



**PNWORCA**  
PACIFIC NORTHWEST OUTRIGGER  
RACING CANOE ASSOCIATION

# CLUB NEWSLETTER

Edition 3 | July 2020

Message from the Prez:

*Aloha!*

*It's already that time for our 3rd edition! Mahalo to you all for your kind words, contributions and support for the club and this newsletter. I hope everyone is making the best out of this summer thus far and staying positive, safe and healthy! Every day brings new rules and news and I realize how frustrated you all must be. It is my hope that our community continues to adhere to the mandates set forth so that we may return to our team paddling passion in the not too distant future! There continues to be paddling opportunities for us to safely gather, have fun, explore new locations and maybe focus on those one or two techniques that have always troubled us. Club members have begun weekly meetups to complete the Deschutes Paddle Trail Challenge and anyone with a watercraft is welcome! If you do not have anything that floats, I encourage members to reach out to each other on our Facebook page - I know there are members willing to share! - Todd*

## UPCOMING EVENTS



### Wake & Paddle

Mon | Wed | Fri at Riverbend  
w/ Mike & Todd @ 8 am

### Rise & Run Saturday

w/ Jessica

*\*Times and dates may vary.  
Visit Teamer*

### Paddle Lava Lake

Saturday July 18th  
Deschutes Paddle Trail  
Challenge

Sign up on Teamer and  
watch for event postings on  
Facebook!



@bendoutrigger

## ANNOUNCEMENTS



The following races have been canceled and/or suspended due to COVID-19:

**da Grind 8/8**

**Na Wahine O Ke Kai 9/27**

**Moloka'i Hoe 10/11**

**Another Dam Race 11/7**



*Bend crews set out to race the Gorge.*

The Gorge Downwind Champs Race, has decided to alter the race to include **single paddler crafts only** for the event to take place July 13-18th. More information can be found on the GDC [facebook](#) page.

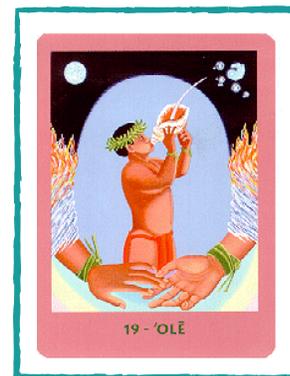
## PADDLER KNOWLEDGE



### Hawaiian Word of the Day

**Mana** - POWER  
*Mah-nah*

Mana is a form of a spiritual energy and also healing power which can exist in places, objects and persons. It is the Hawaiian belief that there is a chance to gain mana and lose mana in everything that you do. It is also the Hawaiian belief that mana is an external as well as an internal thing.



## OUTRIGGER HISTORY



### Hawaiian Canoe Construction

#### Part 2



Once the tree was transported back to shore, which often required the effort of hundreds of men over several days, the hull was finished in a special halau, or canoe shed. One of the most highly honored members of the ancient Hawaiian society was the canoe carver, or kalai wa'a.



Black paint, made from a mixture of plants and charcoal, was then added to the outer layer of the canoe to help keep it waterproof. For the Ali'i, or royalty, hens' eggs were used to make the paint shiny and glossy. The final act of building the canoe was the sacrifice of a dog and pig, which symbolized the tearing apart of the billows of the ocean and the rooting of the canoe into the open sea, respectively. Noho, or canoe seats, were often named after the paddler instead of the position number, and specialized wood artisans were given the task of making the paddles, all of which were customized for each owner and displayed proudly inside the paddler's home.

[Hawaii Paddle Sports](#)

## PADDLER ENRICHMENT



### Parts of the Canoe

The **splashboard** of the canoe (Wa'a) is known as **Pali Kai**. These are used to keep breaking waves or swells out of the hull. Sometimes seen as seat 1's only friend!



### Paddling Workout - Core Power



Coming off of last month's technique article based on the catch, one of the most important sections of the body to focus on strength and conditioning for paddling is your core.

The abdominal muscles stabilize the torso, providing the foundation from which the arms can wield their paddling power. Abdominal crunches can help develop these muscles. Crunches should be done lying flat on the floor, knees bent at a 90-degree angle with the hands supporting the head, elbows pointing directly out to the sides. Attempt at least 30 crunches, rolling your upper body up toward your knees. Another core-strengthening exercise is plank pose, or the top of a pushup. "River Sports Magazine" recommends hovering in plank for 15 seconds and gradually working your way up to 45 seconds or longer.

[Sports Rec](#)

## CLUB CATCH-UP!



*Club members Jessica, Vanessa, Naomi and Todd pose for a quick photo before heading out onto Sparks Lake.*

On June 27th, the date of what would have been the Rooster Rock Race, club members ventured off to Sparks Lake to take in the beautiful views on a sunny Saturday with loads of other weekend paddlers!

The weather was beautiful and there was plenty of room for all those that decided to paddle and camp out on the vast lake. This was a first time for several members paddling here and it was worth it! There are so many tributaries that provide a means to break away from the main body of water and lose yourself in a lagoon-like setting with crystal clear, gentle waters and endless places to park it, sling a hammock and swing in the breeze. Even though parking can be a bit overwhelming on a weekends, this lake is worth the short trip from Bend!



*The views of The Sisters, Broken Top and Mount Bachelor were nothing short of spectacular for these lucky paddlers!*

**GET OUT THERE!**



In lieu of the typical race season, we are continuing an alternative challenge for BOO members. We invite you to complete the lake sections of the Deschutes Paddle Trail and will continue to plan our Saturday group paddles to accommodate meeting this exciting challenge!! Here are the remaining dates and locations:

- 7/18 - **Lava Lake**
- 7/25 - **East Lake**
- 8/1 - **Crane Prairie**
- 8/8 - **Cultus Lake**
- 8/15 - **Wickiup Lake**
- 8/22 - **Paulina Lake**

Look to see these events listed on Teamer and the BOO Members Only group on Facebook but feel free to complete the challenge outside of these dates. In order to 'count', you should take a selfie or group shot and post to the BOO Members Only group. At the end of August, we will tally up and anyone who completes the full challenge will receive some coveted BOO swag as well as good-hearted bragging rights.

**THE WRAP UP**



We are still graciously accepting donations to the club through **PayPal** - **Mahalo to those that have already donated!**

**MEMBER HIGHLIGHT**



**Mary Megan Chun**  
*aka: Meg*

**Paddling Exp:** 38 years  
**OC Paddling Exp:** 33 years  
**Fave thing about paddling OC:** *I love working towards a common goal with a team of people. The commitment which keeps you showing up even on those days you are sooo tired. Downwind paddling, surfing in OC-1, 2, 6 or my Surfski. Love 'em all!*

**LOCAL SHOUT OUT!**



*together on the water*

KIALOA originated from a shared love of being on the ocean as outrigger canoe paddlers, living on the windward side of Oahu. We paddled together, raced each other, and afterward talked story and celebrated the shared experiences that brought us together and kept us together - like family ('ohana).

KIALOA offers professionally designed paddles for SUP, dragon boat and outrigger, as well as other performance paddling gear and accessories.



Find out more about [Kialoa](#)

**MARK YOUR CALENDAR**



<b>Independence Day</b>	July 4th
<b>World Population Day</b>	July 11th
<b>Bastille Day (FR)</b>	July 14th
<b>Int'l Nelson Mandela Day</b>	July 18th
<b>Nat'l Hammock Day</b>	July 22nd
<b>Int'l Day of Friendship</b>	July 30th

**LEADERSHIP CONTACT**



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