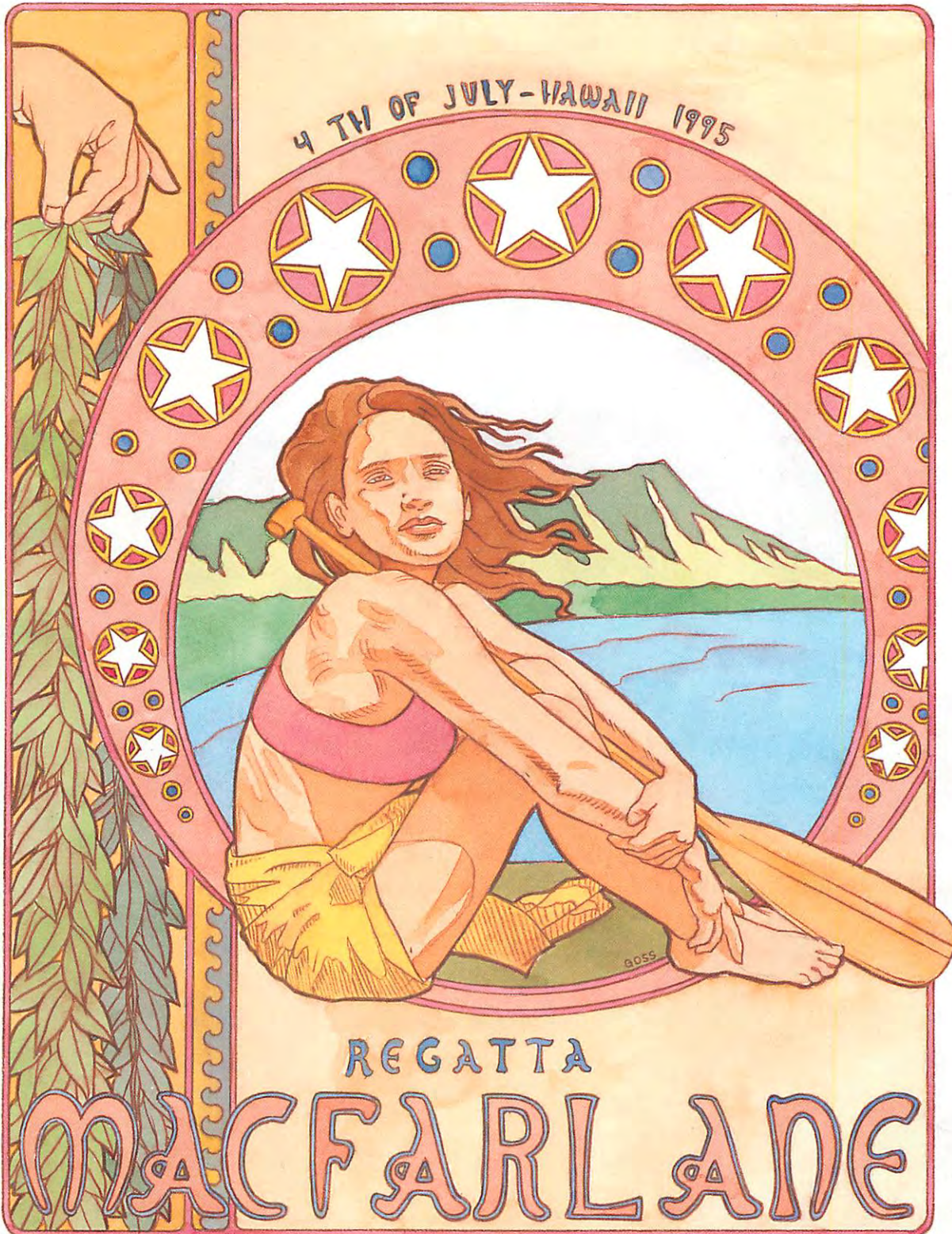


the **Outrigger**

JULY 1995



Outrigger Finishes 1st and 3rd in Regattas

Outrigger Canoe Club won the King Kamehameha Regatta on June 11 at Kailua Beach Park and finished third in the Clem Paiaina Regatta at Keehi Lagoon on June 4.

In the Kamehameha Regatta, OCC scored 86 points to Lanikai's 82. Kailua finished third with 68 and Hui Nalu was fourth with 57. The regatta was very close throughout the day, with Outrigger pulling ahead in the final three events of the day.

Due to strong winds, open steersmen were used in the quarter-mile races.

In the opening regatta of the Oahu Hawaiian Canoe Racing Association season, the Clem Paiaina Regatta, Kailua captured the title with 83 points, followed by Lanikai with 65 and Outrigger with 61.

Regattas this month include the Walter J. Macfarlane Regatta on the 4th of July at Waikiki Beach, the John D. Kaupiko Regatta on July 16 at the Kaneohe MCAS, and the Oahu Championships on July 23 at Keehi Lagoon. The State Championships will be held at Hanalei Bay on Kauai on August 5. ☺



Bill and Jane Morris, Marshall Rosa and Maile and Doug Ostrem cheer on the Girls 16s.



Keeping track of all the entries every race day are Jana Arakaki and Pam Zak.

Elsie Hyde and Reina Abern are the "cookie ladies" each week at regattas. For the past six years, they have baked cookies and given them to every youth paddler in every race.



Paisley Muller watches the races from the safety of mom's legs.



Jessica Isaacs gets a hug from dad, Don Isaacs, after her race.



The winning Junior Women at Kailua were Genie Kincaid, Robin Nonaka, Valerie Kauahi, Tiare Finney, Tracy Selling and Jennifer Thayer.



Members of the Novice B Men's crew are Keith Marrack, Randy Schoch, Robert Gifford, Patrick O'Neill, Ray Heitzman and Jon-Eric Greene.



Paddling on the Women's Novice B crew are Sally Marrack, Linda Jameson, Shawna Brizzolara and Chrissy Lambert, Suann Bamer, Barbie Crandlemire and Tisha Love, with coach John Eveleth.



Winning their race at Kailua were the Senior Women—Jennifer Thayer, Mary Smolenski, Diana Clifford, Kaili Chun, Kisi Haine and Sara Ackerman.



The Girls 16s won their first two races—Nanea Tannehill, Anne Rosa, Mele Blaich, Meli James, Sandy Dunn and Marisa Whalen, with Coach Kalani Schrader.



Winning their Novice A race were Bill Pratt, David Stackhouse, Jeff Stevens, Steve Corbelli, Kanoe Winchester and Bill Montgomery.



Paddling on the Women's Novice A crew are Sharon Smith, Kendra Jenkins, Nancy Muller, Starr Dawson, Laura Williams, Baba Muller, Kim Merrill and Leah Kilpatrick.

Clement Paiaina Regatta June 4, 1995 Kechi Lagoon Winning OCC Crews

Boys 12 (1/4 mile)—Brandon Stahl, Adam Dreher, David Pietsch, Andy Cavanah, Aaron Kendall, Scott Bright, 2:47.54.

Mixed 12 (1/4 mile)—Jordan Kendall, Meli James, Kimberly Cundall, Aka Beaumont, Brianna Ackerman, Billy Lawson, 3:03.30.

Girls 16 (1/2 mile)—Mahealani Lum, Tiare Larsen, Melissa Gibson, Meli James, Anne Rosa, Nanea Tannehill, 4:34:78.

Masters (1 mile)—Paula Crabb, Jeanne Jenkins, Kaiulu Downing, Pam Zak, Maureen Kilcoyne, Anne Perry, 9:42.27.

Masters (1 mile)—Keahi Robins, Henry Ayau, Brad Wagenaar, Jeffrey Metzger, Bill Mowat, Brant Ackerman, 7:45:80.

Golden Masters (1/2 mile)—Diane Stowell, Gerri Pedesky, Peggy Danford, Ruby Iversen, Gerry DeBenedetti, Keanuue Rochlen, 5:07.63.

Golden Masters (1/2 mile)—Tom Merrill, Mike Town, Charles May, Tay Perry, Kawika Grant, Bruce Ames, 4:15.52.

Kamehameha Regatta June 11, 1995 Kailua Beach Park Winning OCC Crews

Girls 12 (1/4 mile)—Morgan Janus, Jessica Isaacs, Kimberly Cundall, Micah Iaukea, Nanea Holmes and Marc Haine, 2:34.

Boys 13 (1/4 mile)—Nick Fowler, Nick Bright, Pono Kaimulua, Keoni Williams, Andrew Estes and Marc Haine, 2:15.

