



Menehune Marcher News

November 2021

Volume 21, Issue 2

From the President

Aloha Menehunes,

First and foremost, I want to thank Carol and Dennis Romig for hosting the terrific walk and BBQ at their Mililani residence in early July. It was a very well-planned and hosted event where all who attended felt safe together. It was really fun to do something normal again with a large group of friends.

At the time, the pandemic numbers were low, and the pandemic appeared to be nearing the end. However, unknown to us that enjoyable day, the "light at the end of the tunnel" soon faded with the sudden arrival of the Delta Variant. In the weeks that followed, Hawaii's COVID cases surged to over one thousand cases per day and dozens of deaths each week. It was especially scary when the local hospitals filled to max capacity and health officials started to talk about the need to ration care. Thankfully that phenomenon is now behind us, and we can again see some light at the end of the pandemic tunnel.

The reversal is clearly attributable to people doing the right things such as wearing masks and getting vaccinated, with the State vaccination rate now up to 70%. Hopefully, the worst of the pandemic is behind us with better times ahead. To help sustain that trend, please get your booster shots to maximize your individual protection and the protection to those you enjoy spending time with.

I hope conditions permit our doing more together soon. The recently announced 23 and 24 October Ho'omaluhia Botanical Garden Walk appears to be a great start; thanks again to the kindness of Carol and Dennis.

