

menehune marcher news

March 2012

Volume 11, Issue 3



"Moving together toward a healthier America"

Event Calendar

Mar 3 & 4 **Ala Moana - Waterfront**
Carol & Dennis Romig
626-3575 or 294-8637 (cell)

Apr 15 **Waikiki**
Sun *Marsha Okada*
395-9724

May 19 & 20 **Mililani**
Carol & Dennis Romig
626-3575

Jun No walk

Jul 4 **Ho'omaluhia Botanical Gardens**
Wed Walk & Club Birthday
Maria Brasher – walk
Carol Romig - potluck

Aug 25 & 26 **Kamananui Valley**
Sat & Sun *Carol Romig*
626-3575
or 294-8637 (cell)

Sept **Manoa**
TBD

Oct **Laie**
TBD

Nov 10 **Bellows AFS**
Sat Walk & Potluck
Carol & Dennis Romig
626-3575 or 294-8637 (cell)

In Memory

Lan Char passed away on February 20, 2012 at her home in Manoa. She was a long-time member and supporter of the Menehune Marchers. In her sweet quiet manner, she always offered to help whenever needed. She maintained the Manoa year round box, worked the registration table for the Manoa Hui Heles and generously provided her "ono" fruit salads at our potlucks. She was our Club's secretary from 2009-2011. She was also responsible for the incredible Manoa Valley/Lyon Arboretum 10 K, suggesting this new route and also coordinating with Lyon Arboretum.

Lan had a good heart, an upbeat attitude and a zest for living. The island is not small, but Lan and Ben were everywhere – or so it seemed. Often, we saw them volunteering at various events – the Hawaii International Film Festival, Friends of the Library, Hawaii State Art Museum and Lyon Arboretum. Perhaps the most memorable moment was a few months ago at Magic Island where we saw Lan and Ben sitting on the bench eating their bento and watching the sunset over Diamond Head.

We will miss you, Lan.

Carol Romig

Horizons – Coming Events

Ala Moana – Waterfront – March 3 & 4

Join us at the Atkinson YMCA between 7:15 and 7:30 a.m. to see one of our most beautiful walks. If you have questions on the walk day, call Carol on her cell – 294-8637.

Waikiki – April 15

Here's another of our lovely walks. Come see what makes Waikiki so famous – sand, shops, crowds, restaurants, etc. Meet between 7:15 and 7:30 at the picnic tables by the Natatorium (next to the New Otani Hotel).

Mililani – May 19 & 20

Carol Romig

Please join us for the Mililani Hui Hele. Come walk with us on May 19 or May 20 -- or both days. The walk will start at 8:00 am. Registration is from 7:45 to 8:00. Light refreshments at Romig's residence following the walk.

Meet at the Romig's house located at 95-211 Kemu Place, Mililani. From Honolulu, take H-1 West to H-2 (North Shore/Wahiawa), exit Mililani Mauka onto Meheula Parkway. Move to the middle land and continue on Meheula Parkway for about two miles until it ends at Kapanoe. Turn left on Kapanoe, left at Ahoka and right at Kemu

Club Volunteers

**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 –
Barbara Mateo-Kihano
Kailua/Laie – Maria Brasher
Kahala – Mark & Molly Brown
Kona – Carol & Dennis Romig
Manoa Valley – Gordon Tyau & Ruth
Asakura
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!

Hot Deal!!

\$2 – Cost per YR for Club members --
You save a Buck off the regular price!
Special events are still \$3. The more
you walk – the more you save!

Speedy recovery wishes to

Maria Brasher
Karen Nishimura
Alan Yamashita

Place. Parking is available on Kapanoe.

Call Carol or Dennis if you plan on doing this walk.

Ho'omaluhia Botanical Gardens – July 4

Barbara Mateo-Kihano

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.

Footprints

Obama Heritage Walk- November 5

About 30 walkers followed the history of President Obama during the initial Obama Heritage Walk. From Washington Middle School where he learned to play basketball, to the Baskin Robbins where he worked, to Kapiolani Hospital where he was born, to Punahou where he attended school and on to the University of Hawaii where his mother's legacy was on display at the East West Center, the Menehunes followed the footsteps of the President of the United States. We were touched by his humble beginnings and power of the American dream that can take a boy working at the King Street Baskin Robbins to the White House. Pretty awesome!

