



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](http://walkabout-int.org), email: [info@walkabout-int.org](mailto: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.**

# May 2021

## "SEZ ME"

Elaine Berger, President

"It's May, it's May, the lusty month of May." For those of you who remember the movie *Camelot*, you will recognize this song. And what a May it is. People are getting vaccinated in record numbers, children are going to school, businesses are returning to normal activity and those lucky enough to get tickets can now go to Padres baseball games—and how about these Padres!

Last month I highlighted those Board of Directors members who also serve as officers of the organization. This month I want to recognize and thank several other people who help keep our organization operating. First are Board members Janet Fenston and Connie Vickers, who provide support and ideas for Walkabout and are greatly appreciated. Connie is also a big fan of "early bird" walks—better her than me! I also want to thank Charlotte Sedgwick for her monthly effort to get the newsletter in the mail. She adds mailing labels (prepared by Stanley Follis and Don Piller), marks renewal information (black or red notices on the labels) and takes the newsletters to the

post office. Our monthly newsletter has been a valuable and safe way for us to stay connected during the pandemic. And of course we must thank Kathy Johnson for the wonderful job she does monthly putting our newsletter together—her cartoons are so appropriate! I also want to thank Don Piller for his wonderful work on the Walkabout website. If you haven't checked it out lately, please go to <https://www.walkabout-int.org>. It is a significant source for all things Walkabout. I also want to thank those individuals who offer their time to keep our office open—Sharon Nelson and Carole Ericson. Their help gives our Board members a well needed break from the office. Finally, I want to thank Sol Schumer for the endless hours he has spent updating the software and cleaning up our office computers. I don't understand half of what he does, but I know it is important and I am very grateful for his efforts.

Finally, a big thank you to all our subscribers who continue to renew their memberships and take walks. With a little luck we will be able to resume activities we all enjoy—trips, lunches, picnics etc. Your continued support during this last difficult year is why Walkabout has had 44 successful years here in San Diego.

Even if you are fully vaccinated, please keep

*Continued on page 8*

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## MONTHLY WALK ROUND-UP

### SUNDAY, MAY 2

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. **Masks required.** Meet with Ward Martin 858-735-7557, ([warddroid@gmail.com](mailto:warddroid@gmail.com)). Co-leaders: Ward Martin (moderate +), Tom Samaras (moderate).

### MONDAY, MAY 3

6:30 am

 **BALBOA PARK.** Meet at the Merry-Go-Round off Park Blvd. We will stay on cement paths as we explore this area of the park. There is always something blooming and new things to see. Bring money for an optional breakfast. **Masks required.** 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. **Masks required.** Sally R. (619) 222-3800. Repeats every other week.

2:00 pm

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

### WEDNESDAY, MAY 5

6:40 pm (Note Time and Day change)

 **SUNSET CLIFFS VIEWS.** We will finish our one hour walk along the cliffs as the sun sets. No walking in the dark. Meet at the Bus stop, route 923, at Sunset Cliffs Blvd. & Point Loma Ave. (not West Point Loma Blvd.) in Ocean Beach. This walk will be **VERY CASUAL\***. We will walk south for 30 minutes and return and meet everyone one hour later for the best sunset view in San Diego. **Masks required.** Stan F. (619) 222-3447.

### THURSDAY, MAY 6

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. **Masks required.** 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+*. **Masks required.** Sally R. (619) 222-3800.

### SUNDAY, MAY 9

8:15 am

 **MERRY GO-ROUND.** See Sunday, May 2 for details.

### MONDAY, MAY 10

6:30 am

 **SUNRISE SERIES: CHULA VISTA BAYFRONT PARK (J STREET MARINA).** Join us for a one hour walk on flat terrain at the Chula Vista Bayfront Park (980 Marina Way). Check out Chula Vista's bay front which has a public boat-launching ramp, expansive views of San Diego Bay from South of the Coronado bridge, and views of nearby Mexico. Discover the sculpture "Konoids" by Kenneth Capps, which adorns the shoreline of the park as well as other public art. From I-5 Take the J Street Exit and head west toward Chula Vista Harbor/Marina Parkway. Turn left at first opportunity (toward the boat ramp) and park in parking lot on the left. Bring money for an optional breakfast afterward. **Masks required.** 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

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free parking; Served by #28 Bus and walk 3 blocks. *Heavy rain cancels. Masks required.* Sally R. (619) 222-3800. Repeats every other week.

2:00 pm  
 **ZOOM TELECONFERENCE.**  
 See p. 8 for details.

