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!
MONTHLY WALK ROUND-UP

WEDNESDAY, JUNE 2
7:00 pm (Note Time and Day change)

 меридиан солнечных лучей. Мы закончим наш час пешком по краю скал в те же дни, не ходя ночью. Мы будем следовать за меридианом до заката солнца. Никаких прогулок в темноте. Соберитесь с одной часовой разницей в Сан-Диего.

мытье с маской. Стэн Ф. (619) 222-3447.

THURSDAY, JUNE 4
6:30 am

меридиан солнечных лучей: Теколото Каньон. Погуляем в красивом Теколото Каньоне на пешеходной тропе, которая приведет нас к виду на скалы. Длина этой прогулки будет примерно 1 час.

мытье с маской. Джон и Марлин (619) 840-5544.

10:00 am

MEREDITH ISLAND WALK & TALK. Присоедините Роб, Элайи или Джейн к прогулке по Мередиту, которая приведет нас к виду на скалы и добро пожаловать. Мы будем следовать за меридианом до заката солнца. Никаких прогулок в темноте. Маска приветствуется.

мытье с маской. Салли R. (619) 222-3800. Повторяется каждую неделю.

SUNDAY, JUNE 6
8:15 am

MEREDITH GO-ROUND WALK. Прогулка в пять утра на Мередит-Роял. Мы будем следовать за меридианом до заката солнца в пять утра.

мытье с маской. Мери Ф. (619) 890-4622.

MONDAY, JUNE 7
6:30 am

меридиан солнечных лучей: Мередиту. Прогулка в пять утра на Мередиту, которая приведет нас к виду на скалы. Длина этой прогулки будет примерно 1 час.

мытье с маской. Салли R. (619) 222-3800. Повторяется каждую неделю.

2:00 pm

ZOOM TELECONFERENCE. См. str. 8 для подробной информации.

TUESDAY, JUNE 8
10:30 am

ZOOM WALKABOUT BOARD MEETING. См. str. 4 для информации.

WEDNESDAY, JUNE 9
9:00 am

LAKE MURRAY. Прогулка в пять утра на Мередиту, которая приведет нас к виду на скалы. Длина этой прогулки будет примерно 1 час.

мытье с маской. Джейн F. (619) 890-4622.

7:00 pm

меридиан солнечных лучей: Мередиту. См. пятницу, июнь 2 для подробной информации.
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

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 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
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).

**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 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.

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**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.

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
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<td>10:00 am Shelter Island</td>
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<td>6:30 am Sunrise: Mission Valley/San Diego River</td>
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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 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) 670-6682 or dpiller@cox.net.

BOARD OF DIRECTORS

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Phone</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
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</tbody>
</table>

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.

To submit photos, go to https://walkabout-int.org/about-us/forms/photo-submission/

Follow us on Facebook at Walkabout International 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.

To keep up-to-date on everything Walkabout, check our website: https://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 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 $1,000 ___ Other Contribution Amount $___________

RENEW or NEW Subscriber/Supporter… How 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 __________________________________________________________________________________

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___ 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 __________________________________________________________________________________

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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.

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 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.