

menehune marcher news

Fall 2010

Volume 10, Issue 2



Coming Events

Laie Hui Hele – November 6, 2010

Carol & Dennis Romig

Join us in Laie at 8:00 a.m. for this gorgeous 10K through Brigham Young University Hawaii campus (BYU), Laie Point and the Mormon Temple. We will be meeting outside the private residence of the Coltons. Their address is 55-579 Naniloa Loop in Laie. We will register between 8:00 a.m. & 8:15 a.m. and start our walk promptly at 8:15 a.m.

Event Calendar

Nov 6 **Laie Hui Hele @ 8:00**
Private Residence
55-579 Naniloa Loop
Laie
Carol & Dennis Romig
626-3575

Dec 3-9 **Walking Adventures International**
Big Island, Maui, Lanai
Carol & Dennis Romig
626-3575

Dec 18 **Christmas Party**
Mandalay Restaurant
3:00- 5:00
Followed by
Downtown
Christmas Lights
Hui Hele
5:30-7:00
Carol & Dennis Romig
626-3575

Our walk coincides with the open house at Laie Temple. The Temple was closed in late 2008 for renovations and will open its door to the public from October 22 through November 13 (prior to the formal dedication on November 21). It is a very rare opportunity to tour a Mormon Temple. For those interested, we will tour the Temple at the end of our 10K.

Dress Code: Shorts must be at least knee length if you plan on walking the grounds of BYU and visiting the Mormon Temple.

Directions: From Waikiki: Take Likilike Hwy (63N). Turn left at Kamehameha Hwy (83W). Turn left at Naniloa Loop. Alternative route from Waikiki via North Shore: Take H-1W to H-2N (Wahiawa/Mililani). Take exit 8 toward Wahiawa. Continue on Kamehameha Hwy to Laie. Turn right on Naniloa Loop.

Contact Carol or Dennis Romig at 626-3575 (or email us directly at dcromig@hotmail.com) if you plan to attend. On the day of the event, you can reach us at 294-8637. See you there.

Walking Adventures International: Big Island, Maui & Lanai – December 3-9

Carol & Dennis Romig

~~~~~  
WAI invites our members to join their group for walks on the Big Island, Maui and Lanai. They'll be walking the 10K Kona walk (Big Island), a 10K Valley of the Kings (Waipio Valley – Big Island) walk, the 12K Volcanoes walk (Big Island), a 10K Wailea walk (Maui), a 10K Lahaina walk (Maui) and a 10K Lanai pineapple walk.

You can join for one walk or all. We pay WAI \$3 per walk. Take

## Event Calendar

2011

**Jan 8**      **West Loch Shoreline Trail**  
Followed by  
**Quarterly Meeting**  
*Carol & Dennis Romig*  
626-3575

**Feb 20**      **Diamond Head Hui Hele**  
*Marsha Okada*  
395-9724

**Feb 21**      **Great Aloha Run**  
*Carol & Dennis Romig*  
626-3575

**Mar TBD**      **Waterfront Hui Hele**  
*Gordon Tyau & Ruth Asakura*  
531-2255

**Apr 3**      **Waikiki Hui Hele**  
*Marsha Okada*  
395-9724

**May 15**      **Mililani Hui Hele**  
Followed by  
**Quarterly Meeting**  
*Carol & Dennis Romig*  
626-3575

**Jun 18-26**      **AVA Convention**  
Des Moines, IA  
*Carol & Dennis Romig*  
626-3575

**July TBD**      **Hoomaluhia Anniversary & Potluck**

**Aug 6 & 7**      **Kamananui Valley**  
*Carol Romig*  
626-3575

**Sept TBD**      **Manoa Hui Hele**  
*Carol Romig*  
626-3575

advantage of this great bargain and see the neighbor islands. Contact Carol for more details. Since the WAI walks are sanctioned, their walks are now posted with ours under Hawaii.

## **Christmas Party and Downtown Christmas Lights Hui Hele – December 18, 2010**

*Carol & Dennis Romig*

Join us from 3:00 to 5:00 for another wonderful Christmas celebration at the Mandalay. Lunch will include chicken salad, sauteed fish filet, mongolian beef, sam see noodles, choi sum, steamed chicken bun, shrimp dumpling, pork hash and egg tart. Yummy!!

We'll do the optional white elephant gift exchange again. Bring a white elephant to exchange and see what you come home with.

Then at 5:30 we'll meet outside the Mandalay for an optional 5k Christmas lights walk. Walking around in the Christmas lights is real seasonal magic. Please join us.

Mele Kalikimaka!! See you there!

## **West Loch – January 8, 2011**

*Carol & Dennis Romig*

Join us at West Loch to celebrate our first event of the New Year. 5K & 10K options are available. Both routes take you through two parks – the Asing Community Park and the West Lock Shoreline Park – as well as through residential neighborhoods. The two parks are connected by the waterfront bike trail where you have beautiful vistas of the western most portion of Pearl Harbor – West Loch.

## **Diamond Head Hui Hele – February 20**

*Marsha Okada*

Our Diamond Hui Hele will be held on Sunday, February 20, 2011. You may opt to do the 7K or 10K or 12K version. We are hoping to have a group of volksmarchers from Japan to join us.

Parking is available at the Kapiolani Bandstand parking lot. Meet at the picnic table near the restrooms. Starting time is between 7:00 a.m. and 8:00 a.m. Refreshments will be served at Fort DeRussy Park.

