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

July 2022

“SEZ ME”
Elaine Berger, President

July already and this year we can celebrate a more typical summer in San Diego. July 3 Mission Bay Park will feature a fireworks show sponsored by the businesses and hotels in the area. And, of course, we will have our Big Bay Boom show in San Diego Bay on July 4th. Many communities will also have parades, picnics, concerts etc. to celebrate.

San Diego also has several major activities during the month. San Diego Pride events will occur July 10-18, the Del Mar horse racing season begins July 16 (ladies, get out those fancy hats) and, of course, Comic-Con will take over our downtown July 21-24. We will be welcoming people from all over the world for these events, so please be a good host and be patient if your daily activities are interrupted. And, of course, we have all the usual summer programs—extended hours at Sea World, the San Diego Zoo and Wild Animal Park. Many museums in Balboa Park also feature evening hours, so check your favorite and enjoy your visit. Of course, if anyone would like to lead a walk to any of these events let us know and we will get the message out to our subscribers.

Walkabout is planning to hold our annual picnic and meeting on Thursday, October 20 at the gazebo in Mission Bay Park (assuming we can get a permit). The Board of Directors decided that it would be much less crowded in the park on a weekday and thus more enjoyable for our walk. Details will be in the newsletter.

Finally, thanks to Marilyn Buckley for serving as a poll worker for our most recent primary election. This position now requires a significant amount of time and effort, and we salute all the individuals who contributed to a fair and secure election.

Take care, have fun.
THE WALKS LISTED ARE AUTHORIZED BY WALKABOUT. CDC GUIDELINES INDICATE THAT OUTDOOR WALKS NO LONGER REQUIRE FACE MASKS. WE ASK WALKERS TO CARRY A MASK FOR CROWDED SITUATIONS.

MONTHLY WALK ROUND-UP

FRIDAY, JULY 1
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, JULY 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, JULY 4
6:30 am
SUNRISE SERIES: DE ANZA COVE. We will start out our 4th of July holiday with an early morning walk down at De Anza Cove, before the crowds show up! We will check out the new exercise area & equipment they just opened up there for anyone to use. Beautiful flat walk along the bay for 1 hour, at your own pace. Take highway 5 to the Clairemont Dr/Mission Bay Dr exit. Turn left towards the bay & make a right at the stop sign. Continue down the road until you get to the last parking lot, the sign will say De Anza Cove. Turn left into the parking lot. Park in the first row facing the bay. Bring money for optional breakfast. Must have a mask with you. Laurie H. 619-813-0910.

THURSDAY, JULY 7
6:30 am
SUNRISE SERIES: TIDELANDS PARK IN CORONADO. Come join us on this beautiful, well kept park & bay walk with beautiful sunrises, now that the June gloom is gone. We have been watching the baby ducks growing up in the ponds along the way, the squirrels, bunnies, cranes, lots of birds & the beautiful flamingos that live there! YES FLAMINGOS!! There is so much to see! We also get to see the ferry boat come & go. Drive across the 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. Casual+ 1 hour walk. Bring money for optional breakfast. Must have a mask with you. Laurie H. 619-813-0910.

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

4:00 pm
MISSION HILLS: PIONEER PARK. We’ll meet in the Pioneer Park parking lot at 1521 Washington Place for a casual walk in this beautiful historic neighborhood. Afterwards stay for the optional concert in the park that begins at 6pm. Bring a picnic and seating if you like. Must have a mask with you. Sally R. 619-222-3800.

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

4:00 pm
MISSION HILLS: PIONEER PARK. We’ll meet in the Pioneer Park parking lot at 1521 Washington Place for a casual walk in this beautiful historic neighborhood. Afterwards stay for the optional concert in the park that begins at 6pm. Bring a picnic and seating if you like. Must have a mask with you. Sally R. 619-222-3800.

SUNDAY, JULY 10
8:15 am
MERRY-GO-ROUND. See Sun., July 3 for details.

