

Ka News

Spring 2006

KIHEI CANOE CLUB

P.O. Box 1131

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www.KiheiCanoeClub.com

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2006 KIHEI CANOE CLUB BOARD OF DIRECTORS

Lea Giddons
President

Bob Fulkerson
Vice President

Kuulei Kaiwi
Treasurer

Joyce Roark
MCHCRA Representative

Stephen Luksic
Secretary

Jackie Brainard

Sean Kekumu

Anita Anderson

Casey Logsdon

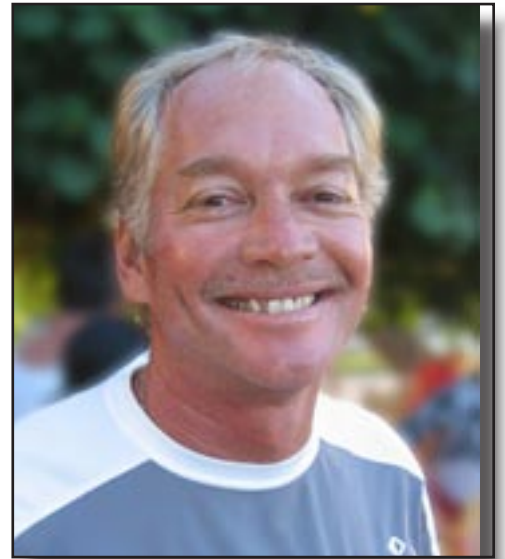
Jerry Stowell



WELCOME BACK KAWIKA

Kawika Williams, who led Kihei Canoe Club paddlers to a wa`a full of medals and state championships in 2002 and 2004 before taking a year off, is back as headcoach for the red and gold.

"It's time to get in shape, start eating right, take your vitamins," Kawika joked. "Bring your buddies, bring your kids, and get ready to do some damage!"



Preseason practice for paddlers interested in the regatta season is underway with adult and youth seminars every Saturday in March. Adult sessions begin at 7 a.m., with kids getting down to work at 9 a.m. The goal, according to Williams, is to get acquainted, get into a competitive mental state and get in some paddling time. "Not too much talking," he promised.

Formal practice starts April 3, with men and women paddlers taking to the boats at 5:30 a.m. Mondays. Additional women's practice days are Wednesday and Friday, while men will practice Tuesday and Thursday.

"I feel good to be coming home," Williams noted. "I'm really honored to be part of the program and happy the club invited me back. We intend to be competitive, but the main thing is having fun."

Williams will have assistance in coaching the men from Rob Phillips. Sol Pali will be working with the women racers and Alike Atay, as always, will be part of the youth program. Others interested in helping out may contact Kawika at any practice.

"We're so pleased and proud to have Kawika back at the helm," said Lea Giddens, KCC president. "Our racers love and respect him enormously, and that bodes well for a successful season."



KCC NEWSLETTER ANNOUNCEMENTS

MEMBERSHIP

DEADLINE APRIL 30

The deadline to renew your annual club membership is April 30. Anyone who has not made payment by then will not be eligible to practice with or race for the club. The fee for an individual membership is \$150. Family membership (which must include at least one parent and one child) is \$175. A husband and wife, without children, are individual members.

Mail your check to
Kihei Canoe Club,
P.O. Box 1131,
Kihei, HI 96753. Mahalo.

JOIN OUR E-MAILING LIST

In an effort to improve communication with our membership, the board of directors frequently sends out important news and information via e-mail. Are you on the list? If you are not currently receiving regular messages from the club and would like to do so, please e-mail jackie@kiheiclub.com.

SHARE YOUR MANA'O

Do you an idea to help make our club even better? Is there something you would like to share with your fellow paddlers? The KCC newsletter editorial team welcomes your positive and constructive ideas and will do our best to print them in the next newsletter. Send a message to jackie@kiheicanoeclub.com. Mahalo.

FULFILLING OUR MISSION

KCC Mission Statement: The mission of KCC is to revive, develop, perpetuate and promote the Hawaiian traditions. This will be accomplished through educational, recreational, cultural and competitive Hawaiian outrigger canoeing programs for youth and adults, in a safe, healthy and nurturing environment.

Our ability to fulfill the KCC mission has been strengthened in three important ways:

- Our racing programs for na 'opio and adults are destined for success as Kawika Williams returns as head coach of KCC.
- Recreational Paddling, in which many of our racers developed their passion for paddling, received a vote of continued support by the KCC Board of Directors in January. Any member of the club is welcome to drop by the hale Monday through Friday for the scheduled 6 a.m. or 8 a.m. paddle.
- Visitor Paddling (8 a.m. on Tuesday and Thursday), which gives us an opportunity to teach others about paddling and Hawaiian traditions, was reinstated by the board of directors in February. We need the support of member steersmen and paddlers to ensure the continued success of this unique cultural program. Come share your mana with newbies, experienced paddlers, and champion racers from around the world.



