

Amma

The official
publication
of the
OUTRIGGER
CANOE CLUB



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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.



MAY / JUNE 2019

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by Matt Heriakujii



Aloha



THE ENERGY AT THE CLUB IS HIGH each afternoon as paddlers come together for the start of the regatta season. There's electricity that permeates the entire Club with these athletic programs in full swing. I find it very inspiring to watch the conditioning regimen undertaken by the Junior Boys and Junior Girls, who seem to think 200 burpees are no big deal. I am tired just watching. Go Outrigger!

At the recent Annual and Special Meetings in February, membership asked for better communication of Board activities. To that end, I plan to include a summary of the recent Board activity and certain special interest items in the Club Monthly Social Calendar that you receive with your monthly statement. You can also find the monthly Board Meeting Minutes posted on the website, www.outriggercanoeclub.com.

For those that may have missed it in February, a Special Meeting was held on the Koa Lanai to review the prior paddling season, association with OKLK, the Special Athletic Membership (SAM) category, and to amend the Honorary membership category in the Club Bylaws. Over 170 members and the Board of Directors were in attendance. Issues raised at the Q&A following the meeting related to canoe racing leadership, the SAM program, and perceived budget discrepancies of the canoe racing program.

Walter Guild has returned to a leadership position at the Club as Canoe Racing Chair this year. Walter has built a strong committee and they are working toward

creating a continuum of development for the Junior and Open programs. A stronger relationship between all paddlers will forge a successful Outrigger program. I look forward to seeing all of our paddlers wearing the OCC racing jersey as they compete this regatta season.

The Special Athletic Membership category was reviewed at the meeting. A distinct increase in this membership category was noted in 2018 (total 98 SAM). 16% of SAM members convert to Regular memberships and I would submit that these converts are some of our most active members we have. The quality of the full members we yield from the SAM program is quite high. Nevertheless, we should review our use of the SAM category on a regular basis to be sure it meets the goals and values of the Club. To this end, an ad hoc committee has been formed (Chairs Rick Humphreys/Jon Steiner) to make recommendations to the Board to update the policies of the SAM program. Stay tuned.

Athletic budgets are generated by the respective Chairs and submitted to the Budget Committee by the Club Captain. With respect to the Canoe Racing program, the regatta season is a fixed expense and is budgeted such that all members have the opportunity to enjoy the same end experience each year regardless of age or gender. The distance program is budgeted based on anticipated participation in the Junior and Open programs. For 2019, the Junior Girls and Junior Boys budgets are close to parity on a per paddler basis. However, given that the Junior Boys program is anticipated to field more crews for the 2019 distance program, its overall budget ends up larger than the Girls. In an effort to build the Junior Girls program going forward, the Board increased the 2019 operating budget and the capital expenditure for equipment (OC1/OC2 purchases). The Open Women have a strong budget in 2019 based on their demonstrated excellence for several years. Their commitment to hard work and positive character are reflected in the current budget to support their continued success.

Looking forward, I believe that member feedback and timely communication are important catalysts for improvement. I welcome the opportunity to build on our strong Club values and programs with you.

Aloha,

Robert C. Durkin
President



AS SUMMER APPROACHES, and the focus for our Club turns towards paddling season and time on the water, I'd like to take a moment to recognize our highly skilled Beach Services department. We have a wealth of experienced staff, with EMT, EMR, First Responder, Lifeguard, Ocean Technician, CPR & First Aid and steersman certifications and trainings too numerous to list. Always alert and ready to respond, we are proud of their dedication to keeping you safe. Our Athletic Director, Shannon Pelkey, along with Ben and Leilani from Beach Services just completed the rigorous First Responder training. Rede Eder, Food and Beverage Director, also completed the course and received certification. We're focused not only on creating a memorable experience while at the Club, but also focused on your safety.

I am pleased to announce that we are fully staffed in our Food and Beverage Department and gearing up for our busiest season. Rede Eder has a stellar management team with Wayne Larrow in the role of Assistant Food and Beverage Manager and Catering Director. Joining the team is Nuvia Jara as Dining Room Manager. She'll be on the floor, assisting Wayne with catering events and working with Lance Tanaka and Zach Lanser. Executive Chef Mark Gedeon has a fully staffed kitchen, with sous chefs William and Damion leading the team. Pastry Chef Vivian and Sushi Chef Suda-san bring their expertise to elevate our menus. We're ready for an exciting summer season.

By the time you have this issue of Ama in your hands, you might have seen a few other communication tools being implemented at the Club. The

social newsletter included in your monthly bill has been redesigned to include any news or highlights that might be missed in the weekly E-news blasts in addition to a Monthly Club Calendar and upcoming events. This newsletter also provides an opportunity for President Durkin to communicate in between issues of Ama. New digital screens have been installed in the Lobby and Tunnel, replacing the bulletin boards and paper flyers. This allows us to provide more information in a timely, and eye-catching, manner. Thank you to Robert Greer and his maintenance staff on the help with the installation.

With the warm weather, we have already seen an increase in the number of members using the Club's facilities. Why not keep your belongings safe and convenient with a locker? Lockers are available in each of the Locker Rooms. Just speak with one of the attendants to make arrangements for short or long-term rental.

In the near future, you may notice a change to the chits, allowing you to add an optional additional gratuity to our serving staff. In our current market, OCC wants to stay competitive and retain our excellent staff. After reading your comment cards and survey results, we know how important our team is to your experience. We'll be communicating more about this process as it rolls out in the next few months.

I appreciate all of you that have taken the time to stop by the office or stop me in the Club to talk story. I look forward to seeing you around the Club!

Thanks,

Tyler Roukema,
General Manager



It's A Small World After All

IN THE CREATION OF AMA, I realize that one of the most charming features of the Outrigger Canoe Club is its ability to connect people of diverse backgrounds and ages. Take the case of Photographer Matt Heirakuji who shot all three covers of Ama.

Matt was the first photographer to work with the Hau Tree Collective back when Ama was still a presentation deck. As a shooter, he is like the Marines, able to capture an image on land, in the sea and or in the air. His drone photography of the Club was a hallmark of the Ama aesthetic from the point of conception, and his water photography was stunningly showcased on the cover of the first issue.

I first learned of Matt's photography skills through his younger sister, Mia, who was my intern at Hawai'i Business magazine. Coincidentally, Mia played volleyball at Kamehameha with my first cousin, Kalehua Katagiri. At the end of her internship, Mia shot and edited a profile video about Matt and his career as a freelance photographer, which is the way I became familiar with his work. Keep in mind I still did not meet Matt face to face nor had a conversation with him at this point.

