

menehune marcher news

July 2012

Volume 12, Issue 1



"Moving together toward a healthier America"

Event Calendar

- Jul 4** **Ho'omaluhia Botanical Gardens**
Walk & Club Birthday
Wed Maria Brasher – walk
Carol Romig - potluck
- Aug 25 & 26** **Kamananui Valley**
Carol Romig
Sat & Sun 626-3575
or 294-8637 (cell)
- Sept** **Manoa Hui Hele**
TBD
- Oct** **Laie**
TBD
- Nov 10** **Bellows AFS**
Walk & Potluck
Sat Carol & Dennis Romig
626-3575 or 294-8637 (cell)

Presidents Message

Carol is on the mainland – walking, of course! She'll be back soon and wishes everyone – Happy Trails!!

Don't forget year rounds are only \$2 for members and each walk counts as an event.

In Memory

Barbara Mateo-Kihano passed away on June 11. She was the founder of the Menehune Marchers and an inspiration for many walkers. Always helpful, she was most recently the coordinator of our Downtown Year Round Walk.

For our last newsletter she wrote a history of our club. We are reprinting it on the next page. In addition John Oszejca wrote the following about Barbara in 2001:

“Barbara Mateo-Kihano was the founder of the Menehune Marchers. While working at a military base, she joined the 50th State Wanderers and soon found that once a quarter base events were not enough. Having learned of Volksmarching clubs on the mainland, she began walking and earning awards. ‘The more events the better.’ So with this knowledge she gathered 23 members and chartered the Menehune Marchers. They sought new themes -- expanding on the Base walks and did “Valley Walks,” community service projects, school events and whatever they could to publicize the club. It worked and the club grew to almost 400 members focusing on *Family-Fitness-Fun*.

Barbara maintained her interest in walking all these years, because she believed in the club and supporting all the people involved.

Achieving rewarding personal goals she had never thought possible motivated her to new accomplishments. AVA led her to complete two Tinmans and win the Most Improved Female Tri-athlete from her coach – not bad for someone who never considered herself an athlete! One summer she climbed Mt. Fuji – for fun. She said, “If you can dream it, you can do it.”

According to Terry Pu'uhau, in recent years Barbara and her husband Percy also became more active in activities of their Hawaiian heritage – hula, ukulele.

We mourn her passing and send our condolences to her husband Percy and her family. We are grateful she shared her enthusiasm and her dreams with us for the past twenty-five years.

We will miss you, Barbara.

Club Volunteers

Horizons – Coming Events

Officers (July 1, 2011 – June 30, 2013)

President – Carol Romig
Vice-President – Wanda Wright
Secretary – Joy Hee
Treasurer – Gordon Tyau

YRE Coordinators

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

Other Volunteers

Club Website – Wanda Wright
Event Brochures – Ruth Asakura
Club Membership –
Wanda Wright
Christmas Party –
Club Newsletter Editor –
Charlotte Sullivan
Traditional Events – Many! But,
we can always use more!

Mahalo, volunteers!

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If you would like to volunteer to coordinate the Christmas Party, please contact Carol.  
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Do you recognize the Kahala walk?

Ho'omaluhia Botanical Gardens – July 4

Barbara wrote this article for the last newsletter. We will have a dedication in her honor at this event. Please join us.

Aloha Kakou O Members,

On July 22, 1987, AVA recognized us with official membership in the AVA. This year the Menehune Marchers celebrates its 25th year in AVA. Please join us in celebrating this milestone at Ho'omaluhia Botanical Gardens on July 4.

Beginning of our Club

In June 1987, I attended the 5th AVA national convention in Tacoma, Washington. I took with me the club patch ideas since I knew that I was going to attend the “awards workshop” conducted by Bill Pook. Bill looked at the ideas and helped us with what is now our club patch.

Bill invited me to attend the Sea-Tac club meeting on June 30th as he was the President at that time. Liz Johnson (AVA National Secretary) moved that the club adopt the Menehune Marchers as a sister club. Preston Johnson (Northwest Regional Director) moved that the club go one step further and give a donation of \$500 for the purpose of promoting volkssporting in Hawaii. These acts of kindness were the beginnings of a 25 year presence in Hawaii.

