### Pace Yourself

<table>
<thead>
<tr>
<th></th>
<th>miles per hour</th>
<th>minutes per mile</th>
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</thead>
<tbody>
<tr>
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<td>2.0</td>
<td>30</td>
</tr>
<tr>
<td>Casual</td>
<td>2.5</td>
<td>25</td>
</tr>
<tr>
<td>Moderate</td>
<td>3.0</td>
<td>20</td>
</tr>
</tbody>
</table>

* Used in lieu of “Walk at your own pace”
+ Used to indicate a possible slightly brisker pace

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**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.**

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**April 2022**

**“SEZ ME”**

Elaine Berger, President

April is upon us—we have sprung forward into spring! And what a glorious time. The trees and flowers are dressed in their finest displays and the birds are having their amorous activities as they set up housekeeping in the bushes in my front patio—just as long as they don’t nest on my balcony! Spring is a time of hope and renewal, and we have much to look forward to this spring. All indications are that we may finally be moving beyond the COVID pandemic, and we can climb out of our caves and once again move about in the world. Baseball season is happening (GoPadres), the Del Mar fair will resume as normal and so many of the events we associate with summer will resume. We have so much to be grateful for this year.

March was a great kick off celebration of our organization’s 45th Anniversary. A big thanks to Dan Haslam as he took time out of his busy life to join us for memory walks and the celebratory picnic. Our apologies to Dan for the terrible weather for his Golden Hills and Saturday Night Live walks, but the weather was glorious for our picnic and Liberty Station walk as well as the Downtown Sam walk. Our thanks to Marilyn for organizing the picnic and getting us a beautiful (as well as delicious) cake as well as Connie for the ice cream cups with the little wooden spoons. Talk about old times and good memories. While March is our anniversary month, we hope to continue events throughout the year. Please join us when you can.

Remember, just be kind and give your fellow citizens a bit of grace as we move into our “new normal”. So much has changed and so many people are on edge. A smile without a mask can go a long way! Have a safe and happy spring. —Elaine

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“Everybody needs a passion. That’s what keeps life interesting. If you live without passion, you can go through life without leaving any footprints.”

—Betty White
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MONTHLY WALK ROUND-UP

FRIDAY, APRIL 1
10:00 am
Zoom Teleconference. See p. 10 for details.

4:00 pm
Mission Hills. Enjoy a casual walk in this beautiful historic neighborhood where we will view a wide variety of architectural styles and interesting gardens. Meet at 1920 Fort Stockton Drive near Hickory Street. Must have a mask with you. Marlene G. 619-692-3020.

SUNDAY, APRIL 3
8:15 am
Merry-Go-Round Walk. Meet at 8:15 AM every Sunday for the Merry-Go-Round walk at the Carousel in front of the San Diego Zoo (intersection of Zoo Pl. and Park Blvd.). Please arrive earlier for sign-in, as the walk does leave at 8:15 AM. About 3 hours (6 to 9 miles). Generally, there is a lot of parking in the parking lot adjacent to (north of) the Carousel. There are two routes and versions, one moderate plus (longer routes vary) walk and one moderate (shorter) walk. Break stop is usually near Seaport Village, so bring change for coffee and snack. Must have a mask with you. Meet with Ward Martin 858-735-7557, warddroid@gmail.com. Co-leaders: Ward Martin (moderate +), Tom Samaras (moderate).

MONDAY, APRIL 4
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 for a casual+ walk. Bring money for an optional breakfast after. Must have a mask with you. John and Marilyn 619-840-5544.

THURSDAY, APRIL 7
6:30 am
Sunrise Series: Tidelands Park in Coronado. For this casual+ walk drive along our beautiful Coronado bridge & stay to the right. At the 1st street, Glorietta Blvd, turn right, at the next street, Mullinix Drive, turn right. Drive along the road past the baseball fields until you see the parking lot. Park in the front row by the bay. Bring money for optional breakfast afters. Must have a mask with you. Laurie H. 619-813-0910.

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, APRIL 8
10:00 am
Zoom Teleconference. See p. 10 for details.

4:00 pm
Mission Hills. See Friday, April 1 for details.