When the Hau Tree Collective needed to conceptualize our vision I reached out to Mia who had already returned to college at Temple University for her brother's contact info. After a short series of text messages, the Hau Tree Collective and Matt met face to face for the first time at the Club one morning for a shoot. Not only did we learn that Matt was really easy to work with and a consummate professional, it was also revealed in casual conversation that he grew up playing volleyball at the Outrigger Canoe Club.

To make the world of OCC feel even smaller, it

turned out that Matt also knew Winged "O" Alan Lau from volleyball. Matt's mom and Alan had a really cool moment when they talked about last issue's cover that featured a portrait of Alan that Matt shot.

Matt's familiarity with the Club makes his eye for the shot that much more impactful. Almost anybody can put a drone in the air or point their DSLR at the beach, but Matt's thoughtful composition is what makes him one of our favorite photographers to work with.

Matt is a master of the over-under shot so we tapped him to shoot professional photographer Zak Noyle for the cover. Matt looks up to Zak and his career so it was really cool to have him shoot a portrait of Zak that encompasses their mutual passion for photography and the ocean. Judging by the photo that Zak took of Matt, Matt may also be the latest Ice Bath and Sauna convert since working on this issue.

A community needs a place to call their own to grow, and this place, the Outrigger Canoe Club, continues to build a community of creatives like Matt and Zak, who will perpetuate the traditions of the Club for years to come.

Me ka ha'aha'a (With humility),

Daniel Ikaika Ito
Editor-in Chief

What's Your Story?

Next Issue:
July/August 2019

▶ **The Outrigger Canoe Club has a rich history of storytelling** and a long list of members who are accomplished storytellers. Ama wants to continue this tradition by featuring stories from the Club's membership. Please email your story pitches and photos (if available) to ama@outriggercanoecub. Pitches should be a paragraph that is five to seven sentences long and should answer the Five Ws (who, what, why, where and when). Photos can be sent low resolution, but if the story is chosen for publication Ama would need high resolution images.



The LOBBY *This Way In*

CLUB HAPPENINGS, CELEBRATIONS & EVENTS



Get on Board

► **The OCC Sailing Canoe Committee** will be offering training rides on the second Saturday and last Thursday of each month through the summer. Learn the ropes, and train to become your own captain. Spaces are limited, and you must be an OCC member to participate. Rides are one-hour long and take place at 3 p.m. and 4 P.m. Contact Beach Services to reserve your spot.

Beach Services: (808) 921-1460

Calendar

- May 18 **Saturday** OCC Club Lū'au
- May 25 **Saturday** OCC Diane Stowell Invitational Swim



- May 26 **Sunday** OCC Hike — Wa'ahila Ridge
- May 27 **Monday** Memorial Day Service 9 a.m.
- May 30 **Thursday** OCC Golf at Mid Pacific CC
- May 30 **Thursday** Sailing Canoe Training Rides
- June 7 **Friday** Reading 'Riggers
- June 8 **Saturday** Surf Jam (depending on ocean conditions)
- June 8 **Saturday** Sailing Canoe Training Rides
- June 9 **Sunday** Boys Volleyball Fundraiser
- June 13 **Thursday** Wine Cellar Tour and Tasting
- June 15 **Saturday** 9th Annual Scratchfest Paddleboard Race
- June 15 **Saturday** Steak Fry
- June 21 **Friday** Macfarlane Sale 5-6:30 p.m.
- June 25 **Tuesday** Stew & Rice
- June 26 **Wednesday** OCC Golf at Royal Hawaiian Golf Club
- June 27 **Thursday** Sailing Canoe Training Rides
- June 28 **Friday** Macfarlane Sale 5-6:30 p.m.
- June 30 **Sunday** OCC Hike — Lanipo Trail
- July 4 **Thursday** See Page 8 for full Independence Day Schedule of Events
- July 5 **Friday** Reading 'Riggers

Outrigger Canoe Club Reading Riggers & Guests

DATE: Every first Friday of the month
TIME: 10 a.m.

➤➤ **Reading Riggers have had a busy year** thus far, reading *Left At Hiva Oa* by Malia Bohlin from Maui; *The Waimea Gathering* by Mahealani Shallabarger; *Island Memoirs: The Days of Our Youth* with one chapter by Fred Hemmings; and *Cane Fires* by Kauī Philpotts. In all cases, the authors were present, contributing greatly to our discussion. Lots of background and interest.

Information about future titles is sent to those on the email list, and in the OCC regular weekly email that goes to all members. We also have signs in the womens locker room and tunnel bulletin boards. If you want to be on or off our email list please email: gertthebear@hawaiiintel.net. Upcoming books are:

JUNE 7 Hawaiian Son:
The life and music of Eddie Kamae by James Houston (Myrna Kamae will be present)

JULY 5 Light in the Queen's Garden:
Ida May Pope by Sandra Bonura



THE HOSTESS WITH THE MOSTEST

Karen Tatum, 3rd from left, celebrated 30 years at the Outrigger in April. As our hostess, Karen is the face of our dining room; greeting our members by name and with gracious hospitality. Congratulations, Karen, on 30 years of outstanding service!



ADD SIZZLE TO YOUR SUMMER AT THE OCC STEAK FRY

DATES: June 15, July 13, August 31

➤➤ **Bring your 'ohana down** to the Club for a BBQ on the Beach with your Outrigger family and friends. Enjoy the thrill of grilling your dinner from your choice of steak, fish or chicken with accompanying vegetables and a salad bar (prices vary). No reservations required — come on down for the fun!

Please note: Hau Terrace will only be serving the BBQ Menu on these evenings. Ka Mō'i Boathouse and Koa Lānai will offer regular service.

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 111th birthday of the Outrigger Canoe Club at the annual Lū'au under the stars in Waikiki. Dress in your favorite vintage aloha attire, sip on a Blue Hawaiian, and delight in the savory tastes of our Hawaiian style feast. Be captivated by the thrilling Polynesian performers in the "Escape to Paradise" spectacular by Tihati Productions.

Aunty's Lei Stand will feature not only lei, but also fabulous floral fascinators. Shop the local style Mar-



ketplace, and who knows, you might catch a glimpse of "The King" himself!

Dinner tickets are \$65++ per person and include open seating, welcome cocktail/drink, pupu stations and dinner buffet. Book an Ali'i table of 10 for \$1000 and you'll enjoy premium reserved seating, cocktail/drink upon arrival, pupu stations, served dinner and more!

