Here we are in February, the shortest month celebrating all things chocolate. Unfortunately, Feb. 2022 looks an awful lot like Feb. 2021 with coronavirus variants creating chaos and upending our plans.

As most of you have heard, Walkabout cancelled/postponed our March trip to New Orleans and a cruise to the Caribbean. Dan Haslam, our esteemed trip leader, has recently traveled in Europe and on two cruise ships. He described the trips as very difficult because of constant testing and changes in requirements for travel and entrance into potential ports of call. As a result, we have postponed the cruise until March 2023. We have refunded all deposits made by potential travelers. Since we have no idea what the world will look like next year, this seems most reasonable as prices may change significantly, people’s health may change, family responsibilities may change, etc. While I know this is disappointing, your safety and happiness on trips are our first priority.

Please also note that after no increase in the cost of a basic subscription rate to Walkabout for at least 10 years, the Board of Directors has decided to increase the price to $25 as of February 1, 2022. As our costs for publishing, printing, postal service, and Internet service continue to increase, we feel this is an appropriate change. Remember, it is still one of the best bargains in town! For your basic subscription you can receive a paper copy and/or a PDF copy of the newsletter. In addition, you can gift a free one-year PDF subscription to a potential new Walkabouter. We are also appreciative of those of you who generously give more than your subscription rate as a donation. And, of course, you can get information on wilderness hikes.

Finally, we as a Board, have spent a good deal of time thinking of fun ways to celebrate Walkabout’s 45th anniversary. Our basic theme for activities this year is “Staycation” where we take advantage of the many parks, lakes, nature preserves, gardens, museums, and

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San Diego Feets
Vol. 45, No. 2

WALKABOUT INTERNATIONAL is a non-profit educational group that promotes neighborhood walking in urban, suburban, and rural environments throughout the world. Walkaboot 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. CDC GUIDELINES INDICATE THAT OUTDOOR WALKS NO LONGER REQUIRE FACE MASKS. WE DO ASK THAT WALKERS CARRY A MASK TO USE IN CROWDED SITUATIONS.

February 2022

“SEZ ME”
Elaine Berger, President

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Celebrate the joy of walking, and remember that the journey matters more than the destination.
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MONTHLY WALK ROUND-UP

THURSDAY, FEBRUARY 3
6:30 am

**SUNRISE SERIES: LIBERTY STATION/SPANISH LANDING.** Meet Connie at the USS Recruit aka the USS NeverSail (Naval recruit training vessel). We’ll walk for one hour from Liberty Station to Spanish Landing at a casual to moderate pace with faster walkers going at their own pace. We’ll head from USS Recruit via Halsey Blvd to the Spanish Landing trail to check out Spanish Landing Park on San Diego’s waterfront where you will see a sandy beach, public art displays and pristine marina views. Its unique location gives visitors a glance of an important moment in the history of San Diego: the 1769 meeting of the Gaspar DePortola and Father Junipero Serra expeditions. If you haven’t taken this walk before, you are in for a treat. And yes, the airplanes do depart San Diego’s Lindbergh Field at exactly 6:30 am! Bring a mask with you. Connie V. 619-477-8628/619-750-3008 (cell).

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. 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, FEBRUARY 4
10:00 am

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

SUNDAY, FEBRUARY 6
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, FEBRUARY 7
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 & Marilyn 619-840-5544.

TUESDAY, FEBRUARY 8
10:30 am

**ZOOM WALKABOUT BOARD MEETING.** See page 6 for information.

WEDNESDAY, FEBRUARY 9
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. Rain cancels. Optional breakfast after. Must have a mask with you. Janet F. 619-890-4622.

THURSDAY, FEBRUARY 10
6:30 am

**SEAPORT VILLAGE, CONVENTION CENTER and beyond.** Meet Connie at the 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

**SHELTER ISLAND WALK & TALK.** See Thursday, February 3 for details.
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FRIDAY, FEBRUARY 11
10:00 am  
Zoom Teleconference. See p. 6 for details.

SATURDAY, FEBRUARY 12
9:30 am  
Del Sur Saunter. Come on out and explore the North County community of Del Sur on a varied, approximately 5-mile, moderate paced walk along trails, groomed paths and neighborhood streets. Be prepared for hills with some rocky places and possibly muddy parts. Meet in front of the Sprouts store at the Del Sur Town Center at 16415 Paseo Del Sur. From Highway 15, take the Camino Del Norte exit and go west. Turn left on Paseo Del Sur (3rd light after Dove Canyon Rd). Sprouts will be on your left. Must have a mask with you. Email, text or call: Lenore E. 619-890-0714 (ledidin@san.rr.com).