Boys 14 (1/4 mile)—Aaron Ackerman, Brady Jenks, Duff Janus, Bryan Turner-Gerlach, Alex Turner-Gerlach, Walter Guild, 2:04.

Girls 16 (1/2 mile)—Sandra Dunn, Meleana Blaich, Melialani James, Annie Rosa, Marissa Whalen, Nanea Tannehill, 5:11.

Women Novice A (1/2 mile)—Kendra Jenkins, Nancy Muller, Starr Dawson, Laura Williams, Barbara Muller, Kimberly Merrill, N.T.

Men Novice A (1/2 mile)—Bill Pratt, David Stackhouse, Jeff Stevens, Steve Corbelli, Kanoe Winchester, Bill Montgomery, 4:18.

Junior Women (1 mile)—Genie Kincaid, Tiare Finney, Tracy Selling, Valerie Kauahi, Jennifer Thayer, Robin Nonaka, 9:39.

Senior Women (1 1/2 miles)—Mary Smolenski, Sarah Ackerman, Kaili Chun, Diana Clifford, Jennifer Thayer, Kisi Haine, 14:03.

Masters Women (1 mile)—Paula Crabb, Jeanne Jenkins, Kaiulu Downing, Barbara Bryan, Bee Henderson, Ann Perry, 10:44.

Masters Men (1 mile)—Karl Heyer IV, Brad Wagenaar, Walter Guild, Mike Fox, Bill Mowat, Todd Bradley, 8:04.

Golden Masters Men (1/2 mile)—Tom Merrill, Mike Town, Tay Perry, Scott May, Kawika Grant, Bruce Ames, 4:21.

As the Terrace Turns

There was a big contingent of Outrigger folks in San Ramon, California on Memorial Day weekend for the May 28th wedding of **Ryan Gilbert** and Amy Flicker. Among those attending were **Bob and Sue Moore, Ian Moore, Deke Kilpatrick, Keone Kali, Lee LeGrande, Kanoa Ostrem** and **Tia Brownrigg**. . .

Ron Sorrell and a number of other members took exception to the Honolulu Magazine article ("Best and Worst") last March that said OCC served only frozen mahimahi and had rude, slow service. Ron's reply appeared in the May issue of the magazine as follows: "Who's the okole saying the Outrigger Canoe Club has a lame

rep for its food? Obviously it's NOT a club member! The Outrigger Canoe Club always has fresh fish on its daily menus. Its (frozen) island mahimahi is the club's 'best selling' dinner.

Members and guests from around the globe return and reorder the (frozen) mahimahi by a margin of 3 to 1. As for rude, slow service—slow, maybe, when the club is operating at full capacity. But, rude employees? No way! They are professionals and part of the club ohana."

Thanks Ron. We all know that OCC has the best dining value of any private club or restaurant on Oahu. . .

Do we develop great volleyball players at OCC or what? **Stein Metzger** of UCLA and **Mike Lambert** from Stanford were both named to the American Volleyball

Coaches Association All-America team. **Stein**, along with **Brian Wells** and **Kevin Wong** led the Bruins to the NCAA championship. Way to go guys. . .

Kehau Kali received her MBA from UC Berkeley in May. On a post graduation trip to Tahoe with parents **Danny** and **Marilyn Kali**, they ran into nonresident member **Pam Gough** at Squaw Valley. Pam lives in Tahoe and puts on special events for groups. There was enough snow at Squaw that they were planning on skiing until the 4th of July.

Pokii and **Marianne Vaughan** celebrated son Jakob's graduation from Kamehameha with a brunch at the Club on June 4.

Memorial Day mahalos to **Anne Hogan Perry, Levi Stanley, Gerry**

DeBenedetti and beach attendant **Steve Chamberlain**. They took the Duke canoe out after the Memorial Day service, laden with leis, and as they tossed each lei into the sea, they named them, "here's for Lisa Rigg. . . for Tom Haine. . . for Clair Folsome. . . for Fred Swartz. . . for Aunty Eva, and many others remembered off shore. When through, they waved their paddles to the crowd on the Hau Terrace, and paddled back to OCC through the tears. Very touching morning for all who participated.

Contributions to this column are always welcome. Leave items for the Editor at the Front Desk or fax to 833-1591. Be sure to include your name and phone number in case additional information is needed. ☺



Celebrating Mother's Day at the Club were Beth and Grant Senner and Gerry DeBenedetti.



After canoeing down the Amazon and spending several nights in the jungle, Dave and Bodil Anderson, Malia Mallard, and Norm and Pam Lacayo were happy to reach the ruins of Machu Picchu at the 8,000 foot level in the Peruvian mountains during an April adventure.


Princess Kaiulani



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Invitation to an Historic Wedding (and Stew-Rice Buffet) July 10

By *Mazeppa Costa*
Historical Committee

A spoofy, fantasy wedding became a major factor in the growth and blossoming of Hawaii's indelible image as a romantic paradise.

It was "Waikiki Wedding," a 1937 musical film with a stellar cast—Bing Crosby, Bob Burns, Martha Raye and Shirley Ross.

Tongue-in-cheek, black-and-white, and called "empty-headed" by critics, it was nevertheless an important vehicle toward establishment of Waikiki's fame on the Mainland.

Come and see what started it

all. And, to add campy fun to historic perspective, join the cast—wear a lei. You have a vintage aloha shirt? An old silky? A '30s-style muu? A sarong? Well, wear it! You are, after all, part of the magic. You're where it all happened.

The facts: An OCC Historical Committee Stew-Rice Night Presentation, Monday, July 10, featuring "Waikiki Wedding" through the cooperation of Dwight Damon, Movie Museum (with Dwight himself as projectionist).

Special guest: DeSoto Brown, Bishop Museum archivist, will introduce the film. Regular stew-rice

nighters will remember DeSoto's excellent presentations on the Duke and a series of 1934 travelogues.

Buffet menu: OCC beef stew, with rice and poi, fruit and vegetable salads, rolls/butter, cake for dessert. The cost—\$10.95.

The hour: No host cocktails, 5:30 p.m. Supper at 6 p.m. The show begins at 7 p.m.

For reservations: Call the Front Desk, 923-1585.

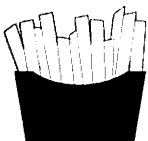
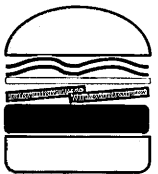
Music notes: "Blue Hawaii" was a song introduced in this movie, not a drink concocted by an OCC bartender. Another song hit from "Waikiki Wedding" won the Oscar

for Best Song of 1937—it was Harry Owens' "Sweet Leilani".

At press time, your event committee is looking for volunteer ukulele players and/or slack key guitarists for informal music to help enhance the mood and lend authenticity to our very real evening in Waikiki. Call Marilyn Goss at 732-3653 or Mazeppa Costa at 923-7277 or 373-2866.

Reminder: There's very little lead time. Don't dawdle in making reservations. This just might be a real smash hit with you in a strong supporting role. ☺

New Week Night Hours for SNACK SHOP



By *Valerie Davis*

In case you don't already know, the Snack Shop is staying open until 7 p.m. Monday through Friday nights during July and August. This is perfect for families with young children, paddlers and other members who wish to have a quick and inexpensive meal.

Sometimes, the Hau Terrace gets very congested, but there's lots of space at the Snack Shop—so this is a great alternative for those in a hurry.

There will be the full menu available during this time period. You can have your favorite burger, shake, french fries, pizza, sandwich, or whatever is your particular Snack Shop choice.

Mark the rest of the summer nights on your calendars now, and plan on coming down to OCC to take advantage of this convenient new dining option. ☺

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Guest Chef Night August 9

Glenn Chu, the chef/owner of Indigo Restaurant in downtown Honolulu will be guest chef on Wednesday, August 9 in the Dining Room.

Chu is a local boy who has tasted and studied some of the finest cuisines in the world, which he then interpreted in his own style.

As a restaurateur, Chu owned RoxSan Patisserie, a fine French restaurant at Ward Centre, and Hajibaba's, the popular Moroccan restaurant in Kahala.

During this time, he developed such a strong clientele that, at their request, he began to provide catering services. This became so successful that he eventually formed France

Hawaii Catering.

It was here that he began to experiment and develop his signature style of cooking that inevitably led to the creation of his own cuisine and the opening of his new downtown restaurant, Indigo.

