

the **Outrigger**

JUNE 1995



It's Party Time

Just in case you forgot or never knew, Outrigger Canoe Club's Dining Room magicians can pull just about any party theme out of their hat — from wedding receptions to birthday luaus.

You name it and we'll cook it up. We can even carve your actual or make believe birthday in ice.

So call us for your special events, we'll guarantee magic.



Summer Sunset Buffets Set

By Val Davis

Mark your calendars now--summer buffets are here and will be underway by the time you read this article. Every third Wednesday from May to August there will be a buffet located in the Bar area from 6 to 9 p.m. and will be available to those eating either on the Hau Terrace or the Main Dining

Room.

Of course, regular menus will also be available in both places. The dates and themes of this summer's buffets are:
June 21--Pasta Extravaganza
July 19--Flavors of Italy
August 16--Adventures in Swiss Cooking.

The price is just \$14.50 per

person plus tax and gratuity, and will consist of:

Mini Salad Bar
Soup
Selection of Entrees
Rolls/Cornbread
Assorted Desserts

These buffets have proven very popular with both paddlers and families who want to have a

quick meal before heading home. This is a particularly nice way for any of our members and their guests to end their day by enjoying our great Hawaiian sunsets and a delicious dinner at the same time. ☺



As The Terrace Turns

By Gerry DeBenedetti

Every month, every issue, these words appear at the bottom of the column for As the Terrace Turns and Junior 'Riggers' "contributions to this column are always welcome. Leave items for the Editor at the Front Desk..."

Did you know we meant YOU?

You can be a contributor, you can leave items at the Front Desk, you can make the Terrace Turn!

Every person in this Club has a birthday. Lots of people have anniversaries, family visits, children or grandchildren born into their family, you get the idea.

We want to hear about what is important to you. If you have a guest from the mainland here for a

special occasion, make that occasion even more special by writing a bit of news, leaving it at the Front Desk with a picture. We see you taking them—and when it shows up in a future issue of the magazine, you can send it to your visitors. They will remember their visit with even more Aloha.

Come on, make that Terrace shake and quake with news, pictures, funny stories, nostalgia, we mean YOU.

GianPaula Hulten had a first birthday at OCC in March. GianPaula was happy and cooperative and celebrated with about 13 relatives including her parents, **John and Carolyn Hulten**, both sets of grandparents, several uncles, cousins and so forth. The family enjoyed the Sunday buffet which John described as overwhelming and the setting "incomparable." Many more birthdays at OCC, GianPaula.

Non-residents **Grant Senner** and his wife Beth are visiting here for a month between school and Grant's job as sailing instructor at the Grand Rapids Yacht Club in Michigan. Arriving on Mother's Day, they brunched with happy mom, Gerry DeBenedetti at OCC.



Stephanie Smart and Tiare Finney ham it up after skiing.



Nanci and Jennifer Ciacci visited Suzi, Justin and Tracy Ayers in March in Arizona. They had a good time at Old Tucson Studios.

GianPaula Hulten celebrates her first birthday with parents John and Carolyn Hulten.



Scott and Robin Ballentyne and their sons Sean and Ian enjoyed skiing at Big Sky, Montana in March.

The Senners celebrated both of their birthdays and their anniversary during the visit. They will be here until June 10, so give Grant & Beth a call and catch up with them before they return to Michigan.

Stan Brown hosted 12 representatives from Hunt Wesson, and Robin and Stan Markle hosted 30 for dinner during a Hawaii conference of major retailers and food stores in the West. Robin said the group ate at every major restaurant in town that week and there is "nothing" to beat the OCC. The guests described this year's trip "most superior." They will be back in two years for more.

Enjoying the skiing in Idaho were front, Vicki Williams and Tiare Finney; back, George Crandlemire, Michele St. John, R. Candler, M. Merchi, Liz Perry-Dugan and Conne Sutherland.



Mary Phillips had a private dining room event for 30 people in March. The Pacific Business Association, each member bringing another guest, met for cocktails and pupus, and networking.

Ramsay will have a quill and ink exhibit in New York City from June 28 through July 29 at the Museum of American Illustration. If you're in the Big Apple stop by. . .

Mary Hearn, representing the Bianchi Martini Racing Mountain Bike Team in the 1995 Hawaiian Mountain Tour at Kualoa Ranch, Pupukea and Waimea in early April, finished seventh over all out of 22 in the women's professional division in six stage races over four days of competition. Mary recently signed a contract to race for Bianchi in the 1995 NORBA NCS and World Cup events primarily in cross country races in the U.S. and Canada.

Enjoying a Hau Terrace lunch was Howard Starke and guests, Sir

William Pickering and wife, Inez. Pickering, an internationally renowned jet propulsion scientist was recently honored at a scientific awards dinner hosted by the Emperor of Japan. Starke and Pickering are both octogenarians and alumnus of the California Institute of Technology.

Springtime in Sun Valley found many fun-loving OCC members in Ketchum, Idaho for skiing and partying. Bob and Mahi Riley have a home in Sun Valley and Van and Vicki Williams also have a home in Idaho.

Among those hitting the slopes with them were Tiare, Thomas and Elizabeth Finney, George Crandlemire, Michele St. John, Liz Perry-Dugan, Conne Sutherland, and Stephanie Smart. ☺

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 their first birthdays earlier this year were Karl Heyer, Hannah Harrer and Nainoa Puder.



Mahi and Bob Riley skied with Thomas and Elizabeth Finney in Idaho.

Around The Club

By Ray Ludwig,
General Manager

It seems like only yesterday that we were ringing in the new year and, lo and behold, summer is upon us. And with summer comes many Club activities—the summer canoe regattas every Sunday at various locations around the island and our ever popular summer Steak Fry on the Hau Terrace every Saturday night from 6 to 9 p.m. And we've also arranged for some of the most spectacular sunsets in the world every night on the Terrace at around 7 p.m.

Summer Entertainment

We will again this summer feature special entertainment in conjunction with our Saturday night Steak Fry. For June we have arranged for Jay Larin on the 3rd, Kevin Mau on the 10th, Jay Larin on the 17th, Just the Two of Us on the 24th and Kevin Mau on July 1.

Throughout the summer we'll post each week's featured entertainment on the Lobby bulletin board.

Father's Day Fashion Show

Our Father's Day Fashion Show luncheon will take place on



Friday, June 10 in the Main Dining Room. Fashions are provided by Reyn's.

Kamehameha Day

Monday, June 12 is the state holiday for Kamehameha Day and we will have the Steak Fry that night on the Terrace from 6-9 p.m. Our regular luncheon menu will also be served on this day.

Employee Picnic

A big mahalo to the Board of Directors for approving our annual employee's picnic held at Magic Island on Monday, May 22. Everyone had a great time with volleyball, baseball, swimming and all types of games for the kids and all kinds of wonderful food.

A great time was had by all and, despite the sore aching and sun-burned bodies, everyone managed to show up for work the next day.

Activities such as these do wonders to promote good fellowship and a real sense of camaraderie among our employees. Mahalo on behalf of the entire staff.

Drinking Policy

A reminder: summer brings the return of our students from mainland schools and colleges. Section 45 of the Club Bylaws state "no person under the age of 21 years shall bring, consume or be served any liquor on

Club premises". Violations of this Bylaw could result in a loss of Club privileges. Our staff has been instructed to enforce and report any violations of Bylaw Section 45.

Father's Day

On Father's Day, June 18, there is no better way to show dad how much he is appreciated than by bringing him to the Club for a special Father's Day Brunch or even our prime rib buffet dinner.

July 4

As a reminder, all Club events on July 4 are for Club members and their invited guests only. Due to the limited space, everyone attending the Club party must have a ticket for admission. Tickets are available at the Front Desk for \$1 each. Tickets should be purchased in advance. Because of the Club size, tickets will be limited to members as follows: Junior and Associate, limit 2 per member; Regular, Intermediate, Senior and Life, 4 per member.

For everyone's enjoyment, persons below the legal drinking age of 21 are discouraged from attending the Club after 8 p.m. Club membership cards for identification and verification of age will be required.

Parking will be for Club members with decals only.

We look forward to seeing you at the Club on the 4th and hope you all have a great time.

Good Luck to Paddlers

We wish the 1995 canoe paddling team good luck in the upcoming regatta season.

