

Menehune Marcher News

July 2017

Volume 17, Issue 1



Horizons

Event Calendar

- July 4** **Hoomaluhia Botanical Garden**
Tues Maria Brasher – 261-3583 (walk)
Carol Romig – 626-3575 (potluck)
- Aug 20** **Capitol & Honolulu Museum of Art**
Sun Carol Romig – 626-3575
- Sept 23** **Waikiki & International Marketplace**
Sat Carol Romig – 626-3575
- Oct 28 & 29** **Patsy Mink Central Oahu
Regional Park**
Carol Romig – 626-3575
- Nov 12** **Kailua –**
Sun **Kamananui Marsh (new Route)**
POC – Maria Brasher 261-3583 (walk)
- Nov 25** **Turtle Bay Resort**
Sat Carol Romig – 626-3575
- Dec 16** **Christmas Party**
Sat The Mandalay
Carol Romig – 626-3575

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

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New Walks! Check them out and mark your calendars!!

Hoomaluhia Botanical Garden - Tuesday, July 4

The walk starts at 9:00 a.m. Potluck starts at 11:00 a.m.

Capitol and Honolulu Museum of Art - Sunday, August 20

The walk starts at the King Kamemameha Statue, 417 S. King, across from Iolani Palace. Note that this walk starts at 10 a.m. so walkers can enjoy a free Sunday visit to the Honolulu Museum of Art.

Waikiki and International Marketplace - Saturday, September 23

Meet at the picnic table in front of the Natatorium (next to the New Otani Hotel) for an 8:00 a.m. start.

Patsy Mink Central Oahu Regional Park - October 28 & 29

New Walk!!!! Aren't you excited?? Start 7:30 – 10:00. Finish by noon. Meet at Central Oahu Regional Park, 94-801 Kamehameha Hwy, Waikele. Watch your mailboxes for the brochure.

Kailua - November 12

Meet at 388 Auwinaloa Rd. Kailua for an 8:00 a.m. start. A revised route will include the Kawainui Marsh.

From the President

Oh how time flies! Believe it or not, our club has reached a milestone that many walking clubs never achieve – our 30th Anniversary as an IVV/AVA approved club. Our anniversary will be properly celebrated at the upcoming 30th Anniversary Walk and Potluck at Ho'omaluhia Botanical Garden in Kaneohe on Tuesday, 4 July. Please come and start the walk anytime between 9:00 am and 11:00 am. Note that the garden does not open until 9:00 am. The walk will be followed by the usual potluck of great foods kindly organized by Dennis & Carol Romig. The walk is being organized by Maria Brasher. At the end of the walk, the record stamp in our event and distance books will include a special one-event use stamp reflecting the walk as our "AVA/IVV 30th Anniversary" walk.

As you enjoy the walk and the natural beauty of Ho'omaluhia, please take a moment to reflect on our collective gratitude to our Founding Mother (and first Club President) – the late Barbara Mateo-Kihano. Barbara was the first club representative Molly and I met in 2003 and Barbara's warm welcome to us as new club members at that time was something we will never forget. Barbara was just an all-around positive, kind and talented person who took the time from her busy life in 1987 to establish our club for others to enjoy for the past 30 years, followed hopefully, by many more years yet to come. Barbara's many talents included Hula dancing which, some of you may recall, she demonstrated with great poise and grace at one of our Christmas parties. I think we will all miss her very much!

Following the walk and potluck I look forward to showing you the 30th Anniversary Certificate, 30 Year Club Ribbon and congratulatory letter from AVA's Executive Director (Henry Rosales). Henry's letter to us reads – "Congratulations on your club reaching its 30th year of membership in the American Volkssport Association (AVA)...your club members have contributed their time, talents, and resources to encourage the public to participate in health and wellness through non-competitive exercise and positive social interaction. It takes many hours of planning for your members to offer such memorable and special activities for everyone...On behalf of AVA and the Pacific Region, may you successfully continue to provide fun, fitness, and friendship to all your participants through

Turtle Bay Resort - Saturday - November 25

New Walk!!! More excitement! See the North Shore and its famous waves. Meet at Turtle Bay Resort, 57-091 Kamehameha Hwy, Kahuku, for an 8:00 a.m. start.

