

# Menehune Marcher News

March 2016

Volume 15, Issue 3



## Horizons

### Event Calendar

<b>March 19</b> Sat.	<b>Obama YRE</b> POC: Carol & Dennis Romig 626-3575
<b>April 2</b> Sat.	<b>Waikiki YRE</b> POC: Carol & Dennis Romig 626-3575
<b>April 16</b> Sat.	<b>Mililani YRE</b> POC: Carol & Dennis Romig 626-3575
<b>May 14</b> Sat.	<b>Manoa YRE</b> POC: Carol & Dennis Romig 626-3575
<b>June</b>	<b>Open</b>
<b>Jul 24</b> Sun	<b>Hoomaluhia Botanical Garden</b>
<b>Aug</b>	<b>Open</b>
<b>Sept TBD</b>	<b>Capitol YRE</b>
<b>Oct 15 &amp; 16</b> Sat. & Sun	<b>Kamananui Valley</b> POC: Carol & Dennis Romig 626-3575
<b>Nov 6</b> Sun	<b>Kailua YRE</b> POC: Maria Brasher 261-3583
<b>Nov 26</b> Sat	<b>Laie YRE</b> POC: Carol & Dennis Romig 626-3575
<b>Dec 10</b>	<b>Hale Koa Christmas Party</b>
<b>Dec TBD</b>	<b>Christmas Lights - Capitol</b>

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

### Obama Year Round – March 19, Saturday

The start point is the Atkinson YMCA. From Honolulu, take the Ala Moana Blvd. (east) to Atkinson. Turn left on Atkinson and find the Y on the left. Parking is available at Ala Moana Park. Start time - 8:00 a.m.

This walk will be discontinued on December 31, so be sure to join us for this hui hele.

### Waikiki – April 2, Saturday

The start point is the picnic table in front of the Natatorium by the New Otani Beach Hotel, 2863 Kalakaua Ave. Start time - 8:00 a.m.

### Mililani – April 16, Saturday

The start point is the Romig's house at 95-211 Kemu Place, Mililani. From Honolulu take the H1 to H2 (North Shore/Wahiawa). Exit Mililani Mauka onto Meheula Parkway. Continue on the Parkway until it ends at Kapanoe Street. Turn left on Kapanoe, left on Ahoka and then right on Kemu Place. Start time - 8:00 a.m.

### Manoa – May 14, Saturday

The start point is the McDonalds at Manoa Marketplace, 2915 East Manoa Road. From H1, exit 24B onto University Avenue. At the intersection of University, Oahu and East Manoa Road, turn right on to East Manoa Road. Proceed to Manoa Marketplace on your right. McDonald's is on your left as you enter the parking lot. Please park on the streets, as vehicles illegally parked are towed! Start time - 8:00 a.m.

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## Footprints

### Capitol Walk with the Tater Tours October 31, Saturday

A special thanks to Bob & Wanda Wright, Ruth, Amy, and Joan for helping at the Aloha Tower start table leading the 51 Taters and 10 Menehune Marchers on the Capitol walk. Dennis led the 8 Menehune Marchers who started from the YMCA. Great turnout - 69 walkers in all. Welcome back snowbirds Don, Donna, Richard, and Kathy. A big CONGRATS to the 10 Taters who completed their 50th state walk in Hawaii.

## From the President

Happy 2016! I hope you all had a great holiday season and are looking forward to a very enjoyable year ahead in our walking paradise. First off, I would like to extend a special “Thank you!” to Carol and Dennis Romig for the great Christmas party they organized for us at the Hale Koa Hotel on 12 December 2015. The party was very well-attended, and I didn’t see anyone depart at the end of the festivities who wasn’t full of excellent food and loaded down with gifts.

Carol recently shared the survey results with me of the membership preferences for the party next year. Hale Koa was first, and the Mandalay a close second. Accordingly, Carol has booked the Kalia Room at the Hale Koa for our 2016 Christmas party for 10:30 AM December 10<sup>th</sup>. Molly and I hope to see you all there!

Some of you may recall my brief talk on 12 December about how much our favorite recreational activity (walking) contributes to health and longevity. For those who may be interested in learning more, the book I referred to is entitled *Younger Next Year: Live Strong, Fit and Sexy – Until You’re 80 and Beyond* by Chris Crowley and Henry S. Lodge, MD. The book is available in paperback from Amazon.com for \$7.89 and at most other large book sellers. I highly recommend it and, even more highly, recommend you all set an ambitious walking routine (tailored to your preferences and abilities) to put more kilometers in your log book and longevity in your life. That way you get to have both more fun (walking) and more lifespan to enjoy it. Who or what can offer you a better deal than that? See you on the trails...

