

Amma

The official
publication of the

OUTRIGGER
CANOE CLUB



NET GAINS

**Alan Lau, OCC's Newest
Winged "O" Serves Up
Memories On and Off
the Court**

p.25

Plus

**The Athletic
Banquet**

p.14

Aloha Ball

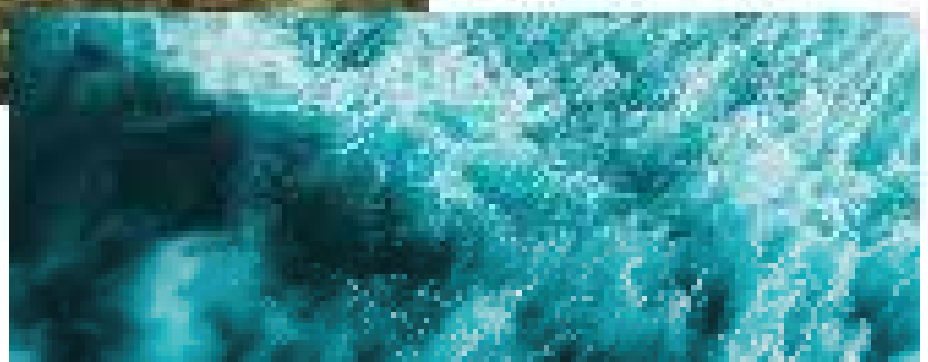
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*And Much
More ...*

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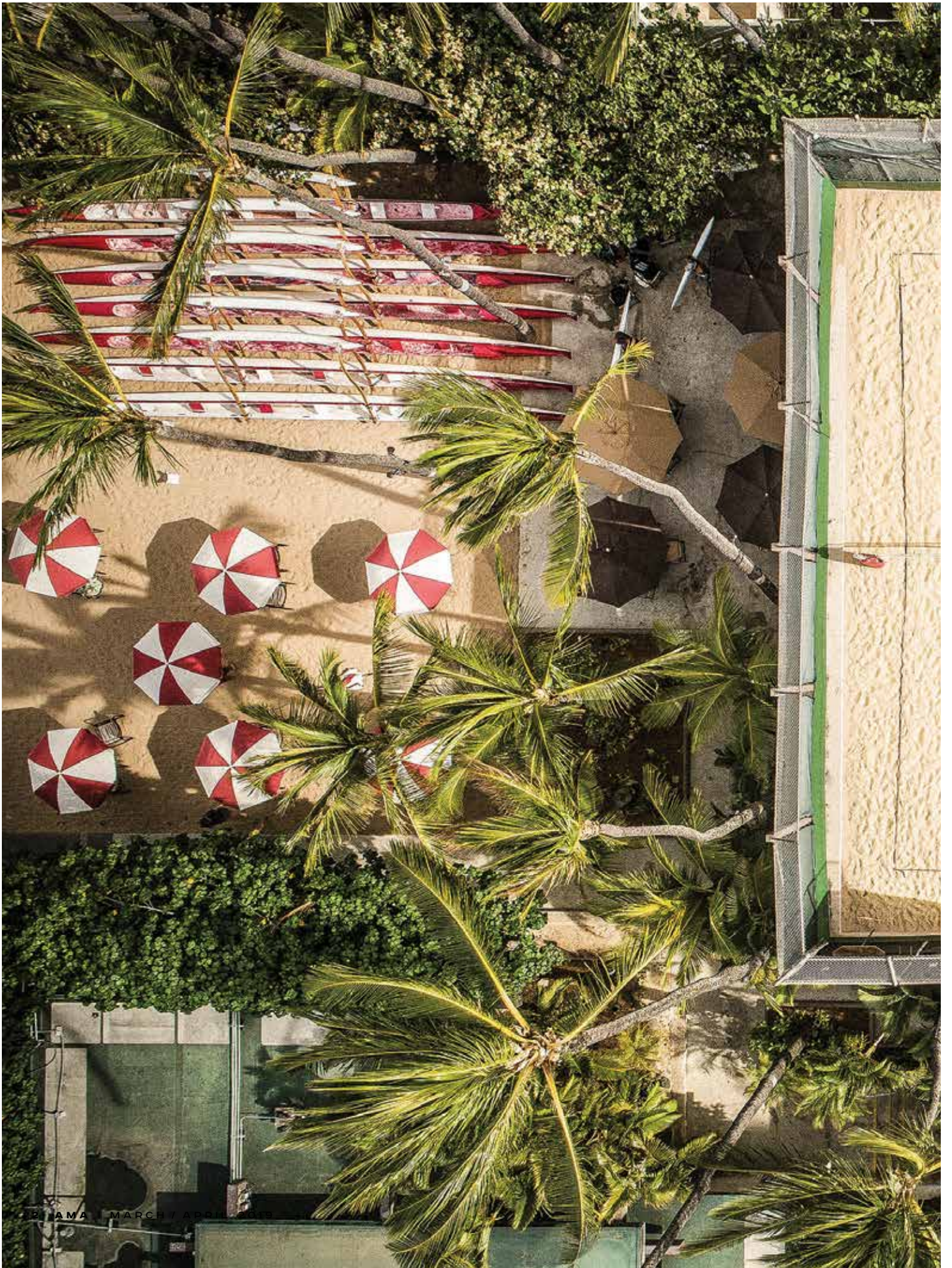
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MARCH / APRIL 2019

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Ama | Ø | 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.

Cover & TOC photos by
Matt Heriakuiji



Aloha Outrigger members. I am honored to serve as your President for 2019.



TO START, I WOULD LIKE TO ACKNOWLEDGE the heavy lifting that has been done by my recent predecessors in this role – Sellers, Hunt, Noa, Whittington and Dinsmore. I watched them take on the difficult tasks to move the Club forward strategically, financially, and physically. I am eager to carry on their work in my year as President.

Our Club thrives on a backbone of dedicated volunteers in our committees and hard-working staff who work together to help this place hum. So, to all of us, let's share in the benefits of Club membership and volunteer to pull together to move the Club forward. I thank you for giving so much of your heart, your brains, your brawn and your time for Outrigger to thrive.

Our Club is also fortunate to have hard-working staff and administrative leadership. We have a new GM, Tyler Roukema, and his senior leadership team works hard for us every day. I thank all of the staff for their skill, professionalism, patience and tireless effort to create such an incredible member experience, to ensure a safe environment for our families, and to keep the water hot in the men's locker room. Several initiatives on deck for completion this year serve to increase the sustainability of our Club and add value to your membership. Highlights for 2019:

- Sea Wall project is slated for execution – see member website for project staging. Building & Grounds committee is working on final scope and timing.
- Snack Shop ad hoc committee will look to improve the size and capacity of the kitchen and redesign the outdoor eating areas. This year will be focused on planning/design and the execution of the Snack Shop renovation will likely run in 2020.
- Member Satisfaction Survey and focus groups will be executed in 2019. The member survey is an important tool to identify strategic initiatives to enhance the members' experience and value. Please respond to the survey. We need your input.
- The Long-Range Planning committee will work on a formal Strategic Plan for the Club from the ground up, built on the 2017 Interim Plan. The Board has engaged Club Benchmarking, a national firm representing private clubs such as OCC, to assess how to optimize member value.
- The Club has committed significant resources to building our Athletic programs to continue our winning tradition. In addition, it is important that we are training strong, confident, enthusiastic, and honorable young men and women. I am certain that our coaches and athletic leadership will promote these positive attributes throughout the years to come.

Overall, I am looking forward to serving you this year. I am working with a great team that's dedicated to enhancing our experiences and traditions at Outrigger Canoe Club.

Aloha,

Robert C. Durkin
President



FIRST OF ALL, I AM VERY HONORED to have been selected as the Outrigger Canoe Club General Manager. Thank you to the search committee, the Board of Directors and the membership for all of your support and well wishes. I'd like to express my appreciation to the staff and leadership team for their support, as well. Thank you for the opportunity and I won't let you down!

For those of you that I haven't had the pleasure of meeting yet, I'd like to take a moment to share a little bit more about myself. Prior to joining Outrigger Canoe Club as the Assistant General Manager in August 2018, I was the Proprietor/General Manager of the Outback Steakhouse Group, primarily the Hawai'i Kai location, for the past 10 years. I have also had the pleasure to serve in an active role on the Hawai'i Restaurant Association, serving as President 2018-19. I am married to my wonderful wife, Michelle, who was born and raised on O'ahu and am a proud father to 11-year old Alexis and 8-year old Madison.

We've got some great momentum as we round the 1st quarter of 2019. We have a fantastic team in place and we are all committed to making Outrigger an amazing place for families and friends to gather together. My team and I are passionate about the experience, our service and making a difference here at the Club and in our community.

One of the ways we can make an immediate, positive impact on our community is through our new partnership with Aloha Harvest. Aloha Harvest is a non-profit organization that rescues quality, donated food and delivers it free of charge to social service agencies feeding the hungry in Hawai'i. Since it began in 2000, over 21 million pounds of food that would have otherwise been discarded has gone to help feed the hungry in our community. I have worked directly with Aloha Harvest, both at Outback and through the HRA, and it is amazing how efficient and professional their program is run. With manini effort from the OCC staff, our leftover, unused soups, breads and prepared items that are

edible, but not suitable for reuse in the Club can be donated to this worthy cause.

Another community partnership we have formed will be a direct (and delicious) benefit for our members – Paradise Ciders. Soon you will be able to enjoy locally made cider from Hawai'i's first Hard Cider Company, Paradise Ciders. Produced in Kalihi, Paradise crafts refreshing ciders, most made from local produce and flavored with lilikoi, dragon fruit, lychee, guava, pineapple, mango and starfruit. Crisp and delicious, Paradise Ciders pair well with food and are a great alternative for those with Gluten sensitivities. Owner/Cidermaker Shaun Peck will bring four different selections to taste on Thirsty Thursday, April 11.

