

# Menehune Marcher News

November 2022

Volume 22, Issue 2

## From the President

Aloha Menehunes,  
I hope this message finds you all happy and well. Fall is here so, if you have not already done so, I highly recommend you get the latest COVID booster and your annual flu shot. For those of us age 65 and over, the flu shot is available in a "Senior Strength" version which provides additional protection to we more "mature" walkers.

Another health safety question we all must consider in our new reality of living with a constantly evolving COVID virus is – What level of precautions must we continue to take given our age and other factors? The answer varies considerably from person to person given your individual risk considerations and those for the people with whom you live with or have regular contact. These risk considerations include factors such as age, sufficiency of current COVID vaccinations and boosters, and pre-existing medical conditions. For Molly and me, for example, since one of us has a high-risk lung condition, we have to maintain an unusually high level of COVID precautions which preclude any group activities or being around public places unmasked to include restaurants. Fortunately, Molly and I have adapted to our new reality rather well but do miss some things a lot such as being able to travel to the Mainland occasionally, regular visits to the Zoo, and being able to enjoy club get togethers. However, we do enjoy seeing the pictures published in our newsletter and website following each club event and being able to see each of you in that way.

So, please take advantage of the many events so kindly organized by Carol and Dennis Romig for the club, as your COVID risk considerations may allow, and we will enjoy seeing the photos. A list of these events for the remainder of this year and next is included later in the newsletter. Please stay safe and enjoy!

All the Best, Mark

Why was the turkey arrested?  
Police suspected fowl play.



## Footprints Mililani, April 16



Photos by Gordon Tyau and Sandy Johnson

Did we mention the Mililani walk included a fabulous lunch?



# Walking

The oldest exercise and the cheapest!



## 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
- Hoomaluhia – Carol & Dennis Romig
- Kailua – Carol Romig
- 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
- Club membership – Dennis Romig
- Newsletter – Charlotte Sullivan
- Traditional Events – Many!! But we can always use more.

**Mahalo**, Volunteers!

Sending Best Wishes to Doug Miller for a Speedy Recovery!



## Ala Moana, September 10



Photos by Gordon Tyau and Elaine Imoto

## Hoomaluhia, October 8



Photos by Sandy Johnson

More Mililani from Gordon Tyau

## Menehune Milestones

**Events:** No one!



**Distance:** No one!

Get moving! Send in those Books!

**Mahalo!** Special thanks to Mark Brown, Sandy Johnson, Carol Romig, Dennis Romig, Elaine Imoto, Gordon Tyau, Marsha Okada, John Sullivan and the Menehune Ohana for their work in completing this newsletter. Next deadline: February 20.

## AVA Walking Challenges

**50 States** – ongoing

**50 State Capitals** – ongoing

**Airports** – 12/31/23

**Appalachian Trail** – 12/31/2028

**Border Crossings** – 12/31/2023

**Centurion Achievement Challenge** – ongoing

**Carousels Across America** – 12/31/2021

**Great Lakes, Great Fun....** – 12/31/23

**Mayflower 400<sup>th</sup> Anniversary** – 12/31/2022

**Rails-to-Trails** – 12/31/2025

**Rockin' Around the Clock** - 12/31/2023

**Town Halls/City Halls** – 12/31/2024

**Walk Like an Olympian** – 12/31/2023

**Walking with America's Veterans** – 12/31/2023

**Walking the USA - A-Z** – never ends



## Welcome!

New members and guests are always welcome! Welcome to:

Les Ozawa

## Have You Visited the Websites Lately??

Check them out:

[avaclubs.org/Menehune Marchers/ava.org](http://avaclubs.org/MenehuneMarchers/ava.org)



## Horizons

### Christmas Party and Walk - December 10, Saturday

We will be hosting a walk at Patsy Mink prior to the brunch on Saturday, December 10.

For those eager to see the rose ringed parakeets fly into the Park, meet 6:30 – 7:00 at the 1<sup>st</sup> parking lot (enter from Waipio Uka entrance to the Patsy Mink Park. Watching the fly in is definitely worth an early “get up.” For those who want to “sleep in,” meet at the same parking lot at 7:30. Afterward walkers and others will proceed to the Waikele Country Club for brunch.

Whether you walk or not, we hope everyone can join us at the Waikele Country Club for our holiday get together at 10 a.m. The Club has made reservations for 30 on the outside deck of the Waikele Country Club. This is the maximum allowed for us to order from the regular menu.



The menu has been forwarded to everyone through email. Please submit your order and check by December 1 to Carol Romig, 95-211 Kemu Place, Mililani HI 96789. Please add 24% (20% gratuity and 4% tax )to your order.

We all appreciate it if you could take a home COVID the morning of the event or Friday evening.