Indigo is the fulfillment of Chu's longtime dream—to open his own Chinese restaurant. But it would be Chinese cuisine of a different kind. It would be the distillation of all his experiences of Eastern and Western cuisines, combined with his finely developed sense of taste, and interpreted through the principles of balance and harmony in traditional Chinese cooking. The resulting cuisine is more than the sum of its parts,

like the name Chu has given it—Eurasian cuisine.

The menu for the evening will be:

Assorted Dim Sum Platter

Choice of one entree:

Grilled Beef Loin Steak with Plum Lemon Grass Compote

Grilled Salmon with Ginger Fennel Sauce

Woked Long Beans with Shiitake Mushrooms

Choice of one dessert:

Fried Bananas with Coconut Ice Cream

Indigo Pagoda with Haupia Mousse

The price is \$28.75 per person and will only be available in the Dining Room.

The Hau Terrace will offer a limited menu of pupus, OCC Mahimahi, and Prime Rib for the evening.

Alan Suzuki of Robert Mondavi Wines will be the guest sommelier and will help with the featured wines which are priced separately.

Seatings begin at 6 p.m. and reservations will be taken at the Dining Room. We are expecting a full house so make your reservations early. ☐

Non Run Fun Festival

By Donald T. Eovino

All couch potatoes and non-runners are invited to the Non Run Fun Run on Monday, July 24 at 6 p.m. in the Dining Room.

All non-runners get a non-finishers T-shirt, sporting the non-run character on the back, while proudly displaying "Non-Finisher" on the front.

Aid stations will be staffed by the new Italian restaurant at Aloha Marketplace—Trilussa's—creating a fun and lively atmosphere. Back this year will be the ever popular Compadres and Sunset Grill.

Also providing aid stations will be downtown's most popular restaurant serving Eurasian cuisine—Indigo's—and back after a hiatus is Kahala Moon located in Kahala.

And the last entry into our event is Scott's Seafood Grill and Bar at Aloha Tower Market Place.

The activities will commence

following the shooting off of the ceremonial Honolulu Marathon cannon by Dr. Jack Scaff. Guido Salmaggi will perform the National Anthem. Chris Planas has regrouped and will be singing with Bailey Matsuda, both previously with the Pagan Babies.

In addition to the Aid Station, Elizabeth Reveley of the America Institute of Massage Therapy will provide massage therapy for those whose bodies suffer from the extremes of the event.

Adding excitement to the conclusion of the evening will be a lighting auction hosted by Auctioneer Joe Teipel. We expect more than \$6,000 worth of items to be auctioned off including air fare for two to the Neighbor Islands, courtesy of Aloha Airlines; overnight stays at the Royal Kona on the Big Island, and hotels on Maui operated by Pleasant Hawaiian and Marc Resorts, as well as others.

Many dining packages will be offered and several unusual items such as teeth bleaching by Dr. Mike Schwinn, limo rides and even pet-sitting for the active executive family. Nick's Fishmarket, Studebaker's and Hooter's will provide cocktail party packages.

Tickets can be purchased from members of the Running and Fitness Center committees including Carolyn Corrigan, Blake Johnson, Bill Manfredi, Steve Dunn, Tom German, Missy Mowat, Don Eovino, Byron Ho, Jon Bryan, Clayton Chee, Dustin Sellers and Rick Piper.

You may also order tickets at the Front Desk. We expect a sell out so hurry to get your tickets. ☐

3rd Annual Logo Shop Summer Sale

July 22 in the Board Room
10 a.m.-2 p.m.

30-75% off selected items.
Be there early to get the best choice.

Emporio Armani Fashion Show

By Janet Schiller
Entertainment Committee

Mark your calendar for a preview of Emporio Armani's 1995-96 Men's and Women's Fall/Winter Collection. Join us Wednesday, July 26, from 11:30 a.m. to 1:30 p.m. for an informal fashion show of elegance and renewed love of Italian tradition, inspired by the chic of bygone days.

The women's collection is elegant and glamorous featuring constructed jackets, high and short with cinched waists, mid-knee and long skirts, wide-legged or tapered pants with soft, velvety fabrics that float across the body.

Colors range from black slate pearl and deep brown to wild fuschia, purple, China red and turquoise orange.

The men's collection will feature Italian tailoring of Giorgio Armani's hallmark collection, precisely cut lapels, tapered waist, slightly padded shoulders and straight cut trousers.

Colors are in steely shades of gray in solids and modern textural weaves.

Don't miss this opportunity to catch up on all the latest fall fashions of the Armani collection. See you there.

Make your reservations with the Dining Room. ☺

Better Late Than Never for David

By Gerry DeBenedetti

He's been here since October. He's already made a lot of changes and met a lot of people. And we never wrote to the membership at large to introduce our new Club House Manager, David Kuh. Sorry, David, better late than never.

OCC has three managers, Food & Beverage is Don Figueira, Comptroller is Gordon Smith, and the Club House Manager is David Kuh.

The Club House Manager is responsible for the physical facility. This includes the parking lot, the beach, the lockers, the grounds, the laundry, the utilities, the Fitness Center, security, and maintenance.

In other words, everything that isn't the Business Office or the eats and drinks. David oversees a staff of about 33 employees.

Before OCC, David was the operations manager of the two City Mill stores. He's been in Hawaii 34 years, a graduate of McKinley and UH, so he feels very local. He is single, and "mysterious" (I don't ask, I just write this as I get it!). He has two daughters—the 25 year old is married, and the 20 year old lives with Dad.

Since this is an athletic club, when pressed about his "sport", he said "You mean besides running around the Club?" He will acknowledge swimming a little and doing a lot of driving back and forth between Ewa Beach and Hawaii Kai. He said he was mysterious. This is all done in a white convertible. So, now you know David. ☺

Bar and Lounge Renovation

By Ken Brown

Each year the Board of Directors budget funds for capital improvements and major repairs. This budgeting and planning must be done to maintain the Outrigger Canoe Club and its facilities in the best possible condition for the membership.

For 1995, the budget includes funds in the amount of \$175,000 for a major renovation to the area behind the Bar and replace old and worn bar equipment. The main goal of the renovation will be to make the Bar more efficient and to provide better service to the Dining Room, Hau Terrace and the Lounge area.

In addition to the Bar itself, plans include repairs to the floor where the coral decorative areas are worn and create an uneven surface. The renovation will also make the necessary repairs to the server's service station and includes installing a new carpet.

The renovation is scheduled to commence in September 1995 and be completed in early November 1995.

For this project, a special committee has been established to oversee the renovation. However, if any Club member has any recommendations or input, please talk to Don Figueira, the Food and Beverage Manager, or to Gordon Smith, the Acting Manager and Comptroller.

The committee will display the renovation plans once they are ready and prior to the commencement of construction. ☺

In Memoriam

Clarence Carlander

Deceased: May 6, 1995

Member: 20 years

Thomas Dunncliffe

Deceased: August 20, 1994

Member: 2 1/2 years

R. Alex Anderson

Deceased: May 30, 1995

Member: 80+ years

CINCO de MAYO (Plus 1)

By Christian Peterson
Entertainment Committee

A really big (mucho grande) Mexican festival took place at the Outrigger Canoe Club to celebrate this famous Mexican holiday. More than 300 people attended and enjoyed Chef Teruya's Mexican cuisine—polo en adobe, tamales, enchiladas verde, tacos, arroz verde, frijoles refritos and more.

The Club was decorated with red, green and yellow arches of balloons, pinatas, streamers which made a very colorful setting and an especially lovely sunset made a beautiful outdoor background. The balloons represented Mexico's colors.

The five piece mariachi band, Las Senioritas, played authentic Mexican music and a beautiful

young seniorita, in colorful costume, did dances of Veracruz, Guadalajara and other locations of Mexico.

Vernon Stone, guest of Myra Fisher, showed professional calibre talent when he danced with the young lady, adding a lot to the festive feeling of the floor show.

Michele St. John, Conne Sutherland and Rick Piper were judges in the evening contest for best head decoration worn by a lady and by a man. The first prize for women went to Debra Witteveen and first prize for men to Myron Gates. They each received a gift certificate for the OCC Logo Shop.

Honorable mention, a bunch of balloons, went to Elizabeth Finney for under 10 category. Myra Fisher won a margarita for her outstanding head dress of white flowers, and Myrna Murdoch in her beautiful black sombrero. Other honorable mentions were Norm Dunmire and Mary Shoji who also won margaritas.

The mood of the evening was definitely one of festivity, good food, cheerful music and fun with friends and members. ☺

Photos by Helen Sheehan

Christian and Bob Peterson.



