

Menehune Marcher News

July 2021

Volume 21, Issue 1

From the President

Aloha Menehunes,

I hope you are all well-vaccinated and staying safe. Because we believe nearly all of our club members have been vaccinated, you will be seeing some announcements from Carol soon about the resumption of some club group activities that we believe will be both safe and enjoyable.

If you have not yet received your vaccination, PLEASE do so. It is important not only for your individual safety but the safety of all other club members when we get together in close proximity.

Hopefully, in the months ahead, our lives and club activities will look more and more like the pre-pandemic norms we enjoyed previously. I anticipate COVID-19 will continue to morph into new variations and keep a lot of scientists busy. However, at least in my admittedly optimistic observation, science seems to be gaining ground to where controlling future variations of COVID will be like getting your annual flu shot.

In other news, Molly and I have moved from the Hokua condo tower, so we had to close our Year-Round Events (YRE) box location there. However, the Ala Moana walk is still available by remote registration. Please see our website for details.

Please stay safe. Hope to see you all soon.

All the best, Mark

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**Walking**

**The oldest exercise and the cheapest!**



## Footprints

### On the Road Again

by Carol Romig

Dennis and I felt safe traveling after getting the Pfizer shot in March. We took our first "off island trip" in May. It was great to be on the road again. We drove 1,836 miles + 120 more miles on foot exploring California, Arizona, Utah and Nevada. It was so good to see family and friends along the way.

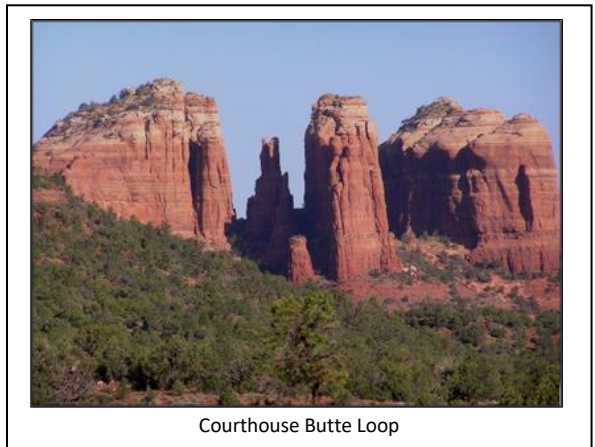
**California** - San Diego is our old stomping grounds. Our hotel was a little more than a mile away from Lake Miramar (our favorite San Diego hike). It is a five-mile loop around the Lake, and in the early morning it is so beautiful & peaceful. We walked it three out our four days in San Diego.

We made three visits to the *LA County Arboretum* - walking the extensive trail system. Great birding. On our third visit we spotted four owls (mother and 3 baby owl) sitting high on the branch above us. Luckily, I didn't give up booking advance tickets to *The Huntington*. I was number 7,000 in the queue but it moved very quickly. The Chinese Garden was recently expanded and was even more impressive than before. This classical style garden was inspired by Gardens of Suzhou in China. Many beautiful cactai were in bloom in the Desert Garden as we walked down the winding path. Best months? April and May.



Los Angeles Arboretum

**Arizona** - We did an incredible 15k volksmarch in Sedona-Village of Oak Creek on the Bell Rock and Courthouse Butte trails. We were surrounded by beautiful rock formations and colors as we walked Bell Rock Trail (sunset) and Courthouse Butte (early morning). An added plus - upon arrival at our hotel, we discovered that the registration/start point for the walk was just across the street.



Courthouse Butte Loop

## 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!

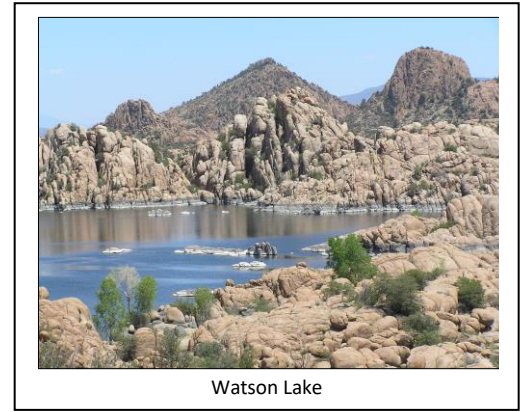
## AVA Walking Challenges

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  
Little Free Libraries – 12/31/2021  
Mayflower 400<sup>th</sup> Anniversary – 12/31/22  
Rockin' Around the Clock - 12/31/23  
Walking with America's Veterans – 12/31/2023  
Walk Like an Olympian – 12/31/2021  
Walking the USA - A-Z – never ends



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

In Prescott (located about 100 north of Phoenix), we walked two gorgeous lakes: Lynx Lake and Watson Lake. It is a nice and easy loop around Lynx Lake where we spotted four bald eagles. Be sure to check out Watson Lake on the internet. Just mesmerizing -- the massive granite boulders surrounding the pristine lake. It was an unexpected find.



