

the Outrigger

OCTOBER 1996

**New
Winged "O"
Paula Crabb**



New Winged "O" Paula Crabb



Paula, far right in the front row, was on the winning Molokai crew in 1985.

By Marilyn Kali

When Paula Crabb joined the Outrigger Canoe Club 20 years ago, most of her athletic skill and training was inside a gym. Today, she spends her free time in the ocean enjoying our blue Hawaiian waters.

Her water skills and dedication to OCC athletics have earned her a place in the "Winged "O". She is the 33rd person to be selected for the honor since Winged "O" was founded in 1968.

"It's a great privilege to be selected to Winged "O", she said. "I hope that I can fulfill what it stands for."

Paula received her Winged "O" jacket at the OCC Luau on September 21.

Paula's athletic career began in her hometown of Waterford, Connecticut where she competed in gymnastics, track and field, field hockey and was a cheerleader. In college at Southern Connecticut State College, she co-captained the gymnastic team and ran track.

But it wasn't until she came to Hawaii that she was drawn to the ocean. In 1973, Paula began teaching physical education and coaching gymnastics at Punahou. Two of her gymnastics students were Kerry Baird and Gay Balding, and their families introduced her to the OCC. She loved it and joined three years later.

Paula started paddling in 1978 as a novice. She moved to upper division paddling in 1980 and joined the masters program in 1994.

Paula's first distance paddling experience in 1981 was a winning one with her crew capturing the Na Wahine O Ke Kai title. She won it again in 1985 and 1992. In total, she has completed 13 Molokai crossings.

Paddling has also taken her to Australia where she won first place in the Hamilton Cup distance race with her OCC crew.



Paula Crabb with husband, Chris, and sons, Trevor and Taylor.

In addition to paddling, Paula has coached novice and youth crews on and off since 1981.

She became interested in one-man canoe racing in 1994 and crossed the Kaiwi Channel in her one-man canoe in the Canoe Sports Hawaii Molokai Race in 1995. In 1994 and 1995, she won the masters division of the OCC Tri-Ocean Race.

Over the years, she has also competed for the Club in volleyball and triathalons.

Paula was selected the first woman Club Captain and served in that position in 1986 and 1987.

"When I took the job, it was kind of unclear what the Club Captain job was. I worked with the various athletic subcommittees on job descriptions and tried to create records so it would be easier for those who followed," she said.

She also initiated an ad hoc committee to get a paid athletic director for the Club.

Paula served on the Canoe Racing Committee from 1980-1995, organizing and registering Club paddlers. She also served on the Public Relations and Running committees.

Paula still coaches gymnastics at Punahou and serves as the chairperson of the Physical Education Department. In after school PE, she teaches aerobic

Paula has steered many OCC crews to victory.

Winged "O"

Members of the Outrigger Canoe Club through the years have given unselfishly of their prowess, time and loyalty in the effort to expand the Club's illustrious athletic image and to continue its reputation for victory. These honorees have made outstanding contributions both on the field of competition and in the equally important role of team and athletic program support.

1968 <i>Duke Kabanamoku</i> <i>Tom Arnott</i> <i>Ron Sorrell</i> <i>Albert Lemes</i> <i>Mark Buck</i> <i>Cline Mann</i> <i>Tom Haine</i> <i>Wally Young</i>	1972 <i>Bill Baird</i> <i>Karl Heyer III</i>	1983 <i>Henry Ayau</i> <i>Bill Brooks</i>
1969 <i>Johnny Hollinger</i> <i>Fred Hemmings Jr.</i> <i>Fred Ober</i>	1973 <i>Bill Capp</i>	1986 <i>Walter Guild</i>
1970 <i>Peter Balding Sr.</i> <i>Dad Center</i>	1976 <i>Johnny McMahon</i>	1987 <i>Tom Conner</i>
1971 <i>Mike Holmes</i> <i>Paul MacLaughlin</i>	1977 <i>Brant Ackerman</i>	1988 <i>Tim Guard</i>
	1978 <i>Colin Chock</i>	1991 <i>Steve Scott</i> <i>Diane Stowell</i>
	1979 <i>Kimo Austin</i>	1993 <i>Bill Bright</i>
	1980 <i>John Beaumont</i>	1996 <i>Paula Crabb</i>
	1982 <i>Bob Fischer</i>	

dancing and windsurfing.

Finding time for everything she has to do and wants to do is Paula's hardest job.

"With a husband and two children, it's a constant juggling act between my activities and theirs. The one thing that has made it easier is that Chris' sport is volleyball and we have fewer time conflicts because we're in different sports."

However, he took up one-man canoes this year and enjoyed it.

Paula and Chris' sons are Trevor, now 7, and Taylor, 4.

Paula expects to continue her participation in Outrigger athletics for many years to come, and looks forward to when her sons will be on OCC teams.

The Winged "O" was founded in 1967 to pay tribute to the Club's finest

sportsmen and women. With being named a Winged "O" comes a lifelong obligation to actively preserve the athletic purpose of the Club.

To be selected, you must have been a regular member of the Club for at least 10 years, and have demonstrated unflagging loyalty to the Club and its athletic program over a long period of time.

Contributions to athletic programs and excellence in sports outside of the Club are not considered. Service must be contributed directly to the Club and participation must be on Club teams and in Club events.

Congratulations to our newest Winged "O" Paula Crabb. ☺

OCC Photo Contest Reminder

By Robin Nonaka

The deadline for the Photo Contest is just around the corner. All entries must be hand delivered to the OCC Front Desk before 5 p.m., or mailed and postmarked by Wednesday, October 30, 1996.

Mailed entries can be sent to: Outrigger Photo Contest, c/o Public Relations Committee, 2909 Kalakaua Avenue, Honolulu, Hawaii 96815.

The categories (in color or black & white) are:

- 1) Outrigger Canoe Club Theme
- 2) Hawaii
- 3) Keiki (children)
- 4) Junior Photographers - 18 years old and under

Entries are limited to OCC members and their immediate families. Public Relations Committee members are excluded, however, their family members may enter.

All entries must adhere to the following rules:

- 1) All photos must be 8" x 10" (at a minimum).
- 2) All photos must be dry mounted on foamcore or posterboard. Matte frames are optional.
- 3) Pictures must be taken by the person submitting the entry.
- 4) No more than five (5) entries per photographer.
- 5) All entries must be placed in a protective envelope.
- 6) For those wishing their entries returned by mail please include a self-addressed stamped envelope with protective backing along with your entries. Please remember that OCC will not be responsible for returning entries without the proper amount of pre-paid postage.
- 7) All other entries and awards must be picked up at the Front Desk between February 3-5, 1997. If you are unable to pick up your entries during these dates, please provide a self-addressed stamped envelope.

****All entries not returned by mail due to insufficient postage and/or not picked up during this period shall become property of OCC and donated.**

***All entries which do not meet these specifications will be disqualified.**

To enter, either complete the entry form provided (also available at the Front Desk) and tape it to the back of each entry or print your name, address and telephone number and category entered on the back of each entry. ☺

1996 OCC AMATEUR PHOTO CONTEST ENTRY FORM

NAME _____

MEMBERSHIP NO. _____

STREET ADDRESS _____

CITY _____ STATE _____ ZIPCODE _____

DAY PHONE NO. _____

NAME OF CATEGORY _____

I UNDERSTAND THE OCC AND THE PUBLIC RELATIONS COMMITTEE WILL NOT BE HELD RESPONSIBLE FOR THE DAMAGE OR LOSS OF ANY ENTRY, AND I ENTER WITH THE FULL KNOWLEDGE OF THE CONTEST RULES.

