

menehune marcher news

July 2011

Volume 11, Issue 1



"Moving together toward a healthier America"

Horizons – Coming Events

Hoomaluia Anniversary & Potluck–July 24, 2011

Join us Sunday, July 24, for the Menehune Marchers' Birthday Party! It's our annual anniversary walk and yummy potluck at the Hoomaluia Gardens – site of our first walk! This event is always a big favorite!

Watch your mailbox for details or contact:

Maria Brasher – 261-3583 for walk info
Carol Romig – 626-3575 for potluck info

Happy Anniversary to Us! Happy Birthday to Us!

Event Calendar

| | |
|----------------------------|--|
| July 24 Sun | Hoomaluia Anniversary & Potluck <i>Carol Romig (Potluck)</i> <i>Maria Brasher (Event)</i> |
| Aug 6 & 7 | Kamananui Valley <i>Carol & Dennis Romig</i> 626-3575 |
| Sept 10 Sat | Manoa Hui Hele <i>Carol & Dennis Romig</i> 626-3575 |
| Sept 17 | Volcono YR <i>Carol & Dennis Romig</i> 626-3575 |
| Sept 18 | Kona YR <i>Carol & Dennis Romig</i> 626-3575 |
| Oct 23 Sun | Kawainui Marsh/Kailua <i>Maria Brasher</i> 261-3583 |
| Nov | TBD |
| Dec 3 Sat | Party & Downtown 5K <i>Carol & Dennis Romig</i> 626-3575 |

Kamananui Valley – August 6 & 7, 2011

Carol Romig

We hope you can join us on August 6 or August 7 (or both days if you like) for the Kamananui Valley guided walk. The start/finish location is the Moanalua Valley Neighborhood Park located at the end of Ala Aolani Street. Last year 45 walkers did this beautiful "Walk into the Past." Our guided walk will start between 8:00 - 8:15 a.m.

The walk is along a fairly level jeep trail and old cobblestone road. At the stream crossings there are seven turn-of-century stone bridges. There are many native plants and trees along the trail. 5K, 6K, 11K, and 12K options available. It may be muddy along the trail, so a walking stick may be helpful.

For more info, please contact Carol or Dennis at 626-3575. On the day of the event, please call 294-8637 (cell).

Jan **West Loch**
21 *Carol & Dennis Romig*
Sat 626-3575

Manoa Hui Hele and Talk Story
(aka Quarterly Meeting) – September 10, 2011
Carol Romig

Feb **Diamond Head Hue Hele**
19 *Marsha Okada*
Sun 395-9724

Please join us on September 10 (Saturday) at 8:00 a.m. for the Manoa Hui Hele. 5K and 10K walk options are available. Meet at the McDonald's Manoa Marketplace, 2915 East Manoa Road in Manoa Valley.

Feb **Great Aloha Run**
20 *Carol Romig*
Mon 626-3575

From H-1, take Exit #24B (same exit # going east or west). Proceed toward the mountains on University Ave. At the intersection of University Avenue, Oahu Avenue & East Manoa Road, turn right onto East Manoa Road. Proceed to Manoa Market Place Shopping Center (it will be on right). The McDonalds is on the left as you enter the parking lot. Ample street parking is available at the opposite end of the parking lot (toward Long's).

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**Club Volunteers**

**Officers (July 1, 2011 –  
June 30, 2013)**

*President – Carol Romig*  
*Vice-President – Wanda Wright*  
*Secretary – Joy Hee*  
*Treasurer – Gordon Tyau*

A short quarterly meeting will be held at about 11:00 a.m., following our walk. Meeting to be held at Bangkok Chef located at 2955 E. Manoa Road (around the corner from McDonalds). Cheap eats! And yummy!

Call Carol at 626-3575 for more info. On the day of the walk, please call 294-8637.

**YRE Coordinators**

*Diamond Head/Waikiki/ Kahala –*  
*Mark & Molly Brown*  
*Waterfront – Faye Miyamasu*  
*Downtown Honolulu –*  
*Barbara Mateo-Kihano*  
*Manoa Valley – Lan Char*  
*Kailua/Laie – Maria Brasher*  
*Mililani – Carol & Dennis Romig*  
*Kona – Carol & Dennis Romig*  
*Volcano – Terry Puuohau*

***Volcano – September 17***

This awe-inspiring YRE certainly ranks close to the top for spectacular beauty. The 12K walk proceeds through rain forest and into the calderas (the dormant ones, thank goodness) so that every walker has no doubt about the raw force and majesty of Pele, the Hawaiian goddess of fire, lightening and volcanoes. You'll remember this walk forever!

