

the **O**utrigger

October 1990



Boat Day Ball Commemorates Duke's 100th Birthday

Nearly 300 family, friends and beach boys gathered at the Sheraton Moana Surfrider Hotel on August 24 to celebrate the 100th birthday of the late Duke Kahanamoku.

Kahanamoku, the legendary Olympic swimming champion, who brought fame to Hawaii in his many roles as beach boy, actor, Sheriff and Ambassador-at-Large, was remembered by his many friends at the Boat Day Ball.

The event was a benefit for the Outrigger Duke Kahanamoku Foundation.

Sponsors of the Ball were Hawaiian Electric Company, Inc., Abigail Kekaulike Kawanakoa, Elia A. Long, Matson Navigation Company and Sellers Advertising, Inc.

Patrons included Edward K. Kawanakoa, The Chinn Ho Foundation and the Magoon Family and Guenoc Winery.

The Captain's Table was hosted by Matson Navigation Company.

The Ball was one of many events honoring Duke who died in 1968 at the age of 78.



Photos by Di Guild & Marilyn Kali

Honored guests were served on an antique Matson silver service from the Moana vaults for this occasion.



Making a toast to Duke were Charles Keliikipi, John Baptiste, Leinani Leath-erberry, Gerry DeBenedetti, Jody and Noelle D'Enbeau, Scott and Sue May.



Bradley Mulholland, president of Matson Navigation Company, is escorted to his seat by the Royal Guard.



Eddie Sultan, Alice Guild and Rand Potts catch up on old times.



Enjoying the evening were Jack Walter, Peter Nottage, George Nottingham and Ben Cassidy.



Ed Stroup and ODKF Vice-President Elia Long enjoy a chat.



Sarge and Mary Ray Kahanamoku cut a rug.



Buffalo Keaulana signs his autograph for admirer Matt Kresser.



A fun night was had by Jim Nicholson, Audrey and Ray Tam and ODKF Board Member Sue Oliver.



Honoring Duke were John Stevenson, Gaylord Wilcox, Louise Stevenson, and Jack and Mrs. Myers.



Watching the festivities were Gardiner McKay, an unidentified guest and Edward Kawanakoa.



Kinau Kamalii, Gladys Brandt and guest were there to remember Duke.



Freeman Dierlan, Betsy Hammes, Jim Kearsey, Pat DeSimas and Gary Yanagihara were among Boat Day Ball guests.

AS THE TERRACE TURNS

By Mary Machado

Leland Gray has been elected to the Board of Trustees at Hawaii Loa College. . .

Mark Campbell returned to Idaho State University for his senior year where he plays starting linebacker on the Bengal's football team in the Big Sky Conference. While in Hawaii this summer, Mark taught weightlifting and gymnastics at the Punahou Summer Sports School.

On August 5, Mark posted four new records in the 100 pound plus class on the Challenge Board in the Fitness Center. They are Bench Press, 350 pounds; Military Press, 165 pounds; Power Clean, 235 pounds; and Weighted Dips, 90 pounds.

Lloyd Osborne won the national championship in five events in the U.S. Masters Swimming Championships in Texas in August. He says, "you have to either swim faster or live longer than the competition. I did a little of each." He swims in the 80-84 age group!

Nalani Blaisdell covered the Na Wahine O Ke Kai women's Molokai race for KHON-TV2. Watch for the 2-hour Molokai TV special during October.

Bill Haig is the proud first-time grandfather of Matthew Ayer Prince, who he says is certain to be a basketball star. Matthew weighed in at 10 pounds, 11 ounces and was 23 1/2 inches long. Mother Cristi and father Pat Prince of California are doing fine.

Meade Wildrick will be off to the East Coast next month to participate in the 100th Anniversary of Army football. All former lettermen and coaches will be honored at the Army-Rutgers game on November 3. Meade's football career ended his first year at West Point because of an injury, but he went on to coach the freshman team his

senior year. He's a 1947 graduate. . . Also attending the anniversary will be Nonresident member **Henry Romanek**, an end and tackle for Army who is a 1943 graduate of West Point.

Rear Admiral Jack and Kitson Fisher, now living in Scottsdale, Arizona, enjoyed entertaining many longtime Oahu friends during a week's stay in August.

Aileen Riffin Soule, Olympic gold medal winner in 1920, reports that she was recently a guest, along with eight other Olympians, of the University of Madrid at

a summer seminar which was held at El Escorial, a resort in the mountains about an hour's drive north of Madrid.

The Olympians took part in round table discussions, as well as interviews in preparation for the 1992 Games. The only other woman was Kristin Otto of East Germany who won six gold medals for swimming at the Olympics in Korea in 1988.

Aileen reports that one of the highlights of the trip was flying to Mallorca for a sports dinner where she presented trophies to winners of local sports events there.



Guido Salmaggi sends along this photo of himself and Duke Kahanamoku taken in December, 1967, about a month before Duke died. Guido was president of the Brooklyn Club of Hawaii at the time. In the photo, Duke and Guido are sprinkling Coney Island sand (personally brought to Hawaii by Guido) on the beach in Waikiki for publicity for the Brooklyn Chamber of Commerce.



Newlyweds Gus and Venus Kirkpatrick



Hunter and Rita Parker and Marlene and John Michalski enjoy dinner on the Rhine.

Know Your Committee

Aileen was the winner of the spring-board diving championship (then called Ladies' Fancy Diving), first held in the 1920 Olympics.

Aileen also recalls that in 1920, Duke celebrated his 30th birthday at the Antwerp Olympics. She was 14 years old at the time and was part of the group that helped him celebrate.

Welcome to new members **Greg and Su-Su Markham**, recently honored at a party for their 10th anniversary. Attending the celebration were **Gerry DeBenedetti**, her daughter **Cassie Senner** and guest **Jim Friedlander**, visiting from the Caribbean; her son, **Grant Senner**, and guest **Beth Bliadell**, both of whom recently competed in the Kenwood Cup.

Cruising the Rhine on the *Brittania* were OCC members **Rita and Hunter Parker** and **Marlene and John Michalski**. A sightseeing tour of Italy and England followed for the Parkers, while the Michalski's travelled on to New York for visits with friends.

Gus Kirkpatrick and **Venus Higgins** were married August 11 in a ceremony held on the Terrace by the seawall. Judge **Mike Town** did the honors. The couple honeymooned in Venus' native Greece.

Emery Lucas sure doesn't let any grass grow under his feet. Since he started running five years ago, he's run 30 marathons!

Marshall Rosa has been invited to Australia to compete in a kayak race this month, his reward for finishing second in the Molokai to Oahu Kayak Race in May.



