

★ the ★
Outrigger ★
December 1983 ★



t. Rainier '83

Running Committee Prepares for '83 Marathon

By Fred Rainey

The Running Committee has been busy for months now preparing for this year's Honolulu Marathon. Chairperson Carolyn Corrigan reports that a pre-race highlight was a lecture by Jack Scaff encouraging runners and answering questions from novices.

As to the marathon itself, several things are scheduled for Outrigger members and their families who are participating in the run.

The pre-marathon brunch will be on December 4 from 10 to 11:30 a.m. in the Club dining room. Several world-class

runners will be there to join in and share any pointers with the members.

Uniforms should be in by now and if you ordered a running outfit from the Club, check with the Beach Shop; any uniforms not picked up by December 4 will be for general sale.

A display case has been set up in the lobby by the Running Committee's Ken Brown, with pictures and posters of last year's marathon. The display will be up until the middle of this month, so check it out!

The big day, December 11, will have

the Outrigger represented by many members. As we go to press we don't have the complete list of participants, but will include all names in the marathon report next month.

The Outrigger tent will be in the same location as last year—on the Diamond Head side of Kapiolani Park—where runners can relax and share their experiences and times.

Good luck to all runners!

Weary Marathoners are refreshed as they pass the OCC aid station.



Tommy Thomas

TV Coverage

Good news for runners, aid station workers and all the others who see only a small portion of the Marathon! KITV, Channel 4, will show the race in a 1½-hour program the same evening, from 6 to 7:30 p.m. And for those who still miss it, there will be a retecast at 1:30 p.m. Dec. 24.

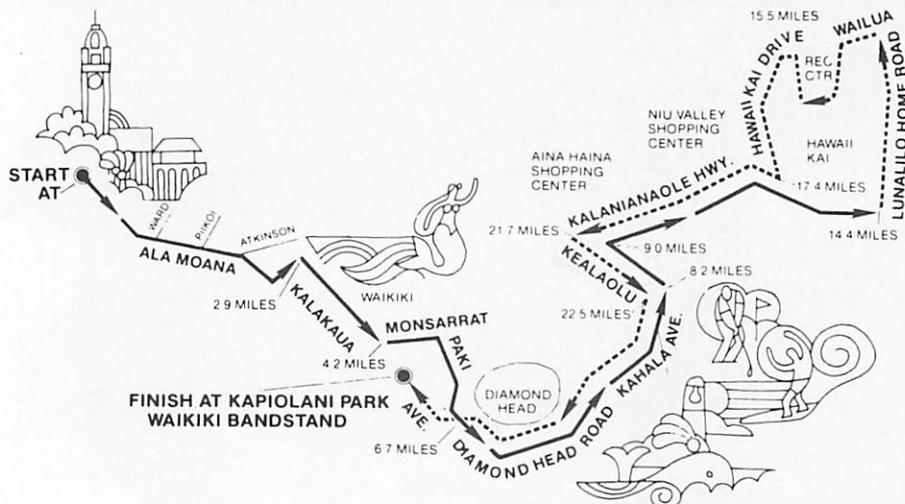
Aid Station

For the 9th consecutive year, the Club will man an aid station in the Honolulu Marathon on Sunday, December 11. Without this important function, very few runners would reach the finish line.

This year the station will be located on both sides of Kahala Avenue just Koko Head of Hunakai St. There, sponges, water and Coca Cola—along with lots of encouragement—will be dispensed to runners going in both directions of the Marathon route.

Cline Mann, director of the Aid Station, says that approximately 100 people are needed to help at the station from 5:30 a.m. (set-up time) to about 10:30 a.m. Many of our helpers are former runners with previous aid-station experience but newcomers are expressly invited. "Those who turn out always find it an exhilarating experience," says director Mann.

If you want to participate in this important part of the Marathon, please sign up at the front desk after Dec. 1.





The Christmas Project

Fill the basket with canned foods and brighten the Holiday Season for those less-fortunate.

By Marty Buckley

The OCC and the Institute for Human Services may be only a few miles apart, but in terms of similarity they might well be a thousand.

The institute, founded five years ago by Father Claude Du Teil, an Episcopal priest, is a rescue mission for the street people of Honolulu. With the help of volunteers and assistance from 36 different churches, 2000 meals are served each week to indigents, alcoholics, schizophrenics—anyone who is down on his luck. It is the one place where these people can receive a friendly greeting, a meal, clothing, counseling and, if they're lucky, a job.

But . . . and it's a big but . . . these same lucky ones are by law cut off from aid services as soon as they go to work. And it can be a long, hungry wait for that first paycheck.

So that's where we come in. As a Christmas project in which the entire membership can participate, we want to provide them with canned or packaged food—food that can be prepared and eaten in rooms where most often there is no means of cooking. We've put a big basket in the lobby for anything you can contribute, so please go through your cupboards and see what extra canned goods you can supply (or make a few

extra purchases next time you're in the supermarket). And include a can opener—most important.

In addition to food, such items as toothbrushes, plastic razors, washcloths, towels and soap are badly needed. (After all, a new job calls for a neat, clean appearance.)

Clothing is also desperately needed, Father Du Teil says—used clothes for men, women and children. So in addition to clearing your kitchen cupboards, how about going through your closets for surplus clothing. Either will make Christmas merrier for a lot less-fortunate people and make *you* feel good too.