Meet at the Hawaii Volcanoes National Park Visitor's Center between 7:30 and 8:00 a.m. Bring your walking sticks.

For more information, give them a call at 626-3575.

**Other Volunteers**

*Club Website – Wanda Wright*  
*Event Brochures – Ruth Asakura*  
*Club Membership –*  
*Wanda Wright*  
*Christmas Party –*  
*Club Newsletter Editor –*  
*Charlotte Sullivan*  
*Traditional Events – Many! But,*  
*we can always use more!*

***Kona – September 18***

Carol and Dennis are developing a new walk for Kona. They will be the new POCs. Join them for the fun. Meet at Kona Seaside Hotel between 7:30 and 8:00 a.m.

For more information, give them a call at 626-3575.

Mahalo, volunteers!

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President's Message

Carol Romig

The Iowa and Nebraska clubs hosted the AVA Iowa convention walks and did a terrific job. I am very happy to tell you that we were able to walk with fellow Menehune Marchers Bob and Wanda Wright, and Don and Donna Ulbricht on these walks. And, we saw Maria Brasher and her son Mark on the Winterset "Bridges of Madison County" trail.

About 500-700 volkssporters walked throughout Iowa each day for nine days. It was fun plus I knocked off 6 states - Minnesota, Wisconsin, Missouri, Kansas, Nebraska, and Iowa. I also finished my Garden book. I am now a "Master Gardener" (no longer stuck as a "Weeder"). The Wrights plan to share their adventure with you.

Please thank our very hard working volunteers who help maintain the year round boxes (stocking the boxes, collecting and depositing the monies, filling out quarterly reports, fielding numerous e-mails or calls, walking events with our visitors, and hosting hui heles). We had great turnouts for the 1st and 2nd quarters. See the recap:

Special thanks to Gordon Tyau, Ruth Asakura, and Marsha Okada for hosting the Waterfront and Waikiki hui heles in March and April.

Our club officer elections were recently held for the July 2011 to June 2013 term. Congrats to our new vice-president, Wanda Wright, and secretary, Joy Hee.

Kawainue Marsh/Kailua - October 23, 2011

Mark your calendars to be in Kailua on Sunday, October 23 to walk in the shadow of the mighty Koolaus. A paved path on the dike takes us across Kawainui Marsh into Kailua. This 830 acre freshwater marsh is home to four endangered marsh birds and over 60 other birds, fish and aquatic animals. You'll love the panoramic views of Mt. Olomana and the greener-than-green Koolau Mountains.

Catch some of those Windward sea breezes with us! See you there!

Christmas Party and Downtown 5K – December 3, 2011

What is the Christmas season without the Menehune party and walk?!? Well, it wouldn't be the same without the yummy food, the games and the companionship that only comes from walking around in the dark with your friends!

Mark your calendar! Santa is expecting you! Be there!

Footsteps Everywhere!

Did you know that Menehunes are out there walking up and down and all around to get Events, Distance and Special Events completed. See the list of finishers in the Milestones Section.

But, before they hit a finisher Milestone, Menehunes put a lot of kilometers on their sneakers. Here's what a few of them are doing:

Fifty States – Must complete a walk in every state – all 50 of them!

Gayla Tarumoto – almost finished

Carol Romig – 19 states walked

Charlotte Sullivan – 36 states walked

Wanda Wright – 4 states walked

Bob Wright – 4 states walked

50 State Capitals – Must walk in every state's capital – all 50 of them!

Bob Wright – 4 done

Wanda Wright – 4 done

A to Z - Must do 26 walks – one for each letter of the alphabet! Some of those letters are tricky. Think Q and Z! X is easy. It's a wildcard.

Bob and Wanda Wright – About 10.

Are you on the trail, too? Let us know.

Gordon Tyau and I are now on our 2nd term as Treasurer and President, respectively.

Footprints

Just around the corner is our anniversary walk and potluck celebration at Hoomaluhia Botanical Garden. It is a sure winner! Thanks Maria for always hosting this event.

Hope to see you on the trails!

