

Est. 1977 in San Diego

Pace Yourself	miles per hour	minutes per mile	
Very Casual*	2.0	30	
Casual	2.5	25	
Moderate	3.0	20	

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



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 issue call the Walkabout office, located at 2650 Truxtun Road, Suite 110, San Diego, CA 92106-6007, (619) 231-SHOE (7463), FAX (619) 231-9246. Office hours: 10 am to 2 pm, Monday, Wednesday, Friday. Internet: www.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.

THE WALKS LISTED ARE NOW AUTHORIZED DEPENDING ON STATE AND LOCAL GUIDELINES. WE ALL KNOW THAT THE GUIDELINES CHANGE FREQUENTLY. IT IS ADVISABLE TO CALL THE WALK LEADER TO CONFIRM THE WALK IS ON FOR THAT DAY.

November 2020

"SEZ ME"

Elaine Berger, President

Hard to believe as I write this that we are now some seven months into various lockdowns and the coronavirus is still rampaging across the country. On the other hand, I keep asking myself how did we already get to November! Time to start thinking of the holidays and how we will celebrate in this time of uncertainty.

I am sorry to announce that the Walkabout Board of Directors has determined that all Walkabout group activities are suspended thru the end of 2020. Thus, no annual picnic, no Thanksgiving day luncheon and no Christmas morning brunch/gift exchange. We know these are long cherished traditions for our organization and we know they will be missed. However, the risks vs the rewards are just too great to continue with these activities this year.

I hope each of you has holiday traditions you can continue. For me, it is homemade pumpkin pie for breakfast on Thanksgiving morning! I will then

go out and hang festive holiday lights on my front patio and in my windows during the holiday weekend. I am guessing that many neighborhoods will have many more lights and decorations than usual. Go out and walk through your neighborhood to check them out.

Finally, if you can, please get your annual flu shots. Not only does

it help insure your safety, you will be doing me a personal favor. I had a severe reaction to a flu shot several years ago, so I am no longer able to take the annual shot. Your shot helps insure that I will also be safe.

Have a safe and Happy Thanksgiving. We really do have so many things for which we can be thankful.



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MONTHLY WALK ROUND-UP

SUNDAY, NOVEMBER 1

8:15 am

MERRY-GO-ROUND WALK. Meet at 8:15 AM every Sunday for the Merry-Go-Round walk at the Carousel in front of the San Diego Zoo (intersection of Zoo Pl. and Park Blvd.). Please arrive earlier for sign-in, as the walk does leave at 8:15 AM. About 3 hours (6 to 9 miles). Generally, there is a lot of parking in the parking lot adjacent to 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. Meet with Rick Puetter (858-565-7212, rpuetter@att.net). Co-leaders: Ward Martin (moderate+), Tom Samaras (moderate).

MONDAY, NOVEMBER 2

6:30 am

SUNRISE SERIES: SAN DIEGO RIVER. Hopefully, our feathered friends will be on hand for this 1-hour walk on *flat paved terrain at your own pace* along Mission Bay, so you can test your legs or bring binoculars and slow down to enjoy nature. Take the I-5 to the Tecolote-Sea World Drive exit and proceed west past several lights. After the light at Friars Rd., watch for the next light, where you'll see the South Shores Boat Ramp sign on your right, but you will turn left onto the old road that parallels Sea World Dr. Bring money for an optional breakfast afterward. Edie A. (619) 222-4396.

10:00 am

HISTORIC LA PLAYA TRAIL. Join leader Rob as we follow a leg of the historic La Playa Trail along shoreline past yacht clubs, amazing homes and award winning gardens. Meet at the trail marker by the bay at the intersection of Talbot Street and Anchorage Lane, 2800 Talbot Street, an area which was the site of a Chinese junk shipbuilding village until the Chinese Exclusion Act. We will follow the ancient Kumeyaay path that became the oldest commercial trail in the Western United States, used by fur traders, whalers and fishermen to transport cargo from Ballast Point to Old Town and beyond. The casual+ pace is on a flat dirt trail for approx. 2.4 miles RT and 75 minutes. Street parking; observe signage. Optional eats after; heavy rain cancels; served by bus #28. Sally R. (619) 222-3800. Repeats every other week.

2:00 pm

ZOOM TELECONFERENCE. See p. 8 for details.

