



PADDLING WITH KEŌUA

2015 Paddlers Handbook



Aloha Keōua Paddlers! Welcome to the 2015 Paddling Season.

This handbook has been prepared to familiarize new and continuing members with our canoe club, and all the guidelines and expectations for paddlers.

Canoe Etiquette

Prepared by Calvin Kelekolio and Rafael Ramirez in 1978

Rules for Respecting Canoes:

- All paddlers must help hapai (*carry*) canoes from and to the water.
- All paddlers must learn to rig the canoes and assist whenever possible.
- All paddlers must assist in maintenance and repair of canoes.
- Do not sit or play on canoes when not in use.
- Always board and disembark from canoe on the *ama* side, take your seat *without* standing or walking in the canoe.
- Do not talk, swear, or argue in the canoe, only your captain (steersperson) should talk and give positive reinforcement.
- Bail the canoe before and after each use. Be sure there is a bailer; your steersperson will ensure there is an extra paddle. Each paddler is responsible for his/her own paddle.
- Clean paddlers in a clean canoe = good clean fun!
- Never leave a canoe unattended in the water.
- Rest the canoe on horses when on the beach, and in the shade where possible.

General rules of conduct for Keōua members

- Respect the coach's decisions. Do not argue with your coach.
- Do not use foul or abusive language on the beach or in the canoes.
- There will be *no* physical confrontations allowed.
- Respect the property of others / Respect each other – No exceptions.
- No drinking of alcoholic beverages or smoking during practice hours 3:00 pm to 6:30 pm. If you must, do so on your own time, elsewhere.
- Be on time for practice. If this is not possible, inform your coach or crew captain ahead of time.
- Violation of any of these rules may be grounds for suspension or expulsion from the club.

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PADDLING PROTOCOLS AND PROCEDURES

Respect and be responsible for our equipment

Canoes

- Lift boats in and out of the water carefully.
- Do not scrape bottoms of boats on the ground.
- Do not intentionally bang other canoes during practice or races.

Paddles

- Treat club paddles as if they were your own.
- Wipe off and rinse and put away club paddles after use.

Mutual respect between coaches and paddlers

Coaches

- Treat every paddler with respect.
- Discuss disagreements in private.
- Be positive: if paddlers don't understand you, try a different way
- No yelling or swearing at paddlers.

Paddlers

- Treat each other with respect.
- Take any disagreements directly to the crew coach, if any. If unable to resolve the problem, take it to the head coach.
- No yelling or swearing at fellow paddlers or coaches.

Crew Protocols

- One paddler (#1, #2 or #3) calls out the changes.
- #3 or #4 relay steersman's calls to the front of the boat.
- #2 and #4 be ama conscious.
- #5 acts as backup steersman, helps steer when called on by #6.
- #6 (steersman) is the captain of the crew. What the steersman says, goes.
- There is no position in the crew that is more important than any other.

Practice Protocols

- Paddlers try to attend all practices. If you cannot attend a practice, inform your coach so adjustments can be made. In some cases, missing practice may mean losing your seat in the race for that week.
- If you need to leave early, let your coach and steersman know in advance so that you can be dropped off early, or be given an alternative workout.
- All paddlers should help carry the canoes into the water – don't stand there watching others get the job done.
- Do not criticize other paddlers, even if it is something obvious. The steersman or coach will advise paddlers.
- No talking in the canoe while practicing, unless necessary.
- Do not talk to other members about another paddler's performance.
- When the canoes come back in to Kapuwai after practice, two paddlers stay with the wa'a while the rest of the crew helps carry the other boats back up to the lot.

Crew Assignments

- You may not always paddle with the same crew. Paddlers are switched around to find combinations that work at peak efficiency.
- Keep an open mind and always try your best in any seat. Be a team player.
- Coaches may let you know your crew assignment as early as Thursday before a race. However, depending on attendance, paddlers may be shifted to fill in or work with new combinations.
- Any Keōua paddler consistently showing unacceptable or unsportsmanlike conduct will be seated out of races, or in extreme cases, will be asked to leave the club.

Dues and Fees

- Members should make every effort to pay their membership ASAP after the start of the paddling season.
- No paddler will be cleared to race until dues are paid in full.
- Rack fees for storage of personal OC-1 and OC-2 canoes should be paid at the same time as membership fees. Failure to pay storage fees owed could result in your canoe being removed from the storage rack.



Keōua Women, Open Koa, Queen Lili'uokalani Long Distance Race 2013

PADDLING WITH KEŌUA

By Rafael Ramirez

March 2014

Ka Wa'a

The wa'a, outrigger canoe, was one of the most important elements of Polynesian culture, providing a means of transport across the vast ocean for resettlement, subsistence and sustenance from the sea for the 'ohana, for love, war, and friendly competition. The wa'a also represented the inter-relationship between the spiritual and earthly realms.

For centuries, kahuna kalaiwa'a, master canoe carvers, have been inspired by aumakua, ancestral spirits who rule and inhabit the forests, as well as the seas. From choosing the koa tree for the kino, the hau for the iako, and the wiliwili or ohia for the ama, to shaping and finishing the wa'a, each step required intense meditation and ritual.

