

Menehune Marcher News

March 2017

Volume 16, Issue 2



Horizons

Event Calendar

Mar 4	Diamond Head
Sat	POC: Carol & Dennis Romig 626-3575
Mar 25	Ala Moana
Sat	POC: Carol & Dennis Romig 626-3575
Apr 8	Mililani & BBQ
Sat	POC: Carol & Dennis Romig 626-3575
May 13	Manoa
Sat	POC: Carol & Dennis Romig 626-3575
June 3 – 11	2017 AVA Convention Billings, MT & Environs
July 4	Hoomaluhia Botanical Garden
Tues	Maria Brasher – 261-3583 (walk) Carol Romig – 626-3575 (potluck)
Aug	Open
Sept	Open
Oct TBD	Hawaii Kai/Portlock
Nov 12	Kailua –
Sun	Kamananui Marsh (new Route) POC – Maria Brasher 261-3583 (walk)
Dec TBD	Christmas Party

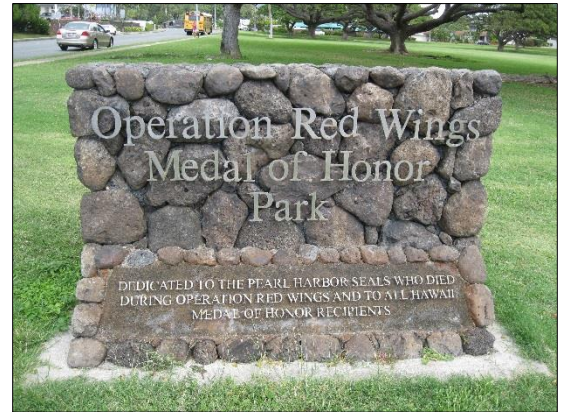


See you
There!

Diamond Head, March 4, Saturday

Walk starts at 8 a.m. Try to be there, signed in and ready to head out by 8.

Meet at Triangle Park/Operation Red Wings Medal of Honor Park. The park, near the old Ft. Ruger, is at the intersection of Diamond Head Road, Kahala Dr. and Paikau St. Triangle Park has a new name – Operation Red Wings Medal of Honor Park – but most of us know it as Triangle Park. So if you see the Operation Red Wings sign, you're at the right place.



The park is dedicated to the Pearl Harbor Navy seals and others who died on a mission to Afghanistan in 2005 and to all Medal of Honor recipients. Nineteen men were killed in the operation. Be sure to stop and read the memorial.

Also, remember your water. It's a long trek up that trail.

Ala Moana, March 25, Saturday

Meet at Magic Island parking lot for the 8:00 a.m. start. Bring your appetite. There are lots of tempting eateries along the route.

Mililani, April 8, Saturday

Join us for the Mililani neighborhood walk and famous Romig barbeque! Start point is 95-211 Kemu Place, Mililani Mauka. We'll be walking a revised route. Start time is 8:00 a.m.



From the President

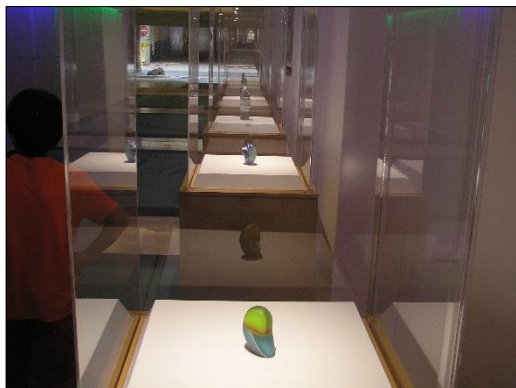
First, I would like to thank those who attended our December 10 Club Christmas Party at the Hale Koa Hotel. A great time was had by all, and we again owe Carol and Dennis Romig a work of thanks for their efforts in organizing this popular event for us. I also appreciate such a significant portion of our club membership being present for us to congratulate Carol Romig, Dennis Romig and Charlotte Sullivan for their well-deserved American Volkssport Association meritorious service and commendation awards. Well done, Carol, Dennis and Charlotte!!!

