

the Outrigger

April 1984



Published by the Outrigger Canoe Club for Members and Guests at Home and Abroad.



New Board of Directors: Top row l/r Neil Ifversen, Tom Haine, Tom Reiner, Ben Cassiday, Kimo Austin, Bottom Row: Kent Giles, Roy Kesner, Peter Balding, Gerri Pedesky, Mark Buck, Henry Ayau & Bob Vieira.

Annual Meeting

OCC members gathered on February 27 for the annual meeting, which was opened by President Ben Cassiday's introduction of the newly elected Board of Directors.

Other highlights included the presentation of Life Memberships to Josephine Garner and George Brangier, with Employee of the Year honors going to Robin Wong.

Following the presentation of reports by officers and committee heads, the President opened the meeting to the membership for their comments and ideas. Unfortunately the time allotted was too brief for many to respond.

When the meeting was adjourned, directors met in the Board Room to

elect 1984 officers, to be headed for a second term by President Cassiday. Others are: Robert W. Guild, *Vice-president of operations*; Roy C. Kesner, *Vice-president of activities*; Kent Giles, *Secretary*; Thomas Haine, *Treasurer/Finance*; Kimo Austin, *Assistant Secretary/Special Projects*; Thomas Reiner, *Assistant Treasurer/House*.

Coordinating Directors for the new term are: Mark Buck, *Athletics/Winged "O"*; Henry Ayau, *Admissions & Membership*; Peter A. Balding, *Building & Grounds*; Robert L. Vieira, *Entertainment/Historical*; Neal Ifversen, *Long-Range Planning/Outrigger Foundation*; Gerri Pedesky, *Public Relations*.



President Ben Cassiday congratulates Josephine Garner on her being made a Life Member.



Gerri Pedesky busses George Brangier upon his appointment to Life Membership.

OCC Treasurer's Report

By Roy C. Kesner

Financially speaking, 1983 was a very good year. A good indication of how we fare each year is the amount of our Total Undistributed Expenses. They include Clubrooms Expense, Administrative and General, Athletics, our Newsletter, Grounds, Repairs and Maintenance, and Heat, Light and Power. In 1983 these expenses amounted to \$1,108,920, a tidy sum to say the least. I am happy to report, however, that our 1983 expenses were \$9,703 less than 1982, a truly magnificent feat in light of salary and wage increases and the ever-present increases each year in goods and services. Our Club management should be complimented for their constant monitoring of these expenses.

The Club's total income, mainly

consisting of Dues, Food, Beverage, Initiation Fees, and Investment Income, amounted to \$4,243,195 in 1983. This is the largest volume ever generated in the Club's history. 1983's income exceeded 1982 by a sizable \$410,135. Our Investment Portfolio totalled \$1,238,484 at December 31, 1983. This amount is comprised of the following:

Money Market Funds	\$357,630
Time Certificates	
of Deposit	700,000
Corporate Bonds	180,854

On January 21, 1983, the Board of Directors approved a resolution to place Initiation Fees and all interest earned on such fees into a Building Fund starting with 1983. As of December 31, 1983, the Fund had accumulated \$249,455 in Initiation Fees and Interest net of related expenses. The Fund was invested in a money market fund at the end of 1983. However, the bulk of the Fund is presently invested in State of Hawaii fully insured General Obligation Bonds and will continue to be invested in similar securities of a tax-exempt nature.

At this point I would like to analyze the Club's net increase to cash and investments. In 1983 we produced a net income to cash before depreciation of \$316,426. The major contributors to this amount were as follows:

Food and Beverage	\$141,949
Beach Merchandise	126,925
Investment Income	89,261

In addition to the net income to cash before depreciation, Initiation Fees and interest in the amount of \$249,455 were retained in the restricted Building Fund and presently only available for land purchase or the future increase in lease rent. We expended \$142,343 in capital improvements last year, leaving an overall net increase to cash and investments for the year 1983 of \$423,538.

Commenting briefly on our dues structure: we normally expect our dues and surcharge income to defray all of the Club's Undistributed Expenses and Fixed Charges. 1983 was an adequate year in this regard. The total of Dues and Surcharges was \$1,282,296 versus Undistributed Expenses and Fixed Charges of \$1,217,862 or a plus factor

of \$64,434 for the year. So it seems that we're holding our own in this area, at least for now anyway.

As I said at the outset, 1983 was a very good year. Our budget projection for 1984, however, is not as rosy as we would like it and it will certainly be a challenge to the financial expertise within our Club's management and your Board of Directors. I feel fairly confident, however, that we can accomplish the objectives as set forth by the Board for the year 1984.

In conclusion I would like to thank our Manager, Ray Ludwig and our Controller, Barbara Annis for the excellent financial results of 1983.

This report and copies of the Auditor's 1983 Financial Statement are available in the Club office for your review if you so desire. It has been my pleasure to serve as your Club Treasurer for the past year.

Employee of the Year



Robin Wong, pantryperson at the club for the past two years, was named 1983 Employee of the Year. A Pearl City girl, Robin attended Leeward Community College and Kapiolani Community College.



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Ocean Triathlon

By Ian Emberson

The First Outrigger Ocean Triathlon was held at Sans Souci Beach on Sunday, February 19, and was enjoyed by all competitors. Ocean sports are becoming more popular in Hawaii, especially the fast-growing sport of kayaking, or as it is known in Australia, waveskiing. We had a good turnout, considering this was the first year, with 11 individual entries and 17 teams. Conditions were beautiful—calm waters, slight trades and warm, sunny weather. Unfortunately for the partici-

pants, there was no assistance from the waves as surf conditions were flat.

The Ironman division (individual entries) was won by Jimmy Dean in a time of 1:26:22, second was Ian Emberson, 1:26:56, and third was Mark Sandvold, 1:30:42. This division consisted of three events performed consecutively—swimming 1 mile, paddleboarding 2 miles and kayaking 4 miles, with some running in between. In the relay division, each member of a team performed only one of the three events.

Thanks go to Wayne Faulkner, Cline Mann and Alan Hong, who set the buoys and did the surveying for the course layout.