The kahuna kalaiwa'a prayed for the aumakua's favor and intervention to ensure a successful undertaking. Through dreams, they would share their skills and knowledge, review each day's progress and give the canoe carver ideas and directions on how to proceed through each stage. Upon completion, the wa'a would be rigged, a name chosen, and blessed for its maiden voyage.

To the Hawaiians, outrigger canoe paddling was more than a sport; it was a way of life. Today, we carry on the ancient traditions through our participation in carving, maintaining, and racing these unique canoes made of koa from our mauka forests on the island of Hawai'i.

Created from the most majestic of trees, each canoe is a living testament to the ingenuity and skill of our ancestors, and is imbued with the mana of all who have been involved, and share and partake of its essence. The akua and aumakua of the forest and the sea, the kupuna who saw it grow, the kalaiwa'a who gave it shape, the 'ohana that welcomed, named and blessed it, and the paddlers that move it, all are present and alive in the canoe, every time it enters the sea. Thus, each canoe is regarded and respected as an important member of the 'ohana.

From this perspective, it seems clear that the first rule of canoe paddling is respect; for the canoe, for the kalaiwa'a and those who have come before us, for each other as crewmembers, for everyone else involved in the sport, and most of all, for the 'aina and moana. This reverent attitude will ensure that your experience as a canoe paddler will be something that permeates and positively impacts every facet of your life.

Hand in hand with respect comes attitude, the understanding that we are all in the same canoe and that each paddler and member of our 'ohana has an important role to play in our day-to-day endeavors. Accordingly, tolerance, humility, forgiveness, and generosity are virtues that will allow us to overcome our difficulties and conflicts. This is the attitude embodied in the process of ho'oponopono, a mental cleansing that enables us to analyze and understand the sources of personal conflict. Through mutual understanding, the doors are opened for making things right and moving forward.

Hoe Ka Wa'a

Once we embrace respect and an open, trusting attitude towards our paddling 'ohana, we are ready to embark on a journey of self-discovery to explore our limits and develop our potential. In the canoe, we leave our worries on the shore and focus on working together as a crew. Each paddler contributes in proportion to their level of conditioning and skill, but with the added elements of respect and attitude, the crew can be far greater than the sum of its paddlers.

Respect and attitude require mental conditioning and can be developed through the practice of meditation, social interaction, and conscious application to all your activities of daily living. Physical conditioning, however, requires practice, practice, practice! Whether paddling, swimming, running, cycling, yoga, weightlifting, or surfing; your level of conditioning is proportional to how much time you devote to strenuous physical activity on a regular basis. Some paddlers are only able to practice during scheduled times, 2-4 times a week, but the more time you put into it, the stronger and healthier you and your crew will be. Of course, to engage in any sport, much attention must also be given to proper nutrition and hydration to attain peak performance. This is an important consideration that is open to discussion but varies with each individual depending on their body type, age, health and other factors.

Paddling Technique

We can now discuss technique, a topic that varies from year to year and from coach to coach, but a good rule of thumb is to always watch the top paddlers and crews. One thing always stands out and that is their timing! With respect, attitude, conditioning, perfect timing, and the same technique, paddling will seem and feel effortless. Over the years, there have been changes in paddles, canoe designs, and paddling technique, but the winning crews are always distinguished by their level of conditioning, their timing, and ability to work together as one.

The following quotes are excerpts on technique taken from Introduction to *Hawaiian Outrigger Canoeing*, a compilation of on-line articles on the subject, and from the 1995 edition of *Kanu Culture* by Steve West.

“An efficient technique is the key of enjoyable and fast outrigger canoeing. Marathon and outrigger racers who not only have to survive multiple-hour races but also finish strongly, have learned a lot about taking efficient strokes.”

“In any endurance sport efficiency is the key to getting the best results with the least amount of effort and of all canoeing, outrigger and marathon racing puts the highest premium on efficiency. Observing a canoe race, you'll notice the leaders go by looking relaxed and going fast. Sometimes they don't appear to be working very hard. Then the rest of the teams follow, each one going slower but appearing to be working much harder than the leaders. What's going on here? Do the leaders have a much faster canoe? The fact is, they are simply much more efficient in their technique than the teams which they are beating.

“Outrigger canoe racing is an endurance sport. The leaders of a cross-country ski race or a runner in a marathon or triathlon appear to be gliding along with minimal effort. Their motions are just enough to get the job done without wasting precious energy. Hence the rule in endurance sports:

WORKING HARD DOES NOT ENSURE THAT YOU ARE GOING TO GO FAST!"

"You can take your paddle and attack the water with it, straining every muscle in your body, throwing up big rooster-tails behind you, or you can slice your blade into the water, anchoring it solidly and using your entire torso, pulling it smoothly and evenly with much better results."

"Not only is good technique energy-saving and fast, it is easy to learn because it is so simple. Part of the learning process requires that you have a clear picture in your mind of how a paddler moves the canoe through the water."

