

menehune marcher news

Fall 2009

Volume 9, Issue 3



Coming Events

Out and About in Kailua – November 8, 2009

Maria Brasher

The start point is the Kailua District Park located at 21 S. Kainalu Drive. This unique walk starts at the Park, passes through central Kailua, continues on to the Kawainui Marsh and crosses on the dike with its amazing views of Mt. Olomana. Participants can start anytime between 8:00 a.m. and 11:00 a.m.

Please pre-register with Maria by November 1 at 261-3583.

Event Calendar

Nov 8 Out and About in Kailua

Maria Brasher
261-3583

(Club meeting to follow –
about 11 a.m.)

Dec 13 Honolulu Marathon

(Piggyback)
Carol & Dennis Romig
626-3575

Dec 19 Christmas Party

Mandalay Restaurant
Barbara Mateo-Kihano
247-5059
Gayla Tarumoto
247-2383

Honolulu Marathon Race Day Walk (10K)

Honolulu Marathon (42K) – December 13, 2009

Carol & Dennis Romig

It's just around the corner. Join in the excitement of walking either a 10K or 42K at the Honolulu Marathon in the wee hours of the morning. You must pre-register for this event. You must also be registered for the Honolulu Marathon.

The Marathon starts at Ala Moana at 5:00 a.m. (the Race Walk at 5:25). The 42K route includes downtown Honolulu along Honolulu Harbor and Aloha Tower, Ala Moana Center, Waikiki, Kapiolani Park, Diamond Head and Kahala through the bedroom communities of Waialae Iki, Aina Haina and Niu Valley, Hawaii Kai and Maunaloa Bay Beach Park (the 18 mile marker). *Only 8 miles to the finish line in Kapiolani Park.*

On the return, you double back along Kalaniana'ole Highway. As you turn onto Kahala Avenue and Diamond Head Road and head to the finish line, you hopefully will be enjoying the gorgeous views – the luxury homes fronting Kahala Beach and Black Point, Cliffs (the popular surf spot) and the Diamond Head Lighthouse.

See you there.

~~~~~  
**2010**

#### **Jan 30 West Loch Shoreline**

**Trail**  
*Carol & Dennis Romig*  
626-3575

#### **Feb 14 Diamond Head Hui Hele**

*Marsha Okada*  
395-9724

*Continued on next page.*

## Event Calendar

(Continued)

- Feb 15** **Great Aloha Run**  
(Piggyback)  
Carol & Dennis Romig  
626-3575
- Mar 14** **Hanauma Bay/Portlock**  
Faye & John Miyamasu  
395-9041
- Apr 3** **Kahala Hui Hele**  
Marsha Okada  
395-9724
- May TBD** **Mililani Hui Hele**  
Carol & Dennis  
Romig  
626-3575
- Jun TBD** **Manoa Hui Hele**
- Jul TBD** **Hoomaluhia Club  
Anniversary**
- Aug TBD** **OPEN**  
(Possible USO  
piggyback.)
- Sep TBD** **OPEN**
- Oct TBD** **Bellows Oktoberfest**  
Carol & Dennis  
Romig  
626-3575

