## 1 the **MARCH 1995**

7.25

6.00

8.75 SMOKED SALMON ents of Sour Cream, Capers and Chopped Onions Served with Petite Rye Bread

JUMBO SHRIMP COCKTAIL Tangy Cocktail Sauce

> FRESH ARTICHOKE Dijon Aioli

### SOUPS

ONION SOUP Gratinee, "Des Halles"

CHILLED VICHYSSOISE Potato and Leek Soup

> SOUP OF THE DA With Cheese Croutor

> > SALADS

6.50 per person CAESAR SALAD Prepared at Your Table for Two or More-

8.50 SALAD BUFFET Fresh Solads Assorted Fruits and Cheeses ENTREES

All Entrees include your choice of Steamed White Rice, Rice Pilaf, French Fried Potatoes or Pasta and The Chef's Daily Vegetables Fresh Rolls and Cornbread Add 2.00 to the price of your Entree for a plated Garden Salad Add 4.00 to the price of your Entree for the Salad Buffet STEAMED ISLAND MAHIMAHI, Cantonese 15.95 Sizzled Shoyu - Ginger Sauce, Thai Jasmine Rice

PETIT FILET MIGNON, SAUCE BEARNAISE 14.95 Grilled Island Vegetables and Baked Potato

SEARED OPAKAPAKA WITH SHICHIMI, POHA BERRY SAUCE 20.95 Jade Green Baby Bok Choy, Steamed White Rice

BROILED NEW YORK SIRLOIN STEAK, MAITRE D' HOTEL BUTTER 15.95 Crisp Onion Rings and French Fried Potatoes SAUTEED MAHIMAHI WITH ROASTED ALMONDS, O.C.C. 10.95 Chef's Daily Vegetables and Rice Pilaf

ROAST PRIME RIB OF BEEF, THYME JUS 12.95 PADDLER'S CUT (12 OZ.) 15.95 Green Onion Popovers, Creamed Horseradish and Baked Potato

# New Menus Mean Greater Value For You

### By Sue Tetmeyer, House Committee

The Board of Directors, Club management, staff and committee members work continually to enhance the value of Club membership and make the Club a place members enjoy and take pride in sharing with guests.

The recently completed Dining Room renovation was one of the most ambitious efforts ever made in this regard. Judging by the compliments received and the number of people who dined there during the first months, members are delighted with the "new look."

Even as the kudos for the Dining Room poured in, work continued to make a good thing even better. The goal became to make every meal a "Wow!" experience in terms of taste, quality, service and value, as well as atmosphere-to "outclass" not only other clubs but restaurants members frequent.

For nearly a

month, Food and Beverage Manager Don Figueira and Chef William Teruya worked with members of the House Committee to design menus that will help ensure consistent quality food and service at affordable prices, with a selection that will satisfy diverse tastes. Whether your choice is a tuna sandwich on the Hau Terrace or Seared Opakapaka in the Dining Room, every time you order, you should expect the best you can get for the money anywhere on the island.

In developing the menus, Don, Chef Teruya and the committee studied dining by membership category, as well as sales of existing items. They reviewed suppliers, quality control and cost, storage and potential for spoilage, scheduling and work flow, and anything that can stand in the way of preparing a great meal and getting it to your table in a timely

manner.

The result is three new menus which go into effect March 1. Each menu features the most popular items from the "old" menu. Slow sellers have been eliminated.

The dinner menu for the Dining Room offers six regular entrees ranging in price from lows of \$10.95 and \$12.95 for Sauteed Mahimahi and Roast Prime Rib, respectively, to a high of \$20.95 for Seared Opakapaka. In addi-

tion, there are three Chef's Specials which change weekly.

One of the specials will be a dish that can be served vegetarian or with the meat, fish or chicken the Chef is featuring. Other vegetarian entrees are available on request.

All entrees come with a

choice of starch, fresh vegetables, rolls and cornbread.

Appetizers, soups, salad and dessert may be ordered ala carte, depending on your appetite and budget.

Dinner on the Hau Terrace includes several of the same entrees offered in the Dining Room. Pupus are also available. "Lite Selections" can be combined with one another, ordered with an entree or on their own. You can enjoy a satisfying meal for around \$10 (children's portions are less) or sit by the seawall in your shorts and rubber slippers and feast on the same fresh catch that is offered in the Dining Room.

Lunch on the Hau Terrace or in the Dining Room features the venerable "Kamaaina Favorites" and a selection of salads, sandwiches and entrees. A muchrequested Roast Beef Sandwich has been added. For all sandwiches, you now have a choice of taste and healthy deli breads.

Two pasta items, Thai Stir Fried Noodles with Chicken, and Linguine with Seared Atlantic Salmon are prepared so they are equally delicious as vegetarian selections.

Of special interest is the garlic rice sauce with capers, onions, roma tomatoes and arugula, which is served on the linguine. The recipe calls for rice water which Chef Teruya prepares to give substance to the sauce without fat, cholesterol or other thickener.

Like dinner, the lunch menu includes three Chef's Specials that will change weekly. There are no significant price increases and some prices, notably Dining Room dinner entrees, are actually reduced an average of \$2 to \$3 each.

If you wish to have a salad with your dinner entree, the popular Caesar Salad remains at \$6.50 per person for two or more. You may also choose the Salad Bar for \$4 or a Garden Salad served at your table for \$2.

The prices and selections of ala carte desserts remain the same.

Chef Teruya is committed to searching out the best quality ingredients for each item. Only the finest fish, meat, fresh produce and baked goods will be served. As always, our talented kitchen staff will continue to prepare our own sauces and dressings.

Fewer items on the menu and more similarity between items offered in the Dining Room and on the Hau Terrace is expected to simplify the process in the kitchen. This will not only enable kitchen staff to perfect each recipe, it will hopefully help speed your order to you.

The Club belongs to the members. All the planning and work is aimed at pleasing you. Please give Food and Beverage staff thoughtful feedback about what you see as strengths or weaknesses about any aspect of food or service. The best way to do this is to write your comments and suggestions on the back of your meal check.

It may be impossible to totally satisfy every member every time, but please believe it when we say "someone is listening to you." Ø

The Club belongs to all members. All the planning and work is aimed at pleasing you

# Dining Room — It's in the Details

By Lloyd Jones, Chairman Dining Room Ad Hoc Committee

**O** ne of the comments that is most satisfying to hear about the Dining Room remodeling is, "I like it but there is really not a great difference to the old one." That means that we were successful in the changes that we set out to make.

