

Outrigger Olympians Made.Debut





Aileen Riggin Soule

Frank Walton

By Barbara Del Piano -awai'i first plunged into Olympic waters in 1912 when Lthe legendary Duke Kahanamoku ventured to Stockholm, Sweden, to participate in the Summer Games of the V Olympiad and brought home a Gold and Silver medal.

It was the beginning of a long love affair between our Island athletes and the world's greatest amateur sports competition, which celebrates its centennial this month in Atlanta,

Many of the U.S. athletes from Hawai'i have been members of the Outrigger as are many of the outstanding transplanted Olympians from other parts of the country. According to Dr. Peter George, Club member and Gold Medalist, of the 750 living gold medalists, 10 of them reside in Honolulu, probably more than in any other single city in the country.

When Duke dove into the water in Sweden, it was like the splash heard 'round the world. Not only did his unique stroke revolutionize the freestyle technique of swimming but his charm and humility captivated the hearts of the spectators. Duke was an instant celebrity and remained one for the rest of his life.

Stockholm 1912

Duke's journey to the Olympics began in August of 1911 when the

AAU sponsored a swim meet in Honolulu Harbor. Since Honolulu had no Olympic-sized pool, meets were held in the Harbor at the end of Alakea Street. The distances had been carefully measured and the timers were AAU officials. But Duke's times were so spectacular that when the results were sent to the mainland, they were rejected. It was not until he repeated his amazing feats in Chicago that the rest of the world became believers and a place on the U.S. Olympic swimming team was proffered. There he set a new record for the 100 meter freestyle.

Antwerp 1920

Twenty-two years old at the time of his adventures in Stockholm, Duke returned to the Summer Olympics three more times. World War I caused the can-

of the 1916 games, but Duke, at age 30, along with nine other Hawaiians went to Antwerp, Belgium in 1920, Paris, France, in 1924, and finally, as a member of the U.S. Water Polo team, he competed in the 1932 Summer Games in Los Angeles at the age of 42. His Olympic career spanned an incredible 20 years!

In Antwerp, the Hawaiians, which included Outrigger member Helen Moses Cassidy, astounded the world by winning the first three places in the 100 meter men's freestyle. Duke set a world record of 1:00.4 with teammates Pua Kealoha and William Harris close behind, to sweep the medals in that event. Bill Harris was the brother of former Outrigger Canoe Club manager, Gay Harris. The U.S. Olympic swimming coach that year was none other

than

Hawai'i's and OCC's beloved native son, Dad Center. The King of Belgium awarded a total of six medals to the contingent from Hawai'i.

Also in Antwerp was a tiny 14 year old girl, 4° 8" tall and 65 pounds soaking wet, who became not only the first American woman to win an Olympic Gold Medal, but the youngest and smallest as well. Aileen Riggin Soule, although from the East coast at the time, has resided in Honolulu for the past 40 years and is the senior living female Olympic Gold Medalist. Her Gold medal was for Fancy Diving.

Considered today the "Grand Dame" of women Olympians, Soule was chosen as an Olympic Ambassador by the Avon Corporation and has spent the early part of this year traveling around the country speaking to school children.

Paris 1924

Soule has fond memories of Hawai'i Olympians with whom she sailed to France for her second

> Olympic appearance in 1924. A somewhat derelict ship left over from World I transported the entire U.S. Olympic team across the Atlantic. Soule became acquainted with

Duke and the eight other Islanders, including the late Mariechen Wehselau Jackson, a long time OCC member. Soule talks nostalgically about evenings spent on deck listening to the Hawaiians sing and



Competing in the 1924 Olympic Games were Johnny Weissmuller, David Kahanamoku, Aileen Riggin Soule and Duke Kabanamoku.

play their guitars and ukuleles to the total delight of the other athletes.

Soule also recounts how the crew, in response to the swimmers' frustration at being unable to train aboard ship, rigged up a small seawater pool from two-by-fours and a large canvas tarp. Belted around the waist, and attached by ropes to the sides of the "pool", the swimmers took turns practicing their strokes.

The Hawaiians again excelled in the swimming events in Paris. Jackson garnered a Gold Medal as a member of the 4 x 100 Freestyle Relay and a Silver in the 100 meter women's freestyle.

Duke and brother Sam
Kahanamoku
flanked a

Strong,

young newcomer

named Johnny Weissmuller, who was somewhat intimidated by the powerful Polynesians, wondering if they might swim a team race against him. But he need not have worried.

At the start of the race, Duke faced the younger man and wished him luck. "The important thing in this race is to get the American Flag up there three times. Let's do it!" Weissmuller set a new world record that day, but Duke and Sam were right behind in second and third place.

Soule won a Silver in Fancy Diving and a Bronze in the 100-meter backstroke, becoming the first person to win a medal in two different sports, a feat that has been repeated only once in Olympic history.

Amsterdam 1928

Another Waikiki waterman, Punahou graduate and Outrigger habitue was Buster Crabbe who was selected to swim in the 1928 summer games in Amsterdam, Holland, where he won a Bronze Medal in the 1,500 meter freestyle and came in 4th in the 1500 meter.

Los Angeles 1932

Four years later, at the 1932 Los Angeles Summer Games, Crabbe won the Gold Medal in the 400 meter freestyle in one of the most exciting swimming duels in Olympic history. In the opening round and semifinals, Takashi Yokoyama of Japan set new Olympic records. A close race was expected between Yokoyama and the world record holder, Jean Taris of France.

Allen Stack

Grabbe cut Taris' early lead and in the final twenty five meters, the two athletes cut through the water neck and neck, leaving Yokovama in

their wake. In a dramatic finish, Crabbe beat Taris by one tenth of a second. This was Crabbe's last Olympic appearance, but he would go on to a longlasting film career in Hollywood, portraying such legendary characters as Tarzan, Buck Rogers and Flash Gordon.

Berlin 1936

The Los Angeles Games marked the beginning of a 16-year hiatus for Hawai'i Olympic participation. No one from the
Territory went to
Berlin in 1936 when
Germany took first place
over the United States. World War II
caused the cancellation of the 1940
and 1944 games. It was not until they
resumed in 1948 that Hawai i's outstanding athletes would again participate in this international competition.

London 1948

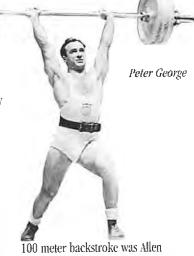
It would also be the first time that Hawai'i would be represented by athletes other than watermen. Of the six Hawai'i Olympians in London that year, two were swimmers; four were weight lifters.

Swimmer Bill Smith, a former OCC member, missed his chance at the Olympics when he reached his peak in 1944. Instead, he

spent the years he would have trained serving in the Armed Forces. After the end of the War, Smith went to Ohio State University and while awaiting his chance to compete in the Olympics, managed to set eight world and 12 American records.

In London, he came away with two Gold Medals, in the 400 meter freestyle and the 4×200 meter freestyle relay.

That year's Gold Medalist in the



100 meter backstroke was Allen Stack, who later moved to Hawai'i after his marriage to Tita Marks. They are long time Outrigger members.

The late Frank Walton, another OCC member, also went to London in '48 as a member of the U.S. water polo team. Walton also spent his peak years during World War II as a fighter pilot.

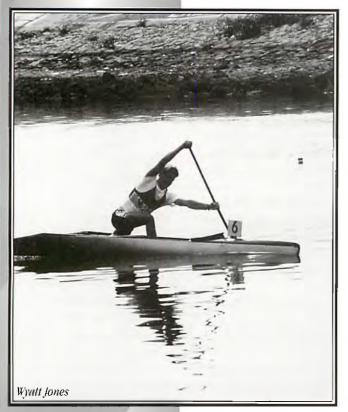
London games marked the debut of weight lifter Peter George. Originally from Ohio, George has lived in the Islands for the past 40 years. In his first Olympic effort, George won a Silver Medal in the middleweight category.

