

# the Outrigger

June 1990



# Club Day 1990 Was a Day for the Keiki

Club Day was Kids Day on May 12 when Mini and Jr. 'Riggers turned out for the annual Club competitions in various sports. Other than parents, adult participants were hard to find. (1) In the opening event, Mia Town goes against Jimmy Austin in soccer competition at Kapiolani Park. (2) Playing in the soccer game were Koa Haig, Mia Town, Jimmy Austin, Alex Town, Scott Bright, Christopher Dodge and Drew Dodge. Fathers in the back are Mike Town and Dave Dodge. (3) The Keiki Volleyball Serve was held on the sand courts. Whatever prize the ball landed on, the kid got the prize. Here, Siana Austin, serves. (4) The Toddler Crawling Contest drew a varied field. (5) Trevor Crabb checks out his prize—a baby bottle filled with jelly beans. (6) Anita Brightman and Marjorie Moore of the Historical Committee set up a display of the Club news clippings for viewing. (7) Club President Dan Williamson (facing camera) looks through Historical Committee files. (8) Although the Surfing Contest was cancelled, Jr. 'Riggers Kimo Greenwell, Scott Gamble and Beau Giles went looking for surf. (9) Innertubes were the hit of the Keiki Water Races. (10) Lucas Rigg is airborne in his innertube. (11) The shave ice prepared by Ron Li and Peg Danford hit the spot on a sunny afternoon. Photos by Di Guild and Marilyn Kali.



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# Regatta Season Kicks Off June 3

By Marilyn Kali

Outrigger paddlers will kick off the 1990 Regatta Season this month, with races every Sunday at 8:30 a.m.

The Healan Regatta will be held on June 3 at Keehi Lagoon, the Kamehameha Regatta on June 10 at Kailua Beach, the Leeward Regatta on June 17 at Nanakuli Beach and the Waimanalo Regatta on June 24 at Waimanalo.

OCC will be entering crews in all 30 events, says Canoe Racing Chairman Chris Kincaid.

Outrigger is the five-time defending Oahu Hawaiian Canoe Racing Association champion.

The Club boats have been refinished by the OCC shop. The Leilani has been rebuilt and is now in the finest racing condition ever. The cross beams in the canoe were removed, eliminating over 20 pounds of weight in the canoe. The Leilani weighed 424 pounds when the work started, and now weighs in at 401 1/2 pounds, just above the minimum weight for an OH CRA boat.

The Kaoloa, which has also been going through the on-going development process of a koa canoe, had similar changes made and is coming closer to its true potential as a racing canoe.

The Kaoloa dropped in weight from 417 pounds to 400 1/2 pounds.

To go along with the improved canoes, the Board of Directors has approved new rigging for the canoes which will insure that they are truly competitive.

The current set of ama and iako are over 15 years old and outdated. Technological improvements have been made to the rigging which has already been applied to fiberglass canoes. This has resulted in an increase in the canoes performance in terms of speed and stability.

The same improvements will be applied to the new rigging for the Leilani and Kaoloa to insure that they are utilizing competitive equipment, Kincaid said.

The Canoe Racing Committee would like to thank General Manager Ray Ludwig and the OCC Shop for their outstanding work on the canoes.

OH CRA racing rules are the same as last year. One change in the program is a mixed masters race for 40+ years will be added to the events at the State Championships at Hanalei this year, according to Bonnie Judd, OH CRA secretary.



*OH CRA officials weigh in the Leilani and Kaoloa to start the Regatta season. Photo by Di Guild.*

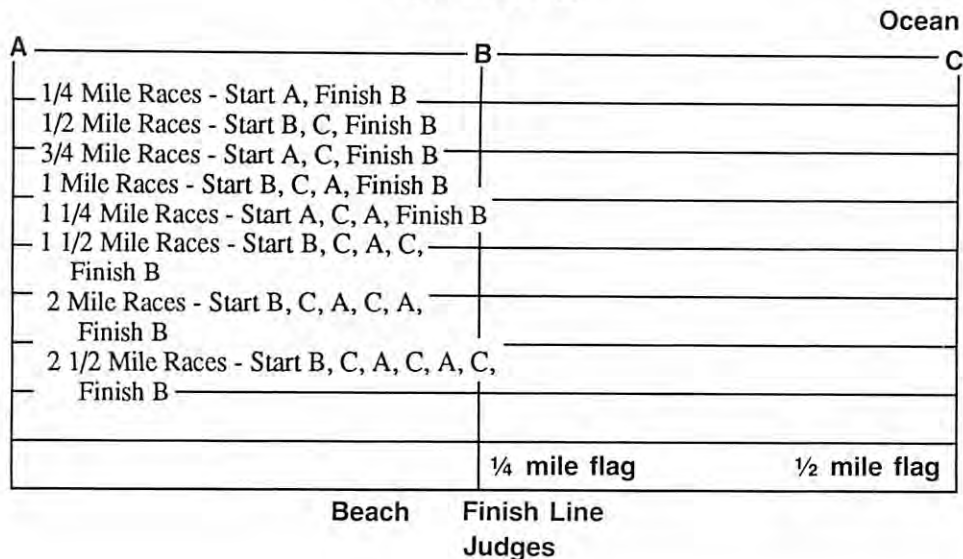
Parents, spouses and children of paddlers are all invited to cheer on Club crews every Sunday at the beach. Bring a picnic lunch and help the Outrigger enjoy a "Classic Summer."

If you're new to canoe racing, you may be interested in how the race course is set up. We have two basic courses—one that runs parallel to the shore, such as at Kailua

and Waimanalo, and one that runs perpendicular to shore, finishing at the beach, such as at Nanakuli, Waikiki and Kaneohe Bay. The course at Keehi Lagoon is set up as a perpendicular course, although it runs parallel to shore.

If you look at the accompanying drawings, you can see where each race starts and ends and where the judges are located.