The task of the Dining Room Ad Hoc Committee was to refresh the Dining Room without changing the character of a room that we have enjoyed for many years. Some of the changes are obvious — the new glass doors with the etched canoe paddles, the new carpet with its wave pattern and the new furniture — but some of the changes are more subtle.

The extent of the changes become apparent only when highlighted.

The new Dining Room has 50 per cent more prime seating than the old, which should mean fewer members having to be turned away on busy nights, as well as increased revenue for the Club.

We are now able to use the A and B rooms more efficiently. When not needed for private dining, they can become part of the main dining area. We can set the Koko Terrace as a nice private dining area, with its own landscaped garden and water feature.

The new teak doors make a larger and more attractive Dining Room in inclement weather, than did the old canvas roll down blinds. There are new teak tables, slatted ones outside and solid ones inside. The inside tables have an inlay of Hawaiian grown wood in the center of each table, either camphor, sugi pine or koa. These attractive tables will permit table settings with placemats in lieu of tablecloths. This should save us tens of thousands of dollars in laundry costs each year.

Other uses of local woods include the floor surrounding the new feature carpet, which has blocks of kiawe, and the feature wall around the new service station, which is made from specially selected boards of koa which have lots of character.

This same wood treatment wraps around the new Salad Bars which are now in two modules rather than a long unit to permit more flexibility in setting the room, especially for special functions.

The new seating includes 100 solid teak chairs for outside use that replace chairs which had passed the end of their life. The chairs that were still good enough were refinished and reupholstered and will be for the covered seating. The reupholstering included new leather seats and integral back cushions to replace the loose back cushion that had always been a problem.

The evening lighting is designed to bring the feel of sitting

under the Hau Terrace throughout the Club. The original Dining Room was a series of pavilions that were very open, and the new design and the lighting reflect that concept.

The exterior lighting addresses a number of practical problems we have had. Over the years a lot of substandard wiring had been added on the roof to provide better lighting to the outside dining tables and for other changes.

This wiring has been brought up to code or removed, and the lighting for the exterior dining is now "moonlighting" cast by lights high up in the coconut trees. The coconut trees also provide an umbrella over the Club at night as the ball of each tree has been dramatically lit.

Other dramatic lighting plays on the waves. Corroded light fixtures that used to play on the close in waves have been replaced and are teamed with new spotlights on the roof that light the waves breaking far out on the reef. And of course, the new tiki torches create an atmosphere that is very special.

The landscaping along the Elks Club wall consists of tiers of different foliage, from the low colorful bromeliads, to the taller trees designed to provide more privacy for the Club. The landscaping on the ocean side of the private Dining Rooms is both attractive and salt spray resistant, and includes coral and lava rocks that suggest the sea shore.

Together these small details make up a dining environment that fulfills the original brief of maintaining an ambiance of casual elegance that has been the hallmark of the Outrigger Canoe Club's formal dining experience.



New glass doors with etched canoe paddles

# As the Terrace Turns



Outrigger Duplicate Bridge members Kai Ostrem, Jay Warren and Mace Greene, enjoyed the group's Christmas party at the Club. Any Outrigger member interested in playing bridge may bring a partner and join them on Mondays at noon, or contact Kai at 737-1190.

Maile and Ron Haworth at the summit of MacKinnon Pass.



**Wera Hussey Forbes** has gone country. Since winning a Hoku nomination in 1990 for her Hawaiian cassette, "Hawaii, My Heart", Vera has been singing at Japanese weddings, using her soprano voice in Japanese and Hawaiian songs. Deciding it was time for a change, she has come up with a country album, using her "low" voice in six original songs. She has also included four classics such as Willie Nelson's "Crazy." The

recording was done in Nashville. PGA Tour pros Curt Byrum, John Cook and Mark O'Meara enjoyed some of their spare time dining and relaxing at the Club while in town for the 1995 Hawaiian Open Golf tournament. John and Mark are former champions of the Hawaiian Open. Curt was the houseguest of OCC member **Jim Gaddis**, who caddied for Curt for the ninth time. Jim has now caddied in 23 Hawaiian Opens.

Our condolences to **Mae Brash** on the passing of her husband, Dr. Adrian Brash. We will all miss the beautiful flowers that Dr. Brash always provided for the Club's Luau from his yard. Dr. Brash passed away in January.

**Ron Haworth** and daughter Maile hiked Milford Track, New Zealand, crossing Mackinnon Pass with wind gusts to 70 mph, driving rain, balmy 36-degree temperatures and wind chill around 15 degrees. Needless to say, it was the worst con-

ditions in memory. A storm window blew out of Pass Hut where hikers stop for hot soup. Brrrrr.

There was a nice write up about **Jan Newhart** in the January 1 issue of the Hawaii Realtor Journal. It focused on her zest for running and her volunteer work...

James and Andrea Lehman Maynard were married. Andrea Lehman and James Maynard were married on December 17 at the Lodge at Koele. Andrea said they had both been single for going on 20 years. Ø

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 necessary.

# Monte Carlo Night at Outrigger on March 18

By Gloria C. Keller

Mathematical Carlo/Casino Night is scheduled to take place at the Outrigger Canoe Club on Saturday evening, March 18. The Club will be transformed into a casino type atmosphere with Black Jack and crap tables, a roulette wheel and more.

As guests arrive and enter the gaming area, they will wonder if they are looking out onto the Mediterranean Sea or the beautiful blue Pacific Ocean; a magical setting to bring one and all good luck. Each member of the Entertainment Committee has committed to bring in a minimum of five prizes. The grand prize is a three day cruise donated by America Hawaii Cruises on the Independence or Constitution, departing from Honolulu (some restrictions will apply). This very special prize will be auctioned off at the end of the evening, along with several other exceptional prizes.

Also available will be a boutique area full of items each guest will be able to purchase using their winning chips. The boutique will be open throughout the evening to redeem your valuable prizes.

Doors will open at 6 p.m. for members and their guests to check in and pick up their packet which will include two drink tickets, gaming chips, and the rules/schedule of the events being offered.

Heavy pupus and cocktails will be served until 7 p.m. when the tables will open for play and will continue until 9 p.m. Please note, no drinks or food will be allowed in the gaming area.

