Here we are in December of 2022. I am shocked at how quickly this year has passed. It has seen a return to life with large events with unmasked crowds, children back in school full time and in person, family gatherings and normal holiday activities. I hope each of you had a chance to participate in something that made you happy.

I have been puzzled by the low response to day trips planned by Walkabout. I am not sure if you just didn’t find the trips appealing, changes in your life situation have made it difficult to do trips or uncertainty in the economy has made you re-evaluate your discretionary spending. All are perfectly appropriate reasons to reject trips. However, if you do not give us some feedback, our Trip Planning Committee has no way to determine how to change the situation. Remember, trips are one way we fund Walkabout, and we depend on your participation to keep us going.

Thanks to all Walkabouters who came to the annual picnic and meeting. I always enjoy this event, as it gives me the chance to meet you in person.

I wish each and every one of you a safe and happy holiday season. For some, this is a difficult time of the year as it brings back memories of long-lost friends and family. Remember that you have made new friends and family by participating in organizations such as Walkabout. And if you can, please donate to a local charity that helps those in our community who are less fortunate.

December 2022

“SEZ ME”
Elaine Berger, President

San Diego Feets
Vol. 45; No. 12

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.

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.

Unless otherwise specified, walks start at the time indicated. Walk leaders should arrive at least 10 minutes prior to the start time.

Pace miles minutes
Yourself per hour per mile

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<tr>
<td>Moderate</td>
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* Used in lieu of “Walk at your own pace”
+ Used to indicate a possible slightly brisker pace

Marty Tullar and Evelyn Kooperman at the Walkabout picnic.
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

THURSDAY, DECEMBER 1
6:30 am

☀️ SUNRISE SERIES: OCEAN BEACH. Let's start our morning out with a casual walk down Newport Blvd then up to the pier to see the beautiful sunrise, waves, birds, surfers & fisherman. This pier is so big & different with its T shape at the end where you can walk to both ends. Plus ALL the other sites Ocean Beach has to offer, including some fun murals & hopefully some decorated homes for the holidays to look at. Please join us by taking 8 West to the end & stay to the left. At the light turn LEFT onto SUNSET CLIFFS BLVD. Go down 1 mile to NEWPORT AVE., turn RIGHT. We will meet in front of 4955 NEWPORT AVE., MARGARITAS Restaurant. Must have a mask with you. Please bring money for optional breakfast. Laurie 619-813-0910.

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, DECEMBER 2
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. Please bring a flashlight. Rain cancels. Must have a mask with you. Marlene 619-692-3020.

SUNDAY, DECEMBER 4
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, DECEMBER 5
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.

TUESDAY, DECEMBER 6
2:00 pm

CHRISTMAS WALK. Come stroll a quiet neighborhood in the College area past well-kept homes in many architectural styles. We will see a castle and a 1907 colonial mansion, and will end by viewing Denise’s collection of beautiful Christmas dolls. Meet at the corner of 59th St. and Madison Ave., one block north of El Cajon Blvd., for a casual+, 1 1/2hr., mostly flat walk. Bus #1 stops at El Cajon Blvd. at 58th (west bound), and El Cajon Blvd. at Alice or Ester streets (east bound). Must have a mask with you. If it is raining, people can call me, and we can meet at Denise’s. Evelyn K. 619-461-6095.

WEDNESDAY, DECEMBER 7
8:30 am

LAKE MURRAY. Come join us for a peaceful casual paced 1 hour walk on a mostly flat path by the water. There is a variety of wildlife to be seen as well. Drive through the main entrance to Lake Murray at the end of Kiowa Dr. North of 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.

10:30 am

HOLIDAY SPIRIT. See page 7 for details.

THURSDAY, DECEMBER 8
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.

10:00 am

👣 SHELTER ISLAND WALK & TALK. See Thursday, December 1 for details.
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.

FRIDAY, DECEMBER 9
10:00 am  
Zoom Teleconference. See p. 10 for details.

4:00 pm  
Mission Hills. See Friday, December 2 for details.

SATURDAY, DECEMBER 10
9:30 am  
Winery Walkabout. Founded in 1889, Bernardo Winery is the oldest operating winery in Southern California. We’ll start out from that neighborhood gem by traversing some trails of the City of Poway’s extensive trail system. On the second half of this moderate-paced, approximately 5-mile walk we will explore some charming private neighborhood sidewalks. Be prepared for some steep hills. Meet on the street in front of Bernardo Winery at 13330 Paseo Del Verano Norte. From Highway 15, exit at Rancho Bernardo Road and go east. Turn left on Pomerado Road, then turn right at the first traffic signal at Paseo Del Verano. The winery will be on your right. On-site or street parking is available. Must have a mask with you. Email, text, or call: Lenore E. 619-890-0714 (ledidin@san.rr.com).

