

Menehune Marcher News



November 2023

Volume 23, Issue 1

From the President

Aloha Menehunes,

You may recall that our last (July 2023) newsletter included an article by me about a thank you letter I received from a very special lady named Gayle Myers from Perrysburg, Ohio. The letter touched me and I shared the text of the letter with you. Gayle's walk in Hawaii was the 49th in her quest to earn AVA's prestigious 50 States award, to be followed by her 50th in California this August. You may also recall, that in appreciation for Gayle's kind letter and \$17.00 donation to our club, I also sent her a letter with a copy of our newsletter and a Menehune Marchers Club patch for the 50-State quilt she has been working on.

Well, Gayle completed her 50th State as planned and sent me the following email in August: "Aloha Mark...from California! Just wanted to let you know I have completed my challenge! All 50 states have been walked, seeing the USA the AVA way... San Diego was a beautiful place for one's last walk. So glad we did Hawaii when we did. Proof that dreams can come true. Beautiful memories to last a lifetime." Gayle also sent me photos of her recently completed quilt. She has included our club patch.

One of the great things about volksmarching is the many opportunities we have to see

interesting places and to meet such kind and giving individuals. On the subject of kind and giving individuals, I would like to

recognize Carol and Dennis Romig for all that they do for our club. Hands down, they are the glue that holds us together and have given countless hours of their time to organize our club events and administration. So, the next time you see Carol and Dennis, please extend a BIG THANK YOU to them for



Menehune Marches Walk Schedule Dec. 2023 – Jun. 2024			
2023	Walk	Start Time	Start Location
Sat, Dec 9	Waikiki 5K & Koko's Café	7:30AM	Hale Koa Hotel lobby
Sat, Dec 9	Koko's Café	8:45AM	Front entrance of Koko's Café
2024			
Sat, Jan 6	Patsy Mink Park	6:30AM* & 7:30AM	1st parking lot Waipio Uka entrance to Patsy Mink
Sat, Feb 3	Ala Moana	7:30AM	Parking lot by Macy's Liliha Bakery
Sat, Feb 17	Kailua	7:30AM	Kailua Town Center by Down to Earth
Sat, Mar 2	Patsy Mink Park	6:30AM* & 7:30AM	1st parking lot Waipio Uka entrance to Patsy Mink
Sun, Mar 24	Capitol Pow Wow	7:30AM	King Kamehameha Statue (across Iolani Palace)
Sat, Apr 6	Mililani & BBQ	8AM	95-211 Kemu Place, Mililani Mauka (Romig's house)
Sat, Apr 20	Manoa	8AM	Outside tables by Longs at Manoa Marketplace
May 18-20	Ottawa Tulip Festival Walk		https://walks.ca/
May 24-26	Kingston, Ontario Canada Walk		https://walks.ca/
June	NONE		

*if you would like to see the fly-in of the parakeets at Patsy Mink Park, please arrive at 6:30AM.



A Unique Walking Event

by Pat Nakatsuka

Have you ever been on a volksmarch involving a steam clock, a Seabus, an Olympic Cauldron, and a chandelier hanging under a bridge? Welcome to Walkfest Vancouver 2023 in beautiful British Columbia! These are some of the sights that 4 Menehune Marchers -- Carol, Dennis, Neal, and I, enjoyed during

the event held on September 22 thru 24.

The first inkling we had that this was going to be a unique experience was right at the start on Day 1. Registration for the walks took place on the Magic Spirit, a large boat moored at Coal Harbour. It is a very scenic harbor with seaplanes constantly taking off and landing. There is even a Chevron gas station in the middle of the harbor.

all that they do for us!

Molly and I envy all of you in that our COVID limitations preclude us from participating in such group activities. However, we get a lot of satisfaction in knowing that they are there for you, as a direct result of Carol and Dennis' efforts. We also enjoy seeing the subsequent pictures posted to our website, and included in our newsletter, due to the efforts of two other kind and giving individuals – Pat Nakatsuka and Les Ozawa.

Finally, we get a lot of benefit from the third great feature of volksmarching and that is the regular exercise from our inventory of on-island Year-Round Event (YRE) walks. So please take advantage of those whenever you can to help sustain your good health and fitness.

Take care!

