

Menehune Marcher News

July 2018

Volume 18, Issue 1



Horizons

Along the Trails....



Gordon Tyau & Christine Enoka

<p>July 4, Wed</p> <p>Start time</p> <p>Start location</p> <p>POC</p>	<p>Hoomaluhia Botanical Garden Anniversary Walk & Potluck</p> <p>Anytime between 9:00 a.m. and 11:00 a.m.; finish by 1:00 p.m.</p> <p>Kahua Nui Pavilion @ Hoomaluhia Botanical Garden</p> <p>Maria Brasher – (walk) – (808) 261-3583</p> <p>Carol Romig – (potluck) - (808) 626-3575; cell – 294-8637 (day of walk)</p>
<p>Sep 8, Sat</p> <p>Start time</p> <p>Start location</p> <p>Directions</p> <p>POC</p>	<p>Manoa YRE</p> <p>8:00 a.m.</p> <p>McDonalds at Manoa Marketplace, 2915 East Manoa Road,</p> <p>From H-1, take exit #24B University. Proceed uphill on University Ave. At intersection of University, Oahu and East Manoa, turn right to East Manoa. Proceed to Manoa Marketplace. Please park on East Manoa Road or Woodlawn Ave. as parking in the Marketplace is reserved for customers only. Look for us in the lower seating section of McDonalds.</p> <p>Carol Romig -) (808) 626-3575; cell – 294-8637 (day of walk)</p>
<p>Oct 20, Sat</p> <p>Start time</p> <p>Start location</p> <p>POC</p>	<p>Diamond Head YRE</p> <p>Early start – 7:30 a.m.</p> <p>Triangle Park/Fort Ruger Park, 521 Paikau St. (ample parking on Diamond Head Road and Paikau Streets)</p> <p>Carol Romig – (808) 626-3575; cell – 294-8637 (day of walk)</p>
<p>Nov 17, Sat</p> <p>Start time</p> <p>Start location</p> <p>POC</p>	<p>Punchbowl Crater YRE – 12K (New Walk)</p> <p>Early start – 7:30 a.m.</p> <p>Ala Moana Beach Park (near the TENNIS COURT parking circle)</p> <p>Carol Romig -) (808) 626-3575; cell – 294-8637 day of walk)</p>
<p>Dec 15, Sat</p> <p>Start time</p> <p>Start location</p> <p>POC</p>	<p>Waikiki 5K YRE & Hale Koa Christmas Party</p> <p>9:00 a.m. (walk); 11:00 a.m. (party)</p> <p>Walk – Lobby of Hale Koa Hotel</p> <p>Party – Kalia Room</p> <p>Carol Romig – (808) 626-3575; cell – 294-8637 (day of walk)</p>

Along the Trails...



Koko Crater Botanical Garden

Gordon Tyau

<p>Jan 6, 2019, Sun Start time Start location POC</p>	<p>Kailua YRE (2 options available) 8:00 a.m. 388 Auwinala Rd. (Private residence – Maria Brasher Maria Brasher – (808) 261-3583</p>
<p>Jan 19, Sat Start time Start location POC</p>	<p>Kahala YRE 8:00 a.m. Triangle Park/Fort Ruger Park, 521 Paikau St. (ample parking on Diamond Head Road and Paikau Streets) Carol Romig – (808) 626-3575; cell – 294-8637 (day of walk)</p>
<p>Feb 18, Mon Start time Start location POC</p>	<p>Great Aloha Run Piggyback Event 7:00 a.m. Aloha Tower, Downtown Honolulu Carol Romig – (808) 626-3575; cell – 294-8637 (day of walk)</p>
<p>Feb 23, Sat Start time Start location POC</p>	<p>Capitol YRE & Pow Wow! 8:00 a.m. King Kamehameha Statue in front of Judiciary Building, 417 S. King St., free parking on weekends Carol Romig – (808) 626-3575; cell – 294-8637 (day of walk)</p>

Footprints

Capitol, Pow Wow! & Foster Botanical Gardens

Wow! What a treat for the imagination! Twenty-five Menehunes toured the Capitol District, roamed the incredible Pow Wow murals in Kakaako strolled the Foster Botanical Garden and finished with dim sum at Mei Sum Dim Sum. Thanks to Carol and Dennis for hosting the walk and finding all the coolest art.



