



Fall 2020

Menehune Marcher News

Volume 20, Issue 2

From the President

Aloha Menehunes,

You may recall my last message in April was about how much our lives had changed since the beginning of the year and with a few ideas on how to keep up with your walking routine while carefully following all of the new, but very necessary, precautions. Of course, following all the COVID-19 precautions is getting old and we are anxious to get our lives, routines and social behavior back to normal. So, the question is: how much longer do we have to put up with all these precautions to stay safe and out of harm's way? Unfortunately, I think the answer is at least a year. Understanding that nobody's crystal ball is perfect, especially mine, here is what I see for the year or so ahead with respect to COVID-19.

After a lot of trial and error to come up with a system to calibrate the opening of the local economy with the risk and frequency of infection, I think the City & County has come up with a good four tier system that appears very sensible. At least for the past two weeks, we on Oahu have a pretty good idea of where we stand and what goals we need to achieve in terms of the daily numbers to advance to the next tier (Tier 2) to gain a little more freedom and a few more retail services. For the last two weeks at least, we appear to be making progress but what the coming months will look like is very uncertain. Further, local medical experts predict conditions will worsen November to January due to the convergence of the flu season with our current indefinite COVID season. My guess is that we will have progress but will also experience some setbacks along the way until the late Spring or early Summer of 2021.

One thing medical science has been working very hard on this year World-wide is the development and production of a reliable vaccine. With so many smart minds focused on this task, I predict they will succeed but achieving broad protection for an entire island, nation and planet will take time. One reason I believe this will be the case is that many

Footprints

Since our Hui Heles have been on hold for the year, our award-winning photographer, Gordon Tyau collected some Footprints of past walks. How many locations can you recognize? How many have you done? Answers on p. 3.



1. _____



2. _____



3. _____



4. _____



5. _____



6. _____



7. _____



8. _____

experts anticipate it will take multiple vaccinations spread over a period of months to gain the level of protection needed where we may be able to dispense with other safeguards such as wearing masks, etc. As I understand the science, the stronger or more complicated the pathogen or virus, the more booster shots we will need.

When I was on the staff at U.S. Pacific Command, the Deputy Commander decided that we needed to be ready to deploy to Korea in the event of conflict and be prepared for a chemical weapon maintained by the North Korean military called Anthrax. Anthrax was such a dangerous substance it took a series of five shots, administered over a period of two years, to achieve the optimal level of protection. Further, those darned shots hurt like heck and left the recipient arm lame for several days. My guess is that the COVID vaccination will be less rigorous and prolonged than that required for Anthrax but will be more complex and repetitive than our annual routine for a flu shot.

Put all together, I think the best we can hope for to return to anything approaching normal is a year or more. So please prepare yourselves for a marathon rather than a 100-yard dash COVID safety wise. If we are careful, we will all get there and be able to return to the normal we miss so dearly now.

Please continue to take care and stay safe! Please also get some walks in when you can but I suggest walking in low foot traffic areas and masking when you come within 30 feet of any other walkers, runners or bicyclists.

See you on the trails but masked and at a distance... 😊 All the Best, Mark



P.S. I just learned the New Otani Hotel in Waikiki has been sold recently and will close 30 November. Therefore, the Waikiki-3 Walk Box (for the Waikiki, Diamond Head & Kahala YREs) will likely be unavailable for a few more months until I can make arrangements with the new owners to return the box to the hotel lobby.



Horizons

As we know, the horizon is a bit murky; nonetheless, the Menehunes have plans to get walking. Get your sneakers ready.

Tentative Calendar of Events 2020 – 2021		
Every Thursday	Either Hoomaluhia or Patsy Mink	Contact Carol if you wish to join her and Dennis. C&C guidelines apply.
December 2020 <i>Cancelled</i>	Christmas Party and Walk	
January 2021	Patsy Mink	
February 15, 2021	Great Aloha Run	May be virtual
February 2021	Hoomaluhia Botanical Garden	
March 2021	Capitol and Pow Wow	
April 2021	Manoa	
April 2021	Mililani	

Carol hopes to reserve Hoomaluhia for the July 4th annual walk, but no reservations are accepted yet.

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

Dates and other information to follow in emails and on the web.

2020 Walking History

	1 st Qtr	2 nd Qtr	3 rd Qtr	YTD
Year-Round Events				
Ala Moana Park	40	13	14	67
Downtown Capitol	25	25	18	68
Diamond Head	43	10	22	75
Kahala	15	18	12	45
Kailua	3	0	2	5
Kona	6	0	2	8
Manoa	17	31	27	75
Mililani	37	54	63	154
Waikiki	47	28	18	93
Total	233	179	178	590
Traditional Events				
Great Aloha Run – Feb. 17	9			9
Total	242	179	179	599
Hui Hele				
Diamond Head – Jan. 18	15			
Capitol Pow Wow	23			

Prepared by Carol Romig



Have You Visited the Website Recently??