Watson Lake

**Utah** - Many beautiful trails to hike at Zion National Park. Our hotel was just outside the Park, so it was an easy 5 minute drive to catch our 7 a.m. shuttle to the trailhead. We started off with the hardest hike, Angel's Landing. It is a beautiful trail out and back. The last part of the hike is very steep requiring the hiker to hold onto a metal chain (going up and down). There is a sign before the chain listing how many hikers have fallen off the chain and died. In 2019 (our last visit), it was 9. Now, it is now 13. We stopped before the chain. After hiking the easier Grotto and Lower Emerald trails, we called it a day.

**Nevada** - No trip is complete without visiting Las Vegas. I booked our hotel in nearby Henderson to avoid the crowds. Our go-to volksmarches in Las Vegas are the Lake Mead and Seven Hills 10ks. Lake Mead trail is a flat, easy and unpaved trail along a former railroad grade. Absolutely gorgeous views of Lake Mead as you walk through five historic railroad tunnels to Hoover Dam. The tunnels were used to transport supplies for the construction of Hoover Dam. If you walk early in the morning or late



afternoon, you may encounter bighorn sheep. Carol had a close encounter with a BIG bighorn sheep (rack and all). She was blocking the path of the big horn sheep coming down the hill. It was all good; however, as she snapped a great picture.



Overton Butte Trail



Lake Mead Railroad Tunnels Walk

Hope you are starting to venture out as and enjoying the many fun things here and off-island. See you on the trails!

# Menehune Milestones

## Events:

Mark Brown – 1,800  
 Molly Brown – 1,800  
 Ray Malaski - 3,400



## Distance:

Dee Lubbock – 1,000 k  
 Carol Romig - 21,000, 22,000 k

A heartfelt mahalo from Gina Oliveira to her Menehune Ohana for their get-well wishes.

# 2021 Walking History

|                           | 1 <sup>st</sup> Qtr |
|---------------------------|---------------------|
| <b>Year-Round Events</b>  | 12                  |
| Ala Moana Park            | 5                   |
| Downtown Capitol          | 7                   |
| Diamond Head              | 5                   |
| Kahala                    | 7                   |
| Kailua                    | 1                   |
| Kona                      | 1                   |
| Manoa                     | 16                  |
| Mililani                  | 36                  |
| Patsy Mink                | 5                   |
| Waikiki                   | 7                   |
| Total                     |                     |
| <b>Traditional Events</b> | 102                 |

Prepared by Carol Romig

# Walk Box Update

Several walks are currently remote registration only: Ala Moana, Waikiki, Diamond Head, Kahala, Hoomaluhia, Patsy Mink, Kona. Details and the registration forms are found on the website:- [avaclubs.org/MenehuneMarchers](http://avaclubs.org/MenehuneMarchers)

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

## Dues

Menehune club dues have been suspended for 2021-2022, because club activity has been limited! Enjoy your savings in a special way!



*Flabbergasted* (adj.) – appalled over how much weight you have gained.

*Balderdash* (n.) – a rapidly receding hairline.

# Horizons

Menehunes, lace up your sneakers and get ready for the coming walks. Yes, we are hitting the trails! Yea!

However, we still have some COVID issues to handle, so for now, here are our plans. They are based on your suggestions and current regulations.

Each of the two scheduled walks will be held on two days and limited to 20 walkers a day. The Saturday walks will be for vaccinated walkers only. The Sunday walks will be for anyone, but unvaccinated walkers are asked to wear a mask and socially distance from other walkers.

Start times for all walks is 7:30 a.m.

|                     |            |                         |
|---------------------|------------|-------------------------|
| July 31, Saturday   | Manoa      | Vaccinated walkers only |
| August 1, Sunday    | Manoa      | Open to all             |
| August 28, Saturday | Patsy Mink | Vaccinated walkers only |
| August 29, Sunday   | Patsy Mink | Open to all             |

Please RSVP to Carol if you plan to walk any of the above walks.

Cell: 808-294-8637; Home 808-626-3575; Email [carolromig50@gmail.com](mailto:carolromig50@gmail.com)

Carol will email details as to start location, etc., to participants.



# Menehune Scramble

Unscramble the letters to identify a Year-Round walk and one of its landmarks.

| Landmark      |       | Walk         |       |
|---------------|-------|--------------|-------|
| LHOAA WRETO   | _____ | LTACIOP      | _____ |
| GTNEARIL RKAP | _____ | LHAAAK       | _____ |
| GCIAM AINDLS  | _____ | AAAAONLM     | _____ |
| WOP WWO       | _____ | PLTACIO      | _____ |
| DOIADNM DEAH  | _____ | DDOIANM DEAH | _____ |
| EEOLKAW NDOP  | _____ | IAAHMOOHLU   | _____ |
| OTTAANRMIU    | _____ | IIIWAKK      | _____ |

# Virtual Walking

You may have noticed some of your fellow Menehunes participating in Virtual Walks, such as the AVA Appalachian Trail, the 2020 Great Aloha, the AVA National Parks. And you wonder. What is Virtual Walking? What it's not is sitting on your sofa imaging your feet climbing the Alps.

