WALKABOUT INTERNATIONAL is a non-profit educational group that promotes neighborhood walking in urban, suburban, and rural environments throughout the world. Walkabout publishes a monthly schedule of events; for one complimentary pdf issue go to walkabout-int.org/complimentary-issue or call the Walkabout office, located at 2650 Truxtun Road, Suite 110, San Diego, CA 92106-6007, 619-231-SHOE (7463). Office hours by appointment. Website: walkabout-int.org, email: info@walkabout-int.org.

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.

### Pace

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<th>Yourself</th>
<th>miles per hour</th>
<th>minutes per mile</th>
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<tr>
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<td>25</td>
</tr>
<tr>
<td>Moderate</td>
<td>3.0</td>
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* Used in lieu of “Walk at your own pace”
+ Used to indicate a possible slightly brisker pace

November 2022

“SEZ ME”
Elaine Berger, President

I can hardly believe that we are in November and the holiday season is rapidly approaching. There are many events and activities that have been missing for the last two years. A “new normal” holiday will happen.

It is with great sadness that I report that as of Sept. 22, 2022, Donna Ferris has resigned from the Board of Directors and as Secretary. Donna and Jerry have been such enthusiastic supporters of Walkabout for years, and her “institutional memory” of the organization will be greatly missed. We wish them both the best and thank them for all their contributions to Walkabout. We also want to thank Janet Fenston for agreeing to become our new Secretary. As with all board offices, the pay and perks are non-existent, but the benefits of helping to keep our organization functioning are great.

I also want to thank Linda Hitney for agreeing to host our annual Thanksgiving luncheon. This will be a potluck for side dishes with turkey and “fixings” provided by Walkabout with your contributions.

You will also notice that we are increasing our activities and hope you will be able to participate in these events. Our intent is to have at least one day trip each month next year. Thanks to Marilyn and the trip committee for their excellent work.

If you are a sports fan, How About Those Padres! They have given us a most exciting season. Also, cheers for the women’s professional soccer team, the San Diego Wave. They have achieved something no other first year team has ever done—they are in the league playoffs. Congratulations to both teams.

Finally, November 8 is Election Day. PLEASE VOTE. No matter the chatter on some media sites, your votes do count.

Stay safe and enjoy the holidays.
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MONTHLY WALK ROUND-UP

THURSDAY, NOVEMBER 3
6:30 am
🌟 SUNRISE SERIES: BURLINGAME/SOUTH PARK.
We’ll meet in the Target parking lot at 3030 Grape Street for a casual walk on the rose-colored sidewalks of the Burlingame Historical District. Architect William Wheeler gave this neighborhood its distinctive character and we will view over 20 homes of fine design and historical importance. Rain cancels. Must have a mask with you. Bring money for an optional breakfast afterward. Marlene 619-692-3020.

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, NOVEMBER 4
10:00 am
🌟 ZOOM TELECONFERENCE. See p. 10 for details.

4:00 pm
🌟 MISSION HILLS. Enjoy a casual walk in this beautiful historic neighborhood where we will view a variety of architectural styles and lovely gardens. Many prominent residents of early San Diego built their homes here in the early 20th century. Meet at 1920 Fort Stockton Drive. Rain cancels. Must have a mask with you. Marlene 619-692-3020.

SUNDAY, NOVEMBER 6
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, NOVEMBER 7
6:30 am
🌟 SUNRISE SERIES: CHULA VISTA J ST. MARINA.
Take I-5 south to the J St./Marina Parkway exit. Turn right onto the Parkway, then left at the second left (sign for the boat ramp) and left again into the first parking lot for a casual+ walk. Bring money for an optional breakfast after. Must have a mask with you. John and Marilyn 619-840-5544.

TUESDAY, NOVEMBER 8
10:30 am
🌟 ZOOM WALKABOUT BOARD MEETING. See page 7 for information.