Enjoying the evening were Norm Dunmire and Myrna Murdoch.



Park and Nancy Hough.



Left to Right: Conne Sutherland, Mary Shoji, Michele St. John.



Hunter and Rita Parker.



Left to Right - Sitting: Dolores Abramson, Judy Wilbert and Jack Abramson Standing: Tim Wilbert and Joann Thomas



Jeff and Beth Ann Kozlovich, Judith Kellogg, Koen and Debra Witteveen and Bruce Liebert.

Banquet Honors OCC Runners

By Don Eovino

Fifty-eight runners were honored and 72 awards given out at the OCC Annual Running Awards Banquet on February 25. All OCC members (24) who ran in the 1994 Honolulu Marathon received a commemorative mug with the OCC logo and Honolulu Marathon 1994 etched into the glass.

Runners who participated in relays received red and white nylon mesh OCC running tote bags. Runners who ran two or more relays were recognized with tote bags personalized with their name. The perpetual Hana trophy was modified, as a larger base was provided by Bob Coble. In addition to several past awards posted on the trophy, the base was made particularly for the masters runners who have taken first in their division for the last four years in a row.

A gracious mahalo to Laura Williams whose company supplied the mugs and bags.

A humorous trophy was presented by its creator Tom German. It's a perpetual trophy going each year to those who run the grueling and notorious leg 13 of the Hana Relay, a practically all uphill 3.5 mile leg.

Inducted that night by having their name on the trophy and downing a slug of tequila were Mike Schwinn, Chris Worrall, Peter Bourne, Katy Bourne and Don Eovino. Anybody else who did leg 13 in the past can have their name installed if they contact the Running Committee.

Several spirit awards were handed out as well, most notable were: Best Improvement—Tom German; Best Enthusiasm—Laura Williams; Most Consistent—Paula Jenkins; Most Willing to Help—Chris Worrall, Gina Schultz, Ed Moore; Best Support—Missy Mowat and Carolyn Corrigan.

Katy Bourne won several awards, Best Consistency, Best Attitude and Best Participation.

Best Effort in a Single Race—Lynn Tilker; Most Humorous—Steve Dunn; Most Surprising Speed—Steve Gee; Most Events in One Day—Elizabeth Wiser; Most Understated Competitor—Brigitte MacNaughton; Hardest Effort in Every Race—Bob Coble; Fastest Runner with Bad Feet—Mike Schwinn; Most Willing to Help—Blake Johnson; Most Photogenic—Dustin Sellers; Best Attitude—Francis Wright and Vien Schwinn.

Others mentioned were Carol Wilbur, Keoni Kino, Dianne Beliso, Dawn Isa, Jim Stahl, Arnold Lum, Bill Stricklin, Bruce Ames, Ken Brown, Fred Hemmings, Norm Dunmire and Most Classy, Ruth Munro.

Runners who participated in four and five events were Katy Bourne, Laura Williams, Tom German and Don Eovino. Ø

Perimeter Run

By Don Eovino

The OCC running team completed the 134-mile perimeter relay race around the island of Oahu, including Kaena Point on February 11.

The team, composed of seven runners, gathered for a 10 p.m. start on a Saturday night.

Starting off the brisk night was Dustin Sellers. Paula Jenkins ran fast legs especially around Waiahole/Waikane. Mike Stirling ran the fastest of the legs but at the price of injuring his hip. To avoid disqualification of the team, he needed to complete

three more legs. He valiantly accomplished this by alternately running sideways, backwards and even skipping.

Tommy Damon and Billy Balding were in great shape and ran six legs each, doubling up legs for others. Christie Bengston ran three legs back to back including picturesque Kaena Point and ran back to her North shore retreat after completing her legs, almost 20 miles.

Katy Bourne provided humor, enthusiasm and ability as she captained the team. Her husband Peter provided support by escorting each runner on his bicycle for almost the entire 134 miles. Don Eovino and

Dawn Isa were the escort drivers.

The race was full of camaraderie and a bonding experience for all involved. The total running elapsed time for the 134 miles was 16 hours, 10 minutes which is a blistering 7:14 per mile average. Everyone is looking forward to next year. Ø

The Green Room

By Bob Coble

Where is that next South swell? Summer is back in full swing with lots of surfing activity on the South shore, especially around our Club.

There will be a repeat of last year's Learn to Surf Clinics. Call the Front Desk to sign up for clinics at 8 a.m. on July 11, and the Learn to Surf Clinic for Gals by Gals at 8 a.m. on July 13.

We provide the surfboards and wax. It is great fun with great teachers.

I just saw a great set at Old Man's so I've got to paddle out. See you next month. Ø

Open Ocean Swim Results

By Arnold Lum

More than 40 swimmers participated in the 1995 Outrigger Open Ocean Invitational Swim on May 20th. Unlike the past several years, the south swell was only moderate and the water fairly calm.

Pete Schlegel was the first finisher in the one-mile short course (for swimmers 50 and older), and Jodi Jackson was the first overall in the two-mile swim. Pete and Jodi are both members of the Waikiki Swim Club.

Outrigger members Diane Stowell and Uli Klinke both opted to swim the long course and finished first in their respective age divisions.

Thanks to Peggy Danford, Gerry DeBenedetti and Joanne Klinke who timed the swim. ☺



Enjoying a cold drink after the race were Diane Stowell, Zora Newbold-Huber and Hilary Lambert.

Open Ocean Swim Results

Overall	Name	Time	Place/Division
1.	Jodi Jackson	:50:40	1st, Women Under 19
2.	Paul Kawai	:52:26	1st, Men 20-29
3.	Keaka Jackson	:53:18	1st, Men Under 19
4.	Brigid O'Meara	:53:24	1st, Women 20-29
5.	Ted Sheppard	:53:53	1st, Men 40-49
6.	Rick Bush	:55:52	1st, Men 40-49
7.	Leif Johnson	:55:55	2nd, Men 40-49
8.	Uli Klinke*	:59:18	1st, Men 50-59
9.	Carl Kawauchi	:59:21	2nd, Men 50-59
10.	Jack Suyderhoud	:59:24	3rd, Men 40-49
11.	Laurie Foster	:59:59	1st, Women 30-39
12.	Hilary Lambert*	1:00:05	2nd, Women 20-29
13.	Diane Stowell*	1:00:12	1st, Women 60-69
14.	Zora Neuhold-Huber	1:02:29	2nd, Women 30-39
15.	Linda Kaiser	1:05:55	1st, Women 40-49
16.	Dennis Blake	1:06:04	3rd, Men 50-59
17.	Jim Anderson*	1:06:07	4th, Men 50-59
18.	Keith Klipfel	1:06:31	1st, Men 30-39
19.	Vernon Knight	1:09:44	1st, Men 60-69
20.	Julie Netyk	1:13:49	3rd, Women 20-29
21.	Robert Justman	1:15:15	4th, Men 40-49
22.	Roy Tai	1:15:28	5th, Men 40-49
23.	Chris Worrall*	1:18:05	2nd, Men 30-39
24.	Barb Haynor	1:19:57	3rd, Women 20-29
25.	Jim Wainock	1:21:39	3rd, Men 30-39

Short Course

1.	Pete Schlegel	:23:08	1st, Men 50-59
2.	Blair Campbell	:23:10	2nd, Men 50-59
3.	Joe Nagi	:24:28	1st, Men 60-69
4.	Jim Welch	:30:43	1st, Men 70-79
5.	Doug Kendall	:31:15	3rd, Men 50-59
6.	Jon Haig*	:31:32	4th, Men 50-59
7.	Rene McWade	:32:05	1st, Women 50-59
8.	Ken Tanaka	:32:10	5th, Men 50-59
9.	Vic Hemmy Jr.	:33:10	6th, Men 50-59
10.	Susan Schenck	:33:48	2nd, Women 50-59
11.	Jim Zachary	:35:06	2nd, Men 60-69
12.	Mutsumi Kawauchi	:38:39	3rd, Women 50-59
13.	Vic Hemmy Sr.*	:42:05	2nd, Men 70-79
14.	Ray Robinson	:43:30	3rd, Men 70-79
	Deidre Kaong	:38:39	
	Michael Wong	:34:44	

*OCC Member



Members of the Outrigger Canoe Club and Waikiki Swim Club met for the annual Open Ocean Swim.

News From the Clubhouse

By Jim Gaddis

Last minute changes swapped golf course locations for the June and August OCC golf tournaments. Those who participated in the June 26 tournament were treated to the beautiful, heavily-wooded Leilehua Golf Course where pars are hard to come by and balls are easy to lose.