Casino Night is back by popular demand at the Outrigger Canoe Club. I urge you to make your reservations early by calling the Front

Desk at 923-1585. The 48-hour cancellation policy is in effect. This will be a sell out

event as it has been in the past, and we do not want anyone to be disappointed.

The price for the full evening is \$50 per person which includes two drinks, pupus, gaming chips, prizes and guaranteed evening of fun for you and your guests.

We look forward to seeing many of you on Saturday, March 18 and may Lady Luck shine upon you all. Ø

### Fashion Show Luncheon March 25

### By Janet Schiller

e are pleased to announce a headline fashion show featuring designer stores Escada, Loewe, Celine, Les Copains and Mondi, on Saturday, March 25 at Noon.

The show will be coordinated by Mark Frey, a professional in fashion show events for numerous hotels and other functions in the islands.

Escada will be showing their latest daytime collection reflecting the true luxury of fashion many women fantasize about. Celines theme is classic, romantic and relaxed, but always elegant.

Loewe's summer fabrics are both supple and natural. Les Copains and Mondi will show an exciting blend of their spring and summer collection.

Don't miss this unforgettable event. We guarantee you a stimulating afternoon of fun and fashion forecasting.



### Around the Club Sexual Harassment at the OCC

### By Ken Brown

he Outrigger Canoe Club has adopted a policy against sexual harassment. A copy of the policy will be posted on the Club's bulletin boards. Also, a copy of the policy is available in the General Manager's office.

We all tend to think of the Outrigger as one large family that tends to get along pretty well. However, we (the members and employees) need to be cognizant that we are not exempt from the law.

This means that we cannot discriminate based upon race, color, religion, disability, age, sexual orientation and many of the other issues that give people their individuality. That part seems easy enough for Ohana.

What may not be so clear are the civil rights of individuals when it comes to the question of sexual harassment. The primary focus of sexual harassment law is the unwelcome conduct of any nature. To be very clear, this applies to all members as well as the employees and staff.

Long term relationships can and do become quite familiar. Many members are on a first name basis with employees. Some employees' friendly nature could be misinterpreted as flirtatious, even inviting. Egos tend to blossom and judgment can disintegrate under these conditions.

Sexual harassment appears to be in the eye of the beholder. Innocent comments or actions may at first be teasing, but can quickly turn to uncomfortable and embarrassing situations leading to a claim of sexual harassment against both the Club and the accused harasser. Sexual harassment can also occur between members of the same sex.

If you have any questions regarding this policy, please do not hesitate to contact the Club's General Manager or one of the Club's officers.



General Manager -was pleased to see so many of our voting mem-

bers in attendance at our annual meeting.

It is reassuring to know that so many of you are willing to take the time to get involved in the decision making process.

Again this year, the response shown by the membership with respect to the committee preference cards was phenomenal. The number of members who care and are interested enough in the Club to be willing to give the time that it takes to serve on a committee is typical of the let's get involved attitude of our membership. You are to be congratulated.

### **Employee Kudos**

I would like to acknowledge our Employees of the Month for the year just completed: Marie Folk, Scott Yonaha, Evelyn Cagaoan, Juanito Cariazo, Stephen Rivas, Karin Hansen, T. C. Callison, Amy Sunahara, Danielle Crosetta, Crisostomo Guzman, Elias Samonte, and Mindy Kealoha.

They are one and all dedicated, hard working, loyal, interested employees and we are fortunate indeed to be able to count them in our numbers. They, together with the other 120 Outrigger employees, are an important contributing part of what the Outrigger is.

### **March Happenings**

Friday, March 3 is the date for the monthly Harvest of the Sea Buffet. Our seafood buffet is laden with a wide variety of treasures from the sea that are bound to please.

On Friday, March 17.

St. Patrick's Day, we will be featuring some very special Irish treats. On our bill of fare for both lunch and dinner we will offer some special Irish goodies.

And for your entertainment, we have again this year arranged for the Honolulu Police Pipe Band to help bring out the Irish in all of us. They will be performing in authentic Highland attire on the Hau Terrace from 7 to 8 p.m. If you've never seen them perform you are in for a real St. Patrick's Day treat.

Saturday, March 18, has been officially declared Casino Night at the Outrigger. What a night it will be. The Entertainment Committee will be transforming the Outrigger into Monte Carlo. We'll offer some really great food, a boutique where your winnings may be used to get some great merchandise and services, and of course, black jack, craps, roulette and what would a casino night be without those one-armed bandits.

So mark down the date, Saturday, March 18. We've set a ceiling on the number of tickets to be sold so make your reservations early. Now here's the good news. The ticket price will not change, \$50 per person, for great food, lots of fun and games, and libations with your fellow members. Feeling lucky?

Our second fashion show of the year is scheduled for Saturday, March 25. Reservations are being taken in the Dining Room.

Our Kuhio Day Steak Fry will take place on Monday the 27th and lobster lovers can enjoy live Maine Lobster on Thursday the 30th. This is a tremendously popular event and reservations are required in order to ascertain how many lobsters must be flown in for the occasion. We also offer a number of specials on this night for those who are not lobster aficionados. Ø

**Archivist Sought** 

The Historical Committee is in need of an archivist, and is beginning its search by inquiring of the members to see if anyone by reason of experience or education would be interested in this post.

Please phone Genie McMahon at 923-1243 for further information.



### **Guest Chef Night on March 8**

Chef Teruya is very excited to announce that acclaimed island chef Alan Wong will be the guest chef on Wednesday, March 8.

Wong, a renowned master of Hawaii regional cuisine, has made a highly successful career out of marrying elements of different ethnic cooking styles, along with the finest island grown ingredients, to create dishes that excite and expand the senses.

Wong's resume is laid out like a map to guide aspiring chefs. Graduating from the culinary program at KCC, Chef Wong went East to advance his craft first at the prestigious Greenbrier resort and later at New York's famed Lutuce before returning home to open the Canoehouse and Le Soliel at the Mauna Lani Bay Hotel and Bungalows.

In 1994, Wong was nominated as Best Northwest Cuisine Chef by the Beard Foundation, named as one of 13 Rising Star Chefs in America by Robert Mondavi Winery and featured on Julia Childs' Rising Star series for PBS.

In April, he returns home to Oahu to open his own restaurant aptly named Alan Wong's. This intimate 90 seat restaurant on the fifth floor of the McCully Court Building will showcase an ever changing panorama of Island cuisine and culture.