All the Best, Mark

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 – Mark Brown

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



Other Volunteers

Club website – Pat Nakatsuka

Club membership – Dennis Romig

Newsletter – Les Ozawa

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

Our first walk was called Stanley Park “The Crown Jewel,” and the walk lived up to its name. We walked along the Stanley Park Seawall with panoramic views of the Vancouver city skyline and the harbor. We passed totem poles, a lighthouse, a statue in the water called “Girl in a Wetsuit,” and eventually made our way to the Stanley Park Rose Garden. This garden was filled with, not just roses, but many other beautiful, colorful flowers.



Autumn spreads across the riverbanks with Vancouver skyline -- Neil Nakatsuka photo

On the second day, we explored the North Shore of Vancouver. The walk started from the Magic Spirit and we followed the pathway along the waterfront to the Seabus Terminal. We boarded our Seabus ferry for the 20-minute ride across the Burrard Inlet. One of the landmarks on this walk was the North Vancouver-Waterfront Park Pavilion. This is one of the markers on the Trans Canada Trail. We're told that this is the longest trail network in the world, stretching 27,000 kilometers (16,777 miles) connecting the Pacific coast, to the Atlantic coast, to the Arctic coast of Canada. For a big city, Vancouver is pretty clean, and they take this cleanliness seriously. Look at this sign we saw on one of our walks ... a maximum \$10,000 fine for not cleaning up after your dog!

The city of Vancouver is filled with public art. One of the unusual pieces we saw on our walks was a chandelier hanging under Vancouver's Granville Bridge.

Other sights we enjoyed seeing on our walks included the Olympic Cauldron (from the 2010 Olympic Winter Games held in Vancouver), and the steam clock (see inset). This clock is located in the Victorian Gastown neighborhood of Vancouver. Every hour, the clock lets off steam, toots a little tune, and blows its whistle a number of times to match the hour, for example, 3 whistles for 3 o'clock.

We all enjoyed Walkfest Vancouver 2023. The unique walks had something for everyone with lots of nature and wildlife, scenic views, interesting artwork, and friendly people. Congratulations to the Vancouver Venturers Volkssport Club for organizing an awesome event! See the Photo Gallery on the Menehune Marchers website for photos from Walkfest 2023. <https://www.avaclubs.org/MenehuneMarchers/>

Also check out the www.vancouverventurers.com website for all the walking events offered by the Vancouver Venturers Volkssport Club.



Laugh ...and the world ... (especially in Vancouver) and the world will laugh with

May this sculpture inspire laughter, playfulness and joy in all who experience it. [A-maze-ing Laughter by Yue MinJun]

Manoa Valley Year Round Event (YRE), Aug. 12

AVA Walking Challenges

<https://cb.ava.org/specprog.php>

- Appalachian Trail – 12/31/2028
- IVV-Americas – No end date
- Lighthouses II – Dec. 31,2025
- Rails-to-Trails – Dec. 31,2025
- Walking with America’s Veterans – Dec. 31, 2027
- Walking the U.S. – no end date
- Washington-Rochambeau National Historic Trail – Dec. 31, 2031

Have You checked our Web Sites Lately??

American Volkssport Association

<https://ava.org/>

Menehune Marchers

The Photo Gallery has been updated <https://avaclubs.org/MenehuneMarchers/gallery.html>

with photos from the following events:

- Walkfest Vancouver 2023 – This event was held in Vancouver BC in September. An article about the event will be in the upcoming newsletter. If you hover your mouse over the thumbnail photos, some of the photos will have a short description. Thanks to Carol Romig and Neal Nakatsuka for sharing their photos.
- Manoa Valley – This event was held on August 12. Thanks to Sandy Johnson for sharing her photos.

NEXT ISSUE DEADLINE: For the May 2024 issue, please send all photos, articles, etc., to Les at lesozawa@gmail.com by April 15

An exercise in “Awe-fullness”

<https://www.nytimes.com/2023/06/02/well/move/walking-workout-awe-mental-health.html>

Reporter Jancee Dunn, in a New York Times article, talks about taking “awe walks,” to cultivate a sense of amazement. Dacher Keltner, a professor of psychology at the University of California, Berkeley, explained to her that awe “is that complex emotion we experience when



A beautiful sky over Manoa valley was the roof over the Marchers as they visited the community garden near the Manoa playground. – CM photo