Chris Moore won the 10th annual Cline Mann 5K Paddleboard Race, August 10 at the Club two seconds ahead of Dolan Eversole. Chris' winning time was 30:50.

Eversole appeared to be ahead 25 yards from the beach, but Chris caught a small wave next to the Colony Surf groin and hit the beach first.

Dale Hope won the 40-49 division, Trevor Cabell the Novice, and Crystal Thornburg, the Girls 17 and under.

Chris Moore Wins Cline Mann 5K

10th Annual Cline Mann 5K Paddleboard Race • August 10, 1996 • Results

Overall	Name	Time	Place/Division								
1.	Chris Moore*	:30:50	1st, Overall, MP30-39	16.	David Thomas	:34:41	1st, BP17-under	32.	Tushar Dubey	:41:39	3rd, MP Novice
2.	Dolan Eversole	:30:52	1st, MP18-29	17.	Julie Speier	:34:45	1st, WP18-29	33.	Rich Montel	:41:49	4th, MP Novice
3.	Guy Pere	:31:02	2nd, MP18-29	18.	Jimmy Lucas	:34:52	6th, MP40-49	34.	Eric Rhodes	:41:59	5th, MP Novice
4.	Duane Webster	:31:05	2nd, MP30-39	19.	Helene Phillips	:34:56	1st, WP40-49	35.	Victor Hemmy Jr.*	:42:53	4th, MP50+
5.	Dale Hope*	:31:10	1st, MP40-49	20.	Kenneth Goldman	:35:23	1st, MS30+	36.	Gregory Wong	:43:30	2nd, MS29&Under
6.	Victor Hemmy III*	:31:30	3rd, MP18-29	21.	Michael Lee	:34:31	5th, MP30-39	37.	Casey Teixeira	:44:26	2nd, MS 30+
7.	Trevor Cabell*	:32:27	1st, MP Novice	22.	Carl Kawauchi	:35:41	1st, MP50+	38.	Virgil Whatley	:44:43	3rd, MS 30+
8.	Dan Zukoski	:32:53	2nd, MP40-49	23.	Kalai Ahuna	:35:45	5th, MP18-29	39.	Crystal Thornburg*	:45:03	1st, GP17&Under
9.	Matt Barnett	:32:55	3rd, MP40-49	24.	Peter Lum	:36:54	7th, MP40-49	40.	Chris Hochuli*	:45:15	4th, MS 30+
10.	Blair Thorndyke	:33:14	3rd, MP30-39	25.	Sophie Twigg-Smith*	:38:09	1st, WP30-39	41.	David Yee	:46:10	5th, MS 30+
11.	Jason Dameron	:33:44	1st, MS29&Under	26.	Blair Campbell	:38:36	2nd, MP50+	42.	James Onla	:46:47	3rd, MS29&Under
12.	Jason Moore	:33:55	4th, MP18-29	27.	Karen Liliker	:38:56	2nd, WP30-39	43.	Eric Helfer	:47:10	4th, MS29&Under
13.	K. Van Der Leeden	:34:01	4th, MP40-49	28.	Michael Moore	:39:00	6th, MP30-39	44.	Kevin Simon	:48:10	6th, MP Novice
14.	Karl Heyer IV*	:34:03	4th, MP30-39	29.	Clyde Hedlund	:39:27	3rd, MP50+	45.	Caroline McCabe	:52:15	2nd, WP Novice
15.	Kenneth Bailey	:34:07	5th, MP40-49	30.	James Farnum	:40:35	2nd, MP Novice				
				31.	Iris Gonzales	:41:10	1st, WP Novice				

*OCC Member



Sophie Twigg-Smith receives trophy for winning the 30-39 division from Chris Moore. Trevor Cabell won the men's novice.

Chris Moore presents trophy to Crystal Thornburg for finishing first in the 17 and under division.



Dale Hope finished first in the 40-49 division, Chris Moore was first overall and in the 30-39 division and Karl Heyer IV was fourth in the 30-39.

AS THE *Terrace* TURNS...

Lots of Hawaii folks were in Atlanta for the 1996 Olympic Games. **Gretchen Duplanty** met up with son, **Todd Duplanty**, to watch her other son, **Chris**, play in the water polo competition. Todd is starting law school this year at the University of Colorado.

Kehau Kali wound up sitting two rows behind Gretchen and Todd during the first two water polo games.

Diane Stowell arrived a few nights later and saw two events a day—including track, canoe and kayak, and water polo. Margie Howe was there to watch daughter, **Traci**

Phillips, in the kayak competition.

Nonresident member **Pam Gough**, now living in Lake Tahoe, and Junior members **Meghan Gough** and **Ali Bradley**, were on hand in Atlanta to see Meghan's boyfriend, **Bradley Schumacher** take two Gold Medals in the Men's 4x200 and 4x100 freestyle relays. Meghan and Ali, former Punahou classmates, are now roommates in the Bay area.

Vik Watumull and his sister **JoJo Watumull** also saw two to three events a day, including gymnastics and track...

How did **Harry Pertz** do it?

Surprised his wife Dorothy known as Annie, on the 39th anniversary of her 21st birthday! What a guy! Guests were all good friends. Even though they have six grandchildren, all are on the mainland and were not here for the party. Not to worry though, Annie has plenty of kids—she is the principal of Kamiloiki Elementary in Hawaii Kai.

Helen Matthews hosted a party of 16 for lunch mid-August. This was the "lunch-bunch" of the Women's Campus Club, composed of women who are current or retired faculty, or female spouses of faculty members. This is one of the longest continuing groups on campus, originally started to acquaint the Manoa faculty women and faculty wives, they now have several groups besides the lunch-bunch, hikers, book club, bridge group.

Nonresident **Grant Senner** and his wife, **Beth**, will graduate from Grand Valley State University in Grand Rapids, Michigan in December. They

plan to move back to Hawaii in February and teach on Kauai. Grant spent the summer teaching sailing on Reeds Lake at the Grand Rapids Yacht Club.

Artist **Ramsay** was featured in the July/August issue of Aloha magazine. She's known for her pen and ink drawings.

Koa Ostrem was selected to the Volleyball Magazine Fabulous 50 high school volleyball players in the U.S. in their September issue. Koa is attending UCLA. He was Hawaii State Player of the Year.

Contributions to his column are always welcome. Leave items for the Editor at the Front Desk, fax to 833-1591 or email to OCCMag@aol.com. Be sure to include your phone number in case additional information is needed. ☺



1. Todd Duplanty, Kehau Kali and Cale Char at water polo pool at Olympics.

2. Pam Gough, Meghan Gough and Ali Bradley watched swimming at the Olympics.

3. James MacArthur and Campbell Palfrey met on the paddle tennis court at Diamond Head Tennis Center.

4. Past Presidents, Tom Arnott and Thad Ekstrand, along with their wives, Marian and Pat, have just returned from a cruise on the MS MAASDAM which took them as far as St. Petersburg, Russia. While on board, Tom celebrated his birthday starting with chocolate cake and balloons presented at 7 a.m. by the smiling room steward, Gita.

Hawaii's Historic Architecture Topic of Stew-Rice Night, Monday October 21

By Mazeppa King Costa

Frank S. Haines, FAIA, one of Hawaii's most notable contemporary architects, will present a slide show/lecture on Hawaii's historic buildings, on Monday, October 21st, at the OCC Historical Committee's next Stew-Rice Night.

An illustrious member of Honolulu's architecture community for many years, Frank came to Hawaii in 1948 after earning a baccalaureate from Princeton University and a master of architecture degree from Massachusetts Institute of Technology.

In 1949, he joined the firm that ultimately became Architects Hawaii, Ltd., and became its president in 1969, charting the firm's growth until 1987. Today, he serves as chairman of AHL.