SATURDAY, APRIL 9
9:30 am
San Diego County Park. Spring is here, so let's get out and enjoy it on this approximately 4.5-mile, moderate paced walk in the Solana Beach area. We'll start off hiking on the La Orilla trail of the San Elijo Lagoon Ecological Reserve. Then we'll explore some of the trails of the San Dieguito County Park. We'll visit the butterfly garden and look for turtles in the ponds. Our climb up wooden steps (without handrails) will be rewarded with stunning panoramic views from the Pine Tower Lookout. We'll have the fun of crossing a rope bridge and will learn about local flora on the Native Plants Trail. Be prepared for hills. Meet at the dead end of Santa Helena in Solana Beach. Take highway 5 and exit at Lomas Santa Fe Dr. If coming from the south, keep going straight at the bottom of the exit ramp and you'll be on Santa Helena. If coming from the north, turn left at the bottom of the exit ramp then get in the left lane. Turn left at the first stoplight onto Santa Helena. Must have a mask with you. Email, text or call: Lenore E. 619-890-0714 (ledidin@san.rr.com).

SUNDAY, APRIL 10
8:15 am
Merry-Go-Round. See Sun., April 3 for details.

MONDAY, APRIL 11
6:30 am
Sunrise Series: Harbor Island. We'll walk at a casual pace on flat sidewalk enjoying the fresh ocean air and beautiful views of downtown across the bay. Take Harbor Drive to Harbor Island Drive. Turn west to the end and turn right. Drive to the very end where you will park at Tom Ham's Restaurant lot. Bring money for an optional breakfast afterward. Must have a mask with you. Marlene G. 619-692-3020.

TUESDAY, APRIL 12
10:30 am
Zoom Walkabout Board Meeting. See page 6 for information.
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.

WEDNESDAY, APRIL 13
9:00 am
MISSION TRAILS REGIONAL PARK, OAK CANYON TRAIL. We'll walk for about 3 miles for about an hour and a half. It's 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 and bring a walking stick. Meet in the parking lot by Old Padre Dam. Directions from Interstate 8 exit to Interstate 15, take Mission Gorge Road. Go past the main entrance, then continue on until you reach the north end of Father Junipero Serra Trail, where you turn left. Park in the small parking lot at the dam or on the street. Optional breakfast after. Rain cancels. Must have a mask with you. Janet F. 619-890-4622.

THURSDAY, APRIL 14
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. See Thursday, April 7 for details.

FRIDAY, APRIL 15
10:00 am
♀️ ZOOM TELECONFERENCE. See p. 10 for details.

4:00 pm
MISSION HILLS. See Friday, April 1 for details.

SUNDAY, APRIL 17
8:15 am
♀️ MERRY GO-ROUND. See Sun., April 3 for details.

MONDAY, APRIL 18
6:30 am
☀️ SUNRISE SERIES: LIBERTY STATION/OLD SAN DIEGO RIVER REMNANT WALK. Meet Connie at the USS Recruit aka the USS NeverSail (Naval recruit training vessel) for an hour walk along the river in beautiful Liberty Station to the end and back. Very Casual+ pace on sidewalk or dirt path. There is also the option on this walk for a faster pace. Pass by gardens including the Hugh Story Rose Garden, tributes to sunken submarines and more. Enter Liberty Station from Harbor Drive. There is ample free parking by the NeverSail. Bring money for an optional breakfast afterward. Must have a mask with you. Connie V. 619-477-8628/619-750-3008 (cell).

TUESDAY, APRIL 19
2:00 pm
CORONADO GARDENS. April is the month that Coronado celebrates its beautiful flowers and gardens and home fronts. Now that taxes are done, we can have a relaxing stroll past colorful gardens in the southeast section of Coronado Village, and pick some of our favorite home fronts. Meet at the corner of Glorietta Blvd. and Fifth Street for a casual, flat 1 1/2-hour walk. Bus #901 stops at Fourth Street and Adella Lane. Must have a mask with you. Rain cancels. Evelyn K. 619-461-6095.

WEDNESDAY, APRIL 20
9:00 am
DOWNTOWN LA MESA. We'll meet in front of the library located at 8064 Allison Ave, La Mesa for a 1-hour casual paced walk on mostly flat sidewalks. From Hwy 8, take exit 13A for Spring St, keep right at the fork, turn right on University Ave. and left on Allison. Park across the street in the shopping center lot. Must have a mask with you. Rain cancels. Optional breakfast after. Janet F.

THURSDAY, APRIL 21
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, April 7 for details.

FRIDAY, APRIL 22
10:00 am
♀️ ZOOM TELECONFERENCE. See p. 10 for details.

