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.

San Diego Feets
Vol. 45, No. 3

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<tr>
<th>Pace</th>
<th>miles per hour</th>
<th>minutes per mile</th>
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<tr>
<td>Casual</td>
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<tr>
<td>Moderate</td>
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* Used in lieu of “Walk at your own pace”
+ Used to indicate a possible slightly brisker pace

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

THE WALKS LISTED ARE AUTHORIZED BY WALKABOUT. CDC GUIDELINES INDICATE THAT OUTDOOR WALKS NO LONGER REQUIRE FACE MASKS. WE DO ASK THAT WALKERS CARRY A MASK TO USE IN CROWDED SITUATIONS.

March 2022

“SEZ ME”
Elaine Berger, President

Celebration!!! It is March and time to start the party as we mark the 45th Anniversary of Walkabout-int. I am sure that no one could have anticipated the long history of this wonderful organization when it started in 1977. Who could have possibly known that we would go from a totally unique organization to one of many such walking groups? Almost every neighborhood, senior facility, retirement program, etc. now includes a recreational walking group. Who knew we would be such trend setters! It is sad that the founders of our organization are no longer with us and able to participate in this joyous year. We owe them our thanks and gratitude for their work. We also owe our thanks to the many individuals who have led walks and trips, participated on our Board of Directors or contributed to our long-term success in so many ways.

Please pay attention to all the events and special walks that are listed in the March newsletter. Our great friend Dan Haslam will be leading several memory walks honoring some of our most iconic walks through the years. And please mark your calendars for Sunday, March 6 as Walkabout hosts a brown bag picnic at Liberty Station that will also feature cake and ice cream in celebration of our 45th Anniversary.

As the most recent variant of COVID-19 releases its grip on San Diego, Marilyn has come up with a great list of possible activities in keeping with our theme of “Staycation” for 2022. They will be featured in our newsletter or by eBlasts, so stay tuned. If you know of a local ethnic festival or event in your neighborhood that would be new and fun, let Marilyn know at prwalkabout@yahoo.com. Even better would be if you are willing to lead a walk to such an event.

To our Irish friends, happy St. Patrick’s Day—of course we are all Irish on St. Patrick’s Day!

And don’t forget to set your clocks ahead on Sunday, March 13 as daylight saving time begins.
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MONTHLY WALK ROUND-UP

THURSDAY, MARCH 3
6:30 am
☀️ SUNRISE SERIES: BALBOA PARK. Meet at the Merry-Go-Round off Park Blvd. We will stay on the cement paths as we explore this area of the park during this casual+ walk. There is always something blooming and new things to see. 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. 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, MARCH 4
10:00 am
Zoom Teleconference. See p. 10 for details.

10:00 am
45TH ANNIVERSARY WALK. REPRISE OF LARRAINE MARSHALL’S FAMOUS GOLDEN HILL WALK. (See page 7 for details.)

SATURDAY, MARCH 5
6:00 pm
45TH ANNIVERSARY WALK. LIVE DOWNTOWN SATURDAY NIGHT LIVES! (See page 7 for details.)

SUNDAY, MARCH 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).

10:00 am
SHELTER ISLAND WALK & TALK. See Thursday, March 3 for details.

THURSDAY, MARCH 10
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).

12:30 - 3:00 pm
45TH ANNIVERSARY WALK. WALKABOUT IS CELEBRATING 45 YEARS OF THE JOY OF WALKING WITH A PICNIC. (See page 7 for details.)

MONDAY, MARCH 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.

10:00 am
45TH ANNIVERSARY WALK. TRIBUTE TO DOWNTOWN SAM AND HIS INFAMOUS WALKS—IN DOWNTOWN SAN DIEGO. (See page 8 for details.)

TUESDAY, MARCH 8
10:30 am
Zoom Walkabout Board Meeting. See page 7 for information.

THURSDAY, MARCH 10
6:30 am
☀️ 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
SHELTER ISLAND WALK & TALK. See Thursday, March 3 for details.