Make your reservations today on the OCC website, the OCC App or call the front desk 808-923-1585. ■



Best Tournament Yet!

The Baldings are crowned OCC Cribbage Champions

By Marjorie Howe



➡ After returning from a ski trip to Colorado Springs, two days later Peter and May Balding are 2019 OCC Cribbage Champs. That's what "Jet Lag" did for them. They lost only one game out of nine in Pool 2, then won the championship game in less than 15 minutes over Pool 1 winners Lance Livingston and Roger Lyons, which is a record time.

"We got whipped," said Lance, in so many words.

Other winners of Pool 1 were Brad Castillo and Julia Sandberg in second place and Wake and Robin Ward taking third place. Winners of Pool 2 include Hugh Damon and Jon Steiner, second place and Wendell Brooks and Leslie Mattice in third place. Other players in Pool 1 were Mike and Mark Buck, Tony and Wendy Crabb, Gary and Sue Wells, Maile Williams and Randy Shaw, Sid and Diana Snyder, Chris Abbot and Ethan Abbott, Ian Hogan and Lois Nottage.

Pool 2 also included players Paul Lowe and Owen Williams, Dave and Pume Wadsworth, Jimmy and Kelly McMahan, Dave and Bonnie Andrew, Tim and Ali Guard, Kent Giles and Michele St. John, Mike McCormack and Faye Parker.

Thanks to Tracy and Al Darling, and Patty Pian who did a great job of keeping the tournament running smoothly. Also, thanks to Wayne in Food and Beverage for his hard work and the great refreshments. We all had so much fun with our great OCC members. Thanks for making it "fabulous" as Gay would say! ■



4th of July at OCC

SCHEDULE OF EVENTS

6:00 –7:30 am

Paddlers' Breakfast
Hau Terrace

7:15 am

Macfarlane Pep Rally
Ka Mo'i Boathouse

8:00 am

Macfarlane T-shirt Sale
in front of Duke's

8:15 am

Opening Ceremony

8:30 am

Macfarlane Regatta
at Waikiki Beach
Join us in the tent for a day of outrigger canoe racing!

5:00 pm

Club Party
BBQ, Live Music and Dancing
with Live Entertainment

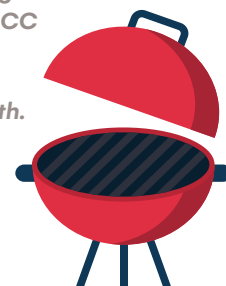
8:30 pm

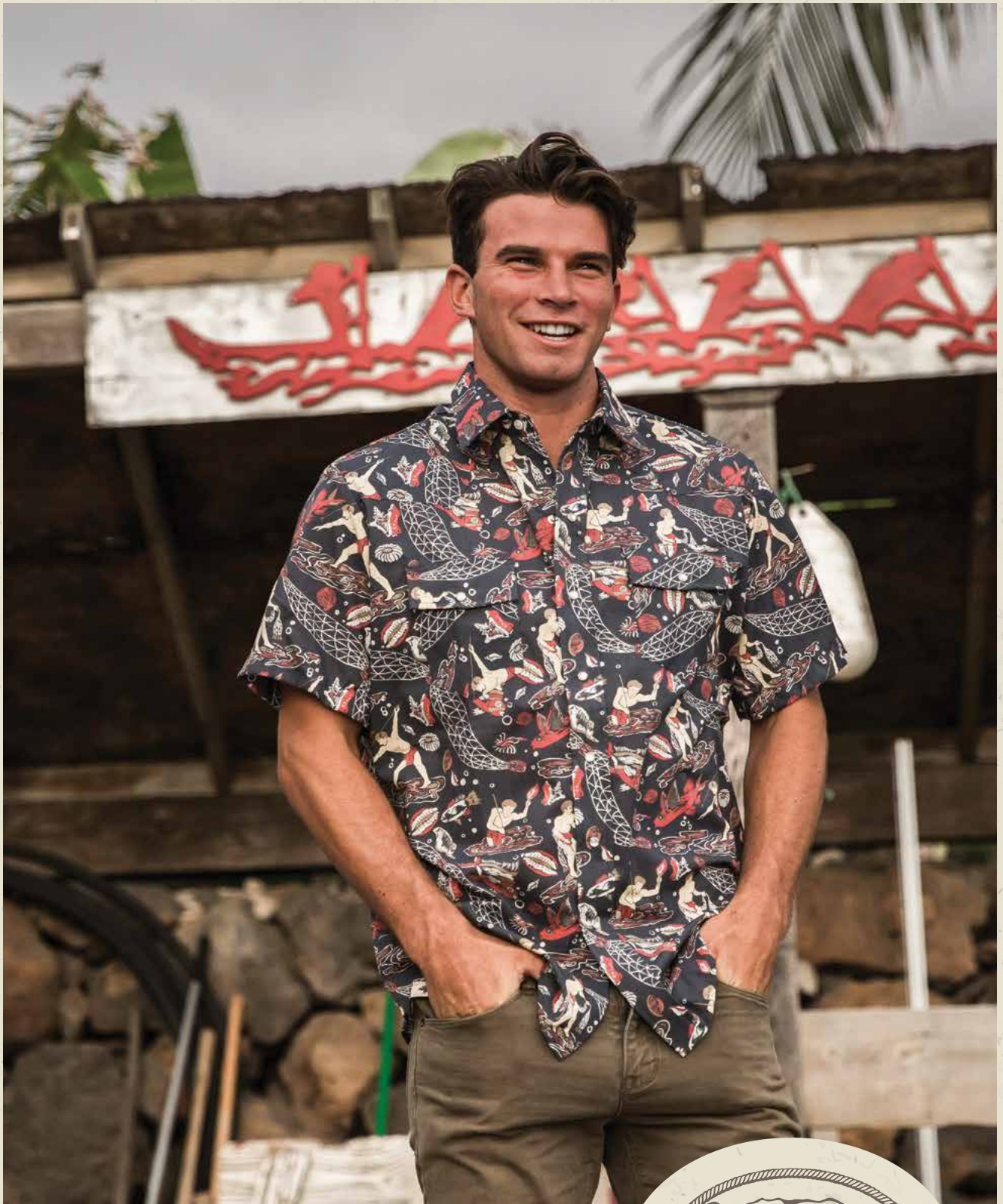
Fireworks Show
from Waikiki

11:00 pm

Club Closes

Please note that parking in the in OCC garage is restricted to OCC members with a valid decal only all day on July 4th.





