

Menehune Marcher News

November 2017

Volume 17, Issue



Horizons

Event Calendar

- Nov 12 (Sun) Kailua - Kawainui Marsh
- Nov 25 (Sat) North Shore - Turtle Bay
- Dec 16 (Sat) Christmas Party
- Jan 14 (Sun) Kailua – Lanikai
- Jan 27 (Sat) Waikiki
- Feb 10 (Sat) Ala Moana
- Feb 19 (Mon) Great Aloha Run
- Mar 10 (Sat) Capitol + Foster Botanical Garden
- Mar 24 (Sat) Wahiawa Botanical Garden (Tentative)
- Apr 14 (Sat) Mililani & BBQ

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



Kailua- Kawainui Marsh - Sunday, November 12

Meet at 388 Auwinaloa Rd. Kailua for an 8:00 a.m. start. A revised route will include the Kawainui Marsh. POC - Maria Brasher 261-3583

North Shore - Turtle Bay Resort - NEW

Saturday, November 25

New Walk!!! More excitement! See the North Shore and its famous waves. Meet at Turtle Bay Resort, 57-091 Kamehameha Hwy, Kahuku, for an 8:00 a.m. start. This is a guided walk. See the enclosed flyer. POC - Carol Romig – 626-3575; 294-8637 (cell)

Christmas Party - Saturday, December 16

This year we head back downtown at The Mandalay for our Christmas Party. Start time is 11:00 for a delicious lunch. Free validated parking at Bishop Square (across from the Mandalay.) See the attached flyer. POC - Carol Romig – 626-3575; 294-8637 (cell)

Optional – Capitol 5 km @ 10:00 a.m.

Optional – White Elephant. Please bring an unwrapped gift to exchange.

Kailua - Lanikai YRE - January 14, Sunday

Meet at 388 Auwinaloa Rd. Kailua for an 8:00 a.m. start. POC – Maria Brasher – 261-3583

Waikiki YRE - January 27, Saturday

Meet at the grassy area in front of the Natatorium (adjacent to the New Kaimana Beach Hotel – 2863 Kalakua) for an 8:00 a.m. start. POC - Carol Romig – 626-3575; 294-8637 (cell)

Ala Moana YRE - February 10, Saturday

Meet in the Magic Island parking lot at Ala Moana Park for an 8:00 a.m. start. POC - Carol Romig – 626-3575; 294-8637 (cell)

Great Aloha Run - February 19, Monday

This event is a piggyback, so you MUST register for the Great Aloha to participate. It starts at 7:00 a.m. at the Aloha Tower and finishes at Aloha Stadium. POC - Carol Romig – 626-3575; 294-8637 (cell)

Capitol + Foster Botanical Garden - March 10, Saturday

Meet at the Nuuanu YMCA (1441 Pali Drive, Downtown) for an 8:00 a.m. start. Remember to use on street parking only. Please do not park in the Y's lot. POC - Carol Romig – 626-3575; 294-8637 (cell)

From the President

Walking Safely and Prepared

When Molly and I are out volksmarching, I am often asked - "What is the purpose of that goofy looking pack you're wearing?"

The objective of my message in this newsletter is to answer that perfectly reasonable question and to recommend that walkers always stay well-informed, well-hydrated and prepared for the unexpected.

The small pack that I wear was manufactured by The North Face Co. and sits comfortably on my lower back where it is held in place by a single waist strap. Such packs are commonly called "Lumbar Packs" or "Mountain Biker Packs". I have observed that full packs (which cover your back) are uncomfortably hot in Hawaii and cause you to perspire excessively. My pack has two external pockets for water bottles and two large internal zipper pockets.

Molly and I always take two water bottles, two collapsible umbrellas, basic sanitation & first aid supplies, a cell phone (for emergency calls), a small bottle of pepper spray strapped to the waist band (for self-defense in the event of an attack by a stray dog, etc.), a small bundle of \$1 bills (to pay YRE walk fees) and our IVV books (in a plastic bag).

To help keep our water supply cool, Molly freezes a core of water in the bottom half of each of our water bottles. Then, when we are about to depart on a walk, we fill the top half of the bottle from the tap.

We have found collapsible umbrellas preferable to compact rain coats since the rain coats are usually too hot to wear in Hawaii and difficult to refold. The only downside of umbrellas that we have experienced is that they are not very useful (and can be easily damaged) in high winds. Although we always carefully check the weather report (on the NOAA-Hawaii web site) before each walk, in those few instances we have been hit by a high wind and rain combination, we just get wet and make the best of it.

To prepare for those inevitable instances where we will get wet (from rain or perspiration), we keep two large towels in the pack of our SUV to cover the car seats. We

Wahiawa Botanical Garden + Orchid Show

(tentative) - March 24, Saturday

More details to come.