Menehune Milestones

Events

Charlotte Sullivan – 225
Sheila McClellan – 300
Carol Romig – 400
John McClellan - 475

Distance

John McClellan – 6,000
Carol Romig – 6,500, 7,000

Congratulations!!

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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.

## ~~~~~ Moving Right Along....

### 600 at 600

Marsha Okada walked her 600<sup>th</sup> event at event # 600 - the Ala Moana Walk – on Friday 13! What a coincidence!

## ~~~~~ 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.

Special thanks to Gordon Tyau who conceived of the walk some years ago and brought it together for all of us to enjoy. If you haven't done this walk, head down to the Atkinson Y.M.C.A, and give it a go!



Photo by Dennis Romig

## Christmas Party and Downtown 5K – December 3, 2011

Joy Hee

Christmas Party, Kawaiaha'o Concert & Honolulu City Lights

The Menehune Marchers' 2011 Christmas party was held on the first Saturday in December to coincide with the kick off of the Honolulu City Lights events.

Twenty-six of us gathered in mid-afternoon at the Mandalay Chinese restaurant on Alakea Street for an early dinner of assorted dim sum, mushu chicken, black mushrooms and choy sum, sautéed fish fillets, honey walnut shrimp, and seafood noodles.

We were honored to have a nonagenarian walker from Kona, Norma Meyers, join us, accompanied by her daughter. Just goes to show, exercise is the fountain of youth! Mahalo nui to Norma and also to Kazu Inouye for their generous donations for our Christmas party.

Right after dinner we set off on our 5K walk around downtown. The goal was to arrive at the historic Kawaiaha'o Church by 6 p.m. to attend its Christmas concert, open to the public. We missed the very beginning but caught most of the performances by the Kawaiaha'o Choir, Bell Choir, Hawaii Youth Opera Chorus, and a children's hula halau. It was so pleasant after our dinner and short walk – and impressive – to be serenaded in the oldest Christian church in Hawaii.

Then we crossed the street to Honolulu Hale, intending to witness the illumination of the city's 50-foot Christmas tree. King Street was lined with thousands of people gathered for the tree lighting ceremony as well as the Electric Light Parade. (Did you ever notice how the giant Santa and Mrs. Claus look like huge menehunes?) The night was warm, the air was still, and the lighting ceremony seemed to be running behind schedule. Alas, we got tired of waiting and continued our walk around the civic center. Back on Alakea Street, some of us stopped to watch the parade going by on King Street before calling it a good night.



## AVA Walking Challenges

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

**50 States** (Marsha Okada, Barbara Mateo-Kihano, Sharon Dowell and B.S. 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 Trails**

**Walking the USA A-Z**

**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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You are sitting in the shade today because someone planted a tree long ago.

Warren Buffett

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## Laie – January 7

A beautiful Hawaii morning and fabulous hosts, Lois Colton and her husband, greeted 10 Menehunes who walked the Hukilau in Laie. The walk took us around the serene BYU campus, through a park, along the beach (almost high tide!), out to Laie Point to see the gorgeous arch and spouting whales, up the cemetery hill for a dynamite view of the Ko'olau on one side and the east shore on the other (whales still blowing.)

This walk is extra special because it starts at the Colton residence. After the old start point, the hotel, was torn down, Lois reenergized this walk in honor of her mother, an avid Volkssport walker. Be sure to visit <http://loiscolton.com/avahukilau>. Lois created a website honoring her mother and showcasing all the years we have walked Laie. Mahalo, Lois! Mahalo also to Dennis Romig who built and rebuilt the start box in the front yard!



Laie Beach



Lois Colton kept us on the trail. Thanks!



Laie Point with its fabulous view

## Go Local → →

## West Loch – January 21

Carol Romig

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.

[www.ava.org/clubs/menehumemarchers](http://www.ava.org/clubs/menehumemarchers)

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

Send changes to Wanda Wright at [thekiln@hotmail.com](mailto:thekiln@hotmail.com)

### The Journey is the Reward!

### 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**

### Diamond Head Update!

On a nice breezy day, we had 29 walkers exploring Asing and West Loch Shoreline Parks. Walkers #28 and #29 were James and Rozy Weatherby from Oregon. The Weatherbys debarked from the cruise ship early in the morning, rented a car and then headed out to Ewa Beach. Way to go!

