

menehune marcher news

Spring 2010

Volume 10, Issue 1



Coming Events

Hanauma Bay Nature Preserve & Portlock- March 14, 2010

Faye Miyamasu

We start at Koko Head District Park at 423 Kaumakani Street in Hawaii Kai. The walk features lookout points of Hanauma Bay, one of the world's most unique natural environments, and panoramic views of Hawaii Kai. Walkers will also pass through the lovely Portlock neighborhood with its scenic views of Diamond Head and Maunalua Bay.

The walk is rated 2 (moderately easy) because of some significant hills and stairs. Participants can start anytime between 7:30 a.m. and 10:00 a.m., but they need to finish by 1:00 p.m. Anyone doing this walk should bring water and a hat and plan to use sunscreen.

Please pre-register with Faye by March 7 at 395-9041.

Event Calendar

Mar 14 **Hanauma Bay/Portlock**
Faye Miyamasu
395-9041

Apr 3 **Kahala Hui Hele**
Marsha Okada
395-9724

May 16 **Mililani Hui Hele**
Carol & Dennis Romig
626-3575

Jun **Open**

Jul 25 **Hoomaluhia**
Maria Brasher
261-3583

Aug **Open**

Sep TBD **Mililani Hui Hele**
Carol & Dennis Romig
626-3575

Oct 3 **Bellows Oktoberfest**
Carol & Dennis Romig
626-3575

Nov TBD **Waterfront Hui Hele**

Kahala Hui Hele – April 3, 2010

Marsha Okada

Join other club members between 7:30 a.m. and 8:30 a. m. at Fort Ruger Park. This walk passes through Kapiolani Community College and the Farmers Market and then by Pu'u O Kaimuki and Kahala Mall.

Contact Marsha at 395-9724 for more details. See you there.

Mililani Hui Hele – May 16, 2010

Dennis & Carol Romig

Join your fellow volksmarchers for a trip around Mililani on May 16, Sunday. 5K and 10K walk options are available.

Meet at the Mililani Mauka Park and Ride at 7:30 a.m. From Honolulu, take H-1 West to H-2 (North Shore/Wahiawa), exit Mililani Mauka onto Meheula Parkway. Move immediately to your left lane. At the traffic signal, turn left onto Ainamauka Drive. Then take the first left onto Ukumai Street. The Park and Ride will be on your left.

Continued on next page.

Event Calendar

(Continued)

**Dec WAI – Big Island/
3-9 Maui/Lanai**

**Dec Christmas Party
TBD**

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**2011**

**Jan West Loch  
TBD**

**Feb Great Aloha Run**

**Jun AVA Convention  
18-26 Des Moines, IA  
Carol & Dennis Romig  
626-3575**

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Menehune Milestones

Events

Faye Miyamasu – 75
Imoto, Hideo - 125
Imoto, Seiko – 125

Distance

Asakura, Ruth - 3,500
Tyau, Gordon – 3,500

Congratulations to everyone!!

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The Milestones were extracted from *The American Wanderer*, a bi-monthly publication of the American Volkssport Association. *The American Wanderer* is mailed free to all AVA members.  
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Call Dennis or Carol at 626-3575 if you plan to do this walk.

Quarterly meeting to follow

Also, we will have our quarterly meeting following the Mililani Hui Hele to the Romig's residence located at 95-211 Kemu Place, Mililani Mauka. Light refreshments will be served. The meeting will start about 10:30 a.m.

From Honolulu, take the H-1 West to H-2 (North Shore/Wahiawa), exit Mililani Mauka onto Meheula Parkway. Continue on Meheula Parkway for about two miles until it ends at Kapanoe. Turn left at Kapanoe, left at Ahoka, and right at Kemu Place.

Footprints

Out and About in Kailua – November 8, 2009



Photos by Carol Romig

President's Message

Carol Romig

Aloha !

Our Christmas party at the Mandalay Restaurant was a great success! It was especially nice that many of our "snowbirds" were able to join us for this event. Many thanks to Gayla and Harriet for your always innovative and fun games. The scavenger hunt was definitely a big hit. It will be hard to top this next year.

Although 2010 has just begun, many Menehune Marchers have already logged many Ks and events. In January we kicked off the year with the Laie Hui Hele, followed by the West Loch Shoreline Trail. Despite the dark skies in the early morning, it turned out to be a picture perfect day in Ewa as 41 walkers enjoyed the scenic stroll along the path between Asing Community Park and West Shoreline Park. We also introduced several new members to volksmarches:

Andrea and Rich Durost (Ewa)

*Carol and Roy Hiramoto
(Mililani)*

John and Lorraine Love (Canada)

February was also a double dipper with the Diamond Head Hui Hele and the Great Aloha Run. We were joined on these walks by our fellow volksmarchers from Japan. Thanks Marsha (and her entourage) for always taking the lead on these walks and really showing the aloha spirit to all.

To round out the 1st half of the year, we have Hanauma Bay/Portlock on March 14 (Sunday), followed by Kahala on April 3 (Saturday) and Mililani on

Laie Hui Hele – January 16, 2010

Carol Romig

Just a reminder that the Laie start point is now a private residence (the Coltons) located at 55-579 Naniloa Loop in Laie. The registration folder is in a white walk box in the Colton's front yard. You can't miss it.

The Menehune Marchers kicked off 2010 with a Hui Hele on January 16. Fourteen walkers turned out to enjoy a picture perfect day in Laie. We all converged at the Colton's home at 8:00 a.m. where our hosts the Coltons were ready for us with drinks, snacks and updated trail maps.

