

Menehune Marcher News

April 2020 – the COVID 19 *Special Edition*

Volume 20, Issue 1

From the President

Aloha Menehunes,
Wow – how times and our lives have changed since the last Menehune Marchers newsletter!

Given the new realities of COVID-19, I wanted to share some of my thoughts and ideas with you on how we can continue to walk for fun and exercise under these conditions. Unfortunately, social distancing requirements have necessitated the cancellation of our popular monthly morning YRE group walks hosted by Carol and Dennis Romig. The temporary closing of the New Otani Hotel and the Nu‘uanu YMCAs have necessitated the temporary closing of four of our Year Round Event (YRE) walks (Capitol, Waikiki, Diamond Head and Kahala.) However, there are a few rays of sunshine in this proverbial dark forest. The Manoa, Kailua and Mililani YREs remain open, within manageable restrictions, and the Ala Moana YRE will be back open beginning Saturday (April 25) with the partial re-opening of Ala Moana Beach Park recently announced by Mayor Caldwell.

Molly and I have kept to our routine of doing three to four YRE walks per week but with considerable adjustments that I wanted to share with you to ensure reasonable safety from the risk of exposure to the virus.

First, I recommend you avoid walks where there are still a lot of other walkers and runners around. The Diamond Head road is an example that received some negative press recently, and the Ala Wai Canal side of Waikiki is another that Molly and I have observed. Our favorite YRE walk, under COVID-19 conditions is Manoa. The UH campus is mostly vacant, and the neighborhoods quiet with few walkers or runners.

When we walk, Molly and I carry our masks but quickly put them on when another walker or runner comes within 100 feet or when we approach a blind corner or narrow walkway where someone could approach more closely unobserved.

Footprints

On the Trails - with Gordon

Since we have suspended normal Menehune walks, let's go along with Gordon Tyau and revisit highlights from our past walks. Since 2004, award-winning Gordon has been photographing our world.

Because it's Earth Day, Lei Day, May Day and Mother's Day soon, Gordon's sharing his shots of the Hawaiian flowers we pass every time we head out. How many can you identify?



Gordon Tyau - photo by Brad Wong



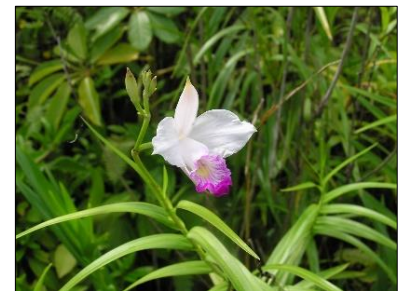
Ho'omaluhia



Wahiawa Botanical Garden



West Loch Walk



Ho'omaluhia Walk



Ho'omaluhia Walk



Wahiawa Walk

If you touch any surfaces used by other members of the public, be sure to wash your hands. Molly and I each carry a spray bottle of 67% alcohol cleanser for this purpose.

If you use one of our four YRE boxes that is still open (Ala Moana, Manoa, Kailua or Mililani), please remember that the stamps, ink pads and binders are public surfaces. So be sure to wash your hands after using materials in a box. Another option is to keep a separate record of your walks and then stamp your books (and pay the walk fees) when safer conditions have returned. For example, although the Manoa YRE is our favorite, we are refraining from using the box until the risk of virus exposure is lower.

I hope you find these observations and ideas helpful. Molly and I like to walk so much that we would go nuts if we couldn't get out somehow. Fortunately getting out is doable, but it is important to be very careful given the realities of our new Pandemic World and the fact that many of us are in the higher risk (65+) age group.

Please take care and stay safe! See you on the trails...but at a safe distance. 😊

All the best, Mark

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

If not, please get to it as soon as you finish this newsletter. Is it ever fabulous!! And it's social-distancing compliant!

Our new webmaster Pat Nakatsuka brought our Hawaiian walking paradise to life!

Gorgeous photos and trail directions guide each walk. A photo retrospective of old walks and old friends trigger fond memories of walks gone by.

Plus, you'll find the practical info you need: current event schedules, trail ratings, etc.

Drop by the website. You'll leave with a smile.

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

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Did you hear the joke about the germ? Never mind. I don't want to spread it around.



Mililani Walk



Volcano Walk



Koko Crater Botanical Garden



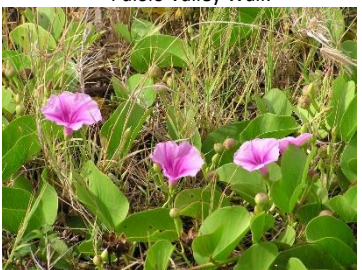
Volcano Walk



Palolo Valley Walk



Koko Crater Botanical Garden



Kaneohe Marine Base Walk



Mililani Walk



Volcano Walk



Volcano Walk



Waimea Valley Walk



Volcano Floor – Volcano Walk

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
 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!