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Keiki Christmas Party

On Wednesday, December 21, the Club's youngsters take over for our annual Keiki Party.

The committee in charge has planned a fine Keiki dinner, with a magician doing his stuff to delight the small fry and their adult escorts as well.

Dinner will be served at 5, and as the sun dips below the horizon, Santa is due to arrive by outrigger canoe and will distribute gifts to the youngsters. The same Santa has been thrilling the kids for 18 years.

The Keiki Party is strictly an Outrigger family affair, so—no guests, please.

Tommy Thomas



THE MAGIC MOMENT: Santa arrives by outrigger canoe to dispense gifts to youngsters at the annual Keiki Party.

OCC-HYRA Classboat Regatta



Hobies maneuvering at start buoy.



Bruce Blakely and crewman David Howell on a Prindle 18.

Photos by Di Guild



Dawson Jones on an OCC Sunfish.



Regatta staff, from left: Vice-Commodore Mike Apodaca, co-chair Cheryl Lippman, Don Obenhuber, Grant Senner, regatta chairperson Dr. Clair Folsome, Commodore Woolaway.

4



Sailing canoe ready for launching.

By Gerry DeBenedetti

Hurricane Raymond, cancelled by the OCC Sailing Committee, left behind 20 to 25-knot offshore breezes for the 1983 Outrigger Canoe Club HYRA (Hawaii Yacht Racing Association) Classboat Invitational Regatta held on October 16.

It was a resounding success. The 42 entries complimented Commodore Gray Woolaway and Race Chairperson Dr. Clair Folsome on the most exciting

HYRA race of the season, held in the waters off the Outrigger Canoe Club.

Vice-Commodore Mike Apodaca hand-made the unique regatta trophies. Other Sailing Committee members involved were Hal Reilly, Cheryl Lippman, Di Guild (photographer) and Gerry DeBenedetti.

Special thanks to others: Grant Senner, Wayne Faulkner and Don and Morena Obenhuber, for work on the race committee boat and on the scat boat, and to Cy Gillette for help in chairing the protest committee and in revising the sailing instructions. The race committee boat, "Doc" William Rice's Grandbanks *Waikiki*, of the Waikiki Yacht Club, crewed by Nancy Shaw and Mike Simpson, provided an experienced and able foundation for the event.

OCC sailors who placed in the event were Mike Holmes, 1st in a Hobie 14; Ron Larsen, 1st in Sailing Canoes; Kim Woolaway, 2nd in the Sunfish division, and Todd Bradley, 2nd in Hobie 16.

Ring Out the Old Ring in the New

Launch 1984 at the gala New Year's Eve dinner dance at the Club. Festivities begin at 9 p.m. There'll be favors, noise-makers and a great band. Make your reservations early, please.



THE PEGGE HOPPER DESIGNER BEACH TOWEL



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Stop in and get your designer beach towel at all participating Burger King Restaurants in Hawaii*. And don't forget to take advantage of the great holiday food coupons below throughout the month of December.

*Special designer beach towel offer—available while supplies last. Limit one per customer per sandwich purchase.

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Our delicious breakfast sandwiches are even better. And now when you present this coupon for a Redondo's Portuguese Sausage breakfast sandwich—you get one free.

Offer not to be used in conjunction with any other food coupon. Limit one per customer. Coupon expires December 31, 1983. Offer good at all participating Burger King® Restaurants in Hawaii.



Buy a Bacon Double Beef Cheeseburger—Get One Free

This great combination is now available with mayonnaise, lettuce and tomatoes upon request at no additional charge.

Offer not to be used in conjunction with any other food coupon. Limit one per customer. Coupon expires December 31, 1983. Offer good at all participating Burger King® Restaurants in Hawaii.

Body Mechanics

By Robin Smith, RPT

Prevention of Muscle and Tendon Injuries

Muscles and tendons must be gradually prepared for the types of stress they will encounter. They must be strong and flexible, they must have endurance and they must have the advantage of operating with proper biomechanical alignments. The muscles of the lower leg, especially the calf, are particularly subject to strain and will be presented as an example of the above.

There are two major large muscles in the calf called the *Gastrocnemius* and *Soleus* muscles, and a smaller one called the *Plantaris*. Together they are called the *Triceps Surae* and the three of them combine in the *Tendo-Achilles* or heelcord tendon. This muscle-tendon unit is the strongest in the body and is capable of lifting two to three times the weight of your body.

Strength development: This is a difficult group of muscles to strength-

en, as the lever arm (the foot) is short, and it is difficult to exercise the muscle isokinetically. Most exercises are therefore isotonic, so that the muscle is improperly prepared for the fast explosive movements required in jumping and leaping activities. For the same reason it is also a difficult group to hypertrophy, as body builders can attest to.

Some suggested exercises: Running UP stairs, and walking slowly down. This should begin with only three to five flights at a time and increasing at no more than 10% a week based on a minimum program of three times per week.

Toe raisers can be done against a weighted resistance, as with a barbell or in a squat machine. The heel should drop no more than two inches below the ball of the foot for an average-size adult foot.

Walking and running up hills is also good for developing strength in the calf group, however running down should be

done with caution as strains can be developed in muscles in the front of the leg and around the knee. These exercises should only be done if injury has not occurred and must be done gradually. For seasonal sports, training should begin at least six months prior to the sport.

