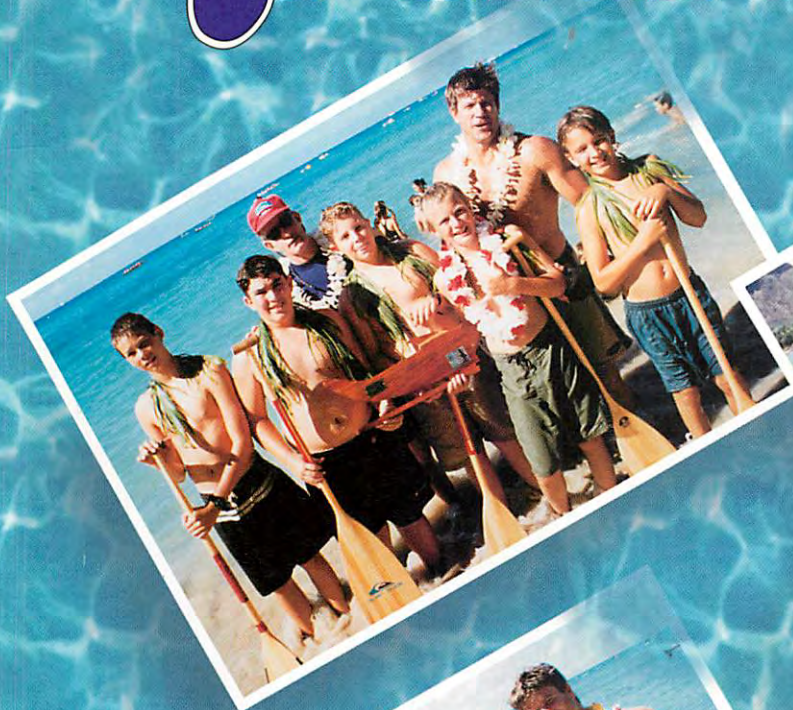


the Outrigger

AUGUST 1996



Lanikai Wins Macfarlane Regatta

Photos by Marilyn Kali

Lanikai Canoe Club captured 13 events to win the 54th annual Walter J. Macfarlane Regatta on the 4th of July at Waikiki Beach. Lanikai paddlers scored 98 points to runnerup Outrigger's 62, Kailua's 61, Waikiki Surf Club's 46 and Hui Nalu's 38.

OCC sponsors the Macfarlane Regatta and activities at the Club started before dawn and finished way after sunset. Hundreds of members participated in the regatta and even more at the Club BBQ and party afterward.

The ocean was pretty flat for the only wave race of the season, with occasional swells at 1-2 feet, but for the most part there were only bumps for anxious steerspersons to find.

Five Outrigger crews won gold medals—the Boys 12s, the Girls 16s, the Novice A women, Junior Women and Senior Masters Men. See results on page 4.

The Finney family brought home three Gold medals—Thomas on the Boys 12s, Tiare on the Junior Women and John with the Senior Masters Men. ☺



John Beaumont shows his grandchildren his name on the Walter Macfarlane Memorial Trophy which was donated by Matson Navigation Company in 1943 for the very first Macfarlane Regatta. John was on the winning senior crew which was steered by Duke Kabanamoku. His grandchildren are Justin and Jack, Aka and Taja. Aka was on the winning Boys 12 crew.



Guido Salmaggi sings the National Anthem.



Chris Kincaid takes a nap with his daughter between races.

Finishing second were the Freshman Men—William Pratt, Byron Ho, Ralph Gray, Stewart Kawakami, Chris Hochuli and Kalani Schrader.

Club President Tim Guard, Head Coach Kalani Schrader and Walter Guild started the day with a pep talk for paddlers.

The Freshman Women finished second—Steersman Todd Bradley, Jackie Muller, Dione Wilbur, Heidi Frieze, Stephanie Smart and Shawn Dudgeon.

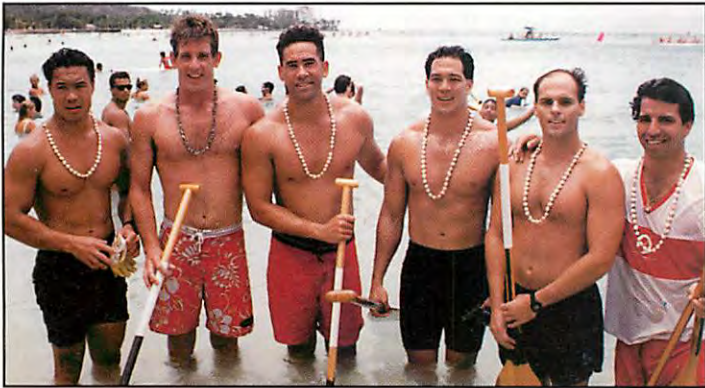




The Senior Masters Women won a Silver medal—Michele St. John, Pam Zak, Jeanne Jenkins, Maureen Kilcoyne, Ann Cundall and steersman Marc Haine.



Our Makule team was Buddy McGuire, Tay Perry, Norm Dunmire, Norman Ho, Kent Giles and Tim Guard.



A Silver medal went to the Junior Men—Clayton Chee, John Eveleth, Kimo Brown, Jon Bryan, Scott Stevenson and Casey Teixeira.



Todd Bradley steered the Sophomore Women to a second place—Nicole Wilcox, Starr Dawson, Diana Clifford, Kaili Chun, Pamela Clifford.



The Golden Masters Men finished second—Bruce Ames, Mike Town, Tay Perry, Scott May, Fred Lowrey and Kawika Grant.



Barbara Bryan, Ruby Ifversen, Ulu Friese, Peggy Danford, Brant Ackerman and Diane Stowell paddled the Golden Masters Women to a Silver medal.

Members enjoyed the July 4th BBQ and fireworks from the Club.



Coach Di Guild watches her Golden Masters beat for the starting line. Her T-shirt says, "Don't Say Di Unless Uore Calling the Coach."

Walter J. Macfarlane Regatta Results

July 4, 1996 Waikiki Beach

Team Standings

AA Division—1. Lanikai, 98 points. 2. Outrigger, 62. 3. Kailua, 61. 4. Waikiki Surf, 46. 5. Hui Nalu, 38.

A Division—1. Hui Lanakila, 15. 2. Anuenue, 12. 3. Keahiakahoe, 10. 4. Leeward Kai, 5. 5. Koolau, Healan, 2. 7. Waimanalo, 1. 8. Honolulu, Kai Oni, Makaha, 0.

Boys 12 (1/4 mile)—1. Outrigger (Aka Beaumont, William Dornbush, Andy Cavanah, Thomas Finney, Matthew Gohrt, Marc Haine) 1:48.97. 2. Lanikai 1:49.20. 3. Kailua 2:01.98.

Girls 12 (1/4 mile)—1. Lanikai (Pam Whitlock, Kristin Hook, Julia White, Keeley Cestare, Emily Beinkiewicz, John Foti) 1:57.24. 2. Outrigger (Jessica Isaacs, Erin Larsen, Jessica Hancock, Elisabeth Miller, Nani Loui, Walter Guild) 2:01.75. 3. Waikiki Surf 2:06.59.

Mixed 12 (1/4 mile)—1. Waikiki Surf (Luukia Keannui, Kaehu Kironaka-Tampon, Kai Fujioka, Jess Aniban, Melissa Jasper, Billy Philpotts) 2:06.88. 2. Kailua 2:07.16. 3. Hui Lanakila 2:07.54.

Boys 13 (1/4 mile)—1. Lanikai (Milan Tresnak, La'akea Ka'awa, Eyan Pacewicz, Makena Hart, MacMcDermid, Jim Foti) 1:49.60. 2. Keahiakahoe 1:49.91. 3. Outrigger (Brandon Stahl, Adam Dreher, Aaron Kandell, Josh Komer, Keegan Edwards, Marc Haine) 1:50.28.

Girls 13 (1/4 mile)—1. Lanikai (Jessie O'Gorman, Tai Hawkins, Chrissie Twoney, Irie Richards, Elizabeth McWilliams, Jim Foti) 1:48.41. 2. Hui Nalu 1:53.45. 3. Kailua 1:57.26. Outrigger (Crystal Thornburg, Marissa Rueter, Kellie James, Morgan Janus, Kim Cundall, Walter Guild).

Boys 14 (1/4 mile)—1. Lanikai (Casey Nickle, Karel Tresnak, Ben Smith, Kawohe Aspelund, Ted Hayward, Jim Foti) 1:47.96. 2. Leeward Kai 1:51.03. 3. Hui Nalu 1:52.20. Outrigger (Nick Fowler, Nick Bright, Sean Madinger, Andrew Estes, Justin Chalker, Marc Haine).

Girls 14 (1/4 mile)—Waikiki Surf (Kahealani David, Kuwainani Eaton, Sable Bruce, Nani Kalua, Joni Harada, Wes Oda) 1:52.84. 2. Lanikai 1:57.898. 3. Outrigger (Devin Otagaki, Mia Town, Starr Sutherland, Cheryl Tamura, Lisa Hill, Walter Guild) 1:59.18.

Boys 16 (1/2 mile)—1. Lanikai (Mike Stock, Pat Boltz, Gerry Kahookano,

Bobby Kila, Jacob Espiau, John Foti) 3:48.68. 2. Kailua 3:49.80. 3. Hui Lanakila 3:50.56. Outrigger (Will Estes, Ben Komer, Alexander Turner-Gerlach, Bryan Turner-Gerlach, Eric Grebe, Todd Bradley).

