**November 2021**

**“SEZ ME”**

Elaine Berger, President

Wow, already November and time to start planning for the holidays. I can already taste the pumpkin pie. This holiday season will look just a little better, as vaccinations for COVID-19 mean we can safely gather together again. You will notice in this month’s newsletter that we are planning a Thanksgiving dinner at Mimi’s. Many may have sticker shock at the price for the dinner, but if you have been to a grocery store lately you know food prices are up sharply and restaurants also face increasing costs for workers. Nevertheless, I hope you can join us for the gathering.

There are other things going on in Walkabout that I thought might be of interest. Our landlord at Liberty Station has changed from a yearly lease renewal to a two-year lease requirement. The Board of Directors has agreed to the two-year lease renewal. This will represent a challenge to us as we reach the end of the second year, but I know this organization has overcome many challenges and will continue to do so in the future.

As we think about our future, a group of us has met to examine all the items in our office and determine what is surplus. We plan to add a Want Ad type spot in our newsletter where we can offer subscribers the opportunity to buy items deemed surplus.

As we move into 2022, we are making plans of how to celebrate our long and distinguished history. Currently we are going through old newsletters to select “Anniversary” walks we would like to celebrate on a monthly basis—“Oldies but Goodies”. If any of you have suggestions or would like to lead such a walk or help someone else lead such a walk, please contact our office.

Thanks to Janet Fenston and Connie Vickers for representing Walkabout in the grand opening of a new recreation facility (described in last months newsletter). They were able to meet many folks and pass out information on our organization. If you know of any such events we can attend, please let me or Marilyn know so we can make it happen.

Have a lovely Thanksgiving. We have so much to be thankful for—health, friends, family, and great organizations such as Walkabout that allow us to safely exercise in a group while meeting wonderful new friends.

Elaine
MONTHLY WALK ROUND-UP

MONDAY, NOVEMBER 1
6:30 am

 авг

СТУ РЭЙСЕРИЯ ПАСФИК БЕЙ БОАРДВОЛК. Летим на 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

ХИСТОРИЧЕСКИЙ ПЛАЯ PLAYA ТРЕЙЛ. Присоединимся к лидеру Робу, чтобы пройти путь Кумейаа по стопам древних кумейайцев, ставших основой для современного Лос-Анджелеса. Мы пойдем вдоль берега на пешеходной тропе вдоль улицы Тальбот и знакомиться с местными достопримечательностями. 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

ЗОМ ТЕЛЕКОНФЕРЕНЦ. Смотрите с. 7 для деталей.

WEDNESDAY, NOVEMBER 3
9:00 am

СИЛУЭТНЬЙ НАЙРЭЙ ОСЕАН БЕЙ. Мы вдели в маквисный casual paced 1-hour walk on 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, NOVEMBER 4
6:30 am

СТУ РЭЙСЕРЙ КИВЕЙ НОРМАЛ ХИГЕЙТС. Мы встретимся с Канзас Ст. (около ½ мили). Must have a mask with you. Frances (619) 479-3962.

10:00 am

SUNRISE SERIES: OCEAN BEACH. We will take a casual+ 3-mile walk visiting the pier to see the surfers and fisherman 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.


SUNDAY, NOVEMBER 7
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).

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.
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. 7 for details.

TUESDAY, NOVEMBER 9
10:30 am ZOOM WALKABOUT BOARD MEETING. See page 7 for information.

WEDNESDAY, NOVEMBER 10
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.

THURSDAY, NOVEMBER 11
6:30 am SUNRISE SERIES: MISSION HILLS. 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 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, 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, November 4 for details.

SATURDAY, NOVEMBER 13
9:30 am POWAY HORSE TRAILS. Giddy-up! We will be hoofing it on our human feet on this walk which will be mostly over the horse trails of Poway. Come and join this moderate paced, approximately 5-mile walk on easy trails that meander behind homes in this suburban area which is known as the “City in the Country”. There are some gradual hills. Meet at Valle Verde Park, on the northwest corner of the intersection of Espola Road and Valle Verde Rd. The park has a restroom and parking lot. Must have a mask with you. Email, text or call: Lenore E. (619) 890-0714 (ledidin@san.rr.com).

SUNDAY, NOVEMBER 14
8:15 am W MERRY GO-ROUND. See Sun., November 7 for details.

MONDAY, NOVEMBER 15
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/(619) 750-3008 (cell).

10:00 am HISTORIC LA PLAYA TRAIL. See Mon., November 1 for details.

2:00 pm ZOOM TELECONFERENCE. See p. 7 for details.

WEDNESDAY, NOVEMBER 17
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
A 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, NOVEMBER 18
6:30 am

🌟 SUNRISE SERIES: SUNSET CLIFFS. Our 1-hour casual+ walk will take us by mansions on our right and the ocean on our left. Some may choose a dirt path closer to the ocean and others the streets. We’ll meet at Point Loma Ave. and Sunset Cliffs Blvd. Take I-8 west to the end. Turn left and then take the right option which is Sunset Cliffs Blvd. Follow it for 1.7 miles to our meeting place. Bring money for an optional breakfast. Must have a mask with you. Edie A. (619) 313-7818.

10:00 am

👩‍🏫 SHELTER ISLAND WALK & TALK. See Thursday, November 4 for details.

