

menehune marchers news

Summer 2007

Volume 7, Issue 2



Upcoming Event

Mililani Mauka Volksmarch

Carol and Dennis Romig

Upcoming Events

- Jun 10** **Mililani Mauka**
Carol Romig
626-3575
- Jul 22** **Ho'omaluhia and Club Birthday Party**
Maria Brasher
261-3583
- Aug 26** **Waimea Valley**
Carol Romig
626-3575
- Sep 22** **Ford Island Walk**
Bob Iverson
947-3359
- Oct 6** **Moiliili Community**
Marsha Okada
395-9724
- Nov 3-4** **Big Island**
Carol Romig
626-3575
- Dec TBA** **Xmas Lites**
Mark Brown
234-0476

It is just a few days away from our next volksmarch on June 10th. This volksmarch will take you through the Mililani Ravine Park (5K), which was part of our 2005 Mililani Mauka volksmarch, and then to a newly developed section of Mililani Mauka. The newly developed section includes the beautiful American Classic homes and a small mini park (5K).

B awards will be available from our previous Mililani walks.



After the volksmarch, 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.

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

Hope you can join us!

President's Message

Mark Brown

Aloha All,

Well 2007 is off to a great start with several enjoyable walks. Many thanks to Judy Perrault for organizing the IVV credit for the 19 February Great Aloha Run 13 km piggyback walk, and to Mark Luppino & Kathy Tschappat for the Kaimuki/Mau'umae/ KCC Farmer's Market 10 km walk.

Also, many thanks to Barbara Mateo-Kihano and Carol & Dennis Romig for organizing the 15 April Ka'ena Point Guided 10 km walk and Marsha and Gilbert Okada for the Koko Head-Sandy Beach walk. Coming up we have a 10 June Mililani Mauka 10 km walk (organized by Carol & Dennis Romig), and a 22 July Ho'omaluhia 20th Club Anniversary walk/picnic (organized by Maria Brasher and Carol Romig). We will also conduct our election of new club officers during the picnic. Thus far we only have one nominee for President (Mark Brown), two for Vice President (Carol Romig & Bob Iverson), none for Secretary, and one for Treasurer (Terry Puuohau). PLEASE COME TO THE 15 JULY QUARTERLY BUSINESS MEETING TO THROW YOUR HAT IN THE RING FOR ONE OF THESE OFFICES TO HELP SUPPORT OUR CLUB. We will finalize the ballot of officers 15 July in preparation for the membership vote on 22 July.

At our 29 April, Quarterly Business Meeting, we enacted a new incentive to help encourage-

Upcoming Event

Ho'omaluhia 20th Anniversary Walk & Picnic

Maria Brasher

Imagine.it's been twenty years since the founders of the Menehune Marchers Club first laced up their walking shoes and started down the 10k trail!!!!



Come and help celebrate on July 22nd at Ho'omaluhia Botanical Gardens in Kaneohe. This super scenic spot on the Windward side is set close to the base of the majestic Koolau range and boasts its own quiet lake, and rainforest trees and shrubs from the tropics of the world including Hawaiian and Polynesian. The park opens at 9am and a post walk picnic & "talk story" time begins around noon. Registration & lunch will take place at the Kahua Nui pavilion at the far end of the road. **** Club will provide picnic lunch & drinks - disregard earlier "potluck" notice. ****



Call Maria at 261-3583 before July 15th to preregister and help us plan with a "head count".



Waimea Valley

Hui Hele

Carol Romig



Following our annual Hoomaluhia volksmarch/picnic is the Waimea Valley Audubon Center “hui hele” volksmarch on August 26. It is a good opportunity to burn off the calories if you overindulged at the last volksmarch!

We had a tremendous turnaround last year (about 100 walkers) and so our Club turned the Waimea Valley into a year-round event.