## Bellows Walk & Potluck January 16, 2023

Start Time: 8 a.m. – 9 a.m., Guided walk starts at 8:15. Finished by noon

We hope you can join us on our first walk of 2023 at Bellows Air Force Station. Bellows is a United States military reservation located in Waimanalo, Hawaii. It was an important airfield during World War II. Currently it's a military training area and recreation area for active and retired military and civilian employees of the Department of Defense. This walk on Bellows will be on a nature trail, the old airport runway, and along Bellows Beach with gorgeous views of the coastline. Our club has rented the deck pavilion 8am-noon for a potluck following the walk. Start anytime between 8 and 9 a. m. Carol will provide a trail map. A guided walk will start at 8:15. No alcohol allowed.

The Bellows walk & potluck is limited to 50 participants. The Base will be conducting a background check prior to the event. Security at the gate entrance to Bellows will have a list of approved sponsored individuals. Must bring your ID to show to Security. Those with military or DoD IDs will not need to submit any information to me. All others need to submit: Full name including middle initial, Citizenship, Driver's License/State/Expiration Date, Social Security Number & Date of Birth. You may either provide at our next event, mail or email to me. Information is due no later than December 1, 2022. Mailing address: Carol Romig, 95-211 Kemu Place, Mililani, HI 9678. Email: [dcromig@hotmail.com](mailto:dcromig@hotmail.com)

Potluck starts around 10:30AM. We will be grilling hamburgers, hot dogs & brats. Our club will supply the drinks. Please bring your favorite salad, dessert, or other dish to share.

## 2022 Walker Recap

Year Round Event	1 <sup>st</sup> Qtr	2 <sup>nd</sup> Qtr	3 <sup>rd</sup> Qtr	Total
Ala Moana Park	43	10	23	76
Downtown Capitol	83	25	13	121
Diamond Head	18	12	13	43
Hoomaluhia	10	20	3	33
Kahala	13	8	11	32
Kailua	2	0	4	6
Kona	1	0	1	2
Manoa	34	41	20	95
Mililani	38	36	43	117
Patsy Mink Park	8	14	3	25
Waikiki	37	17	17	71
<b>Total Walkers</b>	<b>287</b>	<b>183</b>	<b>151</b>	<b>621</b>

Prepared by Carol Romig

## Turkey Talk!



Why did the turkey cross the road?

- He wanted everyone to think he was a chicken.

What kind of weather does a turkey like?

- Fowl weather.

What did the mother turkey say to her disobedient children?

- If your father could see you now, he would be turning over in his gravy.

Official Thanksgiving Day dance –

- The turkey trot.

With Coronavirus still possible, what's the most popular Thanksgiving side dish?

- Masked potatoes!

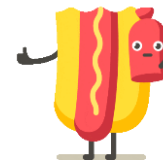
Why did they let the turkey join the band?

- He had his own drumsticks!

The *Menehune Marcher News* is a quasi-official publication of the Menehune Marchers AVA Club #456, published in November, March and July.

## More Bellows info:

Driving to the start: **From Waikiki:** Take H-1 East, Exit 21B Pali Highway. Head north on Pali Highway toward Kailua. Turn right at Kalaniana'ole Highway (Hwy 72) toward Waimanalo, continue 4 miles, turn left at Bellows AFS main gate. Go to the 2nd gate and tell them you are going to the Menehune Marchers walk. Continue on Tinker Road to Reservation/Turtle Cove (Building 220). It will be on your right. **From Leeward (West):** Take HI East, Exit 21 Pali Highway, then follow directions above.



The Club requests that you perform a Covid test either the night before or the day of the event. Your fellow walkers thank you.

Questions? Call Carol at 808 626-3575 (landline). On the day of the day – 808 294-8637 (cell.) See you there.

## Menehune Marcher Walk Schedule

Dec 10, 2022, Sat	Patsy Mink & Waikele Christmas Brunch	6:30 – 7:00 a.m. start for those planning on watching the rose ringed parakeets 7:30 a.m. start for “late risers” -Walk Meet 1 <sup>st</sup> parking lot Waipio Uka entrance to Patsy Mink - Holiday brunch – Meet at Waikele Country Club (10 a.m.)
Jan 16, 2023, Sat	Bellows & Potluck	Start anytime between 8:00 a.m. – 9 a.m. Limited to 50 participants
Jan 28, 2023, Sat	Patsy Mink Central Oahu Regional Park	7:30 a.m. start Meet 1 <sup>st</sup> parking lot of Waipio Uka entrance to Patsy Mink Park
Feb 12, 2023, Sun	Capitol Pow Wow	7:30 a.m. start Meet 447 S. King by King Kamehameha Statue (across from Iolani Palace)
Feb 19- 26, 2023	IVV Olympiad & IML Texas Trail Roundup	San Antonio, Texas See AVA.org
Feb 20, 2023, Mon	Great Aloha Run	Start anytime. Virtual.
Mar 11, 2023, Sat	Ala Moana	7:30 a.m. start Meet in parking lot by Macy's Liliha Bakery
Apr 8, 2023, Sat	Mililani & BBQ	8:00 a.m. start Meet 95-211 Kemu Place, Mililani Mauka (Romig's house)
May 13, 2023, Sat	Hoomaluhia Botanical Garden	7:30 a.m. start Meet entrance to Garden
June TBD	Manoa	
July	none	
August	none	