



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 by appointment. Internet: 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.

February 2021

“SEZ ME”

Elaine Berger, President

Well here we are, looking at the month of February. Who knew one year ago in February how the next year would evolve? We were starting to see elevated levels of Covid-19 virus here in San Diego and California. This year we are also looking at elevated levels of the virus in San Diego and California. It seems as if the calendar page did not turn in January, but it did. We are now in the process of vaccinating our citizens, although not nearly fast enough to have an immediate effect on the virus. Thus, we need to continue with the safe-distancing, mask wearing and not going to crowded locations. The good news is the state highly encourages outdoor activities that almost perfectly describe Walkabout. So keep walking and enjoy the wonder of San Diego outdoors.

At our January Board of Directors meeting

we determined that it would be impossible to hold any type of group celebration for the 44th anniversary of Walkabout. Instead, we will begin planning for a major celebration in 2022 for our 45th anniversary. If you have suggestions for how you would like us to celebrate, please contact a board member with your ideas.

I would like to suggest that our subscribers submit a written description of their time with Walkabout. Tell us about your first walk, a favorite trip or activity, your best (worst) trip, Christmas gift at the gift exchange, purchase/donation at the white elephant auction at the annual picnic, etc. If enough of you will submit articles we will certainly be able to print a special newsletter or potentially a booklet documenting the long history of Walkabout in San Diego—a great 45th anniversary tribute. Send your stories in letters

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MONTHLY WALK ROUND-UP

MONDAY, FEBRUARY 1

6:30 am

 **SUNRISE SERIES: HARBOR ISLAND.** We'll have a quiet walk for 1 hour at a *very casual* + pace on flat terrain around this beautiful area so close to downtown. Take Harbor Dr. to Harbor Island Dr., turn west to the end and turn left to the parking next to Island Prime Restaurant. Bring money for optional breakfast afterward. 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.* Sally R. (619) 222-3800. Repeats every other week.

2:00 pm

 **ZOOM TELECONFERENCE.** See p. 4 for details.

TUESDAY, FEBRUARY 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.

THURSDAY, FEBRUARY 4

6:30 am

 **SUNRISE SERIES: RIVERWALK.** We'll meet at the restaurant on the corner of Pacific Hwy. and Rosecrans St. to walk along the river and hope that the landscape has been cut back and cleaned up since our last walk as we try to make it to Mission Valley. Terrain is flat and walk will be at a *very casual+ pace* for 1 hour. Bring money for optional breakfast afterward. John and Marilyn (619) 840-5544.

10:00 am

 **SHELTER ISLAND WALK & TALK.** Join Rob, Elaine, or Janet 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.

SUNDAY, FEBRUARY 7

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 (north of) 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 Ward Martin 858-735-7557, (warddroid@gmail.com). Co-leaders: Ward Martin (moderate +), Tom Samaras (moderate).

MONDAY, FEBRUARY 8

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 *very casual+* 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*; served by bus #28. Sally R. (619) 222-3800. Repeats every other week.

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2:00 pm
 ZOOM TELECONFERENCE.
 See p. 4 for details.

TUESDAY, FEBRUARY 9

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

10:30 am
 ZOOM WALKABOUT BOARD MEETING. See page 4
 for information.

THURSDAY, FEBRUARY 11

6:30 am
 **SUNRISE SERIES: LIBERTY STATION/OLD SAN
 DIEGO RIVER REMNANT WALK.** Meet Connie at the
 USS Recruit aka the USS NeverSail (Naval recruit
 training vessel) for an hour walk along the river in
 beautiful Liberty Station to the end and back. **Very
 casual+ pace** on sidewalk or dirt path. There is also the
 option on this walk for a faster pace. Pass by gardens
 including the Hugh Story Rose Garden, tributes to
 sunken submarines and more. Enter Liberty Station
 from Harbor Drive. Ample free parking by the NeverSail.
 Bring money for an optional breakfast afterward. Don't
 forget your mask. Connie V. (619) 477-8628.

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

SUNDAY, FEBRUARY 14

8:15 am
 MERRY GO-ROUND. See Sunday, Feb. 7 for details.

