

menehune marcher news

November 2011

Volume 11, Issue 2



"Moving together toward a healthier America"

Horizons – Coming Events

Obama Heritage Walk- November 5

Gordon Tyau

Event Calendar

Nov 5 **Obama Heritage Walk**
Gordon Tyau
531-2255

Dec 3 **Party & Downtown 5K**
Carol & Dennis Romig
Sat 626-3575

Jan 21 **West Loch**
Carol & Dennis Romig
Sat 626-3575

Feb 19 **Diamond Head Hui Hele**
Marsha Okada
Sun 395-9724

Feb 20 **Great Aloha Run**
Carol Romig
Mon 626-3575



The Menehune Marchers are delighted to introduce a new year round walk -- the **Obama Heritage Walk**. This walk is about the formative years of President Barack Obama, the first President of the United States born in Hawaii.

It includes Kapiolani Hospital, where he was born, Washington Middle School basketball court where he first began to play basketball and the Baskin Robbins store where he worked during his Punahou years.

You will walk in his footsteps -- on the sidewalk he used -- from the apartment building on Beretania Street where he lived with his grandparents from age 10-18, past Kapiolani Hospital where he was born, then up to Punahou School where he graduated in 1979.

The walk passes some of the other houses and apartments where he lived -- where his mother lived as a student and where his grandparents lived in earlier times.

It goes through the University of Hawaii Manoa Campus and the East West Center, where his father and mother met and from which his mother graduated. There is an exhibit at the East West Center on his mother and her work, but unfortunately the gallery is not open on weekends. Perhaps, if you are interested, you could return on another day when the gallery is open.

You will experience some of the same neighborhoods and environments that President Obama experienced in his early formative years.

The 10K walk starts promptly at 7:30 am at the Atkinson YMCA, Saturday, November 5. The APEC conference begins that weekend. There may be closed roads and parking, lots of security personnel and other disruption, so please come a little early.

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#### Good news:

**Walkers can count each walk as an event. The two per year limit is OUT!**

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Are You An AVA Member?

Are you a member of Menehune Marchers?

Why not?

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## President's Message

Carol Romig

Can you believe our Christmas party is just around the corner? We have two more fun events in 2011. The kick-off event for our newest year round event, the Obama Heritage, is on November 5. Thank you Gordon Tyau for developing our club's 12th year round event and for organizing the kick-off. Then, on December 3, we celebrate the holidays with our Christmas party and Christmas Lights 5K. Many of our snowbirds will be returning to the islands, so be sure to mark your calendar for this event.

Please thank our very hard working volunteers who help maintain the year round boxes and often join our out-of-town walkers on these walks. Check out the recap.

A big MAHALO to Maria Brasher for sponsoring the Hoomaluhia Botanical Garden and the Out and About in Kailua walks and to the many volunteers that helped at the registration table. Great walks! Welcome Sheila, John, and Walter to the Menehune Marchers. Sheila and John are veteran volksmarchers that recently moved from Missouri to Hawaii. Kailua was Walter's 1st volksmarch.

Hope to see you on the trails!

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### Mililani Update!!

The Mililani Walk will now start at Carol & Dennis' house at 95-211 Kemu, Mililani. Someone removed the start box twice from its old location.

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### Islands Special Event Update

Good News: If you were working on the Islands Special Event but didn't finish by December 31, 2010, don't despair. The event is still open to those who already have their books and started the walks.

Just keep on doing Island Walks (that should be easy!) and send in your book when you're finished.

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## Christmas Party and Downtown 5K – December 3, 2011

Carol Romig

Please join us at our annual Christmas party on December 3 at The Mandalay, 1055 Alakea Street, Downtown Honolulu. Free parking at Bishop Square. Luncheon is from 3:00 p.m. to 5:30 p.m. Menu: Dim Sum, Mu Shu Chicken, Black Mushrooms with Choi Sum, Honey Walnut Shrimp, and Seafood Noodles

Optional Christmas Lights walk at approximately 5:00. December 3 is the Opening Night of the Honolulu City Lights. It will be crowded, but it should also be entertaining. Here are the events for the night:

- ❖ 5:30 p.m. - Concert at Kawaiahao Church
- ❖ 6:00 p.m. - Tree Lighting Ceremony at City Hall and Electric Light Parade along King Street
- ❖ 7:30 p.m. Holiday Concert at Sky Gate Stage

Please RSVP by November 18, 2011. Make checks payable to Menehune Marchers. Send to: Carol Romig, 95-211 Kemu Place, Mililani, HI 96789. Club member \$20, Non-club member \$23

Santa expects you. Be there!

## West Loch – January 21

Carol Romig

Please join us on January 21, 2012 at West Loch. Last January, 58 walkers participated in this walk. It was probably the only dry spot on the island that day.

The 5K & 10K routes take you along the waterfront bike trail that connects Asing Community Park and the West Loch Shoreline Park. At West Loch Shoreline Park, you can enjoy beautiful vistas of the westernmost portion of Pearl Harbor. See our brochure for more details.

