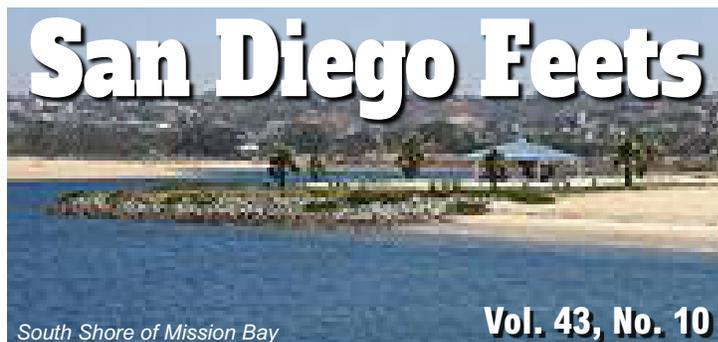




Est. 1977 in San Diego

| Pace Yourself | miles per hour | minutes per mile |
|------------------|-------------------|---------------------|
| Very Casual* | 2.0 | 30 |
| Casual | 2.5 | 25 |
| Moderate | 3.0 | 20 |

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



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.

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

THE WALKS LISTED ARE NOW AUTHORIZED DEPENDING ON STATE AND LOCAL GUIDELINES. WE ALL KNOW THAT THE GUIDELINES CHANGE FREQUENTLY. IT IS ADVISABLE TO CALL THE WALK LEADER TO CONFIRM THE WALK IS ON FOR THAT DAY.

October 2020

“SEZ ME”

Elaine Berger, President

As we move into October, we finally have good news to report about Walkabout. Following the county and state guidelines, we are once again approving our walks. They will be a little different, but will enable us to meet friends in a healthy environment. Walkers will be required to wear face coverings and maintain safe distancing. Groups will be smaller limited to 5 or 6 walkers). This may require us to split a walking group into two and appointing someone to serve as the walk leader for the second group (see p. 4 for walk leaders rules). Of course this all depends on San Diego remaining on the Tier 3 level of case numbers. We all look forward to doing our part to maintain the health of the community while enjoying our Walkabout activities.

The bad news is we will not be able to hold our annual picnic/meeting/auction. The Parks and Recreation Department will not grant any permits for groups such as ours to meet in the parks. All groups of people who are not immediate family

are discouraged from holding social events of any kind in the parks. While disappointing, we know that we will eventually be able to have such gatherings again—our next picnic will be such a celebration!

On a separate note, if you are a registered voter you will be receiving your ballot in the mail in early October. Keep an eye out for it and don't put in the recycling bin by accident. Remember to return the postage free envelope with your ballot early to insure it arrives by Election Day. And remember to sign the envelope so your ballot can be verified.

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

THE WALKS LISTED ARE NOW AUTHORIZED DEPENDING ON STATE AND LOCAL GUIDELINES. WE ALL KNOW THAT THE GUIDELINES CHANGE FREQUENTLY. IT IS ADVISABLE TO CALL THE WALK LEADER TO CONFIRM THE WALK IS ON FOR THAT DAY.

MONTHLY WALK ROUND-UP

THURSDAY, OCTOBER 1

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 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.* Pace: *casual+*. Sally R. (619) 222-3800.

FRIDAY, OCTOBER 2

5:30 pm (note time change)

 **SUNSET CLIFFS VIEWS.** We will finish our one hour walk as the sun sets. No walking in the dark. 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, OCTOBER 4

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, OCTOBER 5

6:30 am

 **SUNRISE SERIES: CORONADO.** Let's take a flat, *moderate* paced walk through beautiful Coronado with stops to admire the shops, homes, gardens, Hotel Del

Coronado and of course the beach. Meet at the west side of 10th St. and Orange Ave. with 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*; served by bus #28. Sally R. (619) 222-3800. Repeats every other week.

2:00 pm

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

TUESDAY, OCTOBER 6

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, OCTOBER 8

6:30 am

 **SUNRISE SERIES: SHELTER ISLAND.** Meet in the parking lot in front of the Bali Hi Restaurant. Edie A will meet you there, let's hope it's a beautiful day, and we can enjoy cool breezes. There's plenty of room for us to walk on sidewalks or parking lots. We may see naval ship coming in to the bay or someone launching their boat. The faster walkers may get to the beautiful monument on the other side of the island and some may only get to the pier, but walk for half an hour and try to be back by 7:30 so you can join me for an optional breakfast. Edie A. edier@cox.net. (619) 313-7818.

10:00 am

 **SHELTER ISLAND WALK & TALK.** See Thursday, October 1 for details.

THE WALKS LISTED ARE NOW AUTHORIZED DEPENDING ON STATE AND LOCAL GUIDELINES. WE ALL KNOW THAT THE GUIDELINES CHANGE FREQUENTLY. IT IS ADVISABLE TO CALL THE WALK LEADER TO CONFIRM THE WALK IS ON FOR THAT DAY.