Scores and highlights of the third annual OCC Golf Tournament

will be posted in next month's issue of The Outrigger.

The 4th annual OCC Golf Tournament will be played on Monday, August 21st at Kalakaua Golf Course featuring again a heavily-wooded course with small greens and narrow fairways. A new clubhouse with a large restaurant and pro shop offer a welcome change at Kalakaua.

The 1995 OCC Match-Play Championship is now underway fea-

ture both men's and women's action. Results will be printed each month.

The OCC Member-Guest tournament played in May at the new Royal Hawaiian Country Club near Mt. Olomana was a huge success thanks to the special efforts of Pam Dillingham. Pam and her guest, Martin Colbert, posted a net 60 to tie with Larry Langley and Bob Stengle for low honors. Larry and Bob took

the title by matching best balls on the first hole.

Ellie Dillingham and Ann Nelms took third place with a net 62. Nearest-to-the Pin honors went to Stengle (3rd hole), Jim Hammons (7th hole), Judy McGuire (11th hole) and Langley (16th hole).

Everyone had a wonderful time on a perfectly beautiful day. ☺

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Junior Volleyball Clinic

By Dennis Berg

All interested junior members ages 12-16 may sign up at the Front Desk for instructional volleyball clinics to be held Monday to Friday, from July 7 to August 16, from 9-11 a.m. at the OCC Sand Courts.

Participants will be grouped by age and ability and will be able to attend two to three sessions a week. There is no charge and if sign-ups permit, it may be possible to include ages 10-11.

Call Dennis Berg at 943-0228 if any questions. ☐

Jr. 'Riggers

Congratulations to Koa Ostrem on being named to the ILH all-star second team in paddling in Division I. He paddled for Punahou. Selected first team in Division II was Jakob Vaughan of Kamehameha. . .

Selected to the second team all-ILH tennis team was Tevairangi Worthington of Kamehameha.

Also earning all-State honors for soccer were Kamehameha students Walea Kalama and Camille



Paddling on the Girls 12 crew this year are, front, Brooke Perry, Lindsey Young, Kim Cundall, Brianna Ackerman and Chelsea Muirhead; back, Erin Larsen, Heather Taoka, Jessica Isaacs, Micah Laukea, Nanea Holmes and Morgan Janus.

Kalama. Camille is a junior and Walea is a senior.

Contributions to this column are always welcome.

Leave items for the Editor at the Front Desk or fax to 833-1591. ☐

Photos by Marilyn Kali

Meet the Bess family: Tammy, Lindy, Cindy & Dave.



They've had the Winners' Camp experience, and they'd like to share it with your family.

Tammy learned tools she uses while she's away at school. "I've increased the amount I learn and get out of each class!"

Winners' Camp built Cindy's self-confidence and self-esteem.

As a peer counselor at Winners' Camp, she knows: "Every Camp you go to, you do things you never expected you'd be able to!"

Lindy and Dave learned parenting skills to better understand and communicate with Tammy and Cindy.

"The Winners' Camp experience was the pivotal force which helped our family come through the challenging teenage years stronger and closer."

Call now and discover how your family can share the Winners' Camp experience!

Tuition of \$980 includes seven days' and six nights' accommodation, all meals, educational materials, course room supplies, 100+ hours of accelerated learning, a Parent Day Seminar and Integration, and ground transportation from a central location to Camp.

Winners' Camp is a Non-Profit Educational Foundation.

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The Boys 16 crew includes Will Estes, Craig Gamble, McKibbin Mist, Koa Ostrem, Dominic Griffin, Ikaika Anderson and Kevin Anderson.



Paddling on the Boys 18 crew are Blake Cherry, Kai Mowat, Eric Polivka, Brandt Pyles, Josh O'Connor and Jakob Vaughan.



Members of the Boys 12 crew are, front, David Pietsch, Thomas Finney, Billy Lawson, Jordan Kandell, Alex Town and Scott Bright; back, Adam Dreber, Aka Beaumont, Brandon Stabl and Aaron Kandell.



Reina Abern, Tiffany Sutherland, Kim Allin, Jessica Langley, Candes Gentry, Meaghan Hemmings and Kristin Lee are paddling on the Girls 18 crew.

Ruby Yabiku Celebrates 40 Years at Outrigger

Club members are invited to honor Ruby Yabiku on Friday, July 28 as she celebrates her 40th anniversary at the Outrigger Canoe Club. Ruby and her family have been invited by the Board to have dinner in the Dining Room that night.


Club members are invited to stop by and extend their best wishes to her and her family. All those dining at the Club that night will be treated to complimentary strawberry short-cake in Ruby's honor.

Ruby is the senior clerk in the Business Office. She came to work at the Outrigger in 1955.

This is NOT a retirement party. Ruby plans on being at the Outrigger for another 40 years (we hope)!!! ☺

KAMUELA

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19th Annual Bankoh Kayak Challenge Has OCC Winners

By Geoff Graf

Throughout the 1995 Chart House/Poai Puni Point Series Outrigger Canoe Club paddlers have been a dominating force. The 19th Annual Bankoh Kayak Challenge was no exception.

With a field that included seven time winner Oscar Chalupsky of South Africa, five-time winner Grant Kenny along with three-time winner and defending champion Dean Gardiner of Australia, this was the most competitive field ever assembled and Outrigger members lived up to the challenge.

In a controversial finish,

brothers Oscar and Herman Chalupsky floated across the finish line to tie for first place with a time of 3:53:28. Countryman Brett Pengelly followed with a third place finish that brought the South Africa team first place honors in the McCabe, Hamilton & Renny Co. International Team Competition.

Fifth place finisher Kala Judd was the first Hawaii/U.S. paddler to cross the finish line, with a time of 3:58:04. Judd led the U.S. Surfski Team to a second place finish in the team competition.

Geoff Graf (8th) and Alfred

Horner (10th) were members of the U.S. team along with Billy Robello (7th) and Olympic Double Gold Medalist Greg Barton (9th).

The U.S. team took five of the top 10 spots, and for a second year in a row, upset one of the sports powerhouses by beating an Australian team that saw three members pull out of the race.

Hawaii's Kelly Fey repeated her '94 performance to win the women's division with a time of 4:34:16. First time entrant Nicole Wilcox finished in third place, completing a very successful season.

The Canoe Division surged to 17 entrants and like the Surfski Division, offered the most competitive field ever. State Champion Steve Cole of Hanalei took first place honors with a time of 4:37:02. Chris Kincaid (2nd) and Courtney Seto (3rd) represented the Club in the top spots. Tay Perry at age 57, was the oldest competitor entered in the Canoe Division. By entering and finishing the race, Perry and the other 16 canoe paddlers proved that solo canoe competition across the Kaiwi Challenge is not only possible but very competitive.

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OCC Finishers:

Surfski

Kala Judd, 5th Open, 3:56:26
Geoff Graf, 3rd, 30-39, 4:03:32
Alfred Horner, 1st, 18-29, 4:08:14
David Horner, 4th, 18-29, 4:20:30
Tom McTigue, 4th, 40-49, 4:46:47
Nicole Wilcox, 3rd, Open, 4:57:26
Lesline Conner, 6th, Open, 5:50:59

One Person Canoe

Chris Kincaid, 2nd, 4:42:22
Courtney Seto, 3rd, 4:45:08
Billy Balding, 10th, 5:26:36
Tay Perry, Unk.





Extra Innings

Leahi Softball Season Opens July 10

By Jim Gaddis

The OCC softball team begins its quest for an elusive Leahi League Softball title beginning July 10. Eight solid teams will contend for the championship which will be decided on October 20th.

Again, we are trying to work out a deal that would allow all OCC games to be played on the same day. For the past five years, all games have been played on Tuesdays.

Because of the summer schedule, the OCC team may lose players to paddling for the first few games. New faces are always welcome.

Information, signups and practice schedules can be found on the bulletin board in the Men's Locker Room.

A coed softball game with Kamehameha Canoe Club is in the making. We are also looking into coed league action. The OCC lady softballers are anxious to flex their bats. Let's make it happen. ☺

4th of July at the Outrigger Canoe Club

7 a.m. Paddler's Breakfast on the Hau Terrace

8:30 a.m. 53rd Annual Macfarlane Regatta
at Waikiki Beach

6-8:30 a.m. Steak Fry on the Hau Terrace/
Spaghetti Dinner at Snack Shop

8-11 p.m. Dancing on the Hau Terrace
and Dining Room

All members attending events at the Club after 6 p.m. must have tickets for themselves and their guests.