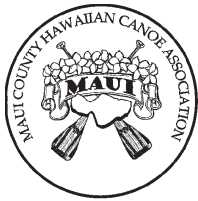
MEET YOUR NEW CLUB OFFICERS

Lea Giddens, one of the island's best known and respected paddlers, has been elected president of Kihei Canoe Club for 2006. Lea, who has paddled for Kihei Canoe Club for a dozen years and with other teams for a decade before that, also brings a wealth of administrative experience that comes from owning her own businesses on Maui for some 20 years. She is currently an independent residential real estate appraiser.

(Be sure to read Message From The President to learn more about Lea's hopes for the year ahead).

"Haiku" Bob Fulkerson, a retired Delta Airlines pilot and a four-year member of the club, has been chosen as vice president. Stephen "Tree" Luksic, who has worked in video and television production for the past 25 years and has been a recreational paddler with the club for three years, will serve as secretary, and Ku'ulei Kaiwi will continue as treasurer.

Other board members include Joyce Roark, who serves as the club's representative to the Maui County Hawaiian Canoe Association, Casey Logsdon, Jerry Stowell, Sean Kekumu, Anita Anderson, and Jackie Brainard.



MCHCA Race Schedule 2006

Date	Host	Race
PRE-SEASON RACES		
April 8	Kihei Canoe Club	Paddler's Open - Ka Lae Pohaku
April 8	Hana Canoe Club	Class v. Class - Hana Bay
April 9	Na Kai Ewalu	Challenge Cup - Kahului Harbor
April 15	Kahana Canoe Club	Resort Race – Hanaka`o`o Beach
April 23	Hawaiian Canoe Club	Fun in the Sun - Kahului Harbor
April 29	Lahaina Canoe Club	Restaurant Race – Hanaka`o`o Beach
May 13	Kihei Canoe Club	Ben Abierra - Ka Lae Pohaku
May 20	Lae Ula O Kai	Pa`ani I Ka Makani - Kahului Harbor
May 27	Hana Canoe Club	Alau Island – Kapueokahi – Alau - Kapueokahi
May 28	Hana Canoe Club	Hana Regatta – Kapueokahi Bay - Hana
MCHCA REGATTAS		
June 3	Kihei Canoe Club	Moki Kalanikau Regatta - Ka Lae Pohaku
June 10	Lahaina Canoe Club	Na Keiki O Maui Regatta – Hanaka`o`o Beach
June 17	Hawaiian Canoe Club	John M. & Kealoha Lake Regatta - Kahului Harbor
June 24	Wailea Canoe Club	Kamehameha Day Regatta – Hanaka`o`o Beach
July 8	Napili Canoe Club	Dougie Tihada Regatta – Hanaka`o`o Beach
July 15	Na Kai Ewalu	Mayor's Umeke Regatta - Kahului Harbor
July 22	Kahana Canoe Club	MCHCA Championship Race - Hanaka`o`o Beach
August 5		State Championships - Oahu
LONG DISTANCE RACES		
August 12	Hawaiian Canoe Club	Dutchy Kino - Launiopoko- Maalaea-Lahaina
August 19	Lahaina Canoe Club	George Pao`a – Hanaka`o`o - Flemings
August 26	Na Kai Ewalu	Queen Ka`ahumanu – Maliko – Kahului Harbor
August 27	Na Kai Ewalu	Great Kahakuloa – Kahului Harbor – Ka`anapali
September 2 & 3	Kai Opua, Big Island	Queen Liliuokalani - Kona, Big Island
September 9	Lae Ula O Kai	Maliko to Lahaina
September 24		Na Wahine O Ke Kai - Molokai - Oahu
October 9		Molokai Hoe - Molokai - Oahu

Preseason training has begun !
Adults - March Saturdays 7am,
Kids - March Saturdays 9am.

These Pictures are from Saturday March 4th. Come on down and get some great pointers and refine your technique.





QUIET, PLEASE

Some of our neighbors at Kihei Villages have respectfully asked that paddlers arriving in the early morning think about those folks who are still in bed. Please, lower your music and your voices. Mahalo. Hey, they oughta get up and paddle!



IS YOUR FOODLAND MEMBERSHIP MISSING?

Did you pay your club membership during the Foodland fundraising program last year? There's a chance you haven't received proper credit with the club. Records from Foodland show that they received a greater number of memberships than our records show.