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

Walking

The oldest exercise and the cheapest!



Koko Crater Botanical Garden



Koko Crater Botanical Garden



Koko Crater Botanical Garden



Mililani Walk



Waimea Valley Walk



Maunae Park



Ho'omaluhia Walk



Wahiawa Walk -



Diamond Head Walk



Diamond Head Walk



Volcano Walk



Ho'omaluhia Walk

Menehune Milestones

Somewhere Along the Appalachian Trail...

Seven Menehunes are walking virtually over mountain crests and through green valleys on the Appalachian Trail – America’s First National Scenic Trail. After departing Georgia in January, they’ll walk the 2,000,000+ steps to reach Maine before December 31.

In fact, at 3,200,000 steps Lori Watanabe and Dan Barnett have already reached Maine, and they’re still going. Lori’s #4 on the Appalachian Leaderboard! And Dan Barnett is # 5 with 2,979,000 steps. Congratulations, Lori and Dan!

Other Menehune walkers:

Carol Romig – 1,600,000 steps

Harriet Myasaki – 1,400,000 steps

Pat Nakatsuka – 1,200,000 steps

Charlotte Sullivan – 1,000,000 steps

Christine Enoka – 900,000 steps

| 2020 Walking History | |
|---------------------------|---------------------|
| | 1 st Qtr |
| Year Round Events | |
| Ala Moana Park | 40 |
| Downtown Capitol | 25 |
| Diamond Head | 43 |
| Kahala | 15 |
| Kailua | 3 |
| Kona | 6 |
| Manoa | 17 |
| Mililani | 37 |
| Waikiki | 47 |
| Total | 233 |
| Traditional Events | |
| Great Aloha Run – Feb. 17 | 9 |
| Total | 242 |

Prepared by Carol Romig

If a pig loses its voice, is it disgruntled?

Yawn – an honest opinion openly expressed.

The word *swims* is the same upside down.



The Trip that Never Happened

by Pat Nakatsuka

The Canadian Volkssport Federation Convention was to be held in June 2020 in Yellowknife, Northwest Territories. Carol, Dennis, Neal and I were looking forward to attending this event, but unfortunately, the convention was canceled due to the COVID-19 pandemic.

Of course, we totally agree that the organizers made the right decision in canceling the event; however, we can still dream and imagine what our trip would have been like. So, with the magic of Photoshop, follow along on our trip to Yellowknife, Northwest Territories, Canada ... the trip that never happened.

Yellowknife is 1,903 miles from the North Pole. Its population is almost 20,000. The average high temperature in June is 68 degrees, and the average low is 49 degrees. On June 7th, sunrise is to be 3:47 a.m. and sunset at 11:26 p.m. (that’s almost 20 hours of sunlight).

Yellowknife is on the northern shore of the Great Slave Lake, which is the 11th largest lake in the world. It is the deepest lake in North America at 2,107 feet deep. (Just to give you an idea of how deep this is, the Empire State Building is 1,250 feet tall.) The photo to the right shows a view of Yellowknife and the Great Slave Lake in the distance.



Be sure to bring a mosquito net when you go hiking in Yellowknife. We encountered swarms of bugs around the swampy parts of the trails.

For the golfers out there, Yellowknife hosts the Midnight Sun Classic golf tournament in June. Not too many places where you can experience golfing in the midnight sun.

Yellowknife is an ideal location for viewing the Northern Lights. Here is a photo of us experiencing the Northern Lights. (Yes, I know you can’t see the Northern Lights in June, but anything can happen when you’re on a “pretend” trip. In actuality, you have a zero percent chance of seeing the Northern Lights in June.)



A bit of trivia before we head home: Actress Margot Kidder who played Lois Lane in the Superman movies, was born in Yellowknife.

Social and Distancing

No, it isn't late June. The newsletter is early.

With so many changes due to COVID-19, it just seemed that we needed some social with our distancing. So here we are wishing you well and hoping you stay safe as you log those walking distances.

Horizons

| | |
|-----------------------|---|
| Dec 12, Sat | Holiday Party & 5 K Walk |
| Time | TBD |
| Start location | Kokos at the Hale Koa |
| POC | Carol Romig – (808) 626-3575; cell – 294-8637 |

As you can see, at this time we have only one scheduled event. More may be added as circumstances permit. Watch your email and the website for updates.

Remember these?



SAND

Answer: _____

MIND MATTER

Answer: _____



We are now home and back to reality. There is a lot to see in Yellowknife but due to our limited time there, we missed a lot of the sights. (OK, so we missed all the sights.) I did, however, return home from my pretend trip with a *real* souvenir "Yellowknife 2020" hat (mailed to me by the Canadian Volkssport committee). Whenever I wear the hat, I will be reminded of my trip to Yellowknife ... the trip that never happened.

