

the **Outrigger**

January 1985

2nd Annual Photo Contest

And the Winners Are...

By Fred Rainey

Fifteen photographs ranging from a dramatic shot of a woman worker in Xian, China, to a graphic image of snow-covered Mount Eiger's slopes won top recognition in this year's OCC photo contest. It took more than two hours for the judges, all well-known local photographers, to select the winners from the contest's impressive field of almost 80 entries (up from 60 last year).

The judges were:

Joe Carini of Bear Productions, whose pictures of hula recently graced the covers of *Geo* and *Merian*, West

Germany's two top magazines. Joe's photos are also regularly seen in *ALOHA*, *RSVP*, *Honolulu*, *Hyatt's Hawaii* and *Discover Hawaii* magazines.

Veronica Carmona, whose photos have appeared in numerous publications throughout the Islands. Recently her work was spotlighted in a special pictorial calendar produced by Pacific Trade Group.

Ric Noyle, who has extensive experience in commercial photography. Owner of Visual Impact, his clientele includes Crazy Shirts, Liberty House, Carol & Mary, C. Brewer Chemical and *RSVP* Magazine.

Awards for First, Second and Third place and two Honorable Mentions were given in each of the contest's three categories—People, Places and Things. California photographer Ron Jaffe, who is currently taking members' portraits for the Club's file, was also very impressed with the large number of entries and the very professional quality of the amateurs' work.

RESULTS

People

1st: "Government Employee, Xian, China" by Jan Newhart.

2nd: "Bali, 4 AM" by FW Sallee.

3rd: "American Woman" by Twain Newhart.

Honorable Mentions—
"Rainbow Doubt" by Twain Newhart, "Pals Forever" by Kimo Austin.

Places

1st: "Dance of the Petroglyphs" by S. Kittredge Collins.

2nd: "Eiger Solitude" by Rick Huxley.

3rd: "Smile, It's only Water" by Norm Dunmire.

Honorable Mentions—
"Send in the Clowns" by Twain Newhart, "Red Hill" by S. Kittredge Collins.

Things

1st Place: "Windsurfing" by Seve Nottingham.

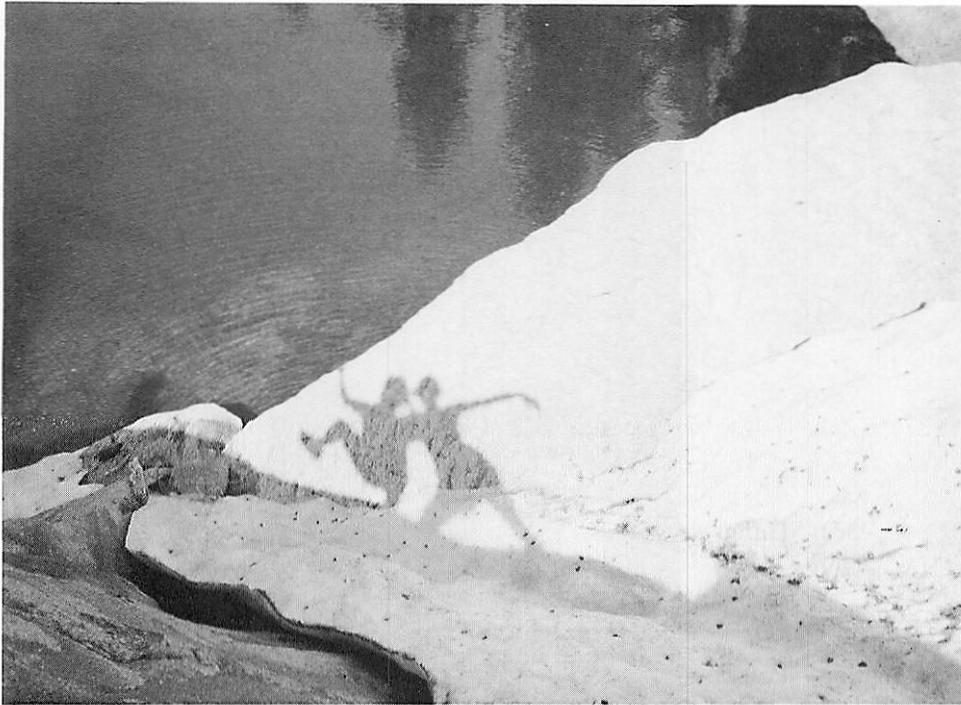
2nd Place: "Blast Off" by William Stricklin.

3rd Place: "Yellow Orchids" by Rick Huxley.

Honorable Mentions: "Sea Gulls over Vaasa Finland" by Clair Folsome, "Mamba" by William Stricklin.



Ric Noyle, Joe Carini, Veronica Carmona and Fred Rainey.