Girls 16 (1/2 mile)—1. Outrigger (Sandy Dunn, Mele Blaich, Tiffany Lee, Molly Pietsch, Kiana Henry, Marc Haine) 4:07.76. 2. Lanikai 4:09.42. 3. Hui Nalu 4:13.65.

Boys 18 (1 mile)—1. Lanikai (Kahaku Aspelund, Mark Benghiat, Adam Silva, Brian Culver, Prom Gould, John Foti) 1:57.24. 2. Waikiki Surf 7:31.11. 3. Hui Nalu 7:45.41.

Girls 18 (1/2 mile)—1. Keahiakahoe (Kupu Lindsey, Kauai Dias, Tori Taylor, Keiki Friel, Ilikea Rogerson, Ron Lee) 4:02.89. 2. Kailua 4:05.87. 3. Lanikai 4:06.35. Outrigger (Bonnie Pietsch, Kalei Kowalski, Meli James, Nanea Tannehill, Kristin Freeburg, Kalani Schrader).

Novice B Men (1/2 mile)—1. Kailua (Mike Long, Todd Banez, Tom Viattas, Kaila Malama, Manuel Vidinha, Kamou Kalama) 3:50.12. 2. Waikiki Surf 3:53.58. 3. Koolau 4:03.98.

Novice B Women (1/4 mile)—1. Waikiki Surf Club (Elizabeth Rockett, Lehua Kalima, Jonna Meamber, Jasean Hall, Kate Thomas, Michael Tongg) 1:51.57. 2. Lanikai 1:52.92. 3. Keahiakahoe 1:54.67.

Novice A Men (1 mile)—1. Anuenue (J. Norm Bradley, Kalani Wilson, Christian Fern, Ryan Nobriga, Maui Quizon, Nappy Napoleon) 7:23.14. 2. Waikiki Surf 7:24.10. 3. Outrigger (Dave Stackhouse, Steve Corbelli, Rob Farrow, Dean Stowell, Patrick O'Neill, Marc Haine) 7:32.36.

Novice A Women (1/2 mile)—1. Outrigger (Kendra Jenkins, Erin Worsham, Nola Donahue, Katherine Bechert, Elizabeth Lacy, Walter Guild) 3:59.67. 2. Waikiki Surf 4:14.54. 3. Kailua 4:15.17.

Freshman Men (1 mile)—1. Lanikai (Chris Sharper, David Harbottle, James Clapp, Bo Eastbrooks, Mark Poizien, Pat Von) 7:13.28. 2. Outrigger (William Pratt, Byron Ho, Ralph Gray, Stewart Kawakami, Chris Hochuli, Kalani Schrader) 7:25.57. 3. Hui Nalu 7:29.87.

Freshman Women (1 mile)—1. Lanikai (Melanie Bailey, Megan Clark,

Julie Horner, Libby Fulk, Roselle Costa, John Foti) 7:53.06. 2. Outrigger (Jackie Muller, Dione Wilbur, Heidi Frieze, Stephanie Smart, Shawn Dudgeon, Todd Bradley) 8:13.44. 3. Hui Nalu 8:29.81.

Sophomore Men (1 mile)—1. Waikiki Surf (Tim Twigg-Smith, Eric Tema, Greg Edwards, Jim Beaton, Michael Judd, Billy Balding) 6:49.84. 2. Hui Nalu 6:51.11. 3. Lanikai 6:51.38. Outrigger (Clayton Chee, Courtney Seto, John Eveleth, Scott Stevenson, Casey Teixeira, Kalani Schrader).

Sophomore Women (1 mile)—1. Kailua (Donna Meyers, Kathy Erwin, Cathy Whitford, Karen Kiefer, Donna Kohls, Kamoa Kalama) 7:49.59. 2. Outrigger (Nicole Wilcox, Diana Clifford, Starr Dawson, Pam Clifford, Kaili Chun, Todd Bradley) 7:53.02. 3. Lanikai 8:10.96.

Junior Men (1 1/2 miles)—1. Lanikai (Kalani Young, Cory Mehau, Pete Roney, Alan Lipp, Vince Olds, Scott Freitas) 11:30.08. 2. Waikiki Surf 11:49.85. 3. Outrigger (Clayton Chee, John Eveleth, Kimo Brown, Jon Bryan, Scott Stevenson, Casey Teixeira) 11:50.17.

Junior Women (1 mile)—1. Outrigger (Genie Kincaid, Patricia Nagatani, Tiare Finney, Nau Kamalii, Tracy Selling, Walter Guild) 7:56.38. 2. Lanikai 12:06.84. 3. Waikiki Surf 8:19.02.

Senior Men (2 miles)—1. Lanikai (Mike Pederson, Rich Lambert, Bobby Nottage, Bo Estabrooks, John Foti, Jim Foti) 14:20.27. 2. Hui Nalu 14:25.54. 3. Waikiki Surf 14:28.62. Outrigger (Courtney Seto, Todd Hart, Marc Haine, Walter Guild, Chris Kincaid, Todd Bradley).

Senior Women (1 1/2 miles)—1. Kailua (Cindy Nash, Makanani Wong, Sonia Lambert, Lesline Conner, Kristen Ornellas, Kamoa Kalama) 11:55.75. 2. Lanikai 12:06.84. 3. Outrigger (Nicole Wilcox, Donna Kahakui, Sara Ackerman, Lisa Livingston, Mary Smolenski, Kalani Schrader) 12:07.21.

Open 4 Men (1/2 mile)—1. Kailua (Chad Dunhour, Dustin Dawson, Donovan Leandro, Kelii Heen) 3:51.63. 2. Lanikai 3:56.04. 3. Hui Nalu 4:00.23. Outrigger (Matt Kresser, Mike Batungbacal, Dean Michaelidis, Casey Teixeira).

Open 4 Women (1/2 mile)—1. Waikiki Surf (Cheryl Kauhane, Misty Hironaka, Malissa Tongg, Jim Beaton)

4:01.06. 2. Kailua 4:24.31. 3. Lanikai 4:31.57. Outrigger (Jennifer Thayer, Norma Santiago, Valerie Kauahi, Todd Bradley).

Mixed Open (1/2 mile)—1. Kailua (Sonia Lambert, Krissy Ornellas, Ikaika Kincaid, Brad Nishimitsu, Tommy Stanley, Loretta Toth) 3:32.83. 2. Hui Lanakila 3:39.18. 3. Hui Nalu 3:47.92. Outrigger (Chris Dey, Laura Williams, Nancy Muller, Gilbert Vaughan, Paki Vaughan, Vanessa Lowe).

Masters Men (1 mile)—1. Lanikai (Duane Webster, Rich Lambert, Bill Keller, Mike Knott, Curtis Hawkins, James Kodama) 7:23.99. 2. Kailua 7:25.17. 3. Hui Lanakila 7:35.58. Outrigger (Chris Kincaid, Todd Hart, Walter Guild, Marc Haine, Henry Ayau, Todd Bradley) DQ.

Masters Women (1 mile)—1. Lanikai (Ann Farrell, Lynn Sorenson, Debra Cheever-Follett, Crystal Hogue, Lisa Dodson, John Foti) 7:41.24. 2. Kailua 7:41.54. 3. Outrigger (Gay Ann Mattson, Kailu Downing, Katy Bourne, Deborah Peck, Ann Martin, Brant Ackerman) 8:24.74.

Senior Masters Men (1/2 mile)—1. Outrigger (Bill Danford, Bill Bright, Jeff Metzger, John Finney, Mark Buck, Brant Ackerman) 3:43.57.

Senior Masters Women (1/2 mile)—1. Hui Nalu (Marilyn Kiner, Nancy Rocheleau, K. T. Scott, Trudy Lacho, Liz Sutter, Darryl Hara) 4:10.14. 2. Outrigger (Ann Cundall, Michele St. John, Maureen Kilcoyne, Pam Zak, Jeanne Jenkins, Marc Haine) 4:16.09. 3. Kailua 4:26.17.

Golden Masters Men (1/2 mile)—1. Kailua (Howard Keller, Pat Goldstein, Rem Mikus, Phil Schmidt, Bob Thurston, Gary Oakland) 3:58.94. 2. Outrigger (Mike Town, Kawika Grant, Tay Perry, Charles May, Fred Lowrey, Bruce Ames) 4:00.58. 3. Anuenue 4:36.90.

Golden Masters Women (1/2 mile)—1. Lanikai (Mary Lerps, Hoppy Smith, Alice Zacharie, B. J. Yap, Georgia Mitchell, Pat Von) 4:21.11. 2. Outrigger (Diane Stowell, Ululani Frieze, Ruby Iversen, Peggy Danford, Barbara Bryan, Brant Ackerman) 4:23.01. 3. Anuenue 4:36.90. ☉

AS THE Terrace TURNS...

David Doyle hosted a recent meeting of the English Speaking Union at OCC. The group of about 30 members has lunch here three or four times a year. They cover various topics of interest, all the way from honoring the winner of a Shakespeare competition to a speaker on natural healing, diet and exercise. Contact David Doyle if you have an interest in this group.

Chuck Heitzman held a dinner for 10 people in the A Dining Room and Lanai. The guests were business associates here from the mainland. They came from Utah, Colorado and Nevada, and really enjoyed our Hawaii Aloha. . .

