



** WE ARE A CULTURALLY BASED 501(C) (3) NONPROFIT ORGANIZATION **

Ka Leo O Lae'ula

Lae'ula O Kai "To perpetuate the sport and culture of Hawaiian canoe paddling in an atmosphere of respect and aloha. We strive to be Lae'ula O Kai, well-trained and wise in the ways of the lowlands and seas."

July 2018

SIX AS ONE

Things to know

Practice

****ON THE WATER AT SET TIME****

Women Open:

Mon, Tues, Thurs, 5:30am - 7am

Women Novice & 55+: Mon, Wed, 5:30am-7am + Sun 7:00am

ALL: Afternoons Mon, Weds & Thurs, 5:30pm-6:45pm

Men:

Mon, Weds, Thurs, 5:30pm + Sun at 7am

**Mornings if you can't make afternoon: Mon, Tues, Thurs, 5:30am - 7am*

Juniors:

12's, 13's & 14's: Mon & Thurs 3:30pm-5pm; Sun 8-9:30am

Land training: Wed 3:30 pm

15-18's: Tues, Wed, Thurs 3:15pm-5pm;

Land training: Mon 4pm

Dues and Ways to Pay

Adults: \$100 | **Youth:** \$40

- ➔ Cash (in an envelope with your name on it)
- ➔ Check to Lae'ula O Kai mailed to: PO BOX 898, Wailuku HI 96793
- ➔ PayPal from the LuOK website (\$3.00 fee)

Contact Lae'ula O Kai

Location: Kanahā Beach Park

Mailing Address:

PO Box 898

Wailuku HI 96793

Phone: (808)385-3016

Fax: (808)242-1576

Email: sibalidoy@gmail.com

Ho'okama'āina

*** MARK THE DATE ***

Every 3rd Sunday May – July

Pancake breakfast at Kanahā sponsored by Lae'ula O Kai 9:45am – 10:30am!

A time to get acquainted with, hear the stories of, build relationships with our 'ohana Lae'ula.

As with all our events this year please bring your own plate, utensils, and cup. Mahalo!



Coach's Corner



Coach Sharon

Super happy with the adjustments we are making and everyone's positive attitudes. We need to remember to be patient as we work through our technique and become comfortable with it.

Personally, as we progress, I learn more about it, more ah ha moments and hoping you all are having those moments as well.

As you may have noticed we have 45+ kamali'i in the 12-14 year old division. Big shout out to coaches Kamalani, Emi and Ho'okahi for their kōkua with this army of kamali'i. Takes lots of energy but it is super fun and they are working hard. Looking forward to long distance. **sib**

See Mary or Adrienne for raffle tickets for the Mizuno Surfboard.

\$5 each or 3 for \$10

Drawing will be August 11 after the Tag-Team race.



Mahalo

- Coach Lauren from Coach Kelli Rios for her assistance with the Manini program. Lauren has paddled with LuOK since she was 8 and is Kelli's daughter.
- All those who help haul and rig the canoes from regatta to regatta, and setup/take down the LuOK tents.
- All the LuOK coaches for giving so freely of their time to all the LuOK paddling programs from Manini to Adult.
- To All LuOK paddlers for making the effort to show up and participate, encouraging each other with Aloha.



Good Times! ☺ ~ Manini Campers



LuOK Manini Campers



matson.

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AROUND THE CLUB

Manini Camping

Monday night July 2nd paddlers from the Manini went camping at the LuOK site.



There were 27 kids and lots of fun,

crabbing, fishing, games, and making memories for these keiki.

Thank you to the Manini Coaches Kelli Rios, her assistant coach and Daughter Lauren, and all those involved in the Manini program. They are the future of LuOK and the



continuation of outrigger paddling on Maui and across the Hawaiian Islands. What you do with them at this time will impact their lives in a positive way forever. Much Aloha and Mahalo!

Regatta Season

Regatta season continues and LuOK has made a strong showing at each event. The weekend of July 14th LuOK finished 3rd in the regatta by one point.

As the season continues coaches and paddlers continue to work hard heading toward the State Meet on August 4th to be held on Oahu.

