

menehune marchers news

Spring 2007

Volume 7, Issue 1



Upcoming Events

Mar 17 **Kaimuki-Mau'umae-KCC Farmer's Market**
Kathy Tschappat
392-1332

Apr 15 **Ka'ena Point Natural Reserve Guided Walk**
Barbara Mateo-Kihano
247-5059

May 20 **Koko Crater Botanical Garden-Sandy Beach**
Marsha Okada
395-9724

Jun 10 **Mililani Mauka**
Carol Romig
626-3575

Are You a Member of AVA yet?

Upcoming Event

Kaimuki-KCC Farmers' Market

Kathy Tschappat

Join us on March 17, 2007, for a 10 K walk from the slopes of Diamond Head to the slopes of Wilhelmina Rise. We'll start at Fort Ruger Park, at the corner of Diamond Head Road and Kahala Ave. The route will pass through the campus of Kapiolani Community College with its beautiful cactus garden, Koa Gallery, and the famous Saturday farmers' market, featuring one of Hawaii's largest collections of organic produce vendors. (If you want to shop, come early: the market closes up about 11am.).

The walk will cross H-1 and turn around at little-known Mau'uMae Nature Park in Kaimuki. Don't miss the opportunity to view Oahu from the top of Pu'u o Kaimuki, a spectacular vista. You'll get to inspect Waialae yards and gardens, and there is the opportunity for a rest at Kahala Mall. The course is mainly on city sidewalks. Strollers and wheelchairs will have to detour around parts of the KCC campus and the Mau'u Mae Nature Park, which has a rugged, unimproved hillside path. The curbs at many street crossings in Kaimuki do not have ramps.

The route is generally unshaded, so please come prepared for sun.



President's Message

Mark Brown

Aloha All,

Well was 2006 a great walking year or what? Thanks again to all of the Menehune Marcher club members who contributed their time and effort to organize, or otherwise support, our great special event walks and Year Round Event (YRE) walks. Thanks also for all of your support, especially Gayla Tarumoto and Barbara Mateo-Kihano, for making our capstone Christmas Lights Walk and Dinner such an enjoyable time.

2007 is already looking like another very enjoyable walking year. We have added the Waimea Valley Audubon Park 10 km walk to our portfolio of Oahu YREs. This brings us to a total of nine on Oahu, plus two more on the Big Island. We also have club members working on establishing a Schofield Barracks YRE and a Nuuanu Valley YRE, so our portfolio may expand even further this year.

Our 2007 events schedule kicked off with a 7 January New Year's Kickoff Walk at our Waterfront Parks YRE. Many thanks to Mark Luppino and Kathy Tschappat for organizing this event. In the next few months we can also look forward to the 19 February Great Aloha Run 13 km piggyback (organized by Judy Perrault), a 17 March Kaimuki/Mau'umae/KCC Farmer's Market 10 km walk (organized by Mark Luppino and Kathy Tschappat), a 15 April Ka'ena Point Guided 10 km walk (organized by Barbara

Upcoming Event

Ka'ena Point Natural Reserve 10k

Guided Walk

Barbara Mateo-Kihano

The club calendar has been set for April 15, 2007 as the day that we get to experience the flora & fauna of Ka'ena Point Reserve. As in the past year, we will be "registering all participants" at YMCA Camp Erdman's Mauka parking lot. It is imperative that we are "on time" since we only have from 7:30am – 7:50am to handle all walkers. We will also be providing all participants with a color two page layout identifying the flora and fauna in this unique natural reserve.

For the safety and enjoyment of all participants, this will be a 10K GUIDED WALK, with walkers being divided into three groups according to walking pace. Fast pace walkers will be the first group to start and led by group leader Dennis Romig. The second group will be the medium pace walkers and led by Carol Romig. The third group will be the leisure pace walker who want to look in the burrows of the Ua'u Kani Bird, gaze at the coast of Waianae from the tip of Ka'ena Point and see if the Ilima Papa flowers are blooming!

Because of the short registration time period, a pre-registration form has been enclosed with the event brochure. Please mail back your pre-registration form and payment if applicable so that start cards can be prepared ahead of time. Any questions/concerns, contact Barbara Mateo-Kihano ph#247-5059 during the evenings or by email at leilanilivingeasy@hawaii.rr.com





Upcoming Event

Koko Crater Botanical Garden And Sandy Beach

Marsha Okada

Over a span of twenty-years the Menehune Marchers Club has had a volkssmarch that has gone by or through four of the Five Gardens of Honolulu Botanical Gardens: Foster Botanical Garden, Lili'uokalani Botanical Garden, Ho'omaluhia Botanical Garden and Wahiawa Botanical Garden. In keeping with the "Garden" theme, a walk is being planned on Sunday, May 20, 2007 to tour the Koko Crater Botanical Garden, a 60-acre basin inside the tallest tuff cone on Oahu, Koko Crater on the eastern end of Oahu.



