

Menehune Marcher News



August 2026

Volume 25, Issue 2



From the President

Aloha Menehune Marchers,

I hope this message finds you all well and enjoying your walking routines. I think we have all read in the various media how good walking is as a health and fitness routine. The April/May issue of the AARP magazine (had a particularly insightful article that strongly supported this understanding. The article, *How Old Are You (Really)?* [<https://www.aarp.org/health/healthy-living/biological-age-test/>] gave you scores based on how you answered a list of eight questions about your health, diet, lifestyle and fitness. The article then gave you an estimate of your “real” age, compared to your chronological age -- the desired outcome being a “real” age significantly lower than your actual time on this planet.

The first question of the eight was the one that I found particularly interesting – 1. *How would you describe your usual walking pace?* The three possible responses were: A. Slow, B. Steady/average and C. Brisk. The article then continued - *If you said (c) “brisk,” subtract as many as 14 years (women) or 20 years (men) from your chronological age.* In other words, if you train yourself to sustain a brisk pace, doing something we all enjoy, you may increase

Menehune Marchers Walk Schedule August – December 2026

For all events listed below, POC is Carol Romig, carolromig50@gmail.com, (808) 626-3575; on day of event (808) 294-8637 (cell)

2026	Walk	Start Time	Start Location
Sat., Aug. 15	Manoa 10K YRE	Start: 8:00 am	Longs Drug Store at Manoa Marketplace located at 2750 Woodlawn Drive. Parking available on Woodlawn Ave.
Sat., Sept. 19	Diamond Head 7K	Start: 7:30 am	Fort Ruger Park (Triangle Park), 534 Paikau St. Note: This walk circles around Diamond Head Crater but does not climb to the top
Sat., Oct. 3	Waikiki Beach 10K YRE	Start: 7:30 am	Waikiki War Memorial Natatorium (by picnic tables), 2815 Kalakaua Avenue. The Natatorium is next to Kaimana Beach, across from Kapiolani Regional Park.
Sat., Nov. 21	Kailua & Lanikai 10K YRE	Start: 7:30 am	Kailua Town Center, by Down to Earth, 573 Kailua Rd., Kailua
Sat., Dec. 12	Waikiki 5K Walk and Menehune Marchers Holiday Party	Start: 8:00 am for 5K walk, followed by 10:30 am holiday luncheon at Jade Dynasty restaurant	Parking lot in front of Liliha Bakery entrance to Macy's at Ala Moana Shopping Center (top level)

Friendly Reminder: Dues for 2026-2027

Membership dues help defray the operating costs of our club. These costs are primarily fees paid to our parent organization, AVA, for our sponsored walks. Dues are \$12 per household. Your donation is greatly appreciated. Please send check payable to “Menehune Marchers” to: Carol Romig 95-211 Kemu Place, Mililani, HI 96789.

Save the Date: Hope you can join us at Jade Dynasty at the Ala Moana Center for our Christmas party and 5K walk. It was fun sampling the delicious dim sum in order to come up with the perfect luncheon selections! Thank you, Charlotte for the help! More details and signup in November.



your lifespan by 14 to 20 years. I think that is about the best deal I can imagine!

Of course, to be able to safely sustain a brisk pace, when walking an extended distance, takes some practice multiple days per week. Fortunately, your club already has the ideal tools to do that: our ten Year-Round Event (YRE) walks on Oahu, plus one on the Big Island. The details for each are available on our website. Except when weather or other conditions may impede us, Molly and I maintain a routine of completing a YRE walk every other day, or about three to four per week. To safely get yourself to the “brisk” pace level, start out slow, then gradually increase your pace from slow to steady/average and up to brisk when you are comfortably able to do so. For your safety, I would also recommend consulting your physician in advance, to ensure you account for any considerations that may apply to you due to your present condition and/or health history.

Molly and I also like to take a lunch (or picnic) type break in the middle of each walk, to ease the fatigue we might otherwise experience of doing the 10km+ walk without a break. For this purpose, our favorite YRE walks are Ala Moana, Waikiki, Manoa and Capitol. All of them are mostly over flat sidewalks, which help sustain our pace compared to hills or rougher terrain, and they have options for a



The Trip That *Finally* Happened!

by Pat Nakatsuka

The April 2020 edition of the Menehune Marcher News includes an article titled “The Trip that Never Happened.” The Canadian Volkssport Federation had planned a Yellowknife convention to be held in June 2020. Carol and Dennis Romig, my husband Neal and I were looking forward to attending. However, it became “the trip that never happened,” because it was canceled due to the Covid-19 pandemic.

Well, six years later, the trip finally became a reality. The four of us joined 370 walkers from the U.S., Canada, and Norway in Yellowknife. We were welcomed by the Mayor of Yellowknife, and one of the first walks we did was on the main street of the city with a police escort.

Yellowknife is the capital of Canada’s Northwest Territories (NWT). Its population as of 2025 was approximately 23,000 people. It is only 249 miles south of the Arctic Circle. Yellowknife is considered an excellent location for viewing the Northern Lights from September to April when the aurora season is at its peak.

