

# Menehune Marcher News



January 2026

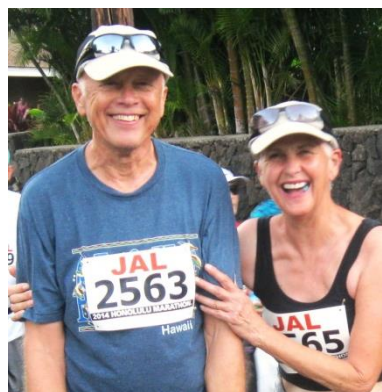
Volume 25, Issue 1

## From the President

Aloha Menehune Marchers,  
As you may have observed on the opening page, this edition of the Menehune Marchers Newsletter is dedicated to the memory of three of our long-standing members who have recently, and sadly, departed us.

Marsha Okada was one of the founding mothers of the Menehune Marchers in the 1980s. Marsha now rests with her husband Gilbert at National Memorial Cemetery of the Pacific (“Punchbowl”) in Section C11-O Row 400 Site 429.

Molly and I often hike up to the Punchbowl on Sundays and always make a point to stop and pay our respects to Gilbert, an Army veteran of the Viet Nam War, and now to Marsha as well.



Jim and Jane Lundquist at 2015 Honolulu Marathon. Photo by Charlotte Sullivan

Jane Lundquist was a walker and a marathon runner. In 2015 she and her husband Jim completed the Honolulu

### IN MEMORIAM

This issue is dedicated to three of our fellow Menehune Marchers who have recently passed: Marsha Okada, Jane Lundquist, and Joerg Braun.

### Menehune Marchers Walk Schedule February – July 2026

2026	Walk	Start Time	Start Location
Sat., Feb 7	Manoa 10K	Start: 8:30 am	Manoa Marketplace, 2752 Woodlawn Dr. Meet at the tables/benches near Longs Drug Store
TBD March 14 or 28	James Campbell (Kahuku) Beach Cleanup	Start: 9:00 am	
Sat., March 21	Wahiawa Botanical Garden and Orchid Show (Guided Walk) 10K	Start: 8:30 am	Leilehua High School main parking lot, 1515 California Ave, Wahiawa
Sat., April 11	Mililani 10K and BBQ	Start: 8:00 am	95-211 Kemu Place, Mililani Mauka (private residence)
Sat., May 16	Ala Moana 10K	Start 7:30 am for walk	Ala Moana Shopping Center Level 3 – Parking lot by Macy’s Liliha Bakery
June/July	NO WALKS		

## Aloha, Marsha

Marsha Okada put her heart (and feet) into walking. Marsha was one of the Founding Mothers of the Menehune Marchers. Born in Wailua, Kauai, Marsha was a Menehune from the early days - the late 1980s and long before she retired from teaching physical education in 1995.

Marsha mapped trails, organized events, helped us navigate AVA book-stamping, crewed the start and finish points and brought snacks. Remember the chilled cut-up pineapple? If you needed a ride, she’d pick you up. She coordinated AVA walks with Japanese tour groups arriving for the Great Aloha Run and brought them pineapple too.

Marsha was a master Honolulu trail master. There was never a year-round route she didn’t want to improve and/or reroute, and she wanted walkers to note every item of interest along the way.



Marsha Okada at Menehune Marchers signup desk during a Hawaii Kai special event walk several years ago. Photo by Charlotte Sullivan

## ***President's Message continued***

Marathon in the rain. "Never again!" they said. It was her seventh marathon and his first.

Born in Los Angeles, Jane met Jim in the 5th grade. After receiving her nursing degree from Washington State University, she spent over thirty years as a neo-natal intensive care nurse at Deaconess Hospital in Spokane, occasionally delivering the babies of babies she delivered years earlier.

Carol Romig shared a story with me that I think says a lot about the family values that Jim and Jane shared. They loved Hawaii but were forced to sell their condo and move back to Washington to help care for one of their sons. Their son recovered and they eventually moved back to Hawaii to a condo in Waikiki.

Jim and Jane loved traveling the world and living in Waikiki. In the time that was left, she made sure Jim learned to make the fruit cobbler that was a big hit at our May 2025 Menehune Marchers potluck.

Joerg Braun was an active walker, expert skier & world traveler. He enjoyed life to the fullest. He always said "Life is Good" & it was for him & his loving wife Rita. Joerg was also one of the most insightful, and historically significant, people I have ever met. He grew up in Dresden which is located in Eastern Germany and was there when the city was repeatedly --

## ***--Aloha Marsha continued***

She trail-mastered Waikiki at least 5 times (to see the community gardens and the Ala Wai), Kahala at least twice (to include a version through the desert garden), Diamond Head (with a to-the-top and a to-the-restrooms variation), Manoa (to include the Chinese zodiac statues), Capitol (to check out the Elvis statue and the tropical fish by the harbor wall), Kailua (always hoping to see her favorite birds - the kolea and the Hawaiian stilt), Moili'ili (to visit the Japanese cemetery and the 442<sup>nd</sup> Memorial plaque), Koko Head Botanical Garden and Sandy Beach and Portlock. In the days before cell phone mapping, her husband Gilbert wheeled every iteration of every route to verify the distance.

