

Menehune Marcher News

March 2015

Volume 14, Issue 3



Horizons

Event Calendar

| | |
|---------------------------|---|
| Mar 15 Sun | Kailua YRE Maria Brasher 261-3583 |
| April 11 Sat | Manoa YRE Faye Miyamasu 395-9041 |
| May | Open |
| June | Open |
| June 13-21 2015 | AVA Biennial Convention Salem, Oregon |
| July | Open |
| Aug 2 Sun | Hoomaluhia Botanical Garden Maria Brasher – walk 261-3583 Carol Romig – potluck 626-3575 |
| Sept | Open |
| Oct 31 Sat | Capitol YRE with Tater Tours |
| Nov | Open |
| Dec 12 Sat | Christmas Party and Walk Carol Romig |

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

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**Have an idea for a walk??  
Call Bob!**

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Kailua – March 15, Sunday

The walk starts at 8:00 a.m. at 388 Auwinala Road in Kailua. See you there!

Manoa – April 11, Saturday

Join us at the Manoa McDonald's start point for the Manoa walk. Start time is 8 a.m. Please park on the street – E. Manoa Road, Woodlawn, etc.

AVA Biennial Convention - June 13-21, Salem, Oregon

Check out the AVA website for details. Several menehunes plan to walk. Think about joining us there. Remember, you can skip the convention and join lots of fun people for the walks. (It's more economical that way.)

Hoomaluhia Botanical Gardens – August 2, Sunday

This walk is our annual birthday party. Join us for a potluck lunch and a gorgeous walk in the shadow of the Koolaus.

Capitol with the Tater Tours - October 31, Saturday

See Carol's article below. We are welcome to join them for the Capitol walk.

Christmas Party and Waikiki Walk, December 12, Saturday

We'll be returning to the Hale Koa Hotel for our 2015 Christmas party. The day's festivities include a walk around Waikiki to check out the Christmas decorations and a buffet lunch from 11-1.

From the President

Bob Wright

I hope all the participants in the Great Aloha Run (piggyback event) enjoyed themselves!

I have been receiving positive e-mail comments from volksmarchers from the mainland who visit Hawaii and walk our Year Round Events. Also there were two great articles in the latest AVA Newsletter regarding our walks. Kudos to all who have developed these walks.

Past events - I want to thank everyone who walked with one of the two Menehune Marcher groups on the 10/11/12/13/14 event last December before our Christmas Luncheon at the Mandalay. Everyone I spoke with said they enjoyed both the walk and the food.

Speaking of the Christmas luncheon: the 2015 Christmas luncheon: Reservations for the Hale Koa have been made. More details later in the year.

Upcoming events – Saturday, 21 February at Laie; Sunday, 15 March in Kailua; the AVA Biennial Convention June 13 -21st in Oregon; Sunday, 2 August at Hoomaluhia Botanical Garden; and more to follow.

How many of you are going to attend at least part of the AVA Biennial Convention in June? The time is fast approaching, so get your reservations in (see the AVA website for details). Be there in Salem, Oregon June 13 - 21st, 2015, for all the Volksmarching events or just some of them. Lots of fun walkers from around the world will be there.

Volunteers - We are still looking for volunteers for walks in 2015 to fill out the rest of the Volksmarching calendar. Please call/e-mail me if you are interested in hosting a walk.

See you Saturday 21 February at the Laie Volksmarch!

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## Footprints

### Kahala – November 15



Photo by Richard Delong



Photos by Gordon Tyau

Twenty-one Menehunes made a sunny walk along Kapiolani Park, up Diamond Head Road and through the beautiful Kahala area.

Thanks to Bob and Wanda for hosting and leading the walk.

# Menehune Milestones

## Events:

Sharon Dowdell – 300, 325  
Carol Romig – 550, 575  
Mark Brown – 750, 800  
Molly Brown – 750, 800

## Distance:

Sharon Dowell – 3,000 km  
Carol Romig – 11,000 km  
Mark Brown – 15,000 km  
Molly Brown – 15,000 km

*Congratulations, Everyone!!!*  
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Oh, the places you can go.....

Mark and Molly could walk to Toronto and back (14,994 km)!

Carol could walk to Yangon, Myanmar (10,948 km)!

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.



Diamond Head and the Dillingham Fountain
as seen on the Kahala Walk
through the lens of
Gordon Tyau

Christmas Party – December 13

Thirty number-savvy menehunes were walking at 10:11 a.m. on 12/13/14 - including Maria Brasher who walked in Kailua and had her neighbor take her photo at 10:11. The other 29 walked downtown through the Kakaako art neighborhood and the City Lights Christmas display. We were the last (but best!) of the 40 states participating in the 12:11 a.m. walk on 12/13/14! Notice the time and date stamp on the photo below!



Photo by Deanne Grayson



Club Volunteers

Officers

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

YRE Coordinators

Ala Moana – Faye Miyamasu
Diamond Head – Mark & Molly Brown
Downtown Honolulu – Ruth Asakura & Gordon Tyau
Kailua – Maria Brasher
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 – Carol Romig

Other Volunteers

Club website – Wanda Wright
Event Brochures – Ruth Asakura
Club membership – Dennis Romig
Newsletter – Charlotte Sullivan
Traditional Events – Many!! But we can always use more

Mahalo, volunteers!!

