

# menehune marchers news

Fall 2008

Volume 8, Issue 3



## Upcoming Events

- Sep 7** **Manoa Hui Hele**  
*Lan Char*  
988-7312
- Oct 4** **Oktoberfest at Bellows AFS**  
*Carol-Dennis Romig*  
626-0525
- Nov 9** **Nuuanu Valley**  
*Bob Iverson*  
947-3359
- Dec 13** **Christmas Party**  
*Gayla Tarumoto*
- Dec 5-12** **Big Island/Maui/Lanai**  
(Sponsored by Walking Adventures International)
- Jan 10** **West Lock**  
*Carol/Dennis Romig*  
626-3575

## Are You a Member of AVA yet?

### Club Officers 2007-2009

President	Mark Brown
Vice President	Carol Romig
Secretary	Lan Char
Treasurer	Terry Puuohau

### Upcoming September Event

## Manoa Hui Hele

*Lan Char*

The Manoa YRE Hui Hele will be held on Sunday, Sept.7, 2008. The walk will start between 7:30 AM and 8 AM at the grassy area next to McDonald's at the Manoa Market Place. Hope to see many of you there.

Contact person: Lan or Ben Char, tel. 988-7312

### Upcoming October Event

## Celebrate Oktoberfest

### At Bellows AFS

*Carol and Dennis Romig*

Join us on October 4 at Bellows AFS to celebrate Oktoberfest. Start anytime between 8:00 am and 11:00, and finish by 2:00. However, the Oktoberfest celebration begins as soon as the first walkers finish. Bring your favorite dish to share with your fellow volksmarchers. Brats and hamburgers will be donated. The Club will provide soft drinks and chips.

The Bellows volksmarch, rated a 1+, takes you along the beautiful Bellows beach, a nature trail, and a stretch along an abandoned airport runway. Pets are now allowed on base.

Please pre-register by September 15. Make your check payable to Menehune Marchers and mail to Carol Romig, 95-211 Kemu Place, Mililani, HI 96789. In addition, non-military volksmarchers, please provide the last four of your social security number (or driver's license #) and vehicle make/model/license plate. We will need to provide this information to base security in order for you to enter Bellows. Contact Carol or Dennis at 626-3575 if you need further information.

## President's Message

Mark Brown

Aloha All,

Many thanks to Marsha & Gilbert Okada for organizing the 18 May Historic Waikiki YRE Hui Hele and the 3 August Kokohead District Park walks. The Kokohead walk was particularly spectacular and well-attended, with the beauty of Hanauma Bay highlighted at the beginning of the 5 and 10km routes.

Many thanks also to Maria Brasher for organizing our annual 27 July Ho'omaluhia Club Anniversary Walk & Pot Luck Luncheon. The weather was perfect and the food was great!

Special thanks to Carol & Dennis Romig for their efforts in grilling the burgers and hot dogs for our feast. The addition of "salmon burgers" to the menu was a particular treat. Thanks again Marsha, Gilbert, Maria and Carol & Dennis!!!

At the 27 July Club Quarterly Business Meeting we held following the anniversary walk and potluck, we continued to refine and finalize our events calendar for **2008**. Our revised calendar (with the date, event, and event manager/volunteer) for the remaining events, follows:

7 September – **Manoa YRE Hui Hele** (Lan & Ben Char)

4 October – **Bellows Air Force Station Octoberfest Walk & Potluck** (Carol/Dennis Romig)

26 October – **Quarterly Business Meeting** (Mark Brown)

9 November – **Nuuanu Valley Walk** (Bob Iverson)

Upcoming November Event

# Historical Walk of Nuuanu Valley

Bob Iverson



The Nu'uanu Walk covers the historical, populated, city side, lower portion of the Pali Highway which traverses the famous Nu'uanu Valley. The walk traverses established parks and is along paved roads and sidewalks.

The walk begins at the entrance to Foster Botanical Gardens, located on the corner of Vineyard Boulevard and Nu'uanu Avenue. After sign up, walkers proceed to Nu'uanu Avenue and begin the slow, easy ascent up Nu'uanu Avenue and the Pali Highway to approximately one-fourth of the distance to the top of the valley.

