

Menehune Marcher News

July 2013

Volume 13, Issue 1



Event Calendar

July 21 Sun	Hoomaluhia Botanical Garden Maria Brasher – walk 261-3583 Carol Romig – potluck 626-3575 or 294-8637 (cell)
Aug 31 Sat	Kamananui Valley Carol & Dennis Romig 626-3575 or 294-8637 (cell)
Sept 28 Sat	Manoa Hui Hele Carol & Dennis Romig 626-3575 or 294-8637 (cell)
Oct 13 Sun	Capitol Hui Hele TBD
Nov	Open
Dec 7 Sat	Christmas Party Hale Koa Walk & Party Carol & Dennis Romig 626-3575 or 294-8637 (cell)

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

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**Want to host a walk?  
Want to create a walk?  
Of course you do. It's fun!!  
Call Carol.**  
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Horizons – Coming Events

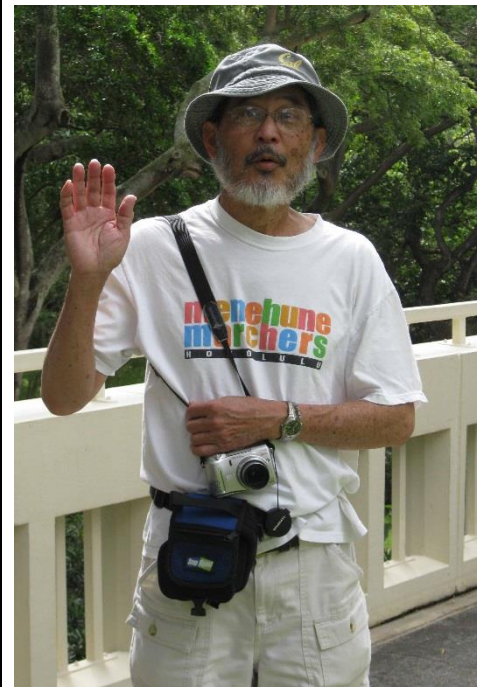
For the details of coming walks and other club events, check out the list on the left. Before each walk or event, the Club mails everyone an event brochure detailing the time and location as well as the contact person. If you have additional questions, be sure to contact the walk/event sponsor. Looking forward to seeing you on the trails.

Footprints

Obama Heritage Walk – March 9



Gordon Tyau – Tour Creator & Tour Leader Extraordinaire



Twenty- four walkers joined our guide, Gordon Tyau, for his Obama Heritage Walk. Gordon created this walk several years ago to commemorate President Obama's election. This year he personally guided us on one of the most informative walks ever – through Punahou School campus (by the chapel where he and Ruth were married), through the Obama neighborhood sites, on to the University of Hawaii campus, and through the Art Building that he designed. And what a building! He had to design it around a tree, which now 40 years later, is enormous! We even met some students in the glass blowing department who gave us a demo by “blowing” a drinking glass. Architect-guided tours are really fun – and oh, so interesting!

Trail Talk

What a fun and quick four years as president of the Menehune Marchers! Fun because of many volunteers that helped the club run so smoothly. Special thanks to Wanda Wright (webmaster and vice-president), Gordon Tyau (treasurer), Charlotte Sullivan (newsletter editor), Ruth Asakura (brochures), Maria Brasher, Mark Brown, Joanne Funasaki, Faye Miyamasu, and Terry Puuohau (year round events), and the many early birds who help set up/cleanup (and bring special homemade goodies) at our events.

Lots of great walking events around the horizon, both here and away. For those of you who like to plan ahead, the next Canadian Volkssport Convention will be held in Banff, Alberta, Canada on May 30 to June 1, 2014. Several years ago, Dennis and I attended the Canadian Convention in North Bay, Ontario (about 50 miles north of Niagara Falls). About 300 walkers, mostly from Canada, attended the events, and it was a really unique and fun experience. We are planning on going to Banff, and hope you will too. Check out their website: <http://www.cvfconvention2014.ca/>.

Hope to see you on the trails!