Visiting for three days only during the 4th of July week was **Cassie Senner** on her way through Hawaii from Trinidad to Fiji, New Zealand and Australia. Lots of canoe paddling memories from the 4th of July and Club BBQ. Cassie was last here to spend Christmas with her mom, **Gerry DeBenedetti**. She's been a Nonresident member since 1984.

Paddlers were singing the praises of Domie and his exceptional maintenance crew. They labored long into the night to make repairs to the Kaoloa's ama. They finished in time for crews to use the boat at the Nanakuli regatta the next day.

Clayton Chee visited Nonresident members **Malia and Guy Lageman** in Denver recently.

Contributions to this column are always welcome. Leave items for the Editor at the Front Desk, fax to 833-1591 or send email to OCCMag@aol.com. ☺



Eric Tarikas (wearing number four) attended the USVBA Nationals to cheer for Adam Lockwood and Jason Olive from the OCC Open Team.

Flowers Needed for Club Luau

The Entertainment Committee is asking members to donate tropical flowers, greens, etc. to be used in decorating the Club for the Luau on Saturday, September 21. If you can help, please leave your name and phone number for Laura Williams or Henry Ayau. They will make arrangements to pick up or have you drop off the donations. ☺

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Junior Riggers

Congratulations to **Parker McLachlin** for winning the state junior golf title. **Mahealani Lum** was named the top Kayaker for Kamehameha Schools in 1996 and **Kalei Kowalski** was named the top doubles tennis player.

Marc Rocheleau has had a busy summer. He won the Boy's division in

the Summer Surf Paddleboard Race and finished fourth in the state surfing championships. . . **Lucas Rigg** was sixth in his division in the state surfing championships.

Contributions to this column are always welcome. Leave items for the Editor at the Front Desk, fax to 833-1591 or email to OCCMag@aol.com. ☎



The Girls 12s at the Macfarlane Regatta were Jessica Isaacs, Erin Larsen, Jessica Hancock, Elisabeth Miller, and Nani Loui with steerman Walter Guild and coach Jaren Hancock.



Paddling for the Boys 13s are Brandon Stabl, Aaron Kandell, Josh Komer and Keegan Edwards, with steersman Marc Haine. Not pictured: Adam Dreher.



Members of the Girls 13s are Crystal Thornburg, Marissa Rueter, Kellie James, Morgan Janus and Kim Cundall.



Marc Haine steered the Boys 14s—Nick Fowler, Nick Bright, Sean Madinger, Andrew Estes, and Justin Chalker.



Devin Otagaki, Mia Town, Starr Sutherland, Cberlyn Tamura, Lisa Hill and Walter Guild raced for the Girls 14s at the Macfarlane.



Todd Bradley steered the Boys 16s—Will Estes, Ben Komer, Alexander Turner-Gerlach, Bryan Turner-Gerlach and Eric Grebe.

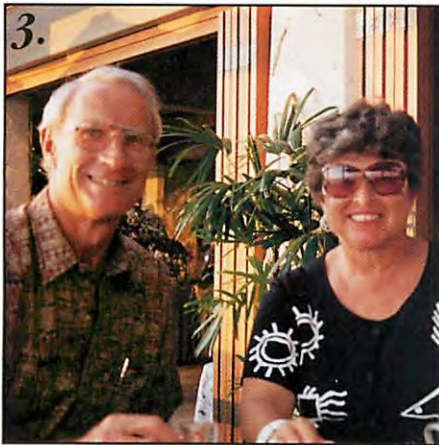
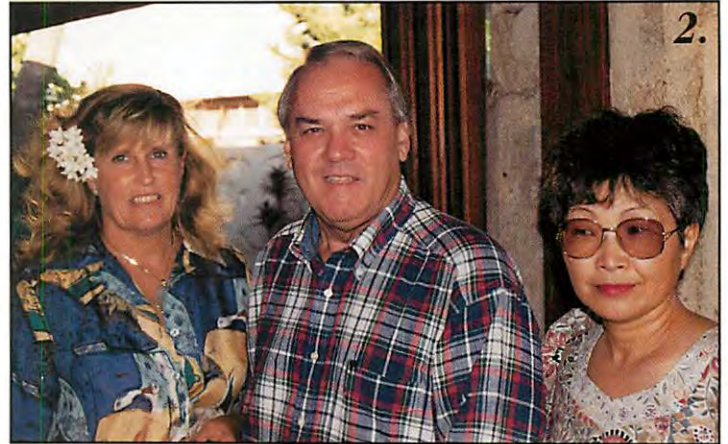
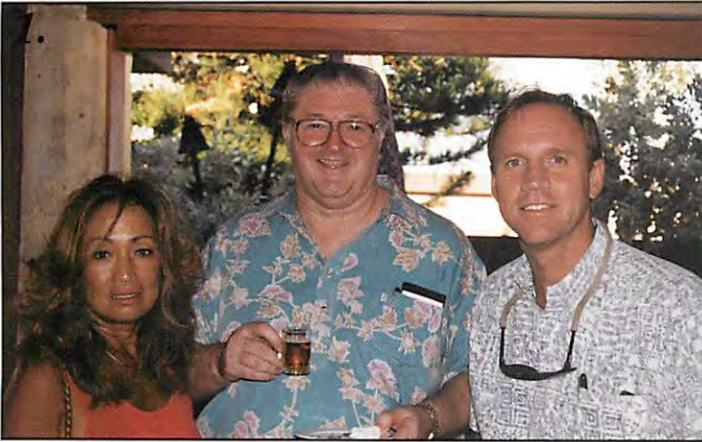


Okole Maluna!

By Kyoko O'Neill

Members and guests congregated to sample, evaluate and just enjoy more than 30 beers and ales from around the world at the annual Okole Maluna event. Fermented beverages from California, Washington, Oregon, France, Scotland, Germany, Belgium, England and Wales provided a

rainbow of tastes. The ono Alsatian buffet from Chef Pirscher, provided the perfect complement for the liquid refreshments. Enjoying the event were 1) Prix and Dick Grimm, and Anton Krucky. 2) Barbara Norfleet, General Manager John Rader and Kyoko O'Neill. 3) Gary and Susan Harms. 4) Eric Minuth, Jeff Hackler and Kelly O'Neill. ☺



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Guest Chef Night Features Kelly Degala Gordon Biersch Brewery Restaurant

Hawaii native Kelly Degala of Gordon Biersch Brewery Restaurant will be the Guest Chef at the Club on Wednesday, September 11.

Prior to Gordon Biersch, Chef Degala was directing restaurant operations at the Alana Waikiki Hotel, where he developed, opened and operated the elegant Harlequin dining room, and the popular Cafe Picasso. Degala's unique, Asian influenced cooking style, met with great praise from critics and patrons alike, receiving a four star rating from Honolulu Magazine.

Prior to serving as executive chef

at Harlequin, Degala was the executive chef and general manager at the renowned Cafe Sport in Seattle, where his managerial finesse and innovative cuisine were credited with "vigorously guiding Cafe Sport into the nineties" (Taste of the Nation).

Degala's impressive credentials also include The Five Spot and Fullers, the four star dining room in the Seattle Sheraton Hotel, where he worked alongside celebrated chef Caprial Pence.

The Oahu born Degala credits his heritage for his passion for the healthful ingredients and exotic flavors of traditional Asian-Pacific cook-

ing. He uses only the freshest products from local growers and purveyors and has a particular flair for artful presentation in his cooking.

The guest sommelier for the evening will be Emily Field of Better Brands. Emily is married to Richard Field of R. Field Wine Company. Emily has previously been a sommelier at the Pacific Club. Emily will be on hand to assist our sommelier Richard Juantilla 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. ☐

Kelly Degala



The menu for the evening will be as follows:

Bouquet of Nalo Farm Mesclun Greens, Lemon Basil Vinaigrette and Grilled Lomi-Lomi Hauula Tomato Bruschetta

*Mix Grille of:
Grilled Szechwan Peppercorn crusted Beef Medallions with Kona Gold Mushrooms and Marzen Jus*

Sweet Prawn and Sea Scallops Satay with two dipping sauces

*accompaniment of:
Steamed Jasmine Rice
Fried Maui Onions and stir-fried Amaranth
Molokai Watermelon Granita with Chantilly Cream
and Ginger Cookie Paddles*

The price is \$30.00 plus service charge and state tax per person. The Hau Terrace will offer the regular full menu.

Photographers On Your Mark, Get Set, Click

By Robin Nonaka

It's time to load up the camera and sort out your favorite photos. The 14th annual Outrigger Canoe Club Amateur Photo Contest is just around the corner.

The following are the categories for this year's contest to help you start organizing your pictures and ideas (photos can be either color or black and white):

Outrigger Canoe Club Theme

Examples: Use the OCC facilities as a backdrop; or photos from any one of OCC's many special events including sporting activities; or any one person, place or thing that you believe represents the Club and/or membership.

Hawaii

Examples: This is a very broad category which includes anything that gives you the "lucky I live in Hawaii" feeling; or special places you have visited in the state; or pictures showing Hawaii's unique cultural history and aloha spirit including local sporting and cultural events; or pictures of Hawaii's unique environment including flowers, plants, and wildlife.

Keiki (children)

Examples: What can I say. Everyone loves pictures of kids.

