

Menehune Marcher News

March 2014

Volume 13, Issue 3



Event Calendar

- Mar 9**
Sun **Kailua**
 Maria Brasher
 261-3583
- Apr 5**
Sat **Mililani**
 Carol & Dennis Romig
626-3575 or 294-8637 (cell)
 Start time: 8:00 AM
 95-211 Kemu Place
 Mililani
- Apr 19**
Sat **Obama Heritage**
 Carol & Dennis Romig
626-3575 or 294-8637 (cell)
 Start time: 8:00 AM
 Central/Atkinson YMCA
- May** **Open**
- May 30 –**
June 1 **CVA Convention**
 Banff, Alberta
- June** **Open**
- July 20**
Sun **Hoomaluhia**
 Maria Brasher
 261-3583
- June 13-21**
2015 **AVA Biennial**
 Convention
 Salem, Oregon

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

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

## Horizons

### Kailua – March 9

Start time: 8:00 AM

Location: Private residence – 388 Auwinala Road, Kailua

Directions: Take the Pali Highway toward Kailua. Continue on to HI 61 N/HI 72/  
Kalaniana'ole Highway. Continue on to Kailua Road. Turn right to stay on Kailua Rd.  
Continue onto Wanaao Rd. Turn right onto Auwinala Rd. Start point – 388 Auwinala Rd.

For more information contact Maria Brasher – 808-261-3583.

## Footprints

### Downtown Capitol – October 13

Carol Romig

Twenty-one walkers tested our new Downtown Capitol route. Going to the top of the Aloha Tower (via the elevator) was a first for many. Before ending our walk at the YMCA, Jim & Jane Lundquist invited the MMs to their 32nd floor condo. Awesome views! Thank you Jim & Jane for the sharing your beautiful home with us and providing such delicious pupus/refreshments.



# Menehune Milestones

## Events:

Charlotte Sullivan – 300  
Bob Forsythe – 2,900

## Distance:

Mark Brown – 14,000 K  
Ray Malaski – 35,000 K  
Becky Forsythe – **40,000 K!**

## Oh, the places you can go.....

Our long distance Menehunes can see the world with all their miles:

- **Mark Brown** (8,680 miles) could warm up with some local walking - to Hilo and back (422 miles), then to Lihue and back (214 miles) and then he could walk to Rome (8,038 miles) to see the Coliseum.
- **Ray Malaski** (21,700 miles) could walk to Manila (5,305 miles) and back – twice!
- **Becky Forsythe** (24,800 miles) could walk entirely around the world (24,901 miles) and see everything!

Congratulations! And WOW!!!!

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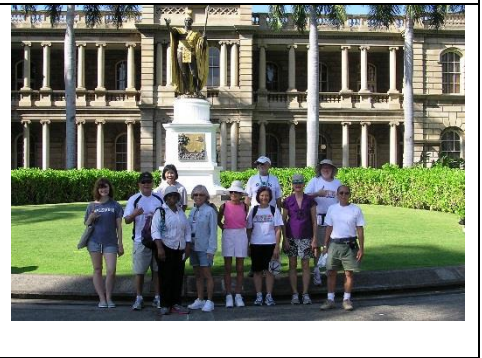
The Milestones were extracted from *The American Wanderer*, a bi-monthly publication of the American Volkssport Association. *The American Wanderer* is mailed free to all AVA members.

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Trail Talk

Trailmaster Gordon Tyau has rerouted the downtown/capital walk. Check it out. It's a new way to see the old familiar places.

Dennis & I hope to see you on the trails before we leave on our DC trip in mid-March. If it stops snowing and warms up to 30 degrees, we will be volksmarching in 8 states: Maryland, Delaware, New Jersey, Virginia, West Virginia, Kentucky, Tennessee and



All photos by Gordon Tyau

Portlock – November 30



Photos by Sheila McClellan and Charlotte Sullivan

Special thanks to John and Sheila McClellan who not only hosted the walk, but they also rerouted it to take advantage of those gorgeous ocean views. Great job! Mahalo!

Pennsylvania. Hopefully by the end of the year I will have 39 of the 50 states!

