

Menehune Marcher News

November 2013

Volume 13, Issue 2



Event Calendar

- Nov 30 Sat** **Portlock**
John & Sheila McClellan
626-3575
- Dec 7 Sat** **Christmas Party**
Hale Koa Walk & Party
Carol & Dennis Romig
626-3575 or 294-8637 (cell)
- Jan 12 Sun** **Kahala**
John & Charlotte Sullivan
922-8628
- Feb 17 Mon** **Great Aloha Run**
Carol & Dennis Romig
626-3575 or 294-8637 (cell)

March **Open**

For questions about a walk, contact the POC. Or check your email or your brochure.

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Want to host a walk?  
Want to create a walk?  
Of course you do. It's fun!!  
Call Carol.



## Horizons

### Hale Koa Christmas Party & Waikiki 5K – December 7

Hope you can join us December 7 from 10:30 AM to 1:00 PM in the Kalia Room at the Hale Koa for our Christmas party. It's always a fun event. Lunch will be buffet style (soup, sandwich and dessert). Price per person is \$24.

If you plan on attending, please send a check payable to Menehune Marchers to Carol Romig at 95-211 Kemu Place, Mililani, HI 96789.

Before the luncheon we will be walking the Waikiki YRE – 5K only. Please meet at 8:30 AM in the Hale Koa lobby to register and get your books stamped. The Menehune Marchers will pay your fees to AVA for this walk. Merry Christmas!

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Footprints

Hoomaluhia – July 21



Trail Talk

Trailmaster Gordon Tyau has rerouted the downtown/capital walk. Check it out. It's a new way to see the old familiar places.

And don't forget to revisit our other year rounds.

See you on the Trail!

Carol Romig

Menehune Milestones

Events:

Faye Miyamasu – 150
Charlotte Sullivan – 275
Sheila McClellan - 350
Carol Romig - 500
John McClellan - 525
Mark Brown – 525, 550, 575, 600
Molly Brown – 550, 575, 600

Distance:

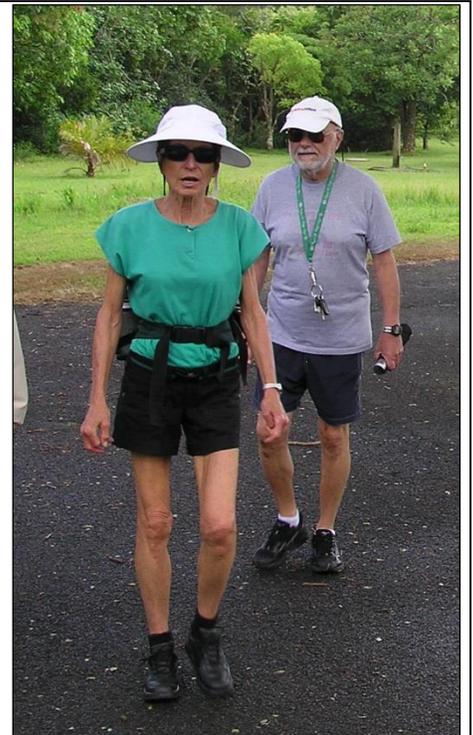
Charlotte Sullivan – 3,500 K
John McClellan – 6,500 K
Carol Romig – 9,000 K
Mark Brown – 13,000 K
Molly Brown – 13,000 K

Oh, the places you can go.....

So, where could our long-distance walkers have gone with all those kilometers? John could have traveled to Tokyo (6,215 k) or Minneapolis (6,384 K). Carol could have hiked to Hong Kong (8,942 K) or Quito (8,923). Mark and Molly could have journeyed to Rome (12,936 K), Istanbul (13,069 K), Algiers (13,272 K) or Tehran (12,986 K).

Congratulations!

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.



All photos by Gordon Tyau.