"The canoe is being pulled forward through the water up to the paddle, which acts as an anchor in the water (akin to a mountaineer climbing upward with their ice axe). The canoe is being pulled forward, not pushed."

"Remember to use your body in the stroke. Most new paddlers are all arms, attempting to generate all the power with the relatively small biceps and triceps muscles of the arms rather than using, in combination, the muscles of the torso and back which are far larger and more capable. Having a good understanding of the proper technique and applying all your muscle groups will ensure prolonged and powerful paddling. You also need to understand and learn the proper techniques of entering and exiting your paddle blade and how and when to apply power."

STROKE TECHNIQUE

The stroke is broken down into three phases:

1. Catch Phase (Kau)

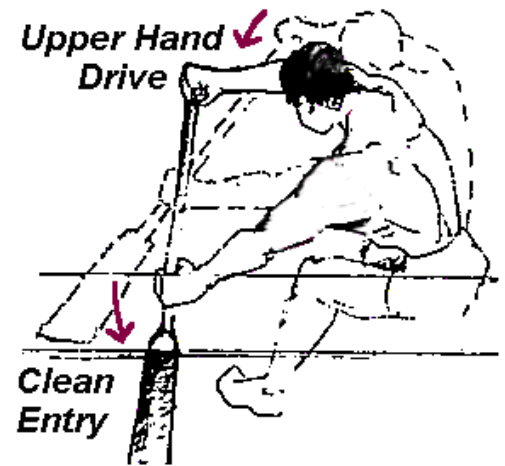
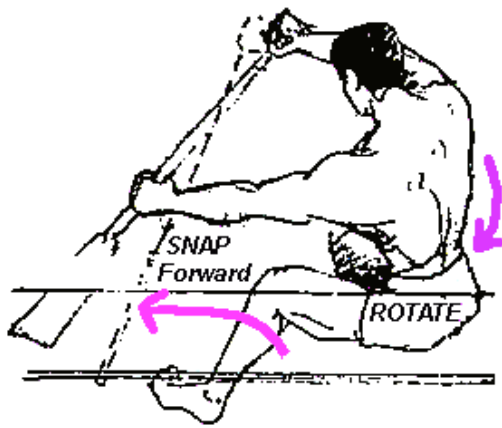
The catch is that portion of the stroke where you get the blade of the paddle into the water.

- (a) Lean slightly forward and using your stomach and back muscles rotate (twist) around your spine dropping your shoulder and extend the paddle forward keeping the shaft of the paddle parallel to the side of the canoe. (This twisting will enable you to use the larger and stronger muscles of your back and torso). Your lower arm should be fully extended with your elbow straight. Your top hand should be at your forehead with the arm fully extended and the elbow slightly bent.
- (b) Once you have extended the paddle (reach) place the blade cleanly in the water without stabbing or splashing.

Do not start the power phase of the stroke until the blade is deeply in the water (this will cause cavitation and you will not get full power from your stroke). If you slice the blade in cleanly and bury the whole blade in the water you will have a solid ANCHOR from which you can pull the canoe.

REMEMBER A CLEAN SILENT ENTRY IS THE BEGINNING OF A GOOD STROKE.

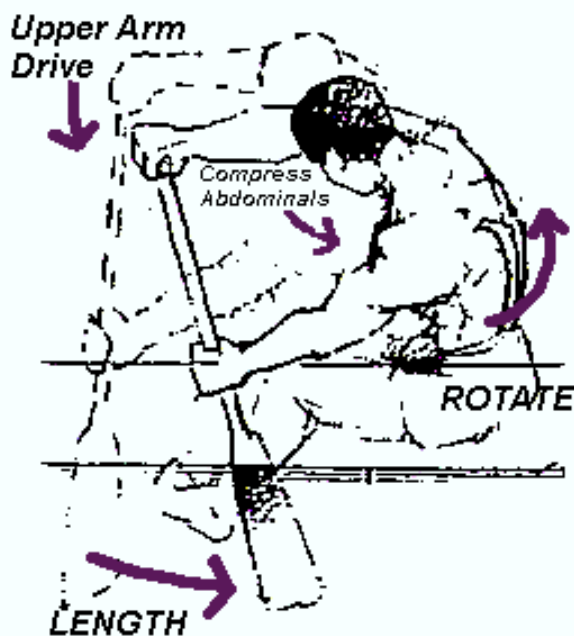
RUN SILENT, RUN DEEP.



2. Power Phase (Huki)

The power phase is that portion of the stroke where you move the canoe forward.

