

Menehune Marcher News

November 2016

Volume 16, Issue 1



Horizons

Event Calendar

Nov 26 Sat	Laie YRE POC: Carol & Dennis Romig 626-3575 294-8637 – cell (day of walk)
Dec 10 Sat	Hale Koa Christmas Party POC: Carol & Dennis Romig 626-3575
Dec 18 Sun	Christmas Lights – POC: Carol & Dennis Romig 626-3575
Jan 28 Sat	Kahala POC: Carol & Dennis Romig 626-3575
Feb 18 Sat	Waikiki POC: Carol & Dennis Romig 626-3575
Feb 20 Mon	Great Aloha Run POC: Carol & Dennis Romig 626-3575
Mar 4 Sat	Diamond Head POC: Carol & Dennis Romig 626-3575
Mar 25 Sat	Ala Moana POC: Carol & Dennis Romig 626-3575
Apr	Mililani (tentative)
May	Manoa (tentative)
June 3 – 11	2017 AVA Convention Billings, MT & Environs
July 4 Tues	Hoomaluhia Botanical Garden Maria Brasher – 261-3583 (walk)

Laie – November 26, Saturday

Seen the ocean arch? No? Then we'll see you in Laie! The walk starts at 8:00 at the Temple Visitors' Center, 55-600 Naniloa Loop.

Hale Koa Christmas Party – December 10, Saturday

By popular vote our annual Christmas party returns to the Hale Koa. The walk to see Waikiki's Christmas decorations starts at 9:00. Lunch starts at 10:30. See the enclosed info.

Christmas Lights Walk – December 18, Sunday

Everyone wants to see Christmas lights. This year we'll visit downtown. Start at 6:00 (p.m. of course)! Meet at the Aloha Tower.

Kahala, January 28, Saturday

Walk starts at 8 a.m. Meet at Triangle Park (Kahala Ave. and Paikau St.)

Waikiki, February 18, Saturday

Walk starts in at the picnic area in front of the Natatorium (next to the New Otani Hotel).

Great Aloha Run, February 20, Monday

Always a fun-filled community run. See the enclosed flyer.

Diamond Head, March 4, Saturday

Walk starts at 8 a.m. Meet at Triangle Park.

Ala Moana, March 25, Saturday

Meet at Magic Island for the 8:00 a.m. start.

From the President

As we approach the holiday season, if you haven't already done so, please mark your calendars and RSVP (to Carol) to attend our Saturday, 10 December annual Christmas Party at the Hale Koa Hotel.

I have one other motive in asking you to come and that is so you can help me express our appreciation and congratulations to three Menehunes who are receiving special award recognition for their outstanding service to our club and the American Volkssport Association (AVA). Dennis Romig and Charlotte Sullivan will receive AVA's Commendable Service Award.

Carol Romig will receive AVA's Meritorious Service Award. To my knowledge, this is the highest AVA service award any member of our club has received. I think it is only fitting that Carol be the first since she has been so unrelenting in organizing fun and fitness activities for the rest of us, with the organization of the Christmas party being a fitting example.

I hope that 2016 has been generous to all of you with fun, fitness and friendship. Further I hope that any crossroads you passed this year took you closer to your goals, to include those for fitness.

Molly and I are currently making a big downsizing change in our lives. We are selling our 3 acre home and property overlooking Kaneohe Bay and buying a condo in Ala Moana. So it's goodbye yard tools and hello condo association rules for us.... ☺ Joking aside, one of our main interests in moving is to be within walking distance of three of our favorite YRE walks – Waikiki, Ala Moana and Downtown. We are also hopeful that our future will include much more walking and fewer yard and home maintenance type chores.

Molly and I look forward to seeing you at the Christmas Party and on the trails....

All the best, Mark



2017 AVA Convention – June 3 – June 11

Welcome to the Big Sky Country of Montana! Purple Mountains, Wildflowers, Wildlife, Cowboys, Indian Battles, Heart-stopping views – The Real West!

Head out early for the Crazy Horse Walk in South Dakota (Marsha Okada's most favorite walk ever!). The AVA walk is the only time anyone is allowed up on the Crazy Horse sculpture. End your walking adventures in Cody, Wyoming (remember Buffalo Bill Cody!) and Red Lodge, Montana (start of the Beartooth Highway – one of America's most spectacular drives and gateway to Yellowstone Park)! Plus all the walks of the convention – including the historic and chilling Custer's Battlefield.