Flexibility: Stretching is important, as long as it is done properly, as described earlier in this series. Improper stretching and overstretching will cause microtears in the muscle and tendon, and set the stage for an acute injury. Stretching should be done with the knee bent in order to properly stretch the *Soleus* muscle, which originates below the knee. This muscle is placed on a maximum stretch just prior to jumping, as in volleyball and basketball.

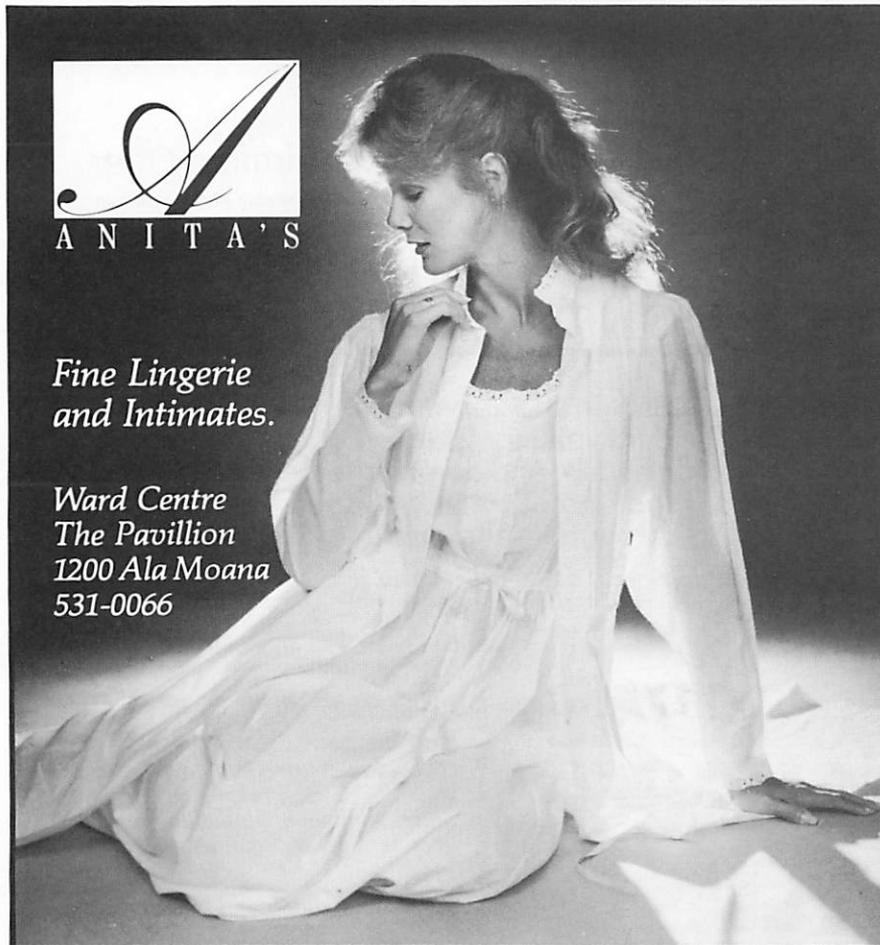
Remember that it is very important to *inhibit* the muscle being stretched by contracting the opposite muscle groups, in this case the dorsiflexors of the foot.

Endurance: Remember that endurance development involves alteration of the muscle fiber's metabolic capacity, and this cannot happen overnight. Marathon runners do not peak until their late 20s and 30s and even into their 40s, due to years of training and development of the metabolic pathways. Rate of increase of workload should not exceed 10% per week, as a general rule of thumb.

Biomechanical alignment: Think of muscle-tendon units as a system of levers and pulleys. If the alignment of this system is not efficient, due either to performing movements improperly or to structural deficiencies, an acute or chronic strain will occur. Calf Unit strains are frequently caused by poor mechanical leverage due to over-pronation (flattening of the arch of the foot) or to excessive supination (arches that are too high or rigid). These types of mechanical problems can usually be corrected by the use of proper shoes for foot type, and perhaps by orthotics (literally a device to "straighten")

If an injury does occur, it will help to think of PRICE (protection, rest, ice, compression, elevation). Further treatment must be determined by your physician.

6



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Ironman Triathlon in Kona

By Joe Teipel

Paul Manaut, Roger Cundall, Bill Head and Patrick Bowlen were Outrigger members who competed in the 1983 Triathlon held in Kona in October. Ron Sorrell and Robin Smith were on hand with cameras to record the event.

On October 22nd, 1983, 964 Ironmen and Ironwomen began the world's toughest endurance test—and three of the finishers, all with respectable times, were OCC members. Of those who began this 140.6-mile feat, 837 or about 87%, actually crossed the finish line some 9 to 17 hours later. They came from 27 countries and 47 states. They trained for six to nine months, six to seven hours a day.

All this came to naught, unfortunately, for 30-plus participants during the 112-mile bike race. Some vandal, with malice aforethought, had littered part of the hot and head-windy road to Hawi with all manner of tacks and nails. The resultant flat tires (and heartbreak) shocked the friendly, aloha-filled people of Kona, who simply burst with support for this granddaddy of the world's triathlons. Over 3,000 of them volunteered countless hours to make the Bud-Light Ironman Triathlon a logistical orchestra—an amazing and difficult task.

