

1/4/05

the Outrigger

A tropical sunset scene with palm trees and people silhouetted against the horizon. The sky is a mix of orange, red, and blue, with clouds catching the low light. Three palm trees are prominent in the foreground, their fronds silhouetted against the sky. In the bottom left, the silhouettes of three people are visible, looking out towards the ocean. The overall mood is peaceful and scenic.

JANUARY 2005

Published by the Outrigger Canoe Club for Members and Guests at Home and Abroad



Kristi Torkildson Wins Castle Swim Again

Dennis Blake shows Kristi Torkildson her name on the Castle Swim perpetual trophy.



Junior 'Riggers who competed in the Castle Swim were Mikey Cote, Kelli Moy, Rachel Cote, Kristi Torkildson, Eric Abbot and Egen Atkinson



Participants in the Castle Swim gathered on the Club beach before the start of the swim.

By Ray Robinson. Photos by Marilyn Kali

For the second year in a row, Kristi Torkildson won the OCC's traditional Castle Swim. The 14-year-old Punahou student finished the race in a fast 35 minutes and 34 seconds. Very close behind was Wil Yamamoto in :35:50.

The OCC's traditional Castle Swim, which started some 80 years ago, was for several years open to the public. The original course was from Harold Castle's home on the site where the Elks Club now stands to the old OCC Clubhouse in Waikiki where the Outrigger Waikiki Hotel now stands. Mr. Castle is said to have personally passed out trophies.

Thirty-two years ago, Castle was resurrected, made a private OCC members-only event, and the course was reversed, to start in Waikiki and end at our present beach.

Last year the wind kicked up, and slower swimmers encountered troublesome counter-current in the latter stages of the swim.

This day dawned cloudy and cool, but soon became warm and windy.

Much of the chatter amongst the contestants at the check-in table on the Hau Terrace early Sunday morning after Thanksgiving was about what ocean conditions they'd find; the wind, current, the amount of sun, but mostly about the current.

At 8 a.m., meet director Dennis Blake declared the swim a "go" and 31 swimmers were bused down to Waikiki, hitting the water shortly after 8:30 a.m. from the Outrigger Waikiki hotel beach.

This year, most swimmers agreed it was windy and choppy on the course, and those without escorts had trouble seeing the final yellow turn bouy. Most swimmers had escorts on surfboards, one-mans or paddleboards to help them find the best route and to keep them from missing any bouys.

Swimmers ranged in age from 14 to 73.

Dennis Blake reported there was a smooth start but around the middle bouy it became very choppy and there was a strong current out of the channel from the final turn bouy into the Club beach.

It was a beautiful day with much camaraderie. After the swim, contestants and escorts enjoyed the OCC's sumptuous Sunday morning brunch, and prizes were given out to winners in each age group.

Kudos to Swim Committee members Dennis Blake, Gerry DeBenedetti, Arnold Lum, Blake Johnson, Diane Stowell, Ray Robinson, and Ginger Thornburg for making it happen; to all the escorts, and to Beach Captain Don Isaacs and his crew for setting the course.



Age group winners included Bob Momsen, Diane Stowell, Jim Wiencke, Ernie Leskovitz, Debby Atkinson, Bob Atkinson and Jim Zachary.



Winning their age groups were Matt Kresser, Billy Balding, Laurie Foster, Dawn Davenport, Katherine Nichols and Wil Yamamoto.



Taizo Braden won the 25-29 division

Castle Swim November 26, 2004 Results

Place	Name	Time	Place/Division
1.	Kristi Torkildson	:35:34	1st Overall
2.	Wil Yamamoto	:35:50	1st, M30-34
3.	Bob Momsen	:36:23	1st, M55-59
4.	Egen Atkinson	:37:55	1st, Jr Men
5.	Rachel Cote	:38:03	1st, Jr Women
6.	Eric Abbott	:39:04	2nd, Jr Men
7.	Robert Atkinson	:39:15	1st, M50-54
8.	Mikey Cote	:40:06	3rd, Jr Men
9.	Austin Kino	:40:57	4th, Jr Men
10.	Ernie Leskovitz	:41:33	1st, M65-69
11.	Natalie Sokol	:42:03	1st, W25-29
12.	Billy Balding	:43:45	1st, M40-44
13.	Katherine Nichols	:44:09	1st, W35-39
14.	Laurie Foster	:45:14	1st, W45-49
15.	Kelli Moy	:46:26	2nd, Jr Women
16.	Matt Kresser	:48:55	1st, M35-39
17.	Taizo Braden	:49:10	1st, M25-29
18.	Jim Wiencke	:49:32	1st, M60-64
19.	Diane Stowell	:50:08	1st, W70-74
20.	Torrey Thomas	:50:16	5th, Jr Men
21.	Kimo Austin	:50:28	2nd, M65-69
22.	Dawn Davenport	:55:23	1st, W40-44
23.	Anne Perry	:56:47	2nd, W45-49
24.	Arnold Lum	1:04:37	2nd, M55-59
25.	Brad Coates	1:04:45	2nd, M50-54
26.	Debby Atkinson	1:06:15	1st, W50-54
27.	Mary Balding	1:06:24	3rd, W45-49
28.	Blake Johnson	1:06:25	3rd, M65-69
29.	Bonnie Eyre	1:08:29	2nd, W70-74
30.	Jim Zachary	1:20:08	1st, M70-74
31.	Ron Haworth	1:40:03	2nd, M70-74



Bonnie Eyre and Laurie Foster were recognized with mileage awards at the Castle Swim.

2004 Mileage Awards

Outrigger members are invited to log their swimming miles on the charts in the Men's and Women's Locker Rooms. Swimmers who meet certain milestones are recognized at the Castle Swim. This year's winners were:

Bonnie Eyre	8,000 Miles
Laurie Foster	800 Miles
Norma Santiago	250 Miles
Colleen Heyer	100 Miles
Marissa Del Rey	100 Miles
Barbara Crandlemire	100 Miles

FROM SUNRISE



Karen
Kottow

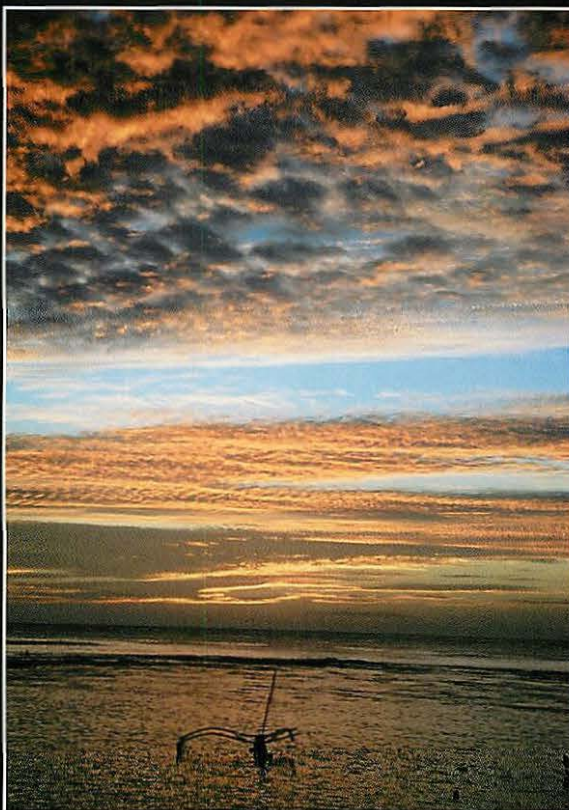
Every night, OCC server Karen Kottow enjoys the beauty of the Oahu sunset from the Koa Lanai. And being an amateur photographer, it wasn't long before she began snapping pictures between runs to the kitchen and her tables. She says the beautiful sunsets are an added bonus of the job.

Karen has been in Hawaii 14 years, and has worked at OCC since 1997. She's taking photography classes in her spare time, and hopes some day to turn her hobby into a business.

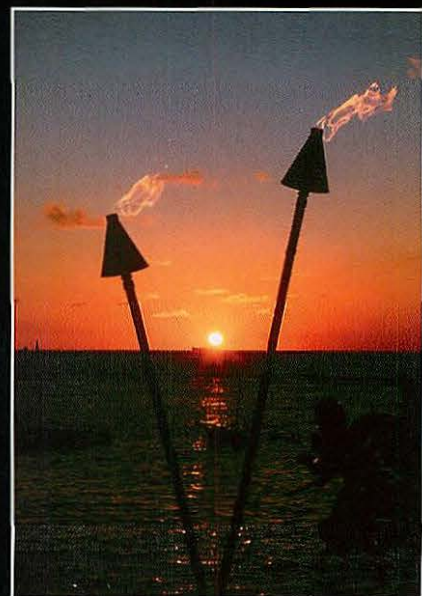
Here she shares some of her favorite photos.



Diamond Head at Sunrise



Another night, another beautiful sunset.



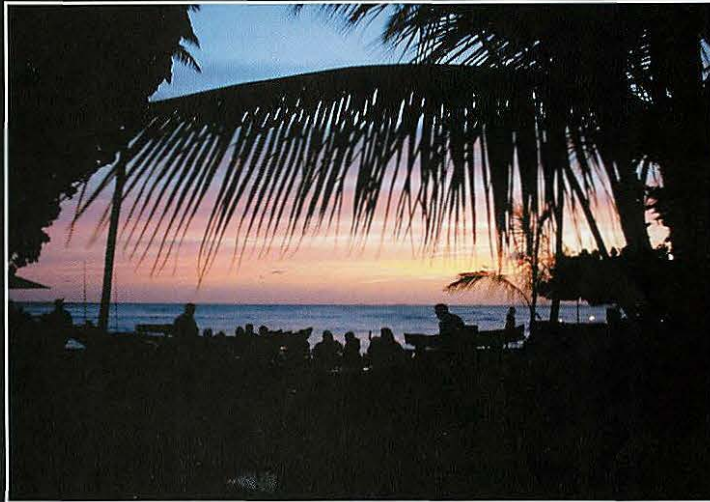
Tiki torches lend atmosphere on the Koa Lanai.

TO SUNSET

the Views from the OCC Are Magnificent



A colorful evening from the beach.



Evening descends on the Hau Terrace.



The most photographed sunset view with the Hobies in the foreground.

As the Terrace Turns



Laurie Sloan (in green vest) poses with her Hono team after the 2004 Civil War Relay in Eugene, Oregon. Kneeling: Stuart Sloan, Gina Alberte. Standing: Larry Egan, Laurie Sloan, Linda Alberte, Jim Shur, and John Alberte.



Attending Pam Eliashof's citizenship party were, front, Lorna Mount, Pam and Neva Rego. Back: Betsy McCreary, Pat Bushong, Norma Wright, Ella Edwards, Christine Eilers, Marita Nelson and Dorothy Ogan.



Wearing only his purple floaties on his arms, Adam Kowalski enjoys a day at the beach with dad.



Meghan and David Buck bumped into Clay Stanley (wearing his red OCC T-shirt) at a Starbucks in Athens, Greece, just hours after he played in the Olympic Bronze Medal volleyball match. Meghan and David were in Greece on a belated honeymoon.

Dr. Byron Eliashof entertained friends at a festive party on the Koa Lanai to celebrate Pam Eliashof becoming an American citizen. The room was decorated with British and American flags, posters, and red, white and blue balloons.

Among the guests were the Divas of the Hawaii Opera Theater Chorus.

James Hustace, former team captain of Hawaii Prep Academy in 2003 and former Academy Swim Club leader, is swimming for NCAA Division III powerhouse Lawrence University in Appleton, WI. On November 5, 2004, he was in the winning 400 free relay at the Lake Forest Invitational, Chicago. Two days before, at Boldt Natatorium (Lawrence University), he and his team defeated six other teams in individual dual meets. On November 16, his team lost to the University of Wisconsin, but defeated Marquette University.

Laurie Sloan participated in the 2004 Civil War Relay in Eugene, Oregon on November 21, 2004 with four other team members: Stuart Sloan (brother of OCC member Bruce Sloan), Larry Egan, Jim Shur, and Linda Alberte (and baby Gina) all from Oregon.

