

Menehune Marcher News



July 2024

Volume 24, Issue 1

From the President

Aloha, Menehunes,

I hope this newsletter finds you all safe, healthy and ready for your next walk adventure. Safety has always been a prime concern of mine going back to my days as a paratrooper in the Army. The risk was fairly obvious when we were conducting low altitude parachute jumps at night from a jet aircraft. However, risk of serious injury is not something one would normally expect when walking on a public sidewalk but, unfortunately, the risks appear to have increased in recent years. Below is a letter to the editor from me to the Star-Advertiser that was published on January 10:

Police need to protect walkers on sidewalks

I am the President of Hawaii's long-distance walking-for-exercise club, called the Menehune Marchers, which is part of the American Volkssport Association (AVA).

Hawaii law prohibits the use of motorized vehicles on public sidewalks, and a Honolulu ordinance prohibits riding bicycles on sidewalks in Waikiki and other business districts.

In the nearly 30 years that my wife and I have walked for exercise on Oahu's sidewalks, we have observed the presence of speeding motor scooters, motorized wheel boards, motorized skateboards and Biki bicycles with increasing frequency. However, we have yet to observe a Honolulu Police Department officer issue a citation, or even a warning, for

Menehune Marches Walk Schedule August - December 2024

2024	Walk	Start Time	Start Location
Sat., Aug 17	Hoomaluhia Botanical Garden	7:30AM	Front entrance gate to Garden, 45-680 Luluku St., Kaneohe
Sat., Sep 21	Waikiki	7:30 am	Waikiki War Memorial Natatorium (by picnic tables) - 2815 Kalakaua Ave (next to Kaimana Beach, across from Kapiolani Regional Park)
Sat., Oct 26	Diamond Head	7:30 am	Waikiki War Memorial Natatorium (by picnic tables) - 2815 Kalakaua Ave (next to Kaimana Beach, across from Kapiolani Regional Park)
Sat., Nov 30	Kailua	7:30 a,	Kailua Town Center (by Down to Earth) 573 Kailua Road, Kailua
Sat., Dec 7	Patsy Mink Central Oahu Regional Park	6:30 am 10K 7:30 am 5 K	1st parking lot Waipio Uka entrance
	Waikele Country Club Brunch...limited to 30 people	10 am	94-200 Paioa Pl., Waipahu

Menehune Marchers share memories of trip to Ontario for CVF 2024 Festival

Nine Menehune Marchers made many friends from many Canadian provinces, from the U.S., Brazil and Norway during the Canadian Volkssports Federation (CVF) 2024 Festival. They were among the many hundreds of volksmarchers, domestic and foreign, who came together during the last two weeks of May ... walkin', walkin', walkin' and talkin' along the way... in Ontario and Niagara Falls.



Volksmarchers on the move—Photo courtesy CVF/FCV website

The festival was held in Kingston, Ontario for the weekend of May 24-26, but we were blessed with the minding of Karen Venema and other volunteers from the Ottawa Voyageurs Walking Club who arranged lodgings, chartered two touring buses for their visiting fellow volksmarchers. They tirelessly (?) hosted

us for a journey from Ottawa before the CVF festival (<https://walks.ca/cvf-fcv-2022-festival/>), making stops at several towns along the way to Kingston, and then from Kingston after the festival to Toronto, with a side trip to Niagara Falls.

the many violations.

The HPD needs to take an interest in public safety on our sidewalks and enforce the existing State law and City and County of Honolulu ordinance. The public deserves no less.

Mark Brown

Ala Moana”

A few of you sent me very kind comments when the letter was published which I greatly appreciated. Concerningly, although I believe the letter was necessary to try to prompt HPD interest, I have not observed any improvement. In fact, given the increasing popularity of Lithium battery powered scooters, the situation will probably worsen.

Accordingly, I highly encourage you to take extra precautions when walking in public areas. Public parks, such as Ala Moana Beach Park, that have a lot of sidewalks are of particular concern. One safety measure that Molly and I employ when walking in such areas is to walk in trail formation (one directly behind the other) while leaving at least half of the sidewalk open for the inevitable speeding traffic. One of the challenges of the electric scooters is that they are very quiet. So, the greatest risk will most likely come from behind without you hearing the scooter until it speeds by you.

