

Menehune Marcher News



July 2025

Volume 24, Issue 2

From the President

Aloha Menehune Marchers,

I hope this newsletter finds you happy, well and enjoying some of the great walking weather we have had lately.

As usual, perhaps given my background as an Army paratrooper, I have a persistent focus on safety. One increasing trend that Molly and I have observed is the instance of people crossing the street at crosswalks while they are nose down to their smart phone and paying little or no attention to nearby traffic.

This is obviously a dangerous habit that is encouraged by the many apps and other smart phone functions engineered to draw our attention. The danger of mishap is also on the uptrend because people are commonly using functions, or taking calls, on their smart phones while driving. So, please be particularly careful and alert anytime that you are using a crosswalk.

Another more longstanding crosswalk risk we have also observed is drivers waiting to make a right-hand turn at a stop sign or stoplight and devoting their complete attention to the left, awaiting a gap in the traffic. The risk is that such drivers commonly forget to

Menehune Marchers Walk Schedule August – December 2025

2025	Walk	Start Time	Start Location
Aug 23 (Sat)	Ala Moana	Start: 7:30 am	Meet in parking lot by Macy's Liliha Bakery
Sep 27 (Sat)	Waikiki	Start: 7:30 am	Meet Waikiki War Memorial Natatorium (by picnic tables) - 2815 Kalakaua Ave (next to Kaimana Beach, across from Kapiolani Regional Park)
Oct 25 (Sat)	Manoa	Start: 8:00 am	Meet by Longs at Manoa Marketplace
Nov 8 (Sat)	Diamond Head	Start: 7:30 am	Meet Waikiki War Memorial Natatorium (by picnic tables) - 2815 Kalakaua Ave (next to Kaimana Beach, across from Kapiolani Regional Park)
Dec 13 (Sat)	Waikiki Christmas walk & luncheon at Hale Koa Bibas Courtyard Grill	Start 9:00 am for walk Luncheon at 11:30 am	Meet Hale Koa lobby for walk Luncheon limited to 25 attendees

February 6 North Shore volunteer beach cleanup



About 20 Menehune Marchers gathered at the James Campbell Natural Wildlife Refuge near Kahuku on the morning of Feb. 6, to clear a stretch of the shoreline of mostly plastic flotsam and jetsam, including styrofoam, fishing gear, plastic containers. Photo by L. Ozawa

look to the right before they accelerate into the opening and could hit anyone in the crosswalk in front of their vehicle.

So, please also ensure that such drivers are aware of your presence, before you enter the crosswalk in front of their vehicle. I sometimes have gone as far as to yell "Hello", wave my arms, and gently knock on the front right corner of their hood to get attention. Such measures are particularly necessary if the driver has loud music playing in the vehicle.

I hope you find these reminders to be helpful and continue to enjoy walking as part of your daily exercise routine in paradise. Take care! See you on the trails...

All the Best,

Mark

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### How to do the 3x3 "Japanese walking" workout

<https://lifehacker.com/health/how-to-start-interval-walking>

The original protocol for this exercise, published in 2007 by researchers at Shinshu University in Japan, used a lab test to help people determine how fast they should walk during the workout. Since that's not practical for most of us, a common substitute is to use perceived effort. During the high intensity portions,

## February 9 Capitol Pow Wow



The capitol district walk included a tour of the murals painted on many of the buildings in the Kakaako warehouse area. Carol takes a photo of a mural behind the Fisher office supply store. Photo by L. Ozawa

## March 22 Wahiawa Botanical Garden & Orchid Show

Menehune Marchers trekked from Leilehua High School up to Royal Palm Drive before descending to the state's Wahiawa Botanical Garden and returning to the high school where they were treated to the amazing orchid displays at the annual orchid show held by the Kunia Orchid Society. Photo by L. Ozawa



## April 5 Mililani and Barbeque



*Dennis and Carol were again gracious hosts for a barbeque and potluck at their home after the Mililani walk through their neighborhood. Photo by E. Imoto*

you walk a strong, fast pace— about as fast as you can without jogging, and without getting too tired. For the low intensity portions, you walk normally. So here’s the protocol. It’s simple, and it doesn’t require a warmup, so you can just jump right in:

1. Walk for three minutes at a normal speed.
2. Walk for three minutes at high intensity (as fast as you reasonably can).
3. Repeat those two steps for 30 minutes or more.

