Event Calendar

Oct 31  Capitol Walk with the Tater Tours
Sat            Carol Romig
               626-3575

Nov 15  Kailua
Sun            Maria Brasher
               261-3583

Dec 12  Christmas Party and Walk
Sat             Carol Romig
               626-3575

Jan 16  Laie
Sat             Carol Romig
               626-3575

Feb 15  Great Aloha Run Piggyback Event
Mon             Carol Romig
               626-3575

Feb 27  Diamond Head
Sat             Carol Romig
               626-3575

For questions about a walk, contact the
POC. Or check your email or your
brochure.

Have an idea for a walk??
Call Carol or Mark!

Capitol Walk with the Tater Tours
October 31, Saturday

The Taters are back! And they’ve invited us to join them for the Capitol Walk. Start
either at 8:30 a.m. at the Aloha Tower or 8:00 a.m. at the Nuuanu YMCA. Carol will
be at the Aloha Tower and Dennis will be at the Y. Some walkers may prefer the Y
start because it is an earlier start with no hassle parking.

Kailua – November 15, Sunday

Time to check out those lovely Kailua beaches, islands and neighborhoods. Plan on
starting at Maria’s house (388 Auwinala Road) at 8:00 a.m.

Christmas Party and Waikiki Walk
December 12, Saturday

Please join us on December 12 at the Hale Koa Hotel for our Christmas Party and 5k
walk. Buffet style lunch starts at 10:30 a.m. The price per person is $24 (club
members and $27 (non-club members). Thank you for your generous donations that
helped defray our costs. If you plan on attending, please send a check payable to
Menehune Marchers to Carol Romig at 95-211 Kemu Place, Mililani, HI 96789 by
November 15.

If you plan on walking off the calories before the party, we will be meeting at 8:30 in
the Hale Koa lobby area for the Waikiki 5K walk. The Menehune Marchers will pick
up the fee for this walk.

Start looking around your home for your White Elephant gift. For those participating
in the fun exchange, please bring an unwrapped gift to the party. See you on the 12th!

Laie – January 16, Saturday

The starting point is the Colton’s home in Laie – 55-579 Naniloa Loop. From Waikiki
take the Likelike Hwy (63N). Turn left at Kamehameha Hwy (83W). Left at Naniloa
Loop in Laie. From the North Shore take H-1 W to H-2 N. Take Exit 8 at
Wahiawa/Mililani toward Wahiawa. Continue on the Kamehamehia Hwy to Laie.
Turn right at Naniloa Loop. Start time is 8 a.m.

Great Aloha Piggy Back Event –
February 15, Monday

Join 25,000 of your fellow, fun-loving friends for the trip from Aloha Tower to Aloha
Stadium where you’ll be rewarded with snacks and a very fashionable t-shirt. You
must pre-register for both events. See you there.
From the President

As the newly elected Club President, my first task is to thank you, the membership, for the privilege of serving a (non-consecutive) third term. I especially look forward to working with Carol and Dennis Romig and our new VP – Katie Barbieto.

On behalf of our entire club, I also wish to extend a special “Mahalo” to Ruby Fukuyama for her very generous club donation. It was Ruby’s wish that the money go, at least in part, toward our 12 December Christmas party. Molly and I plan to attend the party and hope to share the holiday cheer with as many of you as are able to attend.

Since we are a walking club, I think my next and perpetual task is to encourage all who hear our message to get out and walk. Numerous medical and health studies have confirmed that walking (particularly at an aerobic pace) is the ideal exercise to optimize your health. Walking (like swimming) does not put the stress on your joints that running does, so it is beneficial to your skeletal health as well as your overall physical and cognitive health. As we approach the new year and the season for new year resolutions, I urge all members (and your friends and family) to set a walking goal and discipline yourself to stick to it. I suggest a goal of at least one 5 or 10 km volksmarch per week. If you can manage a higher goal, then go for it!! Clearly more is better up to a point. I think the ideal is four 10-12 km walks per week, where you alternate between walking and days of rest (for home chores, etc.). That sums to the equivalent of a weekly 42 km marathon which is indeed ambitious but clearly worth the commitment to your health and fitness.

