The NOVEMBER 1995



WOW! What A Luau

By Liz Perry

nd a great experience for all. I have been told that as Entertainment Chairman, it is my job to write the Luau article. The thought is overwhelming. Where do I start.

For those of you who helped and those of you who were there-you know there is much to tell. There were leis and fresh ginger stalks. There was music and a fire dancer-beautiful hula maidens. There was a 410 pound pig and handsome imu crew. But mostly, there were all the people that made it happen. And, I realize they are the story.

Photos by Marilyn Kali





Ahloi, Pat Andaya, Lauren Andrus, Andrea Aris, Mar Aris, Victor Augustyn, Joanna Ayau, Henry Ayau, Ron Bagley, Linda Balding, Billy Bright, Bill Brown, Ken Bryan, Barbara Cagaoan, Evelyn Castro, Ismael Cersosimo, Vincent Cochran, Michael Crosetta, Danielle Delos Reves, Fel El Haji, Hassan Farden, Damien

Figueira, Don

Finney, Tiare Fong, Chung Fuller, David Gamiao, Sam Gao, Quing Gentry, Corin Glomski, Penny Gose, Domie Griea, Bill Guban, William Haleamau, Gary Hallgren, Mark Halliwell, Annie Higashi, Richard Higuchi, Patti Horovitz, Daniel

Huber, Chris

Huber, Kami

Huynh, Lang Ireland, Susan Jenkins, Kendra Juntilla, Richard Kaneapua, Hawaiian Kawaguchi, Aggie Kealoha, Mindy Keller, Gloria Kuh, David Lipton, Scrappy Livingston, Lisa Luria, Gella Ma, Kwok Maii, Kai Marks, Hildegard Martin, Anne Mattice, Leslie McMahon, Jimmy

McMahon, Genie Meiji, Nora Menton, Kerry Merrill, Kimmie, and Eric Moore, Bob Muller, Prancer Muller, Rodman Nguven, Hoai Nicholson, Sue Nottage, Peter Ostrem, Kai Ostrem, Kathy Outrigger, Hula Sisters Pandanus Club Pascual, Victor Peck, Debbie, and Brett Perry, Glen Perry, Liz



The imu crew uncovers the 410 pound pig.



Beautiful leis were on sale at the luau lei stand by Amelia Bailey and Conne Sutherland.



The imu crew included Keahi Robins, Henry Ayau, Billy Yasay, Hawaiian Kaneapua, Vic Aris, Sim Quiba and Ron Ayau, standing. Front, Domie Gose.

Keahi Robins demonstrated net throwing.

> Gorgeous flower arrangements decorated the Club. They were donated by staff at Old Waialae Road.

Peterson, Christian Philpotts, Mary Puloa, Jessie Purdy, Waipa Quiba, Simplicio Ridings, John Riede, Marie Robins, Keahi Rochlen, Evalani Samonte, Elias Sarol, Victor Sarol, Elizer Sayasene, Terry Schuman, Heidi

Sellers, Dustin

Smith, Gordon

Street, Chris

St. John, Michele

Sutherland, Conne

Sutherland, Starr

Tanaka, Velma Tatum, Karen Teruya, Chef William Tessman, Christen To, Henry Trella, Miles Van Der Meer, Jeanette Vaughan, Paki Ventura, Wayne Williams, Alika Williams, Laura Wilson, Jefflyn Yabiku, Ruby Yarr, Mike Yasay, Billy Young, Kwok Zak, Pam, and Mike The Board of Directors

Entertainment Committee

If we missed anyone or spelled your name wrong we apologize and thank you. This list was compiled the day after Women's Molokai Race—Enough Said!

Aloha & Mahalo Nui Loa. 9



Sue Oliver, Tiare and Elizabeth Finney strung leis for table decorations.



Alelauloa entertained before dinner.



Rod Muller did the fire dance.



Members gather around the imu. The imu fire was lit at 2:30 a.m. It was a perfect fire and the flames went 30-feet straight up in the air.

Evalani Rochlen danced.

Continued on Page 4

WOW! LUAU continued

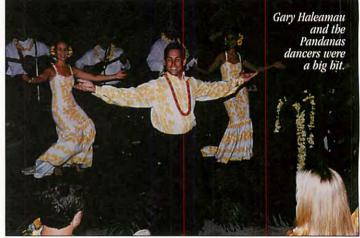


The Outrigger Hula Sisters performed.









Hard-working members of the Entertainment Committee were thanked by Board Member Scrappy Lipton—Chair Liz Perry, Coordinating Director Michele St. John and Luau Co-Captain Conne Sutberland.

New Members

Regular: Ralph Gray, Elsa Wixom. Intermediate: Christopher Hochuli, Stewart Kawakami.

Junior: Nicholas Christensen, Kristina Esmiol, Christelle Haeringer, Kristen Lozada, Mia Lozada, Poerava Mau, Kupono Nu'uhiwa, Kauilani Ostrem, Travis Ostrem, Cherlyn Tamura, Ryan Tamura, Aurora VonWiegandt.

In Memoriam

Clark Reynolds Deceased: August 7, 1995 Member: 52 years Seymour Shingle Deceased: August 29, 1995 Member: 51 years

Christopher Cusack Deceased: August 11, 1995 Member: 51 years William A. Forrester Jr. Deceased: September 14, 1995 Member: 33 years

Jack C. Kent Deceased: August 13, 1995 Member: 34 years Honora M. Murphy Deceased: September 20, 1995 Member: 43 years

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As the Terrace Turns

appy 85th birthday Maisie Dey (real name-May Dey), married to "Hap" (Frank) Dey. These two have a lot of fun. Frank planned an 85th birthday party for his wife of 39 years.

When they went to the dinner table, Maisie kept insisting there were too many place settings, saying "they have it wrong", and lo and behold surprise! Two sister-in-laws and a niece had flown in from California for the birthday party.

Dinner was rack of lamb and when asked "Did Frank really plan all of that?" Maisie confessed, "with a little help from Liz."

Reminding you all, Liz in the Dining Room can help you too, from small to large parties, with or without surprises. . .

Tom Sellers also touted the new setting and what he called the "new attitude" when he made a September business presentation in the Board room and then hosted a group of 10 for lunch in the A & B rooms. . .

