



# the **Outrigger**

JANUARY 1995

**PHOTO CONTEST WINNERS**



# Photo Contest Draws Record Entries

By Helen Sheehan and Lisa Livingston

"We wished everyone could win" was the consensus of the judges in the 12th annual OCC Photo Contest. Winners were selected from a record 93 entries.

Judges were DeSoto Brown, Bishop Museum archivist, writer, collector, known for his restoration work and collection of unique old Hawaiian films; Sue Stagner, world traveler and renowned and accomplished water color artist and teacher; and Jay Freis, professional photographer who specializes in corporate annual report layouts.

Some of the comments expressed by the judges were quite interesting and helped give insight as to what qualities the

judges admired or what captured them for a moment and drew them deeper into their subject matter.

Comments expressed:

"Composition is strong," "warm lighting well composed," "original,"

"lighting is perfect, but static," "looks too much like a postcard," "interesting concept."

However, the collective comment was "exceptionally good entries this year." The competition is getting tough, so do take note of some of the elements quoted above to help you better compose your next photo or help prepare you for next year's photo contest.

Winning photos will be on display from January 2-16 in the Lobby. Non winners can pick up entries at the Executive Office anytime. Winning photos will be available for pick up after the 16th of January.

Mahalo to all those who participated in this year's contest. You made it a success. Here are the winners:



Judges for the Photo Contest were DeSoto Brown, Sue Stagner and Jay Freis.

