

# the Outrigger



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# OCC Enters 4 Crews in 2014 NA WAHINE O KE KAI

By Guy Wilding



Photo by Harry Newhart

## OCC Red

Front: Natasha Haine, Karin Hansen Del Rey, Britta Bourne, Jane McKee, Amy Lawson, Blair Grant, Jennifer Van Delden. Back: Jennifer Fratzke, Caryn Davies, Anella Borges. Finish: 4th Overall, 5:47.22. Canoe: *Manu Ula*.

Following the completion of the 2013 paddling season there was a mass exodus of paddlers from OCC to other clubs, as well as paddlers moving into masters divisions and others deciding not to paddle at all.

For whatever reason, what was viewed adversely by many to be a 'challenging' situation actually created opportunity for returning paddlers and the crop of new paddlers starting with the Club.

So, 2014 was always going to be a rebuilding year for the open women's program, but the general attitude was great and enthusiasm was high. Objective and transparent selection criteria were used throughout the year and although crews did change as some paddlers improved more than others, I feel that this clear methodology also contributed to the comradery and support within the group.

The distance season culminated with the Na Wahine O Ke Kai, the 41 mile crossing of the Kaiwi Channel in what is generally regarded as the world championship of distance outrigger canoe paddling.

OCC's first crew in the *Manu Ula* included four paddlers from the regatta season's State Championship winning Novice B crew.

One of those Novice B's was Caryn Davies (Rowing Olympic Gold medalist and World Champion) who flew back from Oxford University in London at her own expense to compete with her team mates in her first Na Wahine O Ke Kai. This was because of her new found passion for the sport of outrigger canoeing and her commitment to her team mates and Club. (Caryn may be the USA's greatest ever rower BUT she was still a first year novice outrigger paddler.)

On race day Jim Beaton and I were with the *Manu Ula* crew. Before the start I talked to the girls about the power of the mind, the importance of self belief and the ability to look deep within yourself for that extra effort when you might feel exhausted but that extra effort is needed to help your team mates.

At different stages of the race every one of these girls dug deep and produced that extra effort when it was needed and we could not be any more proud of these ladies. The crew followed the race plan and course to the letter with all 10 girls fulfilling their potential and performing strongly throughout the predominately flat and very HOT crossing.

As stated this crew included four first year paddlers doing their first crossing plus one girl doing only her second crossing. They were complemented by several more experienced Na Wahine O Ke Kai.

In the end the girls of the *Manu Ula* were good enough for a fourth place finish overall and the best OCC open women's result since 2005.

The entire open women's program trained hard all year and prepared well for the Na Wahine O Ke Kai. However, we unfortunately lost a few paddlers late in the season due to injuries and other commitments and this led to a dearth of steerspersons.

We were rescued by Jacquie Laird and Ann Marie Mizuno stepping up to steer the *Leilani* and the *Henry Ayau* and we also had Pam Jenkins, Robin Beck and Cat Cullison step up allowing us to field three crews. Thank you ladies!

The late withdrawal of one escort and other issues also led to problems obtaining coaches for *Leilani* and *Henry Ayau* crews. I apologize to both crews for the problems encountered but congratulate the girls on overcoming these issues and doing the best they could under the circumstances.

Thank you too to injured paddlers Colleen Hall and Melissa Bitanga for assisting with the crews.

All in all, it was a really great year for the OCC women's program. Expectations were exceeded time and time again and I truly believe that if this group of girls can all stick together they will only get better from here. I believe that if they do stick together they can achieve whatever they set their minds to.



**OCC White**  
 Front: Colleen Hall, Jennifer Kilpatrick, AnnMarie Mizuno, Janna Arakaki.  
 Row 2: Pam Jenkins, Robin Beck, Jamie Emberson, Cal Cujllison, Tanya Watumull, Pam Davis, Shannon Piper. Finish: 46th overall, 6:57:50.  
 Canoe: Henry Keawe Ayau.



**OCC Koa**  
 Front: Dianne Vicheinrut, Tammie Picklesimer, Possie Badham, Verena Snively, Back: Hilary Denison, Jacquie Laird, Maggie Parks, Erika Eberhart, Tina Larson, Marie Martel. Finish: 4th Koa, 40th Overall, 6:45:57. Canoe: Leilani.



The Women 50 pass Diamond Head on way to winning their division.

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# My First Molokai!

By Natasha Haine

This was the year of the Novice Beasts! It was announced two days before we were set to leave for Molokai that I and three of my Novice Beasts (including our Olympian who had flown back from England) had worked our way into the first crew.

The week prior it seemed like the seat races and time pieces were never ending, and that the decision on who would make what crew was a tough one. If being selected for the first crew wasn't exciting enough I was about to cross the channel with two of my best friends from childhood, Amy Lawson-Woodward and Britta Bourne.

That week before the crews had been announced I did what Oprah had said to do and put it into the Universe that Amy, Britta and I would have a group hug in the middle of the channel during a change, which is exactly what we did, more than once! Thanks Oprah!