### Parallel Course



### Perpendicular Course

- 1/4 Mile Races - Start B, Finish C
- 1/2 Mile Races - Start A, Finish C
- 3/4 Mile Races - Start B, A, Finish C
- 1 Mile Races - Start C, A, Finish C
- 1 1/4 Mile Races - Start B, C, A, Finish C
- 1 1/2 Mile Races - Start C, A, C, B, Finish C
- 2 Mile Races - Start C, A, C, A, Finish C
- 2 1/2 Mile Races - Start C, A, C, A, B, Finish C

### Events

#### 1/4 Mile Races

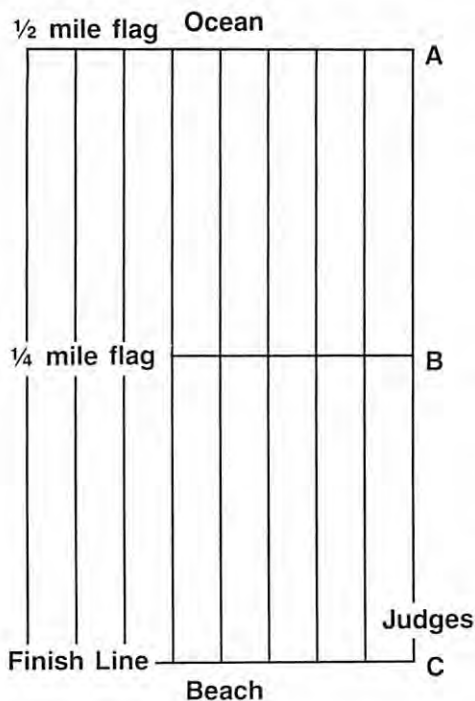
- Girls 12
- Boys 12
- Mixed 12
- Girls 13
- Boys 13
- Girls 14
- Boys 14
- Novice B Women

#### 1/2 Mile Races

- Girls 16
- Boys 16
- Girls 18
- Novice A Women
- Novice B Men
- Senior Masters Women
- Senior Masters Men
- Open 4 Men
- Open 4 Women
- Mixed Open

#### 3/4 Mile Races

- Novice A Men
- Freshman Women



#### 1 Mile

- Boys 18
- Freshman Men
- Sophomore Women
- Junior Masters Women
- Junior Masters Men

#### 1 1/4 Mile Races

- Junior Women

#### 1 1/2 Mile Races

- Sophomore Men
- Senior Women

#### 2 Mile Races

- Junior Men

#### 2 1/2 Mile Races

- Senior Men

## Introducing Canoe Racing Head Coach Tom McTigue



By Genie Kincaid

Tom McTigue's goal as head canoe racing coach for 1990 is to "get people in this Club, especially the kids, involved. The focus is not so much on winning, but having fun by getting involved in the hierarchy. If I get nothing else accomplished this year, that's fine with me."

The mirth of his statement is underscored by a sobering dose of sincerity.

"The only way to perpetuate the program here is to infuse it with new leadership. So I'm looking at the new generation, our 16s and 18s, the kids," he said.

Tom is from Fort Dodge, Iowa. After graduating from college and working in the insurance industry, he decided he needed a lifestyle change.

"I was looking at that 'Day in the Life of Hawaii' picture book and decided that's what I wanted to do. So I sold everything, packed up the rest and moved out here in 1983. My mother still wants to know when I'm moving back to the United States."

Tom started paddling for Outrigger in 1984. He's raced across Molokai five times by canoe and four times by kayak.

"Paddling is such a neat sport," he says. "It's got camaraderie, clean air, gorgeous water and is something the whole family can get involved in. It's essential that parents take time to encourage and support the kids, come to the regattas, root for the team and show the kids they're behind them. It's important not only to the program but more so to them."

Consistent with the theme of a classic summer, Tom would like to resurrect the Paddle Ball and an athletic awards dinner after the state championships. There's no mistaking Tom's intentions in anything he gets involved in.

"Paddling is just a good clean sport and it's all for fun," he concludes.

# Mothers Enjoy Their Day at the Club

Happy, smiling mothers were treated to brunch at the Club on Mother's Day, May 13. (1) Ruth Prock, Ann McCrary and Katie McCrary. (2) Ulalia Woodside, Lois Guerrero, David Woodside and Leiana Woodside. (3) Dr. Robert Atkinson, Egan Atkinson, Debby Atkinson, Elizabeth MacLaughlin, Joe Worrall, Mary Worrall, Elizabeth Daily, Mary Daily and Patrick Daily. (4) Wendy Crabb, Maile Williams, Liz Crabb, Trevor Crabb, Paula Crabb, Cindy Foster and Kristin Crabb. (5) Diana, Sheila, Riley and Angus McKibbin. Photos by Michael O'Connor.



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## DUKE KAHANAMOKU CENTENNIAL BOAT DAY BALL

August 24  
Hilton Hawaiian Village  
Coral Ballroom

*Proceeds to benefit the  
Outrigger Duke Kahanamoku Foundation  
See the Outrigger next month for more details.*



# Graf Wins Outrigger Kayak Race

Geoff Graf won the Outrigger-sponsored 18-mile Makai Range Pier to Kewalo Basin Kayak Race on April 29. He was four minutes ahead of the closest competition, finishing in 2:32:36.

The race was a tune-up for the May 20 Molokai to Oahu Kayak Race.

## OCC Kayak Race Results

### Open Division

1. Geoff Graf 2:32:36\*
2. Georg Kissner 2:36:34
3. Bob Rochelau 2:39:11

### Expert Division

1. Stu Gaessner 2:42:13
2. Chris Kincaid 2:43:37\*
3. Robbie Cates 2:46:42

### Intermediate Expert Division

1. Steve Blyth 2:44:26
2. David Murikawa 2:26:25
3. Jim Kincaid 2:56:39

### Masters Division

1. Kala Kukea 2:42:28
2. Dale Adams 3:02:00\*
3. Keith Keillor 3:08:21

### Novice A Division

1. Wallace Wong 3:06:05
2. Dean Stowell 3:14:42\*
3. Kenny Rust 3:15:04

### Novice B Division

1. Cassie Wills 1:51:25
2. Claude Butcher 1:53:34
3. Walter Oshiro 1:55:26

### Novice C Division

1. Quentin Holt 2:01:13

### Expert Women's Division

1. Lesline Conner 3:20:02\*

### Novice Women's Division

1. Denise Darval 1:56:32
2. Sandy Combis 2:02:32
3. Tonky Flento 2:09:40

\*OCC member



Dean Stowell



Kala Judd



Geoff Graf



Tom McTigue

## Kayak Clinic

The Kayak Committee will hold a Kayak Clinic on Saturday, June 23 from 10 a.m. to noon on the beach in front of the Club. Kayak equipment will be available for those that don't have their own.