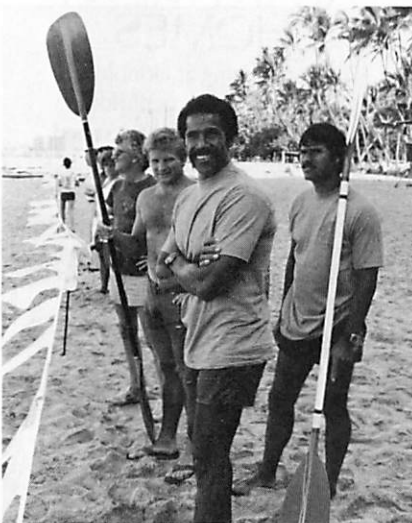
Special thanks to Hawaii Kayak Association, who provided kayaks; Dale Hope of Sun Fashions for prizes; Downing Hawaii for surfboards; Coors for a keg of beer. We would also like to thank Eddie Frank and Wayne Faulkner for their assistance, as well as all the other volunteers.



Swimmers dash down the beach for the start of their first leg.



Time Keeper Diane Stowell checks the course.

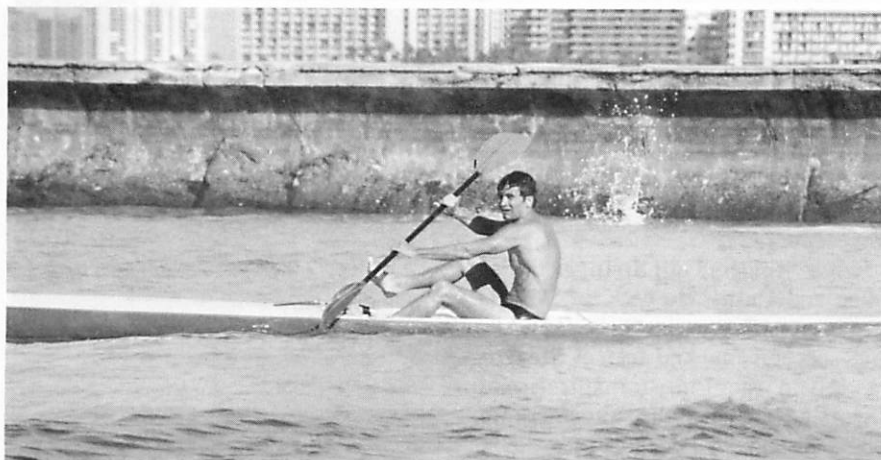


Gib Bintliff, Marshall Rosa and Bill Mowat await their heat.



Jimmy Dean runs his kayak into the water on the third leg of his heat.

Photos by Gerri Pedesky, Diane Guild and Billy Al Bengston



Ian Emberson gets off to a powerful start in his kayak.



Back at the club for lunch and awards.



Team members Lesline Connor, Tracy Phillips and Mary Franko.



Meet Director and participant Ian Emberson congratulates Norm Dunmire.



First Place winner Jimmy Dean is congratulated by Tim Guard.

1984 HAWAIIAN OCEAN CHAMPIONSHIP TRIATHLON

Results, Individuals (split times in parentheses):

NAME	SWIM 1 MILE	PADDLE 2 MILES	KAYAK 4 MILES	OVERALL TIME
<i>Men, Under 40</i>				
1) Jimmy Dean*	(22:52)	(24:26)	(39:04)	1:26:22
2) Ian Emberson*	(22:51)	(25:06)	(38:59)	1:26:56
3) Mark Sandvold*	(28:13)	(25:41)	(36:48)	1:30:42
4) Rick Heltzel	(22:05)	(26:31)	(49:49)	1:38:25
5) Beau Hodge	(32:23)	(30:49)	(48:59)	1:52:11
<i>Women, Under 40</i>				
1) Cheryl Bing	(34:30)	(35:15)	(48:59)	1:58:42
<i>Men, 40 & Over</i>				
1) Tim Guard*	(30:21)	(25:45)	(36:20)	1:32:26
2) Gaylord Wilcox*	(30:47)	(28:11)	(38:03)	1:37:01
3) Scott Hubbell	(24:33)	(29:19)	(45:43)	1:39:35
4) Joseph Napoleon	(35:47)	(27:30)	(37:56)	1:40:13
5) Norm Dunmire*	(35:58)	(28:28)	(41:30)	1:45:56

Results, Relay Teams:

SWIMMER, 1 MILE	PADDLER, 2 MILES	KAYAKER, 4 MILES	OVERALL
1) Dave Clarke (19:44)	Jimmy Dean (23:30)	Bob Rocheleau (33:31)	1:16:45
2) George Kane (21:53)	Thurston Hillen (24:49)	Dean Hayward (35:07)	1:21:49
3) Bob Atkinson (22:47)	Ryan Fernandez (26:01)	George Kissner (33:04)	1:21:52
4) Steve Bobko* (24:57)	Brian Toguchi (24:27)	Tom Conner* (32:48)	1:22:12
5) Chris Duplanty* (23:50)	Marshall Rosa* (23:41)	Bill Mowat* (35:01)	1:22:32
6) Terri Riggs (24:04)	Pat Caldwell* (24:10)	John Hammond (34:53)	1:23:07
7) Leslie Crow* (25:56)	Darin Napoleon (22:28)	Bill Bright* (35:05)	1:23:29
8) Keone Kino (26:24)	Aaron Napoleon (20:28)	"Nappy" Napoleon (37:16)	1:24:08
9) Joan Ceccarelli (25:47)	Karl Heyer* (24:40)	Gib Bintliff* (34:27)	1:24:54
10) Aaron Pollard (24:12)	Cliff Pollard (23:48)	Darryl Hara (36:58)	1:24:58
11) Mark Cunningham (22:57)	Clay Berk (33:25)	Alan Dowsett* (36:14)	1:32:36
12) Chad Harrison (24:06)	Mark Eramian (31:14)	Wayne Fujihara (38:02)	1:33:22
13) Bill McCarthy (23:23)	Rocky Higgins (32:12)	Kimo Doyle (38:20)	1:33:5
14) Peter Morton (25:07)	Ed Frank (33:30)	Gary Weible (35:21)	1:33:58
15) Dan Pollard (22:36)	Alan Emberson (35:32)	John Mailolo (36:17)	1:34:25
16) Mike Miller (23:51)	Art Miller (40:50)	Kamoa Kalama (33:32)	1:38:13
17) Mary Franco* (28:37)	Tracy Phillips* (30:36)	Lesline Connor* (41:38)	1:40:51
18) Richard Sylva* (24:33)	Jim Anderson* (29:38)	Bucky Logan (46:48)	1:40:59
19) John Clark (24:13)	Kenny Rust (30:23)	Craig Matthew (44:05)	1:42:13

