

Menehune Marcher News

March 2019

Volume 18, Issue 3

Year-Round Roundup!

Footprints

Aloha Waikiki!!



Waikiki remains one of the Menehune's most popular walks. It's got everything – mountain views, ocean views, parks, wild animals, sea life, people galore. You name it, Waikiki's got it!

Marsha Okada originally created two Waikiki walks. Then she revised and revised to design this one - maximizing the uniqueness of Waikiki.

Let's assume you have already enjoyed the official walk. OK, now give yourself permission to wander Waikiki. Branch out. See what else you can find!

Start at the New Otani Hotel. Arrive by bus (#14, #19, #20, #22) or snag a limited free parking place either on the loop by the New Otani or across Kapiolani Park on Paki.

Then explore as you wander AVA walk #166:

- **Wildlife** – The Zoo (kamaaina rates)
- **Sea life** – The Aquarium (kamaaina rates) or head to the walk behind the Aquarium, look over the wall and see the fish for free. I saw a striped eel there once.
- **Museums** – Fort DeRussy Army Museum (free!). Concrete bunker made into a museum because demolition was too difficult. Great

Punchbowl, November 17



No rain! In spite of the weather forecast and the heavy clouds, no rain fell on the 20 Menehunes as they made their first group walk uphill to Punchbowl, the National Memorial Cemetery of the Pacific. Gorgeous views and somber thoughts made for a memorable morning.

displays. Be sure to see Hawaii's own General Shinseki's story. Or stop by The Duke's Museum on the 2nd floor of the Moana Surfrider Hotel (free).

- **Exercise** – Notice the ocean? Go for a swim. Surf. Ride a wave. Try out the exercise bars in Kapiolani Park.
- **Picnic** – Tables all over the parks. Or sit on the sand.
- **Romance** – Come for sunset at Queen's Surf Beach or Kaimana Beach.
- **Gardens** – Queen Kapiolani Gardens, Paki Community Gardens. Or drop by a hotel lobby for spectacular flower arrangements.
- **Photography** – Treat your eyes to the National Geographic Gallery in the International Marketplace.
- **Green spaces** – Kapiolani Park, Fort De Russy Park, Kuroda Field.
- **Memorials** – The Waikiki Natatorium War Memorial commemorating Hawaii's World War I dead. The Brothers in Valor (Fort De Russy Park) honoring Hawaii's World War II veterans.
- **Royalty** – King Kalakaua, Prince Kuhio, Queen Kapiolani, Princess Kaiulani, The Duke.
- **History** – Informative surfboards dot the trail.
- **Food** – Unlimited. For example: Mitsuwa Marketplace (blink and you think you're in Japan), Teddy's (the Big burger people), Lawson Station (mochi ice cream), Bakery at Duke's Lane (scones and coffee). Bring your appetite.
- **Shopping** – More than most people can handle.
- **Restrooms** - Everywhere.
- Or just **people-watch**. Find a spot to sit and watch the world go by.

Enjoy the Waikiki neighborhood walk. Every visit is different.

~~~~~

### **Walkin' Canada Update**

Three Menehunes (Lori Watanabe, Carol Romig and Charlotte Sullivan) are tromping along today somewhere in a snowy Canadian province. Doing real walking in a pretend Canada, they've joined about 300 other Volkssporters in the AVA *Walkin' Canada* challenge. Two million steps in this virtual walk will take them from Comoc, British Columbia, to St. Johns, Newfoundland. See AVA.org to sign up. Only \$22 & you get a tshirt.

### **Punchbowl continued:**

Special thanks to Molly and Mark Brown for creating and hosting this very special walk. Thanks to Carol Romig for guiding us.



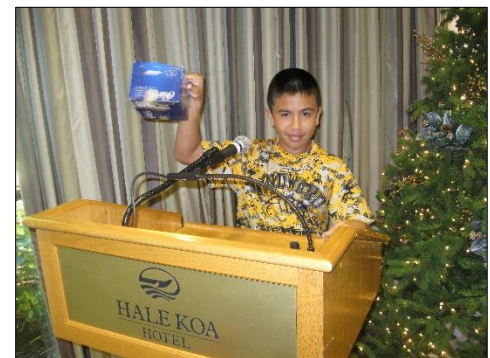
Photos by Gordon Tyau

~~~~~

Christmas Party, December 15



With record turnouts for the Waikiki Christmas stroll (35 walkers) and Hale Koa lunch (45 diners), the Menehunes celebrated the holidays in their usual style with a delicious buffet and the ever wild and crazy White Elephant gift exchange. (Hope you got your best present Ever!)



