**San Diego Feets**

**Vol. 45, No. 8**

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**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.**

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### August 2022

#### “SEZ ME”
Elaine Berger, President

Wow, can you believe how quickly this summer is flying by! I hope you are all having a great summer and will be able to participate in many more of the events still to take place. Two such events include the Art Walk Liberty Station to be held Saturday, August 6 and Sunday, August 7 on the Ingram Plaza. This free event features some 150 artists who will display their work—great place to do some early Xmas shopping for unique gifts. And my favorite summer event is returning in person this year. On Saturday, August 20 the San Diego Festival of Books will be held on the campus of USD. This event features dozens of authors who would love to autograph and discuss their books. This event also features One Book, One San Diego, a book suggested for all San Diego readers to read and discuss with friends and family. And, of course, there is always Padres baseball and SD Wave soccer. The new Snapdragon Stadium in Mission Valley will be opening to the delight of SDSU fans and alumni.

On June 29 our Walkabout trip planning committee met to discuss possible day trips for the fall. Details of our first suggested trip are found elsewhere in the newsletter. We may also have one or two overnight trips, but those are still in the discussion stages. For those who want to do the New Orleans/cruise trip, it is tentatively planned for March 2023 per a recent update from Dan Haslam. Needless to say, all of these trips depend on subscriber interest. So many issues make trip planning very difficult and time consuming, so unless we have strong interest in a trip we will not move forward with planning. And, if you have strong interest in alternative possible trips, please let us know.

Finally, we received our permit for the gazebo at Mission Bay Park, so definitely plan to join us on Thursday, October 20 for a walk along the bay, a potluck luncheon and our annual meeting. I’m looking forward to seeing you in person. Stay busy, stay cool and stay safe.

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### Pace

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<tr>
<th>Pace</th>
<th>miles per hour</th>
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<td>Very Casual*</td>
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<td>Casual</td>
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<td>Moderate</td>
<td>3.0</td>
<td>20</td>
</tr>
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</table>

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

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**ARCHAIC DEFINITIONS**

**League:** An old unit of length, the distance a person could walk in one hour, about 3 miles. Obviously, that varies with age, among other factors.

**Pace:** A unit of length consisting of two steps, returning to the same foot, about 5 feet. As in a duel, at 20 paces.
MONTHLY WALK ROUND-UP

MONDAY, AUGUST 1
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*+ 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.

THURSDAY, AUGUST 4
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.** Join Rob, Elaine, or Janet for a beautiful walk from the Bali Hai at 2230 Shelter Island Dr. 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, AUGUST 5
10:00 am

**ZOOM TELECONFERENCE.** See p. 10 for details.

10:30 pm

**LIBERTY STATION AMERICAN BANDSTAND 65TH ANNIVERSARY WALK.** Are you a baby boomer like me? I loved watching American Bandstand with host Dick Clark and all of the cool kids from Philly dancing to the top 10 songs of the week. We will be celebrating American Bandstand’s 65th Anniversary. First, we will take a 1 hour *casual to moderate* walk around Liberty Station in Point Loma before arriving at the Corvette Diner for lunch where we can relive those fun teen years. Yes, you can wear your poodle skirt, petal pushers, whatever works for you to fit in and look cool. Meet Marilyn B. at the bottom of the stairs in front of Building 175 (Walkabout office building) at the corner of Truxtun and Dewey Roads. It will be a blast, so be there or be square! **Must have a mask with you.** Marilyn B. 678-982-6071.

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.** Marlene 619-692-3020.

SUNDAY, AUGUST 7
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 are spaces available 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, AUGUST 8
6:30 am

**SUNRISE SERIES: CORONADO BOARDWALK.** Walk *at your own pace* on this beautiful Coronado boardwalk, walking along the beautiful ocean & clean beach. We will be passing by the back side of the Hotel Del & all the surrounding condos, cottages, shops, restaurants etc. As we pass by these, we will continue on to the beautiful Coronado homes that are beach front property! This walk will not disappoint, it is beautiful! Drive across the Coronado Bridge & turn left onto Orange Ave. Go past the HOTEL DEL CORONADO, (Orange Ave becomes Silver Strand Blvd/ HWY 75.) Drive down 2 traffic signals to AVENIDA de La ARENAS & turn right. Go straight down to the parking lot in front of the boardwalk/beach. I will park as close as I can to the front spots. Hope to see you there. Bring money for optional breakfast afterwards. **Must have a mask with you.** Laurie 619-813-0910.