ABC Wide World of Sports covered it and will televise this dramatic competition, as they have now for many years—it's always one of their most popular shows. The 2.4-mile swim, the 112-mile bike ride and the 26.2-mile marathon run are performed back-to-back, non-stop! Some get seasick during the swim, some are heat and wind-blasted during the biking (head winds to 55 mph—brutal!) and many buckle at the knees during the run.

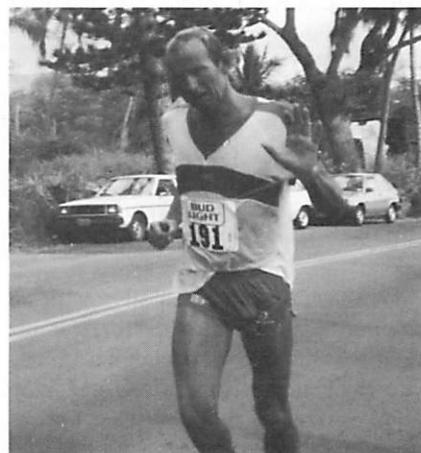
Congratulations to our three Ironmen who finished: Pat Bowlen, Paul Manaut, Roger Cundall.



THEY'RE OFF: A thousand participants in the 1983 Triathlon held in Kona in October are about to start the first leg of the grueling race—the 2.4-mile swim.



UNLUCKY: After a year of training 8 hours a day, Bill Head was forced to drop out of the race with severe cramps throughout his body. The temperature of 105° didn't help!



OCC's Patrick Bowlen, whose finishing time was 11:30. Fellow 'Rigger Paul Manaut, not photographed, finished in 13:04:34.



2 DOWN, 1 TO GO: Having just swam 2.4 miles and ridden his bike 112 miles, Roger Cundall starts the 26.3 marathon. He finished 57th overall of the Hawaii participants with a time of 14:37:28.



'Rigger Robin Smith aids Kona police in carrying a fallen bike rider. Although the rider took the serious fall near the start of the ride, he later got back on his bike and completed the 112-mile race.

As the Terrace Turns

Travel Notes . . . **Benee Akaka** is making the **BIG MOVE** to San Francisco where she'll be doing modeling . . . **Jay and Glenda Pell** spent a long weekend on Maui hiking Haleakala—they said it was fabulous but hard on the legs . . . **Diana Snyder** spent two weeks on the Mainland visiting family, including daughter **Joslin** at U.S.C., and attending her brother's wedding in Boston . . . **Mike Hutchinson** and **Blair Norris** had dates with the Hamilton girls—they enjoyed cocktails at the girls' Los Angeles home and chatting with their mom, **Carol Burnett**.

Fred Rainey back from an East Coast visit that included watching the leaves change in northern Vermont and theatergoing in the Big Apple. On the flight home, Fred struck up a conversation with his seatmate who turned out to be fellow 'Rigger **Chris White**. Needless to say, they found plenty to talk about . . . Fred, incidentally, will be traveling again soon. Shortly after returning from the Mainland he attended a Publishers' Trade Show and won the big prize—a round trip for two to the Big Island, complete with car and accommodations at the Kona Hilton, all courtesy of *This Week* magazine . . .



Montie Costa

In a beautiful, traditional wedding at Central Union Church, Laura Sanburn became the bride of Steven Van Lier Ribbink on October 29.

Dr. Norm Goldstein told the Tucson, Ariz., Rotary Club all about "Tutus with Tattoos" and went on to Washington D.C. to testify at the House Committee dealing with Fort DeRussy . . .

Congratulations to **Anita Minter** on her increasingly successful career as an entrepreneur. Anita has opened her

second "Viva" swimsuit shop, this one in Ward Center, plus "Anita's," which sells men's accessories along with women's lingerie and nightwear, also in Ward Center. Nice going, Anita . . . Congratulations also to **John Finney** on his recent 40th as well as on the opening of a second Waikiki Burger King, this one in King's Village.

Historic Hawaii had their annual gala benefit at the new Halekulani Hotel, with many OCC members on hand to support the organization. Among them, **Paul and Gladys Menshan, Brian Shuckburgh** and **Rici Roberts** . . . Amazing chain of occurrences: **Gerri Pedesky** gave **Susie Hemmings** a book of quilt tickets from the Bishop Museum to pass around for donations, \$1.00 donation giving the donor a chance to win a Hawaiian quilt. Susie sold *one* ticket to **Donny Mailer** and guess whose name was the one drawn from some 6,000 in the barrel! **Arden Moore** could hardly bear to call Donny with the great news, as she was hoping the quilt would be hers . . .

Ernie White treated the PR Committee to a sampling of his new drink on the Terrace the other eve. Those able to walk, talk and see after a few rounds, agreed that it should be named "Ernie's

WILLING WORKER: Maxine Patridge, Festival of Trees advisor, works on Christmas crafts to be sold at the festival. The annual event is sponsored by the Queen's Medical Center Auxiliary.



Mazeppa Costa

Wipeout" . . . A few of the ingredients are Amaretto, vodka and Bailey's Irish Cream, whipped together to make a scrumptious holiday drink . . .

Recent volcanic eruptions on the Big Island brought memories to **Bill Capp** of the day back in 1935 when, as a member of the 23rd Bombardment Squadron, he took part in a bombing raid on Mauna Loa—dropping 300 to 600-pound bombs into the crater to divert the flow of lava from Hilo . . .

