

Amma

*The official
publication
of the*

**OUTRIGGER
CANOE CLUB**



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2022
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 WARD VILLAGE.

Howard Hughes.

HAU'OLI MAKAHIKI HOU!

As we start the New Year, it is a good time to reflect on the challenges and events of the past year. One of the early projects of 2021 was the repair of the seawall that holds and protects our Club. The project was expected to be completed last spring, but Mother Nature had other ideas. Endangered monk seal Kaiwi and her newborn pup Lōli'i took up residence, and their presence as well as the summer tides put the project on hold.



As I write this message, the project has restarted, and I expect that it will be completed by the time you read this.

One of the big projects that I inherited was the restructuring of our dues, which had not been closely examined in at least a couple of decades. Such an exercise is never popular with every membership contingency, but I believe the process

was completed respectfully, and that the results achieved will benefit the entire Club in the long run. I want to thank Laurie Foster, Art Mallet, Emily Reber Porter, Evie Black, Joanne Huber and Tyler Roukema for their extensive work on this important matter.

By the time you read this, hopefully you will have already participated in at least one Town Hall to get educated and to debate the upcoming vote regarding the extension of our lease. As I mentioned in my last message, this is perhaps one of the most monumental decisions the Club will face, and it is important that each voting member learn as much as possible about the deal, and then exercise their right to vote on the issue. The entire Board, the Long Range Planning Committee, and many others have spent many hours on this critical issue, and they deserve our thanks.

Late in 2021, at the recommendation of the Historical Committee and with approval of the Board of Directors, an Honorary Membership was extended to Olympic gold medalist Carissa Moore. Carissa was a member of the Club as a young girl, and surfed on the Outrigger Junior Surfing Team, winning the John McMahan Outstanding Junior Surfer award in 2004 at age 12. She resigned her membership when her career as a professional surfer precluded her from making use of the Club. Carissa, pictured with me here, was honored and humbled that the Club asked her to return as an Honorary Member. When she is not too busy winning surf contests, we hope to see her and her husband at the Club this year.

This is my last Ama message as President of the Outrigger Canoe Club. At our Annual Meeting on February 8, Laurie Foster will become the next President. Laurie has been instrumental in assisting me in every aspect of my presidency, and I am confident that she will make an excellent President. I also want to thank not only my fellow Board of Directors, but also all of the chairs and members of our Standing Committees for their tireless voluntary efforts on behalf of our Club. It has been a true honor to serve on the Board these past years, and as your President in 2021.

Jon Steiner
President

CONTENTS



The LOBBY

Castle Swim Recap
Perfect conditions meant fast times
p. 6

Alice Guild Is Adventuress
Isabella Bird
A Zoom reading to remember
p. 7

Eat This
The New Koa Lanai and Hau Terrace menu is a seasonal dream
p. 10

FEATURES

Let's Get Physical
The Club's personal training and yoga programs are great ways to jump start 2022
p. 11

Hot Shots
See the 2021 Outrigger Canoe Club Photo Contest winners
p. 16

CANOE ALLEY

Members' Notes
p. 25

Employees of the Month
p. 27

On the cover:
Briscoe Beaton strokes to victory in the Castle Swim.

This page:
Safety first at the Castle Swim.

Both photos
by Tommy Pierucki

Ama |  **Outrigger Canoe Club**

The official publication of the Outrigger Canoe Club is titled Ama to honor the Club's lineage. The outrigger of a canoe is called an Ama in 'Ōlelo Hawai'i (Hawaiian Language). It was a nautical innovation that allowed the Polynesians to efficiently navigate the rough waters of the Pacific. The Ama is also the port hull of a double-hulled canoe, which is the vehicle that brought the Hawaiians to these beautiful islands.

ALOHA OUTRIGGER CANOE CLUB OHANA,
We welcome you 2022! The Club, like most organizations, faced many challenges in 2021, including another year with the word “Covid” as part of our vocabulary—this year accompanied by the words “Delta” and “Omicron.” Yikes!



But, in true Outrigger fashion, we addressed each challenge in stride and continue to grow stronger because of our wonderful members and staff! Here are just a few of the highlights from 2021.

The Club welcomed more than 120 new members into our family. This is in large part due to the leadership of Steve Auerbach, Chair of the Admissions & Membership Committee, along with the entire committee. The members of

this committee take time away from their busy lives to make such an impact on the Club, hosting three-hour meetings (sometimes twice a month) to interview all of the candidates as well as spending many hours on the phone vetting the applicants. Because of their tireless commitment to the Club, we are able to welcome so many great new members to the family.

The Members Relations Committee joined the fun and is launching a new orientation program for new members. From a campus-wide tour to a private showing of the Club's new welcome video, to a pau hana with cocktails and friends, this orientation will answer questions that many new members may not even know to ask. For all of our new members reading this, we will be reaching out over the next couple of months to invite you to one of these special evenings. A heartfelt thanks to Member Relations Committee Co-Chairs Joe Bock and Cassidy Tepper for their leadership in 2021, and to everyone on the committee who works behind the scenes to make sure the Club's messages reach a wide audience.

The House Committee and Operations continue to complement one another. Jon Bryan, Chair of the House Committee, led an amazing group in 2021 that focused on Food & Beverage operations, security, the Fitness Center, and the Logo Shop. All of these areas were improved because of the hard work and collaborative effort between the committee and OCC staff.

The Buildings & Grounds Committee capped off the multiyear Seawall Project that concluded in late 2021. To Committee Chair Joe Donahue and everyone who has served, consulted, or helped with this project, a big mahalo! Additionally, the B&G team, in conjunction with the Architecture Review Committee (ARC) and various members of the House Committee, has been working on plans to expand the Fitness Center and to remodel the Logo Shop. We are all excited to share more as plans for both areas take shape in the weeks and months to come!

Both the Historical Committee and Entertainment Committee should be commended for adapting their events and keeping Club members engaged over the past year. The Stew & Rice at Home webinars brought a variety of guest speakers and exciting topics into our homes, and the recordings of this series are available for our members to experience on the OCC website. The Entertainment Committee produced a range of events—a socially distanced fashion show, an all-day lū'au, and, finally, a semi-return to normalcy for our families with the Holiday Brunch and photos with Santa in his workshop!