Helsinki 1952

Four years later, in Helsinki, Finland George was the proud recipient of a Gold Medal. That year, he



Tom Haine (10) and Jon Stanley (on Tom's right, back row) were members of the 1968 Olympic volleyball team.



would meet for the first time a young weight lifter, a long-time Honolulu resident originally from Sacramento, California, named Tommy Kono. Kono and George are today still considered among the top all-time greats in their sport and will receive special honors at the centennial celebration in Atlanta. Allen Stack also competed in 1952, placing fourth in the 100-meter backstroke.

Melbourne 1956

George was a member of the Armed Forces in 1956, and was given a chance to choose his next assignment so that he could train for his third Olympic appearance. Since the Games would be held in Melbourne, Australia, Hawai'i seemed like the ideal place. In Australia, George won another Silver Medal. After completing his stint in the service and his education as a periodontist, George moved to Hawai'i and joined the Club.

Another OCC member who competed in the Melbourne games was John Beaumont who was the first and only contestant from Hawai'i to ever participate in the sport of Olympic shooting.

Tokyo 1968

The Summer Games of 1968 were held in Tokyo, Japan. There, Pokey Watson Richardson, another transplant to the Islands, won a coveted Gold Medal in the 4 x 100 Freestyle relay. Her second Gold came four years later in Mexico City when she won the 200 meter backstroke.

Mexico City 1972

Long famous for its outstanding

volleyball players, the Outrigger had three men on the team that went to Mexico City among a total of five from Hawai'i that year. Tom "Daddy" Haine and teammates Jon Stanley, Pete Velasco and John Alstrom sparked the U.S. team to an exciting upset

victory over the USSR on the first night of competition and came in fifth overall.

Montreal 1976

Dave McFaull and crewman Michael Rothwell traveled to Montreal in 1976 to compete in the Olympic sailing races in the Tornado Class. An international incident occurred while the yachtsmen and their boat, the "Zomby Woof' were waiting for the races to begin.

President Ford threatened to boycott the games if China refused to allow Taiwan to participate. While the debate raged, the Hawaii sailors raised the Hawaiian flag on the mast of their boat and vowed to sail for Hawai'i if the U.S. withdrew. Fortunately, the matter was settled and McFaull and Rothwell went on to win the Silver Medal.

Four years later, President Carter did in fact withdraw the U.S. team from the 1980 games in Moscow.

Seoul 1988

In 1988 at the summer games in Seoul, Korea, Chris Duplanty, Punahou

graduate and Outrigger member, made his first appearance on the Traci Pbillips Olympic scene playing on the U.S. water polo team, while Traci Phillips made her debut on the kayak team.

> Duplanty was the youngest non-Californian to make the team in 32 years. The former OCC canoe paddler and ODKF scholarship winner brought home a Silver Medal.

> > Traci recalled after the Olympics



that she accomplished her goal by making it to the finals of the K1 500 meters event. "As I was warming up, my idol Birgitte Schmidt from East Germany smiled at me and nodded. She's never smiled at me before or for that matter at anyone. I felt privileged. I had a good start and noticed that with 150 meters left I was gaining on the Russian girl. I made the ugliest face I could and went for it. As we crossed the line, the Russian girl and I looked at each other. I could tell I had beaten her. I asked the Bulgarian who had won and she said she did. I hadn't realized that I had beaten any-

one else but when I looked up at the board I was 6th. I never expected sixth and I had fun!"

Traci's boat finished 9th in the K4.

Barcelona 1992

Chris repeated as the backup goalie on the water polo team in 1992 in Barcelona, Spain, when the U.S. team finished fourth.

Traci Phillips and Wyatt Jones were members of the 1992 U.S. canoe and kayak team. Traci finished seventh in the K4 500 meter event and Wyatt competed in the C2 1000 meter



Mariechen Webselau Jackson



John Beaumont

Atlanta 1996

Duplanty and Phillips will again be members of the U.S. team in their respective sports for the third time. This time around, Chris will be starting goalie and captain of the U.S. water polo team.

Traci will be making her third appearance on the kayak team.

Occ's newest Olympian is Mike Lambert who was selected to the U.S. Volleyball team.

As Olympic fever sweeps across the world, swift runners bearing the Olympic torch cross mountains and plains and oceans ... all on their way to Atlanta. This year's centennial



Helen Moses Cassiday

games promise to be one of the greatest and competition appears keener than ever.

When the magical spectacle of the Opening Ceremonies begin on July 19, many Hawai'i residents and Club members will be on hand. Some will be there as spectators, some as members of the Hawai'i branch of the U.S. Olympic Committee, some as honorees for past victories and some, like Chris Duplanty, Traci Phillips, and Mike Lambert, competing in the Summer Games of the XXVI Olympiad with and against the finest athletes in the world.

We wish them success. Ø

Duke VB

The Duke Kahanamoku State Beach Volleyball Championships, featuring Hawaii's best collegiate, professional and amateur volleyball players, will be held at the OCC Sand Courts on August 31 and September 1.

New Members

Regular:

Vi Dolman, Paul Loewe, Ida Ringel, Christy

Vicari-Coito

Intermediate: Karen Appleton, Allyson Mattox, Norman

Skorge

Junior:

James Barbosa, Christopher Dodge, Tiffany

Dowd, Natascha Grab, Nicole Grab, Elizabeth Hiller, Michael Larsen

Nonresident: George Ladd

In Memoriam

Betty Rogers Deceased: March 30, 1996 Member: 18 years

William Plato Lacy Deceased: April 3, 1996 Member: 48 years

Servace Turns

n Friday, May 17, at 8 a.m., Club member Judge Michael Town, just in from paddling, married Marinus "Connie" Contant and Christina Hellstrom on the Lanai. The ceremony was witnessed by Shirleigh Clark with an impromptu appearance by Rick Davis.

Later that evening, the newly married couple celebrated the happy event over dinner with the Clarks and the Davis'. . .

The Grune family had a lot to celebrate on Mother's Day. A party of 14 helped Anna Grune celebrate not

only Mother's Day, but her graduation with a master's degree in architecture and the birth of her child on January 31. She and pop, Randy, also observed son Sutter's baptism on May 12.

Susic and Ben Cassiday hosted a small family dinner in honor of son Ben HI's wedding to Maile Burgundy in May. They had a very small ceremony at the Cassiday home and a small dinner at the Club. The newlyweds are living on Oahu.

Gordon Lawson hosted a dinner for his wife, Grace Mary, on

> April 14 in the Dining Room. A surprise birthday party was hosted by Patti Anderson and Bruce Soule for their mother, Aileen Soule, who celebrated her 90th birthday on May 4. Three days after the celebration,

Judge Mike Town marries Christina Hellstrom and Marinus Contant.



Ready to eat at the Running Awards Banquet were Jeannie DelAmos, Gina Schulz, Marti Reed and Steve Dunn.





Bruce Soule greets mom, Aileen, at ber surprise 90th birthday party.

Aileen left for California where she competed in the U.S. Masters Swimming Short Course National Championships. A two-time Olympian, Aileen informed her guests that she had moved up in category and would now be swimming in the 90-94 age bracket!! P.S. She won the 100 yard freestyle, chopping a full minute off the national record.

Aileen will be a guest at the opening of this year's Olympics in Atlanta. She competed in two Olympic games where she medaled in both swimming and diving. She is the oldest living Female Gold Medalist.

Aileen is an amazing lady and an inspiration to us all.

Word comes from the Mata Hoe Vaka Kahu Kahu O Hera Rapa Nui (Rapa Nui Outrigger Canoe Club) via fax that their first six person outrigger canoe has arrived on the island.
Maruru to the members of OCC and
the local community that gave not
only money, but mana to this effort.
Greg Moss' paddles are being replicated and Sherry Gannaway's training exercises were translated first into
Spanish and then into Rapa Nui. One
hundred children have signed up for
paddling, so the words are "send
more canoes." How about it?
Anybody want to personally deliver a
canoe to the Southeast corner of the
Polynesian Triangle? See Gerry
DeBenedetti for details.

Dicey and John Brinck held a kickoff lunch for the committee planning the Opera Ball, slated for November 7. Dicey, good organizer that she is, got her group of 28 off to a great start (in plenty of time). They were so inspired by the site and the



June and Arnold Lum and Joanne and Tom Dixon visited Rapa Nui in April.