Drop by the website. Your heart will smile.

avaclubs.org/MenehuneMarchers

The first Menehune volkssport walk was at Hoomaluhia. That's why we celebrate our birthday there every July 4th.

Club Volunteers

Officers

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



YRE Coordinators

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

Footprints

1. Bellows
2. Hoomaluhia
3. Kaena Point
4. Hanauma Bay
5. Koko Head Botanical Garden
6. Wahiawa
7. Kona
8. Manoa

Trail Talk

Carol Romig

I hope you are all doing well & staying healthy mentally and physically. Looking at the guidelines just issued by the City & County, our club will not be able to host monthly group walks like we have in the past.

On the upside, our club sponsors eight year round walks (YRE) on Oahu that you can walk at any time: Waikiki, Diamond Head, Kahala, Ala Moana, Manoa, Capitol, Kailua and Mililani. Check out the AVA or our club websites for more information, including start box locations. Register at our start box, pick up a trail map and start walking.

Two more year-round walks are being added in 2021 to give everyone more options on less crowded routes: Hoomaluhia Botanical Garden and Patsy Mink Regional Park. Registration for these walks will be remote. Please email or call me if you plan on doing these walks for a waiver form and a trail map.

Dennis and I walk the Mililani YRE six days a week and alternate between Hoomaluhia and Patsy Mink on Thursdays. To avoid the crowds (and heat), our normal start time is 6:30 a.m. Please note, Hoomaluhia is open to pedestrians at 6:30 a.m., vehicles at 9:00 a.m. If that is too early for you, we also walk the Mililani YRE in the evenings. Please call if you would like to join us.

Both Patsy Mink and Hoomaluhia will be sanctioned as year-round events for 2021 only.

Please consider joining the annual AVA Virtual Walk Program. Those of us who are doing it really like it. This year the virtual walk was on the Appalachian Trail. Last year, it was Canada. The virtual walk is planned for 2021 but no decision on the location as of today. Please join your fellow club members (Carol, Charlotte, Harriett, Pat, Lori, Christina, Becky and Dan) on the virtual trails. The fee is nominal. You receive a tee shirt upon completion. All that is required walking an average of 5,500 steps a day.

Great Aloha Run - The GAR is a go but may be a virtual event. The club plans to sanction the event. The GAR is a charity walk. Participant fees help support our local charities. If the GAR ends up being a virtual event, we could walk Turtle Bay, Patsy Mink or Mililani for those who would like a non-city walk. I am hoping by then our group size can be up to 10.

Capitol POW Wow - Our club plans to develop updated trail maps for the Capitol Pow Wow by March so you can enjoy this walk at your leisure. New murals (I hope) will be up by then.

I hope that by Summer 2021 it will be safe to resume our normal group walks. Take care & stay safe.



Menehune Milestones

Somewhere Along (and Beyond) the Appalachian Trail...

The Appalachian Trail was America's First National Scenic Trail. This year eight Menehunes walked the Appalachian Trail virtually. (And they are still walking.) The AVA Appalachian Trail followed a 2,000,000 step course (about 1,000 miles) from Georgia to Maine.

Although the course is only (ha!) 2 million steps, all the Menehunes have already completed the walk – some doing it multiple times. As of mid-October these Menehunes were still going long:

	Steps	Miles
Dan Barnett	9,269,000	4,635
Lori Watanabe	8,316,000	4,158
Carol Romig	4,022,000	2,011
Harriet Myasaki	3,617,000	1,809
Pat Nakatsuka	3,135,000	1,568
Becky Forsythe	3,103,700	1,551
Christine Enoka	2,223,800	1,112
Charlotte Sullivan	2,017,900	1,009
Total	35,704,400	17,853

Data was extracted from the AVA website. Distance was estimated on a 2,000 steps-to-the-mile calculation.

Already by October these seven Menehunes together have walked:

- 71% of the way around the globe.
- to Cairo and back (17,698 miles).

Next year will be another AVA virtual walk. Route still undetermined. Sign up in December on the AVA website if you fancy going the distance! See you there.

Walking

The oldest exercise and the cheapest!



The Mailbag

Seems like it's been Halloween all year. A bit too scary for most of us.