The newly formed House Sub-committee for Food & Beverage has been meeting regularly and is drilling down to address the topics brought forward in the dining surveys. They are currently working with the OCC F&B team on portions, consistency, pricing, variety, drink offerings and the wine list. We hope that you notice the positive results of our combined efforts during your next dining experience at the Club. Thank you for your continued participation in the surveys, both online and paper. We value your comments – they drive our efforts to provide offerings and service that exceed your expectations.

To wrap up, I would like to share with you how much pride I feel every time that I come to the Club and walk onto the property. I am proud to work alongside an inspired staff, proud to carry on the OCC traditions and proud to serve you. My door is open and I look forward to seeing you around the Club!

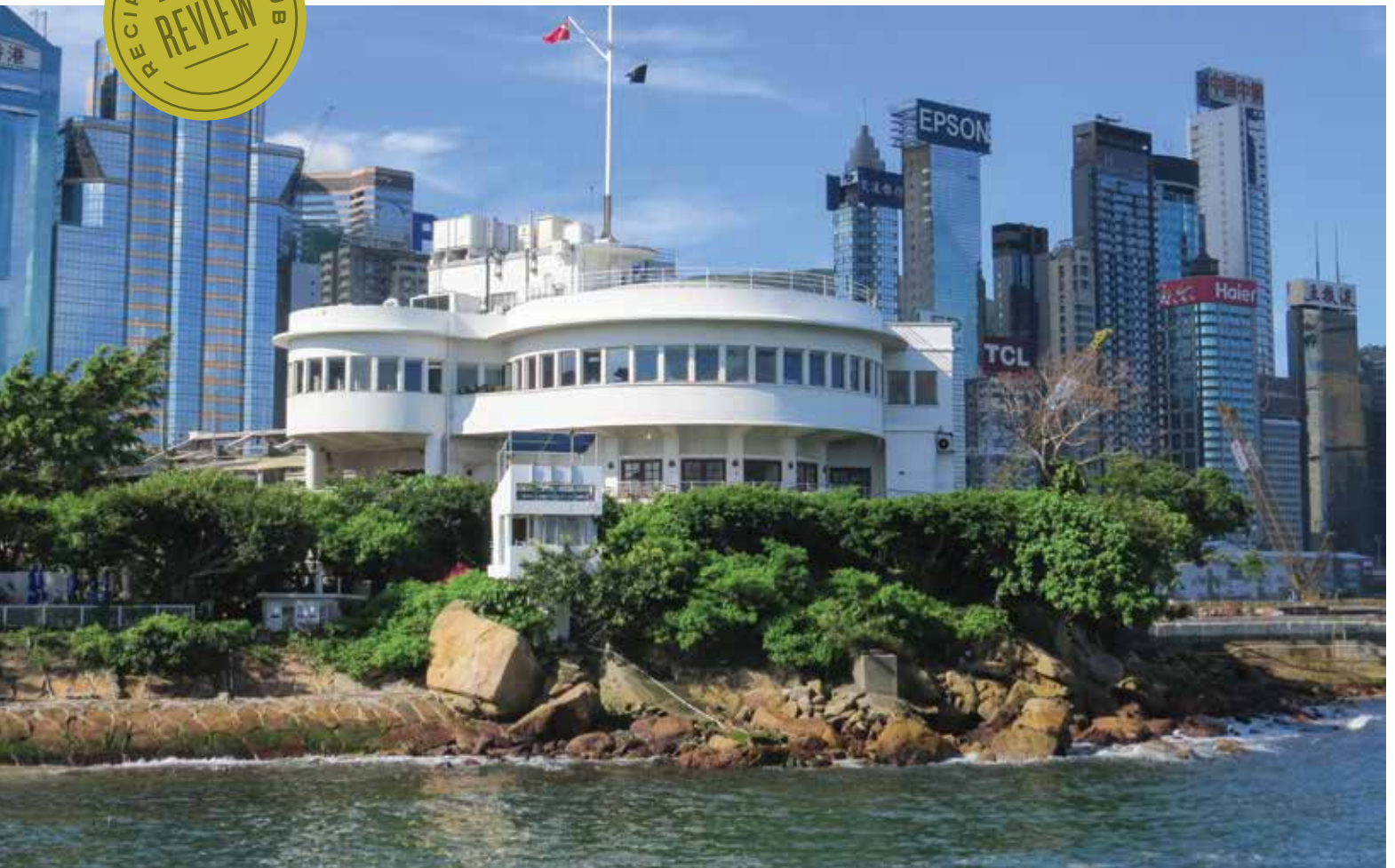
Thanks Again,

Tyler Roukema,
General Manager



The LOBBY *This Way In* ➡

CLUB HAPPENINGS, CELEBRATIONS & EVENTS



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The Royal Hong Kong Yacht Club

By Valerie Davis

► **The Royal Hong Kong Yacht Club (RHKYC)** is the newest addition to our outstanding list of Reciprocal Clubs. RHKYC is one of the oldest and most prestigious sports clubs in Hong Kong with over 160 years of social and competitive sailing and rowing. The club has evolved into a multi-faceted, cosmopolitan organization, which enjoys a comprehensive range of facilities both afloat and ashore.

Kellett Island in Causeway Bay is the club's principal base, and acts as the parent site to the two similar branches of RHKYC: Shelter Cove and Middle Island. Located near Kai Sun, Shelter Bay is the base for cruisers. While Middle Island, between Deep Water Bay and Repulse Bay, is home to the dinghy sailors, sail training and rowing. The club's rowing section manages three key paddle sports: Rowing, Outrigger Paddling and Dragonboating. RHKYC actively organizes and participates in local and overseas regattas regularly. In fact, a few of their members have been to Hawai'i to

the Club's rowing section manages three key paddle sports: Rowing, Outrigger Paddling and Dragonboating.

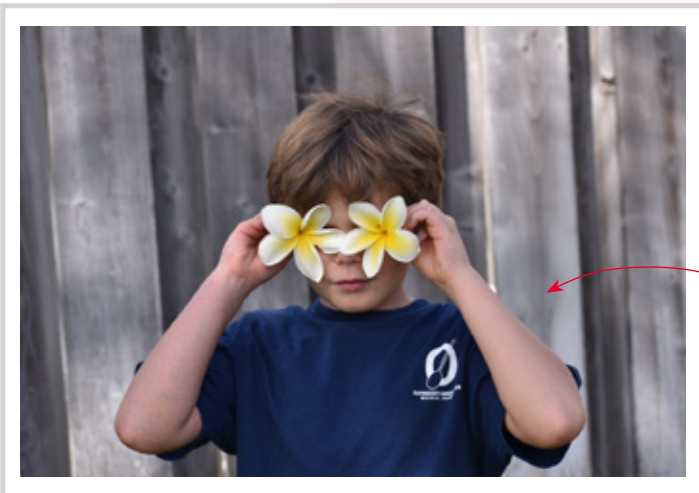
participate in the Pailolo Challenge.

All three of the RHKYC Clubs are open seven days a week. The Kellett Island Club has an outdoor swimming pool (seasonal), a full gymnasium, marine boat yard, ship shop, childrens playroom, bowling alley and four dining options. The Compass Room is open daily for lunch (12-2:30 p.m.) and dinner (5-11:30 p.m.). Reservations are accepted here and the dresscode is smart and casual. The Bistro serves as the club's coffee with a fantastic harbor view, serving daily buffet breakfast and lunch as well as a dinner buffet on weekends, but reservations are not accepted here. The Main Deck, also boasting great harbor views, has seasonal and daily hours ranging from noon to after midnight. The Main bar is open

11:30 a.m.-12 a.m. with an ala carte menu (12-10 p.m.), and poolside bar is open 10 a.m.-5 p.m. with food service from 11:30 a.m.-5 p.m. The Middle Island Club has stunning views of Deep Water Bay with a BBQ and ala carte menus. This facility is where Outrigger training takes

place. The Shelter Cove Club's primary function is for cruising boats, and has similar dining features as the Middle Island Club.

Do plan on visiting this outstanding club when you're next in Hong Kong, and remember to please contact our Executive Office for a letter of introduction. You can visit the club's website www.rhkyc.org.hk for more information and additional details on these clubs. OCC members will need to check-in at the Membership Office upon arrival. Accounts must be settled upon departure, and they accept American Express, Visa and Master cards for payment.



Hello!

I am sending you a photo my 12-year-old daughter, Grace, took of her 10-year-old brother, Rinat. Grace loves photography and carries her camera almost everywhere she goes. I

grew up on O'ahu and am currently a non-resident member as we live in Seattle. My children and I spend as much time as we can at the Outrigger Canoe Club. We are thrilled to be moving back to O'ahu this summer. This photo of Rinat warms my heart. It shows Rinat's sense of humor and his love of nature, and he is wearing an OCC shirt which is his favorite "uniform." The photo shows the whimsy and fun that is oh so Grace. Rinat is one of her favorite photo subjects. They adore each other. I thought I would pass along Grace's photo to you. It makes everyone smile who has seen it and it would be fun to have her first "published" photo be in the OCC magazine since it is her favorite place to be.

—Tara Larrabee

LIFE MEMBERSHIP

Marilyn Kali

Marilyn Kali was named for *Life Membership* by the members in attendance at the Annual Meeting, Monday, February 11, 2019. The following are excerpts from the presentation of Incoming-President Robert C. Durkin:

➤ **Marilyn Kali has served** the Outrigger Canoe Club in a distinguished manner since becoming a member in 1985. For more than 30 years, Marilyn has been a contributing member of the Outrigger Canoe Club, serving in a broad range of duties.

She was the editor of the *Outrigger Magazine* from 1985 to 2018. The job spanned a generation of members and she worked tirelessly to provide content and photos for the magazine every month. She is a fixture at Club events and regatta, capturing our best moments, and preserving them for future generations to enjoy.