Christmas party:

Thanks to Dennis and Carol for organizing and leading, to Rita for reservations, to Claire for nametags, and especially to Nainoa for picking our lucky numbers! Happy 2019 to all!

~~~~~



# Club Volunteers

Kailua, January 6

## Officers

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



Sunny skies, soft winds and gentle waves greeted Menehunes on the Kailua walk.

## YRE Coordinators

- Ala Moana – Mark & Molly Brown
- Diamond Head – Mark & Molly Brown
- Downtown Honolulu – Ruth Asakura & Gordon Tyau
- Kailua – Maria Brasher
- Kahala – Mark & Molly Brown
- Kona – Carol & Dennis Romig
- Manoa Valley – Carol Romig
- Mililani – Carol & Dennis Romig
- Punchbowl – Mark & Molly Brown
- Waikiki – Mark & Molly Brown
- Volcano – discontinued

Many thanks to Maria Brasher for once again hosting our 22 Kailua walkers with an open heart and tasty treats!



## 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!

~~~~~

AVA Walking Challenges

- 50 States – never ends
- 50 State Capitals – never ends
- Border Crossings – 12/31/2023
- Centurion Achievement Challenge – ongoing
- Carousels Across America – 12/31/2021
- Ice Cream Parlors – 12/31/19
- Little Free Libraries – 12/31/2021
- The Appalachian Trail – 12/31/2028
- Underground Railroad – 12/31/2019
- Walk Like an Olympian – 12/31/2021
- Walkin' Canada – 12/31/2019
- Walking the USA - A-Z – never ends

~~~~~



## Menehune Milestones

**Honolulu Marathon** – Dennis Romig (2<sup>nd</sup> best time ever - 6 hours & 19 Minutes)

~~~~~

Kahala, January 19

Sixteen walkers enjoyed a lovely day in the Kahala neighborhood.



~~~~~

### Great Aloha Run, February 18

Once again the Menehunes walked and/or raced between the two Alohas – the Aloha Tower and the Aloha Stadium. This year's finishers: James Lenox, Sandy Johnson, Carol Romig, Dennis Romig, Charlotte Sullivan, Lori Watanabe. Congratulations!!

~~~~~

Walking

The oldest exercise and the cheapest!



