October 2021

“SEZ ME”
Elaine Berger, President

Here we are in October, the last quarter of 2021. It certainly hasn’t been the summer we expected and the fall is looking like it could have a few rough spots too. As you can see from this newsletter, Walkabout is planning to move forward on our usual fall activities. First, thanks to Marilyn’s persistence, we have a permit for our annual picnic and meeting. It will be a little different this year, as we will not be having our auction. Most of us have spent time trying to remove “treasures” from our homes and I doubt that many are going to want to acquire new items at an auction. We will be doing drawings for door prizes, so you won’t go home empty handed. It will be fun to see everyone, so please plan to join us on October 16 at Mission Bay Park.

We are also trying to plan for some of our holiday traditions we missed last year—a Thanksgiving Luncheon, a Christmas Brunch and gift exchange are examples. It is impossible to know what the rules will be for dining by November and December, but we would like to get a “guesstimate” of how many people would be interested in these events. I see that the city has already changed December Nights in Balboa Park to a drive-through event instead of a large public gathering. If you have suggestions for holiday events, please notify Marilyn and we will see if we can make it happen.

Thanks to Stan Follis and Carole Ericson, Walkabout is trying to systematically look at how many walks are occurring, how many walkers, mileage, etc. This information will help walk leaders plan and may stimulate new walk leaders to add additional walks. Therefore, Walk Leaders, it is critical that you send your sign-in sheet data to the office at least once a month. You can send in actual sign-in sheets or send data electronically. You can also just drop off your sign-in sheets in the box outside the office if you happen to be in the area. Thank you for your cooperation.

Our sympathy to the family of Grace Greenalch, who passed away September 2, 2021. Grace was the face of our office for many years. She was certainly one of the members who represented the best of Walkabout and has given us 45 wonderful years here in San Diego.

Continued on page 6
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.

MONTHLY WALK ROUND-UP

SUNDAY, OCTOBER 3
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, (wardroid@gmail.com). Co-leaders: Ward Martin (moderate+), Tom Samaras (moderate).

MONDAY, OCTOBER 4
6:30 am 🌞 SUNRISE SERIES: BY THE RIVER AT LIBERTY STATION. Join Edie for a casual+, 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. Optional breakfast follows. Must have a mask with you. Edie A. (619) 313-7818.

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. Patty (619) 222-3800. Repeats every other week.

2:00 pm 🌞 ZOOM TELECONFERENCE. See p. 6 for details.

WEDNESDAY, OCTOBER 6
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.

1:45 pm 🌞 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. Join us, just for the health of it. Must have a mask with you. Rob 619-973-2819 or Sally R. 619-222-3800 or sallywalkabout@cox.net.

THURSDAY, OCTOBER 7
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 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.

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, OCTOBER 9
9:30 am 🌞 HISTORICAL HIGHLIGHTS OF ENCINITAS. The Composer District of Cardiff was developed in the early 1900’s to be an artists’ enclave with streets named after composers such as Chopin, Bach, Haydn, and Vivaldi. Come and discover this charming neighborhood of coastal North County as we travel along its streets and trails. On this approximately 6-mile, moderate paced walk we will also pass by the Self Realization Fellowship Meditation Gardens, the 1883 Encinitas schoolhouse, the Encinitas Boat Houses, the Encinitas Heritage Tree, Moonlight State Beach and the Surfing Madonna mosaic. Be prepared for hills and steps. Meet
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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, OCTOBER 10
8:15 am
MERRY GO-ROUND. See Sun., October 3 for details.

MONDAY, OCTOBER 11
6:30 am
SEAPORT VILLAGE, CONVENTION CENTER AND BEYOND. Meet Connie at Seaport Village at Embarcadero Marina Park North, 400 Kettner Blvd. San Diego. This parking lot is located behind Seaport Village toward SD Harbor. Drive South on Pacific Highway, turn left at Harbor Drive for about a block, take next right on Kettner Blvd. If you are approaching from the south, you will turn left onto Kettner. Parking is free until 10 a.m. We’ll walk along the harbor, in the direction of the SD Convention Center. Along the way we’ll explore the new summer home of the SD Symphony at the Rady Shell at Jacobs Park, located at Embarcadero Marina Park South. If time allows, we will continue to explore Seaport Village and check out any changes and maybe make it to Ruocco Park. This is a very casual+ to casual walk. Bring money for an optional breakfast afterward. Must have a mask with you. Connie V. (619) 477-8628/(619) 750-3008 (cell).