## PHOTO CONTEST WINNERS

*People - Color*

*2nd Place*



▲ "Virtuoso at 5 Months"  
by Shannon Sheehan

▼ "Floyd" by Mary Alice Van Kleeck

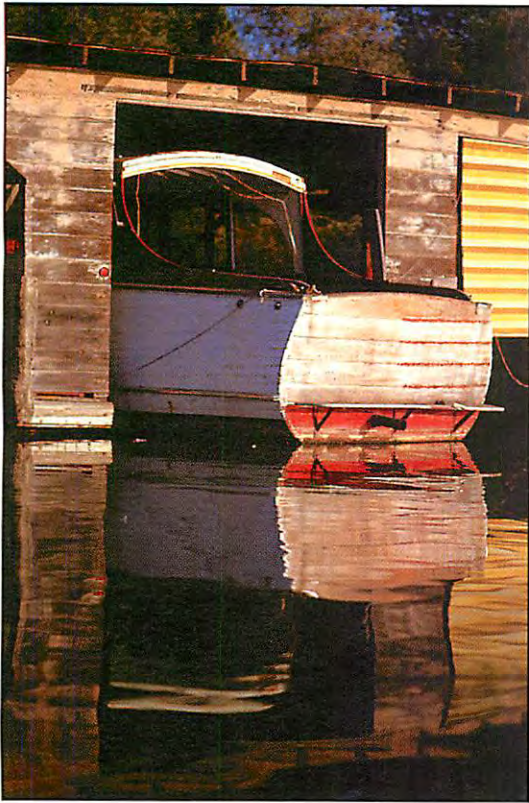


*3rd Place*



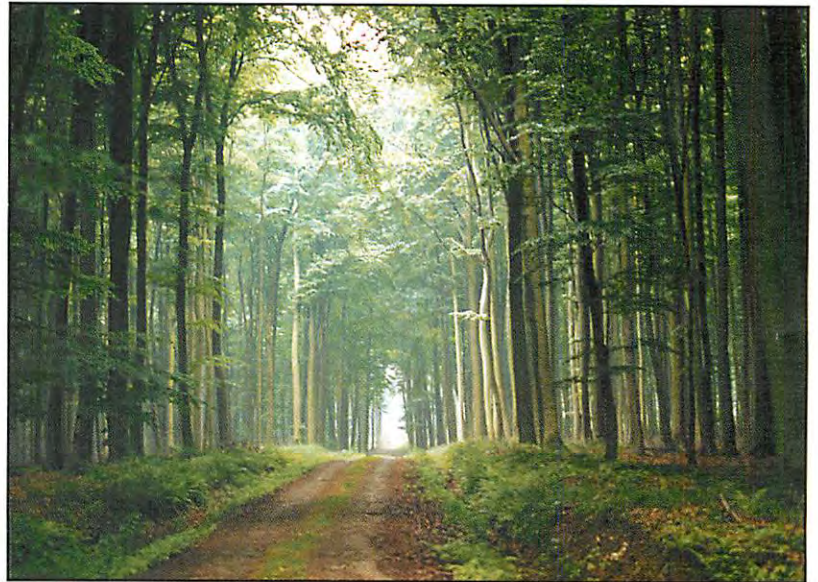
# PHOTO CONTEST WINNERS

*Places - Color*



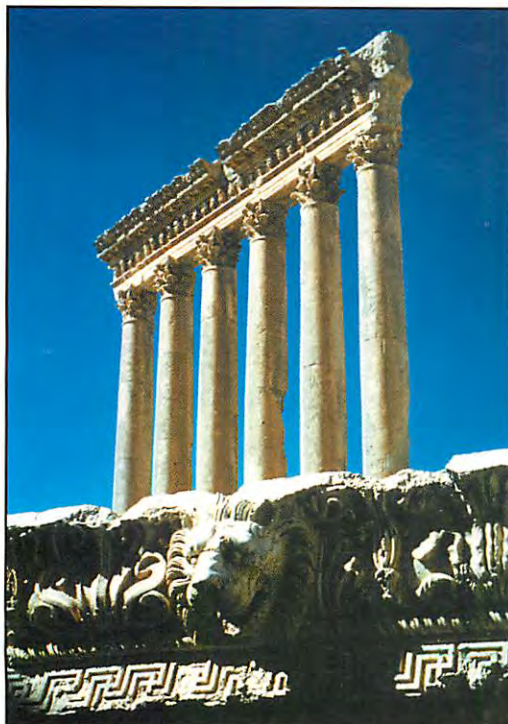
*1st Place*

▲ "Retired" by Tommy de Harne



*2nd Place*

▲ "Hamelin: Pied Piper's Path" by Michael Paulin



*3rd Place*

◀ "Antiquity" by Ruth Munro



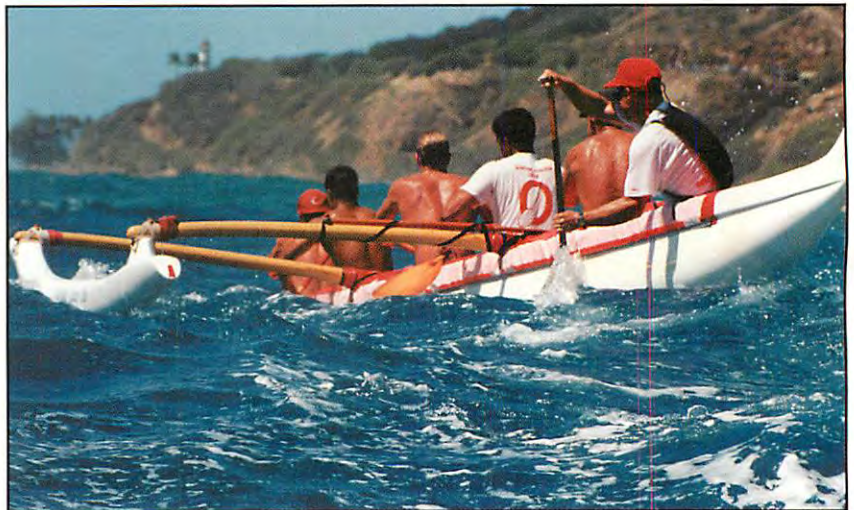
# PHOTO CONTEST WINNERS

*OCC Theme - Color*



*1st Place*  
◀ "OCC Volleyball Fans"  
by Marjorie Moore

*2nd Place*  
"Force Five" ▶  
by Robin Nonaka



*Honorable Mention*

◀ "Sepulveda Boulevard"  
by Leona Holaday

# PHOTO CONTEST WINNERS

*Black & White*



*1st Place*

◀ "Creole Kitchen"  
by Adam Cobeen



*2nd Place*

▲ "Don't Worry Pet,  
You'll Grow a New One"  
by Jan Newhart



*3rd Place*

◀ "A Tradition Gone Slightly  
Out of Focus"  
by Keala Kilcoyne



# Newly Renovated Dining Room Draws Raves

By Marilyn Kali

The newly renovated Main Dining Room at the Outrigger Canoe Club reopened in all its splendor on December 1.

Gone are the old sliding doors, drapes, carpeting and the service station, and in their place is a magnificent bright new Main Dining Room with its still fabulous view of the ocean and Waikiki.

It now features an indoor/outdoor look, new lighting that gives the feeling of being outdoors under a Hau tree during a full moon, new carpeting, kiawe wood floors, bi-fold wooden doors with glass panels that fold into the pillars, a beautiful koa wall dividing the Dining Room from the service station, new gardens, and tiki torches.

Members raved about the new appearance of the Dining Room and its fabulous Christmas decorations at the Grande Cocktail Party and Hawaiian Blessing on December 1.

Club President Walter Guild welcomed members to the party and thanked all those who worked on the project to bring it in on time. He reminded those present that it was 30 years ago almost to the day that workers were rushing to finish the Dining Room at the new OCC at Diamond Head so it could open for the new year.

"I don't think there's a better dining room in Hawaii," Guild said. "With our million dollar view, our new Dining Room, and the new menu, we can't be beat. I hope that all members will come to the Club soon and see for themselves how terrific it is."

The Rev. William Kaina, pastor of Kawaiahao Church, gave the Hawaiian blessing in which he blessed the room, the people who will eat in it and those who will work in it.



Club President Walter Guild and the Rev. William Kaina untie the maile lei to officially open the newly renovated Main Dining Room.

Then it was time to untie the maile lei leading into the Dining Room.

Once inside, members were greeted by the music of Elua Kane. Chef William Teruya assembled food stations throughout the Dining Room and Lanai featuring a variety of pupus including sashimi, shrimp, roast beef, turkey, sushi, dips and more.

On December 2, members enjoyed another sold out event—the Premier Seafood Buffet and were entertained by the Teves Trio.

On December 3, in keeping with the theme of the opening festivities, the prices on two entrees were rolled back to 1964 prices. Needless to say, the party was a sell out. Entertainment was provided by Lee Eisenstein, a classical guitarist, and Brad White, a master of the flute.

The designer and architect for the project was Virginia D. Murison, AIA; project manager was Lawrence W. Jackson; and lighting design was by Lowell Barnhard.

Members of the OCC Ad Hoc Dining Room Committee were Lloyd Jones, chair; John Marshall, Mike Paulin, Joe Ferrell, Mary Philpotts-McGrath, Ken Brown, Ray Ludwig and Don Figueira.

If you haven't eaten in the Dining Room yet, make reservations soon. You won't be able to find a better deal in town. ☺



Members help themselves to huge platters of shrimp.



Bruce Liebert samples roast beef.



Enjoying the pupus were Bill Sewell, Gil and Mary Lou Livingston, and Patti and Bill Mowat.



Entertainment at the Grande Cocktail Party was provided by Elua Kane—Damien Farden and Bill Greig.



Toasting the new Dining Room are Ken Brown, Laura Van Lier Ribbink, Ken Whitcomb and architect and designer Virginia Murison



Tom and Susan Merrill and Priscilla and M.J. Berenzweig compare notes at cocktail party.



Attending the opening were Betty Baxter, lighting designer Lowell Barnhard, Mary Philpotts-McGrath and John McGrath.



Hattie Whitaker and Pat and Thad Ekstrand attended party.



Celebrating the reopening were Bill and Louise Speicher and Kent and Barbara Giles



Sharing a drink at the party were Stephanie Ackerman, Brant Ackerman, Scrappy Lipton, Al and Connie Serafin and Jenson Lipton.

By Ray Ludwig, General Manager

# HAPPY NEW YEAR!

From the entire staff we wish you a safe, healthy, happy and prosperous 1995.