Snack Shop Hours Extended

The hours in the Snack Shop have been extended until 6 p.m. daily through Labor Day.

Please Kokua

To accommodate the most members during the busy summer months, we will be enforcing the House rule which restricts the use of tables on the Hau Terrace and Bar Lanai for food and beverage service only from 11:30 a.m. to 2 p.m. daily.

Game tables and reading facilities are available in other areas of the Club. There may be times when we have an abundance of available tables and during such times this policy may not be enforced. However, when the demand dictates, we hope we will have your cooperation.

Surfboards, Paddleboards, Kayaks, Canoes, Bicycles, Mopeds

All privately owned surf and paddleboards are to be stored only in the assigned, rented spaces in the alley way on the ewa side of the Club.

All kayaks and canoes owned by members must have an OCC decal in order to be stored only in rented assigned areas. All bicycles and mopeds are permitted at the Club only at the racks provided next to the parking garage entrance (Level C). Bicycles and mopeds are not permitted in any other areas of the Club.

Sunset Buffets

Wednesday, June 21 is our second Sunset Buffet of the season. A great bargain at \$14.50 the buffet includes selected entrees, soup and salad and a dessert bar. The Sunset Buffet is set up in the Lounge area and is available for those in both the Dining Room and Hau Terrace. Our regular Wednesday dinner menus are also available. ☺



Father's Day

Sunday, June 18

Bring Dad to the Outrigger to celebrate
Brunch — Dining Room and Hau Terrace
8:30 am to 2 pm.

Prime Rib Buffet — Dining Room 6-9 pm.

Make your reservations early.

923-1585



An Update on Guest Memberships

By Sue Tetmeyer
House Committee

One of the many benefits of Club membership is the privilege of sponsoring guest members. Members who wish to share the Outrigger experience with friends who are visiting on Oahu are welcome to get them an Outrigger guest membership to enjoy during their next stay.

Any active member in good standing (except Junior, Guest and Reciprocal members) may sponsor a guest member. A member may sponsor no more than four guests a month or have four guest cards outstanding at one time.

The guest you sponsor must meet the same requirements as a Nonresident member (i.e., not reside on Oahu for a cumulative period of six months during any consecutive 12 month period).

There are some restrictions on the issuance of guest cards during peak seasons. However, the Board of Directors has authorized the General Manager to suspend the restrictions, if appropriate,

based on Club usage.

Most times, getting a guest card is quick and easy and sure to be a treat for your friends.

To get a guest card, simply stop by the Front Desk and fill out an application. You may also mail or fax a request. Include your guest's name and approximate arrival date. Indicate whether you want to pay the guest membership fee or have it billed to your guest and be sure to sign your letter or fax.

It is not necessary for you to be present when your guest picks up the guest card as long as you have signed in advance.


The fee for a guest membership card is \$20 per week. Spouses and children under 10 may accompany guest members at no additional charge. There is a \$10 per week fee for children 10 to 17.

Children 18 and older must have their own guest membership. Guest membership cards are issued for one or two week periods. Guests who will be staying longer may apply for an extension.

A new policy has been approved for guests and reciprocal members requesting use of the Club for no more than two consecutive days. They will be charged \$10. For any extension requested thereafter, the regular fee of \$20 will be charged. ☺

KAMUELA

Are you ready for the country?

Mauna Kea Fairways		Sandalwood at Waimea
Anekona Estates		Mauna Lani Resort
Kohala Ranch		Puu Lani Ranch
Nani Paniau		Waikii Ranch
Mokuloa		Maliu Ridge

Because it's time to go.

William N. Jardine ~ REALTOR®

Keiki o ka'āina • Buyer's Representative • Waimea resident since 1957.

Phone: 808 / 885-6061 ~ P.O. Box 1599 ~ FAX: 808 / 885-6063
Kamuela, HI 96743



SNACK SHOP



OPEN DAILY



7 A.M.



to 6 P.M.



In Memoriam

Herbert W. Richards
Deceased: March 25, 1995
Member: 3 years

Thomas F. Mandel
Deceased: April 1995
Member: 31 years

OCC Members Are Poai Puni Point Series Winners

By Geoff Graf

The 1995 Chart House-Poai Puni Point Series came to a close with the State Championship Race held on April 30. The race ended at the Outrigger and OCC members made quite an impact on both the race and the series.

With two-time Olympic Gold Medalist Greg Barton competing in the race, and a relatively calm ocean, the race in the 23 mile Surfski division quickly became a contest to keep him in sight on his way to first place.

Geoff Graf finished second and won the point series with Kala Judd following for a third place finish. Alfred Horner finished sixth overall for first place in the 18-29 age group. Not to be outdone by the younger paddlers, Bill Bright finished ninth overall for a second place finish in

the 40-49 age group.

Nicole Wilcox followed Point Series Champion Kelly Fey into the finish for second place overall in the women's Surfski Division. They will meet again in the Bankoh Kayak Challenge World Championships.

The state championship race is one of two qualifying races for the U.S. Surfski Team. This team competes against teams from Australia, New Zealand, South Africa and Tahiti in the Molokai to Oahu, Bankoh Kayak Challenge.

Graf, Horner and Judd were named to the team along with Billy Robello and Greg Barton. All except Barton were members of the U.S. team that placed second to Australia in the 1994 Bankoh Kayak Challenge.

In the Canoe Division, Outrigger again showed its athletic depth. Chris Kincaid finished

4th and Courtney Seto was 6th (1st, 30-39).

Mary Smolenski finished first overall in the women's division and won the Point Series.

Outrigger member accomplishments in the 1995 Point Series:

- Surfski**
- Geoff Graf** Point Series Champion (eight 1st place finishes), U.S. Surfski Team member
- Kala Judd** 1st Place, Oahu Championships, U.S. Surfski Team member
- Alfred Horner** 1st Place, 18-29 Age Group/Point Series, U.S. Surfski Team member
- Bill Danford** 1st Place, 50+ Age Group/Point Series
- Canoe**
- Mary Smolenski** Point Series Champion, 1st Place State Championships
- Walter Guild** 1st Place, 30-39 Age Group/Point Series
- Mark Rigg** 1st Place, Oahu Championships ☺

Employee of the Month

Take a breath, now say Atelaita Mate Baleilomaloma Smalley.

Actually, Laite (lai tee) will suffice. She is our Employee of the Month with high praise from management for always being available and willing to help out.

Laite is the assistant in the Logo Shop, but you will sometimes see her covering at the Front Desk and there is no mistaking her, the soft Fijian accent is like no other (at least at OCC).

Usually at OCC only Sunday and Monday, Laite continues to work part time for the Kilcoyne family, who taught her the retail trade. In the Outrigger Logo Shop she is Brenda Colbert's "right arm."

Laite met her American husband in Fiji 13 years ago when he was working in aquaculture for the Peace Corps. He is now a science teacher at La Pietra and Laite "rolled" her eyes to say he is still working on his Ph.D. She has a 20 year old daughter who is a sophomore at UH.

She says her employee award is "still in her purse" so she is being very thoughtful about what to do with her reward.

Next time you see her, introduce yourself so you can hear her lovely voice pronounce her liltling name.

☺

I Can Meet All of Your Transportation Needs

- Any Make or Model from Any Cutter Dealership
- Executive
- Commercial and Fleet
- Personal

Dodge T-300 & Dakota Trucks (Regular and Extended Cabs) • Jeep Cherokees (Regular and Grands) • Ford Explorers, Mustangs, Trucks and Vans • Chevy Blazers, Tahoes, Trucks, Vans and Corvettes • Rolls Royce, Porsche, Audi, VW, Mitsubishi, Isuzu, Trucks, Pontiacs, Geo • Commercial Vehicles— Ford, GMC, and Kenworth

Special considerations to all Outrigger members and their families.

Contact

"Baby Dave" Rochlen at
Cutter Dodge - Plymouth -
Jeep - Eagle

Direct Phone: 842-6327
Switch Board: 842-6300
Fax: 848-7762


President's Aloha Party

Outgoing President Walter Guild and outgoing Board members Kent Giles and the late Tom Haine were honored at the President's Aloha Party in April. They were presented miniature canoe paddles as a token of their service to the Club.


