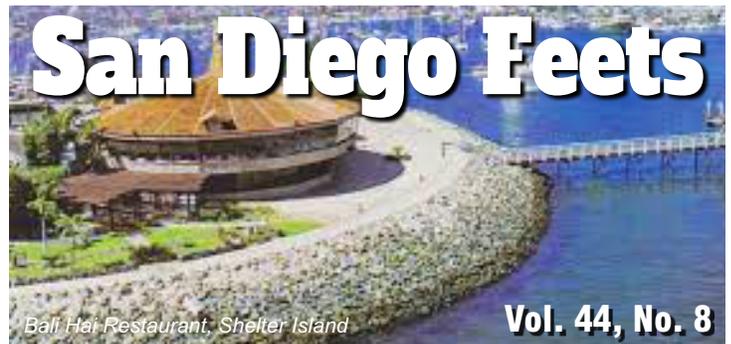




Est. 1977 in San Diego

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). Office hours by appointment. Website: walkabout-int.org, email: info@walkabout-int.org.

Unless otherwise specified, walks start at the time indicated. Walk leaders should arrive at least 10 minutes prior to the start time.

THE WALKS LISTED ARE 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.

August 2021

“SEZ ME”

Elaine Berger, President

I can’t believe that we are already in the month of August! With the lifting of most COVID-19 mandates, life really is starting to feel more like normal. I had lunch with a small group of Walkabouts, and it was just as nice as I remembered—not to mention great BBQ ribs at Phil’s. It is still surprising to walk into a store and find half the folks with and half without masks. But it is nice to walk around without foggy eyeglasses because of the masks.

Normal life means Walkabout can now plan on many of our usual annual events. First, we are trying to get a park permit with the city and coordinate with Dan H. to have our annual picnic/meeting/auction in October or early November. It is such a great opportunity for our subscribers/walkers to meet and greet. We will also be looking into activities for the holidays—Thanksgiving luncheon, Christmas breakfast, etc. If you have suggestions for these or other activities, please contact Marilyn or me to let us know what you would like to do. Some events in which we have participated in person are still virtual this year, but we definitely

plan to participate in live events once they resume. As libraries reopen, we ask subscribers to place copies of our newsletter in their local libraries. A surprising number of requests for a newsletter come from this activity.

As for extended trips, Dan H. is planning a New Orleans/western Caribbean cruise in early 2022. Marilyn is also looking into trips closer to home in early 2022. Of course, all these activities depend on what the COVID virus does. The new variants clearly make planning more difficult. Check the newsletter for information on any of these activities. Also note that there are new walks in the newsletter, including a Shelter Island walk followed by a happy hour at the Bali Hai.

In case you haven’t noticed, I am a big baseball fan and finally having a competitive Padres team is such fun. Having one of our players be a starter in the All-star game since Tony Gwynn played here is such an honor. And congratulations to all Padres players chosen for the team. I am still a little shy about going to a full stadium of fans, but I will follow the team and cheer them on to victory!

Take care, get out there and enjoy all the best of San Diego.

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MONTHLY WALK ROUND-UP

SUNDAY, AUGUST 1

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, AUGUST 2

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 *casual+* 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.

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, AUGUST 4

8:00 am *New Time*

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, AUGUST 5

6:30 am

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

SATURDAY, AUGUST 7

9:30 am

CARDIFF-BY-THE-SEA. Would you like to enjoy ocean views without getting a lot of sand in your shoes? Then this approximately 4.5-mile, *moderate paced* walk is for you. We'll make our way along some of the streets and trails of the Composer District of Cardiff-by-the-Sea. After pausing briefly to greet the famous surfing "Cardiff Kook" statue, we'll garner those ocean views from the paved part of San Elijo State Beach and along the scenic Coastal Rail Trail. Heat advisory or warning at the coast cancels. Meet in front of Vons at 453 Santa Fe Dr, Encinitas (just west of Highway 5). **Must have a mask with you.** Email, text or call: Lenore E. (619) 890-0714 (ledidin@san.rr.com).

SUNDAY, AUGUST 8

8:15 am

 **MERRY GO-ROUND.** See Sun. August 1 for details.

MONDAY, AUGUST 9

6:30 am

 **SUNRISE SERIES: NATIONAL CITY.** We'll take a *casual+* 1-hour flat walk to check out the National City Marina and then on to Pepper Park. We hope to see a cargo ship unloading cars or lumber and people

Observation

"Whatever you do, always give 100 percent, unless you are donating blood."