Last, but not least, in December our Food & Beverage team rolled out a new menu, expanded to incorporate seasonal ingredients, weekly specials and our OCC favorites. We hope you have a chance to come to the Club to enjoy it, if you haven't already. (See p. 12 for more on the new menu.)

On behalf of the entire staff, I would like to wish everyone a wonderful 2022. I look forward to seeing you around the Club.

My very best,

Tyler Roukema,
General Manager



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The LOBBY

CLUB HAPPENINGS,
CELEBRATIONS & EVENTS



PHOTO BY TOMMY PIERUCKI

Perfect Day for a Swim

Briscoe Beaton wins last year's Castle Swim

➔ **After 2020's year's** pandemic-induced choose-your-own-course format, the 104th anniversary of the Castle Swim was back on in-person track in 2021. On Thanksgiving Day, 28 swimmers and 6 escorts took off from Duke's (site of the old Outrigger clubhouse) and stroked the 2.1 miles to the Club.

Conditions were perfect—no wind, no waves, and great visibility—which meant there were fast swims all around. Making its debut was member D.J. Rodgers' Pacific Ocean Patrol, ensuring a safe race.

The overall winner was 16-year-old Briscoe Beaton, a member of the Kamehameha Swim Club, who clocked in at 30:45. He was followed by perennial women's champ Sandie Easton, 52, at 32:12 and 13-year-old Blake Garlin four seconds later.

Buoy placement was a snap, thanks to Cline Mann's 1989 hand-drawn map with instructions such as, "Set both buoys 1 & 2 by the Bankoh-RH Spire range."

Mahalo to Athletic Director Shannon Pelkey and the OCC Beach staff and the OCC Swim Committee. ■

The Results



Briscoe Beaton	17	30:45
Sandie Easton	52	32:12
Blake Garlin	13	32:16
Quinn Riordan	56	33:12
Alex Jampel	59	33:12
Jeff Macnair	30	34:16
Jeff Wong	45	36:40
Carly Bargiel	33	37:42
Angela Dolan	35	38:08
Diane Corn	62	38:36
Jennifer Raams	49	38:38
Blair Grant	33	38:48
Ward Saunders	68	38:58
Susan Steinemann	58	39:00
Hugh Damon	60	40:14
Stefan Cranston	22	40:40
Ulrich Klinke	77	40:54
Brian Doyle	50	41:09
Mary Jones	46	43:33
Jordan Brant	38	46:48
Miki Anzai	47	48:27
Ayako Ancheta	44	49:03
Luke Garlin	11	49:55
Valisa Saunders	67	50:21
Victor Hemmy Jr.	77	53:20
Sirena Gentry	13	1:08:21
Steve Shropshire	62	1:08:21
Candes Gentry	44	1:11:21



Stew & Rice at Home

Alice Guild Channels Isabella Bird

➔ **About 50 members logged on** to the Stew & Rice webinar on Nov. 16 to see Alice Guild read excerpts of Act I from the play *Besieged by Paradise* by John Dinsmore and Georg James. Based on the memoir *Six Months in the Sandwich Islands* by Isabella Bird, the 19th-century British adventurer and writer, the play was the perfect vehicle for Alice, whose grandmother, Kamokila Campbell, was known for her dramatic recordings of Hawaiian legends, and whose mother, Muriel Flanders, was a composer whose songs commemorated Hawai'i's people, places and events.

John and Georg—the creative pair that illustrated Alice's children's books *Kōlea and the Chief's Cloak* and *Kōlea and the King's Crown*—described the set design for the play then introduced Alice.

Several years ago, Alice attended a reading of *Besieged by Paradise* and was captivated by the rendition of Bird's 1873 island adventures. She thought the Covid-19 era's Zoom format would be perfect for a video reading of the play and approached the authors. They agreed—if she would do the reading. Admittedly not an actress, Alice said she would give it her best shot. The results were fantastic.

Georg and John were set designers on the East Coast and in Hollywood before moving to Hawai'i where they were known for their large murals and trompe l'oeil painted furniture. Today they reside in Rancho Mirage. Melissa Totherow coordinated the project, the late Frank B. Shaner selected the music and Parker Ellenburg served as videographer. ■



Save the Date On Jan. 25, Stew & Rice hopes to welcome members to a plated dinner at the Club. Bishop Museum Historian DeSoto Brown will present "Waikiki: Things You Remember and Things You Never Knew," a time-traveling journey through historic photographs and other rarely seen images.

Calendar



UPCOMING EVENTS

JANUARY 1	Saturday	New Year's Day
January 7	Friday	Reading 'Riggers, 10am
January 25	Tuesday	Stew & Rice
FEBRUARY 4	Friday	Reading 'Riggers, 10am OCC Board of Directors voting deadline, 5pm
February 8	Tuesday	OCC Annual Meeting, 5:30pm
February 13	Sunday	Super Bowl Party, Ka Mo'i Boathouse
February 14	Monday	Valentine's Day
MARCH 4	Friday	Reading 'Riggers, 10am
March 17	Tuesday	St. Patrick's Day



Birthday Bonanza

➤ In November, members Evie Black, John Lacy and Bob Reeve had a Triple Double Birthday celebration at the Club. "We celebrated together because our three birthdays—me, Bob, and John—were all double digits," says Evie. Pictured left to right are Elaine and Bob Reeve, John Lacy and Evie Black.



Board of Directors Election & Annual Meeting —Time to Vote!

Date: Tuesday, February 8, 5:30pm

➤➤ Online voting is open and ballots for the Board of Directors election have been mailed to all eligible members who didn't opt out of voting by mail.

Members may use either method of voting, but only one method of voting will be counted. Candidate photos and brief biographies are posted in

the Lobby and included with the ballot package. The deadline to return your ballot or vote online is **Friday, February 4 at 5pm**. The results will be announced at the Annual Meeting on Tuesday, February 8, at 5:30 pm.

IN MEMORIAM

Bill W. Green

DECEASED: AUGUST 29, 2021
Member: 21 years

Hugo Von Platen Luder, Jr.

