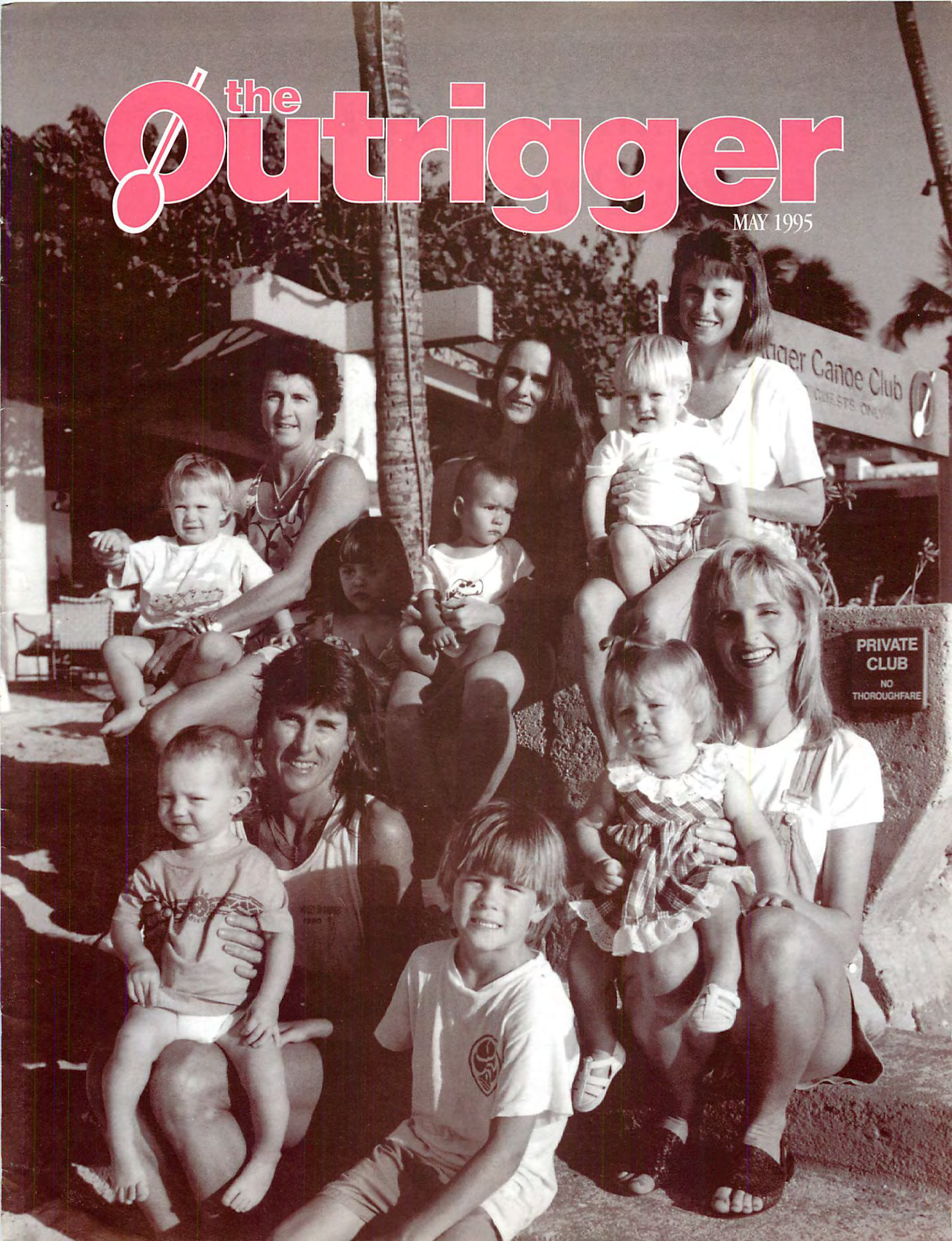


# the Outrigger

MAY 1995



PRIVATE  
CLUB  
NO  
THOROUGHFARE

Outrigger Canoe Club  
GUESTS ONLY



# Monte Carlo Night — Two For One

By Valerie Davis

The lucky few who attended Monte Carlo Night got a great treat—two parties for the price of one. The advertised heavy pupus were indeed plentiful culinary delights and everyone was able to be seated at tables on the Hau Terrace and enjoy this repast as though they were at a dinner party.



Tiare Finney and Carrie Nichol.

Guests were enjoying their dinner so much that when the Casino opened at 7 p.m., people were in no hurry to rush into the Dining Room but remained on the Terrace enjoying the wonderful food and ambiance of a beautiful evening.

Eventually, the gaming tables called and everyone got into the mood. There were plenty of black jack tables to go around, and no one place was ever too crowded. JJ Productions agreed to stay open an extra 15 minutes—since by 9 p.m. everyone was really into the casino program.



Marty and Janet Schiller and Tim and Glenda Anderson.

"La Rainier Boutique" did a land office business from the moment they opened at 8:30 and guests were able to get wonderful prizes such as facials, massages, dinners, golf bags, even a brand new Coleman cooler. Everything was sold.

The Auction started at 9:30 with Joe Teipel doing a marvelous job as the auctioneer. The first item was a fun one—10 pounds of hot dogs which sold for more than 7000 mock dollars.

There were plants, boogie boards, Arthur Murray dance lessons, a fishing trip, case of wine, three Neighbor Island trips from Marc Resorts, Colony Resorts and Castle Resorts, including rental cars, and the final prize of the night was a seven-day cruise on American Hawaiian cruises.



Mitzi Lee, Ann Martin and Michele St. John.

Debbie Witteveen  
and Judith Kellogg.



Chad and Janice Wright and Joe and Carolyn Wingard.



*Greg Wunderlich, Gigi Grandmain, and Ray Heitzman and girlfriend Ramona.*



*Rick Davis, Devin Kanaley, Pam Davis, Muriel Gerlach and Andy Butler.*



*Muriel Gerlach, Terry McKinney and Leslie Mattice in the boutique.*



*Pokii and Marianne Vaughan, Cindy Maboney and Tay Perry.*

There weren't any complaints of cheating since the Entertainment Committee had used special pens to keep track of the numbers. Considering the light turnout and the great cost of this event, it may be a long time before a Casino Night is again held at OCC, which makes those that came even happier that they chose to attend this year and get a chance to win such great prizes.