~~~~~

President's Message

Carol Romig

Aloha !

Our Hoomaluhia anniversary walk in July was a huge success. Thanks to Maria Brasher for organizing the event and to you for all the yummy food.

As a result of the wonderful article by the *Star-Advertiser* "Step by Step" on the Menehune Marchers, we had many new faces at our Hoomaluhia and Kamananui Valley events.

Many of our Club members and visitors have enjoyed the 9 Oahu and 2 Big Island year-round events. We have several very dedicated volunteers who help maintain the year round boxes (involves stocking the boxes, collecting/depositing the monies, filling out the quarterly reports, fielding numerous e-mails and calls, walking events with our visitors and hosting hui heles). Whew! They do big jobs and they do them well. Mahalo!

We have some great walks coming up. Laie Hui Hele (Nov.) and our Christmas Party at Mandalay & 5k Downtown Christmas Lights walks (Dec.) and West Loch (Jan). Over the President's Day weekend in February, we host a double header – the Diamond Head Hui Hele and the Great Aloha Run.

See you on the trails!

~~~~~

## Great Aloha Run – February 21

Carol & Dennis Romig

In the mood for company when you walk?? Join us and some 20,000 other walkers and runners for the Great Aloha Run.

The 13K route starts at the Aloha Tower in downtown Honolulu, winds along the historic Honolulu Harbor, then moves down Nimitz Highway and on to the Kamehameha Highway and into the Aloha Stadium.

Pre-registration with the Menehune Marchers is required by February 10, 2010 if IVV credit is desired. Our brochure will be mailed out by December 2010.

In addition, you **must** register for the Great Aloha Run. Their website is: (<http://www.greataloharun.com/race/register>). You will receive a postcard for free admission to the EXPO at the Blaisdell Center to pick up your race packet and a souvenir T-shirt from the Great Aloha Run.

Hope to see many more Menehune Marchers at this fun event!

## AVA Convention – June 18-26

Carol Romig

Check out the AVA website at <http://www.ava.org> for the AVA Convention. The Greater Des Moines Volkssport Association is hosting this convention. Walk some or all of these events in Iowa and neighboring states over a nine-day period. The fee is generally only \$3 per IVV walk.

At the June 2007 AVA Convention in California, I walked four events. All were top notch! Each event drew about 700-800 walkers. Our first event in Sugar Pine State Park (Lake Tahoe) was awesome. We also experienced the huge Angorra fires that started the afternoon of the event. We were headed straight for the fires and couldn't figure out the huge tornado-like cloud in the sky until we hit the roadblocks.

The second event was in the beautiful Sonoma wine country. What I remember was that several walkers stopped for free wine tasting as the route took us through the Sebastiani Winery. Could it get any better? Yes!!

Our third and fourth events were in San Francisco. AVA chartered a private ferry to shuttle walkers to Angel Island where we hiked the perimeter of the Island. Incredible views of the City! The finale was the Presidio of San Francisco with the highlight being the walk across the Golden Gate Bridge.

We hope you will join us and plan your 2011 vacation around the AVA convention. Lots to see and do around Iowa and the neighboring states.