DECEASED: OCTOBER 9, 2021
Member: 74 years

George Kavanagh

DECEASED: SEPTEMBER 1, 2021
Member: 19 years

Randall L. Shaw

DECEASED: OCTOBER 11, 2021
Member: 46 years
Elected to Winged "O":
October 2, 2010

Noel Head

DECEASED: OCTOBER 3, 2021
Member: 71 years

Robert J. Burrell

DECEASED: OCTOBER 15, 2021
Member: 15 years



The Stories of O—Share Yours

➤➤ The Outrigger Canoe Club is a cache of amazing stories that bring to life its long history as well as that of Hawai'i. And OCC members are the only ones who can tell them. Help Ama continue the Club's storytelling tradition by sending us your memories and experiences. Send a short paragraph—who, what, why, where and when—and photos if available to ama@outriggercanoeclub.com. Share your voice.

Eat the Seasons

The Club's new menu has a great re-freshed lineup and also highlights seasonal selections that will be updated every three months

By Lesa Griffith

➔ **Food & Beverage Director Rede Eder** and Executive Chef Mark Gedeon were on track to develop a seasonal menu program at the Club when Covid-19 made its way to Hawai'i's shores. And we know what happened to dining across the islands after that. With the pandemic loosening its grip on Honolulu, almost two years later, the Club launched a new Koa Lanai and Hau Terrace menu with its first round of seasonal dishes on Dec. 1.

Now, every three months the menu will be updated with seasonal ingredients and preparations.

This winter brings comforting dishes such as red wine-braised short ribs with kale-and-carrot risotto, and roasted beet salad with red onion, pistachio (for a satisfying crunch), feta and ume vinaigrette.

The new menu is a signal of a return to "normal"—with its hard cover and four pages of expanded core offerings. "We're excited about it, it's been a concept we've been wanting to do but haven't been able because of Covid. The idea was to create as many new flavors as possible without sacrificing time-tested favorites," explains Eder. "We're also getting close to pre-Covid-19 in terms of number of items, and as restrictions continue to relax and more people return to eating out, that number will continue to increase."

The new core dinner menu offerings are the result of careful tracking of specials over the last few months. Playful enticing starters include shrimp rolls (think mini lobster rolls) with a sweet 'n' spicy Bloody Mary jam, and kal bi lettuce wraps. A star new entrée is a grilled ora king salmon with bok choy and ponzu (though the preparation and sides will evolve).

Lunch brings a brace of great sandwiches, such as the spicy oyster po' boy with slaw and a rich remou-



New seasonal menu items include red wine-braised short ribs (top), perfect comfort on chilly winter days, and a hearty salad dotted with kabocha.

lade and a smoked marlin BLT. For more traditional tastes, there are also some American classics making an appearance, such as a shrimp Louie salad (it reportedly was created in San Francisco in the early 1900s).

Along with the new menu, the culinary team will keep new specials coming, continuing to raise the food bar at the Club. The Food & Beverage Department keeps getting rave reviews from diners, whether from Snack Shop regulars or Koa Lanai foodies.

And of course, perennial favorites such as the sushi and sashimi remain on the menu. Change keeps things exciting, but sometimes you don't mess with what works. Still the most ordered dish by far? The OCC mahimahi. ■

PHOTOS BY JOYCE MOJICA

OCC HEALTH & FITNESS

LET'S GET PHYSICAL

The Club's personal training and yoga programs are great ways to jump start 2022

By LESA GRIFFITH | Photography by SEAN MARRS

Give Me Strength

➔ GLYNIS RAMIREZ

The personal trainer wants to keep people moving through every stage of life

Last June, the Club welcomed Glynis Ramirez as its in-house personal trainer. A fitness pioneer on O’ahu, the lean 58-year-old guided clients on their physical journeys at the Honolulu Club for 25 years. When the club closed under pandemic pressures last year, Ramirez looked for a new home and found one at the Outrigger. Whether you’re an elite athlete looking to take your conditioning to the next level or took a pandemic break and want to get back into fighting shape, Ramirez has the experience and knowledge to put you on track.

The former competitive weight lifter has seen a lot of changes in personal training over the last 30 years and has drawn from her wide range of experience to perfect a blend of physical strength, core, and balance training.

“I started doing personal training in the weightlifting arena, at a Gold’s Gym, working with people who wanted to compete or athletes who wanted to get stronger,” says Ramirez, who began her career in Alaska, where she grew up. “So my style at the time was serious strength training.” Over the years, she broadened her scope and has worked with everyone from high school and college athletes to senior citizens, and is able to tailor programs to suit their needs.

“Everyone needs to get their bodies stronger,” explains Ramirez. “The number one cause of disability in the elderly is loss of leg strength. And there’s something you can do about that—you can improve your strength, flexibility, range of motion, and balance.”

Ramirez has clients who have worked with her for decades, allowing her to develop strategies for changing bodies. In addition, last year she became certified as a senior fitness specialist.

“Numbers show only 10 percent of the population aged 65 and up actually exercise, and only 5 percent are really fit and strong,” says Ramirez. “My hope is to improve that. I have more clients in their 70s than ever before and they’re in



really good shape.” Especially at the Club, which has a high bar of fitness at every age range.

One of her clients started working with Ramirez when she was 82, and had sessions twice a week for a half hour until her death at 92. “She loved it! As I watch people—including myself—get older, the primary thing I’ve learned is you can’t stop moving. As we get older if we don’t continue to do these things, you’ll lose it faster and faster,” says Ramirez.

Years ago, member Jean E. Rolles was planning a whitewater rafting trip in Africa. She noted that the outfitter required that guests be able to hold onto raft straps for a certain number of minutes. When she went to the Honolulu Club to test herself on a rope tied to a bar, she barely lasted 30 seconds. So she approached Ramirez to help her strengthen her grip. “I’ve been her client ever since,” says Rolles.

“Glynis has got the right touch for the right reason, for males and females,” says Rolles. “We’re not out there to have bulging muscles. You just want to be in shape. And as you get older, other things become important, like balance, it really makes a difference.”