Frank is a past president of the Hawaii Society/AIA (1960) and was elected to Fellowship in the American Institute of Architects (1972).

Among his many outstanding works, the following projects are salient: Aliiolani Hale restoration; the Federal Office Building and Courthouse; Pioneer Plaza Office Tower; Bishop Museum Castle Memorial Hall; Capitol Complex for the Federated States of Micronesia; Kaiser Honolulu Clinic; Kaiser Moanalua Medical Center; and Clark AFB Hospital.

A graduate affiliate instructor at the University of Hawaii's School of Architecture, he also lectures on residential design for the UH Extension Division. Additionally, he is a contributor to architecture publications and was an advisor and panelist at the First International Symposium on Asia Pacific Architecture (1995), East-West Center.

Over the years, he has been a seemingly tireless participant in community affairs, serving on many boards of directors, including Aloha United Way; Cancer Center; Habitat Drug Abuse Program; Kaimuki YMCA; Child and Family Service; Oahu

Development Conference; and others. Further, he is an avid tennis player and traveler.

All this and OCC gets him for an evening to hear an architect's thoughts and ideas about our community's historic buildings. It's an opportunity not to miss.

Here's the skinny—the evening (Monday, October 21) begins at 5:30 with no-host cocktails. At this time you may select the table of your choice. At 6 p.m., OCC's traditional stew-rice buffet awaits you. House lights dim and the slide lecture begins at 7 p.m.

Menu detail: beef stew with rice; a vegetarian option; fruit, vegetable, pasta, salads; rolls; and dessert—\$10.95.

For your viewing comfort, tickets will be limited to 150. Call the Front Desk, 923-1585, for reservations.

An additional thought—Frank will have just returned from a trip to

Russia. Possibly he would be willing to add a few observations about Russian architecture. Do come. This promises to be a very special event.



Stew-Rice Night Presentations Are Enrichment Gifts to OCC

The OCC Historical Committee's periodic Stew-Rice Night Presentations are enrichment gifts, designed to be informative and enjoyable and to afford an opportunity to mingle informally with other members and guests—all at a very affordable price.

The productions are held on Monday nights, when the officially closed Dining Room is available for special events. Here everyone can mix and mingle during a short no-host cocktail period and select a table. An hour is allotted for a beef stew buffet supper. Then, each occasion culminates in a program, of approximately one hour, on a subject of historical and/or cultural interest—most often on a subject Hawaiian, Waikiki, or Club related. The

format varies from slide or video lecture to story telling or a film accompanied by informed commentary.

There is one thing the presentations have in common: they are a gift of the guest presenters. These volunteers—members and non-members alike—are authorities on their individual subjects. Usually they are much-in demand experts and/or community leaders. Always they are exceedingly generous in giving their time, talent, and efforts to make these occasions successful. They represent a rich resource. We are greatly beholden to them. Don't be shy about letting them know they are appreciated. ☺

—MKC

Princess Kaiulani



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Softball Team on a Roll

The OCC Softball team rebounded from a 5-2 loss to Espresso and crushed Bud Lite 13-2, then beat Kuabara 9-4 to sit alone at the top of their league.

Paki Vaughan led an 18-hit assault on Bud Lite with four singles. Jim Cavanah and Jon Whittington had three hits each while Jim Gaddis and Brian Hoernig had two hits apiece. Ron Scelza pitched a great game aided by three double plays all started by Cavanah at short, turned by Paki at second and on to Gaddis at first.

Bill Kilcoyne, Jim McAluney, Reid Scelza, Ralph DeWitt and Henry Ayau all contributed to the victory.

With five starters missing against Kuabara, Head Coach Gaddis had some big-time homework to come up with a lineup to match a team that had always dominated OCC. Perfect defense and timely hitting were on order for Outrigger. The most significant moves placed McAluney and Hoernig in the outfield, bringing Mike Miranda to second base and moving Gaddis from first to third.

Coming through in the clutch was DeWitt collecting two big hits. Reid made a couple of super catches in right field, hit the ball hard, and scored twice. Reid's dad, Ron, had a hit and was behind the plate as Keith Letman returned to the mound to pitch a solid game and collect two hits.

Miranda played flawlessly in the infield and collected two hits. Hoernig, Gaddis and Whittington also collected two hits each. McAluney and Cavanah turned in outstanding defensive performances to assure OCC's biggest win in years. ☺

Bankoh Molokai Hoe
Post Race Party

Sunday, October 13
Hau Terrace
3-10 p.m.

Guest Chef Night

Oliver Altherr—Kahala Mandarin Oriental

Executive Chef Oliver Altherr of the Kahala Mandarin Oriental will be the Guest Chef on Wednesday, October 30.

Before coming to the Kahala, Chef Altherr oversaw the internationally acclaimed Plume Restaurant at the Regent of Hong Kong for four years. Prior to that, Altherr held positions with the two star Michelin rated Schweizerstuben Restaurant in Wertheim, Germany and France's three star rated Michel Guerard.

A German master cook and winner of the 1986 and 1989 national German Chef's championships, Altherr currently oversees the hotel's restaurants and lounges as well as banquets and room service.

The menu for the evening will be as follows: Peking Duck Spring Roll with Mango, Sunflower Sprout Salad Horseradish Ginger Crusted Onaga with Potato Chive Sauce on Leek, Carrot, Shiitake Ragout Mandarin Chocolate Cake on Citrus Fruit Ragout

The price is \$36 per person plus service charge and state tax. The Hau Terrace will offer the regular full menu.

The guest sommelier for the evening will be Master Sommelier Chuck Furuya. Chuck will be on hand to assist our sommelier Richard Juanilla with the featured wines of the evening that are priced separately. Seatings begin at 6 p.m. and



reservations will be taken at the Dining Room. Space is limited so make your reservations early. ☺

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OCC Women Win Distance Races, Men Second

Outrigger's women won the Dad Center Long Distance Race and the Queen Liliuokalani race while preparing for the Na Wahine O Ke Kai. The OCC men were second in the Duke Kahanamoku Long Distance Race and the Queen Liliuokalani race.

Duke Kahanamoku

Lanikai won the Duke race on August 18 from Kailua Beach to Duke Kahanamoku Beach in 2:42:45, with OCC second in 2:45:07. Outrigger's second crew finished eighth overall in 3:01:31. Names of the crews were not available.

Dad Center

OCC's women took an early lead and never relinquished it in winning the Dad Center Long Distance Canoe Race on August 25

from Kailua Beach to OCC. The women finished the 24 mile race in 2:57:31. Kailua was second in 3:00:00 and Hui Nalu was third in 3:02:38.

The winning crew was Nicole Wilcox, Donna Kahakui, Traci Phillips, Lisa Livingston, Sara Ackerman, Kisi Haine, Mary Smolenski, Diana Clifford and Pam Clifford.

Outrigger's second crew finished 10th overall in 3:12:57. The results of the third open crew and the masters crew were not available from the coach.

Queen Liliuokalani

Outrigger's women won the Queen Liliuokalani Long Distance Championships on August 31 from Kailua Bay to Honaunau. OCC finished the 18 mile course in 2:08:29 in its koa canoe. A second OCC crew finished 8th in 2:17:40 and a third crew was 13th in 2:20:25.

In the men's race from Honaunau to Kailua Bay, Lanikai finished first in 1:48:54, with OCC second in 1:50:08. A second OCC crew in koa finished 19th overall in 2:02:14.

Complete results of the races were not available due to technical difficulties by host Kai Opuia Canoe Club.

Names of the OCC participants were not available from the coaches.

Softball Title for OCC

The 1996 OCC Softball team clinched its first regular season Leahi League title in years. OCC crushed the Dream Team 15-3 in what was expected to be a tight game between two teams tied for first.