She has also served on the Club's various committees including Public Relations, Member Relations, Historical, Paddleboard, Outrigger Foundation, and the OCC Emergency and Crisis Team. She has been the Chair of Senior 'Riggers since 2016. Marilyn was a member of the Outrigger Foundation in 1985-1987 then joined the Board of the nascent Outrigger Duke Kahanamoku Foundation from 1991-1997.



One of her major accomplishments was establishing the Outrigger Canoe Club Sports website in 2015 to memorialize our athletic programs online. She researched OCC Sports History for more than 30 years to bring this online resource to our membership. The site features a compilation of OCC teams, records, sports histories, and photos of OCC sports from 1908 to the present. The site currently has more than 3,100 pages. The site is updated daily with new information and photos. It also serves as a repository for non-sports OCC historical information as well. The Club has more than 150 oral histories on file on the site. Marilyn has been recording video oral histories for the Club since 2017. I hope the Historical Committee will add Marilyn to the list of oral histories sometime soon.

Her dedication to the Outrigger Canoe Club remains an important part of her life and we are all better for it.

Marilyn E. Kali Timeline

Birth Date
April 3, 1942

Joined OCC
April 25, 1985

Editor, Outrigger Magazine
1985-2018

Historical Committee
2006-present, Member

Member Relations Committee
2015-2018, Member

Public Relations Committee
1985-2014, Member

Paddleboard Committee
1989-1991 Member

Outrigger Duke Kahanamoku Foundation Board of Directors
1991-1997 Director

Outrigger Foundation Committee
1985-1987 Member

Senior 'Riggers
2016-present, Chair

OCC Emergency & Crisis Team
1985-2017 Member

Outrigger Canoe Club Sports Website
2015 Founder

Annual Meeting Recap

Ninety-eight voting members attended the Outrigger Canoe Club Annual Meeting on Monday, February 11 in the Koa Lānai. Based on the Special Meeting held in the Summer of 2018, Steve Glanstein, a Professional Registered Parliamentarian, was invited to preside over the meeting.

➤ **Chair of the Judges** of Election Committee Amy Woodward Lawson reported on the election for the Board of Directors. Of the 1906 eligible voters, 946 votes were



received, of which 515 were valid paper ballots. For the second year, electronic voting was an option, and 431 votes were cast online, an increase of 16% from 2018. Lawson noted that the ballot incorrectly stated that members should vote for eight candidates, when per the By-laws, only seven could be elected in an odd number year. The top seven candidates were named to the 2019 Board of Directors.

Incumbents Lissa Guild Eveleth, Rick Humphreys Jr., Alice Lunt, Rick Piper and William

Meheula, III were reelected to two-year terms. Wendell Brooks, Jr. and Curtis DeWeese were newly elected to two-years terms. Continuing on the Board are Robert Durkin, Bret Chuckovich, Jonathan Steiner and Michelle Luxton. After the Annual Meeting, outgoing President Dustin Sellers resigned from the Board, and the Board unanimously approved the appointment of Kevin Greenwell to serve the remaining 1-year term.

Director Laurie Foster presented the Treasurer's Report and outgoing President Sellers began his review of 2018 highlights by announcing that, after a thorough executive search, Tyler Roukema had been chosen as the new General Manager. Sellers highlights included:

- **Strong Financial Recovery**
- **Review of Committees and the creation of guidelines**
- **Launch of the amazing Ama Magazine**
- **Ongoing, productive negotiations with the neighbors next door**
- **Flawless, under-budget locker room refresh with AC!**
- **Reinvigorated, highly competitive paddling and volleyball programs**
- **Renovation to the Beach Desk and stairs**

- **Thoughtful and timely planning of the "Snack Shop Re-imagined"**
- **Comprehensive Sea Wall Repair plan**
- **An amazing new Communications Director**
- **Successful inaugural Athletic Banquet**
- **Return of the traveling Hawaiian Music duo on Thursday nights.**

Sellers introduced incoming president Robert Durkin, who presented his priorities for 2019, which can be found on page 2. President Durkin outlined the exceptional contributions of Marilyn Kali, for whom the membership enthusiastically voted Life Membership.

Member Paula Crabb was granted time to discuss a proposed Bylaw change that would address Honorary Membership, the OKLK program and the transparency and clarity of how Committees are run. The Board called a Special Meeting for Monday, February 25 to address these concerns.

Member comments during the Question and Answer session were supportive of the outcome of the furniture replacement, the hiring of a parliamentarian to run the meetings and the hiring of Tyler Roukema as GM. Comments also included the need to look at the structure of a long-term lease, if that's the direction the Board takes, the consistency and transparency of sharing information with the membership, and the need to define the use of proxy by the Board in the Bylaws.

Calendar

March 1	Friday	at 10 a.m. 'Riggers Book Club
March 7	Thursday	Thirsty Thursday
March 17	Saturday	St. Patrick's Day
March 18	Sunday	Wine and Paint Night
March 27	Wednesday	Golf — Ewa Beach International Club
March 30	Saturday	Cribbage Tournament
April 5	Friday	'Riggers Book Club
April 11	Thursday	Thirsty Thursday — featuring Paradise Ciders
April 18	Thursday	Bingo Night — Adults Only
April 21	Sunday	Easter Brunch and Dinner
April 26	Friday	Golf — Turtle Bay, Palmer Course
April 29	Monday	Stew & Rice
May 2	Thursday	Thirsty Thursday
May 3	Friday	'Riggers Book Club
May 5	Sunday	Family Bingo Night
May 12	Sunday	Mother's Day
May 18	Saturday	OCC Club Lū'au
May 25	Saturday	OCC Diane Stowell Invitational Swim
May 25	Saturday	Steak Fry

Easter Eggs and Things

Easter At the Beach

DATE: Sunday, April 21
TIME: Brunch Seatings:
 8:30 – 2 pm, Egg hunt at
 10:00 am; Dinner 5–9 pm



➤➤ **The OCC Family Committee** is pleased to present "Easter at the Beach" featuring our Annual Easter Egg Hunt. Join us for the exquisite Easter Buffet and let the keiki search high and low for the 1000 eggs hidden throughout the Club and filled with special treats to some of the Club favorites. Special appearances from our favorite Easter Bunny for the keiki and adults alike. If you're looking for a fun, magical, family-friendly place to spend this Easter, hop on over to the Outrigger Canoe Club and join us for an "eggs-tra" special day.

Under The Sea

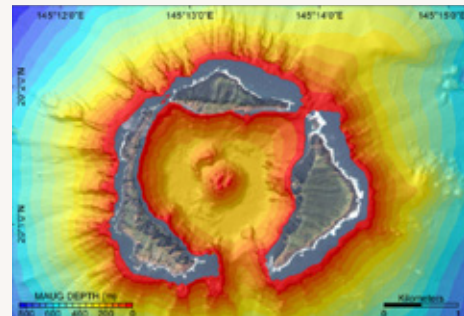
Pacific Seafloor Mapping and the History of Moku O Lo'e (Coconut Island)

Presented by Joyce Miller

DATE: Monday, April 29

TIME: Check-in at 5:30 p.m.,
 dinner at 6 p.m. & program starts at 7 p.m.

COST: \$25 per person
 (48-hour cancellation policy is in effect)



➤➤ **The Historical Committee welcomes you** to join them for the next Stew and Rice Presentation by Marine Geologist, Joyce Miller. Her presentation will focus on two topics: Pacific Seafloor Mapping and the somewhat quirky history of Moku O Lo'e, perhaps better known as Coconut Island. The Pacific Seafloor Mapping presentation gives a brief introduction to the multi-beam sonar technology and history and discusses important concepts of Pacific geology and oceanography, illustrated by examples of multibeam seafloor maps from data that she has collected. She will also give a shorter talk on the somewhat quirky history of Moku O Lo'e or Coconut Island in Kane'ohe Bay, the home of UH's Hawaii Institute of Marine Biology, where she volunteers as a walking tour guide.

Joyce is a Marine Geologist and licensed Offshore Hydrographer who has conducted mapping surveys throughout the world's oceans. She has a B.S. and M.S. in German education from Indiana University (1969) and did six years of graduate work in Marine Geology at the University of Hawai'i (1974–1979). Since 1979 she has worked in industry, academia and government as a specialist in multibeam sonar mapping; she has spent over 15 years of her life at sea. From 1998 to 2002 she and her husband sailed their 48' ketch, Chi, from Rhode Island via the Intercoastal Waterway, the Caribbean, the Panama Canal, and the Gala-

pagos to Hawai'i. They returned to Hawai'i in 2002 to join U.H. and the National Oceanic and Atmospheric Administration (NOAA) Coral Reef Conservation program's ambitious efforts to map the coral reefs in Hawaii, the Northwestern Hawaiian Islands, Guam, the Mariana Islands, American Samoa, and the Pacific Remote Island Areas. Although officially retired from Research Corp University of Hawai'i in 2015, Joyce has led or participated in nine Pacific cruises since then on U.H., NOAA, and Schmidt Ocean Institute ships. From 2011 to 2018 she was a member of NOAA's Hydrographic Services Review Panel, a Federal Advisory Committee, serving as co-chair in 2017 and 2018. She also remains active with several tai chi groups around O'ahu.

Record Crowd for Stew & Rice

Over 150 members gathered to learn about the Polynesian Triangle with Dr. Aki Sinoto. Thank you to Gerri Pedesky and Joy Barnhart from the Historical Committee for organizing this informational and entertaining evening.



Top Photo: Gerri Pedesky, Aki Sinoto, Joy Barnhart. Middle Photo: L-R; Laurie Stevens, Francine Kaiona, Ariel Taumuli (seated), James Kaiona (seated), Jason Hansen (standing, blue sweater), Craig Ball (standing, beige aloha shirt), Mike Chun (seated), Paul Kaleuani Smith.

PHOTOS: DAVID CROXFORD



Return to Blue Hawai'i

OCC Annual Club Lū'au

DATE: Saturday, May 18

TIME: 5:30 p.m.