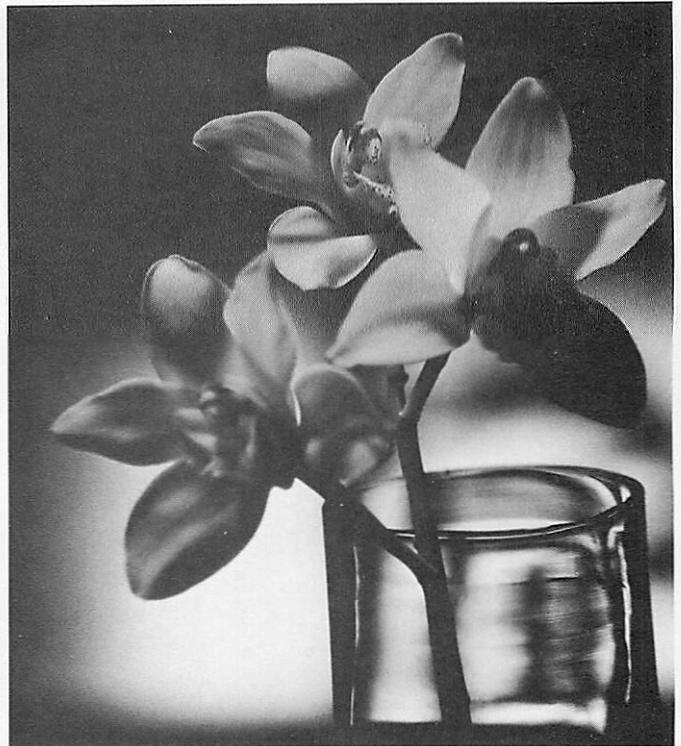


1st—Places
Dance of the Petroglyphs
S. Kittredge Collins

1st—People
Government Employee, Xian, China
Jan Newhart



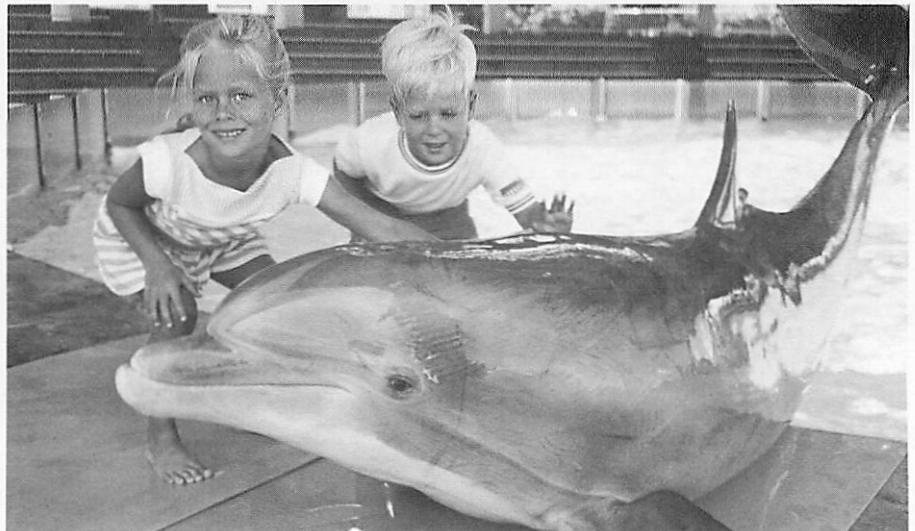
3rd—Things
Yellow Orchids
Rick Huxley



Below Right
Honorable Mention—Places
Send in the Clowns
Twain Newhart



Above
Honorable Mention—People
Rainbow Doubt
Twain Newhart



Honorable Mention—People
Pals Forever
Kimo Austin

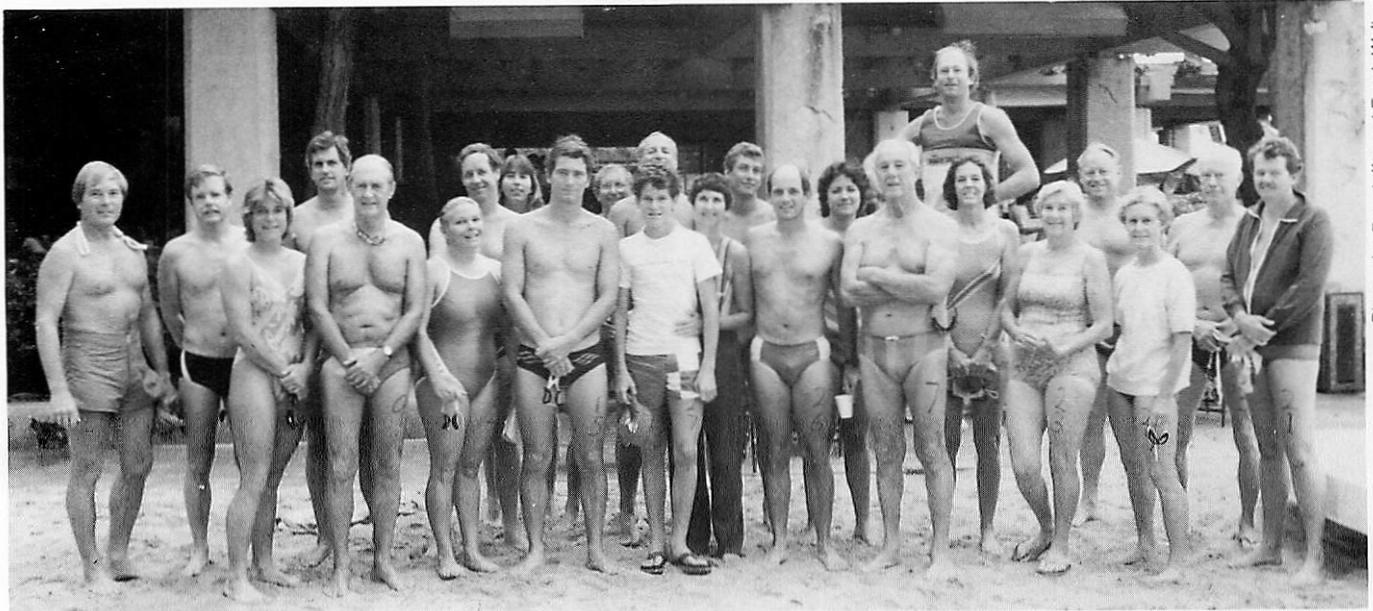


3rd—People
American Woman
Twain Newhart

Below Right
2nd—People
Bali, 4 am
F. W. Sallee

Below left
2nd—Places
Eiger Solitude
Rick Huxley





Photos by Ron Jaffe and Frank Walton

At the Club before the swim.

Gray Skies for Castle

The summer drought was definitely over on November 25 for the Castle Swim. Twenty-five cold souls showed up to brave the gray day, although the water temperature was good, the current moderate, the waves mild. In short, despite the lack of sunshine, good "times" were had by all.

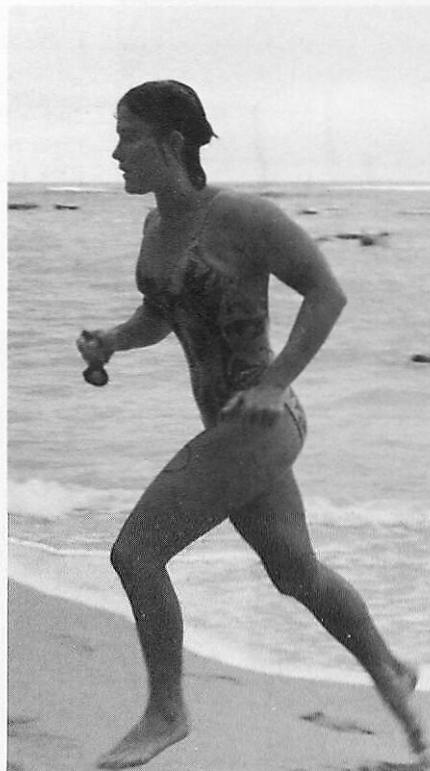
First 'Rigger to finish was Ian Emberson in 28:46. First female to finish was Kisi Haine in 32:04. The course record is 27:47 set by Jimmy Dean in 1982, so Ian was only one minute off the best-ever time. Best women's time was 33:14 so Kisi set a course record for this swim. Congratulations.

Although the turnout for the swim was about average, there were many categories without an entry. There were no entries in Jr. Girls, Women 30, Men 35, Women 40, Women 60, Men 65, Women 70 and Women 75. We know you're out there. Please join us in 1985.

Escort services were certainly ample. All swimmers had been cautioned to get their own buddy, and the help and concern of those on paddleboards and kayaks was appreciated. Thanks also to driver-timer-scorers Frank Walton and Dr. Clair Folsome. They kindly tended to us and we appreciate their good services.

After the swim, escorts and swimmers enjoyed an OCC brunch in

the sand area near the snack bar. Many people were swimming their first Castle, so we urge the newcomers and oldtimers to return next year for a bigger, better and sunnier Castle.



Kisi Haine, 1st woman to finish, sets a course record.

RESULTS OF THE 1984 CASTLE SWIM

Name	Time	Class
†*Kisi Haine	32:04	F18/24
Leslie Crow	33:51	F18/24
*Kaiulu Downing	37:02	F25/29
*Pam Zak	37:32	F35/39
*Gerry Debenedetti	59:59	F45/49
*Bonnie Eyre	43:03	F50/54
*Jan Newhart	58:31	F55/59
*Grant Senner	57:15	JR
*Twain Newhart	41:13	M20/24
‡*Ian Emberson	28:46	M30/34
*Tim Guard	38:04	M40/44
Bruce Plasch	40:37	M40/44
Leighton Taylor	41:58	M40/44
*Richard Sylva	32:15	M45/49
Jim Anderson	39:46	M45/49
Doug Kilpatrick	43:24	M45/49
Jon Haig	49:16	M45/49
*Norm Dunmire	44:51	M50/54
Fred Rohlfig	38:43	M55/59
George Crandlemire	53:07	M55/59
*Jake Updegrove	58:27	M70/74
*Lloyd Osborne	41:43	M75/79

Unofficial Entrants

Doug Herich	27:51	M25/29
Reginald Chambers	47:45	M60/64
Jeanne Robertson	70:16	F60/64

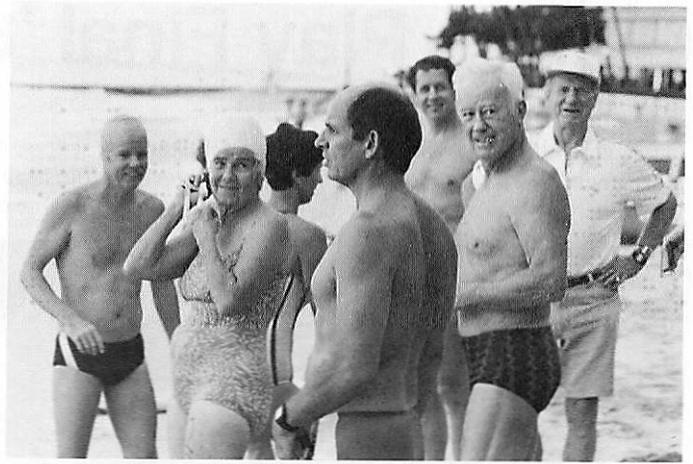
* Award

† New women's course record—first woman

‡ First to finish



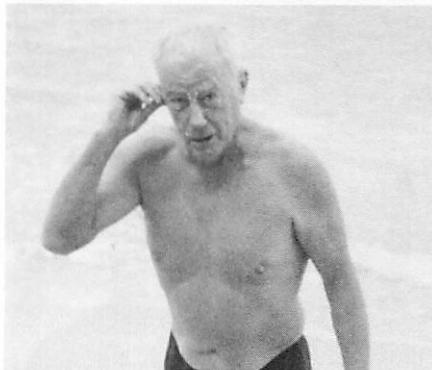
It's a long way to OCC.