—Comedian Bill Murray

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fishing off the pier. Bring money for an optional breakfast afterward. Take I-5 south to the Mile of Cars Way/Bay Marina Dr exit, turn right (west) and then make a left at signal into the restaurant parking lot where we'll meet. **Must have a mask with you.** Frances (619) 479-3962.

KEY TO WALK SYMBOLS



WEEKLY REPEATING WALKS



SUNRISE SERIES

a mask with you. Rob 619-973-2819 or Sally R. 619-222-3800 or sallywalkabout@cox.net.

THURSDAY, AUGUST 12

6:30 am



SUNRISE SERIES: MISSION

HILLS. Join the early birds for a peaceful walk through one of San Diego's oldest and most well-preserved neighborhoods. It is filled with a wide variety of architectural styles which we will identify as we also enjoy the lovely landscapes. Several homes with historical significance, such as the Bishop's residence, Orizaba Villa, and the Miller House will be viewed. Meet at the 1920 Fort Stockton Drive commercial building near Allen Road and Hickory Street. Terrain is somewhat hilly in areas. Bring money for optional breakfast afterward. **Must have a mask with you.** Connie V. (619) 477-8628.

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.

10:00 am



SHELTER ISLAND WALK & TALK. See Thursday, August 5 for details.

SUNDAY, AUGUST 15

8:15 am



MERRY GO-ROUND. See Sun., August 1 for details.

MONDAY, AUGUST 16

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. This walk ranges from **Very Casual+ to Moderate pace** on sidewalk or dirt path. This walk allows for the faster walkers and a lot of ground can be covered in an hour. Worth noting are the 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. See Mon., August 2 for details.

2:00 pm



ZOOM TELECONFERENCE. See p. 8 for details.

WEDNESDAY, AUGUST 18

8:00 am **New Time**

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

2:00 pm

ZOOM TELECONFERENCE. See p. 8 for details.

TUESDAY, AUGUST 10

10:30 am

ZOOM WALKABOUT BOARD MEETING. See page 4 for information.

2:00 pm

MADAME TINGLEY WALK. The walks on Notable San Diego Women will resume this month. Come find out who the "Purple Mother" was, and why she was taken to court. As we stroll the beautiful oceanfront campus of the former Theosophical Society (now Point Loma Nazarene University), we will see the first Greek Theater built in the U.S., plus several buildings over 100 years old. Drive south on Catalina Blvd. (or take bus #84) and turn right on Lomaland Drive. Stop at the Welcome Center booth, pass Mieras Hall on your right, turn right down a slight hill, and park in front of the Nease Residence Hall. Parking is free. Meet at the entrance to Mieras Hall, for a **casual+**, 1.5 hour walk, with a few hills. Wear Purple. Evelyn K. (619)-461-6095.

WEDNESDAY, AUGUST 11

1:45 pm **New Walk**

SHELTER ISLAND WALK & HAPPY HOUR AT BALI HAI. Meet Rob K. at 1:45pm to the right of the Bali Hai Restaurant for a stroll down beautiful Shelter Island followed by Happy Hour, which begins at 3:00 pm. Those unable to walk are welcome to join us for happy hour only. Meets every other Wednesday. **Must have**

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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, AUGUST 19

6:30 am

 **SUNRISE SERIES: LAKE MURRAY.** Walk at *your own pace* for 1 hour on a mostly flat path around the lake. This walk ranges from Very Casual+ Pace to Moderate Pace (and beyond). Whatever you can manage in an hour at this scenic 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 on the left as you approach the lake. 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, August 5 for details.

SUNDAY, AUGUST 22

8:15 am

 **MERRY GO-ROUND.** See Sun., August 1 for details.

MONDAY, AUGUST 23

6:30 am

 **SUNRISE SERIES: LIBERTY STATION.** Meet in the parking lot on Trust Rd just east of Trader Joe's for a 1-hour *casual to moderate* walk on flat, paved terrain. We'll walk the arcades to see what new businesses and attractions are being added to this historic location. Once home to Naval Training Center (NTC) San Diego, you can see such diverse attractions as Historic North Chapel, our own Walkabout office, and numerous art galleries and dance studios. Bring money for an optional breakfast afterward. *Must have a mask with you.* Edie A. (619) 313-7818.