TUESDAY, NOVEMBER 3

10:00 am

LIBERTY STATION/OLD SAN DIEGO RIVER REMNANT WALK. Meet up with Rob K. at the USS

Recruit aka the USS NeverSail (Naval recruit training vessel) for basically an hour walk along the river to the end and back. *Casual+ pace* on sidewalk or dirt path, your choice. Pass by gardens including the Hugh Story Rose Garden, tributes to sunken submarines and more. Rob counted 101 squirrels on a recent return leg of the walk. Enter Liberty Station from Harbor Drive. Ample free parking by the NeverSail. Optional lunch or coffee after. Repeats weekly. Rob K. at (619) 972-2819 or Sally R. at (619) 222-3800.

THURSDAY, NOVEMBER 5

6:30 am

SUNRISE SERIES: SEAPORT VILLAGE/
EMBARCADERO. We'll start at Seaport Village and walk along the bay toward the Convention Center, exploring Marina Park, on this *moderate* 1-hour flat walk. Join us for spectacular views of the bay, Coronado Bridge, Coronado, and downtown San Diego. If we have time, we'll also visit the "The Kiss" located next to the USS Midway Museum. Meet Frances at the south end of Pacific Hwy. and park by the Seaport Village merry-go-round. Bring money for an optional breakfast afterward. Frances (619) 479-3962.

10:00 am

SHELTER ISLAND WALK & TALK. Join Rob, Elaine, or Janet for a beautiful walk from the Bali Hai to the Japanese Friendship Bell and back on flat sidewalks (about 2.5 miles round trip; 60+ minutes including pit stop). Breathe delicious ocean air and enjoy dynamic bay and city views from ships to sea lions. Meet new friends to the right of the Bali Hai by the lamp post and hand rails, where we will stretch for a few minutes. Ample free parking. If you're late, drive down the island and join us along the way. Take the #28 bus and walk approximately 3 blocks to the Bali Hai. Optional eats afterward. Heavy rain cancels. Pace: casual+. Sally R. (619) 222-3800.

FRIDAY, NOVEMBER 6

3:45 pm (note time change)

SUNSET CLIFFS VIEWS. We will finish our one hour walk as the sun sets. No walking in the dark. Meet at Sunset Cliffs Blvd. & Point Loma Ave. (not West Point Loma Blvd.) in Ocean Beach. This walk will be AT YOUR OWN PACE. You may walk at whatever pace you prefer. We will walk south for 30 minutes and return and meet everyone one hour later for the best sunset view in San Diego. Stan F. (619) 222-3447.

SUNDAY, NOVEMBER 8

8:15 am

MERRY GO-ROUND. See Sunday, November 1 for details.

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MONDAY, NOVEMBER 9

6:30 am

SUNRISE SERIES: SAN
DIEGO RIVER. Come join us as we
walk along the beautiful San Diego
River in Mission Valley. We'll meet
at the Parking Lot at the west end

of Mission Valley Center (corner of Camino de la Reina and Mission Center Road. Address is 10625 Camino de la Reina). Exit north off of I-5 at exit #5 Mission Center Way. We'll enjoy our beautiful San Diego River and may either walk to the east or to the west toward Fashion Valley. Optional breakfast follows this *moderate*, flat-1hour walk. Don't forget to bring your mask. Connie V. (619) 477-8628.

KEY TO WALK SYMBOLS



WEEKLY REPEATING WALKS



SUNRISE SERIES

Revival. This is a *moderate* 1-hour walk on mostly flat terrain, but there are also options for some outstanding hills (views towards the San Diego Airport and also Mission Valley). Discover what is new and old, what is being remodeled and

renovated and just enjoy being in one of San Diego's oldest neighborhoods. Meet Connie at Goldfinch St. and Fort Stockton Dr., which is 1 block north of West Washington St. Optional breakfast afterward. Don't forget your mask. Connie V. (619) 477-8628.

10:00 am

SHELTER ISLAND WALK & TALK. See Thursday, November 5 for details.

10:00 am

AMERICA'S CUP HARBOR.

Join leader Rob as we walk around America's Cup Harbor on sidewalks to admire what's new in the marina from bayside restaurants to a new brewery, gelato/ coffee shop, deluxe condos and new docks, with lots of construction and MORE. The casual+ pace walks on flat paved surfaces and are approximately 2.5 miles each for about 1 hour and 15 minutes. Fun, friendly group. Optional eats afterward. Meet to the right of the front door of the Bali Hai. Ample free parking: Served by #28 Bus

and walk 3 blocks. *Heavy rain cancels*. Sally R. (619) 222-3800. Repeats every other week.