Jim Cavanah led the team with four hits. Bill Kilcoyne, Jon Whittington, Mike Miranda, and Brian Hoernig had three hits each. Jim McAluney, Chris Siegfried, Keith Letman and Ralph DeWitt had two hits each.

The team welcomed back Nolan Ramirez who played great at short and contributed at the plate. Four big innings produced all 15 runs and left three-time defending champion Dream Team in shock.

A special playoff format for all the other teams in the league produced a team that challenged OCC for the ultimate league championship on September 5. Final results, batting averages and other softball news can be found in next month's issue of The Outrigger. ☺

News

From the Clubhouse

By Jim Gaddis

The fourth Stroke-Play tournament of 1996 was held at Leilehua Golf Course on August 17. As always, this beautiful layout took its toll on OCC golfers despite perfect weather.

Once again, Bill Cross and Terri Lui were Low Gross winners. Bill led the men with an 84, while Terri topped the ladies with a 92.

Low Net winners were Richard Goh and Joie Gopez, both with 75s.

There were only two closest to the pins winners. May Borthwick and Bill Cross knocked their balls in close to win gift certificates at the Leilehua Pro Shop.

1996 Match-Play action is well under way with Jack Mattice advancing after defeating Strat Whiting, 3 and 2. Bruce Bolton upended Jim Hammons 1 up on the 19th hole in a thrilling match. Vic Hawthorne advanced by beating Bob Maguire. ☺



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Molokai Canoe Races: Lights, Camera, Action

By John Mounts

Again I have the good fortune of being selected to write and produce this year's Na Wahine O Ke Kai and Molokai Hoe canoe races for FOX 2 television.

So what does that mean ... what do you really do?

Well simply, you go out and shoot a 5+ hour, 41-mile open ocean canoe race comprising of 500 to 1,000 paddlers. You then go and create a 48 minute cultural documentary which you hope will interest your sponsors and in turn a large segment of the television audience.

So where do you start?

My first responsibility is to define the story, as nothing interesting ever happens without a well told story. And a story begins with a purpose or a premise. Is it pride that leads to fulfillment? (95 Na Wahine O Ke Kai). Persistence leads to victory? (95 Molokai Hoe). Sacrifice leads to success, faith conquers pride, etc., etc.

Story telling and script writing is an ever changing, almost organic process. It is also a craft, and sometimes when you're lucky enough to get it right, it can almost imitate art. Do we ever get it right? Well, that's subjective and entirely up to you, the viewer. . . although most paddlers seem to think we get it right only when they see themselves on camera.

From premise comes structure. Structure holds it all together— action, plot, characters, episodes, events. You'll notice all good stories will follow a definitive path of dramatic action . all the way from conflict to resolution.

In building structure, you have to ask what sub-themes will you weave into the story line. What packages will you pre-produce to support your theme and which individuals will you highlight? What specific sound bites will you use to support your premise? Which characters do you want your audience to get to know... the minority of leaders, or the majority of back of the packers?

Once you have answered those questions and have conceptualized your story line, now come your logistical considerations. How can you make the story come to life? Are the creative elements technically possible given your budget and your editing constraints?

What to address first?

Well the most important is your crew. How many people will you need for race day? (This year

it will be 12 ... (3) on-camera talent, (5) cameramen, (1) director, (1) writer/producer, (2) associate writer/producers . What kinds of technical equipment will you need on Molokai and on the ocean? (Lighting, audio, video). How will you direct your 'talent teams' when you are separated by miles of open ocean? (Walkie-talkies, VHF and CB radios between 3 chase boats, our helicopter and our KHON studios on Oahu). Where to position your cameras on the race course and at the start? (In helicopter, on top of bluff, on starting line, adjacent to starting line and ahead of starting line). How many paddling crews can you realistically cover over 5 hours, especially if seas are rough?

Once you've made the decisions you have control over, you cross your fingers and hope for few surprises on race day.

After the race, it's on to post-production and the editing process ... that painstakingly laborious period where everything soon begins to look and sound the same. It is also the time, however, when magic can mysteriously happen right before your eyes.

How to decide which pictures to use of the 30

reels of 20 minute tapes your cameramen have shot? How to decide scene sequences and how long do you play an interview, a sound bite, a music montage, a beauty shot? How do you choose music to amplify an emotion or intensify an event? How do you integrate graphics without being intrusive? How can you bring up more natural sound to add to a poignant moment?

And lastly, when it's all said and done and on the screen, how can you tell if you've told a good story? Is it accurate and passionate and entertaining? Is it compelling? Is it interesting?

Well that's for the audience to decide and for those paddlers who missed seeing their faces?

Editor's Note: Prime time broadcasts on KHON Channel 2: Na Wahine O Ke Kai, Sunday, Oct. 13, 7-8 PM; Molokai Hoe, Sunday, Oct. 20, 7-8 PM. Walter Guild will again serve as one of our race experts for the Na Wahine O Ke Kai.



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Use the tools!

Outrigger Canoe Club Pupu Party Menu

Planning a holiday party? Use this menu to help plan your event. Be sure to make reservations for holiday parties early as dates are filling up quickly.

HOT & COLD HORS D'OEUVRES

STANDARD SELECTIONS

8 PIECES PER PERSON - 12. 00 PER PERSON • 12 PIECES PER PERSON - 15. 00 PER PERSON

Hot Dishes

CRISPY WON TON
SPRING ROLLS
CHICKEN YAKITORI
BUFFALO WINGS
STUFFED JALAPENOS
MEATBALLS
BEEF SKEWERS
MINI BURRITOS
SWEET & SOUR SPARERIBS

PIG IN A BLANKET
JAPANESE STYLE
CHICKEN WINGS
POTSTICKERS
SIU MAI
MINI TAQUITOS
MAHIMAH TEMPURA
RUMAKI
VEGETABLE TEMPURA

Cold Dishes

ASSORTED DEVILED EGGS
STUFFED CELERY WITH
BLUE CHEESE
PROSCIUTTO WITH MELON
STUFFED ARTICHOKE
BOTTOMS
ASSORTED CANAPES
PETIT HAM & CHEESE
SANDWICHES ON
PUMPERNICKEL
STUFFED CHERRY
TOMATOES WITH
LOMI LOMI SALMON
SMOKED SALMON & CREAM
CHEESE PIN WHEELS

MAKI SUSHI
SALAMI AND
OLIVE CORONETS
ROAST BEEF
& PICKLE ROLLS
VEGETABLE PATE
PATE EN CROUTE
SLICED EGG WITH CAVIAR
CURRIED CHICKEN SALAD IN
PASTRY SHELL
SLICED CUCUMBER WITH
SALMON MOUSSE
HALF EGG FILLED WITH BAY
SHRIMP COCKTAIL

DELUXE SELECTIONS

12 PIECES PER PERSON - 22. 00 PER PERSON

Hot Dishes

ESCARGOT ALA PROVENCAL
SHRIMP TEMPURA
CREAMY GARLIC SHRIMP
CLAMS CASINO
BROILED BABY LAMB CHOPS
CRAB LORENZO
STEAMED DIM SUM
PETIT CRAB CAKES

COCONUT FRIED SHRIMP
BROILED CHICKEN BREAST
CRAB CLAWS IN BLACK
BEAN SAUCE
JUMBO SCALLOPS IN
GARLIC SAUCE
LEMON CHICKEN
BABY BACK RIBS

Cold Dishes

NIGIRI SUSHI
INARI SUSHI
CHILLED JUMBO SHRIMP
OYSTERS ON
THE HALF SHELL
SMOKED SALMON PLATTER
AU SASHIMI
SALMON MOUSSE IN
PASTRY SHELL

GOOSE LIVER PATE
CANAPES
BOILED POTATOES WITH
SOUR CREAM AND CAVIAR
SMOKED MARLIN
SMOKED MUSSELS
TAKO WITH MISO SAUCE
GRAVLAX

TO COMPLEMENT YOUR RECEPTION

The following includes Rolls and Appropriate Condiments and will be carved to order.