The historical sites are numerous. Along Nu'uanu Avenue you will find the Kyoto garden with its Japanese Pagoda, the Royal Mausoleum, and burial place of many of the Hawai'ian Royalty. There are also several churches along the route.

After transitioning to the Pali Highway you encounter several foreign embassies and many more large churches. As you near the end of your ascent, you can visit the Queen's Summer Palace and Gardens and cross through Nu'uanu Valley Park.

At this point, the walk makes a homeward turn and follows Nu'uanu Valley Stream and traverses a residential area down the Diamondhead side of the valley, back to the Pali Highway. From here we walk through a large established cemetery. One of the few survivors of the ship "the Titanic", which sank in the Atlantic, is buried here.

The walk ends with a stroll through Liliuokalani Gardens and a short walk along Nu'uanu Stream back to Foster Botanical Garden. As a final treat you may like to spend some in Foster Gardens. A good place for a picnic lunch, enjoy the beauty of the gardens and perhaps recuperate from the walk.

## President's Message

[Continued]

13 December – **Club Xmas Celebration Luncheon**, Seafood Village Restaurant, Hyatt Regency Waikiki (Gala Tarumoto & Carol Romig)

At the 27 July Club Quarterly Business Meeting we also made initial progress in the preparation of our events calendar for **2009**. Our first draft (with the date, event, and event manager/volunteer) follows:

10 January - **West Loch Walk** (Carol and Dennis Romig)

25 January - **Quarterly Business Meeting** (Mark Brown]

15 February - **Diamond Head YRE Hui Hele** (Marsha & Gilbert Okada)

March – TBA

12 April - **Historic Waikiki YRE Hui Hele** (Marsha/Gilbert Okada)

26 April - **Quarterly Business Meeting** (Mark Brown)

May – TBA

June – TBA

19 July - **Ho'omaluhia Club Anniversary Walk & Pot Luck Luncheon** (Maria Brasher)

19 July - **Quarterly Business Meeting** (Mark Brown)

August – TBA

13 September - **Manoa YRE Hui Hele** (Lan/Ben Char)

## Upcoming December Event

# Xmas Celebration

Gayla Tarumoto & Carol Romig

## MARK YOUR CALENDAR

With the downturn in the economy, the early bird no longer gets the worm. In February Carol Romig made reservations at a restaurant for our Christmas Party. This week several alert club members informed Carol that the restaurant will be closing very soon.

After several days of trying to think of another place that would be both affordable and available at this late date, we were able to make reservations at SEAFOOD VILLAGE located in the Hyatt Regency Waikiki. The party will be held on Saturday, December 13, 2008 at 11:30 a.m.

.Members will receive detailed information via email or mail at the end of October.

Hope to see you there!

## Upcoming December Event

# Upcoming Volksmarches on Neighbor Islands

Carol Romig

I just wanted to give everyone a heads up of the wonderful volksmarch opportunity that may be available in December. Walking Adventures International (WAI) is bringing a tour group to the islands, and will be hosting a number of volksmarches on the Big Island, Maui, and Lanai.

On the Big Island, WAI plans on doing 3 volksmarches. In addition to our Hawaii Volcanoes National Park and Kona YREs, WAI has sanctioned a volksmarch through the beautiful Waipio Valley. On Maui, WAI has sanctioned two great volksmarches, Wailea and Kaanapali/Lahaina; and on Lanai, the Munro Trail.

I should be receiving more details from the WAI tour leaders within the next 30 days. Please e-mail us at [dcromig@hotmail.com](mailto:dcromig@hotmail.com) if you are interested in the WAI volksmarches and would like me to forward you this information.

Dennis and I are planning on doing the Maui volksmarches. It would be great if you could join us. Also, please e-mail me if you are interested in doing a volksmarch on the island of Kauai in 2009. If there is enough interest, we will be happy to organize a volksmarch (or two) on Kauai.

## President's Message

[Continued]

3 or 10 October - **Moiliili Festival Walk** (Marsha & Gilbert Okada)

25 October - **Quarterly Business Meeting** (Mark Brown)

November – TBA

December – TBA

### December-Xmas Celebration

We welcome any suggestions, and event manager volunteers, for the six months still listed as “TBA” for 2009.

As always, please participate in as many of the club events as you can, try to volunteer, and always be sure to thank those who have kindly offered their time and talents to organize club events.