2:00 pm

ZOOM TELECONFERENCE. See p. 8 for details.

TUESDAY, NOVEMBER 10

10:00 am

LIBERTY STATION/OLD SAN DIEGO RIVER REMNANT WALK. See Tuesday, November 3 for details.

10:30 am

ZOOM WALKABOUT BOARD MEETING. See page 8 for information.

THURSDAY, NOVEMBER 12

6:30 am

SUNRISE SERIES: MISSION HILLS. Enjoy the beautiful yards and views from one of San Diego's oldest neighborhoods, home to Mission Hills Historic District. We'll see if we can spot the architectural styles located there: Bungalows, Craftsman, Prairie School, Mission Revival, Spanish Revival, and Colonial



Shelter Island Walkers pit stop at end of Shelter Island with the Scripps Research vessel named after Astronaut Sally Ride, blue and white ship in middle of photo. Left to right, first row: Beverly D., Mark L, Sally R. Second row, left to right: Elaine B., ?, ?, Jackie B., Sue H. Bob B., Rob K., Ingrid.

FRIDAY, NOVEMBER 13

3:45 pm

SUNSET CLIFFS VIEWS. See Friday, November 6 for details.

SUNDAY, NOVEMBER 15 8:15 am

MERRY GO-ROUND.
See Sunday, November 1 for details.

MONDAY, NOVEMBER 16 6:30 am

SUNRISE SERIES:
HARBOR ISLAND. We'll have
a quiet walk for 1 hour at a
moderate pace on flat terrain

around this beautiful area so close to downtown. Take Harbor Dr. to Harbor Island Dr., turn west to the end and turn left to the parking next to Island Prime Restaurant. Bring money for optional breakfast afterward. **John and Marilyn** (619) 840-5544.

10:00 am

HISTORIC LA PLAYA TRAIL. See Monday, Nov. 2 for details.

2:00 pm

ZOOM TELECONFERENCE. See p. 8 for details.

TUESDAY, NOVEMBER 17

10:00 am

LIBERTY STATION/OLD SAN DIEGO RIVER REMNANT WALK. See Tuesday, November 3 for details.

2:00 pm

DRYDEN DISTRICT. The "Notable San Diego Women" walks are on hold but if a group walk is deemed safe, I will lead a walk in North Park. We will see some of the best examples of the Arts and Craft houses by architect David Owen Dryden. We may also discover an 8-sided house, a brick house, a house where a movie

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was filmed, a purple tree, a "secret" street, a miniature train, and a bird park. Meet at the North Park Dryden Historical District entry gate at 28th and Upas streets for a 1 1/5 + hour *casual-to-moderate* walk with some hills. Bus #7 stops at University and Utah st. *Rain cancels*. Evelyn K. (619) 461-6095.

THURSDAY, NOVEMBER 19

6:30 am

SUNRISE SERIES: LAKE MURRAY. Walk at your own pace for 1 hour on a *mostly flat* path around the lake. Drive through the main entrance to Lake Murray at the end of Kiowa Dr. off Lake Murray Blvd. Meet in the main parking lot. Bring money for optional breakfast afterward. Betty (858) 248-3742.

10:00 am

SHELTER ISLAND WALK & TALK. See Thursday, November 5 for details.

FRIDAY, NOVEMBER 20

3:45 pm

SUNSET CLIFFS VIEWS. See Friday, November 6 for details.

SUNDAY, NOVEMBER 22

8:15 am

MERRY GO-ROUND. See Sunday, Nov. 1 for details.

MONDAY, NOVEMBER 23

6:30 am

SUNRISE SERIES: SHELTER ISLAND. Let's take a casual to moderate walk along this beautiful mostly-flat area by the bay where there are many beautiful homes. There will be a choice of going up a hill for those who feel they would like to climb to where the view is very scenic. To meet the group, from I-5, drive west on Rosecrans St. to Shelter Island Dr., turn left and go about two blocks to Anchorage Dr. to the large parking lot (park where there are no meters). Bring money for optional breakfast afterward. Edie A. (619) 222-4396.

10:00 am

AMERICA'S CUP HARBOR. See Monday, Nov. 9 for details.

2:00 pm

ZOOM TELECONFERENCE. See p. 8 for details.

TUESDAY, NOVEMBER 24

10:00 am

LIBERTY STATION/OLD SAN DIEGO RIVER REMNANT WALK. See Tuesday, November 3 for details.