We will be holding this event as a “hui hele” and we will be meeting in the snack bar and gift shop area of the Park between 9:15AM and 9:30AM to register and start the walk. Admission to the Park varies from \$3-\$5 per person, and parking is \$2 per vehicle.



The Waimea Valley Audubon Center is located at 59-864 Kamehameha Highway, Waimea Bay.

President's Message

[Continued]

more members to take advantage of our eleven great Year Round Event (YRE) Walks (9 on Oahu and 2 on the Big Island). Beginning 2007, the annual \$12.00 club membership dues will be waived for any member who participates in (and obtains paid IVV credit) by walking 25 or more of our Hawaii YREs in a calendar year. All 25 participation credits can be from a single YRE (such as Diamond Head, for example) or multiple YREs, as the member prefers. This incentive is in addition to the discounted IVV credit fee (of \$1.50 vice \$3.00) for paid members which we enacted a few months ago. Please join me in taking advantage of this great offer.

You may have observed some of the recent press concerning the safety of crosswalks on Oahu and the increased Honolulu Police Department (HPD) enforcement efforts to cite both careless drivers and jaywalkers. Please be especially careful when crossing the street when you are out walking or on a MenehuneMarchers volksmarch. We must always set a good example for other walkers and pedestrians. Never cross the street when the signal is a solid (or flashing) red hand. I know this is pretty simple stuff but Oahu has experienced tragic deaths recently because of driver and walker carelessness. PLEASE BE ESPECIALLY CAREFUL AND WALK SAFELY!

See you on the trails...

Upcoming Event

USO Hawaii Ford Island

Bob Iverson

Be on the watch for this new walk, scheduled for September 22, 2007.



Upcoming Event

Discover Moiliili Festival Volksmarch

Marsha Okada

Check your calendar and next newsletter for a walk through Moiliili.



Upcoming Event

Big Island

Carol Romig



Menehune Marchers will hold a 2 guided volksmarch event on the Big Island on November 3-4. These walks are in addition to the 2 YRE events (Kona and Hilo). For the very ambitious volksmarchers (like Marsha, Gilbert, Ruth, Gordon), this is a great opportunity to earn 4 event credits!

The November 3 (Saturday) guided volksmarch will start at the Pana'Ewa Rainforest Zoo at 9:00am. After the initial 5K, followed by lunch, the volksmarch will continue on a trail in the Hawaii Volcanoes National Park (about a 30-minute drive from the Zoo). The Zoo located on the "Big Island" of Hawaii is located in the Pana'Ewa Rainforest Reserve and is the only tropical rainforest zoo in the United States. The Zoo is also a botanical garden with over 100 varieties of palm, orchids bamboos, and rhododendrons. You will drive from the Zoo to the 2nd half of the 10K walk that takes you on the Kipukapuauulu Trail in the Hawaii Volcanoes National Park. This closed canopy forest is more than 4000 years old.



The November 4 (Sunday) guided sunrise walk will start at the Kilauea Military Camp at 6:15AM (yes, that's correct) and will take you on the Hawaii Volcanoes National Park Crater Rim trail and KMC grounds. Along the Crater Rim trail, you will see spectacular volcanic features of the Kilauea's vast caldera floor at a particularly beautiful time of the day (sunrise). The 2nd half of the walk is on KMC, which was established in 1916, as a beautiful getaway resort for the military. Its 77 cabins and apartments are located on the top of the Kilauea summit. . There is an admission fee to the Park per vehicle.

Pre-registration must be received by October 25, 2007. To date, about 15 people have signed up for the Big Island volksmarches, and have reserved cabins at KMC. For those interested, we are also planning to have the Volcano House's fabulous breakfast [or lunch] buffet on either Saturday or Sunday. Please make your airline, car rental, and hotel reservations early for the best deals. Contact Carol at 626-3575 for additional information

Completed Event

Maumae/KCC

Gordon Tyau



A clear blue sky with puffy clouds greeted the walkers who went through Kapiolani Community College, through Kaimuki, up 16th avenue, and into Maumae Park.