Executive Producer: Ian Emberson
 Race Director: Terri Frank
 Beach Commissioners: Alan Hong
 Cline Mann
 Course Marshall: John Clark

Timers: Diane Stowell
 Clay Harrison
 Nancy Ceccarelli
 Carol Bodie
 Chad Harrison

*OCC member

As the Terrace Turns

'Riggers are everywhere: **Kala Judd** and **Frank Walton** bumped into each other on a sidewalk in Sarajevo, Yugoslavia, where both were managing to keep warm while catching some of the Winter Olympics spectaculars. And 'Rigger **Lynn O'Conner**, a United Airlines flight attendant, made the last leg of the Waltons' flight home (LAX-HNL) most pleasant. Adds Frank, "The Winter Olympics were absolutely beautiful (but cold!). It's good to get back into shorts and on the beach again."

A whale of a tale!!! While surfing off Santa Barbara, **Mike Hutchinson** was knocked off his surfboard by a whale. Mike says the whale was diving downward and the fin hit him . . . Seen in Waikiki celebrating **Pua McGuire's** birthday were **Kathy Ostrem**, **Timmy Holmes**, **Winona Love** and **Kelly Hutchinson** . . . Working out hard in the weight room and also running is **Doug Kilpatrick**. He's getting in shape for coaching Punahou's track team . . .

Congratulations to **John Shiroma**, an officer of the Hawaii Jaycee Executive Committee, who was one of three to receive U.S. Jaycee Presidential Awards. John also was recognized as the No. 2 district director in the nation . . . Congratulations, too, to **Roland D. Libby, Jr.**, AIA, who has been promoted to vice-president at Aotani & Associates, Inc. He will serve as senior

project manager of the architectural firm . . .

Junior 'Riggers **Gail Stringer** of Punahou and **Cathy Ho** of Kam Schools have been named to the Girls' ILH All-Stars soccer team. And **Jeffrey Stevens** was given the "most inspirational player" award on the intermediate volleyball team at Punahou . . .

Guido Salmaggi will be singing the National Anthem on May 4 at Shea Stadium in New York, May 9 at Comiskey Park in Chicago, May 11 at LA's Dodger Stadium and May 15 at Candlestick Park in SF. Then, we hope, he'll come back to the Terrace . . . It's goodbye for awhile to **Meade Wildrick, Jr.**, who has taken a senior account executive position at Cochrane, Chase, Livingstone & Co., a Newport Beach, CA ad agency. "It may not be Hawaii but it's a good compromise and offers fantastic opportunities," he says. Good luck, Meade. You'll be missed . . .

Have you enjoyed the water sports report by Hawaiian Island Creations on KKUA and 93 AM? Look out, **Joe Teipel**. That's the voice of **Mary Franco** . . . **Rick Davis**, publisher of *Aloha Magazine* and *RSVP* (and husband of *The Outrigger's* Travel Topics writer, **Valerie Davis**) was profiled in the March issue of *Pacific Business News* . . . And *Architectural Digest's* January issue carried a fine article about **Billy Al Bengston**, California's inter-



The Donald Moores and their houseguest, Carol Ryan, were seen on the terrace sampling Mai Tais. After some 5 or 6 apiece, it was decided that on their upcoming trip to Kauai they would swim in the Wet Cave at Haena. The picture below supports the fact that they did just that—both ladies report instant size reduction—the water is freezing!!

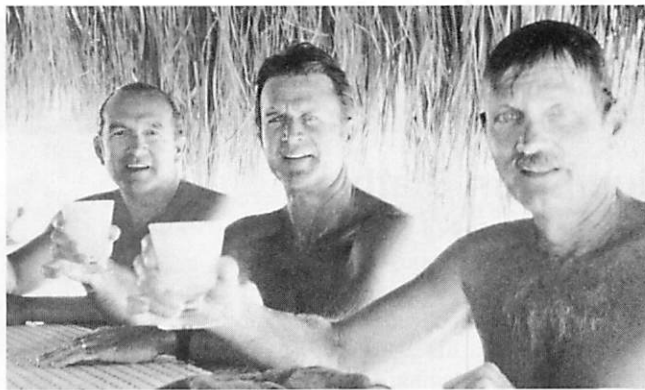
nationally known artist who finds his inspiration here in Hawaii. Fellow OCC members know Billy best from road races and swim events. Catch the article and see his artistic side . . . **Pat Bowen** has been burning up the road in Hawaii's triathlons!! His first Ironman last October was a very respectable sub-12 and he was second (only to a younger athlete he has been coaching) in the recent Keauhou-Kona Triathlon. Meanwhile, wife **Annabelle** is on the *real* endurance event (open only to women). She'll finish in early spring with a new baby . . . And in case you wondered why Pat was handcuffed in the back seat of an HPD car, it was the only way friends could figure out how to get him to a surprise 40th birthday party aboard the classy power yacht "Hawaiian Prince." Pat was still a bit white-lipped when the "authorities" let him out at Aloha Tower . . .

A few hours before his 60th birthday, and mandatory retirement from commercial flying, Capt. Jack Pedesky is toasted by his co-pilot and flight engineer at the completion of his last flight. Jack has logged over 35,000 hours of flight time in his 42 years in the air and plans to continue his aviation career by flying a desk for his own newly formed company Pacific Cargo. Good luck Jack!