Our first sanctioned club event on September 13, 1987, was attended by 310 participants at the 300 acre Ho'omaluhia Botanical Gardens. Pacific Regional Director Ben Wilkes and his wife Berta flew to Hawaii at their own expense to support us. First leaders of the club were President Barbara Leilani Mateo, Vice President Lorna Awana, Secretary Ipo Santos, Treasurer Kiyomi Oshiro along with Publicity chair Bernie Kaahanui and Club Historian Lucy Ellis.

I've been in contact with current Sea-Tac President Frances Carson, and she is looking to see if her daughter-in-law who lives in Hawaii can be a official representative of the Sea-Tac Club on July 4, 2012, as the club celebrates its 25th anniversary at Ho'omaluhia Botanical Gardens.

Do come because you will all get to see our handsome painted trail marker sign and our custom made rubbish container. You will also get to read some of the past newsletters and articles. You'll also be able to look at pictures from the past.

What is still in existence is the core of volunteers who take on the leader positions and the dedicated members who still participate in events and keep the torch of volkssporting bright in Hawaii Nei.

Barbara Mateo-Kihano

Mahalo, Barbara.

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# Menehune Milestones

# Footprints

## Events

Gordon Tam – 30  
Donald Ulbricht – 125  
Donna Ulbricht – 125  
Vernon King – 175, 200  
Molly Brown – 375, 400, 425

## Distance

Gordon Tam – 500  
Ruby Fukuyama – 4,500  
Molly Brown – **11,000**

## Congratulations!!

### Special kudos to Molly!

With her 11,000 km, she walked 6,820 miles or about 13,640,000 steps! That's a lot of worn sneaker tread!

So, where could she have gone -- Santiago, Chile (6,860 miles), Hobart, Tasmania (5,629 miles), Bali, Indonesia (6,242 miles) or Dublin, Ireland (7,018 miles).

The Milestones were extracted from *The American Wanderer*, a bi-monthly publication of the American Volkssport Association. *The American Wanderer* is mailed free to all AVA members.

## Islands Special Event Update

Good News: If you were working on the Islands Special Event but didn't finish by December 31, 2010, don't despair. The event is still open to those who already have their books and started the walks.

Just keep on doing Island Walks (that should be easy!) and send in your book when you're finished.

The heaviest thing you can carry is a grudge.

## Ala Moana – Waterfront – March 3 & 4



*Thank to Carol and Dennis for organizing this walk!*



## AVA Walking Challenges

## Waikiki – April 15

AVA clubs create fascinating reasons to walk. Here are some programs available now:

**50 States** (Marsha Okada, Barbara Mateo-Kihano, Sharon Dowdell and BS McEwen completed this one.)

### 50 State Capitals

**America's Artistic Heritage** - extended

**America's Baseball Walks**

**America's Family Bakeries**

**America's Historic Churches**

**America's Murals**

**Carnegie Libraries**

**Celebrate America's Gardens**

**Celebrating Golden Cinemas**

**Classic American Diners**

**Forts of the United States**

**Grist Mills**

**Hillside Letters**

**Honoring Law Enforcement**

**Hooray for Hollywood**

**Liberty Bell Replica**

**Native American Heritage** - extended

**Special National Officer Book** (the S.N.O.B. walks!)

**Strolling Somewhere Over the Rainbow**

**Struttin' Down Main Street**

**Walking America's Murals**

**Walking America's Trails**

**Walking the Old Spanish Trail** (new)

**Walking the USA A-Z**

**U.S.A. W.P.A.**

Most special programs require a certain number of walks done within a specified time period. Your reward is a patch and some interesting places you might never go otherwise.

New programs are always being created as old ones expire. Check out details at [www.ava.org](http://www.ava.org).

Let us know when you finish a program. We want to share the good news with the rest of the club.

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Letting the cat out of the bag is a whole lot easier than putting it back in.

Will Rogers

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Do you recognize the Manoa walk?

**Go Local** → →

We Menehunes enjoy some of the most beautiful and certainly one of the most challenging walks (Volcano) in the United States. Have you walked them all? Have you walked them lately?

