

# Menehune Marcher News

July 2022

Volume 22, Issue 1

## From the President

Aloha Menehunes,

As many of you may have suspected, Molly and I are under severe COVID restrictions due to a high-risk health condition. So, how can I write about club events that we are unable to participate in? It is a challenge, but I try to keep up-to-date with a lot of help from Carol and Charlotte. Despite our limitations, one thing I can happily report is that we are able to still do a lot of YRE volksmarching by avoiding the crowds and by walking where few others opt to go. With these limitations in mind, one of our favorites is the Manoa YRE. The route has nice sidewalks, beautiful views, and few other walkers or runners on the route. We often walk a half a km or so without needing to mask. So, for those of you who may have similar concerns, I highly recommend Manoa. The only thing that you have to watch closely is the weather. Rain in Manoa is the norm. That is why it is so lush and green. Another favorite, where rain is also a concern, is Ho'omaluhia. Although there are no sidewalks, the paved roads have little traffic and the off-road trails are very appealing provided they are dry. So, if you are able to enjoy the club's group activities, please do so as walking combined with comradery is the best. However, should personal health considerations limit your options, don't be too concerned because there are still walk options you can enjoy to get that healthy mileage in. Please just get out there one way or another to walk for your heart health and good fun.

All the Best, Mark

## Walking

The oldest exercise and the cheapest!



## Footprints

### Great Aloha Race - February 18-21

Twenty-six Menehunes from Florida to California to Arizona to Hawaii participated in this virtual walk. Some walked the 8.2 distance in one day; others took their time. All finished.



Florida Menehunes - Barnetts and friends

### Pow Wow - February 27

Twenty Menehunes and guests spent a few hours on Sunday morning visiting and revisiting to stunning artwork in the Kaka'ako neighborhood. Lots of awe and smiling faces.

Do you see the Aloha?



Photo by Sandy Johnson



## Club Volunteers

### Officers

President – Mark Brown  
Vice President – Katie Barbieto  
Treasurer – Dennis Romig  
Secretary – Carol Romig



### YRE Coordinators

Ala Moana – Mark & Molly Brown  
Diamond Head – Mark & Molly Brown  
Downtown Honolulu – Ruth Asakura & Gordon Tyau  
Ho'omaluhia – Carol Romig  
Kailua – Carol Romig  
Kahala – Mark & Molly Brown  
Kona – Carol & Dennis Romig  
Manoa Valley – Harriet Miyasaki  
Mililani – Carol & Dennis Romig  
Patsy Mink -- Carol & Dennis Romig  
Waikiki – Mark & Molly Brown  
Volcano – discontinued

### Other Volunteers

Club website – Pat Nakatsuka  
Event Brochures – Ruth Asakura  
Club membership – Dennis Romig  
Newsletter – Charlotte Sullivan  
Traditional Events – Many!! But we can always use more.

**Mahalo**, Volunteers!

### Best wishes!

For Maria Brasher, Molly Brown, Karen Stockton and Donna Ulbricht – Sending hugs and best wishes your way.



For James and Tina Lenox – sending best wishes on your marriage.



## Menehune Milestones

### Events

Carol Romig – 1,050



### Distance

Carol Romig – 24,000 km, 25,000 km

**Mahalo!** Special thanks to Mark Brown, Sandy Johnson, Carol Romig, Dennis Romig, Gordon Tyau, Natalie Kossuth, Marsha Okada, John Sullivan and the Menehune Ohana for their work in completing this newsletter. Next deadline: October 15.

### Pow Wow:



### Manoa – March 12



Menehunes enjoyed a sunny day exploring the University of Hawaii and upper Manoa. Once again Gordon Tyau provided a very interesting “insider’s view” of the campus.



Photos by Gordon Tyau

The Art Building’s Baobab tree. The building was designed around the tree.

## AVA Walking Challenges

- 50 States – ongoing
- 50 State Capitals – ongoing
- Airports – 12/31/23
- Appalachian Trail – 12/31/2028
- Border Crossings – 12/31/2023
- Centurion Achievement Challenge – ongoing
- Great Lakes, Great Fun.... – 12/31/23
- Mayflower 400<sup>th</sup> Anniversary – 12/31/2022
- Rails-to-Trails – 12/31/2025
- Rockin' Around the Clock - 12/31/2023
- Town Halls/City Halls – 12/31/2024
- Walking with America's Veterans – 12/31/2023
- Walking the USA - A-Z – never ends



### Welcome!

New members and guests are always welcome!

### Have You Visited the Websites Lately??

Check them out:

[avaclubs.org/Menehune Marchers](http://avaclubs.org/MenehuneMarchers)  
[ava.org](http://ava.org)



**AMERICA'S WALKING CLUB**  
 — ESTABLISHED 1976 —

The *Menehune Marcher News* is a quasi-official publication of the Menehune Marchers AVA Club #456, published in November, March and July.

