
PaddleBlade

Lanikai Canoe Club Newsletter Vol. 5, No. 2, September 2008

**In Memory of
Frank Robert Foti
June 14, 1959 - June 23, 2008
by Jim Foti**

Aloha to our brother, son, father, husband, uncle,
nephew and friend: Frank Robert Foti.

June 14, 1959 – June 23, 2008



Frank Foti

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Frank was a great contributor to Lanikai Canoe Club throughout his lifetime. Frank started paddling in the late 60's when the club paddled in front of the beach across from where the Foti residence is. Frank rapidly excelled as a Paddler and steersman for his age group. As an adult, Frank became big and strong and became one of the clubs most powerful paddlers. He mentored his younger siblings and their friends in more than just paddling. Frank was a fearless surfer throughout those days as well. All the youth of Lanikai wanted to paddle and surf as good as Frank. He was talented. Even after Frank retired from competitive paddling in 1989, his legacy lives on. The success of his brothers John and Jim are direct results of Frank's influence and tutelage.

We miss you and love you Frank!

A friend of the Foti family would like to start a fund to honor Frank and the whole Foti family for their contributions to the sport and community. If you would like to make a contribution, please make your check payable to Lanikai Canoe Club and in the memo portion write Frank Foti fund; mail to P.O. Box 501, Kailua, HI 96734.

Message from the President

Aloha Lanikai Canoe Club Ohana

Congratulations on another very successful season! Your hard work and dedication made this season very special!

Lanikai Canoe Club would not be what it is today without the help of our many volunteers and supporters, who give their time and donate their resources to make it happen throughout the year. This is what makes Lanikai Canoe Club so special and the successful club that we are today. Mahalo to all of you for making it happen!

For this coming season...



We have added a new Mirage to our fleet of canoes and her name is Nalehuaolanikai.

We are in the planning stages of Phase Three of our longhouse project. A Trophy case and more shelves are in the

plans. Anyone interested in helping, please contact Judy Irvine at irvineohana@hawaii.rr.com.

We also have our Youth One Man Program application process starting again in November. So check our website at lanikaicanoeclub.org for more info which will be posted shortly.

On Sunday, November 23, 2008, at 4:00 pm, we will be electing our Board of Directors at our Annual meeting. We will be having an Ice Cream Social at the park, so please join us for some fun after your day in the sun. And if you are interested in joining LCC's Board, please contact Curtis Hawkins at chocolatethunder.com.

Also, we are looking for an Editor/Publisher for the Paddleblade...so if you have talent and time to share, we need you! Please contact Rick Leton at leton@hawaii.rr.com.

Judy Irvine
President, Lanikai Canoe Club



WE WANT YOU!

The club needs someone with desktop publishing skills to take over the PaddleBlade Newsletter, and people willing to step up and help out with Registration Committee duties.

ACT NOW!

LCC Looking for New Registration Committee

Lanikai is looking for several detail-oriented people with a great attitude to comprise a group that can handle registration for the club for the 2009 season. This is a great way to meet other paddlers in the club and help prepare paddlers for racing. Detailed training will be offered...we just need the bodies. We need some people with computer skills that can input records into an on-line data base, people that can communicate with coaches by email re: their paddlers status, people to submit crew lists on regatta race days, people who can help file paperwork and other duties.

Please contact Suzi Mechler at 341-1801 or by email: suzimechler@hawaii.rr.com if you would like to be part of this important part of Lanikai CC.

HOLO AWAI 2008

By Kekoa Bruhn



During Labor Day weekend while hundreds of paddlers were competing in Kona, twenty paddlers from the upper division men's program, along with our coach and support crew, went to the island of Moloka'i for a spiritual journey we will not soon forget. A journey like this takes tons of logistical planning and plenty of Kala. But without the Kokua and aloha of our friends and family on Moloka'i it would be impossible. We were very fortunate to have everything come together.

