Walkabout 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 pdf issue go to walkabout-int.org/complimentary-issue or 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.

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.

December 2021
“SEZ ME”
Elaine Berger, President

Wow, here we are at the end of 2021, and what a year it has been. Starting with the tumultuous election/inauguration, COVID-19 surges, the miracle of three vaccines to prevent the devastating effects of COVID-19, the re-opening of activities such as theaters, sports events, festivals, opening of schools to in person teaching, and major changes in government policies, it has been a year that will be written up in history books for years to come. What will 2022 look like? Your guess is as good as mine. My wish for the new year is a return to civility. Let’s all practice how to disagree without being disagreeable.

The end of the year has seen a return to normal activities for Walkabout. Many thanks to all of you who were able to attend our annual picnic. It was such fun to actually see each of you in person. Thanks to Marilyn B. for organizing the event and for ordering perfect weather. By the way, if you took home serving spoons, make sure they are actually yours. One of our members is missing a serving spoon and would like to have it returned. Please call the office if you realize you have this spoon.

Also, we had a Thanksgiving luncheon at Mimi’s. We were unable to have such an event last year. While we have had a breakfast buffet and gift exchange at the Broken Yolk on Christmas morning for several years, this year we are planning a pot-luck luncheon and gift exchange in the Green Room at our office building at Liberty Station. While we want to continue the tradition of getting together for Christmas, the cost of the buffets has become an issue for our members. Details for the event are included in the newsletter.

And finally, Walkabout is planning for a trip! This is a 10-day trip to New Orleans and a cruise trip down the western coast of the Caribbean. This trip has been postponed because of the COVID-19 pandemic for more than a year, so it is very exciting that we can finally plan to realize this event. See details in the newsletter.

Finally, I want to personally wish each-and-every one of you a safe and happy holiday season.

 Seen on a t-shirt
It’s weird being the same age as old people.
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MONTHLY WALK ROUND-UP

WEDNESDAY, DECEMBER 1
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, DECEMBER 2
6:30 am
SUNRISE SERIES: SHIELD 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. Join us, just for the health of it. Heavy rain cancels. Pace: casual+. Must have a mask with you. Sally R. (619) 222-3800.

FRIDAY, DECEMBER 3
10:00 am
ZOOM TELECONFERENCE. See p. 6 for details.

SUNDAY, DECEMBER 5
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, (wardtroid@gmail.com). Co-leaders: Ward Martin (moderate +), Tom Samaras (moderate).

MONDAY, DECEMBER 6
6:30 am
SUNRISE SERIES: CORONADO (Holidays in December) Let’s take a flat, moderate paced walk through scenic Coronado where we will see some beautiful Holiday decorations. Let’s explore to see what we will find as we explore the shops, homes and gardens. We will be stopping by the newly renovated Hotel Del Coronado to see what they have for us this year. Will the ice rink be open? Will Santa and his elves be lurking about still this early in December? Join us and we’ll find out together! Early morning in Coronado is the best! Meet at the west side of 10th St. and Orange Ave. with optional breakfast afterward. Must have a mask with you. Connie V. (619) 477-8628/750-3008 (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.

TUESDAY, DECEMBER 7
2:00pm
WEST KENSINGTON. Stroll the lovely streets past beautiful homes and gardens. We will discover some “secret” streets and a tiny park, and see where many San Diego civic leaders have lived. Meet at the corner of Alder and Kensington Drive for a flat, casual-to-moderate 1.5+ hour walk. Bus #11 stops at Adams Ave and Kensington Drive. Rain cancels, must have a mask with you. Evelyn K. (619) 461-6095.

THURSDAY, DECEMBER 9
6:30 am
SUNRISE SERIES: PACIFIC BEACH. We’ll meet at Crystal Pier in Pacific Beach where you can
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choose your own pace. Leader will “caboose” for the slower-paced and a co-leader will lead the faster walkers on flat and paved terrain for 1 hour. Pace will depend on your energy this early. Watch for waves, sun on the water, runners and people watchers. Bring $5 for optional breakfast afterward. *Must have a mask with you.* Edie A. (619) 313-7818.

10:00 am

**W** SHELTER ISLAND WALK & TALK. See Thursday, December 2 for details.

FRIDAY, DECEMBER 10
10:00 am

**W** ZOOM TELECONFERENCE. See p. 6 for details.

SATURDAY, DECEMBER 11
9:30 am

**C** CARME VALLEY CONSTITUTIONAL. Come and join us as we explore parts of the north San Diego neighborhood of Carmel Valley on this *moderate-paced*, approximately 5-mile loop with some gradual hills. The first part of the walk will be on a wooded section of trail paralleling the Route 56 bike path, secluded from view of the highway. The second part of the walk returns on winding, private neighborhood sidewalks and streets. Meet in front of the Pavilions store at 3850 Valley Centre Dr. in the Piazza Carmel Shopping Center just north of Highway 56. Take the Carmel Creek Road exit off Highway 56. *Must have a mask with you.* Email, text or call: Lenore E. (619) 890-0714 (ledidin@san.rr.com).

