**May 2022**

**“SEZ ME”**

Elaine Berger, President

Wow, it is already May. I can’t believe how quickly this year is passing. Now we can look forward to our favorite rites of summer-longer and warmer evenings, public events, etc. Get out there and enjoy all the wonderful opportunities we have here in San Diego. I hope all of you have had a chance to take a Walkabout walk or two. If not, why not? Even better would be if you have invited a neighbor, co-worker or friend to join you.

It was great news that Walkabout was able to have our first day trip in two years when we went to the Anza Borrego desert. Sounds as if a good time was had by all. Walkabout hopes to have several more such “Staycation” trips this year, so keep your eyes on the newsletter for updates. Unfortunately, we also still need to keep our eye on what is happening with COVID-19.

**And finally, a smile for the day.**

*Doctor to older patient:* Do you exercise every day?  
*Patient:* No, my parents won’t let me.  
*Doctor looking confused.*  
*Patient:* You know, Mother Nature and Father 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.

MONTHLY WALK ROUND-UP

SUNDAY, MAY 1
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, (wardroid@gmail.com).
Co-leaders: Ward Martin (moderate +), Tom Samaras (moderate).

MONDAY, MAY 2
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 first 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 afterwards. Must have a mask with you. Laurie 619-813-0910.

WEDNESDAY, MAY 4
9:00 am
LAKE MURRAY. May the fourth be with you! 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, MAY 5
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 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, MAY 6
10:00 am
ZOOM TELECONFERENCE. See p. 8 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, MAY 8
8:15 am
MERRY GO-ROUND. See Sun., May 1 for details.

MONDAY, MAY 9
6:30 am
SUNRISE SERIES: LAKE MURRAY. Walk at your own pace for 1 hour on a mostly flat path around the lake. Drive through the main entrance to Lake Murray at the end of Kiowa Drive off Lake Murray Blvd. Meet in the main parking lot. Optional breakfast after. Must have a mask with you. Marlene G. 619-692-3020.

TUESDAY, MAY 10
10:30 am
ZOOM WALKABOUT BOARD MEETING. See page 6 for information.
2:00 pm
TREES OF 6TH AVE. Let's enjoy spring as we explore the northwest area of Balboa Park. We will see the Marston House gardens, Trees for Health Garden, and pass eucalyptus, coral, cork, pine, palm, redwood and fig trees. Meet at the corner of 6th Avenue and Upas Street for a casual+, 1 1/2 hour walk with a few rough paths. Buses 3 and 120 stop at 4th or 5th at Upas. Rain cancels. Must have a mask with you. Evelyn K. 619-461-6095.

WEDNESDAY, MAY 11
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
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fork, turn right on University 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. 619-890-4622.

THURSDAY, MAY 12
6:30 am

**SUNRISE SERIES: NATIONAL CITY.** We'll take a *casual*+ 1-hour flat walk to check out the National City Marina and then on to Pepper Park. We hope to see a cargo ship unloading cars or lumber and people fishing off the pier. Bring money for an optional breakfast afterward. Take I-5 south to the Mile of Cars Way/Bay Marina Dr exit, turn right (west) and then make a left at signal into the restaurant parking lot where we'll meet. **Must have a mask with you.** Frances 619-479-3962.

10:00 am

**SHELTER ISLAND WALK & TALK.** See Thursday, May 5 for details.

FRIDAY, MAY 13
10:00 am

**ZOOM TELECONFERENCE.** See p. 8 for details.

4:00 pm

**MISSION HILLS.** See Friday, May 6 for details.

SATURDAY, MAY 14
9:30 am

**CARLSBAD – LA COSTA GLEN & VALLEY TRAILS.** You are invited to join this approximately 5-mile, *moderate* paced hike in the La Costa Glen & La Costa Valley areas of south Carlsbad. We'll stick to sidewalks and groomed, easy trails on a mostly flat walk in this upscale area of San Diego’s north county. The La Costa Glen trail is adjacent to an open space corridor along Encinitas Creek, providing a chance to encounter songbirds and native vegetation, as well as a glimpse of the Batiquitos Lagoon, while the La Costa Valley trail overlooks a wetland area home to a variety of birds. Meet in front of Jimbo’s market in The Forum Carlsbad at 1923 Calle Barcelona. The location is east of Highway 5 and west of El Camino Real, north of Leucadia Blvd. and south of La Costa Ave. **Must have a mask with you.** Email, text or call: Lenore E. 619-890-0714 (ledidin@san.rr.com).

