

menehune marcher news

March 2011

Volume 10, Issue 3



"Moving together toward a healthier America"

Coming Events

Waterfront Hui Hele – March 19, 2011

Gordon Tyau

Event Calendar

- | | |
|--------------------------|--|
| Mar
19 | Waterfront Hui Hele
<i>Gordon Tyau &
Ruth Asakura</i>
531-2255 |
| Apr
3 | Waikiki Hui Hele
<i>Marsha Okada</i>
395-9724 |
| May
15 | Mililani Hui Hele
Followed by
Quarterly Meeting
<i>Carol & Dennis Romig</i>
626-3575 |
| Jun
18-26 | AVA Convention
Des Moines, IA
<i>Carol & Dennis Romig</i>
626-3575 |
| July
24 | Hoomaluhia
Anniversary &
Potluck |
| Aug
6 & 7 | Kamananui Valley
<i>Carol & Dennis Romig</i>
626-3575 |
| Sept
10 | Manoa Hui Hele
<i>Carol & Dennis Romig</i>
626-3575 |



Photo by Gordon Tyau

The Waterfront Hui Hele on Saturday, March 19, 2011, will meet at 7:30 a.m. at the Makai-Diamond Head corner of the Magic Island Parking Lot. We'll leave by 7:45 a.m.

The first 5k will go through the yacht harbor, pass the large variety of boats that are used as homes, head out to beautiful Hilton Hawaiian Village and its flamingos and then return to Ala Moana Park. The second 5k will go along the mauka side of Ala Moana Park, pass the lawn bowling area and go on to Kewalo Basin and the Sheriff Statue where we can see surfers at Point Panic. We will return on the ocean side of Ala Moana Park, watching the stand up paddle surfers around Magic Island where we may see a sea turtle, and then we'll return to the start point.

Come join us!

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## President's Message

Carol Romig

We ended 2010 and started 2011 with some great walks. We had terrific turnouts at the Laie, Christmas Party & Lights, and West Loch events. Thanks, Gayla and Harriet, for the wonderful job in organizing the entertainment portion of the Christmas party... a tough act to follow next year.

Around the corner, we have the Waterfront (Mar), Waikiki (Apr), and Mililani (May) Hui Heles. We break in June, and then it is our perennial favorite -- Hoomaluhia Botanical Garden. Be sure to mark your calendars for this walk & potluck. We will have lots of ono food to eat.

### **VOLUNTEERS NEEDED**

I am hopeful that the club can continue to offer events at least monthly. However, more volunteers are needed to host these events.

Also, I am looking for a volunteer to follow-up on ordering club t-shirts. Many new members have asked about getting club t-shirts. We will be collecting monies upfront, and then ordering the t-shirts.

If you are interested in volunteering for events or ordering t-shirts, please call me at 626-3575 or e-mail at [dcromig@hotmail.com](mailto:dcromig@hotmail.com).

### **CLUB OFFICER ELECTIONS**

Our club officers hold two-year terms, and in May 2011 our club will hold elections for officers for the July 2011 to June 2013 term. Elections will be at the May 15th meeting, following the Mililani Hui Hele. Anyone interested in these positions, please contact our

## Mililani Hui Hele – May 15

Carol Romig

Please join us on May 15 (Sunday) for the Mililani Hui Hele. 5K and 10K walk options are available.

Meet at the Mililani Mauka Park and Ride at 7:30 a.m. From Honolulu, take H-1 West to H-2 (North Shore/Wahiawa). Exit Mililani Mauka onto Meheula Parkway. Move immediately to your left lane. At the traffic signal, turn left onto Ainamakua Drive. Then take the 1<sup>st</sup> left onto Ukumai Street. The Park and Ride will be on your left. Call Carol or Dennis at 626-3575 if you plan to do this walk.

Following the Mililani Hui Hele, we will have our quarterly meeting at the Romig's residence located at 95-211 Kemu Place, Mililani Mauka. Light refreshments to be served. The meeting will start at about 10:30 a.m.