The race consisted of 50 miles starting from Autzen Stadium in Eugene and running through the backroads of farm lands and open meadows, ending at the Linn Benton Community College in Albany.

"Team Honu" completed the race in 4 hours 44 minutes and 47 seconds (5th in the mixed category). Each runner completed five legs of two miles each. Average temperature was in the 30's, thus, the Hawaiian Honu (Laurie) had to layer well to stay warm.

Contributions to this column are always welcome. Leave items for the Editor at the Front Desk, email to occmag@aol.com or fax to (808) 833-1591. Items received by December 25 will appear in the February issue. Items received after December 25 will appear in March. Be sure to include your name and phone number in case additional information is needed.



MOTOCROSS RACING

IS SERIOUS SPORT

By Aaron Ackerman

It's a thrill ride for motocross freestyler Aaron Ackerman as he jumps 90-feet off a metal ramp on his bike.

(Editor's Note: Motocross Racing is not an official OCC sport, but a number of Outrigger members are involved in the sport, as well as with motorcycle racing.)

I grew up riding motorcycles with my Dad, Brant Ackerman, and his friends, including Walter Guild, Alan Pflueger and Matt Kresser. I remember being on the pit crew of the Outrigger Motorcycle Racing Team on the Big Island in the Mauna Kea 200 Enduro Race when I was quite young.

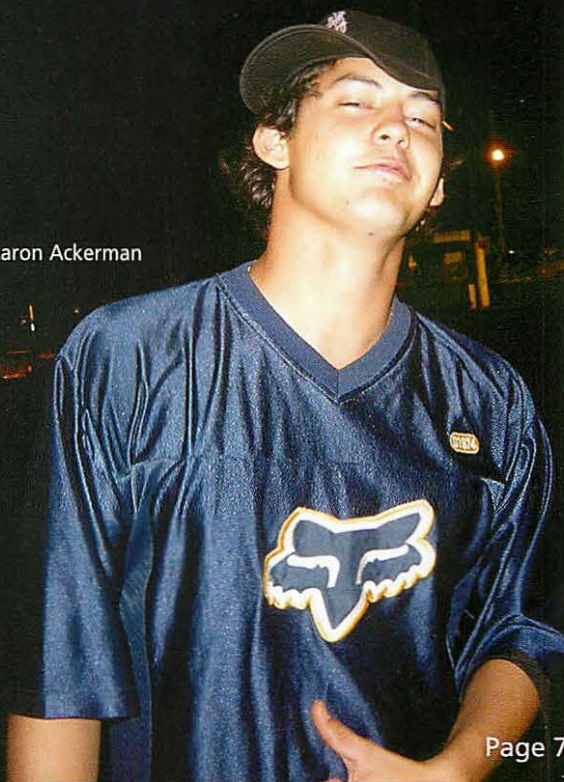
I grew up riding with many members and grew a passion for the sport. Currently I am on the only Freestyle Motocross Team in the state. Our team is named Locomoto-x and we do jump shows around the island.

Freestyle Motocross involves jumping 90-feet off a metal ramp and performing the craziest trick you can do before you land. Oh, and you want to make sure you land. It is a really fun sport and it can be equally dangerous.

Last April I had surgery for a bulged disk in my back from an injury. At 24, I'm proud to say that I am recovering strong and am back on my bike jumping and doing shows.

I can't compare anything I've ever experienced to the thrill of jumping my bike and the feeling of achievement when I overcome my fears. I take my sport very seriously and have had to work very hard to get my body physically strong enough to allow me to do the sport I love.

Aaron Ackerman



Club Captain's Report

By George Wessberg

PCA Workshops

Members of the Athletic Committee have participated in three Positive Coaching Alliance workshops during the past three years. Our coaches and athletes have experienced two Coaching Workshops and our subcommittee chairs and directors recently attended the Leadership Workshop.

We are planning to sponsor a Parent's Workshop in the spring. The purpose of the Parent's Workshop is to introduce the philosophy of positive coaching, which emphasizes the use of sports to teach life skills, and to engage parents in the process of promoting improvement in individual performance.

The PCA encourages *mastery* over winning.

Summer Events

Our summer event schedule will offer many opportunities for our membership to experience the sports of old Hawaii. There will be Learn to Surf Clinics on Saturdays, the Summer Surf Camp, Summer Canoe Steering Clinics, Summer Surf Contest, Sunday Canoe Rides, Ko Kainalu Program, monthly Golf Tournaments,

Summer Surf Paddleboard Race, the Macfarlane Regatta and the OHCRA Regattas.

The Club no longer provides a supervised summer fun program for children. Sand volleyball contests and possibly an indoor volleyball tournament are under consideration.

Positive Attitude

The Athletic Committee continues to focus on the development of positive attitudes in all of our sports programs. Our initial efforts have been directed at the youth paddling program because it is the largest. However, volleyball and surfing coaches have been included in the process.

A traveler came upon a sage on the road to a city. He asked, "What are the people like in the city ahead?"

The sage answered, "What were the people like in the city from which you came?"

The traveler replied, "Lazy, untrustworthy and stupid. I couldn't wait to leave." "Ah," said the sage.

"Then you will find them the same in the city ahead."

Later, a second traveler approached the sage and asked the same question. "What are the people like in the next city?"










Again the sage answered, "What were the people like in the city from which you came?"

The second traveler replied, "Honest, hard-working and friendly. I was sorry I had to leave"

"Ah," replied the sage. "Then you will find them the same in the city ahead."

This parable illustrates a simple truth about human behavior. People are conditioned to respond to their environment. One primary purpose of the Athletic Committee is to promote an environment where all of our athletes perceive the Outrigger Canoe Club to be **"a positive place to play."**

Happy New Year from the Caron B Team

 Rick Piper RA, Sales Specialist	 Mark Sperry Broker-In-Charge, R, GRI, SRES	 Mary Ann Gaylord RA, Sales Specialist
 Suzanne Malia Yen RA, Sales Specialist	 Caron B Hill Broker, Owner, R, CRS, GRI	 Tam Sato Escrow Manager
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FREE UKULELE LESSONS

Ukulele Virtuoso Art Todd will give complimentary ukulele lessons to Outrigger members every Wednesday beginning January 5. The lessons will last through the end of February.

The weekly sessions will be in the Board Room from 3 to 4 p.m. Sign up at the Front Desk to assure your place.

Gearing Up for Canoe Racing

By George Wessberg, Club Captain

Volunteers

Members who are interested in supporting the paddling program should contact George Wessberg via email at clubcapt@outriggercanoecub.com. Enthusiastic volunteers are needed for a variety of technical and administrative functions. Paddling experience is not essential for all positions. Parents of youth paddlers are welcome.

Philosophy

The *OCC Roadmap to Excellence* has been created to increase participation and retention in our youth paddling program. PCA Workshops will be conducted for youth coaches and parents of junior athletes. The primary goal this season is to make the canoe racing program a *positive place to play* for all kids. In the process, we will encourage our kids to learn important life skills, such as teamwork and resilience, through paddling.

Events

A series of meetings and events have been planned to support our philosophy and implement the components of the *Roadmap to Excellence*. We encourage the families of all junior paddlers and all youth coaches to participate in the special events and regattas.

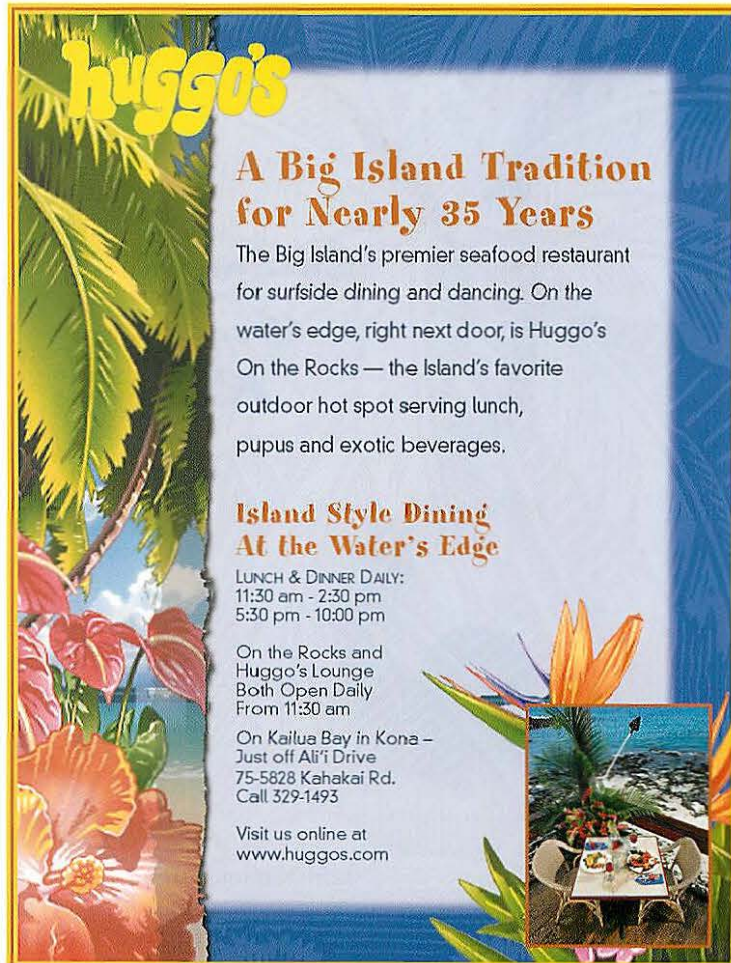
- **Monday, January 10:** General Meeting to assign volunteers to various work groups, entertain questions about the paddling program and review priorities for the season.
- **Monday, February 7:** Business Meeting of executive committee members and team leaders of various subcommittee work groups to plan events and conduct routine business.
- **Saturday, March 5:** Registration Event for all paddlers and members of immediate family, youth coaches and subcommittee members. Activities will include registration (10 a.m.-2 p.m.), an informational meeting for parents (11:30 a.m.-12 Noon) and a "mini-Club day" with lunch and prizes for all participants (11 a.m.-3 p.m.). New paddlers must have their own member number and copy of birth certificate to register.
- **Saturday, April 9:** Canoe Rigging Clinic for youth paddlers conducted by Tay Perry and the Masters Men at the Ala Wai practice site (9 a.m.-12 Noon). All youth coaches will be attending a PCA Coaching Workshop in the Board Room (10 a.m.-12 Noon). Everyone will meet at the Club for a barbeque lunch at noon. Coaches will announce the practice schedules.
- **Sunday, June 5:** First Regatta at Keehi Lagoon. Special activities will be planned for junior members. Families are encouraged to arrive early and stay at the regatta until noon to cheer for all of our junior crews.

- **Saturday, August 6:** HCRA State Championships on Maui. Travel information will be provided to crew members and their families in late July by the coaches.

Acknowledgement

We wish to express our sincere gratitude to the dedicated members of the 2004 Canoe Racing Subcommittee: Chair Courtney Seto, Head Coaches Kala Judd (Men), John Puakea (Women), Anthony Hunt (Regatta) and Keoni Kino (Youth), Siana Hunt (Secretary/Registration/Events), Kawika Grant (OHCRA Rep), Genie Kincaid (Public Information), Jimmy Austin (Equipment), Lindsey Styan (Travel), Scrappy Lipton (Fundraising/Macfarlane Regatta), Paula Crabb (Dad Center Race) and many others, for their hard work and extraordinary performance last year.

We especially appreciate the willingness of these members to support our efforts this season as mentors and volunteers as we address the formidable task of implementing the *Roadmap to Excellence* for our junior members and preserving the *Tradition of Excellence* established by our elite crews and their coaches.



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Reciprocal Club Review

By Valerie Davis

Review #35 features *The Columbia Club in Indianapolis.*

First, please note that our previous club there, the Indianapolis Athletic Club has closed. Therefore, in its place we are accepting reciprocity with the Columbia Club.

This 115-year-old Club was founded in February 1889. The 11-story clubhouse is designated as an historic landmark and has been placed on the National Register of Historic Places.

It is conveniently located in downtown Indianapolis on Monument Circle, approximately eight miles from the airport, and a short distance to more than eight museums, Circle Center Mall (300 shops), the RCA Dome, Conseco Fieldhouse, Victory Field, the Indianapolis Zoo, and White River State Park.