Junior Photographers

For all you Jr. Riggers, this is a new division just for you. You must be 18 years and under to qualify for this division. There are no restrictions on the subject. Just be creative!

The grand prize winner will be selected from all of the entries and will grace the cover of the January 1997 issue of the Outrigger magazine. In addition, first, second and third place prizes will be awarded for each category. In the event of insufficient entries in any of the above categories, the judges reserve the right to eliminate such category and apply the prizes to one of the other remaining divisions.

All OCC members and their immediate families are eligible. Public Relations Committee members are excluded, however, their family members may enter.

All photos must be 8" x 10" (at a minimum) and dry mounted on foamcore or posterboard. Pictures must be taken by the person submitting the entry. Entries are limited to five (5) per photographer. All entries which do not meet these specifications will be disqualified.

The deadline for this year's contest is 5 p.m. on

Wednesday, October 30, so mark your calendars.

An entry blank and more details on the contest will be provided in the September issue of the Outrigger magazine. ☐

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Stew Rice Night August 19 "Madam Pele and the Ring of Fire"

By Mazeppa King Costa

Hawaii—a hot spot in the middle of a ring of fire, where a goddess wreaks havoc.

If that sounds like a hot topic, it is. And pilot/aerospace historian/preservationist David Huffman is a hot ticket on top drawer cruise ships, where he is in demand as an enrichment lecturer.

OCC is fortunate to have caught Dave between cruises and willing to present his popular and highly informative "Madam Pele and the Ring of Fire" slide show/lecture at the Historical Committee's midsummer

stew-rice night, Monday, August 19.

In the 1950s as a U.S. Air Force pilot stationed at Hickam AFB, Dave was assigned to fly a heavy transport plane filled with enlisted soldiers, sailors, Marines, and airmen on a sight-seeing flight over the then-active Halemaumau Fire Pit at Kilauea volcano. He remembers the relatively low-level circling flight as one of both awe and very bumpy air. And it was the beginning of an abiding fascination with volcanology, a subject he has pursued diligently and in depth over the decades.

In the 1960s, as a commercial pilot, he had the unique experience of being the first person to view the first visible signs of a volcanic eruption that would soon claim world wide attention—but, enough! Let Dave tell that story himself, in his own inimitable style characterized by joyous enthusiasm for his subject, impressive scholarship, and throw-away wit.

So, just think, a Dave Huffman presentation for the price of an OCC stew-rice buffet, saving the cost of cruise ship passage. The trip around the Pacific Rim and back to Hawaii with Dave is sure to be a highlight of the summer.

To avoid disappointment, please reserve promptly (phone 923-1585).

Because everyone who comes deserves to see and hear clearly, reservations will be limited to 150.

The evening will begin at 5:30 with no-host toasts to Pele, followed at 6 p.m. by OCC's traditional stew-rice buffet. The show is set for seven o'clock (or 7:15 if need be to assure a darkened room).

The menu includes: OCC beef stew with rice; a vegetarian option; fruit, vegetable, and pasta salads; rolls, and dessert. The price: \$10.95.

It's a fact: the last two such presentations enjoyed sold out houses. Pele's appeal is legendary, and Huffman's no slouch. Don't wait to reserve. ☐

About the OCC Historical Committee

By Tommy Thomas

The 25 years I served as a member of the Historical Committee were very enjoyable. I think the reason this is true is that the committee members have been Club mem-

bers who have a great aloha for the Outrigger Canoe Club and are intensely interested in the Club's history.

This feeling was very apparent when the committee took on the very difficult project of getting the history of the Club, the book *The Outrigger* written and published. The Committee did a lot of the work in getting historical data from Hawaiian sources, and assisted the author in every way possible.

Another project which has been ongoing for quite a few years is the recording of oral histories. When the Committee began this project, we used computer lists organized by the age of the individuals and listed with the oldest at the top of the list. We were able to record the oral histories of the oldest members who were involved in the early years of the Club.

The committee was very fortunate to have several members who were experts in the field of oral histories. These included Margaret Young, who had been active in Punahou's Oral History

project, and Ken Pratt, who had done many histories. Other members found it was very enjoyable to interview one of their old friends. The number of oral histories which have been recorded, transcribed and printed is approaching one hundred.

A very enjoyable activity is individual members working on personal projects. One member, Tay Perry, is finding out the present location (or fate) of the koa canoes which were used at the "Old Club".

Another member, Tommy Thomas, arranged to have four "redwood plank" surfboards designed by former member Cedric Cook, who had actually made similar boards for club members in 1908. Suitable redwood was located and the boards were made in the Club Carpenter Shop. The story was reported in 1971 in an issue of the Outrigger.

The Castle Swim was revived as an annual event as a result of the discovery of a 1926 news item.


For the past ten years, the Historical Committee has provided the Board of Directors, and others who are interested, an annual report which includes a computer print out which is based on Club business office records.

The Committee list is adapted to show the age of each Senior and Life

member and the service each has provided to the Club as a Director or as a Chairman of one of the Standing Committees. Listing is by age, from oldest to youngest. One use of this report has been to provide one source of information for the selection of nominees for Life Memberships.

Great progress has been made in the past few years in the establishment of a first class photo archives. Untold hours have been put in on that project by Eugenia McMahon.

A system of filing newspaper clippings covering Club activities and personnel has taken many hours of work by Anita Brightman. Mazeppa Costa has been responsible for putting on the programs, which have an historical nature, and which have been enjoyed by the Club members. The current Oral History program is handled by J. Ward Russell and Marjorie Moore, who has typed all of the transcriptions of Oral Histories to date. I would like to urge Club members who are interested in the past activities of the Club to join the Historical Committee and get involved. A lot of information is available, such as in the old *Forecasts*. I'm sure you will find that digging out that information will be a lot of fun. ☐



Princess Kaiulani

Something New
by
Joan Andersen

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Chris Moore Wins Summer Surf Paddleboard Race



The top three finishers in the Summer Surf Paddleboard Race were Chris Moore, Dawson Jones and Dolan Eversole.

Chris Moore captured a small wave and the 16th Annual Summer Surf Paddleboard Race, June 15th at the Club. Finishing closely behind him were Dawson Jones and Dolan Eversole.

The course started at the beach, and went out through the channel to a buoy and finished at the beach. Men and boys raced the course three times, while the women and novices made two trips.

Maile Chong won the women's division.

The Cline Mann 5K Paddleboard Race is scheduled for Saturday, August 10. ☉



Announcer Joe Teipel and Greg Moss watch the progress of the race.

Paddleboard Committee Chair Chris Moore presents award to Marc Rocheleau.



It was a close race as the top three finishers round the buoy on the first lap of race.



international buffets



Friday, August 2
Mediterranean Feast



Friday, September 6
Western Paniolo (BBQ)



Friday, October 4
Oktoberfest

Reservations 923-1585

16th Annual Summer Surf Paddleboard Race

Men Paddleboards 17 & Under	3. Duane Webster	18-29	30+
1. Marc Rocheleau*	40-49	1. Maile Chong	1. Kenneth Goldman
	1. Mike Takahashi	2. Jamie Avorak	2. Lowell Pang
18-29	2. Dennis Pang	30-39	3. Peter Lum
1. Dolan Eversole	3. Dale Hope*	1. Sarah Jenny	
2. Thomas Allen		2. Marlene Gonsales	Women Surfboard Novice
3. Vason Dameron	50+		1. Iris Gonzales
	1. Vic Hemmy Sr.*	Men Surfboard Novice	* OCC member
	2. Carl Kawauchi	1. Archie Kalepa	
30-29	3. Clyde Hedlund	29& Under	
1. Chris Moore*		1. Mike Field	
2. Dawson Jones*	Women Paddleboards	2. Tom Jenny	
		3. Chris Laird	

HCRA Championship Is August 3

Photo by Robin Nonaka

Outrigger paddlers, who have had a rough start on the regatta season, will try to defend their Hawaiian Canoe Racing Association championship, Saturday, August 3 at Keehi Lagoon.

OCC paddlers finished third in the Leeward Kai Regatta at Nanakuli Beach Park on June 16, and the

Waimanalo Regatta at Waimanalo Beach Park on June 23.

Hui Nalu won the Leeward Kai Regatta with 75 points, followed by Lanikai with 73 and OCC 72.

At the Waimanalo Regatta, Lanikai won its third regatta of the season with 107 points, followed by Kailua with 59 and OCC with 54. ☐



First place in the Boys 12 race at Nanakuli were Matt Moore, Alex Town, Makena Carr, Billy Lawson, Adam Dornbush and Aka Beaumont.



The Girls 18 took third place. From left, Kristin Freeburg, Mele James, Nanea Tannehill, Kalei Kowalski, Candes Gentry and Bonnie Pietsch.



Oahu Hawaiian Canoe Racing Association 1996 Race Schedule

Date	Event/Sponsor	Location
August 3	State Championships	Keehi Lagoon
August 18	Duke Kahanamoku LD Race	Kailua Beach to Duke Kahanamoku Beach
August 24	Kailua Bay Iron Challenge	Kailua Beach to Moku Manu to Moku Lea
August 25	Dad Center Race	Kailua Beach to Outrigger
September 15	E Lau Hoe Na Wahine	Magic Island to Pokai Bay
September 22	Skippy Kamakawiwoole Race	Maunalua Bay to Nimitz Beach
September 29	Bankoh Na Wahine O Ke Kai	Molokai to Oahu
October 13	Bankoh Molokai Hoe	Molokai to Oahu

Leeward Kai Regatta June 16, 1996 Nanakuli Beach Park

Winning OCC Crews

Boys 12 (1/4 mile)—Aka Beaumont, William Dornbush, Matt Moore, Makena Carr, Alex Town, Billy Lawson, 2:14.44.