Tickets are available at the Front Desk for \$1 each.

Tickets should be purchased in advance.

Tickets are limited to members as follows:

Junior and Associate, limit 2 per member; Regular, Intermediate, Senior and Life, limit 4 per member.

Parking will be for Club members with decals only.

For the Record

Running

Waikele Center Sugar Cane 5K

5/7/95 Waikele
Hilary Lambert :25:30
Emery Lucas :25:30

Hawaiian Style 8K
5/8/95 Manoa Rec Center
Keoni Kino :32:00
Mike Schwinn :35:00
Don Eovino :36:22
Steve Gee :38:00
Steve Dunn :41:07
Tom German :41:09
Norma Santiago :42:00
Bill Manfredi :44:00
Laura Williams :48:00
Ruth Munro :51:35

Maui Hard Rock 10K
6/4/95
Don Eovino :43:29

Holokiki O'alele Half
Marathon
5/21/95 Kailua
Katy Bourne, 1st, 35-39,
1:38:15
Paula Jenkins, 3rd, Open-
Elite, 1:38:15
Barbie Crandlemire, 2nd,
50-54, 2:01:52

Tedeschi Vineyards 10K
Run
5/28/95 Kula, Maui
Don Eovino, 2nd, 45-49,
:40:48

Biathlon

Dash and Splash
5/13/95 Kailua Beach Park
800-meter swim, 10K run
Norma Santiago, 3rd, 26-
35, :37:27
Diane Stowell, 1st, 56+,
:35:52

Sam Chillingworth, 1st, 14-
18, :29:49

Triathlon

Magic Island Biathlon
5/21/95 Magic Island
3.1 mile run, 18 mile bike,
3.1 mile run
Vik Watumull 1:42:45
Don Eovino 1:48:38

One-Person Canoes

Kaiwi Challenge
5/7/95 Molokai to Waikiki
Kala Judd/Steve Cole, 2nd
Open, 5:20:06
Chris Kincaid/Pat Erwin,
3rd Open, 5:20:51
Mark Rigg/Courtney Seto,
4th Open, 5:25:11

Todd Bradley/Walter
Guild, 5th Open, 5:27:01
Billy Balding, 1st, Solo,
6:40:15

Jim Kincaid/Beenie Heen,
1st, Masters over 40,
5:42:33
Jeff Metzger/Gregg Poole,
3rd, Masters over 40,
6:17:33
Tay Perry/Rodney Romens,
2nd, Masters over 50,
6:26:51
Nicole Wilcox/Mary
Smolenski, 1st, Open
6:53:58
Lesline Conner/Beth
Shluter, 3rd Open, 7:15:36
Paula Crabb/Kisi
Haine/Kaili Chun, 5th
Open, 7:16:36

Kayaks

Mechelen, Belgium Regatta
5/7/95
Traci Phillips/DeAnne
Hemmens, 5th, K-2 500

Swimming

U.S. Masters National Short
Course Swimming
Championships
5/95 Ft. Lauderdale,
Florida

James Krueger
50 Fly, 2nd, 55-59, :28.51
100 Fly, 2nd, 55-59,
1:05.68
50 Free, 6th, 55-59,
:25.68

100 Free, 6th, 55-59,
:57.71
50 Breast, 8th, :31.01
200 Medley Relay, 1st, 55-
59, 1:57.39 (New National
Record)
200 Free Relay, 1st, 55-59,
1:41.41

Surfing

Hawaii Amateur Surfing
Association #7 Diamond
Head Beach
Marc Rocheleau, 1st, Boys
1A

Jimmy Austin, 6th, Boys 1A
Duff Janus, 7th, Boys 1A
Aaron Ackerman, 8th,
Boys 1A
Keith Kandell, 4th, Junior
Men 1A

Will Estes, 7th, Junior Men
1A

Keith Kandell, 2nd, Long
Board 39 and Under
Robin Johnston, 7th, Long
Board 39 and Under
Robin Johnston, 4th, Men
2A

Dave Wassell, 3rd, NSSA
Student Men
Marc Rocheleau, 6th, Boys
2A



Competing in the Hawaiian Style 8K in Manoa were, front, Norma Santiago, Dawn Isa, Ruth Munro and Keoni Kino; back, Don Eovino, Laura Williams, Steve Gee, Steve Dunn, Tom German and Bill Manfredi.

TIPS *from the Trainer*

By Sherry Gannaway, Founder
Body By You!™

Summer is here on the South shore and recreational surfing is in full swing. On the North and South shores paddleboarders are gliding along at record speed.

This issue of Tips From the Trainer will cover excellent warm-ups and cool-downs for surfing and paddleboarding, including suggestions for cross-training to insure an injury free season.

Warming up and cooling down are very important to the quality of day you experience on the board. Going out slowly is just not enough or fair to you or the sport. A good eight to 12 minute warm-up can make your day and a good eight to 12 minute cool-down stretch is a perfect end.

Here are two samples of warm-ups and cool-downs that can be used for either surfing or paddleboarding. NOTE: Warm-ups and cool-downs should be done before you leave the beach to get in the water or go home.

Warm-Up A Joint Isolation

Time: 8 to 12 minutes.

Begin always in Neutral Strong Spine Position and start walking in place. Start to swing your arms, opposite arm to leg, really reaching out to raise your heart rate and core body temperature before getting into the water.

Remember to Power Breathe and tighten your abdomen on the exhale of the breath.

Stop and return to Neutral Strong Stance and begin Pelvic Isolations. Tilt the hips forward and back, then side to side. Circle equal times in both directions (much like the hula dancer, this makes for flexible hips and backs).

Do neck and shoulder isolations. Roll your shoulders forward and then back. Lift your shoulders up and down and return to neutral. Slowly look down, then lift your head and look up. Take your ear to your shoulder, then slowly repeat to the other side. Look from side to side while taking power breaths.

Returning to Neutral, finish with a full body contraction which brings all the movements together. Breathe and raise both arms above your head. Slowly roll down toward the floor with your knees slightly bent. Touch your toes. Breathe, slowly roll up and realign your spine.

Warm-Up B Support Your Back

Time: 8 to 12 minutes

Begin walking in Neutral spine position for two to five minutes.

Now lie down on the beach and do a round of abdominals for lower back stabilization. With your knees up and feet flat on the floor, take a deep breath in, and on the exhale lift both shoulders off the floor while lifting one knee at a time toward the chest, alternating knees. Remember to exhale on the lift.

Now take this same basic move, place one elbow on the floor at all times. Twist toward the opposite knee, keep hips firmly grounded to stabilize the lower back, i.e. don't rock side to side. I would suggest doing as many as you can, approximately three to four minutes for each move. Move slowly and with control.

Stand up and return to Neutral spine position. Go through the neck, shoulder and hip isolations.

Finish with a few Full Body Contractions (see Warm-up A for details).

Tip From the Top

"The pelvic isolations (the Hula) are one of the best ways to loosen up my lower back before riding big waves."

—Keone Downing

Cool-Down A Stretch Your Hamstrings

Time: 8 to 12 minutes.

Begin by standing in Neutral Strong Stance on the beach, facing the ocean. Move slowly while reviewing the hip, shoulder and neck joint isolation. Do at least four to eight repetitions and hold your moves for 30 to 45 seconds (see Warm-up A for details on Joint Isolations).

It is important to the flexibility of your back that your hamstrings remain long and strong. Cool-down A offers an easy to do hamstring stretch.

While standing in Neutral Strong Stance, place your left or right heel approximately 18 inches in a straight line forward. Bend the supporting leg and push your hips toward the back. Lift your chest and pull in your abdomen on the exhale of the breath. Hold for 45 to 90 seconds. Repeat other leg. Do two to four times, alternating legs.

Finish with a few Full Body Contractions (see Warm-up A for details).

Cool-down B The Spinal Twist

Time: 8 to 12 minutes.

Begin standing in Neutral Strong Stance on the beach, facing the ocean. Move slowly while reviewing the hip, shoulder and neck joint isolations. Do at least four to eight repetitions and hold your moves for 30 to 45 seconds (see Warm-up A for details on Joint Isolations).

Return to Neutral Stance. Now go to the sand, sit upright in the chest lifted position and the feet in front of you in Neutral Position hip distance apart.

Take the right or left leg and bring your knee up. Cross your foot over the leg that is still extended. Pull it in toward your chest with the opposite arm. Hold for 45 to 90 seconds. Repeat other leg. Do two to four times alternating legs.