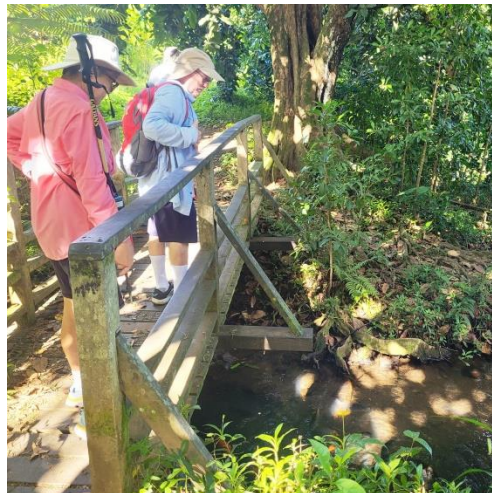
Waikiki Walk, September 9



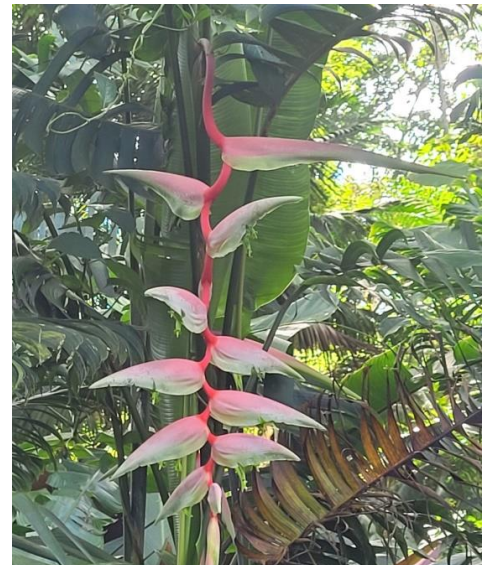
Groupies gather at outrigger sculpture on Beach-walk.

–CM photo photo

Hoomaluhia (Kaneohe) YRE Walk Oct. 28



Spotting for fishes in the stream that feed into the reservoir created to prevent flooding of Kaneohe below the botanical refuge. –CM photo



Heliconia in bloom greeted the Marchers rounding the shores of the lake. –CM photo

encountering something so vast that our sense of self recedes. It can be positive or negative (like the feelings that come from witnessing violence or death), but the awe that feels good is the type found in moments of wonder and humility.”

“Many people associate awe with places like the Grand Canyon, Dr. Keltner said. But some feel it more frequently in response to commonplace things like a nighttime sky blazing with stars, he said. In short: Awe is more accessible than you might think.”

You can pick some place you’ve never been, where sights and sounds are new. It could be a different neighborhood, park or trail, or a familiar haunt, but the fleeting beauty of a dawn sky, a bird against the sky, can make you pause in awe.

For an awe-full walk, give yourself at least 20 minutes of uninterrupted time. Start with a few minutes of deep breaths, breathing in for four counts, holding for four and breathing out for six. Then start walking.

Let your senses--the sights, the sounds, the scents, the touch of your feet, your fingers, your face-- be your guide. Take in the rustle of leaves, the breeze on your face, the clouds that sail across the sky.

Start small. While walking, pause to notice the details. It could be a ripple in puddle, an ant moving in a thicket of rotting leaves. Then, from that small detail, widen your compass to the larger whole, from a ripple to the standing water, the ant to the sidewalk and the tree beside it, the wisps of clouds to the sky and horizon.

You may visit the same route again and again, and quietly note the changes due to weather and seasons, the time of day. The sense of awe will not be dramatic as watching a movie, but it’s yours alone, and repeating the sensibility is a treasure to cherish.

Diamond Head YRE, Nov. 11



The gang’s almost all here at the east end of Kapiolani Park – CM photo

RECAP WALKERS 2023

Year Round Event	1st Qtr	2nd Qtr	3rd Qtr	Total
Ala Moana Park	25	4	12	41
Downtown Capitol	20	16	23	59
Diamond Head	14	17	18	49
Hoomaluhia	2	18	0	20
Kahala	0	6	18	24
Kailua	0	17	0	17
Kona	14	0	0	14
Manoa	10	12	34	56
Mililani	50	48	14	112
Patsy Mink Park	18	0	0	18
Waikiki	15	12	26	53
Total Walkers	168	150	145	463
Traditional Events				
Bellows - Jan 16, 2023	34			