THURSDAY, NOVEMBER 26

10:00 am

**SHELTER ISLAND THANKSGIVING DAY
WALK**. See Thursday, November 5 for details. Rob
will lead the regular Thursday Shelter Island walk. Bring
money for optional breakfast or coffee afterward.

FRIDAY, NOVEMBER 27

3:45 pm

SUNSET CLIFFS VIEWS. See Friday, November 6 for details.

SUNDAY, NOVEMBER 29

8:15 am

MERRY GO-ROUND. See Sunday, Nov. 1 for details.

MONDAY, NOVEMBER 30

6:30 am

SUNRISE SERIES: SOUTH SHORE. Meet at the South Shores Boat Launch just east of Sea World on Mission Bay. Hopefully we'll see some rabbits and the great sea birds there. Take I-5 to Sea World Dr. and go west to the South Shores Boat Launch Ramp area. Watch for the sign, it is not very prominent. We'll meet at the restrooms at the boat launch. Optional breakfast follows this *moderate*, flat 1-hour walk. John and Marilyn (619) 840-5544.

10:00 am

HISTORIC LA PLAYA TRAIL. See Monday, Nov. 2 for details.

2:00 pm

ZOOM TELECONFERENCE. See p. 8 for details.

RULES FOR WALK LEADERS

At our September 8 Board of Directors meeting we discussed the new rules required under the COVID19 situation.

We are requiring our walk leaders to follow these rules when they resume walks.

- 1. Sign in your participants yourself rather than sharing a pen and sign-in sheet.
- Require all walkers to wear face coverings at all times.
- Remind each walker to maintain a safe distance (6 ft) from their fellow walkers. Remember that walking at your own pace often automatically spaces out walkers.
- If the group is larger than 5 to 8 people you will need to assign a second leader to lead part of the group.
- 5. Be aware of the current rules that apply to your walking area depending on which government agency has responsibility for that area.
- 6. Require all participants to carry picture ID and have emergency contact information with them.
- 7. Please carry hand sanitizer with you. Good idea to bring extra face masks if you can.
- Walk leaders have the option of adding additional requirements for their walks.

NOVEMBER 2020 WALKS AT A GLANCE

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8:15 am Merry- Go-Round	6:30 am Sunrise: San Diego River 10:00 am Historic La Playa Trail 2:00 pm Zoom Teleconference	10:00 am Liberty Station/ Old San Diego River Remnant		6:30 am Sunrise: Seaport Village/ Embarcadero 10:00 am Shelter Island	3:45 pm Sunset Cliff Views	
8	9	10	11	12	13	14
8:15 am Merry- Go-Round	6:30 am Sunrise: San Diego River 10:00 am America's Cup Harbor 2:00 pm Zoom Teleconference	10:00 am Liberty Station/ Old San Diego River Remnant 10:30 am Zoom Walkabout Board Mtg.		6:30 am Sunrise: Mission Hills 10:00 am Shelter Island	3:45 pm Sunset Cliff Views	
15	16	17	18	19	20	21
8:15 am Merry- Go-Round	6:30 am Sunrise: Harbor Island 10:00 am Historic La Playa Trail 2:00 pm Zoom Teleconference	10:00 am Liberty Station/Old SD River Remnant 2:00 pm Dryden District		6:30 am Sunrise: Lake Murray 10:00 am Shelter Island	3:45 pm Sunset Cliff Views	
22	23	24	25	26	27	28
8:15 am Merry- Go-Round	6:30 am Sunrise: Shelter Island 10:00 am America's Cup Harbor 2:00 pm Zoom Teleconference	10:00 am Liberty Station/ Old San Diego River Remnant		10:00 am **Shelter Island Thanksgiving Day Walk**	3:45 pm Sunset Cliff Views	
29	30					
8:15 am Merry- Go-Round	6:30 am Sunrise: South Shore 10:00 am Historic La Playa Trail 2:00 pm Zoom Teleconference				THE WALKS LIS' AUTHORIZED ON STATE A GUIDELINES. W THAT THE GUIDE FREQUENTLY. IT TO CALL THE WA CONFIRM THE W. THAT	DEPENDING ND LOCAL IE ALL KNOW LINES CHANGE IS ADVISABLE LK LEADER TO ALK IS ON FOR

WILDERNESS HIKES NOVEMBER 2020 UPDATE

Your hike leaders are keeping one eye on the thermometer and the other on state and local hike requirements. Cooler temperatures must be on the way so keep checking those emails as we expect that we will probably start publishing hikes this month.