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TUESDAY, AUGUST 9
11:30 am
**ZOOM WALKABOUT BOARD MEETING.** See page 6 for information.

WEDNESDAY, AUGUST 10
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.* Janet F. 619-890-4622.

THURSDAY, AUGUST 11
6:30 am
**SUNRISE SERIES: BANKERS HILL SAN DIEGO.** Meet at the corner of Walnut and Albatross Streets for a *casual* walk as we view well designed mansions by important architects and grand 1890's Victorians. Optional breakfast after. *Must have a mask with you.* Marlene 619-692-3020.

10:00 am
**SHELTER ISLAND WALK & TALK.** See Thursday, August 4 for details.

FRIDAY, AUGUST 12
10:00 am
**ZOOM TELECONFERENCE.** See p. 10 for details.

4:00 pm
**MISSION HILLS: PIONEER PARK.** See Friday, August 5 for details.

SATURDAY, AUGUST 13
9:30 am
**ENCINITAS STREET ART TOUR.** Come on out and join this approximately 5-mile, *moderate-paced* walk around Encinitas where we will look for some of the many examples of street art in the area. The art takes the form of paintings or mosaics on the walls of businesses, a home, electrical boxes, a fountain, trash cans, sidewalks and a rock garden. We will also go past the famous Encinitas boat houses, get a couple of high-up ocean views, and have a brief walk on a trail by Cottonwood Creek. There are hills and some stairs. Meet in front of Vons at 453 Santa Fe Dr, Encinitas (just west of Highway 5). Email, text or call: Lenore E. 619-890-0714 (ledidin@san.rr.com).

SUNDAY, AUGUST 14
8:15 am
**MERRY GO-ROUND.** See Sun., August 7 for details.

MONDAY, AUGUST 15
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, AUGUST 16
2:00 pm
**WHY BE NORMAL, PART 3.** Come stroll central Normal Heights and see two fantastic, hand made Little Libraries, plus a poetry line. Meet at the corner of Mansfield Street and Collier Ave., one block north of Adams Avenue, for a flat, 1 1/2-hour, *casual* walk. Bus #11 stops at Adams Ave. and 35th Street. *Must have a mask with you.* Evelyn K. 619-461-6095.

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, AUGUST 17
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. Parking by the NeverSail. Bring money for an optional breakfast afterward. *Must have a mask with you.* Janet F. 619-890-4622.

THURSDAY, AUGUST 18
6:30 am
**SUNRISE SERIES: OCEAN BEACH.** Let's go check out the Ocean Beach pier that just reopened in July again. We will take a *casual* 1 hour walk down Newport Ave & walk up to the pier. You can walk to the very end of the pier where it makes a “T” if you would like. We will see the fisherman, surfers, beautiful beach/waves, birds & whatever else Ocean Beach has to offer! We will continue our walk passing by some of the Ocean beach homes. Take I-8 west to the end, & stay to the left. At the light, turn left, onto SUNSET CLIFFS BLVD. Go down 1 mile & turn right on NEWPORT Ave. We will meet right across the street from the Old THEATER @ 4955 NEWPORT AVE which is MARGARITA’s Restaurant. Hope you will join us. Bring money for an optional breakfast there. *Must have a mask with you.* Laurie 619-813-0910.
10:00 am  W  SHELTER ISLAND WALK & TALK. See Thursday, August 4 for details.

FRIDAY, AUGUST 19
10:00 am  W  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 lovely gardens. Meet at 1920 Fort Stockton Drive. Must have a mask with you. Marlene 619-692-3020.

SUNDAY, AUGUST 21
8:15 am  W  MERRY GO-ROUND. See Sun., August 7 for details.

MONDAY, AUGUST 22
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.

WEDNESDAY, AUGUST 24
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, AUGUST 25
6:30 am  ☀  SUNRISE SERIES: MISSION HILLS. Enjoy a casual walk in this beautiful historic neighborhood where we will view a wide variety of architectural styles and lovely gardens. Meet at 1920 Fort Stockton Drive. Optional breakfast after. Must have a mask with you. Marlene 619-692-3020.

10:00 am  W  SHELTER ISLAND WALK & TALK. See Thursday, August 4 for details.

FRIDAY, AUGUST 26
10:00 am  W  ZOOM TELECONFERENCE. See p. 10 for details.

4:00 pm  MISSION HILLS. See Friday, August 19 for details.

SUNDAY, AUGUST 28
8:15 am  W  MERRY GO-ROUND. See Sun., August 7 for details.