Christmas trees and crafts on display at the annual Festival of Trees are largely created by several dozen volunteers who work year-round designing and making the exhibits and gift items. Among these hard workers are OCC members **Jean Anderson, Ko Ather-ton, Gay Austin, May Balding, Mary Dorman, Audrey Lynch, Maxine Patridge, Lois Phillips, Dell Reier-son, Lucy Rieve** and Festival chair-man, **Barbara Sharp** . . .

Joe Teipel recently broke the good news to Hawaii surfers about the preservation of one of the world's top-rated surfsites, Maui's Maalaea "Pipeline." It is the world's fastest, hollowest, most perfect, tubular wall, and the Army Corps of Engineers and the State of Hawaii have abandoned plans that would have destroyed the beach . . . **Roger Cundall**, Hawaii rep for Morey Boogie Bodyboard, is excited about the \$10,000 Pro meet December 15-22 at Pipeline. The meet will be sponsored by Morey . . .

Meanwhile, back on the standup board, **Fred Hemmings, Jr.** announced a brand-new Hawaiian Pro Tour lineup—the Triple Crown of Surfing. By invitation only, the world's best surfers will compete in the biggest and best surf anywhere via the offshore Pipe Masters, the Duke Kahanamoku Championships and the Sunkist World Cup of Surfing for Men and Women . . .

Mahalo to **Tiare Finney** et al for creating a super display of motorecycling in the main lobby.

A recent issue of the *Honolulu Star-Bulletin* devoted almost a full page to **Rudy Choy** and his strong stand on the importance of Hawaii's tourism industry . . . And an article in *Honolulu* magazine featured photographer **Werner Stoy** and his work . . . Composer **Alex Anderson**, who is responsible for such famous tunes as "Lovely Hula Hands" and "Mele Kalikimaka"



View of the terrace by Nicholas Black, noted local fine-line artist.

(plus, of course, our very own OCC song), has just recorded his first album . . .

A word from Junior Riggers' **Malia Snyder: Pam Davis** made Punahou's Dance Theatre as a high school freshman . . . **Alika Maguire** and **Kanoa Ostrem** are playing intermediate vol-

leyball and doing well . . . **Erin Pell** won her horse show in October, competing in dressage, cross-country and jumping. And **Jamie Pell** is busy with his A.Y.S.O. soccer . . . Get busy, you juniors, and give Malia your news so she'll have a Junior Riggers' column next month . . .

Outrigger Holiday Schedule

Dec. 21 (Wed.)	Keikis Party Buffet Dinner at 5 p.m. Arrival of Santa at Sunset
Dec. 24 (Sat.)	Christmas Eve Lunch 12-2:30 p.m. Christmas Eve Dinner 6-9 p.m. Main Dining Room
Dec. 25 (Sun.)	Christmas Brunch 8:30-12:30 p.m. Members' Open House 2-5 p.m. Hau Terrace Christmas Buffet Dinner 5:30-9 p.m.
Dec. 31 (Sat.)	New Year's Eve Gala Dinner-Dance 9 p.m. Reservations Please
Jan. 1 (Sun.)	New Year's Day Brunch 8:30 a.m.-2:30 p.m. Special Buffet Dinner 6-9 p.m.

9

Photo Contest Winners

The photo contest is over! From more than 60 entries, the winners were picked from a diverse field by the contest's three judges: Monte Costa, freelance photographer; Fred Rainey, graphic designer; and Conrad Eiger, professional photographer for over 35 years, formerly on the staff of *Life* and *Interior* magazines.

The winners of the three categories of People, Places and Things were selected from both the black-and-white and color prints. The judges looked for quality, imagination and originality, taking into account the amateur status of the competitors. There were many good photographs and the Photo Contest subcommittee of the Public Relations Committee wants to thank everyone who entered. Choosing was no easy matter, considering the range and variety of subject matter.

Prize winning photos will be shown in the lobby display case during the month of January, and several will appear in the January '84 issue of the *Outrigger*. Photos not chosen can be picked up from Patti Higuchi in the executive office.

And the winners are:

People

1st: Clair E. Folsome, *Bag-boy of Haleakala*

2nd: L. R. Scafe, *Evie*

3rd: Doug Bechart, *1977 Winning Molokai Crew from the OCC*

Honorable Mention: Diane Guild, *Watching*

Places

1st: Douglas Bechart, *Soho, London*

2nd: Jack Pedesky, *Quiet Time*

3rd: Nancy Lyman Peacock, *AT&T Building, New York*

Honorable Mention: Allan T. Spitzer, *Rainbow at Sunset over Leahi*

Things

1st: W. S. Chillingworth, *Pua Hau*

2nd: Cindy Sakuda, *Honey*

3rd: Nancy Lyman Peacock, *Fifth Avenue*

Honorable Mention: Andrea S. Dolan, *White on White*

Winners of 1st prize in each category received a \$50 Club credit. Other winners received 2nd and 3rd place ribbons.

Bridge Notes

By Kay Albrecht

Competition was unusually keen at recent Sectional and Regional tournaments. The Sectional was held at the Ala Moana Hotel and the Regional at the Princess Kaiulani Hotel in September, and here are some of the happy winners.

In the Sectional, Marie Case and Evelyn Hammons tied for 2nd and 4th in the Women's pairs.

The OCC bridge players and their partners who scored in the Regional were:

Cleo Evans and Anne Lewis, 1st in the side game.