Club Volunteers

Officers (July 1, 2013 –
June 30, 2015)

President – Lorna Awana
Vice-President – Wanda Wright
Secretary – Carol Romig
Treasurer – Dennis Romig

YRE Coordinators

Ala Moana – Faye Miyamasu
Diamond Head - Mark & Molly Brown
Downtown Honolulu – Ruth Asakura
and Gordon Tyau
Kailua/Laie – Maria Brasher
Kahala – Mark & Molly Brown
Kona – Carol & Dennis Romig
Manoa Valley – Joanne Funasaki
Mililani – 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
Club Newsletter Editor –
Charlotte Sullivan
Traditional Events – Many! But,
we can always use more!

Mahalo, volunteers!

The 2015 AVA Convention will be in
Salem, Oregon. That's practically next
door for us!

Special thanks to all who helped with this
newsletter – especially Gordon Tyau, Wanda
Wright, Carol Romig, and Dennis Romig.

Please send all contributions for the next one to
Charlotte at csullivan2801@yahoo.com. **Deadline**
is **February 15**.

Mahalo!

Manoa Hui Hele – September 28

Carol Romig



Photo by Carol Romig

It was a perfect walking day for the 21 walkers who joined us on the Manoa Hui Hele. It was cool and breezy with no Manoa showers. Afterward many walkers headed to our “official” lunch spot – Bangkok Chef – and enjoyed a delicious Thai lunch.

Menehune Walking Annual Recap

Year Round Event	1 st Qtr	2 nd Qtr	3 rd Qtr	Year to Date
Ala Moana Park	55	20	21	96
Downtown Capitol	47	44	43	134
Diamond Head	39	28	12	79
Kahala	23	21	6	50
Kailua	24	4	5	33
Kona	10	1	2	13
Laie	14	5	5	24
Manoa	23	15	43	89
Mililani	52	42	16	110
Obama Heritage	40	4	12	56
Volcano	17	9	4	30
Waikiki	<u>44</u>	<u>30</u>	<u>18</u>	<u>92</u>
Total walkers	<u>388</u>	<u>223</u>	<u>187</u>	<u>798</u>

Traditional Event

Great Aloha Run	7
Hoomaluhia Botanical Garden	27
Kamananui Valley	<u>29</u>
Total walkers	<u>63</u>
Total Menehune Event walkers	<u>861</u>

AVA Walking Challenges

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

50 States (Marsha Okada, Barbara Mateo-Kihano, Sharon Dowdell, BS McEwen, Joan King and Vernon King completed this one.) – never ends

50 State Capitals (Joan and Vernon King completed this one)– never ends

Alternative Capitals – ends 12/31/2016

America's Baseball Walks – ends 12/31/2013

America's Family Bakeries – ends 12/31/2014

Border Crossings – ends 12/31/2023

Celebrating Golden Cinemas – ends 12/31/2014

Cities in Song – ends 12/31/2016

Civil War Battlefields – ends 12/31/2015

Classic American Diners – ends 12/31/2014

Fraternal Organizations – ends 12/31/2015

Grist Mills – ends 12/31/2013

Honoring Law Enforcement – ends 12/31/2014

Honoring Our Flag – ends 12/31/2016

Lakes and Reservoirs – ends 12/31/2016

National Register of Historic Places – ends 12/31/2016

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

Strolling Somewhere Over the Rainbow – ends 12/31/2014

Struttin' Down Main Street – ends 12/31/2014

Trekking with the Trees – ends 12/31/2016

Walking America's Murals – ends 12/31/2014

Walking America's Trails – ends 12/31/2013

Walking the Old Spanish Trail – ends 12/31/2015

Walking the USA A-Z – never ends

Water Towers – ends 12/31/2016

U.S.A. W.P.A. – ends 12/14/2014

You'll Never Walk Alone – ends 12/31/2016

Most special programs require a certain number of walks done within a specified time period. Your reward is a patch and seeing 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.

Centurions

AVA launched a new challenge for super-walkers this year. Walk 100 events in a calendar year and become a Centurion. The year isn't even close to over, and we have two Menehunes in the very first group of AVA Centurions -- Mark Brown and Molly Brown.

Bravo Mark and Molly! Congratulations!!



A Menehune Photo Album



Check out the Menehune Marchers at <http://avaclubs.org/MenhuneMarchers/>.