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. 6 for details.

TUESDAY, OCTOBER 12
10:30 am
ZOOM WALKABOUT BOARD MEETING. See page 7 for information.

WEDNESDAY, OCTOBER 13
9:00 am
NORTH LAKE MURRAY. We’ll meet on the Northwest side of Lake Murray in the parking lot off Murray Park Drive by the Softball Fields & Tennis Court for a 1 hour casual+ paced walk. We will walk to the closed gates and back and a short way toward the main entrance for a little different perspective than our usual walk. Optional breakfast after. Must have a mask with you. Janet F. (619) 890-4622.

THURSDAY, OCTOBER 14
6:30 am
SUNRISE SERIES: MISSION HILLS WANDER. Come join us in beautiful Mission Hills. There is always something new to discover. We’ll enjoy the yards and views from one of San Diego’s oldest neighborhoods, home to Mission Hills Historical 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, with options for some outstanding hills (views towards the San Diego Airport, Old Town San Diego and 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/(619)750-3008 (cell).

10:00 am
SHELTER ISLAND WALK & TALK. See Thursday, October 7 for details.

SATURDAY, OCTOBER 16
10:00 am
ANNUAL PICNIC AND MEETING. See page 10 for information.

SUNDAY, OCTOBER 17
8:15 am
MERRY GO-ROUND. See Sun., October 3 for details.

MONDAY, OCTOBER 18
6:30 am
SUNRISE SERIES: SEAPORT VILLAGE/EMBARCADERO. We’ll start at Seaport Village and walk along the bay toward the Convention Center, exploring Marina Park, on this casual+ 1-hour flat walk. Join us for spectacular views of the bay, Coronado Bridge, Coronado, and downtown San Diego. If we have time, we’ll also visit the “The Kiss” located next to the USS Midway Museum. Meet John and Marilyn at the south end of Pacific Hwy, and park by the Seaport Village merry-go-round. Bring money for an optional breakfast afterward. Must have a mask with you. John and Marilyn (619) 840-5544.
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10:00 am  HISTORIC LA PLAYA TRAIL.  See Mon., October 4 for details.

2:00 pm  🎉 ZOOM TELECONFERENCE. See p. 6 for details.

TUESDAY, OCTOBER 19
2:00 pm  SOUTH HILLCREST/ BANKERS HILL. The “Notable San Diego Women” walks are on hold again, as several of the walks include visits inside public and private buildings, which we thought would be safe by now. But you won’t be disappointed when we explore some of the less-traveled streets of Hillcrest and Bankers Hill. We will discover large African animals, mews, and cul-de-sacs with grand old houses, including several Gill houses. Meet at the corner of Walnut Ave. and Albatross St. for a 1.5+hour, casual-to-moderate, mostly flat walk. Bus #11 stops at 1st and Walnut.  Must have a mask with you. Evelyn K. (619) 461-6095.

WEDNESDAY, OCTOBER 20
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. Janet F. (619) 890-4622.

1:45 pm  SHELTER ISLAND WALK & HAPPY HOUR AT BALI HAI. See Wednesday, October 6 for details.

THURSDAY, OCTOBER 21
6:30 am  🕒 SUNRISE SERIES: SOUTH SHORE. Meet at the South Shores Boat Launch just east of Sea World on Mission Bay. Hopefully we’ll see some rabbits and the great sea birds there. Take I-5 to Sea World Dr. and go west to the South Shores Boat Launch Ramp area. Watch for the sign, it is not very prominent. We’ll meet at the restrooms at the boat launch. Optional breakfast follows this casual+, flat 1-hour walk.  Must have a mask with you. Edie A. (619) 313-7818.

10:00 am  🎉 SHELTER ISLAND WALK & TALK. See Thursday, October 7 for details.

SUNDAY, OCTOBER 24
8:15 am  🎉 MERRY GO-ROUND. See Sun., October 3 for details.

MONDAY, OCTOBER 25
6:30 am  🕒 SUNRISE SERIES: CORONADO (PRE-HALLOWEEN) SAUNTER. Let’s take a flat, moderate paced walk through beautiful Coronado where Halloween decorations promise to be on full display. Let’s explore to see what tricks and treats we may find as we explore the shops, homes and gardens, and even the Hotel Del! Are there any hauntings along the beach? Join us and see what we can find on our early morning walk through Coronado. Meet at the west side of 10th St. and Orange Ave. Break money for an optional breakfast afterward.  Must have a mask with you. Connie V. (619) 477-8628/ (619)750-3008 (cell).

