

Menehune Marcher News

July 2016

Volume 15, Issue 3



Horizons

Event Calendar

July 24 Hoomaluhia Botanical Garden

Sun

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

Happy Birthday to the Menehune Marchers! Join us for our annual walk and potluck. The walk starts at 9:00.

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#### Aug Open

#### Sept 10 Capitol YRE

Sat

POC: Carol & Dennis Romig  
626-3575

#### Capitol– September 10, Saturday

The walk starts at 8:00 at the Nuuanu YMCA. Street parking available on Queen Emma Street..

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Sat

Kamananui Valley – October 15 & 16, Saturday & Sunday

Oct 15 & 16 Kamananui Valley

Sat. & Sun

POC: Carol & Dennis Romig
626-3575

Back to lush Kamananui Valley on either Saturday or Sunday, your choice. Both days will be guided walks (by Dennis). Start time is 9:00.

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#### Nov 6 Kailua YRE

Sun

POC: Maria Brasher  
261-3583

#### Kailua – November 6, Sunday

#### Nov 26 Laie YRE

Sat

POC: Carol & Dennis Romig  
626-3575

This walk takes us back to one of America's most beautiful beaches. Meet at Maria's house. The walk starts at 8:00. Details will follow.

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Dec 10 Hale Koa Christmas Party

Sat

Laie – November 26, Saturday

Dec 18 Christmas Lights -

Sun

Seen the ocean arch? No? Then we'll see you in Laie! The walk starts at 8:00. The exact start location will be provided closer to the date.

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June 3 – 11 2017 AVA Convention  
Billings, MT & Environs

#### Hale Koa Christmas Party – December 10, Saturday

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

By popular vote our annual Christmas party returns to the Hale Koa. The walk to see Waikiki's Christmas decorations starts at 9:00.

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40 Years – Still Walking Strong!!

Christmas Lights Walk – December 18, Sunday

Everyone wants to see Christmas lights. This year we'll visit either Downtown or Waialeale. Wherever the walk is, we start at 6:00 (p.m. of course)! Many more details to follow.

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## From the President

After a hiatus of several years since I last served as club president, I have to admit it is a pleasure to be back and to have the opportunity to work with the members of the club who contribute so much to our fun, recreation and fitness. With that in mind I would be remiss to not spotlight the generous contributions of time and talent made by Carol and Dennis Romig. Whether it be monthly YRE group walk events, special events such as the West Loch and Bellows Air Force Station walks, AVA required club administration, financial administration, construction of walk box stations, printing of walk box supplies, production of walk awards, our annual anniversary walk pot luck or our annual Christmas party; it is always Carol and Dennis who champion the cause and make an enjoyable event for the rest of us. So the next time you see Carol and Dennis, please extend a big "THANKS" to them for all that they do!!!

On another positive note, I would like to spotlight the success of AVA's 3 May 2016 annual "Big Give" fund drive. AVA raised \$51,798 which exceeded their goal of \$50,000. On behalf of the Menhune Marchers, your club contributed the AVA requested guideline sum of \$100 and I know of others among us who contributed even larger sums individually. AVA extends their thanks to us as we thank them for all that they do to keep our favorite sport active in the USA.

Best wishes and happy trails. Mark

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2017 AVA Convention – June 3 – June 11

Welcome to the Big Sky Country of Montana! Purple Mountains, Wildflowers, Wildlife, Cowboys, Indian Battles, Heart-stopping views – The Real West!

Head out early for the Crazy Horse Walk in South Dakota (Marsha Okada's most favorite walk ever!). The AVA walk is the only time anyone is allowed up on the Crazy Horse sculpture. End your walking adventures in Cody, Wyoming (remember Buffalo Bill Cody!) and Red Lodge, Montana (start of the Beartooth Highway – one of America's most spectacular drives and gateway to Yellowstone Park)! Plus all the walks of the convention – including the historic and chilling Custer's Battlefield.

I never miss a chance to visit Montana! See you there!

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## Footprints

### Diamond Head - February 27



Triangle Park

On a sunny Saturday 16 Menehunes, friends, family and hundreds of like-minded strangers trekked to the top of Diamond Head to enjoy the panoramic 360° views. After dropping down to the crater's center the group hiked over to the farmer's market across the street for smoothies, pizza, delicious snacks, flowers and other goodies.



Registration



On the Trail

# Club Volunteers

## Officers

President – Mark Brown  
 Vice President – Katie Barbieto  
 Treasurer – Dennis Romig  
 Secretary – Carol Romig

## YRE Coordinators

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

## Other Volunteers

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

Mahalo, Volunteers!

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Special thanks to *Norma Myers* for her kind donation to the Menehune Marchers in celebration of her 95th birthday!

Happy 95th Birthday, Norma!!



Oops!

Donna Ulbricht also completed the Great Aloha Run! ☺ Sorry she missed the list in the last newsletter. ☹

Punster Time

Two hats were sitting on a hat rack in the hallway. One said to the other, “You go on ahead.”