THURSDAY, NOVEMBER 10
6:30 am
🌟 SUNRISE SERIES: LIBERTY STATION BY THE RIVER. Join Connie on a moderate, 1-hour walk on the paved and level paths at Liberty Station. We’ll meet in the parking area near the river at the south end of Womble Rd. From the south, take I-5 to the Pacific Hwy. exit, veer to the left onto Barnett Ave., turn left at Truxtun Rd. into Liberty Station, turn left at Womble Rd. From the north or east, take the Rosecrans St. exit, proceed several miles until you see Vons on your left. Womble Rd. is the next left turn. We’ll walk along the San Diego River Remnant and experience the airplanes taking off from Lindbergh Field right on time at 6:30 am. In addition, we will be treated to the beautiful Liberty Station early in the morning without crowds. We will see morning joggers, many dogs getting their first walk of the day and hopefully a beautiful sunrise. And it’s always fun to see what is new at Liberty Station! If you need additional directions for the meeting location, please contact me. 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, November 3 for details.

FRIDAY, NOVEMBER 11
10:00 am
🌟 ZOOM TELECONFERENCE. See p. 10 for details.

4:00 pm
🌟 MISSION HILLS. See Friday, November 4 for details.

SATURDAY, OCTOBER 12
9:30 am
🌟 POWAY CREEK TO POWAY POND. Let’s take a walk on some urban trails and sidewalks in Poway as we follow along Poway Creek to little-known Poway Pond. This approximately 5-mile, moderate paced, mostly flat...
journey brings us to a charming little pond where we can enjoy the peaceful view and catch sight of some local wildlife. Meet in front of Stater Brothers Market at 13589 Poway Road, at the intersection of Poway Road and Midland Road. Must have a mask with you. Email, text or call: Lenore E. 619-890-0714 (ledidin@san.rr.com).

SUNDAY, NOVEMBER 13
8:15 am
MERRY GO-ROUND. See Sun., November 6 for details.

MONDAY, NOVEMBER 14
6:30 am
MISSION BEACH BOARDWALK. Please come join us as we walk along the boardwalk on our beautiful Mission Beach. There is nothing better than fresh ocean air & hearing waves crashing against the shoreline first thing in the morning. The bonus is watching the sunrise for a spectacular view/pictures. We hope you can join us for this casual walk-at-your-own-pace walk. Take HWY. 8 WEST BEACHES to WEST MISSION BAY DRIVE/SPORTS ARENA BLVD exit & turn right. Stay in the right lane & turn right onto WEST MISSION BAY DRIVE, continue west until you see the roller coaster at Belmont Park. GO THROUGH THE LIGHT & turn left into the parking lot BEHIND the roller coaster & the boardwalk will be right in front of us. Bring money for optional breakfast. Must have a mask with you. Hope to see you there. Laurie H. 619-813-0910.

TUESDAY, NOVEMBER 15
2:00 pm
BARBER TRACT OF LA JOLLA. Enjoy a stroll past storybook cottages, traditional mansions, ultra-modern-houses, and former homes of celebrities and civic leaders. Meet at the corner of Marine Street and Olivenetas Ave. (1 block south of Pearl Street and west of La Jolla Blvd.) for a casual+, 1 1/2-hour walk with a few hills. Bus #30 stops on La Jolla Blvd. at Genter Street. Must have mask with you. Rain cancels. Evelyn K. 619-461-6095.

THURSDAY, NOVEMBER 17
6:30 am
SUNRISE SERIES: MISSION BAY. I hope you can join us on a nice early morning walk, watching the sunrise coming up over the mountains & glistening on our beautiful Mission Bay. The sidewalks are flat & wide making it very nice to either walk at your own pace or visit with each other as you are walking. Take highway 5 to the Clairemont Dr/Mission Bay Dr exit. Turn west towards the bay & park at the Old Information Center straight ahead. Bring money for optional breakfast. Must have a mask with you. Laurie H. 619-813-0910.

10:00 am
SHELTER ISLAND WALK & TALK. See Thursday, November 3 for details.

FRIDAY, NOVEMBER 18
10:00 am
ZOOM TELECONFERENCE. See p. 10 for details.
4:00 pm
MISSION HILLS. See Friday, November 4 for details.

SUNDAY, OCTOBER 20
8:15 am
MERRY GO-ROUND. See Sun., November 6 for details.

MONDAY, NOVEMBER 21
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.

THURSDAY, NOVEMBER 24
12:00 pm
THANKSGIVING GROUP MEAL. See page 4 for details.

FRIDAY, NOVEMBER 25
10:00 am
ZOOM TELECONFERENCE. See p. 10 for details.
4:00 pm
MISSION HILLS. See Friday, November 4 for details.

SUNDAY, NOVEMBER 27
8:15 am
MERRY GO-ROUND. See Sun., November 6 for details.