SUNDAY, FEBRUARY 13
8:15 am  
Merry Go-Round. See Sun., February 6 for details.

MONDAY, FEBRUARY 14
6:30 am  
Sunrise Series: San Diego Embarcadero. We will take a casual walk along the downtown waterfront looking for area changes. Take Harbor Drive south past Broadway, turn right past the Midway Museum and park near the Kissing Statue. Bring money for an optional breakfast after. Must have a mask with you. John & Marilyn 619-840-5544.

TUESDAY, FEBRUARY 15
2:00 pm  
Courts of Mission Beach. We will wind back and forth along the charming walkways called “courts” between Mission Boulevard and Bayside Walk. We’ll see some new, large houses on tiny lots and a few of the older funky cottages with character, plus get a beautiful view of Mission Bay. Meet in the Belmont Park parking lot on Mission Boulevard for a flat, casual+, 1.5 hour walk. Bus #8 stops at Mission Bay Drive and Mission Boulevard. Rain cancels. Must have a mask with you. Evelyn K. 619-461-6095.

WEDNESDAY, FEBRUARY 16
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 Juniper.

THURSDAY, FEBRUARY 17
6:30 am  
Sunrise Series: Mission Hills. Come join us in beautiful Mission Hills. 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. 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  
Shelter Island Walk & Talk. See Thursday, February 3 for details.

FRIDAY, FEBRUARY 18
10:00 am  
Zoom Teleconference. See p. 6 for details.

SATURDAY, FEBRUARY 19
9:45 am  
Balboa Park Chinese New Year. Come join Connie and Marilyn for a 1-hour casual/moderate walk in San Diego’s lovely Balboa Park before checking out the activities at the House of China. Meet us at the Organ Pavilion at 9:45 am. We plan to end the walk at the House of China in time to see the Lion Dance.

A pathway in Balboa Park on the northern border of Golden Hill.
scheduled for 11:30 am. After that you will be on your own to enjoy all the activities at your leisure. Rain cancels. Must have a mask with you. Connie V. 619-477-8628/619-750-3008 (cell), Marilyn 619-692-0536.

THURSDAY, FEBRUARY 24
6:30 am
☀️ SUNRISE SERIES: TECOLOTE CANYON. Let’s walk in beautiful Tecołote Canyon on a flat comfortable dirt road and see what the season has to offer on this casual to moderate 1-hour walk. Take I-5 to Tecołote Rd., exit, go east on Tecołote Rd. and meet at the Tecołote Canyon Natural Park and Nature Center at 5180 Tecołote Road at end of road (past the SD City Recreational ball fields). Join us to see what SD Park Rangers are doing to restore Tecołote Canyon Natural Park to its natural state. 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
شعور SHELTER ISLAND WALK & TALK. See Thursday, February 3 for details.

FRIDAY, FEBRUARY 25
10:00 am
 управляем ZOOM TELECONFERENCE. See p. 6 for details.

SUNDAY, FEBRUARY 27
8:15 am
شعور MERRY GO-ROUND. See Sun., February 6 for details.

MONDAY, FEBRUARY 28
6:30 am
☀️ SUNRISE SERIES CHULA VISTA J ST. MARINA. Take I-5 south to the J St./Marina Parkway exit. Turn right onto the Parkway, then left at the second left (sigh for the boat ramp) and left again into the first parking lot. Bring money for an optional breakfast after. Must have a mask with you. John and Marilyn 619-840-5544.

Walking brings you to places that cars will never see.

“SEZ ME” CONTINUED

events we are so lucky to have right here in our own backyards. Currently we are looking at activities that allow us to stay outside but are easily accessible by car or public transit. Check our newsletter or website for updates on activities.

Please, be safe and eat some dark chocolate!
# FEBRUARY 2022 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>
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<th>WEDNESDAY</th>
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**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.**