The Milolii Shirt available at westernaloha.com



WESTERN ALOHA

THE CHEF'S FOUR FAVES

Executive Chef Mark Gedeon shares his favorites from the menu

By Daniel Ikaika Ito

➤➤ **Outrigger Canoe Club Executive Chef Mark Gedeon** is an integral part of the new Food and Beverage team that is responsible for a lot of the positive change in the past year. According to Chef Mark, there is a concerted effort by the team to engage OCC members and create a dialogue between the kitchen and customers.

“We’re out there talking to people more and listen-

ing to what people want and we’re giving them that,” says Chef Mark. “The members seem to be reacting well to it and are really happy with the direction we’re going with the food and beverage side of the Club.”

To further open up the lines of communication, we asked Chef Mark to tell us what his personal favorites are on the menu. The following four dishes are highly recommended by the chef. *Bon Appetit!*

The Deal**16oz. Ribeye Steak with Fried Brussel sprouts, Fingerling Potatoes and Chimichurri Sauce**

“I chose the Ribeye as my favorite dish because it has always been one of my favorite cuts of beef. The intricate marbling that melts and infuses while it cooks. It really just melts in your mouth. We generously season it with salt and pepper which helps accentuate the natural flavors of the beef. I’ve decided to serve this with roasted Brussel sprouts and fingerling potatoes. This natural pairing accompanied with the earthy flavors of our home-made chimichurri makes this a dish to remember. It’s a cut with just the perfect balance of marbling. The Ribeye is very flavorful, with just enough chew — but still tender and delicious. This dish is great quality for a great price.”

**The Local****Ahi Sashimi**

“A local favorite! I have spent the last several years developing relationships with some of the best-known fish mongers in the islands. These relationships help me provide the best of the best Ahi for our members to enjoy. I know that our members love our Sashimi, and what’s better than enjoying fresh seafood right on the ocean with our beautiful view? You can’t beat it!”

**The Visitor****Hawaiian Pizza**

“This pizza gives our members a chance to have a little taste of Hawai’i. The sweet pineapple and salty bacon balance the island flavors. This paired with a nice Mai Tai on the Hau Terrace will finish off any evening just right!”

**Mr. Perfect****Filet Mignon**

“It’s simple and elegant. With a filet, that’s all you need. This paired with a nice cabernet on the Koa Lānai is always a crowd favorite. We finish this dish off with a red wine demi glaze. Once you have this once, we know we will see you again and again. But don’t take my word for it, come down and be the judge!”

A close-up, profile photograph of a man with dark, wet hair and a beard, looking down. He is partially submerged in water, with his head and shoulders visible. The background is a blurred, light-colored wall. A white circular graphic element is overlaid on the man's face, and a thin white line extends from the top left corner towards the center of the circle.

PICTURE
PERFECT
PASSION

PHOTOGRAPHER ZAK NOYLE
IS LEVERAGING THE SUCCESS OF HIS CAREER
TO BUILD COMMUNITY



By Daniel Ikaika Ito



►► **It's a busy Saturday morning in Canoe Alley.** Outrigger Canoe Club members carry their OC1s and paddleboards to the beach while professional photographer Zak Noyle wheels nine 20lb. bags of ice from the parking lot to the shower in the alley. The 33-year-old professional photographer fills a black 100-gallon tub with frozen and liquid water to prepare an ice bath and gets a lot of stares and inquiries from paddlers walking by. This is Zak's favorite recovery technique at the moment. *[Read about the benefits of this on p.18]*

Photos

This page: Zak Noyle

Opposite page: Matt Heriakuji of Zak Noyle



As one of the best surf photographers in the world, Zak's career is physically demanding and the ice bath helps his body recover quicker. Today, he has three friends who he is guiding in the process. As they submerge their bodies, Zak begins to tell them a story about a lion chasing an antelope across the Serengeti. The moral of the story is that if you were to split both mammals in half their insides would look the same, but the main difference is that the lion wants to be there and the antelope does not.

Zak then asks his freezing friend in the ice bath, “are you a lion or an antelope?”

The intent of the story is to have his friends focus on being in the ice and wanting to be in the tub and uncomfortable, rather than giving up before the prescribed three-minute mark to embrace the warm Hawaiian air. Zak encourages them with the mantra, “breathe in the benefits,” which encourages his friends to focus on their breath and not give in to the fight

or flight breathing. He also takes pictures of his friends in the ice bath for their Instagram: one of the many perks of being Zak's friend is getting professional quality pictures of yourself.

“I think social media is an amazing tool and it's something we can utilize – and done in the right way – you have a voice that is worldwide,” says Zak, who has a whopping 402K followers on Instagram as of press time.

He has perhaps utilized social media better than any photographer in the history of the surf industry. The size of his Instagram audience, as well as the stunning, well-curated content, has captured the attention and marketing budget of brands. Today, Zak is one of the few photographers in the world that is sponsored like a professional athlete. RVCA, Canon, Sun Bum, Lacie hard drives, Lexar memory cards, Waiola coconut water, HAYN, Da Fin, EcoScience, Axis Go, Aquatech and V-Tech Manfrotto all support him and his creative endeavors. Zak's client list is also equally impressive. He is regularly hired by Red Bull to photograph special events, and he recently completed shooting another campaign with Apple. His amazing photography makes Zak more than just an influencer he is a brand in himself with a large platform.

“I don't think even five to 10 years ago you could have this [kind of career as a professional photographer] or imagined this,” explains Zak. “Me, creating more in a brand and creating more of a whole business opportunity [...] I want to create more of a whole story to it and I want to be able to be behind it.”

After Zak's first cycle in the ice



Zak Noyle built his career on a foundation of surf photography as demonstrated by this epic shot of Mikala Jones at Off the Wall on the North Shore.

Although he is arguably the best water photographer at the moment, Zak's craft is evolving to breathtaking landscape photography and emotion-evoking portraiture.

bath, he joins his friends in the sauna. Perhaps because it's mid-morning at the Club that the sauna is empty, but whatever the reason it's only Zak and his three friends in there. The conversation organically evolves from the benefits of an ice bath to business as everyone begins to warm up and forget about the 100-gallon tub of cold. Another reason Zak is different from your average Instagram influencer is he is a savvy businessman with ownership in Waiola coconut water and HAYN.