ROAST TOM TURKEY	140.00 EACH, SERVES APPROXIMATELY 50 - 75 PEOPLE
ROAST NEW YORK STRIPLOIN	240.00 EACH, SERVES APPROXIMATELY 50 - 75
ROAST TENDERLOIN	240.00 EACH, SERVES APPROXIMATELY 40 - 60
BEEF WELLINGTON	280.00 EACH, SERVES APPROXIMATELY 40 - 60
ROAST STEAMSHIP ROUND	380.00 EACH, SERVES APPROXIMATELY 180 - 220
ROAST SUCKLING PIG	500.00 EACH, SERVES APPROXIMATELY 120 - 150
ROAST LEG OF LAMB	160.00 EACH, SERVES APPROXIMATELY 40 - 60

ADDITIONAL PARTY PLEASERS

Minimum of 75 people,
2 hour limit

TEPPANYAKI STATION - 7.00
PER PERSON

BONELESS BREAST
OF CHICKEN, SCALLOPS,
EGGPLANT, BEAN SPROUTS AND
MUSHROOMS COOKED TO ORDER

WITH MINI FILET MIGNON
ADD 3.50 PER PERSON

WITH JUMBO SHRIMP - ADD
3.00 PER PERSON

WOK STATION - 6.00
PER PERSON
SHRIMP AND VEGETABLE TEMPURA
COOKED TO ORDER

BUILD YOUR OWN NACHO
STATION - 4.50 PER PERSON

CRISP TORTILLA CHIPS WITH ALL
THE FIXINGS

PARTY FAVORITES

DOMESTIC AND IMPORTED
CHEESE TRAY - 100.00
SERVES APPROXIMATELY
75 - 100 PEOPLE

CRUDITE TRAY
WITH ROQUEFORT DIP - 75.00
SERVES APPROXIMATELY
60 PEOPLE

FRESH TROPICAL
FRUIT TRAY - 75.00
SERVES APPROXIMATELY
60 PEOPLE

AHI SASHIMI - 6.00 PER PERSON

ICE CREAM SUNDAE
STATION - 6.50
WITH ASSORTED CAKES, PIES AND
FRENCH PASTRIES

CUSTOM ICE CARVING - 125.00
PER PIECE.
(ONE WEEK ADVANCE NOTICE
REQUIRED)

COCKTAIL INFORMATION

STANDARD COCKTAILS - 2.65

CALL BRANDS - 3.40

PREMIUM BRANDS - 3.95

TOP SHELF BRANDS - 4.20

TROPICAL AND SPECIALTY
DRINKS - 5.50

DOMESTIC BEER - 2.15

IMPORTED BEER - 3.45

HOUSE WINE BY THE GLASS - 3.40

SOFT DRINKS - 1.50

FRUIT JUICE - 1.70

BAR SET UP - 65.00 PER BAR,
250.00 BAR MINIMUM

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Reciprocal Club Review

By Valerie Davis

Once a month, one or two of our Reciprocal Clubs will be chosen for review, and a short report on their facilities will be presented for your information. This month, I'm covering one of our newest additions to our reciprocal list—the American Club of Hong Kong, which is really two clubs in one—both of which are open seven days a week.

The American Club is probably one of the most prestigious in the world, and was founded in 1925, the only membership owned club in Hong Kong with both Central (Town) and Country Club (Tai Tam) premises—both of which are owned by the Club.

The Central Club is housed on the 48th and 49th floors of Tower Two Exchange Square on the Central District waterfront, and the 25,000 plus square feet of custom designed premises have breathtaking views of Hong Kong.

Here one can enjoy both American and Oriental traditions in an extraordinary setting. You can have breakfast, lunch or dinner from seven different venues, from formal dining to deli sandwiches to a Chinese restaurant. Private dining rooms are also available. This Town facility also offers lounges, library, gift shop and a full fitness facility with massage, sauna, steam and locker rooms.

The Country Clubhouse occupies 3.5 acres on the south side of Hong Kong island, approximately 30 minutes from downtown, overlooking Tai Tam Bay. Dining facilities include views of the Bay, a coffee shop, pool side BBQ; plus lounges, bar and private dining areas. There's also an outdoor pool, children's pool, five tennis courts, air conditioned squash courts, fitness center, aerobics, sauna, massage and pro shop. Other children's facilities are available, as is a specialty wine and gourmet store. Parking is available on premises. In addition to these two major facilities, the Club also has the use of two boxes of the Royal Hong Kong Jockey Club and an Executive Suite at the Hong Kong stadium.

Dress codes of the club must be honored, with the Tai Tam facility being a little more casual. Payment may be by most major credit cards.

A guest card for reciprocals can be issued for up to a two week period twice a year with no dues or guest fees. There are no tax or service charges and tipping is not permitted. As usual a letter or card of introduction from OCC must be presented upon arrival for issuance of a guest card.

If Hong Kong is in your travel plans, we strongly recommend that you stop by and see one, or both, of these outstanding facilities that make up the American Club. ☺

Backward Glances

By Paul Dolan
Historical Committee

The following was gleaned from prior Outrigger Forecasts and Outriggers in the archive files.
1986—10 years Ago Club President: Roy C. Kesner

The 2nd Annual Outrigger Duke Kahanamoku Foundation Auction raised more than \$30,000 for Hawaii's athletes, October 3 at the Club. With auctioneer Frank Adolphi at the podium, more than 200 Club members, their guests and bargain hunters from the public converged on the Club for terrific deal after deal.

1976—20 Years Ago

Club President: Roy C. Kesner

OCC's Fall Sailing Regatta got off to a start with better-than-good conditions on Oct. 9 & 23.

Lasers: A tie between Hal Hutchings and Don Machado.

Scorpions: Well, Cline Mann won the day.

Hobie 14s: Dale Hope and Mike Holmes traded 1st and 2nd places for two races. Robby Muller took 3rd.

Hobie 16s: Youngsters Todd Bradley and P. G. Wheelon were 1st in

race No. 1, 3rd in second race.

Gordo Bradley and Pete Wheelon took 2nd in the first race and 1st in the second race. Tom Reiner was third.

1966—30 Years Ago

Club President: Thomas M. Arnott

ALL HAIL THE CHAMPS! The 40-mile Molokai to Oahu Canoe Race opened Aloha Week on October 17 and was won by OCC. Led by paddler-coach Albert Lemes, the paddlers included Paul MacLaughlin, Fred Lowrey, Mark Buck, Tim Guard, Tom Rietow, Terry Ledford, Butch Hemmings and iron-man Mike Holmes who steered the entire race without relief. It was OCC's first win since 1956.

1956—40 Years Ago

Club President: H. Vincent Danford

Mrs. A. E. Minvielle, Jr., accomplished pianist and organist, has been honored by being elected as president of the Morning Music Club. She has been active in music circles since coming to Honolulu as the bride of "Toots" Minvielle and well deserves this honor. ☺



OCC Runners Tackle Koko Crater, Again!

By Tom German

This was definitely one of the Running Committee's more low key runs so far this year.

Scenic views, potatoes of O'Brian, and a great mid-summer workout motivated nine of our OCC runners to complete Tom German's 4th annual "non-timed" eight-mile loop around Koko Crater in late July.