Cano

Mary-Michael and Greg Simpson welcomed their son, Robert Guy on August 14 in Denver, Colorado. Proud tutu and auntie are Karen and Nancy-Kay Neville.

Barbara and Alan Kay have been really busy entertaining at OCC. On September 19 Barbara was hostess for the Daughters of the British Empire. There are three branches in Hawaii, and Barbara is a member of the "Princess Alexandria" Branch. They are a charitable organization and spent their meeting talking about what they all did during the summer—good fun.

Then Alan hosted a group of 23 for the monthly meeting of the British Commonwealth Club. They met on a Saturday night so they could enjoy the new dance band in the Dining Room. Wait, there's more—Alan just had his 70th Birthday. . .

Barron Guss entertained a group of sales people from his regional office, which is used rather loosely, his regional offices being in Washington, Maryland, Utah, and California. This is because they telecommunicate and the group's guest speaker talked about dividing and identifying traditional work tasks that can be done in a non-traditional setting. He says they had a wonderful time physically being together. . .

Juanita Ewing entertained 20 in what she described as an in-law and out-law pre-wedding party for **Dr. Scott Bjerke** and bride to be Janet Sikora. Scott used to live here and received his degree from UH medical School. Now in Las Vegas, he and his new wife met while working in the same hospital. . .

Kawika Lucas has earned a spot on the 1995 Kings Point Men's Soccer Team. He was named Rookie of the Week for the first week of the soccer season in the Skyline Conference. He has nine assists and two goals so far during a 9-2-1 season. A freshman, he is seeking a degree in maritime transportation or marine engineering, a Coast Guard license to sail in these capacities and a commission in the U.S. Naval Reserve.

Contributions to this column are always welcome. Leave items for the Editor at the Front Desk. Be sure to include your name and phone number in case additional information is needed.



Helping Maisie Dey celebrate her birthday were Hap Dey, Marilyn Prince, Kathleen Prince and Brook Dey.

Outrigger's three women board members all celebrate the same birthday—September 17. Scrappy Lipton, Mary Philpotts-McGrath and Michele St. John celebrated the event at the Club Luau.



Dori Riecker and Charlie Pietsch were photographed with President Clinton during his visit to the Club on September 2.

Howard Word attended the Golden Boot Awards in Hollywood, bosted by bis brother, Rob Word. He sat with fellow "Hole in the Wall" gang member Bruce Boxleiter and bis wife, Melissa Gilbert.



OCC Women 2nd, 8th and 17th in Na Wahine O Ke Kai

By Steve Scott

The official record for the 1995
Na Wahine O Ke Kai Molokai
to Oahu Canoe Race on
September 24 shows that 49 crews
from Hawaii, California, Canada
and Australia started the race at
Hale O Lono Harbor, and Outrigger
Canoe Club placed second, eighth
and 17th.

For the crews from Outrigger, this was only the end of a very productive and colorful long distance season.

From the outset of the distance season, it was apparent that this would be a different year. Not only was there a solid returning nucleus, but there was an abundance of some very enthusiastic women from the novice crews.

For the first time, Outrigger fielded three complete crews of

Finishing second in Na Wahine were, Coach Steve Scott, Nicole Wilcox, Diana Clifford, Sara Ackerman, Traci Phillips, Pam Clifford, Donna Kahakui, Kaili Chun, Lisa Livingston, Kisi Haine and Mary Smolenski. nine women in the Dad Center Race and Queen Liliuokalani Race in Kona, and on another weekend had a crew competing in the Newport to Catalina race and two crews in the Pokai Race.

Going into the Molokai to Oahu canoe race, all of the women had proven that they deserved the right to represent the Outrigger Canoe Club.

As the crews prepared for Molokai, the first crew had shown that it was very good. After a hard fought victory over Kailua in the Dad Center Race, they met again in the Queen Liliuokalani race in Kona.

After establishing an early lead over Kailua, Outrigger fell behind with about 10 minutes to go. What followed was possibly the most exciting race finish I have ever witnessed. As the two crews approached the last point entering Honaunau, Outrigger cut to the inside and passed the back of Kailua's canoe. They collided and Kailua spun. Now both canoes were even, and a 16 mile race came down to a 200 yard sprint.

At the finish, Outrigger was ahead by two seconds, setting a

record of 1:56:04 with the help of some very strong currents. My heart still beats fast thinking about that finish.

The next race for the first crew would not be any easier, as they would face Offshore Canoe Club in the Catalina Race. Outrigger would jump out to a slim lead early, but Offshore came back and two hours into the race took a solid hold on the lead. Once again, the record for the race was broken, with Offshore winning in 4:19 and Outrigger second, 1 minute 20 seconds behind, also breaking the record.

This set the stage for the Molokai race, with, in my estimation, three crews capable of winning it: Outrigger, Offshore and Kailua.

On the starting line, with 49 canoes lined up, the situation can be crowded and dangerous. With a race

delay, the start became Outrigger's worst nightmare. The first crew was set in the Moana, when another club, Lokahi, moved past the starting line prior to the start and pro-

ceeded to back into Outrigger, effectively blocking us.

As the green flag went up, Outrigger had to back water to get around Lokahi before setting out to compete for the lead, with Nicole Wilcox, Donna Kahakui, Lisa Livingston, Diana Clifford, Traci Phillips and Kisi Haine pulling their hardest.

By Laau Point, Outrigger was second and pulling up to Offshore. Changes were made, with Mary Smolenski, Sara Ackerman, Pam Clifford and Kaili Chun filling in. For the first 90 minutes, both crews were side by side, stroke for stroke. Offshore, however, was able to slowly pull away.

With Outrigger now behind, it was decided to take a different course towards Oahu, and we went with the current towards Koko Head instead of Diamond Head. Early on, this worked as Outrigger pulled up to and passed



Outrigger's second crew finished eighth—Coach Steve Scott, Genie Kincaid, Tiare Finney, Tracy Selling, Starr Dawson, Jennifer Lowe, Norma Santiago, Heidi Friese, Jennifer Thayer, Jackie Muller and Robin Nonaka.