Christmas Party - Saturday, December 16

This year we head back downtown at The Mandalay for our Christmas Party. Start time is 11:00 for a delicious lunch. A flyer will be mailed later in the year.

Footprints

Diamond Head - March 4



Ever Upward....



Faye and Amy

outstanding Volkssporting experiences. Thank you for all you do, and again, congratulations!"

I look forward to seeing you at Ho'omaluhia!

All the Best, Mark

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## Club Volunteers

### Officers

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

### YRE Coordinators

- Ala Moana – Faye Miyamasu, Joanne Funaski
- Diamond Head – Mark & Molly Brown
- Downtown Honolulu – Ruth Asakura & Gordon Tyau
- Kailua – Maria Brasher
- Kahala – Mark & Molly Brown
- Kona – Carol & Dennis Romig
- Manoa Valley – Joanne Funasaki
- Mililani – Carol & Dennis Romig
- Waikiki – Mark & Molly Brown
- Volcano – Vernon King & Carol Romig

### Other Volunteers

- Club website – Dennis Romig
- 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!**

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TOMORROW – One of the greatest labor saving devices of today.

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Check out the AVA website:  
[ava.org](http://ava.org)

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Rest after Topping DH



Carol keeps us organized

Fifteen Menehunes hit the Diamond Head Trial. Seven reached the top; the others explored the wildly popular farmers' market at KCC. Thanks again to Dennis and Carol for hosting and leading the walk.

Ala Moana - March 25



Start Your Day With Aloha!



AVA Walking Challenges

- 50 States** (Marsha Okada, Sharon Dowdell, BS McEwen, Joan King, Vernon King, Don Ulbricht, Donna Ulbricht and Charlotte Sullivan completed this one.) – never ends
- 50 State Capitals** (Joan and Vernon King completed this one)– never ends
- Alternative Capitals** – 12/31/2017
- 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 - Civil War Battlefields** – 12/31/2015
- Doin’ the Louisiana Purchase** –12/31/2018
- Food for Thought** – 12/31/2017
- Ice Cream Parlors** – 12/31/19
- Lady Liberty** – 12/31/2018
- 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!) – ends 12/31/2018
- State Street Sashay** – 12/31/2018
- Take a Walk in a City Park** – 12/31/2018
- Treasure Hunt** – 12/31/2018
- Underground Railroad** -
- 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 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

Mililani - April 8



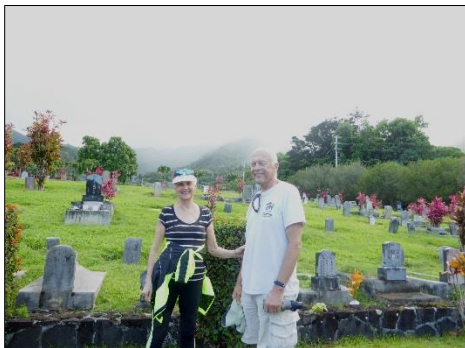
A walk in Mililani is a gardener’s extravaganza – what fabulous flowers, bushes, paths, trees! Plus the air smells so good! Eighteen walkers enjoyed the natural beauty of the Mililani neighborhoods on our annual walk. We were joined by old friends and new friends.

But the best was yet to come. Post walk, Carol and Dennis hosted a barbeque. Nothing better than burgers and dogs off the grill – all supplemented by walker-provided treats. Lovely day!

Special thanks to Carol and Dennis for hosting the walk and the BBQ!!

