

Menehune Marcher News

March 2013

Volume 12, Issue 3



Horizons – Coming Events

Event Calendar

Mar 9 **Obama Heritage Hui Hele**
Charlotte Sullivan
922-8626 or 509-688-9276 (cell)
Sat

Apr 6 **Mililani YRE**
Carol & Dennis Romig
626-3575 or 294-8637 (cell)
Sat

Apr 27 - May 5 **AVA Convention - Orlando**

May to June **Open**

July 21 **Hoomaluhia Botanical Garden**
Maria Brasher – walk
261-3583
Carol Romig – potluck
626-3575 or 294-8637 (cell)
Sun

Aug TBD **Kamananui Valley**
Carol & Dennis Romig
626-3575 or 294-8637 (cell)

Sept to Nov **Open**

Dec TBD **Christmas Party**

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

Want to host a walk?
Want to create a walk?
Of course you do. It's fun!!
Call Carol.

Of all the things you wear, your expression is the most important.

Obama Heritage Walk – March 9

Join us to follow the Aloha path of President Obama's early years on Oahu. Gordon Tyau mapped this route to celebrate President Obama's Presidency. The route passes the Baskin Robbins ice cream store, the University of Hawaii and Waiola Shave Ice. John and Charlotte Sullivan are hosting this walk.

Meet at the Atkinson YMCA for an 8 A.M. start on March 9. See you there.

Mililani Year Round – April 6

Come see the parks and heights of Mililani. Carol and Dennis Romig are hosting this walk. Meet at their house in Mililani – 95-211 Kemu Place for an 8 A.M. start. See you there.

Footprints

Bellows – November 10



Forty-eight walkers found historic trails, spectacular beaches, good friends and yummy food at Bellows.

Thanks to Carol and Dennis Romig for hosting and to John Miyamasu and Dennis Romig for grilling!

~~~~~

**President's Message**

Thanks to everyone for the great support in 2012. As a result, our Club sponsored over 10 walks (5 one-time events, and 5 Hui Heles). Our Christmas party at the Hale Koa was a huge success, thanks to Gayla Tarumoto and Harriet Miyasaki who organized the fun games and donated many of the raffle prizes. I (and the other 52 attendees) can't thank you enough!

Congrats to our Menehune Marchers who walked the 26.2 mile Honolulu Marathon on December 9, the day after our Christmas party: Robert and JoAnn Doleman, Toni Kaefferlein, John McClellan, and Donna Ulbricht (1<sup>st</sup> timer). Way to go!

We kicked off the year with the Ala Moana and Kahala in January, followed by Kailua and Laie in February. Thank you – Faye Miyamasu, Maria Brasher, and Lois Colton – for hosting my favorite walks. Maria, the malasadas were delicious!

At a special meeting after the Kailua walk, the Club voted on its new officers for next year (July 2013-June 2015). Congrats!

**New Officers  
July 2013-June 2015**

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

Special thanks to Gordon Tyau for being our Club's treasurer for four years and doing such a fantastic job! Gordon kept track of our monies, paid the bills, prepared financial reports to AVA and the IRS, and basically kept us out of trouble.

See you on the trails!

Carol Romig



**Christmas Party – December 8**



Thanks to Gayla Tarumoto and Harriet Miyasaki for a fabulous party!! Great walk, fun prizes and ono food.



Terry Puuhau is a big winner!



The lovely Hilton Lagoon and the Hale Koa grounds. Dennis Romig and the DeLongs share stories.



## 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 – 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!

## Menehune Milestones

### Events:

Ruth Asakura – 325  
Gordon Tyau - 325

### Distance: -

No one this time. Keep walking, 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.



Happy Birthday to Nancy and Gordon!

Mele Kalikimaka from James Lenox!

*Photos by Gordon Tyau & Bob Doleman.*

## Ala Moana – January 12



Thanks to Faye and John Miyamasu for a gorgeous and yummy walk!

*All photos by Gordon Tyau.*



**Special recognition!**

**Honolulu Marathon**

Five Menehunes completed the 26.2 mile Honolulu Marathon – John McClellan, Toni Kaefferlein (who also made the yummy German potato salad at the Bellows Walk), Bob Doleman, Jo Ann Doleman and Donna Ulbricht.



Donna Ulbricht pauses as she heads up Diamond Head Road on her way to the Honolulu Marathon finish line.

**Congratulations – Everyone!!**

**Kailua – February 10**



*Photo by Sabrina Sewell.*

Thanks to Maria Brasher for hosting the Kailua Walk and providing those delicious malasadas!

**The Journey is the Reward!**

~~~~~  
A Menehune Photo Album:



Kazuo

~~~~~  
If you find yourself in a hole, the first thing to do is – stop digging!  
~~~~~

Great Aloha Run – February 19

Congratulations to James Lenox, Dale Robertson, Linda Robertson, Carol Romig, Dennis Romig, Charlotte Sullivan, Don Ulbricht, Donna Ulbricht for completing the 13 K Great Aloha Run! James Lenox came in with the best time at 1 hour and 52 minutes. Great job, everyone!

