

Menehune Marcher News

November 2012

Volume 12, Issue 2



"Moving together toward a healthier America"

Horizons – Coming Events

Event Calendar

Nov 10 Sat	Bellows AFS Walk & Potluck Carol & Dennis Romig 626-3575 or 294-8637 (cell)
Dec 8	Christmas Party – Hale Koa Carol Romig 626-3575 or 294-8637 (cell)
Jan 12 Sat	Ala Moana YRE Carol & Dennis Romig 626-3575 or 294-8637 (cell)
Jan 26 Sat	Kahala YRE Carol & Dennis Romig 626-3575 or 294-8637 (cell)
Feb 10 Sun	Kailua YRE Carol & Dennis Romig 626-3575 or 294-8637 (cell)
Feb 23 Sat	Laie YRE Carol & Dennis Romig 626-3575 or 294-8637 (cell)
Mar 9 Sat	Obama Heritage Walk Charlotte Sullivan 922-8626
Apr 27 – May 5	AVA Convention - Orlando
May & June	Open
Jul 21 Sun	Hoomaluhia Botanical Garden Marsha Brasher (walk) Carol & Dennis Romig (potluck)
August TBD	Kamananui Valley Carol & Dennis Romig

Bellows AFS Walk and Potluck – November 10

Join us for the lovely and yummy Bellows walk! Here's your chance to share that special dish, discover some of Oahu's World War II history and enjoy the aqua blue waters of Bellows Beach.

If you pre-registered and don't have your visitor's pass, please contact Carol.

Christmas Party – December 8

See you at the Hale Koa Hotel in Waikiki from 11 - 2. We have a full house now, but if you'd like to attend, contact Carol and get on the waitlist.

Gayla and Harriet will be organizing the White Elephant game! Lots of fun! If you want to play, please bring an unwrapped gift. Happy Holidays!

Footprints

Ho'omaluhia Botanical Gardens – July 4



Forty- nine Menehune Marchers celebrated their 25th anniversary on July 4 with a potluck and walk at Ho'omaluhia Botanical Gardens.

President's Message

We have lots of open dates on our 2013 calendar. We have several year round events (Downtown Capital, Waikiki, Diamond Head, Manoa) that can be scheduled for those open dates. Please email me at dcromig@hotmail.com if you would like to volunteer to organize a group walk for our open months.

Our club will need to hold officer elections for the two-year term starting July 2013 to June 2015 terms. Both Gordon Tyau (Treasurer) and I have held two terms. That is the maximum allowed by our bylaws. If you are interested in filling an officer position or nominating someone else, please email me at dcromig@hotmail.com. If you are nominating someone else, please be sure that individual is willing to accept the nomination. To date we have the following nominees and open positions. We can have multiple nominees for a position. If you have questions regarding responsibilities of the positions, please contact me. We would like to have the nominations submitted by November 30, so we can hold elections in December 2012 or January 2013.

President – no nominees or volunteers
Vice President – Wanda Wright, nominee
Treasurer – Dennis Romig, nominee
Secretary – no nominees or volunteers

Thanks to all who help make this club a success!

Looking forward to seeing you on the trails!

Carol Romig

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Don't forget year rounds are only \$2 for club members and each walk counts as an event.  
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All photos by Gordon Tyau.

Thanks to Maria Brasher and Carol Romig for organizing this walk!

Kamananui Valley – August 25 & 26

Carol Romig

We had a great turnout for our Kamananui Valley walk – 56 walkers in two days, many new walkers, 8 out-of-town walkers and 3 hardy souls who walked both days! See you here next year!



Club Volunteers

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

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

YRE Coordinators

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

Other Volunteers

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

Mahalo, volunteers!



All photos by Gordon Tyau

Thanks to Carol and Dennis Romig for organizing this walk!

Meet Mickey!

The next Biennial AVA convention will be in Orlando (home of America's most famous mouse) from April 27 – May 5, 2013. In addition to lots of local sites to see, there are 9 AVA scheduled walks. Visit ava.org for more details.

If you want your dreams to come true, don't oversleep!

Manoa Hui Hele – September



Menehune Milestones

Events

Brown, Mark – 450, 475, 500
Espree-Dowdell, Sharon - 250
Malaski, Gretchen – 2,200
Malaski, Ray – 2,800
Miyamasu, Faye – 125
Romig, Carol – 425, 450
Sullivan, Charlotte – 250

Distance

Brown, Mark – 12,000 K
Miyamasu, Faye – 2,000 K
Romig, Carol – 7,500 K
Sullivan, Charlotte – 3,000 K

Special recognition!