I never miss a chance to visit Montana! See you there!

Hoomaluhia Botanical Garden – Tuesday, July 4

The walk/potluck starts at 9:00 a.m. Details to follow.

Footprints

Hoomaluhia Botanical Garden – July 24, Sunday



Dennis and Rita Meet New Friends

Photos by Carol Romig

Club Volunteers

Officers

- President – Mark Brown
- Vice President – Katie Barbioto
- 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
- Photographer – Gordon Tyau
- Traditional Events – Many!! But we can always use more

Mahalo, Volunteers!

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Yawn – an opinion openly received.

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Molly and Mark On the Trail

What an exciting Hoomaluhia this year! So exciting it was extended to two weekends. On the first weekend, Darby came ashore early amid mixed weather reports. But once again the skies smiled. And magically 15 waterfalls cascaded down the Koolaus to entrance the 15 Menehunes who enjoyed the potluck and a short two mile walk. Awesome!! Then the next weekend the Menehunes returned to Hoolamuhia to finish the 10K. AS Carol said, “Who says a little rain is a problem?”

Let me think – was it only last year that another hurricane/tropical storm joined us at Hoomaluhia???

Very special thanks to Carol and Dennis for hosting the walk(s) and being key weather “eyes” on the ground!

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Capitol– September 10, Saturday



AVA Walking Challenges

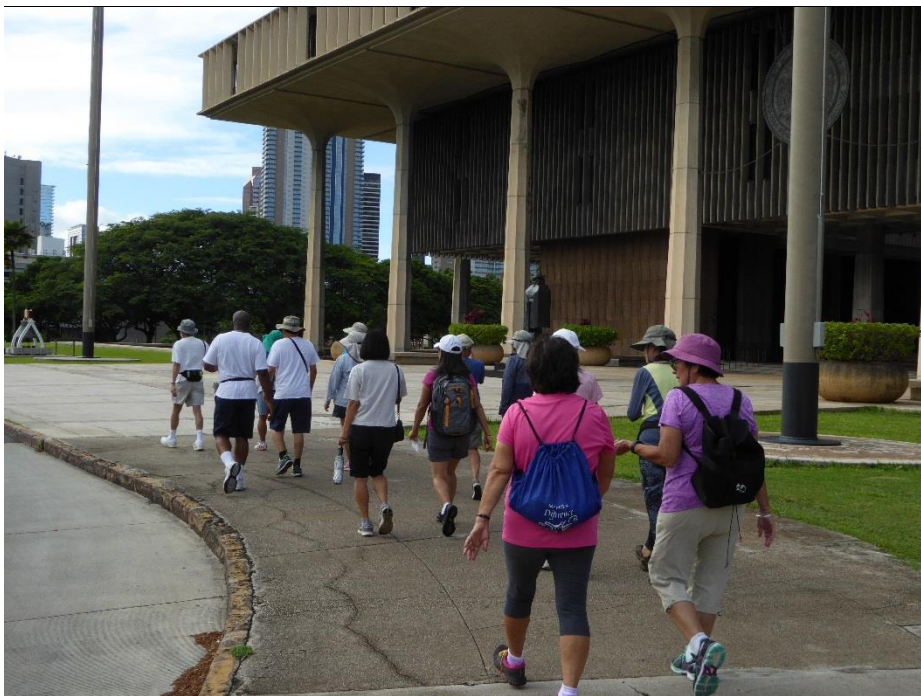
50 States (Marsha Okada, Sharon Dowdell, BS McEwen, Joan King, Vernon King, Don Ulbricht, Donna Ulbricht and Charlotte Sullivan completed this one.) – never ends
50 State Capitals (Joan and Vernon King completed this one)– never ends
Alternative Capitals – 12/31/2016
Amphitheatres – 12/31/2017
Animal 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
Ice Cream Parlors – 12/31/19
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!) – ends 12/31/2018
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
Underground Railroad -
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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## Last Chance

The Laie and Obama Heritage YREs were not renewed for 2017. Your last chance for these walks (other than specially scheduled events) will be December 31, 2016.

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Photos by Dennis Romig

Carol and Dennis hosted the Capitol walk again this year. Many thanks to them! The 15-walker group include 8 volkssporters and 7 recreational (free) walkers.