She’s happy to see Ramirez land at the Outrigger. “It’s a

“NUMBERS SHOW ONLY 10 PERCENT OF THE POPULATION AGED 65 AND UP ACTUALLY EXERCISE... MY HOPE IS TO IMPROVE THAT.”

win-win for all of us.” Because for Rolles, Ramirez is more than a trainer. “She’s gone through all my knee surgeries, a broken arm—and she’s rehabbed me every time. She’s very knowledgeable about anatomy and how things work.”

Like Rolles, member Paul Casey started working with Ramirez at the Honolulu Club. “I’ve been a client of Glynis for 22 years, on and off. The thing that is impressive about Glynis is she’s flexible—whether you’re an elite paddler or a senior like me, she can train you. Each requires a different approach,” he says. “I’ve had sciatica for 15 years and we worked on a strength training program around that.”

GETTING STARTED

Working out with Ramirez begins with a conversation. She asks questions—about the client’s exercise history, whether they have had injuries, what they want out of the training. “From there, I start off slowly with basics, usually getting them in touch with their core,” she says. “I don’t want to scare them off with ‘I’ll kill you in the first hour and make you sore for the next five days.’” She says the no-pain-no-gain concept from the early days of her career is no longer the way to go. Now it is about targeted intensity and technique.

These days, we understand that “your core isn’t just the six pack, it’s a group of muscles that are like a belt, and includes muscles—like the glutes and obliques—that support your whole torso, and therefore your whole body,” says Ramirez.

Does your back “go out” picking up a pencil? You’ve got a weakness in your core. The core connects to everything, and people, as they learn more about how the body works, become more interested in concepts like that as opposed to counting pounds lost, says Ramirez. Strengthening the core “is going to help you with anything you can imagine. That’s where I start when designing a client’s program, no matter what level of fitness they are at.”

Sessions take place in the Fitness Center and the open-air Parking Garage Fitness Center. Individual programs may have clients going beyond those areas—Ramirez starts one client’s workout with a walk around the park because he leads a cardio-free lifestyle.

THE ROAD TO PERSONAL TRAINING

Coming from a competitive weightlifting background was good experience for becoming a well-rounded personal trainer. Ramirez explains that because weightlifters compete



in bodyweight categories, they need to learn about things like nutrition and recovery time, in the pursuit of strength while maintaining a specific weight.

So she went from working out at a Gold’s Gym in Anchorage to training aspiring fellow weightlifters. “I trained 20 to 25 hours a week. At the time it wasn’t really a legitimate profession. Then the American Council on Exercise, or ACE, was

the first to make standardized requirements for being a personal trainer,” says Ramirez, who quickly got certified.

Over three decades, Ramirez has remained certified with ACE, which recently contacted her about mentoring aspiring personal trainers. “They want me to share my story. It’s not an easy field to get into, getting clientele, developing a following, and getting people to stay with you.”

Ramirez moved to Hawai‘i after retiring from competitive weightlifting, with plans to develop her career as a personal trainer. One of her earliest memories after her arrival is of riding in her car with friends to the North Shore—while they surfed, she stayed on the beach studying for her ACE

certification.

“I realized this is my lifestyle—and wanted to continue even if I was no longer competing. I find being healthy and fit really feels good—and I wanted to share that with other people.”

When Ramirez isn’t helping people be their best, she is in the water, swimming, playing with her dogs and learning how to longboard. She is also passionate about a new form of movement—mixed martial arts. “I started at age 53 and can’t get enough of it,” she says. “I love learning how my body can move in all these other ways.” As she tells her clients, it’s never too late—for anything.

Be Present

YOGA WITH INFINITYWELLNESS

The **Outrigger Canoe Club** was one of fitness impresario Branka Jordanovska’s first contracts, serving as a launch pad for her nascent Infinity Fitness and Spa in 2009. Back then, Jordanovska taught personal training sessions herself, then yoga, and today two of her hand-selected instructors lead the poses on the Koa Lanai on Tuesdays and Fridays at the crack of dawn.

“As a teacher I loved arriving at the Club when it was dark, setting things up, then people start coming in and watch the sun come up while class is unfolding. It’s magical,” says Jordanovska. “It’s the best setting I ever taught in.”

Classes draw from different yoga styles, such as vinyasa and ashtanga, and are designed to work with students’ needs. Instructors ask participants if they have a focus they would like to address. Jordanovska says the lower back, shoulders and hips are common problem areas.

The two current instructors are Taylor Howe, who aims to “help others feel safe, supported and free to be themselves,” and Diana Ho, who believes that yoga is medicine and aims to help release trauma, grief and anxiety through her practice.

Yoga on the Koa Lanai is a great way to start the day. “It helps you to be present, connect to your greater sense, increases flexibility in the body, which helps other activities, whether you’re walking, swimming, paddling, surfing or playing volleyball,” says Jordanovska.

“If you had asked me when I was younger and working out more with weights and running if I would ever do yoga, I would have said no way, it is too easy and is for women,” says George Norcross, who as a member of the Fitness Committee was instrumental in bringing Jordanovska on board at the Club. “Now I have been doing yoga for over 10 years. I’ve learned it is athletically challenging. Plus, I love the Club and it’s one more thing you can do there.”

When asked for tips on how to get back into the exercise groove after a pandemic hiatus, Jordanovska says, “It takes 30 days to develop a



Yoga instructor Taylor Howe

Two Essential Moves

“I still like the good old-fashioned go-to exercises—but with a twist!” says Ramirez. “Even though they are basic, form is very important, and that is where you need a professional to demonstrate and talk you through any discomfort you might feel.”

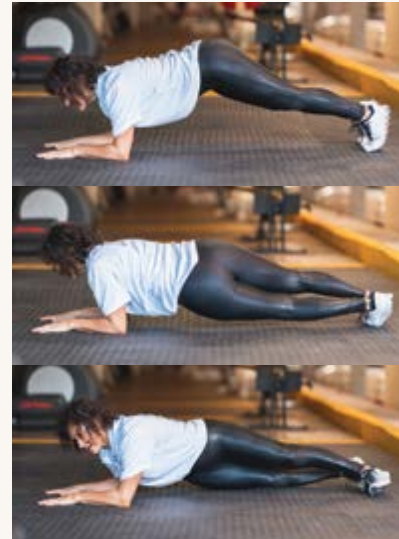


SQUATS

Stand with feet hip-width apart, toes straight forward. Hold chest and head high. You are now ready to squat—bend your knees while sending hips back, like you are lowering yourself onto a chair, with your weight on your heels and back straight. This can be performed with no weight, a bar, dumbbells or kettle bell.