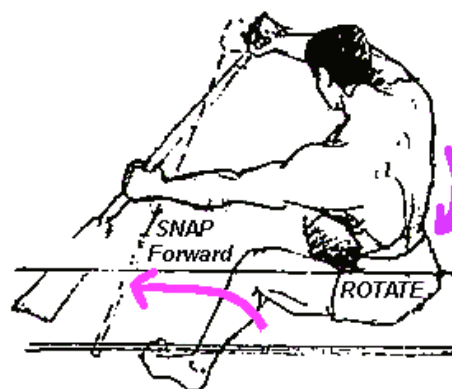
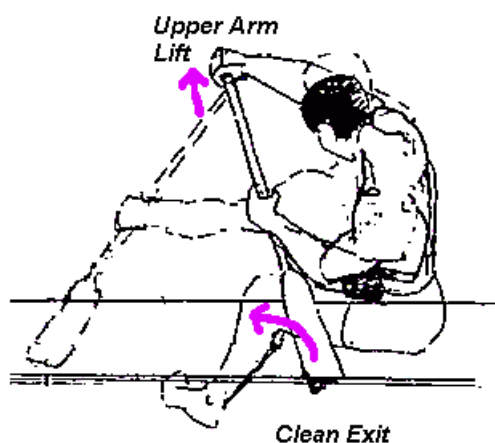
- Make sure your body is firmly positioned in the canoe to fully transfer energy from the paddle to the canoe. You do not want any extra movement in your arms that will absorb or deflect energy from moving the canoe forward. (This is accomplished by keeping your arms in the entry position.)
- Push down and across your body with the top hand and untwist with an explosive movement driving down with your top hand and back on your lower hand to about your mid thigh.
- Once your lower hand has reached your mid-thigh, release power and begin the exit.



3. Recovery Phase

The recovery phase is that portion of the stroke where you get the blade out of the water and back to catch for the next stroke.

- Once the blade is at your mid-thigh, release power and either pull the blade straight out or slice it out to the side. This is done by rotating your top hand down, similar to turning the steering wheel of a car.
- Float the blade forward through an easy return to the start of the next stroke. Remember to feather your blade during times of strong head winds. You feather the blade by turning it parallel to the water during the recovery, which will reduce drag. Remember, the recovery should be easier and slower than the power phase. There should be a 2 to 1 ratio between the recovery/catch and power phase. One beat for the power phase and two beats for the recovery and catch.