All the Best, Mark

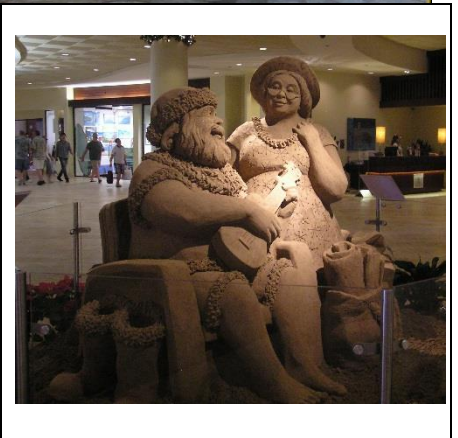
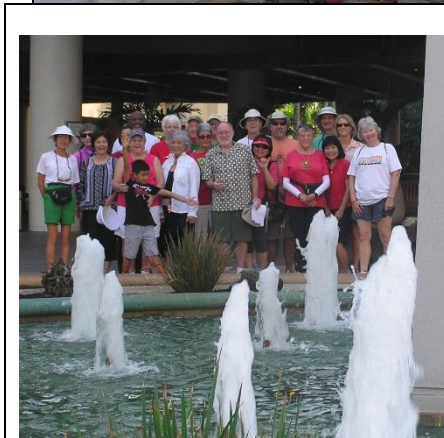


Capitol:



Photos & article by Carol Romig

## Christmas Party and Waikiki Walk December 12, Saturday



Santa brought great weather, tasty food, plenty of white elephants and lots of *ho hos* to the annual Christmas party at the Hale Koa. Thanks to Carol and Dennis Romig for hosting the event. Special thanks to Nainoa who ensured we all got our lucky white elephant numbers. Thanks also to Gayla Tarumoto for the party favors and to Ruby Fukuyama who helped to underwrite the costs. See you next year! Start scouting for your 2016 white elephant!

# Club Volunteers

## Officers

President – Mark Brown  
 Vice President – Katie Barbieto  
 Treasurer – Dennis Romig  
 Secretary – Carol Romig

## YRE Coordinators

*Ala Moana* – Faye Miyamasu, Joanne Funaski  
*Diamond Head* – Mark & Molly Brown  
*Downtown Honolulu* – Ruth Asakura & Gordon Tyau  
*Kailua* – Maria Brasher  
*Laie* – Carol Romig  
*Kahala* – Mark & Molly Brown  
*Kona* – Carol & Dennis Romig  
*Manoa Valley* – Joanne Funasaki  
*Mililani* – Carol & Dennis Romig  
*Obama Heritage* – Faye Miyamasu, Joanne Funasaki  
*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!

## Menhune Milestones

### Events:

Mark Brown – 950, 1,000  
 Molly Brown – 950, 1,000

### Distance:

Mark Brown – 17,000  
 Molly Brown – 17,000

**Congratulations, Everyone!!!**

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

On this trip the Browns could walk to Manila and back – 17,080 km (10,614 miles – round trip)! Wahoo!

The above milestones are recapped from *The American Wanderer*, AVA's newsletter.

Christmas Walk and Party:



All photos by Gordon Tyau

## Laie – January 16, Saturday

What views! What waves! And then a great lunch at the new Pounders Restaurant!



Thanks to Dennis and Carol Romig for hosting this event! Special thanks to Dennis who constructed the remote registration box for the Colton's yard. We hated to retire it.