10:00 am
45TH ANNIVERSARY WALK. CHERRY BLOSSOM TIME IN BALBOA PARK. (See page 8 for details.)

FRIDAY, MARCH 11
10:00 am
Zoom Teleconference. See p. 10 for details.
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.

SATURDAY, MARCH 12
9:30 am
SOLANA BEACH – SIDEWALKS AND TRAILS. Come out and join this approximately 4.5-mile moderate paced outing in the coastal community of Solana Beach. We’ll start by ascending residential streets in this upscale neighborhood, leading us to a high point with a view of the San Elijo Lagoon and ocean below. Then we descend on a trail to the lagoon where we get a closer look at the wetland and its inhabitants. Our route takes us to the Harbaugh Seaside Trails where we can garner ocean views while enjoying the abundant native plants along its paths. There are several gradual, but long, uphill and downhill sections on this walk. Meet in front of Sprouts at 659 Lomas Santa Fe Dr. Take the Lomas Santa Fe Dr. exit off Highway 5 and go west. Then turn left at Solana Hills Dr. Sprouts will be to your right. Must have a mask with you. Email, text or call: Lenore E. 619-890-0714 (ledidin@san.rr.com).

SUNDAY, MARCH 13
8:15 am
MERRY GO-ROUND. See Sun., March 6 for details.

9:45 am
45TH ANNIVERSARY WALK. ST. PATRICK’S DAY CELEBRATION. (See page 8 for details.)

MONDAY, MARCH 14
6:30 am
SUNRISE SERIES: MISSION BEACH. Take West Mission Bay Drive, go past the Roller Coaster and turn left into the parking lot by the roller coaster. Please join Laurie for a 1 hour casual+ walk. Bring money for an optional breakfast. Must have a mask with you. Laurie. 619-813-0910.

TUESDAY, MARCH 15
10:00 am
45TH ANNIVERSARY WALK. WALKABOUT’S FIRST WALK, AKA 1977. (See page 8 for details.)

WEDNESDAY, MARCH 16
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. Must have a mask with you. Rain cancels. Janet F. 619-890-4622.

THURSDAY, MARCH 17
6:30 am
SUNRISE SERIES: SKI BEACH. Beautiful, casual+ flat walk along the bay. Take 8 west to Mission Bay Drive turn off, turn right. Go past Sea World entrance and over the 2nd bridge. Next light, turn right, Vacation Road. Go straight to the first row of parking closest to the bay. Bring money for an optional breakfast. Must have a mask with you. Laurie. 619-813-0910.

10:00 am
SHELTER ISLAND WALK & TALK. See Thursday, March 3 for details.

FRIDAY, MARCH 18
10:00 am
ZOOM TELECONFERENCE. See p. 10 for details.

SUNDAY, MARCH 20
8:15 am
MERRY GO-ROUND. See Sun., March 6 for details.

MONDAY, MARCH 21
6:30 am
SUNRISE SERIES: SAN DIEGO RIVER: MISSION BAY (OLD SEAWORLD DRIVE). Please join us on this early morning walk along the San Diego River. We are sure to see many of our feathered friends on this 1-hour walk on flat paved terrain and a different perspective of the Loma Portal/Sports Arena area. This is walk can be done at various paces from Very Casual to Moderate depending on your energy in the morning and that of your leader. Old SeaWorld Drive has recently been repaved and you can test your legs by walking fast or bring binoculars and slow down to observe nature. San Diego has been spectacular in early morning for sightings of birds along the San Diego River. Take the I-5 to the Tecolote-Sea World Drive exit and proceed west past several lights. After the light at Friars Rd., watch for the next light, where you’ll see the South Shores Boat Ramp sign on your right, but you will turn left onto the old road that parallels Sea World Dr. Bring money for an optional breakfast afterward. Must have a mask with you. Connie V. 619-477-8628/619-750-3008 (cell).