Gold mining was a big part of Yellowknife’s heritage for 65 years, until the last mine closed in 2004. Diamond mining started after diamonds were discovered in the NWT in 1991. One of the largest gem-quality stones ever found in this area was a 552-carat yellow diamond. Today, Yellowknife is considered the Diamond Capital of North America.



Volksmarchers had the opportunity to participate in the “Midnight Walk.” Carol took this photo of Niven Lake at 11:15 pm on June 12.

Because it is so far up north, Yellowknife averages only about five hours of daylight in December, and 20 hours of daylight in June. We were in Yellowknife in mid-June, and on Friday, June 12, sunrise was at 3:42am. Sunset was at 11:33pm.

One thing that was not our favorite about Yellowknife was the mosquitos ... lots and lots of mosquitos! If you ever go to Yellowknife in the summer, don’t forget your insect repellent and your head nets.

lunch/picnic break along the way.

I hope you find the above information helpful. If you can, please go after those additional 14 to 20 years in paradise!

See you on the trails.
Mark

**Club
Volunteers**



Officers

- President – Mark Brown
- Vice President– Katie Barbieto
- Treasurer – Dennis Romig
- Secretary – Carol Romig
- YRE Coordinators**
- Ala Moana – Mark Brown
- Capitol- Mark Brown
- Diamond Head – Mark Brown
- Downtown Honolulu –Mark Brown

- Hoomaluhia – Carol Romig
- Kailua – Carol Romig
- Kahala – Mark Brown
- Kona – Carol Romig
- Manoa Valley – Mark Brown
- Mililani – Carol Romig
- Patsy Mink - - Carol Romig
- Waikiki – Mark Brown

Other Volunteers

- Club website – Pat Nakatsuka
- Club membership – Dennis Romig
- Newsletter – Les Ozawa

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The *Menehune Marcher News* is a quasi-official publication of the Menehune Marchers AVA Club #456, published in semi-annually in June and December.  
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Dennis Romig and Neal Nakatsuka modelling their fashionable mosquito head nets.

Actress Margot Kidder, who played Lois Lane in the Superman movies, was born in Yellowknife. There is a street named “Lois Lane” in Old Town Yellowknife, which honors Kidder. Neal is standing on Lois Lane, trying his best to pose as Superman.



The city of Yellowknife has many colorful murals and sidewalk art which we enjoyed. Even the dumpsters are works of art.



There is a reality series on Netflix called “Ice Pilots” which is based in Yellowknife. It follows the actual pilots of Buffalo Airways who mainly fly vintage World War II-era propeller planes year-round in extreme conditions in the Canadian Arctic. We were able to go on a tour of the hangar and ramp and meet the owner who is known as “Buffalo Joe.”

In conclusion, was it worth waiting six years and making the long drive to Yellowknife? We all agreed that it was. The hosts of the Yellowknife Festival did a great job organizing all the walks and activities. Yellowknife itself is a very scenic place with amazing landscapes and friendly people. We can now happily say that it was an awesome trip that *finally* happened!

In photo at right, the intrepid four Menehune Marchers are with Buffalo Airway’s only modern airplane, a Boeing 737 freighter.



RIDDLES from a
trip through Google
Searchland:



1. Why is grass so dangerous?
2. Which tree can fit in the palm of your hand?
3. What falls but never needs a bandage?
4. What is the most popular creature in the ocean?

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NEXT ISSUE DEADLINE: For  
the January 2027 issue,  
please send all photos,  
articles, etc., to Les Ozawa at  
[lesozawa@gmail.com](mailto:lesozawa@gmail.com)

by Dec. 19. 2026

- ~~~~~
1. Because it's full of blades.
  2. A palm tree
  3. Rain
  4. A starfish
- contributed by Charlotte  
Sullivan

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... 'Kay. ..there's still room for
a quiz on Hawaiian "K"
words:

1. What is Kapakahi?
2. What is Kalakoa?
3. What is Kaukau?
4. What is Kukū?
5. What is Kapahulu?

Answers:

1. Crooked, lopsided, uneven or askew
2. Calico or chaotic, colorful or mismatched mix of colors and patterns
3. Food
4. Thorn, prickly sting (I thought it meant "crazy" when I was growing up. Crazy is lolo.
5. Street in Honolulu.

April 11 Mililani 10K and BBQ



Carol and Dennis Romig were, again, the gracious hosts to a backyard BBQ at their Mililani home after the 10K walk in their neck of the Mililani neighborhood and woods. Photo by E. Imoto



A taster's choice of drinks and conversations were imbibed, as Marchers continued walking stories after a satisfying lunch at the Romigs. Photo by E. Imoto

May 16 Ala Moana 10K



Menehune Marchers pause for a group photo at Kaka'ako Waterfront Park, after enjoying some fresh lychee from Hilo sold at the open market. Left holding the bag at center is Les Ozawa. Photo by E. Imoto