Enjoying dinner in Mexico's Puerto Vallarta were Gloria Brooks, Peter and May Balding, Jack and Leslie Mattice and Wendell Brooks.



Toasting their vacation from the pool bar in Cabo San Lucas were Wendell Brooks, Peter Balding and Jack Mattice.

Leighton and Linda Taylor are off to Irian Jaya (formerly Dutch New Guinea) to visit the Asmat region, where **Michael Rockefeller** disappeared a few years ago. This is head-hunter country, but Leighton figures he's safe. "There's no way they could hang my head from their belt." Leighton will be a lecturer/naturalist aboard the cruise ship *Lindblad Explorer*, known for its remote ports of call. From Asmat, the ship will proceed through Sulawesi, past Borneo and wind up at Singapore . . .

Robyn Rodby Levenseller and husband **Mike**, who were married in Tacoma, Washington last May, were here in January for three weeks for a Hawaiian reception and family reunion. Robyn's brother, **Scott Ballentyne**, and his family—wife Robin and sons, Sean and Ian—came from California, and her sister, **Nancy Ciacchi**, and her husband, **Lane**, came from Maui. They are the

children of **Dick and Joan Rodby**.

Fred and Suzy Hemmings, and partner **Johna Price**, officially opened their Hemmings Sports Travel business in spiffy new offices at the Kawaiahao Plaza with a gala party attended by local sports and travel figures. On hand: new Outside Sales Reps **Kelly Hutchinson**, **Dean Nowack**, **Michele St. John** and **Gerri Pedesky**. Also there from the travel industry, 'Riggers **Paddy Dunn**, **Scrappy Tannehill** and **Johnny Mounts** . . .

Congratulations to **Glen and Anne Perry** on the arrival of daughter **Brook**, and to **Howard and Darcy Cook**, whose daughter beat being a Leap Year Day baby by 15 minutes . . .

Bill Capp attended the golden anniversary of his graduation from the Army Air Corps Advanced Flying School in San Antonio, Texas. He received his Military Pilot's Wings on February 20, 1934.

Attention former women paddlers! This year, on a trial basis, Senior Masters Women age 45 and over will be participating in the regatta season. The race will be ½ mile and only take 2 minutes (hopefully). Contact **Joan Kaaua** at 944-5740 or leave your name at the front desk for her. Come on out. It will be great fun . . . Yes, that was our very own **Marshall Rosa** seen paddling a canoe in the Budweiser TV commercial. It is being aired locally and we hope it will go national this month . . .

Bill Manfredi "fluked" himself into a first place in Prindle class on March 4 at the Hobie Cat races at Maunaloa Bay. It was sheer luck, says Bill, but since he's on the '84 Sailing Committee, that may be sufficient . . . Who wants to compete in Sunfish sailing races? Contact the Sailing Committee or leave your name and phone number at the front desk. We want an OCC Sunfish sailing team!



Remember When?

Remember when silkies and palaka shirts were the rage? How about the names of all the men in this 1954 picture celebrating that age-old phenomenon called a "stag party."

Back row l/r: Allan Sears, Gordon Scruton, Donny Fowler (peeking), Shippy Kealoha, Karl Heyer III, Bill Goodheart, Clarence Jim. Seated L/R: Vic DeHorne, Dan Hedges, Johnny O'Connor, Jimmy Gibson, Anslie Fullard-Leo, Tommy Balding, Charlie Ryan, Peter Balding, Mel Rutherford. How many did you get correct? Photo courtesy of Arden Moore

On the Run...

Run/Swim Biathlon

Diane Stowell, Robin Smith and Jan Newhart were victorious in their age groups in the 12th annual Run/Swim Biathlon held in February. And Ian Emberson, 2nd in his age group, took Club honors by placing 15th overall. More than 600 runners/swimmers competed in the event, which consisted of a 2.7-mile run and an 800-meter swim.

Riggers and their times were:

Jan Newhart	42:12	1st	W 55-59
Robin Smith	40:13	1st	W 50-54
Diane Stowell	31:38	1st	W 45-49
Ian Emberson	28:21	2nd	M 30-34

(15th overall)

Fred Rohlfing	39:05	2nd	M 55-59
Dick Boyd	44:39	4th	M 50-54

Team Times

Kendra Porter, Mia Kresser	41:50
Kaira Resch, Michelle Larkin	39:33



Seen holding their first-place trophies from the 1984 run-swim Biathlon are Diane Stowell, Robin Smith and Jan Newhart.

Big Isle Runs

By Gerry DeBenedetti

One thousand runners from all over Hawaii participated in the January 28 Volcano Marathon and Rim Run on the Big Island. Swirling rain, mist and volcano steam were the prevailing conditions from daybreak on. It was the pits! However, it was still fun to run through an unbelievable place where the volcano was alive and bubbling and, as a matter of fact, became very active two days after the run.

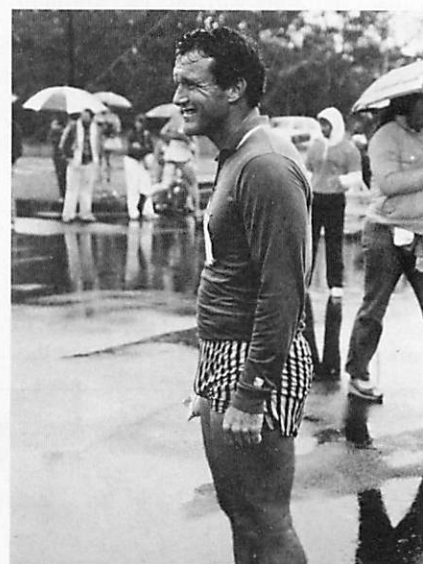
Several Riggers were there with garbage bag raincoats (remember "The Bag Boy of Haleakala?") and while it may have looked funny, several people asked if large bags like that were for sale. Maybe the Bag Boy could finance his trip in 1985?

It was cold and wet and anyone who finished in any time at all was a winner. Johnny Faerber, the coach of the U.H. women's track team and the Faerber's Flyers, was with our family and he entered the marathon feeling fairly confident about his condition and competition. However, a head injury received the night before in the airport parking lot, the rain, and the total struggle were too much, and he was helicoptered off the course at 21 miles.