## ACTIVITIES

Our first fashion show of the new year will take place on Saturday, January 28 in our newly renovated Dining Room. For you ladies, who have not had an opportunity to enjoy our beautiful new Dining Room, this is a perfect time. Again, the date, Saturday, January 28. Fashions by Gotex. Reservations are a must. Seating starts at 11:30, lunch at 12, and the show at 12:15.

We will be having a holiday Steak Fry on Monday, January 16 in observance of Martin Luther King Day,

from 6-9 on the Hau Terrace. We will of course have our regularly scheduled Steak Fry on Saturday, January 28.

## HAWAIIAN OPEN

The 30th annual Hawaiian Open will take place the week of January 9-15. The members of the Outrigger have been granted clubhouse privileges at Waialae during the week of the Open. In order to obtain admission to the clubhouse, you need only present your OCC membership card. Waialae County Club will be extending cash privileges for goods and services during the Open. Parking and admission to the tournament are separate and not included.

## KAYAKS, SURFSKIS AND ONE PERSON CANOES

To enable the Club to exercise better control over kayaks, surfskis and one person canoes stored on Club premises, we ask that you be aware of and adhere

to our Board approved policy of requiring any kayak, surfski or one person canoe stored on Club premises to have an OCC decal.

The decals can be picked up at the reception desk and should be placed on the top front of your vessel. There is a charge of \$1 per decal. To get a decal, a member must be renting a storage space. There is a limit of one decal per member.

Any kayak, surfski or one person canoe stored on the Club's premises without a decal, and any vessel with a decal which is not stored properly, will be impounded.

## MINORS IN CLUB BAR ROOM

One final note, I must remind you of the Club Rule pertaining to minors in the Club Bar Room or Lounge. The Rule defines the Club Bar Room as the carpeted area of the Club where the Bar, hanging canoe and television set are located.

Infants and other minors under eight years of age are not permitted in the Bar Room at any time. Minors 8 years of age or older may be permitted in the Club Bar Room at appropriate times to watch sportscasts on television or other special telecasts as may be deemed permissible by the General Manager.

But in all cases, minors must be in the company of and under the actual, effective and responsible supervision of an adult member. Under no circumstances will any minor be permitted to stand or be seated at the Bar itself. I will remind you that this Rule will be strictly enforced. ☐



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## NEW MEMBERS

**Regular**—Dennis Conway,  
Richard Frandsen,  
Niranjan Rajdev.

**Intermediate**—Joshua Hubbard.

**Associate**—Aaron Eberhardt,  
Rolf Knoke, Kyoko O'Neill,  
Emily Reber.

**Junior**—Christopher Abbott,  
Allison Andrade, Chance Lundy,  
Sara Shaw, Koa Watts.

**Nonresident**—Charles Condy.



## ◆ AS THE TERRACE TURNS ◆

Those beautiful Christmas displays that decorated the Club throughout the holidays were the work of **Margaret Puder**. She created festive wreaths with Hawaiian dolls that adorned each pillar and post in the Club, as well as garlands in the Dining Room that featured outrigger canoes. The Christmas tree in the Lobby was also her creation. Thanks Margaret, you put us all in the holiday spirit!

**Gina Palminteri** toured China recently as a member of the singing group, the Master Chorale of Orange County, California. She writes that the group was well received by the people of China and it was a great experience. On the way home, she stopped in Hong Kong for shopping and then back to Hawaii for a few days of R&R before heading back to Newport Beach where she lives.

**Arthur Goodfriend**, home after 2 1/2 years in Hungary with the Peace Corps, is now a VISTA (Volunteers in Service to America) assigned to the Alzheimer's Association. Any

Outrigger member or staff desiring information about Alzheimer's, and available assistance, is invited to contact Arthur via a note left at the Front Desk.

Contributions to this column are 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. ☺



Outrigger Duplicate Bridge champions for 1994 were Rick Hendricks and Jean Boas. The club meets every Monday at 12:30 and welcomes new members. Bring a partner and join the fun.

Princess Kaiulani

*Happy  
New Year*

*See our new  
Bridal  
Collection*

*Brides  
Bridesmaids  
Mother of  
the Bride*



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

## Employee of the Month

Head Bartender Cris Guzman is our Employee of the Month, and a true living OCC treasure. He is the holder of the secret recipe to Anzai's Banzai, which many of you may have had, or wish you hadn't had, at the Christmas Party for members.

When Anzai retired, he passed on his secret recipe to Cris, who has been with us for 18 years, a worthy recipient of the secret recipe.

Born in the Philippines, Cris came to Hawaii in 1972. He is married and has three adult children, 25, 21, and 20, all attending UH. He laughed when asked what he was going to do with his employee award—laughed a lot.

Cris likes OCC, says the steady membership loyalty makes him feel like he has "friends" here, and he appreciates the steady work and the good benefits.

Congratulations to Head Bartender Cris.

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Fax: 848-7762**



# Dr. George Kanahale at Stew Rice Dinner on January 30th

By Mazeppa Costa

**W**e hear a lot these days about "sense of place" especially in relationship to Hawaii and Waikiki. If we think about it, we know that Waikiki's seductive sense of place is its source of power as "the engine that drives the Islands' economy."

But sense of place—emphasizing fertile lands and ponds—gave it a different kind of power than it commands today. In the past, Waikiki was the royal seat of power on Oahu.

If this kind of information and ruminating catches your fancy, don't miss the OCC Historical Committees next stew-  
rice night—a slide show/lecture, "Prehistoric Waikiki" by noted historian, author, and businessman, Dr. George S. Kanahale on Monday, January 30 in the Main Dining Room.

Often described as the "spiritual father of the Hawaiian

Renaissance" and known widely as a Hawaiian-culture consultant, Kanahale has pioneered a new philosophy on the value of aloha to the visitor industry. Among his recent writings is a report for the Queen Emma Foundation, "Restoring Hawaiianness to Waikiki."

Research for his highly praised *Pauahi* (a biography of Bernice Pauahi Bishop) and other works have provided Kanahale a rich background on Waikiki, which he presents in his "Prehistoric" package in a warm, light and humorous manner.