Now as 2017 is underway I see it as my never ending goal to again encourage every member (and family and friends of club members) to get out and do what we all enjoy – walking for fun and exercise. So PLEASE, get out and walk your footsies off!! ...And when you have completed one walk, set a date and time and get out and walk some more! It is fun and so good for you, so enjoy every opportunity you can. Molly and I look forward to seeing you on the trails as we make our rounds, too.

All the best, Mark

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### **Christmas Walk and White Elephant**



Photos by Gordon Tyau

## *Manoa Valley, May 13, Saturday*

Meet at the McDonalds in Manoa Marketplace (2915 East Manoa Road) for an 8:00 a.m. start. Remember to park on the street. They tow non-customers in the lot.

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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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### **Hoomaluhia Botanical Garden - Tuesday, July 4**

The walk starts at 9:00 a.m. Potluck starts at 11:00 a.m. Details to follow.

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Footprints

Christmas Party - December 10



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
Kahala – Mark & Molly Brown
Kona – Carol & Dennis Romig
Manoa Valley – Joanne Funasaki
Mililani – Carol & Dennis Romig
Waikiki – Mark & Molly Brown
Volcano – Carol Romig

Other Volunteers

Club website – Dennis Romig
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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**Happy St. Patrick's Day!**



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Check out the AVA website:
ava.org

Christmas Party and Walk:

Christmas at the Hale Koa! Thank you all for coming to our Christmas Walk and Party. You made it a very fun event! We ended up with 39 guests for the party and 23 walkers for the 5K. Great seeing former Menehune Marchers Susan and Bob Alton who now reside in San Antonio.

A big mahalo to Ruby Fukuyama, Norma Myer, Dan Barnett, John and Faye Miyamasu, Eugene and Amy Liu for their generous donations. These donations were used to subsidize the cost of the party and purchase party favors. Thank you Nainoa for the AWESOME job you did on the white elephant exchange. And thank you, Mark, for emceeding this event and inspiring us to set our goals and walk!

Carol 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** – 12/31/2017
- 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 - Civil War Battlefields** – 12/31/2015
- Doin’ the Louisiana Purchase** –12/31/2018
- Food for Thought** – 12/31/2017
- Ice Cream Parlors** – 12/31/19
- Lady Liberty** – 12/31/2018
- Make a Wish at a Water Fountain** – 12/31/2018
- National Parks Centennial** – 12/31/2018
- Ports of Call** – 12/31/2018
- Points of Reference** – 12/31/2018
- Special National Officer Book** (the S.N.O.B. walks!) – ends 12/31/2018
- State Street Sashay** – 12/31/2018
- Take a Walk in a City Park** – 12/31/2018
- Treasure Hunt** – 12/31/2018
- 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

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Kahala by Dennis Romig

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Christmas Party and Walk:



Photos by Gordon Tyau

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## Kahala - January 28



## Heading Out!





# Menehune Milestones

## Events:

Did we miss your name??

## Distance:

Gretchen Malaski – 30,000 k

## Marathoners:

- Toni Kaefferlein
- Gretchen Malaski
- Ray Malaski
- Dennis Romig

## GAR Finishers:

- Christine Enoka
- James Lenox
- Sandy Murphy
- Carol Romig
- Dennis Romig
- Charlotte Sullivan
- Donna Ulbricht

Kahala:



**Congratulations, All!!** 🍷

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Special Get Well Wishes
to
Gina Oliviera
Stan Hodges

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**Every path may have some puddles!**

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On a clear bright Saturday 20 Menehunes and friends enjoyed a new trek through Kahala with a path meandering through the ever-interesting cactus garden at Kapiolani Community College and the awe-inspiring Diamond Head overlook.

It was so nice to see long-time members – Hideo, Seiko, Marsha, Gayla and Harriet – as well as newer members – Joyce, Joy and Angela! Well, it was great to see everyone else, too!

