



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](http://www.walkabout-int.org), email: [info@walkabout-int.org](mailto: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.**

# December 2020

## “SEZ ME”

Elaine Berger, President

After what seems to be an endless year, here we are in December. Normally we would be planning walks including tree lightings, neighborhood walks to observe decorations, luncheons and all the group activities we associate with the holidays. This year most of those activities are simply not possible as the coronavirus spikes to new record levels.

We can still celebrate the holidays, but they will have to be in a more limited way. Hang decorative lights on your porches or in your windows. Get out a box of cards and write old friends who would love to hear from you. Donate to the charity of your choice—Toys for Tots, The San Diego Food Bank, the Rescue Mission, Father Joe’s Villages, the Humane Society, and your church are some of the very worthy examples. This is a year when we all need to be as generous as possible for the many San Diegans who are in need. And most of all celebrate that we are all safe.

What will 2021 look like? At this point no one knows.

With the possibility of vaccines for the virus on the horizon, it looks very positive. However, even with the vaccine it will probably be next fall before we can begin to think of life returning to something like normal. Still, we have much to celebrate and look forward to in the new year. Fortunately, we should be able to continue our walks with appropriate safety measures. I look forward to the day when I can go to a walk and give a big hug to old friends and fellow walkers that I haven’t seen in months—and then going out for lunch.

I want to apologize for the confusion about mailed copies of the newsletter to those who only receive PDF versions of the newsletter. After discussion at the November board meeting, I want to clarify the situation. If you only receive a paper copy of the newsletter, or if you receive both a PDF and a paper copy, nothing will change. If you only receive a PDF, occasionally you may also receive a paper copy of the newsletter. This is to ensure that we keep our mailing list at a minimum of 200 copies per month so we can keep our bulk mail postal rates. With the addition of numerous libraries to

*Continued on page 8*

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## MONTHLY WALK ROUND-UP

### TUESDAY, DECEMBER 1

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. **Note: Rob will not be in town to lead this walk, but will be back for the Dec. 8th walk.**



*The USS Recruit on Liberty Station ... the meeting place for Rob K.'s walk alternating Mondays at 10 am.*

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, DECEMBER 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 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](mailto:rpuetter@att.net)). Co-leaders: Ward Martin (moderate+), Tom Samaras (moderate).

### THURSDAY, DECEMBER 3

6:30 am

 **SUNRISE SERIES: BY THE RIVER AT LIBERTY STATION.** Join Edie for a **moderate**, 1-hour walk on mostly paved, level paths. We'll meet in the parking area near the river at the south end of Womble St. From the south, take I-5 to the Pacific Hwy. exit, veer to the left onto Barnett Ave., turn left into Liberty Station, turn left at Womble St. From the north or east, take the Rosecrans St. exit, proceed several miles until you see Vons on your left – Womble St. is the next left turn. Optional breakfast follows. Edie A. (619) 313-7818.

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 the 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, DECEMBER 4

3:45 pm

 **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

### MONDAY, DECEMBER 7

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 John and Marilyn at the south end of Pacific Hwy. and park by the Seaport Village merry-go-round. Bring money for an optional breakfast afterward. John and Marilyn (619)

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.

**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.**

**TUESDAY, DECEMBER 8**

10:00 am

 **LIBERTY STATION/OLD SAN DIEGO RIVER REMNANT WALK.** See Tuesday, December 1 for details.

10:30 am

**ZOOM WALKABOUT BOARD MEETING.** See page 8 for information.

2:00 pm

**FLETCHER HILLS FLING.** Join us for a *casual-to-moderate*, slightly hilly, 1 & 1/2 hour walk past beautiful homes to enjoy a panoramic view of El Cajon Valley. Meet at the corner of Hacienda Drive and Flying Hills Lane. Turn north from Fletcher Parkway onto Hacienda Drive, just before Fletcher Parkway dips down into the valley. (Hacienda Drive becomes Westwind Drive on Fletcher Parkway's south side.) Veer right immediately to follow Hacienda Drive for .6 miles to Flying Hills Lane. *Rain cancels.* Evelyn K. (619) 461-6095.