COST: \$65 per person

➡ **Join us as we celebrate** the 97th Annual OCC Luau under the stars in Waikiki. Dress in your favorite Vintage Aloha Attire, sip on a Blue Hawaiian delight in the savory tastes of our Hawaiian style feast. You won't want to miss Aunty's Lei Stand, Local Style Marketplace, and who knows, you might catch a glimpse of "the King" himself! Dinner tickets include open seating, welcome cocktail/drink, pupu stations and dinner buffet. Book an Ali'i table of 10 for \$1000 and you'll have premium reserved seating, cocktail/drink upon arrival, pūpū stations, served dinner and more.

Make your reservations today on the OCC website, the OCC App or call the Front Desk 808-923-1585.

FIT TIP

How To Use the CatchForce Machine

WHEN CANOE PADDLING IS in season you'll find Patrick Dolan, 30, and Ryan Dolan, 28, using the *CatchForce Machine* to simulate the paddling motion of "pulling yourself past the blade." The brothers come from a family of elite paddlers and are two of the premiere athletes of the Outrigger Canoe Club. Both of them have trained at the Olympic training center in San Diego, Calif. and with those experiences on some of the best athletic equipment they still sing the praises of the *CatchForce Machine*.

➤➤ "We don't see anyone else using [the CatchForce] so it's definitely under-used and I think if people will use it if they understand it," says Patrick. "It's a really good machine and you'll get a lot of benefit out of it."

For optimum canoe paddling cross training they suggest lifting whatever muscle group – back, chest, legs, etc. – then following up that with three sets on the CatchForce. While it's a machine that will take a canoe paddler's training to the next level it's also a great tool to work the abdominal muscles.

"We're really lucky at this Club that we have such a sport-specific machine," says Ryan about the CatchForce. "It's a paddling-specific machine, but it can benefit a lot of people because it's a good core workout. As paddlers we're really lucky that we don't have to try and mimic something and change all these machines in the gym to relate to what we do– it's right there."

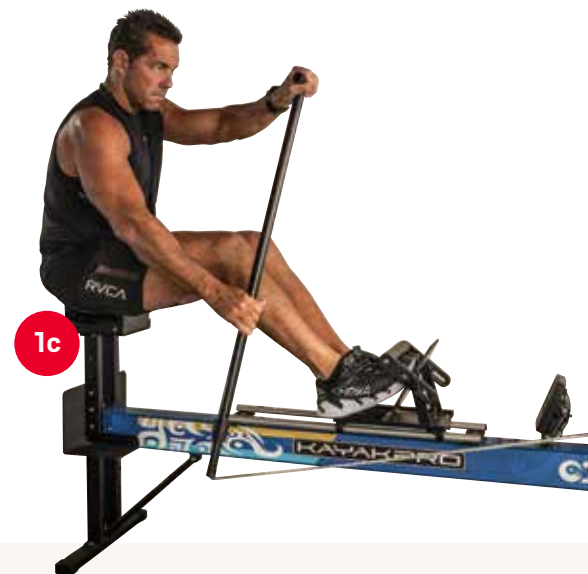
Here is a step by step on how to use the CatchForce according to the Dolan brothers.

Demonstrated by Bill Pratt

3 sets, 8-10 reps each side

Setup

Adjust the machine to simulate how you would sit in your one-man canoe. Make sure your knees are not above your belly button.



Step 1

Do an outrigger canoe stroke where you're pushing down and thru. The launching point is a lot further away than being on the water, but you can still get that launching point where you feel you're using your upper Latissimus dorsi to push down your lower Latissimus dorsi for a straight arm pull.



Step 2
Follow through
your stroke so
it's nice and
balanced.
 Repeat.

Switch
 Switch sides. Pull silver horizontal lever at front of Catchforce to the opposite side. Repeat steps 1-4.

PHOTOS BY MATT HERIAKUJI

Physical Benefit

“The biggest thing in paddling is planting the blade and always moving yourself past the blade versus pulling the water or pulling the paddle to you. You go into the gym for cross training as a paddler and you’re always trying to simulate something that will help you. With this machine you’re on a sled on an incline and you’re actually pulling yourself up so it’s promoting that whole idea that you hear through your whole paddling career: pull yourself past the blade. It promotes not only moving past that focal point, but also because you’re on a sled and not on the water you can slow everything down and make it about what muscles you’re using now. I could launch myself with just using my arms, but what’s the most efficient? You can slow it down to promote the use of the core, your legs, the lats so it’s a tool. I wouldn’t use it as cardiovascular workout, but I would use it as a weightlifting exercise instead of a single arm pulls you would do this machine.” — **Patrick Dolan**

Mental Benefit

“It’s a mental training tool because you can go out in a canoe and pull with all of your arms and smaller muscles, but those are going to get tired fast. [The CatchForce] is mentally teaching you how to properly accelerate through because in paddling you want to accelerate as you’re going through to create momentum to push the boat forward versus pulling with smaller muscles. For me, it’s a lot of mental training. It’s brain activation with a core workout. It’s the closest thing to paddling in the gym I think that we have because paddling is a smaller sport so there is not that much [specific training equipment], but even though it’s primarily a kayak training machine it simulates a motion that you can’t really replicate with another standard gym product.” — **Ryan Dolan**

Coaching Benefit

“We can put someone on the [CatchForce], and do the [paddling] motion. Right away you tell them to get half way up the sled, you can feel their arms and if they’re super tense and flexing you can tell them, ‘okay, you’re using the wrong muscles.’ So it’s kind of an opposing machine in that coach’s sense because you really implement how people are using their bodies thru a stroke while they’re feeling it and holding that posture for correction.” — **Pat**

Timing Benefit

“If you get in a boat or in a water tank you might be pulling and pushing so you might be discombobulated. Whereas [the CatchForce] you’re really focusing on timing where everything can be consistent and if you don’t you’re going to be putting a lot of stress on your lower or upper hand.” — **Ryan**

★ ★ ★ 2019 ATHLETIC BANQUET



OCC Athletic participants, coaches, volunteers, families and friends gathered on the beach for the 2019 Athletic Banquet.



BANQUET PHOTOS
BY HAYDEN RAMLER

THE THIRTEEN

Most Memorable Moments
of the
**OUTRIGGER CANOE CLUB
ATHLETIC BANQUET**

BY DANIEL IKAIKA ITO

On a crisp Saturday evening in January, 500-plus members came together to honor achievement, recognize key figures and induct a new Winged “O” at the Outrigger Canoe Club Athletic Banquet. The entire club was reserved for the Athletic Banquet and members and their families showed up decked-out in festive aloha attire.

The

evening was a charming collaboration between the Entertainment and Athletic Committees, and one member commented that the number of attendees at the Athletic Banquet rivaled the Centennial celebration. The Outrigger Canoe Club is “where the sports of old Hawai‘i shall always have a home,” and this event beautifully reinforced that sentiment. In addition, the inaugural Athletic Banquet acknowledged the athletes, coaches and committees that are excelling in their respective pastimes and adding more value to the membership. There were so many chicken-skin moments, literally and figuratively, of the chilly evening that there are too many to recount in these pages. The Athletic Committee is comprised of 13 sub committees: Beach & Water Safety, Canoe Racing, Fishing & Boating, Fitness Center, Golf, OC1 & Kayak, Paddleboard, Running and Hiking, Sailing Canoe, Softball, Surfing, Swimming and Volleyball. So we assembled our 13 most memorable moments of the 2019 Athletic Banquet.

“I’m honored to be a part of the committees and ringing-in as the new Club Captain, ...there is a lot to look forward to.”



New Club Captain ↑

At 27 years old, Brendan Bradley is the youngest Club Captain in the Outrigger Canoe Club’s 110-year history. He became a member at the age of 10 as a canoe paddler, and is the second son of waterman Todd Bradley. Although he is young, Brendan’s passion for passing down the Club’s traditions to the next generation was evident at the Athletic Banquet. In addition to his service as Club Captain, Brendan is also the current chair of the Athletic Committee and Surfing Committee.

“I’m honored to be apart of the committees and ringing-in as the new Club Captain, albeit it is a little jarring but there is a lot to look forward to,” he said. “I feel responsible to pass down what I learned from the Club and I hope to continue that for the Club.”

2.

**Menehune Award:
Poet Gentry-Shropshire**

*Keiki with a papio is
maxing cuteness!*



3.

Volleyball Swoon

Volleyball Living Legend and 2008 Olympic Gold Medalist Clay Stanley made a guest appearance to accept the Dodge Parker Award on behalf of his brother Jon Stanley Jr., and it was nice to see that the three-time Olympian still looks like he is in great shape.

Photo, top left: Michelle Luxton, Alan Lau, Danny Alvarez, Clay Stanley, Marc Haine

4.

Stay in School

World Paddleboard Champ Hunter Pflueger was at school at the University of San Diego, and could not receive his *Paddleboarder of the Year* award. His mom accepted it on his behalf and posed for a pic with Outstanding Achievement Paddleboard Recipients Trey Balding and Hobey Moss.

Photo, top center: Peter Balding, Jr., Eleni Pflueger, Trey Balding, Hobey Moss



“They could have picked anyone but they chose me and I’m so stoked.”

5.

Two Times the Charm

Mahina Akaka was named Surfer of the Year for the second time in her young competitive career. This is a well-deserved accolade for a talented noserider that has ambitions to be a future world longboard champion.

“It feels amazing and it means so much to me because surfing means so much to me,” she says. “They could have picked anyone but they chose me and I’m so stoked.”

PHOTO: CHRISTINA SHAYNE DELIMA

6. Fountain of Youth

The Swimming Committee presented Blake Johnson with the Legacy Award, and if there are any young people making excuses about not participating in the 102nd Annual Castle Swim then take a look at Blake. Your excuses are a wash.



7. New Sailing Canoe Program

The Sailing Canoe Committee announced the beginning of a new program that will train crewmembers and captains. If you are interested in participating, sailing, learning or teaching please contact Athletic Director Shannon Pelkey.