The soggy finish line of the Volcano Marathon and Rim Runs.

Injuries to others took the form of colds, blisters, abrasions, and aches and pains, but nobody really said "never again." We have already reserved The Volcano House for two nights in January 1985, and we encourage other enthusiasts to do so now. The 1985 date is Saturday, January 26. It's best to fly to Hilo on Friday, the night before, so you have plenty of time to get into your garbage bag raincoat at 6 a.m.



Fred Hemmings keeps smiling in spite of the rain.

5.5-mile Kilauea Iki Run (366 entries)

Grant Senner	54:26	163 overall	M12-18th/31
Heath Hemmings	57:47	192 overall	M12-22nd/31
Suzi Hemmings	56:35	177 overall	F30-16th/74
Gerry DeBenedetti	1:03:41	249 overall	F40-9th/20

10-mile Crater Rim Race

Maxine Marantz (no time available)	
Fred Hemmings	1:25:32 98 overall M30-41/

Marathon No known OCC entries

Please declare yourself if you participated in any of these runs.



The 7th Annual Women's 10K Run, with 2000 wahines starting their race from our front driveway.



Staci and Michelle Larkin and mom Susan Dueval (right) and Gerri Pedesky get in place before the run.

Seventh Annual Women's 10K

By Fred Rainey

Despite a slow start from Kapiolani Park, the Outrigger women runners (and race walkers) turned in respectable times for this year's annual Hawaii Women's 10K race on Sunday, February 19. Almost 1,800 women were at the start of the race, which had a confused beginning, a bottleneck on Kalakaua Avenue and strong headwinds coming up Diamond Head.

Among the Outrigger women represented were Gerri Pedesky, Maxine Mrantz, Michelle St. John, Staci Larkin, Patsy Hicks, Michelle Larkin, Alice Tucker, Susan Duvall and, in her race debut as a racewalker, Gerry DeBenedetti.

Among the runners were 10 first graders from Pat Ekstrand's art classes, out to prove "you're never too young."



Maxine Mrantz



Patsy Hicks and Alice Tucker



Mother and Daughter team after the race. Heather Richards holding son Jason and Patsy Hicks.

Photos by Di Guild

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Volleyball Time

This year's OCC volleyball team is stronger than ever, so let's give them as much support as we can. Scheduled so far are the Haili State Tournament in Hilo, April 19, 20 and 21; the Regionals, on May 5 and 6, and the Nationals, on May 14 and 19. Other games will be posted in the volleyball window case.



Kelly Hutchinson

Members It Pays to Know



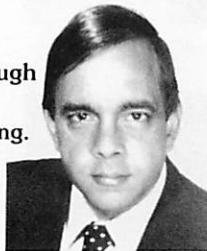
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Leighton Taylor, Director

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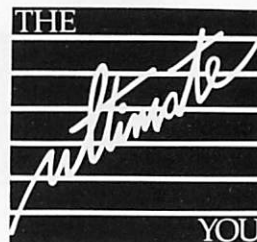
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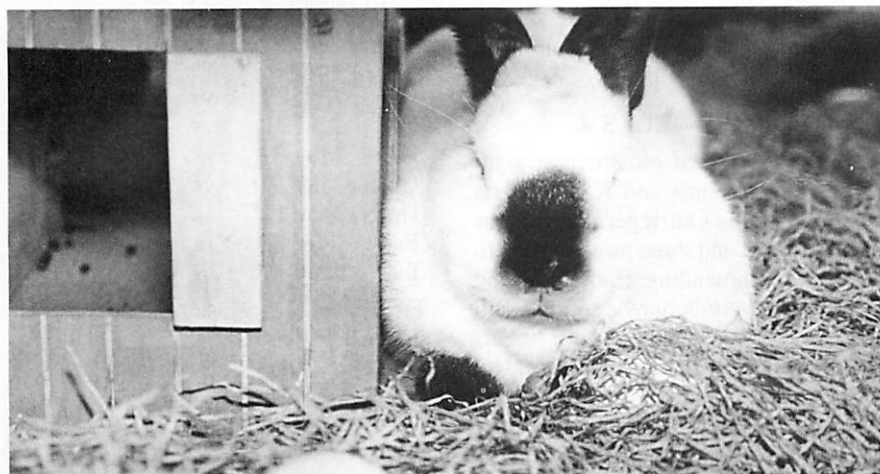
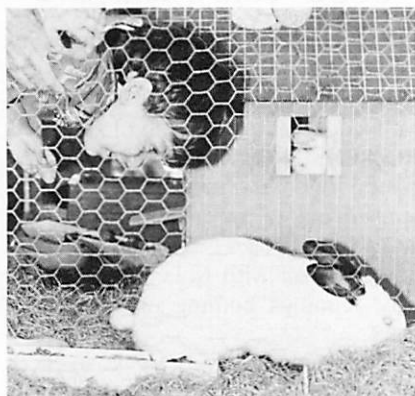
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Easter Visitors

Eastertime is family time at the Outrigger and members' children (and grandchildren) are captivated by the bunnies who set up housekeeping in the lobby.



Ayau Named Paddling Coach

Henry Ayau has agreed to become Head Coach of the Canoe Racing program for 1984. Walter Guild will be his assistant, with Steve Scott the coach of the Upper Men's Division and Tom Connor the coach of the Women's Long Distance and Upper Women's Division. Ayau has obtained commitments for coaches for virtually all divisions.

New chairman of the Canoe Racing Committee is Bruce Ames, recently appointed by the Board of Directors. There will be a Canoe Racing Outrigger Kick-off Party on April 6; Ames urges all paddlers and supporters to attend. Training and practice in earnest will commence around April 16th.

11

In Memoriam

R. M. Prior

Deceased: January 23, 1984
Club Member: 13 Years

Owen O. Hubbell

Deceased: January 25, 1984
Club Member: 25 Years

Chad Dunstan

Deceased: February 3, 1984
Club Member: 38 Years

Walter (Chip) Detweiler

Deceased: February 4, 1984
Regular Member: 7 Years

John T. Waterhouse

Deceased: February 20, 1984
Club Member: 45 Years

Club Day!