Members who are interested in learning more about recreational kayaking are invited to attend. You'll have the opportunity to try out different kinds of kayaks and paddles that are available on the market, including two-man kayaks and wing paddles.

Instruction on the basic use of a kayak will also be given.

If you've been watching Club kayakers having fun out in the water and have been wondering how to get started, this is your chance.

## Fashion Show

A Father's Day Fashion Show, with fashions from Reyn's, will be held on Friday, June 8, at noon at the Club. Fashions will be modeled in the Dining Room, Hau Terrace, Bar and Lanai.

This is one of our most popular fashion shows, so make your reservations early by calling the Club, 923-1585.



# INSIDE OCC

By Ray Ludwig, General Manager

Those lazy, hazy days of summer are here at last and summer at the Outrigger is the best there is.

We'll start things off with the annual canoe paddler's kickoff party—dubbed Rooftop Roller—which this year has a bit of a twist. As you can tell by the theme, we've moved the location of the party from the Hau Terrace to the top level of the garage.

The traditional steak fry will still take place on the Terrace beginning at 6 p.m. However, the band and a limited bar (beer and wine) will be set to go at 6:30 p.m. on the top floor of the parking structure. Everyone is invited to join with our canoe paddlers and start the 1990 regatta season with a bang.

## June Specials

Our Father's Day fashion show luncheon will take place on Friday, June 8 in the Main Dining Room. Fashions by Reyns. Monday, June 11 is Kamehameha Day and we'll have our traditional Kamehameha Day Steak Fry on the Hau Terrace, 6 to 9 p.m.

The 16th of June, the Outrigger will again host the Summer Paddleboard Surf Race, 9 a.m. on the Terrace.

Father's Day, Sunday, June 17 there's no better way to show dad how much he's appreciated than by bringing him to the Club for a special Father's Day Prime Rib Buffet.

## Summer Entertainment

Remember our Saturday Night Steak Fry's on the Hau Terrace every Saturday night through Labor Day. We'll again feature special entertainment in conjunction with our steak fry's. On June 2 and 9, we'll have Jay Larrin, June 16 and 23, we'll feature Theresa Bright, and on Saturday, June 30, the Pat Silva Trio will entertain you.

## Drinking Policy

A reminder: summer brings the return of our students from Mainland schools and colleges. Section 45 of the Club Bylaws states, "No person under the age of 21 years shall bring, consume or be served any liq-

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

## Please Kokua

To accommodate the most members and guests during the busy summer months, we will be enforcing our house rule which restricts the use of tables on the Hau Terrace and Bar Lanai for food and beverage service only from 11:30 a.m. to 2 p.m. daily. Game tables and reading facilities are available in other areas of the club.

## Fourth of July

Fourth of July at the Outrigger. As a reminder, all events at the Club on July 4th are for Club members and their invited guests only.

However, due to the limited space, everyone attending the Club party must have a ticket for admission. Tickets for admission are available at the Front Desk for \$1 each. Tickets should be purchased in advance.

Because of our Club size, tickets will be limited to members as follows: Junior and Associate, limit 2 per member; Regular and Senior, limit 4 per member.

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

Parking will be for Club members with decals only. We look forward to seeing you at the Club on the 4th of July and hope that you have a great time.

## Employee Picnic

A big mahalo to the Board of Directors for approving our annual employees picnic, held at Magic Island on Monday, May 21. Everyone had a great time with volleyball, baseball and swimming, all kinds of games for the kids and all types of wonderful food. A great time was had by all and despite the sore, aching and sunburnt bodies, everyone showed up for work the following day.

Activities such as these do wonders to promote good fellowship and a real sense of camaraderie among our employees.

## Canoe Racing

We wish the 1990 canoe paddling team the best of luck in the upcoming regatta season.

## Snack Shop

The Snack Shop will remain open until 6 p.m. from Memorial Day through Labor Day.

## Posting for New Members

*From the Admissions and Membership Committee*

The sponsoring of a candidate for Club membership is a responsibility that should not be taken lightly. Section 28 of the Bylaws states that the application shall be forwarded to the Admissions and Membership Committee for processing.

This processing includes the Posting of the applicant's name for at least 30 days on the Club bulletin board and circulated to the membership 30 days prior to any action by the Committee.

During this 30 day period, any member may protest the admission of the applicant to the chairman of the Admissions and Membership Committee or may write a confidential letter to the Committee Chairman.

The source of any protest is confidential and shall not be revealed.

The Admissions and Membership Committee will review the application and all related material and determine if an interview will be scheduled and when.

Remember, posting does not mean interviews automatically follow. You will be notified by the Committee when the interview is to be scheduled and it is not necessary for you to contact the office for this information.

If any member has questions or concerns, please do not hesitate in communicating with the committee.



# Golf Chips From the 19th Hole

By Frank E. Walton

For a while, it looked as though it was going to take a SWAT team to get the ladies to complete their match play tournament with the matchups moving about as fast as a bill in the State Legislature.

But Golf Chairman Jim Hammons was able to work some magic or apply persuasion to get the girls together. The result: Joie Gopez defeated Ellie Dillingham to claim the title.

## 1990 Match Play

The 1990 Club Match Play Tournament is already underway, having started on May 28. Play is to continue through November 25. As of April 27, Outrigger Club Golfers had 48 members (30 men and 18 women).

## June 5 Tourney

It may be too late for you to sign up for the June Golf Tourney which will be held at Leilehua on Tuesday, June 5 starting at

11:33 a.m. However, if the tee times are filled, you might put your name on the waiting list and hope for a cancellation.

## Putting Contest

With 10 of the men players requiring 33 or fewer putts (two with only 29), and four of the 10 women using 35 or fewer in the April Hawaii Kai outing, the contest for the super putter in getting tighter.

# Another Fine Day of OCC Golf

By Frank E. Walton

Outrigger golfers were favored with another fine day of golf on Friday, April 27 at Hawaii Kai. The play featured a snappy display of Peter Balding's new Hogan clubs and a chip-in for a birdie four on the 18th hole by 34 handicapper Dr. Pat O'Brien.

Balding's new clubs were a gift from our Board of Directors in appreciation of his service as Club president for 1989.

Pat's birdie was no doubt a gift from one of those mysterious menhunes who lurk in the grass along some of the fairways.

There were no no-shows among the 32

Outrigger golfers who had signed up, just going to prove that it can be done.