~~~~~

2011 American Volkssport Association

June 18-26, 2011

Des Moines, Iowa

Convention 2011 Walks

The Club has many volunteers who help in various capacities. As a result, the Club is able to sponsor 11 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.

~~~~~

**Club Volunteers**

**Officers (July 1, 2009 – June 30, 2011)**

*President* – Carol Romig  
*Vice-President* – Mark Luppino  
*Secretary* – Lan Char  
*Treasurer* – Gordon Tyau

**YRE Coordinators**

*Diamond Head/Waikiki/ Kahala* –  
Marsha Okada  
*Waterfront* – Faye Miyamasu  
*Downtown Honolulu* –  
Barbara Mateo-Kihano  
*Manoa Valley* – Lan Char  
*Kailua/Laie* – Maria Brasher  
*Mililani* – Carol & Dennis Romig  
*Kona/Volcano* – Terry Puuohau

**Other Volunteers**

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

Saturday, June 18  
Sunday, June 19  
Monday, June 20  
Tuesday, June 21  
Wednesday, June 22  
Thursday, June 23  
Friday, June 24  
Saturday, June 25  
Sunday, June 26

1. Omaha/ Council Bluffs
2. Loess Hills
1. Whiterock Conservancy
1. Clear Lake
2. Mason City
1. Living History Farms
1. Winterset
1. Ames
1. Des Moines
1. Cedar Rapids
1. Davenport

~~~~~

Our Year at a Glance – Where We Walked

Event Recap
July 2009 -June 2010

Traditional Events	Total	POC
Hoomaluhia Botanical Garden	35	Maria Brasher
Wahiawa	40	Carol & Dennis
Discover Moiliili	47	Marsha Okada
Out & About in Kailua	37	Maria Brasher
Honolulu Marathon	13	Carol & Dennis Romig
West Loch	41	Carol & Dennis Romig
Great Aloha Run	29	Carol & Dennis Romig
Hanauma Bay/ Portlock	43	Faye Miyamasu
Subtotal Traditional	<u>285</u>	
Year Round Events		
Diamond Head	139	Marsha Okada
Waikiki	153	Marsha Okada
Kahala	114	Marsha Okada
Waterfront	180	Faye Miyamasu
Downtown Honolulu	136	Barbara Mateo
Manoa	106	Lan Char
Mililani	177	Carol & Dennis Romig
Kailua	82	Maria Brasher
Laie	58	Maria Brasher
Volcano	62	Terry Puuohau
Kona	55	Terry Puuohau
Subtotal YRE	<u>1,262</u>	
Total walkers	<u>1,547</u>	

~~~~~

Thanks, volunteers!

~~~~~

~~~~~

# Footprints

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

Send changes to Mark Luppino at mluppino@pol.net

~~~~~

Ho'omaluhia Botanical Gardens – July 25, 2010

María Brasher & Carol Romig

~~~~~

### Dues are OVERDUE!

If you haven't paid your 2010-2011 dues yet, make your \$12 (per family) check payable to Menehune Marchers and mail it to:

Mark Luppino, Membership  
Menehune Marchers  
P. O. Box 1838  
Kailua, HI 96834

Mahalo!

~~~~~



Photo by Gordon Tyau

~~~~~

## Are You An AVA Member Yet?

Why not?

~~~~~



Photo by Gordon Tyau



Photo by Gwen Yee

~~~~~

Happy Anniversary to us – the Menehune Marchers!

~~~~~  
Kamananui Valley – September 4-5, 2010

Carol & Dennis Romig

AVA Walking Challenges

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

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

50 State Capitals

America’s Artistic Heritage

America’s Baseball Walks

America’s Historic Churches

Carnegie Libraries

Celebrate America’s Gardens

Covered Bridges

Forts of the United States

Grist Mills

Hillside Letters

Honoring Law Enforcement

Hooray for Hollywood

Liberty Bell Replica

Museum Walk America

Special National Officer Book (the S.N.O.B. walks!)

Veterans Memorials

Walkin’ Waterfalls

Walking America’s Fire Houses

Walking America’s Trails

Walking the USA A-Z

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 AVA.org.

