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.

July 2021

“SEZ ME”
Elaine Berger, President

“To mask or not to mask, that is the question."

It is quite ironic that for some 16 months we got yelled at for not wearing a mask. Now we risk being yelled at if we choose to wear a mask, even if we are vaccinated. Of course, there are still situations where masks are required—public transportation, medical service locations and certain large indoor public gatherings. My response is to carry a mask and wear it if requested. We are so close to having this whole COVID-19 pandemic under control that occasionally wearing a mask is a small price to pay. It is, however, so very nice to see smiling faces.

July is filled with so many things we can now do. How great is it that we can have picnics and the Big Bay Boom fireworks show for the 4th of July. Many local festivals will resume, theaters and concerts will resume live productions, and of course we can’t forget how great it is to have our baseball Padres giving us such exciting entertainment. Walkabout has discussed possible activities and day trips later this summer and early fall and we have discussed with Dan Haslam about longer trips. In the mean time, we will continue our wonderful local walks thanks to our great walk leaders.

Benefits of Being Chronologically Endowed by Richard Lederer in the May 15, 2021 Union Tribune

“Studies show that one’s body temperature declines from decade to decade and that the drop becomes particularly pronounced in the elderly. Therefore, old folks are the coolest people on Earth”.

And I would add that Walkabouters are the coolest people of all!

If you haven’t checked out the Walkabout Facebook page(Facebook.com/WalkaboutInternational) please do so. Donna Farris is doing a wonderful job of adding pictures and articles of interest. And please, give the site a like. Also remember to check out our website, www.walkabout-int.org. Don Piller has done a great job with the site. Both of these sites allow us to get our message out to a wider audience in the community.

Finally, please join us for our Monday Zoom meeting for a chance to interact with friends we have not seen in person for a while.

Stay safe, stay cool and enjoy the summer.
MONTHLY WALK ROUND-UP

THURSDAY, JULY 1
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. 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, JULY 4
8:15 am

Merry-Go-Round Walk. Meet at 8:15 AM every Sunday for the Merry-Go-Round walk at the Carousel in front of the San Diego Zoo (intersection of Zoo Pl. and Park Blvd.). Please arrive earlier for sign-in, as the walk does leave at 8:15 AM. About 3 hours (6 to 9 miles). Generally, there is a lot of parking in the parking lot adjacent to (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 Ward Martin 858-735-7557, (warddroid@gmail.com). Co-leaders: Ward Martin (moderate +), Tom Samaras (moderate).

MONDAY, JULY 5
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. Must have a mask with you. Connie V. (619) 477-8628.

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.

WEDNESDAY, JULY 7
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.

THURSDAY, JULY 8
6:30 am

Sunrise Series: South Bay. Meet Frances in the parking lot on the corner of National City Blvd. and 2nd St. as we visit Heritage Square, where the “Railroad Homes” and Kimball House are located, and the National City Library, which has a custom designed William Hubbell stained glass window. We’ll cut through Kimball Park, visiting the ARTS center on this Casual+ 1 hour walk on flat terrain. From the north, take the I-5 south to Main St., make a left turn onto National City
Boulevard, go under the I-5 freeway and bear right at the arrow. Parking lot is about two blocks on your right. Bring money for optional breakfast afterward. Must have a mask with you. Frances (619) 479-3962.

**SUNDAY, JULY 11**
8:15 am
**MERRY GO-ROUND.** See Sun., July 4 for details.

**MONDAY, JULY 12**
6:30 am
**SUNRISE SERIES: PACIFIC BEACH BOARDWALK.** Let’s take a casual+ 1-hour walk on flat terrain and enjoy the fresh air, early morning breeze and beautiful sunrise where we can look forward to good company, chatting and an optional breakfast afterward. Meet at the Crystal Pier at the west end of Garnet Ave. Bring money for optional breakfast. Must have a mask with you. Edie (619) 313-7818.

10:00 am
**SHELTER ISLAND WALK & TALK.** See Thursday, July 1 for details.

**SUNDAY, JULY 18**
8:15 am
**MERRY GO-ROUND.** See Sun., July 4 for details.

**MONDAY, JULY 19**
6:30 am
**SUNRISE SERIES: PACIFIC BEACH BOARDWALK.** Let’s take a casual+ 1-hour walk on flat terrain and enjoy the fresh air, early morning breeze and beautiful sunrise where we can look forward to

---

**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.**

**KEY TO WALK SYMBOLS**
- **W** WEEKLY REPEATING WALKS
- **C** SUNRISE SERIES

---

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.