Each of these walks is hosted by a local Menehune and by a local business or organization. Be sure to tell them THANKS!

**Menehune Year Round Walks.** Check them out! They're great!

**Oahu:** Waikiki, Kahala, Diamond Head, Manoa, Ala Moana, Downtown, Mililani, Kailua, Laie, Obama Heritage

**Big Island:** Kona, Volcano National Park.

The Club has many volunteers who help in various capacities. As a result, the Club is able to sponsor 12 year-round events and also sponsor traditional walks throughout the year. Check out the Club's website for our current events.

<http://avaclubs.org/MenehuneMarchers/>

Are your mailing and email addresses up-to-date?

Send changes to Wanda Wright at [MenehuneMarchers@gmail.com](mailto:MenehuneMarchers@gmail.com)

**The Journey is the Reward!**



Photos by Gordon Tyau

**Thanks to Marsha and Ruby for organizing this walk!**

### **Walking 50 States in 50 Days!**

#### **Honoring Menehune Marcher - Norma Myers!**

*Here is a description of Norma and Bill Myers' cosmic walking adventure while they were members of the Golden Bear Paw Print club.. Norma is now a Menehune, She joined us last year for our Christmas walk/party with her daughter. Today she lives on the Big Island.*

On September 16, 1992, in Columbia, SC, we completed doing a Volkswalk in fifty states for the second time around. Several people asked us if we were going to do it a third time and we said, "no." But then Bill came up with the idea of doing fifty walks in fifty days. We decided to try to do it - if every state had a YRE.

Finally in 1994 every state had a year-round or seasonal walk except Alaska, and Elizabeth Payne was going to take a volksmarching group to Alaska and would be arriving by ship in Juneau on September 1 to do a sanctioned walk that day. Now the hard part of the planning started. With the help of many maps, the AVA 1994 YRE Book and his computer, Bill started figuring driving distances, plane schedules and reasonable YREs to do.

In the meantime Norma got busy writing to each selected club for their YRE brochure, and if possible the route of their walk in case the start point was late in opening. We had to be able to do most of the walks early in the morning and then drive to the next state. We allowed three hours to sign in, do the walk and sign out. All the clubs were very cooperative, and many sent extra notes of disbelief and encouragement. Some sent special suggestions which were very helpful in our planning.

In the process of all of our planning we had to decide on certain things we wanted or needed. We are both 70 plus years old and have poor feet so we are not fast walkers, nor do we usually do two walks in one day. However, we had to plan to do two walks six times to make up for the days in the West where we had to drive because of the distance and to allow a day to fly from Phoenix to Honolulu. We tried to find walks near the interstates which were 10K and rated 1. Also we wanted walks that started from the

**Convert your Kilometers to Miles!**

**Do you think in miles? Most of us do.**

**Do you want to know how many miles you walk? To convert your kilometers to miles:**

**Multiply your kilometers by .62**

**10 kilometers = 6.2 miles**

**Mililani Update!!**

The Mililani Walk will now start at Carol & Dennis' house at 95-211 Kemu, Mililani. Someone removed the start box twice from its old location.

**Are You An AVA Member?**

Reprinted from the AVA Wanderer.

**Are you a member of Menehune Marchers?**

Why not?

**2012-2013 Dues are Due NOW!**

**Good news:**

**\$12 per renewing member and/or family**

**Walkers can count each walk as an event. The two per year limit is OUT!!**

Make your check payable to **Menehune Marchers.**

Mail your check and this form to

*Special thanks to all who helped with this newsletter – especially Terry Pu'uohau, Gordon Tyau, Wanda Wright, Marsha Okada, Barbara Mateo- Kihano, John Oszejca, Carol Romig, and Dennis Romig.*

**Menehune Marchers  
P.O. Box 1838  
Kailua, HI 96734**

*Please send all contributions for the next one to Charlotte at [csullivan2801@yahoo.com](mailto:csullivan2801@yahoo.com). Deadline is October15.*

**Names** \_\_\_\_\_

*Mahalo!*

**Address** \_\_\_\_\_

**Email** \_\_\_\_\_

**Phone Number** \_\_\_\_\_

**Any Suggestions ?? Any Comments??** \_\_\_\_\_