SUNDAY, DECEMBER 11
8:15 am  
Merry Go-Round. See Sun., December 4 for details.

MONDAY, DECEMBER 12
6:30 am  
Sunrise Series: 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. Bring money for optional breakfast. Jan F. 619-692-3020.

WEDNESDAY, DECEMBER 21
8:30 am  
Downtown La Mesa. We’ll meet in front of the Library located at 8064 Allison Ave, La Mesa for a 1 hour casual paced walk on mostly flat sidewalks. From Hwy 8, take exit 13A for Spring St, keep right at the 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, DECEMBER 22
6:30 am  
Sunrise Series: Old Town. We’ll visit Old Town to check out what’s new. Meet at the corner of Pacific Hwy. and Rosecrans St. for this flat, casual 1-hour walk. Bring money for optional breakfast afterward. Must have a mask with you. John and Marilyn 619-840-5544.

Observation
“When future archaeologists dig up the remains of California, they’re going to find all of those gyms, their scary-looking gym equipment, and they’re going to assume that we were a culture obsessed with torture.” —Canadian novelist Douglas Coupland
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10:00 am

**SHELTER ISLAND WALK & TALK.** See Thursday, December 1 for details.

**FRIDAY, DECEMBER 23**

10:00 am

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

4:00 pm

**MISSION HILLS.** See Friday, December 2 for details.

**SUNDAY, DECEMBER 25**

8:15 am

**MERRY GO-ROUND.** See Sun., December 4 for details.

1:00 pm

**CHRISTMAS POTLUCK LUNCH AND GIFT EXCHANGE.** See page 7 for details.

**MONDAY, DECEMBER 26**

6:30 am

**SUNRISE SERIES: CHRISTMAS AND BOXING DAY IN CORONADO.** Please join us on this flat and *moderately paced* walk in Coronado to celebrate everything Christmas (Coronado style) and Boxing Day. Why are we celebrating Boxing Day? Boxing Day has been celebrated for hundreds of years as a means to do something few of us think about doing during the holidays: which is giving back. Traditionally on this day, a small box or gift is given as a means of appreciation to those in our lives who make our days run smoothly.

Let's explore to see what we will find as we explore the shops, homes, and gardens. We will head toward the Hotel Del Coronado to see beautiful Christmas Tree in the lobby, and other decorations, in and outside the hotel. There is nothing that says Southern California like holiday decorations on the beach and an ice rink! Join us and we'll find out together! Early morning in Coronado is the best! Meet at the west side of 10th St. and Orange Ave. with 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, December 1 for details.

**FRIDAY, DECEMBER 30**

10:00 am

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

4:00 pm

**MISSION HILLS.** See Friday, December 2 for details.

**SUNDAY, JANUARY 1**

10:00 am

**CORONADO NEW YEAR’S DAY WALK.** See page 8 for information.

**THURSDAY, DECEMBER 29**

6:30 am

**SUNRISE SERIES: MISSION HILLS.** Come join us in beautiful Mission Hills. Let's check out the Holiday Decorations in one of San Diego's oldest neighborhoods. I'm sure the legendary well-kept homes and gardens will be beautifully decorated. 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 during this holiday season. Meet Connie at Goldfinch St. and Fort Stockton Dr., which is 1 block north of West Washington St. Optional breakfast afterward. **Must have a mask with you.** Connie V. 619-477-8628/619-750-3008 (cell).

**WALKABOUT CHRISTMAS TROLLEY TOUR**

Since Walkabout was not able to fill the trolley, we have merged with another group—San Diego Madres (Go Padres). The date has changed to Tuesday, December 6th, everything else remains the same. I will be contacting those of you who have paid to see if you want to switch over to the new date or wish to request a refund. Anyone else wanting to go will be placed on a Waitlist. If you have any questions, contact me ONLY. Bev Bruff bevbruff@yahoo.com or 858-268-8088. **Do Not Call the Office!**
# DECEMBER 2022 WALKS AT A GLANCE