So let's talk about what exciting futures we're dreaming of in a post-pandemic world. Some Menehunes share:

- *Linda and Doug Miller* – After our Covid 19 vaccination, we plan to hop on a plane and go somewhere.
- *John Miyamasu* – TRAVEL!
- *Dan Barnett* – I have actually increased my walking during the pandemic, and I hope I can continue this trend post-pandemic.
- *Rita and Joerg Braun* – It seems so far off – as in spring - we're waiting. It will be interesting to learn what others are thinking. In the meantime, we'll look forward to getting closer to normal – as in real concerts, plays, etc. We appreciate now the on-line events and the beauty around us.
- *Carol and Dennis Romig* – Looking forward to in-person yoga classes, watching UH volleyball, live theater and concerts and finishing our second round of 50 states.
- *Sharon Dowdell* – I am going to do my best to get to Australia. Since that won't be until 2022, I may plan to do New Zealand at the same time. If those countries aren't letting people in, the less populated state and national parks in the U.S. and Canada could work out. If all else fails, I'll stay home and hit the trails.
- *Mark and Molly Brown* – I think our post-pandemic plan (in about two years) is to go on a California Memories Tour. Molly grew up in Riverside, and I grew up in Pacific Grove (near Monterey). Also, I have an Aunt in San Diego; Molly has two sisters near Riverside; and I have a sister in Oakhurst (near Yosemite National Park.) So, we are thinking of flying into San Diego and visiting relatives as we make our way north in a rental car and then end up and spend at least a week in Monterey before flying back. I say in "two years," because we want to be extra certain that COVID is no longer a threat even when traveling and that the vaccination routine proves effective.
- *Charlotte Sullivan* – Leave the mask in the trash, eat sushi with my friends, go to a movie theater, visit the inside of a library, find enough 409 cleaner, hug a friend, hear live music, and hop in the car for a real road trip to see friends and family in Montana, Colorado and Texas.

Some Seasonal Cheer (and do we need it!)

Some oldies to bring back your youth....

- Why did the ghost go to the bar? For the Boos!
- Why do ghosts go on diets? To keep their ghoulish figures!
- How do vampires get around on Halloween? On blood vessels!
- What do skeletons order at restaurants? Spare ribs!
- What's the witch's garage called? A broom closet!
- Why are skeletons so calm? Nothing gets under their skin!
- What Halloween candy is never on time for the party? Choco-Late!
- Why do skeletons have low self-esteem? They have no body to love.
- Why won't the mummy go on vacation? Doesn't want to unwind.

Walk Box Update

The New Otani Hotel has been sold. The location of the walk box for the Waikiki, Kahala and Diamond Head walks is pending.

Remember you can walk Patsy Mink and Hoomaluhia as year-rounds in 2021. See Carol's update.

AVA Walking Challenges

50 States – never ends
50 State Capitals – never ends
Airports – 12/31/23
Appalachian Trail – 12/31/2020
Border Crossings – 12/31/2023
Centurion Achievement Challenge – ongoing
Carousels Across America – 12/31/2021
Little Free Libraries – 12/31/2021
Mayflower 400th Anniversary – 12/31/22
Rockin' Around the Clock - 12/31/23
Underground Railroad – 12/31/2019
Walk Like an Olympian – 12/31/2021
Walking the USA - A-Z – never ends

A new Walking with Veterans challenge is coming in January. Check it out.

The next AVA Convention will be held in Madison, Wisconsin, June 29 – July 2, 2021.

FYI

I'd tell you a coronavirus joke now, but we'd have to wait two weeks to see if you get it.

A relief map shows where the restrooms are.

How do they figure out the price of hammers?
Per Pound.

Mahalo

Special thanks to Mark Brown, Carol Romig, Dennis Romig, Marsha Okada, Gordon Tyau, John Sullivan and the Menehune Ohana for their work in completing this newsletter.

Next deadline:
February 15.



In Memory - Donald Ulbricht

Long-time Menehune, Don Ulbricht, passed away on July 24 in Minnesota. He was 83.

Don was always young at heart and full of adventure. Over the years, he traveled the world and obtained his captain's license. He was a skilled woodworker. After retiring from the Navy and the Bureau of Mines, he kept busy in Minnesota as a bus driver for First Student where he entertained kids with jokes and magic tricks. In his younger days before we knew him, Don was a Marathoner.

Both Don and his wife Donna were avid walkers. They walked all 50 states – often traveling in Don's red bike (below). In 2011 they rode that red bike from Minneapolis to Key West (2,000+ miles) and then back to Winterset, Iowa (1,700 miles) to walk the AVA *Bridges of Madison County* 10K walk with Carol and Dennis. Afterward, the four topped off their walk with breakfast at the Northside Café, famous because Clint Eastwood drank coffee there in the movie.



After Don retired, he and Donna spent winters in Hawaii (their first 10 Hawaii years living on their boat in Ala Wai Boat Harbor before moving to a condo). During their Hawaii winters, they joined almost every Menehune walk. In recent years Don motored along with the group on his scooter.

As a 41-year Navy veteran Don will be interred at the National Memorial Cemetery of the Pacific (Punchbowl) in December. We will miss him.



A Menehune Photo Album – no masks!

Remember these? More treats from the albums of Gordon Tyau.



Waterfront - 2014



Kaena Point - 2007



Hoomaluhia - 2018



Kailua - 2015



Capitol - 2016



Koko Head Botanical Garden - 2018



Hickam - 2005



Diamond Head - 2018



Manoa - 2017



Punchbowl - 2018



Bellows - 2008



Hoomaluhia - 2015

HAPPY HALLOWEEN