Girls 16 (1/4 mile)—Mahealani Lum, Molly Pietsch, Annie Rosa, Meleana Blach, Kia Ostrem, Taylor Bechert, 4:16.48.

Women Novice A (1/4 mile)—Kendra Jenkins, Erin Worsham, Ann Marie Kavanagh, Nola Donahue, Malia White, Tisha Love, 4:26.87.

Freshman Men (1 mile)—William Pratt, Bryan Ho, Ralph Gray, Stewart Kawakami, Chris Hochuli, Kalani Schrader, 7:00.26.

Junior Women (1 mile)—Genie Kincaid, Tiare Richert-Finney, Valerie Kauahi, Shannon Dudgeon, Nau Kamalii, Carolyn Hall, 8:27.59.

Senior Women (1 1/2 miles)—Nicole Wilcox, Donna Kahakui, Sara Ackerman, Mary Smolenski, Kisi Haine, 12:33.96.

Women Golden Masters (1/2 mile)—Diane Stowell, Barbara Bryan, Ululani Friese, Ruby Iversen, Gerry DeBenedetti, Keanuenu Rochlen, 4:39.04.

Men Golden Masters (1/2 mile)—Mike Town, Kawika Grant, Tay Perry, Charles May, Fred Lowery, Bruce Ames, 4:00.13.

Waimanalo Regatta June 23, 1996 Waimanalo Beach Park

Winning OCC Crews

Boys 14 (1/4 mile)—Names unavailable, 2:01.17.

Freshman Men (1 mile)—William Pratt, Bryan Ho, Ralph Gray, Chris Hochuli, Stewart Kawakami, Kalani Schrader, 7:53.80.

Masters Men (1 mile)—Courtney Seto, Todd Hart, Marc Haine, Walter Guild, Chris Kincaid, Todd Bradley, 8:08.29.

CLUB CAPTAIN'S Corner

By Ron Li, Club Captain

The HCRA Championships are scheduled for Saturday, August 3 at Keehi Lagoon. Come on out and support the Club crews.

The 12th annual Cline Mann 5K Paddleboard Race is scheduled for Saturday, August 10. Registration will begin at 9 a.m. with the race starting at 10 a.m.

The Roughwater Swim on Labor Day begins at Sans Souci Beach and finishes at Duke Kahanamoku Beach at the Hilton Hawaiian Village. Keep on swimming.

The summer beach volleyball season reaches a peak in August.

Jon Andersen's Riggers Tournament is scheduled for Queen's Beach on August 10 and 11.

The OVA's Men's Open and A Championships will be held at Queen's Beach on August 17-18.

The Armani Beach Tournament is slated for Queen's Beach on August 24-25.

The OCC will host the Duke Kahanamoku State Championship at the Club on August 31-September 1.

Volleyball winds up with Daddy's 4-Person Tournament at the Club on September 7-8. ☺

News From the Clubhouse

By Jim Gaddis

OCC Golfers braved the elements at Kalakaua Golf Course on June 5 and the scores showed it. The downpour didn't dampen Bill Cross' game, however. Bill took advantage of the soft greens and fired an impressive 77 to win Men's Low Gross.

Terry Lui struggled with a 92 to win Ladies Low Gross. Bob (71) and Judy (78) Maguire took Low Net honors. Closest to the pin winners included Larry Langley, Jim Beardmore, Bill Head and Art Bryer. All winners received a gift certificate from the Pro Shop.

Everyone had fun despite thun-

dershowers moving about.

1996 OCC Match Play is currently underway. Scores and highlights will be posted next month.

A correction from the Hickam Tournament has Jack Mattice winning Men's Low Net honors by matching cards.

This month's tournament will be held at the beautiful Leilehua Golf Course. There may still be time to sign up for the August 7 tournament date. Check the Golf Folder at the Front Desk as soon as possible.

October's tournament will be held at the Klipper Course, while December's action takes place at Olomana in Waimanalo. ☺

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Extra Innings

The OCC Softball team started the season off in the right direction, winning its opener against Espresso. The starting lineup included a veteran infield of Head Coach Jim Gaddis at first, Team Captain Paki Vaughan at second, Jim McAluney at third and Jim Cavanah at shortstop.

Last year's MVP Scott Rolles headed the outfield along with Clayton Chee, Jon Whittington and Brian Hoernig. Pokii Vaughan was behind the plate and newcomer Ron Scelza handled the pitching.

Designated hitter Bill Kilcoyne shared hitting honors with Cavanah, collecting three hits apiece. Gaddis, Hoernig and Rolles also had multi-hit games. Cavanah and Gaddis knocked in three runs each.

Kilcoyne handled the BBQ duties which proved to be the only error-free action of the day.

The team made it two in a row with a 6-5 win over Maharaja. Cavanah again led the hit parade with two hits, including his second home run in as many games. Jim also helped save the game with two terrific plays in the last inning. Kilcoyne had another hot bat but even a hotter glove, making the play of the game with a diving catch in the last inning with the bases loaded.

Other contributors at the plate were Paki Vaughan, McAluney, Henry Ayau, Jake Vaughan and Keith Letman. The entire team saw action as OCC is off to its best start in years.

Special thanks to Larry Langley, Robbie Ostrem, Bob Moore, Kahiwa and Chris Letman and Courtney and Kainoa Gaddis for all their support from "the stands."

Join in the fun each and every Tuesday at 5 p.m. We always save the best for last with our evening BBQ. Drop by, there's always tons of food. ☺

Lobster Night

Thursday, August 29
6 p.m.
Main Dining Room
Reservations Requested

Snack Shop

The Snack Shop will be open
until 8 p.m. on Fridays
and 6 p.m. the remainder of the week
during the summer.

By Gloria Keller

On a recent visit to Hong Kong, I decided to take advantage of the new reciprocal agreement the Outrigger Canoe Club had established with The American Club.

With my introduction card (issued by OCC) in one hand, and my passport in the other hand, I arrived at The American Club's business office located on the 47th floor of Building II, Exchange Square Central, Hong Kong Island, a short walk from the Star Ferry Terminal.

I presented my card and passport (a must) and before I knew it, the place was a-buzz. It turns out I am the first OCC member to request reciprocal privileges.

The president of the club, Mark Blacker, comes out from his office to greet me and the next thing I know, Douglas Holtz, the GM is being pulled out of a staff meeting to welcome me and show me around. Many of you may remember Doug from his days as GM at Mid-Pacific. He brought several pieces of memorabilia from Hawaii and they adorn his office.

Needless to say, I was a bit over-

whelmed by the attention and the Chinese equivalent of the Aloha Spirit bestowed on me.

As I mentioned before, The American Club is located in Exchange Square. Its reception and business offices are on the 47th floor. The 48th and 49th floors are the public rooms, with a library, meeting/conference rooms, and numerous restaurants from casual to formal.

The view from the club is spectacular. Hong Kong Harbor is at your feet from one direction and Hong Kong Peak from another direction.

I had lunch in the Boston Clipper Grill, no reservation needed, however plan to go early in order to have a view table. All purchases are by credit card only. There is no billing. You will be issued a guest card with your name, guest number and expiration date. You will need to carry the card while visiting the club.

The American Club also has a location overlooking Tai Tam Bay, which is near Stanley. It is referred to as the country club with a large pool,

tennis and sports activities, not to mention a Sunday Brunch to end all brunches. The seatings for brunch are 11 a.m. and 1:30 p.m. Advance reservations are a must and do not plan a dinner party for Sunday evening.

After brunch, it is an easy walk (20 minutes) and the exercise will do you good, to Stanley Market where the world seems to gather on a Sunday afternoon. Good shopping, good bargains, good prices.

The country club is about 30 minutes by taxi from Central. Be sure to have the concierge at your hotel write the address in Chinese for the driver as well as the name of your hotel. The drivers often do not understand the English version.

The day ended with a ride back to Central on double decker bus #6. You must sit upstairs, left side, forward for the full on experience of a lifetime. The cost is 800HKD (\$1.25) and takes about 35-45 minutes. Traffic tends to be heavy after 3 p.m. The bus goes to Central where you can get off and it is a short walk to the Star Ferry if you are staying on the Kowloon side. (Taxis prefer not going

to Kowloon from Hong Kong Island.) The ferry is a perfect way to end your day.

The country club sits on a bluff overlooking Tai Tam Bay. The view from the club is awesome. While I was enjoying the brunch, the Dragon Boats, the Chinese version of our outrigger canoes, were in the water practicing for the Dragon Boat Challenge Races. OCC should consider a club challenge in the near future—outrigger canoe versus Dragon Boat.

The American Club in Central is 99% business oriented, whereas the country club location attracts the family, all ages, and is casual in feel and dress. ☺



Gloria Keller was first OCCer to visit our reciprocal club, The American Club in Hong Kong.

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One month minimum

ODKF Sets Birthday/Olympic Party

The Outrigger Duke Kahanamoku Foundation has decided to throw a 10th birthday party on Monday, September 9 in Red, White & Blue, and honor past, present and future Olympians.