After registering we started out to walk to McDonalds. Oops....to Brigham Young University, Laie Point and the Mormon Temple. Visit our club website at <http://ava.org/clubs/menehunemarchers/> to view a wonderful photo show of our Laie Hui Hele compliments of Lois Colton. A very special thanks to the Coltons for all they have done for our club!



Photos by Carol Romig

President's Message

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May 16. These are all great walks. I hope to see you on the trails.

Be sure to check out the Club's website for our current events at <http://www.ava.org/clubs/menehunenmarchers>.

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### Dues Alert!

If you haven't paid your 2009-2010 dues yet, make your \$12 (per family) check payable to Menehune Marchers and mail it to:

Mark Luppino, Membership  
Menehune Marchers  
P. O. Box 1838  
Kailua, HI 96834

Mahalo!

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Are your mailing and email addresses up-to-date?

Send changes to Mark Luppino at mluppino@pol.net

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## Menehune Marathoners – December 13, 2009

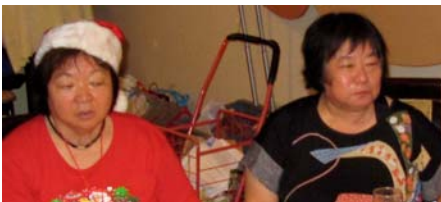
Congratulations to the local and visiting Menehunes who completed the Honolulu Marathon on December 13! What a way to rack up the kilometers!!

Here are the champs: Toni Kaefferlein, James W. Lenox, Carol Romig, Dennis Romig and Leroy Wright. Wow!

## Merry Menehunes Celebrate – December 19, 2009

About 40 Menehunes and their guests celebrated the Christmas season with yet another fabulous Christmas lunch. This year the group feasted on yummy Chinese food at the Mandalay Restaurant in downtown Honolulu. But first they completed a scavenger hunt that took them to the Hawaii State Museum and Chinatown. Those elves, Harriet Miyasaki and Gayla Tarumoto, can certainly plan great parties! There were lots of prizes and presents – even special incentives to see Sand Island and Molili' Island.

Many thanks to Harriet and Gayla!!



## Club Volunteers

**Officers (July 1, 2009 –  
June 30, 2011)**

*President* – Carol Romig

*Vice-President* – Mark Luppino

*Secretary* – Lan Char

*Treasurer* – Gordon Tyau

### **YRE Coordinators**

*Diamond Head/Waikiki/ Kahala* –  
Marsha Okada

*Waterfront* – Faye Miyamasu

*Downtown Honolulu* –  
Barbara Mateo-Kihano

*Manoa Valley* – Lan Char

*Kailua/Laie* – Maria Brasher

*Mililani* – Carol & Dennis Romig

*Kona/Volcano* – Terry Puuohau

### **Other Volunteers**

*Club Website* – Mark Luppino

*Event Brochures* – Ruth Asakura

*Club Membership* –  
Mark Luppino

*Christmas Party* –  
Harriet Miyasaki &  
Gayla Tarumoto

*Club Newsletter Editor* –  
Charlotte Sullivan

*Traditional Events* – Many! But,  
we could always use more!

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Thanks to each volunteer for your
service, your participation and
your contributions!

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*The Journey is the Reward.*

Chinese Proverb

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Photos by Gregg Hutchings and Charlotte Sullivan



Diamond Head Hui Hele – February 14, 2010

The weather was rather cool on February 14, 2010, for Valentine’s Day/Chinese New Year Diamond Head Hui Hele. Nine club members showed up to greet 11 volksmarchers from Japan escorted by Kana Takahashi of R & C Hawaii Tours. Most of the walkers were here for the first time, so they really enjoyed the panoramic view from Diamond Head. They were also thrilled by the whale watching experience as they walked back to Waikikik.



Arigato to Dennis and Carol Romig for guiding the group. The visitors were treated to Chinese almond cookies, Ruby’s chocolate mochi and the fresh pineapple and cookies from Marsha when they arrived at the Fort Ruger Park checkpoint. Seiko Imoto encouraged them to buy our club “omiyage,” and they did.

Seventeen participated: 2 for the A award, 13 for IVV credit and 2 free.

Great Aloha Run – February 15, 2010

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 Special thanks to all who helped with this newsletter – especially Faye Miyamasu, Gregg Hutchings, Mark Luppino, Marsha Okada, Carol Romig, Dennis Romig. Please send all contributions for the next one to Charlotte at [csullivan2801@yahoo.com](mailto:csullivan2801@yahoo.com). Mahalo!

Twenty-nine walkers completed the GAR. Eleven were from Japan and 18 were club members. Despite the 20,000 walkers, Carol and Dennis managed to see almost all 18 Menehunes! The Imotos even parked just behind them.

## Are You An AVA Member Yet?

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 Traveling on the mainland?
 Check out ava.org for walks in your area.

	<i>Event Recap</i>		
	<i>October – December 2009</i>		
	<i>Ivv Credit</i>	<i>Free</i>	<i>Total</i>
Traditional Events			
Out and About in Kailua	31	6	37
Honolulu Marathon	12	1	13
Year Round Events			
Diamond Head	24	0	24
Waikiki	28	0	28
Kahala	25	0	25
Waterfront	36	2	38
Downtown Honolulu	39	1	40
Manoa	26	0	26
Mililani	28	0	28
Kailua	20	0	20
Laie	3	0	3
Volcano	18	0	18
Kona	<u>12</u>	<u>0</u>	<u>12</u>
Total YRE	<u>259</u>	<u>3</u>	<u>262</u>
	2010		
West Loch Shoreline	41	0	41
Great Aloha Run	29	0	29
Diamond Heal Hui Hele	15	2	17