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.

June 2022

“SEZ ME”
Elaine Berger, President

Here we are already in June—by the end of the month we will already be halfway through 2022. Where does the time go? I hope you have had an active and healthy time.

June obviously means the start of summer and this year many of our traditional events will resume. On June 4–5 the Rock and Roll Marathon will take place. While I would never consider running such an event, we have had various Walkabouters walk the route. On June 8 the San Diego County Fair will start, with all the displays, animals, concerts, midway rides and assortment of weird food to entertain us. City Heights is doing a Street Food Festival on June 3 and Ocean Beach does their annual Street Fair and Chili Cook-off on June 25. Are you getting a food theme to my suggestions? And, of course, there is Padres baseball as well as men's and women's professional soccer to be enjoyed.

Remember, June 7 is Primary Election Day. If you are a registered voter, you should have received a mail ballot for the election. I don't care for whom you choose to vote, but please educate yourself about the candidates and vote.

On April 19 the Board of Directors held its annual retreat to discuss the future of Walkabout for the next year. Most of our activities will fit in the Staycation theme. We definitely plan to hold our Thanksgiving luncheon, the Xmas brunch/gift exchange and our annual picnic/meeting. Check the newsletter for details. We are also hoping to do local day trips, so if you have suggestions, let Marilyn or me know.

Unfortunately, COVID-19 has not gone away, and several new variants are moving through the community. While we all love removing our masks, please carry one with you at all times and consider wearing it at indoor activities. I am extremely proud of how well Walkabouters have done protecting themselves and the community. I hope we continue to be a great example for others.

In conclusion, be safe but get out there and enjoy all the great activities San Diego has to offer.
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MONTHLY WALK ROUND-UP

THURSDAY, JUNE 2
6:30 am
☀️ SUNRISE SERIES: TIDELANDS PARK in CORONADO. Come join us for this beautiful, clean, well-kept bay and park with fantastic sunrises. We have been enjoying going to a few ponds along the way watching the mama ducks and their babies, cranes, lots of birds, squirrels, bunnies & flamingos! YES, flamingos! Plus, we get to see the ferry boat come across the bay. For this casual+ walk drive across 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 H. 619-813-0910.

10:00 am
ക 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, JUNE 3
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, JUNE 5
8:15 am
Walk Leader Lunch, May 2022.

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, JUNE 6
6:30 am
☀️ SUNRISE SERIES: MISSION VALLEY. Enjoy the mall with no shoppers. We’ll meet in the parking lot at the west end of Mission Valley Center (next to the jewelers at Camino de la Reina and Mission Center Rd.) to walk at a casual+ pace for 1 hour on a mostly flat path. An optional breakfast follows. Must have a mask with you. John and Marilyn 619-840-5544.

WEDNESDAY, JUNE 8
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. Optional breakfast after. Rain cancels. Janet F. 619-890-4622.

THURSDAY, JUNE 9
6:30 am
☀️ SUNRISE SERIES: MISSION BEACH BOARDWALK. Come join us for this beautiful sunrise walk along the ocean. There is nothing better than fresh ocean air first thing in the morning & the sun glistening in the waves. For this casual+ walk take Hwy 8 west beaches to Sports Arena Blvd/ West Mission Bay exit & turn right. Stay in the right lane & take the right turn onto WEST MISSION BAY DRIVE, continue on West Mission Bay Dr & when you see the roller coaster, go “through” the light & turn left into the well-lit parking lot. We will meet in the parking lot behind the roller coaster & the boardwalk is right in front of us. Bring money for an optional breakfast. Must have a mask with you. Laurie H. 619-813-0910.
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.

10:00 am
节水岛散步与交谈。请参阅星期四，六月二日的详情。

星期六，六月十日

10:00 am
节水岛zoom视频会议。请参阅第八页上的信息。

4:00 pm
米森山。请参阅星期六，六月三日的详情。

星期日，六月十一日

9:30 am
布瑞西牧场与利奥卡里罗牧场。让我们一起探索通向里奥卡里罗牧场历史公园的小径。该公园曾被出演潘乔的演员所拥有，他是电视剧《CISCO KID》中的配角。最可能遇到一些在公园里自由漫步的野生孔雀，享受公园的绿化。我们将沿路探索利奥卡里罗牧场。大约5英里的过程，适合中等速度的走，沿着修剪整齐的路径、混凝土小路和人行道，带有一些起伏的丘陵。请在卡尔斯巴德的圣特雷斯特超市前2687 Gateway Rd碰头。从帕洛马尔机场路，向南行驶至El Fuerte（在El Camino Real和Melrose之间）。然后向右转至Gateway Road，然后左转进入购物广场。

