

Menehune Marcher News

November 2014

Volume 14, Issue 2



Horizons

Event Calendar

Nov 15 Sat	Kahala Bob & Wanda Wright 688-1430
Dec 13 Sat	Christmas Party Mandalay Capitol Walk – 5K Bob & Wanda Wright 688-1430
Jan 24 2015	West Loch Bob & Wanda Wright 688-1430
Feb 16 Mon	Great Aloha Run Carol & Dennis Romig 626-3575
Feb 21 Sat	Laie YRE Carol & Dennis Romig 626-3575
Mar 15 Sun	Kailua Maria Brasher 261-3583
June 13-21 2015	AVA Biennial Convention Salem, Oregon
Aug 2 2015 Sun	Hoomaluhia Botanical Garden Details to Follow

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??**  
**Call Bob!**

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Kahala – November 15, Saturday

Meet in at the picnic area next to the New Otani Hotel (in front of the Natatorium) at 8:00 A.M. We'll pass the lovely homes in the quiet Kahala neighborhood and check out the Diamond Head lookout. Restrooms at the start and finish.

Christmas Party – December 13, Saturday

Mark your calendar. Warm up your appetite. Draft your letter to Santa. It's never too early.

Join us for lunch in a return visit to the Mandalay, a yummy Chinese restaurant in downtown Honolulu. The menu includes chicken pot stickers, pork hash, scallop steamed dumpling, steamed char siu bun, egg custard, saute beef with broccoli, mu shu chicken, choi sum with black mushroom and minute chicken chow mein. Are you hungry yet? Cost \$23 per person.

The day will include the Capitol 5 K walk (10.11.12.13.14) and our Christmas festivities. Start in front of the Mandalay (free parking across the street.) Walk at either 9:00 (led by Bob Wright) or 9:30 (led by Dennis Romig) and plan to be walking at 10:11 AM! The club pays your walk fee. But if you want a special patch for 10.11.12.13.14, be sure to sign up early and send in \$3 with your lunch money.

Check out the article below and the brochure. See you there.

Laie – February 21, Saturday

The walk starts at 8:00 A.M. at 55-579 Naniloa Loop in Laie. See you there!

Kailua – March 15, Sunday

The walk starts at 8:00 A.M. at 388 Auwinala Road in Kailua. See you there!

Footprints

Hoomaluhia – July 20

Remember Tropical Storm Wali?? It was billed as the “storm of the year.” The National Weather Service issued a flash flood watch from Saturday evening to Monday. We had thunder, lightning, rain and more rain throughout Saturday night.

Despite the stormy conditions the previous night, 30 “brave” souls (or 60 soles) attended our anniversary walk and potluck on Sunday. It turned out to be “Oh, What a Beautiful

From the President

Upcoming events - See the newsletter for details on all the upcoming events through March 2015. The January West Loch Walk is back. Hope to see you all on the trails. Don't forget next June 13-21, 2015 is the 19th AVA Biennial Convention, Salem, Oregon.

Christmas Luncheon - The Mandalay Restaurant has been reserved for our Annual Christmas Luncheon on Saturday 12/13/14. See Menu and other information in the separate walk brochure.

10/11/12/13/14 Event - In combination with the Christmas Luncheon, we plan to be walking around Honolulu at 10:11 AM on 12/13/14 and then head to the Mandalay afterward.

Be thinking about Salem, Oregon for June 13 - 21st, 2015 for the AVA Biennial Convention. To repeat from an earlier newsletter, Wanda and I have been to the last two conventions and very much enjoyed walking ourselves silly! And meeting many volksmarchers from around the country. Let's see if Carol and Dennis can talk us into going to a third straight AVA Biennial convention.

Volunteers - We are looking for volunteers for walks in 2015 to fill out the rest of the Volksmarching calendar. Please call/e-mail me if you are interested in hosting a walk.

See you in November at the Kahala Volksmarch!

Bob Wright

Morning," especially with the waterfalls cascading down the Koolaus. And not a drop of rain!