Just a reminder that our next Club Quarterly Business Meeting will be held on **Sunday, 26 October 2008 at 1-3 PM**. At the Ho'omaluhia Botanical Garden Visitor Center Classroom. Please come for the meeting and contribute to the planning of our many enjoyable club activities!

*See you on the trails...*



Completed July Event

## Ho'omaluhia Anniversary

María Brasher



A GOOD TIME WAS HAD BY ALL at the Menehune Marchers 21st Anniversary Walk held at Ho'omaluhia Botanical Gardens in Kaneohe on July 27th. The weather was about perfect with none of the predicted showers, a light breeze except in a few protected spots, onolicious food [thanks to all those who shared so generously], and old and new friends to enjoy the day with. Thanks to Carol's publicity efforts and participation of current members friends we numbered 40!!!; Our quarterly business meeting followed where we made progress on next year's calendar - so be sure and mark yours now for July 19, 2009



Completed August Event

# Hanauma Bay Portlock

*Marsha Okada*



The weather in Hawaii Kai on Sunday, August 3 was sunny with slight trade winds to make it comfortable for walking. Many of the walkers took advantage of the early 7:30 a.m. start time making it even more pleasant.

A total of 46 volksmarchers (30 for "A" award, 7 for IVV credit, and 9 free) enjoyed the panoramic views of Hanauma Bay, Hawaii Kai, and the Lookout Points of Portlock as well as the camaraderie of other walkers.

It is always nice to see new faces at regular walks: Howard Shiroma, wife Monica, and daughter Kathie; Rita and Joerg Braun; and Leslie Ann. Welcome back, Ann Doll and Tim Smith who were on a hiatus for awhile. It was a pleasant surprise to see club member Shirley Castro of Reno, Nevada. Good to see Bob, Wanda, Evie and Brigida again.

Mahalo to the Romigs for coordinating the tent set up, Ruth Asakura, Faye Miyamasu and Ruby Fukuyama for manning the start/finish; Gilbert Okada and John Miyamasu for manning Check Point #2 and Gordon Tyau for picture taking. Special mahalo to Ruby for baking two kinds of apple cakes and Gayla Tarumoto for bringing special cookies from Maui for the walkers to enjoy.

Note: Club member James Lennox received a loud cheer from the tent crew for finally finding his way to Koko Head District Park. He mistook Hanauma Bay for Waimea Bay and was way out on the North Shore. Glad you made in time, James. Good comments were made about the walk so we may be back in a couple of years.



# 15 Volksmarches in 16 Days

Carol and Dennis Romig

For several years, Gordon and Ruth have incorporated volksmarches into their vacations with great success. Why not? So, we (or I) planned our 17 day vacation in April around the Washington's Vancouver Discovery Volksmarch Festival and the Skagit Valley Tulip Festival.



We took a red-eye from Honolulu, arrived in Seattle on April 18 at 6:00am, and by 7:00am, started Volksmarch #1, **Camano Island 10K**. It was a great walk along the beach and through the forest with spectacular views of Saratoga Passage and Whidbey Island. Later that day, we walked through the gorgeous multi-colored tulip fields in Skagit Valley.

Day 2 started off cold (40s) but we were prepared and even had our bomber hats and gloves as we did **La Conner 10K**. The route took us through historic La Conner, along the waterfront, over Rainbow Bridge, to the Skagit County Historical Museum. We really enjoyed the Museum. Later that day, we drove across Deception Pass Bridge and stopped to enjoy the awesome view before heading to **Deception Pass State Park** where we ended the day with a 5K volksmarch.



The next day, we drove to Bellingham, just north of Burlington, in hopes of finding better weather. It had snowed overnight in Burlington. As it turned out, it was an excellent choice. Bellingham was nice and sunny. The **Whatcom Falls State Park 10K** was wonderful...a boardwalk along the Whatcom Creek, 5½ miles of trails in the Park, and a gorgeous waterfall.



After leaving Burlington, we took the Washington Ferry at Keystone to Port Townsend. We ended up doing the **Port Townsend Fort Worden/Cappy Trails 10K** (another winner!) before heading to Port Angeles and the Olympic National Park. The **Marymere Falls 10K** was a real challenge for me...snow-covered trail and icy bridge to the Falls. The return was fine and along the beautiful Lake Crescent.

