

# menehune marcher news

Summer 2010

Volume 10, Issue 1



## Coming Events

### **Ho'omaluhia Botanical Gardens – July 25, 2010**

*Maria Brasher & Carol Romig*

DON'T MISS our anniversary walk and potluck at Ho'omaluhia Botanical Gardens on Sunday, July 25!!! Because park gates do not open until 9 A.M., we encourage preregistration. If you preregister by July 17<sup>th</sup>, Maria will have your map ready and your start card ready to sign, so you won't have any delay in getting started as soon as the park opens.

Those doing the 5k option should drive directly to the Visitors Center where our walk starts and finishes. Then you can proceed to our 10K start/finish at Kahua Nui on the right side near the end of the road where we will all gather for our potluck celebration starting at 12 noon. Walking shoes and insect repellent are recommended.

Walk info: Maria at 261-3583. Potluck info: Carol at 626-3575.

Happy Anniversary to us!!

### **Kamananui Valley – September 4-5, 2010**

*Carol & Dennis Romig*

Join us at 8:00 A.M. for a guided walk through Oahu's past. The walk is along a fairly level jeep trail and an old cobblestone road. There are 7 turn-of-the-century stone bridges as well as more recently installed concrete fords. Along the trail is a Hidden House Site, petro glyph rocks, May's House Site with a red brick hearth and remnants of the stove house where she lived in the early 1900s. There are many native plants and trees along the trail.

The trail is rated 3. Wheelchairs and strollers are not recommended. Please preregister with Carol and Dennis, 95-211 Kemu Street, Mililani, HI 96789.

It's a guided walk, so we all start at 8:00. See you there!

## Event Calendar

- Jun 19**     **Manoa Hui Hele**  
*Carol & Dennis Romig*  
626-3575
- Jul 25**     **Hoomaluhia Botanical Gardens**  
*Maria Brasher*  
261-3583
- Aug**        **Open**
- Sep 4-5**     **Kamananui Valley**  
(Guided)  
Moanalua Neighborhood Park  
*Carol & Dennis Romig*  
626-3575
- Oct 3**        **Bellows AFS**  
*Carol & Dennis Romig*  
626-3575
- Nov 6**        **Laie Hui Hele @ 8:00**  
Private Residence  
55-579 Naniloa Loop  
Laie  
*Carol & Dennis Romig*  
626-3575

*Continued on next page.*

## Event Calendar

(Continued)

**Dec 3-9** **Walking Adventures International**  
**Big Island, Maui, Lanai**  
*Carol & Dennis Romig*  
626-3575

**Dec 18** **Christmas Party**  
**Mandalay Restaurant**  
**@ 3:00**  
**Followed by**  
**Downtown**  
**Christmas Lights**  
**Hui Hele**  
*Carol & Dennis Romig*  
626-3575

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**2011**

**Jan 8** **West Loch Shoreline Trail**  
*Carol & Dennis Romig*  
626-3575

**Feb 20** **Diamond Hui Hele**  
*Marsha Okada*  
395-9724

**Feb 21** **Great Aloha Run**  
*Carol & Dennis Romig*  
626-3575

**Jun 18-26** **AVA Convention**  
Des Moines, IA

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**Are You An AVA Member Yet?**

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Why not?

## Bellows AFS – October 3, 2010

*Carol & Dennis Romig*

Let's celebrate Octoberfest with a toast to Paradise! Join us at Bellows for a walk along a nature trail, the old runway and the beach. Afterward, we'll have a potluck lunch. Start between 7:00 A.M. and 10:00 A.M. Finish by 1:00 P.M.

If you do not have a DoD base sticker or military ID, you need to register by August 15. Base security requires preregistration. There will be information and passes at the Kamananui Valley walk. Prosit!!

## Laie Hui Hele – November 6, 2010

*Carol & Dennis Romig*

Join us in Laie at 8:00. Just a reminder that the Laie start point is at the private residence of the Coltons. We'll meet at 55-579 Naniloa Loop in Laie. Carol and Dennis will be there to preregister everyone.

We'll go to Brigham Young University, Laie Point and the Mormon Temple. It's a lovely walk.

## Walking Adventures International: Big Island, Maui & Lanai – December 3-9

*Carol & Dennis Romig*

WAI invites our members to join their group for walks on the Big Island, Maui and Lanai. They'll be walking the 10k Kona walk (Big Island), a 10k Valley of the Kings (Waipio Valley – Big Island) walk, the 12k Volcanoes walk (Big Island), a 10k Wailea walk (Maui), a 10k Lahaina walk (Maui) and a 10k Lanai pineapple hike.