1) Walter Guild receives his paddle from President Wendell Brooks. 2) Marilyn Haine receives the paddle for her late husband, Tom. 3) Past presidents gathering for the occasion were front, Cline Mann, Wakey Mist and Thad Ekstrand. Standing, Bob Anderson, Bob Moore, Mark Buck, Peter Balding, Rab Guild, Jim Peterson, Walter Guild, Ben Cassiday, Tommy Thomas, Tom Arnott and Dan Williamson.

4) Chuck Swanson, Kelly and Jim McMahon, and Anne Swanson. 5) May Balding, Scrapy Lipton, Marilyn Haine and Gloria Brooks. 6) Wendell Brooks presents paddle to Kent Giles. Photos by Ken Brown. ☺




Princess Kaiulani

Summer Breeze



1222 Kaunualii St. Ph. 847-4806
Monday to Saturday 9-5

2nd Annual Non Run Fun Festival

By Donald T. Eovino

Mark your calendars now for one of the year's most interesting non competitive non-events. The 2nd Annual Non Run Fun Festival is scheduled for Monday, July 17 with pre-race registration at 6 p.m. at the OCC.

The schedule is for all Club members whose idea of a race is to sign up, eat, drink, party and sit down.

The Non Run commences at 6:30 p.m. with the ceremonial shooting of the Marathon

cannon by Dr. Jack Scaff, preceded by proclamations by Fred Hemmings, and the singing of the Star Spangled Banner by Guido Salmaggi.

The course starts at the Dining Room and races out to the Snack Bar, behind the canoes, past the Hau Terrace and up the stairs to finish in the Dining Room.

The event is sponsored by the Fitness and Running committees as a fund raiser for events throughout the year.

Aid stations will be set up offering sustenance sufficient to get you through this grueling

course. As last year, top restaurants staffing the stations will be Compadres, Sunset Grill, Indigo, Matteos and Trilussa.

Beer, wine and sodas will be available to keep you from bonking. Entertainment will be provided and Del Beasley will perform Hawaiian rock.

Non-runners will receive a non-run running number and a non-finisher T-shirt commemorating the event.

Dress is non-running attire and guests are invited under member sponsorships. Post race festivities include a massage station for

those who exuded too much effort at the aid stations and need lomi lomi to recover. Also included is a vigorous and stimulating auction afterwards with many valuable prizes and activities.

Tickets are going to be in hot demand for this event which sold out last year and is sure to again this year. Make your reservation at the Front Desk or see Don Eovino, Dustin Sellers, Tom German, Byron Ho, Carolyn Corrigan, Missy Mowat, Bill Manfredi, Steve Dunn, Francis Wright or Jon Bryan. ☺

Meet Ignacio, a Winners' Camp graduate.

Before Ignacio went to Winners' Camp, he was making the grade in school -- just:
*When I was a sophomore in high school, I had a C average.
I didn't know what I wanted out of life.*

*Then I went to Winners' Camp. I learned how to set goals for myself and how to achieve those goals. My grade point average went from a 2.0 to a 3.5. I set a goal to win in my sport -- wrestling -- and I made the Hawaii Junior National Freestyle Team.
I learned that whatever I commit myself to I can achieve.*

Ignacio is currently serving in the National Civilian Community Corps.
He knows what he wants -- to go to law school.

My aspirations are very high. And I know I will achieve my goal because, thanks to Winners' Camp, I'm doing what it takes to get there.

You can find out what it takes to get to Winners' Camp by calling 263-6909.
Enrollment is limited, so reserve your space now!

1995 Camps: Kauai -- June 12-18 Oahu -- August 14 - 20

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

Winners' Camp is a Non-Profit Educational Foundation.



WINNERS'
Camp

An Executive Training for Teenagers -- For Applications & Information Call 263-6909

Polo, Not Water Polo, A Club Sport

By Bob Hogan

It's a little known fact that ever since the early days of the Outrigger's existence, there have been Club members who played polo. You're saying, sure water polo has been around for ever. Well, you're right about that but we are talking about polo on horseback. You know, the one that used to be played in Kapiolani Park for years and is now played out in Waimanalo and Mokuleia.

In the years before World War II, teams from the military, Maui, and Oahu competed regularly at Kapiolani Park and the parade grounds at Schofield.

The names of the era were Dillingham, Rice, Castle, Baldwin, Walker, Waterhouse and Hogan, just to name a few.

There was a decline of polo as a result of the war but in the early 50s, thanks to Club members like Bob Allen, Fred Dailey, Art Woolaway, Earl Spangler and Bob MacGregor, polo was revived in a big way.



OCC polo players include Bob Allen, Bob MacGregor and Bob Hogan.

Bob Allen and Manduke Baldwin teamed up to bring high goal indoor polo to the Honolulu Stadium during the early to mid 1950s. During this period, polo grew at a fast pace and polo was soon returned to Kapiolani Park in the lee of Diamond Head adjacent to the Town and Country Stables in the area where soft ball and soccer are now played.

Through the 60s, polo was moved to the North Shore at Mokuleia at the site of the

Dillinghams' Crowbar Ranch. Laid out on a truly magnificent field adjacent to the Pacific Ocean, it is considered one of the most beautiful fields in the world.

You will find Outrigger members Chris Dawson, Penny Bradley, Todd Bradley, Mike Dailey, Becca Dailey, Howard Cooke and Bob Hogan playing there on any Sunday between March and August.

As polo grew here on Oahu, it became apparent that an additional

field would be needed and through the efforts of Bob MacGregor, Mike Sheehan, Jim Reynolds and Gerry Derricks, the beautiful field at Waimanalo, with its towering backdrop of the sheer Koolau's, was built.

The Honolulu Polo Club based in Waimanalo has games every Sunday through October and you'll find Bob Hogan, Bob MacGregor, Skip Schuman, Bob Allen and Mike Sheehan there on almost any Sunday afternoon.

It's a wonderful way to spend a Sunday afternoon and cheer on your fellow Club members.

The Hawaii International Polo Club at Mokuleia and the Honolulu Polo Club in Waimanalo have extended a 50% discount to Club members who present their Outrigger Canoe Club membership card at the gate.

This offer will be in effect throughout the season with exception of benefit games. Come on out and enjoy. For information call 396-POLO or 637-6688. ☺

Summer Time and the Steak Fry Is On



By Gerry DeBenedetti

Although you can't believe its summer already, it is, and time to kick back every Saturday night, and come to the OCC Steak Fry.

Steak Fry is a misnomer because we also have chicken and fish, in addition to the N. Y. Steak and Petit Filet Mignon. Vegetarians are not left out either, because the Salad Bar has both vegetable salad and pasta salad, and don't forget the big pot of beans and the two scoops rice.

If you really need an implement to push all that good stuff onto your fork, there are nice fresh rolls and (shhh) butter.

There is plenty to eat. If you don't want an entree, you can just choose the Salad Bar. Sound good? It is.

What better way to enjoy your Club on these summer Saturday nights than to invite a guest, friend, someone who can appreciate our OCC sunsets, come down to the Hau Terrace, and broil your own dinner.

On Saturday nights the grill is set up in the Snack Shop patio area. You go onto the Hau Terrace or the Bar area and choose your table, order your beverage, and then go over to the grill.

You can get it all at once, or do as many do after choosing their entree

and signing their chit. Just pocket your entree ticket, and take only your salad and bread back to your table, where your beverage should be waiting.

After you have finished your salad, back to the grill (ticket in pocket) and place your entree on the grill. Slather on your condiment of choice, all the way from paintbrush BBQ sauce to Tabasco or just soy sauce, or leave it plain.

There are spatulas, tongs, and brushes to facilitate the slathering, not to mention salt and pepper shakers.

While the entree is cooking on side one, walk over to the beach, check out the sunset, the surf, the scene. Back to the grill for the second side.

While that is cooking, get your plate ready with beans, rice, bread and leave some space for your steak, chicken or fish.

All done? Looks ono! Back to your table with a delicious barbecue dinner that you did all by yourself, with a little help from your friends.

Note: What usually happens is a LOT of visiting around the grill, lots of hellos to friends you haven't seen for awhile and a chance to see all the college kids home for the summer-grown up.

Remember, the Steak Fry is every Saturday night at 6 p.m. Dress is casual, bring your friends, find a table, watch the sunset, and enjoy your own cooking (without the cleanup).

OCC is the only place I know where people applaud the sunset. It is such a special way to end the day. ☺

Jr. 'Riggers

Congratulations to **Parker McLachlin** on being on the winning state championship golf team at Punahou. He shot a 150 at the Kapalua course. . .