From the President

Aloha Menehunes,

I don't have a main subject for my column in this newsletter but do have some thoughts to share.... First, we recently lost three Menehunes - Stan Hodge, Kazuo Inouye and Hideo Imoto. All were longstanding members who will be greatly missed. This newsletter issue will include some of our fonder recollections of them and photos.

A special thanks to Marsha Okada, Carol Romig, Dennis Romig, Gordon Tyau and Ruth Asakura for their work in organizing the 19 May Koko Head Botanical Garden and Sandy Beach Walk. The weather was perfect and the walk among the most scenic that I recall!

There was a great article in the December 2017/January 2018 issue of *The American Wanderer* I wanted to mention. The article was entitled "Study suggests regular walking – even for short periods – may help older adults live longer" by Susan Perry on MinnPost. I am told that since the article is under a copyright, we cannot reproduce it in our newsletter, but suffice it say that it was a great article worth reading. I love the idea of doing something fun to help extend our lives to have even more fun. Is that the perfect deal or what? So, please, get out and walk especially now that our weather in Hawaii is so accommodating.

Speaking of additional walking, I want to close by reminding everyone that we have a great new walk to the National Memorial of the Pacific (aka "the Punchbowl"). The walk starts from the Hokuia Condominium Tower lobby on Ala Moana and heads straight up to the Punchbowl through Makiki and Pauoa. The route is 12km round trip and a steady climb most of the first half of the walk. However, don't despair, because you will be rewarded with a steady downhill walk during the latter half. While at the Punchbowl, you will enjoy some amazing views and the opportunity to see some of the most hallowed ground in our State. Although Arlington National Cemetery in Virginia is considered our most famous resting place for our veterans, I think the Punchbowl is the most beautiful. Please come and enjoy the walk and take the opportunity to pay your respects to some of those who have lead Hawaii to great achievement and helped make our country free. See you on the trails!