Photos by Marilyn Kali

The OCC Maui Jim crew included Michele St. John, Coach Steve Scott, Baba Muller, Shannon Dudgeon, Nancy Muller, Kendra Jenkins, Susan Ireland, Janna Arakaki, Liz Perry, Corinne Gentry, Possie Dudgeon, Kim Merrill, Conne Sutherland, Laura Williams, Darcy Wilcox.



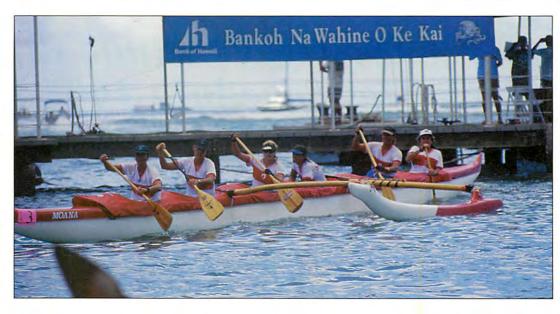
Offshore, but we were one-half mile north. We weren't able to gain a substantial enough lead, and when we turned towards Diamond Head, Outrigger was still behind.

The race to the finish was now for pride, and the Outrigger ladies paddled as hard as they could. At the finish, Outrigger was second in 5:31:09 to Offshore's record time of 5:24:32, with the first seven crews breaking the old record.

In 1995, Outrigger was involved in three races where they broke the old record. Unfortunately, we were to finish first in one race and second in the other two. This crew is very good, and if they stick together and train, they will continue to be the crew with the greatest potential for winning the Outrigger has seen in a long time.

For the second crew, their race in Pokai was perfect, and great preparation for Molokai. They found that they could compete with the best, and finished a strong second, losing only to Kailua's first crew. They had a combination of youth and experience, and were finally hitting their stride.

The paddlers for Molokai with experience were Genie Kincaid, Tiare Finney, Robin Nonaka, Norma Santiago, Jennifer Thayer and Jennifer Lowe. The first time distance and Molokai paddlers were Jackie Muller, Heidi Friese, Starr Dawson and Tracy Selling.



Paddlers cross the finish line at the Hilton Hawaiian Village pier.

Their start would prove to be a disaster also, with other crews colliding into them and cracking the front manu of the Kapuawehe. Later, the crack would be found to be leaking water and filling up the front well. They would paddle a strong race, and after their start, they passed quite a few crews to finish a strong eighth in 5:48:18.

When the canoe was taken out of the water, there were two to three gallons of water in the front well, a substantial disadvantage to overcome in any race, much less the Molokai race.

For the third crew, who were almost all new to distance paddling,

their season was a definite learning experience in and out of the water. They showed they could do it in the Dad Center and Kona races, but in the Pokai race, under the whip of Liz Perry, they placed 10th out of 20 crews and in the process beat many second crews from other clubs.

They deserved a chance in Molokai, but this was not to be as the Board of Directors and the powers that be would not fund their effort, even though three women's crews had been budgeted for Molokai. To the rescue came Maui Jim to provide funding and Na Wahine O Ke Kai to supply the Bankoh canoe, and the third crew was on its way to Molokai

under the Maui Jim banner.

Keeping disastrous starts the norm with Outrigger crews, the third crew collided with two other canoes on the start, at which point one of those crews reached down and grabbed Outrigger's ama and over they went. By the time they got going again, and reached Laau Point, they were in last place.

What followed for them is what legends are made of and memories that will never be forgotten. They passed 32 crews and ended up in 17th place overall in 5:59:33.

The Maui Jim/Outrigger ladies that showed that they were more than worthy to be in the Molokai race were Susan Ireland, Baba Muller, Possie Dudgeon, Prancer Muller, Laura Williams, Kim Merrill, Darcy Wilcox, Shannon Dudgeon, Janna Arakaki and Kendra Jenkins.

The 1995 Na Wahine O Ke Kai Molokai to Oahu canoe race is now history, but hopefully the seeds of the Outrigger's futuresuccess in the women's distance program have been sown. There is no substitute for experience and in the process of gaining that, the women paddlers from the Outrigger Canoe Club have shown that they are all winners.



Photo by Alan Johnson The Kapuawehe crew paddle bard in choppy seas.

Outrigger Canoe Club Activities Schedule 1995 Holidays

Date	Function	Event	Place and Time	
Thursday Nov 23	Thanksgiving Day	Lunch-Main Dining Room Lunch-Hau Terrace	MDR-12 Noon — 2 pm HT-11:30 am — 2 pm	
		Dinner-Main Dining Room Buffet Reservations at Main Dining Room Only.	MDR-5, 5:30, 6:30, 7, 8, 8:30, 9 pm	
		Limited Menu-Hau Terrace	HT-6 – 9:30 pm	
Monday Dec 18		Lunch-Menu Dining Room Lunch-Hau Terrace	MDR-Closed For Lunch HT-11:30 – 2 pm	
	Keiki Party Members only and their children FREE For reservations: Give name and how many children.	Keiki Buffet	MDR-5 – 8 pm	
		Reservations at Main Dining Room Only		
		Santa Claus arrives on the beach in a canoe with gifts for the keikis	6:30 pm	
Sunday	Christmas Eve	Brunch-HT/MDR	HT/MDR-8:30 am – 1:30 pm	
Dec 24		Lunch Main Dining Room Lunch-Hau Terrace Lite Lunch-Hau Terrace Dinner-Main Dining Room Buffet	MDR-12 Noon — 1:30 pm HT-12 Noon — 1:30 pm HT-1:30 pm — 6 pm MDR-5, 5:30, 6:30, 7, 8, 8:30, 9 pm	
		Reservations at Main Dining Room Only Limited Menu-Hau Terrace	HT-6 – 9:30 pm	
Monday Dec 25	Christmas Day For members only. No guests.	FREE Members' Cocktail Party	HT-1 – 4 pm	
		Dinner-Main Dining Room Special Buffet Reservations at main Dining Room Only	MDR-5:30, 6. 7, 8, 8:30, 9 pm	
		Limited Menu-Hau Terrace	HT-6, 9:30 pm	
Sunday Dec 31	New Year's Eve	Brunch-HT/MDR	HT/MDR-8:30 am - 1:30 pm	
		Lunch-Main Dining Room Lunch-Hau Terrace Lite Lunch-Hau Terrace Dinner-Main Dining Room Reservations at Main Dining Room only Limited Menu-Hau Terrace	MDR-11:30 am — 1:30 pm HT-11:30 am — 1:30 pm HT-1:30 pm — 6 pm MDR- 9 pm — 1 am HT-6 — 9:30 pm	
Monday Jan 1	New Year's Day	Lunch-Main Dining Room Lunch-Hau Terrace	MDR- Closed for lunch HT-11:30 am – 2 pm	
		Dinner-Main Dining Room Special Buffet Hau Terrace-Limited Menu	MDR-5, 5:30, 6:30, 7, 8, 8:30, 9 pm HT-6 – 9:30 pm	

