

# Menehune Marcher News

March 2022

Volume 21, Issue 3

## From the President

Aloha Menehunes,

I hope you are all safe and well. It appears, for the third time in the past two years, we are now looking at what may be a return to what "normal" life was like prior to COVID-19. I sure hope and pray that we make it this time and that our progress is not frustrated by yet another disease variant or other malady. Meanwhile, I suggest we stay masked in public, fully vaccinated and fingers crossed for a well-earned relief.

For our early risers, note that Carol has very kindly posted a schedule of walking events for you that run from February to June. These are organized to provide group walk opportunities for those who are vaccinated (on Saturdays) as well as a mixed group option for both vaccinated and unvaccinated walkers (on Sundays). I hope that you may have the opportunity to enjoy a few of these dates and have a fun walk combined with the pleasure to see old friends.

As always, one other great benefit is the exercise for your fitness. Please stay safe and well. See you on the trails....

All the Best, Mark

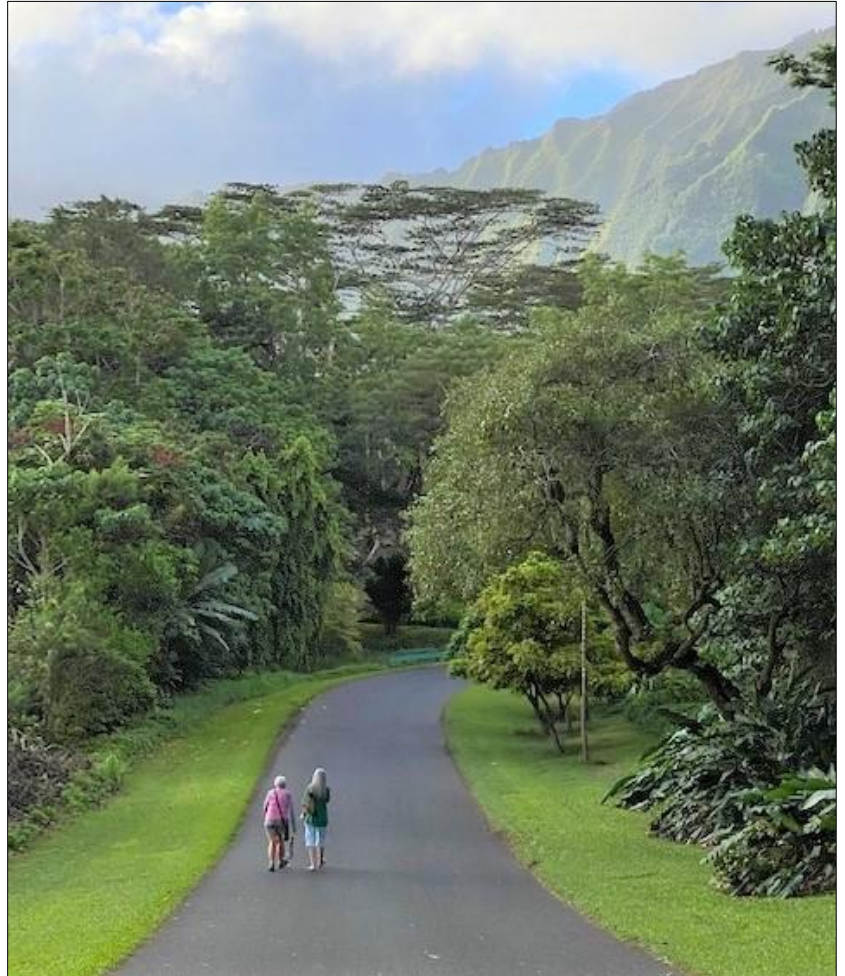
## Walking

**The oldest exercise and the cheapest!**



## Footprints

*Hoomaluhia - October 23*



*Photo by Sandy Johnson*

Sixteen Menehunes enjoyed perfect walking weather at Hoomaluhia Botanical Garden. We were out on the trail bright & early and walked from the front to back gate of the garden. The teaser garden at the Visitor Center was gorgeous! Many heliconia (lobster claw) in bloom. A big thank you to Barbara Cooney for the delicious avocados & star fruit (from her backyard).



*Photos by Dennis Romig*



## 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 – 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

AVA Virtual Walk  
4<sup>th</sup> Quarter – Route 66

Dan Barnett – 2,161 km  
Carol Romig – 1,168 km  
Harriet Miyasaki – 982 km  
Pat Nakatsuka – 887 km  
John Miyamasu – 780 km  
Elaine Imoto – 715 km  
Christine Enoka – 653 km  
Faye Miyamasu – 464 km  
Charlotte Sullivan – 456 km



(Kilometers estimated based on hypothetical step size.)

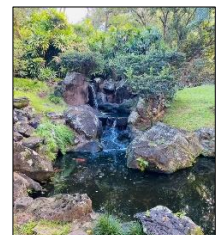


## Manoa – November 27 & 28



Photo by Dennis Romig

Menehunes enthusiastically hit the trails again after Thanksgiving with a walk through the beautiful Manoa neighborhood. A total of 30 (25 on Saturday and 5 on Sunday) enjoyed the scenery and the company of others – a much missed treat during the intense Covid days.