"I was always attracted to business and learning those things. When I was in college I took a lot of business and marketing classes, and it's always something that has interested me before photography," admits Zak. "Now applying the two has been pretty amazing to see it all come together. I feel like I'm one of the few photographers in the

surf industry that has done that."

With all of his success as an entrepreneurial photographer, Zak is always quick to give credit to his parents' influence. Zak's mom, Denise, is the backbone of his business. His father, Ric Noyle, is a successful commercial photographer, who has shot for the likes of Miller Brewing Company and Coca Cola. While his son has far exceeded all expectations, Ric never intended for Zak to make a living as a professional photographer. He merely wanted his boy to be a "good person, be happy and be nice to people."

"I think being a commercial photographer in Hawai'i is a particularly difficult thing to do," says Ric. "You have to have a lot of fortitude and stamina to stay in business and it's a difficult profession because there are so many



people doing it."

When Zak showed an interest in the family business, Ric, who has been shooting with DSLRs since 1996 made his son shoot with film first. That was a character-building and aesthetic-defining exercise for Zak. As a result, he learned how to get the shot without holding down the shutter like a machine gun operator.

"Quality over quantity," explains Zak of what he learned from shooting with film. "With digital, you can



shoot a thousand photos, with film, you've got 36 so you need to make every shot count."

In addition to the analog lessons, Ric would tell Zak to "shoot loose and edit tight." He also encouraged his son to follow his passion and "find his own eye."

"The most important thing for any photographer is to find your own passion that makes you feel good, then all the good things will follow that," says Ric. "Finding your image in whatever you're doing is really important. You must find it in your inner-heart and inner-soul then you can go out and make it."

Zak has found his passion, and like his father, is embracing it, finding success as a professional photographer and giving back to the community. Ric started PhotoCon Hawai'i as a way to build the photography community in the 50th State as well as give his peers an opportunity to be exposed to new equipment.

"My dad started PhotoCon Hawai'i and it was a thing that he wanted to do because he wanted to give back. We are so fortunate that we get to travel for Canon and other things, and not everybody gets

to see the latest equipment. Now, people are just buying online. If we can create a unique and cool experience where people can put their hands on the camera that is where PhotoCon came in. Seeing how my dad is [producing PhotoCon Hawai'i] not for the money, but more to help others and bring up everyone," proudly states Zak. "I think that is so awesome because there are so many other photographers that will easily want to push you down or stand on your shoulders, but they don't want to raise up everyone. You gotta be confident in what you do, and there are other photographers that are better than me, but I still want to raise everyone up and build a community."

Zak has been following in his father's footsteps with community service initiatives like the Aquatography Workshops and Changing of the Tide Photo Contest. He also recently started the Zak Noyle Foundation and has a vision of how to leverage his career to benefit kids in Hawai'i that are interested in photography.

"I created Zak Noyle Foundation as a way to give back to the future generations. I saw how technology moves and changes so quickly," explains Zak



while exiting the sauna. The learning curve with digital [photography] is insane. You can put a digital camera in a kid's hand now and it's affordable and it's something that can change and shape a kid's life. With social media more kids are interested in photography and video."

The last step in the ice bath is a quick 20-second plunge to close the pores then it's hit the showers. According to Zak, the ultimate goal of the Zak Noyle Foundation is to create a center where kids can borrow equipment, edit content and learn from professionals. By starting the foundation, Zak is also thinking of how he can benefit his peers and build community as well.

"I have five to six cameras sitting in my closet that I could never use for my daily work, but that doesn't mean they're obsolete," he says. "I'm sure three out of 10 people have a digital camera sitting in their closet that they don't use anymore that is digital so by starting this [501©3] I can give people a tax credit for donating their cameras and equipment."

After the ice bath, Zak fondly remembers first becoming an OCC member at 11 years old and only being able to come to the Club whenever someone was willing to drop him off. Now, 22 years later, he comes to the Club almost every day when he is on O'ahu to work out and lift, but more so these days Zak comes to the Outrigger Canoe Club to physically and mentally recover.

"Coming here, I get that Panoramic Vision where there is no focus point and it resets my mind," he says. "Where else can you do that? We have the best views in Waikiki." ■



"A great surf photo needs interesting light; I feel it doesn't need to be front lit. In the old days with film you needed [the shot] to be front lit or it was blown. It's interesting light: colorful, dim, speed blur or anything like that and a different angle." — Z.N.

FIT TIP

How To Ice Bath & Sauna

3-4 SETS

One set: 15 minutes in the sauna, 30-45 second shower, 3 minutes in the ice

▶▶ Zak Noyle is a professional photographer, and not a fitness or strength coach. So we tapped his fellow RVCA Advocate Rico Jimenez, who is a CrossFit coach as well as owner/operator of F45 Kapolei West to break down the process and benefits of the Ice Bath and Sauna. In addition to coaching, Rico is also a professional surfer, which is one of the many ways he and Zak are connected. Coach Rico was first introduced to heat and cold exposure work from Kai Garcia and Brian MacKenzie three years ago on the North Shore. Since then, Coach Rico is an Ice Bath and Sauna evangelist. He suggests reading the research of Dr. Rhonda Patrick on the health benefits of cold exposure and sauna to learn more. Coach Rico practices heat and cold exposure work daily at home as a form of physical recovery and meditation. As a result, Coach Rico is the ideal person to tell you how you can utilize this process at the Club and get the benefits of heat and cold exposure.



STEP 1: Sauna

15-20 minutes

Heat first.

“I like to start in the sauna and I like to get the temperature up to at least 185 (degrees Fahrenheit) and you stay in for 15 minutes — 20 if you can but that is really hard. Fifteen minutes is good. If you get dizzy or if you feel like passing out that is a straight indicator that you need to get out. The goal is to be uncomfortable. We’re stressing the body and that is where the benefits come from. There is a term called, ‘hormesis,’ and basically in laymen’s terms mean exposing yourself to small stressors. Heat shock proteins are released when we are stressing our body through the sauna. One of the things that [heat shock proteins does] is refold the proteins of your brain.”

— Coach Rico

STEP 2: Rinse

30-45 seconds

Take a thorough shower after the sauna before you get into the ice.

“I rinse off to get off all the germs, dirt and gross stuff off of you because in the sauna you’re sweating out toxins and everything is on your surface. While I’m rinsing off I really try to focus on my breath and bring my heart rate down.” — Coach Rico

STEP 3: Focus on Your Breath

Before you enter the ice begin breathing through your nose in this cadence: inhale for four seconds, exhale for eight seconds and pause for two seconds before inhaling again. Breathe in this cadence through your nose while in the ice.