The start of Molokai Weekend was less than perfect! To sum it up: Two hours at Urgent Care Kahala for my very first larger than life stye, which landed me the nickname Na-Stye-sha for the weekend, only to rush to the airport to find out we had a six hour delay for our twenty minute flight.

In fact it took us longer to get to Molokai than it did to paddle back. Unfortunately for 15 of us this meant we had to do our team dinner in the airport.

Before we knew it, it was 4:30 a.m. and I am not sure if I ever really fell asleep, but it was time to head down to the beach with 40+ of the most wonderful inspirational women and our coaches.

We all boarded the bus and bounced our way down a windy dirt road to Hale O Lono Harbor. Amidst all the chaos and hundreds of people on the beach, I found myself alone with my feet in the shore break overcome with emotion.

In the blink of an eye I felt Britta put her arm around me as if she knew and I felt a tear roll down my cheek. I laughed and said I had no idea why I was crying. I was thinking of my mom (Sandra Stanley Haine) and my dad (Marc Haine) and aunt (Kisi Haine), who had stood in this very spot so many times before, the tradition of the crossing, and knowing I was doing this with two people I have shared so many other amazing memories with. I was ready to add this one to the list.

So many of my favorite parts of the race were before and after, because let's face it, paddling for 42 miles isn't the most fun thing I have ever done. But there were moments of greatness in between the crew's muscle cramps, sea sickness, Tylenol, icy hot, water changes, hut hoeing, and all out working harder than you ever have before.



The Novice Beasts celebrate at Duke Kahanamoku Beach after finishing 4th in Na Wahine O Ke Kai: Britta Bourne, Caryn Davies, Amy Lawson and Natasha Haine. Photo by Harry Newhart.

We picked teams off left and right securing a solid spot in fourth, and as we continued to try to chase down Hui Nalu my dad and family had found us in the middle of the channel! Who knew I was such a crier but I sure did cry another happy tear when I heard them calling out my name as we paddled onward.

You could feel the pride of our coaches as we continued on towards Oahu, watching it get bigger and bigger, then buildings, then seeing our Novice coach Liz Perry at Tongg's cheering as we flew by, then Amy's dad and then the finish line buoys.

Just when I thought I had made my last change, as we climbed into the escort boat coach Guy and Jim said us first timers were going back in to finish this race! I tried to talk them out of it, but I am glad they pushed me because hearing the announcers chant a Hawaiian prayer and announce our team and all our team members was a moment I will remember forever.

It wasn't until the day after that I started realizing the magnitude of what we as a team had just accomplished. But the accomplishment is not just shared with my amazing crew, but my entire team, who through the season pushed and helped me develop as a paddler.

I woke up Monday all smiles, so proud to be a Haine, and recognizing that we were only just beginning the journey of carrying on our parent's legacies. Who knew it would take me this long to get involved, but I am so glad I did.

My mom had always told me that the best part of paddling is the lifelong friendships you form and it is true. In one season I have already made more friends than I made in the five years I've lived in Hawaii!

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# Masters 50 Win Na Wahine O Ke Kai

By Laurie Lawson

Molokai is always an adventure! The 36th Na Wahine O Ke Kai on Sunday, September 21, 2014 was no exception as it marked the culmination of the women's long distance paddling season.

The 41+ mile race is considered the "Super Bowl" of races as the course runs from Hale O Lono Harbor on Molokai, crossing the Kaiwi Channel and finishing at the Hilton Hawaiian Village on Oahu.

For many of us, the paddling season began approximately six months earlier as we pulled our paddles out of storage, donned our work out gear and convened on the beach to haul those 400 pound canoes into the water with a collective "hut ho".

The regatta season had ended August 2 and now paddling was taking on a more serious tone. This was distance season and there was no more time for fooling around. For some of us, that meant longer and more frequent practices, often times in the early morning hours on the weekend.

The Outrigger women's program was blessed to have an abundance of women register for the distance season and more often than not, there weren't enough canoes at the Club for all the paddlers.

The 2014 masters distance program was under the experienced guidance of Kala Judd and Tom McTigue. When you consider the fact that many of the masters women have been paddling for more than 30 years, it should come as no surprise that there are some "strong opinions on how things should be done".

So it takes a special type of coach to get us all on the same page and moving in the same direction with a smile on our faces. Our coaches had one goal for the Molokai race, win the gold medal in the 50s division.

We had been working towards this goal for the past several years--and several times we were close, but had yet to win our division. By the time we had reached the Molokai race, our 2014 season had gone quite well: we won gold in the 50s and 55s divisions at the State Championships at Keehi Lagoon and continued our streak by finishing first in the 50s division in the following three distance races: Dad Center on Oahu; Liliuokalani in Kona, and the E Lau Hoe on Oahu.