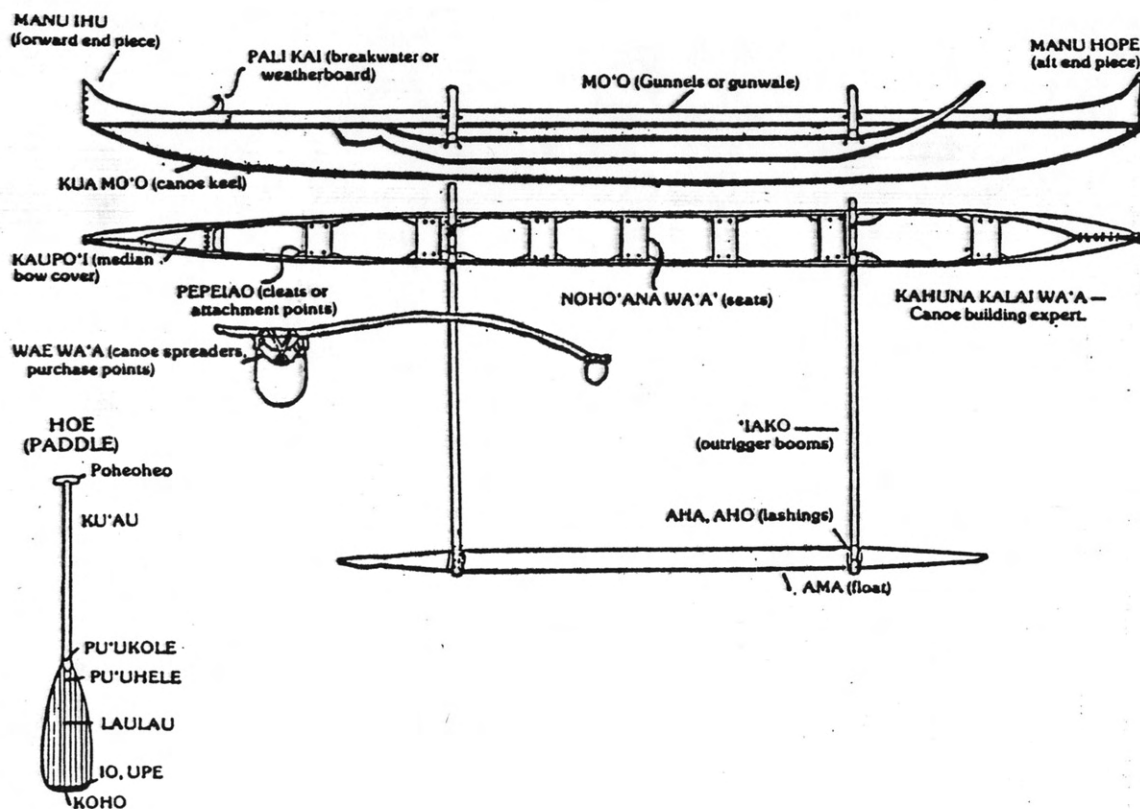
Helpful Hints

- Try paddling with locked elbows. This will force you to sit up and rotate. Add the minimum bend necessary to your arms for comfort later when you have mastered this.
- Try to keep a flat back and keep your chin up, this will afford the maximum oxygen uptake and will help keep your shoulder and neck muscles relaxed.
- Don't forget to get drive from your leading leg. Always keep the leg on your paddling side extended forward to help you brace – this means when you switch the paddle at a Hut, you must also switch which leg is forward.
- Keep your face muscles relaxed and remember to breathe! Breathing in synchronization with your paddling helps you maintain an even stroke.
- Keep your concentration in the canoe and remember that it is the thoughtful application of power that makes each and every stroke count.
- Concentrate on your stroke technique at all times, especially when you get tired. Your stroke is the first thing that will fall apart once you start getting tired.
- Remember that the boat slows when the change is made, so make your last two and first two strokes on each side strong.

There are many useful and interesting articles and videos on the web that can further illustrate technique, and the history and art of outrigger canoeing, so have fun browsing and exploring. A final

note on our sport is that unlike others, it is a family affair in that the whole 'ohana, from keiki to kupuna, are actively involved in competition as well as the day-to-day activities and operations of Keōua Hōnaunau Canoe Club. It truly takes a village to maintain our canoes and halau grounds, manage our recycling program, which benefits the keiki, and exercise our stewardship of Hōnaunau Bay and environs for the benefit and enjoyment of future generations.

WA'A KAUKAHI Single Hull Outrigger Canoe



PROPER RESPECT FOR THE CANOE

By Kauila Ho

It's important to understand that in the Hawaiian culture, the people were very connected to the elements. The canoe was a way for the Hawaiians to experience all the elements of nature at the same time.

They could experience the earth by being in the canoe because the canoe comes from the earth.

They could experience the ocean/water because the canoe rides on the water.

They could experience the wind and air currents all around the canoe.

It's important that we have no bad thoughts or feelings when we work on a canoe, touch a canoe or paddle the canoe because these things transfer to the canoe.

The canoe is the *kaona* or metaphor for the Hawaiians in terms of living on an island. Because what do we have to do to move the canoe forward? The six people have to work together. Living on an island, we are isolated. Hawaii is the most remote location from any landmass in the world. They had to understand that, and really work together as an 'ohana.

When we say 'ohana, we don't just mean immediate family but extended family, such as our canoe club and the whole of the Honaunau community. We work together in the canoe as well as in family and our extended 'ohana.

These are the things we need to remember when we get in the canoe. We treat it with respect but also be pono. Be pono not only with the canoe but also with the people we're paddling with. If you have issues with the other people in the canoe, it's like one person is paddling backwards. That person is then paddling "opposite" everyone else. It's counter productive.

For the canoe to move forward, we need to work together. All as one. One canoe, one 'ohana, one community.



NA WA'A O KEŌUA

Our Koa Canoes

Hōnaunau

Wa'a Koa, 1983. *Hōnaunau* was blessed in 1983 by Kahu Lanakila Brandt and Halau Kaholomua at Keauhou Bay. Through the efforts of Uncle Louis and Mary Jane Kahanamoku and the woodworking skills of a crew of Tahitian kalai wa'a, hosted by Papa Pierre Kimitete's 'ohana, six koa canoes were carved in one month! Our club made an agreement with Kauikeaouli Canoe Club (now Keauhou C.C.) wherein we agreed to provide the manpower to go to Pu'uwa'awa'a Ranch and harvest the koa trees. Although *Hōnaunau* does not meet HCRA racing specs, it is grandfathered for use in MOKU races. In the 1985 season, our Sophomore Men went undefeated in *Hōnaunau*.

Ka'ahumanu

Wa'a Koa, 1993.

Ka'ahumanu, the club's prized open-ocean racing koa, was built from two logs – one from a tree that grew in the forest above Holualoa, and the other from a South Kona forest. She was rough hewn by Tahitian canoe master Jacques Wong, and the finish work was completed by Wong and our own kalai wa'a, Kurtis Yamauchi.

After racing her successfully for two years in Hawai'i Island races, and re-working and fine-tuning her in preparation for open-ocean channel racing, our top men's crew took her to Molokai for the 1996 Molokai Hoe – 41 miles from Molokai to Waikiki. During the race, she flipped in the challenging, stormy seas, snapping her rigging and nearly sinking. Then, while being towed, the rear third of the boat was broken into pieces. Club members will never forget the poignant *Honolulu Advertiser* photo taken after the race at Waikiki Beach, showing Kurtis sitting next to the broken bits of wood that were all that remained of our precious canoe, with his head in his hands, despondent over the heartbreaking loss.

Although it had been seemingly lost forever, the rear third of *Ka'ahumanu* surfaced miraculously six months later in Nawiliwili Bay on Kaua'i. The section of wa'a had traveled more than 100 miles underwater to be found by the paddlers of Kaiola Canoe Club. The wa'a section, covered with barnacles, was returned to Keōua. Kurtis, with the help of many others, incorporated the recovered section and the wa'a was repaired and fully restored. *Ka'ahumanu* is fondly known as "The Queen."