Laie – February 23

Menehunes ignored the dire weather forecast and came to Laie for a beautiful walk. Thanks to the Coltons for hosting us and special thanks to Dale and Linda Robertson for the guided tour and the delicious treats at their house when we finished.

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

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

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

Celebrating Golden Cinemas – ends 12/31/2014

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

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

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

U.S.A. W.P.A. – ends 12/14/2014

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.

Let us know when you finish a program. We want to share the good news with the rest of the club.

Broken pencils are pointless.
Pun intended.



Photo by Lois Colton

Fifty More Wows for Joan & Vernon King - Update!

In our last newsletter we reported that Joan and Bob completed the Fifty States Walking Challenge. Well, so they did, but they actually completed those Fifty States years ago. Last year they completed the Fifty State *Capitals* – an even bigger achievement! Sorry we didn’t get it right the first time.

Here they are in St. Paul, Minnesota, celebrating that last capital walk. Vernon said walking 50 states was a long journey, especially as their last three walks (Jackson, Mississippi, New Jersey and Minnesota) were all done in 90+ degree weather. But they were thrilled to be finished and thrilled to remove one more thing from their bucket list!



Congratulations on a terrific achievement!

The New Otani Hotel hosts the walk box for the Diamond Head Walk, the Waikiki Walk and the Kahala Walk. It’s just inside the door on the left.

The Atkinson YMCA hosts the walk box for the Ala Moana Walk and the Obama Heritage Walk.

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.

<http://avaclubs.org/MenehuneMarchers/>

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

Send changes to Wanda Wright at MenehuneMarchers@gmail.com.

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**

Special thanks to all who helped with this newsletter – especially Gordon Tyau, Wanda Wright, Sabrina, Sewell, Ruby Fukuyama, Lois Colton,, Vernon King, Carol Romig, and Dennis Romig.

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

Mahalo!

Happy Trails!

A Menehune Photo Album:



Jean and Alan.

Menehune Walking Gear Checklist

Some things to think about:

Shoes – no, really. You need good ones. Check your soles to be sure you have enough treads – just like your tires.

Water – especially for those dry walks.

Hat – keeps you cool & protects against skin cancer. A ventilated and brimmed one is super.

Walking sticks – handy for hills & almost mandatory for the Volcano Walk

Snacks – how could you leave these behind?

AVA record book – you wouldn't want to miss a stamp, would you?

Map & directions – essential for the “directionally- challenged” among us.

Sunscreen – always helpful.

Year to Date Walking History

by Carol Romig

| Year Round Event | Walkers |
|---------------------------|----------------|
| Ala Moana Park | 93 |
| Downtown Capitol | 101 |
| Diamond Head | 101 |
| Kahala | 56 |
| Kailua | 26 |
| Kona | 31 |
| Laie | 35 |
| Manoa | 79 |
| Mililani | 134 |
| Obama Heritage | 60 |
| Volcano | 43 |
| Waikiki | <u>120</u> |
| <i>Total walkers YRE</i> | <u>879</u> |
| Traditional Events | |
| West Loch | 29 |
| Bellows | 48 |
| Great Aloha | 11 |
| Hoomaluhia Garden | 49 |
| Kamananui Valley | <u>56</u> |
| <i>Total Traditional</i> | <u>193</u> |
| Total walkers | <u>1,072</u> |

Ruby Fukuyama's Famous Fruit Cake

Many of us have enjoyed Ruby's treats at our walks. Here's her recipe for the fruitcake.

- 4 cups flour
- ½ tsp salt
- ½ tsp baking soda – heaping
- 2 tsp nutmeg
- 1 lb. butter - softened
- 2 cups sugar
- 8 eggs - beaten
- 2/3 cup liquor (your choice) or more
- 1 16 oz. container fruitcake mix
- 1 cup or more of broken walnuts or pecans
- 1 cup raisins (dark or golden or combination) dusted with flour

Preheat oven to 260°.

Sift together flour, salt, baking soda and nutmeg. Set aside.
 Cream butter and sugar.
 Add eggs, 2 at a time to the creamed mixture.
 Add 2/3 cup liquor to batter.
 Add the dry ingredients to the creamed mixture in thirds. Blend well.
 Fold the fruitcake mix, the raisins, and the nuts into the batter.
 Divide the batter into about 6-8 small foil loaf pans or 4 larger pans.
 Put a pan with hot water under the baking rack. Bake for 2 hours or until done with toothpick test.
 Optional - drizzle loaves with more liquor after cooling for 15 minutes.
 Cool and wrap. Can freeze - if you don't eat them right away!