Mahalo to all the vendors who supported this evening, and all the committee members who worked so hard making it a success. ☺

*Ray Galas and Robin Smith.*



*Esther Fuller and Myra Fisher.*



*Paige Vitousek, Jeff Moore, Colleen Heyer, Kathy, Mike and Pam Clifford.*

# As The Terrace Turns

In response to a request in the March issue of the Outrigger, Aileen Soule sends along this story about Duke Kahanamoku.

"It was about 1917 or 1918, during World War I when Duke was in New York City making appearances to raise funds for War Bonds (called Liberty Bonds in those days). He was very well known there as he had already won an Olympic championship, the 100-meter swim in Stockholm in 1912.

"We were both competing in a swimming meet near New York and were sitting on the side of the pool, watching the races. I don't

think Duke knew my name, just that I was one of the young girl swimmers starting my career at about age 12.

"He turned to me and said, "Hey, kid, want to go for a ride?" I didn't know what he meant but said "sure." So, we jumped in the pool and he taught me to swim tandem with him (my feet around his waist and swimming the crawl in unison). We took off as if there was a motor behind us and I planed over the water. Duke's powerful kick propelled us faster than I had ever gone before in water.

"It was a very exciting experi-

ence for a child and I never forgot it.

"I met Duke again in 1920 when we both sailed to Antwerp, Belgium, for the seventh Olympiad. This time I was on the diving team and Duke was out to defend his 100 meter title after an 8-year Olympic hiatus because of World War I.

"One vivid memory from that trip was of Duke's 30th birthday party in August. One of the girls on our team, Charlotte Boyle, also had a birthday, so we celebrated them together with a dinner at a hotel in Antwerp. We also celebrated Duke's

and my victories in our respective events, a fitting end to a successful trip."

Betty and Bob Erskine plan to spend May and June in Honolulu, visiting from their home in Rancho Mirage, California. They may be reached at 373-1213 while in Honolulu. ☺

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

*Members and guests gathered to celebrate St. Patrick's Day at the Club. Enjoying the festivities were Natalie Ermakoff, Edward A. Lesko, Jane Moore, Vladimir Ermakoff, Mary Louise Blackburn, Jeanette Lesko and Jim Moore.*



*Everyone, including Floye Adams, Bill Child, Patty Child and Helen Sheehan, is Irish for 24 hours on St. Patrick's Day at OCC.*



*The OCC women's tennis team finished fourth in the Honolulu Tennis League. Team members are Laurie Siegfried, Terry Wells, Co-captain Ann Martin, Sara Dudgeon, Gloria Keller, Mary Nurse and Tanya Watumull. Not pictured, but also part of the team, are Evelyn Black, Lucy Black, Barbara Bryan, Cynthia Maboney, Carole Wilbur Sheehan, Patsy Sheehan, Captain Diana Snyder and Tracey Wiltgen. Anyone interested in joining the team should leave a note for Carole at the Front Desk.*



*An OCC contingent hit the slopes in Snowmass, Colorado recently--Darin Smith, Dean Michaelidis, Christina Smith, Alan and Eleni Pflueger, Dustin and Lisa Sellers.*



*While on business in New York, Jeff Piper, Ethan Tweedie and Peggy Soentgen of Philadelphia visited the Statue of Liberty and Ellis Island.*



# Planning a Party or Special Event

By Sue Tetmeyer

Talking with Liz Ventura, our Dining Room Manager, about planning a party or special event will convince you that hosting a function at the Outrigger is easy, fun and sure to please everyone who attends.

Liz sparkles with enthusiasm when she speaks of the special menus she and Chef Teruya create and all the details she arranges to ensure every event is a success.

While many members take advantage of the Club's services and facilities for hosting large groups, others are not aware of the customized service this membership privilege provides.

The Dining Room renovation made our meeting and party rooms more attractive and flexible than ever. Please keep the following facts in mind and call Liz for more information the next time you need the perfect place for any occasion.

Whether it is a wedding reception or a reunion, a birthday party or your company's award banquet, daytime or evening, elegant or casual, on a shoe-string budget or sparing no cost, Liz will find a way to make everything just right for you.

You can reserve the entire Dining Room for lunch on Monday or Saturday or for dinner on Monday. The Dining Room will accommodate up to 200 people seated for a meal and up to 300 for cocktails and



*Chef Teruya, Food and Beverage Manager Don Figueira and Dining Room Manager Liz Ventura want to help you plan your next party.*

pupus. There is an extra charge for events held on Monday because staff who are normally off, must be scheduled to work and overtime may result.

You can reserve the party rooms on the Diamond Head side of the Dining Room for lunch or dinner, Tuesday through Saturday, or for brunch on Sunday. Full capacity for all the rooms combined is 80 seated for a meal and 125 for cocktails and pupus.

You can reserve one room for a party of 10. Other combinations of rooms are available depending on the size of your group.

If you plan a meeting before or after your meal, you can sit as you do for dining or it is possible to have one room set up for the meeting and another for eating and socializing.

If your meeting is early in the morning, get everyone off to a good start with a Continental breakfast. The Club will provide a TV/VCR or a slide screen, a microphone and sound system and a lectern upon request.

You may choose what you wish to serve from the regular Dining Room menu, talk with Liz about anything else you would like to have, or just give her the general idea and let her and the Chef take it from there.

Beverage choices are equally flexible. You may choose to have an open bar which allows your guests to order any alcoholic or soft drink that is available from the Bar, or limit the choices and be comfortable knowing the servers will offer only the drinks you have specified.

You can even have a no host bar. To do this, you must make arrangements in advance and assign someone in your group to collect money for script which the Club will provide to you. Your guests may use the script to order their drinks.

If you want to serve a special wine or champagne that is not on our list, Liz will special order it for you. You can also offer your guests fine cognacs or cordials after dinner and specialty coffees or teas.

The china, flatware and linens normally used in the Dining Room are suitable for most occasions. If you prefer something different, Liz can arrange for that as well as a musical group, a clown for the kids, flowers, or an elegant ice sculpture carved to your specifications.

There are additional charges for all items or services not regularly available in the Dining Room. Nevertheless, you will find the total cost of your event will be significantly less than it would be at other clubs, hotels or restaurants.

Party and special event reservations are taken on a first-come, first-served basis. The more lead time you have, the more likely you are to get the date and room(s) you want. Please understand that reservations will not be accepted for anything when a special Club dinner or party is planned. ☺

## Bring Mom to the OCC for

Mother's Day  
Sunday, May 14



Brunch

8:30 a.m. - 1 p.m.



Prime Rib Buffet

6-9 p.m.

Early reservations suggested

# Around The Club

By Ray Ludwig,  
General Manager

With summer just around the corner I think it appropriate to review some of our Club rules which pertain to Club use.