Finishers' 1st – 4th place:

July 7: Moki Kalanikau/Ka Lae Pohaku

Event 2: Men (65 yrs.) – 3rd

Event 3: Women (60 yrs.) – 3rd

Event 4: Men (60 yrs.) – 2nd

Mixed 40 June 2nd Regatta

Event 5: Girls 12 yrs. & under B – 1st ☺

Event 8: Boys 12 yrs. & under A – 3rd

Event 10: Girls 13 yrs. & under – 4th

Event 11: Boys 13 yrs. & under – 4th

Event 12: Girls 14 yrs. & under – 4th

Event 16: Girls 15 yrs. & under – 3rd

Event 17: Boys 15 yrs. & under – 4th

Event 20: Girls 16 yrs. & under – 4th

Event 21: Boys 16 yrs. & under – 4th

Event 26: Women (55 yrs.) – 1st ☺

Event 28: Women (50 yrs.) – 2nd

Event 29: Men (50 yrs.)- 3rd

Event 30: Mixed Men & Wn (55 yrs.+) – 3rd

Event 31: Mixed Men and Women (60+) – 2nd

Event 32: Mixed Men & Wn (65 yrs.+) – 3rd

Event 33: Women Freshmen – 3rd

Event 35: Women Sophomore – 3rd

Event 36: Men Sophomore – 4th

Event 41: Mixed Men & Women (40 yrs.) – 3rd

Event 43: Women (40 yrs.) – 1st ☺

Event 45: Women Open – 3rd

Event 47: Mixed Men & Women 70 – 2nd

Event 49: Mixed Men & Women 70 – 2nd

Event 51: Mixed Men & Women 70 – 2nd

Event 53: Mixed Men & Women 70 – 2nd

Event 55: Mixed Men & Women 70 – 2nd

Event 57: Mixed Men & Women 70 – 2nd

Event 59: Mixed Men & Women 70 – 2nd

Event 61: Mixed Men & Women 70 – 2nd

Event 63: Mixed Men & Women 70 – 2nd

Event 65: Mixed Men & Women 70 – 2nd

Event 67: Mixed Men & Women 70 – 2nd

Event 69: Mixed Men & Women 70 – 2nd

Event 71: Mixed Men & Women 70 – 2nd

Event 8: Boys 12 yrs. & under A – 1st ☺

Event 10: Girls 13 yrs. & under – 4th

Event 11: Boys 13 yrs. & under – 3rd

Event 12: Girls 14 yrs. & under – 4th

Event 16: Girls 15 yrs. & under – 4th

Event 20: Girls 16 yrs. & under – 4th

Event 26: Women (55 yrs.) – 1st ☺

Event 28: Women (50 yrs.) – 1st ☺

Event 29: Men (50 yrs.) – 3rd

Event 30: Mixed Men & Wn (55 yrs.+) – 3rd

Event 31: Mixed Men and Women (60+) – 3rd

Event 32: Mixed Men & Wn (65 yrs.+) – 3rd

Event 33: Women Freshmen – 2nd

Event 35: Women Sophomore – 3rd

Event 36: Men Sophomore – 4th

Event 40: Men Open Four – 4th

Event 41: Mixed Men & Women (40 yrs.) – 4th

Event 43: Women (40 yrs.) – 1st ☺



Tunnel for a winning crew

July 14: Keiki o Maui

Event 3: Women (60 yrs.) – 3rd

Event 4: Men (60 yrs.) – 3rd

Event 5: Girls 12 yrs. & under B – 3rd

Event 6: Boys 12 yrs. & under B – 2nd

Kōkua

- ➔ If you shop Amazon Smiles, LuOK is on the list to donate to.
- ➔ Mālama Honua; bring your own plate, container, utensil, and cup to regattas, events, camping trips, and pot lucks.
- ➔ Donate at the LuOK website for the Koa canoe, repair of Ko'alaika'alekai, and the Ke Kumu replacement.
- ➔ Looking for coconuts to make our own coconut cups. Donations taken any time. Contact Sib if you have.

Save the Date - EVENTS

- ➔ **August 4th:**
State Regatta on Oahu
- ➔ **August 11th :**
LuOK Tag Team Race

Paddler Profile

Robert Perkins

Aloha LUOK meet your fellow paddler *Robert Perkins*. Thank you Robert for telling us about you. 😊

How Long with LuOK: Third year

Other Clubs: Lanikai and Kukui Ula

Worst Race: Novice A in Hanalei, we

were in first but stopped at the quarter mile.



Best Race: Yet to come

What I have learned from Paddling:

Love and tolerance

My hopes (and dreams) for this season and going forward with paddling:

To beat Reggie in 1 man time trials

Welner



With much aloha and sadness Lae'ula O Kai sends its heartfelt sympathy and Aloha to the family of our friend and paddler Welner who passed away on July 6th. Our well wishes to his 'ohana Loke and daughters.

Lana kākou i ka hau'oli o ha'i.

[We look forward to the happiness of others.]

Paddle out...