- The menu for March 8 will be:Shrimp and Clams with Penne Pasta in Chardonnay Garlic
- "Rice Cream" • Roasted Opakapaka with Ginger-Wasabi Sauce
- Kona Coffee and Hawaiian Vintage Chocolate Sampler by Mark Okumura

The price will be \$35.95 per person and will only be available in the Dining Room. The Hau Terrace will offer a limited menu of pupus for the evening.

Master Sommelier, Chuck Furuya of Fine Wine Imports will be present to assist with the featured wines.



Chef Alan Wong

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

### New Members

**Regular:** Michael DeGregory, Brian MacNish, Georgia Manos, James Mozley, Barnaby Robinson.

**Junior:** Kevin Anderson, Aaron Kandell, Jordan Kandell, William Lawson, Chelsea Muirhead, Jason Pacarro, Tevairangi Worthington, Makana Yasukawa.

Nonresident: Benjamin Conway, John Conway.

### In Memoriam

William B. Jamieson Deceased: December 18, 1994 Member: 40 years

Robert G. Hogan Sr. Deceased: December 23, 1994 Member: 54 years

William O. Guss Deceased: January 23, 1995 Member: 4 years



# Graf Wins Third Kayak Race Outrigger's Geoff Graf continued to dominate the Puni Point Series by capturing his third straight on January 21. The race, sponsored by OCC, drew 1

Puni Point Series by capturing his third straight race on January 21. The race, sponsored by OCC, drew 158

participants in kayak and one-person canoes, including 39 Outrigger members.

The 8-mile race started at Hawaii Kai Beach Park and finished at Sans Souci Beach.

Geoff finished more than two minutes ahead of his closest kayak rival in 1:01:34.

In the one-person canoe race, John Foti finished five seconds ahead of his brother, Jim, to win that event in 1:11:05. Courtney Seto was third in 1:11:42 and Walter Guild was fourth in 1:12:59.

Other Outrigger members winning their divisions in the surfski were Bill Bright, 40-49; Tom Conner, 50+; Jim Beaton, men's Novice A; Katie McCrary, women's Novice A and Nicole Wilcox, women's Novice B.

In the one-person canoes, Paula Crabb won the women 40-49, Diana Clifford the women's Novice A and Lisa Livingston the women's Novice B. Ø

### **OCC WINTER KAYAK RACE KAYAK RESULTS**

				7.3 TA 16	1000		100 M 100 M 100 M		1.1		
Over		Time	40.	Karen Kuffer	1:16:56	4.	Walter Guild*	1:12:50	44.	Pierre Nabonne	1:31:17
1.	Geoff Graf*	1:01:34	41.	Joe Perry	1:17:06	5.	Robert Nottage	1:13:14	45.	Stewart Moore	1:31:26
2.	Bob Rocheleau	1:03:40	42.	Mark Caldina	1:18:20	6.	Kalani Irvine	1:13:23	46.	Peter Binney	1:31:32
3.	Alfred Horner*	1:03:47	43.	Craig Waltz	1:18:28	7.	Robert Harrison*	1:14:04	47.	Mary Brewer	1:32:06
4.	David Horner*	1:04:56	44.	Mark Greenwell	1:18:33	8.	Chris Kincaid*	1:14:57	48.	Samuel Iokia	1:33:34
5.	Dolan Eversole	1:05:26	45.	James Elam	1:18:45	9.	Mike Smith	1:15:35	49.	Loretta Toth	1:33:55
6.	Bill Bright*	1:05:53	46.	Katie McCrary*	1:19:48	10.	Pat Erwin	1:15:56	50.	Mary Smolenski*	1:34:18
7.	Guy Pere	1:06:48	47.	Nicole Wilcox*	1:19:49	11.	Eric Levora	1:16:02	51.	Paula Crabb*	1:34:35
8.	Tommy Conner*	1:07:09	48.	Lance Tinjan	1:20:04	12.	Dennis Yap	1:16:17	52.	Candido Orgelos	1:34:42
9.	Kenny Rust	1:07:24	49.	Victoria Steinbausen	1:20:54	13.	Jeff Metzger*	1:17:00	53.	Jeff Piper*	1:34:47
10.	Bruce Campbell	1:07:32	50.	Bill McRoberts	1:21:00	14.	Mesepa Tamoai	1:17:07	54.	Diana Clifford*	1:34:50
11.	lim Beaton*	1:08:15	51.	Matt Kresser*	1:21:09	15.	Mark Brewer	1:17:09	55.	Lisa Livingston*	1:34:52
12.	Mark Buck*	1:08:32	52.	Roger Kadala	1:21:29	16.	Kevin Allen	1:17:10	56.	LeeAnn Anderson	1:35:03
13.	Hugh Peterson	1:09:29	53.	Sol Kaabaaina	1:22:04	17.	Billy Balding*	1:18:00	57.	Melanie Bailey	1:36:33
14.	Andrew Glatzel*	1:09:53	54.	Chris McKenzie*	1:22:10	18.	Rich Lambert	1:18:42	58.	Julie Horner	1:37:25
15.	Tony Cambra	1:10:08	55.	Glenn Wachtel	1:23:18	19	Michael Pedersen	1:18:48	59.	Robin Nonaka*	1:38:03
16.	John Hoogsteden	1:10:13	56.	Maile Chong	1:23:32	20.	Curt Cothrell	1:18:50	60.	Sandi Combis	1:38:49
17.	Wayne German	1:10:21	57.	John Wacken	1:23:39	21.	Pat Von	1:19:09	61.	Tom Merrill*	1:38:54
18.	Eddie Horner	1:10:34	58.	Patricia Winne	1:23:44	22.	Kane Tresnak	1:20:05	62.	Bette June	1:41:03
19.	Kala Judd*	1:11:26	59.	Vernon Kong	1:23:46	23.	Gary Samura	1:20:19	63.	Donna Kohls	1:41:17
20.	Fred Delosantos	1:12:36	60.	Clarence DeLude	1:24:49	24.	Brad Yoshimitsu	1:20:20	64.	Ann Farrell	1:41:26
21.	Bart Hopkins	1:12:46	61.	Larry Chaykin	1:25:35	25.	Mel Mau	1:20:44	65.	Rachael Smith	1:41:47
22.	Kelly Fey	1:12:47	62.	Wendy Oram	1:27:51	26.	Kelii Heen	1:20:56	66.	Graham Perry	1:42:17
23.	Tom McTigue*	1:12:49	63.	Micky Hayes	1:27:52	27.	Rod Barron	1:21:03	67.	Nina Pacewicz	1:42:26
24.	Al Yamanuchi	1:13:21	64.	Jennifer Lowe*	1:28:22	28.	Greg Poole	1:21:50	68.	Mike Mason*	1:44:16
25.	Kamoa Kalama	1:13:25	65.	Eric Sobo	1:30:16	29.	Kapono Souza	1:22:05	69.	Karel Tresnak Jr.	1:44:59
26.	Jeff Cotter	1:13:29	66.	Eric Helander	1:30:57	30.	Alan Lipp	1:22:20	70.	Sarah Spoehr	1:46:42
		1:13:40	67.	Stephen Hassand	1:32:09	31.	Colin Perry*	1:22:26	71.	Shannon Dudgeon*	1:47:11
27. 28.	Pat Ching Donna Meyer	1:14:43	68.	Sarah Ackerman*	1:33:27	32.	Giovani Čamuso	1:22:27	72.	Margie Daks	1:47:29
20. 29.	Tim Twigg-Smith	1:14:56	69,	Patsy Vasquez	1:35:04	33.	Tay Perry*	1:22:28	73.	Casey Nickel	1:48:16
30.	Mike Sakai	1:15:06	70.	Carmel Tasaki	1:37:08	34.	Gaylord Wilcox*	1:22:30	74.	Patricia Nagatani	1:49:26
	Kathy Erwin	1:15:21	71.	Caroline Hall	1:41:51	35.	Mark Kaneshiro	1:22:39	75.	Mark Sage	1:52:06
31.		1:15:26	72.	Lori O'Riordan	1:43:55	36.	Hans Hansen	1:23:32	76.	Richard Holomalia	1:54:01
32.	Dustin Dawson		73.	Mike Tannebaum	1:47:09	37.	John Chang	1:23:41	77.	Joyce Aton	1:54:16
33.	Claude Butcher	1:15:31	73. 74.	Rick Liton	1:51:37	38.	Vince Olds	1:25:34	78.	Carol Wilcox*	1:55:06
34.	Clyde Hedlund	1:15:35	14.	RICE LIION	1.51.57	30. 39.	Eassie Wills	1:25:42	79.	Michele St. John*	1:56:23
35.	Laurie Matsuda	1:15:38	0	Downon Canoce		39. 40.	Kevin Yasui	1:27:53	80.	Nicole Wilcox*	1.90.25 DNF
36.	David Fitzgerald	1:16:19		Person Canoes	1:11:05	40.	Mike Watson	1:28:56	00,	mode whom	Diar
37.	Butch Ukishimas	1:16:31	1.	John Foti	1:11:05	41.	Clayton Chee*	1:28:50	*00	C member	
38.	Bill Danford*	1:16:54	2.	Jim Foti		42.		1:30:19	00	G member	
39.	Sheila Beahm	1:16:55	3.	Courtney Seto*	1:11:42	43.	Harvey Aki	1:30:19			