Joie Gopez and Terry Stoddard were the ladies and men's low gross winners with good scores of 88 and 78, respectively. Adney Smith evidently carried his sand bag in his cart, winning low net honors by shooting a 91 against his 25 handicap for a net 66.

## Trophy winners:

Men		
Low Gross	Terry Stoddard	78
Low Net	Adney Smith	92-25-66

2nd Low Net	John Beaumont	81-14-67
3rd Low Net	Pete Dillingham	104-36-68
Closest to Pin	Bill Walden (No. 8)	
	Vic Hawthorne (No. 10)	

## Women

Low Gross	Joie Gopez	88
Low Net	Cyrena Bryan	99-31-68
Closest to Pin	El Dillingham	(No. 8)
	Baby Cross	(No. 10)

# Aloha Games

The 1990 Aloha State Games will be held July 12-15 in Honolulu. There will be competition in 31 sports: archery, badminton, basketball, bowling, boxing, cycling, diving, fencing, figure skating, golf, judo, karate, kayaking, physical fitness, polo, rugby, shooting, soccer, softball, surfing/paddleboard, swimming, table tennis, 10K

run, tennis, track & field, volleyball, water polo, weightlifting, windsurfing, wrestling and yachting.

Deadline for entries is June 15.

Copies of the entry form are at the Front Desk for interested athletes.

Outrigger's Dr. Peter George is on the organizing committee.

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# Meet Your New Board of Directors Members

## William F. Baird

By Patrick W. Daily

Bill Baird is no stranger when it comes to competing for or serving on behalf of the OCC. He has served on nearly every club committee including the Board of Directors, as well as being Club Captain in 1974. Bill, 60, is a native of Honolulu and has been a member since 1944. He attended Punahou School and graduated from St. George's School in Rhode Island where he won all-state honors in football and swimming and was awarded the Thayer Cup for sportsmanship.

At the University of Hawaii, he majored in business administration and competed as a sprinter on the track team.

Considered a superior volleyball player, he has been playing since the 1940s. Three times he has been named all-American in the U.S. Volleyball Association National Volleyball championships, Masters Division.

Bill has competed for OCC in nearly every USVBA championship during the



past 30 years, including last year's championship Golden Masters team. He has been on six state championship teams for OCC. In addition, he has paddled on Club teams, including Outrigger's first Molokai crew in 1956.

Bill was recognized for his many contributions to the Club in 1971 when he was selected to the prestigious Winged "O". Bill has two grown children, Kilo Baird and Keri Fernandez. His wife Billie is an avid tennis player competing in the Volvo League.

When Bill can find time, he enjoys hiking.

Asked what is important to him as a member of the 1990 Board, Bill felt that along with continuing to maintain and improve the outstanding athletic and social qualities of the Club for its members, he felt it very important to continue tirelessly pursuing negotiations with the Elks on the matter of purchasing the land under the Club.

Why did Bill run again for the Board? "Because I was asked," he said.

Bill has great pride in the Club and said it "felt great to be able to give back the support that I have enjoyed for so long." We'll all benefit from his term in office.

## Chuck Swanson

By Raynard Sukanuma

Recently elected Board member Charles (Chuck) Swanson is a man never far from the water's edge. A 1949 graduate of the United States Naval Academy with 30 years of active service, he can still be found working at the water front.

Chuck reflects: "It's great when people like Anne and I, who came to Hawaii with

the military, later get a chance to be members of a very fine organization like the OCC."

While others have virtually been lifetime members and grew up at the Club, he counts himself fortunate to be included in the Outrigger family.

A Club member for 14 years, Chuck has served at various times as chairman of the Building and Grounds and the House Committees. With six years of committee service, he notes that "Outrigger is blessed with a lot of capable people and it's not too difficult to get well qualified people to serve on the Board."

Chuck felt honored to be selected as a Board member.

An imposing figure on the tennis court, he occasionally participates in Club sponsored tennis events. No prodding on my part, however, could convince him his true athletic calling might be in canoe paddling with the Senior Masters crew.

Instead, he characterized himself as belonging to that always essential support group as a "great observer of canoe paddling."



His son, John paddled last year for the Club. John will graduate this May from Beloit College in Wisconsin. Wife, Anne, has been involved with the Club's fashion show luncheons.

Chuck has high praise for the Club management. "Ray Ludwig does an excellent job and manages the Club well. The Club is clean and from a physical standpoint a variety of improvements have been made. Ray has outstanding help in Gordon Smith and the other capable staff personnel."

As a new Board member, he is enthusiastically committed to keeping OCC on the road of continued improvement while at the same time preserving our uniquely serene spot near the water's edge.

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## Gerry DeBenedetti

By Becky Collins



The first thing most people say about the attractive, effervescent new OCC Board member Gerry DeBenedetti is, "She's sooo organized."

She's also known for being kind, considerate and generous with her time, as well as for being outspoken.

"I always try to tell the truth," Gerry said.

"Gerry DeBenedetti is someone I want on all of my committees," said Gerri Pedesky, former Board member. "She's organized. Ask her to do a job and she does it well, totally and completely."

This talent for organizing is something she has always put to use to help her family, friends and OCC.

Of course, she was organized on her job, too, but it wasn't until last year that she became a professional organizer.

It was shortly after the death of her husband, Clair Folsome, when she had just taken over Clair's company, that she heard about the National Association of Professional Organizers.

In typical DeBenedetti style, she joined NAPO, becoming the organization's first member in Hawaii.

Generous with her time and talents, Gerry has been on many OCC committees. She organized the Swimming Committee and was its chair for two years and is the only OCC member to have participated in every Castle Swim since it was rejuvenated and reversed in 1973.

She was on the Admissions and Membership Committee. She was the chair of the Public Relations Committee for two years, where she organized an 18-month calendar system for the Club, making it

possible to keep track of Club activities, events and avoid conflicts for use of Club facilities.

She was serving on the House Committee when the women's sauna and locker room burned. She organized the installation of the women's weight room to replace the sauna after researching what OCC's women wanted, the limited space problem and the available equipment to fit the space.

She's been a paddler since 1975, was a marathon runner and is currently a race walker. She is president of Honolulu's Pi Beta Phi sorority alumnae and a member of the Uluniu Swimming Club.

Gerry has two children, Cassie and Grant Senner.

What does this busy lady enjoy most? Having a small dinner party. It combines cooking, something she's also good at, organizing for the event and sharing her new house—all things she dearly loves.