~~~~~

**Are You An AVA
Member
Yet?**

~~~~~

## More Coming Events

### Christmas Party – December 19, 2009

Barbara Mateo-Kihano & Gayla Tarumoto

Please join your fellow volksmarchers at our annual Christmas party on December 19. Barbara Mateo-Kihano and Gayla Tarumoto volunteered to organize this event, so we can definitely expect a great time. A flyer will be sent out in late November with more party details (directions, grab bag, etc.).

There will be a *Pre-Party Downtown Scavenger Hunt* (optional but lots of fun!) with a start and finish at the Mandalay. It's an information-gathering hunt only – not one where you bring back items.

Be sure to bring a *White Elephant* to exchange with other party-goers.

Please RSVP by December 3. Make your check payable to Menehune Marchers and send to: Carol Romig, 95-211 Kemu Place, Mililani, HI 96789. Include the names of attendees, your telephone number and e-mail.

**Where:** The Mandalay @ 1055 Alakea Street (Downtown Honolulu)  
**When:** December 19, 2009  
**Time:** 12:00 noon (The scavenger hunt will be from 11-12.)  
**Cost:** Club Member - \$18  
Non-Club Member - \$21  
**Menu:** Chicken Salad  
Fish Fillet with Vegetables  
Sam See Chow Mein  
Orange Beef  
Assorted Dim Sum (Shrimp Dumpling, Pork Hash, Pork Manapua, Taro Puff, Egg Tartlet)

### West Loch – January 30, 2010

Carol & Dennis Romig

For the 3<sup>rd</sup> year in a row, our Club is hosting the West Loch walk on January 30 (Saturday). This route takes you through two parks, the Asing Community Park and the West Loch Shoreline Park. The two parks are connected by the waterfront bike trail, where you will have beautiful vistas of the western most portion of Pearl Harbor called “West Loch.”

Start the year off by joining us and exploring this gem in Leeward Oahu on the southwestern perimeter of Waipahu town. You can start your walk as early as 7:30 AM. The walk starts at the Asing Community Park located at 91-1450 Renton Road, Ewa.

## President's Message

Carol Romig

Aloha !

Hoomaluhia in July was a great kick-off event to start the new fiscal year. Thanks to all who helped and participated in this event. Special thanks to Maria Brasher who cheerfully (and always) volunteered to sponsor this event and to Barbara Mateo-Kihano who did the officers installation ceremony. Great job to you both! Thanks also to Mark Brown and Terry Puuhau who previously filled the president and treasurer positions and kept the Club on track for many years.

Three traditional walks were held in August, September and October: Wahiawa, Upper Manoa/Lyon Arboretum and Discover Moiliili. These walks were wonderful ones to explore the older neighborhoods and find local good eats. Thanks to Lan and Marsha for organizing these walks and to Bob and Wanda Wright for helping at the Wahiawa walk.

Following the Mililani Hui Hele in August, the Club held its quarterly business meeting. The Club finalized the walks for the next 12 months and voted to continue to offer the year-round events at a reduced rate of \$2.00 for Club members. The standard rate is \$3.00.

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

## More Coming Events

### Great Aloha Run – February 15, 2010

Carol & Dennis Romig

Join some 20,000 other crazy people at 5:00 a.m. gearing up for the Great Aloha Run (or Walk). The 13 K (8.15 miles) route starts at the Aloha Tower in downtown Honolulu and winds along the historic Honolulu Harbor, down Nimitz Highway, Kamehameha Highway and into Aloha Stadium.

You must pre-register for this event and also be registered for the GAR.

## Footprints

### Waikiki Hui Hele – April 19, 2009

Marsha Okada

The Waikiki Hui Hele held on April 19 boosted the participation count for the quarter, as there were 21 members who participated.

The AVA Appreciation Certificate was presented to J P Cercillieux, VP and General Manager of the New Otani Kaimana Beach Hotel. He had Maintenance put it up on the wall in the back of the Start/Finish Box. Check it out if you have not seen it.

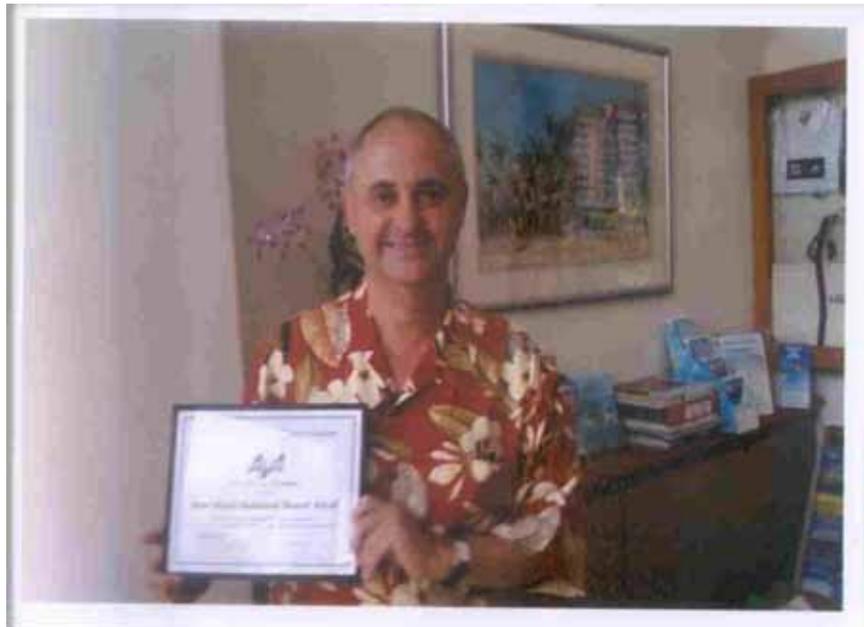


Photo by Marsha Okada.

We received thank you letters/receipts from the American Red Cross and Visitor Aloha Society of Hawaii (VASH) for our \$100 donations in the name of NOKBH and J P Cercillieux. The third donation was made to the Waikiki Community Center.

**President's Message**  
*(continued)*

<http://www.ava.org/clubs/menehunemarchers>

**More Footprints**

**Upper Manoa Valley – June 20, 2009**  
*Lan Char*

~~~~~

A note from Marsha:

After coordinating regular walks for 15 years, it is time for me to pass on the baton (meter wheel?) to the “younger ones.” Fortunately, I will still be around to walk, and if needed, give you a helping hand. At this time I would like to extend my sincere appreciation to all who have helped and supported me throughout those years.