Kathy was at Maumae with directions, should we get lost, and even the rock turtle was on alert. Before you began the walk through the park, you could get some cool water and conversation from Gilbert, who was sitting in the shade, under the tree, with the McDonald's water cooler. Once at the high point of the park, you had a magnificent view of Diamond Head and Kaimuki, as well as the Pacific Ocean. If you looked closely, you could see mongoose in the foreground and whales in the distance.

Even the start-stop point, at the Triangle Park, was bathed in soft light and shadow, and interesting conversations could be engaged.



View of Diamond Head and Kaimuki from Maumae Park.

If you were hungry, or curious, you could have stopped at the Farmer's Market at Kapiolani Community College, where fresh fried rice as well as beautiful plants was available. Lots of us will come back on a Saturday morning, early, to spend a few hours at the market, and get local produce as well as local ambiance. Check it out.

Completed Event

Ka'ena Point

Barbara Mateo-Kihano



We had thirty-five walkers who registered and completed this 10K hike into the Ka'ena Point Natural Reserve at Mokuleia. Twenty-six hiked for IVV credit while nine did it just to experience the plants, flora and wildlife up close and personal.

This year we had three groups led by Dennis Romig(fast pace walkers), Carol Romig(medium pace walkers)and Barbara Mateo-Kihano(walkers who took their time experiencing everything that the natural reserve had to offer).

We were fortunate to see two monk seals sunning themselves at the tip of Ka'ena Point. We also saw spinner dolphins and whales. The Moli(Laysan Albatross)had fewer offsprings this year. Our last walker returned at 12:25PM. Our event was not complete until we went to KUA AINA for lunch and then to Matsumoto's for shave ice.



Mahalo nui loa to the Romigs(Dennis & Carol)for leading the hikers and also to the Executive Director Josh Hemowitz of YMCA Camp Erdman. We were able to use the restroom facilities and also to conduct our registration using their Mauka parking lot

Completed Event

Koko Crater Botanical Garden

Marsha Okada



It was hot! Scorching hot! But on Sunday, May 20, Sandy Beach Park was bustling with people and excitement. Kite flyers. Kite surfer on the grass. Rescue squad from the Fire Department. Not the kind of day to be walking out in the open, but there were Menehune Marchers, too. Despite the heat, our members and friends had positive remarks about this first-time ever walk into Koko Crater Botanical Garden. One of the consolations was the chilled pineapple offered at the checkpoint and finish tables. The sweet smell of hundred different kinds of plumerias was comforting too. One of the walkers was overhead saying, “I never saw so many different kinds of blooming plumerias in one place.”

The walk occurred at the right time of the year. Earlier in February when a few of our club members “wheeled” the route, the plumeria trees were disappointing. The flowers start to bloom in April and May. Later, the flowers would not be as abundant for they are picked and strung into leis to decorate Punchbowl on Memorial Day.

We welcomed 3 new IVV walkers that day. Greg and Angel Homestead and Fay Miyamasu. Fay incidentally got a taste of volksmarching earlier that week when she and a friend walked the Waterfront YRE with club members Ruth, Gordon, Joanne and Marsha. A recently retired teacher, Fay said, “This is exactly what I was looking for.” She and her husband John enjoy walking and frequently look for places to walk. John has already surfed our website and is eager to drive out to our North Shore YREs on Sundays. Angel is no stranger to volksmarching too. She did a couple walks with her daughter and granddaughter a few years ago but got caught up renovating her house. She is back on track now to do volksmarches with her new husband Greg. Both are originally from Colorado and find volksmarching a good way “to get out and exercise and see more places on Oahu.” Both couples reside in Hawaii Kai.

The total participation count for “the walk in the garden” was 44 walkers: 30 for IVV credit, 3 for “B” awards, and 11 for the health of it.