Outrigger Canoe Club Logo Shop

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B. & E. – Polo Shirt 100% Cotton. Small-XL \$37.00 XXL \$39.00 Red, white, sapphire, bunter, gray

C. Nylon Short \$30.00 Small-XL Red, wbite, black, navy, jade, royal

D. Men's Straw Hat \$25.00 Adjustable inner band

F. Rigger Short \$30.00 Small-XL, 100% Cotton, Assorted Prints



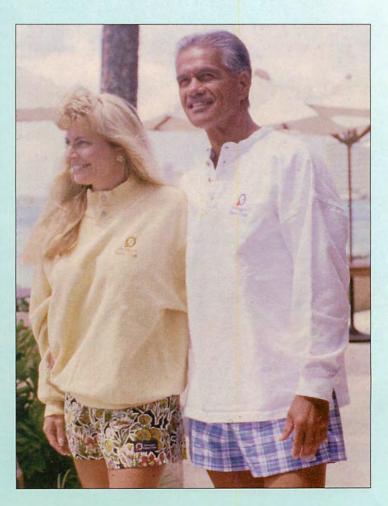
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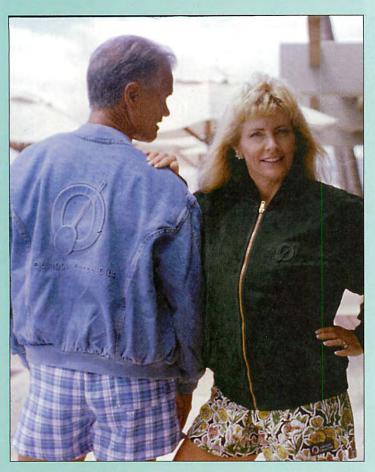


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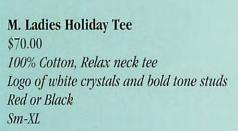




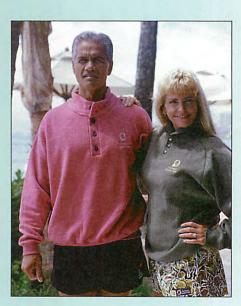
J. Denim Baseball Jacket \$80.00 Bleached denim with embossed logo. Sm-XL

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L. Outrigger Fiesta Tee \$25.00 100% Cotton Sunburst, fuchsia, teal, blue, white Sm-L







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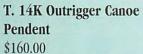
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Q. Mini Day Pack \$20.00

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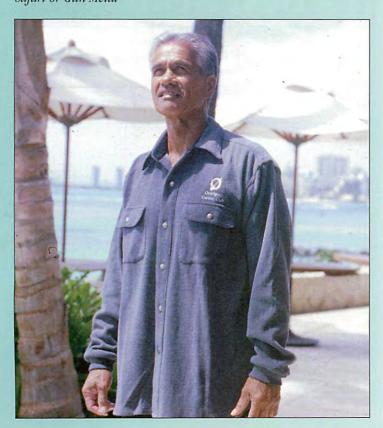


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Know Your Committee

Photos by Lauren Laporga



Admissions & Membership Committee

Members of the Admissions & Membership Committee are, Richard Coons, Coordinating Director Jimmy McMahon, Joyce Timpson, Mary Worrall, Karl Heyer IV, Chris McKenzie, Chairman Thomas Merrill. Not pictured: Kehau Kea.

Historical Committee

Serving on the Historical Committee this year are, seated, Beth Madinger, Marian Sandelin, Mazeppa Costa, Anita Brightman, Cobey Black, Eugenia McMahon, Elizabeth Brodhead. Standing, Paul Dolan, Marjorie Moore, Tommy Thomas, Ward Russell, Chairman Chip Higgins, Tay Perry, and Coordinating Director Jason Oliver.



Leave Room on Your Plate for the 1995 Castle Swim

By Arnold Lum



Even if you eat too much turkey on Thanksgiving, you can still have Sunday brunch on November 26th, if you

participate in our annual Castle Swim. Not only will you work up an appetite that will allow you to have a second big feed over Thanksgiving weekend, but the after swim brunch is free.

Meet on the Hau Terrace at 8 a.m. for registration (only members may participate), and transportation to the start, in front of the Outrigger Hotel. Then swim about 1 and 1/4 miles, back to the Club.

You may be accompanied by an escort; however, your escort must transport him/her self to the start.

Five year age group awards will be given to the first place finishers, and escorts are welcome to join us for brunch. A sign-up sheet and course maps are available at the Front Desk. 9

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Our New General Manager Is Out and About at OCC

By Marilyn Kali

You have to move fast to keep up with our new General Manager John R. Rader Jr. As he says, he "likes to get out and about."

You'll find him most hours of the day and night, seven days a week, shaking hands and greeting members, checking out the Terrace, Dining Room or Bar, offering suggestions to employees and generally getting involved.

"I'm a hands on type of person," he says.

"To me, this is more than a job. I've wanted to be involved in something like the Outrigger Canoe Club all my life. The Board of Directors has entrusted me with the management of the Club and I take that responsibility very seriously," he says.

"I've hosted people my whole life. I intend to take care of the house so that when the members drive into the Club they'll get what they want."

John is a local boy (McKinley High School Class of 1960) who remembers sneaking into the old Club in Waikiki as a young man when his passions ran to surfing and canoe paddling, and the pretty OCC girls.

"Who would have thought someday that I would be able to walk in the front door and run the place," he says with a laugh.

A water-man, John paddled for Hale Au, surfed at Old Man's, Queen's and Tonggs, and participated in swimming meets at the Natatorium. He was the state champion as a 1 and 3-meter diver while at McKinley High School. He even remembers joining his beach boy friends diving for quarters from the Lurline.