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<tr>
<td>8:15 am Merry-Go-Round</td>
<td>6:30 am <em>Sunrise:</em> Pacific Beach Boardwalk</td>
<td>10:30 am Zoom Walkabout Board Mtg.</td>
<td>9:00 am Lake Murray</td>
<td>6:30 am <em>Sunrise:</em> Seaport Village Convention Center</td>
<td>10:00 am Zoom Teleconference</td>
<td>9:30 am Del Sur Saunter</td>
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<td>8:15 am Merry-Go-Round</td>
<td>6:30 am <em>Sunrise:</em> San Diego Embarcadero</td>
<td>2:00 pm Courts of Mission Beach</td>
<td>9:00 am Mission Trails Regional Park Visitor Center Loop</td>
<td>6:30 am <em>Sunrise:</em> Mission Hills</td>
<td>10:00 am Zoom Teleconference</td>
<td>9:45 am Balboa Park Chinese New Year</td>
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<tr>
<td>8:15 am Merry-Go-Round</td>
<td>6:30 am <em>Sunrise:</em> Mission Bay</td>
<td>9:00 am North Lake Murray</td>
<td>6:30 am <em>Sunrise:</em> Tecelote Canyon</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 <em>Sunrise:</em> Chula Vista J Street Marina</td>
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For a complete list of wilderness hikes, please see page 7.
WALKABOUT’S DAY TRIPS
In 2022 the Walkabout Day Trips Will Be Closer to Home

We Will Be Having a Staycation Adventure for Our 45th Anniversary Year!

To commemorate our 45th year, Walkabout will be exploring the fun and interesting things to do in San Diego. We will visit places like the San Diego Zoo, Safari Park, Balboa Park and Museums, Whale Watching, Public Gardens, Birch Aquarium, and the USS Midway Museum.

We are exploring what activities are available and safe for us to participate in, considering the ever-changing Covid situation. Many will include a walk.

First up is the Chinese New Year – The Year of the Tiger. The House of China in Balboa Park is hosting a cultural event Saturday, February 19th. 11am to 5pm, including the Lion Dance, Cultural Performances, Chinese Ethnic Food, and Crafts.

Come join Connie and Marilyn for a 1-hour casual/moderate walk in San Diego’s lovely Balboa Park before checking out the activities at the House of China. Meet us at the Organ Pavilion at 9:45am. We plan to end the walk at the House of China in time to see the Lion Dance scheduled for 11:30am. After that you will be on your own to enjoy all the activities at your leisure. Rain cancels. Must have a mask with you. Connie 619-477-8628/619-750-3008 (cell), Marilyn 619-692-0536.

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.

WALKABOUT BOARD MEETING
Tuesday, February 8th 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.

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.
WILDERNESS HIKE details and trailhead directions will be e-mailed a day or two before each hike.

IMPORTANT HIKE INFO: Bring lunch, 2–3 quarts of water, sun and rain protection, and lug-soled shoes. “First timers” must call the leader. All participants must be well prepared for trail conditions, be able to keep pace with the group and will be accepted at the leader’s discretion.

Car Pool Info: Park on the street in front of the Methodist Church, 2111 Camino del Rio South (west of Texas St.). Be prepared to drive yourself if there are no other carpoolers.

Check Wilderness Hikes as weather or unusual conditions may cause the hike to be moved or canceled. If you have any questions, please contact the relevant hike leader as noted.

### HIKE CRITERIA

<table>
<thead>
<tr>
<th>STANDARD HIKE</th>
<th>LITE HIKE</th>
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<tbody>
<tr>
<td>Shoot for at least a 10+ mile hike. Make sure that either the distance or duration time is clearly stated in your writeup.</td>
<td>Shoot for 6–8 miles and make sure that the distance doesn’t get more than around 9 miles. Specify the distance in your writeup.</td>
</tr>
<tr>
<td>Any elevation profile is acceptable. Make sure that you quantify the gain/loss in your writeup.</td>
<td>Please attempt to keep the elevation gain to less than 750 ft and definitely not much greater than 1000 ft. Make sure that you specify total elevation in the writeup, especially if there are difficult or challenging areas.</td>
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<tr>
<td>Attempt to identify and quantify as best as you can any extenuating circumstances that someone might want to understand regarding the hike.</td>
<td>Attempt to identify and quantify as best as you can any extenuating circumstances that someone might want to understand regarding the hike.</td>
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### FEBRUARY HIKE SCHEDULE