First, membership privileges apply to the person whose name appears on the membership card and as applicable to that person's spouse and children under 10 years of age when accompanied by the member.

Spouses of members holding a valid spouse card may use the Club's facilities unaccompanied by their spouse, invite guests and sign chits on their spouse member's account.

The privilege of signing chits is reserved for the member whose name appears on the membership identification card and may not be delegated to anyone, other than spouses holding a valid spouse card. There are no exceptions.

I have instructed staff to be alert to unauthorized use of Club facilities by nonmembers and unauthorized guests. Please do not feel offended if you or your guest are challenged by a Club employee as the intent is to protect the Club from illegal use.

Of particular concern is trespassers who gain entry via the beach, as pedestrians through the garage, or into the Club through the main Club entrance without ever being challenged or confronted by employees on duty at these various entry points.

I have instructed all employees that all persons entering the Club who are not recognized as a member are to be politely and courteously asked if they are in fact a member of the Club.



If they are not a member, but a guest of a member, they must be in the company of a member/host while on the Club premises. If the guest's arrival precedes the arrival of a member/host the guest will be asked to wait

in the Lobby area of the Club until such time as the member arrives.

Should the guest arrive after the member, they will be requested to wait in the Lobby and the receptionist will contact the member/host and either have the member come to the Lobby or advise the guest as to the location of the member.

It is at the discretion of the member as to whether the guest is asked to meet the member at a particular area of the Club or if the member wishes to come to the Lobby to greet his/her guest. Please remember any member in good standing may bring guests to the Club but no more than two visits in any one month for the same guest.

Members are responsible for determining their guests eligibility.

Guests are required to remain in the company of the host/member as long as the guest remains on Club premises. The member/host is responsible and will be held accountable for the conduct of his/her guest while on Club property.

The most violated areas of the Club with regard to illegal usage are the beach, volleyball courts and locker rooms. Special efforts will be made to safeguard these areas from illegal use. The support, cooperation and help of the general membership in safeguarding the Club from use by unauthorized persons is imperative and will go a long way toward bringing about a solution. We need your help.

There is another area of serious

concern which involves members children under age 10. The Club's Bylaws place these children in the category of guests but not subject to the twice per month limitation.

It is important to note that the Bylaws also indicate that these children must be in the company and under the effective supervision of an adult member. This applies consistently throughout the Club visit and in all areas of the Club.

Violations of the rule have been escalating particularly on the Hau Terrace and the adjoining sand and sunning areas. I have alerted staff to the situation and given them instructions to caution those parents whose unsupervised children are infringing on the enjoyment of other members.

A further reminder, with a single exception, the Club rules forbid the presence in the Bar Room by minors. That is, persons under 18, including infants.

The exception provides that minors over age 8 who are in the company of an adult member may watch special sportscasts on TV. Here again, staff has been instructed to caution those parents who ignore this rule.

## Mother's Day May 14

Don't forget Mother's Day, May 14. I would advise you to make your reservations early. Bring Mom to the Club for Mother's Day Brunch or Buffet Dinner and we'll provide the corsage.

## Memorial Day May 29

Also on May 29 we'll have our traditional Memorial Day Service on the Hau Terrace at 9:30 a.m. Kahu William Kaina will provide the service. If you have not had the opportunity to attend our unique Memorial Day service it is well worth the effort. Light refreshments will be

served. And of course, we'll have a Memorial Day Steak Fry on the Terrace that evening from 6-9 p.m.

## Cinco de Mayo

On Saturday, May 6, we have planned a South of the Border party that will knock your socks off. So dust off your sombreros and prepare yourself for all the tamales, tacos, enchiladas, tostadas and frijoles you can stand. We'll also have margaritas by the pitcher. There will also be a great mariachi band so you can dance the night away. Reservations can be made at the Front Desk.

## Cheers for Volleyballers

Congratulations to our volleyball teams which represented the Club at the annual Haili Volleyball Tournament in Hilo last month. And best of luck to the teams that will carry the Club's banner to Springfield, MA to compete at the U.S. Volleyball Association National Championship tournament. Four teams--open, seniors, masters 35 and masters 40--will be representing the Club at this very prestigious tournament. ☺

## New Members

**Regular:** Robert Cence, Jay Freis, Marc Tilker, Timothy Twigg-Smith, Jeffrey Zimmerman.

**Associate:** Tara Beyer, Kamuela Mokuahi.

**Junior:** Emily Bell, William Dornbush, Andrew Shaw, Michael Stock, Heather Taoka, I'ling Yee.

**Nonresident:** Mary Campbell.

# Reyn's Spooner Fashions Featured at June 10 Fashion Show

By Gloria C. Keller  
Entertainment Committee

Father's Day is fast approaching (June 18) and the Outrigger Canoe Club is thrilled to welcome back Reyn Spooner Fashions as our featured fashion house for a show scheduled for Saturday, June 10 at 11:30 a.m. in the Main Dining Room.

The Reyn Spooner organization has been a tradition at our Club featuring their clothes prior to Father's Day and to kick off the summer season.

Reyn Spooner's new direction will be featured at this year's fashion show. It will showcase their new trends, Reyn Spooner sportswear, versus traditional sportswear. The ever popular reverse or inside out prints will lead off the show along with the contemporary cut rayons, right side out fabrics.

Most likely many of you have seen and admired the new "Artists International Series" being offered by Reyn Spooner. The series has

proven to be very popular and the guests at this fashion show will be fortunate to see an introduction of future artists' works in the form of shirts and sportswear.

The new Joe Kealoha line will also be modeled by our five men and two women models--all OCC members. This line features the aloha look and style of the 50s.

To round out the fashion show, there will be some women's fashions to see and admire, with a fresh and updated look, using the wonderful

materials and designs of the past.

Luncheon will be served prior to the beginning of the show which is scheduled to begin at 12:15 p.m. Reservations are a must so please contact the Dining Room at 921-1414. Bring your family and friends and you can do all your shopping for Dad. ☺

## March Fashion Show

It's no wonder the March Fashion Show was a huge success. Six top fashion houses-- Armani, Les Copains, Escada, Loewe, Celine, Mondipresented elegant, sophisticated clothes worn by professional models. Enjoying the fashions were 1) Carolyn Wingard, Valerie Davis, Diana Snyder, Glenda Pell, front, and Gloria Keller and Dicey Brinck, standing. 2) Christian Peterson, Mitzi Lee Murphy, Barbara Nash, Mary Savio, Marge Harnish. 3) Barbara Tilley, Jo Rosehill, Anne Dawson, Mary Dorman, Dorothy McMillan and Virginia Starbuck. 4) Anne Perry, Jennifer Diener and Peg Hogan. 5) Jan Kuromoto, Suann Bamer and Joan Andersen. Photos by Helen Sheehan.



