



San Antonio Museum of Art (SAMA)  
Special Exhibit – “Three Menehunes”

# Menehune Marcher News



April 2023

Volume 22, Issue 3

## From the President

Aloha Menehunes,

This edition of our quarterly newsletter is an important milestone in that it will be the last one skillfully published for us by Charlotte Sullivan. Charlotte will be taking a well-deserved retirement from this very kind service to us after this issue. It is hard to believe how time flies when you consider that Charlotte first started publishing the newsletter for us in 2009 and has persistently been at it for fourteen years! In addition to the newsletters, I am going to miss Charlotte's polite reminders of when input was due for the next issue. Charlotte, thank you so much for your kindness and time to provide our club with such a great newsletter all these years! I think all of us in the Menehune Marchers have really enjoyed the product of your efforts and from being able to stay in touch with the club's latest activities even during the pandemic. You have big shoes to fill for us to come even close to equaling the quality of your work and contribution!

With that in mind, Carol and I are pleased to announce that Les Ozawa has volunteered to be our new Menehune Marcher Newsletter editor. Welcome, Les! And many thanks.

You have probably already seen the schedule of monthly club events that Carol and Dennis have put together for us for the remainder of 2023. The events range from a Mililani walk and BBQ on April 8<sup>th</sup> and end with a December 9<sup>th</sup> club Christmas party and walk. Please thank Carol and Dennis for their kindness in planning and organizing these events the next time that you see them! Please also stay safe and well. See you on the trails.

All the Best, Mark

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## Welcome!

New members and guests are always welcome!



## Menehune Marcher Walk Schedule

|                   |                                                  |                                                                                                                                                  |
|-------------------|--------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|
| Apr 8, 2023, Sat  | Mililani & BBQ                                   | 8:00 a.m. start<br>Meet 95-211 Kemu Place, Mililani Mauka (Romig's house)                                                                        |
| May 13, 2023, Sat | Hoomaluhia Botanical Garden                      | 7:30 a.m. start<br>Meet entrance to Garden                                                                                                       |
| June 17, Sat      | Kailua & Lanikai<br><b>(This is a change.)</b>   | 7:30 a.m. start<br>Meet at Kailua Town Center – In front of Down to Earth                                                                        |
| July              | none                                             |                                                                                                                                                  |
| August 12, Sat    | Manoa                                            | 7:30 a.m. start<br>Meet Manoa Marketplace by Longs                                                                                               |
| Sep 9, Sat        | Waikiki                                          | 7:30 a.m. start<br>Meet at Waikiki War Memorial Natatorium by picnic tables – 2815 Kalakaua next to Kaimana Beach and across from Kapiolani Park |
| Oct 14, Sat       | Kahala                                           | 7:30 a.m. start<br>Meet Fort Ruger Park (Triangle Park) 534 Paikau St.                                                                           |
| Nov 11, Sat       | Diamond Head (circle around Diamond Head Crater) | 7:30 a.m. start<br>Meet Fort Ruger Park (Triangle Park) 534 Paikau St.                                                                           |

## Footprints

Manoa, November 12



We had 16 cheerful walkers on a rainy day.

## Walking

The oldest exercise and the cheapest!



Photos by Gordon Tyau

## Club Volunteers

### Officers

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



### YRE Coordinators

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

### Other Volunteers

Club website – Pat Nakatsuka  
Club membership – Dennis Romig  
Newsletter – Les Ozawa  
Traditional Events – Many!! But we can always use more.

**Mahalo**, Volunteers!

## Menehune Milestones

### Events:

Sandy Johnson - 125  
Ruth Asakura - 400  
Gordon Tyau - 400

### Distance:

Ruth Asakura - 5,000 km

### Marathoners:

James Lennox - 26.2 miles! - Honolulu Marathon



The *Menehune Marcher News* is a quasi-official publication of the Menehune Marchers AVA Club #456, published in November, March and July.

## Christmas Party, December 10



It was the Christmas party to fit every style. The eight early birders in the dark and dawn hours were rewarded with flocks of rose-ringed parakeets (giant ones) flying over. With the arrival of the 5k walkers, the group viewed a variety of sports just getting underway – softball, baseball, tennis, soccer, swimming and archery – all ages. At the Waikele Country Club six more joined the growing group for Brunch in the fresh air. Fun for all.

## Bellows Walk & Potluck January 16, 2023



## Reminder

Angela Ramakrishnan of the *Atlanta Constitution* reported that one study shows that walking can reduce the risk of dementia.

