

Menehune Marcher News

March 2021

Volume 20, Issue 3

From the President

Aloha Menehunes,
I hope this message finds you well and very conscientious about staying safe despite the challenges we have delt with the past year under the present COVID-19 world pandemic. Although a year seems like a long time, I think we may be approaching the point where we will be able to see things slowly trend back to normal, to include the walking and social activities we used to enjoy as members of our club.

A very important part of returning to normal is getting your vaccination. It is also very important to get the second shot at the appropriate interval. I hope that our club may be approaching the point soon where a majority of us will be able to show off our CDC vaccination cards. Molly and I received our first Pfizer vaccine on 31 January and are scheduled to get our second shot 20 February. The only side effect we experienced was soreness in the injection arm for about one day. I have read that the second shot usually results in a greater reaction to include flu like symptoms for a few days. However, I have also read that it is very important not to take any pain medication prior to getting the second shot. The reason is that having a pain medication in your system will diminish the vaccination's capability to activate your immune system to generate COVID antibodies. Once the vaccination has activated your system and is causing you discomfort, it is then OK to take common over-the-counter medications such as Tylenol, Actifed and Aspirin to help dull the pain. Of course, please consult your personal physician if you have any particular health conditions or concerns. I am not a physician, but only a guy who reads a lot about the pandemic lately.

One person who is a physician, Lt. Gov. Josh Green, stated in a very hopeful article – *Normalcy Full Speed Ahead* – published in the Star-Advertiser on 16 February, that he is “projecting the state will be able to return to some type of normalcy by the summer with 1.1 million COVID-19 vaccinations expected to be available by June 1.” The Lt. Gov. goes on to

Footprints

GARter Tales

Carol Romig: Dennis and I decided to walk the virtual GAR at Turtle Bay. It was amazing. Since we had an extra two miles, we explored new trails and finally discovered the Laysan albatross colony. I knew they were somewhere near Kahuku Point, but we never could find them.

As we were walking the coastal trail at Kahuku Point, Dennis heard the albatross' call. Lucky he did because I didn't hear them. We walked ¼ of a mile and saw about 10 albatross nesting in a forested section. In about a week we hope to return in hopes of seeing some baby chicks. The entire walk was very scenic. We started at 7 a.m. and finished four hours later. The trails were deserted except for the occasional fisherman. February 18 update: chicks hatched. So cool. See the photo.



John and Charlotte Sullivan: We walked our 8.15 miles in two segments – both cold! Day 1 was 30 degrees; Day 2 was 22. We rushed to finish because the rest of week showed temps here in Spokane falling even lower. Still it was great to be out moving our feet. We even met a guy washing his car! Brrr.



state "That means big gatherings will be doable..." Boy, that would sure be nice!

In other news, despite Carol Romig's and my best efforts, the new management of the former New Otani Kaimana Beach Hotel opted to not continue to maintain the Waikiki-3 YRE walk box at their location. The new owners and management have eliminated the former travel desk where the box was previously maintained and did not want to keep it behind the main counter. The Diamond Head, Waikiki and Kahala walks are now maintained at the Hokua Condo Tower/Ala Moana walk box location. Carol and Dennis Romig have very kindly re-worked the trail maps to start from Hokua (for the Waikiki walk) or to include driving instructions to take walkers to the Kaimana Beach start point (for the Diamond Head and Kahala walks).

Please stay safe and get your vaccination as soon as it is available to you. Hopefully, sometime thereafter we will be able to see each other again on the trails...
All the best, Mark

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**Have You Visited the Website Recently??**

Drop by the website. Your heart will smile.

[avaclubs.org/MenehuneMarchers](http://avaclubs.org/MenehuneMarchers)

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Walking

The oldest exercise and the cheapest!



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The next AVA Convention will be held in Madison, Wisconsin, June 29 – July 2, 2021.  
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Pat and Neal Nakatsuka: We did our GAR walk at a nearby regional park in Walnut Creek, CA. It was a beautiful, sunny day which we appreciated, especially because it was raining last week. Here are a few photos of some interesting cloud formations that we spotted on our walk.



Carl Cordes and Brenda Harris: We walked the GAR through the railroad trail and over the Memorial Bridge at Hoover Dam.



Carl is the AVA Pacific Regional Director.