**TUESDAY, MAY 11**

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

2:00 pm  
**VICTORIAN VIEWS.** You will be amazed at the number of beautifully restored houses in Sherman Heights. Meet Evelyn K. at the corner of 25th & G streets (1 block north of Market Street) for a *casual+*, 1.5 hour walk past century old homes and churches, and up a hill or two to a park with a panoramic view of the city. Buses #3 and #5 stop at 25th and Market Streets, and the Orange Line Trolley stops at 25th and Commercial. *Rain cancels. Masks required.* Evelyn K. (619) 461-6095.

**WEDNESDAY, MAY 12**

9:00 am  
**LAKE MURRAY.** Come join us for a peaceful *casual paced* 1 hour walk on a mostly flat path by the water. There is a variety of wildlife to be seen as well. Drive through the main entrance to Lake Murray at the end of Kiowa Dr. off Lake Murray Blvd. Meet at the covered picnic table by the water just off the main parking lot. Optional breakfast after. *Masks required.* Janet F. (619) 890-4622.

6:40 pm  
 **SUNSET CLIFFS VIEWS.** See Wednesday, May 5 for details.

**THURSDAY, MAY 13**

6:30 am  
 **SUNRISE SERIES: MISSION BAY BACKWARDS.** Let's start on the path near Sea World Dr. to enjoy the playground and the sights we've missed on this *casual+* 1-hour walk on flat, mostly paved terrain. Take Sea World Dr. exit west off I-5, turn right at the first light, pass the entrance to Fiesta Island, cross the bridge and park at the second small parking area on your left. Optional breakfast afterward. *Masks required.* Frances (619) 749-3962.

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

**KEY TO WALK SYMBOLS**

 WEEKLY REPEATING WALKS

 SUNRISE SERIES

**SATURDAY, MAY 15**

9:30 am  
**4S RANCH RAMBLE.** Come out and discover this friendly North County neighborhood on a varied walk along easy trails and tree-lined streets. Be on the lookout for ducks or other water birds around the wetland area and pond. Some hills. Meet in front of Carl's Jr. in the 4S Ranch Village Center at 16613 Dove Canyon Road for a *moderate-paced* approximately 4.5-mile loop. Take the Camino Del Norte exit from Highway 15 and go west. Turn left at Dove Canyon Road then left at the first light into the shopping center. *Rain cancels. Masks required.* Email, text or call: Lenore E. (619) 890-0714 ([ledidin@san.rr.com](mailto:ledidin@san.rr.com)).

**SUNDAY, MAY 16**

8:15 am  
 **MERRY GO-ROUND.** See Sunday, May 2 for details.

**MONDAY, MAY 17**

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. Bring money for optional breakfast afterwards. *Masks required.* Betty (858) 248-3782.

10:00 am  
**HISTORIC LA PLAYA TRAIL.** See Mon., May 3 for details.

2:00 pm  
 **ZOOM TELECONFERENCE.** See p. 8 for details.

**WEDNESDAY, MAY 19**

9:00 am  
**LAKE MURRAY.** Come join us for a peaceful *casual paced* 1 hour walk on a mostly flat path by the water. There is a variety of wildlife to be seen as well. Drive through the main entrance to Lake Murray at the end of Kiowa Dr. off Lake Murray Blvd. Meet at the covered picnic table by the water just off the main parking lot. Optional breakfast after. *Masks required.* Janet F. (619) 890-4622.

6:40 pm  
 **SUNSET CLIFFS VIEWS.** See Wednesday, May 5 for details.

**THURSDAY, MAY 20**

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,

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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.



Lenore Edidin's March walk from the Bernardo Winery.

dirt road as we see what the season has to offer on this casual to *moderate* 1-hour walk. Take I-5 to Tecolote Rd. exit, go east on Tecolote Rd and meet at the Tecolote Canyon Natural Park and Nature Center at 5180 Tecolote Road at end of road (past the SD City Recreational ball fields). Join us to see what SD Park Rangers are doing to restore Tecolote Canyon Natural Park to its natural state. 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, May 6 for details.

10:00 am

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

**SUNDAY, MAY 23**

8:15 am

MERRY GO-ROUND. See Sun., May 2 for details.

**SUNDAY, MAY 30**

8:15 am

MERRY GO-ROUND. See Sunday, May 2 for details.

**MONDAY, MAY 24**

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. There is ample free parking by the NeverSail. Bring money for an optional breakfast afterward. **Don't forget your mask.** Connie V. (619) 477-8628.

**MONDAY, MAY 31**

6:30 am

**SUNRISE SERIES: HARBOR DRIVE.** We'll walk for 1 hour at a *casual+ pace* on flat paved terrain. We hope to see many changes. Take Harbor Dr. south a couple blocks past Broadway, turn right and park at the Kissing Statue near the Midway Museum. Bring money for optional breakfast afterward. **Masks required.** John and Marilyn (619) 840-5544.