Stein Metzger and Brian Wells, UCLA's dynamic duo, celebrate after winning their second straight NCM Volleyball Championship and third in their four years in Westwood. They have played together since fifth grade at Punahou (coached by Peter Balding) and led OCC to the Junior Olympics championship in 1991 (coached by John McDermott). Both were starters on the Bruin team and Stein was captain. He was also named Mountain Pacific Sports Federation Player of the Year. Stein was the setter for the Bruin leam and Brian was the swing bitter. They graduated from UCLA on June 15.



Surrounded by her family at birthday dinner are. front. Gordon Lawson, lan Bingham, Grace Mary Lawson, Eric Bingham, and Nelson Lindsay. Back row, Lisa Lindsay, Chip Fogg, Kevin Fogg, Gloria Keller. Leslie and John Bingham.

Enjoying a post Sympbony Run Brunch at Don Eovino's bouse are Ruth Munro, Don Eovino, Hina Schramel, Tom German and son, Carol Wilbur-Sbeeban, Bill Manfredi, David Kerr and Jack Sbeeban.

sight at OCC, they met for three hours...

Linda Jamieson hosted a bridal shower luncheon for a close friend on May 4. There were 18 in the party and Linda is one of the bridesmaids. Linda did have one complaint, however. It was the day of the Hawaii-UCLA NCAA volleyball championship and the guests kept sneaking up to the bar to check the score. This is an only in Hawaii type bridal shower, folks.

Kim Manaut reports her buffet dinner for 25 was just lovely. She hosted a wedding rehearsal dinner for her brother Brian. Brother and bride came to Hawaii to get married and were just thrilled by the OCC atmosphere. Kim also reports just returning from a trip to London.

Thank you to our OCC paddlers who took the leis out to sea at the Memorial Day service on May 27. They again "named" the leis as they cast them into our waters so the spirit of Aloha and the memories of our loved ones joined the wind and the sun and the sky. Thank you Liz Perry, Wendy Crabb, Gerry DeBenedetti and Heidi Hemmings. On their way in, Heidi and Gerry rescued two tired swimmers who had gone out too far in the surf.

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





One bundred years of correspondence between the Lemke-Ostrem cousins in Hawaii and the Renate and Manfred Jaeckel German cousins from Loxstad, Germany ended after a month's visit in Hawaii with a dinner for 25 at the Club. All German relatives were lost in World War II. Pictured are Renate and Manfred Jaeckel.



Ron Scelza, Chris and Marcy Haines attended Running Awards Banquet.



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President's Aloba Party

Board members, past presidents and committee chairs gathered at the Club on April 19 to honor 1) past president Wendell Brooks, center, his wife Gloria and President Tim Guard. 2) Past President's who attended were, front, Bob Moore, Wakey Mist, Thad Ekstrand and Tim Guard. Standing, Roy Kesner, Ron

Sorrell, Bob Anderson, Ward Russell, Walter Guild, Mark Buck, Jim Peterson, John Goss, Ben Cassiday, Peter Balding and Wendell Brooks.

3) President Tim Guard recognizes outgoing Board members Jim Peterson, Scrappy Lipton, Bill Bright and Wendell Brooks.







Celebrate Ath of July at the Outrigger Canoe Club

Come and enjoy 4th of July at the Club. The following events are planned:

7-8 a.m. Canoe Paddlers' Breakfast on the Hau Terrace.

8:30 a.m.-4:30 p.m. Macfarlane Outrigger Canoe Regatta at Waikiki

Beach, in front of the Outrigger Hotel, sponsored by

the Outrigger Canoe Club.

11:30 a.m.-2 p.m. Lunch Service Hau Terrace & Bar Lanai. 5-11 p.m. Club Party (Admission by ticket only).

Club BBQ 5:30 - 9:30 p.m.

Spaghetti Dinner at the Snack Shop 6-9 p.m.

Dancing and Disco 8-10:30 p.m.

As a reminder, all events at the Club on July 4th are for Club members and their invited guests. However, due to the limited space, everyone attending the Club Party must have a ticket for admission. Tickets for admission are available at the Front Desk for \$1 each. Tickets should be purchased in advance. Because of our Club's size, tickets will be limited to members as follows:

Junior, Associate, Non Resident and Guest Members - Limit 2 per member. Regular, Senior and Intermediate - Limit 4 per member.

For everyone's enjoyment, persons below the legal drinking age of 21 are discouraged from attending the Club after 8 p.m.

Club Membership Cards for identification and verification of age will be required.

Parking will be for Club members with parking decals only.

We look forward to seeing you at the Club on the 4th of July and hope that you will have a great time. **9**

OCC Wins USVBA Title

utrigger won the Men's 35 Division of the U.S. Volleyball Championships at the Dallas Convention Center on June 1. OCC beat King's Mountain Fog of Half Moon Bay, California, 15-4, 15-2 in the title game. This was the 35's fifth national championship in six years.

Marc Haine was named MVP and Kimo Brown, Scott Rigg and Ralph Smith all earned first-team all-American honors. Tim Walston was selected to the second team.

OCC finished second in the 40 Division, losing to the Texas Stars of Dallas, 15-10, in a sudden death final. The Stars came out of the losers' bracket to beat Outrigger, 15-10, 10-15, 15-13, and force the winner take all match.

Jon Andersen, Jon Stanley and Charlie Jenkins were named first-team all-Americans while Randy Shaw and Chris Crabb were named to the second team.

OCC finished fifth in the men's open division. Stein Metzger and Brian Wells were chosen to the all-rookie team. Stein was also named to the all-American second team and Brian was named to the all-American third team.

In Dallas for the AVP beach tournament at the same time as the USVBA championships were Lee LeGrande and Wayne Seligson. O



Bourbon Leaguers Visit in May

By Neal Ifversen

The first week in May every other year brings the former Pan-Am Bourbon League captains and first officers for their reunion at the Club. The Outrigger owes much to these pilots who contributed untold items, such as food stuffs, maintenance parts, volleyball nets, and other items we could not get or afford during the Club's lean and

war years.

The Bourbon League moniker goes back to the clipper days when it took from 18 to 20 flying hours to get from SFO to HNL. The crews had a five day lavover.

The original list of Bourbon Leaguers included more than 100 Pam Am staff. Many still retain their Nonresident memberships.

During their stay, they could be found on the volleyball courts, beach and at a special steak fry.



Bourbon Leaguers in a game of "Jolly Ball."



Former Pan Am Captains join former stewardess Ruby Ifversen at reunion.

Summer Entertainment Schedule

Hau Terrace 6 -9 p.m.

July 6 Kevin Mau

July 13 Jane McCabe

July 20 Kevin Mau

July 27 Jane McCabe

Liz Clairborne Fashion Show

By Christian Peterson. Entertainment Committee
the Liz Clairborne fashion show on April 19th
sold out early and the Hau Terrace held some
of the overflow viewers. Three Outrigger
Canoe Club members participated as models—Cleo
Evans, Dede Guss and Joan Rodlw.

The clothes shown, for the most part, were sports attire and many were match and mix ensembles—for instance a solid color shelf in either a knit or light weight fabric under a vest (either solid color or flowered design) under a jacket with long sleeves. This ensemble was shown with above knee length shorts or skort.

Some outfits consisted of blue denim jackets over denim shorts. All the fashions looked casual and comfortable and easy to wear. Perhaps the

most wearable for Hawaii (since our climate seems to be setting new highs) was the lined white linen outfit modeled by Joan Rodby. It was a short jacket with long sleeves over Bermuda length shorts. This outfit could be dressed up with glittering jewelry or worn daytime with scarves or more casual accessories.

The finale of the show was black cocktail dresses shown by the models as they carried long stem red roses.

Quite a few writers were among the audience and included Catherine Harris and Ella Wiswell with their guests Edwina Devereux and Edith deMars. Also Mary Machado (who used to write "As The Terrace Turns" column for OCC) was with her guest Maria Holland.

