

Menehune Marcher News

November 2015

Volume 15, Issue 2



Horizons

Event Calendar

Oct 31 Capitol Walk with the Tater Tours
Sat Carol Romig
626-3575

Nov 15 Kailua
Sun Maria Brasher
261-3583

Dec 12 Christmas Party and Walk
Sat Carol Romig
626-3575
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**2016**

**Jan 16 Laie**  
Sat Carol Romig  
626-3575

**Feb 15 Great Aloha Run Piggyback Event**  
Mon Carol Romig  
626-3575

**Feb 27 Diamond Head**  
Sat Carol Romig  
626-3575

**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 Carol or Mark!**
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### Capitol Walk with the Tater Tours October 31, Saturday

The Taters are back! And they've invited us to join them for the Capitol Walk. Start either at 8:30 a.m. at the Aloha Tower or 8:00 a.m. at the Nuuanu YMCA. Carol will be at the Aloha Tower and Dennis will be at the Y. Some walkers may prefer the Y start because it is an earlier start with no hassle parking.

### Kailua – November 15, Sunday

Time to check out those lovely Kailua beaches, islands and neighborhoods. Plan on starting at Maria's house (388 Auwinala Road) at 8:00 a.m.

### Christmas Party and Waikiki Walk December 12, Saturday

Please join us on December 12 at the Hale Koa Hotel for our Christmas Party and 5k walk. Buffet style lunch starts at 10:30 a.m. The price per person is \$24 (club members and \$27 (non-club members). Thank you for your generous donations that helped defray our costs. If you plan on attending, please send a check payable to Menehune Marchers to Carol Romig at 95-211 Kemu Place, Mililani, HI 96789 by November 15.

If you plan on walking off the calories before the party, we will be meeting at 8:30 in the Hale Koa lobby area for the Waikiki 5K walk. The Menehune Marchers will pick up the fee for this walk.

Start looking around your home for your White Elephant gift. For those participating in the fun exchange, please bring an unwrapped gift to the party. See you on the 12<sup>th</sup>!

### Laie – January 16, Saturday

The starting point is the Colton's home in Laie – 55-579 Naniloa Loop. From Waikiki take the Likelike Hwy (63N). Turn left at Kamehameha Hwy (83W). Left at Naniloa Loop in Laie. From the North Shore take H-1 W to H-2 N. Take Exit 8 at Wahiawa/Mililani toward Wahiawa. Continue on the Kamehameha Hwy to Laie. Turn right at Naniloa Loop. Start time is 8 a.m.

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

Join 25,000 of your fellow, fun-loving friends for the trip from Aloha Tower to Aloha Stadium where you'll be rewarded with snacks and a very fashionable t-shirt. You must pre-register for both events. See you there.

## From the President

As the newly elected Club President, my first task is to thank you, the membership, for the privilege of serving a (non-consecutive) third term. I especially look forward to working with Carol and Dennis Romig and our new VP – Katie Barbiato.

On behalf of our entire club, I also wish to extend a special “Mahalo” to Ruby Fukuyama for her very generous club donation. It was Ruby’s wish that the money go, at least in part, toward our 12 December Christmas party. Molly and I plan to attend the party and hope to share the holiday cheer with as many of you as are able to attend.

Since we are a walking club, I think my next and perpetual task is to encourage all who hear our message to get out and walk. Numerous medical and health studies have confirmed that walking (particularly at an aerobic pace) is the ideal exercise to optimize your health. Walking (like swimming) does not put the stress on your joints that running does, so it is beneficial to your skeletal health as well as your overall physical and cognitive health. As we approach the new year and the season for new year resolutions, I urge all members (and your friends and family) to set a walking goal and discipline yourself to stick to it. I suggest a goal of at least one 5 or 10 km volksmarch per week. If you can manage a higher goal, then go for it!! Clearly more is better up to a point. I think the ideal is four 10-12 km walks per week, where you alternate between walking and days of rest (for home chores, etc.). That sums to the equivalent of a weekly 42 km marathon which is indeed ambitious but clearly worth the commitment to your health and fitness.

Not only are walks good for you, but they are convenient and fun, too. One of the great advantages of our nine on-island Year Round Events (YREs) is that you can go for a walk at the time and place that works best for you and at the low (for IVV credit) fee of only \$2 for club members. So PLEASE get out and enjoy the scenery of the paradise we live in while gaining more and more mileage for your health, fitness, longevity and IVV Record Books!

See you on the trails - Mark

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Footprints

Capitol – July 4



Photos by Gordon Tyau

Menehune Milestones

Events:

Richard Pickens - 250
Carol Romig - 600

Distance:

Carol Romig – 12,000, 13,000

Special Programs:

Volcanoes – Charlotte Sullivan

Congratulations, Everyone!!!

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

So where could Carol go with her 13,000 kilometers?? She could walk to Almaty, Kazakhstan, and back (13,590 km) or one-way to Rome (12,936 km)!! That's a lot of steps!

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

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Mahalo

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

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

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### **Laie Update**

Alas, we are bidding a fond farewell to the Coltons who have hosted our Laie walk box for many years. They are moving to the mainland.

The Laie walk will now be remote registration. Contact Carol to register and receive your stamp. Because many club members love the Laie walk, occasionally the club will host a group walk in Laie. The next Laie hui hele walk is January 16.

Many thanks to the Coltons!! Best wishes in your new home!

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Ala Moana – July 25



Photos by Gordon Tyau

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 Funaski
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!

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Photo by Gordon Tyau

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As I hurtled through space, one thought kept crossing my mind – every part of this rocket was supplied by the lowest bidder.