If you paid your membership at Foodland but did NOT send a copy of the receipt to KCC, you may not be a member in good standing. If in doubt, submit a copy of your receipt with your name on it.

Bring it to practice or mail it to KCC at P.O. Box 1131, Kihei, HI 96753



MESSAGE FROM THE PRESIDENT Lea Giddens

Someone asked me the other day why I paddle. Why indeed? Why get up long before sunrise, drag myself down to the beach, carry 400 pound boats, and pull a stick through the water??? Well, I thought about it and realized that this is an addiction I've been dealing with for nearly 25 years!

Luckily, this is a good addiction. I'm addicted to the endorphin high that comes with paddling and I'm addicted to ke kai. I also feel a powerful bond to the wonderful people who are at the heart of the Kihei Canoe Club, the people who are always there to help out, to cheer for their friends, win or lose.

It's a tremendous honor to be elected to serve as your president and I'm counting on each and every one of you to help me accomplish the goals we all share. This is a critical year for Kihei Canoe Club. We have faced some pretty serious challenges in the last year or so and there are still obstacles ahead. Thank goodness I have an outstanding board of directors working with me and Kawika Williams heading up our racing program.

So, what else do we need? We need more people willing to lend a hand with everything from canoe maintenance to fundraising. As always, a handful of people carry a heavy load. Think how light that burden would be with more of you assisting. We also need you to invite your friends, family, and co-workers to come out and experience the unrivalled joy of six people, paddling as one, on our beautiful Maui seas.

It is my heartfelt desire to increase the opportunities for our membership to learn more about our host Hawaiian culture. Club founder Les Kulolo`io and Alika Atay spoke to a meeting of the Board of Directors recently and truly underscored how important it is that canoe racing be grounded in Hawaiian culture. I hope and trust that Les and Alika will help to bring together a Kupuna Council to meet this critical need.

Please let me know what YOU want from the club as well. I look forward to serving you.



PADDLERS OPEN

The 24th Annual Kihei Canoe Club Paddler' Open will be held at 8AM, Saturday April 8th, 2006. This is a great opportunity to introduce your company employees or friends to the fun and excitement of outrigger canoeing and the enjoyment of being a winning team.

This race is open to all novice and experienced crews.

Crew registration is now open and practice times are available to all interested. Entry fees for the event are \$150 per six-person crew. The entry fee is a tax-deductible donation to the Kihei Canoe Club. Entrants are encouraged to provide their team with logo wear or costuming.

Lend your support in this vital way to support Kihei Canoe Club! So get your crew together, and come out for some fun in the sun and friendly competition! For more information contact Kuulei Kaiwi at 891-2876

WHAT'S SO GOOD ABOUT CROSS TRAINING?

(Excerpted and adapted with permission from www.y2kanu.com)

Human beings are creatures of habit. Whether it's the ritual skim latte to start the day or weekly devotion to "Will & Grace", people create routines to guarantee small pleasures and comforts. Routine can bring a sense of order to a chaotic world; it can be counterproductive when working out. Following the same regimen not only gets boring, it can lead to plateaus that can decrease effectiveness.

Performing the same activity repeatedly at the same level makes the body more efficient, which results in lower caloric expenditure, according to Lisa Packheiser, a certified athletic trainer. Research shows that by sticking to just one activity, the number of calories burned by exercisers may decrease as much as 25%, she says.

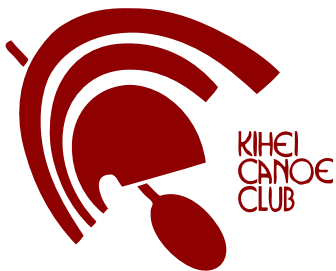
For instance, if you normally exercise for 45 minutes four days a week with the same intensity for each workout, over time you will not benefit as much as you did when you began. Repetitiveness can also be boring, which can also decrease the likelihood you'll continue working out.

Fitness professionals agree the best solution to avoid exercise plateaus is cross training – mixing activities into a varied regime. If you use a treadmill, add an exercise bike or stair climber workout. Swim one day and lift weights another. Brisk walking or running are easy options to incorporate into your schedule. Try new options emphasizing stretching and toning, such as Pilates and yoga. Participating in a recreational volleyball or softball league can add to a well-rounded workout regimen.

Clinical studies show most people plateau in their exercise programs after six to eight weeks, so exercisers should change their routines at least that often. By taking the routine out of exercise, fitness fans can reap positive results and enjoyment from their workouts and may even wish to add more variety to their lives. Skim latte? Next time, make it a cappuccino.



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