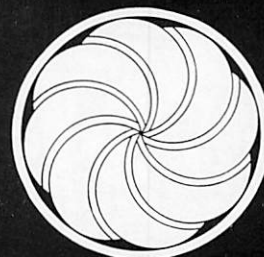
Saturday, May 5

- Canoe Racing
- Volleyball
- Broil Your Own Steak Fry 6 to 9 p.m.
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Outrigger Defends Softball Title

By Dave Pierson and Kelly Hutchinson

Dan West, last season's MVP, has been chosen by his teammates to be player/coach of the 1984 slo-pitch softball team, defending champions of the newly formed Outrigger Canoe Club softball league.

Henry Ayau, league president, has added a new team to the league—The Papayas—sponsored by United Airlines and featuring ex-Punahou athletes Duane Akina, Robin Akina, Austin Fern and Ron Silva. The league is highly competitive with games played every week, Monday-Thursday, across the street in Kapiolani Park at 5:30 p.m. Outrigger will also journey to Molokai for the 10th annual Molokai Tournament featuring the best teams in the State. Last year, Outrigger finished third in an exciting and fun-filled weekend. This year's tournament falls on the last weekend in May.

Coach West emphasizes that the team welcomes new players, despite the number of players listed here. Many players are unable to play at certain times and summer vacations take their toll. OCC also will be entered in the Restaurant League, which plays on weekends throughout the summer. Players and fans alike are sure to enjoy the Colin Chock-Archie Kaaua show on

the Hau Terrace immediately following each OCC game.

Following pre-season practices and scrimmage games, the team roster is as follows: *Coach/Player*—Dan West. *Infielders*: Henry Ayau, Kim Roberts, Nolan Ramirez, Bob Riley, Colin Chock, Johnny Mounts, Mike Rodrigues, Bill Erickson, Dave Shoji, Steve Williams, Robbie Ostrem. *Catchers*: Archie Kaaua, Levi Stanley. *Pitchers*: Dave Pierson, Bill Head. *Outfielders*: Rick Conroy, Bill Breedren, Bill Kilcoyne, Guy Jennings, Alan Schmidt, Tom Selleck, Scott Rigg.

There is no doubt that softball interest is high and the team will look classy and play well—at least most of the time. Club support is needed. You would be advised to bring your lawn chairs and autograph books.

OCC 11—ELKS 4

Bill Breedren rapped out three straight hits, Johnny Mounts and Kim Roberts had two each as Outrigger scored four runs in the 3rd and three more in the 4th to take a commanding lead. Sparking the defense were Johnny Mounts, Bill Kilcoyne, Colin Chock and Kim Robert as they back Dave Pierson's seven-hit pitching with superb glove work. Ex-

OCC player, Mike Ciacchi, paired hits for our friendly landlords, the Elks.

OCC 8—PHIL-AMERICAN 2

Dave Pierson held the opposition scoreless to the 7th and contributed 3 for 3 and Hank Ayau was perfect with 2 for 2 with a double to lead a solid 16 hit OCC attack. Kim Roberts and Bob Riley also posted two hits apiece as the team jumped out to an early 4-0 lead and never looked back. The defense again was excellent with Nolan Ramirez and Guy Jennings coming up with great plays.

The team plays every week, so check the schedule and come on out.

All games at 5:30 p.m.

Tues	Apr 3	vs	Hale's
Tues	Apr 10	vs	Team Sports
Thurs	Apr 19	vs	Elks Club
Thurs	Apr 26	vs	Zoomies
Thurs	May 3	vs	Papayas
Thurs	May 10	vs	Phil-American
Thurs	May 17	vs	Pro. C.C.
Tues	May 22	vs	Hale's
Tues	May 29	vs	Team Sports

Final weekend of May—Molokai Tourney

First two weeks of June—OCC Playoffs
June begins Restaurant League



Outrigger's 1983 Softball Team.

Second in a Series

Race Walking

By Gerry DeBenedetti

Walking is one of our oldest sports. Race walking is primarily the same as regular walking, but more efficient and at a higher speed. Following are some pointers that will help walkers, whether trying for an Olympic championship or walking for health reasons.

1 The feet should move directly forward and the toes should point forward and not to the side. Do not swing the foot to the left or the right.

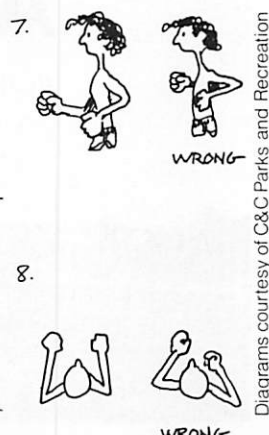
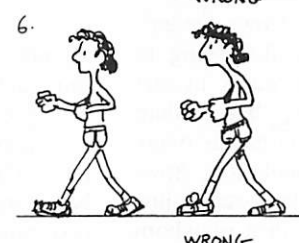
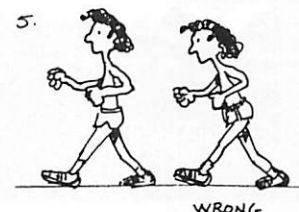
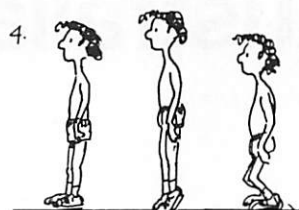
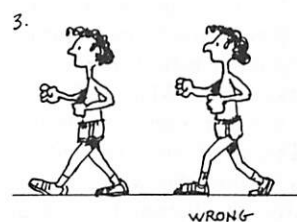
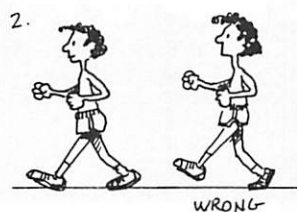
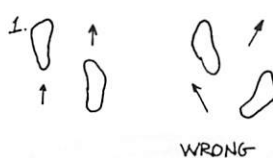
2 The feet must be in constant contact with the ground. Before one foot can leave the ground the other must touch, otherwise the walking becomes running. The heel and toe technique will come naturally as the walker gains speed and seeks to lengthen the stride. The average stride will be about 4/7th of the walker's height. The length of the stride will also vary according to the speed being walked.