Maybe someday ...

The Mailbag

How are you sheltering in place? How are you doing a "shelter" walk?



- *Vernon King* - Stay at home and work in the yard except for walking. I walk all the streets in Volcano Village. Many people walking and biking. Everyone keeps their distance.
- *Claire Murata* - I'm at home most of the time, being retired. No one comes over, no sharing food or movies anymore. I only leave to go to the market, check the post office and do neighborhood walks. My walks are with a mask and near to home. I'm thinking I'd like to venture further, like drive somewhere, like Mililani where the sidewalks are wide, but I've been doing major yard work.
- *Dan Barnett* - Staying home and only going out when necessary. Wear a mask when leaving the house. Live on the east coast of Florida. We are fortunate there is a bicycle/walking path at the end of our driveway. I take long walks every day. Also have a treadmill to exercise while watching TV.
- *Mark Brown* - We are sheltering in our Hokua condo tower in Ala Moana. Our condo had instituted a "one person or family unit at a time" in the elevators policy that I recommended. Other social distancing measures appear to be working very well. We rarely see other residents despite our building having 248 units. Most people live on the mainland or overseas.
- *Rita Braun* - Like everyone else, we assume – staying home except for essentials – food shopping. Love my easy chair. We have walked in our area daily. With face mask, at social distance.
- *John Miyamasu* - I'm going into the office about 4 hours a day and being very cautious. Faye's at home doing stuff. Once I get to the office, I walk up 5 stories in the garage, and then in the evening Faye and I do a 3K step walk around the neighborhood. I'm doing about 10,000 steps a day.
- *Evelyn Chong* - I'm doing okay and trying to take a short walk in the afternoon. Thank you for keeping us all connected.

**WEAR
LONG**

Answer: _____

|R|E|A|D|I|N|G|

Answer: _____

**DICE
DICE**

Answer: _____

**GROUND
FEET
FEET
FEET
FEET
FEET
FEET**

Answer: _____

HE'S/HIMSELF

Answer: _____

- *Bradley Wong* - Not able to have my daily 24 Hour Fitness workouts, I've developed a slightly different regime in my daily routine. Decked out in my outfit of protective gear and armed with my iPhone for communication, IWatch to monitor exercise and IPod for NPR, I take daily two-hour morning walks through a virtually deserted landscape from the Intuit and Google campuses to the south, Steve Job's home to the north, HP campus to the west and the Baylands east. This I intersperse with some pilates and resistance exercises. Then the rest of the day I hunker down at home doing yard work, house fixits, crosswords, streaming, cataloging my bio, rediscovering the joy of jigsaw puzzles or simpling napping. It's been okay for a month and a half, but I wonder how it'll be in the long run.
- *Laurie Corey* - Take a daily walk early morning with one friend. Walk where we run into few people. Always keep distance. Very much need walks for mental and physical health.
- *Jean Kajikawa* - Like everyone we're homebound. Try to grocery shop at the commissary every two weeks with a few local grocery stops for "oops, forgot an essential ingredient." And the essential outing to pick up meds, Dr. appts, etc. We're catching up with some home chores, attending to our hobbies (Alan ties flies, me - read e-books), and keeping in touch with family and friends via emails and phone calls. Yes, wearing masks for those few outings. We're doing walks around Newtown for about 45 minutes. Alan, most days, me on days when I'm not doing aerobic classes on-line (live stream from local/national instructors for Jazzercise). Still not able (me) to do longer walks and appreciate reading via the MM newsletters of members activities.
- *Carol Romig* - We're doing our shelter walk in Mililani. Not a problem social distancing at 6 a.m. At 6 p.m. we log in more steps zigzagging with more walkers/joggers/bicyclists sharing the sidewalk & road. Getting more than 10,000 steps each day on the virtual walking of the Appalachian Trail. Fixing up the yard. It is looking pretty good. Carol started and finished our 2019 picture book. Dennis celebrated his COVID-19 65th birthday.
- *Marsha Okada* - Spent a lot time in the kitchen cooking and cleaning. Felt good after cleaning the refrigerator, cabinets and drawers. Working in the yard also after my daily walk. After that I finish my crossword puzzle, jumble, ken ken, etc., and vegetate for the rest of the day.
- *Pat Natkatsuka* - Doing Skype with family from Florida to California to Hawaii. (Thank goodness for technology!) Also cleaning out closets and sorting through photos. Neal has been catching up on his car maintenance and yard work. Removed the clothes hanging on the treadmill. Dusted off the stationary bike to finally use the exercise equipment for its intended purpose. Neal's martial arts instructor has been doing classes via video conferencing 3 times a week.