SUNDAY, MAY 15
8:15 am

**MERRY GO-ROUND.** See Sun., May 1 for details.

MONDAY, MAY 16
6:30 am

**SUNRISE SERIES: TECOLOTE CANYON.** Let's walk in beautiful Tecolote Canyon on a flat comfortable dirt road as we see what the season has to offer on this casual *casual*+ 1-hour walk. Take I-5 to Tecolote Rd. exit, go east on Tecolote Rd. all the way into the canyon to the parking lot and visitor center at the end of the road. Bring money for an optional breakfast afterward. **Must have a mask with you.** John and Marilyn 619-840-5544.

WEDNESDAY, MAY 18
9:00 am

**NORTH LAKE MURRAY.** We’ll meet on the Northwest side of Lake Murray in the parking lot off Murray Park Drive by the Softball Fields & Tennis Court for a 1 hour *casual paced* walk. We will walk to the closed gates and back and a short way toward the main entrance for a little different perspective than our usual walk. Optional breakfast after. **Must have a mask with you.** Janet F. 619-890-4622.

THURSDAY, MAY 19
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 the Sea World entrance & go over the second bridge. The next light, turn right, VACATION ROAD. Go forward towards the bay & park in the first row of parking. Bring money for optional breakfast afterwards. **Must have a mask with you.** Laurie 619-813-0910.

10:00 am

**SHELTER ISLAND WALK & TALK.** See Thursday, May 5 for details.

FRIDAY, MAY 20
10:00 am

**ZOOM TELECONFERENCE.** See p. 8 for details.

4:00 pm

**MISSION HILLS.** See Friday, May 6 for details.

SUNDAY, MAY 22
8:15 am

**MERRY GO-ROUND.** See Sun., May 1 for details.

MONDAY, MAY 23
6:30 am

**SAN DIEGO RIVER SUNRISE SERIES: 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 done at varied paces from *Very Casual to Moderate* depending on your energy in the

KEY TO WALK SYMBOLS

- **W** WEEKLY REPEATING WALKS
- **SUNRISE SERIES**
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. This is a very casual to moderate walk and beyond. Can you make it all the way to the Quivera Jetty Fishing Parking lot and the entrance to the channel into Mission Bay? Bring money for an optional breakfast afterward. Must have a mask with you. Connie V. 619-477-8628/619-750-3008 (cell).

THURSDAY, MAY 26
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, May 5 for details.

FRIDAY, MAY 27
10:00 am ☀ ZOOM TELECONFERENCE. See p. 8 for details.

4:00 pm MISSION HILLS. See Friday, May 6 for details.

SUNDAY, MAY 29
8:15 am ☁ MERRY GO-ROUND. See Sun., May 1 for details.

MONDAY, MAY 30
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.

Walkabout's 2005 visit to US Supreme Court in Washington, DC, led by Dan Haslam.
# MAY 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>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tr>
<td>8:15 am Merry-Go-Round</td>
<td>6:30 am Sunrise: Tidelands Park Coronado</td>
<td>9:00 am Lake Murray</td>
<td>6:30 am Sunrise: Pacific Beach Boardwalk 10:00 am Shelter Island</td>
<td>10:00 am Zoom Teleconference 4:00 pm Mission Hills</td>
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<tr>
<td>8:15 am Merry-Go-Round</td>
<td>6:30 am Sunrise: Lake Murray</td>
<td>10:30 am Zoom Walkabout Board Mtg. 2:00 pm Trees of 6th Avenue</td>
<td>9:00 am Downtown La Mesa</td>
<td>6:30 am Sunrise: National City 10:00 am Shelter Island</td>
<td>10:00 am Zoom Teleconference 4:00 pm Mission Hills</td>
<td>9:30 am Carlsbad–La Costa Glen &amp; Valley Trails</td>
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<tr>
<td>8:15 am Merry-Go-Round</td>
<td>6:30 am Sunrise: Tecolote Canyon</td>
<td>9:00 am North Lake Murray</td>
<td>6:30 am Sunrise: Ski Beach 10:00 am Shelter Island</td>
<td>10:00 am Zoom Teleconference 4:00 pm Mission Hills</td>
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<td>8:15 am Merry-Go-Round</td>
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<td>10:00 am Zoom Teleconference 4:00 pm Mission Hills</td>
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<tr>
<td>8:15 am Merry-Go-Round</td>
<td>6:30 am Sunrise: Chula Vista/J Street Marina</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.**

For a complete list of wilderness hikes, please see page 7.
**WHAT’S DAN UP TO NOW?**

**Spring Tour of the Highland Historic District with Dan Haslam**

The walking tour will take place over level ground and is approximately one-half mile in distance and one-hour duration. The narrated tour encompasses existing structures within the historic district as well as photographs of buildings that have been relocated or demolished. Come and learn about the incredible stories within this small corner of the Cape Cod National Seashore—Oscar Wilde’s arrest; a world record-setting air glider, the ghost of singer Jenny Lind, the state’s oldest light house, and a peek at the oldest golf links in America, named one of the best 9-hole courses in the world, and who’s former pro shop was the wheel house of a shipwreck from the adjacent ocean.