8. Self-Fulfilling Prophecy

Golf Committee Chair Jarriel 'JT' Tuinei was presented the Ace of Aces, which actually reinforces the notion that the real competition in golf is with yourself.



9. The Art of Comedy

Softball Committee Chair Art Mallet gave the funniest presentation of the night. You had to have been there!



10. Canoe Racing by the Numbers

In 2018, there were 350 canoe paddlers participating in the program

-For the first time in 27 years, the Outrigger Canoe Club swept the 2018 Walter J. Macfarlane Memorial Canoe Regatta, winning the Overall, Senior Men, Senior Women and Junior Boys divisions.

-39 out of the 41 canoe crews qualified for HCRA States

-Distance season results: 2nd place Open Women, 1st place Koa and 3rd place for the Junior Girls

Above photo: Art Mallet (far left) and Tom McTigue (far right) pose for a picture with the Junior Boys crew: Harrison Deisroth, James Morris, Gabriel El Hajji, Aukina Hunt, Zachery Ingram

11. Double-Up

Harrison Deisroth was honored twice at the Athletics Banquet. The first award came as OC-1 Outstanding Achievement, and he was also recognized as a member of the Waikiki Cup Junior Crew of the Year.

12.

Congratulations Amy!

Although everyone was very happy to honor Amy Woodward Lawson as the OCC Female Athlete of the Year at the banquet, it seemed like everyone was even more stoked for her that she was pregnant with her first child.

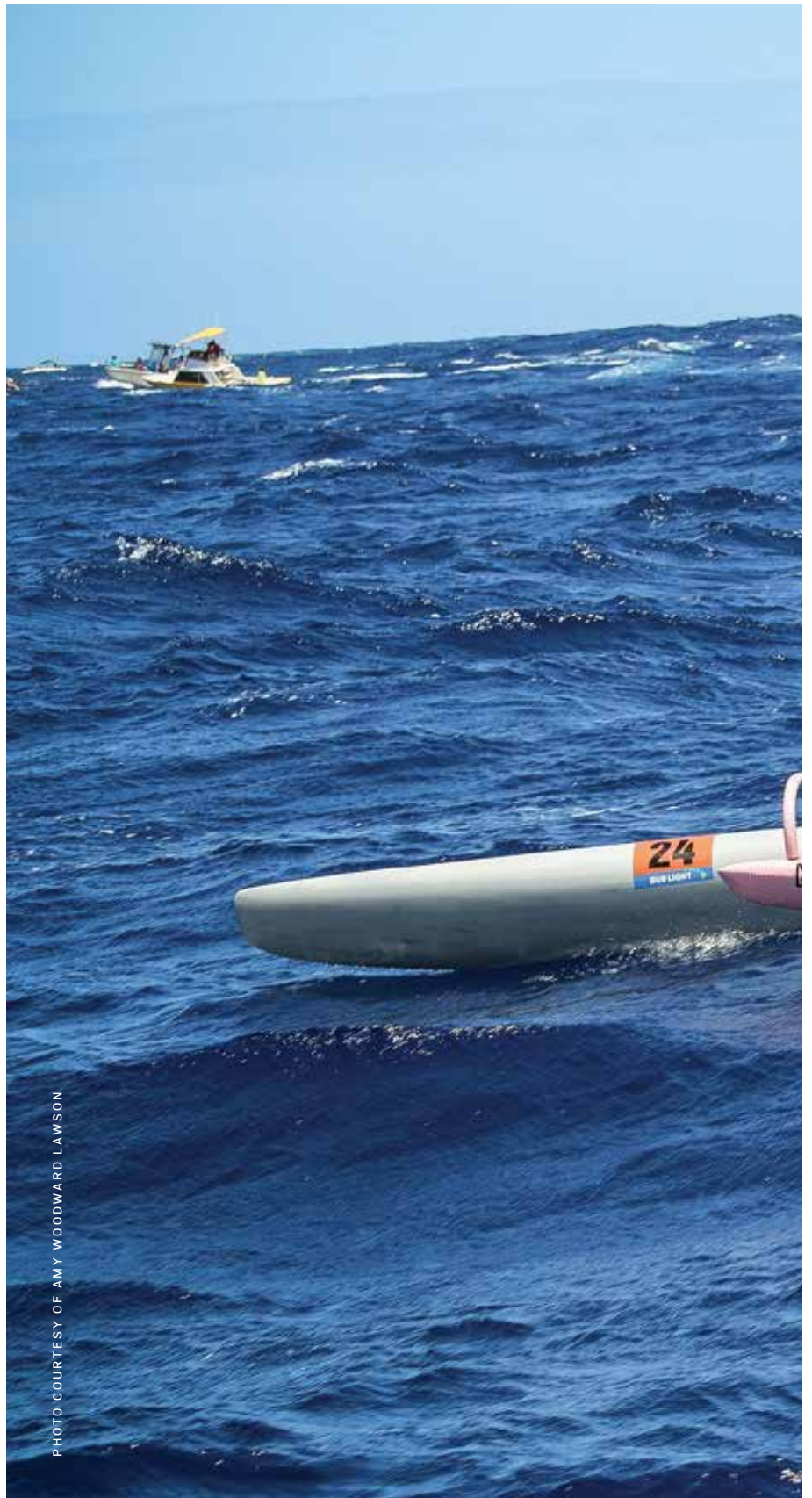


PHOTO COURTESY OF AMY WOODWARD LAWSON



13. Words of Wisdom

“It’s an incredible honor and I think it means so much to me because the Club has given so much to me. Part of receiving this award is that there is acknowledgement that I tried to give back to the Club, and I think there are so many times it’s easy just to take from the Club all that it has to offer, which everyone should, but at least in my view, we all have a responsibility to give back to the younger generations.” —**Winged “O” Alan Lau**

Alau Lau, pictured with Marc Haine



2019 Athletic Banquet Awardees

Winged “O” Honoree: Alan Lau

FISHING & BOATING

2018 Fishing Tournament Winners

Motor Assist: 1) Greg (31” Mahimahi);

2) Doug (24” Mahimahi)

Human Powered: 1) Ian (1.2 lbs. Papio);

2) Poet (7 oz. Papio)

Menehune Award: Poet Gentry-Shropshire

PADDLEBOARD

OCC Outstanding Achievement Paddleboard:

Hobey Moss & Trey Balding

OCC Paddleboarder of the Year: Hunter Pflueger

OC-1 Outstanding Achievement:

Harrison Deisroth

VOLLEYBALL

Dodge Parker Award: Jon Stanley Jr.
and Cassidy Chun

SWIMMING

OCC Legacy Award: Blake Johnson

OCC Outstanding Achievement Swimming:
Stefan Reinke

Surfer of the Year: Mahina Akaka

Outstanding Achievement Running: Rachel Bradley

GOLF

Club Champions Perpetual Trophy:

Jarriel ‘JT’ Tuinei & S.E. Lee

Ace of Aces: Jarriel ‘JT’ Tuinei

CANOE RACING

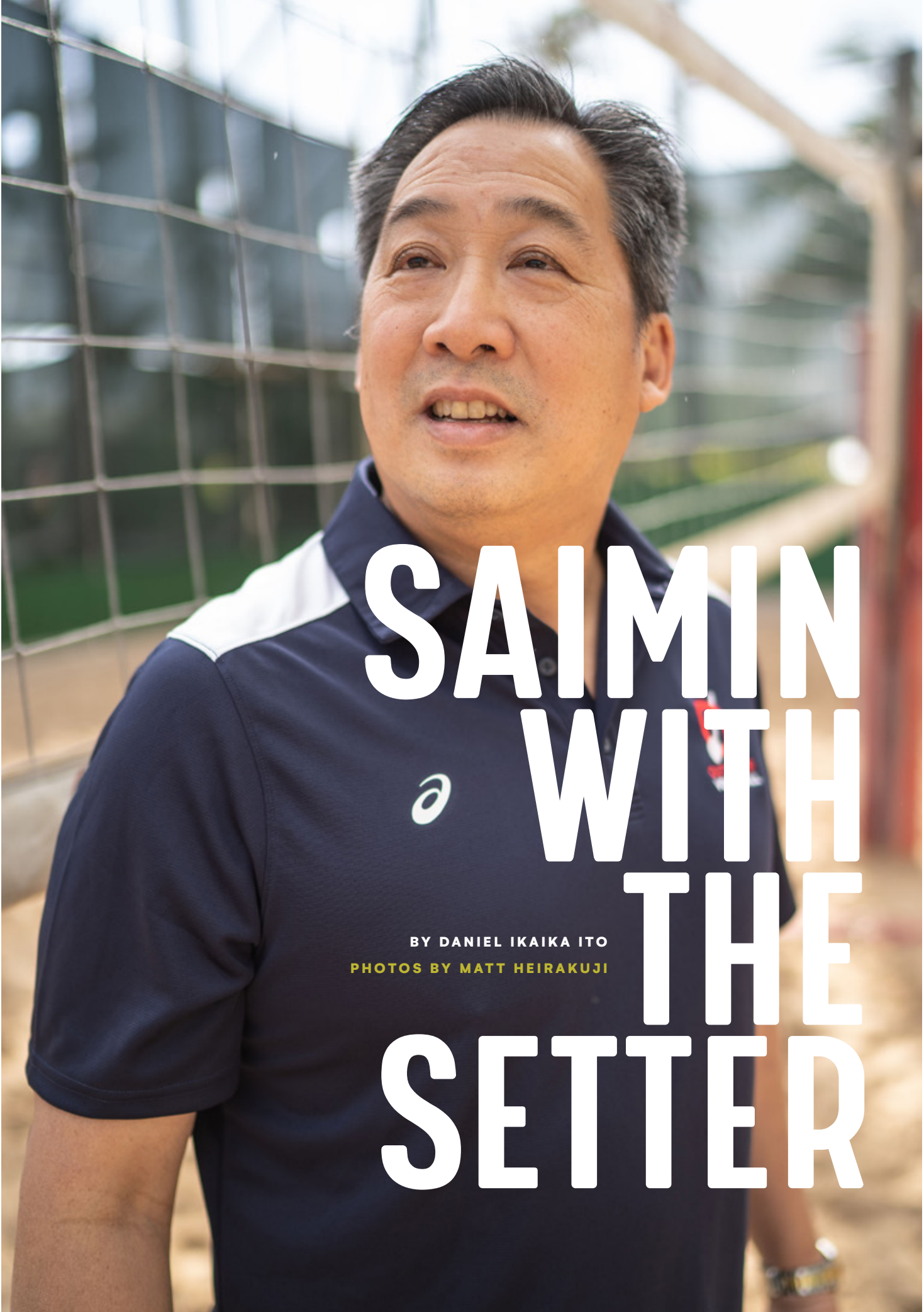
Bob Fischer Memorial Trophy: Amelia Moody and
Aukina Hunt