FRIDAY, OCTOBER 9

5:30 pm

 **SUNSET CLIFFS VIEWS.** See Friday, October 2 for details.

SUNDAY, OCTOBER 11

8:15 am

 **MERRY GO-ROUND.** See Sunday, October 4 for details.

MONDAY, OCTOBER 12

6:30 am

 **SUNRISE SERIES: SOUTH SHORE.** We'll meet at the South Shores Boat Launch just east of Sea World on Mission Bay. We'll check out the wildlife, crew rowing and perhaps see some of the remote controlled airplanes of the Silent Electric Flyers of San Diego. We'll also be able to see the latest thrill rides at SeaWorld; they make quite a statement to the skyline. Take I-5 to Sea World Dr. and go west to the South Shores Boat Launch Ramp area. Watch for the sign, it is not very prominent. We'll meet at the restrooms at the boat launch. Optional breakfast follows this *moderate*, flat 1-hour walk. **Connie V.** (619) 477-8628.

KEY TO WALK SYMBOLS



WEEKLY REPEATING WALKS



SUNRISE SERIES

Just for fun: I bought a new pair of shoes with a memory foam insole. No more forgetting why I walked into the kitchen.

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.** **Sally R.** (619) 222-3800. Repeats every other week.

2:00 pm

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

TUESDAY, OCTOBER 13

10:00 am

 **LIBERTY STATION/OLD SAN DIEGO RIVER REMNANT WALK.** See Tuesday, October 6 for details.

10:30 am

ZOOM WALKABOUT BOARD MEETING. See page 8 for information.

2:00 pm

SOUTH KENSINGTON STROLL. The "Notable San Diego Women" walks are still on hold, but if a walk is deemed safe, we will have a *casual-to-moderate*, flat, 1 1/2 hour walk along some of the lesser-traveled streets in South Kensington. We'll stroll past beautiful houses

and gardens (including a former house of ill repute), and walk across a pedestrian bridge. Meet at the corner of Adams Avenue and Vista Street. Bus #11 stops at Adams Avenue and Biona Drive. **Rain cancels.** **Evelyn K.** (619) 460-6095.

THURSDAY, OCTOBER 15

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. **Betty** (858) 248-3742.

10:00 am



SHELTER ISLAND WALK & TALK. See Thursday, October 1 for details.

FRIDAY, OCTOBER 16

5:30 pm



SUNSET CLIFFS VIEWS. See Friday, October 2 for details.

SUNDAY, OCTOBER 18

8:15 am



MERRY GO-ROUND. See Sunday, October 4 for details.

MONDAY, OCTOBER 19

6:30 am



SUNRISE SERIES: 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

HISTORIC LA PLAYA TRAIL. See Monday, October 5 for details.

2:00 pm



ZOOM TELECONFERENCE. See p. 8 for details.

TUESDAY, OCTOBER 20

10:00 am



LIBERTY STATION/OLD SAN DIEGO RIVER REMNANT WALK. See Tuesday, October 6 for details.

THURSDAY, OCTOBER 22

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

THE WALKS LISTED ARE NOW AUTHORIZED DEPENDING ON STATE AND LOCAL GUIDELINES. WE ALL KNOW THAT THE GUIDELINES CHANGE FREQUENTLY. IT IS ADVISABLE TO CALL THE WALK LEADER TO CONFIRM THE WALK IS ON FOR THAT DAY.

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, October 1 for details.

FRIDAY, OCTOBER 23

5:30 pm

 **SUNSET CLIFFS VIEWS.** See Friday, October 2 for details.

SUNDAY, OCTOBER 25

8:15 am

 **MERRY GO-ROUND.** See Sunday, October 4 for details.

MONDAY, OCTOBER 26

6:30 am

 **SUNRISE SERIES: BY THE BAY.** Today we'll hope for sunny skies, lots of birds and that any clouds are the fluffy kind for a more beautiful sunrise. Meet at the former Visitor Information Center just west of the I-5 at the Clairemont Dr. exit. We usually have two groups, *casual and moderate*, on this 1 hour flat walk. Bring money for an optional breakfast afterward at one of our favorite places. John and Marilyn (619) 840-5544.

10:00 am

AMERICA'S CUP HARBOR. See Monday, October 12 for details.

2:00 pm

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

TUESDAY, OCTOBER 27

10:00 am

 **LIBERTY STATION/OLD SAN DIEGO RIVER REMNANT WALK.** See Tuesday, October 6 for details.

THURSDAY, OCTOBER 29

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 Frances at the south end of Pacific Hwy. and park by the Seaport Village merry-go-round. Bring money for an optional breakfast afterward. Frances (619) 479-3962.

10:00 am

 **SHELTER ISLAND WALK & TALK.** See Thursday, October 1 for details.

FRIDAY, OCTOBER 30

5:30 pm

 **SUNSET CLIFFS VIEWS.** See Friday, October 2 for details.

RULES FOR WALK LEADERS

At our September 8 Board of Directors meeting we discussed the new rules required under the COVID19 situation.

We are requiring our walk leaders to follow these rules when they resume walks.