Congrats also to **Kaione Crabb** and **Erik Christensen** on their track performances. Kaione won the ILH discus with a 160-8 performance, was third in the shot put at 45-4, and then finished third in the shot put at states with a throw of 50-6 1/2. Erik was fourth in the pole vault at both the ILH and state championships, with vaults of 11-3 and 12-3.

It's time for the Class of '95 to make their final march across the stage for diplomas. Our graduating class includes:
Punahou— **Colin Ah Yat, Kim**

Allin, William Barrett, Erin Berg, Judd Berrington, Cameron Black, Trevor Cabell, Kohl Christensen, James Collins, Shawn Cook, Joshua Ellis, Michael D'Enbeau, Jason D'Olier, Luke Estes, Scott Gamble, Candes Gentry, Annmarie Goldsmith, Lara Grimm, Meaghan Hemmings, Robson Hind, Andrew Ho, Hallie Hughes, Jessica Langley, Kristin Lee, Brandy Peiterson, Bonnie Pietsch, Jessica Spondike, Kathryn Stock, Justin Wong.
Kamehameha— **Jakob Vaughan.**
Mid-Pacific— **Christopher Finseth, Kerry O'Connor, Jay Sorensen.**

Hawaii School for Girls— **Keala Kilcoyne.**
Damien— **David Wong.**
Schools Unknown— **Jessica Cole,**



Members of the Boys 16/18 volleyball team finished second in their pool in the Haili Volleyball tournament in Hilo in March. Playing in the tournament were, front, Kevin Crabb, Lindsay Breedon, Dylan Fern, Dom Griffin, Naia Blankensfeld, Blake Cherry. Back, Koa Ostrem, Scott Wong, Nate Jim and Clay Stanley.

Cameron Grant, Virginia Graumann, Richard Jamieson, Walea Kalama, Kristi Kane, Alexander Lentz, Alison McMahon, Gammon Miura, Sara Mullen, Sean Rostron, Markus Spiedel, Morgan Thompkins, Michael Winn.

If we've overlooked your name, we apologize. Send us your name

and school and we'll include it in next month's Jr. 'Riggers column. ☺

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 necessary.

NEW MEMBERS

Regular — **James Allen, Annmarie Kavanagh, Robert Kerch III, Gay Mattson.**

Associate — **Anthony Hunt, Matthew Moroney.**

Junior — **Makena Carr, Lindsay Chang, Melissa Gibson, Noah Gibson, Christian Kalama, Corbett Kalama, Shane Kingman, Benjamin Komer, Tanner Peiterson, Vraunwyn Wilcox.**

Nonresident — **Alfred Gfroerer.** ☺

Boys 14 Finish Second in Maui

By Jim Heumann

The Boys 14 's flew to Maui to play in the 1st annual Imua Na Opio O Maui junior volleyball tournament on April 22-23 at Seabury Hall.

The team was 6-2 in pool play on Saturday. This was good enough to give them a bye in the first round of double elimination play Sunday morning. After losing their first match to Imua 14's, they came back through the consolation bracket by beating Kalama and then an exciting 16-14 come from behind win over Imua 14's.

The boys played well in the finals but came up a little

short, losing 9-11, 11-8 and 6- 11 to Lahaina Boys. Outrigger finished second.

Members of the team were Matt Carr, Andrew Estes, Nick Fowler, Doug Hiller, Doug Johnstone and P. J. Malin.

A special thanks to Robby and Chris Estes for allowing the team to camp in their yard and have the run of the house for the weekend. Robby took us all on a great hike through a lava tube before we headed to the airport Sunday afternoon. ☺

Friends & Relatives Visiting?

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

Call Lyman Blank for availability
734-2665

ODKF Awards Scholarships

The Outrigger Duke Kahanamoku Foundation recently awarded 13 scholarships totaling \$12,000 to outstanding Hawaii student-athletes. Two scholarships went to OCC members David Buck and Chuck Watanabe.

David, an outstanding kayaker, is currently living in Newport Beach, California where he is a student at UC Irvine. He is in training for the Olympic Festival Trials and hopes to go to the Festival in Colorado in June. Besides devoting himself to his Olympic goal, he has been volunteering as a coach for the Hawaii Canoe and Kayak Team.

Chuck Watanabe has also been involved with the Hawaii Canoe and Kayak Team from the time he competed as a 13 year old. Now 20, he has been on the National Team for a number of years, and went to Vienna, Austria and the Czech Republic for past competitions. He is a sophomore at Orange Coast College. He is also training for the Olympics in Atlanta, Georgia in 1996.

All of OCC hopes the best for these two, and the ODKF has shown their support by assisting them financially with their educational goals. Scholarships will not be given again until January 1996, but athletic grants can be applied for at any time. Applications are at the Front Desk.

Mahalo to all OCC donors who made the following scholarship grants available:

Kimberly Adler	Swimming	Whitman
Kathy-Lyn Allen	Swimming	Auburn
Roger Arnemann	Sailing	Stanford
Megan Atwood	Swimming	UH-Manoa
David Buck	Kayak	UC Irvine
Summer Craig	Sailing	Dartmouth
Paul Tan	Water Polo	MIT
Joy-Sarah Vink	Swimming	Georgetown
Lindsay Tam	Water Polo	Duke
Carl Larsen	Swimming	UC Berkeley
Douglas Cole	Water Polo	UC San Diego
Punua Souza	Kayak	U Puget Sound
Chuck Watanabe	Kayak	Orange Coast

The ODKF has granted \$22,000 as of April 15, 1995 for the 1994-95 grant year. ☺

Regatta Season Gets Under Way

Outrigger is geared up to defend its Hawaiian Canoe Racing Association championship as regatta season gets underway this month.

Oahu Hawaiian Canoe Racing season gets under way with the Clem Paia Regatta at Keehi Lagoon on June 4, the King Kamehameha Regatta on June 11 at Kailua Beach Park, the Leeward Kai Regatta at Nanakuli on June 18 and the Waimanalo Regatta on June 25 at Waimanalo Beach Park.

"We've had a really good turnout of paddlers," said Canoe Racing Chairman Todd Bradley. "However, we always want more so if anybody hasn't signed up and still wants to paddle, let someone from the Canoe Racing Committee know."

More than 200 paddlers had signed up by early May, with a good turnout of kids.

"We expect to be able to fill every event on the schedule," he added.

Paddlers will be wearing a new paddling shirt this year that was designed by Mike Stirling.

One of the Club's new Force 5 fiberglass canoes will be used for the first time at the Walter J. Macfarlane Regatta on the 4th of July. The new design is better for surfing, Bradley said. "All crews will be able to use the new boat."

"The Force 5 was conceived during a hurricane warning for Hurricane Emilio," Bradley explained. "Emilio was a Force 5 hurricane, which is the strongest type of hurricane. So the canoes were named Force 5."

All Outrigger members and families are invited to join us at regattas throughout the summer. The day starts at 8:30 a.m. with children's races, followed by novice events, and then upper division and masters races.

Bring your lunch and some sun screen and be prepared to cheer our Club to victory. ☺



50% Off
for OCC Family & Friends

Marc Resorts Hawaii
Condominiums & Hotels on the 5 major islands

Waikiki

* Hawaiian Monarch * Kuhio Surf
* Hawaiiana Hotel * Waikiki Lanais
* Waikiki Grand Hotel

Maui

* Royal Kahana Resort * Kahana Villa
* Paki Maui at Kaanapali

Molokai

* Molokai Shores Suites * Wavecrest Resort

Kauai **Hawaii (Big Island)**

* Pono Kai Resort * Waikoloa Villas

CALL: 808-922-9700 OR 800-535-0085

Mike & Rosemarie Paulin, proprietors

TIPS *from the Trainer*

*By Sherry Gannaway
Body by You!*

Proper nutrition is an important component in overall health and essential for performing athletes. The importance of the role nutrition plays in your athletic performance depends on your gender, age, eating, life-style patterns, the environment and the type of training you do.

Before starting any specific food, vitamin or exercise program consult your doctor or a nutritionist.

Healthy Eating Habits

- Chew and eat with the non-dominant hand.
- Eat more frequently and less quantity.
- Use proper posture for good digestion.