The food was oh, so good – burgers and hot links, salads, desserts, fruit salads, watermelon and more.

Many thanks to Maria Brasher for sponsoring this event!! Mahalo!



Photos by Gordon Tyau.

Capitol Walk Update

The Nuuanu YMCA will be closed all day on these holidays: New Year's Day, Easter, Memorial Day, 4th of July, Labor Day, Christmas. It will be closed for ½ day on Thanksgiving, Christmas Eve and New Year's Eve.

Laughter is like jogging on the inside.

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Best wishes for a speedy recovery to  
Gina Oliviera!

### Manoa – September 13

Thanks to Carol and Dennis Romig for sponsoring this walk. About 15 walkers enjoyed the cool green Manoa neighborhood.

### Ala Moana – October 18

Despite a hurricane heading toward Oahu, 10 walkers completed the Ala Moana Hui Hele. It was a good day for walking – slight trade winds, overcast and NO rain! Lots and lots of goodies, thanks to Ruby, Faye and John. And we enjoyed more goodies at our two food stops enroute – the Farmers' Market at Ward Warehouse and Chun Wah Kam.

Many thanks to Faye and John Miyamasu for sponsoring this event!! Mahalo!

## Menehune Milestones

### Events:

Joanne Funasaki – 150, 175  
Sharon Dowdell – 300, 325  
Carol Romig - 525  
Becky Forsythe – 3,400

### Distance:

Richard Pickens – 2,500  
Sharon Dowdell – 3,500  
Carol Romig – 10,000  
Robert Forsythe – 40,000

**Congratulations to Everyone!!!**  
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Oh, the places you can go.....

Carol could go to Jakarta, Indonesia (6,719 miles)!

Robert could go to Johannesburg, South Africa – and back (23,847 miles)!

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.

Club Volunteers

Officers

President – Bob Wright
Vice President – Wanda Wright
Treasurer – Dennis Romig
Secretary – Carol Romig

YRE Coordinators

Ala Moana – Faye Miyamasu
Diamond Head – Mark & Molly Brown
Downtown Honolulu – Ruth Asakura & Gordon Tyau
Kailua – Maria Brasher
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



Photos by Gordon Tyau and Dennis Romig

It's a Cosmic Time to Walk! 10.11.12.13.14

Where will you be at 10:11 A.M. on December 13, 2014? On the Christmas walk, of course!

Well, it will be a long time before you'll be able to walk in a Sequence – 10:11 AM on December 13, 2014! So join us before the Christmas lunch and have some fun with numbers (even if you hated math in school). The AVA is sponsoring a national walking event to commemorate the cosmic event. So you'll be in step with thousands of Volkssporters nationwide. Our time zone makes us the last group. We'll have commemorative patches. See you there. Check your calendar.

And set your watch.

When you get to your destination, remember where you came from.

*Frank and Maria's Italian Pork Store
Bay Shore, New York*

The Road to Banff

Carol Romig

In late May, Dennis and I started our two week road trip to the Canadian convention in Banff, Alberta. We drove 1,624 miles roundtrip from Seattle to Spokane, Couer d'Alene/Sandpoint in Idaho, and Banff (and back). Plus, we walked 158 km (that's 98 miles) doing 17 volksmarches in 12 days. Even did a record - 3 volksmarches in one day (2 convention walks and 1 on our own). Wonderful memories....

John and Charlotte Sullivan (our snowbirds from Spokane) were the perfect hosts, and showed us the best of Spokane, Couer d'Alene, and Sandpoint! The Couer d'Alene YRE was my Idaho walk (and my 37th state), and a favorite of ours. The lake was gorgeous, the lilacs were in full bloom, and 50 goats grazed on Tubb's Hill. (The goats were eating up the brush to reduce forest fire dangers.)

Other Volunteers

Club website – Wanda Wright
 Event Brochures – Ruth Asakura
 Club membership – Wanda Wright
 Newsletter – Charlotte Sullivan
 Traditional Events – Many!! But we can always use more

Mahalo, volunteers!!