**THURSDAY, DECEMBER 10**

6:30 am

 **SUNRISE SERIES: SOUTH BAY.** Meet Frances in the parking lot on the corner of National City Blvd. and 2nd St. as we visit Heritage Square, where the "Railroad Homes" and Kimball House are located, and the National City Library, which has a custom designed William Hubbell stained glass window. We'll cut through Kimball Park, visiting the ARTS center on this *casual to moderate* 1 hour walk on flat terrain. From the north, take the I-5 south to Main St., make a left turn onto National City Blvd., go under the I-5 freeway and bear right at the arrow. Parking lot is about two blocks on your right. Bring money for optional breakfast afterward. Frances (619) 479-3962.

10:00 am

 **SHELTER ISLAND WALK & TALK.** See Thursday, December 3 for details.

**FRIDAY, DECEMBER 11**

3:45 pm

 **SUNSET CLIFFS VIEWS.** See Friday, Dec. 4 for details.

**SATURDAY, DECEMBER 12**

9:30 am

**HIDDEN SIDEWALKS OF CARMEL VALLEY.** Come and explore a network of hidden sidewalks in this pleasant Carmel Valley neighborhood north of Highway 56. This approximately 4.5 mile, mostly flat, *moderate paced* hike stays on groomed pathways and sidewalks tucked away behind the houses in this North County neighborhood. Meet in front of the Pavilions store at 3850 Valley Centre Dr. in the Piazza Carmel Shopping Center just north of Highway 56. Take the Carmel

**KEY TO WALK SYMBOLS**



**WEEKLY REPEATING WALKS**



**SUNRISE SERIES**

Creek Road exit. Please bring a face covering. *Rain cancels.* Email, text or call: Lenore E. (619) 890-0714 ([ledidin@san.rr.com](mailto:ledidin@san.rr.com)).

**SUNDAY, DECEMBER 13**

8:15 am



**MERRY GO-ROUND.** See Sunday, December 6 for details.

**MONDAY, DECEMBER 14**

6:30 am



**SUNRISE SERIES: CORONADO.** Let's take a flat, *moderate* paced walk through beautiful Coronado with stops to admire the shops, homes, gardens, Hotel Del Coronado and of course the beach. Meet at the west side of 10th St. and Orange Ave. with optional breakfast afterward. Edie A. (619) 313-7818.

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, DECEMBER 15**

10:00 am



**LIBERTY STATION/OLD SAN DIEGO RIVER REMNANT WALK.** See Tuesday, December 1 for details.

**THURSDAY, DECEMBER 17**

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, December 3 for details.

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**FRIDAY, DECEMBER 18**

3:45 pm

 **SUNSET CLIFFS VIEWS.** See Friday, Dec. 4 for details.

**SUNDAY, DECEMBER 20**

8:15 am

 **MERRY GO-ROUND.** See Sunday, Dec. 6 for details.

**MONDAY, DECEMBER 21**

6:30 am

 **SUNRISE SERIES: CORONADO (HOLIDAYS IN DECEMBER).** Let's take a flat, *moderate paced* walk through scenic Coronado where hopefully we will see some beautiful Holiday decorations Let's explore to see what we will find as we explore the shops, homes and gardens, and of course the Hotel Del Coronado! Will the ice rink be open? Will Santa and his elves be lurking about still this close to Christmas? 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. Don't forget your mask. Connie V. (619) 477-8628.

10:00 am

**AMERICA'S CUP HARBOR.** See Mon., Dec. 7 for details.

2:00 pm

 **ZOOM TELECONFERENCE.** See p. 8 for details.

**TUESDAY, DECEMBER 22**

10:00 am

 **LIBERTY STATION/OLD SAN DIEGO RIVER REMNANT WALK.** See Tuesday, December 1 for details.

**THURSDAY, DECEMBER 24**

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 to moderate* 1-hour walk. Bring money for optional breakfast afterward. John and Marilyn (619) 840-5544.