What is a Balanced Diet

The concept of the balanced diet is to eat a wide variety of food, in moderation, that promotes the development of all tissues and provides adequate energy for your body. The proportions of food differ at different stages of the life cycle and for the performing athlete, consult your nutritionist for details.

The basic food guide: vegetables, proteins, fruits, fats, dairy, grains, pastas and beans.

Does Protein Help Build Muscle Tissue

The answer is yes and more. Protein contains nitrogen, an element essential to the formation of amino acids which are the building blocks of all cells. The major function of protein is to build and repair tissues.

Protein should be consumed as approximately 12% of the daily caloric intake. Animal foods and milk have a high protein content. They also may be high in fat. Try to get some of your protein daily allowance through plants and legumes.

What About Vitamins

Vitamins are complex organic compounds that do a variety of work. Vitamins such as B-Complex are known as coenzymes. They bond with a protein molecule to help form an enzyme. Enzymes are necessary to digest our foods, to make our muscles contract and to release stored energy.

Vitamins also serve to protect against free radicals that may cause cancer, heart disease and adverse effects of aging. These are antioxidants: E, C and A.

Vitamins may enhance physical performance by boosting the process of energy production. I recommend the A B C method: A for skin and liver, B-Complex for nerves and stress, C for the immune system, E for cellular repair and a Multi-mineral to reduce spasm in muscle. For the appropriate dosage, refer to the label on the bottle.

What About the Importance of Hydration and Extreme Temperatures

Water transports and removes all wastes, regulates body temperature, lowers body fat and helps prevent constipation. Dehydration upsets the chemical balance of electrolytes and results in weakened muscles. Without enough water, toxic elements build up in the blood stream which cause skin eruptions and poor organ function.

Eight to 10 glasses of water a day is the recommendation for the average person. For the performing athlete this intake should be raised to 15 to 20 depending on the time of the year.

Electrolytes conduct electrical current. The major electrolytes are sodium, potassium, chloride, bicarbonate, sulfate, magnesium and calcium. It is important to replace the electrolytes when performing strenuous exercise or during a stressful day on the job, especially when your job requires prolonged outdoor activities.

Temperature regulation is essential to brain function and body performance.

Note: Keep wet ice towels near your workout or work station to throw around your neck every so often to cool off your body temperature. Always have water, electrolyte replacement drinks and energy bars available.

What to Eat and Drink Before, During and After a Tough Workout or Race

Example of before, during and after heavy training:

The morning should look like any other healthy morning

breakfast. Start to drink electrolyte replacement drinks diluted with one-third water early. Continue to eat every hour to two hours until the event and hydrate constantly (just little sips).

Note: If it is a hot day, start cool towels round the neck while you warm up.

During the training, hydrate consistently through the entire workout. If the event is endurance, replenish with energy food such as energy bars, fruits (grapes), and packets of electrolyte replacements. Fresh Greek olives act as an excellent salt replacement.

Recovering that evening is just as important as the morning. You need a well balanced meal high in complex carbohydrates, complete with lean protein and plenty of amino and electrolyte replacements, diluted with water. Quick repair of tissue allows us to compete back to back in full form at every event.

Caution: Drinking lots of alcohol after events could damage your muscles and organs.

The study of nutrition is truly overwhelming for all of us, so take it slow and develop good eating habits. I highly recommend staying away from fad diets. They can ruin your whole digestive system.

Be smart. Make exercise and healthy nutrition a part of your daily life just like taking a shower or brushing your teeth.

Note: Recommended reading and source guides— Nutrition for Fitness & Sports by Melvin H. Williams, and The Nutrition Action Newsletter by the Center for Science in the Public Interest. ☐



News from the CLUBHOUSE

By Jim Gaddis

OCC Golfers had a great time banging the ball around at Hawaii Kai Golf Course back in April. Jim Hammons fired an 86 to take Low Gross honors while Adney Smith took Low Net honors with a 65.

Terri Lui fired the best round of the day (84) to win Ladies Low Gross. Pam Dillingham took Ladies Low Net with a 69.

Nearest-to-the-Pin winners were Joie Gopez, Cyrena Bryan, Don Cutting and Adney Smith. Bruce Bolton did a good job organizing the tournament with help from Hammons and Gopez.

Larry Langley will be organizing the 3rd Stroke Play Tournament on June 26 at Kalakaua Golf Course. Sign up now at the Front Desk. Just ask for the Golf Folder.

Results of the 1st Annual Member-Guest Tournament held on May 26 at the beautiful new Royal Hawaiian Country Club will appear in next month's news. Pam Dillingham organized this great event.

OCC Match Play will start on July 1. Eight men and eight women will battle for the championship. Strat Whiting and Pam Dillingham are defending champions.

The 4th Stroke Play tournament will be held on August 21 at Leilehua Golf Course. Be sure to sign up for this one. Leilehua is always the most popular event of the year. The course is surrounded by thick woods.

Correction: Judy Maguire was the Low Net winner in February at the Navy-Marine tournament. Congrats Judy. ☺

Members It Pays To Know



PACIFICA PRINTS
Artist: Aoi Kiriarty
OAHU REPRESENTATIVE:
DALE HOPE

2801-H-LAI ROAD
HONOLULU, HAWAII 96816

TELEPHONE:
(808) 737-1117

KITCHEN SOURCE

FINE DESIGN AND CABINETS

Marie Lail Blackburn, CKD
Certified Kitchen Designer

758 KAPAHULU, SUITE 270 • HONOLULU, HI • 96816
808-737-5446 • FAX 808-735-2079

KAHALA CONSTRUCTION

RESIDENTIAL & COMMERCIAL

License BC 16708

Dave Puder
President

PO Box 10603, Honolulu, Hawaii 96816
(808) 545-7717 • Fax: 545-7811

KEA'S STUDIO-CUSTOM FRAMING

A Vast Range of Framing Options at Reasonable Prices

- Koa & European Mouldings
- Shadow Box Frames • Oval Mat Cutting
- Wet, Dry and Museum Mounting
- Contract Framing for Hotels and Condominiums

Kehaulani Kea, Owner
3207 Martha St. Honolulu

737-9944



RAINBOW COLLECTION

Fine Jewelry Appraisal Service
Custom Jewelry Design
18K and Platinum
Manufacturer-Direct

Dru Johnston
Graduate Gemologist

Ph: 947-9092

Concerned About What Stocks And Bonds Are Right For You Now?

Discuss your investment needs with Gregg Robertson at 523-9488. Gregg will help you to determine the appropriate investment strategy.

CADINHA & Co.
Pioneer Plaza / 900 Fort Street Mall, Suite 1240

Celebrating Easter at the Outrigger

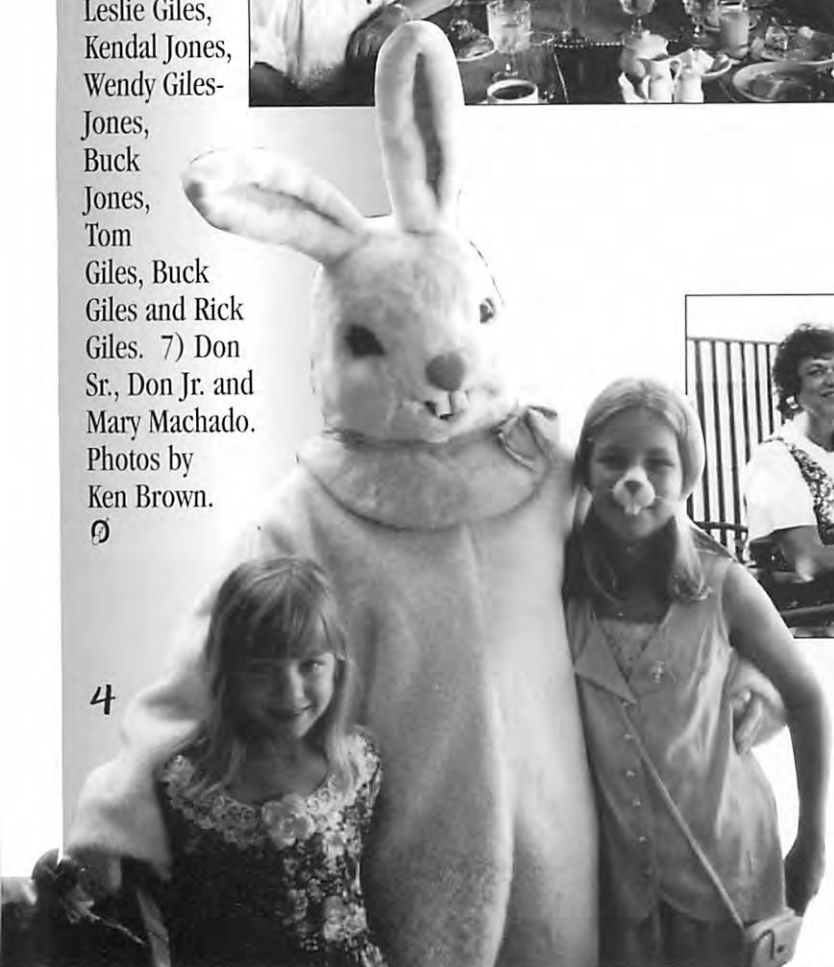
Outrigger members came out in their Easter best for Brunch and a special Easter Buffet dinner on April 16.