Please take care and stay safe!
All the best, Mark

~~~~~



## Footprints

**Patsy Mink Park:** After months of social distancing 12 Menehunes (including three new members) walked Patsy Mink on August 29. Everyone enjoyed walking, and everyone really enjoyed seeing old and new friends.

**Hoomaluhia Botanical Gardens:** Hope you joined old and new friends on October 23 and 24 to visit the birthplace of Menehune Marchers.

### On the Road Again with Carol and Dennis:

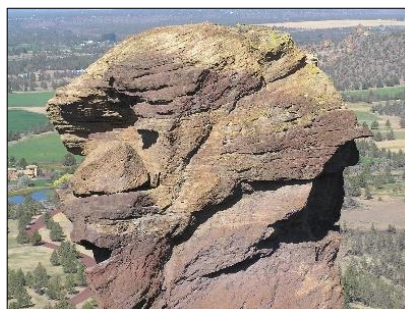
First trip - May. Carol and Dennis stopped in Spokane as part of their quest to do the 50 States twice. They joined John and Charlotte Sullivan and some local Lilac City Volkssporters to complete the Gonzaga University walk. Gonzaga's mascot, the bulldog, gave them his best smile!



Second trip – September to the Central Oregon event, Grand Teton National Park and Utah. Lots of spectacular scenery on the way.



Terrebone- Smith Rock



Monkey Face



Dennis in Jenny's Canyon

## 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 – 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

### Events:

Carol Romig – 1,000

### Distance:

Carol Romig – 23,000 km



## Horizons

Menehunes walks are BACK! With the decline in Covid cases, new walks are now back on the schedule – but with some cautions:

1. Groups are limited to 20 walkers each day.
2. You must RSVP to Carol for each walk to ensure we are compliant with limits. Carol – 808-626-3575.
3. Saturdays are reserved for vaccinated walkers only.
4. Sundays are open to all walkers.



**Manoa** – Start 8:00 a.m.

November 27 – Vaccinated walkers only

November 28 – All walkers

Remember to park on the street. Meet at McDonalds.

**Patsy Mink Park** – Two start times each day!

7:00 a.m. for early risers wanting to see the rose-ringed parakeets fly into the park (and who wouldn't??)

8:00 a.m. for later risers

December 18 – Vaccinated walkers only

December 19 – All walkers

**Great Aloha Run** – February 22, 2022

The Great Aloha Run is 100% virtual for 2022. You can walk the 13K anywhere over a four-day period.



For 38 years the GAR has partnered with Aloha Stadium to raise money to support Hawaii's local nonprofits. In 2021, thanks to the extremely generous support of the runners, walkers and sponsors, they were able to donate more than \$238,000 to dozens of local charities – the biggest donation in the past five years. IVV credit is available if desired. IVV fee is \$3.

For IVV credit, please mail your check and waiver form to: Carol Romig, 95-211 Kemu Place, Mililani, HI 96789. Please make check payable to Menehune Marchers. You must register for the Great Aloha Run to receive IVV credit. All finishers receive a tee shirt & medal from the Great Aloha Run.

Join us for this fun event and support Hawaii's local charities.

## 2021 Menehune Walking History

|                                       | Qtr 1 | Qtr 2 | Qtr 3 | YTD Total |
|---------------------------------------|-------|-------|-------|-----------|
| <b>Year-Round Events<sup>12</sup></b> |       |       |       |           |
| Ala Moana Park                        | 12    | 8     | 15    | 35        |
| Downtown Capitol                      | 5     | 9     | 12    | 26        |
| Diamond Head                          | 7     | 38    | 14    | 59        |
| Hoomaluhia Botanica                   | 5     | 8     | 12    | 25        |
| Kahala                                | 7     | 6     | 12    | 25        |
| Kailua                                | 1     | 2     | 9     | 12        |
| Kona                                  | 1     | 1     | 6     | 8         |
| Manoa                                 | 16    | 10    | 33    | 59        |
| Mililani                              | 36    | 71    | 86    | 193       |
| Patsy Mink                            | 5     | 0     | 24    | 29        |
| Waikiki                               | 7     | 38    | 14    | 59        |
| Total                                 |       |       |       |           |
| <b>Traditional Events</b>             | 102   | 191   | 237   | 530       |

Prepared by Carol Romig

## 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.

## Welcome New Members:

New folks we're looking forward to seeing along our trails.

Barbara Cooney  
 Brett and Melvina Kurashige  
 Ed, Debra and Sam Seibert

## 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).



## Walking Tips



1. Start. Sometimes this is the toughest step. (Step – get it?)
2. Move your arms. A small swing helps propel you and strengthen your back muscles.
3. Replace your sneakers when your treads show wear.
4. Wash your sneakers when they fail to pass a whiff test.
5. Make your walks a daily habit. This good habit may offset some other bad habits.

## AVA Virtual Walk Update:

Here's the latest from our Menehunes 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            |                   |
| <b>Menehune</b>        | <b>Kindness Around the Globe</b> | <b>National Parks of America</b> | <b>Global Cuisine</b> | <b>To Date</b>   |                   |
| Dan Barnett            | 3,286,741                        | 3,192,124                        | 3,441,919             | 732,473          | 10,653,257        |
| Carol Romig            | 1,446,853                        | 1,449,518                        | 1,552,303             | 298,430          | 4,747,104         |
| Harriet Miyasaki       | 1,273,173                        | 1,281,034                        | 1,264,931             | 278,186          | 4,097,324         |
| Pat Nakatsuka          | 1,165,570                        | 1,095,723                        | 1,174,280             | 264,044          | 3,699,617         |
| John Miyamasu          | 1,028,356                        | 1,019,886                        | 1,035,588             | 238,177          | 3,322,007         |
| Elaine Imoto           | 846,119                          | 877,279                          | 758,192               | 168,814          | 2,650,404         |
| Christine Enoka        | 678,970                          | 748,468                          | 783,370               | 195,116          | 2,405,924         |
| Faye Miyamasu          | 797,967                          | 573,755                          | 632,021               | -                | 2,003,743         |
| Charlotte Sullivan     | 598,432                          | 577,939                          | 575,659               | 191,218          | 1,943,248         |
| <b>Menehune Totals</b> | <b>11,122,181</b>                | <b>10,815,726</b>                | <b>11,218,263</b>     | <b>2,366,458</b> | <b>35,522,628</b> |

| Course Totals | 494,446 | 500,500 | 503,309 | 505,434 | 2,003,689 |
|---------------|---------|---------|---------|---------|-----------|
|---------------|---------|---------|---------|---------|-----------|

The 2021 AVA Virtual Walks end on December 31. Next year's walk(s) will start January 1. Check the AVA website in December to sign up.

*Congratulations* to all participants. 35+ million steps-to-date is terrific – about the distance to Cape Town, South Africa, and back to Honolulu!



## Some Halloween puzzlers...

Why did the policeman ticket the ghost?  
He didn't have a haunting license!

Why did the ghost starch his sheet?  
He wanted you to be scared stiff!

How do you mend a jack-o-lantern?  
With a pumpkin patch!

What does a panda ghost eat?  
Bam-boo!



Why don't mummies take time off?  
They're afraid to unwind!

What kind of music do mummies listen to?  
Wrap music!

What do you find on a haunted beach?  
A Sand-witch!

What do you call a vampire who lives in the kitchen?  
Count Spatula!



What's it like to be kissed by a vampire?  
It's a pain in the neck!

What do you get when you cross a vampire  
with a snowman?  
Frostbite!



Why didn't the skeleton like Halloween candy?  
He didn't have the stomach for it!

What position does a ghost play in hockey?  
Ghoulie!

~~~~~

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, Carol Romig, Dennis Romig, Marsha Okada, John Sullivan and the Menehune Ohana for their work in completing this newsletter. Next deadline: February 15.

## More from Gordon - Along the Trails

From our award-winning photographer, Gordon Tyau. Remember these walks?



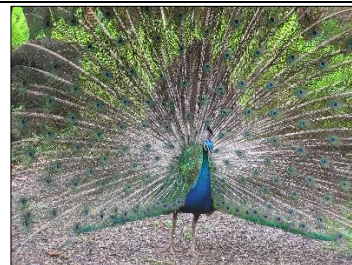
2018 Koko Crater



Portlock



Pow Wow - Capitol



Peacock



Night Heron



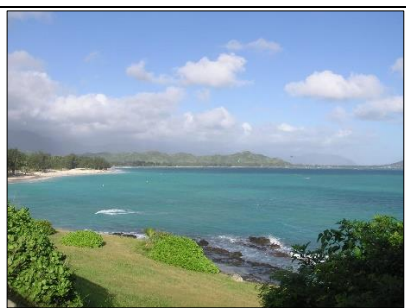
2018 Wahiwa



2018 Waterfront



Manoa



Kailua



2012 Christmas