

Ka News

Fall 2006

KIHEI CANOE CLUB

P.O. Box 1131

Kihei, Maui, HI 96753

Phone: (808) 879-5505

www.KiheiCanoeClub.com

Contents:

President's Message -Pg 1
Our Mission - Pg 2
Give Aloha - Pg 2
Banquet Party - Pg 2
Coach's Message - Pg 3
Hawaiian Hoe - Pg 4
Native Americans - Pg 4

2006 KIHEI CANOE CLUB BOARD OF DIRECTORS

Lea Giddons
President

Bob Fulkerson
Vice President

Donna Abdill
Treasurer

Stephen Luksic
Secretary

Joyce Roark
MCHCRA Representative

Anita Anderson

Jackie Brainard

Casey Logsdon

Jerry Stowell

John Vogel

MESSAGE FROM THE PRESIDENT

LEA GIDDENS

At the Annual Awards Banquet at LuLu's last year, someone came up to me and asked if I would consider serving on the Board of Directors. Silly me, I said yes! Looking back a year later, I realize that I had no idea of what to expect and very little experience to draw on. Then, when I was elected to serve as President, I really began to worry!

I've learned a great deal during the past year, but any successes we have achieved are due to the tremendous support from club members and the terrific people who serve with me on the Board of Directors. Each one of you has been teaching me, helping to show me the way. Mahalo nui loa!

One thing I've learned this year is that I had NO idea how much work it takes to get through the regatta season. We have benefited from the experience and hard work of a very respected head coach, the continuing commitment of long time members as well as the support from newer paddlers. It's been great!



Next, I want to express my appreciation for the huge effort of those who re-furbished the koa canoe and worked to improve the KCC hale. It's been wonderful to witness.

Be sure to read the story in this issue in which we recognize the work that has been done.

Last on my list is to express the value and success of the recreational and visitor paddling program and how much it brings to our club. Yeah, it earns us a good bit of money, but money isn't the primary reason we do it. The program focuses on culture and spreading aloha to visitors to Maui. It's very different from the competitive aspect of our club. Isn't it great that we have a bunch of people who love to paddle just for fun? I hope you will honor these efforts by showing up occasionally on a Tuesday or Thursday morning to lend your support.

It is an honor to serve you and I encourage you to come forward to work, to advise or even to complain!



**GIVE ALOHA AT
FOODLAND AND SACK N SAVE.**

Kihei Canoe Club is participating in Give Aloha, Foodland's Annual Community Matching Gifts Program.

From September 1 to 30, customers are invited to make donations of up to \$249 per person to any organization participating in the Give Aloha program. Foodland and Western Union will match a portion of each donation. That means KCC gets a few more bucks and it costs you nothing but a little bit of your time.

It's easy to do. At check-out, present your Maika'i card and tell the cashier you want to make a donation. The KCC registration code # is 77913. The store will also have a list of registration numbers.

Please be sure to save your cash register receipt. This is your only record. Submit a copy (keep original for your records) to Kihei Canoe Club at P.O. Box 1131, Kihei, 96753. Of your donation, up to \$150 will count towards your 2007 membership.

A big mahalo to Foodland and all those members who make the extra effort to Give Aloha.

PARTY PARTY PARTY AND VOTE

We had such a great time last year, we've decided to go back to LuLu's for our annual awards banquet and elections

**Saturday,
September 30
from 5:30 p.m.**

until all the food and drink is gone!

The annual banquet is a time to celebrate our efforts and successes to honor and mahalo those members who give an extra measure of effort on behalf of the club. If you would like to recommend someone for special recognition, please share your mana'o with any board member.

"We're so grateful to

LuLu's for hosting our party again this year," says Lea Giddens, club president. "Once again, we look forward to plenty of ono food and drink, great music and video and the fun of being together with our teammates."

Buffet tickets purchased in advance are \$10 for club members and \$15 for guests. Prices at the door at \$15 for members, \$20 for guests. There will also be a no host cash bar.

This will also be the last day for members to vote in the 2006 club election. See your ballot in this newsletter and mail it in or bring it with you September 30.



KIHEI CANOE CLUB 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.

NOTE FROM THE EDITOR:

Here's a story from Joan Cannon. It's so nice we want to share it with the entire membership.

"On June 28 some customers were telling me about their wonderful experience with an outrigger canoe. I remarked it must have been my canoe club, Kihei. They agreed and went on with more glowing comments. The entire family had a wonderful time – the best of their trip.

As they were leaving the grandmother hung back to thank the club again. She wasn't sure she could handle the outing, but it turned out to be the best experience of her life. She commended the whole club but wanted to single out a slight Asian man she called an angel sent from God.

Thanks to all who make the visitor paddle such a joy for all who attend. Hurrah!!

MESSAGE FROM THE COACH

KAWIKIA WILLIAMS

I'm really stoked to be back with the Kihei Canoe Club this year, to see old friends and get to know new paddlers. Taking off for a year gave me a chance to catch my breath and gain a fresh perspective. The way I see 2006, this was a season to make changes, to adapt new ideas and new methods. I expect that we'll take these changes into an even more successful season in 2007. to do some damage!"