We arrived on Friday and were greeted with warm Aloha by Ron Kimbal and Porter Hodgins. After loading in Uncle Ron's truck and Porter's van, we went to the docks to pick up the two canoes we had shipped over. We then transported the canoes to a spot on the east end for rigging. After the canoes were all set we headed back to town to conduct a clinic for the paddling community. It was a great chance to interact and share what knowledge we have especially with the younger paddlers. After the clinic it was off to the Helm Ohana's house for dinner. The Aloha we received from them was amazing. They really made us feel at home. Chef Ali'i Napoleon and his sous chef Mike Judd took charge of the food prep with some of the boys assisting with the cooking while the rest of us played three on three basketball and ate pistachio nuts. After dinner it was off to bed.

The next day, we started our journey from

Yamashita Bay on the east end. After blessing a blessing of the canoes and a Pule, we were ready to go. Crews of ten paddlers each were designated to a canoe and escort boat. Coach Pat Erwin captained one escort boat and Uncle Junior Dudoit of Moloka'i the other. We headed north and proceeded along the coast. The lush valleys and beautiful waterfalls made it hard to concentrate on paddling. Sometimes you just had to take a look around and soak it all in. When we approached Kalaupapa Uncle Junior turned to us and dryly said, "half way dea", to which we replied, "hah". Couple of hours later we were on the west end where we decided to tow the canoes to our next stop, Dixie Maru. We would spend the night at Dixie, but only after another gourmet meal under the direction of chef Ali'i.

Our final day, Sunday, began with breakfast and a final aloha to our gracious hosts. After a Pule on the beach, we kissed Moloka'i goodbye and headed home for Oahu. After about three and a half hours of paddling we arrived at Hawaii Kai safe and sound to eagerly awaiting family and friends. Although we paddled over eighty miles in two days, what we'll remember the most is the time spent together as brothers.

Big Mahalo to The Kimbal Ohana, the Helm Ohana, Porter Hodgins, Junior Dudoit, Coach Pat's friends, and everybody who made our journey possible.

A FOLSOM FAMILY VACATION (Lanikai Canoe Club Women attend the 2008 World Sprints)



I was all Cindi's fault that the 11 of us took what will now be known as our Folsom Family Vacation. Last September, Cindi Chess had what we thought was a "brilliant" idea to travel to "scenic" Sacramento, CA for the 2008 World Sprints, in August no less. But finally, some of us decided to humor her and managed to get ourselves qualified at the time trials for the Junior Master and Senior Master divisions last November.

Our vacation began on the very night that LCC won the State Championships. Rushing to the airport with medals clanging and maybe a little sand on our ankles from Kehi Lagoon, we toasted each other to a job well done. It was that energy that we took with us to our next completion...THE WORLD SPRINTS.

Just South and East of Sacramento outside the small town of Folsom, CA, Lake Natoma proved to be an excellent paddling site. The perfectly calm water is conducive to all water sports. In fact this area is used as collegiate and Olympic training camp for rowing and was host to the World Sprints held in the early 90's. The weather was hot on shore and the water was cool and refreshing. There were no great headwinds to speak of and the only waves are gener-

ated from the canoes themselves. Part of our spectator audience included ducks and geese that sometimes even found their way onto the course.

Of the three events, the 500, 1000 and 1500m races, there were no boat holders except in the 500m events. For those races, the boats are held by a person standing on a pier set up specifically for such a purpose. Big Mike and Malcolm Smith volunteered and represented us well as guests in the Boat Holders Union of Sacramento. The 500m race was a straight shot while the other races required a turn every 250 meters. That meant each team had to complete 5 turns in the 1500 meter race. Needless to say, the steering was crucial, and both Malia and Torrey performed like champs. The lineup at the starting line without holders were a bit different as officials barked out commands in a thick French accent like, "5 back, 6 stop, 8 back", thru a megaphone to make sure all the boats started fairly and evenly. And, the starts themselves were always unpredictable. Needless to say, at the end of our week we could appreciate the differences between paddling in the ocean in Hawaii and on a lake in California.

For 5 days, there were races scheduled all day long in all divisions from Juniors to Senior Masters for both men and women. In between our races, we were able to watch some fantastic paddling especially, especially from the powerful Tahitian and New Zealand crews and even the Canadians delivered an occasional upset. Each of the 40 participating countries had a tent lining the shore, so we were able to trade racing jerseys and get in a little cultural exchange time as well.