The 7:30 a.m. run on July 27, began and finished in Kalama Valley at Tom and Doreen German's home. Chris and Marcy Haines, Keoni Kino, Bill Manfredi, Jim and Colleen McAluney, Chris and Margo Worrall,

and Don Eovino all crossed the hump into Hawaii Kai, cruised down Lunalilo Home Road to Kalaniana'ole Highway, then gracefully pumped past the gentle uphill to its crest, to a full and beautiful view of Hanauma Bay and the blue ocean beyond.

The jaunt then toured along the pristine coastline with its many scenic vistas, past the Blow Hole, down to a water stop and run along the water's edge at Sandy Beach, and back into Kalama Valley passing Queen's Gate and the Hawaii Kai Golf Course.

Adding variety to this year's fun was a bicycle escort by Tom German

(temporarily grounded from running with a tendon problem), a surprise appearance by runner Mike Schwinn, who arrived by bicycle from Palolo Valley, via the Pali and Lanikai, and a very calm performance by Baby Deke McAluney who finished about half of the run in his baby-jogger with the help of mom and dad.

The gang recovered, relaxed, and reloaded under the hibiscus tree in the German's back yard with garden-hose showers, snacks, Doreen's signature potatoes O'Brian and very large quantities of water.

By 10 a.m., everyone was cooled

down, refueled, and off to pursue their Sunday following this great, energizing kick-start.

All of our Running Committee fun runs, such as the Koko Crater run are very casual, are for serious and beginning runners, and accent the fun side of running, regardless of anyone's running level or experience.

Check the running-event schedules in both locker rooms, and watch the display case in the Tunnel for run information and announcements.

Join us next time. Ø

For the Record

Paddleboard

North Shore Challenge

8/18/96 Turtle Bay to Waimea Bay 7.5 miles

Dawson Jones, 1st Open, 1:02:20

Buzzy Kerbox, 2nd Open, 1:06:11

Victor Hemmy III, 2nd, 20-29, 1:10:08

Catalina to Manhattan Beach

Paddleboard Race

8/29/96 32 miles

Dawson Jones, 2nd, 6:36:57

Buzzy Kerbox, 3rd, 6:42:36

Labor Day Race

9/1/96 Waimea Bay to Alii Beach Park 4.6 miles

Dawson Jones, 1st, overall, :47:37

Dale Hope, 1st, 40-49, :53:31

Victor Hemmy III, 1st, 20-29, :54:37

Victor Hemmy Jr., 3rd, 50+, 1:26:50

Swimming

Reverse Bay to Lani's

7/21/96 2.4 miles

Bruce Sloan, 1st, 45-49, :54:10

Laurie Sloan, 3rd, 40-44, 1:20:01

North Shore Challenge

7/7/96 2.5 miles

Bruce Sloan, 2nd, 45-49, :48:19

Laurie Sloan, 2nd, 40-44, 1:05:31

Waimea Bay 2000

8/4/96 Waimea Beach

Ted Sheppard, :35:04

U.S. Masters National Long Course Championships

8/25/96 Ann Arbor, Michigan

Jim Krueger, 2nd, 55-59, 50 Free, :28:23

Jim Krueger, 2nd, 55-59, 100 Fly, 1:08:68

Jim Krueger, 3rd, 55-59, 50 Fly, :31:72

Jim Krueger, 3rd, 55-59, 100 Free,

1:04.96

Jim Krueger, 2nd, 800 Relay

Waikiki Roughwater Swim

9/2/96 Sans Souci Beach to Duke

Kahanamoku Beach

2.4 miles

Diane Stowell, 1st, 60-64, 1:24:21

Jim Anderson, 2nd, 60-64, 1:43:01

June Harrigan-Lum, 3rd, 55-59, 3:13:10

Triathlon

Kapolei Triathlon

8/11/96 800m swim/20k bike/4 mile run

David Kerr, 1st, 50-54, 1:31:20

Kayaking

Pt. Claire, Montreal Invitational

8/6/96

Mahealani Lum/Christine Turney, 2nd, K2

500, 2:13

Mahealani Lum/Christine

Turney/Jenkins/Wood, 1st, K4 500, 1:58

U.S. Canoe and Kayak Team Sprint National Championships

8/23/96 Orlando, Florida

Brian Rocheleau, 2nd, K1 1000, 3:42.84

Justin D'Olier/Keaka Jackson/Mike

Stock/Chris Trujillo, 5th KR 1000, 3:42.25

Tia Blankenfeld, 2nd, K1 Women 500M,

2:18.83

Crystal Thornburg/Maribel Pineda/Claire

Nagel/Erin Martin, 2nd, K4 Bantam 500,

2:23.05

Brian Rocheleau, 4th, K1 500, 1:45.14

1996 Flatwater Junior World Cup and Pre-World Championships

8/26/96 Lahti, Finland

Mahealani Lum, 5th, K4 500

Mahealani Lum, 7th, K2 500

Champion International Canoe/Kayak Knockout

9/7/96 Orland, Maine

Mahealani Lum, 3rd, K-1 200 meters,

:51.89

Mahealani Lum, 2nd, K-4 200 meters,

:43.97

Volleyball

Riggers Tournament

8/11/96 Kuhio Beach

Adam Lockwood/Jon Andersen, 1st

Alika Williams/Erik Pichel, 2nd

Sean Scott/Kanoa Ostrem, 3rd

Asian Beach Volleyball Series

8/18/96 Hong Kong

Stevie Li/Kevin Wong/Brian Poppinga, 2nd

Emporio Armani Hawaii Beach Volleyball State Championships

8/25/96 Kuhio Beach

Stevie Li/Sean Scott, 1st

Adam Lockwood/Jon Andersen, 2nd

Golf

PGA Maxfil Junior Championships

8/23/96 Palm Beach Gardens, Florida

Parker McLachlin, 4th, 298

Paddling

Kailua Bay Iron Challenge

8/24/96 Kailua Beach to Moku Manu to

Moku Lea and return

OCC Golden Masters Men, 3rd, 1:25:09

Running

Kailua Beach Run

7/28/96 4.8 miles

Ruth Munro, 1st, 60-69, :52:11

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TIPS from the Trainer

Canoe Specific Stretching Part Two



Upper Thighs and Hips

A sport specific stretching program is one of the main keys to healthy joints and athletic performance. As I mentioned in General Stretching Part Two (April 1996), the joints by definition are avascular and a slow healing unit. It's very important to keep them stress free and in balance especially while paddling long distance.

In this issue of Tips, I cover four complementary stretches to Canoe Specific part one. This will provide the weekend paddler and the professional paddler with a total of eight sport specific stretches targeting the overworked muscles used in the paddling stroke.

Don't forget to practice Joint Isolations: pelvic tilt forward and back, pelvic tilt side to side, pelvic circles, shoulders roll forward

and back, shoulders go up and down, neck up and down, ear to shoulder slowly. When you've done them on one side, then repeat on the other side. Finish with looking side to side in rotation of the neck, throughout the day to keep the attachments surrounding the joints nice and nourished with as much fluid as possible. Use these Joint Isolations as part of your warm-ups and cool-downs at every paddle.

NOTE: For optimal sleep and recovery, lie on your back with a pillow under the knees, to remove pressure



The Bridge



The Body Twist



Triangle Pose Out to the Side



Triangle Post Reach

By Sherry Gannaway Founder, Body by You!®

from the lower back, and a pillow between the knees, to keep your lower spine and hips in a neutral position.

Let's Stretch

Warm-up Time: 10 to 20 minutes

Start on a cardiovascular machine if you are in the gym, or walk in place and step together if you are training at home. Move your arms out together, reach and pull, raise above your head and down. Breathe. After seven to eight minutes, return to neutral strong stance.