Photo by Marilyn Kali

Public Relations

Members of the Public Relations Committee are front, **Becky Collins**, **Mary Machado**, Chairman **Kim Thompson**, Coordinating Director **Gerry DeBenedetti**, **Allene Richardson**, **Kathy Merrill**.

Standing, **Martin Nweeia**, **Ray Suganuma** and **Pat Daily**. Not pictured: **Nalani Blaisdell**, **Sara Ackerman**, **Paula Crabb**, **Gretchen Duplanty**, **Brad Martin**, **Mike O'Connor** and **Kehau Kea**.

Nice write up in the newspaper about **Chris Duplanty** and his fight for a starting place on the 1992 Olympic water polo team in Barcelona. . . Congratulations also to **Trevor Schirman**, another potential '92 Olympian, for being elected captain of the U.S. National B volleyball team.

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.



Celebrating their 10th wedding anniversary were Greg and Su Su Markham with children Ryan and Paige.

Rick Golt

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OCC Spotlight: Beach Shop

By Nalani Blaisdell

Longtime OCC members will recall the Beach Shop has come a long way since the days when it carried only OCC colors (red and white), plus royal blue T-shirts, shorts and safari shirts.

Martha Ting has been with the Beach Shop since those days, and has continued to bring warmth and a personal touch to a job that others might find quite trying.

Martha was born in Hilo and moved to Honolulu when she was a young girl. She remembers being raised in Waikiki, and attending McKinley High School.

Upon graduation, Martha says, she became a "domestic engineer," running a household with three sons who are now grown.

It was 1978 when Martha first joined the Outrigger's staff. She recalls the OCC's very small shop with its limited number of colors.

In 1985, Martha says, the Beach Shop was renovated and enlarged. Gone were the steel racks and in came the plexiglass shelves. But Martha says the day may come soon when the shop needs even more space.

The best part about working at the Beach Shop, Martha says, is interacting with people. She says for the most part, the Outrigger is like a "big family."

"It's like coming to another home each day! I look forward to our regular members coming in and chatting. And I love when they share their pictures of grandchildren."

Martha says she meets new friends "all the time," including fellow staff members at the OCC with whom she is very close. Her hobbies include needlework and (her favorite) travelling to Hilo to be with her grandchildren.

You'll find Martha at St. Patrick's Church every Saturday night at 6 p.m. She's a eucharist ministrant there.

And Martha is ready to help you Tuesdays through Saturdays, in the Tunnel.

Ramona Tully sits in at the Beach Shop on Sundays and Mondays. A relatively new worker, Ramona joined the OCC staff in June of this year.

Doris Sims fills in for Martha during her lunch break. She has been at the OCC since

October of 1977, and has moved from the Ladies' Locker Room to the Snack Shop, to the office where most of her work now remains.

The Beach Shop ladies agree their busiest season is Christmas, although the summertime also has its hectic spells. The only drawback to their job, they say, is when members don't understand that our small shop runs short of certain items because our stock is limited.

They also say members should not be offended when asked to present their cards. It's only for our good and the good of the Club.

So shop and enjoy!

Changes in Admission Policy

From the Admissions & Membership Committee

On December 21, 1989, the Board of Directors approved a new Admission Policy relating to spouses applying for membership other than Associate Spouse. The new policy states:

The spouse of a member who applies for membership in membership categories other than Associate Spouse, will be placed at the top of the waiting list provided:

1. The Member has been a voting member for at least one year.
2. The candidate and Member have been married for at least one year.
3. The candidate has completed ALL the regular admission procedures.

The spouse applying for membership will be charged the full initiation fee for the category of membership applying for and accepted.

Therefore, a spouse anticipating a marital change or for other personal or family reasons, may become a Club Member, other than Associate Spouse, by completing a membership application and having his/her name posted for 30 days. After the 30 day waiting period, an interview will be scheduled by the Admissions and Membership Committee.

The current initiation fee will be charged upon acceptance. If more information is desired, contact the Chairman of the Admissions and Membership Committee, Jim McMahon.

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8th Annual Photo Contest Deadline Nov. 24

By Becky Collins

Haul out your calendar and schedule some fun time with your camera during the next six weeks or so, because the deadline for the 8th annual OCC Photo Contest is Saturday, November 24 at 5:30 p.m.

Even if you haven't taken a picture all year, there's still time. For instance, there's always something at the Club, i.e. activity on the volleyball court, weight room workouts, canoers starting out or returning, kids making sand castles or eating at the Snack Shop, etc.

Even the floral arrangements, landscaping and architectural details are possible subjects.

On Sunday, October 7, the men's Molokai to Oahu Canoe Race ends at Fort DeRussy. On Friday, October 26, there's a fashion show in the OCC Dining Room during lunch.

There should be some colorful "people" shots at some of the events on this island during October and November. See the newspaper calendar listings for ideas.

There are lots of fun opportunities for great shots, but you need to schedule the time to take them.

If you'd like some advice and help in mounting your pictures, take them to Kehau Kea at Kea's Studio. For OCC photo contest entries, she'll even give you a 10% discount.

Contest Rules

Prizes—There will be eight first place awards of a \$50 Club credit. Award ribbons will be presented to first, second, third place and honorable mention winners. As many as possible of the winning pictures will be published in the January issue of the Outrigger magazine and displayed in the Club Lobby during January.

Categories—There are eight entry categories:

- OCC—black and white or color.
- Black and White—any subject.
- People
- Places—civilization: towns, buildings, bridges, etc.
- Flowers, Plants and Scenics—the emphasis is on nature, but civilization may be involved.
- Things—inanimate objects, abstracts, statues, still life, etc.
- Creatures—bugs, fish, birds, dogs, cats, etc.

• Funky/Humorous.

Deadline—All entries must be delivered to the Front Desk of the Club by 5:30 p.m. on Saturday, November 24. Off island member entries must be sent via air and be post-marked by Monday, November 19.

Rules are as follows:

- Who may enter: All OCC members and their immediate families, except members of the Public Relations Committee, although their families may enter.
- Minimum size is 8" x 10" mounted on foamcore or posterboard. Mat frames are recommended, but are optional.
- Number of entries: Each contestant may enter as many pictures as they wish in both the OCC category and in the Black and White category. Contestants may also enter a total of eight pictures in the remaining six color categories.
- All entries may be picked up at the Front

Desk between February 20 and March 5. For return by mail, include a self-addressed stamped envelope with protective cardboard backing with your entries.

Judges will be non-members of OCC, selected for their expertise in photography. In case of insufficient entries in any category, the judges will be allowed to eliminate that category and add the award to another category.

How to enter—Print your name, address, phone number, title of the picture and category entered on the back, upper right hand corner of each entry. With each entry, include the entry form (available at the Front Desk) or the same information on a separate piece of paper.