10:00 am

 **SHELTER ISLAND WALK & TALK.** See Thu., Dec. 3 for details, the group will go for Coffee or ?? after.

**SUNDAY, DECEMBER 27**

8:15 am

 **MERRY GO-ROUND.** See Sun., Dec. 6 for details.

**MONDAY, DECEMBER 28**

6:30 am

 **SUNRISE SERIES: BALBOA PARK.** Meet at 5th Ave. and Spruce St. to start our exploration of Balboa Park from the west side where we'll plan to see two of San Diego's historic treasures, the Marston House, a classic 1805 Arts and Crafts style museum home designed by renowned local architects William Hubbard

and Irving Gill, and then continue over historic Cabrillo Bridge to Plaza de Panama and into Balboa Park as far as we can go in 1 hour on flat and paved terrain *at your own pace*. Bring money for optional breakfast afterward. John and Marilyn (619) 840-5544.

10:00 am

**HISTORIC LA PLAYA TRAIL.** See Mon., Dec. 14 for details.

2:00 pm

 **ZOOM TELECONFERENCE.** See p. 8 for details.

**TUESDAY, DECEMBER 29**

10:00 am

 **LIBERTY STATION/OLD SAN DIEGO RIVER REMNANT WALK.** See Tuesday, December 1 for details.

**THURSDAY, DECEMBER 31**

6:30 am

 **SUNRISE SERIES: MISSION HILLS.** Come join us for the last morning of 2020 in beautiful Mission Hills. We'll enjoy the yards and views from one of San Diego's oldest neighborhoods, home to Mission Hills History District. 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 *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 Thu., Dec. 3 for details, the group will go for Coffee or ?? after.

**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 Walkabouts. 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.

# DECEMBER 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
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
		10:00 am Liberty Station/ Old San Diego River Remnant <b>CANCELED TODAY ONLY</b>		6:30 am <i>Sunrise:</i> By the River at Liberty Station  10:00 am Shelter Island	3:45 pm Sunset Cliff Views	
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
8:15 am Merry- Go-Round	6:30 am <i>Sunrise:</i> Seaport Village/ Embarcadero  10:00 am America's Cup Harbor  2:00 pm Zoom Teleconference	10:00 am Liberty Station/Old SD River Remnant 10:30 am Zoom Walkabout Board Mtg. 2:00 pm Fletcher Hills Fling		6:30 am <i>Sunrise:</i> South Bay  10:00 am Shelter Island	3:45 pm Sunset Cliff Views	9:30 am Hidden Sidewalks of Carmel Valley
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
8:15 am Merry- Go-Round	6:30 am <i>Sunrise:</i> Coronado  10:00 am Historic La Playa Trail  2:00 pm Zoom Teleconference	10:00 am Liberty Station/Old SD River Remnant		6:30 am <i>Sunrise:</i> Lake Murray  10:00 am Shelter Island	3:45 pm Sunset Cliff Views	
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
8:15 am Merry- Go-Round	6:30 am <i>Sunrise:</i> Coronado  10:00 am America's Cup Harbor  2:00 pm Zoom Teleconference	10:00 am Liberty Station/ Old San Diego River Remnant		6:30 am <i>Sunrise:</i> Old Town  10:00 am Shelter Island, <i>the group will go for coffee or ?? after</i>		
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<p><b>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.</b></p>	
8:15 am Merry- Go-Round	6:30 am <i>Sunrise:</i> Balboa Park  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 <i>Sunrise:</i> Mission Hills  10:00 am Shelter Island, <i>the group will go for coffee or ?? after</i>		

# WILDERNESS HIKES DECEMBER 2020 UPDATE

We have started to email out our hikes again. We are doing this as an ad hoc basis only as leaders send in hikes that they would like to lead. We will not start publishing our old "calendar" type of notification in the newsletter until a lot more leaders feel comfortable leading hikes. Walkabout has implemented some new "leader requirements," see page 8 of the 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](mailto: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](mailto:President@walkabout-int.org).