In a study published by *Journal of the American Medical Association* researchers tracked 78,430 adults between 40 and 79 over seven years and found that walking 9,800 steps a day could reduce the risk of dementia by half. Walking fewer steps such as 3,800, could reduce the risk by 25%.



Photos by Francis Dupuis and Christina Enoka

What a beautiful day at Bellows Beach! Menehunes walked up and down and all around and even met a peacock before they sat down to burgers and brats and all the yummy food of a Menehune potluck.



Bellows by Christina Enoka

## Ala Moana Walk March 11, 2023



Nineteen Menehunes met next to Macy's Ala Moana for the 5 K or 10K guided walk along what AVA once declared was one of its 10 most beautiful walks. The weather was perfect, the company superb and the end of the walk brunch at the Ala Moana Lania Food Court delicious.



## AVA Walking Challenges

- 50 States – ongoing
- 50 State Capitals – ongoing
- Airports – 12/31/23
- Appalachian Trail – 12/31/2028
- Border Crossings – 12/31/2023
- Centurion Achievement Challenge – ongoing
- Great Lakes, Great Fun.... – 12/31/23
- Rails-to-Trails – 12/31/2025
- Rockin' Around the Clock - 12/31/2023
- Town Halls/City Halls – 12/31/2024
- Walk Like an Olympian – 12/31/2023
- Walking with America's Veterans – 12/31/2023
- Walking the USA - A-Z – never ends



## Have You Visited the Webs Sites Lately??

[avaclubs.org/Menehune Marchers/](http://avaclubs.org/MenehuneMarchers/)  
[ava.org](http://ava.org)

## A Fond Farewell:

### Maria Brasher



We will miss Maria Brasher. A long-time Menehune, she helped create the Laie and Kailua walks. In recent years she hosted the Kailua walk with a walk box in her front yard and treats for us when we came for our Kailua group walk.

Maria loved attending AVA Conventions. Here she is with her son Mark in Winterset, Iowa (birthplace of John Wayne) during the Iowa Convention.



Photo by Carol Romig

We will miss her and her cheerful smile.

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**Mahalo!** Special thanks to Mark Brown, Sandy Johnson, Carol Romig, Dennis Romig, Christina Enoka, Elaine Imoto, Gordon Tyau, Ruth Asakura, Pat Nakatsuka, Amy Liu, Harriet Miyasaki, Marsha Okada, John Sullivan and the Menehune Ohana for their work in completing this and 14 years of newsletters. We could not have done it without you.

Please send all photos, articles, etc., to our new editor Les at [lesozawa@gmail.com](mailto:lesozawa@gmail.com).

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Photos by Gordon Tyau

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## 2022 Walker Recap

Event	1 <sup>st</sup> Qtr	2 <sup>nd</sup> Qtr	3 <sup>rd</sup> Qtr	4 <sup>th</sup> Qtr	Total
<b>Year-Round Event</b>					
Ala Moana Park	43	10	23	10	86
Downtown Capitol	83	25	13	6	127
Diamond Head	18	12	13	8	51
Hoomaluhia Botanical Park	10	20	3	9	42
Kahala	13	8	11	8	40
Kailua	2	0	4	0	6
Kona	1	0	1	0	2
Manoa	34	41	20	33	128
Mililani	38	36	43	46	163
Patsy Mink Park	8	14	3	16	41
Waikiki	37	17	17	6	77
<b>Total year-round walkers</b>	<b>287</b>	<b>183</b>	<b>151</b>	<b>142</b>	<b>763</b>
<b>Traditional event</b>					
Great Aloha Run	25				25
<b>Total Walkers 2022</b>	<b>312</b>	<b>183</b>	<b>151</b>	<b>142</b>	<b>788</b>
<i>Prepared by Carol Romig</i>					

Howdy from Texas & the AVA!

# San Antonio Olympiad & Texas Trail Roundup

February 19 - 26, 2023



Opening Ceremony

## On the Trails with Your Fellow Menehunes!

*A Great Week of Outstanding walks & Wonderful Fellowship! By Dan Barnett*  
My wife Nancy and I attended the recent (February 19-26) IVV Olympiad and IML (Internationalar Volkssportverbund and International Marching League.) This type of event is held in different countries every two years. This year the event was held in San Antonio, Texas – first time ever in the United States. There were over 1,000 walkers representing 27 countries on hand for the eight walks, two swims and two bicycle events.

Each day had a walking event with varying distance opportunities ranging from 5K to 42K. Nancy chose the shorter distances, and I started the first few days with 10Ks and then opted for the 21Ks later in the week.

Each of the walks was well laid out and took us by the historical sights in and around San Antonio. These included the Alamo, River Walk, San Antonio Japanese Tea Garden and the four Spanish Missions.