Carol Romig

Menehune Milestones

Events:

Ruby Fukuyama - 250

Distance:

No one this time. Get those sneakers moving, folks.

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.

Florida photos by Dennis Romig



Menehunes outside the Art Building at UH



Carol presents Faye Miyamasu with a Well-Deserved Service Award!

Photos by Gordon Tyau & Charlotte Sullivan

Mililani Year Round – April 6



In addition to the lovely green hills of Mililani, this walk included a visit to Dennis Romig's new backyard fish farm.

Thanks to Carol and Dennis Romig for hosting this walk.

Amy and Eugene

Florida AVA Convention – April 27 – May 5



Carol Romig & Dan Barnett at Winter Park



Bob & Wanda Wright at Fox Lake

Several Menehunes traveled to Florida for the convention: Wanda and Bob Wright, Sheila and John McClellan and Carol and Dennis Romig. Carol met Dan Barnett (MM and former VP) when she stopped a walker (and it was Dan!) to inquire about parking meters. Back in the old days in Hawaii, Dennis worked with Dan's wife Nancy. It's a small world after all!

Club Volunteers

Officers (July 1, 2013 – June 30, 2015)

President – Lorna Awana
Vice-President – Wanda Wright
Secretary – Carol Romig
Treasurer – Dennis Romig

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
Club Newsletter Editor –
Charlotte Sullivan
Traditional Events – Many! But,
we can always use more!

Mahalo, volunteers!

The 2015 AVA Convention will be in
Salem, Oregon. That's practically next
door for us!

Special thanks to all who helped with this
newsletter – especially Gordon Tyau, Wanda
Wright, Carol Romig, and Dennis Romig.

Please send all contributions for the next one to
Charlotte at csullivan2801@yahoo.com. **Deadline**
is **October 15.**

Mahalo!

A Thank You from Walking Adventures International

I just wanted to take a moment to thank you and the rest of the Menehune Marchers for keeping your walks open in Hawaii. Recently our Walking Adventures tour group participated in your Volcanoes Walk on the Big Island, and it was terrific! What a magical place! All of our walkers thoroughly enjoyed the variety of rain forest and other-worldly volcanic landscapes. We had a memorable picnic lunch at the bottom of the Kilauea Iki Crater and also enjoyed a nice Halema'uma'u night glow from Jaggar Museum to top it all off at the end of the day.

Even though we weren't able to get over to Oahu to enjoy some of your other walks, we wanted to let you know that we really appreciated the Big Island walk. We are hoping to bring our tour groups back on a yearly basis to enjoy your beautiful islands.

Enclosed is a small token of our appreciation to your walk club. Send our regards and our thanks to all of the Menehune Marchers. Hopefully we can connect soon on one of our future visits to the islands.

All the best,
Scott Isom, Adventure Guide

(They sent us a monetary contribution. Mahalo to them!)

Service Awards

The Menehune Marchers could not function without its volunteers. This year the following persons were awarded Service Awards – certificates and patches – for serving the club for at least 3 years. The honorees were:

Ruth Asakura – mails out event brochures; co-coordinates the Downtown Walk; assists with registration at most walks

Gordon Tyau – served as treasurer; co-coordinates the Downtown Walk; created the Obama Heritage Walk; unofficial walk photographer

Charlotte Sullivan – compiles the newsletter

Mark Brown – coordinates the Waikiki, Kahala and Diamond Head Walks; served as President

Terry Puuohau – served as Treasurer; coordinates the Volcano Walk

Faye Miyamasu – coordinates the Ala Moana and Obama Heritage Walks

Maria Brasher – coordinates the Hoomaluhia, Kailua and Laie Walks

Wanda Wright – serves as Vice President; maintains the membership list and the club website

Carol Romig – served as President for 4 years; with husband Dennis created the West Loch, Bellows, Kamananui and Mililiani Walks; co-coordinates the Hoomaluhia Walk;

Mahalo to all!