SUNDAY, DECEMBER 12
8:15 am

**W** MERRY GO-ROUND. See Sun., December 5 for details.

MONDAY, DECEMBER 13
6:30 am

**C** 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.* Sally R. (619) 222-3800. Repeats every other week.

TUESDAY, DECEMBER 14
10:30 am

ZOOM WALKABOUT BOARD MEETING. See page 6 for information.

WEDNESDAY, DECEMBER 15
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, DECEMBER 16
6:30 am

**C** 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 Blvd., 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.

10:00 am

**W** SHELTER ISLAND WALK & TALK. See Thursday, December 2 for details.

FRIDAY, DECEMBER 17
10:00 am

**W** ZOOM TELECONFERENCE. See p. 6 for details.
SUNDAY, DECEMBER 19
8:15 am
MERRY GO-ROUND. See Sun., December 5 for details.

MONDAY, DECEMBER 20
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
AMERICA'S CUP HARBOR. See Mon., December 6 for details.

THURSDAY, DECEMBER 23
6:30 am
SUNRISE SERIES: MISSION HILLS. Come join us in beautiful Mission Hills. Let's check out the Holiday Decorations in one of San Diego's oldest neighborhoods. I'm sure the legendary well-kept homes and gardens will be beautifully decorated. 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). Let's enjoy being in one of San Diego's most historic neighborhoods during this holiday season. 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, December 2 for details.

FRIDAY, DECEMBER 24
10:00 am
ZOOM TELECONFERENCE. See p. 6 for details.

SATURDAY, DECEMBER 25
1:00 pm
CHRISTMAS POTLUCK LUNCH AND GIFT EXCHANGE. See p. 6 for details.

SUNDAY, DECEMBER 26
8:15 am
MERRY GO-ROUND. See Sun., December 5 for details.

MONDAY, DECEMBER 27
6:30 am
SUNRISE SERIES: SOUTH SHORE. Meet Connie at the South Shores Boat Launch just east of Sea World on Mission Bay on S, Shores Parkway. Take I-5 to Sea World Dr. and go west to the South Shores Boat Launch Ramp area. Look for the sign, which is not prominent. We are likely to see birds, people boating, paddle boarding, kayaking, remote control model aircraft flyers, and other walkers and joggers. We'll meet at the restrooms at the boat launch. Bring money for an optional breakfast afterward. Must have a mask with you. Connie V. (619) 477-8628/(619) 760-3008 (cell).

10:00 am
HISTORIC LA PLAYA TRAIL. See Mon., December 13 for details.

THURSDAY, DECEMBER 30
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. See Thursday, December 2 for details.

FRIDAY, DECEMBER 31
10:00 am
ZOOM TELECONFERENCE. See p. 6 for details.

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# DECEMBER 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>
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<tr>
<td>8:15 am Merry-Go-Round</td>
<td>6:30 am Sunrise: Seaport Village/Embarcadero</td>
<td>2:00 pm West Kensington</td>
<td>9:00 am Lake Murray</td>
<td>6:30 am Sunrise: Coronado</td>
<td>10:00 am Zoom Teleconference</td>
<td>9:30 am Carmel Valley Constitutional</td>
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<tr>
<td>8:15 am Merry-Go-Round</td>
<td>6:30 am Sunrise: By the River at Liberty Station</td>
<td>10:30 am Zoom Walkabout Board Mtg.</td>
<td>9:00 am North Lake Murray</td>
<td>6:30 am Sunrise: Pacific Beach</td>
<td>10:00 am Zoom Teleconference</td>
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<tr>
<td>8:15 am Merry-Go-Round</td>
<td>6:30 am Sunrise: Old Town</td>
<td>10:00 am America’s Cup Harbor</td>
<td>6:30 am Sunrise: Mission Hills</td>
<td>10:00 am Zoom Teleconference</td>
<td>1:00 pm Christmas Potluck and Gift Exchange</td>
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<tr>
<td>8:15 am Merry-Go-Round</td>
<td>6:30 am Sunrise: South Shore</td>
<td>10:00 am Historic La Playa Trail</td>
<td>6:30 am Sunrise: Balboa Park</td>
<td>10:00 am Zoom Teleconference</td>
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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.

**CHRISTMAS POTLUCK LUNCH AND GIFT EXCHANGE**

*Saturday 12/25/21, 1pm to 3pm*

In the Green Room located in the Walkabout office building, 2650 Truxtun Road, San Diego Ca 92106 (Liberty Station)

Join your Walkabout friends for a festive potluck lunch on Christmas Day. Dishes such as casseroles, salads, fried chicken, greatly appreciated, Walkabout will provide desert. We will have our gift exchange after lunch. Bring a gift of around $10 marked (male), (female), or (generic) and receive a gift in exchange. Afterwards join Marilyn B. for a casual 1 hour walk around Liberty Station to view the holiday decorations, such as the big lighted Christmas Tree and ice rink. Call the office and put your name, number of guests and your food contribution on the list. Hope to see your there!