MONDAY, NOVEMBER 28
6:30 am
SUNRISE SERIES: MISSION BAY. I hope you can join us on a nice early morning walk, watching the sunrise coming up over the mountains & glistening on our beautiful Mission Bay. The sidewalks are flat & wide making it very nice to either walk at your own pace or visit with each other as you are walking. Take highway 5 to the Clairemont Dr/Mission Bay Dr exit. Turn west towards the bay & park at the Old Information Center straight ahead. Bring money for optional breakfast. Must have a mask with you. Laurie H. 619-813-0910.
THANKSGIVING GROUP MEAL
Thursday, November 24, 2022
Noon to 4pm, Meal Served at 1pm

Join your Walkabout friends for a potluck holiday meal, hosted by Walkabouter Linda H. at her home in Liberty Station. Turkey, mashed potatoes, and gravy will be provided. You bring your best sweet potato casserole, cranberry sauce, salad, dinner rolls, drinks, or desert, etc. Call the Walkabout office 619-231-7463 and put your name, phone number, number of guests and food contribution on the attendee’s list. Guests limited to 25 people. Fully vaccinated preferred.

Send check for $10.00 per person to Walkabout office 2650 Truxtun Road, Suite 110, San Diego, CA 92106 marked Thanksgiving. Must receive your check by Monday 11/21/22. We need a head count to plan seating accordingly. If you have an email address, please include it on the check so we can send you the address. Address will be given after we receive your check.
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<td>6:30 am Sunrise: Chula Vista/J Street Marina</td>
<td>10:30 am Zoom Walkabout Board Mtg.</td>
<td>6:30 am Sunrise: Liberty Station by the River</td>
<td>10:00 am Sunrise: Shelter Island Walk and Talk</td>
<td>10:00 am Zoom Teleconference</td>
<td>9:30 am Poway Creek to Poway Pond</td>
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<td>6:30 am Sunrise: Mission Beach Boardwalk</td>
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<td>6:30 am Sunrise: Mission Hills</td>
<td>10:00 am Sunrise: Shelter Island Walk and Talk</td>
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<td>4:00 pm Mission Hills</td>
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<tr>
<td>8:15 am Merry-Go-Round</td>
<td>6:30 am Sunrise: Pacific Beach Boardwalk</td>
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<td>12:00 pm Thanksgiving Group Meal in Liberty Station</td>
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<td>10:00 am Zoom Teleconference</td>
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As travel restrictions are easing, Walkabout International is looking at ways to again add more excitement to our walks by designing a variety of both local and international walks.

One event that we are excited to tell you about is a CROATIAN CRUISE along the Dalmatian Coast. We have blocked ten cabins on a small cruise vessel that only has 18 luxury cabins. We already have deposits on five cabins, which include some walk leaders. The trip begin in Dubrovnik, Croatia on 7 October 2023 and end in Split, Croatia on 14 October.

Our cruise includes airport pick-up and drop-off at the vessel, your luxury cabin, meals, and sightseeing. All cabins on upper and lower deck have wonderful ocean views.

2023 seems a long way off, but it’s just around the corner. People are “on the move again” and many tours and cruises into 2023 are already booked out, so we have chosen one of the best months to cruise and sight-see in Croatia.

We are using a well-known small-ship cruise line, Zantium Cruises. With just 18 cabins onboard, we will be spoiled by our 8-person crew as we enjoy the scenery, delicious meals, island exploring, and so many extras added.

We will be responsible for our own air arrangements which allows us to use airline points, our favorite airline and add before/after accommodation, if we individually wish.

Our cruise has been booked through Viaggio European Tours, who specializes in European walking/sightseeing small-group touring. For full details, www.viaggio-tours.com. On the front page, click “Croatia 2023,” then “M/V New Star.” An optional Walking Tour is available at the end of the cruise. Details on this 3-day land-based tour can be viewed at www.viaggio-tours.com/extension.

If you have any questions, please text/call our Walkabout Board Member, Carole Ericson at 858-829-1282. To reserve a cabin, a deposit of $500 per person is required. To reserve your cabin, go to https://www.viaggio-tours.com/contact-us and fill in your information; you will be emailed a reservation form. As this cruise has been booked directly with the cruise line, we are able to invite non-Walkabouter friends and relatives to also join us. An added bonus!
JOIN US AS WE TRAVEL TO RIVERSIDE’S MISSION INN’S FESTIVAL OF LIGHTS

This is the 30th year of the nation’s largest holiday light collection voted “Best Public Lights Displays” by USA Today.