Mahalo Nui Loa.
Aloha no,
Marsha Okada

~~~~~

Marsha, we thank you for all your years of energetic and dedicated service to the Menehunes. We look forward to walking with you many more times.

~~~~~

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!

~~~~~

On a bright sunny Saturday morning 39 walkers showed up at McDonald's Manoa for a guided walk to upper Manoa Valley and the Lyon Arboretum. It was a first-time walk to the upper valley with a tour to the Lyon Arboretum, which is part of the University of Hawaii.

Since the second half of the walk is along a narrow winding road with no sidewalks, it was decided to have a guided walk this time. The highlight of this walk is the Lyon Arboretum, the only rainforest on Oahu where research is ongoing to propagate endangered species. It has many exotic tropical trees and flowers with a special section on Hawaiian plants and herbs. This walk is not part of the year-round walks. If interest warrants, the walk may be repeated annually.



~~~~~

The Journey is the Reward.

Chinese Proverb

~~~~~

## 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* –  
Barbara Mateo-Kihano &  
Gayla Tarumoto  
*Club Newsletter Editor* –  
Charlotte Sullivan  
*Traditional Events* – Many! But,  
we could always use more!

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

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

Send changes to Mark Luppino at  
mluppino@pol.net

~~~~~

More Footprints —

Upper Manoa Valley



The Big waterfall!

Photos by Dennis Romig.

Menehune Milestones

Events

Sharon Espree-Dowdell –
175, 200
Carol Romig – 225, 250
Ruth Asakura - 250
Gordon Tyau - 250
Molly Brown - 275
Mark Luppino –
375, 400, 425, 450, 475
Kathy Tschappat –
375, 400, 425, 450, 475
Marsha Okada - 550
JoAnn Doleman - 1000
Robert Doleman – 1200
Gretchen Malaski – 1900

Distance

Faye Miyamasu -1000K
Sharon Espree-Dowdell – 2000K
Carol Romig – 2500, 3000K
Ruby Fukuyama – 4000K
Mark Luppino
4500, 5000, 5500K
Kathy Tschappat –
4500, 5000, 5500K
Molly Brown – 6000, 6500K
Mark Brown – 7500K

Bike Distance

Ray Malaski -
1000, 2500, 5000K

Congratulations to everyone!!

~~~~~  
The Milestones were extracted by  
Marsha Okada from *The American  
Wanderer*, a bi-monthly publication of  
the American Volkssport Association.  
*The American Wanderer* is mailed free  
to all AVA members.

~~~~~  
*Special thanks to all who helped with this
newsletter – especially Ruth Akasura, Lan Char,
Mark Luppino, Marsha Okada, Carol Romig,
Dennis Romig, Gordon Tyau. Please send all
contributions for the next one to Charlotte at
csullivan2801@yahoo.com. Mahalo!*

More Footprints

Discover Mo'ili'ili – October 3, 2009

Marsha Okada

There was no festival this year, but our Discover Mo'ili'ili Walk proceeded as scheduled on Saturday, October 3. Forty-seven club members and friends (5 for “B” awards, 27 for IVV credit only, and 15 free) showed up for a wonderful day of walking.

A few changes on the route were noticed since our last walk in 2007: Aloha Gas Station on King Street, Varsity Theater on University and Frear Hall on Dole Street were demolished. The new dormitory is now completed. A few walkers rediscovered places like Down to Earth and Catherine's Bake Shop; however, Waiola Shave Ice Store with its award winning Best of the Best shave ice was still the favorite pit stop.

The early start time/early finish gave the walkers the opportunity to linger, chat and partake in our own “Food Festival.” There were chow mein, fruit salad, butter mocha cake, fruit cake, candy bars and homegrown tangerines to be enjoyed by all.

Mahalo to the following club members for their kokua: Wanda/Bob Wright, Ruth Asakura, Evelyn Chong and Ruby Fukuyama (Start/Finish), Barbara Mateo-Kihano and Gordon Tyau (Checkpoint) and Carol/Dennis Romig (Tent Setup and Take Down).

Event Recap July 1- September 30, 2009

	IVV Credit	Free	Total
Traditional Events			
Hoomaluhia Botanical Garden	26	9	35
Wahiawa	27	13	40
Discover Moiliili	32	15	47
Year Round Events			
Diamond Head	20	0	20
Waikiki	33	1	34
Kahala	21	0	21
Waterfront	42	4	46
Downtown Honolulu	31	4	35
Manoa	32	5	37
Mililani	49	8	57
Kailua	13	0	13
Laie	14	3	17
Volcano	16	1	17
Kona	5	1	6
Total Walkers	<u>361</u>	<u>64</u>	<u>425</u>