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# Running Committee On the Move

The Running Committee held its annual awards banquet recently and a massage clinic. Both events were popular with members.



New inductees into the Hana Leg 13 perpetual award trophy were Chris Worrall, Katie Bourne, Tom German, Don Eovino, Peter Bourne, and Mike Schwinn.



Chris Worrall relaxes after beachside massage.

Enjoying the awards banquet were Gina Schultz, Ron Sorrell and Laura Williams.



Lining up for a massage were Don Eovino and Ed Moore.

Steve Dunn presented the Hana Perpetual Trophy to the Masters team for its 4th consecutive win.



American Institute of Massage Therapists lined up tables on the beach to give massages.



# OCC Standing Committees



**Tom Merrill**  
Admissions & Membership



**Greg Moss**  
Athletics



**William 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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# Junior Riggers

**Jake Vaughan**, a senior at Kamehameha Schools, steered the Varsity II paddling team to the ILH championship with a 6-0 record. He was also selected to the First Team ILH Varsity II with two other classmates. . .

**Keith Kandell** recently finished third at the HLSA Makaha Contest in the 19 and under division. He also placed first in the 1A division of junior men for shortboarding and 6th place in the 39 and under division of longboarding at the HASA event at

Sandy's. He is currently riding for Soljah clothing, PVT/RUSS K and the Outrigger Surf Team.

**Crystal Thornburg** finished third in the family category in the His 'N Hers Valentine Biathlon at Ala Moana Beach Park, with her dad.

If you haven't signed up to paddle yet, do so ASAP. Practice is underway and we need everybody to help defend our state title. Ø

*Contributions to this column are always welcome. Leave items for the Editor at the Front Desk.*

*May Steak Fry's  
Saturday, May 27  
Monday, May 29  
Hau Terrace, 6-9 p.m.*

## Memorial Day Service

Remember family and friends whose ashes are scattered at sea at our traditional Memorial Day Service, Monday, May 29 at 9:30 a.m. on the Terrace. The Rev. William Kaina will officiate and music will be provided by the Teves Trio.

Bring leis and flowers and our paddlers will take them offshore following the service. Ø

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



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**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.**

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# ATHLETIC SUBCOMMITTEES



Todd Bradley  
Canoe Racing



Jim Gaddis  
Softball



Alan Pflueger  
Motorcycle



Joie Gopez  
Golf



Mark Jackola  
Surfing



Buster Chapman  
Volleyball



Don Eovino  
Running



Chris Kincaid  
Kayak/One-Person Canoes



Arnold Lum  
Swimming



John Nielsen  
Water Polo



Greg Moss  
Paddleboard




Carole Wilbur-Sheehan  
Tennis



Jon Bryan  
Fitness Center

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# Outrigger Duke Kahanamoku Foundation Announces Six Athletic Grants

By Gerry DeBenedetti

The ODKF has named their first grants to be awarded for 1994-95.

This year, for the first time, three special endowment grants have been established by Outrigger Canoe Club members to honor significant donors or as memorials.

The three funds are the Muriel Macfarlane Flanders Fund, the Terrence McCarthy Fund, and the Tom "Daddy" Haine Fund. When grants are given from a specific donor fund, they will be identified as having come from that fund, and the grantee and the donor will both be notified of the award.

Five thousand dollars has been given from the Muriel Macfarlane Flanders Fund to the Outrigger Canoe Club for the 4th of July Walter J. Macfarlane Canoe Regatta. The Outrigger Canoe Club, instrumental in the resurrection and popularity of outrigger canoe paddling annually sponsors this canoe race in Waikiki that creates paddling opportunities for more than 2,000 paddlers from 14 clubs.

One thousand dollars has been given to the Royal Hawaiian



*Walter Guild, past president of the OCC, is shown presenting a \$50,000 check from his grandmother, Muriel Macfarlane Flanders, to Stuart Ho, president of the ODKF. This is the largest single donation ever received by the foundation.*

Rowing Challenge to continue the development of scull rowing races in Hawaii. In December 1994 the first rowing event was held in Hawaii since the 1960's. The races took place on the Ala Wai Canal. The second event will be held in late 1995 or early 1996, hopefully in a cleaner Ala Wai.

One thousand dollars from the Terrence McCarthy Fund has been given to two Olympic contenders in sailing, John Myrdal and Sam Kerner. John is the number one ranked sailor on the 1995 U.S. Laser Olympic Team. A four year varsity member of the UH Sailing team, he recently grad-

uated with a degree in political science. Sam is now ranked third in the U.S. in Finn competition, and is the newest member of the U.S. sailing team. This will be his second try at the Olympics. The Foundation has assisted Sam for several years. Both will train at the Olympic Training Center in Colorado. Watch for them in Atlanta in 1996.

One thousand dollars has been given to Traci Phillips, OCC member, for kayaking, and her (hopefully) third Olympics. She has been the best female kayaker in the country since 1987, and regularly participates

in the Na Wahine O Ke Kai and local paddling and kayaking events. Absent from Hawaii more than she is here, she is an established international competitor.

One thousand dollars from the Tom "Daddy" Haine Fund has been given to the Haili Men's Club of Hilo, for their annual Haili Volleyball Tournament, this year dedicated to the memory of Tom Haine. An OCC Board member and a past member of the ODKF Board, Tom and volleyball are synonymous in Hawaii. The Haine family made the presentation of this grant at the Haili Tournament in March.

For more information about the Foundation, or about applying for an athletic grant, please contact the Foundation at the Outrigger Canoe Club, 923-1585. Informational brochures are available. Athletic grants are awarded throughout the year to meet specific athletic goals as those described above. Scholarships are granted once a year in April, and applications may be picked up at the OCC Front Desk in January or February.

