

Menehune Marcher News

March 2020

Volume 19, Issue 3

Lori Finishes 5th!



In the AVA 2019 Walkin' Canada contest, our Menehune – Lori Watanabe – topped out at 8,672,334 steps to finish 5th out of 339 walkers! Congratulations, Lori! 🍷

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## From the President

Aloha Menehunes,

I hope you are all enjoying the start of 2020 as well as the great weather we have had lately. I also hope you are getting lots of walks in for fun and fitness. One practice I highly recommend is to set a walking goal and routine for the year. I think you will find that you walk more, which is always good for your health, than you would walking only when the desire comes to mind. This year Molly and I set the admittedly very ambitious goal of doing a YRE walk every other day. We completed the Downtown YRE Walk yesterday, and our 29<sup>th</sup> walk for the year, so the plan seems to be working thus far and we really enjoy the opportunity to get out more often than we did in 2019.

As you may be aware, the AVA offers a special Centurion Achievement Challenge award for those who complete 100 or more AVA sanctioned walks in a calendar year. The program also allows you to receive multiple awards for going 200 walks or more. At our current pace, Molly and I will be slightly below 200 walks so we don't intend to pursue a second award for 2020, but I have observed walkers receiving recognition for multiple awards in the American Wanderer, so there are walkers out there even more fanatical than Molly and me... 😊

To enhance our menu of YRE walk options, Carol and Dennis Romig have put together a great schedule of special event walks. Please check it out on our web site. Please also check out the colorful Photo Gallery Pat Nakatsuka has set up for us on the web site. Many thanks Pat! I hope to see you out on the trails soon. Take care! All the Best, Mark

## Footprints

Taters, November 7 -10



Koko Crater tent ready for the Taters!

The Menehunes hosted a group from Tater Tours for walks at Turtle Bay, the Capitol and Koko Crater.

Thanks to Carol and Dennis Romig and Marsh Okada for facilitating the walks. Also, thanks to Carol for ordering the new Menehune t-shirts. Not only are the Menehunes sporting new shirts, but many Taters returned to the mainland with aloha and their Menehune shirts. 🍷

Photos by Marsha Okada



Not all who wander are lost.

## Club Volunteers

### Officers

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



### YRE Coordinators

Ala Moana – Mark & Molly Brown  
Diamond Head – Mark & Molly Brown  
Downtown Honolulu – Ruth Asakura & Gordon Tyau  
Kailua – Maria Brasher  
Kahala – Mark & Molly Brown  
Kona – Carol & Dennis Romig  
Manoa Valley – Harriet Miyasaki  
Mililani – Carol & Dennis Romig  
Waikiki – Mark & Molly Brown  
Volcano – discontinued

### Other Volunteers

Club website – Pat Nakatsuka  
Event Brochures – Ruth Asakura  
Club membership – Dennis Romig  
Newsletter – Charlotte Sullivan  
Photographer – Gordon Tyau  
Traditional Events – Many!! But we can always use more

Mahalo, Volunteers!

### AVA Walking Challenges

50 States – never ends  
50 State Capitals – never ends  
Airports – 12/31/23  
Appalachian Trail – 12/31/2020  
Border Crossings – 12/31/2023  
Centurion Achievement Challenge – ongoing  
Carousels Across America – 12/31/2021  
Little Free Libraries – 12/31/2021  
Mayflower 400<sup>th</sup> Anniversary – 12/31/22  
Rockin' Around the Clock - 12/31/23  
Underground Railroad – 12/31/2019  
Walk Like an Olympian – 12/31/2021  
Walking the USA - A-Z – never ends

April 1 -7

National Walking Week



## Christmas Party, December 7



After a delicious brunch, festive Menehunes gathered under *Gus* before setting out to visit Waikiki's holiday spirit. Our annual holiday party included 37 diners and 21 walkers.

Did you know the Hale Koa's banyan tree is named *Gus*?? It is one of the original trees on the site. The other oldsters are *Esmeralda* and *Harry*.

Thanks to Carol and Dennis Romig for organizing the brunch and our walk. By a narrow vote, we'll be back at the Hale Koa in 2020 and then off to the Mandalay for 2021.



## Menehune Milestones

### Centurion (2019)

Mark Brown (7 years in a row!)  
Molly Brown (7 years in a row!)  
Dan Barnett (7 years in a row!)

### Distance

Carol Romig – 19,000

### Events

Kainalu Barbieto – 10  
Kathleen Barbieto - 125  
Sharon Dowell - 600  
Dee Lubbock – 100  
Carol Romig - 900  
Charlotte Sullivan – 575

### Walkin' Canada Finishers –

Lori Watanabe – 8,672, 334 steps - #5  
Dan Barnett – 7,510,560 steps  
Carol Romig – 4,931,321 steps  
Harriet Miyasaki – 3,604,794 steps  
Christine Enoka – 2,714,362 steps  
Charlotte Sullivan – 2,230,940 steps



## Somewhere Along the Appalachian Trail...

Somewhere in the woods of the Appalachian Mountains, Menehunes trek onward. In January, Lori Watanabe, Dan Barnett, Carol Romig, Christine Enoka, Sharon Dowdell, Harriet Myasaki, Pat Nakatsuka and Charlotte Sullivan began laying down steps to reach Maine before December 31 - when it will be very cold up there.

The Appalachian Trail is another virtual AVA walk – fun to do and another motivator to get us out to put miles on our sneakers.



Yesterday is history. Tomorrow is a mystery.  
Today is a gift. That's why it's called a present.