1. Sign in your participants yourself rather than sharing a pen and sign-in sheet.
2. Require all walkers to wear face coverings at all times.
3. Remind each walker to maintain a safe distance (6 ft) from their fellow walkers. Remember that walking at your own pace often automatically spaces out walkers.
4. If the group is larger than 5 to 8 people you will need to assign a second leader to lead part of the group.
5. Be aware of the current rules that apply to your walking area depending on which government agency has responsibility for that area.
6. Require all participants to carry picture ID and have emergency contact information with them.
7. Please carry hand sanitizer with you. Good idea to bring extra face masks if you can.
8. Walk leaders have the option of adding additional requirements for their walks.

Some sad news: Tomiko Kozuma passed away on August 7, 2020, at the age of 99. She was a member of Walkabout from Jan. 1980 to Jun. 2009 and will be missed.

OCTOBER 2020 WALKS AT A GLANCE

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

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|-----------|--|---------------------------------------|----------|
| | | | | 1 | 2 | 3 |
| <p>THE WALKS LISTED ARE NOW AUTHORIZED DEPENDING ON STATE AND LOCAL GUIDELINES. WE ALL KNOW THAT THE GUIDELINES CHANGE FREQUENTLY. IT IS ADVISABLE TO CALL THE WALK LEADER TO CONFIRM THE WALK IS ON FOR THAT DAY.</p> | | | | <p>6:30 am <i>Sunrise:</i> Old Town</p> <p>10:00 am Shelter Island</p> | <p>5:30 pm Sunset Cliff Views</p> | |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| <p>8:15 am Merry-Go-Round</p> | <p>6:30 am <i>Sunrise:</i> Coronado</p> <p>10:00 am Historic La Playa Trail</p> <p>2:00 pm Zoom Teleconference</p> | <p>10:00 am Liberty Station/ Old San Diego River Remnant</p> | | <p>6:30 am <i>Sunrise:</i> Shelter Island</p> <p>10:00 am Shelter Island</p> | <p>5:30 pm Sunset Cliff Views</p> | |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| <p>8:15 am Merry-Go-Round</p> | <p>6:30 am <i>Sunrise:</i> South Shore</p> <p>10:00 am America's Cup Harbor</p> <p>2:00 pm Zoom Teleconference</p> | <p>10:00 am Liberty Station/Old SD River Remnant</p> <p>10:30 am Zoom Walkabout Board Mtg.</p> <p>2:00 pm South Kensington Stroll</p> | | <p>6:30 am <i>Sunrise:</i> Lake Murray</p> <p>10:00 am Shelter Island</p> | <p>5:30 pm Sunset Cliff Views</p> | |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| <p>8:15 am Merry-Go-Round</p> | <p>6:30 am <i>Sunrise:</i> Chula Vista J Street Marina</p> <p>10:00 am Historic La Playa Trail</p> <p>2:00 pm Zoom Teleconference</p> | <p>10:00 am Liberty Station/ Old San Diego River Remnant</p> | | <p>6:30 am <i>Sunrise:</i> Mission Hills</p> <p>10:00 am Shelter Island</p> | <p>5:30 pm Sunset Cliff Views</p> | |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| <p>8:15 am Merry-Go-Round</p> | <p>6:30 am <i>Sunrise:</i> By the Bay</p> <p>10:00 am America's Cup Harbor</p> <p>2:00 pm Zoom Teleconference</p> | <p>10:00 am Liberty Station/ Old San Diego River Remnant</p> | | <p>6:30 am <i>Sunrise:</i> Seaport Village/ Embarcadero</p> <p>10:00 am Shelter Island</p> | <p>5:30 pm Sunset Cliff Views</p> | |

WILDERNESS HIKES

OCTOBER 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.



Please remember that Walkabout International is a non-smoking experience. There is no smoking at the meeting place or during the walk.

BOARD OF DIRECTORS

| | |
|---------------------------------------|--|
| President Elaine Berger | (858) 560-9003 President@walkabout-int.org |
| 1st Vice President Robert Buehler | (619) 470-0778 vp1@walkabout-int.org |
| 2nd Vice President Marilyn Buckley | (619) 231-7463 prwalkabout@yahoo.com |
| 3rd Vice President Stan Follis | (619) 222-3447 Stanley@walkabout-int.org |
| Secretary Donna Farris | (619) 559-5650 secretary@walkabout-int.org |
| Treasurer Diane Erk | (619) 231-7463 treasurer@walkabout-int.org |
| Connie Vickers | (619) 477-8628 connie@walkabout-int.org |
| Janet Fenston | (619) 890-4622 Janet@walkabout-int.org |
| Director Emeritus Dan Haslam | 619) 318-4870 danhaslam@walkabout-int.org |

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



Follow us on [Facebook](#) at
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facebook.com/WalkaboutInternational

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

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 _____ - _____

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PDF ONLY (fully tax deductible, eco-friendly, and helps us keep costs down)

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Subscribe to the email list for Wilderness Hikes

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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 _____



October 2020

2650 Truxtun Rd., Suite 110
San Diego, CA 92106-6007
(619) 231-7463
<http://www.walkabout-int.org>

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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, October 13th 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