## Scrappy Lipton

By Kehau Kea



As past chairperson of the Entertainment Committee, Scrappy Lipton, together with several committee members met on the Hau Terrace one evening for a post Entertainment meeting.

At these fun gatherings, the "problems" of the Club are discussed and bantered about. Profound questions are asked and one that sufficed on this particular evening was, Scrappy, why don't you run for the Board?

With your background in sales and marketing administration, plus your professional entertainment background, you could contribute a great deal to the Outrigger.

Thoughtfully, Scrappy answered I have

thought about it and the discussion that ensued became impetus enough to warrant further investigation.

Unfortunately, nominations for the Board had been closed, the only alternative being a 35-member petition to be circulated and submitted in time for the elections in February of this year. The rest, of course, is history.

Scrappy, candidly expressed, "that being a member of the Outrigger Canoe Club for the past 10 years is an honor and a privilege and to be able to serve on its Board is one way that I can give something back to the Club"

Being part-Hawaiian, Scrappy said, "I feel that giving as well as receiving is what life is all about.

"Mahalo nui loa to all of you 35 members who made my nomination possible and to all of you who made my directorship a reality. I look forward to serving the entire membership to the best of my ability."

Scrappy is married and has a daughter, Nanea Tannehill, who paddles for the Club.

## Whim'n Rhythm

Yale University's  
Premier Women's  
Singing Group

on the Hau Terrace  
Thursday, June 21  
7:30 – 9:00 pm

Join us for a special evening of informal song and humor with Yale's top songstresses, in Honolulu on the first stop of their 1990 World Tour.

Hau Terrace dinner service as usual. Come early, enjoy the sunset, and get a good seat!



# AS THE TERRACE TURNS

By Mary Machado

Watch your summer issues of Sports Illustrated. Photographers from the magazine were at the Club recently shooting pictures of the University of Hawaii football team. Natch, they're wearing OCC T-shirts and paddling our canoes. . .

Congratulations to three of our Club volleyball players who were named to all-Western Intercollegiate Volleyball Association teams. **Trevor Schirmann** of UCLA was named to the first team. **Kevin Shepard (Selleck)** of USC was selected to the third team and **Leon Devaney** of USC received honorable mention.

Both Kevin and Leon have played on two national championship teams for the Trojans, including this year's title over Long Beach State. Trevor also played on two winning NCAA teams for the Bruins in 1987 and 1989.

**Tom Ifversen** and his Punahou classmate, **Dustin Sellers**, spent Easter vacation traveling in Europe, visiting Paris, Nice, Rome, Florence, Switzerland and Germany. Tommy is an exchange student at Bath University in England and Dustin is studying in France. Both will be seniors in September, Tommy at the University of Oregon and Dustin at USC.

**Doug and Ronny Kilpatrick** hosted a Sunday Brunch at the Club recently for daughter, **Leah**, and her classmates from UCLA. . .

**Mark and Lisa Hemmeter** welcomed their new daughter, **Taylor Bagwell Hemmeter**, born December 20. They have moved to Los Angeles, much to the chagrin of the new grandparents, **Tom and Kathy Merrill**.

**Frank Walton** won an honorable mention in the non-fiction category in the recently-concluded Loren Tarr Gill Writing Competition sponsored by the American League of University Women. This is the third year that Walton has won an award in this competition.

**Chips and Deb Woollett** are now living in the so-called "wilds" of Canada on Vancouver Island. Chips is associate producer of a new TV series Called "The Restless Ghosts of Ireland" and a motion picture, "Gone to Glory." Deb recently returned to Honolulu to act as the stunt woman on **Tom Selleck's** new pilot, "Heat."

Chips says the reciprocal club in Victoria, the Union Club has excellent accommodations at great rates and he's also enjoying the Vancouver Lawn and Tennis Club.



*Chips and Deb Woollett on Vancouver Island.*



*Doug and Ronny Kilpatrick, front center, hosted their daughter Leah and 10 UCLA houseguests at the Sunday brunch.*

**Emery Lucas** ran his 28th marathon in April, his third this year. His goal is to run 30 marathons by his 46th birthday in July. But he says the most spectacular one he's run was the Big Sur Marathon from the national park to Carmel. The scenery is breath-taking and so are the hills—21 rolling and up and down hills.

Former OCC president **Howdy Goss's** two daughter visited the Club recently with their mother and step-father, **Barbara and Don McComber** of Napa, California. The Rev. Betsy Goss is a hospital chaplain in Houston, Texas, and Mindy Shipley has her own public relations business in Vista, California. . .

While **Stephany Sofos** was skiing recently in Canada, she ran into Club members

**Manon and Fred Williamson** in Whistler and **Gloria Fowler** and children in Vancouver. Small world, isn't it?

**Tiare and John Finney** announce the birth of their daughter, **Elizabeth Stuart**, on April 12. Tiare was feted at a baby shower at the Club by **Suzi Hemmings** and **Lee Perry of Kauai**.

**Jimmy and Kelly McMahon** had a delayed honeymoon trip to Paris, Italy and Switzerland, where they visited the family home.

**Todd and Chris Bradley** welcomed their first child, **Christopher**, on April 17. He weighed in at 7 pounds, 4 ounces. . . Congratulations to **Charles Pietsch III** who was recently named chairman of the board of Historic Hawai'i Foundation.

# JUNIOR 'RIGGERS

Congratulations to **Age Ellis** for his outstanding performance at the state track meet. He won the long jump, the triple jump, was on the winning Kamehameha 4x100 relay and finished fourth in the 300 hurdles and was on the fourth place 4x400 relay.

**Hilary Scott** was third in both the 400 meters and 800 meters for the winning Punahou girl's team . . . **Brian Wells**, also of Punahou, was fifth in the 300 hurdles and second in the triple jump. . .

**Easton Manson**, recovering from a shoulder injury, is unable to train with the kayak team, so is now coaching the Boys 14s paddling team.

Congratulations to our graduating seniors:

Kaiser—**Greg Wood**.

Punahou—**Michelle Ah Yat, Heather Craven, Julie Freese, Christy Greenwell, Malia Kamisugi, Romy Grigg, Matthew Hall, Dennis Mosher, Michael Mullahey, Ricky Humphreys, Terry Moore, Malia Richmond, Michael Scott, Geoff Seymour, Heather Williams and Brett Wells.**

Sacred Hearts—**Renee Apuna.**

Moanalua—**Clifton Tom.**

Our Redeemer—**Jennifer Wheelon.**

Mid-Pacific—**Lia Young.**

If by chance you're graduating and we didn't list your name, please let us know so we can run it in the next issue of *The Outrigger*.

