In Memory

Lan Char passed away on February 20, 2012 at her home in Manoa. She was a long-time member and supporter of the Menehune Marchers. In her sweet quiet manner, she always offered to help whenever needed. She maintained the Manoa year round box, worked the registration table for the Manoa Hui Hele and generously provided her “ono” fruit salads at our potlucks. She was our Club’s secretary from 2009-2011. She was also responsible for the incredible Manoa Valley/Lyon Arboretum 10 K, suggesting this new route and also coordinating with Lyon Arboretum.

Lan had a good heart, an upbeat attitude and a zest for living. The island is not small, but Lan and Ben were everywhere – or so it seemed. Often, we saw them volunteering at various events – the Hawaii International Film Festival, Friends of the Library, Hawaii State Art Museum and Lyon Arboretum. Perhaps the most memorable moment was a few months ago at Magic Island where we saw Lan and Ben sitting on the bench eating their bento and watching the sunset over Diamond Head.

We will miss you, Lan.

Carol Romig

Horizons – Coming Events

Ala Moana – Waterfront – March 3 & 4

Join us at the Atkinson YMCA between 7:15 and 7:30 a.m. to see one of our most beautiful walks. If you have questions on the walk day, call Carol on her cell – 294-8637.

Waikiki – April 15

Here’s another of our lovely walks. Come see what makes Waikiki so famous – sand, shops, crowds, restaurants, etc. Meet between 7:15 and 7:30 at the picnic tables by the Natatorium (next to the New Otani Hotel).

Mililani – May 19 & 20

Please join us for the Mililani Hui Hele. Come walk with us on May 19 or May 20 -- or both days. The walk will start at 8:00 am. Registration is from 7:45 to 8:00. Light refreshments at Romig’s residence following the walk.

Meet at the Romig’s house located at 95-211 Kemu Place, Mililani. From Honolulu, take H-1 West to H-2 (North Shore/Wahiawa), exit Mililani Mauka onto Meheula Parkway. Move to the middle land and continue on Meheula Parkway for about two miles until it ends at Kapanoe. Turn left on Kapanoe, left at Ahoka and right at Kemu
Club Volunteers

Officers (July 1, 2011 – June 30, 2013)

President – Carol Romig
Vice-President – Wanda Wright
Secretary – Joy Hee
Treasurer – Gordon Tyau

YRE Coordinators

Ala Moana – Faye Miyamasu
Diamond Head – Mark & Molly Brown
Downtown Honolulu – Barbara Mateo-Kihano
Kailua/Laie – Maria Brasher
Kahala – Mark & Molly Brown
Kona – Carol & Dennis Romig
Manoa Valley – Gordon Tyau & Ruth Asakura
Mili Pani – Carol & Dennis Romig
Obama Heritage – Faye Miyamasu
Waikiki – Mark & Molly Brown
Volcano – Terry Puuohau

Other Volunteers

Club Website – Wanda Wright
Event Brochures – Ruth Asakura
Club Membership – Wanda Wright
Christmas Party –
Club Newsletter Editor –
Charlotte Sullivan
Traditional Events – Many! But, we can always use more!

Mahalo, volunteers!

Hot Deal!!

$2 – Cost per YR for Club members --
You save a Buck off the regular price!
Special events are still $3. The more you walk – the more you save!

Footprints

Obama Heritage Walk- November 5

About 30 walkers followed the history of President Obama during the initial Obama Heritage Walk. From Washington Middle School where he learned to play basketball, to the Baskin Robbins where he worked, to Kapiolani Hospital where he was born, to Punahou where he attended school and on to the University of Hawaii where his mother’s legacy was on display at the East West Center, the Menehunes followed the footsteps of the President of the United States. We were touched by his humble beginnings and power of the American dream that can take a boy working at the King Street Baskin Robbins to the White House. Pretty awesome!
Menehune
Milestones

Events
Charlotte Sullivan – 225
Sheila McClellan – 300
Carol Romig – 400
John McClellan – 475

Distance
John McClellan – 6,000
Carol Romig – 6,500, 7,000

Congratulations!!

The Milestones were extracted from The American Wanderer, a bi-monthly publication of the American Volksport Association. The American Wanderer is mailed free to all AVA members.

Moving Right Along….

600 at 600

Marsha Okada walked her 600th event at event # 600 - the Ala Moana Walk – on Friday 13! What a coincidence!

Islands Special Event Update

Good News: If you were working on the Islands Special Event but didn’t finish by December 31, 2010, don’t despair. The event is still open to those who already have their books and started the walks.

Just keep on doing Island Walks (that should be easy!) and send in your book when you’re finished.

Christmas Party and Downtown 5K –
December 3, 2011

Joy Hée

Christmas Party, Kawaihā’o Concert & Honolulu City Lights

The Menehune Marchers’ 2011 Christmas party was held on the first Saturday in December to coincide with the kick off of the Honolulu City Lights events.

Twenty-six of us gathered in mid-afternoon at the Mandalay Chinese restaurant on Alakea Street for an early dinner of assorted dim sum, mushu chicken, black mushrooms and choi sum, sautéed fish fillets, honey walnut shrimp, and seafood noodles.