John Glenn

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## Hoolamahuia – August 2



Photos by Gordon Tyau

## 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

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

**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 Old Spanish Trail** – 12/31/2015

**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

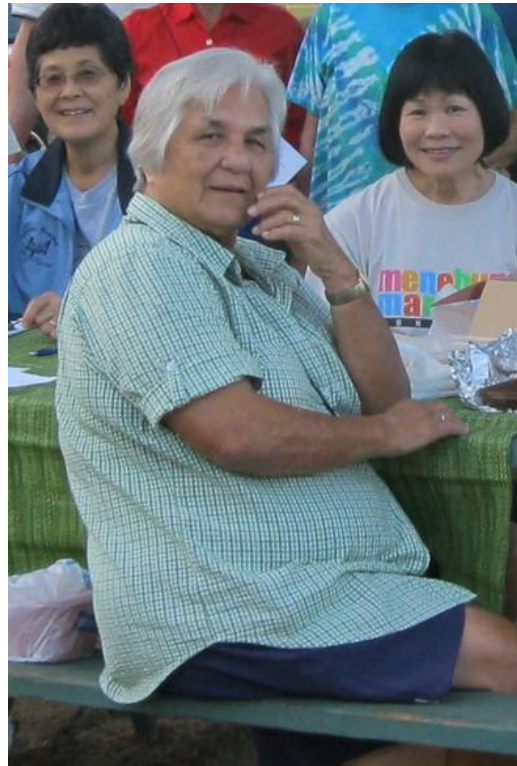
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Photo by Gordon Tyau

A Fond Farewell to Ruby Fukuyama

As many of you know, long-time Menehune Ruby Fukuyama moved to Arizona with her family in August. Ruby was a serious walker and an eager club volunteer. She always arrived early - ready to help set up, register or guide a walk. For years she helped register walkers. Ruby, Marsha and Ruth had the pay-your-money-sign-the-liability-form-get-your-stamp registration routine down pat. No mistakes with them!



Registration

Ruby loved to walk and share. Wet weather never slowed her down. She reminded us that those Manoa showers were really “Hawaiian blessings.” Walking with Ruby was an education. She could identify almost every plant, tree and flower. Like everyone, she especially enjoyed the post-walk lunch stops where she introduced the group to tasty bean curd rolls.



Carol presented Ruby with a Menehune remembrance – a photo album of our walks.

A Note from Ruby

To our Merry Menehune Marchers,

Thanks to Marsha, I became one of you for these past 21 years. She took the time to come to my house when I was a no-show - and never having met me. She also came to stamp my book.

After doing some fun runs, I came across a yellow leaflet in my start pack about volkssport and the Menehune Marchers. It's one of the best things I ever did – follow up on the info. Not only did I get to do regular walks and exercise but it was the first time I got to visit places I only heard of but never seen.

I'm an introvert but I got to meet and converse with a lot for people from near and far. Got to try fried rice from all over, dim sum, Kura Kura and all the wonderful eats from our potlucks. Yum!

I was there at the right place at the right time. With grateful appreciation for my wonderful book which I'm sure I will "thumb" through often. With much aloha to all you great Menehune Marchers. I shall keep you informed of my new surroundings.

Ruby

~~~~~ *Lexophiles – A chance to Smile*

The thief who stole a calendar got twelve months.

A will is a dead giveaway.

When a clock is hungry, it goes back four seconds.

Acupuncture is a jab well done.

The guy who fell into the upholstery machine is now fully recovered.

The batteries were given out free of charge.
Thanks to Marsha Okada for sharing these.

~~~~~ *Words to live By*

Never miss a good chance to shut up.

The quickest way to double your money is to fold it in half and put it back in your pocket.
Will Rogers

Ruby often brought her "home-made" snacks to fortify us Menehunes. We loved the fruitcake, the energy bars (see the attached recipe) and the mac nuts.

Ruby's new home is at 991 Feather Palm Dr., Lake Havasu City, Arizona 86404. She also has a cell phone now with her old Hawaii Kai phone number. Give her a call or drop her a note.

Ruby, thanks for your generous financial contribution to our club and your 21 years of service. We will miss you. Aloha!

~~~~~ **Ruby's Energy Bars**

2 ½ cups crisp rice cereal
1 cup quick oats
¾ cup toasted sesame seed
1 pkg. (10 oz.) marshmallows
½ cup peanut butter
¼ cup butter or margarine
¼ cup peanuts
½ cup raisins

Grease a 13 X 9 inch pan.

In a sauce pan combine rice cereal, oats and sesame seed. Toast over medium heat for a few minutes.

In a large sauce pan combine marshmallows, peanut butter and butter. Melt over low heat.

Stir in in cereal mixture, peanuts and raisins.

Press firmly in prepared pan. Cool. Cut into 36 bars. Enjoy!

~~~~~ Yearly Recap Walkers

Year Round Event	Quarter			YTD
	1 st	2 nd	3 rd	
Ala Moana Park	23	5	21	49
Downtown Capitol	47	54	30	131
Diamond Head	24	18	8	50
Kahala	16	10	5	31
Kailua	32	3	7	42
Kona	10	9	2	21
Laie	17	0	0	17
Manoa	21	31	9	61
Mililani	62	40	32	134
Obama Heritage	14	2	2	18
Volcano	4	29	1	34
Waikiki	37	32	13	82
Total walkers	307	233	130	670
Traditional Event				
West Loch – January	34			34
Hoomaluhia Botanical Garden		29		29
Total	341	262	130	733

Prepared by Dennis Romig

The Journey is often more Enjoyable than the Destination!