It's physically walking a set trail or distance – on your own - or with a friend or two. The advantages range from not having to get up early to participate with thousands of others to selecting your route to setting your own time. You track your time and distance and log it in to an event website. Often, you receive a cool tee shirt for your efforts.



Many of us have walked virtually during the Covid – Great Aloha, Start-to-Park, Honolulu Marathon, the AVA annual VOP walks (National Parks this quarter), the year-rounds, etc. While I'd rather walk with my fellow humans, I found the Virtual Walks *Got Me Going*. They were terrific motivators at a time when I needed them. Logging time and distance kept my feet on the trail.

Charlotte Sullivan



## Travel Tip – Global Entry

Global Entry is a U.S. Customs and Border Protection (CBP) program that allows international travelers expedited clearance into the United States. With Global Entry, TSA Pre-check is included. Having TSA pre-check, helped minimize our time in crowds at the airport. The fee is \$100 per applicant. Membership is good for 5 years. Many credit cards give you a \$100 credit off the Global Entry fee.

Apply for Global Entry online at <https://www.cbp.gov/travel/trusted-traveler-programs/global-entry>. After approval, CBP mails you a Global Entry Card. Just enter the Global Entry number on your frequent flyer profile for the airlines that you typically fly. On future bookings, your boarding pass should indicate TSA Pre-Check.

Carol Romig

## AVA Virtual Walk Update: National Parks of America

Menehunes continue to roll up the steps/miles in AVA's 2<sup>nd</sup> Quarter Challenge – walk the hypothetical 500,500 steps from Glacier Park to the Everglades. By mid-June all Menehunes reached the Everglades and continue to walk – while waiting for the 3<sup>rd</sup> Quarter Challenge – Global Cuisine - to begin July 1. Yum. Can hardly wait.

| Menehune           | Steps     | Miles |
|--------------------|-----------|-------|
| Dan Barnett        | 2,821,860 | 1,254 |
| Carol Romig        | 1,296,681 | 576   |
| Harriet Miyasaki   | 1,129,850 | 502   |
| Pat Nakatsuka      | 918,506   | 408   |
| John Myamasu       | 890,527   | 395   |
| Christina Enoka    | 656,392   | 291   |
| Faye Myamasu       | 573,755   | 255   |
| Charlotte Sullivan | 531,935   | 236   |

That's a total of 3,917 miles for this 2<sup>nd</sup> quarter challenge, and it's not over! Kudos to all!

Dan is in second place on the national leaderboard. Carol is 27<sup>th</sup>. Congrats!

Wishing Molly Brown a speedy recovery from her broken wrist.

**Mahalo**



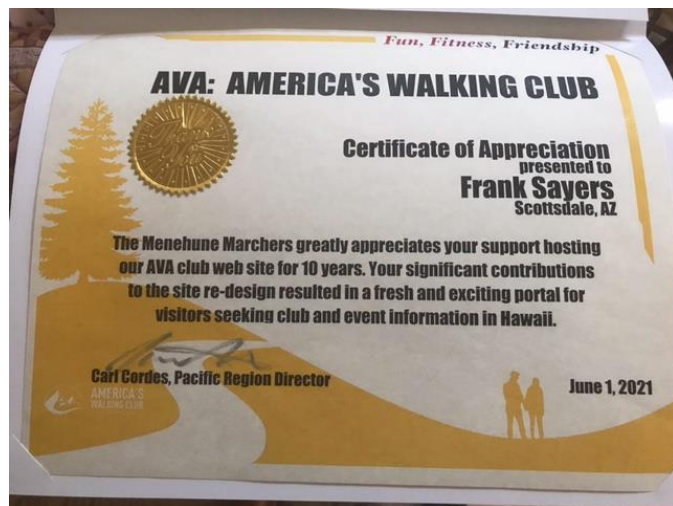
Special thanks to Mark Brown, Carol Romig, Dennis Romig, Marsha Okada, John Sullivan and the Menehune Ohana for their work in completing this newsletter. Next deadline: October 15.

## AVA Recognizes Outstanding Contributions by Menehunes

Commendable Service Award to our Web Master, Pat Nakatsuka:



Certificate of Appreciation to our Web Host, Frank Sayers:



We're lucky to have such a great website. Be sure to check it out. Mahalo to these two people who make it possible!

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

How many did you unscramble?

|               |              |
|---------------|--------------|
| Aloha Tower   | Capitol      |
| Triangle Park | Kahala       |
| Magic Island  | Ala Moana    |
| Pow Wow       | Capitol      |
| Diamond Head  | Diamond Head |
| Waokele Pond  | Hoolamuhia   |
| Natatorium    | Waikiki      |

You only live once, but if you do it right, once is enough. Mae West