The walks are listed in a 7-day schedule. Each day includes the time and place of the walk, the description of the walk, and contact information for the organizer. The walks are located in various areas of San Diego, including La Jolla, Bird Rock, and Shelter Island. The walks include a mix of nature trails, historical sites, and public parks. The walks are led by the Walkabout board members and are open to the public. The newsletter is a great way to acquaint people with Walkabout and to offer them a printed copy of the newsletter. All Subscribers are Welcome.
**JULY 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>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td></td>
<td></td>
<td>9</td>
</tr>
<tr>
<td><strong>8:15 am Merry-Go-Round</strong></td>
<td><strong>6:30 am Sunrise:</strong> Liberty Station/Old SD River Remnant</td>
<td><strong>9:00 am Lake Murray</strong></td>
<td><strong>6:30 am Sunrise:</strong> Mission Hills</td>
<td><strong>10:00 am</strong></td>
<td><strong>10:30 am Zoom Walkabout Board Mtg.</strong></td>
<td><strong>9:30 am Crest Canyon Caper</strong></td>
</tr>
<tr>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
</tr>
<tr>
<td><strong>8:15 am Merry-Go-Round</strong></td>
<td><strong>6:30 am Sunrise:</strong> Pacific Beach Boardwalk</td>
<td><strong>10:30 am Zoom Walkabout Board Mtg.</strong></td>
<td><strong>6:30 am Sunrise:</strong> South Bay</td>
<td><strong>10:00 am</strong></td>
<td><strong>6:30 am Sunrise:</strong> South Shore</td>
<td><strong>10:00 am</strong></td>
</tr>
<tr>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
</tr>
<tr>
<td><strong>8:15 am Merry-Go-Round</strong></td>
<td><strong>6:30 am Sunrise:</strong> PB Boardwalk</td>
<td><strong>2:00 pm Bird Rock Path</strong></td>
<td><strong>9:00 am Lake Murray</strong></td>
<td><strong>6:30 am Sunrise:</strong> Seaport Village</td>
<td><strong>10:00 am</strong></td>
<td><strong>10:00 am</strong></td>
</tr>
<tr>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
</tr>
<tr>
<td><strong>8:15 am Merry-Go-Round</strong></td>
<td><strong>6:30 am Sunrise:</strong> Chula Vista Bayfront Park</td>
<td></td>
<td></td>
<td><strong>6:30 am Sunrise:</strong> Lake Murray</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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.
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) 670-6862 or dpiller@cox.net.

BOARDS OF DIRECTORS

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Phone</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>President</td>
<td>Elaine Berger</td>
<td>(858) 560-9003</td>
<td><a href="mailto:President@walkabout-int.org">President@walkabout-int.org</a></td>
</tr>
<tr>
<td>1st Vice President</td>
<td>Robert Buehler</td>
<td>(619) 470-0778</td>
<td><a href="mailto:vp1@walkabout-int.org">vp1@walkabout-int.org</a></td>
</tr>
<tr>
<td>2nd Vice President</td>
<td>Marilyn Buckley</td>
<td>(619) 231-7463</td>
<td><a href="mailto:prwalkabout@yahoo.com">prwalkabout@yahoo.com</a></td>
</tr>
<tr>
<td>3rd Vice President</td>
<td>Stan Follis</td>
<td>(619) 222-3447</td>
<td><a href="mailto:Stanley@walkabout-int.org">Stanley@walkabout-int.org</a></td>
</tr>
<tr>
<td>Secretary</td>
<td>Donna Farris</td>
<td>(619) 559-5650</td>
<td><a href="mailto:secretary@walkabout-int.org">secretary@walkabout-int.org</a></td>
</tr>
<tr>
<td>Treasurer</td>
<td>Diane Erk</td>
<td>(619) 231-7463</td>
<td><a href="mailto:treasurer@walkabout-int.org">treasurer@walkabout-int.org</a></td>
</tr>
<tr>
<td>Connie Vickers</td>
<td></td>
<td>(619) 477-8628</td>
<td><a href="mailto:connie@walkabout-int.org">connie@walkabout-int.org</a></td>
</tr>
<tr>
<td>Janet Fenston</td>
<td></td>
<td>(619) 890-4622</td>
<td><a href="mailto:Janet@walkabout-int.org">Janet@walkabout-int.org</a></td>
</tr>
<tr>
<td>Director Emeritus</td>
<td>Dan Haslam</td>
<td>619) 318-4870</td>
<td><a href="mailto:danhaslam@walkabout-int.org">danhaslam@walkabout-int.org</a></td>
</tr>
</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.

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/.

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

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

ABOUT WALKABOUT, SAN DIEGO’S PREMIER SOCIAL NETWORK AFOOT
NEW WALKS?
Sally R. and Rob K. are thinking of putting together a couple new walks. Please let Sally know if you're interested in any, or all, of these options.
sallywalkabout@cox.net, (619) 222-3800.
1. Listening to the Symphony rehearse down at the new Shell outdoor symphony venue behind the convention center, possible picnic lunch and walk.
2. Walk on Shelter Island on a Wednesday at 1:45pm followed by happy hour at the Bali Hai at 3pm.
3. Sitting across from Humphreys and listen to the concerts.

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.