John is well known in the paddling community, having founded the Offshore Canoe Club in Newport Beach in 1979 with Billy Whitford and Bud Hohl. He intends to tender his resignation as chairman of Offshore's board of directors. He also restarted the Catalina-Newport Beach long distance race and has served as the race chairman for the past 17 years.

He has lived with his family, wife Cheryl, an interior decorator, and daughters Brooke, 20, who attends Irvine College, and Morgan, 15, a high school freshman, in Irvine California. For the time being, the family will remain in Irvine and they will commute on holidays and summer vacations to Hawaii.

John says his management style is to lead by example.

"I'll study what has to be done before I do it. From what I've seen, and what people have told me, the staff at the Outrigger is very good. The physical condition of the Club is also good, so most of what I'll be doing for a while is just observing and tweaking things to make them just a little bit better.

"I expect all of the staff to have very positive attitudes about everything we do, and I want to put Aloha back into all aspects of the Club, from the way we answer phones to how we greet people when they walk into the locker rooms. It's all part of the total hospitality program," he added.

Our new general manager started his career in the hospitality field after serving six years in the Marines, including a tour to Vietnam. He started his career as a management trainee at the Ilikai Hotel from 1965-69, later becoming the director of restaurants and entertainment.

John worked as a manager at Nick's Fishmarket and the Red Vest Restaurant before moving to California in 1973.

In 1973, he was lured to California as director of restaurants and entertainment for the Century Plaza Hotel in Los Angeles.

In 1974, he moved on to become vice-president of food and beverage for the International Bay Clubs. He opened the Marina City Club in Marina Del Rey as its food and beverage manager, and was promoted within a year to head up food and beverage and group sales at the Balboa Bay Club.

While at the Balboa Bay Club, he worked extensively with PSA planning and staging private parties for the airline's president, and consulted on inflight food service projects.

From 1984-91, he managed or served as food and beverage director for the Newporter Resort, the Saddleback Inn, the West Coast Fish Company and a number of up-scale fine-dining establishments.

In 1991, he joined the Honolulu Club as general manager and was subsequently dispatched to take over the Beverly Hills Country Club as vice-president and general manager as well.

Prior to joining the Outrigger, John was the division manager for Specialty Restaurant Corp. where he was responsible for six restaurants in the Los Angeles area.

"I really feel that I belong here in Hawaii and at the Outrigger Canoe Club at this time and place," he says.

"Everyone that I have met has been encouraging and supportive. I really feel the support because so many people know me from before. I think the job is a very good fit for me, too. I have the experience, skills, interest, operating philosophy, public relations skills and sports knowledge that will allow me to be an excellent general manager.

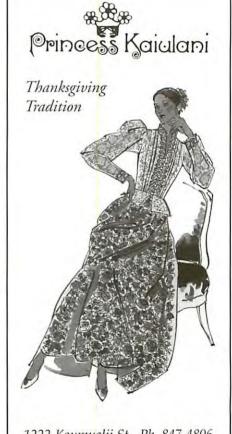
"And most of all, I have this undying energy. I will make every effort to make the Club what the



John R. Rader Jr.

members want it to be. I want to promise the members that they can expect warm Hawaiian hospitality when they're at the Outrigger Canoe Club."

If you haven't met our affable new manager, stop by and say aloha. Or better yet, look around the Club and you'll probably find him "out and about" tweaking and working the crowd. 9



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Want To Be Club Captain?

ant lots of work? Heavy demands from many people? Little (read NO) pay? Monthly deadlines and financial worries? Have we got the job for you!

After two years, Greg Moss is reTIREDing from the job of Club Captain, and he is eager to find a brave, thoughtful, kind, trustworthy, etc. replacement. Applications are at the Front Desk.

Now, be serious for a moment. This is a wonderful job. It is just a heavy-duty responsibility and one that you really have to want to do. The Club Captain deals directly with the Board of Directors in making sure our Athletic committees get their budget, indeed, their very act together to participate in our many Club athletic activities in the community. No one said it was easy, just wonderful.

The Club Captain before Greg was Liz Perry. They have both laid down a lot of secure groundwork, a lot of "how to do it" instructions, and potential candidates for this job can be secure knowing that Liz and Greg are both still around and still willing to give (free) advice to the 1996 Club Captain.

This person needs to be trained, and geared up for a great year at OCC in 1996. Leave a note with your phone number for Greg at the Front Desk, telling him you're eager. And for those of you likely candidates who are too shy, Greg will be calling you and asks that you return his call.

Hana Relays 1995

By Donald T. Eovino

Excitement, thrills, camaraderie, competition and victory were all experienced by the 23 Outrigger runners making up the teams on September 16 for the most awe inspiring scenic running event in the islands—the Hana Relays.

The following comprised the teams:

OCC Route 66

Jim & Colleen McAluney, Laura Williams, Hina Schramel, Chris Worrall, Lien Schwinn

OCC Stealth Runners

Katy Bourne, Paula Jenkins, Tommy Damon, Billy Balding, Dustin Sellers, David Stackhouse OCC No Ozone

Francis Wright, Twain Newhart, Rick Piper, Marcy Haines, Ginny Porteus, Lisa Sellers

OCC Sole Survivors

Tom German, Don Eovino, Steve Dunn, Joe Teipel, Mike Schwinn

The Sole Survivors were master runners and the masters won their division for the fifth year in a row. The elite Paula Jenkins team missed second place by only four minutes. It was a race for second place from the starting line to the finish 52 miles away. Each handoff was exhilarating as the lead would change hands several times through the 5+ hour time for this team.

The other two teams competed

among themselves and had a wonderfully fulfilling experience. However, one team did overstate their speed again this year and when they thought they would be out running for fun, realized their estimated time put them at the starting line with the elite runners of all the teams.

This team shall henceforth be known as the elite running team. Many members stayed overnight and enjoyed the benefits of massages, gourmet meals, warm jacuzzi and spectacular Hana sunsets and sunrises.

The next big Running Committee function is the Honolulu Marathon.
All runners should be in intense training by now. Sign up for the van to the start at the Front Desk. A massage station will be at the tent at the finish.