1:30-3:30 pm
NATIVE AMERICAN FLUTE CONCERT - MISSION TRAILS VISITOR CENTER. The second Sunday of each month the San Diego Native American Flute Circle, a group of Native American Flute enthusiasts, come together to enjoy flute music at the Mission Trails Regional Park Visitor Center. “We play for ourselves, for the universe, for everybody who wants to listen, and for any creature of the world which wants to observe us! It is FREE! Feel free to join us on the 2nd Sunday between 1-3 p.m. at the amphitheater outside the Visitor Center. Let’s get together for some relaxing and enjoyable music. We will take a short walk after the concert. Bring a cushion to sit on—cement is very hard! Meet in the amphitheater. If it's very hot, the concert may be moved inside. Bring a picnic and drink if you like. Must have a mask with you. Janet F. 619-890-4622.
THE WALKS LISTED ARE AUTHORIZED BY WALKABOUT. CDC GUIDELINES INDICATE THAT OUTDOOR WALKS NO LONGER REQUIRE FACE MASKS. WE ASK WALKERS TO CARRY A MASK FOR CROWDED SITUATIONS.

MONDAY, JULY 11
6:30 am

☀️ SUNRISE SERIES: CHULA VISTA. We will meet on 3rd. Ave. between F. and G. Sts. for a 1 hour, casual+, walk on flat paved streets to see what is new in “The Village”. Take I-5 south to the E. St. exit. Go straight onto Bay Blvd. Turn left at F. St (Stop sign), then four blocks, turn right at 3rd Ave. Turn right on W. Madrona St. (no sign) and park in the small lot just before Memorial Park. Bring money for and optional breakfast. Must have a mask with you. John and Marilyn 619-840-5544.

TUESDAY, JULY 12
11:30 am

ZOOM WALKABOUT BOARD MEETING. See page 6 for information.

3:00 pm

SHELTER ISLAND WALK AND TALK HAPPY HOUR. Join Rob K for about an hour walk and talk session around America’s Cup Harbor. Enjoy the bay sights, followed by an outdoor happy hour. Taco Tuesday? or Brewery? or ?? Meet to the right of the Bali Hai entrance, 2230 Shelter Island Dr. Ample free parking. Must have a mask with you. Sally 619-222-3800 or Rob 619-972-2819.

WEDNESDAY, JULY 13
8:30 am (new time)

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, JULY 14
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 south to the end and then turn right and drive to the very end into Tom Ham’s Restaurant parking lot. Bring money for an optional breakfast after. Must have a mask with you. Marlene 619-692-3020.

10:00 am

☀️ SHELTER ISLAND WALK & TALK. See Thursday, July 7 for details.

FRIDAY, JULY 15
10:00 am

☀️ ZOOM TELECONFERENCE. See p. 8 for details.

4:00 pm

MISSION HILLS: PIONEER PARK. See Friday, July 8 for details.

SATURDAY, JULY 16
9:30 am

DEL MAR MEANDER. Join us on this approximately 5.5-mile, moderate paced walk in Del Mar. After a neighborhood exploration, we will get a view of the northern edge of the Los Penasquitos Lagoon where we’re quite likely to spot a heron or two just hanging out there. After a short break by the ocean at the Torrey Pines State Beach, we will hike up a nature trail in the Torrey Pines State Reserve Extension. There are hills and it’s mostly uphill on the way out. Meet in front of Vons at 2606 Del Mar Heights Road in the Beachside Del Mar shopping center. It’s just west of Highway 5 at the corner of Del Mar Heights Road and Mango Drive. Must have a mask with you. Email, text or call: Lenore E. 619-890-0714 (ledidin@san.rr.com).

SUNDAY, JULY 17
8:15 am

☀️ MERRY GO-ROUND. See Sun., July 3 for details.

MONDAY, JULY 18
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+ 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).