All entries should be delivered to the Front Desk of the Club or mailed to Photo Contest, c/o Public Relations Committee, Outrigger Canoe Club, 2909 Kalakaua Avenue, Honolulu Hawaii 96815.

1990 OCC Photography Contest Entry Form

NAME _____ MEMBERSHIP NO. _____

STREET ADDRESS _____

CITY _____ STATE _____ ZIP _____

DAY PHONE NO. _____ HOME PHONE NO. _____ TOTAL NO. ENTRIES _____

TITLE OF ENTRY _____

I understand the OCC and the Public Relations Committee cannot be held responsible for the damage or loss of any entry, and I enter with full knowledge of the contest rules.

SIGNATURE _____ DATE _____

Fong, McKenzie Break Paddleboard Records

By Marilyn Kali

Fred Fong and Kym McKenzie broke their own records in winning their divisions in the 6th annual Cline Mann 5K Paddleboard Race, August 11 at the Club.

Overall winner was Rick Williams who finished the course in 30 minutes, 30 seconds.

Fong finished fourth overall, taking one minute, 12 seconds off his old record, to win the masters raceboard division in 33 minutes, 29 seconds.

McKenzie knocked 35 seconds off her previous record to win the women's division in 36 minutes, 35 seconds.

This year a new division was held for lifeguard boards. Winning that division was Joe Golonka in :36:31.

It was a beautiful day for the race, with sunny skies and 3-foot surf.

Thanks to Robby Burns, Michele St. John, John Mounts, Vik Watumull, Ron Li, Dale Hope, Joe Teipel, Don Isaacs, Lee LeGrande, Deke Kilpatrick, Bill Bright, Cline Mann, Marjorie Moore, Bob Moore and Mark Jackola for their help on race day.

6th Annual Cline Mann 5K Paddleboard Race August 11, 1990

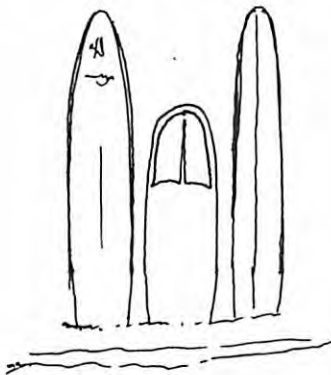
Overall	Name	Time	Finish/Division
1.	Rick Williams	:30:30	1st, MR
2.	Tony Moniz	:32:52	2nd, MR
3.	Dave Yester	:32:53	3rd, MR
4.	Fred Fong*	:33:29**	1st, MMR
5.	Dale Hope*	:33:32	4th, MR
6.	Deke Kilpatrick*	:33:41	5th, MR
7.	Sean Ginella	:33:46	6th, MR
8.	Edmund Pestana	:33:51	7th, MR
9.	Mike Takahashi	:34:00	8th, MR
10.	Gavin Sutherland	:34:05	1st, BR
11.	Todd Payes*	:34:44	9th, MR
12.	Doug LeGrande	:35:13	2nd, MMR
13.	Joe Golonka	:36:31***	1st, MLG
14.	Kym McKenzie*	:36:35****	1st, WR
15.	Bodo Van Der Leeden	:36:44	3rd, MMR
16.	Jerry Miller	:37:30	2nd, MLG
17.	Matt Colapinto	:38:52	10th, MR
18.	Helene Phillips	:39:12	2nd, WR
19.	Ipo Segundo	:39:17	2nd, BR
20.	David Riddle	:40:28	1st, MMS
21.	Bill Lane	:45:30	2nd, MMS
22.	Sean Gilbert	:49:58	1st, MS
23.	Bill Bugbee*	:52:15	2nd, MS
24.	Kuumomi Ho	:52:41	1st, WS
25.	Lee LeGrande*	:52:56	11th, MR
26.	Brooke Holt-Froiseth*	1:05:05	2nd, WS
	Danny Glover	DQ	
	Hall Danon	DQ	
	Ron Davis	DQ	

* OCC member

** New record. Old record Fred Fong, :34:41, 1987.

*** New record. Old record Kym McKenzie, :37:10, 1989.

**** New record. New event.



Deke Kilpatrick finished sixth overall.



Winner Rick Williams with Cline Mann trophy.

Photos by Marilyn Kali



Fred Fong broke his old masters record.



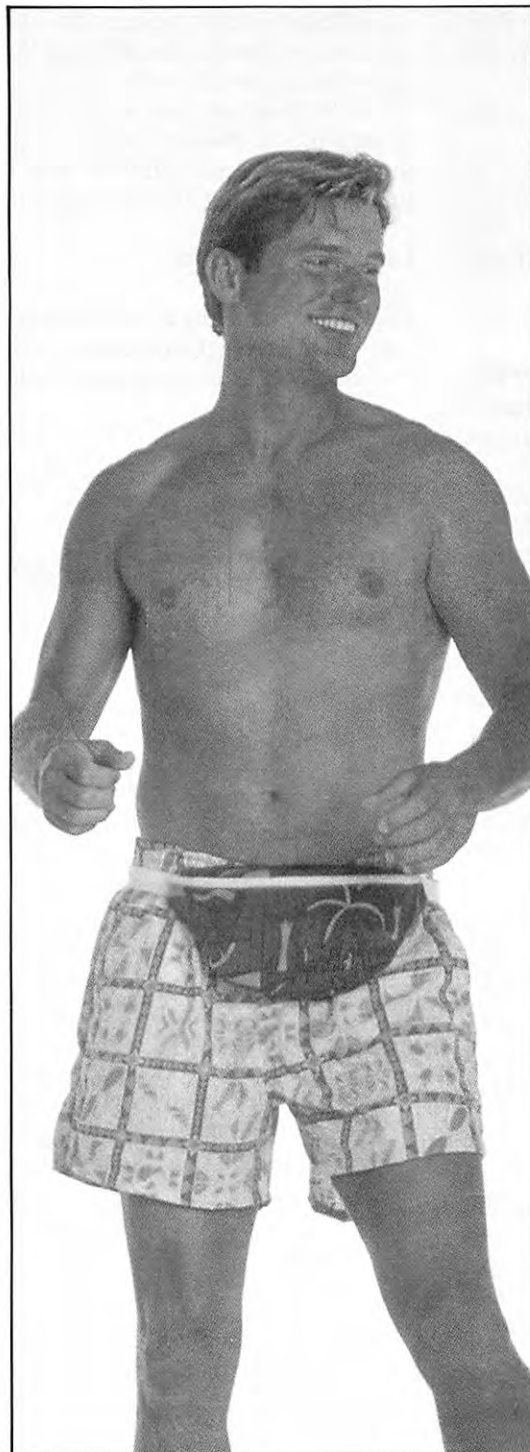
Todd Payes caught a wave to the finish line.