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TIPS Trainer



Neutral Toe Presses

Toes/Foot Turned Out

Ankle Stabilization the Basics

By Sherry Gannaway, Founder Body By You!™

November is here and the Honolulu Marathon is just around the bend. This month's issue of Tips from the Trainer will take a good look at the feet and ankles. It doesn't matter if you walk, jog or run, strong ankles and feet support your knees, and provide a soft landing for your

lower back.

A few thing to remember while doing any walking or jogging program:

- Change your shoes every 6 to 8 months and use arch supports.
- Always walk/jog in Neutral Spine Position with your feet parallel and abs in.
- Use ice for a few minutes after each workout to reduce micro damage.
- Always warm-up and cool-down. It is essential for injury prevention.

Start with the Warm-Up

Program time 12 to 20

minutes. Practice 2 to 3 times a week

Begin with Neutral Strong Walking. Slowly breathe and roll your shoulders forward eight times and then back eight times. Remember to Power Breathe, i.e.

Remember to Power Breathe, i.e. inhale and expand your trunk, exhale and pull your abdomen towards your spine to support your back. Stop and return to a Neutral Strong Stance.

Continue your warm-up with pelvic tilts forward and back, then side to side, and circle equal times in both directions. Take three deep Power Breaths, and slowly drop one ear to your shoulder, stretching the side of your neck. Hold, breathe, then repeat on other side. Look slowly from side to side in rotation of the neck.

Point and Flex Your Foot for Strong Ankles

Position: Sit in Neutral Strong Sitting, i.e. chest up, abs in and feet square. Place the band around the bottom of your foot. Be sure to cover your toes and hold on to the two ends. Spread your toes and press the band evenly in both the point and the flex.

Move #1

Point and Flex Neutral: While sitting up straight, lift your working heel slightly off the floor. Slowly point and flex your foot

Move #2

Point and Flex Turned Out: While sitting in Neutral, from the hip, turn your leg out. Slowly point and flex your foot.

Move #3

Point and Flex Turned In: From the hip, turn your leg in. The other leg always stays square.

Complete three sets of 12 repetitions in each position.

Position: Sit in Neutral Strong Sitting, i.e. chest up, abs in and feet square. Place the band around the top of your foot, be sure to cover your toes, then step on both ends of band.

Spread your toes and pull the band evenly in both the flex and the point.

Move #4

Toe Lifts: The foot with the band covering the toes is in a flexed position off the floor approximately 6 inches (your starting point). Support the leg with your hands. Point the toes toward the ground. Do not move your knee. Lift toes up by contracting the front of the lower leg. Remember to breathe and squeeze your abs.

Complete three sets of 12 repetitions in each position.

Repeat the entire program with the other foot.



Position: Stand and return to Neutral Strong Stance. Each movement should be performed slowly four to eight times, focusing on the full range of motion.

Joint Isolations

Hips: Pelvic tilts slowly forward, then back. Hold a couple of seconds in each position. Then, tilt hips side to side slowly. Circle hips in each direction. Remember to breathe and stand in Neutral Strong Stance.

Shoulders: Roll shoulders forward; then, slowly roll shoulders back. Breathe and squeeze your abdomen.

Neck: Slowly look down, then up. Now, move your head from ear to shoulder, alternating sides. Finally, look side to side in neck rotations.

Stretch and Breathe: Slowly roll down towards the foot, one vertebra at a time, with knees slightly bent. Breathe, and roll up to realign your spine. Return to Neutral Strong Stance.



Toes/Foot Turned In



Toe Lifts

For the Record

Canoe Racing

E Lau Hoe

9/11/95 Magic Island to Pokai Bay Outrigger, 2nd, 4:20:40.35 Outrigger, 10th, 4:40:04

Skippy Kamakawiwoole Race 9/17/95 Hawaii Kai to Nimitz Beach Outrigger, 2nd, 2:37:32 Outrigger, 8th, 2:48:51 Outrigger, 12th, 2:53:15

Running

The Race for the Cure 9/17/95 5K Restaurant Row to Ala Moana Emery Lucas :24:56 Paki Vaughan :26:13 Hilary Lambert :26:17 Dana Kiner :26:16

Triathlon

Bankoh Triathlon 7/16/95 Cynthia White-Yanaga 2:25:10

Windward Triathlon Cynthia White-Yanaga, 2nd 8:13:95

Surfing

2nd Annual Ole Longboard Classic 8/25/95 Lahaina Richard Snyder, 1st, 50+

Backward Glances

By Cobey Black, Historical Committee

120 Years Ago

Water sports were formally recognized by King Kalakaua on his 39th birthday, November 16, 1875. The King proclaimed that henceforth the day would be celebrated as Aquatic Day. By 1882, the annual event was called Regatta Day.

40 Years Ago

A 570-pound marlin was landed off Diamond Head by Bill Skinner, Herb Briner and Bill Kahanamoku, according to the November 1955 Forecast. The issue also mentioned that plans were underway for a resort to be built in Makaha Valley.

30 Years Ago

Skipper-owner Larry Doheny's 75-foot ketch, Kamalii, was the first TransPac yacht to cross Diamond Head, at 2:13 a.m. Ebullient offshore greeters were Cline Mann, Jerry Coran, Jim Muirhead, Larry Clapp, Randy Worthington and Scoops Suzuki. On shore, with an armful of leis was Larry's proud wife, Josh.

10 Years Ago

Battling swells of 6 to 8 feet, choppy seas and 20 competing

canoes, OCC's fabulous women's paddlers won their fourth Na Wahine O Ke Kai title, crossing the treacherous Kaiwi Channel from Molokai. Lined up like bathing beauties, the gorgeous group included Norma Santiago, Muffer Scully, Katie Bourne, Kisi Haine, Jeanne Jenkins, Mary Franco, Karen Jones, Traci Phillips, Paula Crabb, Lesline Conner, Tiare Finney and Sandra Haine.

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OCC ODKF Olympic Fund Keeps Growing

Last month's Outrigger magazine printed the names of the donors to the Outrigger Duke Kahanamoku Foundation Olympic Fund up until August 25. This list includes donors up until September 25th.

The response has been terrific, and the Foundation wants to be sure everyone has an opportunity to invest in the Olympics.