Community and OCC donors have enabled the Foundation to budget \$40,000 in Scholarships and Athletic grants for their fiscal year which ends in September 1995. ☎

## Oahu Hawaiian Canoe Racing Assn. Schedule

Date	Race	Location	Date	Race	Location
Regattas			Long Distance Races		
June 4	Clem Paiaina	Keehi Lagoon	August 20	Duke Kahanamoku	Men--Kailua to Hilton Pier
June 11	King Kamehameha	Kailua Beach Park			Women--Hilton Pier to Honolulu Harbor and return
June 18	Leeward Kai	Nanakuli			
June 25	Waimanalo	Waimanalo	August 27	Dad Center	Lanikai-OCC
July 4	Walter J. Macfarlane	Waikiki	Sept. 10	E Lau Hoe Na Wahine	Magic Island to Pokai Bay
July 16	John D. Kaupiko	Kaneohe MCAS	Sept. 17	Skippy Kamakawiwoole	Hawaii Kai to Nimitz Beach
July 23	Oahu Championships	Keehi Lagoon	Sept. 24	Na Wahine O Ke Kai	Molokai-Oahu
August 5	State Championships	Hanalei Bay, Kauai	October 8	Molokai Hoe	Molokai-Oahu



# From the Green Room

By Bob Coble

The Junior Surf Team is growing and active in the Hawaiian Amateur Surfing Association. The team has been to events on the North Shore and West side.

The contest at Haleiwa during February was held with good waves in the 5 to 8 foot category.

The holding period for the OCC Summer Surf Contest will begin Saturday, May 27. We hope this summer will bring us some great waves at Old Man's Bowl. Last year's waves were small and the fun and good times were big.

Don't forget to sign up for body board, surf board, long board, canoe and lots of fun, kane and wahine. ☺



Members of the Junior Surf Team are Duff Janus, Aaron Ackerman, Keith Kandell, Marc Rocheleau and Jimmy Austin. Not pictured: Will Estes.

# Open Ocean Swim Set for May 20

By Arnold Lum

Outrigger Canoe Club's 16th Open Ocean Invitational Swim will be held on Saturday morning, May 20. The swim is open to Outrigger and Waikiki Swim Club members, and concludes with a get-together brunch after the race.

The two-mile out-and-back course, from Sans Souci to the Club (with an optional one-mile short course for swimmers 50 years and over) will feature awards for first place age group finishers and a T-shirt for each participant.

The cost for all of this is only \$18. Family and friends are invited to join us for brunch at a nominal charge of \$8.

Entry blanks are available at the Front Desk, and pre-registration is highly encouraged.

# News from the CLUBHOUSE

By Jim Gaddis

On April 6, the best golfers in the world teed it up at Augusta National for the opening round of The Masters, golf's premier sporting event. On that same day, a group of OCC golfers put the Hawaii Kai Golf Course to the test.

Results of the test, OCC's second Club tournament of 1995, will be posted in next month's issue of the Outrigger.

Be sure to sign up for the June 26 tournament as tee times will go fast. Playing the Leilehua Golf Course is a real treat. You won't want to miss it. Sign a chit in the Golf Folder available at the Front Desk. While you're at it, record all your scores for your handicap and pick up your official handicap card.

*Correction . . .* Campbell Palfrey was the 1994 OCC Low Net Men's Champion. Congrats Campbell.

*Tips for the Month:* Take it back exceedingly slow and glue your eyes to the ball when you make contact. ☺



# Extra Innings

The OCC Softball Team will soon be warming up for the 1995 season. Leahi League action may begin as early as June. Check the Bulletin Board in the Men's Locker Room for softball updates, practice times and other information. For more details, contact Jim Gaddis at 737-7281.

# KAMUELA

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# Haili Volleyball Dedicated to Tom Haine

Outrigger volleyballers were highly motivated in the 38th annual Haili Volleyball Tournament held March 28-April 1 in Hilo as the tournament was dedicated to the late Tom Haine, former OCC president and Olympic volleyball player. Haine participated in the first Haili invitational as well as many more.

Attending the tournament to present a check for \$1,000 at the Haili were Tom's widow, Marilyn, and son, Marc, who played on the Masters 35 team and daughter Kisi.

OCC's Open team finished second in the AA Division to Backyard Federation, a team made up of former UH and major college players. The Masters 35

finished third in the AA Division. Alika Williams and Darren Holt of the OCC Open team, and Alan Lau and Marc Haine of the Masters 35 team were named to the all-star AA team.

The Masters 40 team did not make the finals in the A Division, and the Boys 16/18 team did not make the finals in the B Division.

Playing on the Open team were Daryn Holt, Stevie Li, Kanoa Ostrem, Alika Williams, Adam Lockwood, Dan McInerny, Tony McInerny, and John McDermott.

On the Masters 35s were Jon Andersen, Marc Haine, Alan Lau, Tim Walston, Scott Rigg, and Jon Stanley.

The Masters 40s included Mike Cote, Chris Crabb, Tom Madison, Randy Shaw, Dennis

Berg, Jim Bukes, Ilmar Tarikas.

Playing on the B Division team were Kevin Crabb, Dylan Fern, Dominic Griffin, Scott Wong, Lindsey Breeden, Keola Keahiolalo, Koa Ostrem, Blake Cherry, Justin Young, Clay Stanley, Nate Jim and Naia Blankenfeld.

Three OCC women played in the tournament as well. Diana McKibbin, playing for Fila, was named to the all-star team in the AA division. Erin Berg was named to the all-star team in the



Marilyn, Marc and Kisi Haine presented a check for \$1,000 to Haili officials in memory of Tom "Daddy" Haine.

A division. Erin played for the winning Asics team. And Lindsey Berg of Asics 16s was selected most outstanding player in the B division. ☐

## Bankoh Molokai Challenge May 21

Outrigger members are making quite a splash in the 1995 Chart House-Poai Puni Point Series. Geoff Graf remains undefeated after eight of 10 races in the series. Four out of the top five point leaders in the men's kayak division are Outrigger members.

They are Geoff Graf, 1st; Alfred Horner, 3rd; David Horner, 4th; and Bill Bright, 5th. Mary Smolenski shows that consistency pays off as she continues to tighten her grip as the point leader in the women's canoe division.

With average race participation exceeding 130 paddlers, the Outrigger has been represented in force at each race. ☐

The 10 race series prepares the paddlers for the Bankoh Kayak Challenge World Championship Race to be held on Sunday, May 21.

Expected to be named to the U.S. Surfski Team are Graf, Alfred Horner and Kala Judd (first Hawaii finisher 1993 and 1994). All were named to the USA team that finished in second place last year.