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**Happy Thanksgiving!**



## **Menehune Milestones**

### **Events:**

Charlotte Sullivan – 350, 375, 400  
Carol Romig – 700  
Mark Brown – 1,050, 1,100  
Molly Brown – 1,050, 1,100

### **Distance:**

Charlotte Sullivan – 4,500 K  
Carol Romig – 14,000 K  
Mark Brown – 18,000 K  
Molly Brown – 18,000 K

### **Bike:**

Ray Malaski – 7,500 K

**Congratulations, Everyone!!!** 🍌

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

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

Mark and Molly could lace up their sneakers and walk to Mumbai, India (18,461 K). But they'd have to stay there. If they wanted to do a roundtrip, they could head for Santiago, Chile, and then back to Honolulu for 18,436 K. With her 14,000 K Carol could make it to Bogota, Columbia, and back (13,898 K).



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### **Walking Oregon**

In June Carol and Dennis set a new record – 25 walks in 10 days for a total of over 250+Ks! Wow! For the 10 Columbia Gorge walks alone they logged in over 103K.

And just to prove the world is indeed a small place – they ran into Susan Alton (former Menehune who moved to Texas) and Bob and Becky Forsythe (current Menehunes who live in Battle Ground, Washington)!

## **Kamananui Valley – October 15 & 16, Saturday & Sunday**



All photos by Dennis Romig



Thirty walkers (15 each day) enjoyed peaceful walk – and the guavas! Thanks to Dennis and Carol for designing and hosting this walk!

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Another Tasty Treat from Ruby Fukuyama - Protein Packed Bites of Energy

Combine the following in a bowl and mix with a spatula. Chill 10 minutes before rolling into balls (12).

1/3 cup dried plums (prunes) chopped
½ cup Rice Krispies
¼ cup Nutella
10 pretzel sticks, chopped or broken into small pieces
Roll balls in 1/3 cup unsweetened cocoa powder.

Feel that energy!!

Update from the Nuuanu YMCA

Our long time host for the Capitol/Downtown Walk has requested that we no longer park in their lot as they are short of spots. Please use street parking.

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

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Time flies like an arrow. Fruit flies like a banana. ☺

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Mahalo

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

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



Empire of the Incas



Breathtaking, extraordinary, majestic! Faye and I recently visited Machu Picchu and we were NOT disappointed. We have traveled to quite a few places in the world and we agree that this was by far our best adventure. Yes, not a vacation but an adventure. Hiking was strenuous at times but well worth it. Machu Picchu was just the beginning. There was the Sacred Valley of Urubamba, the UNESCO town of Cusco, the floating reed islands of Lake Titicaca and their Uros people, La Paz and Bolivia. Add Tauck Tours to your bucket list! It costs a little more but is well worth it. The pacing was perfect. According to the itinerary the pace was rated as the most challenging, but we never felt rushed and Tauck took care of every detail. The accommodations were out this world and dining was varied with great choices. Many of our meals were accompanied by great music and we were treated to meals at local villages as well as a private residence. Magnifico!

John and Faye Miyamasu

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## Year to Date Walker Recap

| Event                | 1 <sup>st</sup> Qtr | 2 <sup>nd</sup> Qtr | 3 <sup>rd</sup> Qtr | Year to Date |
|----------------------|---------------------|---------------------|---------------------|--------------|
| Ala Moana Park       | 10                  | 4                   | 4                   | 18           |
| Downtown Capitol     | 43                  | 34                  | 25                  | 102          |
| Diamond Head         | 31                  | 17                  | 5                   | 53           |
| Kahala               | 20                  | 9                   | 3                   | 32           |
| Kailua               | 10                  | 6                   | 7                   | 23           |
| Kona                 | 4                   | 1                   | 2                   | 7            |
| Laie                 | 17                  | 0                   | 0                   | 17           |
| Manoa                | 15                  | 16                  | 4                   | 35           |
| Mililani             | 32                  | 90                  | 26                  | 148          |
| Obama Heritage       | 39                  | 4                   | 2                   | 45           |
| Volcano              | 22                  | 2                   | 0                   | 24           |
| Waikiki              | 47                  | 41                  | 11                  | 99           |
| <b>Total walkers</b> | <b>290</b>          | <b>224</b>          | <b>89</b>           | <b>603</b>   |

*Prepared by Carol Romig*

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