Club Volunteers

Officers

President – Mark Brown
Vice President – Katie Barbiato
Treasurer – Dennis Romig
Secretary – Carol Romig



YRE Coordinators

Ala Moana – Mark & Molly Brown
Diamond Head – Mark & Molly Brown
Downtown Honolulu – Ruth Asakura & Gordon Tyau
Hoomaluhia – Carol & Dennis Romig
Kailua – Maria Brasher
Kahala – Mark & Molly Brown
Kona – Carol & Dennis Romig
Manoa Valley – Harriet Miyasaki
Mililani – Carol & Dennis Romig
Patsy Mink – Carol & Dennis Romig
Waikiki – Mark & Molly Brown
Volcano – discontinued

Other Volunteers

Club website – Pat Nakatsuka
Event Brochures – Ruth Asakura
Club membership – Dennis Romig
Newsletter – Charlotte Sullivan
Photographer – Gordon Tyau
Traditional Events – Many!! But we can always use more.

Mahalo, Volunteers!

Menehune Milestones Centurions

Each year AVA sponsors the Centurions – persons who walk **100 walks a year!** The Menehune Marchers are proud to announce three members as 2020 Centurions:

Dan Barnett
Mark Brown
Molly Brown



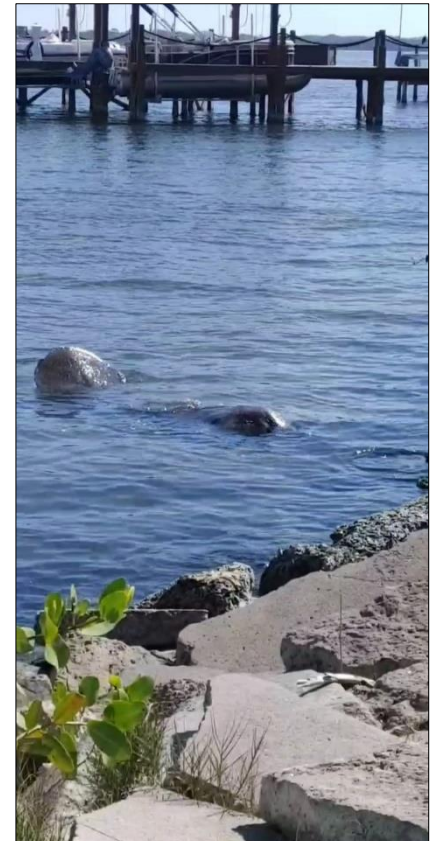
Not only are they 2020 Centurions, but they have been Centurions **every** year since the program began in 2013 – eight years of over 100 events. Bravo!!

And to top that, Mark and Molly were double Centurions in 2020. They did over 200 walks – the Centurion 100 twice. AND they are on track to be Double Centurions again in 2021! Double Bravos!!

Dan Barnett: Our friend Linda Bergman walked the GAR with Nancy and me along the Indian River in Cocoa, Florida. Here are some photos from our walk. We saw two manatees and snapped a photo of one with a tail out of the water.



2021 GAR
Training Shirt



Ty and Ginger Fredriks:
We walked the GAR on the Los Gatos YRE.
Ty is President of Central Coast Beach Boardwalkers.

Dan was stationed in Hawaii with the Air Force. He and Nancy are long-standing members of the Menehune Marchers.

GARters

Thanks to Carol's invitation the Menehunes fielded the largest GAR group ever. Thirty-one Menehunes and their friends from around the country walked in five states to support Hawaii's charities. Congratulations and thanks to all!

Fourteen Menehunes completed the 8.15 mile Great Aloha Run:

California:

Pat Nakatsuka
Neal Nakatsuka

Hawaii:

Sharon Dowdell
Faye Miyamasu
James Lenox
John Miyamasu
Carol Romig
Dennis Romig
Lori Watanabe
Donna Ulbricht

Florida:

Dan Barnett
Nancy Barnett

Washington:

Charlotte Sullivan
John Sullivan



Appalachian Trail Masters

December 31, 2020, closed with all seven Menehunes completing the AVA Appalachian Trail virtual walk of 2,013,000 steps. Every Menehune finished. Most finished months and months before the year-end deadline, and they kept going – in effect doing the walk multiple times. Dan walked enough to complete the Trail six times and Lori five with Carol, Harriet and Pat looping in at twice. Great Job!

Two Menehunes (Dan Barnett and Lori Watanabe) achieved Leaderboard status in the top 25 finishers. Dan was #2 overall; Lori #5. Fantastic showing!

Congratulations to the Appalachian Menehunes:

#2 - Dan Barnett	12,593,938 steps
#5 - Lori Watanabe	10,609,108
Carol Romig	5,197,580
Harriet Miyasaki	4,728,409
Pat Nakatsuka	4,035,838
Christine Enoka	2,877,816
Charlotte Sullivan	2,336,703

A Bit of a Silver Lining

by Pat Nakatsuka

There is no doubt that the past year has been a challenging one, filled with hardship and tragedy. But there were also happier moments to celebrate with new babies, weddings, graduations, and birthdays. As the old saying goes, every dark cloud has a silver lining.

