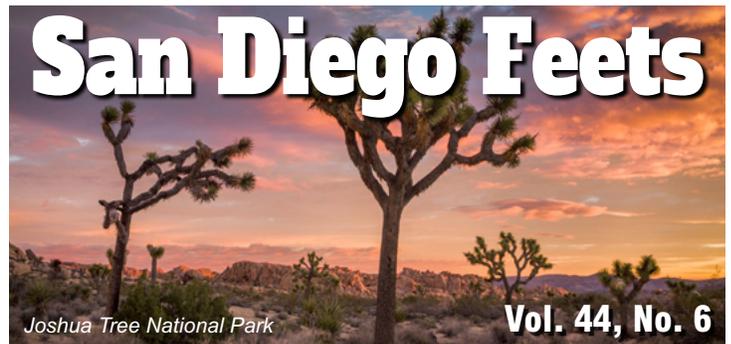




Est. 1977 in San Diego

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 AUTHORIZED BY WALKABOUT. NEW CDC GUIDELINES INDICATE THAT OUTDOOR WALKS NO LONGER REQUIRE FACE MASKS. WE DO ASK THAT WALKERS CARRY A MASK TO USE IN CROWDED SITUATIONS.**

# June 2021

## "SEZ ME"

Elaine Berger, President

Here we are moving into June, the mid-point of the year. Wasn't it just January a few weeks ago? And what a June it will be. All the glories of nature are abundant as flowers and trees burst into bloom, baby birds start showing their heads and pollen drives our allergies into overdrive.

For the first time in some 16 months we may be able to look ahead of the Covid-19 pandemic with optimism. As of June 15, the state is planning to eliminate the tiered levels of closure. In theory, we will be able to open our stores, restaurants, hotels, and businesses without limits. Just like the good old days! How is this going to play out? Your guess is as good as mine. While I look forward to being able to go shopping, go to museums, zoos, movie theaters, restaurants, etc., I fear that the Covid virus may not be through with us yet.

How will these new rules effect Walkabout?  
 First, we ask that you carry a mask, but you will

no longer be required to wear it on your walks, especially if you are fully vaccinated. Outdoor activities are low risk for spreading the virus. Second, we will resume asking walkers to sign-in themselves instead of having walk leaders list their names. There is little evidence that physical contact with objects spreads the virus. This is also a legal issue as only signatures by the individual walkers are valid. If you are concerned about sharing a pen you can either bring your own pen or you can wipe the pen with a sanitizer wipe. We continue to suggest maintaining safe distancing from those not part of your immediate family or social group.

For the future, we want to once again be able to plan local events, day trips and trips led by Dan Haslam to other parts of the country or the world. We also need to think of how we want to celebrate our 45th anniversary. I am still waiting to hear stories from members of their most memorable trips (good, bad or indifferent), events, walks, etc. I want to do a special newsletter celebrating our organization, but I cannot do it without your participation.

Stay safe, get out there and walk and show your smiling faces!

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## MONTHLY WALK ROUND-UP

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

### WEDNESDAY, JUNE 2

7:00 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. **Must have a mask with you.** Stan F. (619) 222-3447.

### THURSDAY, JUNE 4

6:30 am

 **SUNRISE SERIES: TECOLOTE CANYON.** Let's walk in beautiful Tecolote Canyon on a flat comfortable 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. all the way into the canyon to the parking lot and visitor center at the end of the road. Bring money for an optional breakfast afterward. **Must have a mask with you.** John and Marilyn (619) 840-5544.

#### Observation

"I believe every human has a finite number of heartbeats. I don't intend to waste any of mine running around doing exercises. "

—American astronaut Neil Armstrong (1930-2012)

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+*. **Must have a mask with you.** Sally R. (619) 222-3800.

### SUNDAY, JUNE 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 (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. **Must have a mask with you.** Meet with

### MONDAY, JUNE 7

6:30 am

 **SUNRISE SERIES: SHELTER ISLAND.** Let's take a *casual to moderate* walk along this beautiful mostly-flat area by the bay where there are many beautiful homes. To meet the group, from I-5, drive west on Rosecrans St. to Shelter Island Dr., turn left and go about two blocks to Anchorage Dr. to the large parking lot (park where there are no meters). Bring money for optional breakfast afterward. **Must have a mask with you.** 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. Must have a mask with you.** Sally R. (619) 222-3800. Repeats every other week.