Ale'ale'a

Wa'a Koa, 2012.

In 1996, before *Ka'ahumanu* had been restored, the club obtained a koa log from South Kona resident Johnny Medeiros, with the intention to build a new canoe. The log sat untouched for years while members of Keōua Canoe Club raced and won many events in the restored Queen.

Time went on, and in 2009, Kurtis was stricken with a life-threatening illness and spent months in ICU recovering. He dreamt of *Hōnaunau* from his O'ahu hospital bed, thinking often about that unfinished koa log.

After his return home, at the urging of his children, Kelli and Nick, and many club members, Kurtis took up the work of building a new canoe from that log. Believing that it is an important responsibility to perpetuate the tradition of koa canoe building, Kurtis also acknowledged the huge amount of work involved: “Even though I had experience with woodworking and had made repairs to the Queen, I had never built a canoe from scratch before,” he says. “When we started this club, we had no koa canoe. We need canoes to pass on to the youth of the next generation.”

On March 18, 2012, the new wa’a, christened *‘Ale’ale’a* in honor of the heiau at Pu’uhonua O Hōnaunau that overlooks the waters of Hōnaunau Bay, was launched with a traditional Hawaiian ceremony, blessing and luau. She has raced in regatta and long-distance races on Hawai’i Island, and has become highly regarded island-wide for the beauty and quality of her craftsmanship.



Our Fiberglass Canoes

Keōua

Malia, 1974. Keōua Canoe Club acquired *Keōua*, along with another fiberglass Malia, *Ka’ahumanu*, after Hawai’i County bought and gave to Moku O Hawai’i ten Malia fiberglass canoes for distribution to Hawai’i Island clubs in 1970. The fiberglass *Ka’ahumanu* was subsequently assigned to Queen Lili’uokalani Canoe Club in 1976.

Keōua Elua

Malia, 1977. This was Keōua's first purchase in 1977 and is a seasoned veteran of MOKU regattas and long-distance races, the 1978 Mokupuni Bicentennial Race crossing of the Alenuihaha Channel from Hana to Anaeho’omalū, and several Molokai Hoe crossings.

Kanaloa

Kane/Benson, 1980. Herb Kane designed and Jerry & Gary Benson built *Kanaloa* from a hull mold named *Pololu*. *Kanaloa* won the Queen Lili’uokalani Men’s Race in 1981, and proved itself many times in rough water conditions, winning many races without a canvas while others swamped. The *Pololu* mold, meaning “spear,” was the first of many long canoes, at 43 feet. The Malia mold is only 39 feet long, while our koa, Bradley, Hawaiian Racer, Force 5, and Mirage canoes are just under the 45-foot limit of HCRA specifications.

Kapuwai

Hawaiian Racer, 1986. *Kapuwai* was named after the small cove at the boat ramp in Hōnaunau Bay.

Tutu Pele

Malia, 1988. *Tutu Pele* was originally bought by Hale o Ho’oponopono/Kamehameha Schools in 1976, and later donated to Keōua.

Kaholo

Hawaiian Racer, 1989. Purchased from a sister club in California and shipped to Hōnaunau. Originally named “Fast,” we renamed her *Kaholo*.

Keōua Ku’ahu’ula

California Bradley, 1989. *Ku’ahu’ula* was also purchased from the same club in California. The name is one of the designations of the chief Keōua, a cousin and rival of Kamehameha I, and means “rain cloud of the red cloak.”

Lono Kai’olohia

Hawaiian Racer, 2002. *Lono* “of the calm seas” was purchased from Tim Wood, who had rigged this wa’a as a sailing canoe and sailed her across the channels between Hawai’i, Maui, Molokai, Oahu and Kauai with the Hawaiian Sailing Canoe Association, often with a crew of Keōua members.

Palikapu O Keōua

Bradley, 2003. *Palikapu* is named after the pali overlooking Kealahou Bay, whose caves held the ‘iwi of many of the chiefs of old. *Palikapu* was purchased new from Sonny Bradley, the designer and builder of this line of competitive canoes.

Kai Pahe’e

Mirage, 2004. *Kai Pahe’e*, meaning “smooth, slippery sea,” was one of 20 canoes built by Karel Tresnak of Outrigger Connection for use in the World Sprints, held in Hilo that year. Acquired after the World Sprints, its original name was “Kane I Ka Ho’owaha”, “Kane hewer of canoes.”

Pae’a

Mirage, 2009. *Pae’a* is the proper name of the rock ledge area nicknamed “Two Step.” *Pae’a* was purchased new from the designer/manufacturer, Karel Tresnak of Outrigger Connection.



Sophomore Men in the wa’a koa Hōnaunau, undefeated in 1985

OUR CLUB 'OHANA

Every paddler should understand the way our club is organized and should be able to function within its framework and abide by the rules and regulations. A paddler should take pride in being a club member and must realize that whenever he or she paddles with the club or is even identified as a club member by wearing a club shirt, he or she represents the whole club as well as the sport of canoe racing.

The paddler should respect the authority of the club's officers and must understand that the efforts of all should be directed towards achieving the club's goals.

