

Menehune

Marcher No

Volume 18, Issue 2

November 2018



November 11 is Veterans Day. Veterans Day honors the service of all of America's military veterans. (Memorial Day honors those who died in military service.)

Originally conceived to mark the "war to end all wars" (World War I), at the exact moment of the World War I armistice – the 11th hour of the 11th day of the 11th month in 1918, Veterans Day is now observed to provide a three-day weekend. This year Veterans' Day will be observed on Monday, November 12.

Our new walk to honor veterans will be Saturday, November 17. Mark Brown, one of our veterans, and his wife Molly designed the year round walk for us.

~~~~

# From the President



Aloha all Menehunes and a Happy Veterans Day to you!

Veterans Day is not only an opportunity for us all to reflect on the considerable sacrifice our citizens in uniform have contributed to the freedoms we enjoy in this great country, it is also an opportunity to thank the family members of those veterans who have had their lives often disrupted by "the needs of the service" in support of the veteran.

I know from my 30-year service in the U.S. Army that Molly's sacrifice was no less than mine given our frequent moves and repeated displacement from her employment. Since she was a teacher, each move entailed the whole drill of obtaining

# Honoring Our Veterans

November 17, Saturday – National Memorial Cemetery of the Pacific (aka Punchbowl) – 12k or 5k





Panoramic Views of Honolulu from the Punchbowl Overlook

The Punchbowl has an interesting history that began long before its establishment as a military cemetery in 1949. The crater shape was created by a volcano that ceased activity sometime between 75,000 and 100,000 years ago. When the islands were settled by Native Hawaiians, the hill was known as Puowaina, possibly meaning "hill of sacrifice." The old histories say the rim of the crater was the site of a luakini heiau. According to tradition, only those who violated the gravest tabus, or laws, were offered as sacrifices at the luakini heiau. In 1816 forces under the command of King Kamehameha built Honolulu Fort, near Honolulu Harbor, and mounted a battery of eight 32-pound cannons on the Punchbowl rim, to further protect the fort and harbor. The cannons were also used to salute important visitors entering or leaving Honolulu Harbor.

Decades later in January 1906 a Presidential Executive Order followed by a War Department General Order established the Punchbowl as a Military Reservation. Around 1911 the military built five observation stations on the Punchbowl rim to acquire target range and azimuth for coastal artillery batteries located on the south side of Oahu. To further increase the defense preparedness of Oahu, the military continued to make additions to Punchbowl Military Reservation to include a battery of four 155-milimeter French manufacture artillery howitzers. The concrete platform and gun rotation rail for one of these pieces is still visible on the southeast rim of the Punchbowl's crater.

Following the attack on Pearl Harbor in December 1941, the pace of new construction increased dramatically and large tunnels were bored into the crater rim and finished to support the emplacement of two 6-inch coastal defense guns on the south side of the crater. However, the war ended before construction was completed and the guns were never installed.

#### From the President:

teacher certification for a new state or country, numerous job applications, and all of the other "fun" that went with a complete relocation from one distant spot on the planet to another.

In the Menehune Marchers, we are not only beneficiaries of the great deeds of our country's veterans, but we have our own roster of those who have honorably served.

These Menehune military veterans are:

| Dan Barnett      |
|------------------|
| Mark Brown       |
| Richard Delong   |
| Bob Doleman      |
| Joanne Doleman   |
| Frederick Dowdel |
| Sharon Dowdell   |
| Bob Forsythe     |
| Michelle Hauser  |
| Hideo Imoto *    |
|                  |

Kazuo Inouye \*
James Lenox
Gretchen Malaski
Ray Malaski
Doug Miller
Gilbert Okada \*
John Sullivan
Don Ulbricht
Joy Williams
Alan Yamashita

\*Deceased

We also have two veterans who are interred at the National Memorial Cemetery of the Pacific (aka The Punchbowl) – **Hideo Imoto** and **Gilbert Okada**.

So the next time you see one of our Menehune veterans and/or their family members on the trails, please give them a big THANK YOU for their service!

In keeping with our Veterans Day emphasis in this issue of our newsletter, see the article about our new 12km Punchbowl YRE. It is a special place it its own right, but I think it is even more special to us because we have two of our own interred there.

Please keep up with your walking for health and fitness. However, please also be extra careful about the pedestrian hazards that are out there as well.

Take care and see you on the trails!

All the Best, Mark