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

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

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<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
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<tr>
<td><strong>8:15 am Merry-Go-Round</strong></td>
<td>6:30 am <strong>Sunrise:</strong> Banker's Hill</td>
<td>2:00 pm Christmas Walk</td>
<td>8:30 am Lake Murray 10:30 am Holiday Spirit</td>
<td>6:30 am <strong>Sunrise:</strong> Ocean Beach 10:00 am Shelter Island Walk and Talk</td>
<td>10:00 am Zoom Teleconference 4:00 pm Mission Hills</td>
<td>9:30 am Winery Walkabout</td>
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<td><strong>8:15 am Merry-Go-Round</strong></td>
<td>6:30 am <strong>Sunrise:</strong> Balboa Park</td>
<td>10:30 am Zoom Walkabout Board Mtg.</td>
<td>6:30 am <strong>Sunrise:</strong> Seaport Village 10:00 am Shelter Island Walk and Talk</td>
<td>6:30 am <strong>Sunrise:</strong> Coronado Boardwalk 10:00 am Shelter Island Walk and Talk</td>
<td>10:00 am Zoom Teleconference 4:00 pm Mission Hills</td>
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<td><strong>8:15 am Merry-Go-Round</strong></td>
<td>6:30 am <strong>Sunrise:</strong> Mission Hills</td>
<td>8:30 am Downtown La Mesa</td>
<td>6:30 am <strong>Sunrise:</strong> Old Town 10:00 am Shelter Island Walk and Talk</td>
<td>6:30 am <strong>Sunrise:</strong> Mission Hills 10:00 am Shelter Island Walk and Talk</td>
<td>10:00 am Zoom Teleconference 4:00 pm Mission Hills</td>
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</tr>
<tr>
<td><strong>8:15 am Merry-Go-Round</strong> 1:00 pm Christmas Potluck</td>
<td>6:30 am <strong>Sunrise:</strong> Christmas and Boxing Day in Coronado</td>
<td><strong>JANUARY 1</strong> 10:00 am New Year's Day Coronado</td>
<td>6:30 am <strong>Sunrise:</strong> Mission Hills 10:00 am Shelter Island Walk and Talk</td>
<td>10:00 am Zoom Teleconference 4:00 pm Mission Hills</td>
<td>10:00 am Zoom Teleconference 4:00 pm Mission Hills</td>
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For a complete list of wilderness hikes, please see page 9.
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 begins 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!
**CHRISTMAS POTLUCK LUNCH AND GIFT EXCHANGE**

Featuring an Ugly Sweater Contest on Sunday December 25, 2022, 1:00 pm to 4:30 pm

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!_

**HOLIDAY SPIRIT**

*Wednesday, December 7, 10:30 am*

Let’s get into the holiday spirit with a visit to the best Christmas store in San Diego, “City Lights”. This 40,000 sq. ft. store has the most wonderful holiday decorations and displays; including many name brand collectibles. We will start with a 1.5-hour casual to moderate walk exploring the West Morena and Morena Blvd. area; stopping along the way to check out the new Trolley Station, and the varied businesses and restaurants in the neighborhood. Last stop will be Armstrong Nursery, where we can treat ourselves to a new holiday plant, Christmas Cactus or maybe a Poinsettia plant to take home. They also make nice gifts. Optional lunch afterwards. Cuban, Italian?

Meet Marilyn B. In the parking lot of the Tecolote Road Trolley Station, part of the blue-line mid-coast trolley extension, 1364 West Morena Blvd, San Diego 92110. Wear your once-a-year Christmas sweatshirt or sweater to encourage the spirit. Bring mask with you. Questions call Marilyn B. 678-982-6071.

**LIBERTY STATION HOLIDAY EVENTS**

- **Rady’s Ice Rink**: November thru January—Central Promenade
- **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

**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 BOARD MEETING**

*Tuesday, December 13th 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
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.

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**NEW YEAR’S DAY CORONADO WALK–WELCOMING 2023**

**JANUARY 1, 2023, 10:00 am**

Join Walkabout International as we celebrate 2023 and our 46th Year of walking here and there. We are looking forward to another year of healthy walking together! This will be a moderate-paced flat walk, in beautiful Coronado with an optional lunch break afterwards. Meet Connie and Marilyn as we start up the New Year at Spreckels Park. You will find adequate street parking around this location. Which is located at 601 Orange Avenue between 6th and 7th Street and C Avenue. We’ll meet at the Gazebo in the center of the Park. You can’t miss it!