Waikiki Cup Junior Crew of the Year: 1st Crew Junior
(Keahi Agni, Keanu Bernadino, Harrison Deisroth,
Gabriel El Hajji, Ryland Hart, Aukina Hunt, Zachary
Ingram, Riley Kawananakoa and James Morris)

Rising Star Award: Novice Men & Women (HCRA
State Champions)

Male Athlete of the Year: Travis Grant

Female Athlete of the Year: Amy Woodward Lawson



SAIMIN WITH THE SETTER

BY DANIEL IKAICA ITO

PHOTOS BY MATT HEIRAKUJI

➔ **IT WAS IMPOSSIBLE TO INTERVIEW ALAN LAU** — the newest Winged "O" honoree — at the inaugural Athletic Banquet because it was like a Hawaiian High School graduation ceremony. Lei everywhere and throngs of people yelling "congratulations" every other step. The excitement in the air that night was well deserved since this distinction is the highest athletic honor one can receive at the Outrigger Canoe Club. So pinning down the 53rd Winged "O" for an interview was not only an act of futility, it would have consequently dampened the parade of Aloha that was marching to celebrate Alan's achievement.

Instead, weeks later, on a cold, rainy day Ama had the honor of sitting down with the 60-year-old lawyer over bowls of hot saimin. Between slurps of noodles and daishi Alan told us about his wife (Carol), daughter (Julia) and son (Davis). It was combination of experiences as father and as champion student athlete that prompted him to become a volleyball coach. Alan's passion for volleyball is evident, and so is his appreciation for the gifts that the Outrigger Canoe Club has given him. Read how OCC and volleyball has been good to Alan, and how he has used his expertise as an athlete, coach, lawyer and leader to make the game he loves and the Club better as well.

Ama: *How did you start playing volleyball?*

Alan Lau: I started probably at lunchtime at Punahou in 8th grade or so. Three friends of mine at Punahou were Outrigger members: Marc Haine, Peter Balding, Jr. and Peter Ehrman. They played JV Volleyball at Punahou and encouraged me to try out. So in 10th grade I tried out for the JV Volleyball team at Punahou.

How would you describe your volleyball career at Punahou?

It was great and it shaped a lot of who I am. I learned the game and won one JV championship and two HHSAA Varsity championships. I was coached on the Varsity by Chris McLachlin one year and James Iams the next. My first coach on the JV team was a man named Dave Shoji.

Wow!

It was his first year as the [University of Hawai'i at Mānoa] Wahine coach. He was coaching both teams at the time, and probably getting paid more coaching at Punahou than the Wahine at the time. Anyway, he always jokes that I was lucky that he kept me on the volleyball team and I remind him that he cut me in basketball. (laughs) As it is, he, the two Peters and sometimes Marc, surf and have breakfast almost every Saturday morning together. Rain or shine we go, and laugh and solve all the world's volleyball problems.

What did Coach Shoji teach you about the game of volleyball that you still hold on to today?

Very, very good fundamental volleyball. The way the game is supposed to be

played. I mean, even a lot of the things I learned back then I'm teaching today to kids because it's basically still the same game. A lot more athletic now. A lot more bigger people, but the fundamentals are primarily the same thing. The base foundation is what I got at Punahou.

What is your favorite aspect of volleyball?

I just love the competition, and that's not necessarily volleyball. It's just the fact that it's a very athletic game. It's not an easy game to learn. Like you'll see young kids trying to pick it up and it's hard for them to keep the ball in the air. I like the fact that it's non-contact, but still very, very athletic, physical and competitive.

How would you describe your collegiate volleyball career at USCB?

It was a great experience. I can't say that I was a stand-out. It's at that time that the size starts to catch up, or the lack of size starts to catch up. In those days there wasn't the libero position so I was a setter. UC Santa Barbara was a great place to play volleyball, and when I was there we were always Top 4 in the nation. Playing at that level we were playing against guys who went on to win the '84 Olympics. It was that era with Karch Kiraly, who was voted the best volleyball player in the first century of volleyball.

Your generation of volleyball players had to legitimize the sport in the mainstream's eyes because it was still a fringe sport at the time.

Exactly! It still is to a point, but it's



How An “O” Gets Its Wings

The Winged “O” award was established in 1967 to pay high tribute to those members who have given unselfishly of their prowess, time and loyalty in the effort to expand the Club’s illustrious athletic image, and to continue its reputation for victory.

These Honorees have made outstanding contributions both on the fields of competition and in the equally important role of team and athletic program support. To be elected to the Winged “O” you must have been a regular member of the Club for at least 10 years and have demonstrated unflagging loyalty to the Club and its athletic programs over a long period of time. Service must be contributed directly to the Club and participation must be on Club teams and in Club events. The process to select a Winged “O” begins with a nomination from one of the current Winged “O”s, complete with the accomplishments of that individual. The name is then sent on a ballot to all living Winged “O” members who vote for or against the individual. It takes a majority of votes to be selected. The new Winged “O” award is announced at a Club sponsored event. Awards are made when there is a deserving individual and do not occur in all years.

gaining some prominence that’s why playing volleyball at UC Santa Barbara was such a neat experience because they had no football team and the basketball team was just okay. It was more water polo and volleyball that were the popular sports on campus. In the ‘70s the players had long hair, beads and headbands so it was more of a fringe sport, almost a cult sport.

What has playing volleyball for the Outrigger Canoe Club meant to you?

I was very fortunate to be asked by Peter Balding, William Ehrman and Tom “Daddy” Haine to join the Club in 1977. The Club was sending its first junior team to the AAU Junior Olympics and I was asked to be a part of it. Tony Crabb (Winged “O” and 1984 USA Men’s Olympic Assistant Coach) coached our team and we took third in the 18 and under division. Playing with that team gave me a great appreciation for the Club and its prominent place in local, national and international volleyball because of all of the great volleyball players that had competed for the Club.

I later played on Open teams and Masters teams with many of our legendary players. We played at a very high level and won a bunch of championships. The camaraderie of competing together representing the Club are some of the fondest memories I have. There was always a great deal of respect we were given when competing for The Outrigger. It’s great to see all of the younger players who have competed for the Club doing great things in volleyball all over the world. As such, I am very proud to represent the Club in any competition.

When did you start coaching?

I came back from law school and I was playing on the Outrigger Open team and then started playing on some of the Masters teams. I was still working on my career so I took breaks here and there, but it wasn’t till my daughter wanted to start playing that I started coaching. We joke about it because I will sometimes bitch and moan about coaching, but I think if you played at a relatively high level you get kind of picky about who coaches your kid.

What is your coaching philosophy?

A lot of what I learned back from Dave, Chris, Jim and Tony, not only in the fundamentals, because they are basically the same, was the way they handled people. You know everyone talks about old school strict coaching but they were never like that. They talked to us like we were adults, and I never felt they were worried about motivation because the guys we played with were all self-motivated and driven. On those high school teams, we just didn't seem to have kids that were just going through the motions or didn't want to be there. We won championships so clearly their methods worked. So when I pick kids I try to pick the similar type of kids that are self-motivated and want to improve. Sometimes you have to get on them, but I just like working with driven kids. That makes things so much easier.



“It’s not about wins or loses it’s about the effect you have on people.”

“Volleyball was good to me.”

ATHLETIC CAREER

- 1974 Punahou Junior Varsity, ILH Champions (Coach: Dave Shoji)
- 1975 — 1976 Punahou Varsity Volleyball, State Champions (Coaches: Chris McLachlin, James Iams)
- 1977 Outrigger Canoe Club 18s (First OCC Junior Team, 3rd at AAU Junior Olympics (Coach: Tony Crabb)
- 1977 Earned 4-Year Volleyball Scholarship UC Santa Barbara
- 1986 – 1989 Outrigger Men’s Open Team
- 1994 Outrigger Men’s Masters – 1st USA Volleyball (35 & Over)
- 1995 Outrigger Men’s Masters — 2nd USA Volleyball (35 & Over) All American Team
- 1996 Outrigger Men’s Masters – 1st USA Volleyball (35 & Over)
- 1997 Outrigger Men’s Masters – 2nd USA Volleyball (35 & Over)
- 1998 Outrigger Men’s Masters — 4th USA Volleyball (35 & Over)
- 1999 Outrigger Men’s Masters – 1st USA Volleyball (35 & Over) All American Team

Multiple Haili Championships, All Tournament Teams

- 1997 Daddy Haine Champion

COACHING CAREER

- 2013 Assistant Coach, OCC Boys 13s, USA Volleyball
- 2017 Coach, OCC Boys 17s, USA Volleyball, 1st Place National Championship
- 2018 Coach, OCC Boys 18s, USA Volleyball
- 2019 Coach OCC Boys 18s, USA Volleyball

OUTRIGGER CANOE CLUB SERVICE

- 1997 – 2000 Chair Volleyball Committee
- 2001 – 06 Board of Directors
- 2005 – 06 Club President
- 2006 – 07 Chair Elks Ad Hoc Committee Chairman
- 2007 – 08 Nominating Committee
- 2012 – 13 Judges of Election, Volleyball Committee
- 2013 – 14 Admissions & Membership Committee
- 2013 – 18 Chair Volleyball Committee

What makes Outrigger Canoe Club so special in your mind?

