

menehune marchers news

Spring 2008

Volume 8, Issue 1



Upcoming March Event

Ka'ena Point

Guided Walk

Barbara Mateo-Kihano

Upcoming Events

Mar 15 Ka'ena Point Guided Walk
Barbara Mateo Kihano
247-5059

Apr 12 West Lock Shoreline Park
Carol & Dennis Romig
626-3575

Apr 27 Quarterly Business Meeting
Mark Brown
234-0476

May 18 Historic Waikiki [Hui Hele]
Marsha Okada
395-9724



Last Year at Ka'ena Point

**Are You a Member of
AVA yet?**

March 15, 2008 will mark the third time that we will have experienced a special place on the island of Oahu aptly named Ka'ena Point Natural Reserve. A two page color brochure identifying the flora and fauna will be given to each participant that day. *Pre-registration is required, so do take action before March 12, 2008 to mail your form.*

We will again have three groups of walkers walking together according to pace. *It is "what else is out there" that I want to share with all of you. This club was founded on the principles of family, fellowship, fitness and fun. For some of us the day will not be complete until we all have lunch at Kua Aina Sandwich Shop in Haleiwa. My favorite is the Bacon with avocado sandwich and their ice tea. Of course this also means a short walk across the street to "get your sugar fix" with the world famous Haleiwa Matsumoto Shave Ice. I myself indulge by having the "rainbow with vanilla ice cream". The best part is having lunch with other club members where by we can catch up with what is going on each of our lives, share a laugh or two and be very thankful that we got to experience Ka'ena Point, lunch, dessert and especially the fellowship. I still have the picture of Freeman Robbins, sisters Camille Chun, Jolene Rosario, Percy Kihano and myself at Kua Aina's. It was during lunch that I found out that Camille, Jolene and I all dance at Waikiki Beach during the nightly "torch lite program" when our respective hula halau have their program for the tourists and local people who come to Waikiki Beach.*

President's Message

Mark Brown

Aloha All,

Many thanks to Carol & Dennis Romig for organizing the 3-4 November Big Island walks & the January 12 Waimea Valley Audubon Center walk. Both events were well-attended & enjoyed! The Romigs even provided fresh fruit from their trees. Thanks again Carol & Dennis!!!

At the 27 January Club Quarterly Business Meeting, we finalized our walks calendar for 2008. Our plan (with date, event, & event manager/volunteer) follows:

12 January – Waimea Valley Audubon Center Walk (Carol & Dennis Romig)-Completed

27 January – Quarterly Business Mtg. (Mark Brown) - Completed

17 February – Diamond Head YRE Hui Hele (Marsha Okada) Completed

18 February – Great Aloha Run “Piggy Back” Run/Walk (Judy Perrault) Completed

19 February-Kailua Hui Hele Maria Brasher: Completed

15 March – Ka’ena Point Guided Walk (Barbara Mateo-Kihano)

12 April – West Lock Shoreline Park (Carol & Dennis Romig)

27 April – Quarterly Business Meeting (Mark Brown)

18 May – Historic Waikiki YR Hui Hele (Marsha Okada)

8 June – Kamananui Valley Walk (Bob Iverson)

TBD July – Ho’omaluhia Club Anniversary Walk (Maria Brasher)

27 July – Quarterly Business Meeting (Mark Brown)

Upcoming April Event

West lock Shoreline Park

Denis and Carol Romig

NEW WALK

Come join your fellow Menehune Marchers at the West Loch Shoreline Park volksmarch on April 12. This route takes you through two parks, the Asing Community Park and the West Loch Shoreline Park. The parks are connected by the waterfront bike trail, where you will have beautiful vistas of the western most portion of Pearl Harbor called “West Loch.”



Development of West Loch began in the late 1980s to meet Oahu’s demand for housing and recreation facilities. The parks are in close proximity to the Honouliuli National Wildlife Refuge and are a prime location for viewing endangered water birds. Bring your binoculars as the Hawaiian coot, moorhen, stilt, and wood duck may be seen along the trail.



We suggest an early start at 8:00 am on this as the West Loch area is generally hot during mid-day. The volksmarch starts at the Asing Community Park. Bring your hat, sunscreen, water, binoculars, and camera. We are also planning a worker’s walk. Please call Carol or Dennis at 626-3575 if you are interested in joining us on the worker’s walk.

Hope to see you on this new walk!

President's Message

continued

3 August – Kokohead District Park
(Marsha Okada)

7 September – Manoa YRE Hui
Hele (Ben & Lan Char)

4 October – Bellows Air Force
Station Walk (Carol & Dennis
Romig)

26 October – Quarterly Business
Meeting (Mark Brown)

9 November – Nuuanu Valley
Walk (Bob Iverson)

12 December – Club Xmas
Celebration, Hong Kong
Restaurant, Aloha Tower (Gala
Tarumoto)

Please participate in as many of the club events as you can. Also please volunteer to help where you can and always be sure to thank those who have kindly offered their precious time and talents to organize club events.

