

Menehune Marcher News

July 2023
Volume 23, Issue 1



From the President

Aloha Menehunes,

One of the rewarding things about being the coordinator for several of our YREs are the really special visiting walkers you come into contact with who have such interesting perspectives on how walking has been an important part of their lives. Last month I received a thank you letter from a very special lady by the name of Gayle Myers from Perrysburg, Ohio that really touched me. Accordingly, I wanted to take this opportunity to share it with you. The complete text of the letter follows:

Dear Mark,

Many thanks for sending me the AVA stamped insert cards! Yes, they were here when I got home [as you promised]... 😊 It was a dream I had when I retired...to walk all 50 states...and my dream is about to come true! Just have CA...I will fly out this summer & finish my 50th state. I got this dream when my husband and I were visiting our friends' kids who were stationed in Nuremburg, Germany. While visiting them, I noticed a beautiful wall hanging with all of those attractive pins...I inquired to the meaning & they happily told us about the IVV & their many walks. They said the USA had the AVA...and that opened the door for "retirement adventures!" My husband & I had 6 trips to Europe and said when we retire we'd see the USA...and we saw it the AVA way. I have written a book about my walks...it is at the Editor...I will add CA & HAWAII then Finito!

Dreams can come true...I wanted to leave my husband my memoirs for the family & friends. My beloved has passed...But, I locked him in my heart & we walked Paradise... 😊 And, I thank you from the bottom of my heart for sending my HI inserts! Life is truly what we make it...and I've been blessed with 85 years of happiness only blotted with a few tears! Again, Many THXs!

Sincerely, Gayle

Gayle generously included a check for \$20 with her letter (\$3 IVV walk fee plus a \$17 donation

Menehune Marcher Walk Schedule

2023		
Jul	NONE	
Aug 12 (Sat)	Manoa	Start: 7:30AM Meet Manoa Marketplace (by Long's)
Sep 09 (Sat)	Waikiki	Start: 7:30AM Meet Waikiki War Memorial Natatorium (by picnic tables) – 2815 Kalakaua Ave (next to Kaimana Beach, across from Kapiolani Regional Park)
Oct 14 (Sat)	Kahala	Start: 7:30AM Meet Fort Ruger Park (Triangle Park) - 534 Paikau Street
Nov 11 (Sat)	Diamond Head (circle around Diamond Head Crater)	Start: 7:30AM Meet Fort Ruger Park (Triangle Park) – 534 Paikau Street
Dec 09 (Sat)	Hale Koa Hotel breakfast buffet & 5K walk	Koko's Cafe @ 9AM, 5K walk to follow
2024		
Jan 06 (Sat)	Patsy Mink Central Oahu Regional Park	Start: 6:30AM & 7:30AM Meet 1st parking lot Waipio Uka entrance to Patsy Mink
Feb 03 (Sat)	Ala Moana	Start: 7:30AM Meet in parking lot by Macy's Liliha Bakery

2023 Walker Recap -- Prepared by Carol Romig

Event	1 st Qtr	2 nd Qtr	3 rd Qtr	4 th Qtr	Total
Year-Round Event					
Ala Moana Park	25	4			
Downtown Capitol	20	16			
Diamond Head	14	17			
Hoomaluhia Botanical Garden	2	18			
Kahala	0	6			
Kailua	0	17			
Kona	14	0			
Manoa	10	12			
Mililani	50	48			
Patsy Mink Park	18	0			
Waikiki	15	12			
Total Walkers	168	150			318
Traditional event					
Bellows - Jan 16, 2023	34				

to our club). I hope you enjoyed Gayle's very kind, experienced and insightful words as much as I did. Once our newsletter is published, I plan to send Gayle a copy and ask her how I may purchase a copy of her book.

Please keep up with your walking for fun, fitness, family and life! See you on the trails...

All the Best, Mark

Welcome!

New members and guests are always welcome!



Walking

The oldest exercise and the cheapest!