SUNDAY, NOVEMBER 21
8:15 am

👩‍🏫 MERRY GO-ROUND. See Sun., November 7 for details.

MONDAY, NOVEMBER 22
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

-America’s Cup Harbor. See Mon., November 8 for details.

2:00 pm

👩‍🏫 ZOOM TELECONFERENCE. See p. 7 for details.

THURSDAY, NOVEMBER 25
2:00 pm

🦃 THANKSGIVING MEAL. See page 6 for details.

SUNDAY, NOVEMBER 28
8:15 am

👩‍🏫 MERRY GO-ROUND. See Sun., November 7 for details.

MONDAY, NOVEMBER 29
6:30 am

🌟 SUNRISE SERIES: SEAPORT VILLAGE. We will start our 1 hour casual+ walk at the Seaport Village Merry-Go-Round at the south end of Pacific Highway. We will see what is new in the village and continue along the waterfront. Bring money for an optional breakfast. Must have a mask with you. John and Marilyn (619) 840-5544.

10:00 am

👩‍🏫 HISTORIC LA PLAYA TRAIL. See Mon., November 1 for details.

2:00 pm

👩‍🏫 ZOOM TELECONFERENCE. See p. 7 for details.

4:00 pm

-America’s Cup HARBOR. Meet Rob K. and troops at Walkabouter Linda H.’s new digs in Liberty Station for BYOB happy hour followed by a walk around the area to see the holiday decor and the fabulous 80 ft tree. Bring your favorite beverage. Bring an appetizer to share. Approximately one hour walk on level sidewalks. Ample street parking nearby on Truxtun. Address given out when you call Sally (619) 222-3800 or Rob at (619) 972-2819 to put your name on the reservation list. Vaccination required. Must have a mask with you.
**NOVEMBER 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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8:15 am Merry-Go-Round
6:30 am Sunrise: Pacific Beach Boardwalk
10:00 am Historic La Playa Trail
2:00 pm Zoom Teleconference

6:30 am Sunrise: Ocean Beach
10:00 am America’s Cup Harbor
2:00 pm Zoom Teleconference

10:30 am Zoom Walkabout Board Mtg.

9:00 am Lake Murray

6:30 am Sunrise: North Park/Normal Heights
10:00 am Shelter Island

6:30 am Sunrise: Liberty Station/Old SD River
10:00 am Historic La Playa Trail
2:00 pm Zoom Teleconference

9:00 am North Lake Murray

6:30 am Sunrise: Mission Hills
10:00 am Shelter Island

10:00 am Shelter Island

6:30 am Sunrise: Liberty Station Lights

9:00 am Mission Trails Regional Park

6:30 am Sunrise: Sunset Cliffs
10:00 am Shelter Island

9:00 pm Thanksgiving Meal

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.
THANKSGIVING AND CHRISTMAS EVENTS

Walkabout is having our traditional Thanksgiving group meal on Thursday 11/25 at 2pm at Mimi’s Café in Mission Valley. Cost per person including tax & tip = $36.54. See details below.

Mimi’s Café, 5180 Mission Center Road, San Diego, CA 92108 Just north of the 8 freeway.

Meal $24.99 includes Soup or Salad, Turkey, Gravy, Mashed Potatoes, Sweet Potatoes, Green Bean Casserole, Cranberry Relish, Pumpkin or Pecan pie. Drinks are extra: Coffee/Iced Tea $2.99, Sodas $3.29. Total includes 8% tax and 20% tip.

We would like to know how many of you would be interested in participating this year. Call the Walkabout office (619) 231-7463 and put your name on the list. Please include your name, how many in your group, your phone and email. Deadline to put your name on the list of participants is Monday 11/15/21 by 2pm. Payment by check in advance will be required. Make check payable to Walkabout International for $36.54.

Christmas Brunch and gift exchange, Saturday 12/25 in the morning usually starting around 9am. Have not chosen a place yet. Working on it. Suggestions?

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 (619) 231-7463 and put your name on the interest list. 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

WALKABOUT-INT PHOTO SUBMISSION FORM
SHARE YOUR PHOTOS AND THOUGHTS WITH US

Your Walkabout board, in its ongoing effort to obtain new members and getting current members more involved, has added a new page to the Walkabout website. Please let us all try to make the Newsletter, Website and our Facebook page more attractive and interesting to everyone.

To submit photos, go to https://walkabout-int.org/about-us/forms/photo-submission/ and follow the simple directions. Any member can upload up to 4 photos along with a caption for each using this drag & drop interface. We do need your full name and phone number before we will publish any pictures. Photo submission dates are the same as our Walk publication dates.

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.
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.

WALKABOUT BOARD MEETING
Tuesday, November 9th 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
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 10 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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<th>Phone</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>
<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>
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<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>
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<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>
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<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>
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<tr>
<td>Vice President</td>
<td>Connie Vickers</td>
<td>(619) 477-8628</td>
<td><a href="mailto:connie@walkabout-int.org">connie@walkabout-int.org</a></td>
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<tr>
<td>Vice President</td>
<td>Janet Fenston</td>
<td>(619) 890-4622</td>
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<tr>
<td>Vice President</td>
<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

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.
### 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!

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**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. **Please Print**

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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)
- [ ] 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. **Please Print**

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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.