#### Honoring our veterans:

The Punchbowl's current Director Jim Horton, who is a retired U.S. Air Force colonel, once took Molly and me on a tour of the tunnels and a nearby WW II era bunker. The tunnels are huge and are now used by the cemetery staff as a warehouse for much of their equipment and grounds keeping supplies.

In 1947, Congress and veterans organizations placed a great deal of pressure on the military to find a permanent burial site in Hawaii for the remains of thousands of World War II service members being stored on the island of Guam awaiting permanent burial. Congress approved funding in February 1948 and construction began.

The first burials took place on 4 January 1949 with the burial of an unknown soldier who lost his life during the Pearl Harbor attack followed that day by the burial of 775 others killed at Pearl Harbor.

The grand official opening of the National Memorial Cemetery of the Pacific took place on 2 September 1949, exactly four years after Japan had signed the unconditional surrender aboard the USS Missouri.

The cemetery was managed by the U.S. Army for several decades but is now under the management of the Veterans Administration (VA). The cemetery's many honored residents include 33 recipients of the Medal of Honor to include Hawaii's own Second Lieutenant (and later U.S. Senator) Daniel K. Inouye, (World War II), U.S. Army, Company E, 442nd Infantry Regiment (Section D, Grave 391-A).

Note that most of the historical information included above was obtained from the book - *A History of Punchbowl: Arlington of the Pacific* by Pierre Moulin. I highly recommend the book to anyone who would like to learn more about the Punchbowl's history. The book is available in the U.S. Army Museum gift shop at Fort DeRussy in Waikiki for \$9.95.

Our new National Memorial of the Pacific (Punchbowl) 12/5k AVA Year Round Event (YRE) # 2315 is a challenging walk with a trail rating of 3A (Some significant hill climbing & almost entirely on pavement). As our Treasurer, Dennis Romig, quipped during the 4 July anniversary walk and potluck, "One of the best features of the walk is that the second half is all downhill!"

Of course, the reverse correlation of Dennis' observation is that the first half is all uphill, but the ascent is very gentle until you get to the last few hundred yards nearest the Punchbowl and start to climb the actual slope of the crater.

When arriving for the regular (not November 17) 12k walk, the best place to park is in the parking lot Eva of the McCoy Pavilion tennis courts in Ala Moana Beach Park. From there you cross Ala Moana Blvd to the Hokua Condominium Tower Lobby where the walk box is maintained by the security staff behind the front desk. From Hokua, the walk ascends up Pensacola Street and finally Puowaina Drive into the Punchbowl. After your time in the Punchbowl, the return follows the same route but you will enjoy a very different view as you descend looking toward the Ocean. Molly and I decided to use Pensacola Street both ways in designing the walk, because Pensacola had the best sidewalk and the least cross traffic, as compared to the other route options such as Ward Avenue

### 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
Kailua – Maria Brasher

Kailua – Maria Brasher
Kahala – Mark & Molly Brown
Kona – Carol & Dennis Romig
Manoa Valley – Carol Romig
Mililani – Carol & Dennis Romig
Punchbowl – Mark & Molly Brown
Waikiki – Mark & Molly Brown
Volcano – discontinued

#### Other Volunteers

Club website – Dennis Romig
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!

Big MAHALO to Joanne Funasaki Caring for the Manoa YRE since 2013!



#### **Honoring Our Veterans:**

or Piikoi Street. As you approach the entrance to the Punchbowl, be prepared for some terrific views.

Note also that the newly constructed Visitor Center and office on the left has an excellent restroom facility. There are also two other restrooms in the Punchbowl.

I have included several photos with this article. These show the gate entrance above the Visitor Center and the fantastic first view you see as you enter the main cemetery grounds.





**Gate Entrance** 

Entry to Main Grounds

From this point to the immediate left is Columbarium 13 where our longtime Menehune, Hideo Imoto, is interred. Hideo's exact location is Section E, Row 100, Site 180. Columbarium 13 was recently constructed on the former location of the Punchbowl's old Visitor Center and office



and is expected to provide veterans with interment space for another 10 years.

As you follow the walk route uphill from Columbarium 13 to Columbarium 1, you will see the Columbarium numbers ascend until you get to Columbarium 11 where our second longtime Menehune, Gilbert Okada, is interred. Gilbert's exact location is Section O, Row 400, Site 429.



You will see that the VA has gone through sort of an evolution in the design of their Columbarium space markers, from Bronze (for Columbarium 1 through 6) and then to Marble (for Columbarium 7 through 12) and finally back to Bronze again for Columbarium 13. Go figure?