2:00 pm

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

### TUESDAY, JUNE 8

10:30 am

**ZOOM WALKABOUT BOARD MEETING.** See page 4 for information.

### WEDNESDAY, JUNE 9

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. **Must have a mask with you.** Janet F. (619) 890-4622.

7:00 pm

 **SUNSET CLIFFS VIEWS.** See Wednesday, June 2 for details.

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**THURSDAY, JUNE 10**

6:30 am

 **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. **Must have a mask with you.** Optional breakfast follows. Edie A. (619) 313-7818.

10:00 am

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

**SUNDAY, JUNE 13**

8:15 am

 **MERRY GO-ROUND.** See Sun. June 6 for details.

**MONDAY, JUNE 14**

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. **Must have a mask with you.** 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. **Must have a mask with you.** Sally R. (619) 222-3800. Repeats every other week.

2:00 pm

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

**TUESDAY, JUNE 15**

2:00 pm

**LA MESA MEANDER.** We'll wind around old La Mesa and see the historic 1890's Porter House, plus other

**KEY TO WALK SYMBOLS**



WEEKLY REPEATING WALKS



SUNRISE SERIES

handsome homes from the early 1900's. Meet at the northwest corner of Memorial Drive and University Avenue, by MacArthur Park, for a *casual+*, hilly, 1.5+ hour jaunt. Arrive 20 minutes early to enjoy the art of the Foothills Fine Arts Gallery

at Porter Hall, located at our meeting corner. You can take bus #1 or #852, or the Orange Line Trolley. **Rain Cancels. Must have a mask with you.** Evelyn K. (619) 461-6095.

**WEDNESDAY, JUNE 16**

9:00 am

**MISSION TRAILS REGIONAL PARK, VISITOR CENTER LOOP.** This is a 1.5 mile round trip *easy walk* on a dirt trail. It's mostly level terrain with a gradual incline and some steps. It's a good idea to wear shoes with a good tread. Meet in front of the Visitors Center. Directions from Interstate 8 exit to Interstate 15, take Mission Gorge road exit then turn left on One Father Junipero Serra Trail, San Diego 92119. **Rain cancels.** Optional breakfast after. **Must have a mask with you.** Janet F. (619) 890-4622.

7:00 pm

 **SUNSET CLIFFS VIEWS.** See Wednesday, June 2 for details.

**THURSDAY, JUNE 17**

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. **Must have a mask with you.** Connie V. (619) 477-8628.

10:00 am

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

**SATURDAY, JUNE 19**

9:30 am

**ENCINITAS RANCH.** Let's enjoy the last day of spring as we go out and explore the trails and pathways of the North County neighborhood of Encinitas Ranch. Enjoy views of the ocean, canyons and golf

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courses as we hike along on this *moderately-paced* approximately 5.5-mile walk. Be prepared for hills and dirt trails. Meet in front of the Target Store in the Encinitas Ranch Town Center at 1010 N. El Camino Real (just south of Leucadia Blvd and east of Garden View Rd). **Must have a mask with you.** Email, text or call: Lenore E. (619) 890-0714 ([ledidin@san.rr.com](mailto:ledidin@san.rr.com)).



Lenore's April walk in Carlsbad at the Flower Fields.

**SUNDAY, JUNE 20**

8:15 am

**MERRY GO-ROUND.** See Sun., June 6 for details.

**MONDAY, JUNE 21**

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. **Must have a mask with you.** Connie V. (619) 477-8628.

10:00 am

**AMERICA'S CUP HARBOR.** See Mon., June 7 for details.

2:00 pm

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

**WEDNESDAY, JUNE 23**

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. **Must have a mask with you.** Janet F. (619) 890-4622.

7:00 pm

**SUNSET CLIFFS VIEWS.** See Wednesday, June 2 for details.

**THURSDAY, JUNE 24**

6:30 am

**SUNRISE SERIES: MISSION VALLEY/SAN DIEGO RIVER.** Meet Connie at the parking lot at the west end of Mission Valley Center (next to the jeweler at Camino de la Reina and Mission Center Rd.). We'll walk along the San Diego River through Mission Valley on a *casual to moderate* 1-hour walk. Bring money for an optional breakfast afterward. **Must have a mask with you.** Connie V. (619) 477-8628.