We were honored to have a nonagenarian walker from Kona, Norma Meyers, join us, accompanied by her daughter. Just goes to show, exercise is the fountain of youth! Mahalo nui to Norma and also to Kazu Inouye for their generous donations for our Christmas party.

Right after dinner we set off on our 5K walk around downtown. The goal was to arrive at the historic Kawaiaha’o Church by 6 p.m. to attend its Christmas concert, open to the public. We missed the very beginning but caught most of the performances by the Kawaiaha’o Choir, Bell Choir, Hawaii Youth Opera Chorus, and a children’s hula halau. It was so pleasant after our dinner and short walk – and impressive – to be serenaded in the oldest Christian church in Hawaii.

Then we crossed the street to Honolulu Hale, intending to witness the illumination of the city’s 50-foot Christmas tree. King Street was lined with thousands of people gathered for the tree lighting ceremony as well as the Electric Light Parade. (Did you ever notice how the giant Santa and Mrs. Claus look like huge menehunes?) The night was warm, the air was still, and the lighting ceremony seemed to be running behind schedule. Alas, we got tired of waiting and continued our walk around the civic center. Back on Alakea Street, some of us stopped to watch the parade going by on King Street before calling it a good night.

Special thanks to Gordon Tyau who conceived of the walk some years ago and brought it together for all of us to enjoy. If you haven’t done this walk, head down to the Atkinson Y.M.C.A., and give it a go!
AVA Walking Challenges

AVA clubs create fascinating reasons to walk. Here are some programs available now:

50 States (Marsha Okada, Barbara Mateo-Kihano, Sharon Dowell and B.S. McEwen completed this one.)

50 State Capitals
America’s Artistic Heritage - extended
America’s Baseball Walks
America’s Family Bakeries
America’s Historic Churches
America’s Murals
Carnegie Libraries
Celebrate America’s Gardens
Celebrating Golden Cinemas
Classic American Diners
Forts of the United States
Grist Mills
Hillside Letters
Honoring Law Enforcement
Hooray for Hollywood
Liberty Bell Replica
Native American Heritage - extended
Special National Officer Book (the S.N.O.B. walks!)

Most special programs require a certain number of walks done within a specified time period. Your reward is a patch and some interesting places you might never go otherwise.

New programs are always being created as old ones expire. Check out details at www.ava.org.

Let us know when you finish a program. We want to share the good news with the rest of the club.

~~~~~~~~~~~~~~~~~~~~~~~~~~

You are sitting in the shade today because someone planted a tree long ago.

Warren Buffett

Laie – January 7

A beautiful Hawaii morning and fabulous hosts, Lois Colton and her husband, greeted 10 Menehunes who walked the Hukilau in Laie. The walk took us around the serene BYU campus, through a park, along the beach (almost high tide!), out to Laie Point to see the gorgeous arch and spouting whales, up the cemetery hill for a dynamite view of the Ko’olau’s on one side and the east shore on the other (whales still blowing.)

This walk is extra special because it starts at the Colton residence. After the old start point, the hotel, was torn down, Lois reenergized this walk in honor of her mother, an avid Volkssport walker. Be sure to visit http://loiscolton.com/avahukilau. Lois created a website honoring her mother and showcasing all the years we have walked Laie. Mahalo, Lois! Mahalo also to Dennis Romig who built and rebuilt the start box in the front yard!
Go Local

We Menehunes enjoy some of the most beautiful and certainly one of the most challenging walks (Volcano) in the United States. Have you walked them all? Have you walked them lately?

Each of these walks is hosted by a local Menehune and by a local business or organization. Be sure to tell them THANKS!

**Menehune Year Round Walks.** Check them out! They’re great!

**Oahu:** Waikiki, Kahala, Diamond Head, Manoa, Ala Moana, Downtown, Mililani, Kailua, Laie, Obama Heritage

**Big Island:** Kona, Volcano National Park.

~~~~~~~~~~~~~~~~~~~~~~

The Club has many volunteers who help in various capacities. As a result, the Club is able to sponsor 12 year-round events and also sponsor traditional walks throughout the year. Check out the Club’s website for our current events.

[www.ava.org/clubs/menehumemarchers](http://www.ava.org/clubs/menehumemarchers)

~~~~~~~~~~~~~~~~~~~~~~

Are your mailing and email addresses up-to-date?

Send changes to Wanda Wright at thekiln@hotmail.com