Marsha was a life-time member of the American Volkssport Association earning the coveted "I've Walked All 50 States" tee shirt. She attended AVA conventions and joined national walking tours. Over the years she completed thousands of kilometers and several hundred events. She kept all her books. She created a vest to display her AVA patches.

Marsha shared her beloved tangerine tree. Not only did she give away much fruit and juice, but she brought her own iced tangerine juice to share with the Menehune Marathoners as they passed her chair on the Hawaii Kai loop.

And on St. Patrick's Day she became Irish - Marsha O'Kada. Daughter Marcy remembers that organizers at the Ohio AVA conventions also thought she was Irish and gave her an O'Kada nametag.

Marsha encouraged us to walk for our health and for our social well-being. "The best part of walking is the friendship," she'd say. She was a true friend of walking. We will miss her.

Special thanks to Marcy Okada for sharing her memories.

--Charlotte Sullivan & Carol Romig

## **September 27 Waikiki Walk**



The Waikiki walk included a stroll along Kalaukua Avenue, now bustling with tourists, meandering through some hotels and a stop at the Army Museum entrance at Fort DeRussy with carved tiki of Hawaiian warriors. Photo by E. Imoto

**President's Message  
continued**

bombed, day and night, in mid-February 1945.

The Dresden bombing is one of the most terrible, and controversial, events of World War II, because the city was a population center with no



Joerg and Rita Braun at Capitol Pow Wow walk. Photo by Gordon Tyau

significant military installations or armaments production. American and British planners at the time did not know that the war would end in less than three months and had the perception that the Soviet advance from the east was losing steam which could prolong the war. The mistaken belief at the time was that the bombing would aid the Soviet advance and help break the German will to continue to resist.

In my conversations with Joerg, I did not detect any bitterness despite this experience in Dresden. It was my perception that Joerg understood that good people can make terrible decisions when they act on perceptions rather than facts, and that he hoped mankind would never forget this important lesson.

**October 25 Manoa Walk**



The walk in Manoa valley included a photo stop along the UH Manoa campus' Center for Korean Studies. It is the largest and oldest Korean studies institute of its kind outside Korea. Established in 1972, its 40+ teaching and research faculty plays a key role in bringing together scholars and intellectual leaders to further the understanding of Korea in a globalized 21<sup>st</sup> century. Its building was inspired by the Kyōngbok Palace in Seoul. Photo by E. Imoto



The Manoa walk includes a walk through the Japanese garden behind the East West Center on the U.H. campus. Photo by E. Imoto

**--President's Message continued**

Marsha, Jane and Joerg made our world, countries, states and other institutions, to include the Menehune Marchers, better by their presence. We will miss them dearly.

See you on the trails.

All the Best,

Mark

**Club Volunteers**



**Officers**

*President* – Mark Brown

*Vice President*– Katie Barbioto

*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

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

**November 8 Diamond Head Walk**

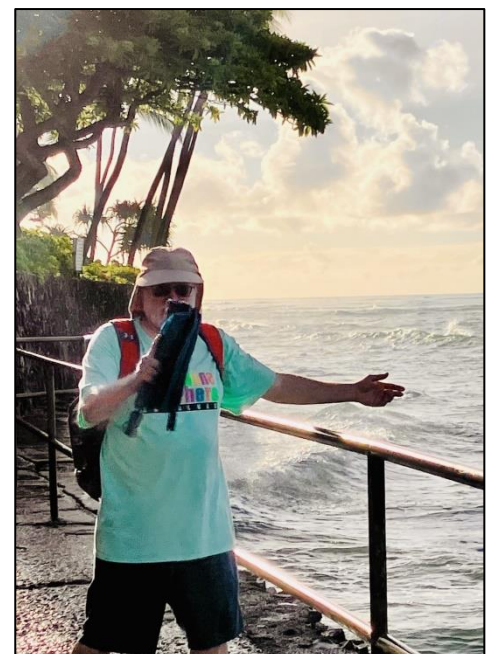


The Diamond Head (Le'ahi crater) walk included a stop at a sign with a poem by Hawaii Poet Laureate Brandy Nalani McDougall. She wrote poems for several signs erected by the city last year, as part of its Wahi Pana program to celebrate Oahu's cultural and historic sites. The signs were funded by a grant from Bloomberg Philanthropies Public Art Challenge. Photo by E. Imoto



What's commonly known as Triangle Park, because of the park's shape, is dedicated in memory of 19 Special Operations sailors and soldiers who lost their lives in Afghanistan in 2005. Photo by E. Imoto

A walk on the wilder side. Dennis urges Marchers to take the less beaten path, a sidewalk at Le'ahi Beach Park that skirted the sea (but not large waves). Photo by E Imoto





Quotes from Albert Einstein:

-- Life is like a bicycle. To keep your balance, you have to keep moving.