But there was one more jewel in our crown that was missing: gold in the 50s at the Na Wahine O Ke Kai. Kailua Canoe Club had been on our tails the entire season, and we knew it was going to take 100% dedication and effort to win the last big race.

Tom McTigue and Tiare Finney had the responsibility of escorting us across the Kaiwi Channel. Our crew consisted of: Kisi Haine, Paula Crabb, Laurie Lawson, Kim Darling, Linda Nelson, Debbie Deshais, Mary Quinn, Marcie Nowack, Wendy Wichman, Lisa Livingston, Linda Fernandez, and Tana Feeley

On the morning of the race, after a 4:15 am wake up call, we climbed aboard the bus at Ke Nani Kai to begin our journey to Hale O Lono Harbor. There was much excitement in the air. For the first time in several years the tide was in our favor. We were crossing our fingers that the winds might be favorable too as the surf forecasted for the channel was going to be nonexistent.

The sun was just peaking from the horizon as we arrived at Hale O Lono. Final preparations went quickly--paddles in the canoes, ti leaves wrapped around the iako, duct tape for the covers, and liquids and dry bags hoisted onto the escort boats.

After an opening speech by Hannie Anderson and the "pule" was offered, it was time to get those canoes in the water and start the race. Sixty-one canoes paddled to the starting line and with the waving of the green flag, we were off. It was hot and there wasn't a speck of wind. The humidity was overwhelming.



Masters 50

Front: Paula Crabb, Marcie Nowack, Kisi Haine. Row 2: Linda Nelson, Kim Darling, Laurie Lawson, Linda Fernandez, Lisa Livingston. Row 3: Tana Feeley, Deb Deshais. Missing from photo: Wendy Wichman and Mary Quinn (helping with the luggage boat). Place: 1st 50 Division, 13th Overall, 6:13:40. Canoe: *Mamala*.

This was going to be a long day. But within the hour, the winds began to pick up and small ocean swells were seen feathering across the Kaiwi Channel. This wasn't going to be so bad after all.

By the time our crew had reached Oahu and was paddling the final leg from Hawaii Kai to Diamond Head before heading to the finish, we felt we were well ahead of our competition. But that was not to be--there was a blue and yellow canoe bearing down slightly from the north and to our amazement, it was Kailua Canoe Club's 50s masters. They were right on our heels!

Coach Tom swung into gear and with some maneuvering and crucial changes, we began to put some distance between us and the Kailua canoe. It wasn't easy as we were well into the fifth hour of the race. Everyone was hot and tired, but we weren't about to give Kailua an inch!

And we never did as our Outrigger masters ended up finishing first in the 50s, 15th overall with a time of 6:13:40, almost four minutes ahead of Kailua Canoe Club.

Breathing a sigh of relief, we fell into the water after crossing the finish line--exhausted but relieved that the race was over and our winning streak was unbroken!

Thank you to all who helped us achieve our goals: the Canoe Racing Committee, the coaches, the beach personnel, the escort boat drivers and our fellow paddlers. We love you all and hope to see you next year.

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And they were taught the laws of life...  
that their treatment of others  
would return at last upon themselves.  
Those who cheat will be cheated.  
Those who slander will be slandered.  
For every lie you tell, you will be lied to.  
We get what we give and to the same degree.  
And not always from the person with whom we've dealt.  
But somewhere... sometime... someone  
will treat you in like manner.  
The good that we do to others will return also.  
For you kindness to strangers you will receive  
hospitality in far places yourself.  
Understand the troubles of others who come  
to you with their souls bared...  
and when you cry yourself,  
you will be sympathetically understood.  
We get what we give.  
Like always attracts like.  
We cannot escape the results of our actions.  
We get what we give.

-Kristin Zambucka

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**ON THE COVER:** Outrigger's Open and Masters 50 paddlers had great finishes in the 39th Annual Na Wahine O Ke Kai. The Open crew in the *Manu Ula* finished fourth overall, and the Masters won the 50 division. Top Photo: Row 1: Anella Borges, Jen Fratzke, Jane McKee, Britta Bourne, Marcie Nowack, Jen Raams, Jen Kilpatrick, Blair Grant. Row 2: Tanya Watumull, Cat Cullison, Natasha Haine, AnnMarie Mizuno, Paula Crabb, Pam Davis, Linda Nelson, Tana Feeley, Laurie Lawson, Kisi Haine, Linda Fernandez. Row 3: Shannon Piper, Deb Deshais, Hillary Denison, Karin Hansen Del Rey, Diane Vichreinrut, Verena Snively, Tammie Picklesimer, Caryn Davies, Kim Darling, Amy Lawson. Row 4: Pam Jenkins. Bottom Photo: Standing: Wendy Wichman, Tana Feeley, Mary Quinn, Kim Darling, Laurie Lawson, Linda Nelson, Debbie Deshais, Marcie Nowack, Kisi Haine. Sitting: Lisa Livingston and Paula Crabb (Missing: Linda Fernandez). See stories and more photos on pages 2-5.