#### 8 PAGE

# For the Record

### Running

**Hale Aloha** 11/27/94 Ruth Munro, 1st, 70-74, :32:51

Silvia Martz 8K 12/4/94 Ruth Munro, 1st, 70-74, :55:06

### Swimming

Loooong Distance Invitational 12/18/94 7K Mike Miller, 1st, 40-44, 1:47:58 Jim Anderson, 2nd, 55-59, 2:28:14

### Bigthlon

#### **Christmas Biathlon**

12/17/94 2.5 mile run, 800-meter swim Diane Stowell/Vernon Knight, 1st, 120&over, :29:22

### Kayak

### Kanaka Ikaika #1

1/8/95 Makai Pier to Kailua Beach 8 miles



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

#### **Surfski Division**

Geoff Graf, 1st, men open, :59:28 Alfred Horner, 4th, men open, 1:02:03 Tom Conner, 1st, 50+, 1:05:26 Andrew Glatzel, 1st, Novice A, 1:04:35 Katie McCrary, 1st, Novice B, :51:54

#### **Canoe** Division

Cance Division Walter Guild, 3rd, men open, 1:07:30 Robby Harrison, 4th, men open, 1:08:04 Courtney Seto, 5th, men open, 1:08:29 Todd Bradley, 1st, men 30:39, 1:08:33 Gaylord Wilcox, 2nd, 50+, 1:15:57 Colin Perry, 3rd, 50+, 1:17:02 Mary Smolenski, 1st, 30:39, 1:28:06 Paula Crabb, 1st, 40:49, 1:25:38

#### Kanaka Ikaika #2

1/15/95 Magic Island-Diamond Head-Waikiki Yacht Club Surfski Division Geoff Graf, 1st, open men, :56:54 Alfred Horner, 3rd, men open, :58:24 Bill Bright, 4th, men open, :58:30 David Horner, 5th, men open, :58:54 Tom Conner, 1st, 50+, 1:02:11 Katie McCrary, 1st, Novice A, 1:14:19 Mahealani Lum, 2nd, junior women, :48:42

#### **Canoe** Division

Courtney Seto, 2nd, open men, 1:05:46 Walter Guild, 3rd, open men, 1:06:06 Robby Harrison, 5th, open men, 1:07:21

Todd Bradley, 1st, 30-39, 1:08:19 Marc Haine, 2nd, 30-39, 1:08:29 Chris Kincaid, 3rd, 30-39, 1:09:32 1:09:32 Colin Perry, 2nd, 50+, 1:14:55 Tay Perry, 3rd, 50+, 1:17:56 Nicole Wilcox, 2nd, open women, 1:24:36 Mary Smolenski, 1st, 30-39, 1:34:17 Paula Crabb, 1st, 40-49, 1:29:25

### Surfing

### Hawaii Longboard Surfing Association (HLSA)Makaha Longboard Pro Am 12/94

Keith Kandall, 3rd, Men 19 and under Flash Dubiel, 1st, Men 50 and over Kimo Austin, 4th, Men 50 and over

### **Hawaiian Amateur Surfing**

Association (HASA) 1/7,8/95 Sandy Beach Marc Rocheleau, 1st, Boys 1A Aaron Ackerman, 4th, Boys 1A Jimmy Austin, 6th, Boys 1A Keith Kandall, 1st, Junior Men 1A Robin Johnston, 4th, Men 2A Cully Kamisugi, 9th, Men 2A Keith Kandall, 4th, Longboard under 39 Jimmy Austin, 4th, Longboard under 39

#### **National Scholastic Surfing** Association (NSSA) 1/7/95 Sandy Beach

David Wassel, 1st, Student Men (18-24)

### **Running** Activities **Include Massage Clinic**

### By Donald T. Eovino **Running** Committee

new running calendar of events for 1995 has been completed and is on display in the Tunnel. There are scheduled runs almost every weekend.