10:00 am

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

**SUNDAY, JUNE 27**

8:15 am

**MERRY GO-ROUND.** See Sun., June 6 for details.

**MONDAY, JUNE 28**

6:30 am

**SUNRISE SERIES: OCEAN BEACH.** We will take a *moderate* 3-mile walk visiting the pier to see the surfers and fishermen and then continuing in the Sunset Cliffs neighborhood. To reach our meeting place, take I-8 to the west end, turn left onto Sunset Cliffs Blvd., then turn right onto Newport Blvd. for a block and a half. Meet across the street from the old Strand Theater. Bring money for an optional breakfast. **Must have a mask with you.** Edie A. (619) 313-7818.

10:00 am

**HISTORIC LA PLAYA TRAIL.** See Mon., June 14 for details.

2:00 pm

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

**WEDNESDAY, JUNE 30**

7:00 pm

**SUNSET CLIFFS VIEWS.** See Wednesday, June 2 for details.

**WALKABOUT BOARD MEETING**

**Tuesday, June 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*

# JUNE 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>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
			7:00 pm Sunset Cliffs Views	6:30 am <i>Sunrise:</i> Tecelote Canyon 10:00 am Shelter Island		
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
8:15 am Merry- Go-Round	6:30 am <i>Sunrise:</i> Shelter Island 10:00 am America's Cup Harbor 2:00 pm Zoom Teleconference	10:30 am Zoom Walkabout Board Mtg.	9:00 am Lake Murray 7:00 pm Sunset Cliffs Views	6:30 am <i>Sunrise:</i> By the River at Liberty Station 10:00 am Shelter Island		
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
8:15 am Merry- Go-Round	6:30 am <i>Sunrise:</i> Old Town 10:00 am Historic La Playa Trail 2:00 pm Zoom Teleconference	2:00 pm La Mesa Meander	9:00 am Mission Trails Regional Park Visitor Center Loop 7:00 pm Sunset Cliffs Views	6:30 am <i>Sunrise:</i> Mission Hills 10:00 am Shelter Island		9:30 am Encinitas Ranch
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
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		9:00 am Lake Murray 7:00 pm Sunset Cliffs Views	6:30 am <i>Sunrise:</i> Mission Valley/San Diego River 10:00 am Shelter Island		
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>			
8:15 am Merry- Go-Round	6:30 am <i>Sunrise:</i> Ocean Beach 10:00 am Historic La Playa Trail 2:00 pm Zoom Teleconference		7:00 pm Sunset Cliffs Views			
<p><b>THE WALKS LISTED ARE AUTHORIZED BY WALKABOUT. NEW CDC GUIDELINES INDICATE THAT OUTDOOR WALKS NO LONGER REQUIRE FACE MASKS. WE DO ASK THAT WALKERS CARRY A MASK TO USE IN CROWDED SITUATIONS.</b></p>						

## WILDERNESS HIKES

Your Wilderness Hikes group is still here just not quite as active as we have been in the past. I know that many of you have split into 'mini' groups of close friends for getting your exercise during this Pandemic period.

Once fall is upon us, we are planning on going back to how we manage and post all our hikes. We're even thinking about kicking this off with a good old Laguna Ramble and Potluck sometime in September or October. A small group of us have been going to the Laguna's the last couple of weeks enjoying a beautiful spring. Should you like to receive these notifications please email [dpiller@cox.net](mailto:dpiller@cox.net) and we will add you in.

Walkabout has implemented some "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, 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 Tuesday 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: <https://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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**Walkabout International**

[facebook.com/WalkaboutInternational](https://www.facebook.com/WalkaboutInternational)



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





June 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.

## RULES FOR WALK LEADERS

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

- We ask that each walker sign themselves in on the sign in sheet (legible signature please). If necessary, each walker can use their own pen or walk leader can wipe the common pen with an antiseptic wipe before passing it to each walker.
- CDC guidelines no longer require face masks by walkers in outdoor settings. We suggest all walkers carry a mask, but they do not need to wear it at all times.
- Safe distancing is still suggested for groups of people who are non-family. There are still many individuals who are not fully vaccinated and capable of spreading the virus.
- If the group is larger than 5-8 people you might want to consider assigning a second leader to lead part of the group.
- Require all participants to carry picture ID and have emergency contact information with them.
- Please carry hand sanitizer with you.
- Walk leaders have the option of adding additional requirements for their walks.