Waterfront Parks – March 19

Gordon Tyau and Ruth Asakura



Waterfront Turnaround



After Ruby's Snacks, the Waterfront Walkers Pose Before Heading Out

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**Keep your face in the sunshine,  
and you won't see the shadows.**

Helen Keller

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**One thing you can't recycle as
wasted time.**

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**Good news:**

**Walkers can count each walk as  
an event. The two per year  
limit is OUT!**

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Ala Wai Boat Harbor

Waikiki Hui Hele – April 3

Marsha Okada

Waikiki is always buzzing with activities. Sunday, April 3, 2011, was no different.... Scottish Festival going on at Kapiolani Park, surfers getting ready at San Souci Beach, joggers training on Diamond Head Road and 30 Menehune Marchers and friends eagerly waiting to start the walk. It was a beautiful day to enjoy the sights and sounds of Waikiki.



Marsha launches Waikiki!



The Imotos start Waikiki at the War Memorial

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**Dues are DUE!**

If you haven't paid your 2011-2012 dues yet, make your \$12 (per family) check payable to Menehune Marchers and mail it to:

Wanda Wright, Membership  
Menehune Marchers  
P. O. Box 1838  
Kailua, HI 96834

Mahalo!

See the handy form on the last page.

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Are You An AVA Member?

Are you a member of Menehune Marchers?

Why not?



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Don Ulbricht, Ruth Asakura and Gordon Tyau head over the Ala Wai Bridge

# **Menehune Milestones**

**Mililani Hui Hele – May 15**

### **Events**

Fukuyama, Ruby – 225  
Romig, Carol – 325

### **Distance**

Romig, Carol – 5,000, 5,500

### **Special Programs**

#### **Fifty States**

Sharon Espree-Dowell  
Don Ulbricht  
Donna Ulbricht

#### **Fifty State Capitols**

Sharon Espree-Dowell  
Don Ulbricht  
Donna Ulbricht

#### **Celebrate America’s Gardens**

Carol Romig

#### **Islands**

Bob Wright  
Wanda Wright

### **Congratulations!!**

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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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Mililani Photo by Gordon Tyau



This Group is Never Lost!

Photo by Gordon Tyau



Peaceful Beauty

Photo by Gordon Tyau

## AVA Walking Challenges

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

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

### 50 State Capitals

America's Artistic Heritage

America's Baseball Walks

America's Family Bakeries

America's Historic Churches

Carnegie Libraries

Celebrate America's Gardens

Celebrating Golden Cinemas

Covered Bridges

Discovering America's Murals

Forts of the United States

Grist Mills

Hillside Letters

Historic Churches

Honoring Law Enforcement

Hooray for Hollywood

Liberty Bell Replica

Museum Walk America

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

Strolling Somewhere Over the Rainbow

Struttin' Down Main Street

Veterans Memorials

Walking America's Fire Houses

Walking America's Trails

Walkin' Waterfalls

Walking the USA A-Z

W.P.A.

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

### Mililani Update!!

The Mililani Walk will now start at Carol & Dennis' house at 95-211 Kemu, Mililani. Someone removed the start box twice from its old location.



Photo by Gordon Tyau

## AVA Convention in Iowa – June 18-26

Wanda and Bob Wright

*“Should we go to an AVA Convention and do 11 Walks in 9 days when we only do about one per month usually? Oh, let's try it. We'll just do 5Ks.”*

The 2011 AVA Convention was held in Des Moines, Iowa June 18-26 2011, at the Convention Complex in Des Moines. We arrived Friday, June 17<sup>th</sup>, at the Marriott Downtown along with many other attendees.

Saturday, June 18<sup>th</sup>, took us to Harrah's Casino in Council Bluffs, Iowa, where we checked in for 2 walks and awaited buses to take us the Hitchcock Nature Center for our first walk in the Loess Hills. The rains most of the morning made the hills a bit challenging. We arrived just as the rains departed, so we managed to find some dry areas to walk on as we climbed and descended the muddy hills (Carol and Dennis, who had arrived earlier, were not so lucky). Although it took us, and many others, the time of a 10K to do the 5K we quite enjoyed walking in the woods on natural surfaces and in the shade much of the time. After a bus ride back to Council Bluffs, we were on to our next walk. After crossing the only pedestrian-only bridge between two states in the U.S., which took us into Omaha, Nebraska, we reached the 5K turn-around spot without having found a place to eat. *“Let's cut across to where the 10K comes close and see if we can find something to eat. Then we can follow the end of the 10K route if we are up to it.”* So, after finding a hotdog stand that had been set-up to catch the College Baseball World Series crowd, we kept walking, probably doing about 7.5K before we finished. Day One walking done we slogged onto the buses for the ride back to the hotel in Des Moines.