**Other notable Outrigger members in the point series are:**

**Men's Canoe**  
Walter Guild, 3rd  
Courtney Seto, 4th  
Rob Harrison  
Todd Bradley  
Chris Kincaid  
Marc Haine

Jeff Metzger  
Billy Balding  
Tay Perry  
Colin Perry

**Women's Canoe**  
Paula Crabb, 3rd  
Diana Clifford

**Men's Kayak**  
Tom Conner

Jim Beaton  
Tom McTigue  
Bill Danford  
Kala Judd

**Women's Kayak**  
Katie McCrary  
Nicole Wilcox  
Jennifer Lowe

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Girls 12 .....Kalani Schrader  
 Boys 12 .....Bill Bright  
 Girls 13 .....Jana Arakaki  
 Boys 13 .....Paul Friese  
 Girls 14 .....Pam Zak  
 Boys 14 .....David Potter  
 Girls 16 .....Carolyn Hall &  
                                   Jennifer Thayer  
 Boys 16 .....Tommy Damon

Girls 18 .....Norm Ho  
 Boys 18 .....Tiare Finney  
 Women Novice B ....John Eveleth  
 Women Novice A ....Liz Perry  
 Men Novice B .....Marc Haine  
 Men Novice A .....Mike Fine  
 Upper Division Women .Steve Scott  
 Upper Division Men ..Mike Mason &  
   Walter Guild

Masters Women ..... Ann Perry  
 Senior Masters Women .TBA  
 Golden Masters Women TBA  
 Masters Men .....TBA  
 Senior Masters Men ..Tay Perry  
 Golden Masters Men ..Bruce Ames

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# TIPS from the Trainer

By Sherry Gannaway

**Y**es, kids--youth adults--are different. The question is: How? In many ways, they are emotionally and physically different from adults. As we go through different stages of growth, the stress that is being created internally on the joints, bones and muscles varies.

We as parents, coaches and trainers must be aware of these changes and adjust our recreation as well as workout programs to fit a child's present fitness condition.

For example, young women just starting their menstrual cycle could experience joint weakness, perhaps even injury, due to lack of stabilization (hypermobility). Overall body strengthening is vital to staying injury-free. Light weights and rubber bands are excellent training tools for joint stabilization.

Additionally, young men beginning a strong growth spurt may injure themselves due to their lack of coordination and stiffness in the muscles, which are trying to stretch to keep up with growing bones (hypomobility). A good stretching and coordination program is essential for injury prevention in young men.

Injuries that occur during youth may continue to haunt us well into our adult lives. One of our best tools for prevention of injuries is implementing healthy paddling habits, such as good warm-ups and cool-downs, and balance strength in stretching routines.

This month's program offers you a sample warm-up, cool-down and simple stretch-and-tone routine specifically designed for young paddlers.

Note: Due to newly forming tissue in our young athletes, a little longer warm-up and cool-down period is required in order to get properly "kick-started" and to allow

the heart rate, which is higher in children, to return to rest without damage or strain.

**Sample** (may be used for Warm-up or Cool-down)

Time: 8-12 minutes

Walk in Neutral Strong

Walking Position, i.e. with good posture and deep, full breathing. Stop and return to Neutral Strong Stance. Slowly roll your shoulders forward, then slowly back, 4 to 8 times in each direction.

Slowly tilt pelvis forward and back. In full body contraction, breathe and stretch your arms above your head, reaching for the sky. Then, keeping knees bent, slowly reach toward your feet. Repeat up and down from sky to floor three to five times. Take three deep Power Breaths-- inhale and expand; exhale and squeeze your abdomen.

**The Program: Easy Stretch and Tone**

**The Toning**

Time: 8 to 10 minutes

Position: Begin on the floor with knees up and feet flat on the floor hip width apart. Place hands behind the neck, gently supporting it. If you have a soccer ball, a firm pillow or 4-square ball, place it between your knees to stabilize the hips and strengthen the inner thighs.

**Crunches**

Slowly contract the abdomen toward the floor on the exhale of the breath, and lift shoulders off the floor, while keeping your chin away from your chest, i.e. look up. Repeat three sets of 12 repetitions. (Note: Full sit-ups have been contraindicated in all sports training, due to the excessive strain put on our spines during full forward flexion.)

**Crossovers: The Obliques**

With both feet on the floor, on the exhale slowly lift one shoulder

toward the opposite hip, while keeping both hips and one elbow on the floor at all times. Do three sets of 12 repetitions on one side, then repeat to the other side with same form.

Stay on the same side for all three sets, then switch to other side for maximum strength.

These crunches and crossovers are very important to support young backs and maximize strength in order to pull the boat quickly through the water.

**The Stretching**

Time: 5 to 7 minutes

Note: Stretching should always be done slowly and while taking deep full breaths.

Position: Stand in Neutral Strong Stance. Slide one foot back, staying parallel to the other foot, chest up, hips forward, and breathe.

**The Lunge** (for the hip flexor)

As you push your hips forward, you should feel a pulling on the front upper thigh of the back leg. As you breathe, pull your navel toward your back and squeeze the abdomen. Because the hip flexor gets tight from sitting at school and from paddling, it is important for the flexibility of the back that this muscle (the ilio-psyas) be long and strong.

Position: While holding your paddle parallel to the floor and in front of the body, return to Neutral Strong Stance. Bend the knees a little more, breathe and squeeze your abdomen.

**The Latissimus Stretch**

Slowly pull with one hand across your body to stretch your side all the way into your back. Keep hips square and still. Hold for 30 seconds; breathe and return to starting position. Repeat on other side at least two times. For a good variation, reach above your head.

How to integrate these moves into your paddling program:

Use the sample warm-up and the abdominal training before you go out to paddle (preferably as a



Obliques with Jessica



Crunches with Crystal



Lunge



Lateral stretch with Billy



# For the Record

## Running

### Women's 10K

3/5/95

Gerry DeBenedetti, 3rd, racewalking, 55+, 1:20  
Ruth Munro, 3rd, 70-89, 1:24:44

### Poai Puni Series

3/5/95 Magic Island-Hawaii Kai 12 miles

## Kayak

Geoff Graf, 1st, Open, 1:15:3  
Al Horner, 4th, Open, 1:17:43  
David Horner, 1st, 18-29, 1:21:02  
Kala Judd, 1st, 30-39, 1:23:25  
Jim Beaton, 3rd, 30-39, 1:24:35  
Bill Bright, 3rd, 40-49, 1:24:48  
Dean Hayward, 1st, 50+, 1:33:10  
Bill Danford, 2nd, 50+, 1:35:15  
Nicole Wilcox, 2nd, Women Open, 1:33:18  
Lesline Conner, 2nd, 40-49, 1:51:32

## Canoes

Walter Guild, 2nd, Open, 1:29:31  
Chris Kincaid, 5th, Open, 1:30:58  
Rob Harrison, 1st, 30-39, 1:32:30  
Jeff Metzger, 2nd, 40-49, 1:42:21  
Mary Smolenski, 2nd, Open 1:58:58  
Paula Crabb, 1st, 40-49, 2:06:10