As a reminder, OCC members were asked to think ahead to the 1996 Olympics and give 96 cents a month for the next year to help the potential six or more Hawaii ODKF grantees who are training for the Olympics.

We now have \$9,600 pledged and still coming in! All donors names will appear in the ODKF annual report, and all will receive a special commemorative "gold" coin from the Foundation as well as official IRS documentation.

It's never too late to make a tax deductible donation to this campaign.

Princess Kaiulani Holiday Fashion Show December 1

By Gloria C. Keller

It is hard to believe that the annual Princess Kaiulani Holiday Fashion Show is just around the corner. This year's event is scheduled for Friday, December 1 at 11:30 a.m. in the Main Dining Room of the Outrigger Canoe Club.

Please note the event is a week earlier than previous years. As we all know this is the beginning of a very busy social season, so the Fashion Show coordinators wanted to give you advance notice of the early December date so you would mark your calendar and most important, invite your family and friends to join you at this function.

We urge you to make your reservation now by calling the Dining Room at 921-1444. There is no question that this event will be a total sell out.

Joan Andersen tells me that the all new holiday designs will be introduced at this show, using club members as her models, spanning the ages of the young years through the grandmother years. It will be a perfect opportunity for you to check off items on your Christmas list.

Soft holiday music will be offered and the Club's holiday decorations will be in place for your enjoyment. After the luncheon has been served, the show will begin at

We look forward to seeing many of you at the Outrigger Canoe Club on December 1, as the Club kicks off the 1995 holiday season with the Princess Kaiulani Fashion Show. Be sure to make your reservation early.

Again, Mahalo from ODKF and the Hawaii Olympians to: Kalie Reed Almeida, Raymond Almeida II, Theodore Anastasopulos, Joan Andersen, Allen Anderson, D. Leith Anderson, P. Armstrong, Lauren Avery, Pat Avery, C. Benjamin Baldwin, Nancy Bannick, Richard Berry, Leilani Bowen, Barbara Brodhead, Elizabeth Brodhead, Barclay Bryan.

A.C.B. Capp, Dean Caskey, Jill Cullinan, Donald Cutting, Barry Hall, James Hall, Harriet Haneberg,

Elizabeth Hill, Aaron Kandell, Jordan Kandell, Keith Kandell, Ruth Kerr, Mia Lambert, Christian Lass, Alfred & Karen Liu, William

Demetri Marmash, Lisa Martin, Chris Maurer, Ted Maurer, Judith Moore, Marjorie Moore, Matthew Moore, Wilmer Morris, Gregory Moss, Jim Mozley, Cecile & Patricia Nation, Deborah Peck, Laura Van Lier Ribbink, Susan Rose, Doug Russell, Grant Senner, Blair Shurtleff, Alice Sorensen, Jessica Spondike, Kelly Spondike, James Stackhouse, Diane Stowell, Gail Stringer, Sue Tetmeyer, Kahala Thompson, Crystal Thornburg, David Wong. 9

A Thanksgiving Message from Winners' Camp:



And they were taught the laws of life . . . that their treatment of others would return at last upon themselves. Those who cheat will be cheated. Those who slander will be slandered. For every lie you tell . . . you will be lied to. Brutality will meet with brutality. We get what we give and to the same degree. And not always from the same people with whom we've dealt. But somewhere . . . sometime . . . someone will treat you in like manner. The good that we do to others will return also. For your kindness to strangers you will receive hospitality in far places yourself. Understand the troubles of others who come to you with their souls bared . . . and when you cry yourself, you will be sympathetically understood. We get what we give. Like always attracts like.

This is the law and it is inevitable. We cannot escape the results of our actions.

We get what we give.

Kristin Zambucka

- Ano Ano, The Seed

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		N O	V E M	B E R		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Thanksgiving D	FASHION SHOW EVENING Pupu at 7 pm. Fashion Show a lay special Holiday Buffet Dinne on the Terrace, regular Lunch, li	r early service 5 pm	Regular Lunch and Dinner Service	Regular Lunch and Dinner Service	Sea Harvest Buffet Dining Room 6 pm	4 Hau Terrace Lunch Regular Dinner Service Dancing 6:30 pm
5 BRUNCH 8:30 am Prime Rib Buffet Dining Room 6 pm	6 Noon Bridge Hau Terrace Lunch Monday Night Football Party Surf Cart 6-9 pm	7 Regular Lunch and Dinner Service	8 Regular Lunch and Dinner Service	9 Regular Lunch and Dinner Service	HOLIDAY Regular Lunch and Dinner Service	Hau Terrace Lunch Regular Dinner Service Dancing 6:30 pm
12 Brunch 8:30 am Prime Rib Buffet Dining Room 6 pm	13 Noon Bridge Hau Terrace Lunch Monday Night Football Party Surf Cart 6-9 pm	14 Regular Lunch and Dinner Service	15 Regular Lunch and Dinner Service	16 Regular Lunch No Dinner Service Pupu Evening Fashion Show 7 pm	17 Regular Lunch and Dinner Service	18 Hau Terrace Lunch Regular Dinner Service Dancing 6:30 pm
19 Brunch 8:30 am Prime Rib Buffet Dining Room 6 pm	20 Noon Bridge Hau Terrace Lunch Monday Night Football Party Surf Cart - 6-9 pm	21 Regular Lunch and Dinner Service	22 Regular Lunch and Dinner Service	Regular Lunch THANKSGIVING Special Dinner Buffet from 5 pm on	24 Regular Lunch and Dinner Service	Hau Terrace Lunch Steak Fry 6 pm Regular Dinner Service Dancing 6:30 pm
26 22nd Annual Castle Swim Brunch 8:30 am Prime Rib Buffet Dining Room 6 pm	27 Noon Bridge Hau Terrace Lunch Monday Night Football Party Surf Cart - 6-9 pm	28 Regular Lunch and Dinner Service	29 Regular Lunch and Dinner Service	Regular Lunch LIVE MAINE LOBSTER Reserv. Dining Rm 6pm	Keiki Christmas Party • (New Year's Eve PLAN AHEAD — See Liz	NAY EVENTS Christmas Eve • Christmas Da e • New Year's Day in the Dining Room for you lay parties
		D E	C E M	B E R		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 BRUNCH 8:30 am Holiday Buffet Special Menu Dining Room 9 pm Reservations	Annual Christmas Princess Kaiulani Fashion Show, December 1st at Noon. Reservations are a must for this popular event which starts our Holiday Season at OCC Plan ahead for our New Year's Day Buffet, Have R&R at OCC				1 Princess Kaiulani Fashion Show Lunch Sea Harvest Buffet Dining Room 6pm	2 Hau Terrace Lunch Regular Dinner Service Dancing 6:30 pm
3 BRUNCH 8:30 am Prime Rib Buffet- Dining Room 6 pm	4 Noon Bridge Hau Terrace Lunch Surf Cart 6-9 pm Monday Night Football Party	5 Regular Lunch and Dinner Service	6 Regular Lunch and Dinner Service	7 Regular Lunch and Dinner Service	8 Regular Lunch and Dinner Service	9 Hau Terrace Lunch Regular Dinner Service Dancing 6:30 pm
10 BRUNCH 8:30 am Prime Rib Buffet Dining Room 6 pm	11 Noon Bridge Hau Terrace Lunch Surf Cart 6-9pm Monday Night Football Party	12 Regular Lunch and Dinner Service	13 Regular Lunch and Dinner Service	14 Regular Lunch and Dinner Service	15 Regular Lunch and Dinner Service	16 Hau Terrace Lunch Regular Dinner Servic Dancing 6:30 pm
17 Brunch 8:30 am Prime Rib Buffet Dining Room 6 pm	18 Noon Bridge Hau Terrace Lunch Surf Cart - 6-9 pm Keiki Party Dining Rm Monday Night Football	19 Regular Lunch and Dinner Service	20 Regular Lunch and Dinner Service	21 Regular Lunch and Dinner Service	22 Regular Lunch and Dinner Service	23 Hau Terrace Lunch Steak Fry 6 pm Regular Dinner Servici Dancing 6:30 pm