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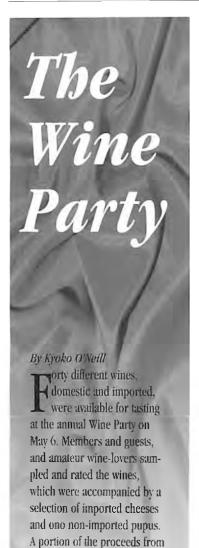
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Photos by Gloria Keller.

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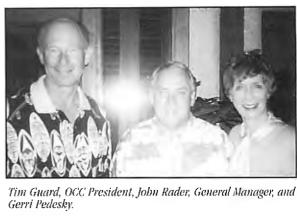
the event was donated to the Outrigger Duke Kahanamoku



Rosemarie and Michael Paulin enjoy a glass of one of the featured wines.



Jim (studying a label) and Maggie Walker.





Carolyn and Joseph Wingard arriving.



Connie and Al Serafin with Cindy Mahoney.



One-Person Canoes Challenge the Kaiwi Channel

By Genie Kincaid

n May 5, Canoe Sports Hawaii and Island Snow sponsored The Kaiwi Challenge, a race from Molokai for one-person canoes. The race course began at the Kalua Koi Hotel and finished at Sans Souci Beach. This is the eighth year for this event which has now gone international.

The race is so popular with oneperson canoe paddlers that this year, Walter Guild, the race's organizer, found himself deluged with 72 entries. Part of the reason is the format. Paddlers group into teams and take turns on the canoe by making open ocean changes. This keeps the pace lively as one paddler gets a breather while his or her teammate hammers away at the ocean.

Another reason for the race's popularity is the competition itself.

The best not only come from the islands to race, but now they come from all over the world. There were two teams from Australia and three from Tahiti entered. One item of note in the men's open division. Three of the top five teams could have entered the master's division.

And the unequivocal reason for the race's popularity is the grinds. Post-race festivities were held at the Club. Chef Pirscher cooked up an ono buffet for the racers, while John Rader, Don Figueira and the staff attended to the rest of the pithy details. Nothing revitalizes an expended athlete who has raced 38 miles across the Kaiwi Channel like good food and drink.

There was a poignant moment during the awards ceremony when it was announced that the championship trophy would be a perpetual trophy Results:

Men

- 1. John Foti/Jim Foti
- 2. Walter Guild/Jason Somerville-Kimlin
- 3. Courtney Seto/Steve Cole
- 4. Chris Kincaid/Pat Erwin
- 5. Mark Rigg/Tom Connor
- 6. Todd Bradley/Todd Hart
- 8. Tim Twigg-Smith/Jim Beaton
- 13. Marc Haine/Giovanni Cumiso
- 15. Bill Pratt/Ralph Grav
- 21. Jeff Metzger/Clayton Chee
- 31. Byron Ho/Brad Yoshimitsu

dedicated to the memory of Kala Kukea. James Kodama of Island Snow and Walter Guild wanted to honor this man who was not only an unquestioned canoe and kayak champion in his own right, but a beloved friend to so many in our community.

Women

- 1. Sonia Lambert/Loretta Toth
- 2. Carrie Judd/Cheryl Villegas
- 3. Mary Smolenski/Nicole Wilcox
- Donna Kahakui/Lisa Livingston Sara Ackerman
- 6. Paula Crabb/Kisi Haine

Masters Men

- I. Mark Meyers/Ken Powell
- Beenie Heen/Frank Snow
- 3. Ron Grabbe/Mike Smith (Aus.)
- Gaylord Wilcox/Nappy Napoleon
- Tay Perry/Rodney Romans

Masters Women

Beth Schluter/Diana Temple



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Front: Margaret S. (Maggie) Walker (R), Susan Johnson Hemmings (RA), Jeanne M. (Frankie) Anderson (R), Lael Wheeler (RA), Anne Hogan Perry (R), Mary Worrall (R), Jon R. Sutherland (R) Back: June R. Anderson (R), James P. McGuire (RA), Jane S. Morris (R), Anne Oliver (RA), Grace Mary Lawson (R) Not Pictured: Laverne P. (Virge) Janus (RA), Diane (Dicey) Brinck (R), Stewart J.K. Brissette (RA), Elizabeth (Beth) Worrall Daily (R)

Canoe Regatta Season Opens

utrigger Canoe Club paddlers finished second in the Clement D. Paiaina Regatta at Keehi Lagoon on June 2, and in the Kamehameha Regatta at Kailua Beach Park on June 9 to open the 1996 Oahu Hawaiian Canoe Racing Association regatta season.

Outrigger finished second to Lanikai in the Paiaina Regatta, scoring 69 points to Lanikai's 90. Kailua was third with 61 and Hui Nalu fourth with 56. Outrigger crews won seven races, finished second in eight races and third in four events.

Clement Paiaina Regatta June 2, 1996 Keehi Lagoon Winning OCC Crews

Boys 12 (1/4 mile) Aka Beaumont, William Dornbush, Billy Lawson, Andy Cavanah, Thomas Finney, Scott Bright 2:00.93.

Girls 13 (1/4 mile) Crystal Thornburg, Marissa Reuter, Morgan Janus, Micah Iaukea, Kelli James, Nani Naish 2:06.75.

Boys 14 (1/4 mile) Noah Gibson, Nick Bright, Nick Fowler, Keoni Williams, Justin Chalker, Wakey Mist 1:49.66.

Girls 16 (1/2 mile) Mahealani Lum, Sandy Dunn, Meleana Blaich, Annie Rosa, Kia Ostrem, Taylor Bechert 4:20.06.

Women Novice A (1/2 mile) Kendra Jenkins, Erin Worsham, Malia White, Nola Donahue, Barbara Muller, Melanie Behm 4:34.00.

Women Junior (1 mile) Genie Kincaid, Tiare Finney, Nau Kamalii, Patricia Nagatani, Shannon Dudgeon, Carolyn Hall 8:50.67.

Sentor Women (1 1/2 miles) Mary Smolenski, Donna Kahakui, Lisa Livingston, Sara Ackerman, Kaili Chun, Kisi Haine 12:53.85. In the Kamehameha Regatta, Outrigger also finished second to Lanikai in a regatta that was shortened by canceling the final nine races of the day due to heavy rain. Lanikai scored 63 points to OCC's 53. The final events were canceled because rain made starting flags nearly impossible to see.

The next race for Club paddlers is the Outrigger sponsored Walter J. Macfarlane Regatta on the 4th of July at Waikiki Beach. Come on down and cheer for our crews. Ø

Kamehameha Regatta June 9, 1996 Kailua Beach Park Winning OCC Crews

Boys 12 (1/4) mile) Aka Beaumont, William Dornbush, Billy Lawson, Thomas Finney, Scott Bright, Alex Town 2:15.00.

Girls 13 (1/4 mile) Crystal Thronburg, Marissa Reuter, Kelli James, Kristin Tesman, Kimberly Cundall, Nani Naish 2:27.34.

Boys 14 (1/4 mile) Noah Gibson, Nick Bright, Keoni Williams, Sean Madinger, Andrew Estes, Wakey Mist 1:57.56.

Girls 16 (1/2 mile) Mahealani Lum, Sandy Dunn, Marisa Whalen, Annie Rosa, Amy Gamble, Meleana Blaich 4:31.07.

Boys 16 (1/2 mile) Aaron Ackerman, Brady Jencks, Duff Janus, Will Estes, Peter Stams, Zachary Payne 3:57.84.

Women Novice (1/2 mile) Kendra Jenkins, Erin Worsham, Nola Donahue, Malia White, Ann Marie Kavanagh, Tisha Love 4:30.07.

Junior Women (1 mile) Nau Kamalii, Genie Kincaid, Patricia Nagatani, Valerie Kauahi, Shannon Dudgeon, Carolyn Hall 8:58.39.

Senior Women (1 1/2 mile) Nicole Wilcox, Donna Kahakui, Pam Clifford, Kisi Haine, Sara Ackerman, Starr Dawson 12:27.34.