Enjoying the festivities were 1) Dave and Mary Shoji and Cobey, Kawika and Erik. 2) Kirk and Carrie Christman and Nick and Bret. 3) Joan and Jan Bellinger and Brownie Williams. 4) Ali Resick, the Easter Bunny and Creely and Creely Doerr. 5) Gloria Brooks, Gay Austin and Wendell Brooks. 6) Leslie Giles, Kendal Jones, Wendy Giles-Jones, Buck Jones, Tom Giles, Buck Giles and Rick Giles. 7) Don Sr., Don Jr. and Mary Machado.

Photos by Ken Brown.

Ø

4



OCC Runners Second at Schofield 56-Mile Relay

By Don Eovino

On Sunday morning, March 26 at 5 a.m., OCC's three teams began a 56-mile relay race around Schofield Barracks. Each team consisted of six members who would complete one 8-mile lap. One to three runners were allowed to share the chore of completing the seventh and last lap of the course.

Billy Balding, Don Eovino and Chris Worrall started at 5 a.m. and shared the unique experience of running in total darkness. After passing a few lights from military homes and buildings, the course became absolutely black. The only way to gauge the road was to run on the mid-lane reflectors.

Consistent racer Paula Jenkins took the hand-off from Billy who painfully and bravely completed his 8-mile lap after pulling a leg muscle after just exiting the stadium at the start of the race. Paula ran at top speed and was ready to pass the baton to Vik and Tanya Watumull, who arrived with babies in tow.

This team finished off winning second place with a time of six hours and 46 minutes, and a seven minute 14 second per mile pace. Katy Bourne captained this team and arrived at 5:30 a.m. to cheer them on from the sidelines as she was unable to shake that lingering flu bug going around.

Joe Teipel, Margo Berg, and Laura Williams took the handoff from

Chris Worrall. Laura was so inspired she volunteered to run part of the last leg and pleasantly surprised herself by completing a total of 12 miles.

Don Eovino's masters team brought out a runner who hasn't raced for a while and used this race as a catalyst to re-enter the sport of running—Bill Manfredi. Bill, who has run a 3:08 marathon in the past, handed off to Chris Haines. Chris amazed everyone with his blistering pace and later revealed that he hopes to train and qualify for the Boston Marathon next year.

Mike Schwinn raced hard in the hot sun and had his wife Vien on bicycle cheering him on. The masters team found themselves in third place going into the last lap, 3 1/2 minutes



Mike Schwinn and Chris Haines hydrate before their race.

behind the second place Farber's team. Chris caught and passed the Farber runner just past the halfway point. Don took the last hand-off and increased the lead to take second place over the Farber team by two minutes, finishing in 7:22. ☺

For the Record

Swimming

Fin Swim
4/9/95
Hilary Lambert, 1st, 25-29, :28:48

Running

Symphony Run
4/23/95 9 miles
Don Eovino :28:44
Bill Manfredi :33:39
Gina Schultz :33:51
Laura Williams :34:00
Ruth Munro :49:53
Ken Brown NA
Stan Markle NA
Robin Markle NA

Track

ILH Championships
4/22/95 Kaiser HS
Kaione Crabb, 1st, discus, 160-8
Kaione Crabb, 3rd, shot put, 45-4
Erik Williamson, 4th, pole vault, 11-3

State Championships

4/29/95 Kaiser HS
Erik Williamson, 4th, pole vault, 12-3
Kaione Crabb, 3rd, shot put, 50-6 1/2

Volleyball

Jose Cuervo Beach Volleyball Tournament
4/29/95 Fort DeRussy Beach
Matt Rigg/Kirk Christman, 1st, Open Men
Jon Andersen/Adam Lockwood, 2nd, Open Men

Golf

State High School Championships
4/21/95 Kapalua Bay Course, Maui
Parker McLachlin, 150 (1st Place Punahou foursome)

Kayak

Champion International Canoe/Kayak Knockout
4/22/95 Lufkin, Texas
Traci Phillips, 1st, Fastest Paddler in America
Traci Phillips, 1st, K-1
Traci Phillips, 1st, K-4
Traci Phillips, 2nd, K-2

Oahu Championships

4/15/95 Makai Pier to Waikiki Yacht Club
Kayaks
Kala Judd, 1st, Overall 1:56:28

Geoff Graf, 2nd, Overall, 1:57:00
Al Horner, 5th Overall, 2:01:46
David Horner, 1st, 18-29, 2:07:03
James Kincaid, 4th, 40-49, 2:08:50
Bill Bright, 5th, 40-49, 2:10:32
Bill Danford, 3rd, 50+, 2:23:47
Mark Buck, 1st, Short Course, 1:20:59
Katie McCrary, 4th, Short, 1:33:10

Canoes

Mark Rigg, 1st, Overall, 2:14:09
Courtney Seto, 3rd, Overall, 2:15:07
Walter Guild, 4th, Overall, 2:15:08
Chris Kincaid, 1st, 30-39, 2:18:21
Todd Bradley, 8th, 30-39, 2:25:16
Robby Harrison, 9th, 30-39, 2:26:54
Michael Fox, 10th, 30-39, 2:27:00
Jeff Metzger, 2nd, 40-49, 2:39:38
Gaylord Wilcox, 4th, 50+, 2:49:17
Tay Perry, 5th, 50+, 2:49:46
Tom Conner, 1st, short Open, 1:25:22
Brad Thiessen, 8th, Novice B, 2:03:28
Mary Smolenski, 1st, Open Short, 1:39:59
Paula Crabb, 6th, Open Short, 1:47:49

State Championship Race

4/30/95 Kailua Beach to Outrigger CC
Kayak
Geoff Graf, 2nd, Open, 2:44:45
Kala Judd, 3rd Open, 2:47:42
Al Horner, 1st, 18-29, 2:51:23
Bill Bright, 2nd, 40-49, 2:56:28
David Horner, 2nd, 18-29, 2:58:12
James Kincaid, 4th, 40-49, 3:06:06
Nicole Wilcox, 2nd, Open 3:13:48

Bill Danford, 2nd, 50-59, 3:32:43
Canoe

Chris Kincaid, 4th, Open 2:08:47
Courtney Seto, 5th, Open 2:08:55
Tom Conner, 1st, 50+, 2:15:09
Jeff Metzger, 2nd, 40-49, 2:18:34
Gaylord Wilcox, 3rd, 50+, 2:22:26
Tay Perry, 4th, 50+, 2:26:08
Mary Smolenski, 1st, Open, 2:35:28
Paula Crabb, 3rd, Open, 2:43:29

Poai Puni Race

3/19/95 Lanikai-Rabbit Island and Return

Kayak

Geoff Graf, 1st, 1:49:25
David Horner, 1st, Men 18-29, 1:58:32
Kala Judd, 1st, 30-39, 1:59:05
Jim Beaton, 2nd, 30-39, 2:00:55
Jimmy Kincaid, 1st, 40-49, 1:56:57
Bill Bright, 3rd, 40-49, 1:58:20
Tom Conner, 1st, 50+, 2:00:17
Bill Danford, 2nd, 50+, 2:14:53
Nicole Wilcox, 2nd, Open, 2:13:13
Katie McCrary, 2:36:45, 1st, 20-29