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**Diamond Head**



**At the Top – Almost!**



**Farmers' Market**

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Obama Heritage – March 19



Photo by Gordon Tyau

A sunny cool morning saw 25 walkers including two new local walkers and three visitors from Ohio trace the Hawaii steps trod by President Obama in his youth. Our trail master Gordon Tyau highlighted President Obama’s local roots - from Kapiolani Medical Center (where President Obama was born) to the Baskin Robbins (where he worked as a teenager) to Punahou (where he attended school) to four of the places he lived to UH where his parents met. He also introduced us to the UH art building he helped to design. Did you know the Art Building is the size of three football fields and was designed to preserve the nearby baobab tree - now the largest such tree in Hawaii. We met some hard-working but cheerful glass blowing students who created several pieces while we watched. Great walk! Thanks to Carol and Dennis for hosting and guiding the walk. (Love those fig bars, Dennis!)



Photo by Dennis Romig

AVA Walking Challenges

50 States (Marsha Okada, Sharon Dowdell, BS McEwen, Joan King, Vernon King, Don Ulbricht, Donna Ulbricht 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
Amphitheatres – 12/31/2017
Animal Safari –12/31/2017
A Walk in a City Park – 12/31/2018
Boardwalks – 12/31/2017
Border Crossings – 12/31/2023
Bridges – Spanning the USA – 12/31/2018
Centurion Achievement Challenge - Cities in Song – 12/31/2016
Civil War Battlefields – 12/31/2015
Doin’ the Louisiana Purchase –12/31/2018
Food for Thought – 12/31/2017
Honoring Our Flag – 12/31/2016
Ice Cream Parlors – 12/31/19
Lady Liberty – 12/31/2018
Lakes and Reservoirs – 12/31/2016
Make a Wish at a Water Fountain – 12/31/2018
National Parks Centennial – 12/31/2018
National Register of Historic Places – 12/31/2016
Ports of Call – 12/31/2018
Points of Reference – 12/31/2018
Special National Officer Book (the S.N.O.B. walks!) – never ends
State Street Sashay – 12/31/2018
Take a Walk in a City Park – 12/31/2018
Treasure Hunt – 12/31/2018
Trekking with the Trees – 12/31/2016
Underground Railroad - United States Post Offices – 12/31/2018
Vice Presidential Walks – 12/31/2018
Volcanoes – 12/31/2017
Walk the USA – Street by Street – 12/31/2018
Walking America’s Ports of Call – 12/31/2018
Walking the Path of Inventions -12/31/2018
Walking the USA A-Z – never ends
Walking the USA – Street by Street – 12/31/2018
Water Fountains – 12/31/2018
Water Towers – 12/31/2016
You’ll Never Walk Alone – 12/31/2016

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**Have an idea for a walk??**

**Could you host a walk???**

**Call Carol or Mark!**

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Peaceful Stop amid the Golden Bamboo in the University of Hawaii Art Building

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## Waikiki Wander – April 2



Photo by Gordon Tyau

On a gorgeous Saturday morning eighteen walkers met at the historic Natatorium to launch a ramble through the famous tourist sites of Waikiki. First stop – a fish viewing behind the Aquarium. And so many fish – humuhumunukunukuapuaa (trigger fish, the State Fish of Hawaii), uhu (blue parrot fish) and aha (needle fish) plus probably lots more we didn’t see. Into Waikiki some of the group took the Waikiki sandy route; some took the sidewalk route. And of course, we finished with food- breakfast at Teddys for the 10Kers and breakfast at Moose McGillycuddy’s for the 5kers.



# Menehune Milestones

## Events:

Sharon Dowdell – 375, 400  
Gretchen Malaski – 2,600  
Ray Malaski – 3,200

## Distance:

Sharon Dowdell – 4,000

## 2015 Centurions

Mark Brown  
Molly Brown  
Bob Forsythe



**Congratulations, Everyone!!!**

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

Well, those Centurions certainly GO! Each finished at least 100 walks in 2015 – or about one every three days! With those 100 walks (for at least 600 miles), they could walk all the way around Oahu - on the shoreline (227 miles round trip) at least twice – if the ocean cooperates!

And Sharon Dowdell could almost walk to Los Angeles (4,123K) with her 4,000 K. She'd have to fly home though....

Wow! What Walkers!! Congrats!

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The above milestones are recapped from *The American Wanderer*, AVA's newsletter.

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A fond farewell

Jim and Jane Lundquist have moved back to the Seattle area.

They are doing well and send a cheery *Howdy* to all their Menehune friends!

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**Best Wishes to  
Hideo Imoto**  
For a speedy recovery!!

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All photos by Gordon Tyau

Thanks to Dennis and Carol for hosting and guiding the Waikiki walk!

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## Mililani – April 16



Nineteen Menehunes and their friends enjoyed the high skies of Mililani. The 10kers walked down the Ravine Trail and the 5kers (who swore they walked 8k!) visited the pig farm and lychee trees. Everyone returned to the Romigs for a delicious barbecue and late birthday celebration for Dennis – who said it was really only his twin brother's birthday!

Special thanks to Carol and Dennis for hosting the walk and the delicious lunch. Love that chocolate cake of Carol's! Ono!!