From Honolulu, take H-1 West to H-2 (North Shore/Wahiawa). Exit Mililani Mauka onto Meheula Parkway. Continue on Meheula Parkway for about two miles until it ends at Kapanoe. Turn left at Kapanoe, left at Ahoka and right at Kemu Place.

## AVA Convention – June 18-26

Carol Romig

The Greater Des Moines Volkssport Association is hosting the June 2011 AVA Convention. These conventions occur every other year in various parts of the United States. It is a great way to see the States and also meet fellow volksmarchers.

You can expect some incredible walks in Iowa over the nine days. And the fee is only \$3 per IVV credit. Several Menehune Marchers plan on being in Iowa and doing these walks. Dennis and I will be leaving for the mid-West on June 3 and plan on doing pre-convention year round walks in Minnesota, Wisconsin, Missouri, Kansas, and Nebraska. Contact Carol Romig at 626-3575 if you plan on attending.

Check out the AVA website at:

<http://www.ava.org/clubs/ava2011convention/> for more details.

Hope to see you in Iowa!

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Umbrella alert:

If you lost your green umbrella at either the Bellows or Hoomaluhia walks, see Carol. She retrieved one at each walk.
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## President's Message

cont.

Nominating Committee (Ruth Asakura @ 531-2255, Marsha Okada @ 395-9724, or Ruriko Kono @ 623-9419).

Hope to see you on the trails!

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

Send changes to Mark Luppino at mluppino@pol.net

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West Loch Walk



West Loch Walk

# Footprints

## **Kamananui Valley Guided Walk - September 4 & 5**

*Carol Romig*

Forty-five walkers joined us on our trek into our "Walk into the Past" at Kamananui Valley on September 4 or 5. For many walkers, it was the first time to visit this gem. Everyone enjoyed the cool and refreshing walk along the tree-covered jeep trail and old cobblestone road that crossed seven turn-of-century stone bridges.

Mark your 2011 calendars for Kamananui Valley on August 6 and 7.

## **Tater Tours – November 3**

*Marsha Okada*

For the first time a tour group of volksmarchers did the Historic Waikiki YR (5K) and the Kahala YR (10K) all in one day. On a rainy Wednesday, November 3, 19 Taters started out from their hotel on the Historic Waikiki YR with Head Tater Mary Ptacek leading them from the New Otani Kaimana Beach Hotel. They were greeted by Menehune Marchers Carol and Dennis Romig, Ruby Fukuyama and Marsha Okada. After stamping their books, they headed out on the Kahala YR.

Despite the rain, Ruby's macadamia nut energy bars and Marsha's homegrown tangerines left them in good spirits at the Fort Ruger Park rest stop. They then merrily continued on the Kahala route with Dennis in the lead.

On the return, Dennis had a good laugh as he had 19 Taters scrambling across the grassy lawn to get to the scenic ocean right of way. As a joke he told the Taters that they had to hurry and not get caught crossing "private" property.

After returning to the New Otani, the walkers continued on the Historic Waikiki route to either go back to the hotel or to have lunch. Two ladies joined Carol and Dennis at the Tiki Grill.

Visiting volksmarchers enjoy meeting and walking with local club members. These Taters will long remember their walk with the Menehune Marchers.

## **Laie Hui Hele –November 6, 2010**

*Carol & Dennis Romig*

It was a gorgeous day in Laie! Our 35 walkers started early and enjoyed the beautiful sights along the route -- the Brigham Young University, Laie Point, and the Mormon Temple. It was a quick change at the Colton's residence, then to the Mormon Temple for a very special tour of the Temple. The Temple had recently completed renovation and was open to the public for only a three week period (before formal dedication). This

## Club Volunteers

**Officers (July 1, 2009 –  
June 30, 2011)**

*President* – Carol Romig  
*Vice-President* – Mark Luppino  
*Secretary* – Open  
*Treasurer* – Gordon Tyau

### YRE Coordinators

*Diamond Head/Waikiki/ Kahala* –  
Marsha Okada  
*Waterfront* – Faye Miyamasu  
*Downtown Honolulu* –  
Barbara Mateo-Kihano  
*Manoa Valley* – Lan Char  
*Kailua/Laie* – Maria Brasher  
*Mililani* – Carol & Dennis Romig  
*Kona/Volcano* – Terry Puuohau

### Other Volunteers

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

Thanks, volunteers!