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# Manoa - May 13



Welcome Back!  
Jane and Jim



A Manoa Moment



Marsha



Manoa

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Menhune Milestones

Events:

Nancy Barnett – 125

Dan Barnett – 1,250

Distance:

Nancy Barnett – 1,500k

Dan Barnett – 14,000k

Oh, the place you can go -

Congratulations to **Hapalua** finishers:

Gretchen Malaski

Ray Malaski



Congratulations, All!! 🍷

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Mililani Hibiscus

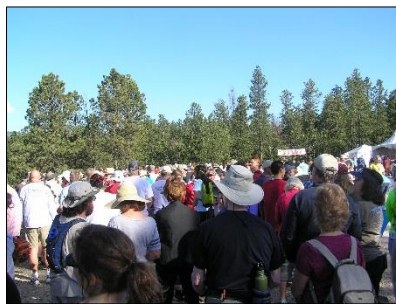


The Chinese Cemetery

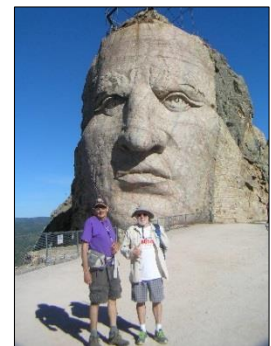
Photos by Gordon Tyau

Fifteen walkers, including newly returned Jim and Jane, enjoyed ever misty, mystical Manoa. Afterward everyone recuperated and recharged at the popular Bangkok Chef Restaurant. Thanks to Carol and Dennis for hosting this walk, also.

## AVA Convention - June 3 - 11



A few of the 9,000+ walkers ready to head up the Crazy Horse Trail



At the Top  
Dennis and Jay Glanzer,  
Crazy Horse Trail Master



Bob and JoAnn Doleman check out wildflowers at the Little Big Horn Battlefield Walk



Carol and Dennis at Clear Creek Buffalo, Wyoming

Photos by Dennis and Carol Romig and Charlotte Sullivan

Several Menehunes hiked trails before, during and after the Billings convention. Seen on the trails – Dennis and Carol Romig (who walked Crazy Horse twice), Bob

# *A Menehune Photo Album*



Donna



Joyce



Evelyn

and JoAnn Doleman, John and Charlotte Sullivan plus many A.V.A. friends from across the country, including Jay, Crazy Horse Trail Master who took the Romigs up early on the second day, and Susan Alton former MM now living in Texas.

The Crazy Horse walk commemorates a hero to Native Americans. The Crazy Horse Memorial walk occurs twice a year, both times as an A.V.A. event. Many walkers, including Marsha Okada, say the Crazy Horse walk is their most memorable walk ever. Carol and Dennis walked CH on the first day and again early on the second day when they accompanied the trail master doing his pre-walk check. CH walk proceeds support the local club, A.V.A., the Memorial site and local charities.

In 1876 Crazy Horse led Sioux and Cheyenne warriors to annihilate Lt. Col. George Custer and part of the U.S. 7<sup>th</sup> Cavalry at the Battle of the Little Big Horn – site of another convention walk – this one filled with ghostly memories.

Two walks, Clear Creek in Buffalo, Wyoming and the Yellowstone River in Billings, provided a close-up look at raging water rushing downstream from mountain top spring snow melt.

All walks have a bit of adventure. Be sure to ask Dennis how Carol saved him from the skunk!

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Trail Talk

Carol Romig

Hope you are can join us on the trails! Next up on August 20 is our Capitol YRE walk. Please note the new starting point & time. As part of our walk, we will be touring the Honolulu Museum of Art on FREE SUNDAY. The Museum is really cool (air-conditioned). Enjoy the beautiful artwork & get credit for walking.

We will be returning to Waikiki on September 23. If you haven't walked through the recently remodeled International Marketplace, this is your chance. For those interested, we will be stopping at @ Teddy's Burgers for breakfast/lunch on our return route.

