



# Lōkahi Outrigger Canoe Center

Monthly Newsletter  
**May 2017**

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*'Ōlelo Hawai'i Corner*

*A'ohe Hana Nui Ke*

*Alu'ia*

*No task is too big  
when done together*

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## Upcoming Events

### May Events

**Dine & Donate Fundraiser @ Pongos** – Tuesday, May 23<sup>rd</sup>

**Hoe Wa'a Long Distance Race – Monterey Beach** – May 27<sup>th</sup> & 28<sup>th</sup>

### June Events

**Malia Regatta – Sea Plane (Alameda)** – June 3<sup>rd</sup>

**Dine & Donate Fundraiser @ Chipotle Petaluma** – June 7<sup>th</sup>

**Regatta #2 – Sea Plane (Alameda)** – June 17<sup>th</sup>

**Regatta #3 – Lake Natoma** – June 24<sup>th</sup>

## Lōkahi News

### **Donation Alert!**

Two generous Lōkahi OCC members have donated a whopping 10 tents!!! The tents will be used to provide shade during the regattas and other events hosted by Lōkahi. We are so grateful for your generosity! Mahalo Nui Loa!

Mahalo to Rob Soares (Uncle Sam's son-in-law) for donating an Aqua Sub Jr watering cart from his business, Battery Watering Technologies. This machine will help us keep our canoes clean at the marina as we do not have a water source.

### **Regatta Season is upon us!**

Our first regatta is June 3<sup>rd</sup> at Alameda! If you haven't signed up to race, **check the shed wall for the sign up form**. While you're at it, sign up for all of the races this season! Race fees (\$5/race) are **due the Wednesday before each regatta, at 6pm**. Envelopes are provided in the shed. Please put the names of the racers on the envelop and drop them in the lockbox in the shed. Want to pay online? Check out our online store!

### **A Royal Feast @ Regatta #1**

Lokahi OCC will be ringing in the new season by providing members with a royal feast! Spam, eggs, and rice; Aunty's famous shoyu chicken...my mouth is watering now! **Members, please bring a fruit or a dessert.** A HUGE MAHALO to Pua, Aunty Ku'ulei, Uncle Sam, Kris and all the cooks who will be preparing the ono grub!



## **Safety with Jim Hanson**

### **Wear Appropriate Clothing**

Wear appropriate clothing for the weather conditions (hot or cold). The combined effects of wet and wind (wind chill) can cause rapid loss of body heat even on warm days. This can largely be prevented by wearing wind proof clothing. Paddlers also often get cold after paddling while putting the canoes away or between sessions. It is important therefore to bring a warm, dry change of clothes for such occasions.

### **Use Sun Protection**

As a paddler you will spend many hours of your life on the water – the UV exposure, even on cloudy days will be high due to reflection off the sea surface. Be aware of potential long term damage to unprotected skin and eyes. Use sun block, protective clothing, hats and sunglasses.