Not only are walks good for you, but they are convenient and fun, too. One of the great advantages of our nine on-island Year Round Events (YREs) is that you can go for a walk at the time and place that works best for you and at the low (for IVV credit) fee of only $2 for club members. So PLEASE get out and enjoy the scenery of the paradise we live in while gaining more and more mileage for your health, fitness, longevity and IVV Record Books!

See you on the trails - Mark

Footprints

Capitol – July 4

Photos by Gordon Tyau
**Menehune Milestones**

**Events:**
Richard Pickens - 250
Carol Romig - 600

**Distance:**
Carol Romig – 12,000, 13,000

**Special Programs:**
Volcanoes – Charlotte Sullivan

*Congratulations, Everyone!!!*

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**Oh, the places you can go…..**
So where could Carol go with her 13,000 kilometers?? She could walk to Almaty, Kazakhstan, and back (13,590 km) or one-way to Rome (12,936 km)!! That’s a lot of steps!

The above milestones are recapped from *The American Wanderer*, AVA’s newsletter.

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**Mahalo**

Special thanks to Mark Brown, Carol Romig, Dennis Romig, Marsha Okada and Gordon Tyau for their work in completing this newsletter!

Deadline for articles, photos or whatever in the next newsletter is February 15. Thanks.

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**Laie Update**

Alas, we are bidding a fond farewell to the Coltons who have hosted our Laie walk box for many years. They are moving to the mainland.

The Laie walk will now be remote registration. Contact Carol to register and receive your stamp. Because many club members love the Laie walk, occasionally the club will host a group walk in Laie. The next Laie hui hele walk is January 16.

Many thanks to the Coltons!! Best wishes in your new home!

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*Photos by Gordon Tyau*
**Club Volunteers**

**Officers**
- President – Mark Brown
- Vice President – Katie Barbieto
- Treasurer – Dennis Romig
- Secretary – Carol Romig

**YRE Coordinators**
- Ala Moana – Faye Miyamasu, Joanne Funasaki
- Diamond Head – Mark & Molly Brown
- Downtown Honolulu – Ruth Asakura & Gordon Tyau
- Kailua – Maria Brasher
- Laie – Carol Romig
- Kahala – Mark & Molly Brown
- Kona – Carol & Dennis Romig
- Manoa Valley – Joanne Funasaki
- Mililani – Carol & Dennis Romig
- Obama Heritage – Faye Miyamasu, Joanne Funasaki
- Waikiki – Mark & Molly Brown
- Volcano – Carol Romig

**Other Volunteers**
- Club website – Wanda Wright
- Event Brochures – Ruth Asakura
- Club membership – Dennis Romig
- Newsletter – Charlotte Sullivan
- Traditional Events – Many!! But we can always use more

Mahalo, Volunteers!

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Photo by Gordon Tyau

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As I hurtled through space, one thought kept crossing my mind – every part of this rocket was supplied by the lowest bidder.

John Glenn

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*Photos by Gordon Tyau*
AVA Walking Challenges

50 States (Marsha Okada, Sharon Dowdell, BS McEwen, Joan King, Vernon King and Charlotte Sullivan completed this one) – never ends
50 State Capitals (Joan and Vernon King completed this one) – never ends
Alternative Capitals – 12/31/2016
Amphitheatres – 12/31/2017
Animal Safari – 12/31/2017
A Walk in a City Park – 12/31/2018
Boardwalks – 12/31/2017
Border Crossings – 12/31/2023
Bridges – Spanning the USA – 12/31/2018
Centurion Achievement Challenge - Cities in Song – 12/31/2016
Civil War Battlefields – 12/31/2015
Doin' the Louisiana Purchase – 12/31/2018
Food for Thought – 12/31/2017
Fraternal Organizations – 12/31/2015
Honoring Our Flag – 12/31/2016
Lady Liberty – 12/31/2018
Lakes and Reservoirs – 12/31/2016
Make a Wish at a Water Fountain – 12/31/2018
National Parks Centennial – 12/31/2018
Ports of Call – 12/31/2018
Points of Reference – 12/31/2018
Special National Officer Book (the S.N.O.B. walks!) – never ends
State Street Sashay – 12/31/2018
Take a Walk in a City Park – 12/31/2018
Treasure Hunt – 12/31/2018
Trekking with the Trees – 12/31/2016
United States Post Offices – 12/31/2018
Vice Presidential Walks – 12/31/2018
Volcanoes – 12/31/2017
Walk the USA – Street by Street – 12/31/2018
Walking America's Ports of Call – 12/31/2018
Walking the Old Spanish Trail – 12/31/2015
Walking the Path of Inventions -12/31/2018
Walking the USA A-Z – never ends
Walking the USA – Street by Street – 12/31/2018
Water Fountains – 12/31/2018
Water Towers – 12/31/2016
You’ll Never Walk Alone – 12/31/2016