## Islands Special Event Update

Good News: If you were working on the Islands Special Event but didn't finish by December 31, 2010, don't despair. The event is still open to those who already have their books and started the walks.

Just keep on doing Island Walks (that should be easy!) and send in your book when you're finished.

## Go Local

We Menehunes sponsor some of the most beautiful and certainly one of the most challenging walks (Volcano) in the United States. Have you walked them all? Have you walked them lately?

Each of these walks is hosted by a local Menehune and by a local business or organization. Be sure to tell them THANKS!

**Menehune Year Round Walks.**  
Check them out! They're great!

**Oahu:** Waikiki, Kahala,  
Diamond Head, Manoa,  
Waterfront Parks,  
Downtown, Mililani,  
Kailua, Laie

**Big Island:** Kona, Volcano  
National Park.

## Hot Deal!!

**\$2** – Cost per YR for Club members -- You save a Buck off the regular price! Special events are still \$3. The more you walk – the more you save!

Sunday, June 19<sup>th</sup>, early wake up call. “*Whose idea was this anyway?*” The bus took us to White Rock Conservancy in Coon Rapids. It was a hot day for a walk. We met up with Carol & Dennis this time and ended up walking the full 11.4K. *After all it was only one walk today and we walked more than 11 yesterday.* We saw the tiniest frogs (or were they toads?) we had ever seen and Carol got her picture taken picking Mulberries.

Monday, June 20<sup>th</sup>, and two more walks. First we arrived by bus at the Surf Ballroom in Clear Lake, where Buddy Holly, Ritchie Valens, and the Big Bopper, played their last concert before their fatal crash in a cornfield nearby. Carol & Dennis found us as they were arriving back from getting lost on the first part of the 10K. They decided to do the 5K with us since they had already done 5K while lost (*Never follow Dennis :-)*). A short bus ride took us to Mason City, the original River City in *The Music Man* movie, for the 2<sup>nd</sup> walk of the day. We started in Music Man Square, which is a replica of the 1912 streetscape used in the movie. We stopped at the Charles H. MacNader Art Museum to see the puppets from the *Sound of Music*. We also saw many Frank Lloyd Wright designed buildings. At the mall where we stopped to eat we found a Hawaiian Shave Ice shop. Although a little misty in the morning (Dennis's excuse for getting lost), it was quite a nice day.

There was a Walk box with three additional walks in the hotel lobby. *Do we want to do these, or are we having enough with the Convention walks? Oh, Let's do the Skyways Walk. That should be easy. It's only a 5K, and we can do it again later if we are up to it to get 10K.*

Tuesday, June 21<sup>st</sup>, off to the Living History Farms in Clive. A choice of two 5Ks or both -- one thru the Living History Farms and one thru the town of Clive. We met up with Carol and Dennis again and did the Living History Farms. After the walk we wandered around the historic buildings, and then we enjoyed a very good lunch at The Machine Shed Restaurant while waiting for the bus back to the hotel. We will have to go back another day to do Clive. For supper we joined many other convention attendees for “Everything on a Stick” and a browse around the auction items and vendor booths at the Meet & Greet.

Wednesday, June 22<sup>nd</sup>, a short bus ride to Winterset, home of John Wayne and the Bridges of Madison County. The walk started in a park and then into town. Again we opted for the 5K as Wanda decided 4 blisters on one foot were enough. Wanda found her quilts (lots of antique ones) for this trip in a small Historical Museum halfway thru the walk. She also found the Fons & Porter shop (famous TV quilters). We were pleasantly surprised to meet Maria Brasher as we were descending the hill from Checkpoint #2. We didn't know any other Menehune Marchers were going to be there. Early bus back, so people could attend the Convention Lunch and other activities. We decided to relax before joining an extra walk planned for the evening to take advantage of the “unWined” wine festival. Since it was an 11K, we decided to start early figuring the others would catch up. Well the rain cancelled the festival and most of the walkers, so we had a nice quiet Waterways Walk all to ourselves.