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



Photo by Gwen Yee



Photo by Gwen Yee



Photos by Roger Tinius



Photos by Gwen Yee

~~~~~  
It was truly “A Walk in the Past” as 49 walkers enjoyed the beautiful Kamananui Valley on September 4 & 5. This event had 5K, 6K, 10K &

# **Menehune Milestones**

## **Events**

Gwen Oliveira - 10  
Charlotte Sullivan – 200  
Mark Brown – 375  
Marsha Okada - 575

## **Distance**

Hideo Imoto – 1,500  
Seiko Imoto – 1,500  
Faye Miyamasu – 1,500  
Charlotte Sullivan – 2,500  
Carol Romig – 4,000 & 4,500  
**Marsha Okada – 11,000**

## **Congratulations to everyone!!**

~~~~~

Just walking!

So, just how far could Marsha Okada have gone if she had put those 11,000 K into 1 walk??

Well, she could have walked ...

-- from Honolulu to Tokyo & back - 6,209 K each way or

-- from Honolulu to London - 11,652 K or

-- from Honolulu to Singapore – 10,909 K or

-- from Honolulu straight through the center of the earth to Africa – 12,756 K, or

-- around the moon – 10,864 K!

What an Achievement!! Congratulations, Marsha!!

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

12K options. For the many walkers that opted for the 12K, they were rewarded with the sight and sweet smells of the white and yellow ginger in full bloom at the turnaround point.

Special thanks to Ruby Fukuyama, Marsha Okada, Riko Kono, and my neighbor Dave Kanehisa for providing the walkers with the many wonderful treats --prune cake, kiwi and lilikoi mochi, tangerines and watermelon.

Bellows AFS – October 3, 2010

Carol & Dennis Romig

It was a great Oktoberfest thanks to all of you! Great walk! Great food! Fabulous meeting!!!!



All Bellows Photos by Gordon Tyau

~~~~~

~~~~~  
Aloha !!

Welcome to our new members!

Irene Au
Gwyneth Bertomen
Anna Chang
Winnie & Joy Hee
Maureen Jones
Fred, Anne & Micah Madrid
Gina Oliveira
Bryan & Diane Chu Peterson

We look forward to many walks with you!

~~~~~  
*Special thanks to all who helped with this newsletter – especially Gordon Tyau, Ruth Asakura, Mark Luppino, Marsha Okada, Carol Romig, Dennis Romig, Roger Tinius, Gwen Yee and Andrew Yee. Please send all contributions for the next one to Charlotte at [csullivan2801@yahoo.com](mailto:csullivan2801@yahoo.com). Mahalo!*

~~~~~  
Where is the Menehune?

On which YR walk did he see the ocean from this view?



Atop the Aloha Tower on the Downtown YR.

~~~~~  
**Waterfront YR Update**

The route is being changed. Now it will go through Ward Warehouse, Ward Center and Ala Moana shopping centers instead of Kakaako. Check it out.

**Menehune Marchers Membership**

*Mark Luppino*

The Menehune Marchers is one of the American Volkssport Association (AVA) clubs. This enables us to host AVA sanctioned events in Hawaii. Our walking events can be used by participants as credit toward the IVV Individual Achievement Awards. IVV stands for International Volkssportverband, also known as the International Federation of Popular Sports. As part of the AVA, we receive guidance and support from the AVA for our events and free publicity for the events on the AVA website and in the AVA newsletter, *The American Wanderer*.

The Menehune Marchers collect dues to cover expenses associated with the walking events we host. Members pay \$12 due per year. Members receive a membership card and inclusion on the club mailing list to receive newsletters, meeting announcements and flyers of our events. Club patches are available at club cost for members. The club provides a forum for members to associate with others who are interested in maintaining fitness through non-competitive walking in interesting places.

The Menehune Marchers currently has 57 members. Membership dues are \$15 for the first year and \$12 for annual renewals. We collect membership dues in July. For new members, the dues are pro-rated by the month. Checks should be made payable to the Menehune Marchers and mailed to **Menehune Marchers, P. O. Box 1838, Kailua, HI 96834**.

~~~~~  
Why I walk...

- Friendly companions.
 - My joints and muscles love the workout.
 - Yummy snacks.
 - Glorious panoramas not seen from my rocking chair.
 - My sneakers need a workout.
 - Where else could I be a menehune?
 - Someday I may catch up to Marsha Okada (ha!).
 - I'd never see those places from a car.
 - It's more fun than washing the car or mowing the lawn.
 - New friends, old friends.
 - No snakes or bears.
 - New places, new perspectives.
 - Distance and event stamps.
 - Rainbows.
 - Great use for a cool hat.
 - Good reason to get up early.
 - Finishing feels good.
- ~~~~~