Finish with a few Full Body Contractions (see Warm-up A for details).



Warm-Up A
Pelvic Isolations



Warm-Up B
Support Your Back



Cool-Down A
Hamstring Stretch



Cool-Down B
Spinal Twist

Ultraviolet Light and Your Eyes

By Stephen Gee, M.D.

Often I am asked about the risk of ultraviolet (UV) exposure and how it may affect the health of your eyes. There have been some very good laboratory and population studies that suggest UV radiation may be dangerous to the lens, conjunctiva, cornea and retina of the eye.

The earth's atmosphere has a layer called ozone which blocks the UV light from the sun from striking the surface of the earth. Scientists have found that there now exists a hole in the ozone layer and more UV exposure may be occurring.

Ultraviolet light is divided into three categories by wavelength: UVA, UVB and UVC.

Ninety-seven percent of the sun's UV light is UVA, 3% is UVB and a tiny portion is UVC.

Water and snow reflect 85% of the UV radiation as compared to ground. As we all know, one can get a sunburn or "snow blindness" even on cloudy days. If you want to improve your tan, you place your

chair in the water.

Ultraviolet light damages tissue by what is called a photochemical reaction. The energy from the light slowly damages the molecules that are essential to a cell's function and ultimately the cell fails.

The amount of damage depends on the intensity of the radiation and the duration of the exposure. A very long exposure to low levels of radiation will have the same effect as a very intense radiation over a short period of time.

In the human eye, the cornea absorbs most of the UVB and UVC radiation. The lens is exposed to mostly UVA and the retina is exposed to a very tiny amount of UV radiation.

There are several human eye conditions which are felt to be related to UV radiation.

Over the white portion of the eyeball is a clear skin called the conjunctiva. In parts of the world where there is lots of sunlight, pterygals and/or pterygals are very common.

These are elevated scar tissue

located in the inner and outer portions of the eyeball. They do not occur in the non-sunlight exposed area of the eye (under the eyelid for example).

Surgery is sometimes necessary to treat this condition. Occasionally skin cancers can develop too.

The absorption of the UVA in the lens is felt to contribute to the yellowing of the lens with age. The inner most layer of the eye, the retina, functions very much like a camera. It processes the light and converts to an image that your brain can see.

There is evidence that UV light over many years may be responsible for some of the degenerative changes we call macular degeneration.

Based on these observations, preventative health guidelines can be made. Wearing hats with visors can reduce the amount of UV radiation to the eye, but is not as effective in areas where there is reflected UV such as by the water.

Sunglasses are a simple and

effective means of reducing the UV exposure. Certain sunglasses reduce the UVA and UVB down to less than 1% transmission. Modern intraocular lens implants which are used to replace cataracts have UV protection.

Since UV light is not visible, even clear lenses may have UV protection. The amount of tint in a pair of sunglasses only affects the visible part of the light. Darkly tinted sunglasses should have UV protection as the pupil opens up wider, thus exposing the eye to more radiation.

There are several mechanisms in the eye which reduce the photochemical effects of the UV light. It has been suggested, but not proven, that dietary intake of Vitamin C (ascorbic acid), Vitamin E (alpha-tocopherol) or beta-carotene may delay or reduce the severity of macular degeneration. These molecule have been shown to have an anti-oxidant effect.

So with summer in full swing, consider UV protection to keep healthy eyes. ☺

Backward Glances

By Paul A. Dolan,
Historical Committee

40 Years Ago

1955—From "Surf Sun'n Sand"—Honolulu and Waikiki have been entertaining more screen, stage and TV notables during July. Among them were: Red Skelton and his family, Dinah Shore and Don Wilson, well known announcer. Waikiki has a fascination for the acting fraternity that million dollar swim pools do not seem to have.

30 Years Ago

1965—Summer Program for

Juniors—The 10-week program involves six hours of activity per day Monday through Friday and permits easy accommodation for persons with summer school conflicts. The charge for the entire 10 weeks is \$25. Deal!

20 Years Ago

1975—From "Riggers". A bastion has fallen. The Outrigger Board Room has been liberated. Formerly known as the "Gentlemen's Lounge and Board Room", it was recently rechristened "Board Room."

10 Years Ago

1985—Mokuleia Polo—It will be Outrigger Day at the polo matches in Mokuleia on Sunday, July 28 and members are invited to attend. OCC members who play include Fred and Murph Dailey, Bob MacGregor, Kiki Rolles, Mike Dailey, Rick Rand, Clark Reynolds and Bob Hogan. Rolles is the only woman polo player in the state. Cost for the day's activities, including round-trip bus fare—\$25 per person.

New Members

Regular—Guido Lozada.
Intermediate—Mathew Guard, Jon Whittington.
Associate—Jessica Byrnes, Kamuela Lau, Errin Moodie.
Junior—Andrew Cavanah, Erin Emberson, Tim Emberson, Kellie James, Lauren Kyman, Sara Kyman, Samantha Maguire, Cutter Rolles, Michael Witteveen, Michelle Witteveen, Lindsey Young.

J U L Y

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 BRUNCH 8:30 am Prime Rib Buffet Dining Room 6 pm	31 Noon Bridge Hau Terrace Lunch Surf Cart 6-9 pm	Pick-up your 4th of July tickets at the Front Desk. Limit 4 per member \$1 each. Paddlers Breakfast 7 am- Walk to race 8 am. Regular Lunch Service, No Dining Room Dinner Service. Music for dancing and good fun for all. Monday 10th Stew & Rice & Bing Crosby Waikiki Wedding 1937 movie (dining room) SATURDAY 22nd LOGO SHOP SALE 10-2 BOARD ROOM Steak Fry every Saturday night for the summer with contemporary entertainment: Kevin Mau, Led Kaapana, Kuuipo Kumukahi, Jay Larin and Those Can't Beat 'Em OCC Sunsets				1 Hau Terrace Lunch STEAK FRY 6 pm Kevin Mau Entertains Regular Dinner Service
2 BRUNCH 8:30 am Prime Rib Buffet Dining Room 6 pm	3 Noon Bridge Hau Terrace Lunch Surf Cart - 6-9 pm	4 Regular Lunch DinRm & HauTerr Macfarlane Canoe Regatta Waikiki Steak Fry & Spaghetti Snack Shop 6pm no dinner in dining rm	5 Regular Lunch and Dinner Service	6 Regular Lunch and Dinner Service	7 Regular Lunch Sea Harvest Buffet Dining Rm 6 pm	8 Hau Terrace Lunch Steak Fry 6 pm Led Kaapana Entertains Regular Dinner Service Blue Hawaiian Moonlight Concert Shell
9 Brunch 8:30 am Prime Rib Buffet Dining Room 6 pm	10 Noon Bridge Hau Terrace Lunch Surf Cart 6-9 pm Historical Stew and Rice Dinner and Movie	11 Regular Lunch and Dinner Service	12 Regular Lunch and Dinner Service	13 Regular Lunch and Dinner Service	14 Regular Lunch and Dinner Service	15 Hau Terrace Lunch Steak Fry 6 pm Kevin Mau Entertains Regular Dinner Service
16 Kaneohe Canoe Regatta Brunch 8:30 am Prime Rib Buffet Dining Room 6 pm	17 Noon Bridge Hau Terrace Lunch Surf Cart - 6-9 pm	18 Regular Lunch and Dinner Service	19 Regular Lunch and Dinner Service Sunset Buffet Flavors of Italy Bar Lanai	20 Regular Lunch and Dinner Service	21 Regular Lunch and Dinner Service	22 Logo Shop Sale Hau Terrace Lunch Steak Fry 6 pm Kuuipo Kumukahi Entertains Regular Dinner Service
23 Oahu Regatta Keehi Brunch 8:30 am Prime Rib Buffet Dining Room 6 pm	24 Noon Bridge Hau Terrace Lunch Surf Cart - 6-9 pm Non-Run Fun Run Dining Room	25 Regular Lunch and Dinner Service	26 Regular Lunch and Dinner Service Lunch Fashion Show Armani	27 Regular Lunch and Dinner Service LIVE MAINE LOBSTER Reserv. Dining Rm 6pm	28 Regular Lunch and Dinner Service	29 Hau Terrace Lunch Steak Fry 6 pm Jay Larin Entertains Regular Dinner Service