Special thanks to the early birds who helped us set up, Bob and Wanda Wright who helped with registration, Ruby Fukuyama for the delicious goodies 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 for the Menehune Marchers!



Dennis and Bob provide directions at the West Loch walk.

Gene clears the sign-in area. Mahalo!



The trail has been modified close to the top so you don't have to go up and down the same way. And the view is better. The new steps are wider but not fewer.



Old Stairs



New Stairs



## Diamond Head Hui Hele – February 19

Marsha Okada reported that 19 walkers (14 club members and 5 from out of state) met on a sunny, breezy day to walk up and around Diamond Head. All were treated to Ruby Fukuyama's fruit cake, tangerines, cookies and Marsha's home-made tangerine juice.



Photos by Dennis Romig



## Great Aloha Run – February 20

Carol Romig

Over 28,000 runners and walkers ran, jogged or walked the 8.15 mile Great Aloha Run course from Downtown Honolulu, past Honolulu Harbor, to the finish line at Aloha Stadium.

Congrats to Michele Hauser, Hideo Imoto, Seiko Imoto, John McClellan, Carol Romig, Dennis Romig, Charlotte Sullivan, Don Ulbricht and Donna Ulbricht who completed the Great Aloha Run. Way to go!!

## Mililani Update!!

## 2011 Walkers By Event

Prepared by Carol Romig

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.

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Are You An AVA Member?

Are you a member of Menehune Marchers?

Why not?

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 Good judgment comes from experience and a lot of that comes from bad judgment.

Will Rogers

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Good news:

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

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*Special thanks to all who helped with this newsletter – especially Lori Colton, Gordon Tyau, Ruth Asakura, Wanda Wright, Marsha Okada, Barbara Mateo- Kihano, Joy Hee, Carol Romig, and Dennis Romig,*

*Please send all contributions for the next one to Charlotte at [csullivan2801@yahoo.com](mailto:csullivan2801@yahoo.com). Deadline is June 20.*

*Mahalo!*

**Year Round Event**

**Year to Date**

|                                   |             |
|-----------------------------------|-------------|
| Ala Moana Park                    | 135         |
| Downtown Capitol                  | 173         |
| Diamond Head                      | 102         |
| Kahala                            | 67          |
| Kailua                            | 45          |
| Kailua-Kona                       | 31          |
| Laie                              | 14          |
| Manoa                             | 83          |
| Mililani                          | 147         |
| Obama Heritage (started Nov 2011) | 37          |
| Volcano                           | 27          |
| Waikiki                           | 142         |
| <b>Total</b>                      | <b>1003</b> |

|                          |            |
|--------------------------|------------|
| West Loch                | 58         |
| Great Aloha Run          | 15         |
| Hoomaluhia               | 34         |
| Kamananui Valley-Aug 6&7 | 39         |
| Out and About in Kailua  | 41         |
| <b>Total</b>             | <b>187</b> |

**Stepping Out!**

If each of these walkers averaged 7 kilometers (some at 10K and some at 5K), then Menehunes and our fellow walkers logged about 8,330 kilometers or 5,165 miles in 2011. Since there are approximately 2,000 steps in a mile, we traveled about **10,330,000** steps. Wow!

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Rozy Weatherby's Hawaii Reflections

My husband and I had an opportunity to enjoy the real aloha spirit on a recent vacation in Hawaii. This state is awesome, as is its volkssport club, the Menehune Marchers. During our 2 week stay on 5 islands, I had a goal of doing all ten walks on Oahu and the two walks on the Big Island. I did manage to do 10 walks, including West Loch.

The weather was very pleasant, and the sights were unforgettable. But it was the people we met who really made this vacation memorable.

Our cruise ended in Honolulu on the same day that the Menehune Marchers were sponsoring their West Loch walk. Because of delays, we were a little late in getting started on the walk. The pleasant people at the start point were very helpful and encouraging. We started off on the great walk and several ks later received a phone call. At the time we were talking to a local fisherman and overlooking the bay. Carol Roming's husband Dennis decided to meet us along the walk and keep us company to the end. We met him just after shading ourselves in a banana grove and watching a mongoose scurry across the path. He shared lots of local information including the fact he looks like the governor!

Mahalo to all the wonderful people of Hawaii!



Obama Walk by Dennis Romig



West Loch



Laie