**Dues are Due!**

See the enclosed membership renewal form! A small change this year: send the form and your check payable to the Menehune Marchers directly to the Menehune Marchers, c/o Romigs at 95-211 Kemu Pl. Mililani, HI 96789. Using the Romig's home address will cut down on the number of trips to the official mailbox in Kailua.  
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Maybe that way....



Manoa - May 14



Maybe this way....



Or....



Photos by Gordon Tyau

Enjoy A Tasty Breakfast From the Kitchen of Ruby Fukuyama:

Pancake Mix

- 6 cups flour
- 1 ½ tsp. baking soda
- 3 tsp. baking powder
- 1 Tbsp Kosher salt
- 2 Tbsp sugar

Combine all ingredients. Store in air tight container. Shake to mix before measuring for pancakes.

Pancakes

- 1 cup pancake mix
- 1 egg
- 2 Tbsp melted butter or oil
- 1 cup buttermilk (or make your own with by adding 2 Tbsp white vinegar to milk)

Whisk together egg, butter and butter milk. Add to pancake mix.

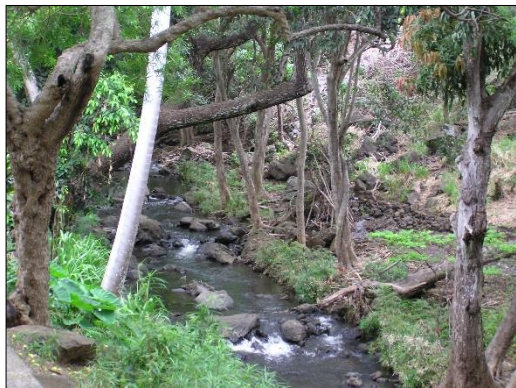
Cook on hot griddle or pan. (Not a fluffy pancake.)
Enjoy!

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**Manoa**



Photo by Brad Wong



Manoa Stream by Gordon Tyau

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Walker Recap – 1st quarter

Event	1 st Quarter
Ala Moana Park	10
Downtown Capitol	43
Diamond Head	31
Kahala	20
Kailua	10
Kona	4
Laie	17
Manoa	15
Mililani	32
Obama Heritage	39
Volcano	22
Waikiki	47

Total walkers 290

Prepared by Carol Romig



Photo by Brad Wong

Menehunes Ready To Go!



The Baobab Tree – UH Art Building



Mahalo

Special thanks to Mark Brown, Carol Romig, Dennis Romig, Marsha Okada, John Sullivan, Brad Wong and Gordon Tyau for their work in completing this newsletter!

Deadline for articles, photos or whatever in the next newsletter is October 15. Thanks!

Manoa:

Thirteen Menehunes – including a new walker – enjoyed the cool green spaces of Manoa. After the walk several enjoyed the always-delicious Bangkok Chef, and others headed out to the Daikon Festival.

Thanks to Carol and Dennis for hosting this walk – always a favorite.

Montana on the Mind

If you're thinking of attending the 2017 AVA Convention in Billings next summer or if you like to do your traveling from the comfort of your recliner, you might enjoy of these some good Montana reads.

- ***The Last Best Place*** edited by William Kittridge – collection of some of the best writings about Montana; a fat, heavy book but worthy of your time.
- ***Dancing at the Rascal Fair*** by Ivan Doig – tale of immigrant families in the Rocky Mountain foothills at the turn of the century.
- ***English Creek*** by Ivan Doig – story of ranch life in the 1930s in the same foothills.
- ***Black River*** by S. M. Hulse – story of a retired corrections officer who returns to confront good and evil.
- ***Red Harvest*** by Dashielle Hammett – classic crime novel (Hammett's first) about violence and crime in historic Butte, a tough mining town. The story is based on Hammett's own experiences as a Pinkerton Detective in Butte.
- ***A River Runs Through It*** by Norman Maclean – fly fishing and a tribute to nature.
- ***Counting Coup: A True Story of Basketball and Honor on the Little Big Horn*** by Larry Colton – contemporary story of a young Crow woman's struggles.
- ***The Big Sky*** by A.B. Guthrie – classic Montana tale of grit, violence and misadventure for a mountain man in the early 19th century.
- ***Fire and Brimstone*** by Michael Punke – gripping account of the 1917 Granite Mountain Mine fire, the nation's worst mining disaster. (Note: My grandfather worked in the Granite Mountain at the time of the fire. He was off shift when the fire started and survived.) Non-fiction.
- ***A Terrible Glory: Custer and the Little Big Horn – The Last Great Battle of the American West*** by James Donovan – story of the bloody clash between General Custer and tribes led by Sitting Bull and Crazy Horse. (Note: One of the AVA walks will be on the Little Big Horn Battlefield. Another will be at the Crazy Horse Monument in South Dakota.) Non-fiction
- ***The Last Stand*** by Nathaniel Philbrick – another good recounting of the Battle of the Little Big Horn. Non-fiction

Visit your library! Happy reading. See you in Montana!

Charlotte Sullivan

We have two ears and one mouth so we could listen twice as much as we speak.

Epictetus