“The breath keeps you centered. It keeps you focused. It keeps you calm and it really helps you stay in there. You can use that cadence to get to a state of relaxation and calmness. Nasal breathing opens all the pathways for us to stay in a parasympathetic state versus a sympathetic state, which is panic mode. It’s good to focus on your breath and not the cold: it’s meditative. It keeps your mind strong.”

— Coach Rico

STEP 5:
Walk Carefully

Be careful exiting the Ice Bath and walking to the sauna. Your appendages may be numb so you could accidentally stub your toe on the way to the sauna.

STEP 6:
Repeat Steps 1–6 Three Times

Ideally you want to be in the Ice Bath three times and the sauna four times: sauna, ice bath, sauna, ice bath, sauna, ice bath and sauna.

STEP 7:
Cap It With Cold Dip

After your last 15 minutes in the sauna, submerge your body and head in the ice bath for 20 seconds to close your pores.

“You always end on cold with a quick dip. When I say, ‘quick dip,’ I say about 20 seconds of exposure work in the cold. It’s just a quick dip to close your pores. Your pores are all open from the heat so we end with the cold.” — Coach Rico ■

‘called brown fat,’ which is prevalent in babies. There are two ways the body heats itself: there is non-shivering and shivering thermogenesis. So brown fat or brown adipose tissue is non-shivering thermogenesis. It ramps up our metabolism to 300%, meaning we’re effectively burning fat. Now brown adipose tissue is stored in our mitochondria, which is the powerhouse cells that store all of our energy. Norepinephrine comes in and it scrambles it. All of a sudden, the body goes, ‘we’re not producing energy.’ So it creates all this mitochondria and energy turns the fat brown. So now I’m effectively burning fat just through cold exposure. Also, arthritis and delayed muscle soreness you get from working out because there are heavy anti-inflammatory properties in cold.” — Coach Rico

STEP 4: Ice Bath**3 minutes**

Submerge your entire body so only your neck and head is above water. Clench your shorts or bathing suit with your hands for the entire three minutes.

“Part of the effect of going in the ice is a hormonal response — there is a release of this hormone called, ‘norepinephrine.’ Norepinephrine is released because the body goes through vasoconstriction, which means all your veins and arteries constrict. It goes really small so the body actually thinks it’s dying so it releases this hormone (norepinephrine) to fight against it and it does all this crazy, insane stuff, which is the benefits. Norepinephrine is a hormonal release that is naturally done by the body. It’s a medium for all kinds of things. There is a thing

**RULE:**

Wait An Hour
After You Workout

“When you workout and you’re going for strength, there is an inflammatory process that is necessary that your body needs to go through in order for the body to release in order to make gains. It’s really a counter balance of maybe 45 minutes before your time cap jump in the sauna for 15 minutes and then jump in the ice. Exercise, heat and ice really work together.”



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MAY DAY & NIGHT

With *Western Aloha*

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ASSISTANT Royce Hui
STYLING Daniel Ikaika Ito
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CREATIVE DIRECTOR Warren Daubert

● Western Aloha

A.M.

SUNGLASSES (PREVIOUS PAGE) Nacky Made

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BRACELET Rastaclat

WATCH G-Shock

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Hawaiian Island Creations

SHOES OluKai

SHIRT Western Aloha "Miloli'i"

LEI Meleana Hawai'i

BRACELET Rastaclat

WATCH Nixon

JEANS Levi's

Western Aloha ●

P.M.



PHOTOS (BOTH PAGES) BY TOMMY SHIH

● Western Aloha

Considering that there were paniolo in Hawai'i before there were cowboys in America, the concept behind Western Aloha seems like it was a long time coming. This brand is based out of the Big Island and its clothes marry the performance and style of western shirts with aloha print. According to CEO Paul Sullivan, who grew up wearing western shirts, Western Aloha is all about combining the function of cowboy work wear with the iconic Hawaiian garment.

"It's made for a workwear shirt so it has a slimmer cut because when cowboys were riding on horseback they didn't want to get their shirts caught on barbed wire or brush so [Western Aloha shirts] have a slimmer cut which gives it a modern appeal," says Sullivan. "It's combining the functionality of western shirts and the storytelling of aloha shirts."

One of the first things that you notice with the Western Aloha shirt is its lightweight material that holds its shape extremely well. Furthermore, this brand utilizes a digital printing technique that allowed them to produce smaller runs and preserve the details of a design.

"Western Aloha uses a process that allows us to print on a fabric that is a blend – it's 60% cotton and 40% polyester – it's really a functional fabric because it's easy care, doesn't really wrinkle, you can throw it in the dryer and it dries quickly so it's got these performance characteristics," explains Sullivan. "The printing we use is a modern type of printing that allows us to print smaller batches so we can make a lot of prints and it's an environmentally-sustainable process."

The two Western Aloha shirts featured in this fashion spread honor legendary textile designer John "Keoni" Meigs: Waikiki (green) and Miloli'i (navy). According to Outrigger Canoe Club member Dale Hope, who is guiding the creative direction of Western Aloha, John "Keoni" Meigs was a real bon voyage character. He originally came to Hawai'i to be a reporter, and thanks to his natural artistic talents, Keoni eventually became an architect and clothing designer.

Hope is currently curating the exhibition, "Art of the Aloha Shirt: Keoni of Hawai'i, 1938–51," across the nation. In his research, Hope also found a piece of artwork that Keoni sold to Hope's father back in the day.

"I feel like I know [Keoni] a little bit and have a pretty good feeling for him," says Hope. "When we did the exhibit and museum show I told Paul [Sullivan] that we've got to get in touch and see if we can get a license to use



Keoni's art because it's so great, timeless, wonderful and a certain spirit that we all yearn for."

According to Hope, "Waikiki" is a classic, chop suey print that harkens back to a time in Waikiki's history that we all yearn for. A time when there was more fun and innocence in Waikiki and a lot less concrete.

"All of our memories and hope can never bring [old Waikiki] back, but these shirts can," explains Hope. "We can wear them proudly to know that it was a special era [...] when Waikiki was full of koa canoes, beachboys helping everybody in and out of the water with big smiles on their faces."

The "Miloli'i" print pays tribute to the last Hawaiian fishing village in Kona. Given that Western Aloha is based out of the Big Island, the print of this shirt aligns well with the brand.