星期一，六月十二日

8:15 am
水上转盘。请参阅星期日，六月五日的详情。

星期二，六月十三日

6:30 am
日出系列：海尔岛。我们将漫步在休闲的步伐，穿过平坦的行人道，享受新鲜的海洋空气和美丽的城市及海湾景色。参观捕鱼码头，然后返回。大约2.5英里往返，沿着平坦的人行道（大约2.5英里往返）。呼吸清晨的新鲜空气，欣赏壮观的海景和城市景色。我们可以在访问结束时参观友谊钟。雨天取消。必须随身携带口罩。弗朗西斯619-749-3962。

星期三，六月十四日

10:30 am
zoom视频会议。请参阅第六页的信息。

2:00 pm
阿尔瓦拉多庄园。你有没有想过想知道水门后面有什么？让我们围着庄园走一圈，看看这所宽敞的独栋住宅坐落在大宅子里。沿着从Montezuma Road向北转到Yerba Santa Drive，然后左转进入Yerba Santa Drive，然后公园。这个大约1 1/2小时的轻松+级的徒步旅行包括一些起伏的丘陵。雨天取消。必须随身携带口罩。伊夫琳619-461-6095。

星期四，六月十五日

9:00 am
日出系列：老城。我们将访问老城，看看有什么新鲜的东西。见星期四，六月二日的详情。

星期五，六月十六日

6:30 am
日出系列：老城。我们将访问老城，看看有什么新鲜的东西。见星期四，六月二日的详情。

10:00 am
节水岛散步与交谈。请参阅星期四，六月二日的详情。

星期六，六月十七日

10:00 am
节水岛zoom视频会议。请参阅第八页上的信息。

4:00 pm
米森山。请参阅星期六，六月三日的详情。

星期日，六月十九日

8:15 am
水上转盘。请参阅星期日，六月五日的详情。

星期一，六月二十日

6:30 am
日出系列：海尔岛。请加入我们在这个清晨散步，沿着避风塘从巴利海到日本友谊钟。然后在水门后面，沿着平坦的人行道（大约2.5英里）享受新鲜的早晨空气和壮观的海湾和城市景色。我们可以参观水门。
see what being caught and what seabirds are visiting. Along the walk enjoy some of the sculptures, people walking their dogs and people just walking. Meet to the right of the Bali Hai (2230 Shelter Island Drive) by the lamp post and handrails, where there is ample free parking. This walk can be at varied paces from Very Casual to Moderate Plus depending on your energy in the morning and that of your leader. Bring money for an optional breakfast afterward. Must have a mask with you. Connie V. 619-477-8628/619-750-3008 (cell).

WEDNESDAY, JUNE 22
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. Optional breakfast after. Janet F. 619-890-4622.

THURSDAY, JUNE 23
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. Optional breakfast after. Janet F. 619-890-4622.

10:00 am
.md-SHelter island walk & talk. See Thursday, June 2 for details.

FRIDAY, JUNE 24
10:00 am
.md-ZOOM TELECONFERENCE. See p. 8 for details.
JUNE 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>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
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<tbody>
<tr>
<td></td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
</tr>
<tr>
<td>8:15 am Merry-Go-Round</td>
<td>6:30 am <em>Sunrise:</em> Mission Valley</td>
<td></td>
<td>9:00 am Lake Murray</td>
<td>6:30 am <em>Sunrise:</em> Mission Beach Boardwalk</td>
<td>10:00 am Zoom Teleconference</td>
<td>9:30 am Bressi Ranch &amp; Leo Carillo Ranch</td>
</tr>
<tr>
<td>8:15 am Merry-Go-Round</td>
<td>6:30 am <em>Sunrise:</em> Harbor Island</td>
<td>10:30 am Zoom Walkabout Board Mtg.</td>
<td>9:00 am Downtown La Mesa</td>
<td>6:30 am <em>Sunrise:</em> Old Town</td>
<td>10:00 am Zoom Teleconference</td>
<td>10:00 am Zoom Teleconference</td>
</tr>
<tr>
<td>8:15 am Merry-Go-Round</td>
<td>6:30 am <em>Sunrise:</em> Shelter Island</td>
<td></td>
<td>9:00 am North Lake Murray</td>
<td>6:30 am <em>Sunrise:</em> Mission Hills</td>
<td>10:00 am Zoom Teleconference</td>
<td>10:00 am Zoom Teleconference</td>
</tr>
<tr>
<td>8:15 am Merry-Go-Round</td>
<td>6:30 am <em>Sunrise:</em> Lake Murray</td>
<td></td>
<td></td>
<td>6:30 am <em>Sunrise:</em> Pacific Beach Boardwalk</td>
<td>10:00 am Zoom Teleconference</td>
<td>For a complete list of wilderness hikes, please see page 7.</td>
</tr>
</tbody>
</table>