The mystique of Waikiki's sense of place will be unmistakable as this modern-day Hawaiian scholar shares insights about his forebears to an appreciative audience assembled on one of Waikiki's most splendid sites.

Don't risk disappointment. Call the Front Desk for

*continued on page 11*

## Members It Pays To Know



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## Guest Chef Night With Nick Sayada on January 18th

**H**ave you been to our newly renovated Dining Room yet? Besides the delicious food, friendly service and great view, we now have another reason for you to dine at the Club.

Chef Teruya has invited Chef Nick Sayada to accompany him in the kitchen for a night of creative cooking on Wednesday, January 18.

I'm sure a lot of members are familiar with Chef Nick and his cooking. Nick was previously with the Black Orchid, Duc's Bistro, Tulips and is currently the Executive Chef at Cascada in the Royal Garden Hotel in Waikiki.

Trained in Southern French cuisine at the San Francisco Culinary school, his cooking philosophy is to take the

best produce and meats and apply classical French traditions with Pacific and Asian influences that result in dishes that are a feast for all the senses.

He learned this philosophy at the side of his mother who still influences his cooking today.

"She insisted on only the freshest ingredients and taught me to taste and appreciate the difference at a very young age," Nick says. "Ask her, and she'll say she's still a better cook than I am. And she is!"

His goal is to open a diner's many senses with his food through sight, smell, texture and taste.

Chef Teruya will offer a limited menu on this evening and Chef Nick will create an appetizer, entree and dessert for the reasonably low price of

\$24.50. The menu will be as follows:

**C h i c k e n**  
Tamale with  
Spicy Tomato  
Sauce, Leg of  
Lamb Glazed  
w i t h

Pomegranate and Black Pepper in  
Cabernet Sauce Tiramisu

In addition to Chef Nick, Alan Suzuki of Robert Mondavi Wines will be our guest sommelier and will work alongside our very own wine steward, Richard Juntilla.

Space is limited so make your reservations early at the Main Dining Room for this one time event. ☎



## ◆ JUNIOR RIGGERS ◆

**C**ongrats to **Scott Gamble, Kainoa Trotter, Craig Gamble, Koa Ostrem, Kaione Crabb and Scott Wong** who led Punahou to the state volleyball title this year. In the state championship game against Kamehameha, Kaione, Koa and Scott did a great job blocking from the front line. Scott and Koa were also credited with game winning kills.

**Parker McLachlin** broke his arm before the big game and didn't get to play. Parker, Craig, Kaione and Scott Wong are only freshmen, and Kainoa and Koa are sophomores, so watch out for the Puns to be really strong for the next few years. Former Punahou greats **Stevie Li and Kanoa Ostrem** were assistant coaches this year.

**Blake Cherry** competed in the state championships for UH Lab School.

**Jason D'Olier** won the ILH Championship Kayak Race. . .

**Crystal Thornburg** was the only Jr. 'Rigger in the Castle Swim, finishing as second woman overall.

Two Jr. 'Riggers participated in the World Sprints this year—**Blake Cherry and Ikaika Anderson**.

Welcome to new Jr. 'Riggers **Christopher Abbott, Allison Andrade, Chance Lundy, Sara Shaw and Koa Watts**.

If you are interested in playing on OCC volleyball teams this year, please contact Dennis Berg or any of the coaches as soon as possible. Practice starts this month.

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. ☎

## Stew Rice Dinner

*continued from page 10*

reservations at 923- 1858.

No host cocktails will begin at 5:30, followed at 6 p.m. by the stew-rice dinner. Show time is 7 p.m.

The buffet supper is \$10.95 and includes stew, rice, poi, fruit salad, green salad, rolls, butter and a choice of desserts. ☎

## OCC's BEST CHEFS

*By Gretchen Duplanty*

After all that rich and fancy eating over the holidays, try this back to basics Enchilada Casserole.

### Enchilada Casserole

1 pound ground beef  
1 large onion  
1 package tortillas  
Monterey Jack Cheese  
2 cans chopped ripe olives  
1 can enchilada sauce  
1 can tomato sauce

Fry meat and onions; grate cheese.

Layer meat, then tortillas dipped in enchilada sauce and tomato sauces which you have mixed together.

Then add some chopped olives and grated Jack cheese.

Repeat layers.

Pour remaining sauce over last layer, spread grated cheese on top and bake in oven at 350 degrees for 1/2 hour.

Serve with tossed salad.



# Chris Moore Wins Castle Swim

For the third straight year, Chris Moore won the OCC Castle Swim held this year on November 27.

The 21st annual swim, from the beach where the old Club was located in Waikiki to the Club at Diamond Head, drew 21 swimmers on the Sunday after Thanksgiving despite adverse weather conditions including strong winds and currents.

Moore finished the course in 31 minutes 2 seconds.

Our first two women swimmers, Hilary Lambert and Crystal Thornburg, were stung by jellyfish during the swim and still managed to finish. Their times were :40:31 and :52:08, respectively.

Awards were presented to the top finisher in each age category in five year increments beginning at 20-24.

At the awards breakfast for swimmers and their escorts following the swim, mileage awards were also presented. Swimming Committee chair Arnold Lum presented this year's awards to Antoinette Young, 2000 miles; and Ginger Plasch, 250 miles.

## Castle Swim Results

Overall	Name	Time	Place/Division
1.	Chris Moore	:31:02	1st, Overall
2.	Jim Beaton	:35:29	1st, M30-34
3.	Jon Steiner	:35:06	1st, M25-29
4.	Wyatt Jones	:37:17	1st, M20-24
5.	Uli Klinke	:39:56	1st, M50-54
6.	Hilary Lambert	:40:31	1st, W25-29
7.	Harry Huffaker	:41:17	1st, M55-59
8.	Don Libbey	:41:19	2nd, M30-34
9.	Kimo Austin	:41:55	2nd, M55-59
10.	Twain Newhart	:43:47	3rd, M30-34
11.	Chris Worrall	:45:01	4th, M30-34
12.	Crystal Thornburg	:52:08	1st, Under 19
13.	Michael Mullahey	:53:00	2nd, M20-24
14.	Mollie Anderson	:54:17	1st, W20-24
15.	Jim Anderson	:54:18	3rd, M55-59
16.	Jim Zachary	1:08:16	1st, M60-64
17.	Barb Crandlemire	1:11:46	1st, W50-54
17.	George Crandlemire	1:11:46	1st, M65-69
19.	Jan Newhart	1:16:55	1st, W65-69
20.	Gerry DeBenedetti	1:20:06	1st, W55-59
21.	Vic Hemmy	1:29:23	1st, M70-74



Chris Moore won the Castle Swim for the third straight year.