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The Club has many volunteers who help in various capacities. As a result, the Club is able to sponsor 11 year-round events and also sponsor traditional walks throughout the year. Check out the Club's website for our current events.

www.ava.org/clubs/menehumemarchers.

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walk was a record turnout for Laie.



Photo by Lois Colton

Many thanks to the Coltons for their support and providing us with the wonderful pre and post pictures.

## ***Walking Adventures International: Big Island, Maui & Lanai – December 3-9***

*Diane Chu*

The Menehune Marchers newsletter mentioned a Big Island walk in December, so my husband and I decided to go. We checked to see which other Menehune Marchers would be joining us only to find out we were the only ones going. We went to the AVA website and joined up with the Walking Adventures International (WAI) group led by Lee Dummer and his wife Lorraine. We missed the initial welcoming party but met everyone the first day on the walk in Kona.

The first walk was through the town of Kona. We started the walk at a resort along the coast and headed south away from town. At mile marker 51 we turned around and headed back through the town, past the shops and restaurants, the sea wall, old church, and heiau and really got a feel for the town of Kona.

The next day we headed to the Waipi'o Valley, or Valley of the Kings, located in the Hamakua district of the Big Island. After taking in the fantastic views, we decided to walk down into the valley. The road into the valley is considered one of the steepest roads in the United States, and only four wheel drive vehicles are allowed on this road. On our trek down the steep and winding road we saw taro fields and some houses. After getting to the bottom, we headed toward the valley and saw the Hi'ilawe waterfall which descends a breathtaking 1,400 feet. We then hiked to the ocean and saw the beautiful black sand beach. At the end of the beach we saw the swift flowing river dumping into the pounding surf.

**Dues are OVERDUE!**

If you haven't paid your 2010-2011 dues yet, make your \$12 (per family) check payable to Menehune Marchers and mail it to:

Mark Luppino, Membership  
Menehune Marchers  
P. O. Box 1838  
Kailua, HI 96834

Mahalo!

**Are You An AVA Member ?**

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

Why not?

**Menehune  
Milestones**

**Events**

Miyamasu, Faye - 100

**Congratulations!!**

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.

Special thanks to all who helped with this newsletter – especially Gordon Tyau, Ruth Asakura, Mark Luppino, Diane Chu, Marsha Okada, Carol Romig, Dennis Romig, Autumn Rose and Lois Colton . Please send all contributions for the next one to Charlotte at [csullivan2801@yahoo.com](mailto:csullivan2801@yahoo.com). Mahalo!

**The Journey is the Reward!**

The view from the beach into the valley was unforgettable. The hike back up was a long and tiring one but one we were happy to accomplish.

The third walk was at Volcanoes National Park. We started our hike at the visitor's center where we hopped a ride on the tour bus that WAI had chartered. This took us to the Thurston Lava Tube where we started our walk. We then headed into the crater along the Kilauea Iki Trail which is the sight of an old eruption in 1959. The ground there is hardened lava with steam still coming out of the fissures. We headed back up out of the crater to the overlook of the Halema'uma'u Vent where we got some beautiful photos.

We ended up having a fantastic time on the Big Island walking with the WAI members who were all very friendly and made us feel at home in their group.