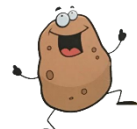
Horizons

Feb 24, Sun Start time Start location POC	Capitol YRE & Pow Wow! 8:00 a.m. King Kamehameha Statue in front of Judiciary Building, 417 S. King St., free parking on weekends Carol Romig – (808) 626-3575; cell – 294-8637 (day of walk)
Mar 23, Sat Start time Start location POC	Wahiawa 8:30 a.m. (Be registered and ready to go by then.) Leilaha High School, 1515 California Ave. Park at the upper end of the parking lot and walk to Wahiawa Community School Carol Romig – (808) 626-3575; cell – 294-8637 (day of walk)
Apr 20, Sat Start time Start location POC	Kamananui Valley (guided) 8:30 a.m. Moanalua Neighborhood Park – see brochure Carol Romig – (808) 626-3575; cell – 294-8637 (day of walk)
May 18, Sat Start time Start location POC	Manoa 8:00 a.m. Manoa McDonalds – lower level; remember to park on the street to avoid a tow. Carol Romig – (808) 626-3575; cell – 294-8637 (day of walk)
June 9-16	AVA Albany NY Convention
July 4, Thurs Start time Start location POCs	Hoomaluhia Botanical Garden & Potluck 9 a.m. Hoomaluhia Botanical Garden Maria Brasher – (808) 261-3583 - walk Carol Romig – (808) 626-3575; cell – 294-8637 (day of walk) - potluck
Aug	Open
Sept 7, Sat	Mililani
Oct 19, Sat	Waikiki
Nov 9, Sat	Koko Crater Botanical Garden with Tater Tours
Nov 10, Sun	Turtle Bay With Tater Tours
Dec 7, Sat Time	Christmas Party - Koko's at Hale Koa 9 a.m. – 11 a.m.

~~~~~

### Return of the Taters

Carol reports that Tater Tours will return to Hawaii in November. They will be joining us for several walks. We are invited to join them on other walks. We are also invited to join them at Germain's luau. Details to follow.



## Meet the



Ready to walk a Year-Round but wondering where it starts?? Here are our Walk Boxes. Check them out:

**Ala Moana** – Hokua Tower Condos, 1288 Ala Moana. Park at Ala Moana Park and walk across the street. Box is behind the desk. Ask the attendant for it.

**Capitol** – Nuuanu YMCA. 1441 Pali Highway. Box is behind desk. Ask attendant for it.

**Diamond Head** – New Otani Hotel lobby. 2863 Kalakaua. Box is behind concierge desk to the left when you enter. Pick it up.

**Kahala** – New Otani Hotel Lobby. 2863 Kalakaua. Box is behind the concierge desk to the left when you enter. Pick it up.

**Kailua** – 388 Auwinala, Kailua. (private residence). Box is on a pedestal in the front yard near the mailbox.

**Kona** – No box! Registration by mail or email only. Contact Carol Romig for details.

**Manoa Valley** – Manoa McDonalds. 2915 E. Manoa Road. Park on the street to avoid being towed. Ask for the box at the counter.

**Mililani Mauka** – 95-211 Kemu Place (private residence). Box is on a pedestal in the front yard.

**Punchbowl Crater** - Hokua Tower Condos, 1288 Ala Moana; Park at Ala Moana Park. Box is behind desk. Ask attendant for it.

**Waikiki** – New Otani Hotel lobby. 2863 Kalakaua. Box is behind the concierge desk to the left when you enter. Pick it up.

Inside each box are trail directions, stamps, a stamp pad, envelope for your \$2 fee, slot for depositing your paid envelope and pens.

If attendants help you, please thank them for hosting a start point.

See you at the



## Mahalo

**Special thanks** to Ruth Asakura, Gordon Tyau, Mark Brown, Ruby Fukuyama, 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 22.

## Walkers Recap - 2018

|                           | 1 <sup>st</sup><br>Qtr | 2 <sup>nd</sup><br>Qtr | 3 <sup>rd</sup><br>Qtr | 4 <sup>th</sup><br>Qtr | YTD        |
|---------------------------|------------------------|------------------------|------------------------|------------------------|------------|
| <b>Year-Round Event</b>   |                        |                        |                        |                        |            |
| Ala Moana Park            | 50                     | 26                     | 17                     | 16                     | 109        |
| Downtown Capitol          | 62                     | 20                     | 39                     | 31                     | 152        |
| Diamond Head              | 14                     | 16                     | 2                      | 28                     | 60         |
| Kahala                    | 10                     | 17                     | 4                      | 15                     | 46         |
| Kailua                    | 26                     | 2                      | 7                      | 4                      | 39         |
| Kona                      | 6                      | 1                      | 0                      | 4                      | 11         |
| Manoa Valley              | 16                     | 9                      | 36                     | 16                     | 77         |
| Mililani Mauka            | 51                     | 47                     | 43                     | 6                      | 147        |
| Punchbowl Crater          | 9                      | 18                     | 20                     | 40                     | 87         |
| Volcano                   | 37                     |                        | closed                 |                        | 37         |
| Waikiki                   | 55                     | 27                     | 6                      | 66                     | 154        |
| <b>Total walkers - YR</b> | <b>336</b>             | <b>183</b>             | <b>174</b>             | <b>226</b>             | <b>919</b> |

### Traditional Events

|                      |              |
|----------------------|--------------|
| Great Aloha Run      | 10           |
| Hoomaluhia Garden    | 36           |
| Koko Crater          | 27           |
| Wahiawa Garden       | 18           |
| <b>Total walkers</b> | <b>91</b>    |
|                      | <b>1,010</b> |

*Prepared by Carol Romig*

*That's 195 more walkers than last year! Way to Go, Menehunes!*

## Check out These Walking Events

Volkssporting began in Germany in 1968 and is now worldwide. There are many excellent walking events hosted by AVA, chartered clubs & other countries. In the United States, AVA includes about 250 chartered clubs. Check out the American Volkssport Association (AVA) website at AVA.org before planning your next vacation. There are links to the International and Canadian events. Here's just a sample of walking events on the horizon:

### 2019

|           |                                         |
|-----------|-----------------------------------------|
| June      | Crazy Horse – Black Hill, South Dakota  |
| June      | AVA Convention – Albany, New York       |
| September | Salute to Central Oregon – Bend, Oregon |
| September | Winthrop Roundup – Winthrop, Washington |
| October   | U. S. Freedom Walks – Washington, D.C   |

### 2020

|          |                                                            |
|----------|------------------------------------------------------------|
| February | Texas Roundup – San Antonio, Texas                         |
| April    | Canberra Walking Festival – Canberra, Australia            |
| June     | Canadian Convention – Yellowknife, Yukon Territory, Canada |

*By Carol Romig*

### With a smile:

Two silk worms had a race. They ended up in a tie.

Time flies like an arrow. Fruit flies like a banana.