Oabu Hawaiian Canoe Racing Association 1996 Race Schedule

Date	Event/Sponsor	Location
July 4	Walter J. Macfarlane Regatta Outrigger Canoe Club	Waikiki Beach
July 14	John D. Kaupiko Regatta Hui Nalu Canoe Club	Keehi Lagoon
July 21	Oahu Championships	Keehi Lagoon
August 3	State Championships	Keehi Lagoon
August 18	Duke Kahanamoku Canoe Race Lanikai Canoe Club	Kailua Beach to Duke Kahanamoku Beach
August 24	Kailua Bay Iron Challenge Kailua Canoe Club	Kailua Beach to Moku Manu to Moku Lea
August 25	Dad Center Race Outrigger Canoe Club	Kailua Beach to Outrigger
September 15	E Lau Hoe Na Wahine OHCRA	Magic Island to Pokai Bay
September 22	Skippy Kamakawiwoole Race Outrigger Canoe Club	Maunalua Bay to Nimitz Beach
September 29	Bankoh Na Wahine O Ke Kai	Molokai to Oahu
October 13	Bankoh Molokai Hoe	Molokai to Oahu

Hau Terrace

The regular Hau Terrace dinner menu is now available on Monday nights.

Snack Shop

Open until 8 p.m. on Fridays

Open until 6 p.m. Saturday-Thursday

CLUB CAPTAIN'S

By Ron Li

Summer surf is here. We're organizing a couple of canoe surfing steering clinics at the beginning of July.

If you've wanted to sign out a canoe to surf, you need to be on the list of approved steerspersons (depending on the surf height). Now is your chance to get qualified and for the Club to update the list.

Check the Tunnel for more details. Signups for interested members are at the Front Desk.

Four new surfboards have been designed and built by the surfing chairman Mark Jackola. The 10 footer is suitable for tandem surfing, and the other three are 9'6" longboards. Kudos to Mark for his time devoted to the Junior OCC Surf Team.

Two new paddleboards are available for member use. As a policy, surfboards and paddleboards are for use in the water immediately fronting the Club and are not to be transported elsewhere on the island or off island. We have a limited amount of equipment for member use. Any exceptions must receive approval.

The next Club paddleboard race is the 12th annual Cline Mann 5K race on Saturday, August 12th.

Junior volleyball clinics for boys and girls start at the beginning of July and run for six weeks. Sign ups are being taken at the Front Desk. Coaches are Kanoa Ostrem, Pono Ma'a and Stevie Li. Summer volleyball schedules are available at the Front Desk.

Check the new tunnel bulletin board for current info, especially how to participate in golf, running, softball, swimming and tennis.





By Mark Jackola

The surf finally came this summer and everyone is having lots of fun. The Summer Surf Contest was great fun for everyone beginning at 7 a.m. and finishing at 4 p.m. with a break for the Memorial Day service.

The Junior short board event was the early bird special. Low tide and 3 to 5 foot surf. After the Memorial Day service, the open long board competition began. The men's final was great with Buzzy Kerbox jumping on John Akana's board and they surfed tandem.

The finale was canoe surfing with 14 teams battling it out in perfect high tide long rides at the Bowl. The teams like the Hippy Commune Girls, Battering Kapakahi and the last heat featured Lost Logos challenging Ama Under for some of the most spectacular rides from Old Man's Bowl to No Place and the entire populace of the Hau Terrace was cheering them on.

Another highlight team was Team Bean banging the channel marker.

On July 29, the awards presentation and Summer Surf Movie will take place in the Dining Room.

I know everyone wants to know who is the new Club champion, so for loads of fun, entertainment and trophics, be there.

Special thanks to Adelle and George Badone for judging and Tom McTigue for his blow by blow sports commentary.

Note: Junior Life Guard training starts at Ehukai Beach on July 29 at 8 a.m. $\,$ $\,$ $\,$ $\,$ $\,$ a.m. $\,$ $\,$ $\,$

OCC tennis players include Carole Sheeban, Gertrude Berger, Lucy Black, Mary Nurse, Ann Martin and Gloria Keller.

Women Netters Begin Summer League



By Gloria Keller

he OCC Women's Tennis Team gathered at the Club on May 15 prior to the beginning of the USTA summer league. General Manager John Rader gave us an OCC banner which we plan to fly at each of our matches, so we encourage anyone who is free to come out and support us while we play. Just look for the Club banner.

The Tennis Committee is putting together some Club challenges. Because summer is such a busy time, we are planning these events for early fall and we hope to attract members of all ages. I will keep you updated on all tennis related events, both in The Outrigger and with notices posted on the Bulletin Board next to the Logo Shop.

If anyone has any suggestions or would like to participate in the tennis program, leave me a note at the Front Desk with your name and phone number.

Matches this month are on July 5 at Keehi at 8:30 a.m. and on July 13 at UH at 9 a.m. • •

Backward Glances

By Moana Tregaskis, Historical Committee

45 Years Ago — July 1951

Club President - Wilford D. Godbold

Louis "Sally" Hale wrote an article about Waikiki's wild waves in mid-June. A record was made by Gene "Tarzan" Smith who surfed from Castle's, through Public Bath's and Cunha's — the same ride made in 1930 by Tom Blake (twice) and by Duke. Duke won by riding his board up the old Makee Stream under Kalakaua Avenue!

The surf was breaking in a continuous line from the Elks Club to Honolulu Harbor, and as far out as one could see. According to Dad Center and old timers, this was the largest surf seen since the Japanese earthquake of 1923. Boards were torn from the grasp of surfers by the huge breakers. No cause for the big surf was determined.

The listing of clubs affiliated with OCC totalled 33, including two on the neighbor islands. The clubs were in the western states, New York, Canada, Australia, Central and South America.

40 Years Ago - July 1956

Club President - Samuel M. Fuller

On July 18th, members gathered for a luncheon and fashion show entitled "Fashions Around the Club" designed by our own Hattie Whitaker. A familiar sight on her Malibu board at Canoe's or Queen's, Hattie, designed active and spectator sportswear, cocktail and evening fashions.

Duke P. Kahanamoku was the first name inscribed on the new Royal Hawaiian Catamaran Association Trophy. Sailing at Waikiki Yacht Club in the summer regatta, Duke won the three-race series.

25 Years Ago — July 1971

Club President - Thad W. Ekstrand

Six canoe clubs participated in the Macfarlane Day Races. With 15 events held, OCC won three races and placed third in point scores (34 points).

15 Years Ago — July 1981

Club President - C.E. "Bud" Ackerman

The new Weight and Exercise Room opened on the mezzanine level of the parking garage. With all the newest of the day in weight training equipment, the new facility became available to all members.

Members It Pays To Know



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TIPS.

from the Trainer By Sherry Gannaway Founder, Body by You!



Incline Bench Chest Press



Flat Bench Lateral Raises



Cable Straight Arm Pulls



Cable Triceps Pull Downs

Sport Specific Weight lifting Part One

Canoe Paddling

elcome to the July issue of Tips from the Trainer. These series of weight lifting moves are specifically designed to stabilize and improve your stroke for paddling a one or six person canoe. Let's take a look at the primary and secondary muscles performing in the paddling stroke.

Primary Movers:

Latissimus Dorsi, Pectoralis Major, Large Shoulder Rotators, Serratus Anterior, Trunk Rotators, Biceps.

Secondary Supports:

Rhomboids, Pectoralis Minor, Small Shoulder Rotators, Serratus Posterior, Abdomen, Triceps.

Note: The use of the entire lower body is essential to the power of your stroke and protects the lower back.

It is important to understand that the power of the primary movers can only be maintained if they are properly supported. In this program, I give you one exercise for the power of the pull and three moves to support the pull. The supporters help you maintain body alignment for a fast recovery within the stroke and to prevent injury to the primary movers.

I suggest you do this program with your stretching, cardio and rubber band training at least two times a week.

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 run-

ning 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 a 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.

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.

Incline Bench Chest Press (Pectoralis Minor)

Position: While sitting in a Neutral Strong Sitting Position, begin with your arm bent softly, the palm of your hand slightly facing you. As you extend your arms away from the starting point, gradually turn your hands until your palms are turned away from you. Stay just above chest level and exhale when you lift. Inhale and return the hands to the starting position. Repeat three of 15.