TUESDAY, MARCH 22
2:00 pm
CENTRAL SOUTH PARK STROLL. South Park is a neighborhood on the upswing. We’ll walk past beautifully restored craftsman houses, drought-tolerant gardens, secluded cul-de-sacs, and a horse ring, plus we will see the canyon where a 250-ft long dirigible was built in 1911. Meet at the corner of 31st and B streets for a 1 1/2+ hour, casual+, mostly flat walk. Bus #2 stops at 30th and A. Rain cancels. Must have a mask.

WEDNESDAY, MARCH 23
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 North, take exit to Friars Rd. East, which becomes Mission Gorge Rd., 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, MARCH 24
6:30 am
SUNRISE SERIES: MISSION HILLS. Come join us in beautiful Mission Hills. Let's check out the beautiful yards and gardens in one of San Diego's oldest neighborhoods. 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 as we stretch our legs first thing in the morning. 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, March 3 for details.

FRIDAY, MARCH 25
10:00 am
ZOOM TELECONFERENCE. See p. 10 for details.

SUNDAY, MARCH 27
8:15 am
MERRY GO-ROUND. See Sun., March 6 for details.

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MONDAY, MARCH 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 (sign 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.

WEDNESDAY, MARCH 30
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. Must have a mask with you. Rain cancels. Optional breakfast after. Janet F. 619-890-4622.

THURSDAY, MARCH 31
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 money for 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, March 3 for details.
## MARCH 2022 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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<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<td>9</td>
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<td>11</td>
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<tr>
<td>8:15 am Merry-Go-Round</td>
<td>6:30 am Sunrise: Pacific Beach Boardwalk</td>
<td>10:30 am Zoom Walkabout Board Mtg.</td>
<td>6:30 am Sunrise: South Bay</td>
<td>10:00 am Zoom Teleconference</td>
<td>10:00 am Zoom Teleconference</td>
<td>6:00 pm LIVE Downtown Saturday Night Lives!</td>
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<td>12:30 pm Walkabout 45th Anniversary Picnic</td>
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<tr>
<td>8:15 am Merry-Go-Round</td>
<td>6:30 am Sunrise: Mission Beach</td>
<td>10:00 am Walkabout Anniversary Walk</td>
<td>9:00 am Lake Murray</td>
<td>6:30 am Sunrise: Ski Beach</td>
<td>10:00 am Zoom Teleconference</td>
<td>9:30 am Solana Beach - Sidewalks and Trails</td>
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<tr>
<td>8:15 am Merry-Go-Round</td>
<td>6:30 am Sunrise: San Diego River - Mission Bay/ Old Seaworld Drive</td>
<td>2:00 pm Central South Park Stroll</td>
<td>9:00 am Mission Trails Regional Park Visitor Center Loop</td>
<td>6:30 am Sunrise: Mission Hills</td>
<td>10:00 am Zoom Teleconference</td>
<td>10:00 am Zoom Teleconference</td>
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<td>31</td>
<td>For a complete list of wilderness hikes, please see page 9.</td>
<td>6:30 am Sunrise: Liberty Station/ Spanish Landing</td>
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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.
NOTE TO ALL WALKABOUTERS THAT RECEIVE THE NEWSLETTER BY USPS

Early in 2019, when the Covid pandemic had just started, Walkabout extended the Last Date of all subscribers by 3 months. This seemed like a good idea at the time and we tried to explain this to all, however it seems that we were not very effective. The unintended consequence of this "good idea" was that some subscribers were used to paying at the same time each year. Occasionally, I receive newsletter renewals well before the Last Date of their subscription. My practice is to add a year to their current Last Date. I want to remind you that when you are approaching the Last Date of your subscription I try very hard to remind you of this. If we have your email address I send an email reminder that your last copy will be in the next two months. If you receive the newsletter via USPS, we stamp the newsletter label indicating that this is either your last newsletter or the next to last newsletter.

In short, if you have not received a reminder to renew, you do not need to renew, yet.