You can join for one walk or all. We pay WAI \$3 per walk. Take advantage of this great bargain and see the neighbor islands. Contact Carol for more details.

## Christmas Party and Downtown Christmas Lights Hui Hele – December 18, 2010

*Carol & Dennis Romig*

We head back to the Mandalay at 3:00 P.M. for another yummy Chinese lunch. Afterward, we'll visit the Christmas lights on a 5k stroll.

More details are coming. Mark your calendar now.

## President's Message

*Carol Romig*

Aloha !

I completed my 1<sup>st</sup> term as the Club's President, and thanks to everyone it was a very easy and fun filled year for me. Our club sanctioned eight traditional events this year seven hui heles and hosted a great year end Christmas Pary at the Mandalay.

For the 1<sup>st</sup> three quarters of the year, over 1,200 walkers either walked for IVV credit or for free. We had walkers from the mainland, Europe and Asia. See the breakdown on the last page.

Our last quarterly meeting for the year was held in May, following the Mililani Hui Hele.

We have a great year ahead! We filled in the pukas and the end result is an event calendar for the next 12-15 months. In the very near future, we have Kamananui Valley, Bellows, Laie and our Christmas Party at Mandalay & 5K Downtown Christmas Lights walks.

Hope to see you on the trails!

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The Club has many volunteers that help in various capacities. As a result, the Club is able to sponsor 11 year-round events and also sponsor traditional walks throughout the year. Check out the Club's website for our current events at [www.ava.org/clubs/menehunemarchers](http://www.ava.org/clubs/menehunemarchers).  
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# Footprints

## **Hanauma Bay Nature Preserve & Portlock- March 14, 2010**

*Faye Miyamasu*



What would we do without these volunteers?? Thanks!



## Club Volunteers

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

*President* – Carol Romig

*Vice-President* – Mark Luppino

*Secretary* –

*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* –

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

Send changes to Mark Luppino at  
mluppino@pol.net

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On a March day 43 persons walked the lovely Hanauma Bay and Portlock areas. We even had an unexpected visitor from Spain – Juan Silva saw our sign and stopped to walk with us. He took a longer route but finished. Here he is with the sign that brought him to us.

We all enjoyed the fabulous ocean views.



**Dues are DUE!**

If you haven't paid your 2010-2011 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 96734

Mahalo!

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*The journey is the reward –*

*Chinese proverb*

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Photos by Faye Miyamasu & CharlotteSullivan .

**Where's the Menehune?**

On which YR walk did he see these?

***Kahala Hui Hele – April 3, 2010***

*Marsha Okada*

This walk took us to new places in a neighborhood we've walked before. It was like meeting an old friend again.



Thanks to Marsha Okada for the photos.  
Answer on last page.

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The Garden Greeter!



The Conservatory

## **Zoos, Aquariums, and More**

*Carol Romig*

In April, Dennis and I started out on our long awaited trip to South and North Carolina, and the Outer Banks (islands off of NC). After three weeks, 4 zoos, 4 aquariums, 5 gardens, 9 museums, and 14 volksmarches, we returned to Hawaii.

We started incorporating volksmarches in our trips about three years ago. By doing so, we have visited some amazing places that we would probably not have seen. All 14 volksmarches/year round events in SC and NC were top-notch.

We were in Charleston for four days. We saw many wonderful attractions in and around Charleston. We took the Charleston Garden Foundation's "Glorious Gardens" walking tour and visited 10 private gardens. Also, we visited the magnificent Middleton Place and Magnolia Plantation. The azaleas were in full bloom and absolutely gorgeous. The Magnolia Plantation is also a year round event, and part of the trail is on a boardwalk that leads to a rookery. At the rookery, we saw many snowy egrets and blue herons nesting. It was an awesome sight!

In our book, the Greenville SC year round event is one of the most gorgeous. The route takes you through Falls Park with its spectacular waterfalls, Cleveland Park, and along the Reedy River. After walking the 10K, we doubled back and visited the Greenville Zoo in Cleveland Park. We were very surprised and happy to find out that our Honolulu Zoo membership gave us free admission to the Greenville Zoo (and also the other 2 zoos and 4 aquariums that we visited); and 50% off at the Western



Dennis Romig at Middleton



Swamp Garden



Carol Romig at Sarah Duke Garden

NC Nature Center.