4:00 pm
MISSION HILLS. See Friday, April 1 for details.
SUNDAY, APRIL 24
8:15 am

 تماماً. 

See Sun., April 3 for details.

MONDAY, APRIL 25
6:30 am

Sunrise Series: North Park/Normal Heights. We’ll meet at the corner of Kansas St. and El Cajon Blvd to explore these eclectic neighborhoods. Park behind the restaurant at 2900 El Cajon Blvd. for this casual+ 1-hour walk on flat terrain. Bring money for an optional breakfast afterward. From the south, take I-805 to the El Cajon Blvd. exit and turn left. From the north, turn right onto El Cajon Blvd. until you come to Kansas St. (about ½ mile). Must have a mask with you. Frances 619-479-3962.

WEDNESDAY, APRIL 27
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, APRIL 28
6:30 am

Sunrise Series: Mission Point (Mission Bay). Take West Mission Beach Drive towards the beach. At the last light, turn left on Mission Beach Blvd. Go all the way down to the end of the road, turn left on San Diego Place (Mission Point Park), drive all the way down to the end of the parking lot then join us for this casual+ walk. Bring money for optional breakfast afterwards. Must have mask with you. Laurie H. 619-813-0910.

10:00 am

Shelter Island Walk & Talk. See Thursday, April 7 for details.

FRIDAY, APRIL 29
10:00 am

Zoom Teleconference. See p. 10 for details.

Lenore’s February walk in Del Sur, held on the hottest February day ever recorded in San Diego.

4:00 pm

Mission Hills. See Friday, April 1 for details.
# APRIL 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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<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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<tr>
<td>8:15 am Merry-Go-Round</td>
<td>6:30 am Sunrise: Chula Vista/J Street Marina</td>
<td>National Walking Day</td>
<td>6:30 am Sunrise: Tidelands Park</td>
<td>10:00 am Zoom Teleconference</td>
<td>10:00 am Zoom Teleconference</td>
<td>9:30 am San Dieguito County Park</td>
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<td>12</td>
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<td>14</td>
<td>15</td>
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</tr>
<tr>
<td>8:15 am Merry-Go-Round</td>
<td>6:30 am Sunrise: Harbor Island</td>
<td>10:30 am Zoom Walkabout Board Mtg.</td>
<td>9:00 am Mission Trails Regional Park, Oak Canyon Trail</td>
<td>6:30 am Sunrise: Balboa Park</td>
<td>10:00 am Zoom Teleconference</td>
<td>4:00 pm Mission Hills</td>
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<td>22</td>
<td>23</td>
</tr>
<tr>
<td>8:15 am Merry-Go-Round</td>
<td>6:30 am Sunrise: Liberty Station/Old SD River Remnant</td>
<td>2:00 pm Coronado Gardens</td>
<td>9:00 am Downtown La Mesa</td>
<td>6:30 am Sunrise: Mission Hills</td>
<td>10:00 am Zoom Teleconference</td>
<td>4:00 pm Mission Hills</td>
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</tr>
<tr>
<td>8:15 am Merry-Go-Round</td>
<td>6:30 am Sunrise: North Park/ Normal Heights</td>
<td>9:00 am Lake Murray</td>
<td>6:30 am Sunrise: Mission Point</td>
<td>10:00 am Zoom Teleconference</td>
<td>4:00 pm Mission Hills</td>
<td>For a complete list of wilderness hikes, please see page 9.</td>
</tr>
</tbody>
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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.**
WALKABOUT BOARD MEETING  
**Tuesday, April 12th at 10:30 a.m.**

Zoom meeting invitations will be sent via WalkaBlast before the meeting. If you have any concerns you think the Board should address, please send your questions/suggestions to Elaine and she will see that they are added to the agenda for the meeting.

*All Subscribers Are Welcome*

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**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/](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.

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**APRIL 6 IS NATIONAL WALKING DAY**

Scientists know very well the impact that walking can have on a person’s health. People who regularly walk have improved circulation, less arthritis pain, and generally are in a better mood. That’s why more people should take the time to celebrate National Walking Day. This holiday is celebrated on the first Wednesday in April and is designed to encourage people to head out and take a walk.

*The benefits of walking include:*
- Improved Circulation
- Improved Bone Strength
- Improved Sleep
- Help With Losing Weight

The only requirement to celebrate National Walking Day is for a person to get out and start walking. Walking can be the start of a healthy life, and regularly walking does wonders for the body.