Spread the Smiles

Be sure to thank our walk box hosts:

Manoa McDonalds

The Coltons

The New Otani Hotel

Maria Brasher and Castle Medical Center

YMCA (Downtown and Atkinson)

The Romigs

AVA Walking Challenges

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

50 States (Marsha Okada, Barbara Mateo-Kihano, Sharon Dowdell, BS McEwen, Joan King and Vernon King completed this one.) – never ends

50 State Capitals (Joan and Vernon King completed this one)– never ends

Alternative Capitals – ends 12/31/2016

America’s Baseball Walks – ends 12/31/2013

America’s Family Bakeries – ends 12/31/2014

Border Crossings – ends 12/31/2023

Celebrating Golden Cinemas – ends 12/31/2014

Cities in Song – ends 12/31/2016

Civil War Battlefields – ends 12/31/2015

Classic American Diners – ends 12/31/2014

Fraternal Organizations – ends 12/31/2015

Grist Mills – ends 12/31/2013

Honoring Law Enforcement – ends 12/31/2014

Honoring Our Flag – ends 12/31/2016

Lakes and Reservoirs – ends 12/31/2016

National Register of Historic Places – ends 12/31/2016

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

Strolling Somewhere Over the Rainbow – ends 12/31/2014

Struttin’ Down Main Street – ends 12/31/2014

Trekking with the Trees – ends 12/31/2016

Walking America’s Murals – ends 12/31/2014

Walking America’s Trails – ends 12/31/2013

Walking the Old Spanish Trail – ends 12/31/2015

Walking the USA A-Z – never ends

Water Towers – ends 12/31/2016

U.S.A. W.P.A. – ends 12/14/2014

You’ll Never Walk Alone – ends 12/31/2016

Most special programs require a certain number of walks done within a specified time period. Your reward is a patch and seeing 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.

Reasons to Walk with Us!

- Exercise your heart, lungs, muscles and joints. Your body will love you for it.
- Put some miles on your sneakers.
- See old friends.
- Meet some new ones.
- Sample terrific snacks.
- Become reacquainted with Hawaii.
- Re-live the thrill of stamping events and distances in your books.
- Find your own motivator.
- Smell the flowers and trees.
- Wear your stylish MM tee shirt.
- Aren’t these reasons enough???

Quarterly Recap

Year Round Event

Ala Moana Park	55
Downtown Capitol	47
Diamond Head	39
Kahala	23
Kailua	24
Kona	10
Laie	14
Manoa	23
Mililani	52
Obama Heritage	40
Volcano	17
Waikiki	44
Total walkers	<u>388</u>

Traditional Event

Great Aloha Run	7
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Total walkers

395

By Carol Romig

A Menehune Photo Album



Gina



Hideo



Marsha



James

Are you an AVA member?

Check it out at ava.org.

2013-2014 Dues Are Due NOW!

Annual dues for the Menehune Marchers are due June 30.

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**On the GO!**

Best wishes to Sharon Dowdell who is working on walks in all the **Canadian Provinces!**

Carol Romig, Charlotte Sullivan, Gayla Tarumoto, Bob Wright and Wanda Wright are working on the **50 States.**

Way to GO!

What special programs are you working on?

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If lawyers are disbarred and clergymen defrocked, then doesn't it follow that electricians can be delighted, musicians denoted, cowboys deranged, models deposed, tree surgeons debarked, and dry cleaners depressed?

Maxine

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It doesn't matter where you come from.  
It matters where you are going.

Condolezza Rice

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Menehune Year-Rounds

Have you done them all?

Have you done them lately?

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**Happy Trails to You!**

(Anybody remember Roy Rogers?)

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Annual Dues are \$12 for an individual and/or family. Make the check payable to Menehune Marchers.

Mail this form and your check to:

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

Name _____

Address _____

Email _____

Phone number _____

Any comments?? Suggestions?? _____

What's your favorite walk? _____

Any ideas for a new walk? _____

Are you interested in volunteering to sponsor a year-round walk box, host a walk, create a walk, serve as an officer or anything else that strikes your fancy? If so, let us know.

Mahalo!