While the walks were great, the organizers added entertainment to the week. Each day we were able to listen to various musicians and musical groups at our walk finish in historic La Villita. In addition, one evening we had a Margarita and Taco Walking Trail. This to me was like a scavenger hunt in which we were walking to 11 different businesses. Each of the businesses stamped our Margarita and Taco Walking Trail book and provided us a unique item. The items ranged from cupcakes to Margaritas. It was a fun evening.

Talking about walks and entertainment, on one of the 21K walks I ran into Carol and Dennis Romig. What a treat to see them on the walk and complete the walk together! Carol invited Nancy and me to join the other Menehune Marchers at Mi Tierra Restaurant. What a great time!

After eight walks and two swims, it was time to get back home. Nancy completed 35K and I completed 125K. We left San Antonio with fond memories!

*Dan and Nancy are club members living in Florida. He was a former Menehune Vice-President.*

Nine Menehunes (Dan and Nancy Barnett, Sharon Dowdell, Elaine Imoto, Amy Lui, Harriet Miyasaki, Carol and Dennis Romig, Charlotte Sullivan) joined 1000+ walkers from around the world to walk the historic and scenic trails in San Antonio. Congrats to the Menehunes who participated.

The Menehunes made side trips to three excellent museums (the Witte, the McNay, and the San Antonio Museum of Art) and the local Toyota Plant where the Tundra and Sequoia are produced.

Amy, Harriet, Dennis and Carol visited the San Antonio Museum of Art (SAMA) on Day 5 of 7. SAMA has an amazing Greek, Roman and Egyptian collection.



AVA Headquarters



Nancy on the Taco Trail





How can you tell which rabbits are getting old?  
Look for the Gray Hares.

What did the Easter egg ask for at the hair salon?  
A new Dye Job!

How can you tell that a bunny is in a good mood?  
Because he's Hoppy!

What kind of beans won't grow in your garden?  
Jelly Beans!

Why was the Easter Bunny so sad?  
He was having a Bad Hare Day!

Why won't Easter eggs go out at night?  
They don't want to get Beat Up!



To Carol and Dennis Romig who have planned and guided (with snacks!) about a zillion walks!

**THANK YOU!**

One exhibit stood out: “Do you choose to walk?” “Were you forced to walk?” Snapped a photo of Amy who is smiling and points to the “Do You Choose to Walk?”, Harriet who is undecided as to whether she choose or was forced to walk, and there is Dennis. By then Dennis had walked over 150 miles.

We dined Texas style – Mexican food at Mi Tierra (an old historic restaurant), Whataburgers (a rival of In-N-Out Burger for the best local US burger), German root beer (really different and really good), Shiner Bock beer, Chipolte, shrimp, home-made tortillas everywhere and barbecue (ribs, chicken, turkey, sausage, brisket) accompanied by potato salad (made with mustard), jalapeno rice, slaw, pickles, beans and more beans. Plus, blueberry and peach cobblers for dessert. We're sorry you missed out!



Carol Romig & Charlotte Sullivan

### Favorite Trail Memories:

- **Carol** – 1) *Eating at Bubba Gump, Mi Tierra, Pinkerton's BBQ, 2) reconnecting with walking buddies on the trails, 3) Museum visits at the end of our walk day with the Menehunes.* The McNay Museum of Art exhibit of costumes created by Susan Hilferty for musical Wicked was exquisite!
- **Amy** – *Food!* Loved it all – Whataburgers, Chipolte, Blue Star Brewery, Pinkerton's BBQ!
- **Dennis** – *AVA Olympiad South 22K – Stop at Mission Concepcion.* Dennis was asked to ring the Mission bell for 1 minute to honor victims of Covid. He was videotaped. Watch Dennis ringing the bell at <https://www.facebook.com/MissionConcepcion>. See the post: “Carol and Dennis Romig from Hawaii were visiting the Mission yesterday and were honored to ring the bell for the victims of the global pandemic. Thank you both for gracing us with your presence!”
- **Elaine** – *CIA (Culinary Institute of America) and meeting the Navy chefs training there, great art museums!*
- **Dan** – *My favorite walk was the 21K walk* that took us by the four Spanish Missions. The organizers bussed us from the downtown hotel headquarters to the drop off outside of San Antonio. I was able to tour Missions Espada, San Juan Capistrano, San Jose and Concepcion before completing the walk at La Villita in downtown San Antonio.
- **Charlotte** – *Family, friends, food (love that BBQ brisket and those Whataburgers,) and the 21K Mission Walk.* Also chatting (sort of) in broken French and English with a woman from Alsace at a 10k checkpoint.