B. Keane

## Diamond Head, January 18



**Pow Wow 2020 - Wow !**



The Diamond Head walk provides many charms – eats at the Farmers’ Market, the Fort Ruger Pathway, fitness stops, coffee shops and a spectacular view from the top. Fifteen walkers met under the trees at Triangle Park. Some walked 5K. Seven - Ray and Becky Forsythe, John And Charlotte Sullivan, Dennis and Carol Romig and Elaine Imoto - climbed to the top. (Can you identify them in the photo?) Thanks, Carol and Dennis.

**Great Aloha Race, February 17**

**Aloha – Ready!**



Carol Romig,  
Elaine Imoto,  
Sandy Johnson  
& Dennis Romig  
*Photo by Sandy Johnson*

Congratulations to the 2020 Menehune Great Aloha finishers:

- |                                         |                    |
|-----------------------------------------|--------------------|
| Elaine Imoto                            | Sandy Johnson      |
| James Lenox                             | Dee Lubbock        |
| Lee Lubbock                             | Carol Romig        |
| Dennis Romig – fastest Menehune at 1:44 | Charlotte Sullivan |
| Lori Watanabe                           |                    |

The GAR’s an 8.13 mile adventure with lots of friendly happy folks. Plus, good snacks at the finish. See you there next year.

**Capitol - Pow Wow 2020 - February 23**



# Walking

The oldest exercise and the cheapest!



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Need a Menehune T-Shirt??

Of course you do! Carol reports that the T-shirt sale was great, and we're looking sharp. Most of us are all re-outfitted for the coming walks in our new gear.

However, if you missed out (or need another color), Carol has a few M and XL beige shirts still in her Menehune inventory. Give her a call. (808) 626-3575

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## Why I walk...

Other than to get to the refrigerator or the bathroom....

1. Gives me more energy for everything else.
2. Builds those core muscles to lessen back pains.
3. Introduces me to new friends. (And what great people I've met in the Menehunes! My life is richer for knowing you.)
4. See new places – some in my own "backyard" - Turtle Bay, Pow Wow, Farmers' Market at Diamond Head, Mei Sum, Aloha Tower fish, etc. Some in faraway places (historic Huntsville, Garden of the Gods, Cumberland Gap, Beaufort Union Cemetery)
5. Activates my very weak competitive spirit to finish annual AVA walking challenges (Walkin' Canada and the Appalachian Trail).
6. Enjoy seeing those stamps pile up in my little AVA logs.

Feeling better and expanding my world....

How about you? What gets you going?

*Charlotte Sullivan*

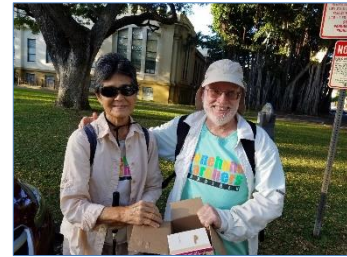
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What disease did cured ham actually have?

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Thanks, Carol and Dennis!

Sad Farewells

Joan King recently passed away at her home in Volcano Village on the Big Island. She was an avid and longtime volksmarcher.

Joan and her devoted husband Vernon walked many miles together throughout the United States. They completed both the 50 States and the 50 State Capitols walker programs. For many years they maintained the Volcano and Kona walk boxes.

Lifetime member Norma Myers passed away 1 ½ months shy of her 99th birthday. She was also a Big Island resident and a longtime Menehune supporter.

We will miss you both.

Capitol & Pow Wow Year Round

The Pow Wow is an option on the Capitol Walk. Check in at the Nuuanu YMCA to pick up your trail map. Sunday is a good day to see everything as there are no parked cars to block the murals.

Mahalo

Special thanks to Mark Brown, Molly Brown, Ruby Fukuyama, Sandy Johnson, Carol Romig, Dennis Romig, Marsha Okada, and John Sullivan for their work in completing this newsletter.

Been here??



More Pow Wow Wow

Year to Date Walker Recap

Year Round Event	1 st Qtr	2 nd Qtr	3 rd Qtr	4 th Qtr	YTD Total
Ala Moana Park	17	21	17	20	75
Downtown/ Capitol	62	26	26	93	207
Diamond Head	14	9	8	36	67
Kahala	30	12	12	61	115
Kailua	27	4	0	3	34
Kona	4	2	0	54	60
Manoa	12	25	29	14	80
Mililani	37	45	47	10	139
Punchbowl Crater	13	12	N/A	N/A	25
Waikiki	42	24	16	94	176
Total walkers	258	180	155	385	978

Traditional Events

Great Aloha Run	9
Wahiawa	31
Kamananui Valley	20
Hoomaluhia	47
Koko Crater	79
Turtle Bay	75
Total walkers	1,239

Total walkers 🍌

1,239

Prepared by Carol Romig

Horizons

Mar 21, Sat	Mililani YRE & BBQ
Start time	8 a.m.
Start location	95-211 Kemu Place, Mililani
POC	Carol Romig – (808) 626-3575; cell – 294-8637
Apr 18, Sat	Ala Moana YRE
Start time	8 a.m.
Start location	Ala Moana Beach Park Tennis Courts
POC	Carol Romig – (808) 626-3575; cell – 294-8637
May 23, Sat	Manoa YRE
Time	8 a.m.
Start location	McDonalds at Manoa Marketplace
Note	Please park on the street.
POC	Carol Romig – (808) 626-3575; cell – 294-8637
June 12-14	Canadian Volkssport Convention
Start location	Yellowknife, Northwest Territories, Canada
Dec 12, Sat	Holiday Party & 5 K Walk
Time	TBD
Start location	Kokos at the Hale Koa
POC	Carol Romig – (808) 626-3575; cell – 294-8637

If you are going through hell, keep going. Winston Churchill