Mark your calendars for the Mililani walk on April 5. Join us for light refreshments after the walk. A new 5K option on a relatively flat route is available. If you want to share your favorite photos from you walks, bring them on a CD or thumb drive. We will also put together our calendar for next year.

See you on the trails.
Carol Romig

Club Volunteers

**Officers (July 1, 2013 –
June 30, 2015)**

*President – Bob Wright
Vice-President – Wanda Wright
Secretary – Carol Romig
Treasurer – Dennis Romig*

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!



Portlock Walkers – John McClellan waves us on!

Hale Koa Christmas Party & Waikiki 5K – December 7



Menehunes admire the Sheraton's Sand Sculpture on the Christmas 5 K!

Our 5 K walk took us to all the holiday decorations in Waikiki. Big favorites included the Sheraton sand sculptures and the Sheraton gingerbread village complete with Aloha Tower and Sydney Opera House. A yummy Hale Koa buffet was followed by a white elephant gift exchange and presents for all. Special thanks to Carol and Dennis Romig for hosting this popular event.

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## 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

**Alternative Capitals** – ends 12/31/2016

**America's Family Bakeries** – ends 12/31/2014

**Border Crossings** – ends 12/31/2023

**Celebrating Golden Cinemas** – ends 12/31/2014

**Cities in Song** – ends 12/31/2016

**Civil War Battlefields** – ends 12/31/2015

**Classic American Diners** – ends 12/31/2014

**Fraternal Organizations** – ends 12/31/2015

**Honoring Law Enforcement** – ends 12/31/2014

**Honoring Our Flag** – ends 12/31/2016

**Lakes and Reservoirs** – ends 12/31/2016

**National Register of Historic Places** – ends 12/31/2016

**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

**Trekking with the Trees** – ends 12/31/2016

**Walking America's Murals** – ends 12/31/2014

**Walking the Old Spanish Trail** – ends 12/31/2015

**Walking the USA A-Z** – never ends

**Water Towers** – ends 12/31/2016

**U.S.A. W.P.A.** – ends 12/14/2014

**You'll Never Walk Alone** – ends 12/31/2016

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](http://www.ava.org).

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Christmas Walk by the Hilton Lagoon – working up a big appetite for the yummy lunch to come!

Diamond Head – December 28



Photo by Dennis Romig

We closed out 2013 with our Diamond Head YRE. A great turnout – 27 walkers! Many of our snowbirds returned to join us. Also, we had the pleasure of walking with 6 German volksmarchers from the Freizeit Club.

A special thanks to Rita and Joerg Braun (our German experts) for helping with this walk and the Mililani YRE the day before. Our German volksmarchers did back-to-back YREs, including the 2K up to the top of Diamond Head. Bravo!

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**Laie – February 8**

**Honolulu Marathon**

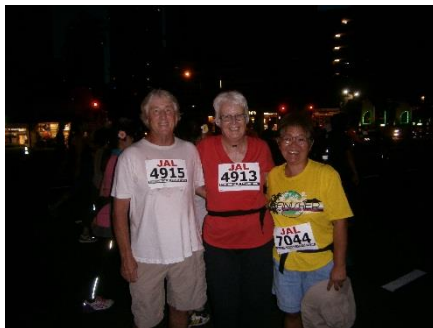
Several Menehunes completed the 26.2 mile Honolulu Marathon this year: Leslie Geschwandner, Toni Kaefferlein, James Lenox, Gretchen Malaski, Ray Malaski, Dennis Romig, Charlotte Sullivan, John Sullivan.

Toni Kaefferlein, an Island girl now living in Buch, Germany, had family cheerers along the route to give her treats. Her sister Terry Puuohau waited in Hawaii Kai with a Mocha Freeze. Down the road one of Terri's daughters had a BEER for her. Also this year Toni's daughter Mele, son-in-law Heimo, grandson Kekoa, almost 5, and granddaughter Keani, 4 months, from Lengenfeld unterm Stein, Germany, were in Hawaii Kai to cheer her on. What an ohana!

Marsha Okada also met Menehunes in Hawaii Kai with homemade tangerine juice – yummy!

Donna Ulbricht met runners at Ala Moana and Hobron with her camera and cheerful smile.

