



Lōkahi Outrigger Canoe Center

Monthly Newsletter
April 2017

'Ōlelo Hawai'i Corner

Mālama – to care for

Kahawai - river

*Honua – land, earth,
world*



Upcoming Events

Keiki BBQ – April 15th

Lōkahi Recreational Paddle Day – April 22nd 12pm-2pm

Friends of Petaluma River Cleanup – May 6th

Berkeley Pier Race – May 6th

Lōkahi OCC Fundraiser @ Lagunitas – May 13th 6pm-8pm

Dine & Donate Fundraiser @ Pongos – Tuesday, May 23rd

Hoe Wa'a – Monterey Beach – May 27th & 28th

Lōkahi News

Waffle Day was AWESOME!

A huge MAHALO to Auntie Ku'ulei and Lori Urbanczyk for making those delicious heart shaped waffles! Didn't make it to waffle day, well you better make it to the Keiki BBQ. It's going to be awesome!

Friends of Petaluma River Cleanup

Mālama kahawai! With all the blessed rain we saw this winter, our dearest river needs some TLC. Please join us on **Saturday, May 6th – 9am-1pm**, as we join the Friends of Petaluma River in their Spring Cleanup. Learn more about the cleanup [here](#). And don't forget to RSVP on the website!

Lōkahi OCC Fundraiser @ Lagunitas

Join us at the famous Lagunitas Brewery in Petaluma! May 13th from 6pm to 8pm. Order tickets online or you can pay Pua directly for them. Tickets are limited, so get yours before they sell out!

Are you RACE READY?

Our first race is in May! Have you submitted the required documents to our Race Secretary, Leah Reed? For our keiki, she needs a copy of your birth certificate or a baptism certificate. For our adults, a copy of your ID (Driver's License, State Identification, or Passport). You'll also need your picture taken for your race card. Best to get this done as soon as possible!

HYDRATE, HYDRATE, HYDRATE!!!!

When exercising, proper hydration begins the day before the activity. Drinking lots of water the day before paddling practices & races ensures that your muscles will be in peak condition. If you are thirsty, you're already dehydrated! Here are some hydration tips to follow on the day of practice:

- Drink 17-20 ounces of water two to three hours before the start of exercise.
- Drink 8 ounces of fluid 20 to 30 minutes prior to exercise or during warm-up.
- Drink 7-10 ounces of fluid every 10 to 20 minutes during exercise.
- Drink an additional 8 ounces of fluid within 30 minutes after exercising.



Safety with Jim Hanson

Know when assistance is needed...and then help!

"For safety reasons, a crew that notices another crew in trouble must ask if assistance is required. If assistance is not provided, the crew passing and not giving assistance will be disqualified. Signal of distress will be a paddle up, waving in the air. The crew lending aid will have the approximate time assisting subtracted from their final time, not to displace the first, second or third place finishers not involved in the incident."



Wala'au Corner

Outrigger Canoe Racing – A Brief History

The ancient Hawaiian ancestors traversed the Pacific Ocean on large outrigger canoes (like the big ones in Moana). They were truly islands in the sea! The canoes we are most familiar with, the smaller outrigger canoe, was used for fishing, short travels, and other tasks that required easy maneuverability.

It is said that the sport of outrigger canoe racing was invented in the Hawaiian Islands. Competition was fierce among Hawaiian chiefs, often placing bets on the outcomes of the races. Imagine seeing thousands of canoes racing across the sea through rough currents and turbulent waves! Sadly, with the increase of missionary influences, Hawaiian cultural events, like outrigger canoe racing, was frowned upon. The sport began to fade away.

Yet, here we are today, perpetuating an ancient Hawaiian cultural practice. Whether you're in it to race, get some exercise, or enjoy being out on the water; remember that the canoe you power has a long history. The legacy of the Hawaiian people continues each time an outrigger canoe enters the water, with each 'Huki!' call, with each stroke of a paddle.

Imua Lōkahi!

Got a story to share?. Send it over to Brandon Browning (bmwbrowning@gmail.com) to be included in the next Lōkahi newsletter.