3/19/95 Lanikai, Rabbit Island, Return

### Kayak 13 miles

Geoff Graf, 1st, Open, 1:49:25  
David Horner, 1st, 18-29, 1:58:32  
Kala Judd, 1st, 30-39, 1:59:05  
Jim Beaton, 2nd, 30-39, 2:00:55  
Jim 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, 2nd, 20-29, 2:36:45

### One Person Canoe

Courtney Seto, 2nd, 30-39, 2:10:12  
Mark Rigg, 3rd, 30-39, 1:11:14  
Jeff Metzger, 2nd, 40-49, 2:22:30  
Tay Perry, 2nd 50+, 2:42:27  
Mary Smolenski, 2nd, Open, 2:49:49  
Paula Crabb, 1st, 40-49, 3:03:05  
Brad Thiessen, 1st, Novice B, :51:19  
Mike Mason, 3rd, Novice B, 1:02:04

4/2/95 Heeia Pier to Kahana Bay

### One Person Canoe

Mark Rigg, 3rd, Open, 1:53:02  
Courtney Seto, 4th, Open 1:53:25  
Todd Payes, 4th, 2:02:10

Todd Bradley, 1st, 30-39, 1:55:02  
Chris Kincaid, 4th, 30-39, 1:57:58  
Michael Fox, 8th, 30-39, 2:00:43  
Billy Balding, 9th, 30-39, 2:03:23  
Jeff Metzger, 2nd, 40-49, 2:01:38  
Gaylord Wilcox, 3rd, 50+, 2:13:54  
Mary Smolenski, 2nd, Open, 2:18:10

## Kayak

Geoff Graf, 1st, 1:39:02  
David Horner, 2nd, Open, 1:41:10  
Bill Bright, 3rd, Open, 1:43:20  
Kala Judd, 5th, 1:43:53  
Al Horner, 4th, 19-29, 1:57:20  
James Beaton, 1st, 30-39, 1:44:43  
Steve Van Lier Ribbink, 4th, 40-49, 1:57:47  
Bill Danford, 3rd, 50+, 1:59:25  
Timothy Twigg-Smith, 1st, Novice A, 1:46:19  
Nicole Wilcox, 1st, Open, 1:52:09  
Katie McCrary, 2nd, 18-29, 2:05:25

## Surfing

Hawaiian Amateur Surfing Association  
3/11-2/95 at Nani Kai, Waianae  
Robin Johnston, 3rd, Men 2A  
Cully Kamisugi, 6th, Men 2A  
Cully Kamisugi, 6th, Men Open  
Keith Kandall, 3rd, Junior Men  
Mark Rocheleau, 3rd, Boys 1A  
Aaron Ackerman, 5th, Boys 1A  
Jimmy Austin, 6th, Boys 1A  
Duff Janus, 7th, Boys 1A  
Robin Johnston, 4th, Long Board  
Keith Kandall, 5th, 39 & Under

## Trainer continued from P16

team). At the end of a paddle, use the sample cool-down and the two stretches (preferably as a team).

### Things to Know About Kids

Young adults tend to dehydrate faster than adults. Therefore, they need lots of hydration, primarily consisting of water, as their thermal-system, which regulates temperature and absorption of electrolytes, is just forming.

Sleep is critical, as it is the only time that we have to heal and repair our bodies. For children, sleep is especially important, as their bodies are not just repairing tissue from athletic activity, but also trying to develop bone, form a strong immune system, and recover from athletic activity. A full eight hours is essential for injury prevention.

Cross-training--biking, swimming, or other water sports--is a great tool for injury prevention. Try to pick low impact activities to keep from breaking down young joints, and remember to apply healthy workout habits, including a good warm-up and cool-down.

I would like to thank our models--Crystal Thornberg, Jessica Isaacs, and Billy Lawson--and wish all the Junior 'Riggers a fun and safe 1995 canoe paddling season. ☺



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# M A Y

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Remember Mom on the 14th. It's Mothers Day! Bring your Mom to the OCC special Lunch and/or Dinner	<b>1</b> Noon Bridge Hau Terrace Lunch Surf Cart - 6-9 pm	<b>2</b> Regular Lunch and Dinner Service	<b>3</b> Regular Lunch and Dinner Service	<b>4</b> Regular Lunch and Dinner Service	<b>5</b> Sea Harvest Buffet Dining Room 6 pm	<b>+6</b> Hau Terrace Lunch CINCO DE MAYO PLUS ONE PARTY
<b>7</b> Brunch 8:30 am Prime Rib Buffet-Dining Room 6 pm	<b>8</b> Noon Bridge Hau Terrace Lunch Surf Cart - 6-9 pm	<b>9</b> Regular Lunch and Dinner Service	<b>10</b> Regular Lunch and Dinner Service	<b>11</b> Regular Lunch and Dinner Service	<b>12</b> Regular Lunch and Dinner Service	<b>13</b> Hau Terrace Lunch Regular Dinner Service Dancing with Ken Alford Orchestra 6:30 pm
<b>14</b> MOTHERS DAY Brunch 8:30 am SPECIAL Buffet-Dining Room 6 pm	<b>15</b> Noon Bridge Hau Terrace Lunch Surf Cart - 6-9 pm	<b>16</b> Regular Lunch and Dinner Service	<b>17</b> Regular Lunch and Dinner Service	<b>18</b> Regular Lunch and Dinner Service	<b>19</b> Regular Lunch and Dinner Service	<b>20</b> OPEN OCEAN SWIM Hau Terrace Lunch Regular Dinner Service Dancing with Ken Alford Orchestra 6:30 pm
<b>21</b> Brunch 8:30 am Prime Rib Buffet-Dining Room 6 pm	<b>22</b> Noon Bridge Hau Terrace Lunch Surf Cart - 6-9 pm	<b>23</b> Regular Lunch and Dinner Service	<b>24</b> Regular Lunch and Dinner Service	<b>25</b> Regular Lunch and Dinner Service LIVE MAINE LOBSTER Reserv. Dining Rm 6pm	<b>26</b> Regular Lunch and Dinner Service	<b>27</b> Hau Terrace Lunch Steak Fry - 6 pm Regular Dinner Dancing 6:30 pm
<b>28</b> Brunch 8:30 am Prime Rib Buffet Dining Room 6 pm	<b>29</b> MEMORIAL DAY SERVICE-HOLIDAY Noon Bridge Hau Terrace Lunch Steak Fry - 6-9 pm	<b>30</b> Regular Lunch and Dinner Service	MEMORIAL DAY SERVICE — MONDAY 30th at the Hau Terrace and on the Beach, 9:30 am. Reverend Kaina Bring flowers/leis if you wish. Light refreshments.			
Snack Shop Hours to be extended 7 am to 6 pm from Memorial Day to Labor Day to feed our hungry paddlers during the season.						