From Columbarium 11 the walk route takes you through the main monuments and memorial areas with the wars in the Pacific campaign mosaics on the right and the Courts of the Missing on the left. These are all very tastefully done and worth exploring. From the memorials the walk route takes you up a concrete path to the main Overlook on the south side

of the upper crater rim where you can enjoy the best panoramic views of Oahu's south shore looking both Eva and Diamond Head.



# AVA Walking Challenges

#### 401K - Invest in Your Health

50 States (Marsha Okada, Sharon Dowdell, BS McEwen, Joan King, Vernon King, Carol Romig, Dennis Romig, Don Ulbricht, Donna Ulbricht, Dan Barnett and Charlotte Sullivan completed this one.) – never ends

50 State Capitals (Joan and Vernon King completed this one)- never ends

**A Walk in a City Park - 12/31/2018** Border Crossings - 12/31/2023 **Bridges – Spanning the USA** – 12/31/2018 Centurion Achievement Challenge -Carousels Across America – 12/31/2021 Doin' the Louisiana Purchase -12/31/2018 Ice Cream Parlors - 12/31/19

**Lady Liberty** - 12/31/2018

**Little Free Libraries** – 12/31/2021

Make a Wish at a Water Fountain – 12/31/2018

National Parks Centennial - 12/31/2018

**Ports of Call** – 12/31/2018

Points of Reference – 12/31/2018

**Spanning the USA** - 12/31/2018

**Special National Officer Book** (the S.N.O.B.

walks!) -12/31/2018

State Street Sashay - 12/31/2018

Take a Walk in a City Park - 12/31/2018 The Appalachian Trail - 12/31/2028

Treasure Hunt - 12/31/2018

Underground Railroad - 12/31/2019

**United States Post Offices** – 12/31/2018

Vice Presidential Walks - 12/31/2018 Walk Like an Olympian – 12/31/2018

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

The next AVA Convention will be held June 9-16, 2019 in Colonie, New York (Near Albany) See AVA.org for details.

# Walking

The oldest exercise and the cheapest!



#### **Honoring Our Veterans:**

On the back (north facing side) of the Overlook is also a great panoramic view of the Punchbowl interior looking north.

Although we have completed the Punchbowl YRE dozens of times, Molly and I always get "Chicken Skin" during each visit. The Punchbowl is such a special place, and it says a lot about our great country that we go to the effort and expense to provide our veterans, and their next of kin, such a place to be honored and remembered.

I hope you have a chance to enjoy the walk soon. We hope to see you November 17 for the group walk. For the November 17 walk all walkers will register at Stevenson Middle School parking lot, 1202 Prospect St. 5kers will then drive to the Cemetery to walk; 12kers will start from the school.

All the Best, Mark

#### Update from somewhere in Italy:

After I completed the AVA 401K Invest in Your Health program in April, AVA automatically enrolled me in a test program to "walk" the length of Italy. Sounded fun, but who knew it was so far from one end of Italy to the other??

As this newsletter goes to press, I am plodding along somewhere between Pisa and Rome – still hoping to make Rome before year end but knowing I certainly won't make it all the way to the finish at Palermo - a mere 1,359,451 more steps!

Still, it's been really fun. I've walked from Bolzano to Venice, Verona, Bologna, Florence and Pisa – a total of 772,300 steps. Only 135,167 (seems like a zillion) more to reach Rome where I plan to enjoy a glass of Proseco at the Trevi Fountain (I wish.) Then wherever I am in Italy on New Year's Eve, I'll pack my sneakers and head to the 2019 AVA cross country walking adventure - Canada!

The Tour of Italy is a virtual travel AVA experiment. To participate, you enter the distance you walk every day either manually on your computer or via a device such as Garmin. The Walker Tracker website provides lots of fun statistics, maps, challenges, advice, etc.

If you're into distance and geography, check out Tour of Canada on the AVA website in December. Hope to see you next year on the fantasy trails of our friendly neighbor to the north!

Charlotte Sullivan

# Feet hurt?

Check your shoes:

- Tread gone?
- Arch support flat?
- Smelly?
- Shredded laces?
- Holes?



An actual Menehune shoe - in use!

Maybe it's time for replacements....

# Menehune Milestones

#### **Events:**

Lois Langham – 10 James Lenox – 175, 200, 225 Marsha Okada - 700 Carol Romig - 850

#### Distance:

Carol Romig - 16,000k

#### 401 K Invest in Your Health:

John McClellan Sheila McClellan Charlotte Sullivan

## Oh, the places they can go!

Our long distance walkers could see the world on their feet – well, except for the ocean, of course!

Carol's 16,000k could get her to Jamaica (15,781k). Enjoy!

They could also party! Think of each Event as a birthday party. Imagine Lois' 10 birthday parties, James' 225, Marsha's 700 and Carol's 800! That's a lot of old friends and families! Think of the cake and ice cream!

# Oh, the places they went -

**Fifty States:**Carol Romig
Dennis Romig



### Bravo!! Congratulations, All!!