Thank you for your continued support.

Stan Follis
REPRISE OF LARRAINE MARSHALL’S FAMOUS GOLDEN HILL WALK

FRIDAY, MARCH 4
10:00 am
Join Dan Haslam to “March forth” on this titled day which was a favorite of co-founder Larry Forman. (Dan is visiting San Diego from his FL home just to party with our 45th anniversary goers). Let’s meet at the corner of 25th Street and A Streets in Golden Hill (street parking or #2 bus) for a 1 1/2 hour casually-paced walk on sidewalks, a few hills and a little narration as we re-live the parts of the walk that Larraine developed over many years. At the end of the walk, we’ll stop nearby for an optional lunch in the area. You’ll see movie settings, my old house, a wonderful Mexican bakery, and a sculptured fire station at the very least! Must have a mask with you. Questions? Dan Haslam 619-318-4870 (EST until 3/2).

LIVE DOWNTOWN SATURDAY NIGHT LIVES!

SATURDAY, MARCH 5
6:00 pm
One of the most popular walks in the ‘80’s, ‘90’s and early 2000’s, this walk would sometimes draw 40-50 walkers. It was led for years by a succession of prominent walk leaders, who we will fondly recall. The walk was a great way to catch up on all the gossip and to see what was new on the waterfront, run up and down the bay front stairs at the Convention Center and start off Saturday date nights with some great exercise. Let’s meet at our old starting point, at the front of the County Administration Building (on the bayside) near the Donal Hord sculpture. Parking will be by meters (get over it) or take the trolley to Santa Fe Depot and walk over, or the airport bus. We’ll tour the children’s park at the beginning and move from there as the 45th Anniversary Spirit moves us at a casual pace. We may visit Seaport Village for an optional dinner after our walk. Tonight’s walk leader will be Dan Haslam, visiting Walkabout from his Fort Lauderdale home, expressly to help us celebrate our 45th! Must have a mask with you. Questions? Dan Haslam 619-318-4870 (EST until 3/2).

WALKABOUT IS CELEBRATING 45 YEARS OF THE JOY OF WALKING WITH A PICNIC

SUNDAY, MARCH 6
12:30–3:00 pm
Come join us for a fun afternoon at Liberty Station, our current home base for a picnic and walk. Your hosts are Marilyn Buckley and The Traveling Man, Dan Haslam. Dan will be here for a few days to help us celebrate by leading some historic walks sharing memories of past members and leaders. Be sure to check the newsletter for details. The picnic area is the open park/green space at the intersection of Dewey Road and Cushing Road. There is a small parking lot near the public restrooms on Cushing Road, also street parking. Follow the sidewalk next to the restrooms which goes around to the back of the building and then to the picnic area. Look for our blue Walkabout banners. This is a bring your own brown bag picnic lunch. No potluck this time, reduces too many hands touching the food. Walkabout will be providing the paper plates, napkins, drink cups, hand sanitizer wipes and cutlery, drinks, Anniversary Cake, and ice cream. Afterwards Dan will lead a walk around Liberty Station. RSVP to the office 619-231-7463 by 2pm on Wednesday March 2nd. We want to make sure we have enough cake and ice cream for everyone. Rain will change the location to the Green room in our building at 2650 Truxtun Road. Building #175. Corner of Dewey Road and Truxtun Road. Must have a mask with you.

WE ARE WORKING ON MORE ADVENTURES!

Look for a Walkablast with details coming soon about a Desert/Wildflowers bus trip in late March. Rising cost will mean our trip prices will, unfortunately, have to increase. But please don’t let that deter you from joining in on the fun.