As you enter the basin of Koko Crater you will see colorful collections of plumerias and bougainvillea. The two-mile loop trail leads you through a variety of dry land plant collections such as kiawe, koa haole, cacti and aloes from Hawaii, the Americas, Madagascar and Africa. On the trail you may encounter slippery surfaces, loose rocks, falling branches, thorny plants and exposed roots. For your safety walking shoes with good traction are recommended. Picking/gathering of fruits, flowers, seeds and other plants is not permitted.

For those of you traveling eastbound, the drive to the start point at Sandy Beach Park on Kalaniana'ole Highway will be very scenic. You will be passing Hanauma Bay, Lanai Lookout and Halona Point (Blow Hole).

The route starts strolling along Sandy Beach on paved road, rocks and sand. It then meanders through residential areas and the Hawaii Kai Golf Course before heading for Koko Crater Botanical Garden. This end of Oahu can be hot and dry so please bring along sunscreen, water, sunglasses and a hat. Please register ahead of time, as the brochure you just received has requested.

President's Message

[Continued]

Mateo-Kihano), a 20 May Koko Crater Botanical Garden 10 km walk (organized by Marsha Okada), a 10 June Mililani Mauka 10 km walk (organized by Carol & Dennis Romig), and a 22 July Ho'omaluhia 20th Club Anniversary walk (organized by Maria Brasher).

Those of you who attended our last (28 January) Quarterly Business Meeting had the opportunity to see Barbara Mateo-Kihano present the event preparation guide and checklist she put together, with the assistance of Marsha Okada and Carol Romig. The draft guide is intended to be a simple checklist of all of the prerequisite steps followed to organize a well-executed special event walk. The guide also includes the basic forms, formats and trail rating criteria. Multiple copies of the guide were distributed to club officers for review and comment. Our goal is to post the finished guide on our web site so that it is readily available to interested users. Many thanks to Barbara, Marsha and Carol for your collaborative work on the guide! You know the content has to be good since Barbara, Marsha and Carol are three of our most experienced walk organizers.

Please think about good locations for new walks on Oahu and let's put the guide to work for us to make your good ideas a walking reality.

Upcoming Event

Mililani Mauka Volksmarch

Carol and Dennis Romig

We're back...Join us on June 10th for the Mililani Mauka volksmarch. This year our route takes you through the newly developed sections of Mililani Mauka, past the beautiful American Classic homes and through the secluded Mililani Ravine Park (see photos). The volksmarch is rated a 2 because of the gradual uphill (please no complaints, just enjoy the cool Mililani weather and the beautiful Waianae mountain range in the distance).



After the volksmarch, you may wish to visit the Mililani Town Center (just a mile from the start table on Meheu'la Parkway) where you will find Chili's, Ruby Tuesdays, Phuket Thai, Zippys, and many fast food outlets. Hope to see you on June 10!



Xmas Lites 2006

Mark Brown



Beginning in the early evening of December 6th the Menehune Marchers conducted an annual 5 km Christmas Lights Walk and holiday dinner. The walk commenced in the Central Intermediate School parking lot with a route orientation, and walk safety briefing, conducted by the Club President (Mark Brown). The route was an old favorite first introduced two years ago that took walkers through the most decorated areas of downtown Honolulu. Some of these included the Fort Street Mall, Aloha Tower shopping district, Honolulu Hale and the State Capital Building. Forty three walkers participated in the walk which was free to all club members, with the club picking up the individual AVA fees as an early Christmas present. Also joining the walk were four walkers who were visiting Hawaii from Germany. The continuing views of the Christmas lights, groups of walking carolers as well as the very pleasant tropical evening weather was enjoyed by all, with Terry Puuohau and Lan Char at the ready to stamp the IVV award books for each returning walker.

Following the walk, Menehune Marchers club members and some guests enjoyed a very festive holiday dinner organized by Gayla Taramoto and Barbara Mateo-Kihano, and held at the Nuuanu YMCA. The menu included baked fish, chicken, fried rice, oriental noodles, fresh vegetables as well as other local favorites. The dinner festivities included a gift exchange at the pace of the now infamous story about “Christmas with the Right (or was it Left?) Family”, and a “White Elephant” gift exchange. The dinner culminated with live entertainment provided by the Menehune Marcher’s own Past President and Hula Dancer – Barbara Mateo-Kihano. **Thank you Gayla and Barbara for such a great evening!**



Waterfront Kick Off

Mark Luppino

January 7 was a beautiful day for a walk. 36 local residents turned out to do the Waterfront Parks walk that morning. Nearly all were Menehune Marchers members, who were able to take advantage of the reduced members' fee for IVV credit on this beachfront year round event. 7 people did the event as free walkers.