**Christmas Party and Christmas Lights Hui  
Hele –December 18, 2010**

Autumn Rose

'Twas the Saturday before Christmas,  
And all through downtown,  
Menehunes were walking to view Christmas lights:  
Down Alakea Street,  
Through Aloha Tower Market Place,  
Up to center stage at Honolulu Hale,  
And around the block.  
A pleasant evening, a 5k walk, and 35 Marchers –  
Jingling all the way, led by Dennis and Carol Romig.

Earlier that afternoon, 55 members gathered at The Mandalay restaurant for a Chinese dinner of chicken salad, sautéed fish filets, Mongolian beef, choy sum, sam see noodles, plus an assortment of dim sum. Mahalo to veteran party planners Gayla Tarumoto and Harriet Miyasaki for orchestrating party favors, dice game, and white elephant gift exchange.

Left-Right-Center sounds more like a National Public Radio political debate show than a gambling game, but the winner of each of the five tables went home with all the dollars in the center pot. Losers received consolation envelopes. Having unwrapped (so you know what you're getting) white elephant gifts proved the adage: One person's trash is another's treasure.

A merry ol' time was had by all!

## AVA Walking Challenges

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

**50 States** (Marsha Okada, Barbara Mateo-Kihano and B.S. McEwen completed this one.)

### 50 State Capitals

America's Artistic Heritage

America's Baseball Walks

America's Historic Churches

Carnegie Libraries

Celebrate America's Gardens

Covered Bridges

Forts of the United States

Grist Mills

Hillside Letters

Historic Churches

Honoring Law Enforcement

Hooray for Hollywood

Liberty Bell Replica

Museum Walk America

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

Veterans Memorials

Walking America's Fire Houses

Walking America's Trails

Walkin' Waterfalls

Walking the USA A-Z

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 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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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.

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## West Loch – January 8, 2011



On a beautiful sunny morning we had a record 59 enthusiastic walkers checking out Asing and West Loch Shoreline Parks and walking trails. We even spied several Hawaiian stilts also enjoying the park!



Special thanks to volunteers Bob and Wanda Wright who got us registered and on our way, to Carol and Dennis Romig who planned the event, to Carol Romig, Marsha Okada and Ruby Fukuyama for the yummy treats, and to Paul Kelly and his staff for ensuring the parks and trails were in pristine condition for our walk. Thanks for your continued support of the Menehune Marchers!

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Diamond Head Hui Hele – February 20

And just when you thought you had heard of everything, here's the latest in canine fitness and fashion. AVA is offering a **Petometer**. Yes, a pedometer for your doggie! Available in green or pink. Check out the website for details.

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On Sunday, February 20, 2011 there were 21 Menehune Marchers and friends doing the Diamond Head Hui Hele (15 for IVV credit and 6 for the joy of walking). Four walkers initiated the newly renovated trail and hiked to the summit. There were no volksmarchers from Japan this year; however, John and Lorraine Love of Ontario, Canada joined us again.



Thanks to Marsha for organizing the walk. Thanks also to Marsha for the cookies, fresh pineapple and home-made tangerine juice from her trees. Thanks to Ruby Fukuyama for the home-made energy bars. Yummy! Sometimes we wonder which is better – the walks or the treats!

## ***Great Aloha Run – February 21***

Several Menehunes ran, jogged and strolled from the Aloha Tower to Aloha Stadium for the annual Great Aloha Run. After a humid but coolish 8 + miles, they were rewarded with shirts, bananas, water, chocolate cupcakes, sports drinks and 13 more kilometers in their distance books. But the best reward was absorbing all that community energy!



Finishers included Diane Chu, Don and Donna Ulbricht, Sharon Dowdell, Brigida Cariaga, Dennis Romig, Michele Hauser, Leslie Geschwander, Brian Peterson, Hideo and Seiko Imoto (it was their 20<sup>th</sup> GAR) and Charlotte Sullivan.

Hope to see you there next year!

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

Oahu : Waikiki, Kahala, Diamond Head, Manoa, Waterfront Parks, Downtown, Mililani, Kailua, Laie

Big Island: Kona and Volcano National Park.