Photos by Christina Enoka



## 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
- Rails-to-Trails – 12/31/2025
- Rockin' Around the Clock - 12/31/23
- Town Halls/City Halls – 12/31/2024
- Walking with America's Veterans – 12/31/2023
- Walk Like an Olympian – 12/31/2021
- Walking the USA - A-Z – never ends



The Canadian Volkssport Convention for 2022 will be nearby – Penticton, British Columbia. May 27-29, 2022.

## Patsy Mink – December 18 & 19

Another happy time for Menehunes. Wave after wave of parakeets greeted the 10 early walkers. A total of 27 walked. And 20 stayed for a lanai breakfast at the Waikele golf course.



Photo by Gordon Tyau

## Welcome!

New members and guests are always welcome!

## Have You Visited the Websites Lately??

Check them out:

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

You may see your friends there. I found both Ray and Gretchen Malaski and our Diamond Head Climb group at [ava.org](http://ava.org).

Photos by Christine Enoka





## Hoomaluhia Update

Because the Hoomaluhia pavilion is on a first come first serve basis and limited to two tables per group, the Menehunes are exploring other options. Carol is exploring lunch at the Waikele Golf Club (on the patio) on April 16 as an alternative. Details to follow.



## Hoomaluhia

by Sandy Johnson



# Horizons

Menehune Walking Schedule		
Date	Walk	Details
Feb 27, 2022 - Sunday	Capitol Pow Wow	7:30 start Vaccinated only
March 12 Saturday	Manoa	7:30 a.m. start Vaccinated only
March 13 Sunday	Manoa	7:30 a.m. start Open to all
March 26 Saturday	Ala Moana	7:30 a.m. start Vaccinated only
March 27 Sunday	Ala Moana	7:30 a.m. start Open to all
April 16 Saturday	Mililani	7:30 a.m. start Vaccinated only
April 17 Sunday	Mililani	7:30 a.m. start Open to all
April 30, Saturday	Patsy Mink	7:30 a.m. start Vaccinated only
May 1 Sunday	Patsy Mink	7:30 start Open to all
June 18 Saturday	Manoa	7:30 a.m. start Vaccinated only
June 19 Sunday	Manoa	7:30 a.m. start Open to all

R.S.V.P to Carol ([CarolRomig50@gmail.com](mailto:CarolRomig50@gmail.com) or 626-3575 if you're coming. Limit of 20.

## 2021 Menehune Walking History

	Qtr 1	Qtr 2	Qtr 3	Qtr 4	YTD Total
<b>Year-Round Events<sup>12</sup></b>					
Ala Moana Park	12	8	15	20	55
Downtown Capitol	5	9	12	13	39
Diamond Head	7	38	14	16	75
Hoomaluhia Botanical Garden	5	8	12	20	45
Kahala	7	6	12	11	36
Kailua	1	2	9	1	13
Kona	1	1	6	2	10
Manoa	16	10	33	58	117
Mililani	36	71	86	55	248
Patsy Mink	5	0	24	29	58
Waikiki	7	38	14	33	92
<b>Total</b>	<b>102</b>	<b>191</b>	<b>237</b>	<b>258</b>	<b>788</b>
<b>Traditional Event</b>					
Great Aloha Run	35				35
<b>TOTAL</b>	<b>137</b>	<b>191</b>	<b>237</b>	<b>258</b>	<b>823</b>

Prepared by Carol Romig

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

**Mahalo!** Special thanks to Mark Brown, Sandy Johnson, Christine Enoka, Pat Nakatsuka, Carol Romig, Dennis Romig, Gordon Tyau, Marsha Okada, John Sullivan and the Menehune Ohana for their work in completing this newsletter. Next deadline: June 15.





**More Hoomaluhia by Sandy**



**AVA Virtual Walk 2021 Update:**

Here’s the latest from our Menhunes on the AVA Virtual Walk. This year’s walk was split into four routes – all interesting. We’ve been to Pakistan, Japan, Cuba and Montana. The Global Cuisine quarter even provided recipes at milestones.

	Steps				Total Steps
	Qtr 1	Qtr 2	Qtr 3	Qtr 4	
Menehune	Kindness Around the Globe	National Parks of America	Global Cuisine	Route 66	
Dan Barnett	3,286,741	3,192,124	3,441,919	2,835,507	12,756,291
Carol Romig	1,446,853	1,449,518	1,552,303	1,533,533	5,982,207
Harriet Miyasaki	1,273,173	1,281,034	1,264,931	1,288,618	5,107,756
Pat Nakatsuka	1,165,570	1,095,723	1,174,280	1,164,437	4,600,010
John Miyamasu	1,028,356	1,019,886	1,035,588	1,023,450	4,107,280
Elaine Imoto	846,119	877,279	779,034	938,589	3,441,021
Christine Enoka	678,970	748,468	783,370	856,994	3,067,802
Faye Miyamasu	797,967	573,755	732,380	609,049	2,713,151
Charlotte Sullivan	598,432	577,939	575,659	598,731	2,350,761
<b>Menehune Totals</b>	<b>11,122,181</b>	<b>10,815,726</b>	<b>11,339,464</b>	<b>10,848,908</b>	<b>44,126,279</b>

Course Totals	494,446	500,500	503,309	505,434	2,003,689
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*Steps compiled from AVA records.*

The 2021 AVA Virtual Walks ended on December 31, 2021. Sadly there will be no virtual walk in 2022, because the activity wasn’t financially viable with only about 300 participants. AVA is exploring other Virtual Walk options. Stay tuned.