MONDAY, AUGUST 29
6:30 am  ☀  SUNRISE SERIES: THE EMBARCADERO. We’ll walk for 1 hour at a casual+ pace on flat paved terrain. We hope to see many changes. Take Harbor Dr. south a couple blocks past Broadway, turn right and park at the Kissing Statue near the Midway Museum. Bring money for optional breakfast afterward. Must have a mask with you. John and Marilyn 619-840-5544.
## AUGUST 2022 WALKS AT A GLANCE

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

<table>
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<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
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<td>10:00 am Teleconference</td>
<td>9:30 am Encinitas Street Art Tour</td>
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<td>Sunrise: Tecolote Canyon</td>
<td>6:30 am Sunrise: Coronado Boardwalk</td>
<td>11:30 am Zoom Walkabout Board Mtg.</td>
<td>8:30 am Lake Murray</td>
<td>6:30 am Sunrise: Mission Hills</td>
<td>10:00 am Liberty Station American Bandstand</td>
<td>4:00 pm Mission Hills: Pioneer Park</td>
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<td>8:15 am Merry-Go-Round</td>
<td>6:30 am Sunrise: Coronado Boardwalk</td>
<td>11:30 am Zoom Walkabout Board Mtg.</td>
<td>8:30 am Lake Murray</td>
<td>6:30 am Sunrise: Bankers Hill, San Diego</td>
<td>10:00 am Zoom Teleconference</td>
<td>9:30 am Encinitas Street Art Tour</td>
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<tr>
<td>8:15 am Merry-Go-Round</td>
<td>6:30 am Sunrise: Liberty Station/Old San Diego River Remnant Walk</td>
<td>2:00 pm Why be Normal, Part 3 3:00 pm Walk and Talk Happy Hour</td>
<td>8:30 am Downtown La Mesa</td>
<td>6:30 am Sunrise: Ocean Beach 10:00 am Shelter Island</td>
<td>10:00 am Zoom Teleconference</td>
<td>4:00 pm Mission Hills</td>
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<td>8:15 am Merry-Go-Round</td>
<td>6:30 am Sunrise: Pacific Beach Boardwalk</td>
<td>8:30 am North Lake Murray</td>
<td>6:30 am Sunrise: Mission Hills 10:00 am Shelter Island</td>
<td>10:00 am Zoom Teleconference</td>
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<tr>
<td>8:15 am Merry-Go-Round</td>
<td>6:30 am Sunrise: The Embarcadero</td>
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<td>For a complete list of wilderness hikes, please see page 7.</td>
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WALKABOUT BOARD MEETING
Tuesday, August 9th 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

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)
June, July & August

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.

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.

WALKABOUT-INT PHOTO SUBMISSION FORM
SHARE YOUR PHOTOS AND THOUGHTS WITH US

Your Walkabout board, in its ongoing effort to obtain new subscribers and getting current subscribers 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 subscriber 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.

RECENT WALKABOUT ADVENTURES

Sunrise Series walk, Bali Hai to the western tip and back. 2.6 miles during which we found the Walkabout brick.

La Mesa Railroad Depot Walk
HOW WALKING WITH WALKABOUT, INTERNATIONAL HELPED TO BRING MY NOVEL TO LIFE

by Cynthia G. Robertson

As members of Walkabout, International, we are familiar with the joys of walking and talking with others around San Diego’s beautiful neighborhoods, beaches, and the bay. Perhaps as we stroll around, taking in the amazing views and admiring magnificent homes, there is something that we need to sort out or a personal conflict we need to resolve. Talking with others as we walk can help. That certainly has been the case for me.

In the late 90’s and early 2000’s, I was experiencing an upheaval in my personal life. Walking and talking with others helped enormously, giving a healthy and social foundation to my life. During those years, I was in constant conflict over whether I should move back to my Kansas hometown or if I should stay in my beloved San Diego. Each step I took helped to clear my head and sort out the problems and situations I was living through. Obviously, I chose to remain in San Diego; I met, fell in love with, and married my husband, Rich Robertson, who has joined me in quite a few walks over the years.

Throughout my career as a reporter, I had always dreamed of writing a novel, and I finally did, getting it published in 2019, just six months before the pandemic lockdown. The storyline of Where You See Forever begins in 1996 when 40-year-old Rene Howell has bravely moved away from her crazy-making husband. As a result, she now lives alone in San Diego but has a few good friends, several of whom are in a walking group. When she visits her Kansas hometown, she uncovers a family secret which sends her reeling. The novel is a tale of reconciliation and redemption, played out on the wind-tossed prairies of Kansas and the sun-kissed land of San Diego.