Jim Anderson, Jeanne Robertson, Gerri DeBenedetti, Leighton Taylor, Bruce Plasch, Jake Updegrave and Frank Walton.



Jan Newhart



Jake Updegrave

Goggle Migraine?

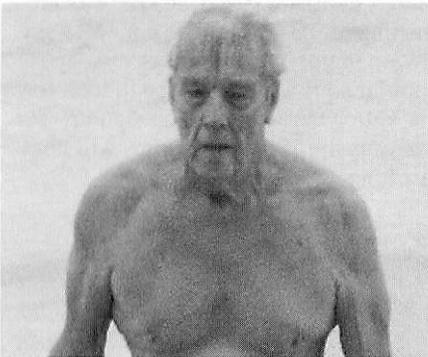
By Frank Walton

It is not enough that swimmers have to contend with mal de mer, salt water rash, sunburn, swimmers' ear, swimmers' tooth, sharks and jellyfish while cavorting about in our warm waters; now it's "Goggle Migraine."

What is goggle migraine? It seems to have been identified only recently by a Dr. Alan Pestronk of Johns Hopkins School of Medicine.

If you wear the headband on your swim goggles too tight, you may get a splitting headache. So, if you've thought your headache was only because you were not in shape, it may be because your strap is too tight.

The best remedy is to use goggles with soft rubber rims which fit around your eyes.



Lloyd Osbourne



Leslie Crow



Swim Chairman Ian Emberson

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Golfers Play Final '84 Tourney

By Hal Mehlberg

Outrigger golfers enjoyed another great tournament at Hickam Golf Course on November 16. While there were no

outstanding scores, everyone appreciated the beautiful scenery offered by this fine course. Especially

rewarding was the turnout of 11 women out of a total of 60 golfers.

The winners in the various flight were as follows:

"A" Flight (0-16 hcp)

- Bill Cross—1st low gross—82
- Jim Beardmore—2nd low gross—83
- Dr. William Dang—1st low net—69
- Frank Mulchy—2nd low net—72

"B" Flight (17-26 hcp)

- Trevor Knox—1st low gross—87
- Dick Thomas—2nd low gross—92
- Pappy Sears—1st low net—71
- Bud Scott—2nd low net—73

"C" Flight (over 26 Calloway)

- Adney Smith—1st low net—74
- Steve Somers—2nd low net—75

Ladies

- Yvonne Teves—1st low gross—91
- Anita Fleischaker—2nd low gross—97
- Dr. Pat O'Brian—1st low net—71

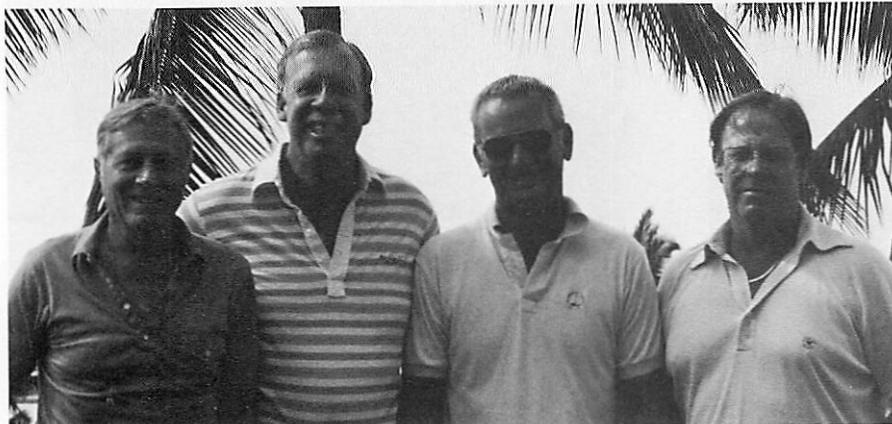
Men's Closest to Pin

- Jack McAuliffe
- Bob Ostrem (he also had a 70 net)

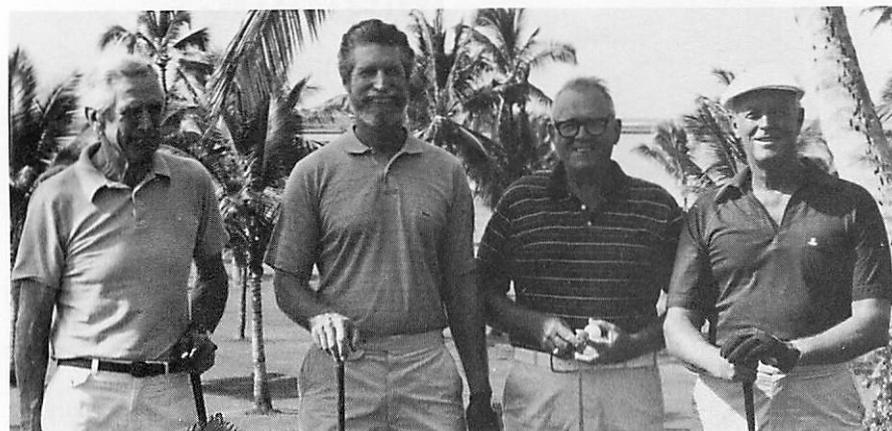
Ladies Closest to Pin

- Jean Anderson

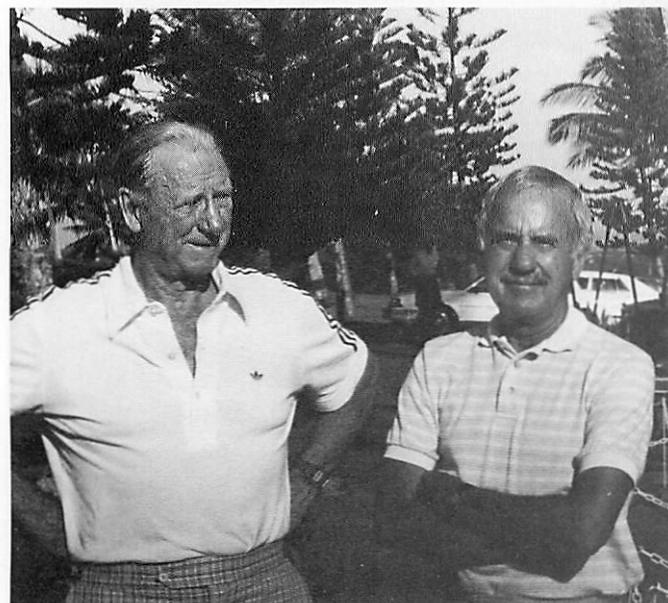
Our next tournament is scheduled for March 15 at Navy Marine Golf Course starting at 9:34 a.m. This course is always in good shape and is very popular so it would be wise to look for the notice in the lobby and sign up early, as the 15 starting times will not last long.



Dr. Jim Beardmore, Rab Guild, Bill Cross, Ken Taylor.