**Tip of the Month:** Make an agreement with your parents now, at the beginning of the summer, about how much you can charge at the Snack Bar. We don't want to see any of you grounded for running up big Snack Bar bills.

## As The Terrace Turns...

**Julie Wright** recently celebrated her birthday at the Club Brunch. . . Former Punahou baseball great **Scott Craven** will be transferring to UH next year to play baseball. A third baseman, Craven has played for Pepperdine the past two years, and has two years of eligibility left.

**Inge McKee** received the first copy of a book, "Submersible Vehicle Systems" dedicated to her late husband, Rear Adm. Andrew McKee at a party at the Club. The book was presented by **Retired Rear Admiral E. Alvey Wright**. McKee was considered the most distinguished submarine designer of this century.

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

Welcome to new Jr. 'Riggers **Brooke Berrington, Judd Berrington, William Fannemel, Jennifer Fiedler, Annmarie Goldsmith, Christopher Johnstone, Maya LeGrande, Gammon Miura, Sara Mullen, Laura Naviaux, Bradley Oliver, Nohealani Pitner and Carrie Portnoy.**

If you'd like to help write this column, please leave a note for the Editor at the

Front Desk. The Junior 'Rigger columnist is paid \$10 a month for the items they submit.

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.

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# R FOR HEALTH

By Robert E. Atkinson, M.D.

(Rx for Health is a new column that will be written by members in the medical profession. It will deal with health and athletic topics that will be of interest to members. If you have a question you would like to see answered by one of our medical experts, leave it for the Editor at the Front Desk.)

Dear Doctor,

## Why does my shoulder hurt after I paddle, kayak or play tennis?

Shoulder pain can commonly be caused by a local problem such as shoulder tendonitis, bursitis or arthritis of the shoulder joint. However, less frequently, shoulder pain may be caused by heart, lung, abdominal organ or neck problems.

The character and description of the pain helps to determine its cause. If the shoulder pain is made worse by physical activities, especially paddling, kayaking, throwing a ball or a tennis serving motion, it may be caused by a shoulder tendonitis or bursitis.

This pain is made worse by sleeping on the affected side and the pain may travel toward the elbow.

## What causes shoulder bursitis or tendonitis?

This shoulder joint is the most mobile

joint of the body. Overuse syndromes, which can damage tendons, muscles or the joint itself, are the price we pay for this great shoulder joint mobility.

"Impingement syndrome" is the medical term for the common overuse tendonitis affecting the shoulder. This occurs when the tendons that move the shoulder are pinched between bones near the site where the arm attaches to the shoulder. The resulting irritation can lead to tendon swelling, damage and pain which can be severe.

The "bursa" is a slippery sac which helps the tendons glide over bony surfaces. They can also become irritated, swollen and painful.

## What will cure the tendonitis and pain?

In general, most pain due to shoulder tendonitis or impingement syndrome is helped by the following steps:

- Ice the shoulder after sports activities or when painful.
- Temporarily stop the activity which worsens the pain.
- Begin a program of selected shoulder strengthening exercises.
- Take a mild anti-inflammatory medication such as aspirin or Advil which may help. Both these medications can upset

the stomach and must be taken with food or an antacid.

## What if the pain persists?

If the pain is severe, of long duration, and unchanged by the treatment outlined above, you should see your doctor. It should not be ignored as permanent damage may result. Your physician may refer you to an orthopedic surgeon who specializes in the treatment of such problems.

## New Members

Regular: Robert Butler, Lansing Guss, Christopher Smith.

Intermediate: James Beaton, Jennifer Scafe. Associate: Stephanie Reynolds, Timothy Walston.

Junior: Ryan Adams, Brooke Berrington, Judd Berrington, William Fannemel, Jennifer Fiedler, Annmarie Goldsmith, Christopher Johnstone, Maya LeGrande, Lani Lockett, Gammon Miura, Sara Mullen, Laura Naviaux, Bradley Oliver, Christopher Pablo, Nohealani Pitner, Carrie Portnoy, John-Paul Reed, Derek Takai.

Nonresident: Nancy Debruyne, Willem Kattenburg.

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# FOR THE RECORD

## Running

15th Annual Wahiawa Pineapple Run  
6.75 miles 4/21/90  
Emery Lucas :48:22

4th Annual Big Sur Marathon  
Big Sur to Carmel, CA 4/29/90  
Emery Lucas 3:43:35

## Biathlon

Tinman Biathlon  
3/30/90 Ala Moana Park 3.7 mile run  
and 800-meter swim  
Missy Mowat, 2nd, Open :29:35  
Diane Stowell, 1st, 55-59, :32:49  
Jan Newhart, 1st, 60-90, :42:22

## Track and Field

45th annual Punahou Invitational Relays  
4/13/90 Punahou School  
Age Ellis, 1st, Long Jump, 21-1 1/2  
Age Ellis, 1st, Triple Jump, 43-7 1/4

## ILH Championships

4/21/90 Kaiser High  
Age Ellis, 1st, Long Jump, 22- 2 3/4  
Age Ellis, 1st, Triple Jump, 45-7 1/4  
Age Ellis, 5th, 110 Hurdles, 16.1  
Hilary Scott, 1st, 500, 1:01.7  
Brian Wells, 3rd, Long Jump, 20-10  
Brian Wells, 3rd, 300 Hurdles, 42.1  
Brian Wells, 2nd, Triple Jump, 43-6  
Brian Wells, 1st, High Jump, 6-0

## State High School Championships

4/28/90 Maui  
Age Ellis, 1st, Long Jump, 22-0  
Age Ellis, 1st, Triple Jump, 44-11 1/2  
Age Ellis, 4th, 300 Hurdles, 40.7  
Age Ellis, 1st, 400-meter Relay, 43.6  
Brian Wells, 5th, 300 Hurdles, 41.0  
Hilary Scott, 3rd, 400 meters, 1:01.1  
Hilary Scott, 3rd, 800 meters, 2:25.3