Marie Case and Evelyn Hammons,

two 1st and one 4th in the side games.

Tia Donnelly and Anne Lewis, 4th in the Women's pairs.

Marie Case and Tia Donnelly, 4th in the side game.

Cleo Evans and Betty Midkiff, 3rd in the side game.

In the Swiss Team, Flight B, Rosene Jacoby, Verna Lazernick, Rickie McCoy and Betty Midkiff were 2nd overall.

Rosene Jacoby and Betty Midkiff, 3rd in the Women's pairs.

Congratulations to Charlotte Weiss, who became a life master.

Victorious in a recent OCC Bridge Club tournament were May Borthwick, center, and Carol Smith. Here they are receiving the Open Pairs trophy from Mary Anna Linkie, Bridge Club chairman.



Steve Riede

Enjoy Christmas Dinner

at your own
Outrigger
Canoe Club

A traditional holiday feast
with all the trimmings.

Buffet dinner
served from 5:30 p.m.

Make your
reservations early,
please!



Board Briefs

By Gerri Pedesky

Treasurer's Report: Total initiation fees, plus interest, for period ending September 30, 1983 was \$72,327. This amount should increase significantly during the balance of the calendar year due to the increase of new Non-Resident memberships . . . ten members were suspended for 15 days due to their failure to pay their accounts on time. Five members were terminated due to their being delinquent four times in a 12-month period.

Manager's Report: Frequency of accidents for 1983 is up but costs are down. If low costs continues, Club may see another reduction in premiums . . . Cocktail waiters are now serving complimentary hot pupus when cocktails are ordered instead of members helping themselves to the pupus. Service will be on a trial basis . . . The wine-tasting party was attended by 241 members for an operational loss of \$276, and 277 attended the Oktoberfest for a loss of \$70 . . . 285 non-resident "B"

member accounts were opened in the month of September (139 affiliate clubs, 146 member-sponsored). Year-to-date, 3,179 accounts have been opened, which is 140 (4%) less than the same period last year.

Admissions & Membership: Applications of Junior (Parent Member) memberships are processed immediately . . . The proposed By-law change concerning Associate Spouse membership has been referred back to committee . . . The membership count as of September 30, 1983 is 3,649 . . .

Building & Grounds: The Club has taken bids to reconstruct the storage unit for beach chairs and also to build an addition to the wall by Colony Surf. Design for storage unit is being considered . . . Preliminary plans for the air conditioning of the CD dining rooms is in the works . . .

House Report: The Board has approved funds to purchase a "Fitron" exercise bike. The "Fitron" will be

placed in the weight room as it is a sophisticated machine and needs constant monitoring . . . An Ad Hoc committee is working on reducing the list of the Club's reciprocal clubs . . .

Athletic: In the hopes that the Athletic Awards Banquet will become a more attractive social function the Entertainment Committee has been asked to get involved with the planning and execution of next year's event . . .

Public Relations: After discussing the recommendation by the PR Committee on publishing in the *Outrigger* more detailed information on the upcoming Board nominees, it was the decision of the Board that the Committee assume responsibility of coordinating the publication of the Board's nominees' brochure.

The 1984 Annual Meeting date has been set as Monday, February 27, 1983.

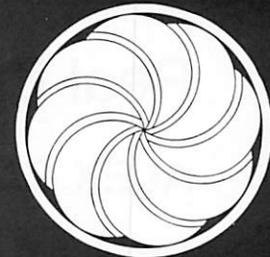
Remember When?

Remember when the girls wore cashmere sweaters, pearls and wool plaid skirts and the boys wore silkies? And the dining room at the old Club was open-air with a tarp that was pulled over when it rained? Anzai's Banzais were already the traditional Christmas drink when this picture was taken in 1953. Pictured left to right at the annual Christmas Open House are Ilima Shinkoethe, Jimmy Smith and John Russell. Photo courtesy of Pam Andelin-Smith.



**Mele Kalikimaka
and Happy New Year
to our Outrigger
Friends & Patrons**

*wm. rennie, stylist
kaimana beach hotel
2685 kalakaua avenue
honolulu, hawaii 96815
922-6503*



Attention Paddleboarders!

Notice is hereby given to all you salty sea stalwarts (or hopefuls thereto!) that the 6th Annual Long-Distance Winter Paddleboard Race will be held on Saturday, December 17th. Although OCC is host, this is a community event and

one that attracts many outsiders from near and far. Entry blanks are at the front desk.

The race begins promptly at 11 a.m. with check-in at 10 a.m. Only the serious and/or crazy need apply—6.214

miles or 10,000km is the test. For more information, contact Dale Hope, Cline Mann or Joe Teipel.

Entry is free, and food and drink will follow at the awards ceremony.

Members It Pays to Know

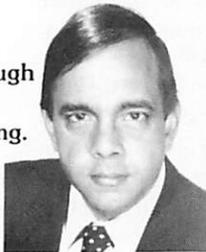


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Leighton Taylor, Director

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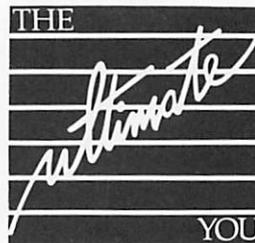
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Sweating in the Sauna

By Frank E. Walton

First, let's get clear what a sauna is . . . and is not.