The start point had to be changed a couple weeks before the event when the organizers learned they were unable to get a permit to set up a start point at Kakaako Waterfront Park. The permitting agency required that we have an insurance declaration that named the State and the permitting agency as beneficiaries. We did not have sufficient time to get the required document from the AVA. To assist walkers who might show up at Kakaako Park for the start, Menehune Marchers Terry Pu'uohau and Bob Iversen spent the morning at the Kakaako Waterfront Park parking lot. Despite the change in start point, all walkers found our start desk at the Central YMCA.



Mahalo to Lan Char, Terry and Bob for their help with this event, and to the Central YMCA for allowing us to use their facility. For those of you who didn't make this event, the walk is available year-round. The start box is kept at the Central YMCA accommodations desk. Just ask for the walk box; it's on the floor next to the office door.

Event Schedule

- 3/17 Kaimuki/Mau'umae/
KCC Farmer's Market
- 4/15 Ka'ena Point Natural
Reserve [Guided]
- 5/20 Koko Crater Botanical
Garden/Sandy Beach
- 6/10 Mililani Mauka
- 7/22 Ho'omaluhia and Club 20th
Anniversary
Pot Luck
- 8 or 9 Big Island [Volcano/Kona]
or
Scofield Barracks
- 8 or 9 Scofield Barracks or
Big Island Trip
[Volcano/Kona]
- 10/6 Moili'ili Festival
- 11/? Waimea Valley Audubon
Park
- 12/? Xmas Lights and Dinner



JAL PAK International Hawaii Tour Group

Marsha Okada

Twenty-nine Japanese walkers eagerly strolled our Diamond Head YRE on the eve of the 2007 Great Aloha Run. Many of the volksmarchers have been here multiple times to do 3 consecutive days of walking. (Kailua YRE the day after the GAR). The group led by tour guides Mr. Okabe and Kana Takahashi was greeted very early on Sunday morning, February 18 at Kapiolani Park by Menehune Marchers: Ruby Fukuyama, Kazuo Inouye, Judy Perrault, Charlotte Sullivan, and Marsha Okada. After brief introductions and instructions were announced by Mr. Okabe, raisin snacks were distributed. Mr. Kumagai then led the group in stretching exercises and off they went with Kazuo and Mr. Okabe (with the Japan Walking Association banner in hand) in the lead. Marsha Okada and Ms. Takahashi were the trail sweeps escorting Mr. Yoshie. Seventy-eight year old Mr. Yoshie did not make it to the summit this year but was determined to complete the 10K route. He enjoyed the views of the ocean from the scenic lookouts, which he missed last year since he was driven back to the hotel.



The refreshment tables at Fort Ruger Park are always a favorite with our visitors. They were set up and manned by Ruby, Seiko and Hideo Imoto, and Gilbert Okada. While the walkers partook the pineapples, Ruby's homemade fruitcake, and the Okada's homegrown tangerines, Seiko conversed with them in fluent Japanese. She used her sales pitch and sold 15 of our new club buttons. At this point the group was left on its own to return to the hotel or to wander through Waikiki.

Another contingency will likely occur next year. If you are not planning to do the 2008 GAR, then plan on joining the tour group on the eve and do our Diamond Head YRE. The experience at this event is unlike any of our regular walks...international fellowship, inspiration and refreshments.

Waikiki, Diamond Head,
Kahala

4th Quarter /Annual Reports
Marsha Okada

The participation count for the 3 year-round-events picked up considerably over the last quarter (Oct., Nov., Dec.)

Waikiki – 54 walkers
“A” award 9
IVV credit 42
Free 3

Diamond Head – 58 walkers
“A” award 16
IVV credit 38
Free 4

Kahala – 39 walkers
“A” award 7
IVV credit 29
Free 3

The totals for the 2006 Year:
Diamond Head 204
Waikiki 156
Kahala 95

Manoa

Annual Report
Lan Char

Total Walkers 101
Mainland 26
Local 49
Foreign 4
Free 1
Coupon 16
A-Awards 5

Out of state walkers came from Colorado, Nevada, New York, New Mexico, Oregon, Texas, Utah and Washington.

Foreign walkers from Germany

Downtown YRE Annual Report

January – December 2006
Barbara L Mateo-Kihano, Coordinator

The totals for 2006 came to **214 walkers** with **26 doing it for the award, 166 for the IVV credit and 22 for free.**

Besides club members, we had people from California, Colorado, Florida, Illinois, Indiana, Iowa, Idaho, Maryland, Nebraska, Nevada, New Mexico, New York, North Carolina, Ohio, Oregon, Pennsylvania, South Carolina, South Dakota, Texas, Vermont, Virginia, Washington, and Wyoming. Our international walkers were from Germany, Ottawa, Canada and Surrey, British Columbia.