10:00 am

**AMERICA'S CUP HARBOR.** See Mon., May 10 for details.

10:00 am

**HISTORIC LA PLAYA TRAIL.** See Mon., May 3 for details.

2:00 pm

ZOOM TELECONFERENCE. See p. 8 for details.

2:00 pm

ZOOM TELECONFERENCE. See p. 8 for details.

**WEDNESDAY, MAY 26**

6:40 pm

**SUNSET CLIFFS VIEWS.** See Wednesday, May 5 for details.

**THURSDAY, MAY 27**

6:30 am

**SUNRISE SERIES: TECOLOTE CANYON.** Let's walk in beautiful Tecolote Canyon on a flat comfortable

**WALKABOUT BOARD MEETING**  
**Tuesday, May 11th 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*

# MAY 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
<b>1</b>						
<b>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.</b>						
<b>2</b>						
8:15 am Merry-Go-Round	6:30 am <i>Sunrise:</i> Balboa Park 10:00 am Historic La Playa Trail 2:00 pm Zoom Teleconference		6:40 pm Sunset Cliffs Views	6:30 am <i>Sunrise:</i> Riverwalk 10:00 am Shelter Island		
<b>3</b>						
8:15 am Merry-Go-Round	6:30 am <i>Sunrise:</i> Chula Vista Bayfront Park 10:00 am America's Cup Harbor 2:00 pm Zoom Teleconference	10:30 am Zoom Walkabout Board Mtg. 2:00 pm Victorian Views	9:00 am Lake Murray 6:40 pm Sunset Cliffs Views	6:30 am <i>Sunrise:</i> Mission Bay Backwards 10:00 am Shelter Island		9:30 am 4S Ranch Ramble
<b>4</b>						
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		9:00 am Lake Murray 6:40 pm Sunset Cliffs Views	6:30 am <i>Sunrise:</i> Mission Hills 10:00 am Shelter Island		
<b>5</b>						
8:15 am Merry-Go-Round	6:30 am <i>Sunrise:</i> Liberty Station/Old SD River 10:00 am America's Cup 2:00 pm Zoom Teleconference		6:40 pm Sunset Cliffs Views	6:30 am <i>Sunrise:</i> Tecolote Canyon 10:00 am Shelter Island		
<b>6</b>						
8:15 am Merry-Go-Round	6:30 am <i>Sunrise:</i> Harbor Drive	31 continued				
8:15 am Merry-Go-Round	6:30 am <i>Sunrise:</i> Historic La Playa 2:00 pm Zoom Tele.	10:00 am Historic La Playa 2:00 pm Zoom Tele.				

## 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](mailto: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](mailto: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 <a href="mailto:President@walkabout-int.org">President@walkabout-int.org</a>
1st Vice President Robert Buehler	(619) 470-0778 <a href="mailto:vp1@walkabout-int.org">vp1@walkabout-int.org</a>
2nd Vice President Marilyn Buckley	(619) 231-7463 <a href="mailto:prwalkabout@yahoo.com">prwalkabout@yahoo.com</a>
3rd Vice President Stan Follis	(619) 222-3447 <a href="mailto:Stanley@walkabout-int.org">Stanley@walkabout-int.org</a>
Secretary Donna Farris	(619) 559-5650 <a href="mailto:secretary@walkabout-int.org">secretary@walkabout-int.org</a>
Treasurer Diane Erk	(619) 231-7463 <a href="mailto:treasurer@walkabout-int.org">treasurer@walkabout-int.org</a>
Connie Vickers	(619) 477-8628 <a href="mailto:connie@walkabout-int.org">connie@walkabout-int.org</a>
Janet Fenston	(619) 890-4622 <a href="mailto:Janet@walkabout-int.org">Janet@walkabout-int.org</a>
Director Emeritus Dan Haslam	619) 318-4870 <a href="mailto:danhaslam@walkabout-int.org">danhaslam@walkabout-int.org</a>

## OFFICE STAFF

Elaine Berger, Marilyn Buckley, Janet Fenston, Stanley Follis, Sharon Nelson and Charlotte Sedgwick.

## NEWSLETTER STAFF

Kathy Johnson [kathyj@walkabout-int.org](mailto: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](mailto: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](mailto: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 offering 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

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 \_\_\_\_\_



May 2021

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

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## 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.

## “SEZ ME” CONTINUED

wearing those masks, social distancing around strangers and avoiding large groups—especially indoors. This virus is sneaky and constantly changing, so we don’t know what it will do next. However, with precautions you can now feel much safer as you go about your everyday activities. And you have always been safe going outside for a walk. Go out and enjoy the sights and smells of the flowers, listen to the happy songs of the birds or enjoy the wonders of the beach and ocean.

## 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.