**MAN
BOARD**

Answer: _____

**KNEE
LIGHTS**

Answer: _____

DEATH/LIFE

Answer: _____

**STAND
I**

Answer: _____

**CYCLE
CYCLE
CYCLE**

Answer: _____

- *Charlotte Sullivan* - Yardwork and more yardwork. Cleaned our house up and out. Worked on my genealogy project – my dad’s military history. Rediscovered how much we love jigsaw puzzles. (We are sure our new Brooklyn Bridge puzzle is missing pieces!) Read. Worked the crosswords. Determined to contact another human (other than each other) at least once a day. Found participating in the Appalachian Trail AVA virtual walk keeps me walking. Walked the 3 mile lap around the neighborhood most days watching spring evolve in Spokane. Today I counted 64 blooming cherry trees. By the time this newsletter gets to you, the blossoms will be gone. In these days it’s a good reminder for me to enjoy today. Tomorrow will be different.
- *Molly Brown* - Mark and I are thinking of you all during this difficult time and wishing you the best and brightest future. Hope you have some creative baking fun.

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Floral Window to the Windward Side

*Gordon Tyau*



Koko Crater Metaphor for Life

*Gordon Tyau*

Anyone else getting three weeks to the gallon?

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Sandbox, Mind over Matter, Long Underwear, Reading Between the lines, Pair of Dice, Six feet Under Ground, He’s Beside Himself, Man Overboard, Neon Lights, Life After Death, I Understand, Tricycle, Three Degrees Below Zero, Split Level, Space Program

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# Molly's COVID-19 Breakfast Cookies

By Molly Brown

0  
P.H.D.  
M.A.  
B.A

Answer: \_\_\_\_\_

LE  
VEL

Answer: \_\_\_\_\_

\_\_\_\_PROGRAM

Answer: \_\_\_\_\_

Hi Fellow Menehunes,  
When the COVID-19 “stay at home” order became reality, I found myself with lots of excess baking supplies that normally would be used to prepare treats for sharing with friends, neighbors, guests and at community potlucks. I couldn’t stand for those ingredients to go to waste. What I needed was a recipe that would use up the baking supplies and other odds and ends leftover- a recipe that would refrigerate and freeze beautifully, allowing us to consume the baked goods slowly, and also have some redeeming nutritional value. I decided a breakfast cookie was the solution. Following is a basic formula you might like to try. It can easily be tweaked to suit your individual tastes and to use whatever you have on hand.

## Big Breakfast Cookies:

- 8 Tbsp butter, shortening or a combo of both (12 Tbsp if you aren’t using the yogurt mentioned below)
- 1 cup white sugar or ½ cup white sugar and ½ cup brown sugar (or a sugar replacement)
- 1 slightly heaping cup white flour & 1 slightly heaping cup whole wheat flour (or 2 slightly heaping cups white flour)
- 1 ½ tsp baking powder
- 1 ½ tsp baking soda
- 1 tsp each of 2 or 3 different spices (cinnamon, nutmeg, allspice, etc.)
- ¾ tsp salt
- 1 egg
- ½ cup Greek yogurt (any fat % you have on hand)
- 1 Tbsp flavored extract (vanilla, almond, etc.)
- ¼ cup any kind of milk, dairy or non-dairy or ¼ cup other liquid (I even use blueberry concentrate sometimes)
- 4 cups add-ins (chocolate or other flavor chips, small chopped dried fruit, raisins, nuts, oats, grated carrots, zucchini, etc.)

1. Cream sugar & shortening/butter thoroughly (5 – 10 minutes)
2. Add in egg, yogurt (if using), flavored extract, & milk/liquid. Cream thoroughly again.
3. While creaming is in process, whisk together flours, baking soda, baking powder, salt and spices in a medium bowl.
4. When creaming is finished, slowly add in flour mixture.
5. Fold add-ins by hand.
6. Cover bowl securely and chill in refrigerator overnight for best results (not a requirement, but the cookies seem to rise better, and it breaks up the work)
7. Heat oven to 350 degrees. Line a large baking sheet with parchment, or use a silicone mat. Using a 2” scoop, place 6 cookies on a sheet. Flatten with a hand that’s been dipped in a little water. Bake about 15 minutes. Let cool a few minutes. Then transfer to a flat surface to finish cooling while you scoop up the next 6 for baking.
8. These refrigerate and freeze beautifully in a plastic zipper bag.

I bet that using this rough formula, someone could come up with a savory cookie (perhaps using less sugar and replacing some of the ingredients with seasoning salt, savory spices, pesto, diced leftover veggies, diced/grated cheese, leftover cooked grains, leftover mashed potatoes, bacon, spam!!

With thanks to the *Spokesman Review*

## Dues Reminder

The annual Menehune club dues are payable by July 1. Because this is an early-edition newsletter, the dues notice for July is included now. You can send it in now or later. Just don’t forget!



## Mahalo

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