~~~~~~~~~~~~~~~~~~~~~~

**The Journey is the Reward!**

~~~~~~~~~~~~~~~~~~~~~~

**Convert your Kilometers to Miles**

*Do you think in miles? Most of us do.*

*Do you want to know how many miles you walk? To convert your kilometers to miles:*

*Multiply your kilometers by .62*

10 kilometers = 6.2 miles

**Diamond Head Update!**

West Loch – January 21

Carol Romig

On a nice breezy day, we had 29 walkers exploring Asing and West Loch Shoreline Parks. Walkers #28 and #29 were James and Rozy Weatherby from Oregon. The Weatherbys deboarded from the cruise ship early in the morning, rented a car and then headed out to Ewa Beach. Way to go!

Special thanks to the early birds who helped us set up, Bob and Wanda Wright who helped with registration, Ruby Fukuyama for the delicious goodies and to Paul Kelly and his staff for ensuring the parks and trails were in pristine condition for our walk. Thanks for your continued support for the Menehune Marchers!

[Photo of Dennis and Bob providing directions at the West Loch walk.]

Gene clears the sign-in area. Mahalo!
The trail has been modified close to the top so you don’t have to go up and down the same way. And the view is better. The new steps are wider but not fewer.

Diamond Head Hui Hele – February 19

Marsha Okada reported that 19 walkers (14 club members and 5 from out of state) met on a sunny, breezy day to walk up and around Diamond Head. All were treated to Ruby Fukuyama’s fruit cake, tangerines, cookies and Marsha’s home-made tangerine juice.

Great Aloha Run – February 20

Carol Romig

Over 28,000 runners and walkers ran, jogged or walked the 8.15 mile Great Aloha Run course from Downtown Honolulu, past Honolulu Harbor, to the finish line at Aloha Stadium.

Congrats to Michele Hauser, Hideo Imoto, Seiko Imoto, John McClellan, Carol Romig, Dennis Romig, Charlotte Sullivan, Don Ulbricht and Donna Ulbricht who completed the Great Aloha Run. Way to go!!

~~~~~~~~~~~~~~~~~~~~~~~~~~~~~
Mililani Update!!

The Mililani Walk will now start at Carol & Dennis’ house at 95-211 Kemu, Mililani. Someone removed the start box twice from its old location.

~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~

Are You An AVA Member?

Are you a member of Menehune Marchers?

Why not?

~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~

Good judgment comes from experience and a lot of that comes from bad judgment.

Will Rogers

~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~

Good news:

Walkers can count each walk as an event. The two per year limit is OUT!!

~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~

2011 Walkers By Event
Prepared by Carol Romig

<table>
<thead>
<tr>
<th>Year Round Event</th>
<th>Year to Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ala Moana Park</td>
<td>135</td>
</tr>
<tr>
<td>Downtown Capitol</td>
<td>173</td>
</tr>
<tr>
<td>Diamond Head</td>
<td>102</td>
</tr>
<tr>
<td>Kahala</td>
<td>67</td>
</tr>
<tr>
<td>Kailua</td>
<td>45</td>
</tr>
<tr>
<td>Kailua-Kona</td>
<td>31</td>
</tr>
<tr>
<td>Laie</td>
<td>14</td>
</tr>
<tr>
<td>Manoa</td>
<td>83</td>
</tr>
<tr>
<td>Mililani</td>
<td>147</td>
</tr>
<tr>
<td>Obama Heritage (started Nov 2011)</td>
<td>37</td>
</tr>
<tr>
<td>Volcano</td>
<td>27</td>
</tr>
<tr>
<td>Waikiki</td>
<td>142</td>
</tr>
<tr>
<td>Total</td>
<td>1003</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Event</th>
<th>Year to Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>West Loch</td>
<td>58</td>
</tr>
<tr>
<td>Great Aloha Run</td>
<td>15</td>
</tr>
<tr>
<td>Hoomaluhia</td>
<td>34</td>
</tr>
<tr>
<td>Kamananui Valley-Aug 6&amp;7</td>
<td>39</td>
</tr>
<tr>
<td>Out and About in Kailua</td>
<td>41</td>
</tr>
<tr>
<td>Total</td>
<td>187</td>
</tr>
</tbody>
</table>

Stepping Out!

If each of these walkers averaged 7 kilometers (some at 10K and some at 5K), then Menehunes and our fellow walkers logged about 8,330 kilometers or 5,165 miles in 2011. Since there are approximately 2,000 steps in a mile, we traveled about 10,330,000 steps. Wow!

~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~

Rozy Weatherby’s Hawaii Reflections

My husband and I had an opportunity to enjoy the real aloha spirit on a recent vacation in Hawaii. This state is awesome, as is its volkssport club, the Menehune Marchers. During our 2 week stay on 5 islands, I had a goal of doing all ten walks on Oahu and the two walks on the Big Island. I did manage to do 10 walks, including West Loch.

The weather was very pleasant, and the sights were unforgettable. But it was the people we met who really made this vacation memorable.

Our cruise ended in Honolulu on the same day that the Menehune Marchers were sponsoring their West Loch walk. Because of delays, we were a little late in getting started on the walk. The pleasant people at the start point were very helpful and encouraging. We started off on the great walk and several ks later received a phone call. At the time we were talking to a local fisherman and overlooking the bay. Carol Roming’s husband Dennis decided to meet us along the walk and keep us company to the end. We met him just after shading ourselves in a banana grove and watching a mongoose scurry across the path. He shared lots of local information including the fact he looks like the governor!

Mahalo to all the wonderful people of Hawaii!