Indiana is also home to many universities and colleges including some right in the Indianapolis area such as Butler University and the University of Indianapolis, with others like Purdue University not being far away.

The Club has 89 guest rooms and suites pricing from \$125-\$195 with room service offered Monday-Saturday. The Club has four restaurants and lounges, ranging from casual alfresco to fine gourmet dining, plus full catering services and private rooms for groups up to 350.

Breakfast, lunch and dinner are served six days a week but the restaurants are closed on Sundays. The dress code varies with the different restaurants and meals, from casual to coat and tie. There is also a full fitness center complete with indoor pool at no charge for overnight guests. Valet parking is available 24 hours a day.

As usual all charges must be settled prior to departure with credit cards or cash. A valid OCC membership card plus a current letter of introduction showing good standing must be presented upon arrival to receive reciprocal privileges.

If you're heading that way please stop by our Executive Office for the proper documentation.



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OCC Social Calendar

January

- 1 New Year's Buffet, 6 p.m.
- 3 Bridge, Noon
- 6 Lobster Night, 6 p.m.
- 10 Bridge, Noon
- 11 International Buffet, 6 p.m.
- 17 Bridge, Noon
- 24 Bridge, Noon
- 29 Club BBQ, 6 p.m.
- 31 Bridge, Noon

February

- 3 Lobster Night, 6 p.m.
- 7 Bridge, Noon
- 8 International Buffet, 6 p.m.
- 14 Bridge, Noon
- 14 Valentine's Day Dinner, 6 p.m.
- 21 Bridge, Noon
- 21 Family Buffet, 6 p.m.
- 23 Wine Tasting, 6 p.m., Koa Lanai
- 26 Club BBQ, 6 p.m.
- 28 Bridge, Noon
- 28 OCC Annual Meeting, 5:30 p.m.



Historical Photo of the Month

By Barbara Del Piano

Help! The Historical Committee has a number of photographs in its archives with unidentified members or former members. Can you identify them?

The accompanying photo of this paddling crew was probably taken in the late 1940s. If you recognize the mystery wahine on the right, please let JoAnne in the Executive Office know.

Or maybe you know someone who might recognize them? Ask your kupuna and makule friends to take a look. If there is someone off-island, copies of the photo are available and we will be happy to mail them for you.

Best of all, your efforts will not go unrewarded. The first one to place the face of the mystery person gets a free lunch at the Outrigger. So wrack your brain and solve the mystery. A different photo will run each month so be on the lookout for the next one.

"Local Style" Dinner Buffet

Tuesday, January 11

SALAD BAR

Pineapple Cole Slaw, Potato Salad,
Seafood Salad, Lomi Lomi Salad,
Three Bean Salad, Somen Salad,
Marinated Grilled Vegetables,
Crisp Garden Greens with Selected Condiments & Dressings

ENTREES

Kalua Pork
Shoyu Chicken
Sauteed Mahimahi OCC
Steamed Sweet Potatoes
Steamed White Rice
Stir Fried Won Bok with Sweet Peppers

DESSERTS

Create Your Own Ice Cream Sundae Station,
Fine Selection of Fruit & Cream Pies,
Brownies, Cookies,
Haupia

Adults \$16.95, Children 5-12 years old \$11.20
Children 5 years old and younger are free of charge

SPRING BREAK DATE March 20-26



"I use the *lifeskills* tools I learned at Winners' Camp all through my Punahou and UCLA education and now as a Professional Golfer.
FOCUS: Follow One Course Until Successful is key. To be at the top of your game you have to FOCUS. Like today when my brother wanted to go to the North Shore to see the huge waves, I was so tempted, then I just said to myself 'FOCUS Bridget' and I headed to the golf course to work on my game; my career!"

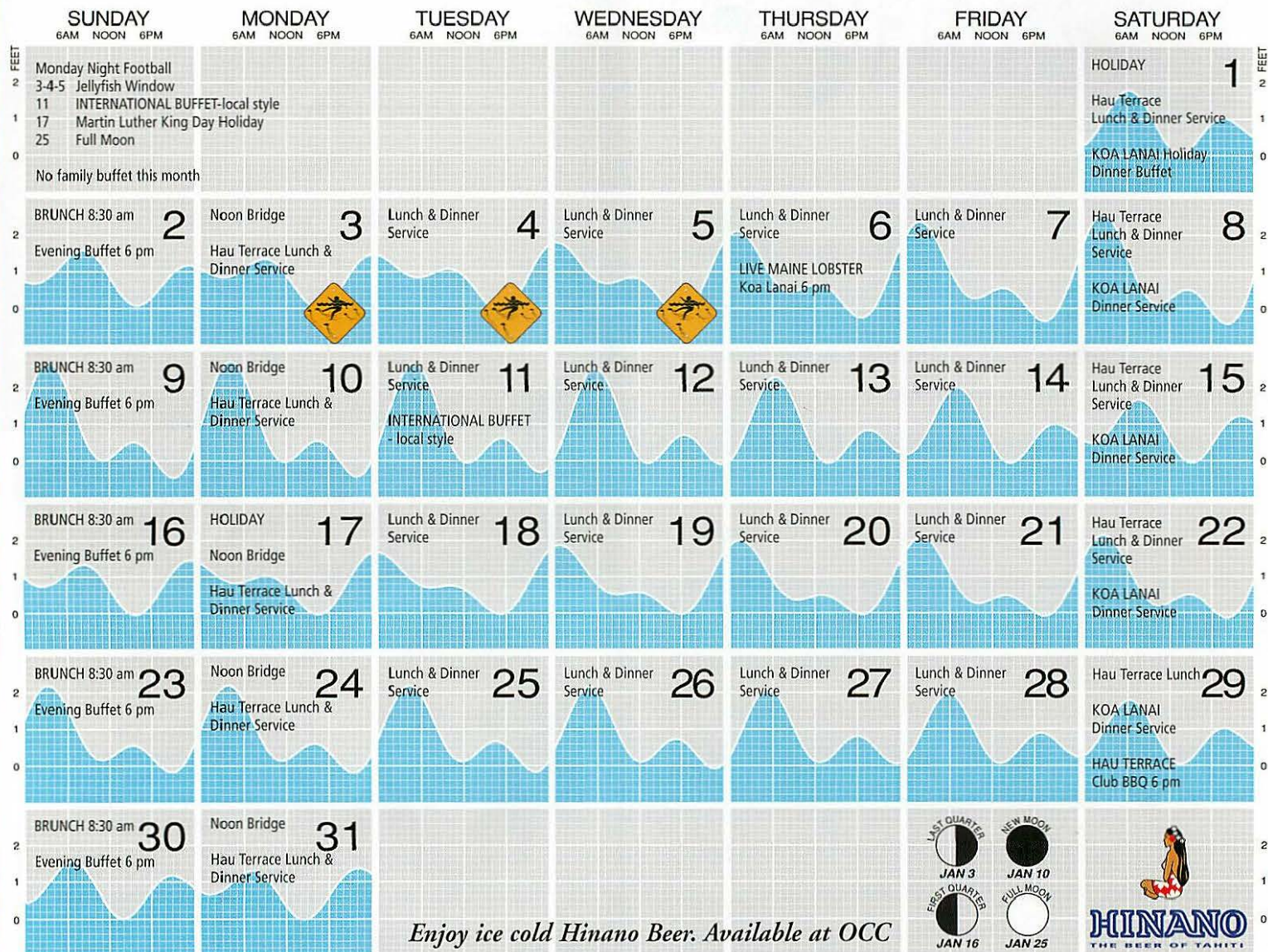
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TIDE CALENDAR

January 2005



ODKF 2003-2004

OUTRIGGER DUKE KAHANAMOKU FOUNDATION

President's Message

Dear Benefactors, Grantees and Supporters of ODKF:

What a great year it's been for the Foundation! True to our mission "to financially support the development of individuals and organizations that perpetuate the spirit and legacy of Duke Paoa Kahanamoku", we provided an unprecedented level of athletic and scholarship

Fitness Day, the third annual Duke Ho'olaule'a and our new association with the Hawai'i Youth Challenge Academy. These enriching projects, developed in collaboration with organizations such as the Boys & Girls Club of Honolulu, the City & County of Honolulu, Outrigger Hotels and TS Restaurants, have added significantly to the unique importance of ODKF in our community and its growing reputation

ODKF Board member, thanks for being the greatest, most supportive group I've ever had the privilege of working with. Lastly, to Lynn Apo, who will be "retiring" at the end of December, I wish you "fair winds and following seas" in all your future endeavors. We couldn't have done it without you!

It is with great reluctance that I step down as the Foundation's president, but Cary

Kristin Simunovich is in her 3rd year of Division I swimming and Collegiate Club Water Polo. She maintains a 3.64 GPA at prestigious Dartmouth College while majoring in anthropology with a double minor in sociology and religion. Kristin believes the teaching profession is in her future. She says, "My passion for all things aquatic has lead me to enjoy sharing my knowledge of these activities. Now with newfound interests in a variety of academic fields, it has occurred to me that teaching is something I could do for the rest of my life."



grants to Hawai'i's deserving scholar-athletes and to individuals, as well as groups, who represented Hawai'i in national and international competition. In all, the Foundation approved a total of \$31,751 in athletic grants and \$38,250 in scholarship grants for an aggregate amount of just over \$70,000.

Just as important, however, has been the success of the Foundation in furthering the development of our community outreach programs, including Duke's Sports and

throughout Hawai'i.

I would like to extend special recognition to the Foundation's benefactors, volunteers, board members and last, but not least, our Administrator, Lynn Apo, whose unwavering generosity, commitment and energy sustain the Foundation in accomplishing its mission. First, to our contributors, through your generosity we provide an ever-growing amount of financial assistance. Second, to our volunteers, an abundance of gratitude for your time and energy. Third, to every

Moore and the Board are destined to accomplish even greater things in the year ahead. To all who support the Foundation's mission and the enduring legacy of Duke Paoa Kahanamoku

Mahalo and Imua!

A handwritten signature in black ink, appearing to read "Tim Guard".

Tim Guard
2003-04 President

The Outrigger Duke Kahanamoku Foundation supports the Outrigger Canoe Club with grants to hold the Cline Mann Paddleboard Races and the Walter J. MacFarlane Regatta each summer.