Kym McKenzie won the women's title, with Cline Mann and second place, Helene Phillips.



With surf breaking in the background, paddlers head to the buoy.



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AROUND THE CLUB

By Raymond Lugwig, General Manager

If you haven't already taken advantage of our special gift certificate promotion, you have until the end of October to get in on the 20% savings on purchases in our Dining Room, Snack Shop, Beach Shop and Lounge.

The gift certificates are available at the Front Desk.

I have been asked by a number of members and members of my staff to remind the membership of certain house rules which from time to time are inadvertently violated.

Dining Room Dress Code

Aloha wear is acceptable unless otherwise specified for special occasions. Gentlemen's attire must include closed footwear, long trousers and collared shirts.

T-shirts, tank tops, athletic clothes and/or swimwear, beach sandals and rubber thongs are not acceptable. The Hau Terrace is available for more informal dining and entertaining.

Casual dress including swimwear is permitted on the Hau Terrace.

In our Cocktail Lounge, casual dress permitted. T-shirts and athletic clothes may be worn, upper torso covering required for ladies and gentlemen.

No tank tops after 6 p.m., wet clothing or swimwear. Footwear is required. Walking shorts are permitted.

We Love Your Kids, But . .

We pride ourselves on being a family club, however, when bringing young children to the Club you are reminded they must be in the company of, and under the actual effective and responsible supervision of, an adult member.

TV Viewing

We have two television sets within the Club, one located in the Board Room and the other located in the Cocktail Lounge. Viewing in the Cocktail Lounge is limited to selected athletic and special events, pre-programmed by management.

The set in the Board Room is available to adult members through the Executive Office.

Projects Completed

By the time you read this a couple of our capital improvement projects should have reached completion. The new floor covering for the corridor, from the parking structure to the Main entrance to the Club, and the new tile for the floor on Koko Terrace should be completed. Both of these projects, I hope, meet with your approval.

Long Range Plan

The Club is beginning to formulate its long range plan. Part of this process involves an evaluation of our physical plant, building,

furniture, fixtures and equipment.

We are assessing the current condition of these capital assets as they are now and as we project them to be five years from now. We're also looking at the changes we feel will be necessary given the forecasted size of membership, the age and condition of the building and equipment, and the required capital necessary to pay for the long range goals projected within our long range plan.

It's a very interesting, thought provoking and challenging process. We are getting input from virtually every committee in the club, and any thoughts or ideas you might have certainly would be welcome.

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Golf Chips From the 19th Hole

By Frank E. Walton

Second round matches of the Kane Match Plan Tournament have been completed with the following matches in addition to those reported in the August Outrigger:

Jim Hammons defeated Glen Sears 7 and 6; Donny Mailer won over Jon Haig by default; Archie Kaaua beat Bill Haxton 3 and 2; and Don Cutting squeezed by Peter Balding 1 up.

Stan Brown then handily beat Jim Hammons 6 and 5 to move into the quarter final round in the top bracket while Bruce Bolton won over Richard Goh to lead the way into the quarter finals bottom bracket.

Brown will play the winner of the Gaddis-Mailer match while Bolton will take on the Kaaua-Cutting winner to advance to the finals.

Great Golf Outing at Schofield

By Frank E. Walton

Favored with a warm, clear day, the full complement of 32 Outrigger golfers, including 10 wahines, enjoyed a great round of golf at Kalakaua Golf Course at Schofield Barracks on August 29.

Possibly as a result of the controversy over slow play at the last tournament, everyone kept up and all finished the round within a more acceptable 4 hours and 15 minutes.

Results:

Kanes

Low Gross	Don Cutting 79
Low Net	Kilipaki Vaughan 90-23-67
2nd Low Net	Peter Balding 88-20-68
3rd Low Net	Meade Wildrick 91-22-69
Closest to Pin	Jim Hammons #2 James Gaddis #8 Donny Mailer #11 Terry Stoddard #18

Wahines

Low Gross	Carol Farrow 91
Low Net	Barbara Kneisley 115-43-72
Closest to Pin	Joie Gopez #2 May Balding #8 Terri Lui #11 Helen Sheehan #18

Fifth Stroke Play Tournament

The signup sheet for the Fifth 1990 Stroke Play Tournament at Kaneohe Marine Corps Air Station on Monday, October 15, is now available in the folder at the Club Front Desk.

Final Stroke Play Tourney

The signup sheet for the final 1990 Club tournament at Hickam Air Force Base on Tuesday, December 11, will be available at the Club Front Desk on November 11.

Early signup is encouraged since the third and fourth events were closed out within three or four days and only a few lucky standbys were able to replace cancellations.

Castle Swim Set for November 25

By Gerry DeBenedetti

The traditional Castle Swim, held the Sunday after Thanksgiving, is scheduled for November 25 this year.

This is a fun swim, young people, senior swimmers, all members are welcome. There are no entry blanks and no entry fees, what could be easier?

The swim starts at the beach in front of the old Club at the Outrigger Hotel, and finishes at our Club beach.

Swimmers are invited to provide their own escort on a paddleboard, kayak or canoe. Some equipment is available for those who know how to use it. Your escort need not be a Club member. All escorts are invited to the breakfast after the swim.

Registration will begin at the Hau Terrace at 8 a.m. You can only register at the Club. No registrations will be accepted at the starting line.

Swimmers will be transported in the Club van to the starting line.

Swimmers are asked to sign up early at the Front Desk so registration will be speeded up on race day, if you're late, we'll wait for you, and third, we'll order enough breakfast for everyone.

Swimming mileage awards for 1990 will be given at the breakfast. If you haven't posted your mileage in the locker rooms, please do so right away.

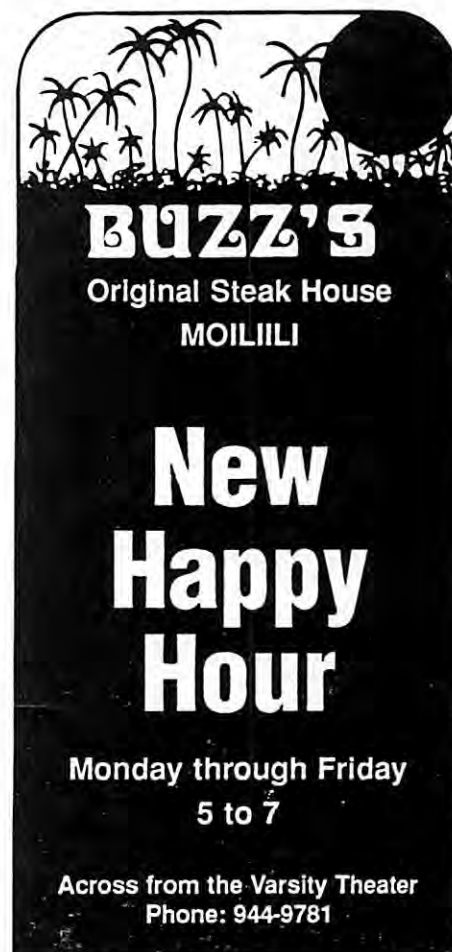
Stroke Play Tournament

Outrigger Golf Chairman Jim Hammons announced that current planning calls for six bi-monthly tournaments in 1991 with a field of 36 or 40 players who also must be active members of the Outrigger Club Golfers.