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

# BOARD OF DIRECTORS

President Elaine Berger	(858) 560-9003 <a href="mailto:President@walkabout-int.org">President@walkabout-int.org</a>
1st Vice President Robert Buehler	(619) 470-0778 <a href="mailto:vp1@walkabout-int.org">vp1@walkabout-int.org</a>
2nd Vice President Marilyn Buckley	(619) 231-7463 <a href="mailto:prwalkabout@yahoo.com">prwalkabout@yahoo.com</a>
3rd Vice President Stan Follis	(619) 222-3447 <a href="mailto:Stanley@walkabout-int.org">Stanley@walkabout-int.org</a>
Secretary Donna Farris	(619) 559-5650 <a href="mailto:secretary@walkabout-int.org">secretary@walkabout-int.org</a>
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Connie Vickers	(619) 477-8628 <a href="mailto:connie@walkabout-int.org">connie@walkabout-int.org</a>
Janet Fenston	(619) 890-4622 <a href="mailto:Janet@walkabout-int.org">Janet@walkabout-int.org</a>
Director Emeritus Dan Haslam	619) 318-4870 <a href="mailto:danhaslam@walkabout-int.org">danhaslam@walkabout-int.org</a>

## OFFICE STAFF

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

## NEWSLETTER STAFF

Kathy Johnson [kathyj@walkabout-int.org](mailto: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 [kathyj@walkabout-int.org](mailto: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](mailto:kathyj@walkabout-int.org). To submit photos, go to <https://walkabout-int.org/about-us/forms/photo-submission/>



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

# 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 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 \$20     Tenderfoot \$25     Footprint \$100     Arch Supporter \$250  
 Twinkle Toes \$50     Kindred Sole \$250     Big Foot \$1000    Other Contribution Amount \$ \_\_\_\_\_

Circle **RENEW** or **NEW** Subscriber/Supporter... \*Where\* 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.

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EMAIL ADDRESS \_\_\_\_\_

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PDF ONLY (fully tax deductible, eco-friendly, and helps us keep costs down)

MAIL ONLY (physical newsletter will be mailed to your address)

BOTH

Subscribe to the email list for Wilderness Hikes

### BUY-ONE GET-ONE-FREE

Subscriptions at and above the Tenderfoot (\$25) level include our buy-one, get-one-free (PDF only) deal whether you are a new or renewing subscriber. This allows you to give a one-year Newsletter subscription, PDF version only, to anyone who has never been a WALKABOUT subscriber.

NAME \_\_\_\_\_ DATE \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP+4 \_\_\_\_\_ - \_\_\_\_\_

PRIMARY PHONE (        ) \_\_\_\_\_ OTHER PHONE (        ) \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_



December 2020

2650 Truxtun Rd., Suite 110  
San Diego, CA 92106-6007  
(619) 231-7463  
<http://www.walkabout-int.org>

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## “SEZ ME” CONTINUED

our mailing list, we should be able to maintain that number without much trouble. Loss of bulk mail rates would be devastating for our newsletter. If you have questions, please feel free to call me and I will explain the situation (Elaine B. 858-560-9003). *Have a happy holiday season and I look forward to seeing you in the new year.*

“Start every day with a smile and get it over with.”  
—Comedian and noted curmudgeon W. C. Fields



Former Walkabout president & VP Dan Haslam recently visited San Diego from his new home in Ft. Lauderdale and hosted a lunch in the Gaslamp Quarter for many Walkabouts.

## RULES FOR WALK LEADERS

Due to the Covid19 situation, we are requiring our walk leaders to follow these rules.

- 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.
- Be aware of the current rules that apply to your walking area depending on which government agency has responsibility for that area.
- Require all participants to carry picture ID and have emergency contact information with them.
- 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.

## WALKABOUT BOARD MEETING

Tuesday, December 8th 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*