

HONOLULU QUARTERBACK CLUB

"The Preeminent Sports Source in Hawai'i, Recognizing All Sports"

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PRESS RELEASE

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The Honolulu Quarterback Club, celebrating 67 years, is pleased to announce the following Guest Speakers for their luncheon, Monday, August 12th., at the MGR:

+ Sister Joan of Arc - President - Head of School - St. Francis School

+ Mike Uiufale - Head Coach - Boy's Football - St. Francis School

+ Richard Cline - Amateur Triathlete - Heart Attack Survivor

Sister Joan of Arc - President - Head of School - St. Francis School - Sister Joan of Arc, who has been head of St. Francis School since 1991, is quite possibly the most telegenic nun in Hawaii. Dateline Media tracking service reports that this year alone she has been seen on local network affiliates 27 times. She has also been seen in OC16 interviews (counting repeats) more than 60 times. Memorable TV appearances over the years include PBS Hawaii's "Long Story Short," Howard Dashefsky's "Sports People Hawaii" and "In The Car with Andy Bumatai." In recent weeks she has been interviewed by HawaiiNewsNow, KHON and the Star-Advertiser about the school's new varsity football team. On Aug. 1st she was live on WakeUp2Day greeting students for the first day of class at her school. For her skills as an administrator, she was nominated as a finalist in this year's Pacific Business News "Women Who Mean Business" competition. A lifelong football fan, Sister Joan grew up in Pauoa as Rochelle "Rocky" Souza. She learned the game from her father and carried her love of the sport to St. Francis. For several years she has screened University of Hawaii football games in the student center for faculty and school alumni, inviting potluck contributions for what she calls her own little "tailgate" party. When Sister Joan made news in 2006, ending an 82-year tradition of girls-only at St. Francis, she envisioned a football team. It took seven years but this year she is rolling out the ILH's newest entry with a small roster of spirited athletes. They had their historic first official game on Friday, Aug. 9, against Maui High at War Memorial Stadium. She has been the heat and soul not only of St. Francis academic life but of its athletic life. She gathered donations and grants to build the school's first real gymnasium which opened in February. The first game played at the gym was the boys' varsity basketball team's last ILH Division 2 regular season games and it was attended by Governor Neil Abercrombie. The Saints clinched their second straight league title that night and later went on to win their first Division 2 state title.

Mike Uiufale - Head Coach - Men's Football - St. Francis School - Mike, 41, is in his first varsity coaching position with St. Francis School. But his football credentials are considerable. He was a 3rd round draft pick of the Dallas Cowboys in 1996 and prior to that played defensive tackle for BYU. After his NFL career was cut short by injury, Mike played six years in the Arena Football League for the San Jose Saber Cats (where his teammate was Damien head coach Eddie Klaneski) and the Los Angeles Avengers. Mike is in his third years running the Hawaii Elite Football League for boys ages 5 to 14 in the Palolo, Aiea, Waipahu, Waianae and Ewa

areas. As a Campbell High School two-way player (quarterback and OIA all-star linebacker) in the mid-1980s, he learned the meaning of adversity. He recalls rosters as small as 23 players. Mike acknowledges that St. Francis has a small roster too. "But it's about quality, not quantity" he says. Mike and his wife, Carrie, have five children and live in Ewa Beach. Coach Mike will talk about St. Francis's very first football game which was held in Maui last week.

Richard (Rich) Cline - Amateur Triathlete - An endurance athlete for most of his life, Rich has a solid competitive background in cycling and began focusing on triathlon in 2010 with the ultimate goal of completing his first Ironman distance race in 2012 at the age of 40. He has competed in many notable races throughout Hawai'i and the US mainland, to include Ironman Coeur d'Alene, Ironman 70.3 Hawaii, Dick Evans Memorial Road Race, Cycle to the Sun, and many others. Rich's goal of Ironman distance competition hit a significant roadblock in August 2012, when he underwent open heart surgery to remove a large tumor from his left atrium. Like many endurance athletes, he had become accustomed to the many aches and pains attributed to arduous training. In recent years, headaches and occasional chest pains were disregarded as symptoms of hard training sessions. On the morning of August 15th., Rich developed a headache severe enough to warrant a trip to the emergency room. Still discounting his symptoms, Rich was shocked when his EKG showed signs of an acute heart attack. As he recovered in the hospital, Rich realized just how lucky he is to be alive. Doctors were astonished that he was able to compete in triathlons as recently as two weeks prior to surgery and attributed his survival to the fitness gained from endurance sports. As the months have passed since surgery, Rich has found a renewed energy for life and has developed a profound desire to give back. He wants to use his second chance at life to inspire others to get fit, listen to their bodies, and to enjoy life. He has joined the Ironheart Racing Team, a nonprofit organization that supports cardiac patients and families worldwide by raising awareness through active lifestyles by promoting healthy heart living and providing resources, referrals, and support to patients, communities, and organizations. Just 311 days after open heart surgery, Rich accomplished his goal on June 23, 2013 by finishing Ironman Coeur d'Alene in just over 13 hours. While finishing this arduous race was an amazing feat by itself, he also fulfilled his goal of giving back by using his race as a platform to raise over \$2,500 for the Nick of Time Foundation, a nonprofit organization dedicated to educating schools, athletes, families, and communities about Sudden Cardiac Arrest and death in young people. Rich has not waited long to set his sights on new goals. He was recently honored to receive a coveted slot to the Ironman World Championship in Kona on October 12, 2013. With one Ironman distance race on his résumé, Rich feels he will have a better race strategy for Kona and has set a goal of 12 hours for his finishing time. He will once again race for a cause by using the grand stage of Ironman Kona to raise Funds for the Ironheart Racing Team. Rich is married to Audrey Cline and has a 13 year old daughter, Chelsea. Rich will take questions.

The Maple Garden Restaurant is located at 909 Isenberg (near the corner of King and Isenberg directly across from the Old Stadium Park) and there is free parking next to the Restaurant or street parking is available. The entrance to the meeting room is located at the rear of the Maple Garden building through the parking lot. Lunch is at 11:30 am and the program begins at 12 noon. The luncheon cost is \$15.00 per person for members and guest which includes tax and gratuities. The food is fabulous!

THE GENERAL PUBLIC IS INVITED

Come to our meeting & celebrate these speakers!

There is parking next to the Maple Garden Restaurant and plenty of street Parking.