Just a reminder that our next Club Quarterly Business Meeting will be held at 1 PM, Sunday, 27 April, at a location to be announced later. Our usual meeting location, the Castle Professional Center in Kaneohe, is no longer available. I am therefore now looking at other options (to include Ho'omaluhia and Manoa). If you are aware of a good meeting facility that could be available to us on Sundays please give me a call at 234-0476. See you on the trails...

Club Officers 2007-2009

President	Mark Brown
Vice President	Carol Romig
Secretary	Lan Char
Treasurer	Terry Puuohau

Upcoming May Event

Historic Waikiki

Hui Hele

Marsha Okada



Join us on Sunday, May 18, 2008 for our Historic Waikiki year-round Hui Hele (Club Walk). This new route was designed after the Waikiki Historic Trail, a self-guided walking tour of 21 significant sites designated by surfboard-shaped markers, statues and historic buildings. Other landmarks and tours into well-known hotels such as the Hilton Hawaiian Village and the Ilikai to view sculptures by known artists were added to our 12 K route. Parking is available along Kalakaua or at the Natatorium. Meet at one of the tables fronting the Natatorium between 7:00-7:30 am. If you have any questions, please call Marsha Okada at 395-9724 or on day of the walk 722-8724.



Downtown 4th Quarter

Fourth Quarter 2007

Barbara L. Mateo-Kihano

Total.....57 Award.....9
IVV credit...47 Free.....1

Besides club members, we had walkers from California, Colorado, Kentucky, Nevada, North Carolina, Maryland, Montana, Texas, Virginia and Washington. We also had walkers from Soore BC, Canada.

On Oct 11th, club member Dan Barnett flew in from Colorado Springs, did the capitol walk on Oct 12th and then flew back to Colorado on Oct 13th! He also gave a monetary donation to the club.

During the month of December, club members Ray & Gretchen Malaski of Colorado Springs, walked on Dec 8th and then completed the 2007 Honolulu Marathon the next day. On Dec 16th the HAIT FAMILY (Phillip, Bea, Theresa, Liz and Monica) of Houston, Maryland all walked the Capitol walk. On Dec 10th Mary & John Duke Smith of Texas also enjoyed this walk. They arrived on a Princess cruise and walk to the start location and did their walk. They said that this great walk was their best & cheapest shore excursion!!!! Hawaii was their 38th state with just 12 more states to walk.

FYI: during the fourth quarter, we had twenty club members doing this walk with Mark Brown having the distinction of having walked fourteen times during the rainy winter months! Molly Brown walked thirteen times during this quarter.

Completed January Event

Waimea Valley Audubon Center

Carol and Dennis Romig

It was a nice cool January morning as 25 volksmarchers walked to Waimea Bay Beach Park and the Waimea Valley Audubon Center. Volksmarchers enjoyed the quiet nature trail in the Audubon Center that took them through the various gardens and to the beautiful Waimea Falls. At the end of the walk, several volksmarchers talked story and had lunch at the Center. Others shopped till they dropped at the Nature Store.



"Confused? Which way do we go?"

A special welcome "home" to our snowbirds (Sharon and Dick Shlegeris, Charlotte and John Sullivan, and Don and Donna Ulbricht) who joined us on this walk.



Completed February Event

Diamond Head Hui Hele

with Volksmarchers from Japan

Marsha Okada



Warming Up



Hideo and Seiko Imoto



John, Scott, Sherry, Dennis



Along the Trees



Entering Diamond Head

It was an early morning start time, but 15 Menehune Marchers and friends showed up at Kapiolani Park for the Sunday, February 17 Diamond Head Hui Hele. They were joined by 14 volksmarchers from Japan who were here on the R & C Hawaii Tours, led by tour escort Kunihiko Kitaoka. For many of our club members, walking with such a group was a first time experience. Some were even able to practice their Japanese 101.



Gilbert leading the Way

The shady trees at Fort Ruger Park were an ideal rest stop for the visitors as well as the locals. The refreshments which included the all time favorite chilled pineapples, chocolate candies, fruit cake and cold water were enjoyed by all. At this point, club member Seiko Imoto graciously greeted the visitors in fluent Japanese and skillfully sold 3 Diamond Head patches and 5 50th State buttons. Arigato, Seiko.

Mahalo also to the following club members: Charlotte Sullivan and Judy Perrault for their assistance in stamping of the books, Kazuo Inouye and Gilbert Okada for leading the group. Carol and Dennis Romig for personally escorting 79-year old Mr. Yoshie and to all others for accompanying our fellow volksmarchers from Japan..

All in all it was a successful Hui Hele with an international flair. Note: Former Menehune Marchers Scott and Sherry Johnson of North Carolina, houseguests of the Romigs, joined us for the walk. Total participation: 30 (3 "A" awards, 18 IVV credit, 9 free).

