

Menehune Marcher News



January 2025

Volume 24, Issue 1

From the President

Aloha Menehune Marchers,

I wish to take this opportunity to wish all of you a very happy, healthy and safe holiday season! I think we all have a lot to be grateful for. One blessing we all share is the opportunity to live in the tropical paradise we call Hawaii where we can enjoy very pleasant walking weather year-round.

Like for Molly and me, I know several of you who have lived in locations where that was not the case. I recall volk-marching in snow and ice conditions, both overseas and on the U.S. mainland, and it is not as much fun as walking in the warm tradewind weather we have here.

However, all conditions require we remain alert for safety considerations. A hazard we unfortunately share with all locations is the growing presence of electric bikes and other powered vehicles on our sidewalks. Although the Honolulu City Council is working on regulations to better control this situation, resolution appears a long way off for the time being.

We also have to be extra careful this time of year, since it is dark later in the mornings and earlier in the evenings.

So, please be alert to these hazards and very careful

Menehune Marchers Walk Schedule January – July 2025			
2025	Walk	Start Time	Start Location
SAT., Jan 11	Ala Moana Beach Park 10K YRE	7:30AM	Parking lot in front of Liliha Bakery entrance to Macy's at Ala Moana Shopping Center (top level)
SUN., Feb 9	Capitol PowWow 10K YRE	7:30 am	447 South King Street by King Kamehameha Statue (across Iolani Palace)
SAT., Mar 22	Wahiawa Botanical Garden and Orchid Show 10K Note: See the AVA listing for more information about the event: https://my.ava.org/find-an-event.php [Type 'Hawaii in the "search by state" drop-down menu button.]	Register from 8:15 to 8:30 am	Leilehua High School upper parking lot, 1515 California Ave, Wahiawa. The driveway to the parking lot is located about 30 yards after the large Leilehua High School sign and driveway. Please park at the upper end of the parking lot and walk to Wahiawa Community School located on the high school campus.
SAT., Apr 5	Mililani 10K YRE and BBQ	8:00 am	95-211 Kemu Place, Mililani Mauka (private residence)
SAT., May 3	Manoa Valley 10K YRE	8:00 am	Longs Drug Store at Manoa Marketplace, 2750 Woodlawn Drive. Parking available on Woodlawn Ave.
JUNE	NONE		
JULY	NONE		

Walk in Wahiawa added to MM Club Schedule

Please save the date, Saturday, March 22 for an AVA – sanctioned, guided walk. This should be a good one! The start point is Leilehua High School at 8:30 am, with registration between 8:15am-8:30am.

The route will go through the Leilehua High School campus, upper Wahiawa, and Wahiawa Botanical Garden. The Kunia Orchid Show is on the same day, in the high school gym. Entry is free, but a \$2 donation is suggested for the show. More info to be provided before the walk.

For those interested, a late breakfast for hungry Marchers will be at Koa Pancake House in Wahiawa, after the walk and visit to the Kunia Orchid Show.

For those walking for IVV credit, the fee for this event is \$3. Non-member fee is \$3. Club members not desiring IVV credit can walk for free.

Anyone who would like to join us to check out the trails in advance, please call Carol. No Kunia Orchid Show but our stomachs can still also preview the Koa Pancake House. See you on the trails!

while enjoying our great walks. I wish all of you a very happy and safe 2025!

All the Best,

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 – Harriet Miyasaki
- Mililani – Carol Romig
- Patsy Mink - – Carol Romig
- Waikiki – Mark Brown

Other Volunteers

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

The *Menehune Marcher News* is a quasi-official publication of the Menehune Marchers AVA Club #456, published in semi-annually in June and December.

 *I'm an experienced trail walker.
I always trail behind.*

2024 MENEHUNE MARCHERS WALK RECAP					
Year Round Event	1 st Q	2 nd Q	3 rd Q	4 th Q	Total
Ala Moana Park	33	10	12	34	89
Downtown Capitol	39	15	16	14	84
Diamond Head	16	14	18	26	74
Hoomaluhia Botanical Garden	2	0	11	0	13
Kahala	8	10	20	10	48
Kailua	11	0	0	15	26
Kona	0	0	0	0	0
Manoa	27	34	8	12	81
Mililani	35	39	44	10	128
Patsy Mink Park	46	0	2	19	67
Waikiki	55	32	35	18	140
Total Walkers	272	154	166	158	750



Walkers pause to memorialize their trek at the high point along Kailua Beach before entering the Lanikai half of their walk on November 30. --photo by D. Romig



Menehune Marchers at Patsy Mink Park on Dec. 7. Photo by L. Ozawa

2025 AVA Biennial Convention in Las Cruces, New Mexico

The American Volkssport Association is holding its biennial convention in Las Cruces, New Mexico, Tuesday, April 29 to Friday, May 2. Events are being planned in three cities, three states and two countries.