This national historic landmark has played host to US Presidents, entertainers, and movie stars. The hotel encompasses a city block. There is a prominent architectural design of Spanish Mission style.

Our first stop on this trip will be to Temecula Farmers Market. You can purchase food for breakfast and anything that catches your fancy.

We will then proceed to Riverside where, prior to the Mission Inn, we will visit Tio’s Tacos for lunch (on your own) and to see the incredible art which has been brought to life from unusable items by the original owner, Martin. This is a unique landmark since 1990 bringing authentic flavors from Michoacán, Mexico.

You will have time before your tour of the Mission Inn to walk around the pedestrian shops filled with holiday items. There are also museums in the area you might want to explore.

After the tour, which is included in the price of the trip, we will gather outside to view the Festival of Lights. We will then proceed to Sizzler in Murrieta, where we will have dinner (on your own).

This is an incredible way to begin the holidays. Won’t you join us on Saturday, December 3, 2022. We will be leaving the Walkabout office at 9:30am and arriving back approximately 8:30pm.

Cost is $145 per person. Since this is a day trip, non-Walkabouters are welcome, so feel free to invite others.

Please send you checks to Walkabout International, 2650 Truxton Road, Suite 110, San Diego, 92106-6007. Include your email address and cell phone number on the check. Questions contact Bev Bruff, 858-268-8088, bevbruff@yahoo.com.

WALKABOUT BOARD MEETING
Tuesday, November 8th 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

LIBERTY STATION HOLIDAY EVENTS
- Randy’s Ice Rink: November thru January—Central Promenade
- Salute the Season Tree Lighting: Friday, November 25th from 5–9 pm—North Promenade and Building 177
- Menorah Lighting: Sunday, December 18th from 5–8 pm—Central Promenade
- Nutcracker Tea: Sunday, December 18th with two performances at 11am and 3pm—Liberty Station Convention Center

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.
HOLIDAY LIGHTS AND SIGHTS TOUR

Come join us and invite family and friends on the Old Town Trolley, Thursday, December 15th, 5:45 pm. We will gather at the Old Town Trolley Market (4010 Twiggs Street). There is free parking by the Old Town church. You do not need to be a member of Walkabout to take advantage of this holiday event.

We will board the Trolley in Old Town and see the festive Christmas of Old Town San Diego, the Embarcadero, Balboa Park, Bankers Hill, enjoy a 20-minute walk through Seaport Village! The tour is approximately 75 minutes in length. You may want to have dinner in Old Town before the tour.

The cost is $30 for adults, $25 for children. I expect this to fill quickly, so mail your payment ASAP, no later than December 1st. If more than 38 people sign up, we can look into getting a second trolley.

Send checks to: Walkabout International, 2650 Truxtun Road, Suite 110, San Diego, CA 92106-6007.

For additional information or questions contact Beverly Bruff at bevbruff@yahoo.com or 858-268-8088.

CHRISTMAS POTLUCK LUNCH AND GIFT EXCHANGE

Featuring an Ugly Sweater Contest

Sunday December 25, 2022, 1:00pm to 4:30pm

In the Green Room located in the Walkabout office building at Liberty Station, 2650 Truxtun Road, San Diego, CA 92106.

Join your Walkabout friends for a festive potluck lunch on Christmas Day. Dishes such as casseroles, salads, fried chicken, are greatly appreciated. Walkabout will provide the beverage. We will start the fun with an Ugly Sweater Contest. Wear your most decorated, sparkly sweater, sweatshirt or T-shirt. Prizes will be awarded.

Afterwards we will have our annual gift exchange. Bring a gift of $10 marked (male), (female), or (generic) and receive a gift in exchange. To finish off our day join Marilyn B. for a casual 1 hour walk around Liberty Station to view the holiday decorations, such as the big lighted Christmas tree and the ice rink. Call the office 619-231-7463 to add your name, number of guests, and your food contribution on the list. Questions, call Marilyn Buckley 678-982-6071.

Hope to see you there!

ARE YOU INTERESTED IN JOINING US ON A NEW ORLEANS CARIBBEAN CRUISE WE ARE PLANNING?