TUESDAY, JULY 19
2:00 pm

KENSGTTON CANTER NE. Let’s stroll along lovely streets named for places in England. We’ll see many venerable houses, including “The Watchtower House.” Meet at the corner of Marlborough Drive and Adler Drive, one block north of Adams Avenue, for a 1 1/2 hour, flat, casual+ walk. Bus #11 stops at Adams Avenue and Kensington Drive. Must have a mask with you. Evelyn K. 619-461-6095.

WEDNESDAY, JULY 20
8:30 am (new time)

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 and left on Allison. Park
on the street in front of the library. **Must have a mask with you. Rain cancels.** Optional breakfast after. Janet F. 619-890-4622.

**THURSDAY, JULY 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, July 7 for details.

**FRIDAY, JULY 22**
10:00 am

👩‍💻 ZOOM TELECONFERENCE. See p. 8 for details.

4:00 pm

MISSION HILLS: PIONEER PARK. See Friday, July 8 for details.

**SUNDAY, JULY 24**
8:15 am

👩‍🦳 MERRY GO-ROUND. See Sun., July 3 for details.

**MONDAY, JULY 25**
6:30 am

🌟 SUNRISE SERIES: SEAPORT VILLAGE. Meet at the Seaport Village Merry-Go-Round at the south end of Pacific Hwy. for a 1 hour, **casual**+, flat walk on paved surface. We will walk through the village and along the bay and see some of the largest yachts in the city. There are several plans to renovate this area, greatly reducing public access to open spaces and views. Bring money for an optional breakfast. **Must have a mask with you.** John and Marilyn 619-840-5544.

**WEDNESDAY, JULY 27**
8:30 am (**new time**)

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 toward the main entrance and back for 1 hour. **Must have a mask with you.** Rain cancels. Optional breakfast after. Janet F. 619-890-4622.

**THURSDAY, JULY 28**
6:30 am

🌟 SUNRISE SERIES: SOUTH PARK. We’ll meet at the Target parking lot at 3030 Grape Street for a **casual** walk in this charming neighborhood with boutique shops, cafes and Craftsman and Spanish Colonial Revival style homes built between 1905 and 1930. Bring money for an optional breakfast after. **Must have a mask with you.** Marlene 619-692-3020.

10:00 am

👩‍🦳 SHELTER ISLAND WALK & TALK. See Thursday, July 7 for details.

**FRIDAY, JULY 29**
10:00 am

👩‍💻 ZOOM TELECONFERENCE. See p. 8 for details.

4:00 pm

MISSION HILLS: PIONEER PARK. See Friday, July 8 for details.

**SUNDAY, JULY 31**
8:15 am

👩‍🦳 MERRY GO-ROUND. See Sun., July 3 for details.
# JULY 2022 WALKS AT A GLANCE

Bold walk start times are those that repeat every week at the same location, day, and time.

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.

<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>
</thead>
<tbody>
<tr>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
</tr>
<tr>
<td>8:15 am Merry-Go-Round</td>
<td>6:30 am Sunrise: De Anza Cove</td>
<td>For a complete list of wilderness hikes, please see page 7.</td>
<td>8:30 am Lake Murray</td>
<td>6:30 am Sunrise: Tideland Parks in Coronado 10:00 am Shelter Island</td>
<td>10:00 am Zoom Teleconference 4:00 pm Mission Hills</td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
</tr>
<tr>
<td>8:15 am Merry-Go-Round 1:30 pm Native American Flute Concert, Mission Trails Visitor's Center</td>
<td>6:30 am Sunrise: Chula Vista</td>
<td>11:30 am Zoom Walkabout Board Mtg. 3:00 pm Walk and Talk Happy Hour</td>
<td>8:30 am Lake Murray</td>
<td>6:30 am Sunrise: Harbor Island 10:00 am Shelter Island</td>
<td>10:00 am Zoom Teleconference 4:00 pm Mission Hills: Pioneer Park</td>
<td>9:30 am Del Mar Meander</td>
</tr>
<tr>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
</tr>
<tr>
<td>8:15 am Merry-Go-Round</td>
<td>6:30 am Sunrise: Liberty Station/ Spanish Landing</td>
<td>2:00 pm Kensington Canter NE</td>
<td>8:30 am Downtown La Mesa</td>
<td>6:30 am Sunrise: Mission Hills 10:00 am Shelter Island</td>
<td>10:00 am Zoom Teleconference 4:00 pm Mission Hills: Pioneer Park</td>
<td></td>
</tr>
<tr>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
</tr>
<tr>
<td>8:15 am Merry-Go-Round</td>
<td>6:30 am Sunrise: Seaport Village</td>
<td>8:30 am North Lake Murray</td>
<td>6:30 am Sunrise: South Park 10:00 am Shelter Island</td>
<td>10:00 am Zoom Teleconference 4:00 pm Mission Hills: Pioneer Park</td>
<td></td>
<td></td>
</tr>
<tr>
<td>31</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
WE REMEMBER KATHLEEN “KATHY” PILLER, THE POTLUCK QUEEN