Choosing to stay outside of the sometimes chaotic Hawaii tent, our race day campsite was a collection of towels lined up under the trees by the shore near the end of the race course. The Tahitians who also made

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camp near us provided entertainment with their music and their warm up routines. Lisa especially enjoyed that, and a few of us managed to jump in on their fun. It made for very pleasant days. We even took a swim one afternoon in the lake just beyond the race course. We each showed off our talents on a giant rope swing. You can't do that from a beach.

It is at this point I need to mention another special group of paddlers that also represented Hawaii, and represented well. Our very own, Suzi Mechler was in attendance with the adaptive paddlers from Project Pure Light started here on OAHU. The Pure Light Racing Team brought home gold medals in all adaptive team events (V6 500m, V6 1000m, and V12 500m) and captured additional gold, silver and bronze medals in the V1 500m event for 1-man paddlers. When the competition was over, Pure Light Racing brought home a total of 30 medals. This World Sprints event was the first time adaptive paddling events were sanctioned. In the past (2004 and 2006) these events were strictly exhibition events. These paddlers and those that coach them are great examples of the unquenchable human spirit.

Although we did not get anywhere near the medals as the Pure Light team, we held our own and managed to get to the finals in all but one race. Dave made great use of our small group by making strong combinations. He even got to jump in a few races with Nappy Napoleon and Team Anuenu. At the end of the week, our medals came with a little help from our friends on team Hawaii. The Senior Master women teamed up with Lae'ula O Kai from Maui to clench the Silver medal in the V12 500 meter race. (the time was only 4 tenths of a second behind the winning Tahitian crew) . The Junior Master women, comprised of 9 of our LCC paddlers and 3 others from Team Hawaii, took the bronze in the V-12 500 meter event. Cynthia took home a little

extra bling with her bronze medal win by teaming with the Island Masters crew for the Open V12 500 meter race.

In the off hours, we managed to get in some sightseeing in "Historic Folsom". The old part of town was quaint, and well preserved. The antique stores and art galleries were all fun to walk thru, but the chocolate shop was probably the group favorite. When we were not sightseeing, we had fun with barbecues, group dinners, trips to Trader Joes, morning runs, a group outing to a local nail salon and a river rafting trip for some at the end of the racing week. I should add that the youngsters of our group, (Mandy and Jiny) managed to get in some additional cultural exchange time with not only an Italian but also a Kiwi crew. Ah youth. Sadly, we never did get to the famous prison to walk in the footsteps of the late Johnny Cash. Perhaps, next time.

Thanks Cindi for your "brilliant" idea. Us Griswald's will be looking forward to another family vacation to the World Sprints 2010 in New Caledonia.

The Griswald family included:

Coach David Smith, Heidi Smith, Cynthia Bostick, Cindi Chess, Ann Dewey, Torrey Goodman, Jiny Kim, Lisa Sauer, Mandy Startup, Malia Maldonado, Nikki Radford, and Kris Krengel.

The Griswald cousins were: Hannah and Malcolm Smith, and Michael Hallinan.



LANIIKAI CANOE CLUB

2008 Regatta Season Wrap Up by Head Coach Tommy Connor

Now that the 2008 Regatta Season is concluded we should all reflect upon the accomplishments that led us to the State Championship trophy for 2008. This was truly a team victory that would not have been possible without the dedicated participation of every member of Lanikai Canoe Club. For every crew that enters the water to race our koa canoe, there is a supporting cast of coaches, parents, trailer drivers, canoe holders, tent managers, registrars and board members who have committed themselves to the success of our program. It is these dedicated volunteers who build the foundation for a successful season. For the club to continue this success we will need more coaches and helpers to step in and help keep the ship on course in the years to come.