Mark Brown

Special kudos to Mark for his 12,000 K.
That's about 7,440 miles! Wow!

So, where could Mark have gone on a 12,000 K walk?? To New Delhi (11,928 K), to Paris - (11,989 K), to Buenos Aires (12,166 K). Think how many pairs of sneakers he has worn out!!

Great achievement, Mark!

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### Vernon and Joan King

Vernon and Joan completed their 50 States Walk! See this article about these super walkers! ☐

Terrific job, Vernon and Joan!!

### Congratulations - Everyone!!

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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.

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Have a favorite Hawaii walk? Email your impressions to Charlotte at [csullivan2801@yahoo.com](mailto:csullivan2801@yahoo.com), and she'll share them with the club in the next newsletter.



All photoby Gordon Tyau.

Thanks to Carol and Dennis Romig for organizing this walk!

## Joan and Vernon King Walk 50 States!!!



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For 20 years Big Island residents, Joan and Vernon King, walked across America pursuing a dream – to do a Volkssport walk in all 50 states.

They started out in Honolulu in 1993. This year they finally finished their 50th walk in St. Paul, Minnesota. As to logistics, Vernon reported that after living in Hawaii for 34 years, “the distance and driving times between walks was always a surprise!” Although they found it hard to pick a favorite walk, they thought maybe they enjoyed Iowa best – because of the friendly people there. And they especially enjoyed touring state capitals because of the wealth of history and information available.

Vernon said walking 50 states was a long journey, especially as their last three walks (Jackson, Mississippi, New Jersey and Minnesota) were all done in 90+ degree weather. (Seems like they should get extra credit for the weather!) But they were thrilled to be finished and thrilled to remove one more thing from their bucket list!

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And the Menehune Marchers are thrilled to celebrate their achievement with them!!  
Yahoo! Congratulations!!



## AVA Walking Challenges

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

**50 States** (Marsha Okada, Barbara Mateo-Kihano, Sharon Dowdell, BS McEwen, Joan King and Vernon King completed this one.) – never ends

**50 State Capitals** – never ends

**America's Baseball Walks** – ends 12/31/2013

**America's Family Bakeries** – ends 12/31/2014

**Carnegie Libraries** – ends 12/31/2012

**Celebrating Golden Cinemas** – ends 12/31/2014

**Civil War Battlefields** – ends 12/31/2015

**Classic American Diners** – ends 12/31/2014

**Forts of the United States** – ends 12/31/2012

**Fraternal Organizations** – ends 12/31/2015

**Grist Mills** – ends 12/31/2013

**Hillside Letters** – ends 12/31/2012

**Honoring Law Enforcement** – ends 12/31/2014

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

**Strolling Somewhere Over the Rainbow** – ends 12/31/2014

**Struttin' Down Main Street** – ends 12/31/2014

**Walking America's Murals** – ends 12/31/2014

**Walking America's Trails** – ends 12/31/2013

**Walking the Old Spanish Trail** – ends 12/31/2015

**Walking the USA A-Z** – never ends

**U.S.A. W.P.A.** – ends 12/14/2014

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

New programs are always being created as old ones expire. Check out details at [www.ava.org](http://www.ava.org).

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

## The Journey is the Reward!

## Farewell to Barbara Mateo-Kihano

Gayla Tarumoto

I cannot fathom that Barbara is no longer with us. Even now I think of her as still living in her home on Mikihilina Drive with Percy and the dogs and residing across the street from her mother.

Barbara's world was guided by the 100% principle. As founder of the Menehune Marchers, she took her position as its first President seriously. Meetings were held monthly. She prepared the meeting agenda; ensured that minutes were read and voted on; read all incoming correspondence in advance then distributed it at the meetings for perusal by board members and meeting attendees. Proper meeting procedures were followed; election deadlines were met; and adjournment was duly noted. Her commitment to the fledgling club was 100%.

The 100% principle was reflected in her personal interests as well. I will never forget her singular focus on pogs, Cherished Teddys, PSI and hula. When Barbara was interested in something, she focused on it to the near exclusion of her other activities and hobbies. She never lost her enthusiasm for new endeavors.