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.
**UPCOMING WALKS, EVENTS AND ACTIVITIES**

**OCT:** Annual Picnic *(date to be announced soon)*

**NOV 24th:** Thanksgiving Group Meal *(usually in a restaurant)*

**DEC 25th:** Annual Christmas Brunch *(usually in a restaurant)*

**Other possible activities, events and walks which we need help with planning.**

- **Twilight In The Park** *(Free concerts in Balboa Park)*
  - June, July & August

- **Fireworks Viewing for 4th of July**

- **Free Tuesdays at museums in Balboa Park**

- **La Mesa Octoberfest** - September

- **Neighborhood Holiday Lights and Decorations Viewing** - December

We are always open to suggestions, so please send in your ideas. Event suggestions or offers of help contact Marilyn Buckley at prwalkabout@yahoo.com.

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**WALKABOUT BOARD MEETING**

**Tuesday, June 14th 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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**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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**Walkabout Wednesday Spring Potluck on April 27, 2022.**
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

<table>
<thead>
<tr>
<th>STANDARD HIKE</th>
<th>LITE HIKE</th>
</tr>
</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>
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JUNE HIKE SCHEDULE

<table>
<thead>
<tr>
<th>DATE</th>
<th>LEADER</th>
<th>LEVEL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday 6/1</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 6/1</td>
<td>Willa F 619-925-0450 or <a href="mailto:willa.fields@sbcglobal.net">willa.fields@sbcglobal.net</a></td>
<td>Lite</td>
</tr>
<tr>
<td>Saturday 6/4</td>
<td>Eva M 619-283-1872 or <a href="mailto:EVAjudo@aol.com">EVAjudo@aol.com</a></td>
<td>Standard</td>
</tr>
<tr>
<td>Wednesday 6/8</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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</tr>
<tr>
<td>Saturday 6/11</td>
<td>Eva M 619-283-1872 or <a href="mailto:EVAjudo@aol.com">EVAjudo@aol.com</a></td>
<td>Lite</td>
</tr>
<tr>
<td>Wednesday 6/15</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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</tr>
<tr>
<td>Wednesday 6/15</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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</tr>
<tr>
<td>Saturday 6/18</td>
<td>Eva M 619-283-1872 or <a href="mailto:EVAjudo@aol.com">EVAjudo@aol.com</a></td>
<td>Standard</td>
</tr>
<tr>
<td>Saturday 6/18</td>
<td>Eva M 619-283-1872 or <a href="mailto:EVAjudo@aol.com">EVAjudo@aol.com</a></td>
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<tr>
<td>Wednesday 6/22</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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<tr>
<td>Wednesday 6/22</td>
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<tr>
<td>Saturday 6/25</td>
<td>Eva M 619-283-1872 or <a href="mailto:EVAjudo@aol.com">EVAjudo@aol.com</a></td>
<td>Lite</td>
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<tr>
<td>Wednesday 6/29</td>
<td>Willa F 619-925-0450 or <a href="mailto:willa.fields@sbcglobal.net">willa.fields@sbcglobal.net</a></td>
<td>Standard</td>
</tr>
<tr>
<td>Wednesday 6/29</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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</table>

Campo-Hauser Canyon Hike, 4-20-22.
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 SEEKES 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 on 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.

Please remember that Walkabout International is a non-smoking experience. There is no smoking at the meeting place or during the walk.

BOARD OF DIRECTORS

<table>
<thead>
<tr>
<th>Position</th>
<th>Phone Number</th>
<th>Email Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>President</td>
<td>858-560-9003</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>
<td><a href="mailto:prwalkabout@yahoo.com">prwalkabout@yahoo.com</a></td>
</tr>
<tr>
<td>3rd Vice President</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>619-559-5650</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>
<td><a href="mailto:treasurer@walkabout-int.org">treasurer@walkabout-int.org</a></td>
</tr>
<tr>
<td>Connie Vickers</td>
<td>619-477-8628</td>
<td><a href="mailto:connie@walkabout-int.org">connie@walkabout-int.org</a></td>
</tr>
<tr>
<td>Janet Fenston</td>
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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
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

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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)
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___ BOTH
___ Subscribe to the email list for Wilderness Hikes

FOR OFFICE USE ONLY
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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

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PRIMARY PHONE (             ) _________________________ OTHER PHONE (            )  ___________________________
EMAIL ADDRESS ____________________________________________
June 2022

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.

Stanley Follis
June 22, 1932

Stan Follis is a very active Walkabout board member and walk leader. He has been a subscriber since 1980.

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.