10:00 am

HISTORIC LA PLAYA TRAIL. See Mon., August 9 for details.

2:00 pm

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

.....
 : **SDFeets** newsletter is a great
 : way to acquaint people with
 : Walkabout. If you have guests on
 : your walks, please offer them a
 : printed copy of the newsletter.
 :



WEDNESDAY, AUGUST 25

1:45 pm **New Walk**

SHELTER ISLAND WALK & HAPPY HOUR AT BALI HAI. See Wednesday, August 11 for details.

THURSDAY, AUGUST 26

6:30 am

 **SUNRISE SERIES: HARBOR ISLAND.** We'll have a quiet walk for 1 hour at a *moderate pace* on flat terrain around this beautiful area so close to downtown. Take Harbor Dr. to Harbor Island Dr., turn west to the end and turn left to the parking next to Island Prime Restaurant. Bring money for optional breakfast afterward.. *Must have a mask with you.* Edie A. (619) 313-7818.

10:00 am

 **SHELTER ISLAND WALK & TALK.** See Thursday, August 5 for details.

SUNDAY, AUGUST 29

8:15 am

 **MERRY GO-ROUND.** See Sun., August 1 for details.

MONDAY, AUGUST 30

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.* John and Marilyn (619) 840-5544.

10:00 am

AMERICA'S CUP HARBOR. See Mon., August 2 for details.

2:00 pm

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

WALKABOUT BOARD MEETING

Tuesday, August 10th 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

AUGUST 2021 WALKS AT A GLANCE

Bold walk start times are those that repeat every week at the same location, day, and time.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8:15 am Merry-Go-Round	6:30 am <i>Sunrise:</i> Tecelote Canyon 10:00 am America's Cup Harbor 2:00 pm Zoom Teleconference		8:00 am Lake Murray	6:30 am <i>Sunrise:</i> Balboa Park 10:00 am Shelter Island		9:30 am Cardiff-by-the-Sea
8	9	10	11	12	13	14
8:15 am Merry-Go-Round	6:30 am <i>Sunrise:</i> National City 10:00 am Historic La Playa Trail 2:00 pm Zoom Teleconference	10:30 am Zoom Walkabout Board Mtg. 2:00 pm Madame Tingley Walk	1:45 pm Shelter Island Walk & Happy Hour at the Bali Hai	6:30 am <i>Sunrise:</i> Mission Hills 10:00 am Shelter Island		
15	16	17	18	19	20	21
8:15 am Merry-Go-Round	6:30 am <i>Sunrise:</i> Liberty Station/Old SD River Remnant 10:00 am America's Cup Harbor 2:00 pm Zoom Teleconference		8:00 am Lake Murray	6:30 am <i>Sunrise:</i> Lake Murray 10:00 am Shelter Island		
22	23	24	25	26	27	28
8:15 am Merry-Go-Round	6:30 am <i>Sunrise:</i> Liberty Station 10:00 am Historic La Playa Trail 2:00 pm Zoom Teleconference		1:45 pm Shelter Island Walk & Happy Hour at the Bali Hai	6:30 am <i>Sunrise:</i> Harbor Island 10:00 am Shelter Island		
29	30	31				
8:15 am Merry-Go-Round	6:30 am <i>Sunrise:</i> PB Boardwalk 10:00 am America's Cup Harbor 2:00 pm Zoom Teleconference					
<p>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.</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 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.

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.

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

OFFICE STAFF

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

NEWSLETTER STAFF

Kathy Johnson kathyj@walkabout-int.org

MAILING CREW

Charlotte Sedgwick, Carole Ericson, 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://www.walkabout-int.org/about-us/forms/photo-submission/>



Follow us on [Facebook](#) at [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.



August 2021

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

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WE HAVE A NEW WALK!

Last month we ran an article describing some ideas for new walks, and this is the walk that got the most attention. Rob has agreed to do a new walk on Shelter Island twice a month on Wednesday at 1:45pm, followed by happy hour at the Bali Hai at 3:00pm. Those who cannot make the walk are welcome to join the group at the Bali Hai at 3:00pm for Happy Hour. For more information sallywalkabout@cox.net, (619) 222-3800.

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.