VARIATION: Squat Kick

Perform basic squat and as you are coming up, pull one knee up and then kick out in front of you, alternate legs.

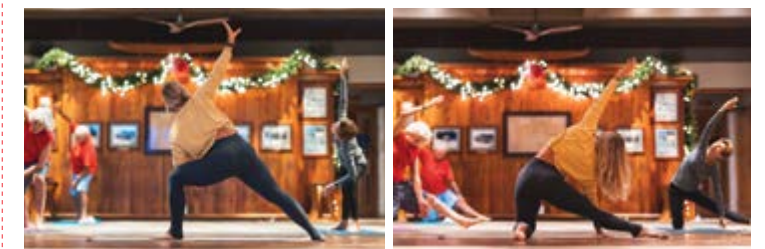


PLANK

On the floor, raise your body up on your forearms with elbows right under shoulders, and on your toes or modified on knees. Your body should be a straight line parallel to the floor. The goal is to hold this position for one minute.

VARIATION: Side Hip Plank

Get in the basic plank position, then swivel hips to right and left side for a count, as opposed to time. Start with 3 to 5 reps on each side, alternating sides.



good habit, and it takes one inspiring instructor to create a life change. That’s what did it for me. Give it a try—take a class. Try to commit to three days a week doing something active and all the healthy habits tend to follow. We’ve gone through a really stressful time in the world. When we have a discipline in fitness, at least that can remain the same, even if everything is changing around us.” ■

How to Sign Up

Yoga with Infinity Wellness:
Sign up at the Front Desk.

Glynis Ramirez:
Contact her directly at
grfitpro@gmail.com,
808-225-7620



Hot Shots

Winners of the 2021
Outrigger Canoe Club
Photo Contest

➤ **CONGRATULATIONS TO THE 28 MEMBERS**

who submitted 112 images to this year's photo contest—a job well done by all. Whether right on the Club beach or at far-flung locales, members captured striking scenes. Some show a great sense of color, others reveal a strong eye for composition, while still others are witty or timely comments. Judged by *Ama* creative director Warren Daubert and outgoing editor Lesa Griffith, the member's-eye views here are the ones that stood out in a strong field.



Hot Selfie (in Travel category)

Jay Freis

WHY: An amazing decisive moment, and what an intense background, you can practically feel the heat! Timely—regarding volcanic activity and our technology-ruled world—and stunning with great composition.

PHOTOGRAPHERS' NOTES: A The color and contrast inspired this photo of Alani Hernandez and Kai Koa at Kilauea Volcano.

1st
PLACE



Heavenly Halemaumau
John H. Drouilhet

WHY: A powerful image of earth and sky that shows you don't have to travel far for spectacular shots.

PHOTOGRAPHER'S NOTES: I was in awe of Mother Nature's display. Desire to capture the Milky Way over Halemaumau, Big Island, Volcano National Park.

2ND PLACE



Orange Fridays
John Sullivan III

WHY: Conveys the essence of what makes San Francisco's Oracle Park such a singular sports venue.

PHOTOGRAPHER'S NOTES: Smoke from nearby fires made for a Mars-like scene mid-day in San Francisco.



3RD PLACE

Shimmering in the Rain
Tamara Buchwald

PHOTOGRAPHER'S NOTES: The rainy night inspired me to take the photo. It felt like how Paris is supposed to be.

WHY: You can feel the monumental grandeur and sensuality of Christo's *L'Arc de Triomphe, Wrapped*.



Wave Watching Dana Bergeman

WHY: The sense of 'ohana at the Club is palpable and this adorable shot captures that. Here's to the next generations!

PHOTOGRAPHER'S NOTES: Kids being kids!



Tag & Release Jacqueline Johnson

WHY: Viewer feels like they're in the middle of the action in this well-composed over-head shot.

PHOTOGRAPHER'S NOTES: Chris's 80th birthday fish—Armand Charron, Chris McKenzie. This magnificent fish lives. Taken five miles offshore Nanakuli.



2ND PLACE

Honolulu Nights Dana Bergeman

WHY: Some views never get old, and this classic shot with dramatic lighting is one of them.

PHOTOGRAPHER'S NOTES: The sky was amazing that night!



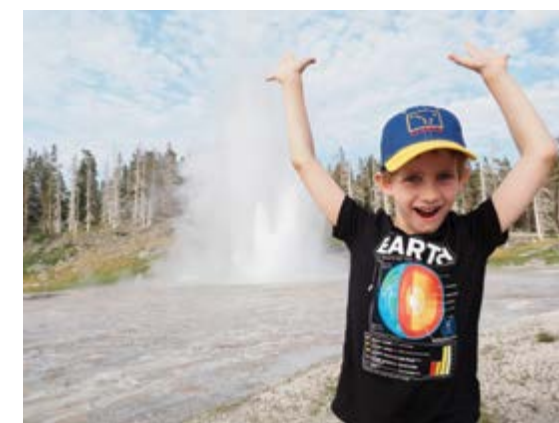
3RD PLACE

Home at the Club Kent Davenport

WHY: We love the witty juxtaposition of the canoes and monk seals. Life is indeed a beach.

PHOTOGRAPHER'S NOTES: Mama monk seal Kaiwi and pup Loli'i were a real attraction on the South Shore this summer. I took this photo the day before Kaiwi swam off and Loli'i was relocated. It was great that the Club could offer them a refuge.

2ND PLACE



Amazing Earth Dana Bergeman

WHY: Captures the eternal wonder of our planet, and how important it is to conserve it for future generations.

PHOTOGRAPHER'S NOTES: Taken in Yellowstone National Park.

3RD PLACE



Evening Paddle Home Doug Jensen

WHY: A perfect Club sports moment in a beautiful palette.