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**SFeets 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.

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**WE WILL MISS KATHLEEN “KATHY” LAIRD, 02/09/1946—02/21/2022**

Kathleen Laird joined Walkabout in 1983 and truly enjoyed the friends she made and adventures she experienced with the group. California beach girl Kathy especially enjoyed walking at Mission Beach and Pacific Beach, as well as leading the Crown Point walk. The Downtown Sam’s walks were another favorite of Kathy’s. After retiring from teaching, this California beach girl dreamed of traveling, but her husband Spencer’s declining health made that impossible. Services will be for close family only.
I'm a relative newcomer to Walkabout, having first co-led a 1994 Walkabout tour group from San Diego to my then-home state/city of Tucson, AZ. About 40 Walkabouters arrived by plane at Halloween time and a chartered coach to spend 10 days in Tucson—many wondered what the heck they would do in the desert for 10 days. We had a blast, and the tour ended on the front lawn of my small B&B near the university of AZ — where we sipped champagne as the tour bus lingered to carry the tour group back to the airport and San Diego. I was hooked and moved to San Diego in 2000.

 Those were the days— there were probably 850 Walkabout subscribers in 1994 and getting on a Walkabout tour was a coveted ticket. The tours for Walkabout at that time followed a pattern of just a few tours each year, and all of them large group tours. More recently the trend has been toward small group tours of 10-20, mostly in vans. Of course, our subscribership is a third of what it was in 1994 and less than a quarter of what it was at Walkabout’s peak—about 1200! I have been fortunate to have led about 125 long distance tours for Walkabout over the years.

 Why have the numbers dwindled? Think that 2022 is two generations removed from Walkabout's founding in 1977. Modern generations eschew urban walking for exercise and instead run to the gyms so they can rack up the miles in the comfort of headsets, videos, music, and treadmills. The age gap has consistently resulted in dead-ends for Walkabout recruitment. While we endeavor to attract a younger crowd, when prospects show up for walks, all they see is a sea of grey heads, and when looking for single-mingles, this is not going to cut in for the younger generations. We must market to grey heads and retirees.

 So, if Walkabout is to succeed it has to resort back to its basics. Big group trips are probably not going to succeed due to our dwindling numbers. We can only hope to partner with other groups and share in the revenue according to how many of our subscribers show up for the “big trip.” Our walks need to have a consistent focus—certain basic walks should be offered each month, and specialty walks will fill in the blanks and should be prominently featured. If the walks are same-old, same-old, subscribers will breeze through the newsletter until they find the new-and-interesting walks.

 I recently returned to San Diego (and Walkabout) from my home in FL to help with the 45th anniversary celebration. I led four walks on my own “back to basics” trip, which for me involved remarkably-priced air fare with tortuous plane routes, “roughing” it at the hostel in the Gaslamp Quarter, and taking only public transportation around town. Walkabout used to
have hostel tours, public transit-only visits to cities and other bargain-seeking opportunities such as free tours and the like. The anniversary walks I led were intended to draw a nostalgic audience. One tribute walk in Golden Hill featured the Queen of Golden Hill, Larraine Marshall, and the turn out drew about 10, many of whom were family or friends of Larraine’s to support her memory. On that walk we even got invited in to tour the Quartermass-Wilde home (with the turret on Broadway—now a law firm), something Larraine never got to do! Another of my walks, a reprise of the popular Downtown Saturday Night Live, walk was held on a rainy, cold, windy night during which competing live concerts kept walkers away, and only one other intrepid walker joined me for that chilly evening. My third walk was at Liberty Station for the 45th anniversary picnic. We had a good turnout for the picnic, about 25 of us, and most walked for the hour around Liberty Station. My last walk was a tribute to Walkabout’s favorite son, Downtown Sam Minsker, and included monuments to him and special downtown locales of his life. We had a dozen women and me on that walk.

I don’t have any solutions to Walkabout’s challenges, but it may never recover from the ravages that Covid has wrought. It was hard enough to keep the newsletter going when activity was zero, and subscribership has continued to plunge. For the past two years there has been no income from tour and travel—Walkabout’s lifeblood—as subscribership revenues barely cover publication costs. Expenses such as office rent, insurance, and phones still have to be paid, and it has all come out of savings. That savings has dwindled to the point that either Walkabout moves to someone’s garage again (as it started), or the board will have to plan for the sunset of the organization long before the fiftieth year has been reached.