A U G U S T

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Every Saturday Night at the Hau Terrace Steak Fry BBQ with entertainment and Sunsets. Snack Shop is open until 8 pm every Friday during the Summer. SURF MOVIES in the Dining Room August 7 Guest Chef August 8		1 Regular Lunch Dining Room and Hau Terrace	2 Regular Lunch and Dinner Service	3 Regular Lunch and Dinner Service	4 Regular Lunch Sea Harvest Buffet Dining Room 6pm	5 States Canoe Race Kauai Hau Terrace Lunch STEAK FRY 6 pm Just Two Entertains Regular Dinner Service
6 BRUNCH 8:30 am Prime Rib Buffet- Dining Room 6 pm	7 Noon Bridge Hau Terrace Lunch Surf Cart - 6-9 pm SURF MOVIES Dining Room	8 Regular Lunch and Dinner Service Guest Chef Glenn Chu Indigo Restaurant	9 Regular Lunch and Dinner Service	10 Regular Lunch and Dinner Service	11 Regular Lunch and Dinner Service	12 Paddle Board Races Hau Terrace Lunch Steak Fry 6 pm Kuuipo Kumukahi Entertains Regular Dinner Service
13 BRUNCH 8:30 am Prime Rib Buffet Dining Room 6 pm	14 Noon Bridge Hau Terrace Lunch Surf Cart 6-9pm	15 Regular Lunch and Dinner Service	16 Regular Lunch and Dinner Service Sunset Buffet Adventures in Swiss Cooking Bar Lanai	17 Regular Lunch and Dinner Service	18 HOLIDAY Regular Lunch and Dinner Service	19 Hau Terrace Lunch Steak Fry 6 pm Kevin Mau Entertains Regular Dinner Service
20 Lanikai Duke Kahanaomoku Distance Race Brunch 8:30 am Prime Rib Buffet Dining Room 6 pm	21 Noon Bridge Hau Terrace Lunch Surf Cart - 6-9 pm	22 Regular Lunch and Dinner Service	23 Regular Lunch and Dinner Service	24 Regular Lunch and Dinner Service	25 Regular Lunch and Dinner Service	26 Hau Terrace Lunch Steak Fry 6 pm Kuuipo Kumukahi Entertains Regular Dinner Service
27 Dad Center Canoe Race Brunch 8:30 am Prime Rib Buffet Dining Room 6 pm	28 Noon Bridge Hau Terrace Lunch Surf Cart - 6-9 pm	29 Regular Lunch and Dinner Service	30 Regular Lunch and Dinner Service	31 Regular Lunch and Dinner Service LIVE MAINE LOBSTER Reserv. Dining Rm 6pm	Distance Races this month in Paddleboard and Canoe. Exciting Finishes at OCC Beach.	

CALENDAR OF EVENTS

Board Briefs

Board Briefs is taken from the minutes of the April 27 Board of Directors meeting and the May 11 Executive Committee meeting.

New Director—Jason Oliver was officially appointed to the Board replacing Chuck Swanson and will serve as Coordinating Director for the Historical Committee.

Dining Room Acoustics—Lloyd Jones, Virginia Murison and Ron Darby presented acoustical treatments for the Dining Room ceiling to reduce the existing noise level. Three recommended solutions were presented. The Board asked the Dining Room Adhoc Committee to meet with the Architectural Review Committee to review all three solutions and to prepare a mock up once the ARC gave approval. The ARC found the treatment with a smooth effect would be acceptable and a mock up would be done of the redwood slatted rafts for aesthetic purposes.

Treasurer's Report—The Board approved increasing the investment dollar ceiling in any mutual fund to \$500,000 (excluding reinvested gains and unrealized gains).

Marketing Report—The Board approved a budget of \$4,100 for promoting usage of the dining facilities.

Secretary's Report—Sixteen members were suspended for 15 days due to failure to pay their accounts on time. Their memberships will be terminated if the accounts are not paid in full by the end of the 15 day period.

Manager's Report—The Board will retain a consultant to review the Club's overall computer needs and to develop a master computer plan for the Club. . . The Employee's picnic will be held on May 22 at Magic Island. . . The Board approved \$515 for the installation of Tom Haine's memorial plaque on the east side of the Volleyball Court with a bronzed



Renovations to the Volleyball courts took place in June.

recessed frame. The Executive Committee previously approved \$800 for the construction of the plaque. . . The manager reviewed the employee's group life insurance program. The Board recommended that the Human Resources subcommittee review the life insurance plan. . . 120 tons of Wailua screened sand will be delivered to the beach on May 22 and 23. Funding of \$38 per ton is available in the budget.

Building & Grounds Report—The committee received three bids for the repairs to the volleyball court fence. The committee recommended the proposal from Adon Construction at \$12,500 plus tax (\$15,000 was approved in March). . . The reallocation of the \$25,000 budgeted for the coconut trees was not approved. It was deferred to the May meeting.

Athletic Report—Clayton Chee was approved as chair of the Fitness Center Committee . . . \$29,108 was approved for the USVBA Championships on May 27 in

Massachusetts. . . The Board approved \$2,000 from the Canoe Racing budget to send a women's team to the Hamilton Island Cup in Australia. . . The design of the t-shirt for the 1995 Invitational Open Ocean Swimming race was approved. . . A fundraiser was approved for the Volleyball Committee. A T-shirt will be sold in the Logo Shop to help defray costs for the Junior Olympics in Florida.

Admissions & Membership Report—The membership count as of March 31 was 4,244. . . Approved to serve on the Admissions Committee were Christopher McKenzie and Joyce Timpson. . . The Board revised the quotas relative to Junior and Nonresident categories. The Nonresident "pure" quota is changed from 400 to 350 and the Junior (parent member and parent non member) will be increased from 260 to 310. . . The Service membership category will be retained and the initiation fee will be increased to \$2,000. It was last changed in 1981. ☺

Employee of the Month

Bus attendant Ismael Castro is our employee of the month. Liz Ventura speaks highly of him, how hard he works setting up tables, "really gets in there and does his thing."

Ismy has been at OCC for two years, helps set up, clean up, helps the servers and the hostess, and is soooo polite, Yes ma'am.

He lives with his sister and mother, does "some" biking for exercise, and is planning to study to become a citizen. OCC appreciates such hardworking, dedicated employees. ☺

Friends & Relatives Visiting?

Large "kamaaina style"
Kahala beachfront rental
3 bedroom, 3 bath

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OUTRIGGER CANOE CLUB'S
2ND ANNUAL

"NON-RUN" FUN FESTIVAL

AN OCC RUNNING COMMITTEE AND FITNESS CENTER FUNDRAISER



**IT'S BACK! THE
"NON-RUN" FUN FESTIVAL!**
Once again you can experience the excitement of superb food, great music, a cool T-shirt, and the exhilaration of having finished the gruelling "Non-race" course for a second year! And all proceeds are going to improving the Fitness Center and helping out the Running Committee on their trip to the Hana Relays! Contact the front desk or ask one of your committee members about purchasing tickets!



World Beat Music By:
Chris Planas & Bailey Matsuda

(Formerly Of The Pagan Babies)

Festivities Including:

**LIVE
AUCTION**
Featuring Joe Teipel
Over \$6,000 Worth Of Items

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6:00 P.M., Monday
(6:30 Starting Gun)

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Per Person
(Includes T-Shirt)

For Tickets
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the Outrigger

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Wendell Brooks, *President*
Tim Guard, *Vice President of Operations*
Robert Moore, *Vice President of Activities*
Brant Ackerman, *Treasurer/Finance*
Scrappy Lipton, *Secretary*
Ken Brown, *Assistant Secretary, Public Relations*
Bill Bright, *Assistant Treasurer/Athletics*
Jimmy McMahon, *Admission and Membership*
Michele St. John, *Entertainment*
Peter Nottage, *Building and Grounds*
Mary Philpott-McGrath, *House*
Jason Oliver, *Historical*
Jim Peterson, *Long Range Planning*

Standing Committees

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Greg Moss, *Athletics*
Bill Sewell, *Building & Grounds*
Liz Perry, *Entertainment*
Gregg Robertson, *Finance*
Chip Higgins, *Historical*
Al Serafin, *House*
Randy Grune, *Long Range Planning*
Bob Hogan, *Public Relations*

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Gordon Smith, *Acting General Manager, Comptroller*
Donald Figueira, *Food & Beverage*
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On the Cover: Outrigger member Jim Goss created this design for the 53rd annual Walter J. Macfarlane Regatta T-Shirt for the 4th of July canoe race at Waikiki Beach. The colorful shirt is available at the OCC tent at the Regatta or at the Logo Shop.

The Outrigger Canoe Club

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