PHOTOGRAPHER'S NOTES: OCC ohana.



Sail Away

Jay Freis

WHY: A strong composition that glows with the meaning of family and ocean, the silhouettes and fiery sky adding drama to the scene.

PHOTOGRAPHER'S NOTES: Taken in Haiti.



2ND PLACE

Kailua Sunrise

Jay Freis

WHY: This image reveals how dramatic a new day dawning can be.

PHOTOGRAPHER'S NOTES: I was inspired by the color.



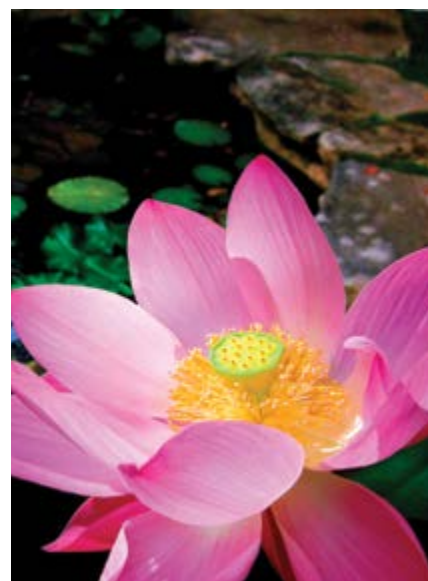
3RD PLACE

South Shore Magic

Dana Bergeman

WHY: Anyone who grew up in Honolulu, no matter what age, can relate to this magic hour. Tucked out after a day of playing hard in the water. Great capture of an eternally special moment.

PHOTOGRAPHER'S NOTES: One of those days that make you appreciate our island home.



Coco Mist

Paul Friese

WHY: Beautiful how the photographer captured a moment just as clouds aligned with this palm tree against a vivid blue backdrop.

PHOTOGRAPHER'S NOTES: I was in a pool and looked up. I noticed this strange cloud and took a few steps to the side to line it up with the coconut tree.

2ND PLACE

Autumn Perspective

Leslie Frey

WHY: What is up, what is down? This image is at first a calming shot depicting autumn and on closer inspection is a disorienting portrait of things coming to an end.

PHOTOGRAPHER'S NOTES: It was a calm November day. I was struck by how the reflection was so clear it seems to actually be the sky.



3RD PLACE

Lotus

Jay Freis

WHY: There are a billion shots of lotus, but this one was taken at the flower's apex of beauty, the colors clean and bold.

PHOTOGRAPHER'S NOTES: Taken in Honolulu.

1st
PLACE



Unmasked
R. Wakefield Ward

WHY: Great capture of a fleeting moment and wonderful color. Anole as unexpected tongue.

PHOTOGRAPHER'S NOTES: I had been trying to get this lizard for six months. Finally succeeded. The mask is a piece of pottery by my wife hanging on a tree.

3RD PLACE

A Vog Cow
Tate Buchwald

WHY: Great use of space—evokes a sense of isolation among the bands of muted color.

PHOTOGRAPHER'S NOTES: This cow on Haleakala was looking right at us and I just snapped the photo and I loved how it turned out.



2ND PLACE



Sleeping Owl
Maria Lowder

WHY: Lovely composition of circles within circles, plus the owl is incredibly cute.

PHOTOGRAPHER'S NOTES: I loved the feel of it. Taken on the grounds of the Taj Mahal in India.

CANOE ALLEY

SPORTS RESULTS, EMPLOYEES OF THE MONTH & MORE

Members' Notes

Harp Star

Pumehana Wadsworth Brings Home Gold in Inaugural Harplympic Games



➔ **Third-generation member** Pumehana Davis Wadsworth is a harp virtuoso—you may have experienced her heavenly plucking at the Club's Sunday brunch and holiday dinners in the past. In August, she participated in the first Harplympic Games, a virtual musical competition held by the World Harp Day organization, and brought home the gold medal.

From July 25 to August 20, nine contestants from around the world posted videos of themselves playing selected pieces and were scored in the categories of Radiophonic, Classical and Cinematic. Wadsworth earned a total 75 points, 10 points more than the silver medalist. Israa Alkeilani from Syria and Jasmine Yap of Great Britain tied for the bronze, and silver went to the pseudonymous Blueberry Harp of Canada.

She says the pandemic allowed her more time to explore new musical avenues, such as competing in the Harplympics, as well as starting to record her work (you can find her digital singles on CD Baby) and experimenting with technique to become the world's first slack key harpist. Her interpretations of "Ku'u Home O Kahalu'u" and "Wahine Ilikea" redefine what harp music is (and are available on all the major music streaming platforms).

The harpist has long ties to the Club and its neighborhood—her grandfather Eddie Lyons was the visionary behind the creation of the Waikiki Shell and remembers taking the bus weekly to visit her widowed grandmother Leimomi Lyons at Castle Surf every week. Her Uncle Merlyn Lyons was the stroker for the first OCC crew to win the Moloka'i Hoe.

Wadsworth calls the Club her "beach house," a safe haven where she loves the friendly staff, familiar faces, cold beer and warm towels. She credits team paddling for teaching her to be a better music performer. "Musicians are also athletes," she says. "I studied how Olympic athletes use visualization, meditation, positivity and neuro-linguistic programming to calm their body." These days she enjoys recreational OC1 paddling with her husband David "Wads" Wadsworth and jokes, "it's the only time he listens to me when I yell at him." ■



PHOTOS BY SAGE STEPHENS

Members' Notes

Another Goal Reached

Member Candes Gentry on pushing the limits

➔ **Finding my north** has always been an important quest. Like many I have experienced triumphs and failures, reached high and had to dig deep, loved hard and suffered loss. With each new day, I search my soul to find meaning and purpose and a sense of peace. We all have experiences that shape who we are, so here is my story, my why...

I recently read a book that referenced a theory posed by American business magnate Warren Buffett, who advises people to make a list of their life's goals, then circle the top five and discard the rest. "They are just distractions which will stand in the way of achieving your ultimate goals" Buffett says. He recognized that by defining your goals, you can achieve clarity, and your decisions, big and small, will be guided by those goals. The sacrifices you will have to make will be welcomed because you know they will lead you to your desired destiny. The advice resonated with me.