"I've been to Miloli'i and I thought I was going to a back-in-the-day, Tahitian fishing town," says Hope. "When we first went down there I could not believe that a place like that still existed so I thought with all of the fish motif that was going on in this print that name would be very appropriate for a piece of art that was so special."

Hope is utilizing his experience as a second-generation aloha shirt maker as well as his extensive knowledge of aloha wear from his book "The Aloha Shirt: Spirit of the Islands" to help keep the brand authentic and respectful of Hawaiian culture.

It's super fun to be working with a company that is small and sort of boutique it has the ability to create something really fun," says Hope. ■

CANOE ALLEY

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Surf Jam 2019

Saturday, June 8, 2019

➤ **Surf Jam will run on Saturday, June 8** (pending surf) and will play host to a full day of giveaways, water-sports, music and lunch at the beach. Register online or at the Front Desk. Beach entry will also be available day of.

For more info or to volunteer contact: OCCsurfinfo@gmail.com
Entry Fee \$40, includes contest t-shirt and lunch. Visit outriggercanoeclub.com for all the details.

Annual Scratchfest Paddleboard Relay Race

Saturday, June 15, 2019

The annual Scratchfest Paddleboard relay race will be open to two-person teams. There will be Juniors, Family and Open races all on Saturday, June 15.



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Outrigger Boys Volleyball Ready to Take On Dallas

Sunday, May 19, 2019

In July 2019, 5 Outrigger boys' volleyball teams will travel to Dallas, Texas to compete in the USA Boy's Junior National Championships. The Club has the honor of sending 4 of its teams to compete in the open division of the national tournament. OCC is among an elite group of clubs nationally in the number of teams it sends to compete at that Open level. The Club will be sending teams to compete in the 18s, 17s, 16s and 14s age divisions. The program is proud of the team's accomplishments and looks forward to a great tournament.

To support the travel costs, the volleyball committee will be holding a Portuguese Horseshoe Tournament on the OCC courts on Sunday, June 9, 2019, from 3:00 — 6:00 p.m. Cost will be \$150 per team, \$800 to sponsor. Enjoy food, drinks, and prizes; Grand prize will be a trip to Vegas! Registration for the event will be open online — look for more information in the weekly e-news or in the Club, any questions can be sent to occboysvball@gmail.com.

In addition, the first Outrigger Volley Fest on Sunday, May 19, 2019. This will allow club members the opportunity to watch the junior teams live in competition. All five teams will play a match against a team of their choice. Mark that date on your calendar, details will follow in the weekly e-news.

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March 2019 Employees of the Month

➤➤ For March 2019, two members of our Beach Services department are being honored for their outstanding efforts, preparedness and reaction during times of crisis. While these men take their duties seriously, you'll see from their bios, they both have a sense of humor and thrive in the team environment here at the Club.

Benjamin Stout

▶ **Ben is a stand-out** in the Beach Services department. Although he works part-time at OCC, he has the ability to perform all the skills required in the department. He was a former lifeguard for City & County, YMCA and Federal so his water rescue skills are strong, and he exhibits calm and confidence when it comes to rescues and responding to medical emergencies. Ben is also very experienced with canoes and the power boats. He brings excellent customer service to members and a positive attitude to every task he attends to.

Ben has been a member of the Beach Services team since 2014. His favorite part of working at Outrigger is his coworkers. He doesn't mind the view from his office either. Originally from Grand Rapids, MI, Ben has called O'ahu home since 2011. He enjoys married life with his wife Kristy and the company of three Siberian Huskies. When Ben isn't working, he enjoys reading. The Lord of the Rings and The Hobbit count among his favorite books. ■

Malek Hurd


▶ **Malek's skillset is very well-rounded**, which adds tremendous value to the Beach Services department. When he is not working at the Club, he is a full-time EMT with the City & County. He has dealt with more than his fair share of emergencies, both on land and in the water, and handles it all with the poise and confidence of a professional. He has great skills in canoes, motor boats and in the water. Malek contributes his understanding to the other employees, so the confidence of the department grows as a whole.


Malek describes his position as Beach Services senior rookie. He loves working at Outrigger, counting his coworkers and the location as being highlights, second only to helping out the members. When not working at OCC, he's most likely to be working as an EMT. Despite this serious work ethic, Malek enjoys having fun. His favorite movie is Rocky and his favorite book is Bone Labyrinth by James Rollins. Malek enjoys listening to 'E ala E' by IZ and 2Pac and eating local grinds. ■



Pa'a Hawai'i Molokai Relay Race

► More than 50 OCC Participants paddled April 20 in the Pa'a Hawai'i Molokai Relay Race crossing the Kaiwi Channel. More than 40 of these participants were kids representing our Outrigger Ka Lahui Kai and Na Kama O Kapua youth programs. They were outstanding in their finishing, claiming top finishes and incredible performance in all categories. The future of canoe racing is looking as bright as ever, with this young generation pushing up. OCC is leading the charge and it's something we should all be very proud of!








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● Canoe Alley

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DECEASED: FEB. 13, 2019
Member: 29 years