We will begin our walk by touring Spreckels Park before we cross Orange Avenue to appreciate the Coronado Library and City Hall as we continue west through Coronado’s lovely neighborhoods, exploring along the way and eventually arriving at the Hotel Del Coronado. We will walk along the beach to see holiday decorations, the ice rink and more. If we’re lucky we’ll be able to view the Coronado islands (group of four islands off the northwest coast of Baja California, Mexico). We may also have time to walk by the Spreckels Mansion depending on time and group interest on our walk back to our starting point. We will also decide on where to eat lunch (optional) and then walk back to Spreckels Park. Bring money for an optional meal afterward. Must have a mask with you. Connie Vickers 619-477-8628/619-750-3008 (cell), Marilyn Buckley, 678-982-6071.

In addition, your walk leaders will share some of Walkabout’s plans for 2023 and beyond, We look forward to starting the New Year with you!
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.

DECEMBER HIKE SCHEDULE

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<td>Don P 760-670-6862 or <a href="mailto:dpiller@cox.net">dpiller@cox.net</a></td>
<td>Standard</td>
</tr>
<tr>
<td>Saturday 12/3</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 12/7</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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<tr>
<td>Saturday 12/10</td>
<td>Bill C 619-392-1243 or <a href="mailto:bhclark42@cox.net">bhclark42@cox.net</a> Lenore E 619-890-0714 or <a href="mailto:ledidin@san.rr.com">ledidin@san.rr.com</a></td>
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<td>Mike M <a href="mailto:pmichael@mcdonaldgroup.net">pmichael@mcdonaldgroup.net</a></td>
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<td>Wednesday 12/14</td>
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<tr>
<td>Saturday 12/17</td>
<td>Cindy B 619-823-9773 or <a href="mailto:cindylbenner@gmail.com">cindylbenner@gmail.com</a> Margo L Birthday Potluck</td>
<td>Standard</td>
</tr>
<tr>
<td>Wednesday 12/21</td>
<td>PJ 858-566-8928 or <a href="mailto:pjjefery56@gmail.com">pjjefery56@gmail.com</a></td>
<td>Standard</td>
</tr>
<tr>
<td>Wednesday 12/21</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>Saturday 12/24</td>
<td>Christmas Eve</td>
<td>Standard</td>
</tr>
<tr>
<td>Saturday 12/24</td>
<td>Christmas Eve</td>
<td>Lite</td>
</tr>
<tr>
<td>Wednesday 12/28</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 12/28</td>
<td>Anne F 619-878-4429 or <a href="mailto:annef111@hotmai.com">annef111@hotmai.com</a></td>
<td>Lite</td>
</tr>
<tr>
<td>Saturday 12/31</td>
<td>New Year's Eve</td>
<td>Standard</td>
</tr>
<tr>
<td>Saturday 12/31</td>
<td>New Year's Eve</td>
<td>Lite</td>
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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 F 619-222-3447.

BOARD SEEKES YOUR HELP

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, Janet 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>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>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>Connolly Vickers</td>
<td>619-477-8628</td>
<td><a href="mailto:connie@walkabout-int.org">connie@walkabout-int.org</a></td>
<td></td>
</tr>
<tr>
<td>Carole Ericson</td>
<td>858-829-1282</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>
<td></td>
</tr>
<tr>
<td>Director Emeritus</td>
<td>Dan Haslam</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.
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 $____________________________

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
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://walkabout-int.org/about-us/forms/photo-submission. Be sure to label your photo with your name.

Margot Linback
December 17, 1931
Been a Walkabout member for over 30 years. Did a lot of hiking with Jim Sugg, Wanda Zack, Don Piller and traveling with Larry Forman and Dan Haslam, to Switzerland, Stan Follis to Idaho, and many more... Plus made many friends, so happy to have Walkabout to keep me going.

Pamela Farmer
December 19
Member since Jan. 1981, I was a regular walker/traveler with Jerry Archer and the Altonas. My companion walker was Morrie Keech. Doing good, can walk about 2 miles per day still.

Linda Pearce
December 19, 1929
Walkabout’s annual picnic
On Thursday, Oct. 26, a perfect October day in San Diego, Walkabout held our annual walk/picnic/meeting in Mission Bay park. Thanks to Rob Keller for leading the walk along Mission Bay. Some 20 participants walked and brought a wonderful selection of salads and sweet treats (much to my surprise, no buckets of Kentucky fried chicken). After the luncheon, Walkabout President, Elaine Berger, gave a brief update on our organization. She emphasized that this next year will be very challenging. We want to thank Marilyn Buckley for getting our permit for the gazebo (and the perfect weather) as well as Connie Vickers and Janet Fenston for helping set up the event.