## 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
- A Walk in a City Park** – 12/31/2018
- Boardwalks** – 12/31/2017
- Border Crossings** – 12/31/2023
- Bridges – Spanning the USA** – 12/31/2018
- 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
- Honoring Our Flag** – 12/31/2016
- Lady Liberty** – 12/31/2018
- Lakes and Reservoirs** – 12/31/2016
- Make a Wish at a Water Fountain** – 12/31/2018
- National Parks Centennial** – 12/31/2018
- National Register of Historic Places** – 12/31/2016
- Ports of Call** – 12/31/2018
- Points of Reference** – 12/31/2018
- Special National Officer Book** (the S.N.O.B. walks!) – never ends
- State Street Sashay** – 12/31/2018
- Take a Walk in a City Park** – 12/31/2018
- Treasure Hunt** – 12/31/2018
- Trekking with the Trees** – 12/31/2016
- United States Post Offices** – 12/31/2018
- Vice Presidential Walks** – 12/31/2018
- Volcanoes** – 12/31/2017
- Walk the USA – Street by Street** – 12/31/2018
- Walking America’s Ports of Call** – 12/31/2018
- Walking the Path of Inventions** -12/31/2018
- Walking the USA A-Z** – never ends
- Walking the USA – Street by Street** – 12/31/2018
- Water Fountains** – 12/31/2018
- Water Towers** – 12/31/2016
- You’ll Never Walk Alone** – 12/31/2016

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**Have an idea for a walk??  
Call Carol or Mark!**

**Could you host a walk???  
Call Carol or Mark!**

Laie:



*Photos by Dennis Romig & Charlotte Sullivan*

## Great Aloha Piggy Back Event – February 15, Monday

Congratulations to the eight Menehunes who joined thousands of their fellow walkers to complete the 12K Great Aloha Run (or Walk in our case): Christina Enoka, Sharon Dowell, Fran Hodge, Jerry Formaluk, James Lenox, Carol Romig, Dennis Romig, Charlotte Sullivan! These eight Menehunes walked a total of over 65 miles or about 149,960 steps on February 15. That’s a lot of sneaker wear and tear!

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## *Menehune Marathoners*

Yes, once again Menehunes joined 21,000 fellow runners/walkers to complete the 26.2 mile Honolulu Marathon. Bravo to:

Dennis Romig  
Donna Ulbricht



Dennis heads up Diamond Head Road in the dark!



Carol Romig and Donna Ulbricht head up Diamond Head a little later.



Looking for a peaceful beautiful walk??  
Check out Koko Crater Botanical Garden!!

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No matter how great the talent or efforts, some things take time. You can't produce a baby in one month by getting 9 women pregnant.  
Warren Buffett

## *A Special Mahalo*

It's with some sadness and many thanks we bid Lois and Don Colton a fond farewell. They have hosted the Laie Year Round and our annual walk for many years. In fact they created the Laie year round for Lois's mom, who loved to walk the beach and the BYU campus.

We wish them well in their new Oregon home. And we'll be sorry not to see them next year when we visit Laie again.

Mahalo, Lois and Don!

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## *On the Road - Southern States*

by Carol Romig

In October, Dennis and I took a road trip to Arkansas, Louisiana, Mississippi, Alabama, and Georgia. We enjoyed 15 days of perfect walking weather. We started our journey in Atlanta, Georgia, and then began to rack up the miles both walking and driving. In Huntsville, Alabama, we walked the historic districts of Huntsville (my "Alabama" walk) and visited the U.S. Space and Rocket Center where the Saturn V rocket (only one of three in the world) was on display.

Off to Arkansas (some 200+ miles) to the Clinton Presidential Library and the Crystal Bridges Museum of American Art. AWESOME! Crystal Bridges is a world-class museum built by a single philanthropist Alice Walton, the daughter of Sam Walton (founder of Walmart). My "Arkansas" walk was Bentonville. This walk started at the Walmart Museum (best waffle cones!), continued through Downtown Bentonville, and then to the 120-acre trail system surrounding Crystal Bridges.

We stopped at the Vicksburg National Military Park (Civil War) en route to Louisiana. Excellent stop for history buffs! As you drove along the 16-mile driving tour of the battlefields and monuments, you could visualize the battlefield scene. The plaques were even color coded blue for the Union, and red for the Confederates.

Many highlights in Louisiana. We walked Baton Rouge for my "Louisiana" walk. We had a spectacular view of the city from the 24th floor observation deck of the Capitol. Topping our list in New Orleans were the Audubon Aquarium & Zoo, New Orleans Museum of Art, and the New Orleans-French Quarter. We particularly enjoyed walking the Riverwalk (along the Mississippi River) to the Outlets where Cafe du Monde is located. We had beignets at the Cafe (same place that I had them back in 1986). Still good!