Walking and talking with people helped bring my novel to life. To this day, I still enjoy walking and occasionally join in on Walkabout excursions, particularly Evelyn’s monthly afternoon walks. Evelyn explores the different neighborhoods of San Diego, and I am always thankful for the surprises and discoveries on her walks. I particularly remember when she led us around Sherman Heights, giving us information about some of the historical houses. The highlight was the view from the top overlooking downtown from Grant Hill Park.

If you would like to buy a copy of my novel, Where You See Forever, you may email me at c1g2robertson@gmail.com. See you on a walk soon!
WALKABOUT INTERNATIONAL NEEDS YOUR INPUT ON TRIPS WE ARE PLANNING

Walkabout International is tentatively planning a day trip, 2 multi-day trips, and a rescheduled cruise. We need the input of our subscribers on which trips they are interested in. The trips we are tentatively planning right now are:

**Julian** – September 8, 2022 *(a day trip, so non-subscribers are welcome)*

**Catalina** – October 3 – 6 *(3 nights, 4 days)*

**Palm Springs** – November 7 – 11 *(4 nights, 5 days)*

**New Orleans Caribbean Cruise** – March 2023

*Details and price to be determined.*

If you are interested in any or all of these trips, please call the office at 619-231-7463, or email Elaine Berger at President@walkabout-int.org, and let us know which trip(s) you are interested in. Let us know if you would want a single room, or shared room, and who you will share with. Please make sure you include your name and phone number so we can contact you when we get farther along in our planning. This is just an interest list at this time, but you will be provided with details and price at a later date when you can make a decision to go.

**Remember** – You must be a Walkabout subscriber to go on multi-day trips. There will be a fair amount of walking on all trips, so please take this into consideration when deciding on which trips to sign up for. There are a limited number of spaces available on the multi-day trips, so please get your information to us soon if you are interested in any of the trips we are proposing.
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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<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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JULY HIKE SCHEDULE

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<tr>
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<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 8/3</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>
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<td>Saturday 8/6</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 8/6</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 8/10</td>
<td>Bill C 619-392-1243 or <a href="mailto:bhclark42@cox.net">bhclark42@cox.net</a></td>
<td>Lite</td>
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<tr>
<td>Wednesday 8/17</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 8/20</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 8/24</td>
<td>Irma K 619-795-5821 or <a href="mailto:irmacaizan@gmail.com">irmacaizan@gmail.com</a></td>
<td>Lite</td>
</tr>
<tr>
<td>Wednesday 8/27</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>Saturday 8/31</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>
</tbody>
</table>

Wilderness hike, Cuyamaca in February.
JOIN US FOR OUR WEEKLY ZOOM TELECONFERENCE

With the COVID-19 restrictions, we are having a casual Zoom teleconference each Friday at 10:00 am and all are invited. We share our coping experiences and renew friendships with other Walkabouters. Active subscribers with email addresses are receiving email notices of each meeting. You are welcome to share that invitation with others. If you do not receive an invitation, you can go to our website https://walkabout-int.org/ and find a link to the Zoom Walkabout meeting. If you are unfamiliar with the Zoom experience, please go to https://zoom.us/ and take advantage of the information you will find there. I look forward to seeing you at this valuable experience. Stan F 619-222-3447.

BOARD OF DIRECTORS

<table>
<thead>
<tr>
<th>Role</th>
<th>Phone</th>
<th>Email</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>
<td>619-890-4622</td>
<td><a href="mailto:Janet@walkabout-int.org">Janet@walkabout-int.org</a></td>
</tr>
<tr>
<td>Carole Erickson</td>
<td><a href="mailto:anaussie2@hotmail.com">anaussie2@hotmail.com</a></td>
<td></td>
</tr>
<tr>
<td>Robert Buehler</td>
<td>619-470-0778</td>
<td><a href="mailto:Robert@walkabout-int.org">Robert@walkabout-int.org</a></td>
</tr>
<tr>
<td>Director Emeritus</td>
<td>619-318-4870</td>
<td><a href="mailto:danhaslam@walkabout-int.org">danhaslam@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.

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

11
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.

Don Gold
August 5, 1935

Don has been with Walkabout about 35 years. His favorite walks were Sam’s downtown walks and Dan’s walking trips in different states.

Seen on Sign
Lost Socks: seeking solemates

Happy Birthday

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