Canoe

Walter Guild, 4th, Open, 2:07:59
Courtney Seto, 2nd, 30-39, 2:10:12
Mark Rigg, 3rd, 30-39, 2:11:14
Jeff Metzger, 2nd, 40-49, 2:22:30
Tay Perry, 2nd, 50+, 2:42:27
Brad Thiessen, 1st, Men Novice B, :51:10
Mary Smolenski, 2nd, Open, 2:49:59
Paula Crabb, 1st, 40-49, 3:03:05

J U N E

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>LUNCHEON FASHION SHOW FROM REYN'S FOR FATHER'S DAY 11:30 am — Please reserve early please STEAK FRY EVERY SATURDAY NIGHT for the summer. Contemporary Hawaiian Entertainment Changes Weekly: Jay Larin, Kevin Mau, Just Two • HOLIDAY STEAK FRY Kamehameha Day 12th! Something New at OCC for the Summer for \$14.50, come on down 3rd Wednesday in June/July/August — June 21-Journey to Thailand, July 19-Flavors of Italy, August 16-Adventures in Swiss Cooking</p>				<p>1 Regular Lunch and Dinner Service</p>	<p>2 Sea Harvest Buffet Dining Room 6 pm</p>	<p>3 Hau Terrace Lunch STEAK FRY 6 pm Jay Larin Entertains Regular Dinner Service</p>
<p>4 Keehi Canoe Regatta BRUNCH 8:30 am Prime Rib Buffet- Dining Room 6 pm</p>	<p>5 Noon Bridge Hau Terrace Lunch Surf Cart - 6-9 pm</p>	<p>6 Regular Lunch and Dinner Service</p>	<p>7 Regular Lunch and Dinner Service</p>	<p>8 Regular Lunch and Dinner Service</p>	<p>9 Regular Lunch and Dinner Service</p>	<p>10 Hau Terrace Lunch Father's Day Lunch Fashion Show Steak Fry 6 pm Kevin Mau Entertains</p>
<p>11 Kailua Canoe Regatta Brunch 8:30 am Prime Rib Buffet- Dining Room 6 pm Hawaiian Kau Kau</p>	<p>12 Noon Bridge Hau Terrace Lunch HOLIDAY STEAK FRY 6-9 pm</p>	<p>13 Regular Lunch and Dinner Service</p>	<p>14 Regular Lunch and Dinner Service</p>	<p>15 Regular Lunch and Dinner Service</p>	<p>16 Regular Lunch and Dinner Service</p>	<p>17 Hau Terrace Lunch Steak Fry 6 pm Jay Larin Entertains Regular Dinner Service</p>
<p>18 Nanakuli Canoe Regatta Father's Day Brunch 8:30 am Prime Rib Buffet- Dining Room 6 pm</p>	<p>19 Noon Bridge Hau Terrace Lunch Surf Cart - 6-9 pm</p>	<p>20 Regular Lunch and Dinner Service</p>	<p>21 Regular Lunch and Dinner Service Bar Lanai Sunset Buffet 6-9 pm Journey to Thailand</p>	<p>22 Regular Lunch and Dinner Service</p>	<p>23 Regular Lunch and Dinner Service</p>	<p>24 Hau Terrace Lunch Steak Fry 6 pm Just Two Entertains Regular Dinner Service</p>
<p>25 Waimanalo Canoe Regatta Brunch 8:30 am Prime Rib Buffet Dining Room 6 pm</p>	<p>26 Noon Bridge Hau Terrace Lunch Surf Cart - 6-9 pm</p>	<p>27 Regular Lunch and Dinner Service</p>	<p>28 Regular Lunch and Dinner Service</p>	<p>29 Regular Lunch LIVE MAINE LOBSTER Reserv. Dining Rm 6pm</p>	<p>30 Regular Lunch and Dinner Service</p>	<p>ATTEND A CANOE REGATTA Support Our Crews!</p>

J U L Y

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>30 BRUNCH 8:30 am Prime Rib Buffet- Dining Room 6 pm</p>	<p>31 Noon Bridge Hau Terrace Lunch Surf Cart 6-9 pm</p>	<p>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. Instead, come to the wonderful July 4th BBQ and Spaghetti Feed on the Terrace and in the sand. Music for dancing and good fun for all. Steak Fry every Saturday night for the summer with contemporary entertainment: Kevin Mau, Led Kaopana, Kuuipo Kumukahi, Jay Larin and Those Can't Beat 'Em OCC Sunsets</p>				<p>1 Hau Terrace Lunch STEAK FRY 6 pm Kevin Mau Entertains Regular Dinner Service</p>
<p>2 BRUNCH 8:30 am Prime Rib Buffet- Dining Room 6 pm</p>	<p>3 Noon Bridge Hau Terrace Lunch Surf Cart - 6-9 pm</p>	<p>4 Regular Lunch Macfarlane Canoe Regatta Waikiki Steak Fry and Spaghetti Feed</p>	<p>5 Regular Lunch and Dinner Service</p>	<p>6 Regular Lunch and Dinner Service</p>	<p>7 Regular Lunch Sea Harvest Buffet Dining Rm 6 pm</p>	<p>8 Hau Terrace Lunch Steak Fry 6 pm Led Kaopana Entertains Regular Dinner Service</p>
<p>9 Brunch 8:30 am Prime Rib Buffet- Dining Room 6 pm</p>	<p>10 Noon Bridge Hau Terrace Lunch Surf Cart 6-9 pm Historical Stew and Rice Dining Rm</p>	<p>11 Regular Lunch and Dinner Service</p>	<p>12 Regular Lunch and Dinner Service</p>	<p>13 Regular Lunch and Dinner Service</p>	<p>14 Regular Lunch and Dinner Service</p>	<p>15 Hau Terrace Lunch Steak Fry 6 pm Kevin Mau Entertains Regular Dinner Service</p>
<p>16 Kaneohe Canoe Regatta Brunch 8:30 am Prime Rib Buffet- Dining Room 6 pm</p>	<p>17 Noon Bridge Hau Terrace Lunch Surf Cart - 6-9 pm Non-Run Party Dining Rm</p>	<p>18 Regular Lunch and Dinner Service</p>	<p>19 Regular Lunch and Dinner Service Sunset Buffet Flavors of Italy Bar Lanai</p>	<p>20 Regular Lunch and Dinner Service</p>	<p>21 Regular Lunch and Dinner Service</p>	<p>22 Hau Terrace Lunch Steak Fry 6 pm Kuuipo Kumukahi Entertains Regular Dinner Service</p>
<p>23 Oahu Regatta Keehi Brunch 8:30 am Prime Rib Buffet Dining Room 6 pm</p>	<p>24 Noon Bridge Hau Terrace Lunch Surf Cart - 6-9 pm</p>	<p>25 Regular Lunch and Dinner Service</p>	<p>26 Regular Lunch and Dinner Service</p>	<p>27 Regular Lunch LIVE MAINE LOBSTER Reserv. Dining Rm 6pm</p>	<p>28 Regular Lunch and Dinner Service</p>	<p>29 Hau Terrace Lunch Steak Fry Jay Larin Entertains Regular Dinner Service</p>

CALENDAR OF EVENTS

Board Briefs

Board Briefs is taken from the minutes of the Board of Director meeting on March 30, 1995 and the Executive Committee meeting on April 13, 1995.

Vice President of Activities Report—The Marketing AdHoc Committee met to review goals and target areas. Plans are to narrow the areas down to three or four "marketable" items. The survey results will be presented in May and will have some impact on marketing. In the interim, it was suggested attempts be made to implement some of the plans, i.e. marketing to reciprocal clubs.

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

Manager's Report—The Board approved retaining an acoustical engineer and architect to reduce the noise level in the Dining Room by 50%. . . Remedial work on the fencing of the volleyball court was approved. . . Funds were approved to replace the host computer which runs the Squirrel point of sale system and add a new terminal at a cost of \$10,450. . . \$5,000 was approved for upgrading the employee's lounge. . . The membership survey was mailed on April 5 with a deadline of April 26. Results will be presented at the May Board meeting.

Athletic Report—\$3,500 was approved for the down payment for the first of two Force 5 canoes being purchased. The canoe will be used for the 4th of July race. . . The paddler's T-shirt was approved. . . Work will continue on a solution to kayak storage rentals. . . The Winged "O" Committee will establish a mission statement for selecting "athletes of the year" for the Barry Pritchard Trophy.