Being home for an extended period of time gave us a greater appreciation for family and friends, and we've spent many hours video-conferencing to keep in touch. We also made good progress on our house, car, and yard maintenance to-do lists because we now had no excuses to avoid these chores. I have never cooked so much in my life and even started watching the Food Channel to learn how to cook some new dishes, mainly because we were getting tired of eating the same meals over and over again.

But the unexpected silver lining for me was discovering all the treasures so close to home that we probably wouldn't have experienced in a "normal" year if we were busy with traveling and other projects.



Last spring, Neal discovered a nest with eggs in our backyard. It was very exciting to see them hatch a few weeks later! (We think they are



northern mockingbirds.) We're pretty sure we would have missed the whole thing if we weren't spending so much time outside in the yard tackling that to-do list.

By September, I was tired of walking on the treadmill. My son suggested that we check out the trails at a nearby regional park. (When he was on the high school cross-country running team, they used to do training runs on some of these trails.) There are several regional parks and an adjoining state park about a 10-minute drive from our house. (These parks cover over 20,000 acres so no problem with social-distancing.) We have explored more of the trails here in recent months than in all the years we've lived in the area. Discovering unexpected views on our walks has been a nice surprise.



View of the "castle rock" formations

In December, our local zoo had a "Glow safari" fund-raising event with required mask and social distancing. It was fun walking through the zoo and seeing these

FYI Walk Box Update

The new location of the walk box for the Waikiki, Kahala and Diamond Head walks is now in the Hokua Condo Lobby, 1288 Ala Moana Boulevard. Just ask for the Walk Box at the desk in the lobby. Carol revised the routes to accommodate the new start point.

The change provides a new opportunity to get new perspectives on some traditional year-round walks.

Remember you can walk Patsy Mink and Hoomaluhia as year-rounds in 2021.

Horizons

As you know, our group walking schedule is deferred pending ongoing Covid restrictions. Updates will arrive by email.

Of course, you can always walk on your own! Do one of our year-rounds and just amble around your neighborhood. You'll be energized and smiling when you finish.

Both Patsy Mink and Hoomaluhia are sanctioned as year-rounds for 2021 only.

Let's get moving!



Mahalo

Special thanks to Pat Nakatsuka, Mark Brown, Carol Romig, Dennis Romig, Dan Barnett, Ty Fredriks, Carl Cordes, Marsha Okada, Gordon Tyau, John Sullivan and the Menehune Ohana for their work in completing this newsletter. Next deadline: June 15.

Best wishes to Gina Olivera as she recovers from a broken hip.

Why couldn't the bicycle stand up by itself? It was two-tired.

colorful, life-size and larger-than-life-size animals all lit up. Although we have been to the zoo many times during the day, we didn't even know about these holiday light events. Again, another new experience for us from staying close to home.



I hope that you were able to find a bit of a silver lining in the middle of this



Hopefully, Menehune Marchers will be able to gather for an in-person walk sometime in the near future.

pandemic. We can see a light at the end of the Covid tunnel, and this dark cloud will soon pass. Hang in there and stay safe.



2020 Walking History

	1 st Qtr	2 nd Qtr	3 rd Qtr	4 th Qtr	YTD
Year-Round Events					
Ala Moana Park	40	13	14	18	85
Downtown Capitol	25	25	18	15	83
Diamond Head	43	10	22	15	90
Kahala	15	18	12	10	55
Kailua	0	0	0	8	8
Kona	6	0	2	0	8
Manoa	17	31	27	33	108
Mililani	37	54	63	50	204
Waikiki	47	28	18	22	115
Total	230	179	176	171	756
Traditional Events					
Great Aloha Run – Feb. 17, 2020	9				9
Total	239	179	176	171	765

Prepared by Carol Romig

What do sprinters eat before a race? Nothing. They fast.

A Menehune Photo Album – no masks!

Remember these? More smiles from the camera of Gordon Tyau. Thanks, Gordon!



2008 Nuuanu



2017 Patsy Mink



2006 Kaena Point



2017 Kailua



2018 Hoomaluhia



2018 Punchbowl



2018 Waterfront



2006 Volcano



2007 Moiliili



Waimea



2008 West Loch



2016 Obama

Coffee – the one who coughs.
 Balderdash – a rapidly receding hairline.
 Flabbergasted – appalled by how much weight
 you've gained.



How is it we figured out how to put a
 man on the moon before we figured out
 how to put wheels on luggage??