~~~~



Hoomaluhia by Christine Enoka

Horizons

	1
Nov 17, Sat	Punchbowl Crater YRE - 12K, 5K
_	(New Walk)
Start time	Early start – 7:30 a.m.
Start location	5k & 12K meet at Stevenson Middle School,
	1202 Prospect St.; after registering 5K ers will drive to
200	Punchbowl Cemetery to start; 12k starts at school
POC	Carol Romig - (808) 626-3575;
	cell – 294-8637 day of walk)
Dec 15, Sat	Waikiki 5K YRE & Hale Koa
	Christmas Party
Start time	9:00 a.m. (walk); 11:00 a.m. (party)
Start location	Walk – Lobby of Hale Koa Hotel:Party – Kalia Room
POC	Carol Romig – (808) 626-3575;
	cell – 294-8637 (day of walk)
Jan 6, 2019,	Kailua/Lanikai YRE (2 options available)
Sun	
Start time	8:00 a.m.
Start location	388 Auwinala Rd. (Private residence – Maria
	Brasher
POC	Maria Brasher – (808) 261-3583
Jan 19, Sat	Kahala YRE
Start time	8:00 a.m.
Start location	Triangle Park/Fort Ruger Park, 521 Paikau St. (ample
	parking on Diamond Head Road and Paikau Streets)
POC	Carol Romig – (808) 626-3575;
	cell – 294-8637 (day of walk)
Feb 18, Mon	Great Aloha Run Piggyback Event
Start time	7:00 a.m.(must pre-register for GAR)
Start location	Aloha Tower, Downtown Honolulu
POC	Carol Romig – (808) 626-3575;
	cell – 294-8637 (day of walk)
Feb 24, Sun	Capitol YRE & Pow Wow!
Start time	8:00 a.m.
Start location	King Kamehameha Statue in front of Judiciary
DOC	Building, 417 S. King St., free parking on weekends
POC	Carol Romig – (808) 626-3575;
Hon 22 Cot	cell – 294-8637 (day of walk) Mililani
Mar 23, Sat	
Apr 20, Sat	Kamananui Valley (guided)
May 18, Sat	Manoa
June 9-16	AVA Albany NY Convention
July 4, Thurs	Hoomaluhia Botanical Garden &
	Potluck
Sept 14, Sat	Ala Moana
Oct 19, Sat	Waikiki
Nov 16, Sat	Hoomaluhia Botanical Garden (walk
	only) or Turtle Bay
Dec TBD	Christmas Party

All Pau - Walked Alaska

by Carol Romig

After celebrating July 4th at Hoomaluhia Botanical Garden with our fellow Menehune Marchers, we were off to San Diego on a redeye flight. Thank you for the GREAT send off. We arrived on July 5 in Los Angeles well rested (& stuffed), then drove to San Diego for a short but good visit.

Then we were off to Alaska. I finished my 50th State Program with the **Anchorage 10K**. We really enjoyed the nice stretch on the beautiful Tony Knowles coastal trail & the detour into the Anchorage Mall & Alaska Public Lands Information Center.

Always expect the unexpected. We started our Holland America Land/Sea tour in Anchorage. We boarded the McKinley Express train & enjoyed the long scenic ride in our glass domed private car to Denali National Park. Joining our group were four other passengers. One of them turned out to be my lunch buddy Joyce from working days at Wheeler Army Airfield. Rain or shine, we walked to the mess hall for lunch. Last time I saw Joyce was over 15 years ago...small world!

In Denali National Park we rode a very comfortable bus for our six hour Denali Tundra Wilderness Tour. Many years ago we rode a rickety yellow school bus with hard seats. Our best sighting was a grizzly bear devouring a recent caribou kill along the river. After finishing our tour, we walked the **Denali 10K** (the best!). We started from the sled dog kennels & then onto Rock Creek Trail, Taiga Trail, Horseshoe Lake Trail & then returned via Jonesville Trail to our hotel. The loop around Horseshoe Lake was absolutely gorgeous!



Carol at Horseshoe Lake

Next stop, Fairbanks. We were able to walk the **Fairbanks 10K**, finishing at 9pm. Thank

Footprints

Hoomaluhia, July 4



















Photos by Gordon Tyau and Christina Enoka

All Pau:

goodness for LONG days. The route was along a nice partially shaded bike trail to Pioneer Park & then continued to the Cultural & Visitor's Center. We didn't see the real thing, but we did watch the hour long "Aurora" show at the Visitor's Center. Very good movie!