P A G E 1 8

27 Regular Lunch and Dinner Service 28 Regular Lunch

LIVE MAINE LOBSTER Reserv. Dining Rm 6pm **30** Hau Terrace Lunch

Steak Fry 6 pm

Regular Dinner Service Dancing 6:30 pm

Regular Lunch and Dinner Service

26 Regular Lunch and Dinner Service

25 Christmas Party for Members 1-4 pm Hau Terrace

Christmas Dinner begins 5:30 pm

24 Brunch 8:30 am

Holiday Buffet Dining Room 5 pm

Board Briefs

Board Briefs is taken from the minutes of the August 31, 1995 Board of Directors meeting and the September 14, 1995 Executive Committee meeting.

General Manager—The Board approved the recommendation of the Search Committee to hire John R. Rader Jr. as the new General Manager.

Manager's Report—There are seven approved projects of which \$564,230 has been approved and \$244,802 spent as of August 28, 1995. Total uncommitted capital budget funds available are \$215,991. . . The utility ramp is completed. . . The new host computer is installed. . . The Board extended their appreciation to Gordon Smith on his temporary duties as General Manager during the last three months.

Building & Grounds Report—The driveway will be chained nightly one half hour after closing.

House Report—The Board approved the following dress code policy: Hau Terrace diners eating from the Dining Room buffets shall adhere to the same dress attire acceptable for lunch in the Dining Room. . . The Board also approved a policy to charge a \$100 fee for cancellation within 48 hours of any private room reserved for a private function.

Bylaws Report—The Board approved a resolution regarding Surviving Spouses of Senior members as follows: Applications for a transfer of membership to surviving spouses of deceased Senior and Life members in good standing shall be made in accordance with the procedures set forth under Section 30 - General Admission of Members. Upon approval such applicants who are over 65 years of age shall be charged 1/2 of the dues and 1/2 of the mini charge assessed Regular members. Additionally, Surviving Spouses of Senior and Life members who are over 65 years of age and currently paying Regular dues will be granted 1/2 dues and 1/2 mini charge.

Inactive Period-It was agreed that the

Club will continue the same policy of granting financial or illness requests through the end of the current year. However, requests for a specific time period, such as six months, would be considered on a case by case basis.

Bar and Lounge Renovation—The renovation has been deferred to 1996. Ø

Employee of the Month

By Gerry DeBenedetti

When Tim McCandless, our Employee of the Month was asked to describe himself, without hesitation, he said: The ULTIMATE PADDLER. OK, Tim, we'll be watching.

Members will certainly be watching Tim in December when he passes the front of the Club on his way to the Honolulu Marathon finish line, which will be his third marathon. He currently puts in 35 miles a week, and cross trains by one person canoe paddling and biking to and from work from his home in Kaimuki.

He has been at OCC since April of this year as the morning employee at the Fitness Center. He is a certified personal trainer and enjoys the Fitness Center because he finds the members friendly.

This year Tim was the coach of the women's novice B crew and a paddler for Waikiki Surf Club, so he knows lots of OCC paddlers from "talking story." He's also been around Hawaii most of his life, educated in Kona and Oahu.

In January (after resting from the marathon)
Tim is entering UH to get a general education degree
to become a teacher.

He says his job and workout regime keep him busy, but his hobby is partying and he is looking for a girlfriend. Good luck Tim, hope you're not too tired when this all comes together! O



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HOLIDAY PRET-A-PORTER Fashion Show Nov. 16

By Janet Schiller

A new event is slated for Thursday evening, November 16 at the Outrigger—a Parisian fashion event, complete with a runway down to the sand.

Outrigger's own homegrown, handsome men will be included in modeling the latest in holiday fashions, along with some of the city's most beautiful women modeling holiday wear.

Euro-disco music is scheduled. Fabulous food, sophisticated fun is a promise for this night of glamour and holiday cheer.

Don't miss it. It's going to be a first and we know you're not going to want to miss it. Cocktails start at 7 p.m. and show at 8 p.m. See you there.





On the Cover: The imu crew removes hot rocks from 410pound pig at the annual OCC Luau. The pig was cooked on the Club grounds for first time in many years. Story and more photos on pages 2-4. Photo by Marilyn Kali.

putrigger

Published by the Outrigger Canoe Club

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The Outrigger Canoe Club 2909 Kalakaua Avenue Honolulu, Hawaii 96815

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