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2004-2005

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OUTRIGGER DUKE KAHANAMOKU FOUNDATION

GRANT RECIPIENTS FOR 2003-2004*

ATHLETIC GRANTS

Boys & Girls Club
Hawai'i HS Rodeo Assn
Hawai'i Swim Club-Waialeale
Int'l Hawaiian Canoe Assn
Kamehameha Swim Club
Kohala HS Paddling Team
Marimed Foundation
Na Opio Canoe Race Assn
Outrigger Canoe Club
Outrigger Canoe Club

ATHLETIC GRANTS

Leonard Barrow
Brittany Beauchan
Cedric Cairns
Crystal Dzigas
Mark Eckert
Rob Farrow
Maureen Flanagan
Kealiimaikalani Frank
Aleia Monden
Noa Sakamoto
Christel Simms
Lauren Spalding
Nani Spencer
Martin Sterling
Kekoa Tapparra
Deron Verbeck
Derek Wong
Brandon Woods
Five Individuals TBD

SCHOLARSHIP GRANTS

Name
Virginia Aguilar
Tiana Rose Ahue
Jeremy Albano
Keesha Aldridge
Hookahi Alves
Charis Bauer
Sierra Binek
Landen Buckley
Sean Carney
Kekai Crabbe
Jake DeMello
Jane-na DeMello
Matthew Elm
Allegra Erisman
Amanda Fay
Ciara Ganter
Kori Haymore
Blaine Kaaikala
Raymond Kanehailua
Karlyanna Kopra
Lacey Lavaras
Kehaulani Marciel
Timothy Ming
Iris Moon
Samantha Moran
Chelsea Nagata
Erin Nakamoto
Whitney Nekoba
Luke Oda
Nicole Okuna
Lois Ornellas
Kristen Ponce
Victoria Raymer
Leoho'onani Reyes
Nichole Shito
Kristin Simunovich
Ian Smith
Kristen Souza
Hongzhe Sun
Trisha Tamashiro
Lindsay Tanigawa
Heitiare Wallace
Keala Whitford
Miria Whitford
Mikela Yarawamai
Kanani Yockman

Total for Teams/Events - \$19,050

Duke Ocean Sports & Fitness Day (Oahu)
National Championships (Wyoming)
Western Zones (California)
World Sprints (Hilo)
Olympic Trials (CA)
State Championships (Oahu)
Sail Boat Maintenance & Repairs
Toots Mineville Regatta (Oahu)
4th of July Macfarlane Regatta (Waikiki)
Cline-Mann Paddleboard Race (Honolulu)

Total for Individuals - \$12,701

Surf Nationals (CA)
Swim Meet (Maui)
Surf Meets (CA & HI)
Surf Meet (Costa Rica)
Swim Meet (FLA)
Surf Meet (France)
Water Polo - Olympic Trials
VB Youth Olympic Camp (CO)
Diving Nationals West (WI)
Swim - Olympic Trials
Swim Meets (WA & CA)
Kayak - Olympic Trials
Soccer Nationals (CA)
Sailing (Croatia/Ireland)
Swim Meets (CA & WA)
Free Diving Worlds (Cyprus)
Surf Meets (HI)
Kayak - Olympic Trials
Hawai'i Youth Challenge Academy

Total \$38,250

Sport

Volleyball
Soccer/Waterpolo
Swimming
Volleyball/Basketball
Paddling/Football
Surfing
Swimming
Rowing/Kayaking
Volleyball
Volleyball
Crew
Paddling
Volleyball
Triathlon
Water Polo
Swimming
Rowing
Paddling
Volleyball
Swimming/Water Polo
Volleyball
Volleyball
Swimming
Surfing
Swimming
Swimming
Swimming
Swimming
Water Polo
Swimming
Paddling/Basketball
Volleyball
Crew/Rowing
Swimming/Water Polo
Swimming/Water Polo
Swimming/Water Polo
Kayaking/Crew
Crew/Rowing
Swimming
Crew/Swimming
Water Polo/Swimming
Volleyball
Water Polo
Water Polo
Volleyball/Rugby
Volleyball

High School

Waimea HS
Kahuku HS
Kapaa HS
Aiea HS
Baldwin HS
Moanalua HS
Waiakea HS
Iolani School
Iolani School
Kamehameha Schools
Kamehameha Schools
Castle HS
Kaiser HS
Home School
Iolani School
Lahainaluna HS
Waiakea HS
Lanai HS
Kohala HS
Hawai'i Prep Academy
Iolani School
Kamehameha Schools
Iolani School
HS
Waipahu HS
Maui HS
Kalani HS
Waiakea HS
Iolani School
Waiakea HS
St. Andrew's Priory
Kamehameha Schools
Sacred Hearts Academy
Kamehameha Schools
Castle HS
Punahou School
Iolani School
Kamehameha Schools
Iolani School
Kamehameha Schools
Roosevelt HS
Seabury Hall
Kahuku HS
Kahuku HS
Hawai'i Prep Academy
Hilo HS

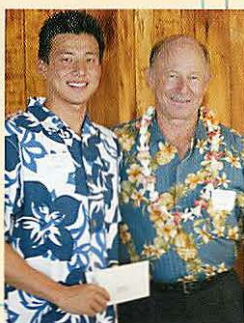
College

Hardin-Simmons University
University of Oregon
UH Manoa
CSU @ Dominguez Hills
Santa Rosa JC
Azusa Pacific University
Univ of Northern Colorado
Univ of San Diego
Lewis University
Pepperdine University
CA Maritime Academy
Chaminade University
Univ of Puget Sound
UH Manoa
University of Oregon
Notre Dame de Namur
Olin College of Engineering
Kapiolani CC
University of the Pacific
Brown University
University of Utah
Menlo College
Wheaton College
University of Victoria
Colorado State University
University of California
Lindenwood University
Swarthmore College
Santa Clara University
Pepperdine Univ.
Marquette
St. Martin's College
Univ of CA-Santa Cruz
Chapman University
UH Manoa
Dartmouth College
Oregon State University
USC
Stanford
Chapman University
Univ of San Francisco
BYU Hawai'i
BYU Hawai'i
UH Manoa
Amers College
UH Hilo

ANNUAL MAHALO LUNCHEON



Jean Marchant enjoys the Mahalo Luncheon festivities.



Scholarship grantee Hongzhe Sun receives his scholarship award from President Guard. Later as a featured speaker, Hongzhe told of his challenging first year at Stanford University. Described by his coach as "one of the premier swimmers in the USA", Hongzhe has his sights set on Beijing in 2008



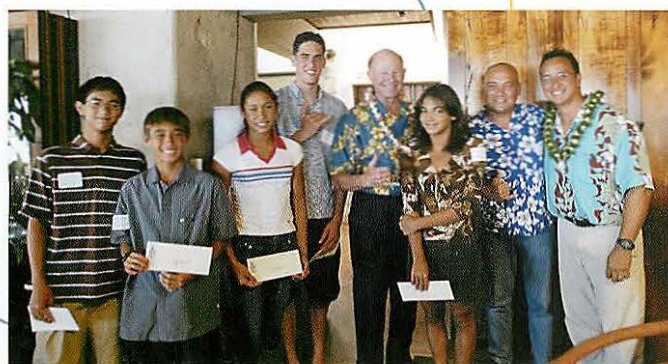
2004 ODKF Grant Recipients



Emcee Ron Mizutani takes time off from his hectic schedule at KHON TV News to do a masterful job of running the awards program.



Scholarship grantee Samantha Moran receives her scholarship award from President Guard. As a "walk on" to Colorado State University's swim team, Sam not only secured a spot on the team but also excelled in her distance freestyle events.



Third quarter athletic grantees receive their awards from President Tim Guard and gather for a group photo. (l to R) Kekoa Tapparra, Derek Wong, Crystal Simms, Kealii Frank, Guard, Brittany Beauchan, Leonard Barrow, Mizutani



ODKF Board members: (L-R) Patrick Dugan, Greg Wunderlich, Jim Fulton, Gretchen Duplanty, Cary Moore, Sharon Brown, Phil Sevier, Tim Guard, Wink Arnott

E

ach year the Outrigger Duke Kahanamoku Foundation hosts a luncheon to honor its donors, grantees and volunteers. A record number eighty-five guests attended this year's luncheon on July 19 at the Outrigger Canoe Club.

Special guests included Marilyn Haine, Kisi Haine and Wink Arnott. They represented families who have

established Board Designated Funds within the Foundation. (See article on page 6)

Special speakers included the following scholarship grantees: Azusa Pacific's Charis Bauer (surfer), California Maritime Academy's Jake DeMello (crew) and 2008 Olympic hopeful, back-stroker Hongzhe Sun, who is in his second year at

Stanford University.

Volunteers honored at the luncheon serve the Foundation in many ways. They lend their expertise at the board level, work on special events, lead community outreach projects, review grant applications and attack a myriad of Foundation issues and tasks with cheerful enthusiasm. A very special

volunteer at this year's luncheon was KHON TV newscaster Ron Mizutani who served as an effective and entertaining master of ceremonies.

ODKF also acknowledged and presented lei to the year's major donors, known as Duke Gold Medalists. (See donor list on page 7.)

ODKF COMMUNITY OUTREACH

Duke Ocean Sports and Fitness Day

On a picture perfect Saturday in April, over 100 volunteers converged on the Ko Olina Lagoons to set up four stations — canoe, water safety/surfing, volleyball and fitness — to provide 250 youths island wide from five Boys and Girls Clubhouses a fun and memorable day.

The 3rd Annual Ocean Sports & Fitness Day, sponsored by the Outrigger Duke Kahanamoku Foundation and HMSA, blends together the love of water sports with health & fitness education. The surfing crew of Hawaiian Island Creations taught youth how to paddle and stand on surfboards; Honolulu Lifeguards engaged youth in water safety techniques; and Outrigger Canoe Club members brought canoes for youngsters to paddle across the lagoons. On land, Outrigger members ran mini volleyball clinics for the kids.

The day ended with a yummy lunch provided by Duke's Canoe Club Waikiki.

- (1) Outrigger Canoe Club members share their canoes and expertise with Boys and Girls Club members.
- (2) The surfing/water safety station was a huge hit with the kids.
- (3) Is it a hula lesson? Nope, it's a volleyball setting clinic.



1



2

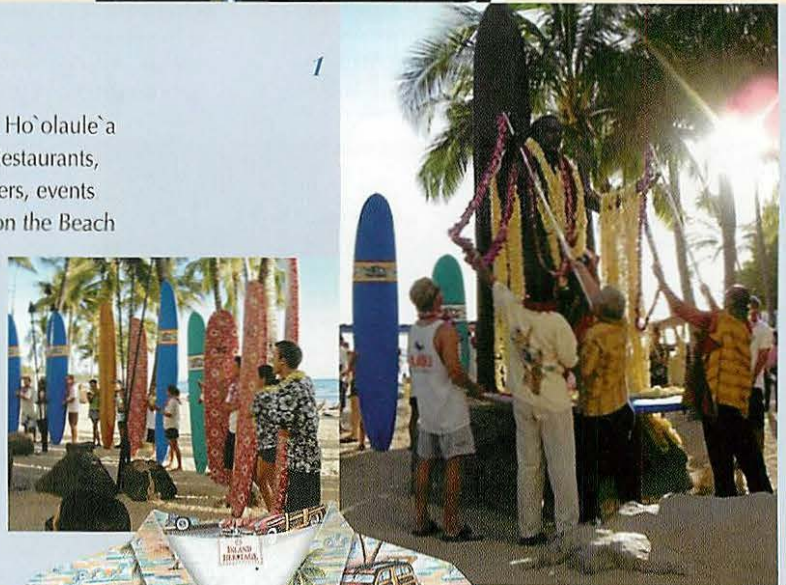


3

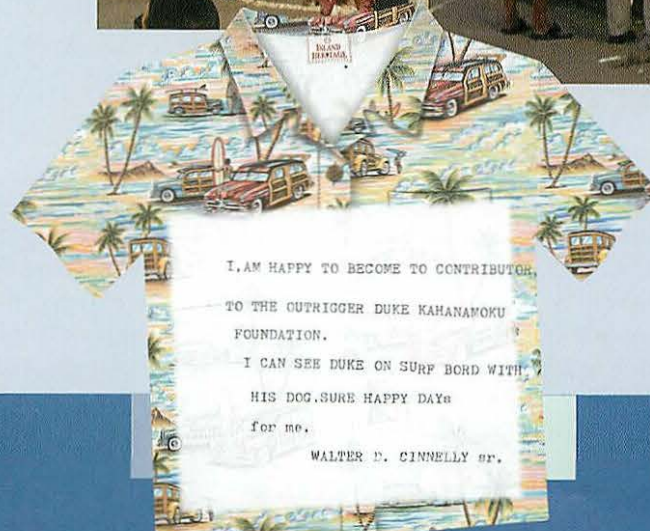
Third Annual Duke Ho'olaule'a

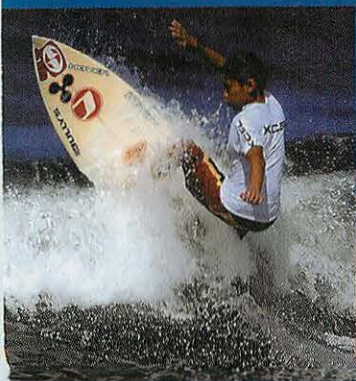
ODKF board member Jim Fulton spearheaded the third annual Duke Ho'olaule'a in Waikiki. Partnering with the City & County of Honolulu, Duke's Restaurants, Longboard Magazine, Outrigger Hotels, Pictures Plus, Xerox and others, events included a lei draping ceremony at the Duke statue, Duke's Brunch on the Beach and several water sports competitions.

- (1) Pamai Tenn and Kamaki Kanahele conduct the lei draping ceremony. Happy Birthday Duke!
- (2) Surfers used their surf boards to carry lei to the Duke's statue.