Howard Bugbee
DECEASED: FEB. 28, 2019
Member: 50 years

Flora Crichton
DECEASED: MARCH 2, 2019
Member: 33 years

Joan Andersen
DECEASED: MARCH 5, 2019
Member: 70 years

Kehau Kali
DECEASED: MARCH 14, 2019
Member: 35 years

George G. Gallagher
DECEASED: MARCH 25, 2019
Member: 35 years

Lynne Gerner
DECEASED: APRIL 2, 2019
Member: 27 years

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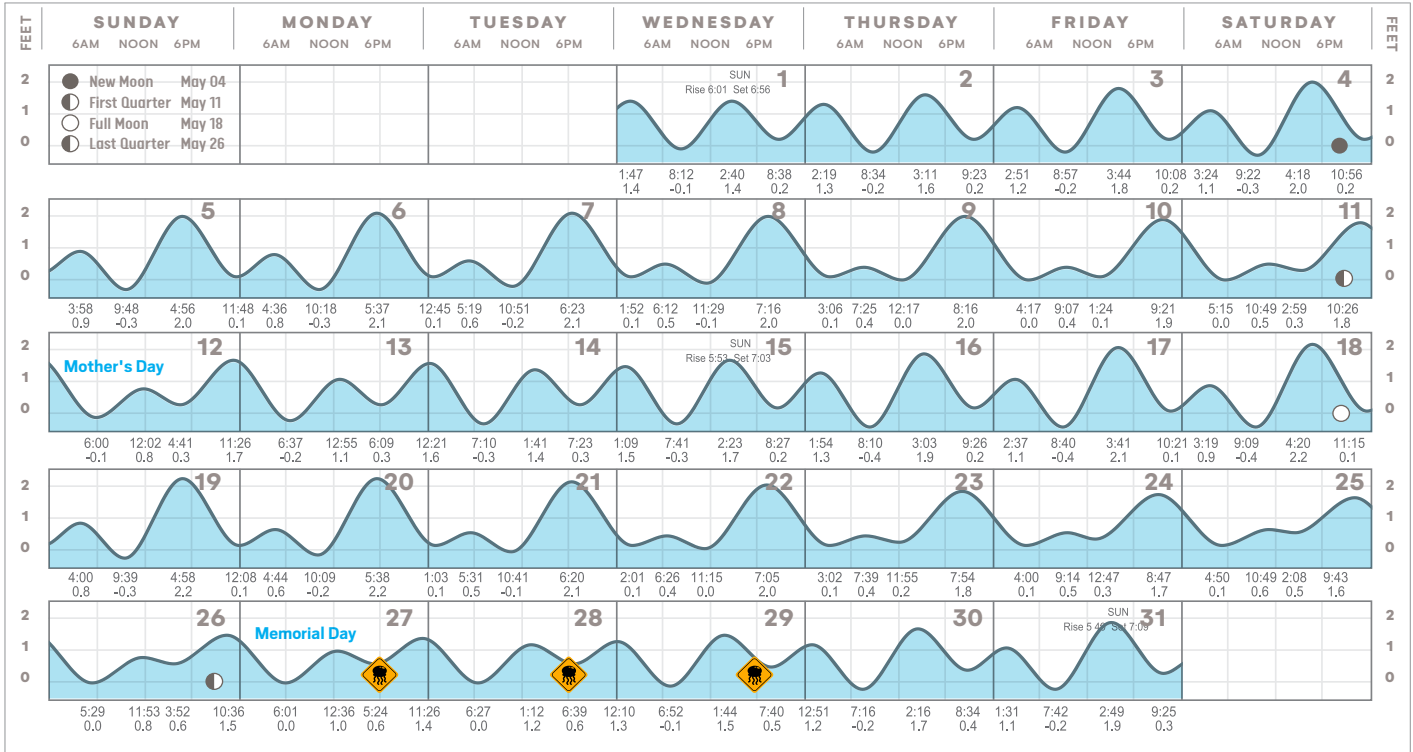


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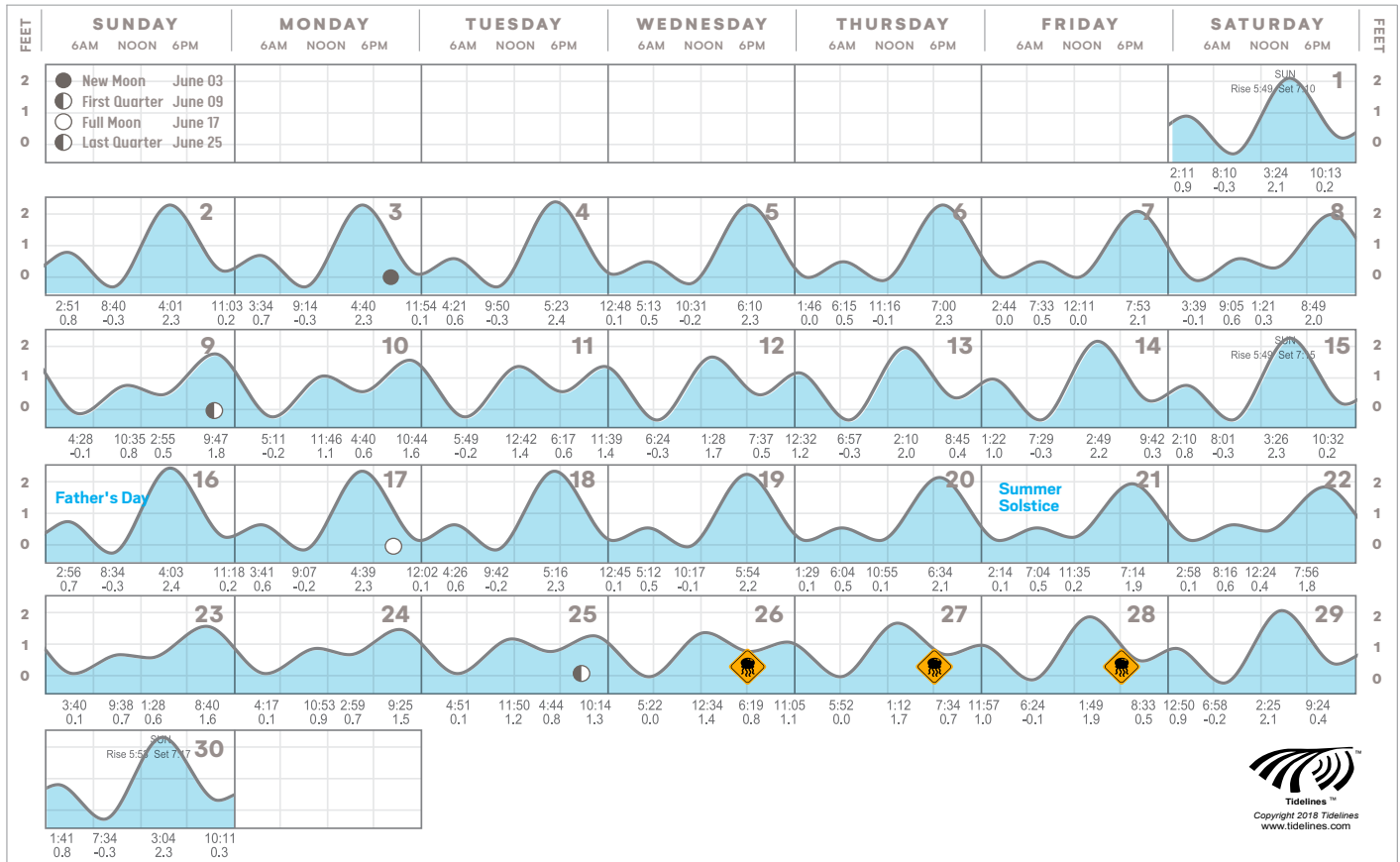
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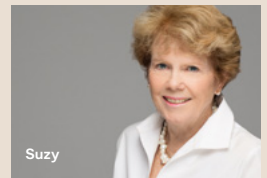


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