All the Best, Mark



Photos by Gordon Tyau

~~~~~ Wahiawa Botanical Gardens and Kunia Orchid Show

What a difference a day makes....

OK, so what's a little rain and clouds?? Apparently nothing to Menehunes! Fifteen people, including some from Ohio and Spokane, joined us for a beautiful walk in the rain and clouds. We started walking around the high school, then through a few of the older neighborhoods in Wahiawa – seeing beautiful new homes next to old plantation homes. Then, a lovely intimate nature walk through Wahiawa Botanical Gardens, - a tropical garden located in and on the slopes of a ravine with a clear stream running through. There were bamboo groves, orchids, vines, huge tropical trees, gravel and paved paths and the sound of birds. We concluded the walk with a tour of the spectacular orchid show held in the high school gymnasium and then recharged at Koa Pancake House with a scrumptious breakfast.

Gordon Tyau



Club Volunteers

Officers

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



YRE Coordinators

- Ala Moana – Mark & Molly Brown
- 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
- Punchbowl – Mark & Molly Brown
- 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!

From the Walk Box -

Downtown Capitol Walk - YRE 1312

For the first quarter we had 47 walkers (1 for IVV Credit and Award, 10 for IVV Credit and 36 Menehune Marchers – 10 of which walked our monthly event on March 10. We had 6 donations.

Walkers came as far away as McDonough, Georgia, and Williamsburg, Virginia, plus 5 from Washington State and 1 from Oregon.

The March 10 walk was especially interesting, as trail master Dennis Romig modified the walk and took us through the Kakaako neighborhood where we saw on the walls many beautiful examples of the talented Hawaii artists. Check out the walk photos.

Gordon Tyau

Wahiawa



Many thanks (again and again) to Carol and Dennis for mapping, hosting and guiding this walk!!

Wahiawa is a real winner! Another walk we look forward to doing again.



Gordon Tyau & Christian Enoka

Mililani



A lovely spring day for a lovely neighborhood walk. Special thanks to Carol and Dennis for hosting the walk and the delicious BBQ afterward.

AVA Walking Challenges

Mililani

- 401K – Invest in Your Health**
- 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
- A Walk in a City Park** – 12/31/2018
- Border Crossings** – 12/31/2023
- Bridges – Spanning the USA** – 12/31/2018
- Centurion Achievement Challenge – Carousels Across America** – 12/31/2021
- Doin’ the Louisiana Purchase** –12/31/2018
- Ice Cream Parlors** – 12/31/19
- Lady Liberty** – 12/31/2018
- Little Free Libraries** – 12/31/2021
- 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
- Spanning the USA** – 12/31/2018
- Special National Officer Book** (the S.N.O.B. walks!) –12/31/2018
- State Street Sashay** – 12/31/2018
- Take a Walk in a City Park** – 12/31/2018
- The Appalachian Trail** – 12/31/2028
- Treasure Hunt** – 12/31/2018
- Underground Railroad** – 12/31/2019
- United States Post Offices** – 12/31/2018
- Vice Presidential Walks** – 12/31/2018
- Walk Like an Olympian** – 12/31/2018
- 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



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## Koko Crater and Sandy Beach

After eleven years Koko Crater Botanical Garden and Sandy Beach were revisited on Saturday, May 19, 2018. Unlike May 20, 2007, the weather was perfect for a walk. Gusty winds at times but for the most part breezy and cool. For many of our newer club walkers, this was their first time experiencing the sight and smell of hundreds of plumeria trees in bloom. Favorable comments were received about the walk. Chilled Maui Gold pineapple juice, peach jello mochi and other treats were available at the start/finish table.

Of the 27 walkers, two were from Salem, Oregon, 15 walked for AVA credit and 12 for the health of it.

Mahalo to Dennis, Carol, Ruth, Gordon and Charlotte for helping make this walk a success. Many of us do not realize what is involved in putting on a sanctioned traditional walk such as this one: pre-walking to establish a 5K/10K route/map, creating/folding the brochure, getting a permit for use of the park, setting up the tent, registering the walkers, doing the AVA after-action report, etc. It took many hands to put on this walk for which I am very grateful. For those who remained to take down the tent and clean up, thank you.

*Marsha Okada*

And a Big Thank You to you, Marsha!



The next AVA Convention will be held  
 June 9-16, 2019  
 in Colonie, New York  
 (Near Albany)  
 See AVA.org for details.

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Walking -

The oldest exercise and the cheapest!

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## Texas Trail Roundup

Right after the Great Aloha Race several Menehunes ventured to lovely historic San Antonio, Texas, for the 3-day Texas Trail Roundup. Dennis and Carol Romig, Charlotte Sullivan joined other Menehunes – Ray and Gretchen Malaski (back for the first time to see the courthouse where they married – see photo below) and John McClellan in from Florida. Great food and great walking! The event will be held again next year. Consider it.



## Koko Crater



Photos by Gordon Tyau

## Walkers Recap - 2018

### 1<sup>st</sup> Qtr

| Year Round Event     |            |