2





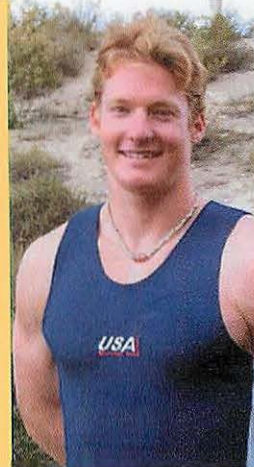
14 year old Derek Wong writes in his grant application: "I wanted to surf so badly my father bought me a lesson from beach boy Uncle Sam Rodrigues in Waikiki when I was 9. That was probably the best day of my life. I am not a great surfer yet but I compete respectfully in my age division. I try to be a good student in school and have made the honor roll. (bad grades=no surf)



Deron Verbeck traveled to Limassol Cyprus to compete in the Bios Freediver Classic where he placed 5th overall out of 80 athletes. He did a Constant Ballast dive to 67 meters 220 feet and also did a Static Breath Hold of 6 minutes and 39 seconds.



13 year old Kekoa Tapparra does his stretches before competing in the Western Zone Swimming Championship in Redding CA.



As a member of the National Canoe/Kayak Team for the past two years, Brandon Woods trains full time and travels across the country from Chula Vista CA to Lake Placid NY to Jupiter FL with the team.



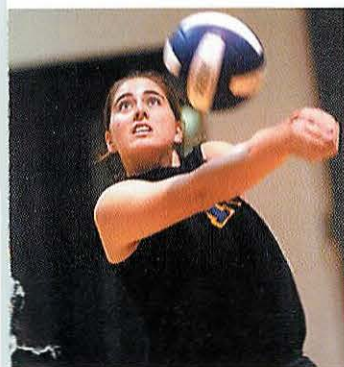
Aleia Monden won the ILH Diving Championship and was named "ILH Diver of the Year". She went on to the State Championship and scored 471.65 points to beat a record set in 1983 by 19 points. Aleia lives in Mililani, attends St. Andrew's Priory and travels across Oahu everyday to practice in the Kaiser HS pool.



The Kohala High School Varsity Paddling Team, one of the smallest in the state, made it to "States" for the second year in a row. (The team is only 2 years old.) Team mom Kathy Rivera writes, "It is great to have our kids experience state level competition, increase their love of paddling and have a greater appreciation of a traditional Hawaiian sport."



Martin Sterling began sailing at Rainbow Bay Marina in Pearl Harbor through the Navy League when he was 10. Today at 16, he is one of the top young sailors in our country and travels the world representing the US. Croatia and Ireland are his next stops.



Virginia Aguilar played in every game for Hardin-Simmons University last year and led her team in kill percentage, aces, and solo blocks. She maintains a 4.0 GPA while pursuing a degree in Computer Science. With a passion for sports and statistics, her career goal is to be a system analyst in a top sports broadcasting network.



Kanani Yockman writes, "This award has helped me greatly as I pursue my degree in Marine Science. I am very grateful for your support in reaching for my dreams. I believe it is important for Native Hawaiian people to make a difference and be recognized. Here is a picture of my team (UH Hilo Vulcan Volleyball) at a team dinner. I'm the one in the front with the pink and white skirt."



As a freshman, Amanda Fay secured a starting position on the University of Oregon Club Water Polo Team. Her coach says, "She is a coachable, enthusiastic, and an all-around great kid. She is always on time to practices and games and is always the first person in the water."



The 194-year-old paniolo culture is an integral part of Hawai'i's history. As such, ODKF helped sponsor qualifiers from Hawai'i to attend the National High School Finals Rodeo held in Gillette, Wyoming. The team competed in events such as barrel racing, bull riding, goat tying, calf roping, breakaway roping, steer wrestling, pole ending and cutting. Additionally, the teens met and interacted with youths from all 50 states plus Canada and Australia spreading the aloha spirit with all.



As a first year student/athlete at Amherst College, Mikela Yaravamai was an immediate impact player on the women's intercollegiate volleyball team as a "super digging libero". In the classroom Mikela also scored top grades in Calculus, Spanish, Chemistry and Japanese Aesthetics.



Tiana Ahue was one of the top scorers for Kahuku HS water polo team last year. She was a major contributor to them winning their first ever OIA Championship. She is also an all-star soccer player and a top amateur surfer. Her coach says, "Tiana has provided an inspirational story of success for our rural community's youth."

THE PURPOSE

of the Outrigger Duke Kahanamoku Foundation is to financially support the development of individuals and organizations that perpetuate the spirit and legacy of Duke Kahanamoku. • ODKF accomplishes this by encouraging athletes and scholars whose endeavors will contribute to the growth and development of athletics in Hawai'i; supporting athletic events and participation by teams and individuals in local, national and international competition; supporting individuals in furthering their education; and assisting in preserving, perpetuating and developing sports which have a special cultural or historical significance to Hawai'i.

BOARD DESIGNATED FUNDS

There are seven ODKF Board Designated Funds.

Muriel Macfarlane Flanders Fund: established by Muriel Flanders to support water sports in Hawai'i, to perpetuate the Macfarlane Fourth of July Regatta, and to honor the accomplishments of Duke Paoa Kahanamoku. Earlier this year ODKF mourned the loss of this most gracious lady. Through this Fund her legacy will surely endure.

Terrence McCarthy Fund: established by Terrence McCarthy in memory of her husband Edmond McCarthy, who firmly believed in the combination of athletics and education. Mrs. McCarthy honors her husband by supporting Hawai'i's top scholar athletes.

Tom "Daddy" Haine Fund: established in 1994, funds support the sport of volleyball in Hawai'i. Haine was the captain of the 1968

U.S. Olympic men's volleyball team. He was an 18-time USVBA All-American and in 1991 was inducted into the US Volleyball Hall of Fame. He was a member of the original Outrigger Foundation that later merged with the Duke Kahanamoku Foundation to form ODKF.

Kala Kukea Fund: established in 1996 and named for one of Hawai'i's top overall water sports man. Kukea touched the lives of many young athletes in his short 52 years on earth. He was an outstanding competitor, coach and role model. In 1996 he posthumously received the Hawaiian Canoe Racing Association John DeRego Perpetual trophy for service to the Association and to the Molokai-Oahu canoe race.

Cline Mann Fund: named for John Cline Mann, a superb water sports-

man who died in 1996. He was captain of his Dartmouth College swimming team, an avid small boat sailor, and a strong promoter of paddleboard racing. Grants from this fund help to support the annual Cline Mann Paddleboard Race. Cline Mann was also a member of the original Board of Directors of the Duke Kahanamoku Foundation (DKF) that was founded in 1963. He played an instrumental role in the merger of DKF and the Outrigger Foundation to create the present Outrigger Duke Kahanamoku Foundation (ODKF).

Thomas Arnott Fund: established by Marian Arnott in loving memory of her husband who was a great supporter of both OCC and ODKF. Tommy Arnott, a masterful surfer, was also recognized for competing in canoe races with Duke Kahanamoku. As teammates they beat all their competition in the

early 1940's. Consequently this fund supports interscholastic canoe paddling in Hawai'i.

Henry Ayau Fund: established in memory of this renowned athlete and his legacy. A "Moloka'i Boy," Henry excelled in life as a businessman, sportsman and community servant. An exceptional athlete, Henry was a noted baseball player, surfer, canoe paddler, and world-class free diver. Many viewed him as a modern day "Ambassador of Aloha." Henry's untimely death last year left us with heavy hearts. Our lives were so enriched by his smile, good nature and enduring Hawaiian spirit.

ODKF awards grants to athletes, teams, scholar-athletes and sporting events in the name of the above listed funds. We thank the families who have made these grants possible.



GOLD MEDALISTS

The Gold Medalist program began in 1990 as a way to acknowledge those who have contributed \$1,000 or more to ODKF in a given year. We are pleased to announce there were 20 Gold Medalists for the 2003-2004 year. (See list of donors on page 7.)

Gold Medalists receive a gold medal replica of Duke Kahanamoku as a token of the Foundation's appreciation. They are also honored at the Annual Mahalo Luncheon.

OUTRIGGER DUKE KAHANAMOKU FOUNDATION LEVEL OF INCOME & GIVING

Year is from Oct-Sep	Change in Net Assets	Net Assets	Scholarships	Athletic Grants	Total Giving
1986-87	* 56,930	246,334	—	1,880	1,880
1987-88	11,808	258,142	2,000	7,068	9,068
1988-89	26,928	285,070	6,000	4,300	10,300
1989-90	74,647	359,717	10,000	10,700	20,700
1990-91	80,223	439,940	10,000	9,361	19,361
1991-92	37,488	477,428	10,000	26,500	(1)36,500
1992-93	25,191	^ 502,619	12,000	15,550	27,550
1993-94	40,549	567,263	12,000	20,500	32,500
1994-95	144,225	711,488	12,000	23,500	35,500
1995-96	5,433	706,055	18,000	31,000	(2)49,000
1996-97	49,131	755,186	18,000	18,950	36,950
1997-98	<59,355>	695,831	19,000	31,000	50,000
1998-99	65,584	761,415	16,000	25,500	41,500
1999-00	117,075	878,490	19,000	20,200	39,200
2000-01	<57,109>	821,381	17,000	(3)57,500	74,500
2001-02	506	821,887	24,000	32,085	56,085
2002-03	189,601	~1,011,488	27,000	27,680	54,680
2003-04	95,577	~1,107,965	37,750	29,151	66,901

* on 12/31/86

^ prior to 93/94 investments were carried at cost.

In 93/94 changed to carrying investments at market value:

beginning endowment was increased by \$24,095 to \$526,714.

~unaudited

(1) increased for 1992 Olympics

(2) increased for 1996 Olympics-includes \$10,000 from the OCC-ODKF Olympic Fund

(3) includes \$25,000 special grant to Boys and Girls Club for volleyball courts

\$269,750
320
scholarships

\$367,425
teams
& individuals

\$662,175

MAHALO TO OUR DONORS

October 1, 2003 - September 30, 2004

Donors are listed by total gifts given. Giving levels include gifts-in-kind as well as cash donations. ODKF's fiscal year is from October 1 to September 30. Gifts in honor of someone or in memoriam are indicated by a (#) after the donor's name. The names which correspond with each (#) are found in the "Gifts in Memory of" list below. Every effort was made to ensure the accuracy of the information presented here. We apologize for any errors and ask that you bring them to our attention. Thank you.