Flat Bench Lateral Raises (Rhomboids)

Position: Lie on a flat bench belly down. Bend your knees at a 90 degree angle and pull in your abdomen to protect the back. Extend your arms just below parallel to the floor; that is your starting point. Exhale and bring your arms just above parallel to the floor while squeezing your shoulder blades together. Note: This tends to be a weak area on most people. Test with light weights first. Repeat four sets of 15.

Cable Straight Arm Pulls (Shoulder Rotators and Lats.)

Position: Sit in a neutral spine position with one leg forward and the other directly under the knee. Do not round your back or bend your wrist to avoid losing power. With a straight arm and a slightly bent elbow, pull back on the exhale. Sit up and squeeze your abs. Repeat three sets of 15 each arm.

Cable Triceps Pull Downs (Triceps back of the Arm)

Position: Stand in Neutral Strong Stance—bend knees, chest up and abs in. Hold the triangle handles on the pulley cables. Start with the arms at a 90 degree angle, exhale and pull down toward the floor. Keep your head up and wrist as firm as possible. Inhale and return to the starting point. Repeat four sets of 15.

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 abdominals. 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.

Friendly Reminders for a Healthy Season:

- Drink lots of water and electrolyte replenishing drinks.
 - · Eat lots of veggies and fish.
- Go to sleep early before long paddles and races.

Good Luck and Paddle Safe!! 9

Non-Run Fun Festival July 15

By Don Eovino

member to get your tickets now for the 3rd annual Non-Run Fun Festival to be held on Monday, July 15 at 6 p.m. at the OCC. It's sure to be a sold-out event.

Ten popular restaurants will participate this year so more of a sampling of food will be available. They include Sunset Grill, Compadres, Indigo, Harpo's, Big Island Steak House, Gordon Biersch, Trilussa, Hoku's, Scott's Seafood Grill and Bar and Hooter's.

Non-run souvenirs and non-finishers T-shirts go to all participants. Beverages will be available through script. Each entrant will receive an official non-run number as a way to identify themselves to

obtain aid at the numerous stations.

Music this year will be Salsa Hawaii by Rolando Sanchez. Joe Teipel will emcee the auction which is chaired this year by Jon Bryan. Start saving your money now for fabulous items such as Neighbor Island round trip packages, teeth bleaching by Dr. Mike Schwinn, certificates to restaurants including La Bourgogne French Restaurant, Chart House, Nicholas Nickolas, Rodeo Cantina, California Pizza Kitchen, Hooter's Boat Cruise, Gordon Biersch Brewery Tour and many, many more. Look for the auction list at the Club.

Tickets are \$20. Late ticket purchases will cost you \$5 more, so order your tickets now at the Front Desk, or from either Running or Fitness

Center committee members.

The Fun-Run is for all ages and all levels of ability. For those OCC couch potatoes, this is the run for you. See you there. O

News From the Bar

Gordon Biersch Draft Beer

is now available on tap at the Bar.

Junior

aione Crabb and Mele Blaich were named to the ILH Track All-Star team. Kaione was named in the shotput/discus and Mele in the 400-800 meters.

Parker McLachlin was named [LII Player of the Year in Golf. . . Tevai Worthington was named to the ILH tennis team in doubles. . . Lindsey Berg and Momi Ka'aihue were named honorable mention on the ILH basketball all-star team.

Ikaika Anderson was named the Kamehameha scholar-athlete for Division 1 Canoe Paddling. . .

It's great to see so many Junior Riggers out for paddling.

Don't forget the Junior VB Clinic this month. Sign up at the Front Desk. It's open to both boys and girls.

There's also going to be Junior Life Guard training at Ehukai Beach Park beginning July 29. Contact Mark Jackola for more information.

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. O



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ODKF Establishes Kala Kukea Endowment Fund, Names First Grantee—Mahealani Lum

By Gerry DeBenedetti

t the request of the family of the late Kala Kukea, who died on February 8 of this year, the Outrigger Duke Kahanamoku Foundation has established the Kala Kukea Endowment Fund. Grants given from this fund will honor the memory of Kukea, a renowned water sportsman who died at the age of 52 while kayaking off shore Waikiki with his son, Nalu, a member of the Outrigger Canoe Club.

Kala, a fireman for more than 24 years, was a graduate of Kamehameha Schools and West Point. A member of Hui Nalu Canoe Club and a coach for the Hawaii Canoe and Kayak Team, many paddlers and kayakers, young and old, were influenced by Kukea who taught them to love water sports and to appreciate the sea.

His son, Nalu, was a recipient of ODKF funds for both athletic grants and scholarships while he was in college. The Kukea family, aware of the caliber and distinguished record of the ODKF, made the decision to donate all funds received by the Family and Friends of Kala Kukea to the Foundation. All donors received an acknowledgment letter and

brochure outlining the goals and purpose of the ODKE

At its May board meeting, the Foundation announced that the first grant from the Kala Kukea Endowment Fund will be awarded to OCC member Mahealani Lum. Hers will be the only award given from the Kukea Fund this year.

A member of the OCC Girls 16's paddling and volleyball teams, as well as a representative of the Hawaii Canoe & Kayak Team, Mahealani will participate in the kayaking Junior World Championships in New York, as well as the kayaking nationals in Florida. She is ranked first in the KI 500 meter event for Juniors.

In November 1995 she was the Star Bulletin Athlete of the Week for her participation in two varsity sports at Kamehameha Schools, kayaking and volleyball.

In addition, ODKF granted six other athletic grants totalling \$9,000 to the following:

Walter J. Macfarlane Regatta

The Outrigger Canoe Club will receive a grant to defray the costs of the annual Walter J. Macfarlane Regatta. Funds for this grant come from the Muriel Macfarlane Flanders Endowment Fund established by the foundation as a result of the generous support Mrs. Flanders has consistently shown to ODKE

Wayne Seligson

OCC member Wayne Seligson is a professional volleyball player with the Association of Volleyball Professionals. His award comes from the Tom "Daddy" Haine Endowment Fund.

Hawailan Lifeguard Association

The Hawaiian Lifeguard Association receives a grant to hold a Junior Life Guard training program this summer for youngsters ages 13-17.

Jamie O'Brien

Jamie O'Brien receives a grant to participate in the National Surfing

Association competition in Huntington Beach, CA.

Lanikai Canoe Club

The Lanikai Canoe Club received a grant for the 25-mile Duke Kahanamoku Long Distance Canoe Race.

Hideru Inoue

A member of the Hawaii Canoe & Kayak Team, he will attend the Junior World kayaking event in Lake Placid, NY. He participates in K1 and K2 events.

The Outrigger Duke
Kahanamoku Foundation gives athletic
grants throughout the year to encourage athletes whose endeavors will
contribute to the growth and development of athletics in Hawaii, to support
athletic events and participation by
teams and individuals in local, national and international competition, and
to preserve, perpetuate and develop
sports which have a special cultural
or historical significance to Hawaii.

The next grant awards will be made August 15. Applications are at the OCC Front Desk.