3 The leg must be straight. Sometime during the time the foot is in contact with the ground, the leg must be straightened. The better walkers do not land on a straightened leg, but lock it shortly afterwards. To fail to straighten the leg is illegal and causes creeping.

4 The trunk of the body should be shifted forward. Utilize gravity to help move the walker. This attitude may be experienced by standing erect, raising up on the toes, and without changing the relative position of the upper body, settling back on the heels. Notice how far forward the trunk is. If the head is tilted forward, the walker will fall. Repeat the exercise, and after settling back on the heels, take a step forward, noticing how much longer than normal the stride is.

5 The pelvis and the trunk of the body should be erect. Occasionally while climbing hills or walking into strong winds, a slight lean forward is necessary, but normally leaning will either cause creeping or pull the rear foot off the ground too soon.

6 The head should be held erect. Do not walk with the head tilted forward or to either side. When the head is



tilted forward, it slows the walker by reducing the length of stride and tends to pull the rear foot off the ground. The walker may need to look down occasionally, but only for a moment.

7 The arms must move with determination. When the walker is moving slowly, the arms should be left down at the sides and swung naturally. As the speed increases, the forearms must be raised, but normally the upper and forearms should be at about a 90-degree angle. The walker should feel the arms aiding in

the thrust of the step. (Envision the arms pulling a rope in the direction of your course.)

8 The arms balance the walker. The arms should move from a position over the corresponding toe back and to the side. Too far in means a loss of thrust and too far out means a loss of balance. Keep the arms close to the sides.

Remember. The racewalkers of Honolulu meet every Wednesday at 5 p.m. at the Punahou track. Next issue: learn by observing.

Diagrams courtesy of C&C Parks and Recreation

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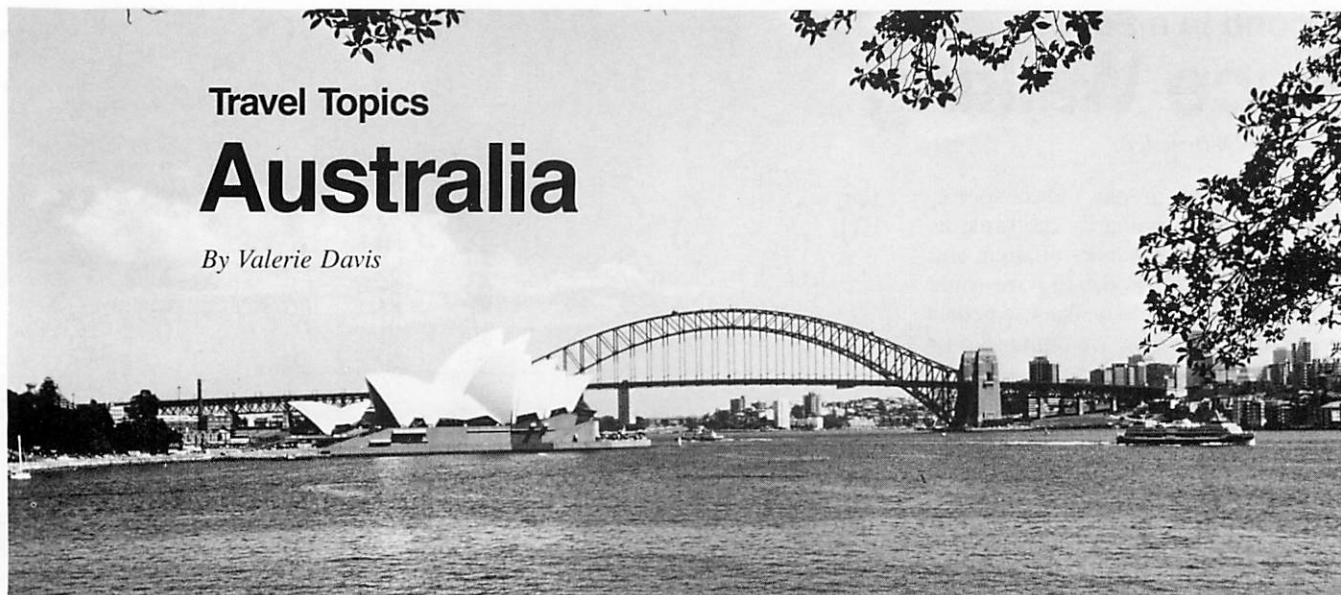
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Travel Topics

Australia

By Valerie Davis



Ralph Turner

Writing about the land “Down Under” in a few paragraphs is like trying to write about the United States in one page. Australia is slightly bigger than the Continental U.S., and has as many varying regions. Its population, however, is much smaller than ours—just over 15 million people, most of whom live around the major cities. This makes it one of the least-populated countries in the world.

Australia is 21 hours ahead of Honolulu and flying time is about 10 or 11 hours, depending upon destination city. The climate is the reverse of ours—winter when we have summer, and vice versa. When you visit you will need both a passport and a visa; also an adaptor, though many hotels have them.

When you say Australia, most people think of Sydney and the world-famous Opera House. This is the largest city, with a population of just over 3 million people, and boasts one of the prettiest harbors in the world. If I only had one day to spend in Sydney, I would definitely take one of the Captain Cook cruises of the Harbor. It is well worth the morning, and seeing the “sails” of the Opera House from the water is quite awesome.

The same goes for the tour of the Opera House. It is even more fascinating inside than out, and the tours are very well organized and do not take more than an hour.

Sydney has many fine hotels, the newest being the Sydney Regent, which overlooks the harbor and a quaint area called “The Rocks,” which is filled

with history, shops, and restaurants. Another fine hotel is the Sydney Hilton, more in the business district. It houses a fun spot known as the Marble Bar—a very popular stop for afterwork. It also has the best Dixieland music this side of New Orleans. Follow this with a water-taxi ride across the harbor to a great seafood restaurant called Doyles, or try any of the other fine dining places in town, and you have had a full day.