WALKABOUT BOARD MEETING

Tuesday, March 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
TRIBUTE TO DOWNTOWN SAM AND HIS INFAMOUS WALKS—IN DOWNTOWN SAN DIEGO

MONDAY, MARCH 7
10:00 am

Come and learn about Downtown Sam, Walkabout's legendary walk leader and bon vivant. It's hard to believe that he has been gone for 20+ years, but his spirit lives on, and we'll try to recapture that in a 45th Anniversary walk through the Gaslamp Quarter and parts of downtown that were special to Downtown Sam. We'll meet at the Tin Fish Restaurant, 5th & L Streets (near the Gaslamp Quarter sign at the Gaslamp trolley station). This is katty-corner from the 6th & K parkade, where the best (for-pay) parking deal downtown can be had. We'll walk for about 1.5 hours at a casual pace, noting new businesses, changes in the landscape and telling tales about Downtown Sam and other colorful Walkabout characters. You'll see one of Walkabout's first office buildings and learn a few historical details along the way. An optional lunch at our starting point may follow. Walk leader is Dan Haslam, who joins us from his home in Ft. Lauderdale, FL and has flown in just to help us celebrate our 45th Anniversary. Questions? Dan 619-318-4870.

CHERRY BLOSSOM TIME IN BALBOA PARK

THURSDAY, MARCH 10
10:00 am

Meet Marilyn B. at the front entrance to the Japanese Friendship Garden in Balboa Park. We will enjoy a casual, approximately 1 hour walk through the gardens as we take time to savor the sights/sounds/smells of this lovely tranquil oasis of cherry blossoms and flowers. The Japanese Friendship Garden, also known as Sankei-en is a twelve-acre Japanese garden located within Balboa Park. It is an expression of friendship between San Diego and its sister city, Yokohama. It illustrates two cultures and creates an immersive experience into Japanese culture. March 7-13 is the week of the official Japanese Friendship Garden Cherry Blossom Festival. Senior admission price $10. Must have a mask with you. Marilyn B. 619-692-0536. Rain cancels.

ST. PATRICK’S DAY CELEBRATION

SUNDAY MARCH 13, 2022
9:45 am

Come join Marilyn and Connie for a 1-hour casual moderate walk as we look for what's in bloom in our lovely Balboa Park before joining the festivities at the House of Ireland. Meet us at the Organ Pavilion at 9:45am. We will end the walk at the House of Ireland in time enjoy the St. Patrick’s Day Celebrations. Afterwards you will be on your own to enjoy all the activities at your leisure. Rain cancels. You must have a mask with you. Connie 619-477-8628, 619-750-3008 (cell), Marilyn 619-692-0536.

WALKABOUT’S FIRST WALK, AKA 1977

TUESDAY, MARCH 15
10:00 am

Recreate the walk that launched thousands upon thousands of ships, err, walks since St. Patrick's Day of 1977. 45 years ago! Savor what the times were like back then and how Walkabout took its first baby steps. Explore what were some little-known trails in the picturesque La Playa area of Point Loma on a 2 hour, moderate walk over mixed up-and-down terrain. Look for Rob K. who is recreating Larry's first walk, at the front of Pizza Nova (5050 N. Harbor Dr.) near Scott St. There is free parking available in the lot or on streets nearby. From there we'll proceed to the traditional “poetic” starting point of Scott and Emerson Sts. Rain Cancels. Must have a mask with you. Rob K. 619-972-2819.
WILDERNESS HIKES

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

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<th>STANDARD HIKE</th>
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</thead>
<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>
</tr>
<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>
</tr>
</tbody>
</table>