## 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

## Fruit Cobbler Recipe

*Note: Jim and Jane Lundquist had many compliments and requests for their fruit cobbler which they shared at the Mililani BBQ and potluck at the Romig's on April 5.*

Preheat oven to 375 F degrees

Lightly spray 9"x13" pan

Lay **2 cans fruit pie filling** on bottom of the pan

Sprinkle **1 box cake mix** over filling (approx. 15 oz.)

**Slice 2 cubes of butter** and place the slices atop cake mix

Bake at 375degrees F for 45-60 minutes

OPTIONAL: You can use **two cans of fruits** (one drained and another undrained) instead of the fruit pie filling, but will probably take an hour to bake.

Serve with ice cream or whipped cream

## May 3 Manoa Valley



*Passing by the architecture building on the U.H.-Manoa campus Menehune Marchers took measure of the girth of the nearby baobab tree, said to be the largest such tree in Hawaii. Photo by L. Ozawa*

*Anne Tam explains background of a plaque near Bachman Hall to memorialize Alice Augusta Ball, the first African American woman to graduate from U.H. and first to earn a master’s degree in chemistry, who did groundbreaking work in developing an injectable treatment for Hansen’s disease. Photo by L. 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.



"Everywhere is walking distance if you have the time," - Steven Wright

"Never judge a man till you've walked a mile in his shoes. That way, when you judge him, you'll be a mile away, and he won't have any shoes."



**NEXT ISSUE DEADLINE:** For the January 2025 issue, please send all photos, articles, etc., to Les Ozawa at [lesozawa@gmail.com](mailto:lesozawa@gmail.com) by December 15.



## Mustering By San Jose

Story and photos by E. Imoto

What to do? Carol Romig says I must go to the Egyptian museum and the San Jose municipal rose garden. Yes, Ma'am. I obeyed the call.

I took Bus 22 from Palo Alto (\$2.50 for the 80-minute ride to the Naglee stop). I walked into a beautiful, old oak residential neighborhood and sauntered into the spectacular 1935 historic rose garden. I spent two hours smelling the roses. Literally, the air was scented! Then I walked Hadley Street to ponder curious creature ceramics covering a rooftop.

After a short left turn on Brooklyn Ave, I curved right to Dana Street to ogle art deco architecture at Abraham Lincoln High School. Then left on Calaveras Street past a plump cat framed by classic topiary...

Lunch break! Ate amazing Mexican at Lucas Taqueria with cool horchata. Then strolled 2 blocks on Park Avenue, to go back 3 millennia in time at the Rosicrucian Egyptian Museum. I viewed many short history movies over the next hour. Then moved on to tombs, mummies, priestesses, kings, Phoenician cuneiform clay tablets, Hittite laws in black granite (stele), alchemist's laboratory and temple recreation where an Egyptian avatar answered spoken questions in Spanish via AI, to me and a Spanish-speaking family.

For the record: Expended 9,000 steps and 3.7 miles over 6 hours (8:30am bus, walk, ogle, sniff, eat, view, encounter)

Then back on the bus for two bus stops to orchid tree-laden Scott Avenue. Descended for a three-block walk to the Triton museum: Free admission for an hour of Atelier Show 2025 before 4:30pm closing. Great bookstore bargains.

Back to the bus. Recorded 12,000 steps for the day, 4.9 miles.

For the record: Expended \$37.50 for the day. Better than Food Network's Rachel Ray's \$40 a day! (bus \$7.50., lunch \$20, museum \$10 seniors).

## A Walk through the Falls of Oregon

Carol and Dennis recently returned from a walking trip in Oregon. She reports on one of their walks in Willamette Valley south of Portland: "Many beautiful year round walks in Oregon. One of our go to walks is Silver Falls State Park. On that walk, you start off at the beautiful South Falls. There are 9 more waterfalls along the way. Silver Falls was one of 13 walks that we did in Oregon.

*One of the ten waterfalls you can visit at the Silver Falls State. Photo by C. Romig Park*



*Orchid trees lined the walk down Scott Avenue in San Jose.*