Thanks to the Menehune support team!  
Congratulations to the walkers/runners!



Donna Ulbricht caught John, Charlotte & Carol on Ala Moana Blvd.

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Special thanks to all who helped with this newsletter – especially Gordon Tyau, Marsha Okada, Bob Wright, Wanda Wright, Terry Puuohau, Donna Ulbricht, Jane Lundquist, Carol Romig, and Dennis Romig.

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

Mahalo!
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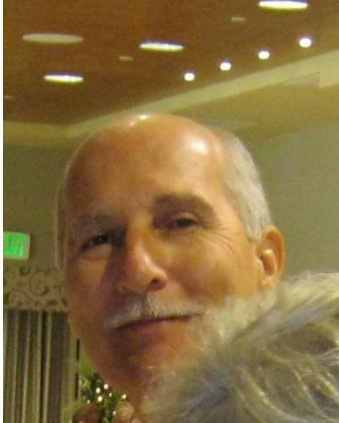


Amy and Donna climb in the rain!

Dennis Doyle checks out Dennis Romig's new Laie walk box!

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Kahala – January 12

A Menehune Photo Album



Richard



Twenty-three walkers, including two from the mainland and one from Germany joined the Menehunes for Kahala. Special thanks to Ruby, Marsha and Gina for registering; to Ruby and Marsha for treats; and to Dennis for guiding the walk.



Maria

Great Aloha Run – February 17

Aloha to the Menehunes who joined 16,237 of their friends and neighbors for a cool damp 13 K walk/jog/run: Fran Hodges, James Lenox, John McClellan, Claire Pickens, Richard Pickens, Carol Romig, Dennis Romig, Charlotte Sullivan, Donna Ulbricht. Congratulations to everyone!

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**AVA Convention 2013**

Wanda and Bob Wright

*So Carol and Dennis Romig talked us into going to the AVA Convention (again) only this time in Florida, in April and May of 2013. But wait, let's go to Universal Studios for a couple of days before the Convention too!*



Carol & Dennis – Mr. & Mrs. Santa Claus

The 2013 AVA Convention was held in Orlando, Florida April 27 - May 5, 2013 at the Orlando Airport Marriott. We arrived three days early, on Wednesday 24 April in the afternoon at the Loews Royal Pacific Hotel, Universal Studios (it looked just like Hawaii) for our Harry Potter fix before all the Convention walking. This was also to get us in shape for the Convention Walks. 8-)

We got in shape alright, we think we walked about 5-10K Wednesday through Friday night.

Saturday we got up early to check out and drive to Clearwater Beach on the Gulf (West) Coast of Florida. Unfortunately we didn't get up early enough to get to the start while it might still have been cool in temperature. We arrived at about 10:00 AM and started our first Volksmarch of the convention. It was HOT! We decided to do the shorter of the two walks of the day and headed back to the beach, where we had our pre-ordered Cuban sandwiches, yummy! Afterward we drove to the Clearwater Marine Aquarium and saw Winter, the star of the movie "Dolphin Tale" and took a water tour of the bay.

We stayed overnight in Tampa and ate Dinner and Breakfast with Carol and Dennis.

Sunday morning we drove to Hillsborough River State Park to walk in the woods along the Hillsborough River. Very nice walk, a bit warm and humid but there was shade. Afterward we drove east to Kissimmee to our timeshare and base for the next six days of walks.

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If you find yourself in a hole, stop digging.