The Foundation has been active for the past 10 years awarding athletic grants and scholarships to help further the athletic skills and goals of Hawaii's athletes.

Fifty thousand dollars in grants were awarded this past year, with six ODKF athletes participating in the Olympics.

We expect a fun filled evening of pupu, pictures of Duke Kahanamoku, scrap-books of our athletes, music by Rocky, master of ceremony Russ Francis, and fun.

This is a fund raiser, so the cost will be \$75 per person, and all proceeds will go to the Outrigger Duke Kahanamoku Foundation.

Invitations will go out to all past ODKF donors and grantees or you may sign up at the Front Desk. Members of the Outrigger Canoe Club are all welcome. Information about the Foundation is available in the Lobby brochure rack. ☺

Annual ODKF Mahalo Luncheon

By Gerry DeBenedetti

Annually the Outrigger Duke Kahanamoku Foundation hosts a luncheon to honor their grantees, Gold Medalist donors, and many volunteers who serve on committees and assist with fund raising activities.

This year's luncheon was the largest ever, with 83 attending, attesting to the growth of the Foundation.

Gold Medalist donors honored for their major contributions to the Foundation were Ben Cassidy, Carolyn Craig, and the Patagonia Clothing Company. Special mention was given to six year donors: J Watumull Fund, Louis Gowans, and five year donors: James & Priscilla Growney, Shelagh Kresser, John and Marilyn Goss, Lenore O'Brien, and Muriel and Walter Flanders.

Gordon Smith, OCC Comptroller, who has spent countless hours doing the Foundation's accounts, tax returns and financial statements, was given a Gold

Medalist award in appreciation.

Special guests were Muriel and Walter Flanders; Marilyn, Marc and Kisi Haine, and Carol Kukea. These are families who have designated Endowment Funds established within the Foundation.

Featured speakers were Koa Ostrem who thanked the Foundation for giving him the first Tom "Daddy" Haine scholarship, and Mahealani Lum, who received an athletic grant from the Kala Kukea Endowment Fund. Both are OCC members, active in our sports programs.

Scott Sorensen of KGMB television spoke briefly about a TV special he is producing on Duke Kahanamoku. He said it started out to be simple, and he quickly found the story was bigger than he realized. He will be featuring the Foundation's activities in his Fall TV special, especially the activities being carried out in Duke's name in supporting the athletes of Hawaii. ☐



Grantees attending the ODKF luncheon were, front, Robyn Jobl, Meghan Atwood, Andrea Fukumoto, Punua Souza, Kimberly Adler, Mahealani Lum, Jenny Erwin, Alobanani Jamias and Tara Beyer. Second row, Kathy-Lyn Allen, Kevin Flanagan, Koa Ostrem, Brian Helfer, Mark Cunningham, Stephen Adler and Douglass Cole.



Gold Medalists who were honored include Gulab Watumull, Ben Cassidy, Carolyn Craig, Kecia Arizumi representing Patagonia, and Gordon Smith.

Summer Entertainment Schedule

Hau Terrace
6-9 p.m.

August 3
Kuuiipo Kumukabi
August 10
Kuuiipo Kumukabi
August 17
Kevin Mau
August 24
Jane McCabe
August 31
Kevin Mau

Employee of the Month

Our Employee of the Month is JoAnne Iwalani Huber.

She was selected because of her extraordinary ability to jump right in to the secretary position upon the illness of our regular secretary, Renee Humphrey. It helps that JoAnne has worked here before as receptionist, dining room hostess and business office data entry clerk from 1987 to 1989. Then she went to Kamehameha Schools in Early Education until they "downsized" and was available to fill in here.

She likes to walk in her Waimanalo neighbor-

hood, through Bellows and the beach area. She lives in the old family homestead in Waimanalo with her mother, sisters, assorted animals, and visiting relatives. She likes to read mysteries by women authors. She takes classes in cooking, sign language, and Hawaiian language. You see why she is so fun to talk to and such an interesting person.

Welcome back to us JoAnne.

Just to prove OCC is a family club, our Hau Terrace supervisor, Chris Huber is JoAnne's nephew. ☐

Backward Glances

By Moana Tregaskis, Historical Committee

45 Years Ago - August 1951

Club President - Wilford D. Godbold

OCC had sponsored and hosted the Walter Macfarlane Memorial races. Hosting four canoe clubs with cooperation from the Hawaiian Canoe and Surfing Association. OCC won two events: The Kid Crew and Freshman Men's races. In the Freshman six race, a subsequent race to determine second place never was run off. Overall scores were Waikiki Surf Club, 1st; Huli Nalu, 2nd; OCC, 3rd.

40 Years Ago - August 1956

Club President - Samuel M. Fuller

An August photo of beach legend Chick Daniels shows his bright smile while standing in the sand with San Francisco columnist Herb Caen, who was soaking up color at Waikiki.

An August article described OCC's "Waikiki in the Gay Nineties" party. Descriptions were taken from H. M. Whitney's Guide Book of 1890: "on the left side of Waikiki Road (Kalakaua Ave.) is the Marine residence of King Kalakaua.

It is a simple, unpretentious wooden structure standing in a large lot planted with coconut trees." Decor described an anchored "boat from an American Man-o-War just beyond the newly-constructed Moana Pier."

25 Years Ago - August 1971

Club President - Thad W. Ekstrand

The summer Surveyor's League Mountain Ball season found the OCC the League victors. The Mountain Ball team won all but two of the season's games in an action-packed series held on the diamond in Kapiolani Park across from the Club entrance.

15 Years Ago - August 1981

Club President - C.E. "Bud" Ackerman

Describing the Macfarlane Day races, OCC won in the upper divisions; the Senior Men's two-mile event put OCC on top. It was a rewarding day since the last big win was in 1979. Speaking of the regatta season, Canoe racing chairman Jeff Kissel said: "The Outrigger won... in the best of canoe racing tradition that instills in all of us the will to win. ..This is going to be a great season indeed." ☺

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By Sherry Gannaway Founder, *Body by You!*



Pull Ups



Start One Arm Rowing



Overhead Pulls



Back Extensions



Back Extensions with Weights

Sport Specific Weight Lifting Part Two Canoe Paddling

This series of weight lifting moves is specifically designed to stabilize and improve your stroke for paddling canoes for long distance season.

Last September, I wrote an article on Training for the Canoe Changes (getting in and out of the boat). I suggest you get a jump on that weight lifting program, as well as these moves: Part I and 2 Sport



Finish One Arm Rowing

Specific Programs.

Now is the time. When September arrives, you need to taper your weight lifting program slow, steady and focus on endurance. The ladies need to do this sooner than the men, because the ladies Molokai race is before the men's. Continue your band training and the stretching programs at the same pace or increase.

Weight lifting Guidelines

- Always stand, sit or move in Neutral Spine Position. Power Breathe exhale when you lift and squeeze your abdomen.
- Always follow the natural range of motion of the working joint.
- After all moderate to stressful workouts, ice the area(s) 5 to 10 minutes for inflammation and pain management.

Let's Get to the Gym: total running time 75 minutes

Start with a good 15 to 30 minute warm-up on the treadmill. While walking or jogging on the treadmill, it is better for the lower back to be on the incline. I recommend you have a 3 to 5% incline grade and work up to 7 to 9%

incline. Always walk or jog in neutral. Feet should be hip width apart and parallel, knees slightly bent, abdomen pulled in and chest up.

When finished with the treadmill, take a moment and walk around the room, drink water and stretch your walking/jogging muscles. Do a few pelvic tilts, shoulder rolls and neck isolations. You may want to alternate with the bike or stairmaster.

The Program

Note: Your weight should be determined by your own personal strength level. When using free weights, increase in 3 to 5 pound increments to avoid losing form and injury. Straight bars for endurance athletes are not recommended. You need strength in all aspects of the ROM which the straight bars cannot offer due to their fixed range.

Pull Ups (Latissimus Dorsi)

Position: Get a flat bench and place it under the pulley system, where you can comfortably grab the pull up bar and stand on the flat bench. Begin in Neutral Strong Stance. Pull up approximately half your body weight for the first set of 15. Pull 3/4 of your weight on the second set of 12. On the third set, do as many as you can holding form and lifting full body weight. Remember to exhale on the pull.

One Arm Rowing (Rotator Muscles)

Position: Stand in Neutral Strong Stance. Bend from the hip, keeping a flat or neutral spine. Pull your abdomen in on the exhale of the breath to support the back. Place one hand on the flat bench, the other is holding on to the weight. Keep your body still and exhale as you bring your elbow toward the ceiling. Repeat three sets of 12 each side. Increase weight each set.

Overhead Pulls (Serratus Anterior)

Position: On the flat bench lie in a Neutral Strong Lying position—feet hip width and parallel on the floor or bench, knees bent, chest

and head up. The weight should be held directly over your chest, with the arms straight and the elbows slightly bent.

Inhale when you take the weight over your head, let the weight drop just beyond parallel to the floor. Exhale and bring the weight slowly back to the starting point just above the chest. Squeeze your abdomen and sides of the rib cage. Repeat three sets of 12 going up in weight each time. Practice using your abs getting on and off the bench.

Back Extensions (Spinal Erectors)

Position: Make sure feet are a little higher than your hips. When you look down at you legs, see Neutral Strong Stance—feet hip width and parallel, knees bent and the hips should be square to the bench pad. Do not go more than two to three inches above parallel to the floor to insure protection of the back.

