

Menehune Marcher News

November 2019

Volume 19, Issue 2

Footprints

From the President

Aloha Fellow Menehunes,

As you have probably noticed, the temperatures have been up lately compared to past seasonable norms. The *Star-Advertiser* also recently reported that we can expect the current wet season to be warmer and wetter due to a phenomenon called an ENSO (El Niño Southern Oscillation) climate cycle. Whether this is tied to Global Warming or not, nobody knows for sure, but it will continue to be warmer than normal according to the National Weather Service.

What it does mean to us is that it is especially important to monitor the heat and STAY HYDRATED. When you are out walking for any extended distance of 5km or more, please carry water and make regular stops for a good sip or two. What Molly does for us is freeze our half full water bottles in advance to provide a core of ice at the bottom. This helps keep the water cool and refreshing. Drinking warm water is not very refreshing – which means you may drink less and become dehydrated. Despite the heat, Molly and I have kept to our routine of ordinary walking between 10 a.m. and 2 p.m. In a strange way we like that because it is like getting a good workout and a sauna at the same time. 😊 In any case, please walk safely and keep a sharp eye out for any traffic as well.

Thanks to the kind efforts and great organizational skills of Carol and Dennis Romig, we have some super events coming up in the next couple of months. We will have a walk at Koko Head Saturday 9 November, a walk at Turtle Bay Sunday 10 November, and a Christmas Breakfast and walk in Waikiki Saturday 7 December. Molly and I hope to see you then. Happy Holidays!

All the Best, Mark

~~~~~

### Hoomaluhia, July 4



Photos by Garrett Tyau

# Club Volunteers

## Officers

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



## 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  
Waikiki – Mark & Molly Brown  
Volcano – discontinued

## Hoomaluhia:

Another great (and yummy) celebration at Hoomaluhia for 41 Menehunes and friends. Special thanks to grilling chefs John Myamasu and Eugene Lau and organizing hosts Maria Brasher and Carol and Dennis Romig.



## Other Volunteers

Club website – Pat Nakatsuka  
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
Airports – 12/31/23
Appalachian Trail – 12/31/2028
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
Mayflower 400th Anniversary – 12/31/22
Rockin' Around the Clock - 12/31/23
Underground Railroad – 12/31/2019
Walk Like an Olympian – 12/31/2021
Walkin' Canada – 12/31/2019
Walking the USA - A-Z – never ends