I recently took on some very challenging goals. In September, I swam the Auau Channel, from Maui to Lāna'i. Reaching the shore at Club Lanai after 7 hours and 49 minutes of turbulent conditions, I could finally say teacher and author David McCullough Jr.'s words, "I climbed the mountain so I could see the world, not so the world could see me." In November, I completed the 10.07-mile Palilolo Channel swim in 5 hours and 7 minutes and the 10.31-mile Kalohi Channel in 4 hours and 46 minutes with my sister Corin Gentry, and partner Steve Shropshire on nutrition support aboard Mike Spalding's boat *Kioloa*.

I realized that choosing fitness as a mental stabilizer has led me to be able to set goals that seem impossible, that push you to the edge of quitting so you can find the light and feel alive. ■



Auau Channel Champs

Candes Gentry is the latest in a string of members who have made this 8.8-mile swim, beginning with Jim Caldwell, the first person to ever swim the Auau Channel solo, a feat that helped earn him a spot in the Hawaii Swimming Hall of Fame. The other members who completed the swim are (in chronological order): Jim Krueger (twice), Mike Spalding, Ian Emberson, Mike Miller (five times), Harry Huffaker (three times), Ulrich Klinke, Bruce Sloan, Diane Stowell, John Nielsen, Mackenzie Miller (twice), Stefan Reinke (four times), Laurie Foster, Mary Quinn.

Read more about members' channel-swimming feats at outriggercanooclubsports.com, the Historical Committee's invaluable online archive.

Employees of the Month



On the frontline and behind the scenes, these employees have been recognized for their outstanding performance.



OCTOBER JoAnne Huber

Many new members experience JoAnne's enthusiasm and genuine interest in helping others during onboarding. In addition to coordinat-

ing the members' application process, JoAnne supports the Admissions & Membership, House, Buildings & Grounds and Historical Committees. JoAnne was recognized in October for the extra support she provided to the Business Office with the implementation of new procedures. "JoAnne is always looking for opportunities to make our systems more efficient for both the staff and our members. She always has great advice," observes Controller Jocelyn Apo. Swing by the Executive Office to congratulate her!



NOVEMBER Duc Pham

The Club is kept humming by a team of behind-the-scenes staff across departments. One of them is Duc, whose foundational work in the

kitchen—washing pots and pans, doing prep, putting away orders and helping to prepare employee meals—is critical to the success of the Food & Beverage operation. A self starter, Duc's enterprising performance garnered him honors in 2009 and 2018 as well. We thank you, Duc!

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The Challenge

Currently 20% of Oahu's power is produced by a coal burning AES plant in Kapolei which Hawaiian Electric Company (HECO) is slated to shut down by September 2022. With no new electric generating capacity in place, HECO's AES plant will either be decommissioned or switch from burning coal to imported oil or biomass as the source of electric generation, continuing to push carbon dioxide into our environment and worsen the climate crisis.

The Solution

Virtual Power Plants - Homeowners with solar + batteries on Oahu can opt-in and receive compensation for sharing a portion of the renewable energy they generate.

Home Battery Rewards (HBR)

This program allows homeowners with PV + batteries to participate in the modernization of the utility grid and increase the financial return on your already great investment.

- Your batteries will periodically be called on to provide dynamic response and peak demand shaving instead of fossil fuel powered generators.
- Swell's software responds to various grid events while analyzing household needs in its fleet of enrolled batteries.
- Swell commits to a monthly credit of \$35 - \$60 per month, per battery. The credit is used to offset any remaining electric bill. Anything extra will be mailed to you by check!



Activate your Powerwall functions by enrolling in the Swell Home Battery Rewards Program and Earn Up to \$11,765!

What is the Home Battery Rewards Program?

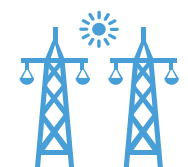
In partnership with Hawaiian Electric, the Swell Energy Home Battery Rewards Program harnesses power from your home batteries and channels it to the electric grid WITHOUT negatively impacting your ability to back up your home.



Get paid for your home energy production.



Assist your community in the clean energy transition.



Help stabilize Hawaii's electric grid.

Oahu Customer Net HBR Incentives

Utility	Number of Powerwalls	Monthly Net Incentive	Annual Net Incentive	5-Year Program Value
HECO [Oahu]	1	\$35 - \$60*	\$410 - \$680*	\$2,035 - \$3,410*
	2	\$50 - \$135*	\$580 - \$1,595*	\$2,900 - \$7,965*
	3	\$60 - \$195*	\$745 - \$2,355*	\$3,725 - \$11,765*

* Incentives are paid out monthly over the course of the program, the graph above shows payment ranges for the entire value of the incentives of the 60 month program that started on June 7th 2021 and ends June 7th, 2026