There is a group of runners who have met every Wednesday for the last nine years at the Diamond Head end of Ala Moana Park by the drinking fountain near the bathrooms at 5:30 p.m. This group participates in timed intervals. It is fun, challenging, competitive and free. Anyone can participate and we encourage all members to come out if you haven't experienced interval training before.

The committee will also have a Massage Clinic on March 15 at 8:30 a.m. at the OCC following the Natatorium Biathlon. The clinic will be a hands on clinic with instruction by Elizabeth Riviling, owner of the American Institute of Massage Therapy. Massages will be provided by her staff free of charge to all Outrigger participants in the biathlon.

Also scheduled for 1995 will be fun runs put on by Club members, several relay races, biathlons, the 1995 Honolulu Marathon and the Club's second annual Non-Run Fun Festival in July. Ø

PADDLE OUT PADDLE r)(d PADDLE GER

If you are interested in paddling during the 1995 Regatta season, your chance is here!!

**Paddling Registration:** Saturday, April 8 9 a.m. to Noon **OCC Board Room** Please bring the following information:

### NEW PADDLERS

Those who have never paddled for the Outrigger or have not paddled in three years or more should bring:

 Proof of birth (xerox copy of either birth certificate or driver's licensel

Passport size photo of yourself.

 If you are under 18 you will need your parent or guardian's signature on the waiver form. Waivers may be picked up ahead of time at the Front Desk for parent sianature.

 Transfer signed by previous club you paddled for.

### **RETURNING PADDLERS**

Bring yourself and members of your crew. You will need to sign registration form and waiver.

**NEW RULE FOR 1995** 

A paddler will not be able to practice until registered for the 1995 season.

### Winter Surf Draws OCCers to North Shore

### By Bob Coble

Winter is rushing by with some warmer weather forecast as well as the warm summer swells that accompany that season. This Winter has brought out the best big waves on the North Shore with our club members getting some of the best waves. Keone Downing has caught some of the biggest waves at Waimea this season. Billy Philpots and Dawson Jones were spotted charging Sunset and the "Slash, Tail Slide and Big Floater Crew" of Dave Wassell, Cory Witt, Cully Kamisugi and Nate Wilbur were spotted at the most insane Rocky Point of the season.

The Junior Surf Team started off the

New Year with first place victories at Sandy Beach. The Junior Surf Team monthly surf safaris have taken our crew to Haleiwa and the West Side to prepare for the future contest sites along with Team Captain Robin Johnston, ex pro PSAA surfer and Tom and Janice Harrer, team trainers. Jessie of the Fitness Center has developed the OCC Surf Team workout and Janice and Tom deliver the program to the Junior team.

Longboard surfing is back big time and the fun factor is really the thing that is bringing out the gang for a good time. It's about time. The new longboards are just that much better than the heavy logs of the past. Come on and get wet!!  $\mathcal{O}$ 







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# **Backward Glances**

By Joan C. Pratt Historical Committee 40 Years Ago—1955

Member Barbara Pratt Vaughan was cover girl of the Forecast. The photo was by Scoop Tsuzuki. . . Member and World Champion swimmer Dick Cleveland announced his retirement from amateur swimming to turn pro. . . Lillie Bowmer Mackenzie returned to Honolulu to live. She was a famous member of the OCC champion swim team of 1917 to 1929, a canoe paddler, steerswoman, and surfer. She also earned fame in the movies by diving from the top of the highest cliff at Kapena Falls.

30 Years Ago-1965

One of the first fund-raising projects for the newly-formed Outrigger Canoe Club Athletic Sponsors Committee was to raise money to send the OCC Volleyball team (undefeated in local play) to the nationals in Omaha. The following team members went to Omaha and placed fourth: Pedro Velasco, Paul MacLaughlin, Tom Haine, Bob Hogan (playercoach), Jim Haynes, Bill Baird, Mike Holmes, Ron Sorrell, Fred Noa, Nat Norfleet and Franklin Brown.

20 Years Ago—1975 With a total of 76 teams competing in the Haili Volleyball Tournament, it ended in a sudden death one game playoff between OCC AA 1 and OCC AA 2, the winner 16-14.

Members of the AA 2 team were Jon Stanley (all star), Paul MacLaughlin, Jon Haneberg (MVP), Dave Shoji, Scott Rolles, Andy Homan, Mike Roddenberry, Dodge Parker (coach). Members of the AA 1 team were Chris Crabb (all star), Tony Crabb, Tom Madison, Charlie Jenkins (all star), Tom Davidson, Tom Arnott, Mark Rigg and Jay Anderson.

### 10 Years Ago-1985

The women's volleyball team won its first two tournaments at Lanikai and at Chaminade where they beat the UH Wahines 2-0. Team members were Keri Baird Fernandez, Traci Phillips, Marcie Wurtz, Tyler Dacey Herich, Sandra Stanley, Paula Jenkins, Diana McInerny, Pam Rigg and Kisi Haine. . . At the Annual Sports Awards, Eva M. Pomroy was given the Club's Special Contribution Award for being a part of OCC's athletic endeavors for more than 40 years. . . At the 2nd OCC Triathlon at Sans Souci, Kisi Haine won the women's race. For the men, Bob Rocheleau was first, Ian Emberson, 2nd, and Mark Sandvold, 3rd.

#### 5 Years Ago-1990

On March 3, awards were presented to the Runners of the Year—Hilary Lambert and Emery Lucas. . . On March 31, the Haili Volleyball AA Tournament winners were the OCC Masters team, who came from the losers bracket to defeat Lokahi 16-14. Ø



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#### O U T R I G G E R





Crossover Leg Stretch



Hip Rotator Stretch

By Sherry Gannaway

The month of March has arrived, and for some of us, this means we are hip deep in the one-person canoe and kayak season. As a sports therapist, I have seen many injuries manifest during this portion of

the season as the athlete begins to show signs of repetitive stress injury (more than just little aches and pains).