But Australia is much more than Sydney. It is Melbourne, several hundred miles to the South—more the cultural and business center, with its British ambience, huge gardens and stately homes—as different from Sydney as LA is from San Francisco. Just to the north of Sydney lie the Blue Mountains, with lodgings in small inns where tired “Sydneyiders” come to unwind. Further north is the vacation center known as Queensland. Sun-drenched Brisbane is the capitol of this region, and nearby are the surf and golden beaches of the Gold Coast and Surfers Paradise, with hotels and lifestyles similar to Waikiki. Even further north is the Great Barrier Reef, 1600 miles of the world’s most fascinating coral formations. This area also has many resort islands, with beautiful beaches.

Australia is also the great outback, with the town of Alice Springs being the hub of this arid region. Known simply as “The Alice,” it has a great frontier feeling in spite of the recent addition of a modern casino. There are both horses and camels here, left over from the days when the camel drivers from

Afghanistan passed through. “The Alice” is the base for most of the outback tours, of which there are many to choose from, depending upon your length of stay.

It is also the departure spot for flight to Ayers Rock, 292 miles to the southwest, and the nearby cone-shaped mountains known as the Olgas. Ayers rock is a giant sandstone monolith, 1100 feet high, with changing colors all day long. It was an ancient shrine for the aborigines, who left petroglyphs. Now, tourists by the hundreds come to see the “Rock” at sunrise, at sunset when it turns a rosy red, and to climb it. This is a little bit of a feat as it is quite slippery, and there is very little to hang onto.

Darwin is the northernmost city in the country, and Perth the westernmost, and some say the most beautiful. Down in South Australia is Adelaide, often the first town you hit when coming in from the outback, so it has both a frontier feeling and also that of a cultural oasis. It is an extremely pretty city, with a civic center that may not equal Sydney’s but is deserving in its own right of being noticed.

Near Adelaide is the Barossa Valley, home of some of Australia’s best wines. The wines of Australia that we get here in Hawaii are nothing compared to what they have down there. They definitely keep the best at home. The wines of the Barossa are very similar to those of Germany, due to the fact that most of the area’s ancestors came from Germany. The other great wine-producing regions are located near Perth; in the

Hunter Valley near Sydney; and the McClaren Vale near Melbourne. Australia's wines are truly one of the world's best-kept secrets.

While on the subject of enjoyment I must mention Australian seafood, which comes with such exotic names as Barramundi, John Dory and Bugs, which are a delicious mollusk. More good news is that both the food and the wines can be enjoyed quite inexpensively, and tipping in most restaurants is either nonexistent or quite low.

No article on "Down Under" would be complete without mentioning my

favorite place, Tasmania, a 63,000-square-mile island about 250 miles south of Melbourne. While Australia is huge, "Tassy" is a beautifully forested and quaint miniature, more like England than the wilds of Australia. Hobart, a picture-postcard city of 170,000 is the capitol. Part of its beauty comes from Mt. Wellington, which looms 4100 feet high behind the city and the bay, where the famous Sydney-to-Hobart yacht race ends every year. The city is brimming over with charm, and also boasts one of the largest casinos in Australia, known as Wrest Point. The Island has a

fabulous wild life, including koalas, wombats, kangaroos, and a creature native to the area—the notorious Tasmanian Devil, a small raccoon-like creature noted for its strong jaws.

Airline travel within Australia is mainly handled by two domestic carriers, Ansett and Trans-Australia Airlines. Direct transportation from Hawaii can be via Pan Am, Qantas, Air New Zealand and Continental, with connecting service through Fiji on Air Pacific. Please contact me at Hawaiian Adventure, 955-7060 if I can answer any questions on Australian travel.

April/May Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Sunday Brunch 8:30 a.m. Music by Makai Strings 5-9 p.m. Buffet Dinner 6-9 p.m.	2 Aerobics 8 a.m. Noon Bridge	3 Softball 5:30 p.m.	4 Aerobics 8 a.m.	5 Buildings & Grounds Mtg. 12 Noon	6 Aerobics 8 a.m. Paddling Kick-off Party	7 Dancing to Music by Makai Five 7-11 p.m.
8 Sunday Brunch 8:30 a.m. Music by Makai Strings 5-9 p.m. Buffet Dinner 6-9 p.m.	9 Aerobics 8 a.m. Noon Bridge	10 Softball 5:30 p.m.	11 Aerobics 8 a.m. House Committee 11:30	12 Executive Committee Meeting 5 p.m.	13 Aerobics 8 a.m.	14 Dancing to Makai Five 7-11 p.m.
15 Sunday Brunch 8:30 a.m. Music by Makai Strings 5-9 p.m. Buffet Dinner 6-9 p.m.	16 Aerobics 8 a.m. Noon Bridge Sailing Committee 5:30	17 Public Relations Committee Mtg. 5:15 p.m.	18 Aerobics 8 a.m.	19 Softball 5:30 p.m.	20 Aerobics 8 a.m.	21 Dancing to Makai Five 7-11 p.m.
22 Easter Sunday Brunch 8:30 a.m. Music by Makai Strings 5-9 p.m. Easter Buffet Dinner 6-9 p.m.	23 Aerobics 8 a.m. Noon Bridge	24	25 Aerobics 8 a.m.	26 Board of Directors Meeting 5 p.m. Softball 5:30 p.m.	27 Aerobics 8 a.m. Seafood Buffet 6 p.m.	28 Dancing to Makai Five 7-11 p.m.
29 Sunday Brunch 8:30 a.m. Music by Makai Strings 5-9 p.m. Buffet Dinner 6-9 p.m.	30 Aerobics 8 a.m. Noon Bridge	1	2 Aerobics 8 a.m.	3 Buildings & Grounds Mtg. 12 Noon Softball 5:30 p.m.	4 Aerobics 8 a.m.	5 Club Day

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On the cover: Kayaks lined up in
readiness for the OCC Ocean
Triathlon. Photo by Gerri Pedesky.

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