Also being planned are pre-convention events Saturday through Monday, April 26 – 28, and post-convention events Saturday and Sunday May 3 and 4.

The AVA national office staff, convention committee members, nation-wide volunteers, local volunteers and local visitor's bureau representatives are working to provide a week and two full weekends of great events. For the latest information, visit the AVA website: <https://ava.org/2025-convention/>

Canadian Volkssport Federation plans 2026 Festival in Yellowknife

Next year, the Northern Lights Walking Club of Canada's Northwest Territories is hosting the Canada's Walking Club Festival in Yellowknife Thursday, June 12 to Saturday, June 14, 2026.

Because of COVID, plans for a Yellowknife festival in 2022 was cancelled, so interest is high for this festival, even now.

The cost for this festival will

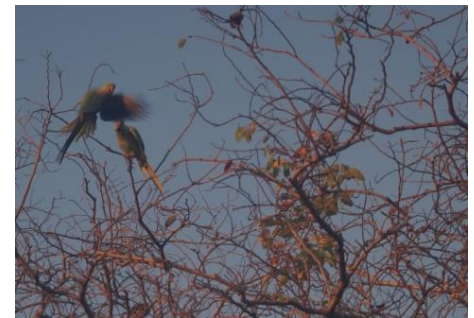
Dec. 7 Christmas Brunch at Waikele Country Club



Menehune Marchers and guests relaxed for a brunch at Waikele Country Club, a short drive to Waipahu after the walk in the Patsy Mink Park and Waipio Gentry neighborhood. –Photos by L. Ozawa



Dawn patrol watch Parakeet do a fly-in for breakfast



Early-rising MMers gathered before sunrise to view the fly-in of hundreds of colorful rose-winged parakeets that feed on the flowering trees at Patsy Mink Park as part of the Dec. 7 walk. The parakeets are an invasive species found on Oahu and Kauai. –photos by L. Ozawa



What do you say to an annoying walker? Take a hike.

I used to hate walking up hill but then I got over it.

Why do bicycles fall over? Because they are two-tired to walk.

--Jokes contributed by Charlotte Sullivan



be \$105.00 including the Meet and Greet, seven walks and the festival fee. The optional banquet (max 350 attendees) can be added for a total of \$180.

Options to attend this festival:

1. Fly from home to Yellowknife and back
2. Drive yourself
3. Bus Tours

Four bus tours are being organized by the Volkssport Association of Alberta and are expected to sell out quickly.

Registration will open at 5pm EST on January 18, 2025.

More information is on the CVF/FCV website:

<https://walks.ca/cvf-fcv-2026-festival/>

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**Have You checked our Web Sites Lately??**

**American Volkssport Association**

<https://ava.org/>

**Menehune Marchers**

<https://avaclubs.org/MenehuneMarchers/index.html>

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NEXT ISSUE DEADLINE: For the July 2025 issue, please send all photos, articles, etc., to Les Ozawa at

lesozawa@gmail.com

by June 15.
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**HAPPY NEW YEAR!** City dwellers can easily do a New Year morning hike of about 150 steps from Ocean View Ave. on a weathered but paved utility road to the top of Pu'Uo Kaimuki Mini Park to greet the first sunrise of the year. Photo by L. Ozawa

### [Walking has so many benefits ...](#)

*Note: This internet article from Victoria, Australia puts together so many useful resources. Share it with your friends and families, theirs and yours. The pdf version of this newsletter allows you to click on the internet links to provide additional information.*

**It can improve** your health and well-being in many ways, and it can help you to live independently for longer.

Walking can

- Strengthen your muscles.
- Help keep your weight steady.
- Lower your risk of [heart disease](#), [stroke](#), [colon cancer](#) and [diabetes](#).
- Strengthen your bones, and prevent [osteoporosis](#) and [osteoarthritis](#) (regular walking could halve the number of people over 45 who fracture their hip).
- Help reduce blood pressure in some people with hypertension.
- Improve your balance and coordination, and [decrease your likelihood of falling](#).
- Keep your joints flexible.
- Increase your confidence and mood, and help you feel better all around.
- Improve your energy levels and increase your stamina.
- [Reduce anxiety or depression](#).
- Improve your social life – walking is a great way to get out and meet people or socialize with your friends.

Being able to walk without help is one of the strongest indicators of whether someone can live independently. Older people who exercise regularly are more likely to walk without help and do things for themselves around the house.

[Exercise doesn't need to be strenuous](#) to be beneficial for your health. In fact, the [Australian Physical Activity and Sedentary Behaviour Guidelines](#) recommend older people aged over 65 do 30 minutes of moderate intensity activity each day.

You could choose to walk at a steady pace for longer periods, or in shorter, quicker bursts, or up and down hills or stairs. It all helps.