A sauna is not a steam bath. A sauna is a Finnish bath, consisting basically of exposure to very hot (up to 212 degrees), dry air. That's the temperature at which water boils.

In this world of air-conditioned restaurants, homes and theaters, why does anyone deliberately walk into a room where it is 200 degrees or so?

- A lot of people believe that it's a lazy way to take off weight.

- Others believe that one can get cleaner by sweating out the pores in a sauna than by normal baths and showers.

- Still others believe in the sheer sensual pleasure of exposing the naked body to the caress of hot, dry air.

These experts are divided on some of these points. It is fairly well agreed that any weight loss in the sauna is strictly temporary. You replace it with your first intake of fluid when you get out.

As to cleansing the pores, some respected authorities say that sauna-induced sweating *does* open up clogged pores and flushes away not only surface sludge but deep-lying dirt. Others disagree.

It is generally agreed that you *do* have a sense of well-being after a sauna. Your skin glows and, as a result, *you* tend to glow too.

So what's wrong with temporary weight loss, a thorough cleansing of your clogged pores and a sense of well-being?

To provide you with the opportunity to achieve these results, your Club has a sauna in each of the locker rooms. To date, Club Directors do not believe that Outrigger members are sufficiently sophisticated to permit co-ed sauna sessions as they do in Finland. However, suggestions have been made to connect the two rooms in the Club. (They are back to back.)

So how do you go about taking a sauna?

After soaping and scrubbing in a warm shower, the sybarite wraps him or herself in a towel (or stays stark) and saunters into the sauna. Redwood benches provide seating space for 8 to

10 persons. Sweating usually commences within 3 to 5 minutes. You should be sweating profusely within 10 minutes. After 10 minutes, the aficionado goes out, takes a cold shower for 2 or 3 minutes and comes back in for another 10-minute session.

You'll find that your metabolism has been stepped up, your heart rate increases, you begin to relax.

After the sauna it's back to the shower. (Some experts advocate sitting and cooling off first). You stay longer in the shower than usual, commencing with warm water and gradually cooling it to cold. Stay long enough to stop sweating completely. Towel vigorously and you'll have an outer and an inner glow that will make you ready to face whatever the day or the evening challenge may be.

Some cautions:

- Never, ever hit the sauna after strenuous exercise such as running, tennis, racquetball or a heavy workout. The sauna would just double the already heavy demands on your cardiovascular system.

- The same is true with a sauna after eating and drinking. A belly full of food or booze is enough demand to put on your system.

- If you're heavy into narcotics, tranquilizers, stimulants or other drugs affecting your blood or blood pressure, you may get an improper reaction to high heat levels. Check with your doctor before you try a sauna.

- If you're pregnant (this is for women only to date; with modern medicine it may not be too long until they find a way to make a man pregnant) stay out of the sauna. It's bad for the unborn child.

- Don't stay in too long. If you get really uncomfortable, find difficulty in breathing, get dizzy or nauseous, leave. Relax. Cool off.

- If you have a heart problem or high blood pressure, check with your doctor.

- Saunas tend to dry out your skin. If your skin tends to be dry, use an emollient such as Lubriderm after you've dried off and are ready to dress.

With these points in mind, join the Club hedonists in the sauna. You'll get a glow without the hangover.

In Memoriam

Genevieve S. Magoon

Deceased: October 18, 1983

Regular Member: 13 Years

Mary E. Dillon

Deceased: October 20, 1983

Regular Member: 8 Years

Lt. Col. Elden Z. Shimmin

Deceased: July 18, 1983

Non-Resident: 23 Years

Robert Sides

Deceased: October 1, 1983

Non-Resident: 20 Years



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American in Europe

By Joe Teipel

Let's begin with the bottom line, shall we?! You and I live in the greatest, most free and comfortable place on earth. Even the best of Europe pales, in my view, compared to what's available in Hawaii and in America. Our society and government and lifestyle, especially as experienced in Hawaii nei, are the world's best, I'm now convinced. It's one thing to hear world travelers' report that Hawaii is the best place to live; it's another to come to that conclusion oneself. I have returned more patriotic than ever, more in love with Hawaii and America.

I visited six countries in 30 days—not necessarily recommended unless you intend to do a lot of exploring, as we did. The we is Jeanne Hem, my girlfriend, and me.

We flew aboard Wardair Canada from here to Europe with stops in Canada to and fro. Wardair provides excellent food and drink and all the other niceties expected from a good carrier. Moreover, their staff is friendly, efficient and courteous. I recommend them.

Memories of "The Great Escape" and many other war movies were triggered upon exposure to the likes of the train station and countryside of Frankfurt, Germany. This and so many places in Europe are so *old*. Eurecil trail



French telescopes, Joe decided, were definitely inferior to the American variety.

passes got Jeanne and me all over easily and inexpensively. Contact the French National Railroads in San Francisco; a three-week unlimited, 1st-class pass is only \$300. If you go this way, be very careful and inspective about itinerary planning, changing timetables and communication. I was lucky—Jeanne speaks fluent French, the most useful language in all of Europe. Otherwise, communicating was either a struggle or a frustration. It was disheartening to be surrounded by a maze of indistinguishable media and conversation constantly for five weeks.