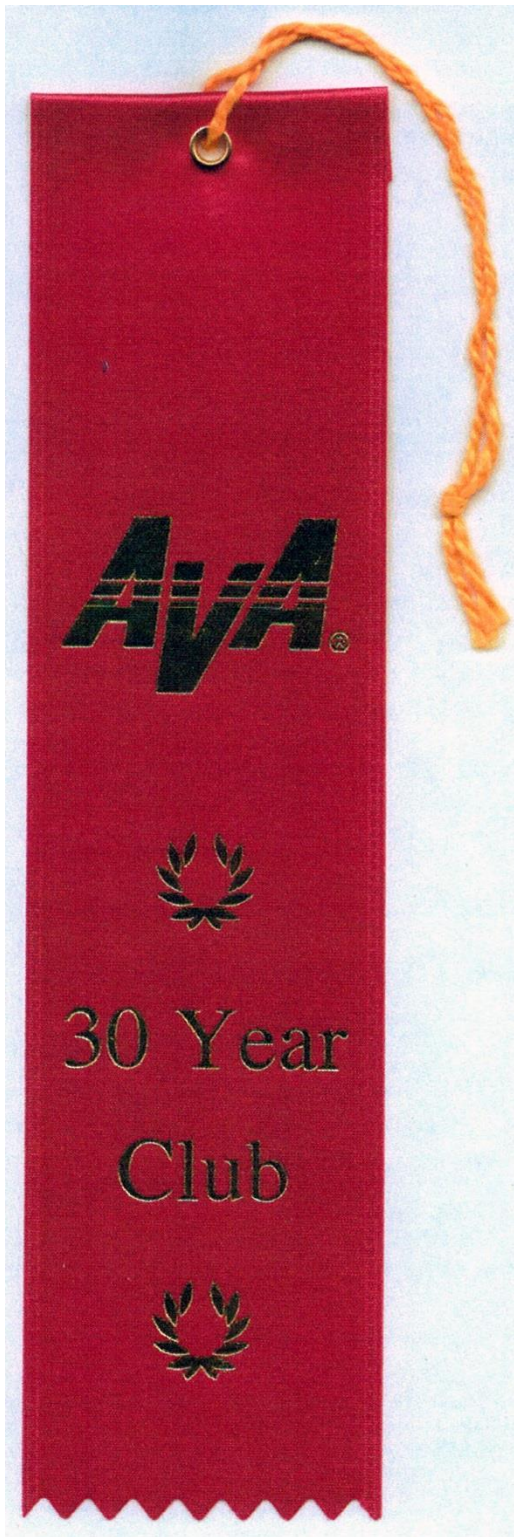
Two NEW traditional walks this year: The Patsy Mink Central Oahu Regional Park event is scheduled for October 28 & 29. This 259-acre park opened in 2001. It is located in Waipio/Waikele, just off the Kamehameha Highway. The Park complex includes a 20-court tennis center, Aquatic Center, multipurpose fields, and an archery range. There are walking paths that wind through the park. Tanioka's Express is also located in the park (good eats!).

On November 25, head out to the North Shore for a traditional walk at Turtle Bay. There are two 5K loops...choose one or walk both. Both offer gorgeous oceans views along the dirt/sand trails.

We're back at The Mandalay for our Christmas party. You can work up your appetite by walking the Capitol YRE with us prior the party. Brochures for the new walks & Christmas party to be mailed out in September.

Looking for helpers for the Central Oahu Regional Park event to help set-up, register walkers, & walk with new walkers. Please call Carol at 626-3575 if you can help. See you on the trails!

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Fun, Fitness, Friendship

American Volkssport Association

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avahq@ava.org • www.ava.org

March 15, 2017

Mark Brown  
Menehune Marchers  
44-103 Bayview Haven Place  
Kaneohe, HI 96744

Menehune Marchers 30<sup>th</sup> Anniversary

Dear Mark Brown:

Congratulations on your club reaching its 30<sup>th</sup> year of membership in the American Volkssport Association (AVA). Through your leadership, your club members have contributed their time, talents, and resources to encourage the public to participate in health and wellness through non-competitive exercise and positive social interaction. It takes many hours of planning for your members to offer such memorable and special activities for everyone.