The Board approved the fol-

lowing members of athletic subcommittees:

Canoe Racing—Todd Bradley, chair; Janna Arakaki, Clayton Chee, Paula Crabb, Mike Fine, Tiare Finney, Kawika Grant, Walter Guild, Marc Haine, Elizabeth Lacy, Dianne Lee, Chris Letman, Scrappy Lipton, Mike Mason, Greg Moss, Terri Pynchon, Kalani Schraeder, Steve Scott, Courtney Seto, Sharon Smith and Pam Zak.

Volleyball—Buster Chapman, chair; Jon Andersen, Dennis Berg, Kimo Brown, Jim Bukes, Marc Haine, Tom Harrer, Jim Heumann, Stevie Li, Doug Ostrem, Kanoa Ostrem, Randy Shaw.

Kayak—Chris Kincaid, chair; Bill Bright, Tommy Damon, Bill Danford, Kala Judd, Courtney Seto.

Paddleboard—Greg Moss, chair; Peggy Danford, Kawika Grant, Dale Hope, Mark Jackola, Chrissy Lambert, Cline Mann, Chris Moore.

Running—Don Eovino, chair; Carolyn Corrigan, Steve Dunn, Tom German, Blake Johnson, Ed Moore, Missy Mowat, Vien Schwinn, Chris Worrall, Gina Schultz, Bill Manfredi, Laura Williams and Francis Wright.

Surfing—Mark Jackola, chair; Bob Coble, Robert Gifford, Janice Harrer, Chrissy Lambert, Michael McCabe, Robert Moranha, Terri Needles, Todd Payes, Billy Philpotts, Hugh Ross, Alike Winter.

Golf—Joie Gopez, chair; Bruce Bolton, Pam Dillingham, Paula Faulkner, Jim Gaddis, Jim Hammons, Larry Langley.

Swimming—Arnold Lum, chair; Peggy Danford, Gerry DeBenedetti, Chrissy Lambert, Chris Moore, Chris Worrall, Pam Zak.

Fitness Center—chair to be selected; Jon Bryan, Byron Ho, Dustin Sellers.

Tennis—Carol Wilbur Sheehan, chair; Skip Hill, Gloria Keller, Ann Martin, Tanya Watumull, Tracy Wiltgen.

Softball—Jim Gaddis, chair; Henry Ayau, Bill Kilcoyne.

Motorcycle—Alan Pflueger, chair.

Water Polo—John Nielsen, chair; Tim Sommerset.

Building & Grounds Report—\$1500 was approved for improvements to the light fixtures in the employee's lounge. . . Members of the committee will be William Sewell, chair; Edward Broadbent, Peter Balding, Romer Ganley, Warren Haight, Sally Mist, Kurt Mitchell, Cecil Sharp, Spencer Leineweber.

House Report—The Board approved a policy recommended by the House Committee for guest and reciprocal members requesting use of the Club for no more than two consecutive days would be charged \$10. Any extensions requested thereafter, the regular \$20 fee will be charged. The policy will be reviewed in 12 months. . . Members of the committee will be Al Serafin, chair; M. J. Berenzweig, Gerry DeBenedetti, Valerie Davis, Richard Ferguson, Barbara Giles, Gerri Pedesky, John Pyles and Sue Tetmeyer.

Long Range Planning Report—Members of the committee will be Randy Grune, chair; John Goody, John Goss, Bill Haig, Rey Jonsson, Greg Markham, John Marshall, Joe Miccio, Nancy Peacock, Barbara Stehouwer, Keith Steiner and Chris Worrall.

Entertainment Report—Members of the committee will be Liz Perry, chair; Henry Ayau, May Brash, Gloria Keller, Elizabeth Lacy, Mitzi Lee, Lisa Livingston, Cindy Mahoney, Ann Martin, Mike Mason, Debbie Peck, Glen Perry, Christian Peterson, Janet Schiller, Dustin Sellers, Sharon Smith, Conne Sutherland, Laura Williams and Carolyn Wingard.

Public Relations Report—Members of the committee will be Bob Hogan, chair; Gerry DeBenedetti, Barbara Del Piano, Gretchen Duplanty, Myra Fisher,

Dick Grimm, Marilyn Kali, Patrick O'Neill, Jeff Piper, Terry Priest, Helen Sheehan, Cara Thoman, Carol Wilcox, Alike Winter, Randall Worsley and Francis Wright.

Historical Report—Members of the committee will be Chip Higgins, chair; Bill Barnhart, Cobey Black, Anita Brightman, Elizabeth Brodhead, Mazeppa Costa, Paul Dolan, Marilyn Goss, Francis Madinger, Eugenia McMahon, Marjorie Moore, Tay Perry, Joan Pratt, Carol Remillard, J. Ward Russell, Marian Sandelin, Tommy Thomas, Robert Vanek.

Admissions & Membership Report—Membership count as of February 28 was 4,249. . . Members of the committee will be Jason Oliver, chair; Richard Coons, Karl Heyer IV, Kehau Kea, Jeff Kissell, Tom Merrill and Mary Worrall.

Correspondence—The Board received a \$5,000 grant from the Outrigger Duke Kahanamoku Foundation from the Muriel Macfarlane Flanders Endowment Fund to be used for the Macfarlane Regatta on July 4. . . Larry Siggers donated gates of the "old" Outrigger Canoe Club and suggested it be a commemorative to his grandfather, Frank Addleman. The request was referred to the B&G Committee.

Other Business—The Board reaffirmed the Persona Non Grata list, the Scope of Authority and Responsibility of the Executive Committee and the Investments Policy, and that it be modified as necessary. . . The Elks Club Adhoc Committee for 1995-96 was confirmed. . . Tim Guard will represent the Board at ODKF meetings. . . The Board reconfirmed \$100 per month for the President's stipend and two complimentary tickets to Club functions.

New Business—Chuck Swanson submitted his resignation from the Board due to other commitments. The President appointed Jason Oliver to fill the unexpired term of Mr. Swanson. ☺

FOURTH OF ★ JULY ★

MACFARLANE REGATTA

All day beginning at 8:30

a.m. at Waikiki Beach

Sponsored by the

Outrigger Canoe Club and Outrigger Duke

Kahanamoku Foundation

FREE PADDLERS BREAKFAST

7:00 a.m.

Hau Terrace

MARCH TO WAIKIKI

Leave Club at 7:30 a.m.



STEAK FRY

6:00 to 9:00 p.m.

Hau Terrace

(The Dining Room will be closed)

OR

SPAGHETTI DINNER

6:00 to 8:30 p.m.

Snack Shop

Spaghetti, Salad and

Garlic Bread

ROCK 'N ROLL

8:00 to 11:00 p.m.

Hau Terrace and

Dining Room

You and your guests must have tickets, available now at the Front Desk for \$1.00. You are also reminded that the drinking age is 21.

the Outrigger

Published by the
Outrigger Canoe Club

2909 Kalakaua Avenue at Diamond Head

Honolulu, Hawaii 96815

Phone: 923-1585/921-1485

Dining Room: 921-1444

Beach Attendants: 921-1460

Logo Shop: 921-1432

Fax: 921-1414

Directors

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

Tom Merrill, *Admissions & Membership*

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*

Management Staff

Raymond P. Ludwig, *General Manager*

Gordon Smith, *Comptroller*

Donald Figueira, *Food & Beverage*

David Kuh, *Clubhouse Manager*

Patti Higuchi, *Executive Secretary*

Lauren Laporga, *Secretary*

Outrigger Staff

Marilyn Kali, *Editor*

Fax: 833-1591

Gerry DeBenedetti, *Assistant Editor*

Gretchen Duplanty, *Advertising*

Phone: 737-5505



PRINTED ON RECYCLED PAPER

On the Cover: Summer is here and with it the south swell that makes surfing and canoe surfing a lot of fun at the Outrigger. Club member and professional photographer Twain Newbart took this photo of Toni Pendleton and Marc Haine catching a wave at Old Man's, while Marc's sister, Kisi Haine, caught the same wave on her surfboard behind them. Surf that day was breaking 6-8 feet. Twain got this great photo sitting on the bow of the canoe.

The Outrigger Canoe Club

2909 Kalakaua Avenue

Honolulu, Hawaii 96815

Bulk Rate

US Postage

PAID

Permit No. 174

Honolulu, Hawaii