10:00 am  AMERICA’S CUP HARBOR. See Mon., October 11 for details.

2:00 pm  🎉 ZOOM TELECONFERENCE. See p. 6 for details.

THURSDAY, OCTOBER 28
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+ 1-hour walk. Bring money for optional breakfast afterward.  Must have a mask with you. John and Marilyn (619) 840-5544.

10:00 am  🎉 SHELTER ISLAND WALK & TALK. See Thursday, October 7 for details.

SUNDAY, OCTOBER 31
8:15 am  🎉 MERRY GO-ROUND. See Sun., October 3 for details.
**OCTOBER 2021 WALKS AT A GLANCE**

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

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<th>SUNDAY</th>
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<td>8:15 am Merry-Go-Round</td>
<td>6:30 am Sunrise: By the River at Liberty Station</td>
<td>10:00 am Historic La Playa Trail</td>
<td>2:00 pm Zoom Teleconference</td>
<td>9:00 am Lake Murray</td>
<td>1:45 pm Shelter Island Walk &amp; Happy Hour at the Bali Hai</td>
<td>6:30 am Sunrise: National City</td>
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<td>6:30 am Sunrise: Seaport Village/Conv. Center</td>
<td>10:00 am America's Cup Harbor</td>
<td>2:00 pm Zoom Teleconference</td>
<td>10:30 am Zoom Walkabout Board Mtg.</td>
<td>9:00 am North Lake Murray</td>
<td>6:30 am Sunrise: Mission Hills Wander</td>
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<td>2:00 pm South Hillcrest/Bankers Hill</td>
<td>9:00 am Mission Trails Regional Park</td>
<td>1:45 pm Shelter Island Walk &amp; Happy Hour at the Bali Hai</td>
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THANKSGIVING AND CHRISTMAS EVENTS

Walkabout is thinking about having our traditional Thanksgiving group meal on Thursday 11/25 in the late afternoon, and Christmas Brunch and gift exchange, Saturday 12/25 in the morning usually starting around 9am.

We would like to know how many of you would be interested in participating this year. To register your interest, please call the Walkabout office and put your name on one or both of the interest list, 619-231-7463. Please include your name, how many in your group, your phone and email. Do not email your response.

Thanks in advance for your input.

Marilyn Buckley
Walkabout International Special Events Planner

FROM THE WALKABOUT PHOTO ARCHIVES

Finally, kudos to Marilyn Buckley who gave a week of her time to be a poll worker for the Registrar of Voters office so our recent recall election would be fair and honest. I have worked as a poll worker in several previous elections, and I know all the work that goes into an election. If any other Walkabouters also served as poll workers, we salute you and offer our thanks.

Get out there and walk and enjoy the wonders of our area. Be safe.

“SEZ ME” CONTINUED

“SEZ ME” CONTINUED

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.
On September 2, 2021 Grace passed away from complications from congestive heart failure. It surely wasn't that her heart wasn't big enough, or that she had not done enough for so many others, like Walkabout International. Grace was a true backbone of our organization—a worker bee who emptied the trash, vacuumed the office, wrote the bills, filled the pretzel bin, and kept our lifeblood of trips organized. Every Walkabouter owes Grace a debt of gratitude for her years of service to our walking organization. In short, she was a "spirited" person—she charged through everything she did. Like painting her house of 40 years, or cleaning her car. She eschewed recognition for her efforts, but in fact she is one of the few to have received Walkabout's "Volunteer Extraordinaire" award for decades of extraordinary service. Yet, she didn't want the traditional luncheon which goes with presentation of the plaque. She didn't attend many Walkabout parties, preferring to remain in the background. But she would work devotedly behind the scenes to make sure things got done. For Walkabout trips, Grace would track all payments for trips, print and assemble the extensive trip itineraries and do whatever else was necessary to get the travelers off the ground. For several years she served on Walkabout's board, managed our office, and prepared financial records for our treasurer. Organized? You bet! Grace had a single career as a Vons cashier in Clairemont, and she lived in a little house nearby. She bragged that she waited on multiple generations of the same family. Her own family consisted of her husband, Harold, who was her senior by many years. When he passed away after dedicated care by Grace, she remained his widow for more than 30 years. They had three children, Edward, Patty and Cindy. One of Grace's greatest laments was that she outlived her two daughters, both of whom she helped care for in their final illnesses. Personally, Grace was my role model, a mentor in how I want to live my life—simply but with meaning. She served as co-leader of my very first trip with Walkabout, a luxury excursion to Montreal and Quebec City. I led the early bird walks at 7am, but Grace led the early-early birds at 6am. Over the years she never once neglected to send me a birthday card, wherever I happened to be at the time. I will miss that. These small tokens of friendship inspire me, and I'm sure many others feel the same way. Walkabout lost its adopted grandmother when Grace was called away. Her ashes will be interred next to her husband at Greenwood Memorial Cemetery in San Diego, but her legend will live on.
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 November. A small group of us went to the Laguna’s in the spring and it was beautiful. 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 6 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