One really unique year round event is the NC Zoo. The entire 10K is within the Zoo. It is a spectacular zoo and definitely worth visiting. Unfortunately, we only had a few hours at the Zoo (our rest stop en route from Asheville to Raleigh via Matthews). In Matthews, we stopped for a too brief visit with former Menehune Marcher, Sherrie Johnson.

In Raleigh, NC, we did two wonderful year round events. The first was Duke University. The second was Downtown Raleigh/Oakwood. We expected to be "wowed" by the Gothic buildings at Duke U, and we were. What was unexpected, however, was the beautiful Sarah P. Duke Gardens. This 55-acre garden is the crown jewel of Duke U and is recognized as one of the premier public gardens in the United States. The tulips, irises, and AZALEAS were incredible.

The start box for the Downtown Raleigh was is at the Museum of History. Adjacent to this Museum, is the Museum of Natural Sciences. We stopped for a few hours at both these museums, and were not disappointed. The route itself was great...took you through the heart of the revitalized downtown Raleigh, pass the Capitol and Convention Center, and many beautiful historic homes. And the biggest plus, some really good eating places.

Our next stop, Ocracoke Island. It is a little off the beaten track but definitely worth the stop. We took the scenic (and also free) ferry ride from Hatteras to Ocracoke Island. The island is small, and it took us less than an hour to drive to the opposite end. En route, however, were gorgeous stretches of beach. It seemed to stretch on forever and forever, and not a soul in sight as we walked on the sand.

We selected the one and only year round event on Ocracoke. The Ocracoke 10K took us around Ocracoke Village, the Springer Preserve, and the Captain's Landing (our hotel). On a whim, we decided to see if we could check in early (it was noon), and we could and did. After kicking back and resting for about an hour, we completed the last leg of the 10K. The Captain's Landing on Ocracoke was awesome! We had a one-bedroom, full kitchen, 1.5 baths, private balcony, satellite dish, and bicycles. The harbor was less than 10 feet from our balcony. We ended our day on Ocracoke riding our bicycles around the Village, eating ice cream, and watching the sunset. Early the next morning, we boarded the Ocracoke Island ferry for our return trip via Cedar Island. We stopped at the NC Aquariums at Pine Knoll Shores and Fort Fisher en route, and then it was onward to Charleston.

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**Where's the Menehune?**

On which YR walk did she meet Elvis?



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I started the 50 states special program in 2008. With these walks in SC and NC, I'm now at 10. I'm hoping to join the 50s club (States, I mean). Fellow Menehune Marchers Gordon and Ruth, Kathy and Mark, and Charlotte are also working on the States. Marsha Okada, Barbara Mateo-Kihano and B. S. McEwen have already completed a walk in all 50 states. Bravo!

## AVA Walking Challenges

AVA clubs create fascinating reasons to walk. Here are some programs available now:

**Celebrate America's Gardens** (See Carol's article about this one.)

**Museum Walk America**

**Veterans Memorials**

**Walkin' Waterfalls**

**Railroad Heritage**

**America's Artistic Heritage**

**Islands** (Quite a few Menehunes completed this one.)

**Grist Mills**

**Walking America's Trails**

**Liberty Bell Replica**

**Carnegie Libraries**

**Walking America's Fire Houses**

**50 States** (Marsha Okada, Barbara Mateo-Kihano and B.S. McEwen completed this one.)

**50 State Capitals**

**America's Baseball Walks**

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

**Forts of the United States**

**RiverWalk America**

**Hillside Letters**

**Great Lakes, Great Walks, Great Fun**

**Native American Culture**

**Hooray for Hollywood**

**America's Historic Churches**

**Honoring Law Enforcement**

**Walking the USA A-Z** (Several Menehunes have completed this one.)

Most special programs require a certain number of walks done within a specified time period. Your reward is a patch and some interesting places you might never go otherwise.

New programs are always being created as old ones expire. Check out details at AVA.org.

Let me know when you finish a program. We want to share the good news with the rest of the club.

I also started America's Garden this year, and currently have 6 gardens to date. Whoever designed this program certainly has a sense of humor. The incentive levels are: 1-5 Digger, 6-10 Seeder, 11-15 **Weeder**, 16-19 Bouquet Maker, and 20 Master Gardener. I am now a "Seeder." Do I aspire to be a Weeder? I think not.