Barbara was goal oriented. One year her goal was to have 100 walkers participate in a Menehune Marcher event. She achieved that. She wanted to climb Mt. Fuji. Unable to reach the summit on her first attempt, she returned the following year to achieve her goal.

She was future oriented. During one of her mainland walking tours, she maintained a diary about her daily experiences as a written legacy to her eldest granddaughter – then a small child and today a young lady.

When I think of Barbara, I remember a person who was committed to doing her best and who was the best – a person whose world was one of inclusiveness. Everyone was welcome to join the Menehune Marchers, and participation was genuinely appreciated by her. She never ceased to be touched by people's willingness to help whenever asked. Barbara had a positive life force and will remain an unforgettable influence on many of our lives.

## Walking Shoes

According to the AVA, your walking shoes should have 4 elements:

**Low heel** – for proper heel-to-toe foot placement and roll.

**Lightweight** – walkers have more foot strikes than runners.

**Flexibility** – to accommodate your foot's expansion as you walk.

**Durability** – to withstand many walks on hard surfaces.

### Shoe Shopping Tips

- Go at the end of the day when your feet are slightly swollen.
- Don't shop when you are in a hurry.
- Keep track of how many miles you put on your shoes, and replace them every 300-600 miles.

Recapped from an article in the August/September 2012 *American Wanderer* by Bert Pickell.

Some mistakes are too much fun to make only once! On the other hand ....

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.

<http://avaclubs.org/MenehuneMarchers/>

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

Send changes to Wanda Wright at [MenehuneMarchers@gmail.com](mailto:MenehuneMarchers@gmail.com).

**Convert your Kilometers to Miles!**

**Do you think in miles? Most of us do.**

**Do you want to know how many miles you walk? To convert your kilometers to miles:**

**Multiply your kilometers by .6210 kilometers = 6.2 miles**

Special thanks to all who helped with this newsletter – especially Gordon Tyau, Wanda Wright, Gayla Tarumoto, Vernon King, Carol Romig, and Dennis Romig,

Please send all contributions for the next one to Charlotte at [csullivan2801@yahoo.com](mailto:csullivan2801@yahoo.com).  
Deadline is February 15.

Mahalo!



Photo by Gordon Tyau

**Happy Trails!!**

# How We're Doing: Our Menehune Walking Stats

Compiled by Carol Romig

| Year Round Event                | 1 <sup>st</sup> Quarter | 2 <sup>nd</sup> Quarter | 3 <sup>rd</sup> Quarter | Total             |
|---------------------------------|-------------------------|-------------------------|-------------------------|-------------------|
| Ala Moana Park                  | 42                      | 24                      | 15                      | 81                |
| Downtown Capital                | 24                      | 18                      | 43                      | 85                |
| Diamond Head                    | 54                      | 11                      | 10                      | 75                |
| Kahala                          | 23                      | 15                      | 6                       | 44                |
| Kailua                          | 9                       | 10                      | 7                       | 26                |
| Kona                            | 16                      | 9                       | 1                       | 26                |
| Laie                            | 11                      | 2                       | 11                      | 24                |
| Manoa                           | 27                      | 17                      | 27                      | 71                |
| Mililani                        | 33                      | 44                      | 47                      | 124               |
| Obama Heritage                  | 42                      | 9                       | 6                       | 57                |
| Volcano                         | 20                      | 9                       | n/a                     | 29                |
| Waikiki                         | <u>40</u>               | <u>44</u>               | <u>7</u>                | <u>91</u>         |
| <b>Total year round walkers</b> | <b><u>341</u></b>       | <b><u>212</u></b>       | <b><u>180</u></b>       | <b><u>733</u></b> |

n/a = not available

**Traditional Event**

|                                  |                   |
|----------------------------------|-------------------|
| West Loch                        | 29                |
| Great Aloha Run                  | 11                |
| Hoomaluhia Botanical Gardens     | 49                |
| Kamananui Valley                 | <u>56</u>         |
| <b>Total traditional walkers</b> | <b><u>145</u></b> |

Assuming that all our walks were 10K, our 878 total Menehune walks logged 8,780K or about 5,400 miles. And if we bought new sneakers every 300 – 600 miles, then we bought 9 – 18 pairs of new shoes! Just one more way we support the local economy!

## 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, Ala Moana, Downtown, Mililani, Kailua, Laie, Obama Heritage

**Big Island:** Kona, Volcano National Park.

**Good news:**

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

A truly happy person can enjoy a detour! Hope you encounter a good one!

