

Menehune Marcher News

July 2014

Volume 14, Issue 1



Horizons

Event Calendar

July 20 Sun	Hoomaluhia Maria Brasher 261-3583
Sept 6 Sat	Manoa Carol & Dennis Romig 626-3575
Oct 18 Sat	Ala Moana Faye Miyamasu 395-9041
Nov 15 Sat	Kahala Bob & Wanda Wright 688-1430
Dec 13 Sat	Christmas Party Mandalay Capitol Walk – 5K Bob & Wanda Wright 688-1430
Jan ?? 2015	West Loch Carol & Dennis Romig 626-3575
Feb 16 Mon	Great Aloha Run Carol & Dennis Romig 626-3575
June 13-21 2015	AVA Biennial Convention Salem, Oregon

For questions about a walk, contact the
POC. Or check your email or your
brochure.

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Want to host a walk?  
Want to create a walk?  
Of course you do. It's fun!!  
Call Bob.  
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Hoomaluhia – July 20, Sunday

Happy Birthday to US! Each July we return to Hoomaluhia to celebrate walking, summer and our anniversary. We wander through lovely gardens and dine on a sumptuous potluck. Check out the enclosed brochure for details. Then join us.

Manoa – September 6, Saturday

Start at the Manoa McDonalds at 8:00 A.M. After the walk, join the group for lunch about 11:00 at the Bangkok Chef and then at UH women's volleyball at noon and 2:30.

Ala Moana – October 18, Saturday

Start at the YMCA on Atkinson at 8:00 A.M. You'll love those ocean views! And you'll find some tasty eats along the way.

Kahala – November 15, Saturday

Start just outside the New Otani Hotel in front of the Natatorium at 8:00 A.M. We'll pass the lovely homes in the quiet Kahala neighborhood and check out the Diamond Head lookout. Restrooms at the start and finish.

Christmas Party – December 13, Saturday

Mark your calendar. Warm up your appetite. Draft your letter to Santa. It's never too early.

Join us for lunch in a return visit to the Mandalay, a yummy Chinese restaurant in downtown Honolulu. The preliminary menu includes chicken pot stickers, pork hash, scallop steamed dumpling, steamed char siu bun, egg custard, saute beef with broccoli, mu shu chicken, choi sum with black mushroom and minute chicken chow mein. Are you hungry yet? Cost \$23 per person.

The day will include the Capitol 5 K walk and our Christmas festivities. See you there.

From the President

Upcoming events – One of my favorite events of the Menehune Marcher schedule is the Hoomaluhia Botanical Garden walk on Sunday, July 20. I love tasting all the delicious different foods that our friends and fellow Volksmarchers bring to feast on after the walk in the gardens. I know I usually eat enough that I need to walk another 10K to burn it off.

Christmas luncheon – The Mandalay Restaurant has been reserved for our annual Christmas luncheon on Saturday, December 13. Unfortunately the Hale Koa was already booked. More information will follow.

In combination with the Christmas Luncheon, we plan to walk around downtown Honolulu at 10:00 A.M. and then head to the Mandalay afterward.

AVA - Be thinking about Salem, Oregon, next June 13-21 for the AVA Biennial Convention. Wanda and I have been at the last two conventions and very much enjoyed walking ourselves silly! Let's see if Carol and Dennis can talk us into going to a third straight convention.

Congratulations – I want to congratulate all the members whose names I have been seeing in the American Wanderer getting Distance and Event Awards. Keep up the good work and know that you are an inspiration to the rest of us (well, at least to me)!

See you at Hoomaluhia!

Bob Wright

Volcanoes 'R Us – Special Program

Talk about easy! All of our walks qualify for this special program, because we can see “a volcanic cone, crater or caldera” on each of them. All we have to do is look at the ground or around. Walk 10 walks by December 31, 2017, to get the patch.

Send your \$10 sign-up fee to East County Windwalkers, c/o Rick Catron, 9879 Enterprise Lane NW - G-203, Silverdale, WA 98383. More info at sempervrens@mindspring.com or 360.337.5361.

Sign up today!

Footprints

Kailua – March 9



Nineteen Menehunes met sand and sea on a new Kailua walk. Thanks to Maria Brasher for hosting us and providing the treats to get us on our way.

Menehune Milestones

Mililani – April 5

Events:

Hideo Imoto – 175
Seiko Imoto – 175
Sharon Dowdell – 275
Ruby Fukuyama – 275
Ruth Asakura – 350
Marsha Okada – 650
Molly Brown – 650, 700

Distance:

Ruth Asakura – 4,500 K
Gordon Tyau – 4,500 K
Molly Brown – 14,000 K

Bike Distance:

Gretchen Malaski – 1,000, 2,500, 5,000 K

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## Oh, the places you can go.....