Walkabout International is planning a cruise that is rescheduled from 2022 to March 2023. We need the input of our subscribers on whether they are interested. The trip is tentatively planning right now:

New Orleans Caribbean Cruise – March 2023 (details and price to be determined)

If you are interested in this trip, please call the office at 619-231-7463, or email Elaine Berger at President@walkabout-int.org, and let us know. We need to 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 this trip.
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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<td>Attempt to identify and quantify as best as you can any extenuating circumstances that someone might want to understand regarding the hike.</td>
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NOVEMBER HIKE SCHEDULE

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<td>Wednesday 11/2</td>
<td>Mike L 858-922-0738 <a href="mailto:mlewis1944@gmail.com">mlewis1944@gmail.com</a></td>
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</tr>
<tr>
<td>Wednesday 11/2</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 11/5</td>
<td>Irma K 619-795-5821 or <a href="mailto:irmacaizan@gmail.com">irmacaizan@gmail.com</a></td>
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<tr>
<td>Wednesday 11/9</td>
<td>Andrea A &amp; Scott O 501-529-4997 or <a href="mailto:andreacallen-md@gmail.com">andreacallen-md@gmail.com</a></td>
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<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 11/12</td>
<td>Lenore E 619-890-0714 or <a href="mailto:ledidin@san.rr.com">ledidin@san.rr.com</a> See Newsletter page 2</td>
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<td>Saturday 11/26</td>
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<td>Standard</td>
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<tr>
<td>Saturday 11/26</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 11/30</td>
<td>Alan N 336-209-0060 or <a href="mailto:glenview_7@yahoo.com">glenview_7@yahoo.com</a></td>
<td>Standard</td>
</tr>
<tr>
<td>Wednesday 11/30</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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UPCOMING WALKS, EVENTS AND ACTIVITIES

NOV 24th: Thanksgiving Group Meal (see page 4 for details)

DEC 25th: Annual Christmas Lunch (see page 8 for details)

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

Free Tuesdays at museums in Balboa Park

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.
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 a monthly notice of the weekly 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 619-222-3447.

BOARD OF DIRECTORS

<table>
<thead>
<tr>
<th>President</th>
<th>858-560-9003</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elaine Berger</td>
<td><a href="mailto:President@walkabout-int.org">President@walkabout-int.org</a></td>
</tr>
<tr>
<td>2nd Vice President</td>
<td>619-231-7463</td>
</tr>
<tr>
<td>Marilyn Buckley</td>
<td><a href="mailto:prwalkabout@yahoo.com">prwalkabout@yahoo.com</a></td>
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<tr>
<td>3rd Vice President</td>
<td>619-222-3447</td>
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<tr>
<td>Stan Follis</td>
<td><a href="mailto:Stanley@walkabout-int.org">Stanley@walkabout-int.org</a></td>
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<tr>
<td>Secretary</td>
<td>619-890-4622</td>
</tr>
<tr>
<td>Janet Fenston</td>
<td><a href="mailto:Janet@walkabout-int.org">Janet@walkabout-int.org</a></td>
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<tr>
<td>Treasurer</td>
<td>619-231-7463</td>
</tr>
<tr>
<td>Diane Erk</td>
<td><a href="mailto:treasurer@walkabout-int.org">treasurer@walkabout-int.org</a></td>
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<tr>
<td>Connie Vickers</td>
<td>619-477-8628</td>
</tr>
<tr>
<td>Carole Ericson</td>
<td>858-829-1282</td>
</tr>
<tr>
<td>Robert Buehler</td>
<td>619-470-0778</td>
</tr>
<tr>
<td>Director Emeritus</td>
<td>619-318-4870</td>
</tr>
<tr>
<td>Dan Haslam</td>
<td><a href="mailto:danhaslam@walkabout-int.org">danhaslam@walkabout-int.org</a></td>
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</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/

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, nonprofit 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

Whether you are a new or a renewing subscriber we provide you with our Buy-one Get-one-free offer. 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:  ______________
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.walkaboutint.org/about-us/forms/photosubmission/. Be sure to label your photo with your name.

Joan Edwards
October 31, 1942
Member since 1981.
Hobbies Walking with Walkabout and Eating.

Pat Shank
November 4, 1930
Favorite overseas trips with Kay Hughes to England and France. 36 years of stateside trips with Bruce, Lorraine, Jane-O, Verna, Stanley, Rita and Dan.

 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.