Now halfway through our trip, Dennis was shocked to discover that we had done only 4 walks. Per Dennis, we had to catch up. So my "Mississippi" walk(s) turned out to be 3 walks in one day. It wasn't bad, however, as I had a BLT at the Waffle House (the start point) between our 2nd & 3rd walks. We liked all 3 walks---Downtown Biloxi, Biloxi Bay Bridge, and Gulf Island National Seashore. For the Downtown Biloxi walk, the City of Biloxi installed volksmarch signs along the route to help direct walkers. We concluded that the trail maps weren't revised very often. The Biloxi Bay Bridge, rebuilt since Hurricane Katrina in 2007, connects Biloxi to Ocean Springs and includes a foot path for pedestrians. It is high above Biloxi Bay and nice & breezy at the mid-way/high point. Our Gulf Islands National Seashore was an unexpected find. Great end to our day...walking the trails, enjoying the beautiful scenery, and no bugs!

The best was yet to come as we started our 300+ mile drive to Atlanta to visit the Delaneys (former Menehune Marchers). Fred & Sharon are doing great, and are settled into Southern living. Two must-sees in Atlanta is Callaway Gardens and

**From the Famous Kitchen of  
Ruby Fukuyama:**

**Moose Crunch**

- 4 cups Golden Grains cereal
- 2 cups dry roasted peanuts
- 1 cup raisins
- 12 oz white chocolate chips

Mix the cereal, peanuts and raisins in a bowl.

Melt the chocolate chips in the microware in 30 second increments. Pour over the cereal. Mix well.

Put on wax paper. Break into pieces when dry.

Enjoy. ☺



Are your shoes “talking” to you?? Maybe it’s time for new ones....

**Mahalo**

Special thanks to Mark Brown, Carol Romig, Dennis Romig, Marsha Okada, John Sullivan and Gordon Tyau for their work in completing this newsletter!

Deadline for articles, photos or whatever in the next newsletter is June 15. Thanks.



Atlanta Zoo. Callaway, nestled in the Southern foothills of the Appalachian Mountains, is spectacular...extensive walking trails, beautiful landscaping and greenhouse, and good hearty Southern cooking at the Country Inn Restaurant. One of our best days was our visit to the Atlanta Zoo. The Zoo was virtually empty so we were able to observe the baby pandas at play to our heart's content.

Nearby Peachtree City marked our 10th and last volksmarch for this trip. Peachtree City has over 90 miles of connected walking paths. The 10K loop that we did was very scenic--through a forested paved trail with leaves turning color and homes decorated for Halloween. We shared the paths with golf carts (the mode of transportation for many locals).

Looking forward to walking a few more states in 2016. Currently, I'm at #41. See you on the trails.



Callaway Gardens with Sharon & Fred Delaney



Giant Panda

**Annual Walker Recap**

| Year Round Event | 1 <sup>st</sup> Qtr | 2 <sup>nd</sup> Qtr | 3 <sup>rd</sup> Qtr | 4 <sup>th</sup> Qtr | Year to Date |
|------------------|---------------------|---------------------|---------------------|---------------------|--------------|
| Ala Moana Park   | 23                  | 5                   | 21                  | 15                  | 64           |
| Downtown Capitol | 47                  | 54                  | 30                  | 100                 | 231          |
| Diamond Head     | 24                  | 18                  | 8                   | 32                  | 82           |
| Kahala           | 16                  | 10                  | 5                   | 65                  | 96           |
| Kailua           | 32                  | 3                   | 7                   | 21                  | 63           |
| Kona             | 10                  | 9                   | 2                   | 51                  | 72           |
| Laie             | 17                  | 0                   | 0                   | 0                   | 17           |
| Manoa            | 21                  | 31                  | 9                   | 12                  | 73           |
| Mililani         | 62                  | 40                  | 32                  | 6                   | 140          |
| Obama Heritage   | 14                  | 2                   | 2                   | 3                   | 21           |
| Volcano          | 4                   | 29                  | 1                   | 16                  | 50           |
| Waikiki          | <u>37</u>           | <u>32</u>           | <u>13</u>           | <u>83</u>           | <u>165</u>   |
| Total walkers    | <u>307</u>          | <u>233</u>          | <u>130</u>          | <u>404</u>          | <u>1074</u>  |

**Traditional Events**

|                   |           |  |  |  |           |
|-------------------|-----------|--|--|--|-----------|
| West Loch         | 34        |  |  |  | 34        |
| Hoomaluhia Garden | <u>29</u> |  |  |  | <u>29</u> |

1,137

Prepared by Carol Romig

**Great Job, Menehunes!**