Leon Howard, Bob Kashare, George Arnstein, Bill Wilson.



Frank Walton, left, with golf chairman Hal Mehlberg.



Brent Hancock, Jaren Hancock, Rod Muller, (kneeling) Jody Denbeau.

Photos by Bill Capp



Chatting during cocktail time, Lex Brodie regaled the Wilber Craws with tales of yesteryear.



The dining room was decked out in the flags of the 3 clubs and the paddle awards were displayed. L/R Walley and Moku Froiseth, Roy Benham, Aunty Eva Pomroy, Suzie Hemmings and Suzie Cassidy.



Wilmer Morris and Sarge Kahanamoku.



Ben Cassidy, Roy Kesner and Chris Cusak.

Kamaaina Hui Turns Back the Clock

Paddlers and beachcombers from the Outrigger, Hui Nalu and Waikiki Surf clubs, gathered at the OCC to honor the three kamaainas who revived and made canoe paddling the international sport it is today. They are 'Rigger A.E. "Toots" Minvielle, father of the Molokai-Oahu race, John Lind, founder of the Waikiki Surf Club, and John D. Kaupiko of Hui Nalu. Canoe paddles were awarded these oldtimers in appreciation of their preserving the spirit of the Kamaaina Hui.

Also honored was "Aunt" Eva Pomroy, who was celebrating her 80th birthday.

There was old Hawaiian-style

entertainment all evening with the strolling musical trio of Moana Teves, Jacob Kalekini and Bill Gregg. Like the old days, each Club tried to outdo the others with impromptu hulas. Dancers included Alice Guild and Kehaulani Kea of Outrigger, Waikiki Surf's Anona Napoleon and Scrappy Tannehill and Hui Nalu's Girlie Kaupiko and her daughter Leina Awai. Leina got Pat Olds up to do a naughty hula with her.

Pat Olds, Roy Kesner, Moku Froiseth, Mike Tongg and Roy Benham worked with manager Ray Ludwig in organizing the affair, which included an outstanding buffet dinner. Fred Hemmings, Jr. was emcee.



"Toots" Minvielle received the OCC award for his contribution in organizing the first Molokai/Oahu race.

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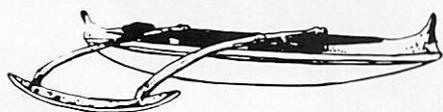
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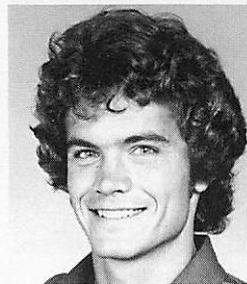
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The Dawn Patrol

By Frank E. Walton

While the moon is still high in the sky, long before the sun begins to peek over the top of Diamond Head, members of the Club's Dawn Patrol are already stretching and sweating, grunting and groaning in pursuit of physical and mental well-being.

Some come to sweat, shower, sauna, swim, shave; others for coffee, conversation or contemplation.

Some sit at the wall of the dark Hau Terrace and gaze across the shadowy sea to the faraway, flickering lights of Barber's Point. They listen to the wash of the waves and say their Mantras or clear their minds of last night's sludge to get ready for the new day. The stars are big and bright, as they are deep in the heart of Texas. Occasionally, the Southern Cross can be seen lying low in the Southern sky.

For conversation, the coffee pot is always full and the subjects are varied and stimulating.

It is barely five a.m. when the first names begin to appear on the daily sign-in register at the front desk. The names of Thad Ekstrand or Bob Costa, like Abou Ben Adam's, usually lead all the rest. Thad bounds in and wastes little time until he is off and running. Costa, Joe Evans and Randy Shaw work out in the Jungle Gym. Art Emanuel and Bill Teele man the two stationary bikes for five to ten miles and then finish off with a swim and a paddleboard sprint respectively. Ron Haworth, Herb Sharp, Shay Auerbach and Tom Vesey swim; Ron on his occasional visits to Hawaii between ocean cruises. Bob Kashare, Bill Brooks, Dave Cheever, Ed Pickering, John Kelleher and Mort Mandell pound the pavement. Chris McKenzie follows his run with a swim.

Rod Muller is in early in an attempt to clear up blurry vision. Jeff Kissel keeps the phone busy checking the price of crude oil. Judge Bruce Ames pontificates the legal aspects of the day's subjects. Tom Conner checks for fire hazards as he showers and shaves.

Robin Smith is a regular Dawn Patrol runner, adding a touch of beauty to the morning scene. Dave Hendrickson and Jimmy Dean are regulars. Walter Guild and Gib Bintliff are walking wounded recovering from motorcycle experi-

ences. Doss Tannehill is an occasional visitor. Former regular Ed Brennan resolves daily to return to the fold but never does; strong mind, weak body.

The Men Master paddlers work out on Wednesday mornings. John Beaumont, Norm Dunmire, George Pray, Kim Woolaway, Jack Mattice, Norman Ho, Hank Lass and Bill Eggers are ghostly figures in the pre-dawn darkness as they sip their morning coffee before their weekly maintenance paddle.

Around seven o'clock on Tuesday and Thursday mornings, the well-conditioned female paddlers arrive. Kehau Kea, Hilary Eggers, Ululani Davis, Ronnie Kilpatrick, Gerri Pedesky, Keanuene Rochlen, Marilyn Haine and Sharon Bintliff then (excuse the expression) "personhandle" the heavy canoe into the water and power

away.

While it may be a chore to tear yourself away from a warm bed or, perhaps, warm arms, the results are worthwhile. Flab begins to disappear, saggy muscles perk up, you discover muscles you thought were long gone or never knew you had. Your skin tone improves and your eyes begin to clear.

The Club is a regular Rejuvenation Factory! And it's all yours at no cost except the effort required to set up a routine and the will to stay with it. A small investment in time and will-power pays rich dividends: a feeling of well-being, the development of clear, bright eyes and rippling muscles; and longer life.

Why not do yourself a favor for the New Year? Resolve to join the Dawn Patrol.

Try it, you might just like it!

Seminar for Older Jocks

Club member Dr. Robert Smith of the Honolulu Medical Group's sports medicine department held a very informative seminar for some of our Club's older athletes. In an effort to avoid injuries in this year's volleyball season, Golden Masters' coach Ron Sorrell asked Dr. Smith to address the issue. Dr. Smith said very little research had been done on conditioning for older competitive athletes, and he took the time to research the subject.

Before a handful of the Club's highly skilled athletes, Dr. Smith discussed athletic performance, pre-season training, season training and injuries and prevention. Colin Chock and Hugh Foster asked Dr. Smith a number of excellent questions about conditioning. Dave Hendrickson and Jaren Hancock zeroed in on injuries and endurance. Ron Sorrell noted that, "We're in a new era. It used to be that athletes in the 45-plus age group were put out to pasture and retired. However, here in the Club we have a lot of highly skilled athletes in this age group who are still very competitive. We're not letting age stop us from remaining competitive in our chosen fields of athletics. We may

have to use new techniques to reach our peak, but we're willing to adjust."

All those in attendance learned a great deal from Dr. Smith's seminar and appreciate his taking the time to help the Club.

Attention Early Birds!

The New Year brought a new opening time for the Snack Bar—7:00 a.m.

This earlier hour means members can have a swim or a workout followed by a shower and a super snack-shop breakfast and still get to the office on time for early appointments.

So remember—the Snack Shop now opens at 7:00 a.m. Mondays through Fridays (excluding holidays). So even if you aren't an exercise freak, stop by the Club for breakfast en route to work.

Racewalking in Northern Sweden

By Gerry DeBenedetti

We are in Hällnäs, 350 miles north of Stockholm, in the middle of the “country”—meaning pastorally—at a University of Umea field station. For those who may have experienced a working or educational field station in some previous life, this is not the primitive, hardship type of settlement you had in mind. Our rooms are wall-papered, the window and door frames are smoothly painted, the Scandinavian furniture is coveted, and the facilities are, in general, more like a resort hotel, including the meal service.