Mililani YRE and BBQ - April 14, Saturday

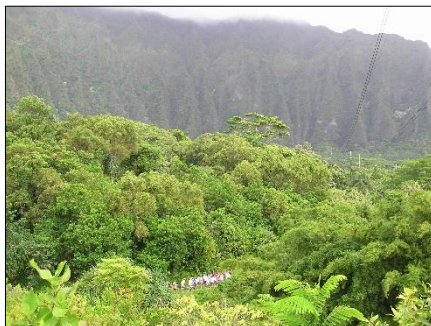
Meet at 95-211 Kemu Place, Mililani Mauka for an 8:00 a.m. start. POC - Carol Romig - 626-3575; 294-8637 (cell)

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# Footprints

## Hoomaluhia Botanical Garden - July 4

A gorgeous day, a birthday party and 42 walkers! What a way to celebrate!



Photos by Gordon Tyau

also keep a full first aid kit in the car to use should we ever encounter anyone in need.

So **PLEASE** get out and **walk** for all the reasons of enjoyment and exercise you have heard from me and others before. But **PLEASE** stay informed about the weather, well-hydrated and prepared for the unexpected.

Also be sure to put on a heavy layer of SPF 50 (or better) sunscreen when you head out to enjoy all that sunshine we have in Hawaii.

Hope to see you at our 16 December Christmas party and out on the trails!

All the Best, Mark

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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 – Vernon King & 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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## Capitol and Honolulu Museum of Art – Sunday, August 20



Photos by Gordon Tyau, Dennis Romig and Sandy Murphy

## Waikiki and International Marketplace – Saturday, September 23

Twenty-three walkers, including some new friends, joined the group for a walk through busy Waikiki.





Photos by Gordon Tyau

## 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

**Spanning the USA** – 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** – 12/31/2019

**United States Post Offices** – 12/31/2018

**Vice Presidential Walks** – 12/31/2018

**Volcanoes** – 12/31/2017

**Walk Like an Olympian** – 12/31/2018

**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

Check out the AVA website:  
ava.org

## Walkers Recap - 2017

|                           | 1 <sup>st</sup> Qtr | 2 <sup>nd</sup> Qtr | 3 <sup>rd</sup> Qtr | 4 <sup>th</sup> Qtr | Year to Date |
|---------------------------|---------------------|---------------------|---------------------|---------------------|--------------|
| <b>Year Round Event</b>   |                     |                     |                     |                     |              |
| Ala Moana Park            | 23                  | 8                   | 2                   |                     | 33           |
| Downtown Capitol          | 19                  | 18                  | 41                  |                     | 78           |
| Diamond Head              | 27                  | 10                  | 15                  |                     | 52           |
| Kahala                    | 31                  | 9                   | 11                  |                     | 51           |
| Kailua                    | 12                  | 4                   | 13                  |                     | 29           |
| Kona                      | 9                   | 2                   | 9                   |                     | 20           |
| Manoa                     | 13                  | 15                  | 8                   |                     | 36           |
| Mililani                  | 38                  | 51                  | 50                  |                     | 139          |
| Volcano                   | 11                  | 0                   | 2                   |                     | 13           |
| Waikiki                   | 38                  | 23                  | 38                  |                     | 99           |
| <b>Total walkers</b>      | <b>221</b>          | <b>140</b>          | <b>189</b>          |                     | <b>550</b>   |
| <b>Traditional Events</b> |                     |                     |                     |                     |              |
| Great Aloha Run           | 7                   |                     |                     |                     |              |
| Hoomaluhia                | 42                  |                     |                     |                     |              |

Prepared by Carol Romig

## Menehune Milestones

| Events                        | Distance                      |
|-------------------------------|-------------------------------|
| Charlotte Sullivan – 425; 500 | Charlotte Sullivan – 5,000 km |
| Carol Romig – 1,200           | Carol Romig – 17,000 km       |
| Mark Brown – 1,200            | Mark Brown – 19,000 km        |
| Molly Brown – 1,200           | Molly Brown – 19,000 km       |

## Oh, the place they can go -

Carol could walk to Manila and back (17,080 km). Mark and Molly could walk to Salt Lake City and back twice (19,280 km).

## Special Congratulations:

Carol Romig received the **Meritorious Service Award** for the Pacific Region at the AVA Convention in Billings in June.

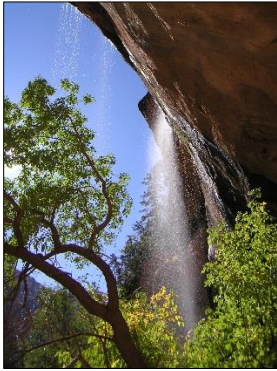
Mark Brown, Molly Brown and Dan Barnett completed the **2016 Centurion Program**.

Congratulations, All!! 🍷

The next AVA Convention will be held  
June 9-16, 2019  
in Colonie, New York  
(Near Albany)



**AVA Walk in Zion National Park -  
Emerald Falls**



*Photo by Dennis Romig*

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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 February 15. Thanks!



A smooth sea never made a skillful sailor.

Along the Way

with Gordon Tyau