Repeat hip, shoulder and neck isolations. Finish with a full body contraction i.e., reach your hands above your head, breathe, slowly with a bent knee, touch toes. Exhale slowly and return to neutral.

The Program

Time 20 to 30 minutes

Stretch #1 Upper Thigh and Hip

Position: Begin lying on the floor in Neutral Strong Lying Position, knees up and feet flat on the floor, hip width apart. Arms should be relaxed by your side. Take two to four deep power breaths, squeezing your abdomen tight on the exhale. Now cross one ankle over the opposite knee.

From there, bring the knee you just crossed over down toward the floor, feeling the stretch in the top of the thigh and hip area. NOTE: If you are feeling a pull in your knee, stop and realign the move and only go as far down to the floor that it does not pull the knee. Hold 30 to 45 seconds. Return to neutral, breathe and repeat same leg. Repeat with other leg.

Stretch #2 The Bridge

Position: Return to Neutral Strong Lying Position. With your feet firmly grounded on the floor, lift your hips off the floor and squeeze your abdomen and butt to protect your lower back.

This move is indicated in all lower back stabilization programs and

is used to strengthen the sacroiliac joint (right where the triangle bone at the base of our spine meets our hips) while stretching the entire front of the thigh. Hold 30 to 45 seconds and repeat three to five times.

Stretch #3 The Body Twist

Position: Sitting up, with no support or against the wall in a Neutral Strong Sitting Position. Push your butt out and hold a flat back. Feet are hip width and parallel. With a slightly bent knee, hold chest up and abs in. Go slow and breathe.

At the hip, begin to twist your entire trunk. Bend slowly forward and reach out with the opposite hand to your ankle or foot. Keep your chest up and turn your head to look behind you. Hold 30 to 45 seconds. Repeat two to four times each side.

Stretch #4 Triangle Pose Out to the Side

Position: Stand up to a wide Neutral Strong Stance, feet double hip width apart, knees bent, chest up and abs in on the exhale. Turn one foot out. Press your body's weight over to the hip that has the foot facing forward. Breathe and tighten your abdomen. Keep a slightly bent knee at all times.

Slowly reach out toward the ceiling or sky, then over your head, always maintaining good posture and total body alignment. NOTE: In between each set, do a few pelvic isolations, pelvic tilts and rolls. Hold this move 30 to 45 seconds and repeat two times each side.

Cool-Down

Time 8 Minutes

Position: Return to Neutral Strong Stance. Review all of the Joint Isolations. Start at the feet with heel and toe lifts. Slowly go to knees, hips, spine, shoulder and neck. Finish with two to four full body contractions. Breathe and return to neutral.

Good luck to all of our paddlers and always paddle smart by paddling safe! Gotta stretch!! ☺



Do You Know?

The Historical Committee is trying to identify this photograph. If you know what the occasion was, the year and the people in the photo, please leave a note for Genie McMahon at the Front Desk. It kind of looks like Aloha Week at the OCC but we're not certain.

Bar Renovation Begins Oct. 15

The long-awaited Bar Renovation will begin on October 15. A portable bar will be set up in the Bar to accommodate members during the renovation.

The renovation will include replacing behind-the-bar equipment including the refrigerator and beer dispenser; replacing the floor behind the bar;

refinishing wood in the service area; adding one bartender station so there will be a total of three; refinishing the Bar; and replacing several large cement squares on the floor that are cracked.

Construction will take place Monday through Friday and should take about three weeks to complete. ☺



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20% Off Logo Shop Sale Begins November 15

By Gerry DeBenedetti

While we hate to use the "C" word in the October issue, we must, to let everyone know that the annual OCC Christmas Sale in the Logo Shop is in November. Plan ahead and get your shopping done early.

The sale starts November 15, and continues to December 15. Everything in the store is 20% off. Also, for your shopping convenience, the shop will be open until 6 p.m. through Christmas Eve, December 24. It will be closed Christmas Day.

Mail orders are welcome for Neighbor Island and Nonresident Members. Just write or phone the Shop. Brenda and Laite and Santa's elves can help you with your selection.

Li-LeGrande Win Duke VB

Stevie Li and Lee LeGrande teamed up to win the Duke Kahanamoku State Beach Volleyball Championships, September 7 at the OCC.

They defeated Sean Scott and Alike Williams, 15-7, in the finals.

Finishing in third place were John McDermott and Kanoa Ostrem.

In fourth were Olympian Mike Lambert and Stein Metzger.

Tied for fifth were Jon Andersen and Adam Lockwood, and Al Hanneman and Jason Olive.

A total of 16 teams entered the competition. ☎

Outrigger Deadlines

All members are invited to submit articles or photos to appear in The Outrigger. Articles should focus on social or athletic activities of members, or other articles that would be of general interest to the membership.

The deadline to submit articles is five weeks prior to publication.* The deadline for the December issue is October 25.

Leave items for the Editor at the Front Desk, fax to 833-1591 or send e-mail to OCCMag@aol.com. ☎

Outrigger's Castle Swim Scheduled for December 1

By Arnold L. Lum

The Sunday after Thanksgiving is the day of our annual Castle Swim, and this year it will be on December 1st. This old-timer is a members-only event; however, swimmers may be accompanied by an escort, and everyone who participates is invited to attend our free brunch following completion of the swim.

Details: We'll enter the water from the beach in front of the Outrigger Hotel and swim approximately 1 1/4 miles back to the Club. Registration will take place at 8 a.m., Sunday morning, on the Hau Terrace. Swimmers will be transported by vehicle, to the start. Paddle escorts should plan to arrive there under their own power, by 8:30 a.m. at the latest.

Five year age group awards will be given to adult participants. The Swim Committee will leave an early sign-up sheet at the Front Desk, and announcements will be posted on the tunnel bulletin board and in Locker Rooms in November. ☎



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O C T O B E R

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Guest Chef Night Oct 30 -Oliver Altherr of the Kahala Mandarin Oriental Hotel Historical Stew and Rice -Oct 21 History of Hawaiian Architecture Two Club BBQ's 14th and 26th Monday Night Football in Bar		1 Regular Lunch and Dinner Service	2 Regular Lunch and Dinner Service	3 Regular Lunch and Dinner Service	4 Regular Lunch Octoberfest Club Buffet Dining Room 6pm	5 Hau Terrace Lunch Regular Dinner Service Dancing 6:30
6 BRUNCH 8:30 am Prime Rib Buffet Dining Room 6 pm	7 Noon Bridge Hau Terrace Lunch and Dinner Monday Night FB Party Steelers vs. Chiefs	8 Regular Lunch and Dinner Service	9 Regular Lunch and Dinner Service	10 Regular Lunch and Dinner Service	11 Regular Lunch and Dinner Service	12 Hau Terrace Lunch Regular Dinner Service Dancing 6:30
13 Bankoh Molokai Hoe BRUNCH 8:30 am Prime Rib Buffet Dining Room 6 pm	14 Noon Bridge Hau Terrace Lunch and Dinner Monday Night FB Party 49ers vs. Packers	15 Regular Lunch and Dinner Service	16 Regular Lunch Guest Chef Night	17 Regular Lunch and Dinner Service	18 Regular Lunch and Dinner Service	19 Hau Terrace Lunch Regular Dinner Service Dancing 6:30
20 BRUNCH 8:30 am Prime Rib Buffet Dining Room 6 pm	21 Noon Bridge Hau Terrace Lunch/Dnr Historical Program Monday Night FB Party Raiders vs. Chargers	22 Regular Lunch and Dinner Service	23 Regular Lunch and Dinner Service	24 Regular Lunch and Dinner Service	25 Regular Lunch and Dinner Service	26 Hau Terrace Lunch Regular Dinner Service Club BBQ 6 pm
27 BRUNCH 8:30 am Prime Rib Buffet Dining Room 6 pm	28 Noon Bridge Hau Terrace Lunch and Dinner Monday Night FB Party Bears vs. Vikings	29 Regular Lunch and Dinner Service	30 Regular Lunch Guest Chef Night Oliver Altherr of the Kahala Mandarin Oriental	31 Regular Lunch LIVE MAINE LOBSTER Reserv. Dining Rm 6 pm HALLOWEEN	Bring your ghouls for Halloween Bar Specials in our temporary bar during renovations Monday Night Football Photo Contest Deadline Oct 30	