**Waikiki, Diamond Head,
Kahala
4th Quarter**
Marsha Okada

The total number of walkers for the months of October, November and December were:

Waikiki—51 (10“A” award, 36 IVV credit, 5 free)

Diamond Head—45 (12 “A” award, 30 IVV credit, 3 free)

Kahala—23 (3 “A” award, 20 IVV credit)

On November 21, Marsha accompanied John & Shelagh Vogt of Vancouver Island, BC on the Diamond Head YRE. They are newcomers to volksmarching. In an e-mail message they said that “the view from the top was fabulous. It was a test of our walking ability to achieve the 12K. We are not there yet in regards to being physically fit but we did it. We enjoyed you being with us for the walk and we appreciated the fresh fruits you brought.”

Annual Participation Report

Waikiki	192
Diamond Head	176
Kahala	102

There were volksmarchers from 27 states (AZ, CA, CO, FL, IL, IA, KS, KY, LA, MD, MI, MO, NE, NV, NJ, NM, NY, NC, OH, OR, PA, SD, TN, TX, UT, VA, WA); Canada (NB, NS, BC, AL); Japan, France and Germany.

Volcano 4th Quarter

Terry Puuohau

Total	27
Award	4
IVV Credit	21
Free....	2

Completed February Event

Kailua Hui Hele

With Volksmarchers from Japan

After completing the Great Aloha Run the previous day [Monday, February 18 where 14 Japanese visitors joined 14 Menehune Marchers], and the Waikiki Hui Hele the day before, those 14 visitors from Japan joined the Menehune Marchers in the Kailua Walk. The day was warm when they started at 8:30 in the Castle parking lot, and by the time they all returned, it was close to noon, and it was hot, but all had a good time, especially walking in the sand along Kailua Beach.

The walk was led by Maria Brasher’s daughter, and Maria was wisely waiting at the Lanikai turn around point, with refreshments, and wonderful views of Kailua Beach, Lanikai and the surrounds.



Maria with refreshments

Wonderful pictures were taken by Lois Colton and can be found on the WEB <http://loiscolton.com/2008/laie/avakailiua19Feb2008//>



Editor's Note: The following are partial excerpts from

About.com.walking:

Waimea 4th Quarter

Mark Brown

Total 23
IVV Credit...20
Free.... 3

Waterfront 4th Quarter

Mark Luppino

Total 29
IVV Credit 28
Free 1

Laie 4th Quarter

Maria Brasher

Total 22
IVV Credit...19
Free... 3

Kona 4rd Quarter

Terry Puuohau

Total 31
Award... .4
IVV Credit 25
Free 2

Milestones

February-March 2008 TAW

Events

100 Joanne Funasaki
250 Gilbert Okada

Distance

1000 KM Joanne Funasaki
2500 KM Ruth Asakura
2500 KM Gordon Tyau

Top 10 Walks in the USA for 2007

From: Wendy Bumgardner, Your Guide to Walking. FREE Newsletter

"The clubs of the American Volkssport Association host more than 1,700 self-guided trails in the United States. The walks go through a wide variety of areas, from National Parks to quaint towns to exciting cities. I polled a select group of the association's members to learn their favorite walks of 2007. Here are the results:

"No. 2: Honolulu, Oahu - Waterfront, Hawaii

For the best walk outside of the lower 48, our reviewers cited the tropical views of the bay, mountains, Waikiki, Diamond Head and other beaches as the reason this deserves top status. Sanction YR0600".

Favorite Walks of 2005 Top Walks included

"No.1 Diamond Head

This walk takes you up a 99-step staircase and through a long tunnel to the lookout at the top of Diamond Head for a spectacular view. Sanction YR0523",.and "No 6 Waikiki Beach, Honolulu, Hawaii Enjoy walking along the sandy beach of Waikiki, past the Ala Wai Canal and through Kapiolani Park. Sanction YR0166".

Favorite Walks of 2003 Top Walks included

"Volcano, Hawaii.

The trail passes through two craters, a lava field, a lava tube and a beautiful rainforest. Part of the trail is rocky with some steep up and down hill climbs. The park is at 4,000 foot elevation. Register at the Hawaii Volcanoes National Park Art Center, Hawaii. Sanction YR1072."

Steamboat Captains

Among the many sanctioned special programs of the AVA, RIVERWALK AMERICA is one where, if the trail passes by or crosses over a river, one can receive an event stamp. When you complete 5 events, you are a Rafter; 10 events, a Rowboat Captain; 15 events, a Paddlewheel Captain; and 20 events, a Steamboat Captain.

Ruth Asakura and Gordon Tyau just earned the rank of "Steamboat Captain, by completing 20 walks along or over rivers in California, Idaho, Oregon and Washington. They feel that some of the more beautiful AVA walks are along major rivers and encourage you to experience some of these wonders of America.