All golfers must belong to the HSGA and the USGA GHIN system. Fifty-five Outrigger members are presently members of Outrigger Canoe Club Golfers and that number is expected to grow to 75 by the end of the year and 100 in 1991. Cost is minimal (\$5 this year, possibly \$6 per year in 1991).

The main value of the membership is a standard system of handicapping which is fair to all.

Golf Committee member Joie Gopez is chairing the handicapping subcommittee. Should you have any questions, direct them to her.



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R FOR HEALTH

By Kent Davenport, M.D. FACS

Tennis elbow is an over use injury commonly seen in people involved in upper extremity sports. Although usually identified with tennis players, pain on the inside or outside of the elbow has also been described as "potato pickers plight" in Canada and "jailer's elbow" in England.

Elbow strains can occur in activities that involve strenuous repeated contractions of forearm muscles. This results in inflammation of the extensor tendon or the flexor tendon at the elbow. Extensor tendon is by far the most common.

In many cases, repeated use of the arm, especially in people over the age of 30, can cause chronic tears in the muscle connective tissues where they attach to the bone. Elbow pain is usually localized over the elbow and is experienced as a burning sensation. The flexor tendon group in the inside of the elbow is much stronger and less likely to develop symptoms.

The pain from tennis elbow may be severe and may require a short period of rest, ice and aspirin therapy. After the discomfort has decreased, a program of stretching exercises should be done every day; the extensor and flexor muscles should be alternately stretched for 30-45 seconds each.

Preventing a recurrence of tennis elbow depends largely on developing strength and endurance in the forearm muscles. Great care must be taken to not reinjure the muscles.

A series of resistive exercises, lifting light weights with both the extensor and flexor muscles should be started about the time when a firm handshake does not make the elbow hurt.

The weights should be light (3-5 pounds) and the natural repetitions should not exceed 15 to 20. One or two sessions a day is enough to start with. Gradual resumption of activity is recommended, along with continued flexibility exercises.

The inflammation of acute and chronic strain such as tennis elbow is often treated by either aspirin or non-steroidal anti-inflammatory drugs. These reduce pain and inflammation. Low doses of these drugs produce pain relief, while higher doses reduce inflammation.

The exact mechanism of their actions is unclear but may occur as a result of a reduction of the formation and release of certain pain and inflammation mediating chemicals from the body. Most studies done in acute injuries support the use of these drugs as a means to decrease pain and swelling and hasten return to competition. Studies of the usefulness of anti-inflammatory drugs in chronic injuries are less numerous than those in acute injuries, and the results may not be as dramatic. The

most commonly used drugs are Motrin, Nalfon, Naprosyn, Indocin, Clinoril, Tolactin, Feldene and Meclomen.

One warning, however—anti-inflammatory drugs and aspirin have similar side effects. Upset stomach is most common, usually occurring in less than 10% of patients on full doses of medication. However, when taken with food or antacids, these side effects can be reduced significantly.

Studies comparing aspirin to anti-inflammatory therapy have shown that convenience and cost are important variables. In fact, anti-inflammatory drugs cost about \$1 per day. Aspirin, while much cheaper, has to be taken in larger, more frequent doses to have the same effect. In these larger doses, the possibility of stomach discomfort is significantly higher.

It is most important for the athlete to understand that medication should be used only in conjunction with a complete rehabilitation program.

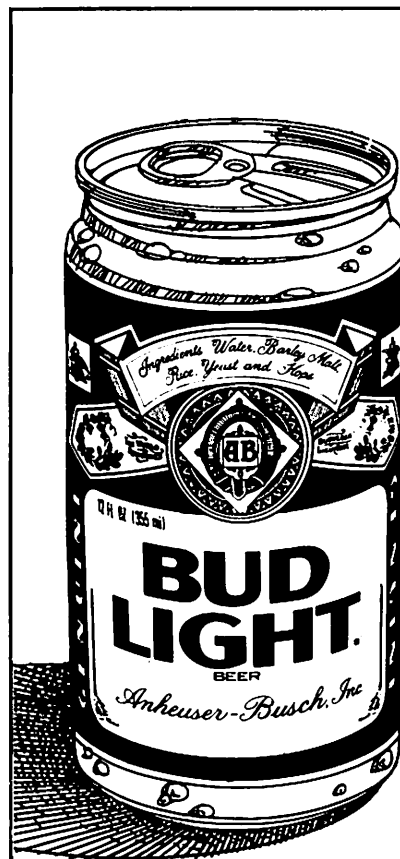
New Members

Regular: Lauren Avry, Louis Gowans, Ann Marie Lewis, Donald Mueller, Donald Onasch, Shirley Voris.

Associate: Janna Arakaki, David Fairbanks, Lori Fairbanks, Benjamin Fischlowitz, Jennifer Forest, Susan May, Craig Wheeler.

Nonresident: Thomas Bridger, Anthony Gora, John Henderson.

Junior: Aaron Ackerman, James Austin III, Lindsey Berg, Jason D'Olier, Jessica Langley, Bill Thompson IV.



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OCC Summer Beach Volleyball

By Pat Daily

The Outrigger Canoe Club has been well represented in this summer's beach volleyball tournaments. With growing local and national following, crowds can be over a couple thousand and some first place prize money can be as much as a thousand dollars.

On August 25-26, the Duke Kahana-moku Tournament was played at the OCC's Sand Courts. Eight teams participated in double elimination play.



Leon Devaney teamed up with sister, Denise (not pictured), in the Kane-Wahine tourney.

First place and undefeated, winning the \$400 prize money, were Jon Andersen and Carlos Briceno. Second place and \$200 went to Kirk Christman and R. D. Gray. Third place and \$100 went to Tony McInermy and Kanoa Ostrem.

On August 18 and 19, our own Club Championships were held. In these very competitive matches, R. D. Gray and Kirk Christman defeated Scott and Matt Rigg in the final. Kanoa Ostrem and Tony McIn-

ermy took third.