In 2009 we will be the defending State Champions and many of our rival clubs will look to Lanikai as the model for paddling success. Along with title of champions there is an obligation to conduct ourselves as worthy champions by showing respect and compassion for all the members of our paddling community. All of our fellow canoe clubs make up this community and it is important that all of them are supported whether they are large or small or strong or weak. Lanikai began as a small club and it has taken decades to grow to where we are now. We should all be mindful of our humble beginnings and be willing to lend a hand to those who are taking their first steps. For every journey there is a starting point and an ending point. For those who are near the end of the journey there are others who are just starting. And that is really the beauty of our sport. We have 10 year old pad-



Head Coach, Tommy Connor

dlers, and we have 75 year old paddlers. They all contribute equally to our club ohana and to what makes us special and unique.

Congratulations to all of you and thank you for making this a great season that we can all remember with a sense of pride and accomplishment.



Lanikai Girls OC-1 by Coach Mark Miller

Last October some parents contacted me about coaching their daughter in paddling the OC-1. My wife wanted to help so we met with Jackie Thomas to get started. Upon arrival at the Thomas Hale we were surprised to find Jackie and 9 other girls eager to be coached. So what started as a small thing turned big rather quickly. I laid out the ground rules and how the program would be run. Of course it was how I thought the program would be run. Due to the fact that the average age of the girls was 12 and none of them had paddled an OC-1 before, I immediately started changing the workout plans in my head. The good news at that point was that all the girls had paddled the OC-6 and generally knew how to paddle. Pete Rooney as the leader of the Lanikai Youth program gave us the green light from the board and the Lanikai Girls OC-1 program was off and running. The bad news was that I had no clue how long it really took to get all the OC-1's assembled in the park and have the girls lug them down to the beach every day and return them after practice.

Our first practice was Monday, October 29 last year. Every practice included some form of cross training; pushups, situps, pull-ups, light weight lifting, ergonometer training, running and swimming. Every week we added a Hawaiian word and its meaning to what we were accomplishing. The girls learned really quick. Huli's became rare events compared to the beginning. Dressing correctly also became important as the girls quickly learned the importance of paddle shirts and shorts after rash and jellyfish taught them some valuable lessons. Many of the parents helped tremendously with carrying the OC-1s or driving the girls to the site and back. We ended up meeting three days a week. Fridays were focused on technique and paddle drills. Sunday morning was distance and adventure day and Mondays were short sprint days to work on speed. By December 15 several of the girls decided to enter the Lanikai Cold Pack Classic short course. I thought they were ready, but we hadn't practiced in 30 knot winds before. Several of

the girls still went for it and successfully completed the course as I paddled next to them shouting words of encouragement.

After the success of the Cold Pack Classic it was decided that another goal needed to be set out to achieve at the end of the season. It was decided that a Hawaii Kai Relay Run would be appropriate some time in March to complete the season. In the meantime we practiced three times a week. The girls also volunteered to help in Project Pure Light on three of the Saturdays at Kailua Beach Park to learn about giving back and community service. As we worked with Aka Hemmings in paddling the handicapped people in a special rigged canoe, the girls learned that paddling is more than just paddling as they were able to really help make somebody else's day.

Finally on Sunday, March 16, six of the girls decided that they were ready and met down at the Canoe Hale in Hawaii Kai. Dick Thomas and Dave Dunham graciously allowed us to use their boats for escorts and Chris volunteered to drive Dave's escort boat. Peter Abcarian volunteered to paddle his OC-2. The other girls would switch off on two Hurricane OC-1s. After a good safety brief we got started with myself and a couple of other parents paddling along side the girls on the OC-1's. Each girl rotated and paddled with Peter Abcarian. All the girls continued to rotate either onto an OC-1 or the OC-2 from the escort boats over the next ten miles to Magic Island in perfect 10-15 knot following seas. Success was sweet.

The girls never gave up the entire season and in the end they proved themselves to be real champions in my book. And who knows, maybe someday some of them might be crossing the Kaiwi Channel. One thing is for sure, they already have the hearts of champions. If you are 11-16 years old (boy or girl) and are interested in becoming an OC-1 paddler give us a call at 262-9619 or e-mail at surfahawaii@aol.com. Orientation practices will start in November. Experienced paddlers will start in December.



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