Special thanks to Carol and Dennis for once again hosting our walk!

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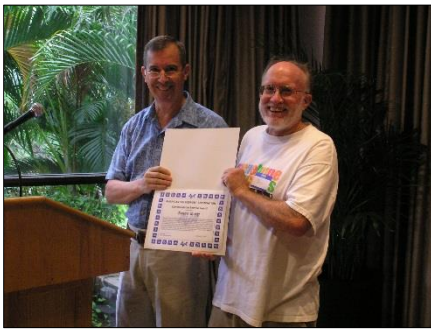
## **Waikiki - February 18**





# Special Recognition!

President Mark Brown presents AVA service awards to Carol Romig, Dennis Romig and Charlotte Sullivan at the Christmas Party.



*Photos by Gordon Tyau*

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

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Have an idea for a walk??

Contact Carol or Mark!

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Welcome, New Members!

- Fay DeNeeve
- Michelle Ebalagoza
- Joyce Lumsdaine
- Linda Miller
- Joy Williams

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### Waikiki:

Seventeen Menehunes and friends enjoyed the ever-vibrant Waikiki scene – including breakfast/brunch/lunch at Teddy's.



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Mahalo to Our Volunteers!!



Joann Funaski
Manoa Coordinator



Maria Brasher
Kailua Coordinator



Ruth Asakura
Capitol Coordinator
Event Brochures

Mahalo

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

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

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## A few thoughts:

Don't take yourself so seriously. No one else does!

No one is in charge of your happiness but you!

Remember that the journey is as important as the destination!

A secret is a tale you tell to one person at a time!

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Mountain apples on the Waikiki Walk!

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# 2016 Walker Recap

| Year Round Event     | 1 <sup>st</sup> Qtr | 2 <sup>nd</sup> Qtr | 3 <sup>rd</sup> Qtr | 4 <sup>th</sup> Qtr | Year to Date |
|----------------------|---------------------|---------------------|---------------------|---------------------|--------------|
| Ala Moana Park       | 10                  | 4                   | 4                   | 5                   | 23           |
| Downtown Capitol     | 43                  | 34                  | 25                  | 36                  | 138          |
| Diamond Head         | 31                  | 17                  | 5                   | 18                  | 71           |
| Kahala               | 20                  | 9                   | 3                   | 11                  | 43           |
| Kailua               | 10                  | 6                   | 7                   | 20                  | 43           |
| Kona                 | 4                   | 1                   | 2                   | 3                   | 10           |
| Laie                 | 17                  | 0                   | 0                   | 16                  | 33           |
| Manoa                | 15                  | 16                  | 4                   | 7                   | 42           |
| Mililani             | 32                  | 90                  | 26                  | 38                  | 186          |
| Obama Heritage       | 39                  | 4                   | 2                   | 5                   | 50           |
| Volcano              | 22                  | 2                   | 0                   | 2                   | 26           |
| Waikiki              | 47                  | 41                  | 11                  | 20                  | 119          |
| <b>Total walkers</b> | <b>290</b>          | <b>224</b>          | <b>89</b>           | <b>181</b>          | <b>784</b>   |

Prepared by Carol Romig

Time to get moving, fellow Menehunes! In 2015 we logged 1,074 events!

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Congratulations to Pat and Cheryl Patterson

Pat and Cheryl completed their 50th state and 51st capitol with the Menehunes in December. They flew in to Seattle from Germany, overnighted, arrived in Hawaii the next afternoon, walked the Capitol 10K with Carol and Dennis and then stayed for the Christmas Lights Hui Hele. Wow!



Photos by Dennis Romig

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## A Special Mahalo! Wanda Wright

Wanda has maintained our Menehune website for Many Years!

She and Bob plan to move back to the mainland later this year. We wish them happy journeys.

Many Thanks, Wanda, for a terrific job! We'll miss you!



**Wanda Wright**  
Webmaster