On August 4 and 5, at Kuhio Beach in front of crowds of more than 2,000, was the Hawaii Outdoor State Championships. Carlos Briceno and Ralph Smith defeated Jon Andersen and Matt Rigg to win the \$1,000 prize.

In the women's tournament, Marcie Nowack and Tyler Tavares took second.



Tom Harrer returns serve as partner Pam Clifford watches. Their opponents were Tyler Tavares and Randy Shaw.

Photos by Marilyn Kali

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In Memoriam

Elizabeth L. Henry
Deceased: July 30, 1990
Member: 15 years

Adele Craven
Deceased: August 6, 1990
Member: 15 years





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JUNIOR 'RIGGERS

Manute'a Starr placed first in doubles and second in singles at John Gardiners Tennis Ranch this summer.

Jr. 'Riggers **Malia Kamisugi, Lindsey Cassidy, Eliza Wilcox, David Buck and Kai Mowat** all turned in outstanding performances in the national kayak championships in Indianapolis this summer.

Matt Corboy did so well in the national canoe championships, he was selected to the U.S. national team. He competed in the Pan American games in Venezuela in September.

Brooke Cassidy played in the finals at three sessions of the Carmel Valley Tennis Camp this summer. **Allison Bradley** was a counselor-in-training.

Do you like reading about what your friends are doing at school, parties they've held, sports they're participating in? Do you have the time to jot down what fellow Jr. 'Riggers are doing? If so, read on.

OCC's Best Chefs

By *Kathy Merrill*

Here is a recipe from an Austin, Texas restaurant, Mike and Charlie's, brought back by Tom Merrill. It's been his family's favorite for years for anything from brunch to special luncheons, or as a main course for dinner.

He insists that the two most important ingredients are the grey poupon mustard and the nutmeg. I can guarantee that this will be one of your favorite quiches ever.

Mike and Charlie's Spinach Quiche With Modifications by Tom Merrill

- 12 oz. frozen spinach, thawed and well drained
- 3 oz. mushrooms
- 1/2 small white onion
- Butter or margarine for sauteing
- 1/4 cup white wine for sauteing
- Salt, pepper, nutmeg to taste
- Grey Poupon Mustard
- 1 pie shell
- 3 eggs
- 1 cup half and half
- 8 oz. grated cheddar cheese
- 8 oz. grated jack cheese

Bake pie shell. Brush liberally with mustard. Saute onion and mushrooms in butter, add wine for last few seconds.

Scald half and half, let cool. Whip eggs and add with salt, pepper and nutmeg to cooled half and half.

In pie shell, put layer of cheese, then spinach. Repeat. Cover with mushrooms and onions. Sprinkle one more layer of cheese on top. Poke hole in center and carefully pour in egg custard. Patch hole.

Bake at 350 degrees for 45-50 minutes.

Should be nicely browned on top. Serve with tossed green salad.

We're looking for two new Jr. 'Rigger columnists to contribute items to this column each month. The Jr. 'Rigger columnists receive a \$10 a month credit to their bill for submitting a minimum of three items for this column each month.

We're looking for someone from Punahou, and other schools that OCC members attend—Kamehameha, Mid-Pacific, Hawaii School for Girls, Iolani,

and others.

If you're interested, leave a note for the Editor at the Front Desk with your name and telephone number.

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

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Paddlers Win Distance Races

Club paddlers turned in outstanding performances in the distance races during August, with the men capturing the Duke Kahanamoku and Queen Liliuokalani Races, and the women winning the Dad Center Race.

Duke Kahanamoku Race

Outrigger men won the 23rd annual Duke Kahanamoku Long Distance Race on August 19, on the resurrected 23-mile course from Kailua Beach to Ft. DeRussy in 2:58:26.

The winning crew was Chris Kincaid, Tom McTigue, Walter Guild, Geoff Graf, Courtney Seto, Kainoa Downing, Todd Bradley, Mark Rigg and Grady Bintliff.

Outrigger's second crew finished fifth overall in 3:15:03.

The masters crew finished 21st overall and fifth in masters in a time of 3:35:15.

The senior masters dropped out of the race after damaging the ama on their canoe in the heavy surf.

In the women's six-mile race from Ft. DeRussy to Diamond Head and back, Outrigger wahines finished second to Healani in :50:18.51, third in :50:23.56, 12th in :55:38.73 and 15th in :56:04.18.

The masters crews finished 22nd and 30th overall, and 4th and 7th in the masters divisions. The first masters crew finished the course in :57:32.63 and the second masters crew was timed in :59:47.96.

Dad Center Race

OCC captured the 16th annual Dad Center Race on August 26, covering the 21.6 miles from Kailua Beach Park to the OCC beach in 3 hours, 33 minutes and 34.84 seconds.

The winning crew was Genie Kincaid, Kaili Chun, Jenny Scafe, Sarah Reilly, Cathy Ho, Katie McCrary, Katy Bourne, Pam Zak and Liz Perry-Dugan.

Outrigger No. 2 finished fifth overall and second in the koa division in 3:47:50.84. The masters crew won their division in 4:03:23.91. The crew included Jeanne Jenkins, Allene Richardson, Kathy Clifford, Peggy Danford, Diane Stowell, Carolyn Lass, Ann Cundall, Carol Wilcox and Keanuenu Rochlen.

Catalina Race

Outrigger's men led all the way to the breakwater in the 26-mile Catalina to Newport long distance race on August 19, before being edged by San Diego in the

final quarter mile. A good showing by our men.

Queen Liliuokalani Long Distance Races

OCC men won the 19th annual Steinlager Queen Liliuokalani World Championship Long Distance Canoe Races in Kailua-Kona on September 1 and the women finished second.

The women raced 18 miles from Kailua to Honaunau and the men raced the return course from Honaunau to Kailua.

The first women's crew finished second overall and first in koa in 2:15:46, and the second open crew was in 15th in 2:27:43. OCC entered a masters crew for the first time and they finished 47th overall and 4th in glass in 2:34:35.

The men were first to finish and also won the koa division in 1:58:50. The second open crew finished seventh in 2:05:02. The masters finished 10th overall and won their division in 2:08:34. The senior masters were second in their division in 2:23:06.



Winning the Dad Center Race were Genie Kincaid, Kaili Chun, Katie McCrary, Jenny Scafe, Sarah Reilly, Pam Zak and Liz Perry-Dugan. Not pictured Katy Bourne and Cathy Ho.



OCC won the Masters Division with the crew of Gerri Pedesky, Kathy Clifford, Diane Stowell, Allene Richardson, Ann Cundall, Peggy Danford, Keanuenu Rochlen and Carolyn Lass. Not pictured: Carol Wilcox and Jeanne Jenkins.