Special thanks to Terry Puuohau for taking care of Volcano for many years!

A Menehune Photo Album



Ruby Fukuyama



Photos by Gordon Tyau

And what a Christmas lunch at the Mandalay – dim sum (chicken pot sticker, pork hash, scallop steamed dumpling, and steamed char siu bun), saute beef with broccoli, mu shu chicken, choi sum with black mushroom, minute chicken chow mein and egg custard! Thirty-five menehunes enjoyed the delicious Chinese lunch. Carol and Dennis organized the white elephant (always a big favorite) and some tables enjoyed a complete game of LRC.

Thanks to Bob and Wanda for creating and hosting our *timely* Christmas walk and yummy Christmas lunch.

West Loch – January 24

Thirty-four Menehunes and friends revisited the lovely West Loch area. We were delighted to see some new walkers and some Menehunes we haven't seen in awhile. We were especially glad that Kazu could join us.

Special thanks to Bob and Wanda Wright for hosting the walk.

Great Aloha Run – February 16

Congratulations to Sharon Dowdell, Dennis Romig, Carol Romig, Charlotte Sullivan, and Donna Ulbricht who joined about 20,000 of their friends and neighbors on a sun-lit morning for the 8.15 mile Great Aloha Run.

Thanks to Carol Romig for handling the registration and stamping.

AVA Walking Challenges

50 States (Marsha Okada, Sharon Dowdell, BS McEwen, Joan King, Vernon King and Charlotte Sullivan completed this one.) – never ends

50 State Capitals (Joan and Vernon King completed this one)– never ends

Alternative Capitals – 12/31/2016

Amphitheatres – 12/31/2017

Animal Safari –12/31/2017

Boardwalks – 12/31/2017

Border Crossings – 12/31/2023

Centurion Achievement Challenge -

Cities in Song – 12/31/2016

Civil War Battlefields – 12/31/2015

Doin' the Louisiana Purchase –12/31/2018

Food for Thought – 12/31/2017

Fraternal Organizations – 12/31/2015

Honoring Our Flag – 12/31/2016

Lakes and Reservoirs – 12/31/2016

National Register of Historic Places – 12/31/2016

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

Trekking with the Trees – 12/31/2016

Volcanoes – 12/31/2017

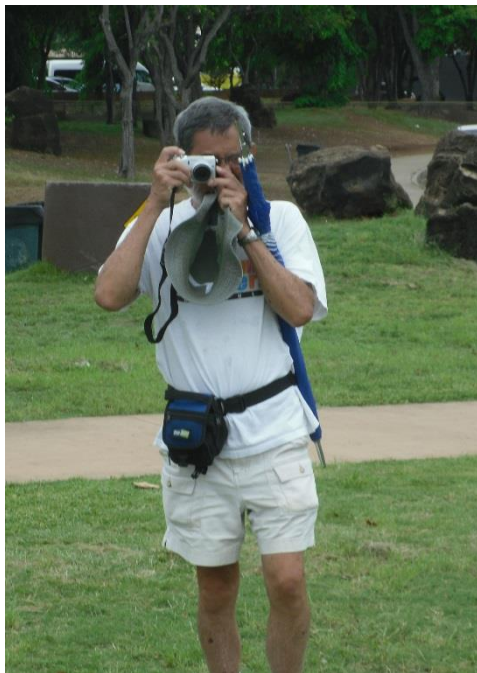
Walking the Old Spanish Trail – 12/31/2015

Walking the USA A-Z – never ends

Water Towers – 12/31/2016

You'll Never Walk Alone – 12/31/2016

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Our award-winning photographer  
Gordon Tyau  
As captured by Dennis Romig

## 2014 Menehune Marchers YTD Walking Recap

| Year Round Event            | Quarter         |                 |                 |                 | YTD          |
|-----------------------------|-----------------|-----------------|-----------------|-----------------|--------------|
|                             | 1 <sup>st</sup> | 2 <sup>nd</sup> | 3 <sup>rd</sup> | 4 <sup>th</sup> |              |
| Ala Moana Park              | 52              | 5               | 19              | 27              | 103          |
| Downtown Capitol            | 58              | 39              | 48              | 60              | 205          |
| Diamond Head                | 36              | 15              | 16              | 24              | 91           |
| Kahala                      | 42              | 16              | 12              | 33              | 103          |
| Kailua                      | 37              | 11              | 12              | 16              | 76           |
| Kona                        | 19              | 8               | 3               | 4               | 34           |
| Laie                        | 16              | 0               | 7               | 4               | 27           |
| Manoa                       | 26              | 14              | 34              | 11              | 85           |
| Mililani                    | 28              | 37              | 52              | 23              | 140          |
| Obama Heritage              | 17              | 14              | 10              | 4               | 45           |
| Volcano                     | 22              | 2               | 2               | 4               | 30           |
| Waikiki                     | 47              | 27              | 17              | 29              | 120          |
| Total walkers               | 400             | 188             | 232             | 239             | 1,059        |
| <b>Traditional Event</b>    |                 |                 |                 |                 |              |
| Great Aloha Run - 2014      | 9               |                 |                 |                 | 9            |
| Hoomaluhia Botanical Garden | 30              |                 |                 |                 | 30           |
| Total                       | <b>439</b>      | <b>188</b>      | <b>232</b>      | <b>239</b>      | <b>1,098</b> |

*Prepared by Carol Romig*

Great job, Menehunes! Congratulations to everyone on your walks. Keep it up!!