When help is needed and asked for by the club's leaders, there should be no hesitancy on the paddler's part to offer his or her services. Giving of oneself above and beyond the call of duty has its own rewards – you'll be asked to help again!

Completion of routine chores and attention to details before they become sources of annoyance to the club's volunteer staff should be taken care of immediately. The prompt payment of club dues and race fees, the completion of club waivers, the presentation of documents such as birth certificates and transfers, eager participation in fundraising activities, helping with the maintenance of the canoes and the hauling of equipment are all part and parcel of being a good paddler and club member. A paddler must make it easy for the club to function. That is fair enough, for the club is giving the paddler the opportunity to compete in a great sport.

Every paddler must realize that a club's participation in a regatta or long distance race is the highlight of a series of acts requiring a good deal of work from many people who are not necessarily a visible part of a club's day-to-day activities. From time to time, a paddler should acknowledge the contributions of non-paddling members who are also a part of the club and who enjoy participating in the club's activities as non-paddlers and whose efforts are also needed to help the club run efficiently.

Our Board of Directors is entrusted with the management and responsibility for our financial and legal affairs, which include fundraising, insurance, 501c(3) filings and accounting, negotiations with our landlord Kamehameha Schools, keiki and canoe transportation to regattas, and active representation at Moku o Hawai'i/HCRA. In addition, our membership committee ensures that all paddlers are properly registered and documented, our kalai wa'a, Kurtis Yamauchi, oversees the maintenance and repair of our three koa and eleven fiberglass canoes, our webmasters maintain our website for effective communication with the membership, and our merchandiser develops and maintains an inventory of club shirts, hats, pareos, etc. These and many other details require a team of dedicated volunteers.

Our kamali'i program is a very important aspect of our club's activities. The kids are the future of our paddling community! Please help out with the kamali'i program in any way you can. Here are a few suggestions:

- Come early to regatta races, help rig the koa, and be there to cheer on the kids' crews.
- Bring food for the kids' afternoon practice. Healthy snacks, hot soup, whatever you can contribute.

Ask the kamali'i parent coordinators (Brittany and Jené for the 2014 season) how you can help.

- Bring your Hi-5 recycling to Keōua, or designate Keōua to receive a donation from recyclables that you deliver. 100% of the funds derived from the recycling program go to support the kamali'i program.
- Help with transporting kids to the races.

Every paddler is urged to participate and contribute their time and talent to any of the many tasks involved in fulfilling our mission and carrying out our club activities.



Working and celebrating together: cooking and serving food at our events, pitching in with merchandise sales, and the rewards of a job well done.

OUR STEWARDSHIP ROLE

The activities undertaken by Keōua over the years go far beyond our paddling program. We have spearheaded activities promoting environmental awareness; Hawaiian cultural concepts of family (‘ohana), cooperation (laulima) and making things right (ho‘oponopono); and we include some instruction in Hawaiian language associated with traditional outrigger canoe paddling, construction, operation, maintenance, and repair.

Keōua has also been a community leader in the areas of marine resource protection, working in partnership with state and federal agencies to bring more awareness to the importance of reef and marine mammal protection in Hōnaunau Bay, an area heavily visited by tourists and local families from around the island.

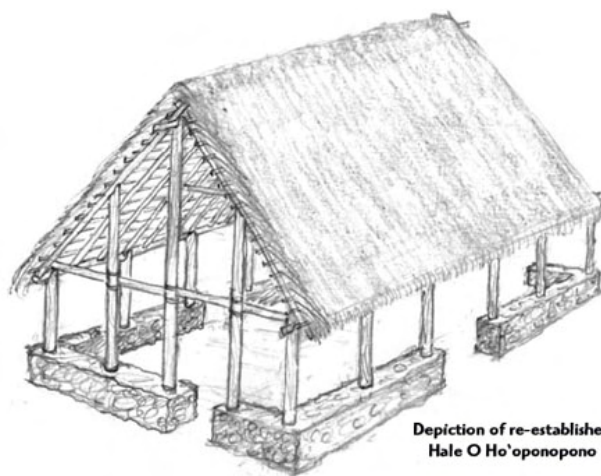
Keōua is, essentially, an “anchor” organization at Hōnaunau Bay, and the club’s prominent presence and numerous community support activities have earned Keōua a leadership role in this small community. These activities have included local trail and site restoration projects, major fundraising campaigns for needy families and families in crisis, providing a site and canoes for memorial services for local families, and mentoring youth in crisis through inclusion in various club activities.

In November 2011, Keōua and Ka ‘Ohana O Hōnaunau sponsored a community event, *Hele Mai O Hōnaunau: Facing Future, Seeing Past*. This was a full weekend of activities at Hōnaunau Bay designed to bring the community together to learn about Hōnaunau’s past through the eyes of the kūpuna (elders) and to imagine its future through the eyes of future generations.