We arrived at the field station rather late for lunch, 12:15 when they prefer to eat at 11 a.m. Lunch was a complete hot meal from appetizers to condiments to dessert, although it was serve yourself, but your own dishes. This meant lots of up-down, but hearty appetites prevailed.

In between two walking and plant-gathering excursions into the woods, we had “coffee,” complete with pastries, at 2:30 and dinner at 5 p.m., not to mention that after our work in a completely equipped laboratory and an evening sauna, we gathered in a tastefully furnished common room, listened to taped music and had an evening snack while we talked to our University hosts about Hawaii.

Going to bed “stuffed,” we resolved to get up and go racewalking before breakfast!

A cloudy morning with misty rain dissolved resolve into one fat person remaining in bed, but I got up, too stubborn to let my set point escalate, and off I went and promised myself to go one hour.

Dress: Leotard, sweatpants, socks, shoes, running shirt, running shorts, long-sleeved T-shirt, bra, sweatshirt with a zipper front, ski hat, running visor, washcloth tucked in one of those waists, dark glasses, water bottle and mittens, not necessarily in that order. *Try walk?*

Well, it was hard, but I periodically recited my racewalkers litany: head up, shoulders down, butt tuck, tum in, knees locked, etc. and tried to maintain some form while resembling an American clowning on the road. There was a traffic road, but parallel to it was a more country-type road, like a frontage road



where the surface was good and it looked like nobody would run down the clown. Time 6:45 a.m.

Along this road I found many homes and barns, all painted dark red with white frames. The grass is green, it being spring (June) and because we are so far north, mostly pine trees interspersed with lurch. There appear to be two types of logging. Either take it all or log nearly everything, leaving behind some “seed” trees to reforest the area naturally.

Piles of logs are stacked along the side of the road; behind many barns are piles of split kindling for home fires. The rain has stopped; I unzip my jacket and lift up the edges of my ski hat.

In each window of the homes are usually white “crisp” pique curtains framing the window. Some have embroidery and tassles, they are individualized and attractive. Nearly every window has potted plants, which apparently thrive in the warm interior. These plants are incredibly tropical Hawaiian—croton, potted blooming stephanotis trained on a frame, gloxenia—and more prosaic American geraniums and pansies. The Swedes love flowers after a long cold winter and they lavish their care on indoor plants.

At 7:00 a.m., off come the gloves and the sweatshirt. Sun breaking

through the clouds. Bird sounds everywhere. There is a river parallel to the road on the other side of me and the whole scene is spectacular. I think they make postcards like this.

In a yard is a Massey Ferguson tractor, a Volkswagen pickup and six bicycles. In my entire walk there was only one dog, and it was tied. One farmer was milking, and two men drove by in cars. Otherwise the yards and road were empty. Many yards have a table and chairs on the lawn, waiting for a sunny day. Green lawns, homes trimmed in flowers, bright clean paint. Off comes the ski hat. It’s 30 minutes.

My route is now reversed and the scene is still Swedish picture-perfect, although a wind is up from the river and one by one I begin putting on the hat, jacket and gloves.

The second half hour seems to go quickly and I am back in my allotted time, hot on the inside of all that gear, and cold on the few outside exposed parts. 7:45 a.m. Ready to eat again.

Other notes: The sun doesn’t go “down” in the evening, it is twilight all night, so we can also racewalk in the evenings. We remain at Hällnäs a week, then to a seaport station called Norrbyn, and then to an Arctic Circle station at Abisko near the Norwegian border.

Meet your Directors: Gerri Pedesky

Gerri's brilliant and frequent smile and her avid participation in a wide variety of Club activities make her a familiar figure around the Outrigger. Gerri Pedesky moved to Hawaii in 1955 and joined the Outrigger Canoe Club in 1958. She came up through the ranks of the women's paddling team, beginning with novice and graduating from masters and has been contributing her paddling skills to Club races since the 1950s.

Gerri is director of the Vitousek Real Estate School. She's also an enthusiastic, veteran volunteer at the Bishop Museum, where she has served as president of the Bishop Museum Service League, is an advisor to the Service League Board and is a member of the Bishop Museum Association Council. She has shared her love and knowledge of Hawaiiana with Bishop Museum visitors as a docent and is pleased to have been a charter member and organizer of the weekly luncheon group with noted museum anthro-

pologist, Dr. Kenneth Emory.

Gerri and husband, Jack, a retired commercial pilot, have been married 24 years and have traveled widely in the Orient and on the Mainland; both agree there is no place like Hawaii. Gerri has served as chairman of the Public Relations Committee, and under her leadership the *Outrigger* magazine expanded and was markedly improved as a source of Club news and photos. Also under Gerri's guidance, the PR Committee instituted the annual Weepuls Community Clean-Up Campaign, began the support of the Reverend Claude DuTeil's efforts to provide help for the street people of Honolulu, and initiated the popular annual photo contest run in the *Outrigger*.

As a successful businesswoman and community volunteer, Gerri has many accomplishments of which to be proud, but she numbers high among these her membership in the Outrigger Canoe Club. She states that it is more than a social and sports organization, it



is "like a family rather than a club. The Outrigger's strength lies in our unity and caring for one another in the Hawaiian spirit of Ohana. I feel that the purpose of the Board of Directors is to bind our diverse interests—social, athletic and recreational—and to support each other through Club activities."

Letter From a Mountain Climber

By Bill Stricklin

The second highest mountain in Africa (after Kilimanjaro) Mt. Kenya has three summits, all higher than Mt. Blanc, the highest point in Europe (15,771'). Our party of 14 U.S. climbers tackled Mt. Kenya's Pt. Lenana (16,354'), which was possible without the technical skills needed for Mt. Kenya's other two summits, Nelion and Batian (17,058'), from which a very experienced climbing teacher fell to his death about a



The Club's intrepid mountaineer, attorney Bill Stricklin, prepares to plant an OCC banner at the summit of Mt. Kenya in East Africa.

week before our party's ascent.

The atmosphere at Pt. Lenana is about half that of Hawaii and even relatively simple tasks take a good deal of effort, we found. Some of the party experienced high altitude sickness, in part due to a faster ascent than would have been preferable in order to acclimate the U.S. climbers from sea level. My own experience was excellent, with no problems. Getting down the glacier without incident was a trick and a half, however, with new vibram soles on my boots and no crampons.

A Hawaiian flag was left in the highest mountaineers' warm hut, at the beginning of Gregory Glacier, which joins Lewis Glacier at the summit, but the Outrigger Canoe Club pennant was saved for the summit, where it now flies in the stiff wind beside the memorial to the three nuns who slid down the glacier to their death from that spot after making it all the way to the top a few years ago.

Photos Needed

Do you have good black-and-white glossy photos of recent or current Club activities? Volleyball? The Luau? The Tennis Tournament? The Dinner Dance? Whatever? If so, why not share them or it with all of us? Send your photo to The Editor, *The Outrigger* (or leave it at the front desk for her). If it fits into our production schedule and is of general interest, you may see it published in *The Outrigger* with credit given to you. Be sure to identify the occasion and the individual shown. Note whether or not you want your photo(s) returned.

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\$5.00-\$8.00 per unit, depending on condition. Various sizes available. If interested contact General Manager.

As the Terrace Turns

Long-time OCC bachelors-about-town are falling by the minute. The latest to bite-the-dust is our Gray Fox, **Hank Lass**, who married the lovely **Carolyn Sanderson** in late November. He was the second to succumb after the November wedding of **Steven "Stinky" Quinn** and **Colleen Keene**. Absolutely the most confirmed bachelor, sportsman/gourmet **Bob Kashare**, announced his engagement to **Gail DeVanne**y with the date set for June. And what have we also heard about **Kent Giles**? More details in the February issue . . . Here from Los Altos to celebrate their 50th Wedding anniversary with a small family bash at the Club were the parents and family of **Gerri** and **Jack Pedesky**. A few OCC friends joined the festivities and Santa Claus made an unscheduled stop to deliver presents to **Dolores** and **Charles Golick** . . .

