



** 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."

June 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!



Mahalo

- Adrienne and her crew for the Bowl-athon: Irina, Mary, Laurene, Sonseeaya, and Chad. A good time was had by all!
- Whole Foods Fish Department; one fish, two fish, red fish, blue fish, who came out to support the LuOK Bowl-athon. It was awesome of you to come! ☺
- Wholefoods other team that came out to support LuOk!
- Wailuku Bowl for letting LuOK use their facility all day!
- The organizers of the Junior Car Wash, thanks for a successful event! ☺

Junior Division Car Wash

Mahalo to all that came out to support!

It was a huge success for the Junior Division and monies raised go a long way in supporting their paddling season. Mahalo!



Whole Foods Fish Department



A Bowling Family



Music at the Hana Regatta



Good Times! ☺

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AROUND THE CLUB

Bowl-athon

May 19th the LuOK paddling family traded in their paddles for bowling balls.



The all-day event at the Wailuku Bowling lanes was a fundraiser for the club along with a silent auction and the

selling of refreshments.



Bowlers rolled 2 games each and kept score among themselves. A raffle was held during each session and participants won donated items of t-shirts, hats, lotions, sunscreens, and other sundry items.

Mahalo to the Wholefoods team who came in uniform and all those that supported this effort.



Mahalo to Adrienne and the Bowl-athon crew. Raise your glass to a successful event!



Regatta Season

June 2nd marked the beginning of the 2018 Maui County Hawaiian Canoe Association Season. The regatta held at Kahului Harbor was hosted by Lae'ula O Kai.

Many crews found success with the new stroke while others continue to improve at it. Among those finding success are the ladies of the W50.



Regatta Finishers 1st – 4th place:

June 2nd: Mayor's Umeke

Event 2: Men (65 yrs.) 3rd
Event 3: Women (60 yrs.) 2nd
Event 4: Men (60 yrs.) 3rd
Event 6: Boys 12 yrs. & under B 3rd
Event 8: Boys 12 yrs. & under A 2nd
Event 11: Boys 13 yrs. & under 3rd
Event 12: Girls 14 yrs. & under 3rd
Event 16: Girls 15 yrs. & under 4th
Event 17: Boys 15 yrs. & under 2nd
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.) 1st ☺
Event 29: Men (50 yrs.) 2nd
Event 30: Mixed Men & Wn (55 yrs. +) 3rd
Event 31: Mixed Men and Women (60+) 3rd
Event 33: Women Freshmen 4th
Event 35: Women Sophomore 2nd
Event 37: Women Junior 3rd
Event 45: Women Open 3rd

June 9th: Dougie Tihada

Event 2: Men (65 yrs.) 3rd
Event 3: Women (60 yrs.) 3rd
Event 4: Men (60 yrs.) 3rd
Event 5: Girls 12 yrs. & under B 3rd
Event 8: Boys 12 yrs. & under A 2nd
Event 12: Girls 14 yrs. & under 3rd
Event 16: Girls 15 yrs. & under 3rd
Event 17: Boys 15 yrs. & under 3rd
Event 26: Women (55 yrs.) 1st ☺
Event 28: Women (50 yrs.) 1st ☺
Event 29: Men (50 yrs.) 2nd
Event 30: Mixed Men & Wn (55 yrs. +) 3rd
Event 31: Mixed Men and Women (60+) 2nd
Event 33: Women Freshmen 3rd
Event 35: Women Sophomore 2nd
Event 40: Men Open Four 3rd
Event 41: Mixed Men & Women (40 yrs.) 3rd
Event 43: Women (40 yrs.) 1st ☺
Event 47: Mixed Men & Women 70 2nd

June 16th: Naleieha

Event 2: Men (65 yrs.) 3rd
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 3rd
Event 8: Boys 12 yrs. & under A 2nd
Event 10: Girls 13 yrs. & under 3rd
Event 11: Boys 13 yrs. & under 3rd
Event 16: Girls 15 yrs. & under 4th
Event 20: Girls 16 yrs. & under 3rd
Event 26: Women (55 yrs.) 1st ☺

Event 28: Women (50 yrs.) 2nd
 Event 29: Men (50 yrs.) 2nd
 Event 30: Mixed Men & Wn (55 yrs. +) 3rd
 Event 31: Mixed Men and Women (60+) 3rd
 Event 32: Mixed Men & Wn (65 yrs.+) 4th
 Event 33: Women Freshmen 4th
 Event 35: Women Sophomore 2nd
 Event 39: Women Open Four 3rd
 Event 41: Mixed Men & Women (40 yrs.) 4th
 Event 43: Women (40 yrs.) 2nd
 Event 45: Women Open 4th
 Event 47: Mixed Men & Women 70 4th

June 23rd: John Wilmington III

Event 2: Men (65 yrs.) 2nd
 Event 3: Women (60 yrs.) 3rd
 Event 4: Men (60 yrs.) 2nd
 Event 5: Girls 12 yrs. & under B 1st ☺
 Event 6: Boys 12 yrs. & under B 1st ☺
 Event 8: Boys 12 yrs. & under A 4th
 Event 10: Girls 13 yrs. & under 4th
 Event 11: Boys 13 yrs. & under 3rd
 Event 13: Boys 14 yrs. & under 4th
 Event 16: Girls 15 yrs. & under 4th
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Up the Mountain

June 30th the teenagers, with coaches Mary, Martin, Kamalani and Sharon ventured up the mountain for a few days of fun. Spotting the Native birds, seeing the 'Iliahi

(Sandalwood) in bloom, and the full moon rising were among the highlights, 2nd to the time spent with crewmates (friends).