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<tr>
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<th>LEVEL</th>
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</thead>
<tbody>
<tr>
<td>Wednesday 2/2</td>
<td>Mike L &amp; Alan Nicol 858-922-0738 or <a href="mailto:mlewis1944@gmail.com">mlewis1944@gmail.com</a></td>
<td>Standard</td>
</tr>
<tr>
<td>Wednesday 2/2</td>
<td>Willa F 619-925-0450 or <a href="mailto:willa.fields@sbc-global.net">willa.fields@sbc-global.net</a></td>
<td>Lite</td>
</tr>
<tr>
<td>Saturday 2/5</td>
<td>Bill C <a href="mailto:bhclark42@cox.net">bhclark42@cox.net</a> or 619-392-1243</td>
<td>Lite</td>
</tr>
<tr>
<td>Wednesday 2/9</td>
<td>Mike L 858-922-0738 or <a href="mailto:mlewis1944@gmail.com">mlewis1944@gmail.com</a></td>
<td>Standard</td>
</tr>
<tr>
<td>Wednesday 2/9</td>
<td>Willa F 619-925-0450 or <a href="mailto:willa.fields@sbc-global.net">willa.fields@sbc-global.net</a></td>
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</tr>
<tr>
<td>Saturday 2/12</td>
<td>Bill C <a href="mailto:bhclark42@cox.net">bhclark42@cox.net</a> or 619-392-1243</td>
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<tr>
<td>Wednesday 2/16</td>
<td>Sherry M <a href="mailto:SHERRY.ROKARTY@GMAIL.COM">SHERRY.ROKARTY@GMAIL.COM</a> or 619-887-0055</td>
<td>Standard</td>
</tr>
<tr>
<td>Wednesday 2/16</td>
<td>Willa F 619-925-0450 or <a href="mailto:willa.fields@sbc-global.net">willa.fields@sbc-global.net</a></td>
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<tr>
<td>Saturday 2/19</td>
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</tr>
<tr>
<td>Wednesday 2/23</td>
<td>Andrea A &amp; Scott O <a href="mailto:andreaallenmd@gmail.com">andreaallenmd@gmail.com</a> or 501-529-4997</td>
<td>Standard</td>
</tr>
<tr>
<td>Wednesday 2/23</td>
<td>Willa F 619-925-0450 or <a href="mailto:willa.fields@sbc-global.net">willa.fields@sbc-global.net</a></td>
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</tr>
<tr>
<td>Saturday 2/26</td>
<td>Irma K <a href="mailto:irmacaizan@gmail.com">irmacaizan@gmail.com</a> or 619-795-5821</td>
<td>Lite</td>
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January Sycamore Canyon Wilderness Group Hike.
**IN MEMORIAM**

**JUDY VANDRUFF**
10/11/1928 - 1/1/2022
Judy was an avid Walkabout traveler and office volunteer. She was also an active member of the Walkabout monthly card group, which operated for many years.

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

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**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.

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**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://walkabout-int.org/about-us/forms/photo-submission/

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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.

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To keep up-to-date on everything Walkabout, check our website: https://www.walkabout-int.org
ABOUT WALKABOUT, SAN DIEGO’S PREMIER SOCIAL NETWORK AFOOT

Established in 1977, Walkabout promotes healthy regular exercise, social camaraderie and discovering new places. We are a volunteer, San Diego-based, non-profit organization offering more than 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 $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

NAME _______________________________________________________________ DATE  ___________________________
 ADDRESS _____________________________________________________________________________________________
 CITY __________________________________________________________ STATE ____ ZIP+4___________- ______
 PRIMARY PHONE (             ) _________________________ OTHER PHONE (            )  ___________________________
 EMAIL ADDRESS

NEWSLETTER AND EMAIL OPTIONS

___ PDF ONLY (fully tax deductible, eco-friendly, and helps us keep costs down)
___ MAIL ONLY (physical newsletter will be mailed to your address)
___ BOTH
___ Subscribe to the email list for Wilderness Hikes

BUY-ONE GET-ONE-FREE

Subscriptions at and above the Basic Level ($25) 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 (            )  ___________________________
 EMAIL ADDRESS

FOR OFFICE USE ONLY

Date received:  _____________
 Check #:  __________________
 $ Amount: _________________
 Recorded by:  ______________
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 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.

Walkabout would like to celebrate your birthday by featuring you in the monthly newsletter. Please submit your name, date of birth (you don’t have to include the year if you don’t want to), how many years with Walkabout and a photo if possible. The deadline for each newsletter is the 13th of the month prior. Submit your info to kathyj@walkabout-int.org. Photos to https://www.walkabout-int.org/about-us/forms/photo-submission/. Be sure to label your photo with your name.

Marilyn Buckley is a very active member and the 2nd Vice President of Walkabout. She joined Walkabout in 1989 and joined the board in 2012.

Norm Vigeant
Feb 2, 1943

Teri Egenberger
Feb 12, 1951

Marilyn Buckley
Feb 16, 1947

Happy Birthday

Marilyn Buckley is a very active member and the 2nd Vice President of Walkabout. She joined Walkabout in 1989 and joined the board in 2012.