Will Rogers

~~~~~  
A good time to keep your mouth shut is when you are in deep water.  
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## Winter

Two versions of winter. The first written by Jane Lundquist's friend Ruth in Spokane when it was 9° outside.

Both poems used with permission.

*Winter's Woe* by Ruth M. Nordling

I don't like ice  
I don't like snow  
I don't like winter's  
Arctic Blow

I don't like snow  
I don't like ice  
I don't think  
Winter's one bit nice

There is no green grass  
Or e'en a tree  
There's nothing pretty  
For me to see

My clothes are drab  
The skies are gray  
I just want winter  
To go AWAY!

So cautious now  
That I may slip  
I tread in fear  
I'll break my hip

With tiny steps  
I creep in dread  
That I should fall  
And crack my head

O winter with your  
Roads so scary  
Keep me at home  
Too road crash wary

I'm bundled up  
Against the cold  
Too many layers  
Now I'm OLD

I open the drapes  
Take one quick look  
Close 'em up fast  
And grab my book

To hide in bed-  
'Tis there I'll keep;  
Just like the bear  
I'll winter sleep

Till lovely spring  
Breaks gently through  
Winter's woe  
For now's my due

No I don't like it  
Not one darn bit  
Winter stinks  
In a word – that's it.

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Monday's walk was in Winter Park, a very pretty suburb of Orlando, with several yummy places to eat. We also walked through the Rollins College campus which was quite beautiful and situated next to one of many lakes in the area. Afterward we ate at one of the fantastic restaurants in town and then did a scenic boat tour of several of Winter Park's lakes.

For Tuesday's walk we drove to Fox Lake Sanctuary in Titusville on the eastern side of Florida for its inaugural Volksmarch. Lots of roots greeted us on the second half of the walk as the local authorities are working to restore the area to its more natural pine flatwoods and scrub habitat. After the walk Carol and Dennis joined us for lunch at a famous local foodery, the Dixie Crossroads (great corn fritters as an appetizer). Afterward we all drove to the Merritt Island National Wildlife Refuge to see many different kinds of water birds. Then it was back to the *Meet & Greet Social* at the Orlando Airport Marriott.

Wednesday found us in Orlando Wetlands Park in Christmas, Florida, an area set up to treat waste water from Orlando. The birds, otters, and alligators that inhabit the area were especially interesting to see. This park is close to Titusville so afterward we ate at Dixie Crossroads again (Did I say the corn fritters were excellent? They come with powdered sugar!). Then we spent time on an airboat ride on the St. Johns River seeing alligators and many different kinds of water birds. Fantastic!

Thursday morning we drove northwest of Orlando to Leesburg. This was a good walk around Leesburg, we saw the Venetian Gardens, built in 1938 as part of Works Projects Administration (WPA). Afterward we stopped in Mount Dora, another quite beautiful town on the way back to Kissimmee. We saw several conventioners doing extra walk(s) here, as we had on several other days. After we had cleaned up a bit, we headed to the Convention Hotel for a *Walk the Plank!* Pirate Party. Great Fun! Lots of fellow walkers dressed in all manner of Pirate attire.

Friday was the AVA President's walk starting at Fashion Square Mall in Orlando. The highlight of the walk was walking through Baldwin Park, a new neighborhood built on the site of a former Naval Training Center. It looked a lot like Disney's Celebration neighborhood, which we had driven around earlier in the week. That evening we joined the rest of the conventioners at the hotel for *A Night in Key West* banquet, capping off the official Convention business. But there were two more days of official walks to go.

Saturday, we checked out of our Timeshare early to drive to Deland, northeast of Orlando. The walk began at the County Justice Center and proceeded around town and then into the Stetson University grounds. Afterward we drove to nearby Hontoon Island State Park where there is a YRE that many conventioners were doing. We took a small ferry ride across to the island and checked out the walk map but decided to just relax before we checked into a local hotel.

Sunday morning we drove to Daytona Beach for the last walk of the Convention. On the way we passed Daytona Speedway (wow!). It was a beautiful cool day for the walk. We even saw a manatee in one of several marinas we walked by. Afterward we drove south to the Ponce De Leon Inlet Light Station and spent time exploring the museum there (more walking).

Monday we had left for exploring the Deland area and ended up returning to Hontoon Island State Park and walked the YRE Volksmarch on the island. Very interesting walk! Mostly flat except for the midden (large 2,000 year old Indian shellfish mound) which the walk takes you up and back. Oh and there are ticks there also, so bring plenty of bug spray if you decide to try out this walk. After we finished the walk and took the ferry back the car, we drove back to Orlando, returned the car, and got some rest before flying out Tuesday morning.

We had a great time again, thank you Carol and Dennis! We figured we walked about 90-95K between the 9 Convention walks, Hontoon Island, and Universal Studios before the Convention.

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