We circled the Olympic Peninsula and stopped for a day long incredible hike from Lake Ozette to Cape Alava, three miles of boardwalk that took you from forest to the Pacific Ocean. It was awesome at low tide with the many bald eagles!



After our brief visit to the Olympic Peninsula, we went to the Vancouver Discovery Festival (via Ocean Shores and Cannon Beach). We will never forget the many puffins that we saw at Cannon Beach. The Vancouver Discovery Festival was great! It was an IVV sponsored event with over 2,000 participants from all over the world. We stayed at the Vancouver Hilton where the event was held so it was very convenient. Like many others, we only had to take the elevator down to the start point. We ended up doing a 5K the 1<sup>st</sup> day, 10K the 2<sup>nd</sup> day, and 20K the 3<sup>rd</sup> day.

There were several other wonderful volksmarches on our trek back to Seattle but the one that really stands out is the **Olympia 5K**

## Kailua 2nd Quarter

Maria Brasher  
 Total 27  
 Award 3  
 Credit 23  
 Free 1

## Kona 2nd Quarter

Terry Puuohau  
 Total 13  
 Award 6  
 Credit 5  
 Free 2

## Laie 2nd Quarter

Maria Brasher  
 Total 19  
 Award 1

## Manoa 2nd Quarter

Lan Char  
 Total 62  
 Credit 59  
 Free 3

## Volcano 2nd Quarter

Terry Puuohau  
 Total 19  
 Award 7  
 Credit 10  
 Free 2

## Waterfront 2<sup>nd</sup> Quarter

Terry Puuohau  
 Total walkers 31  
 IVV Credit 28  
 Free 3

# Milestones

August September 2008 TAW

### Events

175 Carol Romig  
 200 Carol Romig

### Distance

500 KM Faye Miyamasu  
 1500 KM Carol Romig  
 2000 KM Carol Romig  
 6000 KM Mark Brown  
 10,000 KM Marsha Okada

## 15 Volksmarches in 16 Days [cont'd]

The day started off nice and sunny, then about an hour into our walk it began to hail. We took shelter at a nearby trolley stop and decided to turn our 10K into a 5K. It was a no brainer...the free trolley stopped in front of us and was headed downtown where we had parked our car. We stopped at the local art museum en route to our car. A local resident on the trolley suggested the museum to see the Chihuly blown glass and walked us to the front door. It was a preview to the wonderful Chihuly blown glass that we saw at the Tacoma Art Museum.

All in all we had a great time. Next year it will be the 2009 Canadian Convention in Ontario, Canada and Niagara Falls.

## Waikiki, Diamond Head, Kahala 2<sup>nd</sup> Quarter

*Marsha Okada*

Waikiki	Kahala	Diamond Head
Total-----72	Total-----21	Total-----39
Award-----16	Award-----10	Award-----15
Credit---49(42 club)	Credit---11[8 club]	Credit---16 [7 club]
Free-----7		Free-----8

A new Diamond Head patch was placed in the start box in June. Revisions have been made to the 12K Historic Waikiki YR since Check point #1 is missing. The route has been shortened to 11K. New maps will be made available as soon as the 12K maps have been depleted. Also, a new Waikiki 10K route has been created, which goes counter clock-wise around Kapiolani Park and along the makai side of Ala Wai Canal, since the sewage pipes have been removed. It also goes around the newly completed boardwalk along the Hilton Lagoon. Waikiki YRE #166 will soon have two options available. The May Historic Waikiki Hui Hele brought out 17 members and friends.

## Downtown 2<sup>nd</sup> Quarter

Barbara L. Mateo-Kihano

Total 54  
 Award 10  
 IVV Credit 32  
 Free 12

Out of state walkers came from California, Iowa, New York, Texas, Utah, Virginia, Washington state and Pennsylvania.

President Mark Brown and Molly Brown continue to be great examples of members walking our YRVES. Both consistently walk this YRVE at least twice a month!

On June 21<sup>st</sup>, Ken & Daralyn Schubert of Texas wrote these comments on their start card envelopes..."Thank you, Very beautiful walk. Flowers, trees, statues, buildings were wonderful. *Great directions, clear and concise as to where to go.* Thank you."