-- We cannot solve our problems with the same thinking we used to create them.

**NEXT ISSUE DEADLINE:** For the August 2026 issue, please send all photos, articles, etc., to Les Ozawa at [lesozawa@gmail.com](mailto:lesozawa@gmail.com) by July 10.

### Other Styles of Walking: Forest bathing

In 1982, the Japanese Ministry of Agriculture, Forestry, and Fisheries created the term shinrin-yoku, which translates to “forest bathing” or “absorbing the forest atmosphere.” The practice encourages people to simply spend time in nature — no actual bathing required. It’s also very low impact. That means you don’t have to go for intense trail runs or hikes. The goal of forest bathing is to live in the present moment while immersing your senses in the sights and sounds of a natural setting.

#### How to practice forest bathing

While the word “forest” is in the name of this practice, heading out to a heavily wooded area isn’t required. You could take a trip to a nearby park, your favorite local trail, the beach, or any natural setting. Just be sure to turn off or silence your phone or other devices. The key is to practice mindfulness. That

--Forest bathing continued means being present and fully in

Congratulations to Lance Topas! Menehune Marcher & now Honolulu Marathoner! Lance Topas braved and conquered the 26.2 miles on the wet and windy Dec. 15 Sunday, with a finishing time of ?? Never mind, it’s about the journey, not the finish. Photo contributed by L. Topas



### January 10 Patsy Mink Park walk and Breakfast at Waikele



Early Marchers caught the birds (not the worms!) on trees near the baseball field at the south end of Patsy Mink Park, at sunrise, shortly after 7 am. Photo by E. Imoto



After working up their appetite after the walk, Menehune Marchers are ready with smiles as they wait for breakfast at Waikele Country Club. Photo by E. Imoto

the moment.

Once you get to your destination, take a few deep breaths and center yourself. Focus on what your senses are taking in — whether it's the scent of clean ocean air or a chorus of chirping birds. Spend a few moments just looking at your surroundings. Sit and watch the trees sway in the wind or simply walk around. If you decide to walk, go at an easy pace and without a specific destination. It's important to let your mind and senses explore and enjoy the environment.

<https://healthy.kaiserpermanente.org/health-wellness/healtharticle.what-is-forest-bathing>

### **Walking Meditation**

Walking meditation is a mindful practice where you bring awareness to the active intentional movement of walking.

Culturally, this practice is rooted in the traditions of Buddhism, Taoism and yoga, and has been used for centuries in coordination with other mindful practices

“When we think of the word ‘meditation,’ we think of sitting, rest, relaxation and closing our eyes or trying to find a place of focus and relaxation and paying attention to the body in a different way,” explains Perko. “Walking meditation, however, is very active and you can practice walking meditation anywhere.”

<https://health.clevelandclinic.org/walking-meditation>



Regulars were joined by some new and late comers to share camaraderie and to celebrate the start of a new year. Hauoli Makahiki Hou! Photo by E. Imoto

### **...Catching up on former Marchers...the Doleman's**

*Note: Bob & JoAnn were stationed in Hawaii & are long time members of the Menhune Marchers. They currently reside in Wilmington NC where Bob is an active member of their local club*

Although we now belong to North Carolina volksmarching clubs (Rowan Roamers & Asheville Amblers), we do little actual walking - i.e. more than 2 blocks is *hard* for me. I do maintain two walk boxes (YREs); one in Wilmington with two events (5/10 or 7KM) and one in Southport with one event (7 KM); neither gets much traffic. Our books are stuck in the 1,500+ events range

When we came to Wilmington, we quickly did most of the YREs within a day's travel (from Cherokee to Morehead City, NC); now we don't go that far for anything.

We have family here: JoAnn's daughter Lindsay with a grandson and two granddaughters (all adults) and her son Cameron with a teenage grandson.

Even if we were in volksmarching homeland, Germany, I could do no more than I do here. Long gone are the days of two VMs every weekend - but that was a GREAT way to see Germany! Also works for seeing US states!

Odds are we'll never get back to HI - Auwe!

---Bob Doleman



One of Marsha Okada's favorite walks was the beautiful Ka'ena Point coastal trail, where many albatross were nesting, doing the mating dance & soaring above us. Photo by Gordon Tyau