FOR THE RECORD

Running

18th annual Santa Monica Marathon
8/26/90 Santa Monica, CA
Emery Lucas 3:44:11

Run for Hemophilia 10K

8/5/90 Ala Moana Beach Park
Emery Lucas :45:03

Kilauea Hill Run

8/5/90 8.2 miles
Carole Wilbur, 1st, 40-49, 1:08:14

Swimming

U.S. Masters National Swimming Championships
8/17/90 Houston, TX

Lloyd Osborne

1st, 50 Free, 80-84, :40.31
1st, 100 Free, 80-84, 1:36.29
1st, 200 Free, 80-84, 3:45.50
1st, 400 Free, 80-84, 7:57.48
1st, 800 Free, 80-84, 16:24.00

Masters Meet

8/5/90 Kahanamoku Aquatic Complex
Lloyd Osborne
1st, 80+, 800 Free

Reverse Bay to Lani's

7/29/90
Roger Cundall, 1st, 45-49, :57:40
Richard Sylva, 1st, 50-54, :57:58
Diane Stowell, 1st, 50+, 1:06.43

Open Water Swim

8/12/90 Waimea Bay
Roger Cundall, 1st, 45-49, :24:40
Richard Sylva, 1st, 50-54, :25:06
Jim Anderson, 1st, 55-59, :27:39
Diane Stowell, 1st, 50-59, :27:03

Surfing

Malibu Surf Classic VI
8/19/90 Malibu, CA
Pat Caldwell
5th, Bodyboard Division

Duke Kahanamoku Longboard Classic

8/25/90 Kuhio Beach
Joey Cabell, 7th, Legends

Triathlon

Windward Triathlon
8/19/90 Kaneohe MCAS
1st, Team Dawn Davenport, Open female, 4:16:29
1st, Team Kent Davenport, Masters male, 3:44:56

Volleyball

Hawaii State Beach Volleyball Tournament
8/5/90 Queen's Surf Beach
2nd, Jon Andersen-Matt Rigg
3rd, Mark Rigg-Kainoa Downing
2nd, Marci Nowack and Tyler Tavares

Beach Championships

9/3/90 Kalapeki Beach, Kauai
1st, Jon Andersen-Carlos Briceno
2nd, Matt Rigg-Doug Rigg
3rd, Kirk Christman-R. D. Gray
4th, Tony McInerney-Kanoa Ostrem
3rd, Marci Nowack-Tyler Tavares

Body Surfing

Kahanamoku Classic
8/5/90
Flash Dubiel, 1st, 45 and over
Roger Cundall, 2nd, 45 and over

Sandy Beach Championships

8/12/90 Sandy Beach
Kaili Chun, 1st, Bodysurfing

Blathlon

Dash and Splash
7/29/90 Kailua Beach
Darcie Wilcox, 1st, 16-19, :35:25
Julie Friese, 1st, 16-19, :36:19

Paddleboard

Makaha Paddleboard Race
8/5/90 Makaha 2 miles
Brooke Holt-Froiseth, 2nd, women :28:13.

Duke Kahanamoku Centennial Paddleboard & One Man Canoe Race

8/26/90 Maunaloa Bay to Kuhio Beach
Missy Mowat, 2nd, overall women, 3:01:11
Dale Hope, 2nd, masters men, 1:54:54
Pat Kelly, 3rd, masters men, 2:06:54
Keone Downing, 1st, one man canoe, 1:25:58
Loch Eggers, 2nd, one man canoe, 1:31:33
Todd Bradley, 3rd, one man canoe, 1:32:44
Lesline Conner, 1st, one woman canoe, 1:55:20

Raging Isle Sprint Race

8/12/90 Waimea Bay
Fred Fong, 1st, masters paddleboard, :16:56
Fred Fong, 1st, men's surfboard, :18:53
Kym McKenzie, 1st, women, :16:59

Kayak/Canoe

U.S. Canoe/Kayak Sprint National Championships
August, 1990 Indianapolis, Ind.

Matt Corboy

4th, Jr. C-1, 1000
3rd, Jr. C-2, 5000
1st, Jr. C-4, 1000
4th, Sr. C-4, 1000
5th, Jr. C-1, 500
2nd, Jr. C-4, 500
4th, Jr. C-1, 5000
Wyatt Jones

2nd, Senior C-1, 1000
2nd, Senior C-2, 1000
1st, Senior C-4, 1000
1st, Senior C-4, 500
3rd, Senior, C-2, 500
3rd, Senior C-1, 500

David Buck

6th, Jr. K-1, 1000
1st, Jr. K-2, 1000
1st, Jr. K-4, 1000
9th, Jr. K-1, 500
1st, Jr. K-4, 500
2nd, Juvenile K-1, 500
1st, Jr. K-2, 5000

Kai Mowat

1st, Jr. K-4, 5000
5th, Jr. K-4, 500
1st, Bantam 1, 250
1st, Juvenile 4, 500
2nd, Juvenile 2, 500
1st, Bantam 2, 250
2nd, Juvenile K-1, 500

1st, Bantam K-4, 250

Malia Kamisugi
1st, Jr. K-1, 5000
10th, Sr. K-1, 500
2nd, Jr. K-1, 500
2nd, Sr. K-2, 500
3rd, Sr. K-4, 500
3rd, Sr. K-4, 5000
2nd, Sr. K-2 Mixed, 500
5th, Sr. K-1, 5000
Lindsey Cassiday
7th, Jr. K-2, 500
3rd, Jr. K-4, 500
5th, Jr. K-2, 5000
3rd, Jr. K-4, 5000
Eliza Wilcox
16th, Jr. K-1, 500
3rd, Jr. K-4, 500
5th, Juvenile K-2, 500
1st, Juvenile K-4, 500
2nd, Jr. K-4, 5000
Billy Mowat
2nd, masters men, K-1, 500
4th, Sr. men, K-2, 10,000
Mark Buck
3rd, masters men, K-1, 500
4th, Sr. Men, K-2, 10,000

Canoe & Kayak Championships Set

The 4th annual Steinlager Canoe & Kayak Championships will be held October 12-14 at the Ala Wai Canal near McCully Bridge. There will be a variety of races over a 250-meter flat water course in five divisions: boys and girls, open men and women, and masters.

On Friday afternoon, competition will be held for junior kayak trials; on Saturday, one-man outrigger canoe trials will be held, and on Sunday, six-person outrigger canoe trials are scheduled in the morning and finals of all events in the afternoon.

This is the first time that six-person canoes have raced over a 250-meter course.