Top two women finishers were Crystal Thornburg and Hilary Lambert.



Wyatt Jones, Jim Beaton and Jon Steiner after the race.



Photos by Marilyn Kali

Twain Newhart had a busy morning. He finished the swim in :43:47 and then took a paddleboard out, met his mom Jan Newhart, and escorted her in to the beach. Jan finished in 1:16:55.



Castle Swimmers gather on the Club beach prior to the race.

# OGG HOURS

## Beach Service

Daily, 8:30 a.m.-5 p.m.

## Bridge

Monday, Noon, Dining Room

## Business Office

Monday-Friday, 8 a.m.-4:30 p.m.  
Closed Saturday and Sunday

## Dancing

Saturday, 6:30-8:30 p.m. Dining Room  
(Summer excluded)

## Executive Office

Monday-Saturday, 8 a.m.-5:30 p.m.  
Closed Sunday

## Fitness Center

Monday, Wednesday, Friday, 6 a.m.-8 p.m.  
Tuesday, Thursday, 6 a.m.-1 p.m. and 3-8 p.m.  
Saturday, 9 a.m.-5 p.m.  
Sunday, 1-5 p.m.

## Front Desk

Daily, 7 a.m.-10:30 p.m.

## Locker Rooms

Senior: Daily, 7 a.m.-9 p.m.  
Junior: Daily, 8 a.m.-6 p.m.

## Logo Shop

Daily, 10 a.m.-5 p.m.

## Parking Garage

Daily, 6 a.m.-Midnight

## Volleyball Courts

Daily, 8 a.m.-7 p.m.

## Snack Shop

Daily, 7 a.m.-5 p.m.  
Summer, 7 a.m.-6 p.m.

## Main Dining Room

Breakfast Buffet, Sunday, 8:30 a.m.-1 p.m.  
Brunch: Sunday, 8:30 a.m.-2 p.m.  
Lunch: Tuesday-Friday, Noon to 2 p.m.  
Dinner: Tuesday-Saturday, 6-9:30 p.m.  
Prime Rib Buffet: Sunday, 6-9:30 p.m.  
Seafood Buffet: 1st, Friday each month, 6-9:30 p.m.  
Closed Monday

## Hau Terrace

Breakfast Buffet: Sunday, 8:30 a.m.-1 p.m.  
Brunch: Sunday, 8:30 a.m.-2 p.m.  
Lunch: Tuesday-Saturday, 11:30 a.m.-2:30 p.m.  
Light Lunch: Monday, 11:30 a.m.-2:30 p.m.  
Light Menu: Tuesday-Saturday, 2-5 p.m.  
Sunday Lunch: Noon-5 p.m.  
Dinner: Tuesday-Saturday, 6-9:30 p.m.  
Surf Cart: Monday, 6-9 p.m.  
Steak Fry: Last Saturday each month, 6-9 p.m.  
During summer, every Saturday, 6-9 p.m.  
Major holidays, 6-9 p.m.

## Cocktail Lounge and Bar Room

Sunday, 10 a.m.-11 p.m.  
Monday, 11:30 a.m.-10 p.m.  
Tuesday-Thursday, 11:30 a.m.-11 p.m.  
Friday-Saturday, 11:30 a.m.-Midnight

## For the Record

### Swimming

Nuuanu YMCA Turkey Swim  
11/19/94 Ala Moana Beach Park  
Diane Stowell, 1st, 60-64, :31:51  
Jim Anderson, 2nd, 55-59, :33:08  
Jakob Vaughan, 2nd, 16-19, :38:43  
Mollie Anderson, 2nd, 20-24, :44:09  
Jim Zachary, 2nd, 60-64, :49:29

### Kayaking

ILH  
11/12/94 Ala Wai Canal 250 meters  
Jason D'Olier, Punahou, 4th, :58:00  
Cam Black, Punahou, 8th, :59:42

## Start Membership Process Now to Paddle in 1995

If you are the parent of a child approaching 10, or a spouse card holder without your own associate membership, and you want to paddle this year, now's the time to take action. In order to paddle, you will need to go through the membership process.

Ask two members to be your sponsors and pick up a membership application from the Executive Office. They will advise you about the process and the information you need to provide.

It will take several months to get your membership so avoid the rush and get moving now.



# Wahine Softballers Shine in Hui Lanakila Tournament

**K**isi Haine, Carrie Christman, Liz Dugan, Lisa Livingston, Janice Harrer, Kaili Chun and Norma Santiago proved to be the backbone of OCC's entry in the first annual Hui Lanakila Coed Softball Tournament, November 5-6 at Waimanalo Beach Park.

Joining them were Kirk Christman, Tom Harrer, Marc Haine and Clayton Chee along with a handful of OCC softball players to form a quality team.

OCC had its back against the wall from the start with a heart breaking 8-7 loss to Ka Moi in the opening game of the double-elimination tournament. Pokii Vaughan and John Kiner led the team with two hits each.

OCC needed to win their next two games to qualify for action on Sunday. A 12-2 win over Alapahoe was highlighted by home runs from Clayton, Tom, Paki Vaughan and Jim McAluney. Kisi, Liz and Janice supplied a hit each. Carrie crushed the ball three times but always for a long

out. Kisi and Carrie played exceptional defense on the infield helping pitcher/coach Jim Gaddis to an easy victory.

A win over Studebakers led to an exciting 10-9 victory on Sunday morning over Sidewinders to keep the team alive. Kisi, Paki, Carrie, McAluney and Gaddis all had multi-hit games. The turning point came after Paki was called out after stepping on home plate in the middle of a home run swing.