## Menehune Marchers Membership

*Mark Luppino*

The Menehune Marchers is one of the American Volkssport Association (AVA) clubs. This enables us to host AVA sanctioned events in Hawaii. Our walking events can be used by participants as credit toward the IVV Individual Achievement Awards. IVV stands for International Volkssportverband, also known as the International Federation of Popular Sports. As part of the AVA, we receive guidance and support from the AVA for our events and free publicity for the events on the AVA website and in the AVA newsletter, *The American Wanderer*.

The Menehune Marchers collect dues to cover expenses associated with the walking events we host. Members pay \$12 due per year. Members receive a membership card and inclusion on the club mailing list to receive newsletters, meeting announcements and flyers of our events. Club patches are available at club cost for members. The club provides a forum for members to associate with others who are interested in maintaining fitness through non-competitive walking in interesting places.

The Menehune Marchers currently has 57 members. Membership dues are \$15 for the first year and \$12 for annual renewals. We collect membership dues in July. For new members, the dues are pro-rated by the month. Checks should be made payable to the Menehune Marchers and mailed to **Menehune Marchers, P. O. Box 1838, Kailua, HI 96734**.

## Walking Hints

1. Cheerful companions speed you along.
2. The heaviest thing you can carry is a grudge.
3. If you lack the courage to start, you have already finished.
4. Of all the things you wear, your expression is the most important.



# Menehune Milestones

## Events

Asakura, Ruth – 275  
 Fukuyama, Ruby - 200  
 Romig, Carol – 275  
 Tyau, Gordon - 275

## Distance

Brown, Molly – 7,000  
 Brown, Molly – 7,500  
 Brown, Molly – 8,000

## Islands

Brown, Mark  
 Brown, Martha  
 Wright, Robert  
 Wright, Wanda

## Congratulations to everyone!!

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.

If you want your dreams to come true, you mustn't oversleep.

The Menehune was at UH on the Manoa YR.  
 The Menehune was on the Downtown Walk when she met Elvis.

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

# In Remembrance

María Brasher

Many of you have met and/or walked with our honorary club member from the State of Washington, Doris Clayton. She was the inspiration for the Laie YR. She was a devoted AVA walker who missed her daily walks when visiting her daughter and family during winter stays. The few walks we were able to do together (including Diamond Head when she was 85) were not enough. So her daughter and son-in-law, Lois and Don Colton, planned one for her close to home. They did all the planning, mapping, and start/finish work for us. You may have met them at their home in January when their house became the new start/finish.

Several weeks after that she fell and needed a hip replacement from which she was successfully recovering. She celebrated her 90<sup>th</sup> birthday in the hospital. Then she suffered a stroke from which she was unable to recover. She died on May 17, 2010. We will miss her enthusiasm and good example. But we'll think of her each time we walk Laie.

Mahalo, Doris.

## Event Recap July 2009 - March 2010

Traditional Events	Q1	Q2	Q3	Total	POC
Hoomaluhia Botanical Garden	35			35	Maria Brasher
Wahiawa	40			40	Carol & Dennis
Discover Moiliili	47			47	Marsha Okada
Out & About in Kailua		37		37	Maria Brasher
Honolulu Marathon		13		13	Carol & Dennis
West Loch			41	41	Carol & Dennis
Great Aloha Run			29	29	Carol & Dennis
Hanauma Bay/ Portlock			43	43	Faye Miyamasu
<b>Subtotal Traditional</b>	<b><u>122</u></b>	<b><u>50</u></b>	<b><u>113</u></b>	<b><u>285</u></b>	
<b>Year Round Events</b>					
Diamond Head	20	24	68	112	Marsha Okada
Waikiki	34	28	55	117	Marsha Okada
Kahala	21	25	25	71	Marsha Okada
Waterfront	46	38	48	132	Faye Miyamasu
Downtown Honolulu	35	40	17	92	Barbara Mateo
Manoa	37	26	9	72	Lan Char
Mililani	57	28	38	123	Carol Romig
Kailua	13	20	34	67	Maria Brasher
Laie	17	3	22	42	Maria Brasher
Volcano	17	18	19	54	Terry Puuohau
Kona	6	12	27	45	Terry Puuohau
<b>Subtotal YRE</b>	<b><u>303</u></b>	<b><u>262</u></b>	<b><u>362</u></b>	<b><u>927</u></b>	
<b>Total walkers</b>	<b><u>425</u></b>	<b><u>312</u></b>	<b><u>475</u></b>	<b><u>1212</u></b>	