Ulbricht's classy arrival in Iowa!

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The Club has many volunteers who 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.

www.ava.org/clubs/menehumemarchers

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

Send changes to Wanda Wright at [thekiln@hotmail.com](mailto:thekiln@hotmail.com)

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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

Thursday, June 23rd, a really short ride to Rieman Gardens in Ames to see the Big Bugs display. Again we opted for the short (6K) walk, stopping in at the Iowa State University Library to see Grant Woods' largest murals. Upon return we continued walking, through the Butterfly House and around the gardens, maybe an extra 1-2 K. Early buses back again for more Convention Festivities. We decided to check out the Feet & Footwear Assessment. It was informative and entertaining. Then off to the Barn Dance that evening on the Iowa State Fairgrounds. The food was great and many enjoyed the Square Dancing (lessons included) and the auctioning of the final items.

Friday, June 24th, no bus, so walked two blocks to the Convention Complex to check in for the Des Moines walk. Again we decided on the short (6K) walk. Set up for the weekend Art Festival, The Governor's Mansion, and Meredith Publishing were just a few of the sights we saw along the way. *That walk wasn't too bad, so let's check out the third walk in the walk box, the Capitol Walk.* We modified the 5K a bit to take us back to the Festival to check out the food options for Saturday night. After relaxing we took the elevator to the 2nd floor of the hotel for the AVA Birthday Party, the last activity of the main Convention.

Saturday, June 25th, back to long bus rides -- this one to the Veterans Memorial Stadium in Cedar Rapids. The airplane on top of the Flying Wienie restaurant and the band playing on the Kosek Bandstand in the Czech Village were just a couple of the highlights, but the most popular was the Sykora Bakery. There was so much they wanted us to see on this walk that they couldn't make it a circuit so had to bus us back to the start point. After returning to Des Moines, we walked back to the Art Festival for food and more walking around to see all the venders (more Ks to add to our total).

Sunday, June 26th, the last day for the Convention walks and the longest bus ride to the Quad Cities on the Mississippi River and Illinois border. Although the 5K only took us through one of the Quad Cities, Rock Island, we took a short detour across a bridge to Arsenal Island, just to say we crossed the Mississippi River (well, 1/2 way anyway). We enjoyed a self-guided tour of many historical homes using a free book passed out by a resident at the checkpoint. We also saw Maria again at the end of the walk.

All in all, we had a great time despite the sore feet and the need for more sleep. We figured about 95K in 14 walks.

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 82 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.***

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*Special thanks to all who helped with this newsletter – especially Gordon Tyau, Ruth Asakura, Wanda Wright, Marsha Okada, Carol Romig, Mark Luppino and Dennis Romig. Please send all contributions for the next one to Charlotte at [csullivan2801@yahoo.com](mailto:csullivan2801@yahoo.com). Mahalo!*  
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The Journey is the Reward!

Aloha!



Still smiling after all those kilometers!!

Photos by Carol & Dennis Romig



Maria Brasher & son Mark

Year Round Event Recap

Jan 2011 to June 2011

| Year Round Event | 1st Quarter | 2nd Quarter | Year to Date |
|------------------|-------------|-------------|--------------|
| Ala Moana Park | 58 | 32 | 90 |
| Downtown Capitol | 54 | 34 | 88 |
| Diamond Head | 50 | 13 | 63 |
| Kahala | 28 | 9 | 37 |
| Kailua | 21 | 6 | 27 |
| Kailua-Kona | 12 | 10 | 22 |
| Laie | 9 | 0 | 9 |
| Manoa | 6 | 16 | 22 |
| Mililani | 43 | 36 | 79 |
| Volcano | 9 | 9 | 18 |
| Waikiki | 40 | 58 | 98 |
| Total | 330 | 223 | 553 |

N/A not available at press time

Prepared by Carol Romig

2011- 2012 Club Dues are due NOW!

If you haven't paid, here's your opportunity!

\$12 – Per renewing member and/or family

Make your check payable to Menehune Marchers.

Mail your check and this form to:

**Menehune Marchers
P. O. Box 1838
Kailua, HI 96734**

Names _____

Address _____

Email: _____

Phone number: _____

What's your favorite walk? _____

Any Suggestions? Comments ? _____