As you celebrate this achievement, I hope to learn more about the best practices that have made your Club successful so AVA can better support you in your continued success! On behalf of AVA and the Pacific Region, may you successfully continue to provide fun, fitness, and friendship to all your participants through outstanding Volkssporting experiences.

Thank you for all you do, and again, congratulations!

Sincerely,

Henry Rosales  
Executive Director



Mililani Desert Rose

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Walking is man's best medicine.

Hippocrates

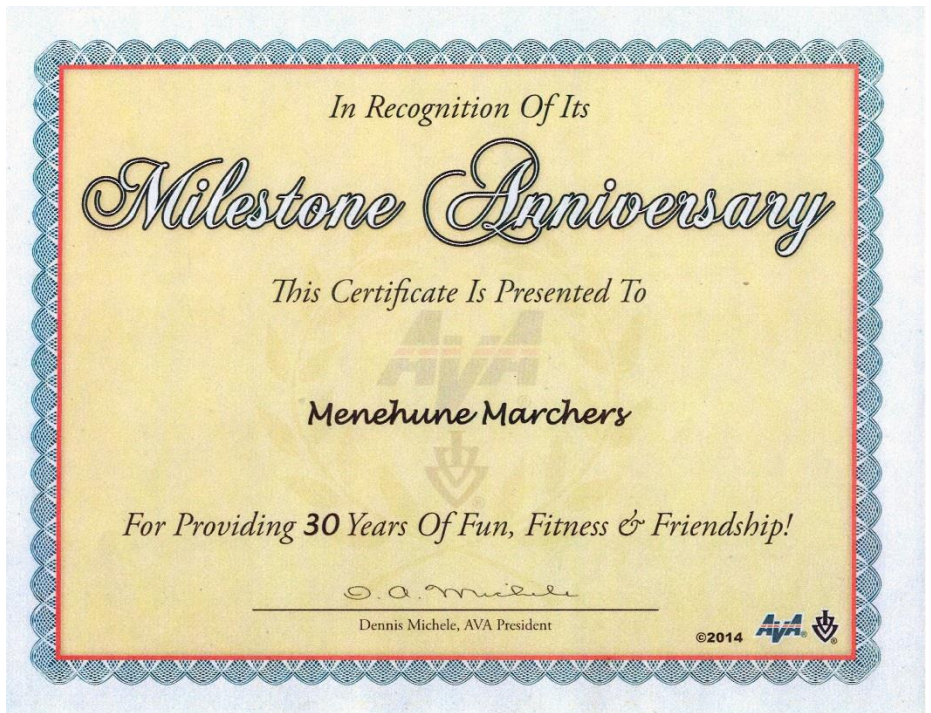
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## Mahalo

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

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

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Menehune Marchers enjoy a long heritage in the AVA family of clubs. Today there are over 250 chartered clubs in the U.S., and the sport is found in over 40 countries. It is the largest noncompetitive sports program in the U.S.

Volkssporting (literally "sport of the people") as we know it, began in 1968 in southern Germany as a personal fitness program. Events were designed so all could participate noncompetitively .

American Volkssporting began June 12-13, 1976, in Fredericksburg, Texas, as part of the celebration of the Bicentennial of American Independence.

The "father" of AVA was Rev. Mr. Kenn Knopp, a Catholic deacon from Fredericksburg. After attending a church meeting in Rome, Knopp went to Germany to visit some elderly relatives who loved to walk. Apparently Kenn was in his early 40s but overweight and out of shape. Avid walkers, his elderly aunt and uncle told him he needed to do something about his health and walking was the best thing he could do. They introduced him to their local walking club, an I.V.V. group. Knopp returned to Fredericksburg determined to improve his health and pay tribute to Fredericksburg's German heritage. (Fredericksburg was settled by German immigrants in 1846 and retains a definite German culture to this day.)

So Knopp organized the first volkssport walk. That first walk had 230-235 participants.

Extracted from *History of Volkssporting in the U.S.A., 1976-1989* by Charlene Agne-Traub and the AVA website