MONDAY, FEBRUARY 15, 2021 (PRESIDENT'S DAY)

6:30 am
 **SUNRISE SERIES: SEAPORT VILLAGE/
 EMBARCADERO.** We'll start at Seaport Village and
 walk along the bay toward the Embarcadero, passing
 The Kissing Statue and USS MIDWAY towards the
 Maritime Museum of San Diego which includes the Star
 of India. We'll be able to check out the many changes
 and new construction on this walk. We'll return and
 continue to explore Seaport Village and Marina Park.
 This is a **very casual+ to casual** walk. Meet Connie at
 the Seaport Marina Park, 400 Kettner Blvd. Drive South
 on Pacific Highway, turn left at Harbor Drive for about
 a block, take next right on Kettner Blvd. Drive South to
 Marina Park where there is free parking (until 10 am).
 Bring money for an optional breakfast afterward. Don't
 forget your mask. Connie V. (619) 477-8628.

10:00 am
 AMERICA'S CUP HARBOR. See Mon., Feb. 1 for details.

KEY TO WALK SYMBOLS

 WEEKLY REPEATING WALKS

 SUNRISE SERIES

2:00 pm
 ZOOM TELECONFERENCE.
 See p. 4 for details.

TUESDAY, FEBRUARY 16

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

2:00 pm
LA PLAYA PATHS. Join us for one of the most scenic
 walks in San Diego as we pad along the path on the
 west side of Shelter Island Yacht Basin. We will see
 elegant homes full of all styles, beautiful gardens, a
 picturesque boat harbor and probably some boats out
 for a sail. This is why we live in San Diego! Meet at the
 corner of Talbot and Evergreen Streets, behind Cabrillo
 Elementary School for a **casual-to-moderate**, 1-1/2
 hour walk along beaches, paths, a secret walkway and
 hills. Bus #28 stops at Rosecrans St. and Shelter Island
 Drive. **Rain cancels.** Evelyn K. (619) 461-6095.

THURSDAY, FEBRUARY 18

6:30 am
 **SUNRISE SERIES: MISSION HILLS.** Come join
 us in beautiful Mission Hills. We'll enjoy the yards and
 views from one of San Diego's oldest neighborhoods,
 home to Mission Hills History 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 **casual**
 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. Don't
 forget your mask. Connie V. (619) 477-8628.

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

SUNDAY, FEBRUARY 21

8:15 am
 MERRY GO-ROUND. See Sun., Feb. 7 for details.

MONDAY, FEBRUARY 22

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) 248-3782.

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10:00 am

HISTORIC LA PLAYA TRAIL. See Mon., Feb. 8 for details.

2:00 pm

 ZOOM TELECONFERENCE. See p. 4 for details.

TUESDAY, FEBRUARY 23

10:00 am

 LIBERTY STATION/OLD SAN DIEGO RIVER REMNANT WALK. See Tuesday, February 2 for details.

THURSDAY, FEBRUARY 25

6:30 am

 **SUNRISE SERIES: EASTERN BALBOA PARK.**
Meet at the merry-go-round off Park Blvd. We will stay on cement paths as we explore this side of the park. There is always something blooming and new things to see. Plan for an optional breakfast afterward. Frances (619) 479-3962.

10:00 am

 SHELTER ISLAND WALK & TALK. See Thursday, February 4 for details.

SUNDAY, FEBRUARY 28

8:15 am

 MERRY GO-ROUND. See Sunday, February 7 for details.

“SEZ ME” CONTINUED

or emails. I look forward to hearing stories of the Rat Pack early years and all the years since. As a relative "newcomer" in Walkabout there are so many great stories out there and it would be great to document that history.

Finally, February is our shortest month, but more importantly it is a celebration of all things chocolate! No month celebrated with chocolate can be all bad! So have a nice piece of chocolate and have a happy and safe February.



WALKABOUT BOARD MEETING

Tuesday, February 9th 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

JOIN US FOR OUR WEEKLY ZOOM TELECONFERENCE

With the COVID-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 Walkabouts. 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.