Inhale while the trunk is vertical to the floor, exhale while you lift the trunk parallel to the floor. Arms are comfortably out of your way located by your side (see photo for detail). Repeat three sets of 12. Advanced people use three to five pounds of free weights on the second and third set to add resistance. Do not go over five to eight pounds as it could strain the back. Keep your knees bent at all times.

The Cool-Down

Go through a complete round of Joint Isolations from feet to head with extra focus on the shoulder and hips. Then go to the floor and do a round of lower, upper and side abdominal. I would recommend one set of 25 to 30 in each position.

Stretch out your butt and back by doing the cross leg knee into the chest move, and leg crossovers while looking over the opposite shoulder. Hold all stretches at least 45 to 90 seconds.

In closing remember to follow and practice healthy habits. It all counts.

Good Luck and Paddle Safe! ☺

Outrigger Paddlers Down Under For Hamilton Cup 1996



Outrigger's Hamilton Island team included Todd Bradley, Todd Hart, Chris Kincaid, Courtney Seto, Walter Guild and Marc Haine. By Genie Kincaid

Renown for its boisterous festivities fueled by Aussie beer, the Hamilton Cup is nevertheless touted as Australia's premier international outrigger canoe racing competition. Held June 14-17, the \$55,000 prize pool also made this 13th running of the multi-event challenge too enticing to miss.

Needless to say, some of our senior men paddlers just had to be there. Cheers, mate! Todd Bradley, Walter Guild, Marc Haine, Todd Hart, Chris Kincaid and Courtney Seto, joined by three paddlers from Kailua and Lanikai, raced as Team Hawaii Masters, entering all three team events at the masters level.

These events included the 1,000 meter sprint, the 16.1 kilometer Ironman, and the 42.2 kilometer marathon. Team Hawaii Masters won the silver in the sprints, and struck gold in the Ironman and marathon. So as not to cast any doubt that they merited their victory beers, they set a new course record in the marathon. My shout!

Walter Guild further distinguished himself by also entering, and winning, the 500 meter and 9.6 kilometer one-person canoe events. That's a five-medal haul in four days, against solid, proven competition. Not since 1993, when Kala Judd scored four gold medals in Hamilton, has an Outrigger paddler won as many medals. G'day, mate!

Participation in an international event of this stature is simply not possible without the generous support of key sponsors. Mahalo nui to Hawaiian Style, Nike, ZRE Paddles and CanoeSports for their much appreciated sponsorship. ☺

OCC Surf News Network



By Mark Jackola

June was a great month for surf with waves every week on the South shore.

The Hawaiian Amateur Surfing Association held the state championships at Ala Moana Bowl with waves of 3 to 6 feet. Our Club was represented by Keith Kandell in Longboard, Marc Rocheleau in Boy's Shortboard and Lucas Rigg in Boy's Bodyboard.

The competition was fierce. The longboard competition is tough because it is an open division with surfers from all islands and Keith got knocked out in the second round.

Both Marc and Lucas won their second round heats and were placed directly in the finals. Marc placed fourth over all in the boys, and Lucas

placed sixth in the state. Cully Kamisugi was fifth in the men's open.

Congratulations for their hard work.

The OCC Surf team was awarded Best Team of the Year by HASA. Thank you Aaron Ackerman, Keola Keahiolalo, Duff Janus, Jimmy Austin, Nick Fowler, Nick Christensen, Keith Kandell, Marc Rocheleau, Lucas Rigg, Dave Wassell, Cully Kamisugi and new members Wakey Mist, Kaione Scott and Keegan Edwards.

The 1996-97 season begins in September so if you would like to share in all the fun and join the surf team, now is the time to sign up. Call 593-9283 and register for the team.

Good surfing! ☺



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A U G U S T

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul style="list-style-type: none"> • CLUB DAY EVENT August 24, Fun for the Family • REMEMBER, CLUB BBQ EVERY SATURDAY with really great music and sunset. • Also remember, late Snack Shop for relaxed family dining every Friday • Distance Canoe Races are scheduled for August 18, 24, and 25. Check the tunnel for details regarding start site & time, site finish. 				1 Regular Lunch and Dinner Service	2 Regular Lunch MEDITERRANEAN CLUB BUFFET Dining Room 6pm	3 Hau Terrace Lunch Canoe State Championships Keahi Regular Dinner Service Club BBQ 6 pm Kuuiipo Kumuhaki entertains
4 BRUNCH 8:30 am Prime Rib Buffet Dining Room 6 pm	5 Noon Bridge Hau Terrace Lunch and Dinner	6 Regular Lunch and Dinner Service	7 Regular Lunch and Dinner Service	8 Regular Lunch and Dinner Service	9 Regular Lunch and Dinner Service	10 Hau Terrace Lunch Regular Dinner Service Cline Mann SK Club BBQ 6 pm Kuuiipo Kumuhaki entertains
11 BRUNCH 8:30 am Prime Rib Buffet Dining Room 6 pm	12 Noon Bridge Hau Terrace Lunch and Dinner	13 Regular Lunch and Dinner Service	14 Regular Lunch and Dinner Service	15 Regular Lunch and Dinner Service	16 Holiday Regular Lunch and Dinner Service	17 Hau Terrace Lunch Regular Dinner Service Club BBQ 6 pm Kevin Mau entertains
18 BRUNCH 8:30 am Prime Rib Buffet Dining Room 6 pm	19 Noon Bridge Hau Terrace Lunch and Dinner Stew Rice Dinner "Pele & Ring of Fire"	20 Regular Lunch and Dinner Service	21 Regular Lunch and Dinner Service	22 Regular Lunch and Dinner Service	23 Regular Lunch and Dinner Service	24 Hau Terrace Lunch Regular Dinner Service Club BBQ 6 pm Jane McCabe entertains
25 BRUNCH 8:30 am DAD CENTER CANOE RACE Prime Rib Buffet Dining Room 6 pm	26 Noon Bridge Hau Terrace Lunch and Dinner	27 Regular Lunch and Dinner Service	28 Regular Lunch and Dinner Service	29 Regular Lunch LIVE MAINE LOBSTER Reserv. Dining Rm	30 Regular Lunch and Dinner Service	31 Hau Terrace Lunch VOLLEYBALL Regular Dinner Service Club BBQ 6 pm Kevin Mau entertains

S E P T E M B E R

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 BRUNCH 8:30 am Prime Rib Buffet Dining Room 6 pm	2 Holiday Noon Bridge Hau Terrace Lunch and Dinner Club BBQ	3 Regular Lunch and Dinner Service	4 Regular Lunch and Dinner Service	5 Regular Lunch and Dinner Service	6 Regular Lunch PANILO CLUB BUFFET Dining Room 6pm	7 Hau Terrace Lunch Regular Dinner Service Dancing 6:30
8 BRUNCH 8:30 am Prime Rib Buffet Dining Room 6 pm	9 Noon Bridge Hau Terrace Lunch and Dinner ODKF Fund Raising Olympic Party	10 Regular Lunch and Dinner Service	11 Regular Lunch Guest Chef Gordon Biersch	12 Regular Lunch and Dinner Service	13 Regular Lunch and Dinner Service	14 Hau Terrace Lunch Regular Dinner Service Dancing 6:30
15 BRUNCH 8:30 am Prime Rib Buffet Dining Room 6 pm	16 Noon Bridge Hau Terrace Lunch and Dinner	17 Regular Lunch and Dinner Service	18 Regular Lunch and Dinner Service	19 Regular Lunch and Dinner Service	20 Regular Lunch and Dinner Service	21 Hau Terrace Lunch CLUB LUAU No Regular Dinner
22 BRUNCH 8:30 am Prime Rib Buffet Dining Room 6 pm	23 Noon Bridge Hau Terrace Lunch and Dinner	24 Regular Lunch and Dinner Service	25 Regular Lunch and Dinner Service	26 Regular Lunch LIVE MAINE LOBSTER Reserv. Dining Rm 6 pm	27 Regular Lunch and Dinner Service	28 Hau Terrace Lunch Regular Dinner Service Club BBQ 6 pm Dancing 6:30
29 BRUNCH 8:30 am Prime Rib Buffet Dining Room 6 pm Na Wahine O Ke Kai	30 Noon Bridge Hau Terrace Lunch and Dinner	<ul style="list-style-type: none"> • Guest Chef On September 11 from Gordon Biersch Restaurant • Outrigger Duke Kahanamoku Foundation Fund raiser Sept 9th Post Olympic Party • Club Luau Sept. 21 Get your reservations early, get your muumuu ready, dust off your lauhala hat, make your plumeria lei, find some rubber slippah, invite your tutu for some ono kaukau Hawaiian Style at OCC. 				

Board Briefs



Board Briefs is taken from the minutes of the Board of Directors meeting on May 30, 1996. The Executive Committee meeting on June 13, 1996 was cancelled.

Vice President of Operations/Activities Report—

A meeting was held with the General Managers of the other three private clubs. They discussed the possibility of arranging a reciprocity between the Outrigger and the three clubs. The proposal would allow OCC members to dine at these clubs, accompanied by the respective club member. OCC member would pay charges. . . The Board thanked the

ODKF for their contribution of \$5,000 to help defray the expenses involved with the 4th of July Macfarlane Regatta. . . The design of the T-shirt for the Macfarlane Regatta was approved.