For the Record

Running

Waikele 10K Rock & Roll 5/5/96 Don Eovino: 44:38 David Kerr, 3rd, 50-59, :50:30 Memorial Day 10K 5/27/96 Windward Mall Ruth Munro, 1st, 50+, 1:30:37 Wheeler-Schofield Trail's End 10K 5/12/96 Don Eovino: 45:30 Bill Manfredi: 53:15

King Kamehameha Kukini

1on Hunter :46:50

6/8/96 4 miles at Kapiolani Park Katy Bourne, 2nd, Masters :26:28

Marathon

Holokiki Oʻ Alele Half Marathon 5/19/96 Kailua Pauta Jenkins, 3rd, 35-39, 1:45:44 Katy Bourne, 1st, 40-44, 1:39:16 Ron Scelza, 2nd, 50-54, :22:59 Boston Marathon 3/15/96 Boston Robert Porter 3:55:40

Biathlor

15th Annual Koa Kai Run-Swim-Ron 6/1/96 2k Run, 1K Swim, 2K Run at Ala Moana Beach Eleni Pflueger, 3rd, 20-29, 136:47 Diane Stowell, 1st, 60-69, 135:06

Triathlon

Keauhou-Kona Triaddon 5/26/96 Half Iron Man Distance David Kerr 6:41

Swimming

Popoia Swim 5/19/96 at Kailua Beach Diane Stowell, 1st, 60-64, :38:35 Ted Sheppard, 1st, 45-49, :34:41 Uli Klinke, 1st, 50-54, :36:32 U.S. Masters Swimming Short Course Championships 5/L2/96 Cupertino, California James Krueger, 1st. 55-59, 200 Freestyle Relay 1:39.62 (national record) James Krueger, 1st, 55-59, 200 Medley Relay, N.T. James Krueger, 5th, 50-59, 50 Ffy, :28.53 James Krueger, 5th, 50-59, 100 Fly, 1:08.09 James Krueger, 8th, 50-59, 50 Free, :25.83 James Krueger, 9th, 50-59, 100 Free, :57.9

Canoe Racing

Zachery Payne), 3rd

George Perry Memorial Na Keiki O Na Waa Long Distance Race 5/18/96 Kaihua Beach Girls 13 (Crystal Thornburg, Kellie James, Micah laukea, Morgan Janus, Marissa Rueter, Nani Naish), 1st Girls 16 (Malsealani Lum, Sandy Dunn, Amy Gumble, Tiffuny Lee, Kiana Henry, Taylor Bechert), 1st Boys 16 (Aaron Ackerman, Duff Janus, Alex Turner-Gerlach, Ben Komer, Brady Jeneks,

Paddling

IPCF World Sprints 5/16/96 New Caledonia Lisa Livingston, 16th, Open Women, V1-500, 2:44.80 Lisa Livingston, 4th, Masters Women, V1-500, 2:47.81 Gaylord Wilcox, 15th, Masters Men, V1-500, 2:24.52

Sailing Canoes

Ho'omana'o Challenge 5/26/96 Kaanapall Beach to Waikiki Beach Bo'omana'o (Mike Field, Michael Judd, Thibert Lussiaa, Jim Beaton, Tim Twigg-Smith, Dale Hope), 1st, 6-person, 7:31:58 MafaKii (Jackie Muller, John Foti, Jim Foti, Rock Owens), 1st, 4-person, 9:32:00 Walter Guild, 2nd, 1-person, N.T.

Ted Sheppard Wins Open Ocean Swim

ed Sheppard captured the OCC Open Ocean Swim on May 11. The event, which coincided with jellyfish season, had a delayed start while the group waited for the jellyfish to disappear. They did and the event went off without a hitch with the 33 swimmers racing from Sans Souci towards Waikiki and back to the Club beach.

Sheppard's winning time was 53 minutes, 16 seconds. He was followed closely by Jon Steiner in :54:16 and Bruce Sloan in :54:32.

First woman in was Andrea Woods in :54:44, followed by Diane Stowell in :57:09.



Sbort course swimmers Vic Hemmy Jr., left. and Capt. Ray Robinson, right, with Swim Gommittee Chair Arnold Lum.



First finishers were Ted Sheppard, Jon Steiner and Bruce Sloan.



Swimmers gathered at the beach before the start of the swim.

Overall—1. Ted Sheppard :53:16. 2. Jon Steiner :54:16. 3. Bruce Sloan :54:32.

30-39-1. Jon Steiner: 54:16. 2. Steve Torkildson 1:10:41. 3. Eric Crispin 1:26:25.

40-49—1. Ted Sheppard :53:16. 2. Bruce Sloan :54:32. 3. Alton Motubu :56:14. 4. Mike Takahashi :56:37. 5. Ward Sanders :57:02. 6. Roger Quinn 1:23:08.

50-59—1. Uli Klinke :56:40, 2. Carl Kawauchi :56:53. 3. Blair Campbell 1:01:40. 4. Dennis Blake 1:08:40.
 Ken Tanaka 1:28:53.

60-69-1. Jim Anderson 1:09:48.

Women

20-29-1. Stephanie Dubois 1:08:35. 2. Barb Hayner 1:10:43.

30-39-11 Andrea Woods :54:44. 2. Laurie Foster :57:17. 3. Carole McCabe 1:08:38.

40-49-1. Katie Anderson 1:02.23.

60-69-1. Diane Stowell :57:09.

Short Course (1 mile)

Men

Overall-1. Pete Schlegel (21:34, 2, Vernon Knight (23:01, 3, Steve Jackson (24:24,

50-59-1. Steve Jackson :24:24. 2. Ralph Germann :28:11. 3. Vic Hemny Jr. :29:06.

60-69-1. Pete Schlegel :21:34. 2. Vernon Knight :23:01. 3. Jim Zachary :34:53.

70+-1. Eric Klimpl :36:51. 2. Ray Robinson :40:16.

Women

20-29-1. Margo Worrell :37:43.

50-59-Susan Schenk :33:23

60-69—Rene McWade :32:54

international buffets



July 5 Taste of America



August 2 *Mediterranean Feast*



September 6 Western Paniolo (BBQ)



~1996~ Bankob Molokai Kayak Challenge

By Genie Kincaid

Some of the best kayakers in the world converged on Molokai on May 19 to accept the Bankoh Molokai Challenge. Although the top three finishers in the men's division were Australian, the first local finisher was none other than Nalu Kukea who took 4th in a time of 3:45:00. It was a perfect and an emotional end to the kayaking season as the race was dedicated to Nalu's father, the late Kala Kukea.



Kelly Fey and Nalu Kukea were top local finishers in Kayak Challenge.

Among the 55 kayak (surfski) entrants finishing the race from Outrigger were David Horner in 4:04:21, Jim Beaton 4:17:48, Tim Twigg-Smith 4:29:14, Mark Buck 4:26:36 and Bill Danford 4:37:17.

Kelly Fey turned in an outstanding performance, winning in a time

nk of Hawaii



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Geoff Graf, General Manager Colony's Kaluakoi Hotel & Golf Club

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of 4:23:09, besting her second place competition by a huge 18 minutes. Most impressive was the fact that Fey is a three-time winner of this 32 mile contest. Lesline Conner finished 4th in a time of 5:01:23.



David Horner finished third in the 20-29 division.

Bill Danford and Mark Buck were satisfied with their third and second place finishes, respectively, Rigg's the Man in the One-Person



Mark Rigg won the Bankob Molokai Challenge.

By Genie Kincaid

It started out, as he puts it, a quest. "I was going to give it six months, and just see what happens." Well, what happened was Mark Rigg not only paddled away with the 1996 Kanaka Ikaika Oahu and State Championships, but capped the one-person canoe season by winning the Bankoh Molokai Challenge on May 19.

Rigg has dominated the one-person canoe competition this year, and the Molokai victory was particularly sweet as it was Rigg's first solo crossing.

Rigg finished the 32 mile course from Papohaku Beach to Hawaii Kai's Koko Marina Shopping Center in 4:17:35, bettering the course record by an



Chris Kincaid signals his 7th place finish.



Courtney Seto received bis 4th place trophy from Kanaka Ikaika President Wayne German.

awe some 5 minutes and 49 seconds. For his effort, Rigg won cash prizes totaling $\$1,\!000$ and a two-night stay at Marc Resorts.

Courtney Seto finished 4th overall in a time of 4:29:22, and was awarded a cash prize of \$200. Seto not only competed, but also crafted the handsome trophies awarded racers in the various divisions.

Chris Kincaid was out of the money this year, but managed to finish 7th overall in a time of 4:42:27.

Now that Rigg has succeeded in his quest, the competition is on a quest of its own, trying to figure out a way to beat him. Frankly, it looks like the only way they're going to get the man is for the man to retire.