It really comes down to the tradition and the people that are involved. I've got so many good friends there. It's quite a diverse group of people.

How does it feel to be name a Winged "O"?

It's an honor and incredibly humbling. It's a good feeling. At times I felt that I was not worthy, but it's nice to be acknowledged.

Speaking to the next generation, what do you think are the benefits of giving back to the Club and community service?

It's personal to everyone, but I feel that the right thing to do is if you've been given a gift, which I was given as my membership to the Club, and you

develop some level of expertise and achievement, that it's your responsibility or your duty to help those who come after you. For me, it's a great feeling. I have no problem with people who are making money off of volleyball now. I commend people that do it the right way and can sell their craft and their knowledge as long as they give value at what they are getting paid. That's great. I think my generation is more 'let's help out the younger generation' and do it because that is the thing that we want to do and not for money.

Where do you think is the most opportunity for Hawai'i kids to succeed in volleyball?

Hawai'i was always known for its ball control because the kids were generally smaller, but in the past few years you're seeing kids that may have played basketball before

gravitating to the sport. I see some of the boys teams that we are competing with and kids are averaging 6'5" or 6'6" when in the past 6'2" or 6'3" was big. So I think that as you see the sport get more popular you're going to see a lot more kids who would have never played the game before much more involved and getting good. Hawai'i is known as a hotbed of talent and so I see many opportunities for girls and boys.

What did the game of volleyball teach you about life?

I think it's like any sport. You are taught the value of working together as a team towards a common goal. If you get into the nitty-gritty of competition you obviously need perseverance as a group. It also teaches you to deal with adversity. Sometimes you're going to win.



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Sometimes you're going to lose. Sometimes you are not going to achieve your goal. Sometimes you're going to find out you're not good enough for something, which is a hard lesson to learn, but you experience that in both sports and in life. Whether you get cut, you don't play or you lose, that prepares you for life. Most of the time, you learn more when things do not go the way you want. Part of what you're coaching or what you're teaching is that life's not fair. A kid may come up to me and say they want to play more and I say I think this guy is better and you may disagree, but you may disagree with your boss that you should get a raise, but that's not your decision.

What are you most proud of as an athlete, and what are you most proud of as a coach?

Playing-wise it's not only about championships as much as I like to win. I think it's also about playing at the highest levels whether it's high school, college or USA Volleyball. USA Volleyball is the governing body in the United States and playing against some of the best players in the world has been the neatest part for me. Coaching-wise I think it's just seeing the influence you have on kids. If you're teaching a skill and you see the light go on in a player's head and they improve at that skill – that's extremely gratifying. Also, teaching them that if they

want to improve then they're going to have to be uncomfortable to get better. It's getting them out of that comfort zone to improve that's difficult but is great when it happens. Seeing that take place is gratifying to me and seeing kids come out to be good people after that is equally as gratifying. It's not only about wins or losses it's about the effect you have on people. ■

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PHOTO: MICHELLE LUXTON

Women and Girls Volleyball Excellence

OCC Women's Doubles Tournament

Sunday, February 17, 2019

➔ Although they had to end the day on a medical forfeit, OCC Coaches Lia Hunt (pink) and Laurel Weaver battled hard for the runner-up spot. The OCC Junior Girls Team, Alyssa Muraoka and Tayli Ikenaga, also placed by finishing 3rd.



(Continued on page 32)

● Canoe Alley



Association of Volleyball Professionals (AVP) First Tournament

Saturday, January 12, 2019

(Photos, Left to Right) OCC Girls **Ella Connor** and **Jaclyn Matias** won Gold in the 16's Division. **Cecelia Fenton** and **Kamalani Kekoolani** won Gold in the 18's Division.



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USA Volleyball Aloha Region

Saturday, January 5, 2019

(Photos, top to bottom) OCC Girls Laurie McGrath and Jordyn Nichols won Gold in the 18's division. OCC Girls Melie Vaiolefi and Kathleen Uluave won Gold in 14's division

6th Annual Hawai'i Beach Volleyball Prep Championship

Saturday, Nov. 17
and Sunday, Nov. 18, 2018

OCC Girls Hie Loui and Jaclyn Matias won 1st Place in Girls JV division

2019 Employees of the Month

➔ **Malia Pao celebrated her 11th anniversary** working at the Outrigger Canoe Club on January 26, one day after she learned that she had been selected as the January Employee of the Month. You'll recognize Malia by her warm, welcoming smile and her calm, helpful demeanor as she greets you at the Front Desk. When she's not at the Club helping members with reservations, registering them for events or answering general questions, Malia's life revolves around her 4-year old daughter. They enjoy the beach, spending time outside and playing with their pets. Malia loves watching her daughter learn and perform hula. She also enjoys live music, and attended the Bruno Mars concert in November. The one thing that Malia loves most about working at OCC is the friendships she has made over the past 11 years – both with coworkers and members. The next time you're by the Front Desk, stop by and congratulate Malia Pao on her well-deserved honor!



Employee of the Month
JANUARY 2019
Malia Pao
 Front Desk



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Ho'omaika'i e 'Ohana Lau!

Wilson and Britta Bourne Lau met through the Club's novice paddling program in 2015, and they got married two years later. On January 5 at 8:15 p.m., Britta gave birth to a beautiful baby girl: Liv Hanalei Lau.



Employee of the Month
FEBRUARY 2019
Alex Kozlowski
 Maintenance

➔ You might catch a glimpse of Maintenance Worker, Alex Kozlowski around the Club. If he had his preference, he'd be like a ninja – in to get the job done and back out, letting his craftsmanship speak for his efforts. Despite his humble nature, this is the third time that Alex has been recognized as Employee of the Month, most recently in April of 2017. Prior to that, he was Employee of the Month in September 2014, and awarded Employee of the Year for 2014. These recognitions speak volumes about the exceptional work ethic, positive attitude and sense of teamwork that Alex brings to the Maintenance Department. It was hard for Alex to choose one thing he liked best about working at the Club. He really enjoys that there's always something new to take on, and he welcomes using his different skills: carpentry, welding and landscaping. Alex also loves working with his team in the Maintenance Department –he says that he wouldn't be where he is today without the support and teamwork of his supervisor Robert Greer and his co-workers. When not at work, this father of three girls, ages 5, 12 and 15, enjoys fishing, surfing and spending time with his family. If he's not listening to Hawaiian or Reggae music, you can find him watching superhero movies with his daughters. They love Marvel and DC action movies. We appreciate the super job you do to keep our Club looking great and operating smoothly. Congratulations, Alex!

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EMPLOYEE of the YEAR



Tri Van Hong

➤ **Tri Van Hong started with the Club in 2011**, and quickly distinguished himself with his enthusiasm and eagerness to do whatever it takes to get the job done. Shortly after being hired, he was awarded Employee of the Month in September 2011, and again in September 2018. Hong consistently brings a positive attitude and warm smile to the kitchen. “Tri has learned a lot since he joined the OCC team, but we, as a team, have learned a lot from him as well,” says Chef Mark Gideon.

Congratulations Tri on this well-deserved honor! You truly are a terrific asset to the Club.

IN MEMORIAM

Donald Fowler
DECEASED: JAN. 25, 2019
Member: 66 years

Ernest C. Moore
DECEASED: DEC. 9, 2018
Member: 52 years

V. Juanita Ewing
DECEASED: JAN. 26, 2019
Member: 29 years

Bernard J. Allard
DECEASED: DEC. 28, 2018
Member: 35 years

Sherri Sellers
DECEASED: FEB. 6, 2019
Member: 4 Years

Gerald Fisher
DECEASED: JAN. 31, 2019
Member: 18 years

Richard Ferguson
DECEASED: FEB. 6, 2019
Member: 64 years

Barbara Pennington
DECEASED: JAN. 23, 2019
Member: 4 years

Richard B. Kesner
DECEASED: FEB. 13, 2019
Member: 51 year

Please Note:

► **The Board of Directors' Minutes** are posted, in their entirety, at outriggercanoecub.com. They will be posted monthly, after they are approved by the Board. All other notices that are time sensitive will be available on the website, sent via email, or if warranted, mailed directly to the membership.

Please make sure that you have an updated email address on file with the OCC business office. If you need help accessing the website, please email occweb@outriggercanoecub.com.
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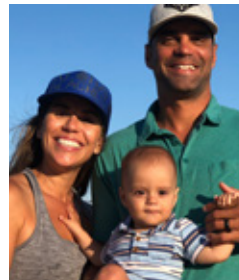
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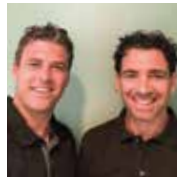