If you fall, turn over a new leaf.  
 Begin anywhere. Teddy Roosevelt



## Ala Moana – March 26 & 27



Photo By Gordon Tyau

## Mililani – April 16



Photos by Natalie Kossuth and Sandy Johnson



I've learned so much from my mistakes, that I think I'll make more of them.  
 Money talks but all mine says is, "Good Bye."

## Ho'omaluhia Update

Because the Hoomaluhia pavilion is on a first come first serve basis and limited to two tables per group, Ho'omaluhia is no longer an option walk and potluck. The Club is exploring Bellows as an option. Come join us on January 16, 2023, at Bellows.

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Betty and Mike Green celebrate their 50<sup>th</sup> Anniversary, the 50th State and Capitol. Congratulations!

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## Club Dues

Menehune Marcher Club dues are payable by July 15.

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Relief – What trees do in the spring.

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## Ho'omaluhia - May 21



Photos by Gordon Tyau

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## Manoa - June 18



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Letting the cat out of the bag is a whole lot easier than getting it back in.  
If you find yourself in a hole, stop digging.

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## 2022 Menehune Walking History

|                                       | Qtr 1      | YTD Total  |
|---------------------------------------|------------|------------|
| <b>Year-Round Events<sup>12</sup></b> |            |            |
| Ala Moana Park                        | 43         | 43         |
| Downtown Capitol                      | 83         | 83         |
| Diamond Head                          | 18         | 18         |
| Hoomaluhia Botanical Garden           | 10         | 10         |
| Kahala                                | 13         | 13         |
| Kailua                                | 2          | 2          |
| Kona                                  | 1          | 1          |
| Manoa                                 | 34         | 34         |
| Mililani                              | 38         | 38         |
| Patsy Mink                            | 8          | 8          |
| Waikiki                               | 37         | 37         |
| <b>Total</b>                          | <b>287</b> | <b>287</b> |
| <b>Traditional Event</b>              |            |            |
| Great Aloha Run                       |            | 26         |
| <b>TOTAL</b>                          |            | <b>313</b> |

Prepared by Carol Romig

## Manoa:



## Horizons

### Gordon Tyau, Award-Winning AVA Menehune Photographer Retires



Photo by Bradley Wong

After 20 years as the award-winning Menehune photographer, Gordon Tyau is retiring his camera. His good perspective found wonder in nature and the wanderer in us all.

Gordon created the Obama Walk and the Capitol Walk and led many others including the Manoa Walks where he was a Professor of Architecture at the University of Hawaii - snapping photos all the way. Each walk was informative and always fun.

He will be joining us as a regular walker now.

| Menehune Walking Schedule |                                        |                                                                                                                                   |
|---------------------------|----------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|
| Date                      | Walk                                   | Details                                                                                                                           |
| July                      | None                                   |                                                                                                                                   |
| August                    | None                                   |                                                                                                                                   |
| Sept 10, Sat              | Ala Moana                              | 7:30 start<br>Meet in front of Liliha Bakery by Macys                                                                             |
| Oct 8, Sat                | Ho'omaluhia                            | 7:30 a.m. start<br>Meet at entrance gate                                                                                          |
| Nov 12, Sat               | Manoa                                  | 7:30 a.m. start<br>Meet in front of Longs at Manoa Marketplace                                                                    |
| Dec 10, Sat               | Patsy Mink & Waikele Christmas Brunch  | 7:30 a.m. start<br>Meet 1 <sup>st</sup> parking lot Waipio Uka<br>Entrance to Patsy Mink<br>Holiday brunch – Waikele Country Club |
| Jan 16, Sat               | Bellows & Pot Luck                     | 8:00 a.m. start<br>Limited to 50 participants                                                                                     |
| Feb 19- 26, 2023          | IVV Olympiad & IML Texas Trail Roundup | San Antonio, Texas                                                                                                                |
| Feb 20, 2023              | Great Aloha Run (virtual)              | Start anytime                                                                                                                     |



Ho'omaluhia by Gordon Tyau

## Trail Talk

Check out the walking events hosted by the American Volkssport Association (AVA), their local clubs on my.AVA.org. That's how Dennis & I discovered these year incredible walks in near Tacoma.

Nisqually National Wildlife Refuge - An amazing 10K walk almost entirely on a boardwalk. The boardwalk is elevated above the intertidal flats and provides a unique experience to walk over the estuary at high/low tides. It is a bird lover's paradise. Along the boardwalk to the Puget Sound View Platform, we saw a bald eagle perched on a low branch just above the water, cluster of 20 blue herons in the water & then flying above us, 50 Canada goose marching in single file, many colorful swallows perched on the boardwalk railing. The Refuge is located in Dupont, less than 20 miles from Tacoma

Tacoma Waterfront 10K - A very nice walk along Tacoma's Thea Foss Promenade and Cultural District . Along the route - We watched live glass blowing at the Museum of Glass, crossed the Promenade on the Bridge of Glass (lined with colorful blown glass), to the Tacoma Art Museum. It is a must-see. Gorgeous collection of Dale Chihuly blown glass & Native Northwest Art.

by Carol Romig



Nisqually River



Tacoma Museum of Glass



Nisqually River



Mount Rainier