~~~~~

You never appreciate what you have until it's gone. Toilet paper is a good example.

~~~~~



Photos by Garrett Tyau

Menehune Milestones

Mililani, September 7

Centurion (100+ walks already in 2019)

- Mark Brown (7 years in a row!)
- Molly Brown (7 years in a row!)
- Dan Barnett (7 years in a row!)

Distance

- Mark Brown – 22,000 km
- Molly Brown – 22,000 km
- Charlotte Sullivan – 6,000 km

Events

- Mark Brown – 1,450
- Molly Brown – 1,450
- Charlotte Sullivan, - 525, 550

Walkin' Canada – year to date

- Dan Barnett – 3,001 miles
- Christine Enoka – 898 miles
- Harriet Miyasaki – 1,338 miles
- Carol Romig – 1,838 miles
- Charlotte Sullivan – 1,052 miles
- Lori Watanabe – 3,270 miles!

Certificates of Appreciation:

- Gordon Tyau
- Joerg Braun
- Rita Braun



What a neighborhood party! Twenty-six Menehunes joined for an energetic wander around the Romig neighborhood. And the best reward (other than the AVA stamps, of course!) – the always tasty Romig potluck and barbecue. The day had it all – exercise, fun, food, friends.

Walking

The oldest exercise and the cheapest!



Thanks to Pat Nakatsuka we have a newly revised website. Check it out for all the latest info! Thanks, also, to Dennis Romig for years of maintaining the website.

<http://avaclubs.org/MenehuneMarchers/>
Thank you, Pat and Dennis!!

Mahalo

Special thanks to Ruth Asakura, Garret Tyau, Gordon Tyau, Mark Brown, Molly Brown, Ruby Fukuyama, Fran Hodge, Carol Romig, Dennis Romig, Marsha Okada, and John Sullivan for their work in completing this newsletter

Year to Date Walker Recap				
Year Round Event	1 st Qtr	2 nd Qtr	3 rd Qtr	YTD Total
Ala Moana Park	17	21	17	55
Downtown Capitol	62	26	26	114
Diamond Head	14	9	8	31
Kahala	30	12	12	54
Kailua	27	4	0	31
Kona	4	2	0	6
Manoa	12	25	29	66
Mililani	37	45	47	129
Punchbowl Crater	13	12	0	25
Waikiki	42	24	16	82
Total walkers	258	180	155	593
Traditional Event				
Great Aloha Run				5
Wahiawa				31
Kamananui Valley				20
Hoomaluhia				47
Total walkers				696

Prepared by Carol Romig



Happy Thanksgiving!



Somewhere in Canada....

It's snowing, but the Menehunes press on



The 2019 AVA walking challenge sent over 300 participants on a virtual walk across Canada (2,007,500 steps or about 1,003 miles) from Comox, British Columbia to St. John, Newfoundland. (And, yes, AVA scaled Canada, so it could be walked in about 1,000 miles.)



Five Menehunes – Lori Watanabe (number 7 distance walker out of over 300 walkers), Carol Romig, Harriet Miyasaki, Charlotte Sullivan, Dan Barnett - have already completed the trek from Comox, British Columbia, to St. John, Newfoundland. Christine Enoka is almost to St. Johns. As of mid-October, the six have logged over 22 million steps! Yes, 22,000,000 steps or about 11,000 miles, the distance from Hawaii to Cape Town. Stay tuned for the final distances on December 31.

Next year AVA will sponsor a virtual walk in a different country. Watch the AVA website in January. Sign up. See the World!



Koolaus – Marsha Okada

Horizons

Nov 9, Sat Start time Start location POC	Koko Crater Botanical Garden —with Tater Tours Between 8-8:30 a.m. Kalama Valley Park, 555 Kealahou St. Carol Romig – (808) 626-3575; cell – 294-8637
Nov 10, Sun Start time Start location POC	Pow WoW and Capitol - with Tater Tours 3 – 3:30 p.m. ish (flexible due to Tater itinerary) Aloha Tower Carol Romig – (808) 626-3575; cell – 294-8637
Nov 10, Sun Start time Start location POC	Turtle Bay - with Tater Tours Between 8-8:30 a.m. Turtle Bay Resort (meet in front of Roy's Beach Restaurant) Carol Romig – (808) 626-3575; cell – 294-8637
Dec 7, Sat Time Start location Note POC	Christmas Party - Koko's at Hale Koa 9 a.m. – 11 a.m. (breakfast) Hale Koa Hotel, Waikiki No White Elephant due to brunch in a public dining Save room. Save your stuff for next year. 5K to follow. Carol Romig – (808) 626-3575; cell – 294-8637
Jan 18, Sat Time Start location POC	Diamond Head 7:30 a.m. Triangle Park Carol Romig – (808) 626-3575; cell – 294-8637
Feb 17, Mon Time Start location POC	Great Aloha Run 7:00 a.m. (must pre-register with MM and GAR) Downtown – Alakea and Ala Moana Boulevard Carol Romig – (808) 626-3575; cell – 294-8637
Feb 23, Sun Time Start location POC	Capitol & Pow WoW! 8 a.m. King Kamehameha Statue Carol Romig – (808) 626-3575; cell – 294-8637
Mar 21, Sat Time Start location POC	Mililani YRE & BBQ 8 a.m. 95-211 Kemu Place, Mililani Carol Romig – (808) 626-3575; cell – 294-8637

Fashion Alert!

Hot off the Honolulu fashion runway – the **new Menehune teeshirts!** If you failed to order yours, Carol expects to have some extras – mostly beige in larger sizes. To get on the waiting list, email Carol with your size and color. They do run small and will shrink some.

Any extras will be available to the Tater group on November 9.

When nothing goes right, go left.