These slow killers can be almost completely avoided by training and racing smart. How? Let's go

down the injury prevention check list.

### **Body Foundation**

Is your body foundation solid? Always continue doing your abdominal and posture pro-

grams at home or in the weight room to insure a strong injury-free back.

### Hydration, Nutrition, Vitamins

How are your hydration, nutrition and vitamin programs? Hydration during the cooler months seems to be more difficult and it is very important to the

quality of your bodily functions to put up friendly reminders to yourself to replenish your water supply regularly.

Nutrition is also important for everyone but especially the performing athlete. My recommendation is to eat an appropriate amount of healthy fresh food composed of the four major food groups, and moderate all sugar and fat intake. If you

experience loss of energy, poor digestion or food allergies, consult a nutritionist/doctor ASAP as this could take minutes off your race time.

Vitamins are our best friends and biggest nightmare: "take this ... no, don't take that!" You never really know precisely what to take unless you have a blood test or hair analysis.

Short of having these tests, I have had success with the ABC method of taking vitamins: A for skin and liver, B-complex for nerves and stress, C for the immune system, E for cellular repair and a multi-mineral supplement to reduce spasm.

For the appropriate dosage, you should refer to the label on the bottle. To target your body's specific needs, consult with your trainer, coach or nutritionist.

### Flexibility

How is your flexibility program progressing? Just in case you've run out of stretches, or need to start a stretching program, here's a quick and effective ministretching program designed with one-person canoeing and kayaking in mind.

### Warm-Up

Time: 5-8 minutes. Begin with Neutral Strong Walking. Slowly breathe and roll your shoulders forward 8 times and then back 8 times. Remember to Power Breathe, i.e. inhale and expand your trunk, exhale and pull your abdomen towards your spine to support your back. Stop and return to a Neutral Spine Position (see December Outrigger). Continue your warm-up with pelvic tilts forward and back, then side to side, and circle equal times in both directions. (Much like the hula dancer, this makes for flexible hips and backs.) Don't forget to bend your knees to release your lower back. Take three deep Power Breaths, and slowly drop one ear to your shoulder, stretching the side of your neck. Hold, breathe, then repeat on other side. Look slowly from side to side in rotation of the neck.

### The Program

Time: 15 to 20 minutes. Position: Begin on the floor in Neutral Lying Position with knees up and feet flat. Take three deep Power Breaths and tighten your abdomen to support your back.

**Crossover Leg Stretch:** Bring one knee in slowly toward your chest, keeping your hips and butt on the floor, then cross that leg over to the opposite side of the body. Try to keep your hips even. Relax and hold the position for at least 45 to 60 seconds. Return to Neutral Lying Position and repeat on other side.

Hip Rotator Stretch: Cross one leg over the other knee, making sure the ankle bone is past the thigh. Reach through your thighs and pull the leg that is straight towards your chest, keeping hips and butt on the floor. Breathe and hold for 45 to 60 seconds, then slowly return to the floor. Repeat on other side.

Position: Turn over, face down.

Back Extensions for Hip Flexors: Slowly lift your chest off the floor, using your hands very lightly to assist you. Breathe and hold for 30 to 60 seconds. Use your abdomen to support your back. Repeat this slowly 3 to 5 times.

Continued on Page 13



Back Extensions for Hip Flexors



Bonus Stretch



Wenty-eight OCC Golfers enjoyed a bit of friendly competition at the beautiful Navy- Marine Golf Course on February 8 to inaugurate the 1995 OCC Golf Tour. Scores and details will be in next month's golf news.

The 1995 Awards Banquet was held on January 25 and proved to be a big success. Champions for 1994 were:

Match-Play—Pam Dillingham and Strat Whiting. By Jim Gaddis

Low Gross—Terri Lui and Don Cutting.

Low Net—Pam Dillingham and Adney Smith.

All winners received gifts plus their names on the beautiful golf trophy that is always displayed in the Main Lobby.

Joie Gopez was reelected president of the OCC Golfers by a unanimous vote. Jim Hammons was reelected as vice president in charge of handicaps and Paula Faulkner was elected as the new secretary. Jim Gaddis and Larry Langley were reelected to public relations and special assistant posts. Everyone

enjoyed the fantastic Prime Rib and Mahimahi dinners in the new Dining

Room. Five year old Courtney Gaddis danced hula, accompanied by the Teves Trio.

Be sure to post all of your golf scores in the golf notebook



Strat Whiting and Pam Dillingham were OCC Match-Play

located at the Front Desk. Don't forget to sign up for the April OCC Golf Tournament and 1995 Match-Play action. See you on the links. Ø

Trainer Continued

### The Cool Down Stretch

Time: 5-8 minutes

Note: Each movement should be performed slowly 4 to 8 times focusing on a full range of motion.

Position: Slowly stand and return to a Neutral Strong Standing Position.

Hips: Pelvis tilts slowly forward, then back. Hold a couple of seconds in each position. Then slowly tilt hips side to side. Circle hips slowly in each direction, clockwise and then counter clockwise.

Shoulders: Slowly roll shoulders forward; then slowly roll shoulders back. Breathe and return to Neutral Stance.

Neck: Slowly move your head down, then up. Now move head slowly from ear to shoulder, breathe, alternating from side to side. Now look slowly, side to side, the neck in rotation.

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

### **Friendly Reminders**

Sports massage and chiropractic care are valuable gifts to the athlete. I firmly believe that without body work, one can never reach his or her full potential and will always risk being vulnerable to repetitive stress injury. Make time. You're worth it.

Warm ups and cool downs are your best tools for injury prevention. Going out slowly does not count as a proper warm up. You must plan to take time to go through a few joint isolation movements at the beginning and end of your workout to lubricate and loosen your shoulders and lower back. A thorough warm up and cool down regime shows care and respect for both your body and the sport. Bonus stretch for one-person canoeing on long practices (see photo for details).