Chris and **Pat Jeannette**, **Marty Buckley's** daughter and son-in-law, flew in for a brief pre-Christmas visit from their home in Anchorage, Alaska. Unfortunately their stay coincided with the wind and rain. So although the temperature was a mite higher than at home, they had to return without the hoped-for tans.

Kathy Muller was featured on the Hawaiian Moving Company TV show with her class of young, aspiring TV actors and actresses. One of her stars is



Shopping spree in Hong Kong. May Balding, Patsy Sheehan & Gay Austin blew their yearly allowance on a fabulous buying trip to the Orient. Also on trip was Ronni Kilpatrick & Kathy Clifford.

Seanna Austin, daughter of **Gay** and **Kimo Austin** . . .

And 'Riggers were out in force to field incoming phone calls on the KHET's "Dialog" program dealing with Fitness. Executive Secretary **Jon Hop**, PR Committee members **Fred Rainey** and **Gerry DeBenedetti** and **Clair Folsome** and **Grant Senner**, all wore OCC T-shirts—a great way to represent the Club in a helpful community effort . . .

Ted and **Betty Crocker** are back from greeting their new granddaughter, **Cicely Elizabeth**. Proud parents **Jean** and **Diana Doerr** live in Chico, California . . .

"Copenhagen Cones" is now filling their kingsize handmade cones with their own fine ice cream which 'Rigger **David German** learned to make in Denmark. His brother-in-law, **Pokii Vaughan**, has been busy making new menu signs for their ice cream



Honored on the occasion of her 80th Birthday, Aunty Eva Pomroy was presented the new Outrigger Canoe Club plaque by President Ben Cassidy. Eva was feted at a gala luncheon party given by several of her friends in the Club's private dining room on November 27th. Among the many gifts and cards from well wishers was a special White House greeting from Ronald and Nancy Reagan. Aunty is our own in-house Living Treasure and we wish her many healthy years to come.

In return, Auntie Eva sends this message: "Thanks to all my friends for the lovely cards, leis, gifts and for everything you did to make my 80th birthday a wonderful day. I shall never forget it. I love you all."



Old Deuteronomy of the musical "Cats?" Nope, our very own John Hulton as seen on the Hau Terrace at a pre-Halloween party.

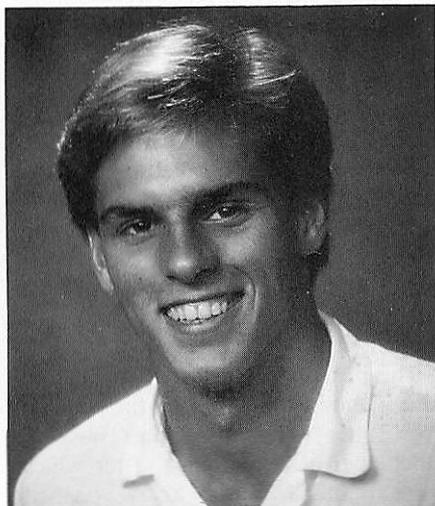
including their new Danish signature flavors such as Chocolate and Marzipan, Cheery Heering, Nougat, Danish Applecake, Chocolate and Hazelnuts and Butter Cookies 'n Cream—Weight watchers beware! . . .

Congratulations to Coach **Dennis Berg's** Punahou JV Gold Team for winning the ILH Championship with a 14-0 season record. Junior 'Riggers were Frosh setter **Stevie Li** and Junior **Tay Sandoz**. The Punahou JV Blue Team placed second with Junior 'Riggers **John Cheever, Russell Nitta, David Porteus, Jeff Stevens and Tommy Ifversen**.

Congratulations, too, to **Trevor Schirman**, Punahou Junior, who was named LH Volleyball Player of the Year. The 6'5" Junior 'Rigger also was named to the *Advertiser's* ILH All-Star team.

Apologies to **Tim Guard** who was not credited for his report on the Masters third-place win in the Molokai Hoe. Sorry, Tim.

Jim Wilson, a long time Non-Resident member, will continue to be Non-Resident but not quite as Non-Resident as heretofore. He now owns a condo at Kiahuna on Kauai and will be visiting the islands more often . . . Seen often at the club last month was



Jr. Rigger Scott Stevenson is a senior at Punahou and co-captain of the varsity water polo team, undefeated this year and ILH champion. The team is ranked among the top high school teams in the nation and recently tied the USC freshmen team at the Hawaiian Invitational Water Polo Tournament. During that game Scott made five of the six goals and was named Outstanding Hawaii Player from all age groups.



Some of the USC Girl's Volleyball Team (in town to play the UH Wahines) were guests of Neal Ifversen, who took them for a canoe ride at the Club.

Carlos Dogny, founder of our affiliated club, "Club Waikiki," in Lima, Peru. Carlos introduced surfing to Peru and has been host to many of our members. Fondest Alohas, Carlos . . . **Jessie Nicol, Dustin Sellers, Tom Ifversen** and **James Richmond** are busy with soccer at Punahou after finishing a successful volleyball season. Dual coach is **Peter Balding, Jr.**

Frank Walton



Start 'em young—4-year-old junior surfer "Jimmy Boy" Austin catching waves in front of the club.

New Members

The following members were elected to membership by the Board of Directors on November 29, 1984:
Intermediate: Lorlee Strom
Associate: Reginald Chambers
Non-Resident: Louise Little, Alex Pananides

Viva!

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Rich Nozawa photo

Everything is Rosy on the Blue Train

By Frank E. Walton

"Look, the sidewalk's moving," I said as I pointed out the window of our comfortable compartment on South Africa's fabulous Blue Train.

My wife and I were awaiting departure from Johannesburg for the 25-hour, thousand-mile run to Capetown. (The train actually originates some 45 miles north at Pretoria but most visitors board at Johannesburg.)

After seeing people walking both ways on the platform, I realized it was the train that was moving. The smooth-as-glass start had been without any of the jerks and shudders, creaks and clanks normally associated with train travel.

As we glided quietly out of the Johannesburg railway station precisely on time at 11:30 a.m., I experimented with the easily understood directions above half a dozen buttons beneath our huge picture window. In addition to the light switch and the steward call button, we had a switch to raise/lower and open/close the venetian blinds, another to control the temperature of the room, still another to bring us our selection of any of four channels of piped-in music as well as a volume control dial.

The Blue Train was officially named in 1946 (it *is* blue). Perhaps it just happened to be blue; possibly the color has some reference to the blue in South Africa's flag.

The train was quickly recognized by travelers all over the world as tops in luxury. In 1969, *Fortune* magazine ranked it among the most famous trains in the world.

In 1972, a new Blue Train, built in South Africa, took over and carried on the tradition of luxury and has maintained its reputation in the face of deteriorating train service in most of the rest of the world.

After checking out the various controls, I opened one of the two bottles of wine (compliments of South African Railways) which sat on the table. Without reference to the phoney buzz words of the wine "experts" such as "great nose," "feisty," or "travels well," I can say that the excellent South African Chablis was light, crisp and dry.

Barely finished with our first bottle of wine, we heard the bong, bong, bong of chimes much like those on a ship, an-

nouncing lunch.

The dining car. Shades of the old Super Chief and El Capitan! The dining car was something out of U.S. railroads' long-gone heyday. The maitre 'd wore a tuxedo; the waiters were spot-



less in white mess jackets. The tables sported crisp linen and heavy silverware. The menu offered a selection fit for old General Lucullus. Or even Julia Child.