Kisi and Gaddis returned to their bases after opening the inning with hits, assuming they had scored on Paki's homer. Carrie crushed the next pitch over the left fielder's head for a three run home run giving OCC a 7-3 lead.

That win inspired OCC to turn it on against Hui Lanakila. Clayton's three-run home run in the first inning put OCC up 5-0 with only one out.

A 9-5 victory over Kamehameha put OCC into the championship game against Healani.

The championship game against Healani started off sweet. Kisi, Carrie, McAluney and Clayton produced two runs. Kirk hit a solo home run in the second followed by a huge four run inning in the third. Clayton and Byron Ho knocked in two runs each. Kirk and Marc led off the sixth inning with hits and scored on Gaddis' two-run double. Clayton highlighted his perfect 4-4 game with an RBI single in the seventh inning, but it wasn't enough as OCC lost 13-10.

Kisi Haine and Jim McAluney were named top female and male hitters of the tournament. Carrie Christman was named MVP for the women. Clayton was the tournament RBI leader and runner up for the men's MVP award. Jim Gaddis had a 3-0 pitching record with five strikeouts. OCC was the tournament home run leader with eight.

Mahalo to Marilyn Haine, Conne Sutherland and Michele St. John for loyal support and cheerleading. ☺

## Extra Innings

The OCC softball team ignited for 11 runs in the first two innings and coasted to a game-shortened, five inning 20-3 victory over Maharaja. Bill Kilcoyne, Jim McAluney and Jim Gaddis led the 28-hit attack with four hits each.

Paki Vaughan, Jim Cavanah, Bill Lawson and Rick Piper had three hits apiece. Bill crushed a grand slam home run in his last at bat. Paki tripled in the third. Bryan Hoernig had three RBI's while Kimo Brown and Marc Haine shined in the outfield.

In the last inning, the father and son team of Keith and Kahiwa Letman handled the pitching and catching duties.

The game nearly got rained out in the second inning. The sprinkler system went off in the outfield but both teams decided to keep playing. The outfielders played in the sprinklers the entire game. ☺



Playing in the Hui Lanakila tournament were, front, Norma Santiago, Kisi Haine, Jim McAluney, Jim Gaddis and Carrie Christman. Back row, Marc Haine, Paki Vaughan, Clayton Chee, Bryan Hoernig, Byron Ho, Liz Perry, Kirk Christman and Kaili Chun.

# TIPS from the Trainer

By Sherry Gannaway

Many of us start the new exercise year off with a bang, only to fizzle out by spring. Worse yet, we've pulled out because of injury. The Body By You! foundational program will assist you in getting and staying fit in 1995.

**Rule 1:** Before starting any exercise program, consult your doctor for an overall health evaluation.

**Rule 2:** Don't put the cart before the horse. Take the time to lay down a good foundation before starting your new activity.

**Rule 3:** Get to know a good coach or personal trainer and a sports massage therapist. A good support team is essential for injury prevention and optimal performance.

The four components of building a strong body foundation are:

- **Neutral Spine Position** to insure body alignment and injury prevention.
- **Power Breathe** to strengthen your abdomen, support your back and manage stress.
- **Build a Strong Abdomen** to support your back and stabilize your hips.
- **Practice joint movements** all day to keep your joints working smoothly and easily.

Now we implement these four components into an easy routine that should be followed weekly (for best results three times per week and parts of the program all day). These sets and number of repetitions were designed to be completed in 15 to 20 minutes.

## Warm Up

Time: 5-8 minutes (or two of your favorite songs).

Position: Neutral Strong Walking Position. Feet hip width and parallel, knees bent at all times.

Abdomen is pulled on the exhale of the breath: i.e. Power Breathe.

Chest and head are lifted, arms are moving opposite to the lifting knee.

## The Program

Time: 8-10 minutes (or three or four songs).

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

Lower abdomen (the distance between navel and pubic bone). Slowly contract the navel toward your spine on the exhale of your breath and squeeze. This will produce a pelvic tilt. Repeat three sets of 12 repetitions.

Upper abdomen (from the bottom of the sternum to the navel). Slowly contract the navel toward your spine on the exhale of the breath and lift your shoulders off the floor, while keeping your chin away from your chest (spot a place on the ceiling). Repeat three sets of 12 repetitions.

The oblique (connecting the front to the back, these are the sides). With both feet on the floor, slowly on the exhale, lift your shoulder toward the opposite hip, while keeping your hips and one elbow on the floor at all times. Do three sets of 12 reps on one side, then repeat to the other side. (Stay on the same side for three sets, then go to other for maximum strength.)



NEUTRAL STRONG STANCE



LOWER ABDOMEN



UPPER ABDOMEN



THE OBLIQUE

Continued on page 19



# Backward Glances

By Joan C. Pratt, Historical Committee

## 45 Years Ago—1950

The Board of Directors extended until June the offer for former members to reapply for membership at the reduced initiation fee of \$100 plus tax.

Member Spencer Weaver took over operation of the Queen's Surf on January 1.

## 40 Years Ago—1955

Jimmy Mann Sr. was awarded the Club paddle for being the most valuable member.

## 25 Years Ago—1970

As of January 1, initiation fees have been raised to \$1,000 for regular members (age 36 plus), to \$600 for those 20-35, and to \$400 for Intermediate.

On the evening of January 13, due to high waves and stormy weather, one of the boats moored off the Club beach came loose and was pounding against the groin. Bringing the boat to safety were David Rochlen, Albert Lemes, Bruce Ames and a man from the Colony Surf.

## 15 Years Ago—1980

After 15 years of service at Outrigger Canoe Club, on January 7,

Raymond P. Ludwig was promoted from acting to General Manager.

## 5 Years Ago—1990

Chris Duplanty's UC Irvine water polo team won the NCAA championship by defeating UC Berkeley. Chris was a goalie on the U.S. Olympic team in Seoul, Korea in 1988.