N O V E M B E R

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HOLIDAY SEASON IS APPROACHING – LISTEN UP! Thanksgiving Holiday Buffet-Nov 28 Watch next month for Christmas events, and reserve small dining rooms now for your special parties. 20% Logo Shop Christmas Sale – Nov 15–Dec 15 Castle Swim December 1st – Start swimming now Bar Renovations will be over soon – Hang on					1 Regular Lunch THAI AND MALAYSIAN CLUB BUFFET Dining Room 6pm	2 Hau Terrace Lunch Regular Dinner Service Dancing 6:30
3 BRUNCH 8:30 am Prime Rib Buffet Dining Room 6 pm	4 Noon Bridge Hau Terrace Lunch and Dinner	5 ELECTION DAY Regular Lunch and Dinner Service	6 Regular Lunch and Dinner Service	7 Regular Lunch and Dinner Service	8 Regular Lunch and Dinner Service	9 Hau Terrace Lunch Regular Dinner Service Dancing 6:30
10 BRUNCH 8:30 am Prime Rib Buffet Dining Room 6 pm	11 HOLIDAY Noon Bridge Hau Terrace Lunch and Dinner	12 Regular Lunch and Dinner Service	13 Regular Lunch and Dinner Service	14 Regular Lunch and Dinner Service	15 Regular Lunch and Dinner Service LOGO SHOP SALE BEGINS	16 Hau Terrace Lunch Regular Dinner Service Dancing 6:30 pm
17 BRUNCH 8:30 am Prime Rib Buffet Dining Room 6 pm	18 Noon Bridge Hau Terrace Lunch and Dinner	19 Regular Lunch and Dinner Service	20 Regular Lunch and Dinner Service	21 Regular Lunch and Dinner Service	22 Regular Lunch and Dinner Service	23 Hau Terrace Lunch Regular Dinner Service Dancing 6:30
24 BRUNCH 8:30 am Prime Rib Buffet Dining Room 6 pm	25 Noon Bridge Hau Terrace Lunch and Dinner	26 Regular Lunch and Dinner Service	27 Regular Lunch and Dinner Service	28 THANKSGIVING DAY No Lunch Service Dinner Buffet 6 pm Reservations Dining Rm	29 Regular Lunch and Dinner Service	30 Hau Terrace Lunch Regular Dinner Service Dancing 6:30 Club BBQ 6 pm

Board Briefs



Board Briefs is taken from the minutes of the July 25, 1996 Board of Directors meeting and the August 15, 1996 Executive Committee meeting.

Vice President of Activities/Operations

Report—The OCC is being honored by the America Institute of Architects in Hawaii with a 25-year award for outstanding, lasting architecture.

Secretary's Report—Seven members have been suspended for 15 days due to failure to pay their accounts on time.

Manager's Report—Only beverages and/or food authorized for approved activities are allowed in the Boardroom, i.e., standing committee luncheon meetings. . . Chairs in the Dining Room that cannot be repaired, will be replaced by the manufacturer.

Athletic Report—The Board approved the purchase of a new cover for the Kaoloa.

House Report—The committee will focus on new goals and work on the Long Range Plan. . . The Board approved a reciprocal agreement with the Yacht Club de Monaco. . . Patti Spengler was approved to serve on the House Committee.

Entertainment Report—A subsidy of \$4,000 was approved for the Annual Luau on September 21. . . Jeff Zimmerman was approved to serve on the committee.

Admission & Membership Report—The membership count is 4,285. . . Gerri Pedesky and Greg Moss were approved to serve on the committee. . . The committee will review the policy of prohibiting polling and draft a revision to allow acceptance for Associate Spouse and Junior parent members.

Winged "O"—Paula Crabb has been selected as a new Winged "O". She will be introduced at the Club Luau. ☺

international buffets



Friday, October 4
Oktoberfest



Friday, November 1
Flavors of Thailand & Malaysia



Friday, December 6
French & Spanish Cuisine

Reservations
923-1585

Employee of the Month

By Gerry DeBenedetti

This is the first time we have ever written the Employee of the Month feature without interviewing the employee. Usually we congratulate them, get a few personal notes, ask them what it is they like about OCC, and off to the printer.

However, since this month's winner is Evelyn Foronda Cagaoan, accounting clerk, who has been Employee of the Month six times previously, it is No Problem.

Evelyn is on a well deserved vacation in the Philippines with her husband. Just before she left she not only did her own job in the Business Office, but covered for Ruby and Velma who were on vacation. When Marie and/or Annie go on vacation, she covers for them. Gordon Smith, comptroller, has described Evelyn as willing, able, and dependable, and gets done what needs getting done.

Our non-complaining, good-worker, do-everything Employee of the Month lives with her husband and extended family in Kalihi, and works hard for the OCC Business Office. Welcome home from your vacation, Evelyn, and congratulations. ☺

MONDAY NIGHT FOOTBALL

JOIN US EVERY MONDAY NIGHT IN THE BAR FOR NFL FOOTBALL. ENJOY THE TRADITIONAL STEW AND RICE OR CARVED SANDWICHES AND CHEER FOR YOUR FAVORITE TEAM.

THIS MONTH'S LINEUP:
OCT. 7 — STEELERS VS. CHIEFS
OCT. 14 — 49ERS VS. PACKERS
OCT. 21 — RAIDERS VS. CHARGERS
OCT. 28 — BEARS VS. VIKINGS

*Dancing at the
Outrigger Every
Saturday Night
6:30-9:30 p.m.*

*Main Dining Room
to the
Jane McCabe
Band*



On the Cover: Paula Crabb has been selected as the 33rd member of the Winged "O" in recognition of her outstanding achievements and contributions to the Outrigger athletic program. Photo by Marilyn Kali.

The Outrigger Canoe Club
2909 Kalakaua Avenue
Honolulu, Hawaii 96815

the Outrigger

**Published by the
Outrigger Canoe Club**

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Tim Guard, *President*
Brant Ackerman, *Vice President of Operations*
Mary Philpotts-McGrath, *Vice President of Activities*
Peter Nottage, *Treasurer/Finance*
Mark Buck, *Secretary*
Wendell Brooks Jr., *Assistant Secretary/Long Range Planning*
Robert Moore, *Assistant Treasurer/Historical*
Jimmy McMahon, *Admissions & Membership*
Liz Perry, *Athletics*
Harold Henderson, *Building & Grounds*
Karl Heyer IV, *Entertainment*
Joyce Timpson, *House*
Michele St. John, *Public Relations*

Standing Committees

Tom Merrill, *Admissions & Membership*
Ron Li, *Athletics*
Kurt Mitchell, *Building & Grounds*
Laura Williams, *Entertainment*
Gregg Robertson, *Finance*
Chip Higgins, *Historical*
Conne Sutherland, *House*
Randy Grune, *Long Range Planning*
Al Serafin, *Public Relations*

Management Staff

John R. Rader Jr., *General Manager*
Gordon Smith, *Comptroller*
Donald Figueira, *Food & Beverage*
David Kuh, *Clubhouse Manager*
Debbie Stanley, *Executive Secretary*
Renee Humphrey, *Secretary*

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