The landscape slid noiselessly by at 100 kilometers an hour as we sat and dined in air-conditioned, vibration-free comfort. There was no huffing and puffing of the engine; no clinkety clack of the wheels on the rails. It was as smooth as an airplane ride but not as noisy.

We waddled back to our compartment after lunch and sat and watched the landscape roll by: Potchefstroom, oldest town in the Transvaal; Klerksdorp, center of a gold and uranium

mining area; Bloemhof, scene of a huge diamond rush in 1910. Its main street is said to contain a fortune in unmined diamonds.

We dozed off as the sun went down over the Kuruman Hills.

We roused ourselves and got out the cards to play a few games of gin rummy. The bong, bong, bong of the chimes for dinner saved me a triple blitz.

Lunch had been lavish but dinner was super lavish. Choices were similar to those on a luxury liner. No place for a weak-willed dieter.

We took advantage of a half-hour stop at Kimberley to walk some of our dinner off at that famous city. Diamonds and Kimberley are words that are almost synonymous. Diamonds were discovered there in 1871 and from a small beginning, the result was the "Big Hole," the biggest manmade hole in the world. Over a mile in circumference, nearly a quarter of a mile deep, the "Hole" yielded nearly three *tons* of diamonds during its 44 years of working life. The head office of the DeBeers diamond group is in Kimberley.

Back on the train, we made our way to the comfortable lounge and watched the light fade as we slipped by Hopetown, where the first diamond was discovered in South Africa in 1866.

By the time we returned to our compartment, our steward had made our beds. They were both lowers, meeting at right angles. Wider and more comfortable than the usual Pullman, my bed lulled me to sleep before I got a full chapter read.

The next morning I was up early to have a shower and still see the sun rise over Little Karoo. Breakfast was another gourmet experience, after which we sat and watched as we passed through De Doorns, pleasantly situated in a valley of orchards and vineyards; Worcester, in the heart of the fruit and wine district; and Paarl; the name comes from three huge boulders, the largest a mile in circumference, which glisten like pearls in the sunlight.

Precisely on time, at 12:00 noon, we eased into Capetown, 25 hours and nearly a thousand miles from Johannesburg, having dropped from over a mile in altitude to sea level and passed

through a one-hour time change.

The Blue Train was planned and built with just one purpose: to provide the ultimate in comfort for the passenger. The entire train is air-conditioned and dust-free. From the restful compartments to the luxurious dining room, to the well-appointed lounge, to the friendly, courteous service from room steward to lounge steward to waiters (even the conductor), it is the ideal way for the travel-weary globetrotter to enjoy a day's absolute relaxation.

Accommodations: The Blue Train consists of 11 coaches plus a kitchen car, a dining car and a lounge car. The 11 coaches have a total of 58 compartments (they call them "saloons"). Compartments range from A-Super Luxury (lounge, bedroom, bathroom

and toilet) to B-Luxury (sitting room, bedroom, bathroom and toilet); C-Semi-Luxury (compartment, private toilet and shower); D-standard (compartment with wash basin).

Only nine A, B and C saloons are available. The other 49 saloons are type D-Standard. Our accommodations were D and were excellent.

Prices: Prices range from about \$250 per person for the Standard accommodations to about \$500 for Super Luxury. *All prices include all meals. The meals are the same regardless of the type of accommodation booked.*

Schedule: Schedules vary according to the season. During the peak season (mid-December to the end of January) the schedule operates on Mondays, Wednesdays and Fridays. Departures

are about midday from Johannesburg (an hour earlier from Pretoria) with arrivals the following midday at Capetown. Departures from Capetown are about midday with arrivals at Johannesburg the following midday. (Pretoria one hour later.) The rest of the year a one or two-day-a-week schedule is run.

Booking: The Blue Train is very heavily booked. Reservations should be made well in advance. They may be made through South African Railways, Box 1111, Johannesburg, South Africa; or call toll free New York: 1-800-223-1880; or through one of the South African Airways offices located in Houston, Los Angeles or San Francisco. It is much simpler to let your travel agent do the booking for you.

Outrigger Neighbors Native Neighbors

By Leighton Taylor

Almost all of the Outrigger Neighbors that occur underwater off the Club are species that were well known to the ancient Hawaiians. The marine life in Hawaii was established long before the first Polynesian colonizers arrived. The story on land, however, is far different. An overwhelming number of the kinds of birds and plants that we see around us were not known to the Hawaiians and have been introduced within the last 150 years. Native plants can be found in Waikiki however, and one of the best places to see some good examples is at the Outrigger Canoe Club.

The beautiful shrub that predominates the landscaping in this area, with its yellow/green waxy leaves and white marble-sized fruit, is a species widespread in the Pacific that was here to greet the Polynesians when their canoes touched Hawaiian beaches.

Naupaka-kahakai, or Beach Naupaka, was an important plant to Hawaii. The whitish fruit was sometimes used as food, and the rough bark provided a source for medicine. The typical five-petaled white blossom looks as if it has



been cut in half. Hawaiian legend tells us that Pele, jealous of a mortal lover and his betrothed, wrathfully turned the man and woman into naupaka plants, one species doomed to live by the shore, the other isolated in the mountains. The lovers can only be united when a romantic hiker takes a beach flower into the mountains and joins the two blossoms.

The drawing that accompanies this

article is one of a series that will be installed as labels in the Coastal Garden of Native Hawaiian Species, which is now thriving at the entrance to the Waikiki Aquarium and inside near the seal pool. If you would like to learn more about native Hawaiian species, visit the Aquarium and take a self-guided tour, using booklets available at the entry desk.

Board Briefs

By Gerri Pedesky

After much deliberation the recommendation of the Budget Review Committee was approved requesting a 20% increase of across-the-board dues effective January 1, 1985.

Manager's Report: Projects in Progress were reviewed; of the fees and

construction costs paid out, \$7,753 is being withheld until discrepancies have been corrected. Employees' lockers are being installed and the Board Room is awaiting receipt of four conference tables, phone table and another end table. Lobby renovation is progressing and front garden project should be completed by Christmas.

Food and Beverage: Analysis year-to-date as of October 31 showed a gain of .7% in the Dining Room and a loss of 7.1% in the Snack Bar. Combined sales and operating expenses produced a net loss of .1% . . . 508 Thanksgiving dinners were served and a very good holiday season is anticipated . . . Recent heavy rains have brought to light numerous problems. (1) Roof drains by Bar are no longer operational and pooling occurs. (2) The three skylights are leaking. (3) Private dining rooms C and D are leaking due to the installation of new air conditioning. (4) Drainage from the foot shower causes flooding during heavy rains because four-inch pipe is too small to handle the volume of water. Problems will be brought up to the Building and Grounds Committee . . . In order for all members to be treated equally, Non-resident B and C members will be included in the 20% Beach Shop discount for the month of December.

Admissions and Membership: The Membership count of 3,736 was accepted . . . No extensions of member usage privileges will be granted Non-Resident members beyond the initial two-week period during the month of December . . . The Board reviewed several quota recommendations and agreed to remain with the current quotas.

House Report: A request for dining room Fashion Shows was disallowed until more study is given to the commercial aspect of such shows . . . Employees' wage increase will become effective January 1 . . . Snack Bar was opening one hour earlier on a trial basis to provide a breakfast spot for early morning swimmers and paddlers prior to their going off to work. The sales generated have been low and some Board members felt that not enough notification has been given

to members. Therefore the Snack Bar will open at 7:00 a.m. during the month of January and if enough business is generated will continue with new hours.

Athletics/Winged "O": Funds have been approved for the renovation of the Winged "O" plaque . . . The well-presented and detailed request for additional kayak racks was referred back to Building and Grounds Committee for their recommendations . . . An Outrigger Canoe Club women's volleyball team was approved in concept and will be reviewed by the Budget Review Committee as part of the volleyball budget.

Entertainment Report: Manager reported that the Entertainment Committee will be doing the Club's Christmas decorating this year.