Molokai Hoe Set October 7

The 39th annual 40.8-mile Molokai to Oahu men's outrigger canoe race will be held Sunday, October 7. The race starts at Hale O Lono Harbor on Molokai and crosses the Kaiwi Channel, finishing at Fort DeRussy Beach around 1 p.m.

Outrigger plans to enter four men's crews in the event.

Come on down to the finish line and cheer for our men.

OCC has won the race seven times in the past 11 years, including 1986-1988. Off-shore Canoe Club from California won last year in record time.

Waikiki Roughwater Swim



Twain Newhart, Diane Stowell and Lou Fulton at the start of the race.

Club members were among the 1,200 swimmers who turned out for the 2.4 mile Waikiki Roughwater Swim on Labor Day, September 3, from Sans Souci Beach to the Hilton Hawaiian Village beach.

Board member Diane Stowell won her age group in 1:17:06.

Others who placed in their divisions were Roger Cundall, Richard Sylva and Fred Rohlfing.

Results:

Michael Spalding	1:08:01
Richard Sylva	1:08:03
Roger Cundall	1:09:39
Dawn Davenport	1:15:16
Diane Stowell	1:17:06
Jim Anderson	1:17:10
Brian Deer	1:18:40
James Krueger	1:24:05
Twain Newhart	1:26:14
David Puder	1:26:28
Lee Carroll	1:29:54
Fred Rohlfing	1:30:39
Joe Teipel	1:35:46
Lou Fulton	1:36:33
Bruce Buckman	1:49:33
Kent Davenport	1:52:51
John Nielsen	2:24:13
Thelma Gretzinger	2:26:18
Colleen Moore	2:31:35
Don Eovino	2:32:27



"Skinheads" John Nielsen and Jim Anderson.



Richard Sylva, Sharon and Lee Carroll get ready for Roughwater.

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BOARD BRIEFS

By Gerry DeBenedetti

A Christmas bonus has been authorized for the staff. Members will receive a notice with their bill regarding the amount of donation suggested.

Athletic comeback funds have been authorized for:

- Partial funding of two teams at the Hana Relays in September.
- Additional funding for a masters women's crew in the Liliuokalani Races in Kona in September.
- Detailed budget presented for Na Wahine O Ke Kai Molokai race in October.

Funds or projects authorized:

- Plans for remodeling the Snack Shop counter and trellis.

The Board has adopted a policy for the manager to use in arranging funeral services for families/members requesting memorials/scattering of ashes.

These services will now be restricted to morning hours before 10 a.m. and no services allowed on weekends or holidays. This is in keeping with the need for privacy for

the family of the deceased, and avoiding times when the Club is highly used or having a special athletic event.

Standing Committee chairs and athletic committees are reminded that articles in the Outrigger are the responsibility of each committee. The PR Committee can assist any committee with publicity and sometimes with pictures of their event, but must be notified and basic information must be supplied by the specific committee.

There are many features in the monthly newsletter that remain the responsibility of the PR members, but scores, picture captions and details that are known only to the participants must come from those involved.

Thus far for 1990, there have been 62 persons accepted for regular membership and 14 nonresident.

This information is taken from notes of the August 30 Board meeting and is subject to revision.

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October/November 1990 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Aerobics 8 a.m.	2 B&G Comm Mtg. 11:30 a.m.	3 Aerobics 8 a.m.	4 Historical Comm. Mtg. 5 p.m.	5 Water Aerobics 8 a.m.	6 DUKE HEATHERLY ORCHESTRA 7-10 p.m.
	Bridge Noon		Entertainment Comm. Mtg. 5:30 p.m.		SEAFOOD BUFFET 6-9 p.m.	
	Monday Night Football Party 6 p.m. Bar					
7 Sunday Brunch 8:30 a.m.	8 Aerobics 8 a.m.	9 Pub Relations Comm. Mtg. 5:30 p.m.	10 Aerobics 8 a.m.	11 Exec. Comm. 5:30 p.m.	12 Water Aerobics 8 a.m.	13 DUKE HEATHERLY ORCHESTRA 7-10 p.m.
Sunday Buffet 6-9 p.m.	Bridge Noon 6:30-9:30 p.m.			ODKF Board 11:30 a.m.	House Comm. Mtg. 11:30 a.m.	
MOLOKAI HOE Finish approx. Noon at Ft. DeRussy	Monday Night Football Party 6 p.m. Bar					
14 Sunday Brunch 8:30 a.m.	15 Aerobics 8 a.m.	16 A&M Comm. Mtg. 5 p.m.	17 Aerobics 8 a.m.	18	19 Water Aerobics 8 a.m.	20 DUKE HEATHERLY ORCHESTRA 7-10 p.m.
Sunday Buffet 6-9 p.m.	Bridge Noon		Long Range Planning Comm. Mtg. 5:30 p.m.			
	Monday Night Football Party 6 p.m. Bar					
	GOLF TOURNAMENT Kaneohe MCAS					
21 Sunday Brunch 8:30 a.m.	22 Aerobics 8 a.m.	23	24 Aerobics 8 a.m.	25 Board Meeting 5 p.m.	26 Water Aerobics 8 a.m.	27 DUKE HEATHERLY ORCHESTRA 7-10 p.m.
Sunday Buffet 6-9 p.m.	Bridge Noon				FASHION SHOW Noon Dining Room	STEAK FRY 6-9 p.m.
	Monday Night Football Party 6 p.m. Bar					
28 Sunday Brunch 8:30 a.m.	29 Aerobics 8 a.m.	30	31 Aerobics 8 a.m.	1 Historical Comm. Mtg. 5 p.m.	2 Water Aerobics 8 a.m.	3 DUKE HEATHERLY ORCHESTRA 7-10 p.m.
Sunday Buffet 6-9 p.m.	Bridge Noon				SEAFOOD BUFFET 6-9 p.m.	
	Monday Night Football Party 6 p.m. Bar					



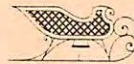
Outrigger Duke Kahanamoku Foundation



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Order forms at the Front Desk

Proceeds from the sale benefit the Outrigger
Outrigger Duke Kahanamoku Foundation



On the Cover: Duke Kahanamoku's 100th birthday was celebrated at the Boat Day Ball at the Moana Hotel. Top left, Nicholas Schweitzer, Alice Guild and Tom and Lynn Lalakea check the guest list while the Royal Guard stands by. Top right, Sen. Daniel Akaka presents Nadine Kahanamoku with a Congressional resolution honoring Duke. Bottom, the Kahanamoku family and other honored guests were seated at the Captain's Table which was hosted by Matson Navigation Company. Story, more photos pages 2-3. Photos by Di Guild and Marilyn Kali.

the Outrigger

Published monthly by the
Outrigger Canoe Club

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Phone: 923-1585
FAX: 923-9703

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