Walkabout has implemented some new "leader requirements", see newsletter, in an attempt to make sure hikes are as safe as possible. However, it is your responsibility to make the final decision of who and when to join.

Stay safe, keep social distancing, wear a mask and hope to see you soon. For more information Don P (760) 670-6862 or dpiller@cox.net

BOARD SEEKS YOUR HELP VOLUNTEERS NEEDED!

1. Office Volunteers

Here is your opportunity to help keep our great organization going. Office hours are 10am-2pm Monday, Wednesday and Friday. Activities include answering the phone, checking the mail, general maintenance of the office and helping with projects as needed. No prior office experience is required as we will train you on all aspects of the job and a board member is usually only a phone call away if something comes up for which you have no answer. Currently we have been able to maintain office hours because board members are giving their time to serve.

2. Board of Directors Members

What does it take to be a member of the Board of Directors?

First and foremost a desire to do all that is necessary to keep this great organization moving forward. We request you attend one two hour meeting on the 2nd Friday of each month. These meetings are where we determine what events, activities, trips etc. that Walkabout will do. In addition to board meetings, most members have additional activities. For example, Donna is the secretary and takes the minutes of our board meetings, Diane is the treasurer and makes sure our bills are paid, Stan keeps our membership rolls in order so people receive their monthly newsletter, Marilyn plans activities and day trips and Dan plans multi-day trips.

We currently need someone who would like to help us develop new walks. We would also like to have someone who is social media savvy and would like to spread our story using this forum.

If this sounds like something you would like to do, please attend a board meeting so we can meet you and hear your Ideas. If you can't attend the board meeting, please email your ideas to Elaine Berger President@walkabout-int.org.



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

BOARD OF DIRECTORS

President	(858) 560-9003
Elaine Berger	President@walkabout-int.org
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Marilyn Buckley	prwalkabout@yahoo.com
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	Janet@walkabout-int.org
Director Emeritus	619) 318-4870
Dan Haslam	danhaslam@walkabout-int.org

OFFICE STAFF

Elaine Berger, Marilyn Buckley, Janet Fenston, Stanley Follis, Sharon Nelson and Charlotte Sedgwick.

NEWSLETTER STAFF

Kathy Johnson kathyj@walkabout-int.org

MAILING CREW

Charlotte Sedgwick, Beverly Stebbins, 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 kathyi@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 kathyi@walkabout-int.org. To submit photos, go to https://walkabout-int.org/about-us/forms/pho-to-submission/

JOIN US ON MEETUP!

www.meetup.com/Walkabout-International



Follow us on <u>Facebook</u> at Walkabout International

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To keep up-to-date on everything Walkabout, check our website: http://www.walkabout-int.org

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 who offers more than 1,000 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 WALK-ABOUT 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 \$20 Tenderfoot \$25 Footprint \$100 Arch Supporter \$250
Twinkle Toes \$50Kindred Sole \$250Big Foot \$1000 Other Contribution Amount \$
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November 2020

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PRINTED NEWSLETTERS

In order for Walkabout to continue receiving bulk mail postal rates for our newsletter, we must meet a postal services minimum number of pieces of mail each month. As many of our current subscribers request PDF only, our physical newsletter numbers are getting perilously close to the limit. Thus we are planning that all Walkabout subscribers will begin to receive both a PDF and paper copy of the newsletter at the start of 2021. If you really object to this decision, please contact our office or any of the board members. Loss of bulk mail rates will significantly impact our ability to continue a paper copy of the newsletter. While some 90% of our active subscribers have email and could receive a PDF only, there are still many who would be left out of the information provided by the paper copy of SDFeets.

If you are a walk leader, use the calendar in the newsletter to record the number of individuals who come to your walks. Please hand out copies of the newsletter to visitors at your walk. Remind them that they can also go to our website to request a free copy of the newsletter for the current month. Copies of the newsletter are also available outside our office if no one is there. Feel free to pick some up and spread them in your community.

JOIN US FOR OUR WEEKLY ZOOM TELECONFERENCE

With the CV-19 restrictions, we are having a casual Zoom teleconference each Monday at 2:00 pm 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/ Monday noon 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.

WALKABOUT BOARD MEETING

Tuesday, November 10th at 10:30 a.m.

Zoom meeting invitations will be sent via WalkaBlast before the meeting. If you have any items you would like to present you must contact a board member so the item can be added to the agenda.

All Subscribers Are Welcome