Saturday activities were hosted by Keōua Hōnaunau Canoe Club at our canoe halau. Highlighted by a free concert by the world-famous South Pacific music group Te Vaka, the event featured a lively booth where community members could discuss and record their hopes and vision for our community, and join the email list for inclusion in the further development of a community stewardship program for Hōnaunau Bay.

On Sunday, Ka ‘Ohana O Hōnaunau hosted *Kukakuka O Hōnaunau*, a “kupuna talk story” event at which our local elders shared stories and songs of the old days. Each kupuna was interviewed on the stage by one of the keiki (children) from Ka ‘Ohana O Hōnaunau’s youth program. (“What kinds of things did you eat in the old days, Auntie?” “Anything that didn’t eat us first!”)

Currently, Keōua is seeking funding for a proposal to restore the Hale O Ho‘oponopono (located on our lower lot) and exploring other ways to serve as effective stewards of the natural and cultural resources of the Hōnaunau Bay area.



Depiction of re-established
Hale O Ho'oponopono

ORGANIZATIONAL OVERVIEW

KEŌUA HŌNAUNAU CANOE CLUB is a 501(c)3 organization, founded in 1974. Our mission is: ***“to perpetuate the ancient art and culture of Hawaiian outrigger canoe paddling as traditionally practiced on historic Hōnaunau Bay; to develop community awareness and interest in the traditional and cultural heritage of the native Hawaiians; to promote and encourage the identification, preservation and appreciation of historical, cultural, and archaeological sites and artifacts within the State of Hawai‘i, especially in Kona, Hawai‘i.”***

BOARD OF DIRECTORS

Keōua is governed by a 9-member Board of Directors, which is responsible for all financial and legal management, as well as oversight of all Club operations and equipment maintenance. Annual board elections take place in November or December of each year for the following year’s board.

AFFILIATIONS

Keōua is a member of two canoe racing associations: Moku O Hawai‘i Outrigger Canoe Racing Association (for Hawai‘i Island) and HCRA Hawaiian Canoe Racing Association (statewide). The board appoints one member to serve as the representative to these associations.

OUR SITE

We lease (have a license to occupy) our club site from Kamehameha Schools Bishop Estate. There are two parcels included in the lease: 1) the lower lot near the boat ramp and 2) the upper lot where the halau is located. KSBE conducts regular inspections to ensure that we are complying with our license terms, and the board is responsible for ensuring that the lease terms are met.

OUR ASSETS

Keōua maintains a fleet of practice and racing canoes and the accompanying equipment. The board is responsible for ensuring that all canoes and equipment are kept in good working condition, and to ensure that our canoes and equipment are used only by members in good standing, or by others only with specific permission from the Board.

LOGOS AND ARTWORK

All Keoua logos and artwork are owned and copyrighted by Keoua Canoe Club, and may not be used without express permission from the Board.

OUR BUDGET

The Keōua Board oversees an annual operating budget of approximately \$40,000. Sources of income include membership dues, race fees, fundraising income, merchandise sales income, donations and grants. Our expenses include lease rent, insurance costs, taxes, transportation costs, canoe and halau maintenance costs, awards and medals costs, merchandise costs and web site costs.

INSURANCE

Keōua carries three forms of insurance: 1) We participate in an insurance pool organized by HCRA/Moku O Hawai‘i that covers our liability for paddler’s activities on our site or in our canoes; 2) Liability insurance for board members and 3) Hull insurance for some of our canoes, particularly the koa canoes, and our trailer. This policy covers damage to the hulls or trailer, but not liability as a result of an accident involving the canoes or trailer.

Annual Club Events

Uncle Louis Kelekolio Memorial Race

Held in February or March of each year, this is one of a series of OC-1/OC-2 races that are held around the island.

Mac-A-Thon

Held annually for 33 years on Easter Saturday, this is Hawai'i Island's oldest foot race and Keōua's biggest fundraising event of the year. The 5k/10k course runs along the beach road from Hōnaunau to Napo'opo'o, and the race is followed by a Mac Nut Pancake Breakfast, awards ceremony, entertainment, and Easter-themed family fun.

Calvin Kelekolio Long Distance Race

Keōua hosts this race annually in August. It is one of the Hawai'i Island series of MOKU-sanctioned long-distance races and attracts some 500 paddlers from around the island. The race is followed by a Keōua-style lunch and award ceremony.

Queen Lili'uokalani Long Distance Race

Although this race is hosted by Kai Opua Canoe Club and most events are staged in Kailua-Kona, Hōnaunau Bay is the end point for the wahine race and the starting point for the kane race. Keōua and Ka 'Ohana O Hōnaunau present an 'Aha Ho'omana, or welcoming protocol, as the wahine paddlers begin to arrive in Hōnaunau, and we work with Kai Opua to devise strategies to protect the bay and its shallow coral reef areas from the effects of more than 1,000 paddlers changing out canoes off the rocky shoreline.

Contact Information

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*Keoua's Novice Women in Palikapu O Keōua,
Na Wa'a Hanakahi LD Race in Hilo, May 2014*



Keoua Iron Open Koa Women, HCRA Ama, Bronze Medal at Queen Lili'uokalani LD Race 2014