Please don't let these hazards discourage you from walking. Aerobic walking for exercise is still one of the most beneficial activities that we can enjoy to help optimize our health and longevity. Please just be aware of the hazards and be extra careful. See you on the trails...

All the Best, Mark



Favorite Memories of the Ontario trip

Carol: lunch at Zak's with Menehunes in Ottawa & 1000 Island Cruise in Kingston

Dennis: Amazing tulips at Dow Lake in Ottawa & friendly Canadians

Elaine: Ottawa was beautiful! Kingston historic! Toronto islands scenic! The weather unpredictable! (hot, cold, humid, rainy) Poutine edible. Pierogis yummy. Craft beers the best, ey? Canadian hockey fans make entertaining dinner mates. Go Edmonton Oilers!.

The best adventures were off script with former Army soldier Les! Sortie on free ferry to Wolfe Island! Overland bivouac to Fort Henry! Soldiering on in the rain to see Niagara Falls Power Plant laser light show! Retrieving the sword in the stone!

And tulips, tulips, tulips! Many thanks to Sharon and Amy for their patience with my google map reading efforts. Thanks to Carol and Dennis Romig for all their encouragement and support!

My masking on the bus helped me escape COVID despite 2 people testing positive. Arrived home healthy. Anticipating Canadian biennial Volksmarch convention @ Yellowknife in 2026! Aloha! Elaine

Neal and Pat: Because we don't live in Hawaii, we don't get to join Menehune walking events very often. So our favorite memory of this trip was getting to meet some fellow Menehunes and exploring beautiful Ottawa and Kingston with them!

Les: Tulips in Kingston...the sunlit, doll-like heads of tulips in effusive colors, erect on straw-thin green stems and leaves, thrusting out of the dark loam of spring.

Niagara Falls is a tourist destination, but the power of the falls was magnificent, at night and by day. It was a good place for people-watching with throngs of people from all parts of the world.



Patsy Mink Park YRE, March 2



March 2 Hurrahs reverberated around the park. - Photo by CM



Early birders came early to watch the fly in of the rose-ringed parakeets – Photo by C Enoka

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.

### AVA Walking Challenges

<https://cb.ava.org/specprog.php>

A-MAZE-ing Labyrinths– ends December 31, 2026

Appalachian Trail – ends December 31, 2028

IVV-Americas – No end date

Lighthouses II – ends December 31, 2025

Par for the Course – ends December 31, 2025

Rails-to-Trails– ends December 31, 2025

Step to the Beat – ends December 31, 2026

Walking the U.S. – no end date

Washington-Rochambeau National Historic Trail – ends December 31, 2031

## Capitol Pow Wow YRE, March 24



Keep Smiling in Kakaako - Photo by S Johnson

## Mililani & BBQ YRE, April 6



April showered us all before the BBQ –Photo by C Enoka

## Ottawa Tulip Festival, May 18-20



Walks included a path along Rideau Canal, Ottawa – Photo by E Imoto

## Have You checked our Web Sites Lately??

American Volkssport Association

<https://ava.org/>

Menehune Marchers

The Photo Gallery has been updated

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

With photos from recent events.

~~~~~  
NEXT ISSUE DEADLINE: For the Dec. 2024 issue, please send all photos, articles, etc., to Les at lesozawa@gmail.com by Dec. 15
~~~~~

## 25 Easy, Scenic National Park Hikes Under 5 Miles

If you are visiting our national parks while on a trip to one of our 50 states, Outside Online's writer Emily Pennington has compiled a list of short walks you might enjoy.

[\(https://www.outsideonline.com/adventure-travel/national-parks/easy-short-national-park-hikes/\)](https://www.outsideonline.com/adventure-travel/national-parks/easy-short-national-park-hikes/)

She writes, "I love a good short hike, and on my adventures to [all 63 U.S. national parks](#), I discovered that you don't always have to go big to get big views. Maybe you have young kids in tow or are simply seeking a mellow day in nature. So I've compiled a list of my favorite short hikes in national parks, each of which is postcard-worthy. All distances mentioned are round-trip." Of course, one of them is the 2.9 mile Crater Rim Trail at Hawaii Volcanoes National Park.



Ottawa Tulip Festival  
May 18-20

At the annual Tulip Festival in Ottawa – Photo by S Hayamoto

Route along some historic home in Kingston – photo by C Romig



Walking through an old railroad tunnel in Brockville led to a lake walk on the other side – photo by E Imoto