SUPER GOLD MEDALISTS Donors of more than \$1,000

Anonymous
Louis & Jean Gowans, Jr.
James & Priscilla Gowney
Tim Guard
Easton Manson
Donald Monroe, Sr.
Ernest C Moore, III
Pantheon Company
Alan Pflueger 211
Robin Rohr

GOLD MEDALISTS Donors of \$1,000

Anne Anderson 81, 219
Lionel & Aphrodite Banks
Gretchen Duplanty
Dean A Eyre Jr
Bruce & Jolene McCaw
John & Mary Philpotts
McGrath
Nora Meijide
MJM Creative Solutions
Gulab & Indru Watumull
Vikram & Tanya Watumull

SILVER MEDALISTS Donors of \$500-\$999

Karen Kay Carlson 3
Benjamin Cassidy Jr
Reginald & June Chambers
Wilford & Shari Godbold Jr 75
Mrs. David W Hearst Sr 47
Omer Long
Robert & Jean Marchant
Michael & Laura Miller 191
Bill & Jane Morris
OHCR
Catherine Payne 67
Jean E Rolles
Keith J Steiner
John & Louise Stevenson
Adrienne Trousdale 217
Thurston & Sharon
Twigg-Smith 46
Ernest & Nina Weber

BRONZE MEDALISTS Donors of \$100-\$499

Robert Anderson Jr
Albert & Florence Apo 165
Lynn Apo & Scotty
Bowman 19
Janet Atkins 68
Gay Austin
Tom May - David May II
Foundation
Valri Baker-Lundahl 221
Peter Balding Jr
Nancy M Bannick 177
Arthur Bauckham 213
John Beaton
Betty W Becker
Deborah S Bocken
74, 179, 225
William & May
Borthwick Jr
Leilani Bowen
William & Faith Bright 206
Anita Brightman
Kenneth Brown
Mark & Margaret
Burgessporter
Samuel Caldwell
Anita Carlisle
M G Chillingworth
Kialoa Canoe Paddles 19
Henry B Clark Jr
Michael & Katharine
Clifford
Stuart Holmes Coleman
Tom & Ricci Conger 195
George Correia 165
Brian & Carey Deer
Joyce B Doheny
James E Dorsey 115
Elizabeth Dunford
Thyrza P Eyre
Catherine Fink 214, 215
Barbara Fischlowitz-Leong
Ada J Forbes
Michael Fox
Mae Ellen George
Kent Giles
John Goody
Geoffrey Graf
Bill & Joann Green
Maylien W Grosjean 111
Robert & Alice Guild
Walter Guild
Carol Kukea Hauff 19
Fray & Carolyn Heath 222
Lester Hee
Janet M Henderson
Fay Ann Hill

Robert Hogan Jr
Mary Ray Kahanamoku
Arthur & Carol Katz
Gina Kawanakao
Gloria C Keller 177
Timothy C. Kelley 46
Ralph Kiewit Jr
Thomas King Jr
Thomas & Lynn Lalakea
212
Spencer Leineweber 152
Gilbert Livingston 126
Paul & Violet Loo Fund
Fred & Alice Lunt 80
Paul MacLaughlin 46
Robert B Maguire 1
Constance & John
Marabella
Jay & Amber Marumoto
Michael McCormack
Daniel & Liana McNerny
46
Jimmy & Kelly McMahon
168
Stephen Metter
Dean Michaelidis 165
Hoyt B Miles MD 78
John D Monnett
Bonnie & George Murphy
Kenneth & Arlene Murphy
185
Donald Nicol
Peter & Lois Nottage
Patricia Nottingham 46
Emil and Patricia Offer
223, 224
Mark Osmun 46
OCC Bridge Club
Cynthia Pearson
Christie Peck 1, 80
Karen Perkins 109
Tay Perry
William & Vaima Philpotts
165
Michael A Pietsch
David J Porteus 1
William David Pratt
Lenore Prehler
Stefan & Lisa Reinke
Evan Rhodes 19, 46, 165
Doug Rigg 1
Robert & Nancy Rocheleau
19
Harriet Rotz
Robert Satnick
Michael & Vien Schwinn
190
James C Shipman
Tuck & Laurie Siegfried
46, 165

Roger N Smith
Robert & Bonnie Smolenski
195
Sharon G Solmsen 209
Edwin & Cynthia Sorenson
John P Spierling 103
Jon Sutherland 220
Harriet Tegar
Joe Teipel
Sue & William Tetmeyer
Lawrence K W Tseu MD
150
Tim & Maggie Twigg-Smith
19, 165
Floraine F Van Orden
Charles Viviano
Hugo von Platen Luder, Jr
Maggie Walker
Christie Weaver-Scoville
180
Eric Welton
William T White
Jon Whittington
Gaylord H Wilcox
David & Mary Beth
Williams
Lewis & Susan Williamson
Col Alexander Wilson
USMC Ret 216
Mike Wood 1

COMPETITORS Donors of \$1-\$99

Steve & LeAnn Auerbach
46, 199
Ben Baldwin
Robert Becker III
Shay Bintliff MD 151
Mary Bell Blackstone
Felice & Roger Brault
Balbi Brooks 209
John Butler
Robert C Chance
Mildred MQ Chang
Clara Cook
Christopher & Paula Crabb
Jack Diehl
Donald F Dorward 161
David & Hope Doyle
Ken & Jane Drish
Thad & Patricia Ekstrand
Agenhart & Dorie
EllisDonald Eovino
Robert & Christine Estes
Tia Fergusson
Robert Freebairn 11
Mary Jo Freshley
Eugene & Karen Gleason

Lani Hearn
Ray Helbig
Victor & Florence Hemmy
Harold Henderson
Christopher Hochuli
Dale Hope 46
Ruby Iversen
Frank G Jahrling 19
William Johnson
Bonnie Judd
Kehau Kali
Samuel Kelihoomalu Jr
Enid Kelly
Stephen Kelly 19
William Latchford
Christie Letman
Gordon Mathison 1
Donna Meye 19
Betty Lee Mott
Craig Neher
Lois & William Nelson
Randy Nishimoto 218
Edith J Olds 135
Kelly & Kyoko O'Neill
Joan Osborne
Charles & Gerri Pedesky
195
Stacy & David Porteus
Joan C Pratt 225
George Rafael
Joann Rezens
Virginia H Rowan
Nicholas Rutgers Jr
Ames Scott
John Semenza
Courtney Seto 19
Anne Slocum Main 216
Kristine Smith
Kathleen M Spalding
Raymond Starbuck
Ken & Barbara Stehouwer
Scott & Donna Sullivan 19
Beverly S K Tom
Hank & Alma Tonini
Rodney West
Meade D Wildrick 31
Dorothy Willers
Maile Williams
Donald & Dorothea
Woodrum
Wayne & Ruby Yabiku
Jeffery Zimmerman 226

19 Kala Kukea
31 Anne Wildrick
46 John Cline Mann
47 David Hearst Sr
67 Phoebe Gedge
68 Susan Leonard
74 Brad Yim
75 Wilford Godbold, Sr.
78 Duke Kahanamoku
80 Rell Sunn
81 Marion Senger
103 Charles J Pietsch
109 Thomas M Arnott
111 Robert H Grosjean
115 Camilla Dorsey
126 Mary Lou Livingston
135 Jimmy Olds
141 Aileen Soule
(in honor of)
150 Kimo McVay
151 Ward Russell
161 J. Zook Todd
165 Henry Ayau
168 Eugenia McMahon
177 Aileen Riggan Soule
179 Suzie Cassidy
180 Spencer F Weaver Jr
185 Maile Philpotts
190 Ruth Schwinn
191 Robert Joe Muller
195 Muriel M. Flanders
199 Tommy Thomas
206 Ed Pickering
209 Dick Gray
212 Monsignor Kekumano
213 Jay Bauckham
214 F. Kenneth Chaney
215 Aaron M. Chaney
216 Thomas McGlaughlin
217 Paul W. Trousdale
218 Blackie & Fung
Far Young
219 Harold Jones
220 Muriel Sutherland
221 J. Ward Russel
222 John Conway
223 Ruth Komer
224 Eugene Komer
225 Kenneth Pratt
226 Don Ross

Gifts in Tribute to:

211 Walter Dodds
152 Michael A. Town

Gifts in Memory of:

1 Thomas Haine
3 Frank Walton
11 Anne Durant
Freebairn

FINANCIAL REPORT

The financial statements for the ODKF as of and for the year ended September 30, 2003, were reviewed by PricewaterhouseCoopers. These financial statements are available to our donors by request.

A report has been developed on the foundation's un-audited financial results for the fiscal year ending September 30, 2004. These financial statements are now being reviewed by PricewaterhouseCoopers. When that review is completed in January 2005, they will be available to our donors by request.

Foundation income came from donors who specify an amount be charged to their OCC account, as well as those who make cash contributions. Additional funds were raised through activities connected with tee shirt and book sales, the Duke Ho'olaule'a and royalty payments from TS Enterprises (Duke's Restaurant) and Malama Pono.

If you would like additional financial information please contact any member of the Board of Directors.

	UNREVIEWED	AUDIT REVIEWED FIGURES	
	2004	2003	2002
INCOME			
Donations/Pledges	\$61,872	\$97,064	\$97,880
Investments	\$98,947	\$113,777	\$(69,888)
McFarlane Tee Shirts-net	\$7,307	\$5,029	\$2,687
Book Sales-net	\$1,085	\$0	\$0
Royalties	\$72,000	\$72,000	\$72,000
Duke Ho'olaulea-net	\$(4,255)	\$19,120	\$9,739
EXPENSES			
Scholarships &			
Athletic Grants	\$66,901	\$54,680	\$56,085
Admin & Fundraising	\$74,478	\$62,478	\$55,827
NET ASSETS			
AT END OF YEAR	\$1,107,065	\$1,011,065	\$821,887

Applications for Athletic and Scholarship Grants

GENERAL INFORMATION

There are two types of grants made by the Foundation. **Athletic grants** are usually for a specific purpose such as tournaments or competitions. Grants may be awarded to an individual, team or organization. Athletic grant applications are accepted at any time throughout the year. **Scholarship grants** are given to athletes in need of assistance in pursuing post high school education. Applications are accepted from January 1 to March 15 of each year.

GRANT REQUIREMENTS:

Applicant must:

Be a resident of Hawai'i and an American citizen
Participate in a competitive sport
Demonstrate financial need

Applicant must submit:

A completed grant application
A personal letter of intention
A list of competitive sports and awards
A letter from an athletic coach or trainer

Last federal tax return (or parents' if claimed as a dependent)
A recent photo, preferably an athletic action shot

In addition, Scholarship Grant applicants must:

Plan to attend an accredited college as a full time student
Submit a transcript of grades
Submit two letters of reference

In addition, Athletic Grant applicants or teams must:

Describe their training program
Describe their history of previous competitions
Provide results of competitions with records and times
Provide organizational and financial documentation

If you would like to receive an Athletic Grant or Scholarship Grant Application, call ODKF at (808) 526-4888 and leave your name, phone number and mailing address. Please specify which type of application you are requesting.

You may also download an application from www.dukefoundation.org

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Honolulu HI 96804

February 2005

	SUNDAY 6AM NOON 6PM	MONDAY 6AM NOON 6PM	TUESDAY 6AM NOON 6PM	WEDNESDAY 6AM NOON 6PM	THURSDAY 6AM NOON 6PM	FRIDAY 6AM NOON 6PM	SATURDAY 6AM NOON 6PM	
2 1 0	2-3-4 Jellyfish Window 6 Superbowl 8 INTERNATIONAL BUFFET-Pacific Rim 14 Valentine's Day 21 President's Day 21 GREAT ALOHA RUN 23 Full Moon		Lunch & Dinner Service 1	Lunch & Dinner Service 2	Lunch & Dinner Service 3 LIVE MAINE LOBSTER Koa Lanai 6 pm	Lunch & Dinner Service 4	Hau Terrace Lunch 5 KOA LANAI Dinner Service	2 1 0
2 1 0	BRUNCH 8:30 am 6 Evening Buffet 6 pm	Noon Bridge 7 Hau Terrace Lunch & Dinner Service	Lunch & Dinner Service 8 INTERNATIONAL BUFFET - Pacific Rim	Lunch & Dinner Service 9	Lunch & Dinner Service 10	Lunch & Dinner Service 11	Hau Terrace Lunch 12 KOA LANAI Dinner Service	2 1 0
2 1 0	BRUNCH 8:30 am 13 Evening Buffet 6 pm	VALENTINE'S DAY 14 Noon Bridge Hau Terrace Lunch & Dinner Service	Lunch & Dinner Service 15	Lunch & Dinner Service 16	Lunch & Dinner Service 17	Lunch & Dinner Service 18	Hau Terrace Lunch 19 KOA LANAI Dinner Service	2 1 0
2 1 0	BRUNCH 8:30 am 20 Evening Buffet 6 pm	HOLIDAY 21 Noon Bridge Hau Terrace Lunch Family Buffet 6 pm	Lunch & Dinner Service 22	Lunch & Dinner Service 23	Lunch & Dinner Service 24	Lunch & Dinner Service 25	Hau Terrace Lunch 26 KOA LANAI Dinner Service HAU TERRACE Club BBQ 6 pm	2 1 0
2 1 0	BRUNCH 8:30 am 27 Evening Buffet 6 pm	Noon Bridge 28 Hau Terrace Lunch & Dinner Service ANNUAL MEETING		26-27 Oahu Perimeter Race 28 Annual Meeting		LAST QUARTER FEB 1 NEW MOON FEB 8 FIRST QUARTER FEB 15 FULL MOON FEB 23	 HINANO THE BEER OF TAHITI	2 1 0

Enjoy ice cold Hinano Beer. Available at OCC



Leadership Training for Positive Coaches

By George Wessberg,
Club Captain

OCC coaches attended the
PCA workshop.