Molly's logged many kilometers over the years. This time she could have looped through the mainland by strolling from Seattle to Miami and back, then heading out again from Seattle to Kansas City and back and finally heading on down to Salem, Oregon, for the next AVA convention in June 2015. She'd even have 61 k to spare. Great Work, Molly!!

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Oh, the places you have been –

2013 Centurions

Dan Barnett
Mark Brown
Molly Brown
Bob Forsythe
Becky Forsythe

Centurions walk at least 100 events in one year. That's a walk every 3.6 days!

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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Fourteen Menehunes and a guest (who rode the bus out to the Romig start point) enjoyed sunny skies, blooming trees, stunning views and green valleys to complete either the 10K or the brand-new 5K Mililani walk.

Afterward Carol and Dennis Romig hosted a delicious barbecue in their backyard while Bob Wright conducted our business meeting. (Thank You, Carol and Dennis!!) The group approved our annual charitable contributions to or on behalf of our walk sponsors. Bob noted the excellent press our Hawaii walks got in the latest AVA newsletter. He also urged Menehunes to sign up for the new Volcano Special Program. (See additional info.)
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## Club Volunteers

### Officers

President – Bob Wright  
Vice President – Wanda Wright  
Treasurer – Dennis Romig  
Secretary – Carol Romig

### YRE Coordinators

Ala Moana – Faye Miyamasu  
Diamond Head – Mark & Molly Brown  
Downtown Honolulu – Ruth Asakura & Gordon Tyau  
Kailua – Maria Brasher  
Laie – Maria Brasher  
Kahala – Mark & Molly Brown  
Kona – Carol & Dennis Romig  
Manoa Valley – Joanne Funasaki  
Mililani – Carol & Dennis Romig  
Obama Heritage – Faye Miyamasu  
Waikiki – Mark & Molly Brown  
Volcano – Terry Puuohau

### Other Volunteers

Club website – Wanda Wright  
Event Brochures – Ruth Asakura  
Club membership – Wanda Wright  
Newsletter – Charlotte Sullivan  
Traditional Events – Many!! But we can always use more

Mahalo, volunteers!!

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Special thanks to all who helped with this newsletter – especially John Sullivan, Marsha Okada, Bob Wright, Wanda Wright, Carol Romig, and Dennis Romig.

Please send all contributions for the next one to Charlotte at csullivan2801@yahoo.com. Deadline is October 15. Mahalo!

A Menehune Photo Album



Stylish feet on the Mililani Walk!

Trail Master Awards

As we all know club activities do not just happen on their own. Each one takes planning and lots of walker energy. Carol and Dennis Romig have provided the “wings on our heels” for some time. They create new walks, guide old ones, organize hui heles, answer visitor questions, haul the barbeque grill to Bellows, bring water and umbrellas, prepare treats, host a barbeque at their home, keep track of us all, proofread this newsletter, tally statistics, submit AVA reports, and generally ensure that we all have a great AVA experience. At the Kailua Walk President Bob Wright presented them with Trail Master Awards for exemplary service to our club. Join us in saying *mahalo!!*



On the Trails - East Coast

Carol Romig

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Dennis and I started/ended our 20 day road trip in DC. We drove 2,636 miles through 9 states (MD, DE, NJ, VA, NC, SC, KY, TN, and WV). Snowed on 4 times. Even walked the Charleston WV YRE in light snow flurries. As of today, I volksmarched 37 states!

We were off to a great start on Day 1. We landed in DC in the early morning and then volksmarched Great Falls Park. Spur of the moment decision, as our friend Al had biked/hiked the entire 184 miles of the trail. Al took us to the best sections of the trail...the boardwalk to the Great Falls Overlook and then onto the tow path. The Falls were AWESOME due to the heavy rains/snowfall. No, we didn't walk 184 miles that day but we did log in about 10 miles on this very scenic trail! Capped the day off with great Mexican food!

On Day 2 to 4, the weather in Baltimore turned very cold (in the low 30s). We drove to the Zoo where the animals were off exhibit because of the weather. Plan B turned out great! Visited the National Aquarium of Baltimore, Walters Art Museum, & Baltimore Museum of Art.