Club Volunteers

Officers

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



YRE Coordinators

Ala Moana – Mark & Molly Brown
Diamond Head – Mark & Molly Brown
Downtown Honolulu – Mark Brown
Hoomaluhia – Carol & Dennis Romig
Kailua – Carol Romig
Kahala – Mark & Molly Brown
Kona – Carol & Dennis Romig
Manoa Valley – Harriet Miyasaki
Mililani – Carol & Dennis Romig
Patsy Mink – Carol & Dennis Romig
Waikiki – Mark & Molly Brown

Other Volunteers

Club website – Pat Nakatsuka
Club membership – Dennis Romig
Newsletter – Les Ozawa
Traditional Events – Many!! But we can always use more.

Mahalo, Volunteers! Especially to Charlotte Sullivan, our Editor-in-Chief, for over 15 years. We could not have done it without you.

Footprints

Announcing the CVF 2024 Kingston Walking Festival Bus Trips and Pre and Post Festival activities.

We're so excited to share the good news that our Festival Bus Trips opens for registration on Monday, July 17th. Our fabulous lineup of pre-festival and post-festival activities is ones you don't want to miss! Join us as we participate in the Ottawa Voyageurs Walking Club's Tulip Festival Walking Weekend, then travel by bus for walks in Eastern Ontario on the way to three glorious days at the CVF Kingston Walking Festival. On Sunday, after the Kingston Festival has ended, join us for a sumptuous plated dinner on a three-hour 1000 Islands Dinner Cruise, then take a bus for five days touring the best walks in south-western Ontario. Of course, spending time in Niagara Falls, Niagara-on-the-Lake and Toronto, among others, are sure to impress.

Register now to get in on this once in a lifetime double festival and double bus trip. For more information about Canadian Volkssport Federation, go to www.walks.ca. To register for the Pre and Post Festival activities, click on the link in red letters ([CVF/FCV 2024 Festival](#)) at the top right hand corner of the CVF website home page, or you can go to <https://walks.ca/cvf-fcv-2022-festival/>.

Karen Venema

CVF Ontario Director & Bus Trip Coordinator

In Memory of Seiko Imoto

-- by Carol Romig

Seiko Imoto passed away on July 9, 2023 at her home in Pearl City. She was a long time member & supporter of the Menehune Marchers. Seiko was an inspiration to all of us.

Seiko & her late husband Hideo were active in the Menehune Marchers for more than 20 years. Ruby Fukuyama recalled



2 Carol Romig photo used in Star-Advertiser article

their very first walk in Manoa where they fell in love with volksmarching. Many more events and kilometers followed, including walking trips to the Big Island & Kauai. Seiko will be sorely missed by us.

Fun Fact: In June 15, 2010, the Star Advertiser published a very nice, one-page article, "Step by Step", on Menehune Marchers. The highlight was the picture of Hideo & Seiko Imoto & other walkers walking down the Kawainui Marsh trail.



1 Charlotte Sullivan photo

Menehune Marchers—A planet in orbit in a galaxy of walkers

--by Les Ozawa

I'm new to the club, first meeting up with MMers (Menehune Marchers) for a rainy start at the Ala Moana Shopping Center parking lot at the mauka entrance to Macy's on September 10, 2022. As your new newsletter editor, I'm learning a few acronyms I didn't know, like "YRE" (which means Year Round Event, one of the established walking routes scheduled monthly throughout the year). But what about AVA, IVV, and now, in this issue, "CVF/FCV", mentioned in the above first "Footprints" article, about the upcoming series of walking events next May in Ontario. A quick, good way to learn is in the Wikipedia article on "Volksmarching" (<https://en.wikipedia.org/wiki/Volksmarching>), which starts:

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## Supplemental Walkabouts

Not unlike vitamins for your health, how about doing more walks throughout the month? The *detours & travel* section D of Star Advertiser's Sunday edition of July 7, 2023 featured an informative article: *Augmenting your walk...three ways to jazz up your daily stroll* [ <https://www.staradvertiser.com/2023/07/02/features/here-are-3-ways-to-jazz-up-your-daily-stroll/> ]

If you enjoying taking in the scenery around Oahu while chatting with other folks, here are some suggestions from the article by Star Advertiser reporter Steven Mark.