After Fairbanks, we flew on a Boeing 737 to Dawson City in the Yukon Territory of Canada & landed on a dirt runway (John S...Was this safe?). No 10K in Dawson City. Instead, we did an excellent hike that circled above the town on beautiful forested path. Our visit to Whitehorse was brief but good. We were the only ones in our tour who explored Whitehorse (thanks to the Whitehorse 10K). Our bus pulled into Whitehorse around 5pm, we hurriedly dropped off our bags in our room & by 5:30pm were on the Millennium Trail along the river. Simply gorgeous trail to the Fish Ladder & Bert Law Island. We finished our walk at 8pm, then had a late dinner the Burnt Toast Cafe. Despite the name, it was excellent! We enjoyed the BIGGEST & best pulled pork quesadilla & fish tacos. Back at hotel @ 9:30PM...zzzzz.

We returned to the USA/Skagway via the Whitehorse-Skagway narrow gauge railroad. Breath-taking scenery for the 27+ miles, as we passed glacial rivers, waterfalls & gorges. Skagway is a small town in Alaska with a population of about 1,000 but in the summer Skagway is filled with tourists from the cruise ships. Our cruise ship alone had 2,300 guests on board. We walked through the main town for about 10 blocks dodging the crowds & then continued on **Skagway 10K**. No crowds on the outskirts of town. We modified our route a little & toured Jewell Gardens. It was a GEM (get it???)...many gorgeous peonies and blown glass pieces displayed in the garden beds plus

a really good cafe! After our little detour, we continued to the



Reid Falls...easy trail to a gorgeous waterfall!

We enjoyed four spectacular days cruising Glacier Bay, stopping for a port call at Ketchikan, then cruising the Inner Passage to Vancouver, Canada. The shows & concerts on board were excellent! We saw 3 shows on the Happy 4th of July to the 36 Menehune and friends who walked, socialized and picnicked at Hoomaluhia!

Manoa, September 8

It was a great turnout (27 walkers) for the lush, green but very humid Manoa walk. Naturally a group (10) stopped at the Bankok Chef for the traditional post-Manoa delicious lunch.











Photos by Christina Enoka, Carol Romig , Dennis Romig

All Pau:

Main Stage. My favorite was "Alaska in Concert"...breath-taking footage from the BBC Earth television series Wild Alaska combined with inspiring live orchestra music. We loved the intimate setting at the Lincoln Center Stage & attended 6 concerts. All very good. We were seated in the 1st row, just 5 feet from the stage. The quartet & pianist played some of my favorite classics & pop music. The icing on the cake was the two America Test Kitchen presentations. Hope to try out the Asian Dumplings & Southern Snacks recipes soon.

We discovered many gems in completing my 50 State Program. I think it took 10 years. We hope to start our 2nd round soon & discover even more gems. See you on the trails!



Jewell Gardens by Carol Romig



Diamond Head by Gordon Tyau

Mahalo

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

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



Diamond Head, October 20





~~~

# Walkers Recap - 2018

|                    | 1 <sup>st</sup> | 2 <sup>nd</sup> | 3 <sup>rd</sup> |     |
|--------------------|-----------------|-----------------|-----------------|-----|
|                    | Qtr             | Qtr             | Qtr             | YTD |
| Year Round Event   |                 |                 |                 |     |
| Ala Moana Park     | 50              | 26              | 17              | 93  |
| Downtown Capitol   | 62              | 20              | 39              | 121 |
| Diamond Head       | 14              | 16              | 2               | 32  |
| Kahala             | 10              | 17              | 4               | 31  |
| Kailua             | 26              | 2               | 7               | 35  |
| Kona               | 6               | 1               | 0               | 7   |
| Manoa              | 16              | 9               | 36              | 61  |
| Mililani           | 51              | 47              | 43              | 141 |
| Punchbowl          | 9               | 18              | 20              | 47  |
| Volcano            | 37              | closed          |                 | 37  |
| Waikiki            | 55              | 27              | 6               | 88  |
| Total walkers - YR | 336             | 183             | 174             | 693 |

#### **Traditional Events**

| Total walkers     | 784 |
|-------------------|-----|
|                   | 91  |
| Wahiawa Garden    | 18  |
| Koko Crater       | 27  |
| Hoomaluhia Garden | 36  |
| Great Aloha Run   | 10  |

Prepared by Carol Romig

~~~~