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<tr>
<th>Position</th>
<th>Name</th>
<th>Phone</th>
<th>Email</th>
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<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>
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<tr>
<td>1st Vice President</td>
<td>Robert Buehler</td>
<td>(619) 470-0778</td>
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<td>2nd Vice President</td>
<td>Marilyn Buckley</td>
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<td><a href="mailto:prwalkabout@yahoo.com">prwalkabout@yahoo.com</a></td>
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<tr>
<td>3rd Vice President</td>
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<td>(619) 222-3447</td>
<td><a href="mailto:Stanley@walkabout-int.org">Stanley@walkabout-int.org</a></td>
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<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>
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<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>
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<tr>
<td>Director Emeritus</td>
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<td><a href="mailto:connie@walkabout-int.org">connie@walkabout-int.org</a></td>
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<td>Janet Fenston</td>
<td>(619) 890-4622</td>
<td><a href="mailto:Janet@walkabout-int.org">Janet@walkabout-int.org</a></td>
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<td>Dan Haslam</td>
<td>619) 318-4870</td>
<td><a href="mailto:danhaslam@walkabout-int.org">danhaslam@walkabout-int.org</a></td>
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OFFICE STAFF

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

MAILING CREW

Charlotte Sedgwick, Carole Ericson, Stan Follis, Don Piller

NEWSLETTER STAFF

Kathy Johnson kathyj@walkabout-int.org

To keep up-to-date on everything Walkabout, check our website: https://www.walkabout-int.org

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 400+ 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 $___________

Please note that the date on the newsletter label is NOT the expiration date.

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PRIMARY PHONE (             ) _________________________ OTHER PHONE (            )  ___________________________

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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)

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___ 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. Please Print

NAME _______________________________________________________________ DATE  ___________________________

ADDRESS _____________________________________________________________________________________________

CITY __________________________________________________________ STATE ____ ZIP+4___________ - __________

PRIMARY PHONE (             ) _________________________ OTHER PHONE (            )  ___________________________

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MARK YOUR CALENDARS FOR OUR ANNUAL PICNIC AND MEETING

SATURDAY, OCTOBER 16, 2021, 10AM TO 2PM

This is a potluck luncheon, so here is your chance to impress your fellow Walkabouters with your culinary skills—or your Costco shopping skills as the case may be! Remember to bring enough to share with several others. Walkabout will provide drinks, ice, cutlery, napkins, cups, plates, and hand sanitizer.

Since this is the only meeting we have for all members at the same time we want to encourage as many of you as possible to attend. This is a good time to reconnect with your old friends or meet new people who share your enthusiasm for walking. Also to bring anyone who is curious about what Walkabout is all about. We are always looking for new members. Masks are recommended.

After lunch will be our annual meeting—updating you on how we are doing and about our future plans. We will also be talking about how the walks are doing, whose walking and how many miles. As you can see by the schedule we are not having an auction this year. Our auctioneer extraordinaire, Dan Haslam will be doing some personal travel and is not available. But don't let that discourage you! It will be fun to be outdoors and visit with our Walkabout friends. There will be door prizes so stay until the end.

The event will be held at East Mission Bay Park in the Playa II covered picnic shelter (gazebo) south of the old visitor's center and north of the Hilton Hotel. The park is located on East Mission Bay Drive just west of the I-5 at Clairemont Drive exit #22. Look for our bright blue Walkabout banners and signs. Plenty of free parking is available in the nearby lot.

Schedule: 11am: Walk along the bay towards Fiesta Island.
12 noon: Lunch and socializing.
12:45pm: Annual meeting.

Of course this is all depending on the covid-19 situation, if we have to cancel we will send out an e-blast to all members who's email addresses are in our database.