see a cargo ship unloading cars or lumber and people fishing off the pier. Bring money for an optional breakfast afterward. Take I-5 south to the Mile of Cars Way/Bay Marina Dr exit, turn right (west) and then make a left at signal into the restaurant parking lot where we'll meet. John and 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. Park as usual. Pace: casual+. Sally R. (619) 222-3800.

FRIDAY, SEPTEMBER 4 (FIRST FRIDAY)
6:00 pm (note change in time)

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, SEPTEMBER 6
8:15 am

MERRY-GO-ROUND WALK. Meet at 8:15 AM every Sunday for the Merry-Go-Round walk at the Carousel in front of the San Diego Zoo (intersection of Zoo Pl. and Park Blvd.). Please arrive earlier for sign-in, as the walk does leave at 8:15 AM. About 3 hours (6 to 9 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 (longer routes vary) walk and one moderate (shorter) walk. Break stop is usually near Seaport Village, so bring change for coffee and snack. Meet with Rick Puetter (858-565-7212, rpuetter@att.net). Co-leaders: Ward Martin (moderate+), Tom Samaras (moderate).

MONDAY, SEPTEMBER 7
6:30 am

SUNRISE SERIES:

SEAPORT VILLAGE/EMBARCADERO. We'll start at Seaport Village and walk along the bay toward the Convention Center, 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. If we have time, we'll also visit the "The Kiss" located next to the USS Midway Museum. Meet John And Marilyn at the south end of Pacific Hwy. and park by the Seaport Village merry-go-round. Bring money for an optional breakfast afterward. John and Marilyn (619) 840-5544.

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.
2:00 pm
ZOOM TELECONFERENCE. See page 8 for details.

TUESDAY, SEPTEMBER 8
10:00 am
W LIBERTY STATION/OLD SAN DIEGO RIVER REMNANT WALK. See Tuesday, September 1 for details.

10:30 am
ZOOM WALKABOUT BOARD MEETING. See page 8 for information.

THURSDAY, SEPTEMBER 10
6:30 am
C 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. Betty (858) 248-3782.

10:00 am
W SHELTER ISLAND WALK & TALK. See Thursday, September 3 for details.

SUNDAY, SEPTEMBER 13
8:15 am
W MERRY GO-ROUND. See Sunday, September 5 for details.

MONDAY, SEPTEMBER 14
6:30 am
C SUNRISE SERIES: BY THE RIVER AT LIBERTY STATION. Join Edie for a moderate, 1-hour walk on mostly paved, level paths. We’ll meet in the parking area near the river at the south end of Womble St. From the south, take I-5 to the Pacific Hwy. exit, veer to the left onto Barnett Ave., turn left into Liberty Station, turn left at Womble St. From the north or east, take the Rosecrans St. exit, proceed several miles until you see Vons on your left – Womble St. is the next left turn. Optional breakfast follows. Edie A. (619) 313-7818.

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.
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.

if any ships are delivering cars or lumber and maybe get a look at the Ospreys nesting nearby on this flat, 

*moderate* 1-hour walk. Take the I-5 south to the Mile-of-Cars Way/Bay Marina Drive exit, turn right (west) at the stop sign, then turn left into the parking located near the Best Western Hotel. Bring money for optional breakfast afterwards. Connie V. 619-477-8628.

10:00 am

**HISTORIC LA PLAYA TRAIL.** See Monday, September 7 for details.

2:00 pm

**ZOOM TELECONFERENCE.** See page 8 for details.

**TUESDAY, SEPTEMBER 22**

10:00 am

**LIBERTY STATION/OLD SAN DIEGO RIVER REMNANT WALK.** See Tuesday, September 1 for details.

**THURSDAY, SEPTEMBER 24**

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

**SHELTER ISLAND WALK & TALK.** See Thursday, September 3 for details.

**SUNDAY, SEPTEMBER 27**

8:15 am

**MERRY GO-ROUND.** See Sunday, September 6 for details.

**MONDAY, SEPTEMBER 28**

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.** See Monday, September 7 for details.

2:00 pm

**ZOOM TELECONFERENCE.** See page 8 for details.

**TUESDAY, SEPTEMBER 29**

10:00 am

**LIBERTY STATION/OLD SAN DIEGO RIVER REMNANT WALK.** See Tuesday, September 1 for details.

**FROM THE WALKABOUT PHOTO ARCHIVES**
# SEPTEMBER 2020 WALKS AT A GLANCE

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

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
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<tr>
<td>8:15 am Merry-Go-Round</td>
<td>6:30 am Sunrise: Seaport Village/Embarcadero</td>
<td>10:00 am Liberty Station/Old San Diego River Remnant</td>
<td>10:30 am Zoom Walkabout Board Meeting</td>
<td>6:30 am Sunrise: Lake Murray</td>
<td>10:00 am Shelter Island</td>
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<td>6:30 am Sunrise: By the River at Liberty Station</td>
<td>10:00 am Liberty Station/Old San Diego River Remnant</td>
<td>10:30 am Zoom Walkabout Board Meeting</td>
<td>6:30 am Sunrise: North Park/Normal Heights</td>
<td>10:00 am Shelter Island</td>
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WILDERNESS HIKES

SEPTEMBER 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
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.

To keep up-to-date on everything Walkabout, check our website: http://www.walkabout-int.org

BOARD OF DIRECTORS

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Phone Number</th>
<th>Email</th>
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</thead>
<tbody>
<tr>
<td>President</td>
<td>Elaine Berger</td>
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<td>Connie Vickers</td>
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<td><a href="mailto:connie@walkabout-int.org">connie@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>
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<tr>
<td>Director Emeritus</td>
<td>Dan Haslam</td>
<td>619) 318-4870</td>
<td><a href="mailto:danhaslam@walkabout-int.org">danhaslam@walkabout-int.org</a></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 kathyj@walkabout-int.org. To submit photos, go to https://walkabout-int.org/about-us/forms/photo-submission/

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.

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 note that the date on the newsletter label is NOT the expiration date.

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 ______________________________________________________________________________________
WALKABOUT-INT PHOTO SUBMISSION FORM
SHARE YOUR PHOTOS AND THOUGHTS WITH US

Your Walkabout board, in its ongoing effort to obtain new members and getting current members more involved, has added a new page to the Walkabout-int.org website. Please let us all try to make the Newsletter, Website and our Facebook page more attractive and interesting to everyone.

To submit photos, go to Walkabout-int.org > About Us > Forms > Photo Submission Form and follow the simple directions. Any member can upload up to 4 photos along with a caption for each using this drag & drop interface. We do need your full name and phone number before we will publish any pictures. Photo submission dates are the same as our Walk publication dates.

Thank you and have fun with that phone/camera as we start to get back out this fall.

JOIN US FOR OUR WEEKLY ZOOM TELECONFERENCE

With the CV-19 restrictions, we are having a casual Zoom teleconference each Monday at 2:00 pm and all are invited. We share our coping experiences and renew friendships with other Walkabouters. Active subscribers with email addresses are receiving email notices of each meeting. You are welcome to share that invitation with others. If you do not receive an invitation, you can go to our website https://walkabout-int.org/ Monday noon and find a link to the Zoom Walkabout meeting. If you are unfamiliar with the Zoom experience, please go to https://zoom.us/ and take advantage of the information you will find there. I look forward to seeing you at this valuable experience. Stan F (619) 222-3447.

WALKABOUT BOARD MEETING
Tuesday, September 8th at 10:30 a.m.

Zoom meeting invitations will be sent via WalkaBlast before the meeting. If you have any items you would like to present you must contact a board member so the item can be added to the agenda.

All Subscribers Are Welcome