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### O U T R I G G E R

### MARCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
– Saturday, March 18 Cocktails and He	it. Patrick's Day Bagpipe B — Reservations for Monte ( avy Pupus. Doors open at	Carlo Night. 6:00 pm.	<b>1</b> Regular Lunch and Dinner Service	<b>2</b> Regular Lunch and Dinner Service	<b>3</b> Sea Harvest Buffet Dining Room 6 pm	<b>4</b> Hau Terrace Lunch
This will be a set	lout so make your reservat — Luncheon and Fashion S m	ions early!			GAT	Regular Dinner Service Dancing with Ken Alford Orchestra 6:30 pm
<b>5</b> Brunch 8:30am	<b>6</b> Noon Bridge	<b>7</b> Regular Lunch	<b>8</b> Regular Lunch	9 Regular Lunch	10 Regular Lunch and Dinner Service	<b>11</b> Hau Terrace Lunch
Prime Rib Buffet- Dining Room 6 pm	Hau Terrace Lunch Surf Cart - 6-9 pm	and Dinner Service	<i>Guest Chef</i> Alan Wong Hau Terrace Pupus Only	and Dinner Service		Regular Dinner Service Dancing with Ken Alford Orchestra 6:30 pm
12 Brunch 8:30am	<b>13</b> Noon Bridge	<b>14</b> Regular Lunch	<b>15</b> Regular Lunch	<b>16</b> Regular Lunch and Dinner Service	<b>17</b> Regular Lunch and Dinner Service Special St. Patrick Bagpipes on the Terrace 7-9 pm	<b>18</b> Hau Terrace Lunch
Prime Rib Buffet- Dining Room 6 pm	Hau Terrace Lunch	and Dinner Service	and Dinner Service			Monte Carlo Night
	Surf Cart - 6-9 pm					6 pm
19 Brunch 8:30am Prime Rib Buffet- Dining Room 6 pm	<b>20</b> Noon Bridge Hau Terrace Lunch Surf Cart - 6-9 pm 6 pm - Surf Movies in Dining Room	<b>21</b> Regular Lunch and Dinner Service	22 Regular Lunch and Dinner Service	23 Regular Lunch and Dinner Service	24 Regular Lunch and Dinner Service	<b>25</b> Hau Terrace Lunch Fashion Show Lunch Steak Fry - 6 pm Regular Dinner Dancing 6:30 pm
<b>26</b> Brunch 8:30am	27 HOLIDAY Noon Bridge	<b>28</b> Regular Lunch	<b>29</b> Regular Lunch	<b>30</b> Reg Lunch/Dinner Svc. Live Maine Labster Reservations Dining Rm 6 pm	<b>31</b> Regular Lunch and Dinner Service	Hawaiian Theme Buffe on Sunday, 26th in homor of Prince Kuhio
Prime Rib & Special Kuhio Day Buffet Dining Room 6 pm	Hau Terrace Lunch Steak Fry - 6-9 pm	and Dinner Service	and Dinner Service			
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Sunday 30 Brunch 8:30 am	Wa	Tuesday atch Bulletin Boards For will be at OCC for East	Wednesday Canoe Paddling Registrat er morning. Make your	tion	Friday	Saturday 1 Hau Terrace Lunch
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### **Board Briefs**

**Treasurer's Report**—The 1995 budget was approved. The Board will continue with the policy previously established by the Board of producing a break even margin in the Food and Beverage operation, including the mini charge. The House Committee will pursue a more basic menu of high quality foods.

Manager's Report—To date, the approved budget for the Dining Room renovation is \$933,100. Five items remain incomplete—the Hau Terrace station, Dining Room podium, two teak point of sale cabinets, one Dining Room teak bus station and the Dining Room teak salad bar. . . The board approved ordering 12 chair cushions to be available by request. . .

The Board approved \$10,000 additional payment to the project manager. . . The Board set a maximum amount of \$965,000 for the Dining Room project. The Dining Room AdHoc Committee will determine what furniture items of the five mentioned will be purchased with the remaining \$19,900. . . Judge Huddy rendered his decision with respect to the Club's 1990- 91 real property tax appeal. The court reduced the land value to \$15.5 million resulting in a total reduction of \$8,114,000 from the original assessment. The Board decided to appeal the decision to the Hawaii Supreme Court, in hopes of further reducing the assessed value to \$10 million.

Athletics Report—The Board approved Todd Bradley as chair of the 1995-96 Canoe Racing Committee, and Buster Chapman as chair of the Volleyball Committee.

... The Board approved the purchase of a new VHF radio, a movable kayak rack and an additional orange buoy for race courses.... The Club's oldest Boston Whaler will be sold for \$3,500 and a used whaler will be purchased for \$13,500 plus tax.

Building & Grounds Report—The committee will proceed with a building component study by Hank Reese. . . Preliminary plans will proceed to renovate the Bar.

**House Report**—The committee is investigating the elimination of the 20% surcharge for reciprocal and member sponsored guests as well as the \$20 guest card fee. . . A flyer will be sent to all reciprocal clubs about the Club's new Dining Room. Ø



### Employees of the Month

### By Gerry DeBenedetti

Lias Samonte is one of our Employees of the Month. He is 32, a "local boy" from Kalihi who went to Farrington High School. Prior to becoming a Dining Room waiter at OCC, Elias worked at other Waikiki hotels. He says he likes Outrigger because it is family oriented, and he has watched some of our keiki members grow up and come to eat in the Dining Room.

Elias is certainly family oriented. Those who know him know how devoted he is to his 11 year old son. His Employee award will go to finance a trip to Maui to visit his son. And, Elias's girlfriend is the daughter of one of our OCC cooks.

Elias' fellow employees and management paint a vastly different picture than the quiet Elias the members know. They tell us that he is the "life of the party" at employee gatherings, most recently playing emcee at the Christmas party. He is described as talented and creative and uplifting—great recommendations from his co-workers.

Want a little secret? If Elias is your waiter, and the Teves Trio is around, request a hula for your dining entertainment.

Our second Employee of the Month is Mindy Kealoha. Chances are most of us have never seen or heard of Mindy, as she is the Head Pantry worker, and so quiet and unassuming, that you wouldn't notice her. But the management recognized her ability by naming her Employee of the Month.

Mindy is Thai, coming to Hawaii years ago as the wife of a Hawaiian from Waipahu. They have three children, 26, 24 and 17. Only her youngest is still at home. The two oldest have married and already given her four grandchildren.

When she first came to Hawaii, Mindy knew English from books in school, but found it hard to speak the language. She became an American citizen and has been with OCC for 16 years, spending it in a little corner in the kitchen where she and a staff of four do the preparation of vegetables for salads, make dressing, and get all of the non-cooking foods ready.

Mindy says every day is "special" at the Outrigger. She is going to take her Employee award and spend it on herself! Ø



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