## In Memoriam

Joseph Tudor  
Deceased: December 13, 1989  
Nonresident Member: 15 years

Mae Crow  
Deceased: April 20, 1990  
Member: 2 years

## Canoe Racing

Waikiki Beach Boys Invitational  
4/15/90 Magic Island  
OCC, 3rd, Senior Masters, 1:21:35.66

## Swimming

Hawaii Swim Club Masters' Fin Swim  
4/22/90  
Diane Stowell, 1st, 50+, :14:44

## Masters Meet

4/8/90 Duke Kahanamoku Pool  
Diane Stowell, 1st, 55, 200 IM,  
2:57.14 (record)  
Diane Stowell, 1st, 55, 100 Back,  
1:25.00 (record)  
Aileen Soule, 1st, 80, 100 Free, 2:02.81  
Aileen Soule, 1st, 80, 50 Back, :54.02  
Aileen Soule, 1st, 80, 50 Free, :48.66  
Lloyd Osborne, 1st, 80, 200 Free,  
3:16.64 (record)  
Lloyd Osborne, 1st, 80, 100 Free, 1:27.69

## Surfing

Hawaii Federation  
3/25/90 Haleiwa Beach  
Kimo Austin, 1st, Grand Masters  
Flash Dubiel, 2nd, Grand Masters  
Kym McKenzie, 2nd, Open

## Cycling

Team Trials 3/25/90  
40 Miles Kualoa Park-Turtle Bay-return  
Kent Davenport, 1st, masters,  
Tradewind Cycles  
Jill Cheever, 1st, Senior,  
Oahu Cycling Team

## Kayak

Lanikai Canoe Club Race  
4/15/90 13 miles  
Lanikai-Makapuu-Lanikai  
Marshall Rosa, 1st, Open Division, 1:45.44  
Paul Manaut, 1st, Novice A, 2:06.31

## Shoreline

3/30/90 Makai Range to Ala Wai 18 miles  
Geoff Graf, 1st, Expert 2:28:45



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# OCC's Best Chefs

By Kathy Merrill

This month in our column we feature Lisa Hemmeter's favorite easy do-ahead dish for Short Ribs. She likes serving the ribs with rice, which she pours the sauce over. If you have a favorite recipe you want to

share with other OCC members, please leave it at the Front Desk for the Editor.

2 tablespoons Worcestershire sauce  
3/4 cup water  
4 tablespoons shoyu  
1 teaspoon chili powder

## Short Ribs

5 pounds lean beef short ribs  
3/4 cup ketchup  
2 teaspoons vinegar  
1/2 cup sugar

Brown short ribs in flour and place in crock pot. Add sauce and thin sliced onions. Cook on low setting for 8 to 12 hours.

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## Summer Surf Paddleboard Race

Outrigger Canoe Club will sponsor the 10th annual Summer Surf Paddleboard Race on Saturday, June 16 at 10 a.m. at the Club.

Lifeguard Chris Moore is the four-time defending champion.

There will be competition for both men and women in paddleboard and surfboard divisions, open and masters divisions.

Kids races, for both boys and girls, will be held in 14 and under surfboards and 15-17 surfboards and paddleboards.

The men's race course is approximately two miles (three times through the surf) and the women's course is approximately 1 1/3 miles (twice through the surf).

For more information, see Fred Fong, chairman of the Paddleboard Committee.

## Club Photos

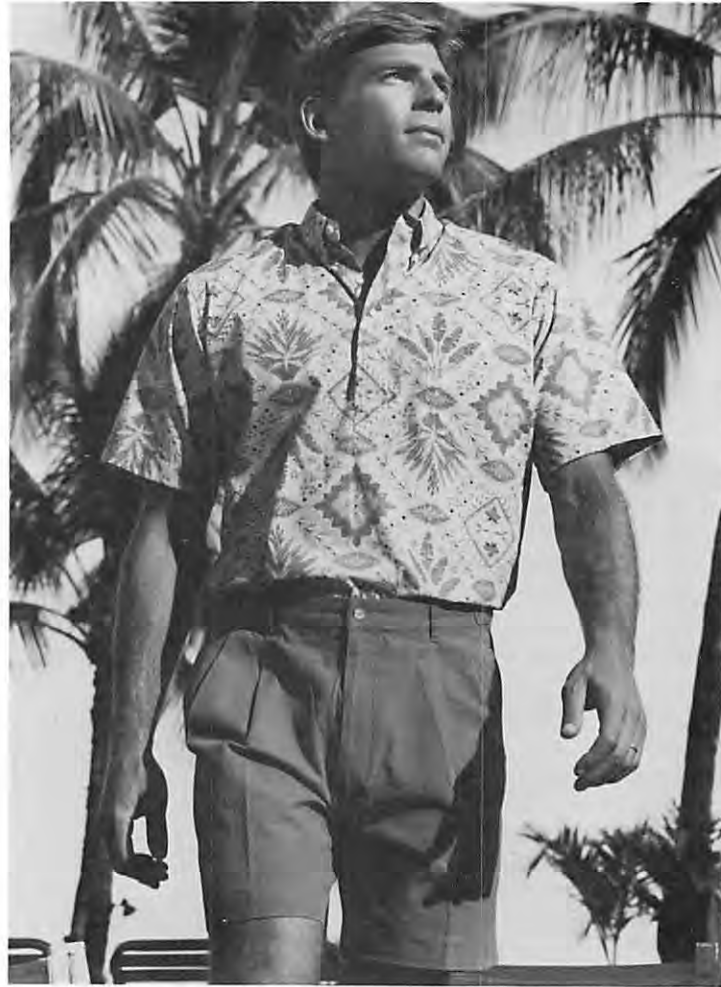
If you've joined the Club since 1985 or you'd like to update your old Club photo, now's the time.

Photos are being taken this month by Nationwide Studios, Inc. to update the Club's photo files of members. There is no charge for having your picture taken.

All associate and intermediate members who haven't had their pictures taken since they were admitted as children, are especially urged to take new photos.

Please call Nancy Rudin at 734-7373 to schedule your photo session.

If you have any questions about the photos, call the General Manager's Office.



Required gift for Father's Day. . .  
at least one shirt from Reyn's.  
We suggest "O'Tahiti," a sure bet for comfort on cool all cotton broadcloth. Looks great with a pair of our all cotton washer sailcloth shorts.



**Reyn's**  


KAHALA MALL

# Club Day Water Polo



# Runners, Runners, Runners

By Kisi Haine

The Outrigger Canoe Club's Running Committee would like for all members who run in races to turn in a photocopy of their race results so the committee can recognize all who participate.