It was a chilly full-moon night up at Hosmers Grove (Haleakalā), we kept warm singing and dancing hula. Not much sleeping as we were up for sunrise.



E Ala E as the sun lit up the sky and we could see Mauna Kea, Mauna Loa and Hualalai.



We headed down to finish off the day at Kanahā, on the water. Good fun! **sib**

New Shirt Design

There was a contest amongst the kids, asking them to submit drawings for a new jersey.

All the drawings submitted came from the 12 boy's crew and Phoenix submitted the winning drawing, and items were incorporated from some of the designs submitted from Kimo's and Kaiohu's drawings.

The designs were sent to a company and some mock-ups were received. The kamali'i voted on the black and

we are still WAITING; hoping it arrives in time for states.

Cost will be \$32/jersey with \$5 going towards the junior division to help the 2 crews with their airfare for states. Stay tuned! ☺ **sib**



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

- ☞ **July 8:** Joy will be hosting a Yoga event for paddlers in July; *my apology to her for losing the information she sent.*
- ☞ **August 11:** Mary and Adrienne have raffle tickets for a new 8.0 Kazuma surfboard. \$5 for 1, 3 for \$10. Winning Ticket will be pulled after tag team race Aug. 11!

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Paddler Profile

Wailana Ho'opai

Aloha LUOK
o'hana,

I would like to take this opportunity to introduce my grandson Wailana Ho'opai, first year paddler with 12 yr. olds.



Not just being a proud "papa," but I'm so happy that without any influence he decided to join our club.

From his first time in the wa'a I was deeply impressed by his diligence and courage. Double digit winds, along with sea-chop didn't appear to faze him, and he was honestly trying to keep timing etc. When asked about his overall experience, he's positive and says it's fun.

Wailana will be entering the 7th grade at Kamehameha Schools, and maintains his dreams of being a senator. If you wish to discuss history, current events, or even politics, spend some time with him and you just maybe surprised with his 'ike.

'Imua with aloha,
Kawika Medeiros
60men

Hawaiian Lunar Month



The third 9-10-day period was called "emi," "decreasing" or "waning," as the moon loses its light. The last quarter moon rises around midnight and sets around noon. Muku, the new moon, is unseen between the earth and the sun.

Of this period (ano), Malo writes, the moon, as it waned, "showed itself in the east late at night," as it was now over three-quarters of the way behind the sun along the path of the ecliptic.

21-22-23. 'Ole Kūkahi; 'Ole Kūlua; 'Ole Kūpau (Literally, First, Second, and Last 'Ole Kū; 'Ole Kūlua was the last quarter; the names of days 21-23 match the names of 7-10 days of the first quarter moon, and mark the transition from more than half-lit moon to less than half-lit moon.);

24-25-26. Kāloa Kūkahi; Kāloa Kūlua; Kāloa Pau (Literally, First, Second, and Last Kāloa Kū. Kāloa is short for Kanaloa, a major akua, or god.)

27. Kāne. (The name of a major akua, or god.)

28. Lono. (The name of a major akua, or god.)

29. Maui ("Ghost," "spirit"; Malo: "fainting"; Kepelino: "last breath")

30. Muku ("Cut-off." The new moon; the end of the moon cycle. The moon is in front of the sun: its backside is lit, and its frontside, facing the earth, is dark.)

Part 3 of 4

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



'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.

Pono no kākou e
kūlia i kā kākou
hana po`okela

We must strive to do our
best work

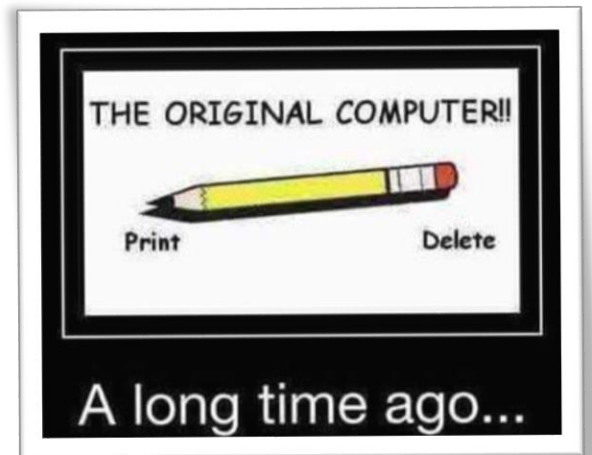
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EDITOR'S



CORNER