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Hawaiian Lunar Month



A chant for remembering the days of the moon:

Kamali'i 'ike 'ole i ka helu pō

Kamali'i 'ike 'ole i ka helu pō
[Children who do not know how to count the nights]

Muku nei, muku ka malama
[Here is Muku, cut off is the moon/month]

Hilo nei, kau ka Hoaka
[Here is Hilo (Faint streak of light), the Hoaka (Crescent) rises]

'Eha Kū, 'eha 'Ole
[There are 4 Ku days, and 4 'Ole days]

Huna, Mōhalu, Hua, Akua
[Huna (Hidden), Mohala (Blooming), Hua (Fruit), Akua (God)]

Hoku, Māhealani, Kulua
[Hoku (Full Moon Night), Māhealani (Full Moon Night), Kulua (Trickling away)]

'Ekolu Lā'au, 'ekolu 'Ole
[There are 3 Lā'au (Plant) days, and 3 'Ole days]

'Ekolu Kāloa, Kāne, Lono, Maui no.
[There are 3 Kāloa (Kanaloa) days, Kāne, Lono, and Maui (Life-Spirit). Kanaloa, Kāne and Lono are three major gods of ancient Hawai'i.]

Part 4 of 4

Reference: http://archive.hokulea.com/ike/hookele/hawaiian_lunar_month.html

AROUND THE COMMUNITY

Maui Humane Society



The Maui Humane Society, a 501(c)(3) non-profit organization, has been in existence for 66 years and is the only open admission animal

shelter on the island of Maui. Our mission is "to protect and save the lives of Maui's animals, accepting all in need, educating the community, and inspiring respect and compassion towards all animals". Each year MHS helps thousands of animals, taking in over 6,000 animals to the shelter and serving many times that number through community outreach programs.

Reference:

http://www.mauihumanesociety.org/content/501346512b874/Mission_and_History.html

PO Box 1047, Pu'unene, HI 96784

Operating Hours: Monday through Saturday, 11am to 6pm

Phone: (808) 877-3680

Info@MauiHumaneSociety.org

Maui Ocean Center



We are a group of passionate people who love Maui and its unique culture, marine life, and community. Since opening our doors in 1998, we have worked together to protect and advocate for Hawaii's marine life. We are proud to offer the best up-close and guaranteed encounters with the most unique and amazing marine life found nowhere else.

With one of the largest collections of live Pacific corals in the world, 20 daily presentations by marine naturalists, we hope to provide guests an understanding and appreciation of Hawaii's marine environment and local culture.

We support the preservation/conservation of the natural coast of Kanaha.

Reference: <https://mauiocceancenter.com/>

192 Ma'alaea Road

Wailuku, Hawaii 96793

Phone: (808) 270-7000

Email: Info@MauiOceanCenter.com

Feed My Sheep



People of the Community Working together to feed the hungry in body, mind & spirit

Feed My Sheep is a unique mobile food distribution program. We take our distribution to neighborhoods of need each week. We pass out bags of groceries to anyone who needs our help. We give emotional support by offering a listening ear and prayer; so that they can experience love and not judgement in their time of need

The results are exciting. Each month we give 69,000 half-pound meals. In the last year we have given food to 3,200 people including working but poor families, seniors on fixed incomes and homeless men and women. Each person who comes has a few moments with someone who cares and food for their week.

Feed My Sheep is a 501 (c) 3

Non-Profit organization

Federal ID# 91-2196666

Reference: <http://feedmysheepmaui.com/>

Feed My Sheep, Inc

PO Box 847

Pu'unene, HI 96784

Office Phone/Fax: (808) 872-9107

Pu'unene, HI 96784

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'Ōlelo no'eau.

Hawaiian Proverbs, Values & Truths 'Ōlelo No'eau to Live The Sacred Hawaiian Way

He mau makana nāu kēia na kō mākou kūpuna./ These are gifts for you from our elders.

By their living examples, our kūpuna/elders bestowed their Hawaiian values upon their keiki/children and mo`opuna/grandchildren.

These were the best gifts given, as lives imbued with these values are immeasurably enhanced and truly waiwai/rich, in heart and in spirit.

May you strive to embrace, cherish and preserve these values, so you too may live a life of value.

**Lana kakou i
ka hau'oli o
ha'i.**

**We rise by
uplifting others.**

Reference: <http://www.thesacredhawaiianway.com/hawaiian-proverbs-values-and-truths-olelo-noeau.html>

EDITOR'S

BE KIND
WORK HARD
STAY HUMBLE
SMILE OFTEN
STAY LOYAL
KEEP HONEST
TRAVEL WHEN POSSIBLE
NEVER STOP LEARNING
BE THANKFUL ALWAYS
AND LOVE

CORNER

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