05/26/1940—05/13/2022

It is with great sadness we announce the passing of beloved Wilderness Hike leader Kathy Piller on May 13, 2022. Kathy & Don Piller joined Walkabout in 1999 shortly after moving back to California for their retirement. Kathy and Don became Wilderness Hike leaders following a 2002 trip to Norway with Walkabout friends, leading countless Wilderness Hikes through the backcountry of San Diego. Her open spirit, caring attitude, and love of people transformed the Wilderness group from a hiking group that sometimes socialized to a social group that loved to hike. Everyone Kathy met became a friend, and she added their information to her personal database. Kathy never forgot a birthday or anniversary and remembered the names of everyone’s spouse, partner, children, and grandchildren. Kathy kept tabs on everyone; she knew who was ill and who was recovering, who was traveling and who was out celebrating life.

Her title as the ‘Potluck Queen’ was well earned for organizing the Wilderness Group’s Spring, Fall, Thanksgiving, and New Year’s Day potlucks, as well as facilitating many local and international trips for the group. Physical limitations slowed her hiking capabilities over the past few years, but never affected her love of life or attitude toward helping others. She will be missed by all who knew her. A Celebration of Life was held near her home in Escondido on June 25 attended by many of her hiking buddies, neighbors, and friends.

Kathy and Don in Cuba, 2016.

UPCOMING WALKS, EVENTS AND ACTIVITIES

OCT 20th: Annual Picnic (Mission Bay Park)
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)
Fireworks Viewing for 4th of July
Free Tuesdays at museums in Balboa Park
La Mesa Octoberfest - September

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.

WALKABOUT BOARD MEETING

Tuesday, July 12th at 11:30 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

WALKABOUT-INT PHOTO SUBMISSION FORM

SHARE YOUR PHOTOS AND THOUGHTS WITH US

Your Walkabout board, in its ongoing effort to obtain new members and getting current members more involved, has added a new page to the Walkabout website. Please let us all try to make the Newsletter, Website and our Facebook page more attractive and interesting to everyone.

To submit photos, go to https://walkabout-int.org/about-us/forms/photo-submission/ and follow the simple directions. Any member can upload up to 4 photos along with a caption for each using this drag & drop interface. We do need your full name and phone number before we will publish any pictures. Photo submission dates are the same as our Walk publication dates.

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.
**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>
</tbody>
</table>