Of noteworthy were:

January 2006: Lee & Loraine Dummer of Walking Adventures of Vancouver, Washington brought seven other Washingtonians and did our Downtown YRE on January 28th.

February 2006: We mailed a thank you letter and our yearly monetary donation to YMCA Nuuanu Executive Director Michael Doss on February 22, 2006.

March & April 2006: We received monetary donations from Mary Martin of North Carolina, from Barbara Grilley of Illinois and from John Moranti of Rapid City, South Dakota.

September 2006: 125 new patches were ordered and received from TY Custom Design

There has also been a change in the parking rules at the YMCA Nuuanu. If you plan to take more than 2 hours, please get a parking pass from the membership desk.

October 2006: AVA VICE PRESIDENT Joan Lampert and her husband Edward did our downtown YRE. Tom & Louise Baltes of New Mexico completed their 50th state and their 51st state capitols on Oct 9th. Richard Long of Maryland also completed 50th state and his 51st state capitol on Oct 11th. Don & Jane Whitt of Washington completed their 50th state and their 51st state capitol.

November 2006: Marvin Stokes of Port Orange, Florida completed his 50th State on Nov 16th. Roger & Eugenia Sobin of Helotes, Texas also completed their 50th state that same day. On Nov 27th David & Sharon Payne of Livingston, Texas completed their 51st state capitol.

December 2006: Monetary donations were received from Don & Janey Whitt of Washington and from Dolores Giamichael of Ponce Inlet, Florida. We also had 43 walkers who did our club Christmas Lights 5K YRE and followed it up with our club annual party.

We are now using our new “state capitol” patch that was designed by Gordon Tyau. **Mahalo, Gordon for your artistic creation.**

Club Officers

2006-2007

President
Mark Brown

Vice President
Dan Barnett

Secretary
Kathy Tschappat

Treasurer
Terry Puuohau

Milestones

Feb/Mar TAW 2007

Events

Ruth Asakura	125
Molly Brown	225
Mark Luppino	350
Kathryn Tschappat	350
Gordon Tyau	125

Distance

Molly Brown	3500 km
Mark Luppino	4000 km

2006 Year Summary Total Walkers

Manoa 0097	79
Waikiki 0166	156
Diamond Head 0523	204
Waterfront 0600	113
Kahala 0988	95
Volcano 1072	64
Kailua 1149	81
Kona 1181	61
Capitol 1312	215
Laie 1421	85
Total Walkers	1153

Downtown YRE Report

Fourth Quarter

October/November/December 2006

Barbara L Mateo-Kihano

Fourth quarter totals came to **106 walkers** with **15 doing it for the award, 76 for the IVV credit and 15 for the scenery.**

Our out of state walkers came from Florida, Kansas, Maryland, Nebraska, New Mexico, Ohio, Oregon, Pennsylvania, Virginia and Washington. Our international walkers were from Ottawa, Canada and from Surrey, British Columbia.

On October 4th, AVA Vice President Joan Lampart and husband Edward walked our Downtown YRE and had this comment to share: **“Great Walk! Thank you for all you do for volkssporting”**. On October 9th, club member Barbara Mateo-Kihano walked with Tom & Louise Baltes of New Mexico. This YRE became their 50th state and their 51st state capitol. Completion of two AVA programs with one YRE walk is a wonderful achievement. On October 11th, Richard Long of Maryland also completed his 50th state and 51st state capitol doing this historic downtown YRE. We also had Don & Jane Whitt of Washington both of whom completed their 50th state and their 51st state capitol. *Our 50th state Menehune Marchers magnets were mailed to the Baltes, the Whitts and to Richard Long to show our appreciation on their great AVA achievements.*

In November, Marvin Stokes of Port Orange, Florida completed his 50th state on November 16th. That same day Roger & Eugenia Sobin of Helotes, Texas also completed their 50th state. On November 27th David & Sharon Payne of Livingston, Texas completed their 51st state capitol event. *[Two days earlier on 11/25 they were in Kona, Hawaii and completed their 50th state while walking the KONA YRE].*

On December 6th, 43 walkers did the club Christmas Lights 5K YRE walk then went into the YMCA Nuuanu where the Menehune Marchers held their Christmas party. On Dec 11th, Thomas Oliva and his wife from Yakima, Washington walked our Downtown YRE. These are their comments...*“Dear AVA Friends, My wife and I have done over 100 volkswalks and this certainly rates among the the top few-not only in route but in directions. They were easy to follow and very complete. Thanks for all your hard work”*.

Note: our past president John Oszasca put together the written directions and also the historical notes for this YRE. Mahalo, John.

Monetary donations were received for this quarter from Don & Janey Whitt of Washington and Dolores Giamichael of Ponce Inlet, Florida. They not only walked and experienced the sights and sounds of downtown, they also donated monetarily to our club! **Mahalo nui loa!!!!**