WE WILL MISS DOROTHY CONNELL

July 24, 1931 - December 11, 2020

Dorothy Connell was known for her spicy, Scottish demeanor. As an active walk leader for more than 30 years, she led long, fast-paced walks which required a quick pace to keep up with her. She served many years on the Walkabout board and was known for her wit and sharp sense of humor. She also co-led trips and often traveled with our group. Dorothy was sidelined as a result of a careless bicyclist who rammed her as a pedestrian. Although she improved from the accident, she never fully recovered. Her humor remained with her, though, along with her Scottish brogue. She will be missed. —Dan Haslam



FEBRUARY 2021 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	4	5	6
	6:30 am <i>Sunrise:</i> Harbor Island 10:00 am America's Cup Harbor 2:00 pm Zoom Teleconference	10:00 am Liberty Station/Old SD River Remnant		6:30 am <i>Sunrise:</i> Riverwalk 10:00 am Shelter Island		
7	8	9	10	11	12	13
8:15 am Merry- Go-Round	6:30 am <i>Sunrise:</i> Seaport Village/ Embarcadero 10:00 am Historic La Playa Trail 2:00 pm Zoom Teleconference	10:00 am Liberty Station/Old SD River Remnant 10:30 am Zoom Walkabout Board Mtg.		6:30 am Station/Old SD River Remnant 10:00 am Shelter Island		
14	15	16	17	18	19	20
8:15 am Merry- Go-Round	6:30 am <i>Sunrise:</i> Seaport Village/ Embarcadero 10:00 am America's Cup Harbor 2:00 pm Zoom Teleconference	10:00 am Liberty Station/Old SD River Remnant 2:00 pm La Playa Paths		6:30 am <i>Sunrise:</i> Mission Hills 10:00 am Shelter Island		
21	22	23	24	25	26	27
8:15 am Merry- Go-Round	6:30 am <i>Sunrise:</i> Lake Murray 10:00 am Historic La Playa Trail 2:00 pm Zoom Teleconference	10:00 am Liberty Station/ Old San Diego River Remnant		6:30 am <i>Sunrise:</i> Eastern Balboa Park 10:00 am Shelter Island		
28						
8:15 am Merry- Go-Round					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.	

WILDERNESS HIKES

We have started to email out our hikes again. We are doing this as an ad hoc basis only as leaders send in hikes that they would like to lead. We will not start publishing our old “calendar” type of notification in the newsletter until a lot more leaders feel comfortable leading hikes. Walkabout has implemented some new “leader requirements,” see page 8 of the newsletter, in an attempt to make sure hikes are as safe as possible. However, it is your responsibility to make the final decision of who and when to join. Stay safe, keep social distancing, wear a mask and hope to see you soon. 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

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, Janet Fenston, Stanley Follis, Sharon Nelson and Charlotte Sedgwick.

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/>



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

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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NAME _____ DATE _____

ADDRESS _____

CITY _____ STATE _____ ZIP+4 _____ - _____

PRIMARY PHONE () _____ OTHER PHONE () _____

EMAIL ADDRESS _____



February 2021

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

CHANGE SERVICE REQUESTED

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MEMBER HIGHLIGHT: **MARGO LINBACK**



Left to right are Bill Clark, Margo Linback, Walter Linback and Cindy Benner after their walk on Margo's 89th Birthday, December 18, 2020.

Margot Linback has been a Walkabout walker since 1991. Except for this unusual year, she has led the Wilderness group hikes from her home, across Tecolote Canyon, through the USD campus and returning to host our Spring Potlucks. Over the years, she has been on numerous Walkabout trips, both domestically as well as worldwide. For her 80th birthday Margot treated herself to a trip hiking up Mt. Kilimanjaro. Go Margot, you are truly an inspiration!

RULES FOR WALK LEADERS

Due to the COVID-19 situation, we are requiring our walk leaders to follow these rules.

- Sign in your participants yourself rather than sharing a pen and sign-in sheet.
- Require all walkers to wear face coverings at all times.
- 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.
- If the group is larger than 5 to 8 people you will need to assign a second leader to lead part of the group.
- Be aware of the current rules that apply to your walking area depending on which government agency has responsibility for that area.
- Require all participants to carry picture ID and have emergency contact information with them.
- Please carry hand sanitizer with you. Good idea to bring extra face masks if you can.
- Walk leaders have the option of adding additional requirements for their walks.