Special thanks to all who helped with this newsletter – especially John Sullivan, Gordon Tyau, Bob Wright, Wanda Wright, Carol Romig, and Dennis Romig.

Please send all contributions for the next one to Charlotte at csullivan2801@yahoo.com. **Deadline is February 15. Mahalo!**

AVA Walking Challenges

50 States (Marsha Okada, Sharon Dowdell, BS McEwen, Joan King, Vernon King and Charlotte Sullivan completed this one.) – never ends

50 State Capitals (Joan and Vernon King completed this one)– never ends

Alternative Capitals – 12/31/2016

America's Family Bakeries – 12/31/2014

Amphitheatres – 12/31/2017

Animal Safari –12/31/2017

Boardwalks – 12/31/2017

Border Crossings – 12/31/2023

Celebrating Golden Cinemas – 12/31/2014

Centurion Achievement Challenge -

Cities in Song – 12/31/2016

Civil War Battlefields – 12/31/2015

Classic American Diners – 12/31/2014

Doin' the Louisiana Purchase –12/31/2018

Food for Thought – 12/31/2017

Fraternal Organizations – 12/31/2015

Honoring Law Enforcement – 12/31/2014

Honoring Our Flag – 12/31/2016

Lakes and Reservoirs – 12/31/2016

National Register of Historic Places – 12/31/2016

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

Strolling Somewhere Over the Rainbow – 12/31/2014

Struttin' Down Main Street – 12/31/2014

Trekking with the Trees – 12/31/2016

Volcanoes – 12/31/2017

Walking America's Murals – 12/31/2014

Walking the Old Spanish Trail – 12/31/2015

Walking the USA A-Z – never ends

Water Towers – 12/31/2016

U.S.A. W.P.A. – 12/14/2014

You'll Never Walk Alone – 12/31/2016

At the Canadian convention, we walked with 400+ walkers (and elk too)!!. The walks were over 3 days, 2 walks a day. In addition to the 6 sponsored walks in Banff, we walked two excellent YREs. On our drive into Banff, we walked the Johnson Canyon 12K. Part of this walk was on a narrow series of catwalks that were anchored to the walls of the Canyon. Along the catwalk, we had spectacular viewpoints of the river below and the Falls. On our drive out, we walked the Lake Louise 5K. Banff had a very late winter and most of Lake Louise was covered with a thin sheet of ice. Very beautiful with the snow-capped mountains as the backdrop.

As we were leaving Banff and "winding down" from our mega-walking, we stopped overnight in the Canadian towns of Golden and Kamloops, and picked up two more YREs. After crossing the border near Bellingham into the United States, we walked one of our favorite YREs, Whatcom Falls. It was my kind of walk...easy 10K on a shaded walking trail with beautiful cascading waterfalls. It was the perfect ending to our walking adventure!

Latest scoop...AVA and Canada plan to host conventions on alternate years. In June 2015, the AVA convention is in Salem, Oregon. In 2016, the Canadian convention is near Vancouver, British Columbia. In 2017, the AVA convention is in Billings, Montana. For those planning on going to the Salem convention, walks in Oregon include Bend, Clear Lake, Silver Falls, Portland, Eugene, Lincoln City, and Salem. Also, two walks in Washington (near the Oregon border), Mount St. Helens and Vancouver.

See you on the trails!



2013-2014 Menehune Marchers YTD Walking Recap

Year Round Event	Quarter			YTD
	1 st	2 nd	3 rd	
Ala Moana Park	52	5	19	76
Downtown Capitol	58	39	48	145
Diamond Head	36	15	16	67
Kahala	42	16	12	70
Kailua	37	11	12	60
Kona	19	8	3	30
Laie	16	0	7	23
Manoa	26	14	34	74
Mililani	28	37	52	117
Obama Heritage	17	14	10	41
Volcano	22	2	2	26
Waikiki	47	27	17	91
Total walkers	400	188	232	820
Traditional Event				
Hoomaluhia Botanical Garden	30			30
Total	430	188	232	850

Prepared by Carol Romig