Mahalo to Terry Puuohau who faithfully gets our regular walks sanctioned and does the after action reports, Ruth Asakura who did the brochure and managed the start/finish table, Gordon Tyau our roving photographer and editor for the club newsletter, and my ever-supportive husband, Gilbert Okada for manning the checkpoint. Not to forget Carol and Dennis Romig for coming real early from Mililani to help set up and take the tent down.

Mahalo !

Volcano

First Quarter Report
Terry Puuohau

Total walkers	13
Award	1
IVV credit	12

Kona

First Quarter Report
Terry Puuohau

TOTAL WALKERS	25
Award	2
IVV credit only	21
Free	2

Laie

First Quarter Report
Maria Brasher

TOTAL WALKERS	19
Awards	2
IVV credit only	15
Free	2

Waimea Valley

First Quarter Report
Mark Brown

TOTAL WALKERS	11
IVV credit	8
Free	3

Waterfront Kickoff 2007 Walk



L-R: Joanne, Ruth, Marsha, Charlotte.

[ed.note; Charlotte is a Menehune
Marcher snowbird from Spokane, WA]

Some Favorite Mainland Walks

Charlotte Sullivan

On one of our walks Marsha Okada and I talked about various walking adventures we particularly enjoyed. I love the walks in Hawaii – especially Waikiki and Waterfront Parks, but I also have some mainland favorites. She asked me to share with you some of the ones I found most interesting. So, here (in no special order) are – Walks I Loved:

San Antonio Riverwalk (San Antonio, Texas) –This great stroll takes you right through the heart of historic San Antonio. Along the river you pass lots of restaurants, hotels, shops, old trees and historic La Villita. Boatloads of tourists float by. Other sections of the walk take you through the Hemisphere Park and the historic King William district as well as by the Alamo. The whole walk is loaded with history and romance! John and I walked it in the rain and still loved it.

Coeur d’Alene (Coeur d’Alene, Idaho) – This one is close to home (Spokane, WA), and yet we only walked it for the first time in 2006. I am really sorry that it took us so long to get there! The walk passes through a college and some lovely old neighborhoods, but mostly it’s a hike around a forested hill with gorgeous views everywhere of fabulous Lake Coeur d’Alene.

Garden of the Gods (Colorado Springs, Colorado) – This walk weaves through massive rock formations. You’ll see “kissing camels.” Simply awesome views exist at every turn! The walk was tricky for us, because we turned right instead of left as we exited the start point. Now we pay more attention to instructions!

New York City – Lower Manhattan (New York, New York) – The stroll along the Hudson River highlights Ellis Island, the Statue of Liberty and Ground Zero. Then it takes you through the financial district where you can almost smell the money. The best part, however, is the walk across the East River on the upper (walking) deck of Brooklyn Bridge. What views!

Huntsville Historic District (Huntsville, Alabama) – Huntsville escaped the general burning most southern cities suffered during the Civil War; consequently, it hosts an enormous collection of historic homes. Almost all are in pristine condition with gorgeous yards and gardens to match. This beautifully serene walk took us back to another world!

Marsha Okada introduced me to Volkssport walking a few years ago. So, of course, there are many other great walks that I don’t even know about. Someday I hope to find them. Meanwhile, I’ve found Volkssport walking a great way to meet new people and see some beautiful and off-beat places.

How about you? What great walks have you done? Why not send in your favorites, so everyone can “share the wealth.” *Happy trails!*

Waterfront Parks
 First Quarter Report
Mark Luppino

TOTAL WALKERS	61
IVV credit only	54
Free	7
(Includes Jan Kick-off Event.)	

Kailua
 First Quarter Report
Maria Brasher

TOTAL WALKERS	40
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Manoa
 First Quarter Report
Lan Char

TOTAL WALKERS	17
Local	17
Club Members	17

Downtown
 First Quarter
Barbara L. Mateo-Kihano

TOTAL WALKERS	45
Award	11
IVV Credit	34

Besides club members, we had walkers from Arizona, California, Kansas, New Mexico, New York, Ohio, Oklahoma and Washington State. On Jan 13, 2007, club members Mark & Molly Brown gave a monetary donation and on February 27, 2007, Lillian & Herbert Webber of Auburn, Calif. left a monetary donation.