A Fond Farewell to Ruby Fukuyama

As many of you know, long-time Menehune Ruby Fukuyama moved to Arizona with her family in August. Ruby was a serious walker and an eager club volunteer. She always arrived early - ready to help set up, register or guide a walk. For years she helped register walkers. Ruby, Marsha and Ruth had the pay-your-money-sign-the-liability-form-get-your-stamp registration routine down pat. No mistakes with them!

Ruby loved to walk and share. Wet weather never slowed her down. She remind us that those Manoa showers were really “Hawaiian blessings.” Walking with Ruby was an education. She could identify almost every plant, tree and flower. Like everyone, she especially enjoyed the post-walk lunch stops where she introduced the group to tasty bean curd rolls.

Carol presented Ruby with a Menehune remembrance – a photo album of our walks.
A Note from Ruby

To our Merry Menehune Marchers,

Thanks to Marsha, I became one of you for these past 21 years. She took the time to come to my house when I was a no-show - and never having met me. She also came to stamp my book. After doing some fun runs, I came across a yellow leaflet in my start pack about volkssport and the Menehune Marchers. It's one of the best things I ever did – follow up on the info. Not only did I get to do regular walks and exercise but it was the first time I got to visit places I only heard of but never seen.

I'm an introvert but I got to meet and converse with a lot for people from near and far. Got to try fried rice from all over, dim sum, Kura Kura and all the wonderful eats from our potlucks. Yum!

I was there at the right place at the right time. With grateful appreciation for my wonderful book which I'm sure I will "thumb" through often. With much aloha to all you great Menehune Marchers. I shall keep you informed of my new surroundings.

Ruby

Lexophiles – A chance to Smile

The thief who stole a calendar got twelve months.

A will is a dead giveaway.

When a clock is hungry, it goes back four seconds.

Acupuncture is a jab well done.

The guy who fell into the upholstery machine is now fully recovered.

The batteries were given out free of charge. Thanks to Marsha Okada for sharing these.

Yearly Recap Walkers

Ruby often brought her “home-made” snacks to fortify us Menehunes. We loved the fruitcake, the energy bars (see the attached recipe) and the mac nuts.

Ruby’s new home is at 991 Feather Palm Dr., Lake Havasu City, Arizona 86404. She also has a cell phone now with her old Hawaii Kai phone number. Give her a call or drop her a note.

Ruby, thanks for your generous financial contribution to our club and your 21 years of service. We will miss you. Aloha!

Ruby’s Energy Bars

2 ½ cups crisp rice cereal
1 cup quick oats
¼ cup toasted sesame seed
1 pkg. (10 oz.) marshmallows
½ cup peanut butter
¼ cup butter or margarine
¼ cup peanuts
½ cup raisins

Grease a 13 X 9 inch pan.

In a sauce pan combine rice cereal, oats and sesame seed. Toast over medium heat for a few minutes.

In a large sauce pan combine marshmallows, peanut butter and butter. Melt over low heat.

Stir in in cereal mixture, peanuts and raisins.


Year Round Event

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<th>3rd</th>
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<td>Downtown Capitol</td>
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<td>Waikiki</td>
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<td><strong>Total walkers</strong></td>
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<td><strong>233</strong></td>
<td><strong>130</strong></td>
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Traditional Event

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<td>Hoomaluhia Botanical Garden</td>
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<td><strong>Total</strong></td>
<td><strong>341</strong></td>
<td><strong>262</strong></td>
<td><strong>130</strong></td>
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Prepared by Dennis Romig

The Journey is often more Enjoyable than the Destination!