This walk is a favorite of bird watchers. We frequently see the Hawaiian stilt and the Kolea.

## Diamond Head Hui Hele – February 19

The Diamond Head Hui Hele will be held on Sunday, February 19, 2012. You may opt to do the 7K, the 10K or the 12K version. We hope to see our Japanese Volkssporters again this year. Last year we missed them due to the tsunami.

Meet at the picnic table near the Kapiolani Bandstand. Park in the area next to the picnic table. Starting time is between 7:00 a.m. and 8 a.m. Refreshments will be served in Fort DeRussy Park.

## Great Aloha Run – February 20

Once again the Menehunes plan to step out with 20,000 others and walk with aloha – from the Aloha Tower to the Aloha Stadium. The 13K walk starts downtown with music, fire boat plumes and lots of enthusiasm. Walkers pass historic Honolulu harbor, under the Nimitz Freeway and down the Kamehameha Highway to the Aloha Stadium – where some of them have been seen doing a very spirited entrance! Finishers receive a cool tee shirt, water, fruit and 13K – as well as bragging rights.

You must pre-register with both the Menehune Marchers and the Great Aloha group. The GAR website is <http://www.greataloharun.com/race/register>. You'll receive a postcard for free admission to the EXPO at Blasidell Center to pick up your race packet.

## Club Volunteers

**Officers (July 1, 2011 –  
June 30, 2013)**

*President – Carol Romig  
Vice-President – Wanda Wright  
Secretary – Joy Hee  
Treasurer – Gordon Tyau*

### **YRE Coordinators**

*Diamond Head/Waikiki/ Kahala –  
Mark & Molly Brown  
Waterfront – Faye Miyamasu  
Downtown Honolulu –  
Barbara Mateo-Kihano  
Manoa Valley – Lan Char  
Kailua/Laie – Maria Brasher  
Mililani – Carol & Dennis Romig  
Kona – Carol & Dennis Romig  
Volcano – Terry Puuohau*

### **Other Volunteers**

*Club Website – Wanda Wright  
Event Brochures – Ruth Asakura  
Club Membership –  
Wanda Wright  
Christmas Party –  
Club Newsletter Editor –  
Charlotte Sullivan  
Traditional Events – Many! But,  
we can always use more!*

Mahalo, volunteers!

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Dues are Over Due!

If you haven't paid your 2011-2012 dues yet, make your \$12 (per family) check payable to Menehune Marchers and mail it to:

Wanda Wright, Membership
Menehune Marchers
P. O. Box 1838
Kailua, HI 96834

Mahalo!

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### **Hot Deal!!**

**\$2** – Cost per YR for Club members --  
You save a Buck off the regular price!  
Special events are still \$3. The more  
you walk – the more you save!

# Footprints

## **Kamananui Valley Guided Walk - August 6 & 7**

*Carol Romig*

Forty hardy walkers joined us our "Walk into the Past" at Kamananui Valley. The trail was a little muddy at points but everyone was prepared with hiking sticks and rain gear. For several walkers, Kamananui Valley was a first. But, whether it is the first or nth time, Kamananui Valley is always a wonderful and unique experience. Where else on the island can you walk along a tree covered trail and cobblestone road that crosses seven turn-of-the-century stone bridges? Look for this walk again next year.





# **Menehune Milestones**

## **Events**

Wright, Bob – 100  
Wright, Wanda - 100  
Imoto, Hideo – 150  
Imoto, Seiko - -150  
Asakura, Ruth – 300  
Tyau, Gordon - 300  
Brown, Mark – 350  
Brown, Molly - 350  
Romig, Carol – 350, 375

## **Distance**

Wright, Bob – 1,000  
Wright, Wanda – 1,000  
Asakura, Ruth – 4,000  
Tyau, Gordon – 4,000  
Romig, Carol – 6,000  
Brown, Mark – 10,000  
Brown, Molly – 10,000

## **Congratulations!!**

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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.

Moving Right Along....

Bravo to our long distance Menehunes – Carol Romig, Mark Brown and Molly Brown!! Those distances put a lot of wear and tear on the sneakers. Wonder how many pairs they walked through??

If the kilometers had been in only ONE walk, they would have seen some exotic places and some not-so exotic places.

As Dr. Suess would say, “Oh the places you could go.”

For instance, Carol could have walked to Bismark, North Dakota (5,819 km), Oklahoma City (6,021 km) or Sapporo, Japan (6,073 km).

Mark and Molly Brown could have gone to Lima, Peru (9,579 km), Hanoi, Vietnam (9,798 km) or Bangkok (10,636 km).

Congratulations, Carol, Mark and Molly!!



All photos by Carol and Dennis Romig

Manoa Hui Hele - September 10

by Carol Romig

It was beautiful day for our Manoa Hui Hele. Twenty-four walkers joined us for this event, including several new walkers and one walker from Connecticut. For Valerie Kirley from Connecticut it was a very special occasion. She completed her 50th state, and according to her it took about 20 years. Congrats Valerie! She sent us a lovely letter when she got home. See the next page. After our walk, we kept with tradition and headed to Bangkok Chef for delicious Thai food.