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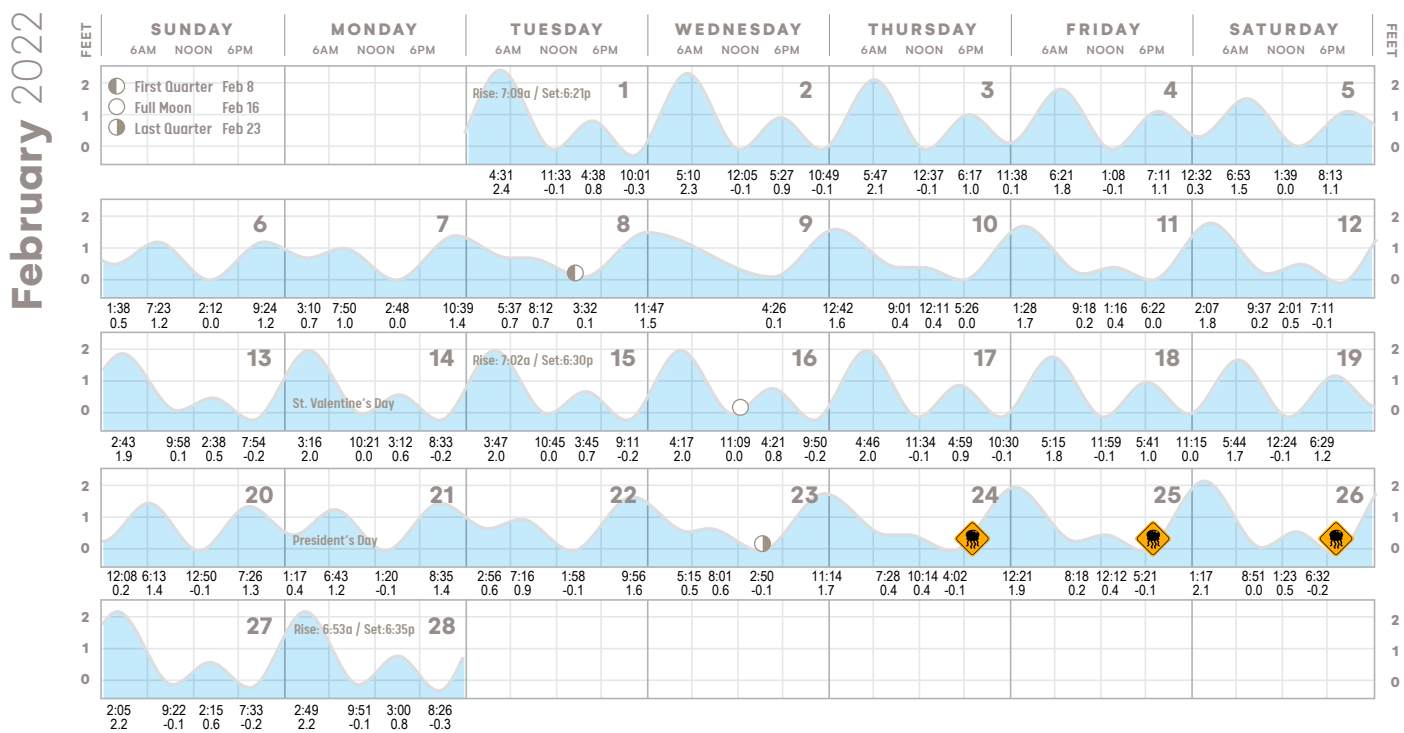
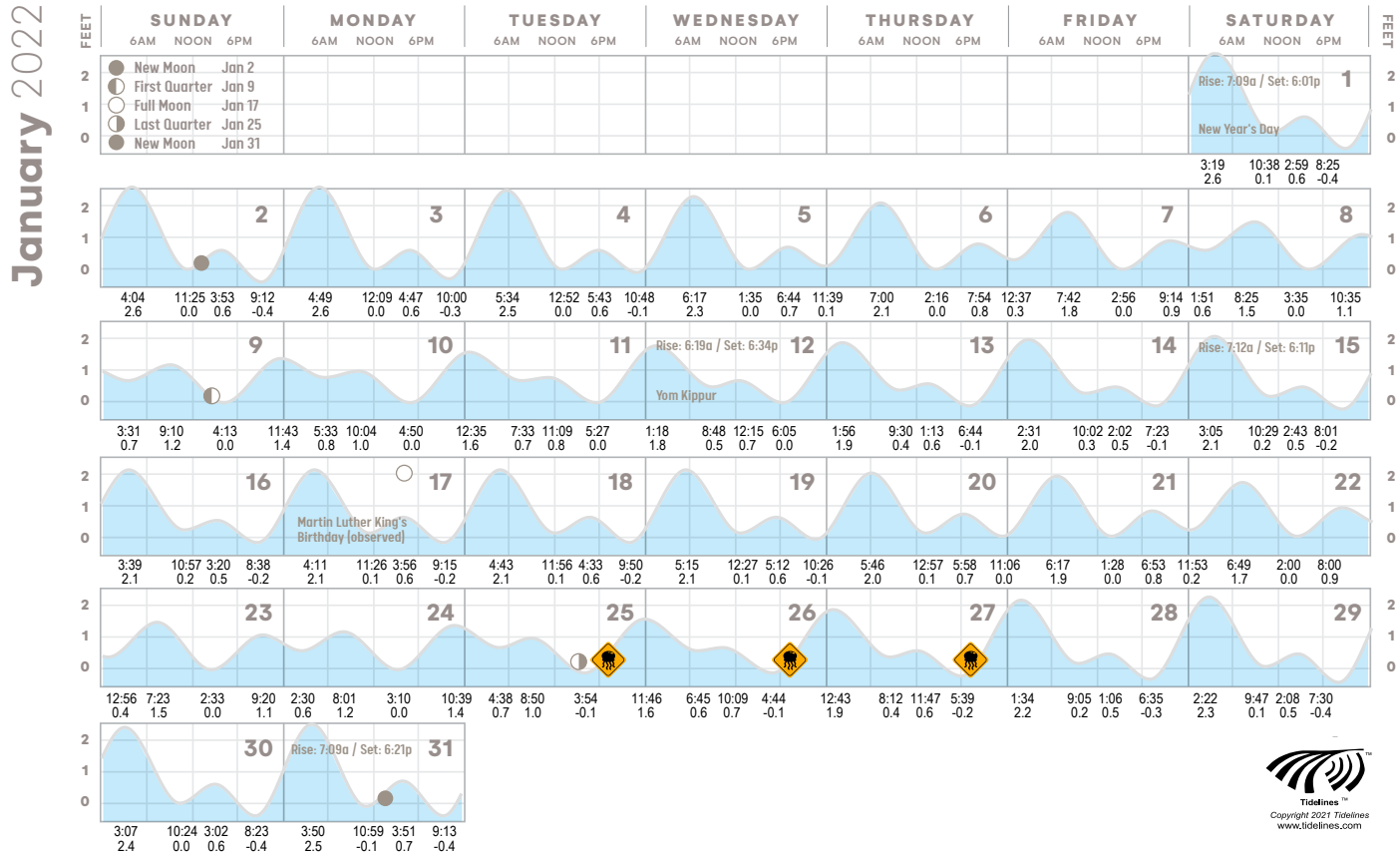
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A Hui Hou
Here's to finding a new sense of equilibrium in 2022.

PHOTO BY SEAN MARRS



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