One of my top priorities was to make improvements in our stroke. We added more of a top hand drive, trying to use the entire body more, not just arms. We also worked to generate more torque in the stroke and get more distance per stroke.

We also made some changes in our training program. In looking back over my experience as a coach, I've noticed a couple of things. In my first year, we did a lot of sprint work in training. We took off early in the season and won a lot of races. However, that didn't always hold up and we began to fall back as the season progressed.

This year, we did things a little differently with a training schedule aimed at achieving optimal strength. We continued

to work on sprints but we added intervals and base training. Our goal was to improve stamina in the regattas and be more ready for the long distance season. Next year, we need to work on winning more early races so we can qualify more teams for the state races.

I want to say mahalo nui loa to **Rob Phillips** and **Sol Pali**.

They did a fantastic job with the Men's and Women's teams. I was so impressed with their energy, commitment and skill and hope to have them on board next year. We are also looking for someone to coach the Novice B teams and give them the attention they deserve. For myself, I want to

focus my attention on the kids program. That's where it all starts.

Finally, I want to thank every single person who came out to help – the Board of Directors, the guys (and gals) taking care of the boats and the hale, the members making lei, grilling the meat and all the other activities that support our racers. To me, it felt like this was a year when more people were giving, not just taking. That's what it's all about.

I look forward to working with all of you next year.



WHAT'S UP WITH THE HALE?

The refurbishment of our hale is just about finished with only a few details left to complete. The space is larger and more secure than before and finally provides us with a safe place for our koa canoe, Kū Koa Manutea.

We extend a huge mahalo to Bob Brooks and Charlie Nolan and Charlie's pal Calvin, John and Roberta Vogel, Kimokeo Kapahulehua and Bob Brooks'



friend Ron Marshal (who is not even a member of the club) for the incredible job of mak-

ing the koa ready for the State Championship races. .

So many people helped out but we owe special thanks to Cornwall and Ku'ulei Kaiwi for taking on this huge project from the beginning and Mike Federov for spray painting the exterior.



Others who put in many hours include Haiku Bob Fulkerson, Stephen "Tree" Luksic, Dan Holland, Steve Wapner, Casey Logsdon Bob Brooks, Biggie Lara. Apologies to anyone we missed.

Next step is to re-build the racks for the OC-1's. We know the delay has been a lot longer than anyone expected, but Rob Phillips has taken on this kuleana and we're on track to get it done soon.





Dean Jeffries Goodrich, a member of the Stillaguamish tribe of Native Americans from Washington, gifted Kihei Canoe Club president Lea Giddens with a traditional head band woven by tribal elders from the bark of a cedar tree.

Some two dozen members of the tribe, also known as “people of the river,” joined KCC for a group paddle and cultural exchange in August. Stillaguamish leaders report that the tribe has lost its canoe culture over the years and hopes the visit to Maui will help them reclaim their heritage.

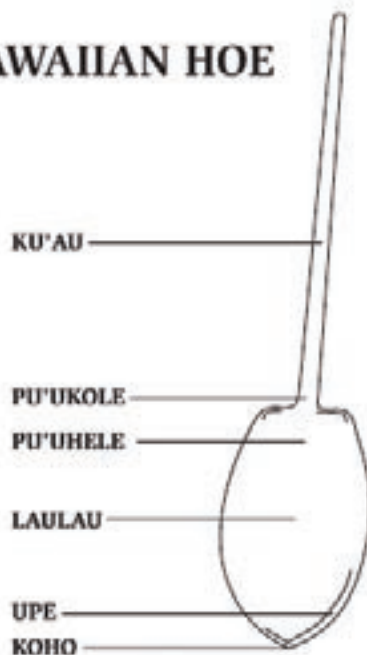


LEARN MORE ABOUT THE HAWAIIAN HOE

Here’s some interesting information from the Bishop Museum about Polynesian paddles . Historically, paddle dimensions and weight varied according to its intended use and use and also depended on the kind of wood employed. Each part of the Hawaiian paddle, or hoe, has a specific name. How many parts can you name?

Some Hawaiian cultural authorities say that ancient people believed their ancestors took up residence in the canoe blade. Please treat your paddle with respect and no dig in da sand!

HAWAIIAN HOE



Ku`au – Shaft

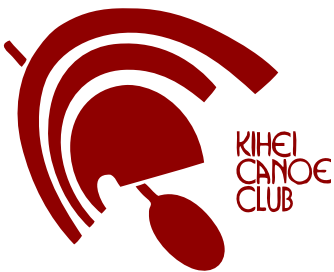
Pu`ukole – Place where shaft joins the blade.

Pu-uhele – Base of the paddle blade.

Laulau – Blade

Upe – Rib on the paddle blade.

Koho – The point at the tip of the paddle blade.



P.O. Box 1131
Kihei, Maui, HI 96753

Place
Stamp
Here