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Menehune Marathoners

Four Menehunes completed the 2014 Marathon this year. Congratulations to Dennis Romig, Jane Lundquist, Jim Lundquist and Toni Kaefferlein!



Marathoners Dennis Romig and Jim and Jane Lundquist head up Diamond Head Road.
Only 19 miles to go!

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Life isn't tied with a bow, but it is still a gift! Enjoy!

## Annual meeting

Bob Wright conducted the annual meeting in conjunction with the West Loch walk. The members approved the walk schedule and our annual contributions to our walk hosts: Central YMCA, Nuuanu YMCA, McDonalds at Manoa Marketplace, New Otani Kaimana Beach Hotel – Visitor Aloha Society and Volcano Art Center.

Special thanks to our walk box hosts! Be sure to thank them when you stop by.

## Update: Ala Moana and Obama Heritage Walks

The Atkinson YMCA is beginning its two year renovation in February 2015, so we have to move the walk box for the Ala Moana and Obama walks. The walk box for these two walks will be located at the Manoa McDonalds until the renovation is complete.

The Obama Heritage Walk has been rerouted to start at the Manoa McDonalds. For the Ala Moana Walk you will need to register at McDonalds and drive to the starting point.

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A smile is a curve that sets everything straight.

Phyllis Diller

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### Some puns for a smile:

You can tune a piano, but you can't tuna fish.

When fish are in schools, they sometimes take debate.

A boiled egg is hard to beat.

A bicycle can't stand alone. It is two-tired.  
*Thanks to Marsha Okada for these!*

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A special thanks to all who helped with this newsletter – especially Richard Delong, Deanne Grayson, John Sullivan, Gordon Tyau, Bob Wright, Wanda Wright, Marsha Okada, Donna Ulbricht, Carol Romig, and Dennis Romig.

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

Trail Talk

by Carol Romig

Hope to see you on trails for the Great Aloha Run, Laie, Kailua, and Ala Moana YREs. For those of you who registered for the Great Aloha Run, we were officially in the President's 100 Club. We needed a minimum of 50 walkers, and by joining forces with Leeward Community College we had exactly 50. Lots of benefits for being in the President's 100 Club, including a pizza party following the GAR. Thanks Harriet for the invite to join LCC.

Three great beach walks are around the corner - Laie, Kailua, and Ala Moana. Thanks Maria and Faye for hosting these walks. After the Kailua walk, please join us at Teddy's Burgers to eat and talk story.

Tater Tours is coming to Oahu from October 28 to 31. They plan to do the Waikiki, Kahala, Diamond Head, and Capitol walks. Over 50 walkers are on the tour, and several walkers are completing the 50th State Program with the Hawaii walks. Please join us and the Tater Tours on October 31 (Sat.) for the Capitol YRE.

Dennis and I will be on the road starting in April, with our trip to Washington State, San Juan Islands & Victoria BC. Lots of walking and sightseeing planned, as we will be attending a 3-day walking event in Victoria BC. The Canadian club that is sponsoring this event is offering 10km, 21km, and 42km (full marathon) routes. Should be a fun event, especially since the start point is at the Greek & Italian Festival site.

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## Walking Australia

by Bob Wright

Wanda and I travelled to Australia in September of 2014 and participated in two volksmarches in Canberra while traveling around New South Wales, the Australian Capital Territory, and Victoria.

The first walk was a 5K around the Central Basin of Lake Burley Griffin. Once we finished that, we continued walking around the Floriade Festival (Springtime Flower Festival) which was conveniently located near the start point of the volksmarch.

Two weeks later on our way back through Canberra we volksmarched around part of another Canberra lake, Lake Ginninderra, as part of a ParkRun event. The local Volksmarch Club, the Canberra Two Day Walk Association, had been able to get the ParkRun sanctioned as a 5K volksmarch. We had coordinated with the President and met up with her and the rest of her club on the morning of the event and walked the course with them. Luckily she was the tail end Charlie sweep for the event, because Wanda and I were the last to finish. Afterward we met at a local McDonalds to get our books stamped and met up with the rest of the club again and swapped walk stories and camaraderie. ParkRun is not well known in the US (started in 2012), but evidently they are pretty big elsewhere (started in the UK in 2004 and Australia in 2011), so if you get the chance to participate do so. You don't have to run the course and they are free to join. Of course they are even better if they are sanctioned volksmarches so check with the local Volksmarch club to verify.

Also, if you get the chance to travel to southeastern Australia, check out the local volksmarches. They have walks on the 2nd and 4th weekends of every month in Canberra and there are several year rounds in other cities and towns.