On January 31, John Beaumont defeated Terry Stoddard in the OCC's first Match Play Golf Tournament. ☺

# STEAK FRY

## Hau Terrace

Monday, Jan. 16

Saturday, Jan. 28

6 - 9 pm

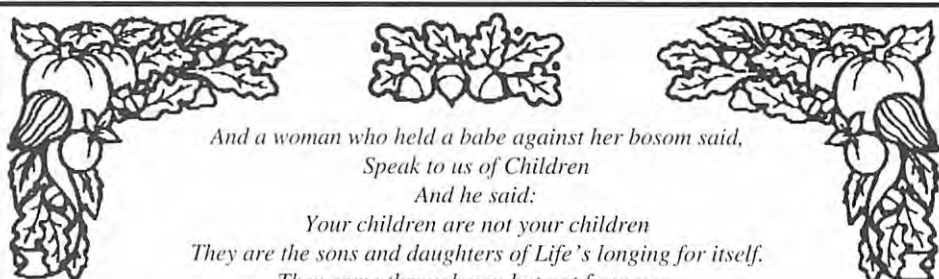
## FASHION SHOW JANUARY 28

To start the new year off with a bang, Gottex swimwear and accessories along with the latest in their resort wear will be our featured attraction at the OCC Fashion Show on Saturday, January 28 at Noon.

Liberty House/Collections will showcase the latest in a luscious palette of pastel colors, neutrals, an array of whites, along with lots of texture and shine. Softness and flowing fabrics are the focus in this exciting presentation.

Don't miss it. This is another first for our Club to feature Liberty House/Collections.

Seating is limited so make your reservations early. Show starts promptly at 12:15. See you there.



*And a woman who held a babe against her bosom said,  
Speak to us of Children  
And he said:*

*Your children are not your children  
They are the sons and daughters of Life's longing for itself.  
They come through you but not from you,  
And though they are with you yet they belong not to you.*

...

*You may give them your love but not your thoughts,  
For they have their own thoughts.  
You may house their bodies but not their souls,  
For their souls dwell in the house of tomorrow,  
which you cannot visit, not even in your dreams.  
You may strive to be like them, but seek not to make them like you.  
For life goes not backwards nor carries with yesterday.  
You are the bows from which your children as living arrows are sent forth.*

*The archer sees the mark upon the path of the infinite,  
And he bends you with His might that His arrows may go swift and far.  
Let your bending in the archer's hand be for gladness;  
For even as He loves the arrow that flies, so He loves also the bow  
that is stable.*

Kahlil Gibran

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Outrigger members pictured left to right (back row): Jon Sutherland, Jim McGuire, Dicey Brinck, Maggie Walker, Stewart Brissette, (front row): Frankie Anderson, Anne Perry, Mary Worrall, Chlois McCarter, Virge Janus, Grace Mary Lawson, Suzy Hemmings. Not pictured: Joe Worrall, Elizabeth Worrall Daily, Jane Morris. (Realtors and Realtor Associates)

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# JANUARY 1995

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>NEW YEAR'S DAY</b>  <b>BRUNCH</b> 8:30 am Special Buffet Dining Room 5 pm	Holiday Noon Bridge Hau Terrace Lunch Surf Cart 6-9 pm	Regular Lunch & Dinner Service	Regular Lunch & Dinner Service	Regular Lunch & Dinner Service	<b>SEA HARVEST BUFFET</b> Dining Room 6 pm 	Hau Terrace Lunch Regular Dinner Service Dancing 7-9 pm Ken Alford Orch.
<b>BRUNCH</b> 8:30 am Prime Rib Buffet Dining Room 6 pm	Noon Bridge Hau Terrace Lunch Surf Cart 6-9 pm	Regular Lunch & Dinner Service	Regular Lunch & Dinner Service	Regular Lunch & Dinner Service	Regular Lunch & Dinner Service	Hau Terrace Lunch Regular Dinner Service Dancing 7-9 pm Ken Alford Orch.
<b>BRUNCH</b> 8:30 am Prime Rib Buffet Dining Room 6 pm	Noon Bridge Hau Terrace Lunch Holiday Steak Fry 6-9 pm 	Regular Lunch & Dinner Service	Regular Lunch & Dinner Service Guest Chef Night 	Regular Lunch & Dinner Service	Regular Lunch & Dinner Service	Hau Terrace Lunch Regular Dinner Service Dancing 7-9 pm Ken Alford Orch.
<b>BRUNCH</b> 8:30 am Prime Rib Buffet Dining Room 6 pm	Noon Bridge Hau Terrace Lunch Surf Cart 6-9 pm	Regular Lunch & Dinner Service	Regular Lunch & Dinner Service	<b>LIVE MAINE LOBSTER</b> Reservations Dining Room 6-9 pm 	Regular Lunch & Dinner Service	Gottex Lunch Fashion Show Hau Terrace Lunch Reg. Dinner Service Dancing Ken Alford Orch. Steak Fry 6 pm
<b>BRUNCH</b> 8:30 am Prime Rib Buffet Dining Room 6 pm	Noon Bridge Hau Terrace Lunch Surf Cart 6-9 pm	Regular Lunch & Dinner Service	<b>GOTTEX Fashion Show Luncheon</b> Saturday 28th - Reservations  <b>SPECIAL GUEST CHEF</b> Wednesday 18th Dinner		<b>VALET PARKING RETURNS</b> Friday, Saturday & Sunday Nights	
					Holiday Steak Fry Monday 16th and the Regular Last Saturday Steak Fry on the 28th  Every Saturday Night Dancing - Ken Alford Orchestra	

