



PNWORCA
PACIFIC NORTHWEST OUTRIGGER
RACING CANOE ASSOCIATION

CLUB NEWSLETTER

Edition 6 | June 2022

Message from the Treasurer:

Hello members of BOO!! As we embark on another fun filled season of practicing, racing and socializing together, I want to thank each of you for the unique and important contribution you make to our outrigger club. As a very friendly reminder, we offer 3 practices for free and then request that you pay dues either via check (hand to me or drop in lockbox inside the red shed) or on the Teamer app. 2022 season dues are \$175 for individuals, \$300 for couples residing in the same household, \$125 for kupuna (60+), \$90 for full time students & \$45 for keiki ages 13-17.

Why are dues important? Dues allow you to be a member in the first place and help cover club expenses like liability insurance, boat repairs and the club's dues to PNWORCA. If we didn't pay dues, we'd need to spend our valuable time on the water participating in fundraising activities instead... while we may still elect to periodically fundraise for major initiatives, our dues payments cover most of the our club's expenses. Lastly, dues allow us to maintain our canoes, PFDs, paddles, and other gear for members to use at practices and races.

Over the next couple of weeks, I'll be reviewing sign up sheets and reaching out to anyone who hasn't paid their dues yet. To those of you who are current on dues, thank you so much for your support of our club!!

UPCOMING EVENTS



Sunday, June 5th

OPEN Club Meeting

4PM @ Farewell Bend Park

Tuesday, June 21st

Summer Solstice Luau

Details to come!

Thursday, June 23rd

BOO-ya Trivia on the Moon

6PM @ Silver Moon Brewing

Saturday, June 25th

Rooster Rock Race

Corbett, OR

All-day Event

Sign up on Teamer and watch

for event postings on

Facebook!



@bendoutrigger

ANNOUNCEMENTS



Interested in racing this season?!

*Let **John & Todd** know!!!*

*It's time to chose races, form crews,
and train our little hearts out!*



Upcoming PNWorca 2022 Races:

Rooster Rock 6/25

The Gorge Race 7/9

Bellingham Bay Classic 7/23

Da Grind 8/6

PNW Challenge 8/27

CULTURE & LANGUAGE



Hawaiian word of the month:

Kuleana- The word itself means "responsibility," but in a deeper sense, that covers a reciprocal relationship between the person who is responsible and the thing that they are responsible for.

Kuleana encourages us to be accountable for all that we do. It is the "ability to respond" to whatever is happening. Those who live the value of kuleana know that their happiness is dependent on what happens inside of them, not outside.



CLUB CATCH-UP!

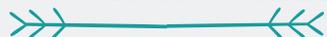


Paddle sanding & refinishing work day was post-poned last month due to inclement weather & injury.

New date **TBD**, talk to **Scott** for June details!



OUTRIGGER KNOWLEDGE



Parts of the Canoe:

'**Iako**: arched crossbeams which fasten the floater (ama) to the hull in an outrigger canoe.



THE BIOMECHANICS AT THE SWITCH

(from kanuculture.com)

- Relax and breath out on the change.
- Relax the elbow, shoulder, wrist.
- Swap the hands central to your body line.
- Don't sit bolt up right when you make the switch.
- Keep some lean forward.
- When you switch, you can be guaranteed greater reach for less movement.
- Switch feet quickly in sync with the arms / hands switching the paddle.
- Make the first stroke as long as possible and drive downward to set yourself up.
- Use the edge of the seat, don't sit back on it.

Many crews make the first stroke very short and shallow.

Aim for longish and deep and reap the benefits over your opposition.

MEMBER HIGHLIGHT



Caryl Hosler

No nickname, willing to be given one by other members.

Paddling Experience: SUP for 10 years, ocean swimmer. This is my first time trying outrigger!

Proud Water Moment: Being asked to sit seat 3 a lot because I can count well and I can have a loud voice.

Most Looking Forward to this season: I'm really excited about getting the chance to race, hoping to do some long distance paddles.



The art of the call:

One of the purposes of the call, is that it helps recalibrate all paddlers in terms of timing, before the switch is made.

LOCAL SHOUT OUT!



Mahalo!

Jerseys to be delivered this month!



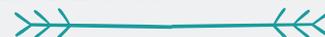
MARK YOUR CALENDAR



This month is named after Juno, the queen of the Roman gods. It is the month with the longest daylight hours of the year in the Northern Hemisphere, the Summer Solstice.

Open Club Meeting	Sun 6/5
Solstice Luau	Tues 6/21
BOO-ya Trivia	Thurs 6/23
Rooster Rock	Sat 6/25

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