**Walk with a Doc.** Those who have walked MM's YRE at Patsy Mink Central Oahu Regional Park in January may have seen a cluster of walkers, including toddlers and babies, led by pediatrician Dr. Theresa Wee on her weekly walks (up to 1.7 miles) on Saturdays, at 8 am, "rain or shine," she says. Just show up.

**Walk with a Future Doc.** Leading another group of community members, doctors and students, at the Kakaako Waterfront Part at 9 am (for a lap around the park) on the fourth Sunday of every month, are first-year medical students D-Dre Wright and Sarah Bellati of the John A. Burns School of Medicine in Kakaako.

**Walking Soccer.** Walking soccer? Yes, not as popular as pickle ball these days, Walking Soccer started in England in 2011. Basic rules: maximum of 7 players per side; at last one foot on the ground at all times; no high kicks, headers, or bodily contact on purpose; and played on a small field with a small goal; otherwise, just like regular soccer. Games are held regularly at Waipio Soccer Complex, Field 4, on Saturdays 2:30 pm, through August. More information at [808ne.ws/walkingsoccer](http://808ne.ws/walkingsoccer).

**Walk a Dog.** The Hawaiian Humane Society uses community volunteers to take their dogs out for walks. Most are 15-minut trips on a path at the society's 2.5-acre campus in Mo'ili'iili at the end of S. King Street. Dog walkers undergo a training program and commit to at least one 3-hour shift weekly, 7-10 am or 3-6 pm. Polly Keyes, a volunteer interviewed in the Star Advertiser article, said she started volunteering after her dog died, five years ago. She found it the perfect volunteer job, because you get to be outside, get some exercise and the dogs are happy to see you. If interested, call the Humane Society at 808-356-2200 or website, [hawaiianhumane.org](http://hawaiianhumane.org).

Volksmarching (from German "Volksmarsch", people's march) is a form of non-competitive fitness walking that developed in Europe in the mid-late 1960s. By 1968, the International Federation of Popular Sports (better known as the "IVV") [ in the German language, it's known as Internationaler Volkssport Verband [ <http://www.ivv-web.org/> ] was formed by Germany, Austria, Liechtenstein and Switzerland....The IVV Headquarters is located in Altötting, Germany...

Though walking is the primary activity, the volkssporting movement also includes bicycling, swimming, cross-country skiing or snow-shoeing, and other approved activities. Special provisions also allow for people with disabilities to participate in most events. Participants typically walk 5 kilometers (3.1 mi), 10 kilometers (6.2 mi), 20 kilometers (12 mi) or longer, on a pre-determined outdoor path or trail, with the aid of posted signs or markings, or a map and a set of written direction...

IVV members around the world organize more than 7,500 events each year for an estimated participation of 10,000,000 people. People of all ages and abilities participate. As of 2019, IVV Membership includes 29 National Federations...as well as 12 additional "direct members"... representing 4,000 local clubs and making volkssporting available in at least 40 countries worldwide. Members are loosely organized under three geographic groupings: IVV-Europe, IVV-Asia and IVV-Americas...

So... as the letter from Gayle Meyer of Ohio that was quoted in Mark Brown's president's message, volksmarching is a great way to visit the many planets and stars in our walking universe.

The United States organization, of which Menehune Marchers is a member, is called AVA (American Volkssport Federation [ <https://ava.org/> ]. The Canada organization is called CVF/FCV (Canadian Volkssport Federation / La Fédération canadienne Volkssport ) [ <https://walks.ca/> ]. It has a long title, because English and French are the official languages of Canada and its organizational title must be in both languages.

## Mililani Walk and BBQ, April 8



It was full house at the Romigs, with overflow of 29 MMs greeting, introducing and talking and walking through the neighborhood from their hosts' home in upper Mililani Mauka, down Mililani Ravine Park, to the entrance of Mililani Mauka near McDonalds, and back to the Romigs for some delicious potluck and grilled hamburgers and sausages. It was also time to thank Charlotte for her many years of being our SUPER editor-in chief.