Top right: Mike Town led the
leadership workshop.

On November 1, more than a dozen Outrigger athletes, coaches, board members and administrative staff attended a leadership workshop conducted by Positive Coaching Alliance trainers Kathy Toon and Mike Town. Kathy, employed by the Positive Coaching Alliance in Stanford, CA, is a full-time trainer in Portland, OR. Mike, a full-time criminal court judge, was certified by the PCA as a volunteer trainer.

This session was the third in a series of workshops sponsored by the Athletic Committee to improve the quality of the youth sports programs supported by the Outrigger Canoe Club.

During his introduction, Mike Town reminded the group that, "The PCA mission, *'Transforming youth sports so sports can transform youth'* emphasizes the need for coaches, parents and athletes to focus on three essential components of positive coaching:

- *Redefining "Winner"* – "A positive coach helps players redefine what is means to be a 'winner' by emphasizing mastery of the sport through individual effort and personal improvement by learning from mistakes."
- *Filling Emotional Tanks* – "A positive coach fills player's 'emotional tanks' with encouragement and praise, recognizing that players need full tanks to play their best. A positive coach strives to achieve the 5:1 Magic Ratio which is five positive comments for every one correction."
- *Honoring the Game* – "A positive coach teaches players to 'honor the game' by always demonstrating respect for the rules, worthy opponents, officials, teammates and themselves."

The PCA Philosophy *promotes the development of character traits* over the accumulation of medals and trophies. Winning is still important, but plays a secondary role to the development of healthy life skills in young athletes.

Kathy Toon focused attention on the importance of a "positive culture" within the entire organization. Kathy stated, The leaders of the organization must be aligned before the coaches become empowered.

The prerequisites for creating "alignment" within the governing body of the organization were:

- *Vision Statement* – The motto or slogan for the athletic program must clearly define the "a compelling mission statement that inspires people and galvanizes their energy to make it come true." These 'noble goals' must be declared in a concise and memorable way to remind coaches, parents and athletes why they are playing the game.
- *Leadership Team* – A dedicated group of leaders must establish the "cultural norms" for the organization and its athletic programs. In addition to formal rules, a set of "informal rules" must be created to remind everyone "how we do it here."
- *Implementation Team* – A much larger group consisting of coaches and parents must work to consistently "implement the noble goals" through the season. Often times the team will designate "culture keepers" to remind people "how we do it here."
- *Maven Recruitment* – Mavens are highly respected individuals within the organization who reinforce the "noble goals" by their example and influence. To paraphrase an advertisement, "When they speak, people listen."

Finally, Kathy described the "Action Plan," the actual process for creating the organization's "Roadmap to Excellence." The components of this process include methods for preventing negative behaviors, mechanisms for enforcing the noble goals of the program, and a model for building long-lasting structural pillars to support a positive coaching environment.

An enthusiastic Leadership Team consisting of Kisi Haine, Keoni Kino, Rick Hobson, Rob Durkin and George Wessberg will be assisted by Mike Town in the creation of the *"OCC Roadmap to Excellence"* for all youth sports programs. This group held its first meeting on November 16 and intends to complete the project by February 2005.



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Fitness Center Committee Presentation on Heart Rate Monitor Training

By Arnold Lum

To kick off your training program for this year, the Fitness Center Committee will present a clinic on training with a heart rate monitor. The event is planned for Monday, January 24 at 6 p.m. in the Board Room.

The speaker is Tai Blechta of the Running Room, a top-level (elite division) triathlete who competes in Ironman Kona and the Xterra World Championships. Tai has worked as a professional running and cycling coach and is a trained CCSCS personal trainer.

The clinic will introduce us to the values of training with a heart rate monitor, including both competition and health benefits. Heart rate-based training is a powerful tool that can be applied to swimming, biking, paddling, as well as gym workouts.

Tai will explain the features that a person should look for when purchasing a heart rate monitor, based on intended use. He will bring Polar and Timex demonstration models, as well as models for purchase.

Whether you are an elite, age-group, or fitness athlete, your New Year's resolution should include a promise to train more efficiently and to maintain a proper level of conditioning throughout 2005.

We hope to see all of you there.

For the Record

Triathlon

Haleiwa Triathlon

10/31/04

400m swim, 12 mi bike,

3 mi run:

Rachel Shapland Ross, 1st,

Overall Woman, 1:03:43

Twain Newhart, 1:06:32

Jan Newhart, 1:49:08

Running

Na Wahine Sprint

9/19/04

5K swim, 12 mile bike, 5K run

Katherine Nichols, 2nd,

Overall, 1:07:08

Lori McCarney, 2nd, 50-54,

1:33:04

Jan Newhart, 3rd, 65-90,

2:01:59

Swimming

Pan Pacific Swim Meet

Gold Coast, Australia

11/12-14/04

Diane Stowell

1st, 70-74, 100 Free, 1:28.91

1st, 70-74, 200 Free, 3:16.64

1st, 70-74, 400 Free, 6:49.1

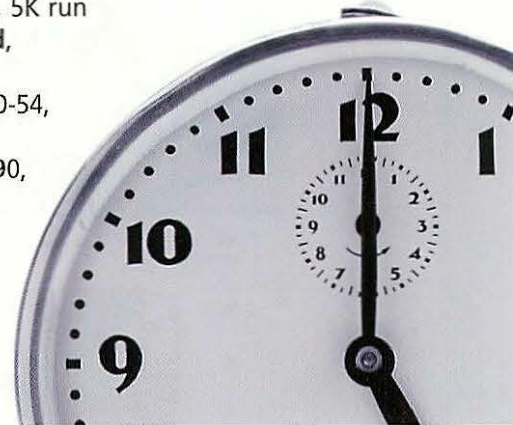
1st, 70-74, 50 Breast, :47.84

1st, 70-74, 100 Breast, 1:48.57

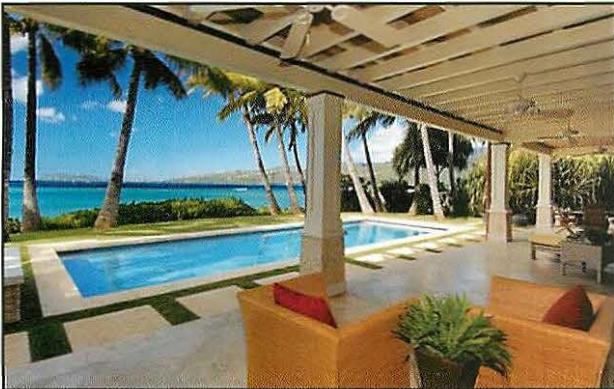
1st, 70-74, 200 Breast, 3:48.26

1st, 70+, 2.5K Ocean Swim,

:41:54



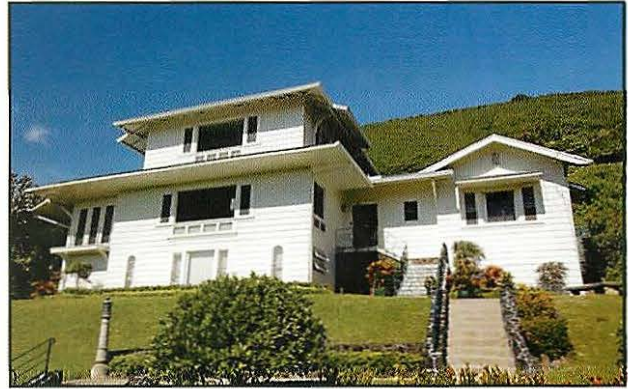
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jan 2005

Nostalgia Time

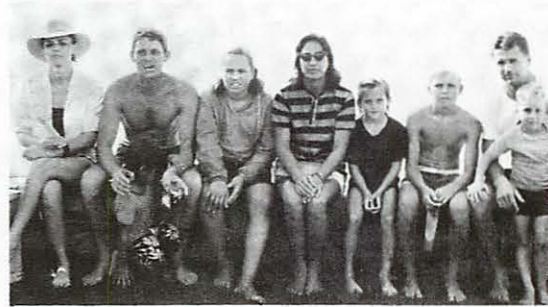
From time to time, as space permits, we will reprint a page of old Outrigger magazines. If you have a favorite magazine that you'd like to submit for consideration, leave it at the Front Desk for the Editor.

This month's featured page is from the Holiday issue of 1964 and was submitted by Gerri Pedesky.

PADDLEBOAF RACING- FUN FOR YOUNG ID OLD ALIKE



Participants in the first annual paddleboard race and assorted relatives.



Some of the winners, l to r: Cynthia Harbin, Dave Rochlen, Mapuana Rochlen, Keanuenue Rochlen, Heidi Hemmings, Buster Chapman and Peter Balding, fronted by Peter, Jr.



"We'll sign up Mr. Mundy," say Mark Haine, Carl Heyer and Peter Balding, l to r.



"So will I," says three-year-old Kisi Haine, who became the "Tail End Charlie" of the day and the cutest "Also Ran" in the entire regatta.

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Athletic Calendar

January

- 2 Canoe Rides*
- 9 Canoe Rides*
- 10 Canoe Racing General Meeting
- 15 Kanaka Ikaika, Makai Pier to Kailua
- 16 Canoe Rides*
- 23 Canoe Rides*
- 24 Heart Rate Monitor Training, 6 p.m. Board Rm.
- 29 Kanaka Ikaika, Makai Pier to Hawaii Kai
- 30 Canoe Rides*

February

- 5 Kanaka Ikaika, Hawaii Kai to Kaimana Beach
- 6 Canoe Rides*
- 7 Canoe Racing Executive Committee Meeting
- 13 Canoe Rides*
- 19 Kanaka Ikaika, Kualoa to Kailua
- 20 Canoe Rides*
- 27 Canoe Rides*

March

- 5 Canoe Racing Registration, 10 a.m. - 2 p.m., Board Room
- 5 Canoe Racing Parent Information Meeting, 11:30 - Noon
- 5 Mini-Club Day, 11 a.m. - 3 p.m., Beach
- 6 Canoe Rides*
- 13 Canoe Rides*
- 20 Canoe Rides*
- 27 Canoe Rides*

*Canoe Rides weather permitting

newmembers

Junior

Colan D. C. Ishii
Joshua T.R.K. Bninski
Skye K. Kaupiko
Mariel M. Miller
Samuel F. Savitz
Sierra C. Nicol

Intermediate

Stacia M. Murray

Regular

Christopher P. Lavoie
Van E. Corum
John W. Reitz
Arthur Moss

Nonresident

Calef B. W. Warton
Deborah K. R. Berger
Douglas A. Pertz
Nancy P. McDonald



Ja-ne de Abreu
Regular



Clinton
Arnoldus
Regular



Randy Carlson
Nonresident



Kenwei Chong
Regular



Merrill Johnson
Regular



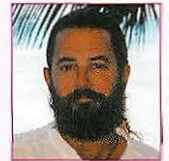
Suzanne
Neufeldt
Regular



Erin L.
Offenhauser
Intermediate



Mark S.
Richards
Regular



John Skinner
Nonresident



James A.
Wiencke
Regular



Craig
Yamamoto
Regular



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A Merry Ol' Time at Keiki Christmas Party

Photos by Marilyn Kali

Mini 'Riggers and their families enjoyed the annual Keiki Christmas Party at the Outrigger Canoe Club on December 4. Face painting, balloons and a magic show preceded the big event-the arrival of Santa Claus in a six-man canoe. Santa presented each of the 200 plus children with a present and posed for pictures. The beautiful decorations throughout the Club and the keiki-pleasing buffet added to the merriment.



A magic show preceded the arrival of Santa.