Don’t be gloomy about this. Walkabout has been a lifesaver for many—singles have become couples here, and holiday gatherings have provided a family atmosphere that many would not have on their own. We have all leaned happily on Walkabout. Either a Go-Fund Me effort will have to be launched to save Walkabout, or some mighty bequests or gifts are going to have to come our way to keep the organization financially solvent. In any event it has been a great run, or walk, and we have many fine memories to look back upon from our 45th year into our past.

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WELCOME WALKABOUT’S NEW BOARD MEMBER

At our Board of Directors meeting on March 8, 2022 we elected Carole Ericson as the newest member of our Board. Carole has been an enthusiastic volunteer who is helping cover our office, has been co-ordinating the analysis of weekly walks and has been responsible for adding mailing labels to our newsletters and getting them to the post office. You will recognize Carole by her wonderful "Aussie" accent when she answers the phone. Thank you Carole for all you are doing and welcome to the Board of Directors.

At the same meeting we also elected the officers of Walkabout for 2022.
President: Elaine Berger
2nd Vice President: Marilyn Buckley
3rd Vice President: Stanley Follis
Secretary: Donna Farris
Treasurer: Diane Erk

As President, I thank all of you who serve as officers and Board members of our organization and help me “keep the wheels on the wagon”. —Elaine
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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<tr>
<th>STANDARD HIKE</th>
<th>LITE HIKE</th>
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<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>
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APRIL HIKE SCHEDULE

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<tr>
<td>Saturday 4/2</td>
<td>Bill C 619-392-1243 or <a href="mailto:bhclark42@cox.net">bhclark42@cox.net</a></td>
<td>Standard</td>
</tr>
<tr>
<td>Wednesday 4/6</td>
<td>Mike L 858-922-0738 <a href="mailto:mlewis1944@gmail.com">mlewis1944@gmail.com</a></td>
<td>Standard</td>
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<tr>
<td>Wednesday 4/6</td>
<td>Willa F 619-925-0450 or <a href="mailto:willa.fields@sbcglobal.net">willa.fields@sbcglobal.net</a></td>
<td>Lite</td>
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<tr>
<td>Saturday 4/9</td>
<td>Irma K 619-795-5821 or <a href="mailto:irmacaizan@gmail.com">irmacaizan@gmail.com</a></td>
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<tr>
<td>Wednesday 4/13</td>
<td>Willa F 619-925-0450 or <a href="mailto:willa.fields@sbcglobal.net">willa.fields@sbcglobal.net</a></td>
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<td>Saturday 4/16</td>
<td>Bill C 619-392-1243 or <a href="mailto:bhclark42@cox.net">bhclark42@cox.net</a></td>
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<td>Wednesday 4/20</td>
<td>Sherry M 619-887-0055 or <a href="mailto:Sherry.Rokarty@gmail.com">Sherry.Rokarty@gmail.com</a></td>
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<td>Wednesday 4/20</td>
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<td>Saturday 4/23</td>
<td>Standard</td>
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<td>Saturday 4/23</td>
<td>Lite</td>
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<tr>
<td>Wednesday 4/27</td>
<td>Andrea A &amp; Scott O 501-529-4997 or <a href="mailto:andreaallen-md@gmail.com">andreaallen-md@gmail.com</a></td>
<td>Standard</td>
</tr>
<tr>
<td>Wednesday 4/27</td>
<td>Margo L (PotLuck) <a href="mailto:mwinback@hotmail.com">mwinback@hotmail.com</a></td>
<td>Lite</td>
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<tr>
<td>Saturday 4/30</td>
<td>Standard</td>
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<tr>
<td>Saturday 4/30</td>
<td>Lite</td>
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</table>

Group shot Willa’s Hike on top of the Elfin Forest Equestrian Overlook.
BOARD OF DIRECTORS

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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

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 $____________________________

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:  ______________
April 2022

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.

Diane Erk
April 3

Diane Erk is the treasurer of Walkabout.

Dana Pearce
April 6, 1995

Carol Weiss
April 22, 1942

Carol started walking with Walkabout in 1984. She led Saturday Night Live walk for several years.

Dan Haslam
April 30, 1954

Dan joined Walkabout in 2000. He’s led more than 125 trips for Walkabout over the past 22 years.

Happy Birthday

Diane Erk
April 6, 1995

Carol Weiss
April 22, 1942

Dan Haslam
April 30, 1954

Dana Pearce
April 6, 1995

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