-- Photo by Marsha Okada



Dennis and Carol Romig graciously hosted us at their well tended yard and garden from start to end with a BBQ. -- MMer photo



Exercise stations at the south end of the footpath tempted some MMs to wake up their muscles -- MMer photo

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Kailua and Lanikai, June 17

Why aren't there any "Knock, knock" jokes about America?

Because freedom rings!
--Contributed by Richard De Long

Why are Saturday and Sunday considered strong days?

Because the other days are weekdays.

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The *Menehune Marcher News* is a quasi-official publication of the Menehune Marchers AVA Club #456, published in November, March and July.

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AVA Walking Challenges

- 50 States – ongoing
- 50 State Capitals – ongoing
- Airports – 12/31/23
- Appalachian Trail – 12/31/2028
- Border Crossings – 12/31/2023
- Centurion Achievement Challenge – ongoing
- Great Lakes, Great Fun.... – 12/31/23
- Rails-to-Trails – 12/31/2025
- Rockin' Around the Clock - 12/31/2023
- Town Halls/City Halls – 12/31/2024
- Walk Like an Olympian – 12/31/2023
- Walking with America's Veterans – 12/31/2023
- Walking the USA - A-Z – never ends



Have You checked our Web Sites Lately??

American Volkssport Association

<https://ava.org/>

Menehune Marchers

<https://www.avaclubs.org/MenehuneMarchers/>

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For the November issue, please send all photos, articles, etc., to Les at [lesozawa@gmail.com](mailto:lesozawa@gmail.com) by October 15.

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Quick Notes

Speedy recovery to Joerg Braun & Elaine Imoto

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On a cool, trade wind day in Kailua, 17 MMs came out for a walk through the Kailua and Lanikai neighborhoods and wiggled their toes in the sand along the way. Several stayed to talk story at the Kailua shopping center patio afterwards.



Marchers were amazed at the sweeping view of Kailua to Waimanalo Bays –MMer photo



Mango was in full seasonal glory in Lanikai. - Photo by Sandy Johnson



View of Kailua Beach from a high point before the walk down to Lanikai. - MMer photo



An island-wide outrigger canoe race was in progress when MMs visited Kailua beach. – MMer photo

A mansion was the turnaround of the Lanikai leg of the march for the day. – MMer photo





## Mahalo, Menehunes!

Since I just realized that I have been a Menehune for 20 years, I thought it was time to say thanks to the group for the good times.

Yes, it was January 2003 when I wandered up to the Menehune sign-in table at the Natatorium and said “what’s this?” That day Marsha Okada was sponsoring the Menehune Kick-Off walk for 2003. She encouraged me to join the group. “Sounds great,” I said. So, she got my paperwork in order and explained how the AVA system worked. (I would have never figured it out on my own.) We started walking – Marsha, Ruby Fukuyama, Joanne Funaski and me. The kilometers accumulated, and here I am – still walking after 20 years.

Those 20 Menehune years have been an enormous personal gift.

First: (and most important), I have made some terrific friends - leaders, coordinators, writers, photographers, cooks, regular walkers.

Second: I’ve seen interesting places on my feet that I would have never found from a car window. A few examples: Koko Botanical Garden, the beach walk between Makelei and Leahi Beach Park, Ka’ena Point, Chinatown (sorry to see Mei Sum Dim Sum go), inside of the Art Building at UH, the overhanging swimming pool in Kaka’ako, a cannonball tree, the ocean arch at La’ie, the Elvis statue, Pow Wow murals down hidden alleyways, the Mililani ravine. Plus, some interesting wildlife: the rose-ringed parakeets at dawn in Patsy Mink Park, albatross chicks at Turtle Bay and Hawaiian stilts. And not to forget the food – pot lucks, mei sum dim sum, sushi, Thai, etc.

Third: I’m much healthier because I have walked almost 8,000 AVA kilometers since 2003. I credit those kilometers with keeping my knees and back in shape (more or less).

So, thanks, Menehunes. Looking forward to seeing you in November for more adventures.

*Charlotte Sullivan*

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