Eliza Lewis



Eleni and Max Pflueger



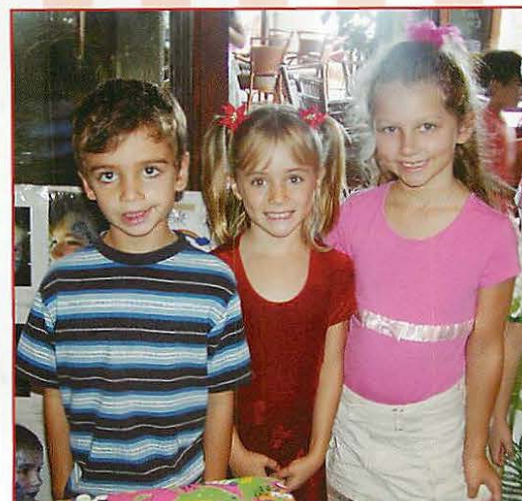
Emma and Todd Bradley



Mark and Harlow Thomas



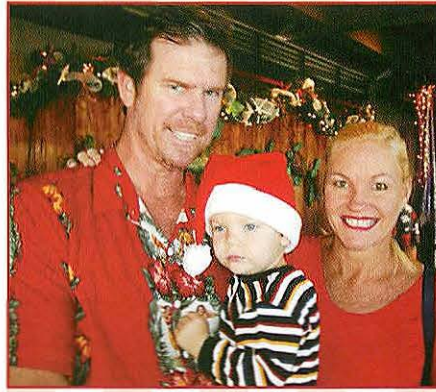
Hunter Pflueger,
Kailey Totherow,
Mary Thomas



Gretchen, Kaiao,
Kui, Adam and
Duane Cobeen



Jack and Jennifer Lyons



Jon, Lars and Sigi Andersen



Kealoha Scullion



Jake Horner
and Joshua
Bradley



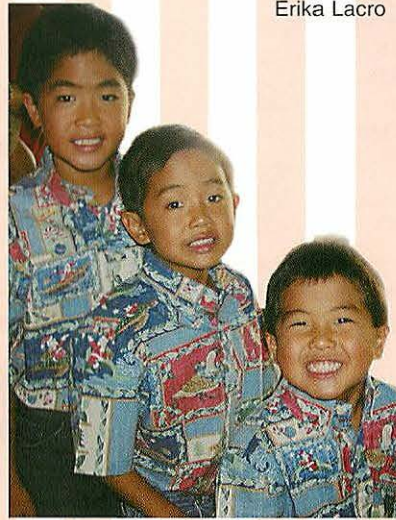
Micah and
Erika Lacro



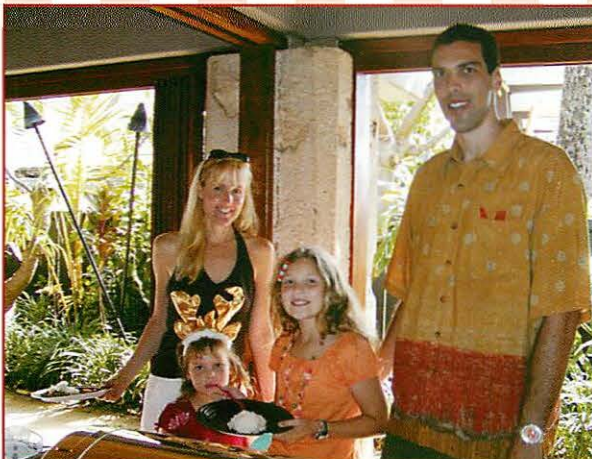
Michele and Bob
Corboy brought
grandchildren
Mikela and
Kamalani Souza.



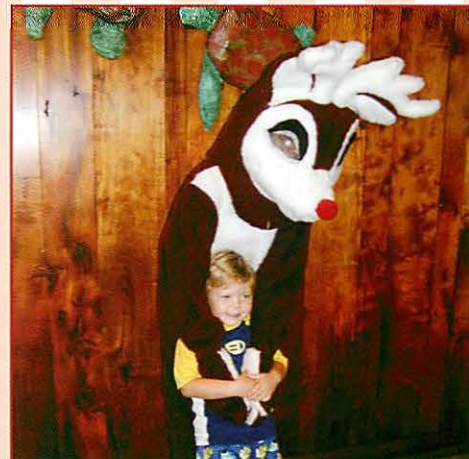
Santa arrived via out-
rigger canoe with his
elf Liz Ventura.



Nicholas, Jonathan
and Alex Liu



Sarah, Julia,
Jacqueline and
Fabio Ribeiro



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Backward Glances

By Corinne Shulman,
Historical Committee

50 Years Ago: January 1955

Samuel M. Fuller, President

Our safari-ites Peaches Guerrero, Mrs. Louis Baron, Mrs. Oscar Burnett, Mrs. Doxy Schilling and Mrs. Albert Lyman gave the Adventurers Club a treat with details of their African Safari with both still and moving pictures recently.

Clark Gable stopped in Honolulu for a few hours December 16, enroute to Hollywood from Hong Kong. Too bad, we all enjoy his visits when he takes time out at the OCC.

More movies for Hawaii, next summer maybe? Universal International pictures has been surveying Hawaii as the scene of their proposed pic "The White King." Our movie greats, Duke, Brangier, Turkey Love, Panama and others eagerly awaiting offers. Hmmmmm.

The Honolulu Press Club Gridiron show at the Royal was well attended by many OCC members, some of whom were in for some terrific ribbing. Included were Henry Kaiser, Bill Ewing, Lorrin Thurston and many others.

26 Years Ago: January 1979

William Eggers III, President

"Mumbles" is Anita Minter's new name! A boating accident broke her jaw as well as a possible vertebra. She's OCC Hobie champ, recently returned from the World Competition.

A "gathering of the clan" for the Anderson family: Judi, Miss Universe contestant and first runner-up, plus her sister Jill from Oregon and brother Jon from San Diego State will celebrate the Christmas season together.

11 Years Ago: January 1994

Chuck Swanson, President

Six Outrigger paddlers are members of the first Hawaii women's team entered in the Thailand International Swan Boat Races, Asia's famous boat-racing competition. Nicole Wilcox, Lisa Livingston, Tia Payes, Cathy Ho, Kristen Spengler and Missy Mowat have been practicing on the Ala Wai with the Hawaii team learning to paddle on one side only. The Swan Boats are similar to Chinese Dragon Boats and entirely different from our outrigger canoes. Good luck, girls.

6 Years Ago: January 1999

Jimmy McMahon, President

The banner of the Hawaiian Surf Team that participated in the World Life Saving Titles in Torquay, Victoria, Australia was returned to Hawaii by its Coach Arthur Parkyn. . . The competition coincided with the Melbourne Olympic Games.

The Hawaiian team included Outrigger's Tim Guard and Peter Balding.

Employee of the Month



Julia Sacro


Our Employee of the Month is quiet and modest Julia Sacro, Laundry and Women's Locker room attendant. She has been at OCC for two years, and was recommended to work here by her friend Erlinda, who also works in the Locker Room.

Julia is saving her money for a sewing machine of her own; she is a part time seamstress for Surflife, and has worked for them since 1997.

Besides sewing, she likes to cook, and recites a list of Filipino favorites she specializes in.

Julia is a widow. She has a 30-year-old daughter who lives in the Philippines and is training as a nurse therapist. Her 32-year-old son has been in Iraq with the Army Reserve since March 2004.

Julia says she likes to lead a quiet life, she enjoys her OCC work, and is pleased to be with us, and pleased to be recognized for her hard work at the Club.



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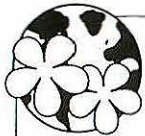
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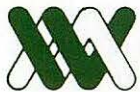


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Board Briefs

Board Briefs is taken from the minutes of the Board of Directors meeting on November 18, 2004.

Secretary's Report: Four members were suspended for 15 days due to their accounts being delinquent for the third time in a 12-month period. One member was terminated for being four times delinquent.

General Manager's Report: There was a net loss of \$30,815 for October. Year to date there was net operating fund income of \$39,120. . . Food and Beverage costs were high partially due to wine promotion. Utilities were over budget; the cost of oil continues to be high resulting in higher electric and gas bills. . . The Department of Land and Natural Resources, along with Control Point, will visit the Club to assess the Club's shoreline for certification in order to obtain a permit to construct the Wave Deflector. . . The City of Honolulu requires a shoreline certification as part of the permit process for the installation of the support columns for the reinforcing beams in the Snack Shop and Men's Locker Rooms. The support columns are necessary for the structural integrity of the volleyball court.

Admissions & Membership Report: The membership count was 4,749 as of October 31, 2004

Building & Grounds Report: Architect Jim Reinhardt is completing a structural architectural review of the roof. Bob Dewitz recommended that that any specification/contract for re-roofing include a bonded warranty from a reputable bonding company. . . The committee has been studying pedestrian safety in the front entry walkway circle. The committee is considering the possibility of an entry from the front sidewalk through the garage into the Club. . . The Board discussed the ongoing issue of kayaks being placed in the front entry circle and destroying the landscaping. The committee is considering other landscaping designs which would prevent kayak placement in the planted area. . . There are several areas infected with termites. Independent inspectors will be contacted for bids to analyze the termite damage and determine if the Club will require tenting.

House Report: The La Jolla Beach and Tennis Club has ended their reciprocity agreement and the Indianapolis Athletic Club has closed. The House Committee recommended and the Board approved reciprocity with the Columbia Club in Indianapolis, Indiana. . . The General Manager, together with a member of the House Committee and the Public Relations Committee, will write a series of articles in the OCC Magazine, emphasizing Club rules regarding proper conduct.

Athletic Report: Canoe Racing Chair, Courtney Seto, expressed concern about increasing costs related to long distance competition. Each year there are increased costs in air-fares, escort boats and other related expenses. Coordinating Director Geoff Graf feels the 2005 budget addresses the increase in expenses; however the escalation of travel expenses will continue to be a concern. The Athletic

Committee is coordinating with the Club Captain to create a logical organizational succession plan structure for sub-committees that outlines job descriptions, leadership development, a transition plan for key positions, and written policies and procedures for essential duties. . . The Board of Directors recommended that the PCA Workshop be conducted after the sign up for the 2005 paddling season when enthusiasm is the strongest, but before the season starts. All coaches should be required to attend.

Historical Report: The Historical Committee expressed concern that in the event of a flood like the one that hit UH, the archival materials, photos, and trophies would be severely damaged. Gregg Robertson recommended that a formal proposal be drafted for consideration by the Board. . . Ja-ne de Abreu was approved as a member of the Historical Committee.

2005 Budget: The recommended 2005 Annual Budget developed by the Budget Committee was adopted. The approved budget included dues increases effective January 1, 2005 as follows: Senior, \$59.00; Regular, \$118.00; Intermediate, \$81.70; Associate, \$12.50; Associate (parent non member), \$18.25; Junior (parent member), \$12.50; Junior (parent non member), \$18.25; Service, \$81.70; Student Inactive, \$6.50. Annual Nonresident Dues will be: Regular, \$354.00; Intermediate, \$245.10; and Junior, \$54.75.

Operating Costs: A motion was made by Bob Dewitz, seconded by Jaren Hancock and approved by the Board, that Management develop a plan to lower operating costs by \$75,000, and report these findings to the Board within six months.

Cost Overrun: The Board of Directors discussed and agreed to accept the Budget Committee's recommendation to transfer from the Capital Improvement Fund to the working capital account the amount of the cost overrun for the Volleyball/Locker Room construction.

Nominating Committee: The Board approved the following members to serve on the Nominating Committee: Joyce Timpson, Chairperson; Jeffrey Dinsmore, Kawika Grant, Gloria Keller Henderson, and Ann Martin.

Judges of Election: The Board approved the following members to serve on the Judges of Election Committee: Gerri Pedesky, Chairperson; Peter Balding, Jack Mattice, Diane Stowell, Geraldine DeBenedetti, Stewart Kawakami, Lisa Livingston, and Alice Lunt.

In Memoriam

William Sage
Deceased: November 24, 2004
Member: 38 Years

Kenneth West
Deceased: November 24, 2004
Member: 40 Years



Connie Carr



Cathy & Robby Ostrem

"Mahalo a nui loa.."

Thank you very much for your many expressions of sympathy in the loss of our dad, Bob Ostrem. Your kindness & compassion to our ohana will always be remembered.



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On the Cover: Sunset is a favorite time at the Outrigger Canoe Club. Depending on the time of year, and the clouds, the colorful skies are different each night. Photo by Karen Kottow. For more of Karen's photos see pages 4-5.

The Outrigger Canoe Club
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