### JULY HIKE SCHEDULE

<table>
<thead>
<tr>
<th>DATE</th>
<th>LEADER</th>
<th>LEVEL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday 7/2</td>
<td></td>
<td>Standard</td>
</tr>
<tr>
<td>Saturday 7/2</td>
<td></td>
<td>Lite</td>
</tr>
<tr>
<td>Wednesday 7/6</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 7/6</td>
<td>Willa F 619-925-0450 or <a href="mailto:willa.fields@sbcglobal.net">willa.fields@sbcglobal.net</a></td>
<td>Lite</td>
</tr>
<tr>
<td>Saturday 7/9</td>
<td></td>
<td>Standard</td>
</tr>
<tr>
<td>Saturday 7/9</td>
<td></td>
<td>Lite</td>
</tr>
<tr>
<td>Wednesday 7/13</td>
<td></td>
<td>Standard</td>
</tr>
<tr>
<td>Wednesday 7/13</td>
<td></td>
<td>Lite</td>
</tr>
<tr>
<td>Saturday 7/16</td>
<td></td>
<td>Standard</td>
</tr>
<tr>
<td>Saturday 7/16</td>
<td></td>
<td>Lite</td>
</tr>
<tr>
<td>Wednesday 7/20</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 7/20</td>
<td></td>
<td>Lite</td>
</tr>
<tr>
<td>Saturday 7/23</td>
<td></td>
<td>Standard</td>
</tr>
<tr>
<td>Saturday 7/23</td>
<td></td>
<td>Lite</td>
</tr>
<tr>
<td>Wednesday 7/27</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 7/27</td>
<td></td>
<td>Lite</td>
</tr>
<tr>
<td>Saturday 7/30</td>
<td></td>
<td>Standard</td>
</tr>
<tr>
<td>Saturday 7/30</td>
<td></td>
<td>Lite</td>
</tr>
</tbody>
</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 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.

Follow us on Facebook at Walkabout International facebook.com/WalkaboutInternational

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>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>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>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>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>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>
</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/

To keep up-to-date on everything Walkabout, check our website: https://www.walkabout-int.org or shoot the QR code with your smartphone.
ABOUT WALKABOUT, SAN DIEGO’S PREMIER SOCIAL NETWORK AFOOT
Established in 1977, Walkabout promotes healthy regular exercise, social camaraderie and discovering new places. We are a volunteer, San Diego-based, non-profit organization offering more than 400+ free local walks each year, along with parties, picnics, potlucks, holiday celebrations and other activities—including day trips, national and international travel—all with a walking component.

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

Basic Level $25  Twinkle Toes $50  Footprint $100  Arch Supporter $250
Kindred Sole $500  Big Foot $1,000  Other Contribution Amount $__________________

[□] RENEW or [□] NEW Subscriber/Supporter… How did you hear about us?_________________________________

Please note that the date on the newsletter label is NOT the expiration date.

Please mail completed form (we do not share information): 2650 Truxtun Rd., Suite 110, San Diego, CA 92106-6007.
All applications including the buy-one, get-one-free must contain a correct address, including zip code, and at least one phone number. Please Print

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

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

BUY-ONE GET-ONE-FREE
Subscriptions at and above the Basic Level ($25) include our buy-one, get-one-free (PDF only) deal whether you are a new or renewing subscriber. This allows you to give a one-year Newsletter subscription, PDF version only, to anyone who has never been a WALKABOUT subscriber. Please Print

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

FOR OFFICE USE ONLY
Date received:  _____________
Check #:  __________________
$ Amount: _________________
Recorded by:  ______________
RULES FOR WALK LEADERS

Due to the COVID-19 situation, we are requiring our walk leaders to follow these rules.

• We ask that each walker sign themselves in on the sign in sheet (legible signature please). If preferred, each walker can use their own pen or walk leader can wipe the common pen with an antiseptic wipe before passing it to each walker.

• CDC guidelines no longer require face masks by walkers in outdoor settings. We suggest all walkers carry a mask, but they do not need to wear it at all times.

• Safe distancing is still suggested for groups of people who are non-family. There are still many individuals who are not fully vaccinated and capable of spreading the virus.

• If the group is larger than 5-8 people you might want to consider assigning a second leader to lead part of the group.

• Require all participants to carry picture ID and have emergency contact information with them.

• Please carry hand sanitizer with you.

• Walk leaders have the option of adding additional requirements for their walks.

---

Jonnie Wilson joined Walkabout in 1982 and has been on many adventures with Dan Haslam.

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.

Jonnie Wilson
July 18

Happy Birthday