|----------------------|------------|
| Ala Moana Park       | 50         |
| Downtown Capitol     | 62         |
| Diamond Head         | 14         |
| Kahala               | 10         |
| Kailua               | 26         |
| Kona                 | 6          |
| Manoa                | 16         |
| Mililani             | 51         |
| Punchbowl            | 9          |
| Volcano              | 37         |
| Waikiki              | 55         |
| <b>Total walkers</b> | <b>336</b> |

### Traditional Events

|                 |    |
|-----------------|----|
| Great Aloha Run | 10 |
| Koko Crater     | 27 |
| Wahiawa Garden  | 18 |

Prepared by Carol Romig

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

John Glenn

## Bushwalking in Australia

by Carol Romig

This is one for the bucket list! In April, Dennis & I took a 15 day trip to Australia (Sydney, Canberra, Melbourne & The Great Ocean Road). It was a GREAT trip! I wore out my New Balance shoes by logging over 115 km bushwalking in Australia.

Our 1<sup>st</sup> stop Sydney....We explored Sydney by foot, ferry, bus, & train for 3 days at the beginning of our trip, & then 2 days at the end. From our hotel at the Circular Quay, we walked the **Sydney 10K**. The route took us by the Sydney Opera House, Royal Botanical Gardens, Art Gallery of New South Wales, & Museum of Contemporary Art. Many photo ops & birding opportunities. Sulphur crested cockatoos, eastern & crimson rosellas, & galahs are native to Australia & roost in the trees. The **Manly 10K** was Dennis' favorite. It is a nature hike, ¾ on a dirt trail & ¼ on a boardwalk along the coast from Spit Bridge to Manly. We took the ferry ride from Sydney to Manly then the public bus to the start point at Spit Bridge. We had a very enjoyable & relaxing ½ day visit to the **Taronga Zoo** via the ferry from Sydney to Taronga Zoo, then cable car to the top of the hill. We explored this AWESOME zoo from the top down. The best exhibits were the 6 bird aviaries. The Queen Victoria Building (QVB) is a MUST for shoppers & foodies. Our favorite Luneburger Cafe & German Bakery. By chance, McDonalds was just around the corner from our hotel. Even better frappes than the USA.

# Menehune Milestones

### Events:

Sharon Dowdell – 500, 525, 550  
Mark Brown – 1,300  
Molly Brown – 1,300

### Distance:

Sharon Dowdell – 5,000, 5,500 km  
Mark Brown – 20,000 km  
Molly Brown – 20,000 km

**Centurion Challenge** (100 walks a year!) –  
Mark Brown (for the fifth year) BRAVO!!  
Molly Brown (for the fifth year) BRAVO!!

**Hapalua** (13.1 Miles) – Gretchen Malaski, Ray Malaski, Charlotte Sullivan

## Oh, the places they can go!

Menehunes on the move:

Sharon could reach the mainland - Calgary (5,021 km) or Denver (5,381 km). Mark and Molly could walk to Hanoi and back (19,598 km) and then go to Lihue and back (344 km) with a few kilometers to spare.

Reaching Centurion status means Mark walked at least every 3.65 days every year since the program started in 2013, and they are past walk #88 for 2018!

*Congratulations, All !!*

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At the Start - Great Aloha!



Christine Enoka

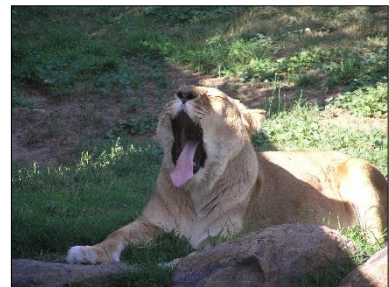
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**Mahalo**

**Special thanks** to Ruth Asakura, Gordon Tyau, Mark Brown, Carol Romig, Dennis Romig, Christina Enoka, 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.

2<sup>nd</sup> stop Canberra...We planned our visit to Australia to coincide with the **27<sup>th</sup> Canberra Walking Festival**. It is an international event with walkers coming from all around Australia, USA, Germany, Japan, Norway, & the Netherlands. We walked the three pre-walks on Thursday & Friday, then back-to-back 21 km/half marathons on the official Saturday & Sunday walks. Aussie Diana Marshall did an incredible job organizing this event. This is her 5<sup>th</sup> year, and she plans to continue to 2020. The 28<sup>th</sup> & 29<sup>th</sup> Festival dates are March 30-31, 2019, & April 4-5, 2020. See Aussie Walks website for details. And thanks to our walking buddies Gary & Marietta we had our first sighting of a herd (also called mob or troop) of kangaroos up close at Mulligan’s Flat in Canberra. It was AMAZING!

3<sup>rd</sup> stop The Great Ocean Road...We picked up a rental car in Canberra for the 400+ mile drive to The Great Ocean Road. It is definitely one of the world’s most gorgeous coastal drives. Our favorites stops: (1) **Tower Hill Reserve** (extinct volcano) where the koalas were nestled in the eucalyptus trees and wallabies & “friendly” emus roamed the grounds, (2) the magnificent rock stacks called the **Twelve Apostles** that rose from the ocean floor at Port Campbell National Park and (3) the many seaside villages & bakeries but especially the **German Bakery at Apollo Bay**.



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As you slide down the bannister of life, may the splinters never point the wrong way.

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A smile is a curve that sets everything straight.  
Phyllis Diller

# In Memory

During the past few months we lost three of our long-time Menehune friends: Stan Hodge, Hideo Imoto and Kazuo Inouye. We shared many good times with them. We will miss them.