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**WALKABOUT BOARD MEETING**

**Tuesday, May 10th 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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_Fusa Shimizu and Edie Adrew-Akita celebrated Fusa’s 99th birthday on March 30, 2022._

_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._

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_Walter Konopka Jr., pictured in Borrego, is a long time Walkabout member, past Walkabout board member and all around great guy._
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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<thead>
<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>
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<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>
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MAY HIKE SCHEDULE

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<tbody>
<tr>
<td>Wednesday 5/4</td>
<td>Sherry M 619-887-0055 or <a href="mailto:sherry.rokarty@gmail.com">sherry.rokarty@gmail.com</a></td>
<td>Standard</td>
</tr>
<tr>
<td>Wednesday 5/4</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 5/7</td>
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<td>Wednesday 5/11</td>
<td>Andrea A &amp; Scott O 501-529-4997 or <a href="mailto:andreallen-md@gmail.com">andreallen-md@gmail.com</a></td>
<td>Standard</td>
</tr>
<tr>
<td>Wednesday 5/11</td>
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<tr>
<td>Saturday 5/14</td>
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<tr>
<td>Saturday 5/14</td>
<td>Irma K 619-795-5821 or <a href="mailto:irmacaizan@gmail.com">irmacaizan@gmail.com</a></td>
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<td>Wednesday 5/25</td>
<td>Mike L 858-922-0738 <a href="mailto:mlewis1944@gmail.com">mlewis1944@gmail.com</a></td>
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<tr>
<td>Wednesday 5/25</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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Margot Linback and Donald Gold.
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 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.

BOARD OF DIRECTORS

<table>
<thead>
<tr>
<th>President</th>
<th>858-560-9003</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elaine Berger</td>
<td><a href="mailto:President@walkabout-int.org">President@walkabout-int.org</a></td>
</tr>
<tr>
<td>2nd Vice President</td>
<td>619-231-7463</td>
</tr>
<tr>
<td>Marilyn Buckley</td>
<td><a href="mailto:prwalkabout@yahoo.com">prwalkabout@yahoo.com</a></td>
</tr>
<tr>
<td>3rd Vice President</td>
<td>619-222-3447</td>
</tr>
<tr>
<td>Stan Follis</td>
<td><a href="mailto:Stanley@walkabout-int.org">Stanley@walkabout-int.org</a></td>
</tr>
<tr>
<td>Secretary</td>
<td>619-559-5650</td>
</tr>
<tr>
<td>Donna Farris</td>
<td><a href="mailto:secretary@walkabout-int.org">secretary@walkabout-int.org</a></td>
</tr>
<tr>
<td>Treasurer</td>
<td>619-231-7463</td>
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<tr>
<td>Diane Erk</td>
<td><a href="mailto:treasurer@walkabout-int.org">treasurer@walkabout-int.org</a></td>
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<tr>
<td>Connie Vickers</td>
<td>619-477-8628</td>
</tr>
<tr>
<td>Janet Fenston</td>
<td>619-890-4622</td>
</tr>
<tr>
<td>Carole Erickson</td>
<td><a href="mailto:anaussie2@hotmail.com">anaussie2@hotmail.com</a></td>
</tr>
<tr>
<td>Robert Buehler</td>
<td>619-470-0778</td>
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<tr>
<td>Director Emeritus</td>
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<td>Dan Haslam</td>
<td><a href="mailto:danhaslam@walkabout-int.org">danhaslam@walkabout-int.org</a></td>
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</tbody>
</table>

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Elaine Berger, Marilyn Buckley, Carole Ericson, Janet Fenston, Stanley Follis, Sharon Nelson and Charlotte Sedgwick

NEWSLETTER STAFF
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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

Please remember that Walkabout International is a non-smoking experience. There is no smoking at the meeting place or during the walk.
WALKABOUT NEWSLETTER SUBSCRIPTION/SUPPORTER FORM

You are the heart and "soles" of an all-volunteer, nonprofit organization that raises walking far above a pedestrian pursuit. WALKABOUT INTERNATIONAL depends in large part on your generous spirit to fund our yearly operating costs through your thoughtful, tax deductible donations. If you appreciate the value you receive from WALKABOUT INTERNATIONAL, please contribute. All levels of support include a one-year subscription to our monthly newsletter. Call 619-231-SHOE (7463) to notify office promptly of any changes to your information; or to discuss WALKABOUT's charitable gifts, trusts, and memorials program; or to find out how you can donate some time to WALKABOUT. By coming on walks, bringing friends, helping out at the headquarters or at events - you sustain and spread the WALKABOUT spirit!

___ 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:  ______________

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.
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.