**WALKABOUT BOARD MEETING**

*Tuesday, December 14th 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*

**JOIN US FOR OUR WEEKLY ZOOM TELECONFERENCE**

With the COVID-19 restrictions, we are having a casual Zoom teleconference each Friday at 10:00 am 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/ 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.
FINALLY!
Walkabout is going on the cruise trip from 3/4 – 3/13/22

Do not delay! This trip will sell out quickly!

Dan needs to give the Cruise Line the names for the staterooms ASAP. So please make your commitment to go on this trip now.

This March join Walkabout International for a fabulous two-night, three-day visit to the Big Easy City of New Orleans followed by a week-long cruise to the western Caribbean. It’s our 45th anniversary celebration walking the sights of Bourbon Street and French Quarter, visiting fascinating cemeteries, parks, the Garden District, Jackson Square and the St Louis Cathedral. Aboard the Norwegian Breakaway we’ll visit Costa Maya, Mexico, Roatan, Honduras, Harvest Caye, Belize and Cozumel, Mexico. In each port of call Walkabout will provide a walking tour of local sites. Or, you may take an optional cruise-sponsored tour, which likely is a bus tour of the area for those who prefer less walking. Aboard ship we’ll have group dining and an exercise walking program each day.

Depart from San Diego on March 4, 2022, with two full days to explore New Orleans before the ship departs on March 6. Return home on March 13, 2022. The estimated trip price is $1799* per person and includes a shared inside cabin and hotel room for two, all port taxes and shipboard gratuities, round trip airfare from San Diego to New Orleans; 2 nights’ hotel lodging in New Orleans; airport and cruise ship transfers, select meals in New Orleans, attraction admissions in New Orleans, and the services of your tour leader, Dan Haslam. Single supplements will run about $900 per person; stateroom upgrades are available and run $100-200 per person. Travel insurance is not included but highly recommended. Dan uses Travelex insurance, www.travelexinsurance.com.

If you are interested in this tour you must do the following:

1. Send your name (as shown on your picture ID) and date of birth to Dan Haslam (dbh3rd@gmail.com)
2. Send a $500 non-refundable deposit per traveler payable to Walkabout International to our office by 11/29/21. 2nd payment of $500 is due 12/31/21 (cruise line payment requirement) and final payment due 1/31/22.
3. Indicate (to Dan) any upgrades you are interested in (single supplement, stateroom requirements). He is doing some personal travel in November and December, so if you need to talk to him do it now. If no answer he is probably out of town and will contact you as soon as he returns. (619) 318-4870, texting preferred, EST.

So get all of your travel documents updated and ready to go. Make sure your passport is updated. Needs to be good for at least 6 months. Proof of vaccination (maybe even a booster shot), Valid picture ID.

Walkabout will confirm your acceptance into this trip as soon as possible.

*Final trip price will be known once air tickets are purchased.
Hi to all you good Walkabout Wilderness Hikers. Your team is busy getting everything in place for a great start for the 2022 Walkabout Wilderness Hikes. We’ve been reviewing the Walkabout regulation and safety rules. We are also working on how to define two levels of Hikes. There will probably be a Standard hike, which is pretty much what we have been doing for many years. There is also going to be a Lite version, which won’t be quite so ambitious. Your leaders are working on these definitions.

Hopefully in the January newsletter you will be able to find in this spot our new calendar, which will be similar to what we have had for several years but will include the new Standard or Lite designation.

Anyone who wants to participate in any of these activities is welcome to contact dpiller@cox.net. Have a Safe and Merry Christmas and look for next months’ new Hikers section.

BOARDS SEEK YOUR HELP

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

<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>
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<td>Robert Buehler</td>
<td>(619) 470-0778</td>
<td><a href="mailto:vp1@walkabout-int.org">vp1@walkabout-int.org</a></td>
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<td><a href="mailto:prwalkabout@yahoo.com">prwalkabout@yahoo.com</a></td>
</tr>
<tr>
<td>3rd Vice President</td>
<td>Stan Follis</td>
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<td><a href="mailto:Stanley@walkabout-int.org">Stanley@walkabout-int.org</a></td>
</tr>
<tr>
<td>Secretary</td>
<td>Donna Farris</td>
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<td><a href="mailto:secretary@walkabout-int.org">secretary@walkabout-int.org</a></td>
</tr>
<tr>
<td>Treasurer</td>
<td>Diane Erk</td>
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<td><a href="mailto:treasurer@walkabout-int.org">treasurer@walkabout-int.org</a></td>
</tr>
<tr>
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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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</tbody>
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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://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.
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 ___ Twinkle Toes $50 ___ Footprint $100
___ Arch Supporter $250 ___ Kindred Sole $500 ___ 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. Please Print

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PRIMARY PHONE (             ) _________________________ OTHER PHONE (            )  ___________________________
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___ PDF ONLY (fully tax deductible, eco-friendly, and helps us keep costs down)
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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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FOR OFFICE USE ONLY
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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 preferred, 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.