Thank you Lan and Ben Char, and Ruby Fukuyama for coming early to register everyone.

AVA Walking Challenges

AVA clubs create fascinating reasons to walk. Here are some programs available now:

50 States (Marsha Okada, Barbara Mateo-Kihano and B.S. McEwen completed this one.)

50 State Capitals

America's Artistic Heritage

America's Baseball Walks

America's Family Bakeries

America's Historic Churches

America's Murals

Bakeries

Carnegie Libraries

Celebrate America's Gardens

Celebrating Golden Cinemas

Classic American Diners

Covered Bridges

Forts of the United States

Grist Mills

Hillside Letters

Historic Churches

Honoring Law Enforcement

Hooray for Hollywood

Liberty Bell Replica

Museum Walk America

Special National Officer Book (the S.N.O.B. walks!)

Strolling Somewhere Over the Rainbow

Struttin' Down Main Street

Veterans Memorials

Walking America's Fire Houses

Walking America's Trails

Walkin' Waterfalls

Walking the USA A-Z

W.P.A.

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

New programs are always being created as old ones expire. Check out details at AVA.org.

Let us know when you finish a program. We want to share the good news with the rest of the club.

Letter from Valerie Kirley after she completed her 50 states at the Manoa Hui Hele.

Dear Folks,

You're awesome! What a terrific group you are! This was a celebration in my honor and you made it memorable. You were so accommodating and made me feel so special that I completed my 50th state walk this month. The lei that I was given will be worn at my next walk this weekend in Massachusetts. Ruby and Seiko were kind to walk with me at my slow pace and made certain that I didn't get lost!! Ruby identified all those trees and flowers – what a memory!! I was treated to a special Hawaiian dessert. The well wishes from all of you just made me feel so important. You have no idea how outstanding you are.

Thank you. MAHALO!

Sincerely,
Valerie

You have allowed me to experience the Spirit of Aloha!

Happy Trails

For you advance planners, Carol Romig reports two new exciting walking experiences:

- The California Volkssport Association (CVA) will host 3 days of walking at its May 4-6 convention in Monterey – a truly lovely location. Walks include Pebble Beach, Lover's Point and Town Walk -- all in Pacific Grove.
- Also, the American Volkssport Association will host its 2013 convention in Orlando, Florida. How much fun will that be!! Wonder if Mickey will join us?

Year Round Event Recap

Jan 2011 to Sep 2011

Year Round Event	1st Quarter	2nd Quarter	3rd Quarter
Ala Moana Park	58	32	27
Downtown Capitol	54	34	31
Diamond Head	50	13	13
Kahala	28	9	11
Kailua	21	6	9
Kailua-Kona	12	10	3
Laie	9	0	2
Manoa	6	16	37
Mililani	43	36	40
Volcano	9	9	4
Waikiki	40	58	18
Total	330	223	195
Jan West Loch	58		
Feb Great Aloha Run	15		
Jul Hoomaluhia Botanical Garden	34		
Aug Kamananui Valley	39		
Oct Out and About in Kailua	41		

Go Local → →

We Menehunes enjoy some of the most beautiful and certainly one of the most challenging walks (Volcano) in the United States. Have you walked them all? Have you walked them lately?

Each of these walks is hosted by a local Menehune and by a local business or organization. Be sure to tell them THANKS!

Menehune Year Round Walks. Check them out! They're great!

Oahu: Waikiki, Kahala, Diamond Head, Manoa, Waterfront Parks, Downtown, Mililani, Kailua, Laie, Obama Heritage

Big Island: Kona, Volcano National Park.

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The Club has many volunteers who help in various capacities. As a result, the Club is able to sponsor 12 year-round events and also sponsor traditional walks throughout the year. Check out the Club's website for our current events.

[www.ava.org/clubs/menehumemarchers](http://www.ava.org/clubs/menehumemarchers)

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Are your mailing and email addresses up-to-date?

Send changes to Wanda Wright at thekiln@hotmail.com

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*Special thanks to all who helped with this newsletter – especially Gordon Tyau, Ruth Asakura, Wanda Wright, Marsha Okada, Carol Romig, and Dennis Romig. Please send all contributions for the next one to Charlotte at [csullivan2801@yahoo.com](mailto:csullivan2801@yahoo.com). Mahalo!*

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The Journey is the Reward!

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**Aloha!**  
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Walking in Presidential footsteps – the Obama Heritage Walk

Thanks to Gordon Tyau, the Menehune Marchers are proud to introduce a new year round walk. The **Obama Heritage Walk** honors Hawaii's first president.

Gordon carefully researched the early life of President Obama, so you too can follow the Obama trail from Kapiolani Hospital to the White House. Stop by the Washington Middle School basketball court, the University of Hawaii, Baskin Robbins, his grandmother's apartment building. What an incredible journey!

The year round 10K starts at the Atkinson YMCA. The kick-off is November 5, but you can walk it anytime.



Photos by Gordon Tyau

Mahalo! Mahalo! Mahalo! Mahalo! Mahalo, Gordon!!!!