Results should be left at the Front Desk addressed to the Running Committee.

For your convenience, applications for running events and a sign-up sheet are located in the Running File at the Front Desk. Stop by anytime to check out events that we'll be participating in.

Watch the tunnel for upcoming races. Transportation from the Club is sometimes provided.

Please come and join us.

If you have questions, call Andrea Lehman, 947-1756.

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# OCC Surf Contest Set for June 9

By Adrian Rosehill

Okay all you dudes, dweebs, surf chicks, surf legends and surf punks, it's time to pull out your favorite stick, longboard, shortboard, rhino-chaser, boogey board, balsa board and whatever else you feel inclined to ride, and start practicing for the Outrigger Canoe Club Summer Surf Meet, June 9 at 8 a.m. surf permitting.

Alternate dates for completing the contest are June 23 and June 30.

Competition will include six events—boys (ages 17 and under), men (ages 18 through 33), senior men (ages 34 and over), longboard open, men's and women's boogey board and canoe surfing open.

There will be an entry fee of \$8 per person, payable in cash, check or charged to your OCC account by signing a chit. Entry blanks will be available at the Front Desk.

All club members are invited to participate.

For further information, contact Adrian Rosehill, 735-2635 or Keahi Farden Robins, 947-9269.

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# Easter Bunny Visits OCC

The Easter Bunny was on hand on April 15 to greet the more than 900 members and their guests who attended the Easter Sunday Brunch and Easter Dinner Buffet.



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# June 1990 Calendar

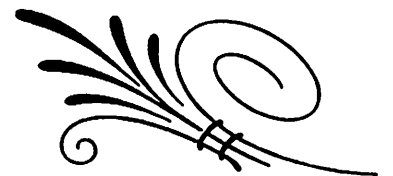
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Water Aerobics 8 a.m.	2 <b>STEAK FRY</b> 6-9 p.m.
					<b>PADDLE PARTY</b> 4 p.m. Ala Wai 6-10 p.m. Garage Roof	<b>JAY LARRIN</b> 6:30-9:30 p.m. Hau Terrace
					<b>SEAFOOD BUFFET</b> 6 p.m.	
3 Sunday Brunch 8:30 a.m.	4 Aerobics 8 a.m.	5 B&G Comm. Mtg. 11:30 a.m.	6 Aerobics 8 a.m.	7 Historical Comm. Mtg. 5 p.m.	8 Water Aerobics 8 a.m.	9 <b>STEAK FRY</b> 6-9 p.m.
Sunday Buffet 6-9 p.m.	Bridge Noon	A&M Comm. Mtg. 5 p.m.	Entertainment Comm. Mtg. 5:30 p.m.		House Comm. Mtg. 11:30 a.m.	<b>JAY LARRIN</b> 6:30-9:30 p.m. Hau Terrace
<b>HEALANI REGATTA</b> Keehi Lagoon 8:30 a.m.		<b>GOLF TOURNAMENT</b> Leilehua 11:30 a.m.			Fashion Show Noon	<b>OCC SURF CONTEST</b> 8 a.m.
10 Sunday Brunch 8:30 a.m.	11 Aerobics 8 a.m.	12 Public Relations Comm. Mtg. 5:30 p.m.	13 Aerobics 8 a.m.	14 Exec. Mtg. 5:30 p.m.	15 Water Aerobics 8 a.m.	16 <b>KAYAK CLINIC</b> 10 a.m.
Sunday Buffet 6-9 p.m.	Bridge Noon		Long Range Planning Comm. 5:30 p.m.	ODKF Mtg. 11:30 a.m.		<b>STEAK FRY</b> 6-9 p.m.
<b>KAM DAY REGATTA</b> Kaliua Beach 8:30 a.m.	<b>STEAK FRY</b> 6-9 p.m.					<b>OCC SUMMER SURF PADDLEBOARD RACE</b> 10 a.m.
						<b>THERESA BRIGHT</b> 6:30-9:30 p.m. Hau Terrace
17 <b>FATHER'S DAY BRUNCH</b> 8:30 a.m.	18 Aerobics 8 a.m.	19 A&M Comm. Mtg. 5 p.m.	20 Aerobics 8 a.m.	21 <b>YALE WOMEN'S SINGING GROUP</b> Hau Terrace 7:30-9 p.m.	22 Water Aerobics 8 a.m.	23 <b>STEAK FRY</b> 6-9 p.m.
<b>LEEWARD REG.</b> Nanakuli 8:30 a.m.	Bridge Noon					<b>THERESA BRIGHT</b> 6:30-9:30 p.m. Hau Terrace
Sunday Buffet 6-9 p.m.						
24 Sunday Brunch 8:30 a.m.	25 Aerobics 8 a.m.	26	27 Aerobics 8 a.m.	28 Board Mtg. 5 p.m.	29 Water Aerobics 8 a.m.	30 <b>STEAK FRY</b> 6-9 p.m.
Sunday Buffet 6-9 p.m.	Bridge Noon					<b>PAT SILVA TRIO</b> 6:30-9:30 p.m. Hau Terrace
<b>WAIMANALO REG.</b> 8:30 a.m.						

## Father's Day • Sunday, June 17

Bring Dad to the Outrigger to celebrate  
Brunch 8:30 a.m. to 2 p.m.

Dinner Buffet 5-9 p.m.

*Make your reservations early*



# Fourth of July

## Macfarlane Regatta

All day beginning at 8:30am at Waikiki Beach  
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## Free Paddlers' Breakfast

6:30 am  
Hau Terrace

## March to Waikiki

Leave Club at 7:30am



## Steak Fry

6 to 9pm  
Hau Terrace  
(The dining room will be closed)

## or Spaghetti Dinner

6:00 to 8:30  
Spaghetti, Salad and Garlic Bread  
\$ 4.95 Snack Bar

## Rock 'n Roll

8:00 - 11:00pm  
Hau Terrace and Dining Room  
You and your guests must have tickets, available now at the Front Desk. You are also reminded that the drinking age is twenty-one.

## the Outrigger

Published monthly by the  
Outrigger Canoe Club

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Arden Moore, *Advertising*

*On the Cover: Mini and Jr. 'Riggers enjoyed Club Day 1990 with games ranging from soccer to innertube water polo. More photos on pages 2-3. Photo by Marilyn Kali.*

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