Paris is its own "country," even according to other French people. At least

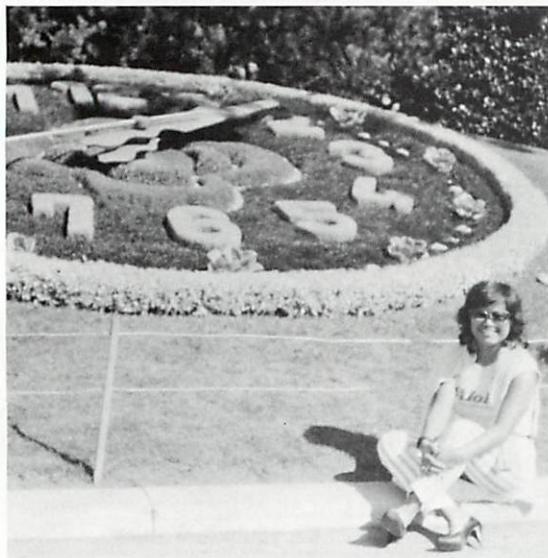
there was a sailboarding shop there! Biarritz is an old resort city in southern France. The surf can be great there—1-25 feet, mostly beach breaks and many of them.

Bars in Spain displayed a strange behavior. At first, it appeared everyone standing at the bar was consuming huge plates of food. Then I found out the bartenders automatically serve the stuff, wait til you come in, and then charge you for what you've eaten. Most marketing in Europe wasn't that advanced. Some establishments regarded us as a nuisance rather than as customers.

The best country in Europe? Switzerland is generally green, uncrowded, mountainous, very clean and occupied by peaceful, conservative, healthy and friendly people. Don't pass it by, and especially check out Geneva and Bern! Bern has completely coed health spas, even more fun than the topless beaches of Biarritz! Finally, on the way home, we stopped in Canada and I was overjoyed to be hearing English again! I had learned much, most of all that where I come from was the best place by far to be returning to!

Editor's note: Perhaps other members would like to share their travel experiences. If so, leave any information and/or photographs at the front desk for Marty Buckley, editor.

Jeanne poses with the world's greatest flower clock, this one in Geneva.



Not quite like the supermarkets they are used to.



New Records Set

Outrigger members competing in the recent Masters National Swim Meet in Indianapolis made a fine showing. The meet was held in the Indiana University pool, part of the \$22 million complex housing the new athletic facility. The Olympic swim trials will be held in this pool in the spring of 1984.

Joan Osborne, in the 65-69 age group, swam to four first places in the

400 and 200-meter freestyle, the 50-meter butterfly and the 200-meter Individual medley. She set new national records in two of these events, the 50 Fly and the 200 I.M. She also placed second in the 100 meter breaststroke.

Competing in one of the toughest age groups, 45-49 years, was Richard Sylva. Being able to place in the top 10 in any event is considered to be an

achievement. Richard placed 4th in the 1500-meter freestyle, 5th in the 400 freestyle, 6th in the 50 butterfly and 8th in the 200 freestyle.

At the "top" of his age group, 70-74, Lloyd Osborne placed 2nd in the 200 Individual Medley and in the 400-meter Individual Medley. He placed 4th in the 400-meter freestyle and 6th in the 1500-meter event.

December Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Buildings & Grounds 12 Noon Historical 5 p.m.	2 Aerobics 8 a.m.	3 Dancing 7-11 p.m.
4 Sunday Brunch 8:30 a.m. Music by Makai Strings 5-9 p.m. Buffet Dinner 6-9 p.m. Pre-Marathon Brunch 10 a.m.	5 Aerobics 8 p.m. Noon Bridge Monday Night Football 6:30 p.m.	6	7 Aerobics 8 a.m. Admissions & Membership 5 p.m. Entertainment Comm. 5 p.m.	8 Executive 5 p.m.	9 Aerobics 8 a.m.	10 Dancing 7-11 p.m.
11 Sunday Brunch Music by Makai Strings 5-9 p.m. Buffet Dinner 6-9 p.m. Marathon (Tent in Park)	12 Aerobics 8 a.m. Noon Bridge Monday Night Football 6:30 p.m.	13	14 Aerobics 8 a.m. House 11:30 a.m.	15	16 Aerobics 8 a.m.	17 Paddleboard Race Dancing 7-11 p.m.
18 Sunday Brunch 8:30 a.m. Music by Makai Strings 5-9 p.m. Buffet Dinner 6-9 p.m. Looong Distance Swim	19 Aerobics 8 a.m. Noon Bridge Monday Night Football 6:30 p.m.	20 Public Relations 5:15 p.m.	21 Aerobics 8 a.m. Lunch 12-2:30 (No regular dinner) Admissions & Membership 5 p.m. Keikis' Xmas Party Children's Buffet Dinner 5 p.m.	22 Board of Directors 5 p.m.	23 Aerobics 8 a.m.	24 Xmas Eve Lunch 12-2 Dinner 6-9 p.m. (Special menu) Dancing 7-11 p.m.
25 Christmas Day Brunch 8:30-12:30 Member Open House 2-5 Hau Terrace Dinner (Special Buffet) 5:30-9 p.m.	26 Aerobics 8 a.m. Noon Bridge Monday Night Football 6:30 p.m.	27	28 Aerobics 8 a.m.	29	30 Aerobics 8 a.m.	31 New Year's Eve Lunch 12-2:30 No Regular Dinner New Year's Eve Gala 9 p.m.

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the **Outrigger**

Published monthly by the
Outrigger Canoe Club

2909 Kalakaua Avenue at Diamond Head
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