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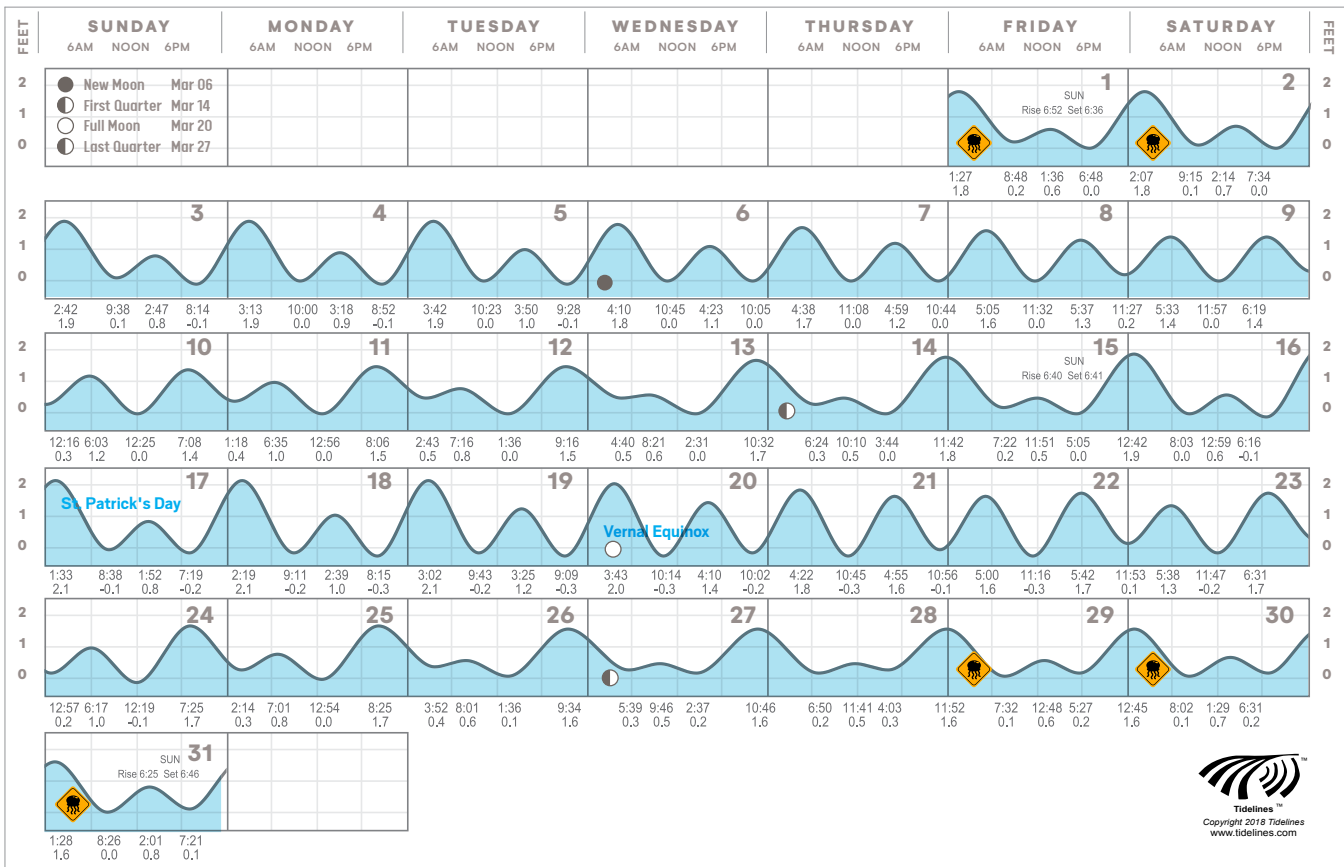
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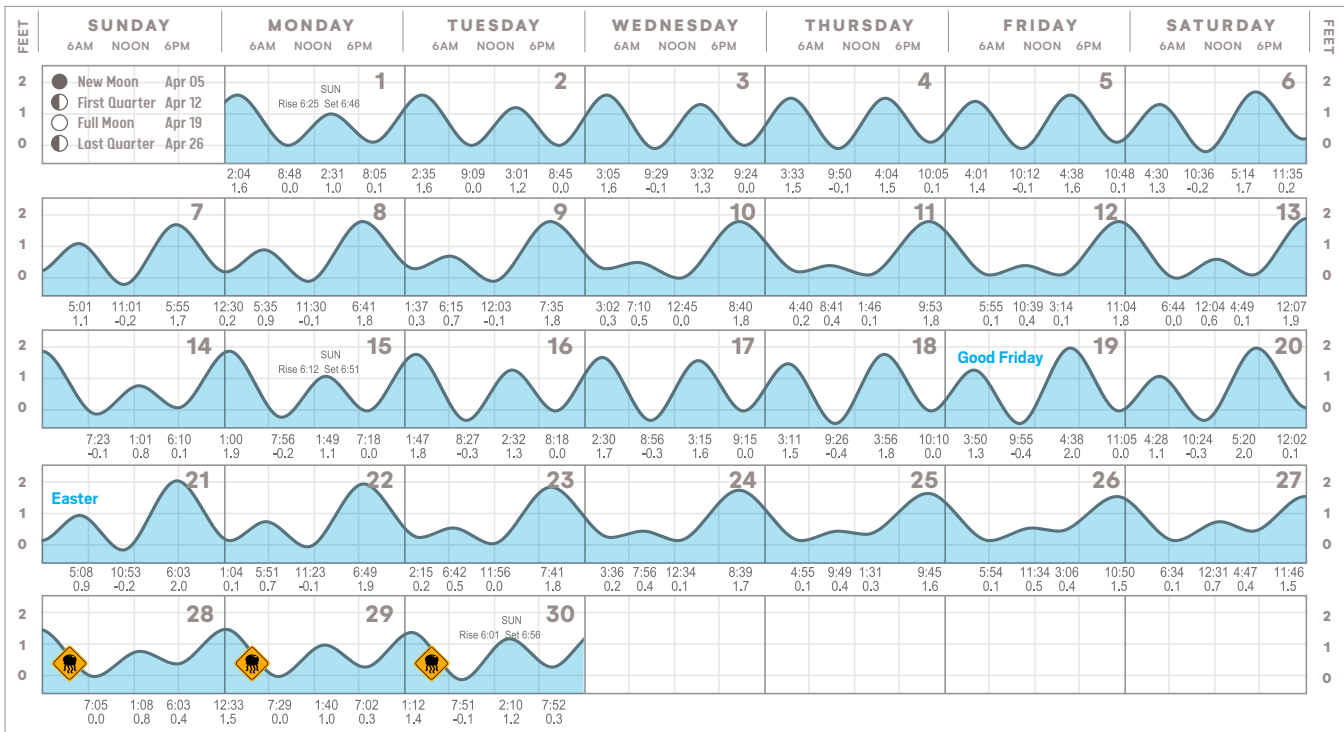
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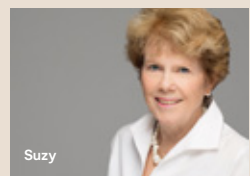
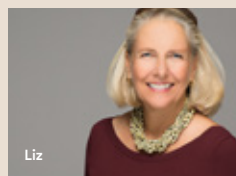


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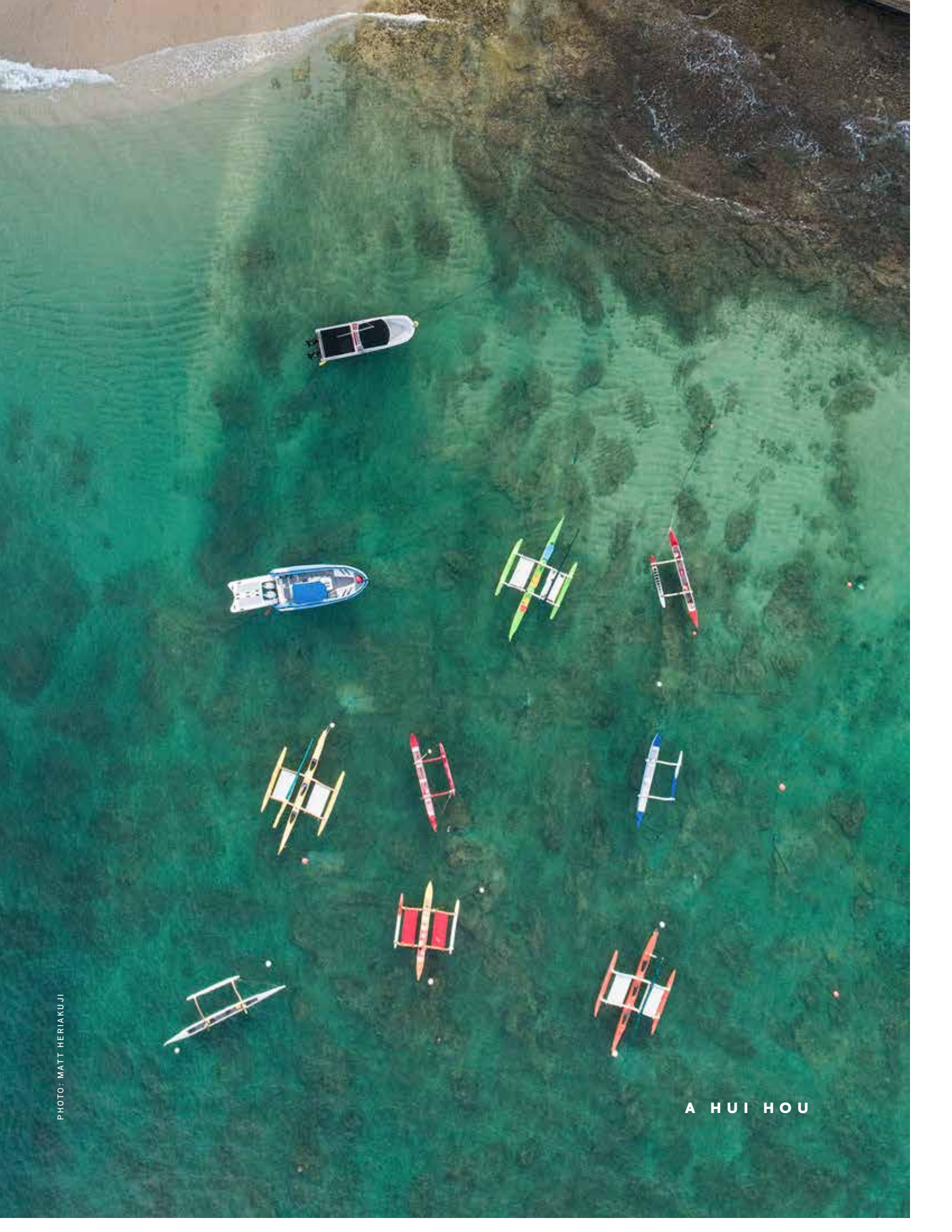


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