## AVA Walking Challenges

AVA clubs create fascinating reasons to walk. Here are some programs available now with their ending dates:

- 50 States** (Marsha Okada, Sharon Dowdell, BS McEwen, Joan King, Vernon King and Charlotte Sullivan completed this one.) – never ends
- 50 State Capitals** (Joan and Vernon King completed this one)– never ends
- Alternative Capitals** – 12/31/2016
- America's Family Bakeries** – 12/31/2014
- Ampitheatres** – 12/31/2017
- Animal Safari** –12/31/2017
- Boardwalks** – 12/31/2017
- Border Crossings** – 12/31/2023
- Celebrating Golden Cinemas** – 12/31/2014
- Cities in Song** – 12/31/2016
- Civil War Battlefields** – 12/31/2015
- Classic American Diners** – 12/31/2014
- Doin' the Louisiana Purchase** –12/31/2018
- Food for Thought** – 12/31/2017
- Fraternal Organizations** – 12/31/2015
- Honoring Law Enforcement** – 12/31/2014
- Honoring Our Flag** – 12/31/2016
- Lakes and Reservoirs** – 12/31/2016
- National Register of Historic Places** – 12/31/2016
- Special National Officer Book** (the S.N.O.B. walks!)
- Strolling Somewhere Over the Rainbow** – 12/31/2014
- Struttin' Down Main Street** – 12/31/2014
- Trekking with the Trees** – 12/31/2016
- Volcanoes** – 12/31/2017
- Walking America's Murals** – 12/31/2014
- Walking the Old Spanish Trail** – 12/31/2015
- Walking the USA A-Z** – never ends
- Water Towers** – 12/31/2016
- U.S.A. W.P.A.** – 12/14/2014
- You'll Never Walk Alone** – 12/31/2016

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

New programs are always being created as old ones expire. Check out details at [www.ava.org](http://www.ava.org)

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Dues are due! Send in your payment and comments with the enclosed form.
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Day 5 was a perfect walking day and a TWO volksmarch day! My friend Cindy, who recently moved to Annapolis, joined us on the Annapolis YRE. Great walk through Annapolis and the Naval Academy. We took the scenic 50-mile drive on the backroads from Annapolis to Dover DE. The Dover YRE was a favorite of ours. We walked by the Capitol, Government buildings, beautiful homes, and on a winding walkway through a scenic park.

Day 6 to 8. Next few days were really cold as we headed from Dover DE to Cape May NJ, Ocean City MD, and Virginia Beach. On Day 8, we had 8" of snow overnight. Roads were plowed and so driving was not a problem (especially since I wasn't driving). The highlight was the ferry ride from Cape May NJ to Lewes MD. Nice change of pace. Another Plan B day...Virginia Beach Aquarium.

Day 9-12. Some 400+ miles later in Charleston SC....This was our 3rd visit to Charleston/SC. Visited our friend Mike and revisited our favorite places: the beautiful gardens of Magnolia Plantation and the Columbia Riverbanks Zoo. Weather was in the 70s, and we are finally back in shorts!

Day 13-15. On our return to DC, we walked the Knoxville YRE through Downtown Knoxville, the University, and along the waterfront for my "Tennessee" walk. The next day, it was the Frankfort YRE for my "Kentucky" walk. In Georgetown (near Frankfort) we visited the Toyota Plant where they assemble the Camry, Avalon, and Venza. We took the tram tour through the Plant and observed the vehicle assembly process first hand. Just incredible!

Day 16-20. Back in DC where we walked and saw it all...The Mall, Smithsonian Museums (American History, Natural History, Air and Space, National Gallery of Art, American Art Museum, Portrait Gallery, Freer Gallery, Sackler Gallery, Native American), and Botanical Garden & Conservatory.

After 20 days on the road, we're happy to be home. See you on the trails!

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## Walking the 50 States - From Waikiki to Bourbon Street

Charlotte Sullivan

Let's start with the credits. Thanks to Marsha Okada who got me started by saying that walking the 50 States was "interesting." Thanks to Carol Romig who said, "Keep going! And thanks to John Sullivan who walked 45 states with me and kept asking, "How many more?"

We walked along America's rivers: the Boise, the San Antonio, the Spokane, the Missouri, the Potomac, the Cumberland, the Ohio, the Pend Oreille, the Des Moines and the Mississippi. And we walked over the Brooklyn Bridge. We walked along America's lakes: Pend Oreille, Taneycomo and Michigan. We stepped in the oceans of Waikiki, Bethany Beach, Ocean City, Cape May and Cape Cod. We went over the Cumberland Gap in the footsteps of my great-great-great grandfather. We passed through a swamp and the Garden of the Gods.

We wandered historic cities from Alexandria to Mystic to Kennebunk to Santa Fe to Newport to Portsmouth to Fredricksburg to Bedford to Savannah. We peered in prisons at Ft. Leavenworth and even Geronimo's cell at Ft. Sill. And everywhere we passed through parks and gardens and along streets lined with colonial homes, ante-bellum homes, beach homes, robber-baron homes, adobe homes, log homes and homey homes.

We ended our 50 States Walking Project in the New Orleans' Bourbon Street police station! (Location of the walk box!) And, yes, Marsha – all so interesting!

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