Milestones

April-May, June, July TAW 2007

Events

Marsha Okada	475
Mark Brown	250
Susan Alton	75-100
Sharon Espree-Dowdell	75-100

Distance

Susan Alton	1000
Sharon Espree-Dowdell	1000
Hideo Imoto	1000
Seiko Imoto	1000
Richard Pickens	2000
Gilbert Okada	3000
Mark Brown	4000
Marsha Okada	9000

Officers

President
Mark Brown

Vice President
Dan Barnett

Secretary
Kathy Tschappat

Treasurer
Terry Puuohau

Waikiki Diamond Head Kahala

First Quarter Report
Marsha Okada

Waikiki

Total	35
"A" Award,	2
IVV credit	33
Club members	19

Kahala

Total	27
IVV credit	27
Club members	15

Diamond Head

Total	57
"A" Award	3
IVV Credit	49
Free	5
Club Members	13

Sales

AVA Books	6
HI Bars	3
Club Buttons	15

Besides Japan, out of state walkers were from: AZ, CA, FL, MD, NE, NM, NY, VA, and WA. Received a letter from Joan Naguwa, Executive Director for the Waikiki Community Center thanking us for our generous contribution of \$100.00. She stated that our contribution will help them continue to provide multigenerational outreach programs and social services for the people who visit, live and work in Waikiki. Our gift directly helps families, young children and senior adults at WCC



Experience the New Waikiki Year Round Event Route

Marsha Okada

Would you like to learn a little more about Hawaii's cultural heritage and Waikiki's colorful history? Then take a stroll on our 12K Historic Waikiki/Waikiki Beach Walk YRE. 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 Moana, Hilton Hawaiian Village and the Ilikai to view sculptures by known artists were added to the route.



The long-awaited Waikiki Beach Walk on Lewers Street with trendy shops and restaurants is now opened for business. The new route takes you through this complex where you can browse through, cool off with a gelato from Mondo Gelato and get credit for doing so. Be one of the first 100 walkers to this historic year-round-event. Comments and/or snags in the map directions will be appreciated.



If you have not done the present 10K route, maps (yellow) are still available till they run out. Sections of the present route are part of the new route...the beaches of Waikiki, the promenades along the seashore, Ala Wai Canal, and Kapiolani Park. Minor revisions were made to the Diamond Head State Monument and the Kahala Year-round also.

For those who are energetic enough to take the 12K Diamond Head route, a 2nd checkpoint has been added at the summit. Walking into the crater to the restrooms and the 1st checkpoint is now officially a 10K. Just walking around Diamond Head, along Monsarrat Avenue and Diamond Head Road is an invigorating 7K walk.



If you would like an easy 5K walk through an upscale neighborhood admiring multi-million dollar mansions with ornate bronze gate and attractively landscaped yards, then the Kahala YRE is for you. After checking in at the New Otani Kaimana Beach Hotel, move your car to Fort Ruger Park along Diamond Head Road, and start your walk. Follow the directions on the map from that point on, and take another lap around Fort Ruger Park for a 5K walk.



As point of contact for the 3 year-round- events for the past 9 years, I would like to encourage more Menehune Marchers to take advantage of our picturesque walks. They are not just for our out-of-state volksmarchers to enjoy. A lot of time and energy went into creating the new routes to make it more pleasurable for our members. (Perhaps you have not done the "old" routes enough times to find it stale.) For those of you who walk for event/distance credit try to make the time to do the year-rounds at least once during the year. (Twice would be nice.) Also take advantage of our club member fee of only \$1.50 per walk/person. To those of you who have been repeating the YREs, *mahalo*