# FEBRUARY 1995

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>ANNUAL MEETING MONDAY 27</b> Don't forget to Vote! Holiday Steak Fry, Monday 20th, Last Saturday Steak Fry the 25th <b>VALET PARKING IS BACK!</b> Friday, Saturday and Sunday Evenings		Regular Lunch & Dinner Service	Regular Lunch & Dinner Service	<b>SEA HARVEST BUFFET</b> Dining Room 6 pm 	Hau Terrace Lunch Regular Dinner Service Dancing 7-9 pm Ken Alford Orch.
<b>BRUNCH</b> 8:30 am Prime Rib Buffet Dining Room 6 pm	Noon Bridge Hau Terrace Lunch Surf Cart 6-9 pm	Regular Lunch & Dinner Service Hau Terrace Cart 6-9 pm	Regular Lunch & Dinner Service	Regular Lunch & Dinner Service	Regular Lunch & Dinner Service	Hau Terrace Lunch Regular Dinner Service Dancing 7-9 pm Ken Alford Orch.
<b>BRUNCH</b> 8:30 am Prime Rib Buffet Dining Room 6 pm	Noon Bridge Hau Terrace Lunch Surf Cart 6-9 pm	Regular Lunch & Dinner Service plus Valentine Sweetheart Special	Regular Lunch & Dinner Service	Regular Lunch & Dinner Service	Regular Lunch & Dinner Service	Hau Terrace Lunch Regular Dinner Service Dancing 7-9 pm Ken Alford Orch.
<b>BRUNCH</b> 8:30 am Prime Rib Buffet Dining Room 6 pm	Noon Bridge Hau Terrace Lunch Holiday Steak Fry 6-9 pm	Regular Lunch & Dinner Service	Regular Lunch & Dinner Service	Regular Lunch & Dinner Service <b>LIVE MAINE LOBSTER</b> Dining Room - 6 pm	Regular Lunch & Dinner Service	Hau Terrace Lunch Regular Dinner Service Dancing 7-9 pm Ken Alford Orch. Steak Fry 6 pm
<b>BRUNCH</b> 8:30 am Prime Rib Buffet Dining Room 6 pm	Noon Bridge Hau Terrace Lunch Surf Cart 6-9 pm  ANNUAL MEETING	Regular Lunch & Dinner Service	<b>ENJOY 1995 AT THE NEW OCC DINING ROOM</b>			
		<b>TUES - FRI LUNCHEON 12 - 2</b> <b>TUES - SAT DINNER 6 - 9:30</b> <b>DINING ROOM CLOSED MONDAYS</b> <b>SUNDAY BUFFET 8:30 AM - 2 PM IN THE</b> <b>DINING ROOM AND ON THE HAU TERRACE</b> <b>SUNDAY NIGHT BUFFET 6- 9:30</b>				

## ◆ BOARD BRIEFS ◆

Board Briefs is taken from the Board of Directors meeting on October 27, 1994 and the Executive Committee meeting on November 10, 1994.

**Dining Room Report**—The project is more than 10% over budget due to unexpected problems, including building department changes which resulted in additional costs, the addition of a display reefer, a change request from the electrical department, drainage problems and additional cost for roofing. Not all the new tables or the lighting will be in place by the official opening on November 22. The Manager was authorized to seek permission from the Elks Club to plant a tree on the Elks side of the wall as one of their lights shines directly into the OCC dining area.

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

**Manager's Report**—All seven capital projects in progress will be completed by the end of the year. Total capital expenses for 1994 are \$935,033. This is the second largest single year

capital addition expenditure since being at this site (garage addition was the first). . . The comptroller will look into accepting credit card payments. . . The Board set a mini charge policy as follows: Members who are subject to the mini charge and are residing outside of the state of Hawaii, will be assessed the mini charge on an annual basis instead of a quarterly basis. . . The Manager and the Club's legal representative appeared before the Board of Review to appeal the Club's real property tax. . . A total of 270 members are now using the automatic bill payment plan. . . In 1994, Guest members have accounted for 36.8% of sales in the Logo Shop, compared to 32.2% in 1993 and 46.9% in 1989.

**Athletics Report**—The Board approved the sale of the Iwalani racing canoe and the purchase of two Force Five canoes for the 1995 canoe racing season. . . Management will look into hanging the canoes from the existing racks for more storage, as well as the possibility of a warehouse for additional storage.

**Building & Grounds Report**—A Club Garden Subcommittee was

approved as part of the B&G Committee.

**Entertainment Report**—The Board decided that the name of the Dining Room will remain the Main Dining Room.

**Admissions & Membership Report**—The membership count as of September 30, 1994 was 4,226. . . The current policy pertaining to children of Nonresident members was amended as follows: Children of Nonresident members who are voting members prior to transferring to Nonresident status, who are 10 through 14 years of age, admitted as Nonresident members will not be charged an initiation fee provided their completed membership application is received prior to their 14th birthday. These Nonresident members will be charged the Nonresident annual dues as established from time to time.

**Nominating Committee**—Serving on the Nominating Committee for 1995 are Karl Heyer IV, chair; Peter Balding, Ann Martin, Jimmy McMahan and Vik Watumull. ☐

## TIPS from the Trainer

Continued from page 15

### The Cool Down

Time: 4-6 minutes (or two songs).

Note: each movement should be done 8 to 16 times.

Position: Slowly stand, return to Neutral Strong Stance.

Hips: Pelvic tilts forward and back. Pelvic tilts side to side. Circle the pelvis slowly both directions.

Shoulders: Roll forward/roll back. Lift your shoulder up and down (shrug).

Neck: Move your head down slowly and then up. Ear to shoulder, breathe, and slowly alternate from side to side. Looking slowly, side to side, in rotation.

Stretch and Breathe: Slowly roll down toward the floor with your knees slightly bent. Breathe and slowly roll up and realign your spine. Return to Neutral Strong Stance.

### Friendly Reminders

When tension and soreness occur, 5-8 minutes of ice is a great anti-inflammatory. It is very important to drink water, especially while exercising.

Lasting change happens slowly. Don't give up. Health and fitness are a style of life that we can live with. ☐

*Dancing*

*Every*  
*Saturday Night*  
*7 - 9 p.m.*

*to the*  
*Ken*  
*Alford*  
*Orchestra*

*Main*  
*Dining*  
*Room*







# Live Maine Lobster

Thursday, January 26th  
6 - 9 p.m.  
Main Dining Room

Reservations by Tuesday,  
January 24, 923-1585

When making reservations indicate how  
many lobster dinners you will be ordering.

On the Cover: "Buddhist Monk Reading Scripture, Northern Thailand" by James Denny was the grand prize winner of the OCC Photo Contest. More photos and story on pages 2-5.

## **the** **Outrigger**

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