### MARCH HIKE SCHEDULE

<table>
<thead>
<tr>
<th>DATE</th>
<th>LEADER</th>
<th>LEVEL</th>
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<tbody>
<tr>
<td>Wednesday 3/2</td>
<td>Alan N</td>
<td>Standard</td>
</tr>
<tr>
<td></td>
<td>336-209-0060 or <a href="mailto:glenview_7@yahoo.com">glenview_7@yahoo.com</a></td>
<td></td>
</tr>
<tr>
<td>Wednesday 3/2</td>
<td>Willa F</td>
<td>Lite</td>
</tr>
<tr>
<td></td>
<td>619-925-0450 or <a href="mailto:willa.fields@sbc-global.net">willa.fields@sbc-global.net</a></td>
<td></td>
</tr>
<tr>
<td>Saturday 3/5</td>
<td>Eva M</td>
<td>Lite</td>
</tr>
<tr>
<td></td>
<td><a href="mailto:EVAjudo@aol.com">EVAjudo@aol.com</a> or 619-283-1872</td>
<td></td>
</tr>
<tr>
<td>Wednesday 3/9</td>
<td>Bill C</td>
<td>Lite</td>
</tr>
<tr>
<td></td>
<td><a href="mailto:bhclark42@cox.net">bhclark42@cox.net</a> or 619-392-1243</td>
<td></td>
</tr>
<tr>
<td>Wednesday 3/9</td>
<td>Mike L</td>
<td>Standard</td>
</tr>
<tr>
<td></td>
<td>858-922-0738 or <a href="mailto:mlewis1944@gmail.com">mlewis1944@gmail.com</a></td>
<td></td>
</tr>
<tr>
<td>Saturday 3/12</td>
<td>Irma K</td>
<td>Lite</td>
</tr>
<tr>
<td></td>
<td><a href="mailto:irmacaizan@gmail.com">irmacaizan@gmail.com</a> or 619-795-5821</td>
<td></td>
</tr>
<tr>
<td>Wednesday 3/16</td>
<td>Andrea A &amp; Scott O</td>
<td>Standard</td>
</tr>
<tr>
<td></td>
<td><a href="mailto:andreaallenmd@gmail.com">andreaallenmd@gmail.com</a> or 501-529-4997</td>
<td></td>
</tr>
<tr>
<td>Wednesday 3/16</td>
<td>Willa F</td>
<td>Lite</td>
</tr>
<tr>
<td></td>
<td>619-925-0450 or <a href="mailto:willa.fields@sbc-global.net">willa.fields@sbc-global.net</a></td>
<td></td>
</tr>
<tr>
<td>Saturday 3/19</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wednesday 3/23</td>
<td>Mike L and Alan N</td>
<td>Standard</td>
</tr>
<tr>
<td></td>
<td>858-922-0738 or <a href="mailto:mlewis1944@gmail.com">mlewis1944@gmail.com</a></td>
<td></td>
</tr>
<tr>
<td>Wednesday 3/23</td>
<td>Willa F</td>
<td>Lite</td>
</tr>
<tr>
<td></td>
<td>619-925-0450 or <a href="mailto:willa.fields@sbc-global.net">willa.fields@sbc-global.net</a></td>
<td></td>
</tr>
<tr>
<td>Saturday 3/26</td>
<td>Irma K</td>
<td>Lite</td>
</tr>
<tr>
<td></td>
<td><a href="mailto:irmacaizan@gmail.com">irmacaizan@gmail.com</a> or 619-795-5821</td>
<td></td>
</tr>
<tr>
<td>Wednesday 3/30</td>
<td>Sherry M</td>
<td>Standard</td>
</tr>
<tr>
<td></td>
<td>Sherry. <a href="mailto:Rokarty@gmail.com">Rokarty@gmail.com</a> or 619-887-0055</td>
<td></td>
</tr>
</tbody>
</table>

*Rancho Penasquitos Wilderness Lite Hike. Left to right: Willa, Margot, Gerri, Kathleen, Eva and Andrea.*
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.

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>Director Emeritus</td>
<td>Connie Vickers</td>
<td>619-477-8628</td>
<td><a href="mailto:connie@walkabout-int.org">connie@walkabout-int.org</a></td>
</tr>
<tr>
<td></td>
<td>Janet Fenston</td>
<td>619-890-4622</td>
<td><a href="mailto:Janet@walkabout-int.org">Janet@walkabout-int.org</a></td>
</tr>
</tbody>
</table>

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/.

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.

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.
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
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.

Janet Fenton
March 24

Fuse Shimizu
March 30, 1923