*Congratulations* to all participants. 44 million Menehune steps is terrific. With those steps, Menehunes virtually circled 79% of the globe. They walked enough steps to make two round trips from Honolulu to Montreal!!! The national group (including Menehunes) walked enough steps to go to the moon and back – twice. Real Stepping Out!



# On A Mission

By Pat Nakatsuka

We were on a mission ... a mission to see the Northern Lights. That is how we ended up in Fairbanks, Alaska in the middle of the night, standing in a snowy field with temperatures hovering around 24°F. Two other Northern Lights seekers were with us on this tour – a man from South Korea, and a woman all the way from ... Waipahu, Hawaii (small world.) It was worth the late hour and the cold. Seeing the Northern Lights was amazing and one of the highlights of our trip!

Mission accomplished, but there were still many other sights and experiences awaiting us in Fairbanks.



First stop, the Alyeska Pipeline in Fairbanks.

The pipeline is 800 miles long starting from the North Slope's Prudhoe Bay to the southern terminus in Valdez. It was built in 3 years with construction beginning in 1974 and ending in 1977. The temperatures along the pipeline are extreme, ranging from minus 80°F to 95°F. Per a *New York Times* article, pipeline welders in 1975 could gross about \$1,500 per week with so much overtime pay. This equates to \$7,648 per week in 2021 dollars. Alaska's economy depends on revenue from oil and natural gas industries. Alaska has no state income tax and no state sales tax. However, municipalities and boroughs are allowed to charge a local sales tax.

Some of the other places we visited were the Museum of the North (exhibits on Alaskan history and culture), Creamer's Field and the Migratory Waterfowl Refuge (lots of walking trails although we didn't see many birds because the migration was over), Chena Hot Springs, and the Aurora Ice Museum. The Ice Museum is kept at 25°F year-round. Everything in the Museum is made of ice, even the glasses where you can enjoy an appletini at the ice bar. For a unique experience there are rooms where you can spend the night on a bed made of ice.



Life-Sized Dueling Knights Made of Ice

One day we were lucky enough to hitch a ride with Santa to the North Pole! OK, truth is, it was a toy Santa, not the real Santa. And we visited the city of North Pole, not the magnetic North Pole.



The Santa Claus House at the North Pole is where all the letters written to Santa end up. Some of these letters are posted on the walls. Although a few were a bit sad, most were very cute, humorous and touching. You can also have personalized letters from Santa mailed anywhere with the "North Pole" postal cancellation stamp.

Next to Santa Claus House is the Antler Academy where we met some of Santa's Reindeer Team.





Eielson Air Force Base is not far from the city of North Pole, so we made a stop there. (Eielson AFB is part of the Pacific Air Forces – PACAF, headquartered at Joint Base Pearl Harbor- Hickam in Hawaii.) One of the sights we were told about was the “Lady of the Lake.” It sounded a bit mysterious, but the Lady of the Lake is an airplane partially submerged in a lake. Apparently, there are many legends about the history of the airplane and how it ended up in the lake. According to the Eielson AFB website, the Lady of the Lake is a WB-29 Weather Reconnaissance plane. There is no official record of how it ended up in the lake, but speculation is that it may have been damaged in a ground accident and used for parts. It was eventually taken to the lake and used for water training until it became too dangerous. We decided against going to see this since the road was icy, but here is a photo from the website. You can barely see part of the cockpit, tail and wing.



Coincidentally, on our flight home we sat next to a woman who had landed at Eielson AFB earlier that day. She was a flight attendant on a charter flight from South Korea, bringing back a plane full of troops. Flying on these charter flights can be a different experience. She told us that the passengers brought their (unloaded) weapons with them on the plane, and that some of them had problems trying to fit their rocket launchers in the overhead compartments. But the troops were obviously very excited to be going home after being

in South Korea for 8 months. We thank them for their service and for the sacrifices they and their families make.



View from the Airplane

If you enjoy nature walks, seeing wildlife and stunning scenery, you will enjoy not only Fairbanks, but much of Alaska. The AVA website shows a seasonal walk (scheduled in mid-May through mid-September 2022) in Fairbanks sponsored by the Anchorage Volkssport Club. Although there were no YREs in Fairbanks while we were there, we still enjoyed the walks we did on our own and look forward to exploring more of this beautiful state!

## More Patsy Mink by Gordon Tyau





More Manoa by Christine Enoka and Dennis Romig



So nice to be back with friends.....