Public Relations: Photo contest was deemed a fabulous success with over 80 entries . . . Approval was granted for a photo seminar for Club members to be given by Ron Jaffe . . . Funds were approved for the purchase of 100 red OCC T-shirts to be worn by Club volunteers at the Marathon Aid Station.

Unfinished Business: Funds were approved for the construction of a koa canoe by Joe Quigg from the log won from Hui Nalu . . . Repair request was granted for the 10-year-old Boston Whaler.

New Business: Monday, February 25, 1985 was approved for the Club's 1985 Annual Meeting . . . J. Ward Russell was approved as Chairman of the Nominating Committee . . . Jack Brown was approved as Chairman of the Judges of Election Committee . . . Kimo Austin was appointed to select a committee for review and recommend Club members for Life membership.

In an effort to give members current actions of the Board of Directors, the above information was taken from a rough draft of the minutes of the November 29, 1984 board meeting. Please be advised that from time to time corrections and changes may be made at Executive Committee Meetings that may not be reflected in the above, and final minutes will not be approved until the next Board meeting in late January.

In Memoriam

Vernon (Red) McQueen

Deceased: November 16, 1984

Regular Member: 45 Years

Thomas H. Creighton

Deceased: October 6, 1984

Regular Member: 16 Years

Just 23 secluded suites...on the beach. Steps from the Outrigger Canoe Club.

The quintessence of a Waikiki vacation is a secluded, uncrowded hotel in the European tradition.

Like the Outrigger Canoe Club, we are nestled in the shade of Diamond Head with the same oceanfront vistas that inspired Robert Louis Stevenson.

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Double occupancy.

Learn Photography from an Expert

By Ron P. Jaffe

How would you like to see yourself in a different light? *Pun intended.* Or, how would you like to see "light" differently? The Club is offering an unusual opportunity to members. As your part-time resident photographer, I have enthusiastically accepted an invitation to conduct a seminar on photography, entitled "The Way I See the World and People Therein."

The subject matter is mainly people. Most of us try and shoot pictures of friends, relatives, etc. and almost always get only one or two good shots. I'll teach you in two "easy" lessons how to make good use of your film (expensive these days) with more picturesque results. Topics covered will include travel photography (landscapes,

buildings, statues, etc.), artistic experimentation and glamour.

There will be a live demonstration of portrait photography at the second session, with subjects from the Club who have kindly volunteered their faces: We'll see some slides at the first lecture, and those who attend both sessions can learn from the first and have time to shoot pictures (slides) to show us all at the second. (Show and Tell). You don't have to even have a camera to participate. Come see slides of life and hear about picture-taking from a professional who enjoys his work.

Sign up at the front desk. The cost is \$7.50 for one class and \$10 for both. They will be held Jan. 23 and Jan. 30 at 7 p.m.

For the Record

TURKEY SWIM

Nov. 12, 1984

Pam Zak, 1st in age group (35-39) 35:09

ILH COACH OF THE YEAR

Chris Maclachlin

TRIATHLON—KAUAI LOVES YOU

Dec. 2, 1984 Roger Cundall, 44th

Do you want a record of your (or your team's) athletic prowess to be included in next month's "For the Record?" Fill out the blank below and leave at the front desk for Editor, *The Outrigger*.

Sport _____
 Name of Event _____
 Date _____
 Your Results _____
 Your Name _____
 Membership # _____
 OCC Team Members _____

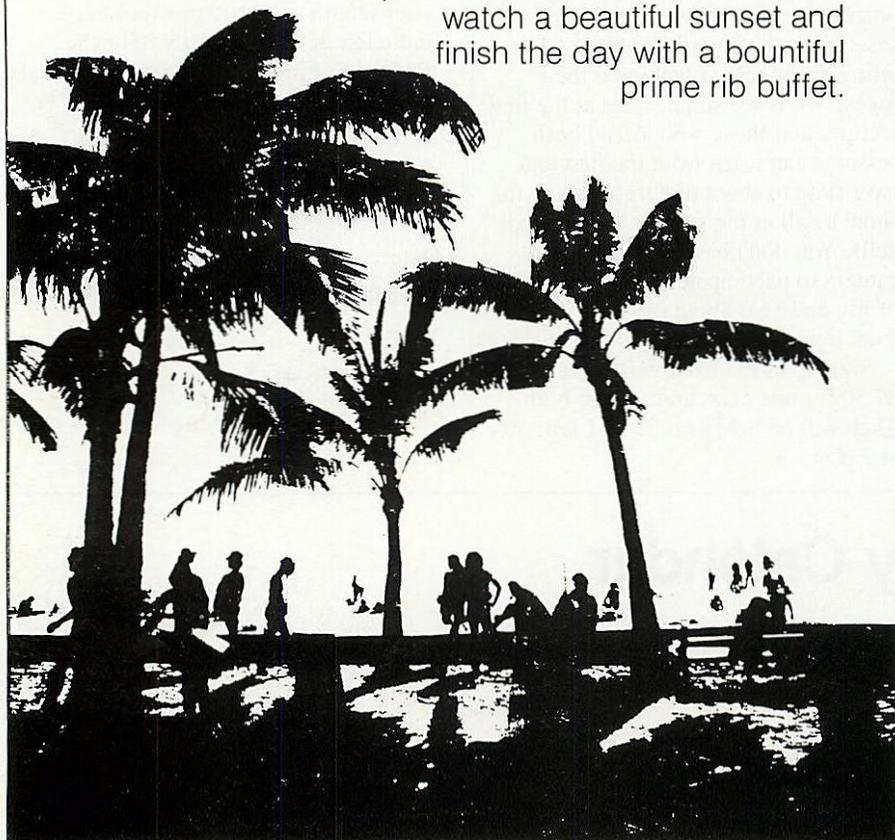
January/February Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 Sunday Brunch 8:30 a.m. Buffet Dinner 6-9 p.m.	7 Aerobics 8 a.m. Noon Bridge	8	9 Aerobics 8 a.m. House Mtg. 11:30 a.m. Admissions & Membership 5 p.m.	10 Executive Mtg. 5 p.m.	11 Aerobics 8 a.m.	12 Dancing 7-11 p.m.
13 Sunday Brunch 8:30 a.m. Buffet Dinner 6-9 p.m.	14 Aerobics 8 a.m. Noon Bridge	15	16 Aerobics 8 a.m. Admissions & Membership 5 p.m.	17	18 Aerobics 8 a.m.	19 Dancing 7-11 p.m.
20 Sunday Brunch 8:30 a.m. Buffet Dinner 6-9 p.m.	21 Aerobics 8 a.m. Noon Bridge	22 Public Relations Mtg. 5:15 p.m.	23 Aerobics 8 a.m.	24	25 BOARD OF DIRECTORS Aerobics 8 a.m.	26 Dancing 7-11 p.m.
27 Sunday Brunch 8:30 a.m. Buffet Dinner 6-9 p.m.	28 Aerobics 8 a.m. Noon Bridge	29	30 Aerobics 8 a.m.	31	1 Aerobics 8 a.m.	2 Dancing 7-11 p.m.
3 Sunday Brunch 8:30 a.m. Buffet Dinner 6-9 p.m.	4	5	6 Entertainment 5 p.m. Admissions & Membership 5 p.m.	7 Building & Grounds 12 noon Historical 5:15 p.m.	8	9 Dancing 7-11 p.m.

Enjoy Sunday at the Outrigger Canoe Club

Brunch 8:30 to 2:30

Spend an afternoon on the beach,
watch a beautiful sunset and
finish the day with a bountiful
prime rib buffet.



the **Outrigger**

Published monthly by the
Outrigger Canoe Club

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*On the Cover: "Windsurfing" by Steve
Nottingham placed first in one category
of OCC's 2nd Annual Photo Contest.
More winners inside.*

The Outrigger Canoe Club

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