Prime Rib Buffet Dining Room 6 pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Club BBQ Every Sot. 6 pm Entertainment	1 Noon Bridge Hau Terrace Lunch and Dinner	2 Regular Lunch and Dinner Service	3 Regular Lunch and Dinner Service	4 Holiday Macforlane Regatta	S Regular Lunch	6 Hou Terroce Lunch
Snack Shop Summer Hours	ana Jinner			Waikiki 4th July BBQ	CLUB BUFFET Dining Room 6pm	Regular Dinner Service Club BBQ 6 pm Kevin Mau entertains
7 BRUNCH 8:30 om Prime Rib Buffet Dining Room 6 pm	8 Noon Bridge Hau Terrace Lunch and Dinner	9 Regular Lunch and Dinner Service	10 Regular Lunch and Dinner Service	1 1 Regular Lunch and Dinner Service	12 Regular Lunch and Dinner Service	13 Hau Terrace Lunch Volleyball Championship Regular Dinner Service Club BBQ 6 pm Jone McCabe entertains
14 Keehi Canoe Races BRUNCH 8:30 am Prime Rib Buffet Dining Room 6 pm	15 Noon Bridge Hau Terrace Lunch and Dinner Nonrun Festival	16 Regular Lunch and Dinner Service	17 Regular Lunch and Dinner Service	18 Regular Lunch and Dinner Service	19 Regular Lunch and Dinner Service	20 Hou Terroce Lunch Volleybell Regular Dinner Service Club BBQ 6 pm Kevin Mau entertains
21 Keehi Canoe Races Volleyball BRUNCH 8:30 om Prime Rib Buffet Dining Room 6 pm	22 Noan Bridge Hau Terrace Lunch and Dinner	23 Regular Lunch and Dinner Service	24 Regular Lunch and Dinner Service	Regular Lunch LIVE MAINE LOBSTER Resery. Dining Rm 6:00 pm	26 Regular Lunch and Dinner Service	27 Hao Terrace Lunch Volleyball Regular Dinner Service Club BBQ 6 pm Jane McCabe entertains
28 BRUNCH 8:30 om Prime Rib Buffet Dining Room 6 pm	29 Noon Bridge Hau Terrace Lunch and Dinner	30 Regular Lunch and Dinner Service	31 Regular Lunch and Dinner Service		Check out the Valleyball Support your Canoe Club's Canoe Races 4th July Walkiki Mactorlane Regatta 14th Hui Nolu at Keehi 21st Oahu Champianships at Keehi Every Saturday Night CLUB BBQ 6 PM HAU TERRACE	
	Surf Movies					

A U G U S T

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
REMEMBER, CLUB Also remember, lat Distance Canoe Ra	te Snock Shoo for rela:	Y with really great mu xed family dining ever August 18, 24, and 25	v Fridav	Regular Lunch and Dinner Service	2 Regulor Lunch MEDITERRANEAN CLUB BUFFET Dining Room 6pm	3 Hau Terrace Lunch Canoe Stote Champs Keeh Regular Dinner Service Club BBQ 6 pm Kuuipo Kumuhaki entertoin
4 BRUNCH 8:30 am	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	1 O Hau Terrace Lunch Regular Dinner Service
Prime Rib Buffet Dining Room 6 pm						Club BBQ 6 pm Kuuipo Kumuhaki entertaii
1 T BRUNCH 8:30 am	12 Noon Bridge	Noon Bridge Regular Lunch	1.4 Regular Lunch and	15 Regular Lunch	16 Regular Lunch and Dinner Service	1.7 How Terrace Lunch
Prime Rib Buffet Dining Room 6 pm	Hou Terrace Lunch and Dinner	and Dinner Service	Dinner Service	and Dinner Service		Regular Dinner Service Gub BBQ 6 pm Kevin Mau entertains
18 BRUNCH 8:30 am			21 Regular Lunch and Dinner Service	22 Regular Lunch and Dinner Service	23 Regular Lunch and Dinner Service	24 Kau Terrace Lunch
THE PARTY OF THE P						Regular Dinner Service Club BBQ 6 pm Jane McCabe entertains
25 BRUNCH 8:30 am DAD CENTER CANOE RACE	26 Noon Bridge Hau Terrace Lunch and Dinner	2.7 Regular Lunch and Dinner Service	28 Regular Lunch and Dinner Service	Regular Lunch LIVE MAINE LOBSTER Reserv. Dining Rm	30 Regular Lunch and Dinner Service	31 Hau Terrace Lunch VOLLEYBALL Regular Dinner Service Steak Fry 6 pm

LIVE MAINE LOBSTER Reserv. Dining Rm

Regular Dinner Service Steak Fry 6 pm Kevin Mau entertains

Board Briefs 🗡

Board Briefs is taken from the minutes of the Board of Directors meeting of April 25, 1996 and the Executive Committee meeting of May 16, 1996.

Secretary's Report—Eleven members were suspended for 15 days due to failure to pay their accounts on time and to terminate membership if accounts are not paid in full by the end of the 15 day period.

Manager's Report— Complaints about inappropriate swimwear were referred to the House

Committee. . . Funds were appropriated for the employee's annual picnic scheduled for May 20 at Ala Moana Park.

Historical Report—The Historical Committee is investigating ways to preserve six unidentified 35mm films, the 1966 and 1967 Molokai Races and a video cassette of the 85th Birthday Celebration 1908-1993.

Treasurer's Report—Richard Coons and Joanie Shihuya were added to the Finance Committee.

Athletic Report—The purchase of four new surfboards was approved... The Volleyball Committee will work with the Entertainment Committee on an evening awards party for the Duke Kahanamoku State Championships on August 31... The Club Captain has been asked to look into the fund raising activities of the Volleyball Committee and report back to the board on the disbursement of these funds.

Building & Grounds
Report—The Colony Surf garden
project is completed. . . The Bar and
Lounge Renovation is scheduled to
start in October after the Men's

Molokai Race. . . The duties and responsibilities of the Architectural Review Committee will be updated.

House Report—The committee is reviewing proposals on the health plan for employees. . . The committee will be concentrating on marketing the Club; subcommittees are following up on standards of the Club. . . Committee meetings have been rescheduled to evenings. . . Lisa Livingston has been approved to serve on the committee.

Entertainment Report—Jon Andersen was approved to serve on the committee.

Public Relations Report— Robyn Nonaka was approved to serve on the committee.

Admissions & Membership Report—Membership count was 4,270 as of March 31.

The Executive Committee requested that the A&M Committee

investigate the policy concerning reinstatement requests. It was suggested a penalty be established for these members such as a minimum wait period before the reinstatement is effective. This would apply to members who have been terminated for less than two years.

Paddler's T-Shirt—Part of the logo is defaced on the paddling T-shirt. In the future, the sample T-shirt or other Outrigger team wear must be presented to the General Manager three months in advance for approval.

Canoe/Kayak Races—For budgetary and planning purposes, the Manager asked that all race events (not sponsored by the Outrigger) be presented to the Board with specific plans, dates and conditions relative to the awards ceremony and lunch.

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One month minimum

Employee of the Month

ur Employee of the Month, Simplicio
Quiba, is a modest man. He is one of our
utility workers. He has only been at OCC
10 months, but in that short time has proven himself helpful and eager to work.

Domie in maintenance is his supervisor and gives Sim praise for helping to set things up in the Dining Room, polishing the furniture, cleaning the windows and glass doors, and on Wednesdays, working in the garden. That is "utility."

Sim is indeed modest, saying that it is easy to work here because he has Domie, "so good boss."

Anyway, Sim lives in the Salt Lake area, is married and has two sons, ages 17 and 22. He and his family have only been in Hawaii for two years, and Sim feels very fortunate to have such a good job, a good boss, and enjoy his work. OCC is fortunate too.

Letter to the Editor

Dear Marilyn, Gerry, Gretchen, et al:

I appreciate your magazine every time, but I appreciate the photo contest edition most of all. Another great job. My compliments to your printer, your judges and your photographers.

Dennis Anderson Honolulu Advertiser





On the Cover—Chris Duplanty is the Captain and starting goalie of the 1996 U.S. Water Polo Team in the Olympic Games which get underway in Atlanta later this month. He is the third OCC member to be on an Olympic water polo team. Duke Kahanamoku played in 1932 and Frank Walton in 1948. Barbara Del Piano writes about Outrigger's many Olympians on pages 2-5. Photo by Chris Kittredge.

Pütrigger

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