Secretary's Report—Thirteen members were suspended for 15 days due to failure to pay their accounts on time. . . One member was terminated due to account being four times delinquent.

Manager's Report—A comparison report of six private clubs on Oahu was circulated. As a source of information, the report reflects initiation fees, dues, minimum charge and employee benefits. . . The Snack Shop introduced a "new look," new menu and several cosmetic changes on June 6. . . Funds were approved to pur-

chase an IBM A/S 400 central processing computer unit for the back office system, not to exceed \$30,000. . . The Manager informed the Board that he was sending Chef Pirscher to San Francisco to visit the Millennium, a totally organic restaurant staffed by one of the most notable chefs.

Athletic Report—The Board reviewed the Volleyball Committee's "Huli Fund". . . Robert Gifford was approved as chair of the Water Polo Committee. . . The Board approved sending three qualified teams to the Junior Olympics (Boys 16 and 18) on July 3-7 and Volleyball Festival (Girls 16) on June 22-30.

Long Range Planning Report—The Board declined the proposal to purchase the Maunaloa Bay Tennis Club.

Entertainment Report—Ann Bodison was approved to serve on the committee.

Public Relations Report—A suggestion was made to review the rates for ads published in the magazine.

Admissions Report—Membership count was 4,273 as of April 30, 1996. . . The Executive Committee requested the Admissions Committee review the subject of reinstatement requests and discuss if it would be feasible to establish a penalty before the effective date of reinstatement. The Admissions Committee agreed with the Executive Committee that a penalty be charged to a consistent offender. ☐

For the Record

Running

Lanikai Bike Path 8K Run
6/23/96
Ruth Munro, 1st, 70+, :53:57

Windward Half Marathon
5/19/96 Enchanted Lakes
Katy Bourne, 1st, 40+, 1:34
Paula Jenkins, 1st, 35-40, 1:44
Bill Manfredi 1:54

King Kamehameha Kuakini Run
6/8/96 4 miles
Katy Bourne, 2nd, Masters, :26

Honolulu Hard Rock Cafe Rock & Roll 10K
6/16/96 6.4 miles
Vik Watumull :41:54
Don Eovino :46:20
Arnold Lum :49:32
Barbie Crandlemire :53:35
Eleni Pflueger :53:42
Cindy White Yanaga :54:22
Bill Manfredi :58:50
David Kerr :59:30
Jed Gaines 1:04
Jo Ann Klinkle N.T.

Tinman Biathlon

3/30/96
Cindi White Yanaga :39:28

Keauhou-Kona ("Ironman") Triathlon
5/26/96 1.2 mi swim, 56 mi bike, 13.1 mi run
Cindy White-Yanaga 6:23:28

Keauhou Kona (Olympic Distance) Triathlon
5/26/96 .9 mi run, 1K swim, 2K run
Dwight Yanaga 3:06:40

Koa Kai Run-Swim-Run
6/1/96 2K Run, 1K Swim, 2K Run

Cindi White-Yanaga :40:06
Dwight Yanaga :40:18

Bicycling

Hawaii State Bicycle Racing Championships
6/2/96 25 Mile Time Trial Kahuku to
Chinaman's Hat & back
Kent Davenport, 9th overall, 1:52

Volleyball

Aloha State Games
6/16/96
Stevie Li/Sean Scott, 1st

Oahu Volleyball Association Men's Open
Tournament
6/23/96
Alike Williams/Danny McInerney, 2nd, Men's AA
Kanoa Ostrem/Jason Hodell and Sean
Scott/Erik Pichel, 3rd (tie), Men's AA

Jose Cuervo Amateur Beach Volleyball
Tournament
6/29/96 Fort DeRussy Beach
Stevie Li/Sean Scott, 1st, Men's Open
Kanoa Ostrem/Jason Hodell, 2nd, Men's Open

Swimming

Aloha State Games
6/15-16/96 UH Pool
Bruce Sloan, 1st, 45-49, 50 Fly :32.57 (new record)
Bruce Sloan, 1st, 45-49, 100 Free, 1:06.47
Bruce Sloan, 2nd, 45-49, 50 Free, :30.24
Bruce Sloan, 1st, 45-49, 200 Free, :2:30.41
Laurie Sloan, 2nd, 40-44, 100 Free, 1:36.46
Laurie Sloan, 2nd, 40-44, 50 Breast, :53.42
Laurie Sloan, 3rd, 40-44, 50 Fly, :59.65
Laurie Sloan, 3rd, 40-44, 50 Free, :42.02
Diane Stowell, 1st, 60-64, 200 IM, N.T.
Diane Stowell, 1st, 60-64, 200 Free, 2:57.24 (record)
Diane Stowell, 1st, 60-64, 100 Back, 1:38.78 (record)
Diane Stowell, 1st, 60-64, 50 Free, :35.74 (record)

Golf

Hawaii State Junior Golf Association
6/26/96 Wailua Course, Kauai

Parker McLachlin, 1st, 15-17, 142

Hawaii PGA Maxfli Junior Championships
6/19/96 Pearl Country Club
Parker McLachlin, 1st, 15-17, 144

Surfing

Hawaii Amateur Surfing Assn.. State
Championships
6/9/96 Ala Moana Bowl
Marc Rocheleau, 4th, Boys 13-14

Equestrian

Aloha State Games
6/9/96 Circle Z Ranch
Pam Dillingham, 2nd, EW301 Western Trail
Pam Dillingham, 1st, EW 307 Stock Seat
Equitation
Pam Dillingham, 2nd, EW 317 Stock Horse

Racquetball

Aloha State Games
at Martinez Physical Fitness Center
Al Serafin/Art Andras, 1st, Golden Masters
Division

Paddleboard

Independence Day Race
7/4/96 Sunset Beach to Waimea Bay 5K
Dawson Jones, 1st, overall, :28:19
Chris Moore, 1st, 30-39, :31:11
Dale Hope, 2nd, 40-49, :32:44
Marc Rocheleau, 1st, 19-under, :35:27
Jimmy Austin, 2nd, 19-under, :36:02
Kimo Austin, 3rd, 50+, :38:59

New Members

Regular—*Sophie Twigg-Smith.*

Intermediate—*Vincent Garcia III, Gary Van Sickle.*

Associate—*Allison Guard, Trevor Hunter, Andrew Nichols, Lisa Sellers, Sharon Williams.*

Junior—*Brett Bechert, Cameron Brokaw, Arist DeWolff, Max DeWolff, Mark Egesdal, Megan Elkin, Katherine Loui, Elizabeth Miller, Michael Shinn, Justin Taber, Marirai Tauotaba, Alexandra Timpson.*

Nonresident Junior—*John Bowlen.*

Nonresident—*Donald Bovee.*

In Memoriam

*Lillie E. MacKenzie
Deceased: April 18, 1996
Member: 66 years*

*Ernest E. Kingsley
Deceased: April 19, 1996
Member: 25 years*

*Patricia M. Wallace
Deceased: April 26, 1996
Member: 27 years*

*John Robert Breedon
Deceased: May 14, 1996
Member: 17 years*

Outrigger Duke Kahanamoku Foundation's **10th BIRTHDAY PARTY**

Saluting Hawaii's Olympians, past and present
Monday, September 9, 1996

A lively celebration of ODKF's 10 years, a special tribute to Duke Kahanamoku. AND a benefit for Hawaii's promising young athletes and future Olympic-hopefuls!

- you'll meet Hawaii's Olympic athletes
- you'll have your picture taken with **The Duke** (really!)
- you'll walk down a 10-year memory lane of ODKF-sponsored young athletes

*Marathon music to make you bop
Food and drink to make you hop
Socializing 'til you drop*

And supporting a great cause that makes you feel warm 'n fuzzy . . . It'll be great! The search is on for future Olympians, in the tradition of Duke Kahanamoku.

Outrigger Canoe Club Main Dining Room
2909 Kalakaua Avenue
6:30-9:30 p.m.

For more information, call Gerry DeBenedetti, 734-1159

*Outrigger Duke Kahanamoku Foundation raises funds to support the athletic and educational goals of Hawaii's scholar-athletes through grants and scholarship assistance.

OUTRIGGER
DUKE KAHANAMOKU



FOUNDATION



On the Cover—Winning crews in the Walter J. Macfarlane Regatta on the 4th of July were the Boys 12 (Aka Beaumont, William Dornbush, Andy Cavanah, Thomas Finney, Matthew Cobri, with coach Bill Bright and steersman Marc Haine); Girls 16 (Coach Kalani Schrader, Sandy Dunn, Mele Blaich, Tiffany Lee, Molly Pietsch, Kiana Henry and steersman Marc Haine); Women Novice A (Kendra Jenkins, Erin Worsham, Nola Donabue, Katherine Bechert, Elizabeth Lacy and steersman Walter Guild); Junior Women (Patricia Nagatani, Tracy Selling, Genie Kincaid, steersman Walter Guild, Tiare Richert-Finney and Nau Kamalii); and Seniors Masters Men (Mark Buck, John Finney, Bill Danford, Bill Bright, Brant Ackerman and Jeff Metzger). Story and more photos on pages 2-4. Photos by Marilyn Kali.

the Outrigger

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Karl Heyer IV, *Entertainment*
Joyce Timpson, *House*
Michele St. John, *Public Relations*

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