# J U N E

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LUNCHEON FASHION SHOW FROM REYN'S FOR FATHER'S DAY Please reserve early please				<b>1</b> Regular Lunch and Dinner Service	<b>2</b> Sea Harvest Buffet Dining Room 6 pm	<b>3</b> Hau Terrace Lunch STEAK FRY 6 pm Regular Dinner Service
STEAK FRY EVERY SATURDAY NIGHT for the summer. Contemporary Hawaiian Entertainment Changes Weekly • HOLIDAY STEAK FRY Kamehameha Day 12th!						
<b>4</b> Canoe Regatta BRUNCH 8:30 am Prime Rib Buffet-Dining Room 6 pm	<b>5</b> Noon Bridge Hau Terrace Lunch Surf Cart - 6-9 pm	<b>6</b> Regular Lunch and Dinner Service	<b>7</b> Regular Lunch and Dinner Service	<b>8</b> Regular Lunch and Dinner Service	<b>9</b> Regular Lunch and Dinner Service	<b>10</b> Father's Day Lunch Fashion Show Steak Fry 6 pm Regular Dinner Service
<b>11</b> Canoe Regatta Brunch 8:30 am Prime Rib Buffet-Dining Room 6 pm	<b>12</b> Noon Bridge Hau Terrace Lunch HOLIDAY-STEAK FRY 6-9 pm	<b>13</b> Regular Lunch and Dinner Service	<b>14</b> Regular Lunch and Dinner Service	<b>15</b> Regular Lunch and Dinner Service	<b>16</b> Regular Lunch and Dinner Service	<b>17</b> Hau Terrace Lunch Steak Fry 6 pm Regular Dinner Service
<b>18</b> Canoe Regatta Father's Day Brunch 8:30 am Prime Rib Buffet-Dining Room 6 pm	<b>19</b> Noon Bridge Hau Terrace Lunch Surf Cart - 6-9 pm	<b>20</b> Regular Lunch and Dinner Service	<b>21</b> Regular Lunch and Dinner Service	<b>22</b> Regular Lunch and Dinner Service	<b>23</b> Regular Lunch and Dinner Service	<b>24</b> Hau Terrace Lunch Steak Fry 6 pm Regular Dinner Service
<b>25</b> Canoe Regatta Brunch 8:30 am Prime Rib Buffet Dining Room 6 pm	<b>26</b> Noon Bridge Hau Terrace Lunch Surf Cart - 6-9 pm	<b>27</b> Regular Lunch and Dinner Service	<b>28</b> Regular Lunch and Dinner Service	<b>29</b> Regular Lunch and Dinner Service LIVE MAINE LOBSTER Reserv. Dining Rm 6pm	<b>30</b> Regular Lunch and Dinner Service	ATTEND A CANOE REGATTA Support Our Crews!

CALENDAR OF EVENTS



# Board Briefs

**B**oard Briefs is taken from the minutes of the Board of Directors meeting on February 23, 1995 and the Executive Committee meeting on March 16, 1995.

**Survey**—The Board heard a presentation by Mattson Sunderland Research on the member survey questionnaire. After a thorough review, revisions will be made and the revised questionnaire will be presented to the Board for approval. A request by the PR Committee to offer an incentive to members who complete the questionnaire was disapproved.

**Secretary's Report**—Nine members were suspended 15 days for failing to pay their accounts on time.

**Manager's Report**—The total projected capital expenditure budget for 1995 is \$488,173, of which the Board has committed funding in the amount of \$189,173 to date. \$96,939 has been expended this year, leaving an amount

remaining of \$95,386 and funds uncommitted, but budgeted at \$295,848. . . Arrangements have been made for a CPR course for members on April 17. . . A recommendation will be forwarded to the House Committee requesting closing the Logo Shop on Christmas Day. . . Wording of the Conduct section of the Member's Handbook has been approved. The Handbook will be reprinted in June, 1995 to include the amendments.

**Athletic Report**—Funds were approved to send four teams to the Haili Volleyball Tournament in Hilo.

**Historical Report**—Two members will be visiting Hanalei, Kauai to investigate the condition and recover the canoe, Ka Moi.

**House Report**—Immediate attention is being given by the House Committee on the decrease in covers. Recommended solutions will also be discussed regarding the Hau Terrace service. Variations of credit card usage by both members and guest/reciprocal members will be presented to the committee.

**Admissions & Membership Report**—The membership count as of January 31, 1995 was 4,251. ☐

## Employee of the Month

Our parking lot attendant, Harold Suen is our "surprised" Employee of the Month. Surprised, because he's only been with the Club for six months and works part time four days a week. But he says he's only had one "grumble" in that time, so GOOD ENOUGH, Harold.

He likes OCC very much, and feels the members are very nice people. He had the highest praise for management, saying he has very helpful "bosses" and this gives him the incentive to help the members. The "bosses" describe him as courteous and helpful.

Harold admits to being 74 years old, which is truly astounding, the way he scurries around the parking lot, directs traffic, a really physically fit person. He retired from his own business of furniture re-conditioning, and took the job at OCC to have an active outdoor job.

What did this kind grandfather do with his award? Gave it to his granddaughter to finance her tennis lessons. Whataguy! ☐

## In Memoriam

Blanche E. Gibbs  
Deceased: Jan 27, 1995  
Member: 10 years

Frank Lloyd  
Deceased: Feb, 1995  
Member: 12 years

Marjorie Carrere  
Deceased: Feb 16, 1995  
Member: 31 years

Charles J. Pietsch Jr.  
Deceased: Feb 23, 1995  
Member: 41 years

Rodney F. Williams  
Deceased: Mar 1, 1995  
Member: 13 years

Henrietta S. Mann  
Deceased: Mar 5, 1995  
Member: 3 years

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On the Cover: Celebrating an early Mother's Day at the Outrigger were, front, Laurie Lawson, holding Hannah Harrer, 1, and Brad Lawson, 5-1/2; Stephanie Johnson and Nicole, 9 months. Rear, Sue Parks with Sam, 17 months, and Kiana, 4; Karen Kato and Kekoa, 10 months; and Colleen Heyer and Karl V, 14 months. Photo by Marilyn Kali

# the Outrigger

Published by the  
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