

the Outrigger

April 1983



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



Left to Right: Top row, Kent Giles, Robert Moore, Guy Harrison, Neal Ifversen, Benjamin Cassiday, President. Bottom row, Kimo Austin, Robert Vieira, Kim Woolaway, Gulab Watumull, Tom Reiner, Roy Kesner, Rab Guild, Sid Snyder.

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Annual Meeting Hails New Board

OCC members gathered on February 28 for the annual meeting at which new members of the Board of Directors were announced by Ernest Thomas, Chairman of Judges of Election Committee. Immediately following the meeting, all directors met in the Board Room to elect the officers for 1983.

Benjamin B. Cassiday was elected to

serve as President; other officers are Guy K. Harrison, Vice-President of Operations; Robert W. Guild, Vice-President of Activities; Kim Woolaway, Secretary; Robert L. Moore, Assistant Secretary; Roy C. Kesner, Treasurer/Finance; Kent Giles, Assistant Treasurer; Thomas A. Reiner, Special Projects.

Coordinating Directors are James W.

Austin, Admissions/Membership; Robert L. Moore, Athletics/Winged "O"; Sid Snyder, Buildings and Grounds; Neal Ifversen, Entertainment; Kent Giles, House; Gulab Watumull, Long Range Planning/OCC Foundation; Robert L. Vieira, Public Relations/Historical.

President's Report

By Robert L. Moore

The Outrigger's success this past year is due to the efforts of many people—directors, committee members and club staff alike. I personally want to thank them all.

The past two years as President have been rewarding and frustrating. Most of the rewards are reflected in the progress reports from Club officers and committee chairpersons. Some measures of progress are a result of one year's work, such as the 9.4 percent increase in members' equity, the kitchen ventilation

system improvements and the memory workshop offered our employees to enhance work performance.

This year the Board accepted a list of priority projects in a five-year plan. Some are of a short duration, others will take a few years to complete. Examples of the priority projects are a landscape plan that has been initiated for the improvement and maintenance of our foliage. Another priority is a program to improve the Club's graphics to bring about uniformity and aesthetically

pleasing displays. Still other priorities are the renovation of the lobby and the women's restroom.

The past year saw increased participation in our athletic programs with a decrease in the cost. This was brought about by the Board setting limits on the expenditures based upon the expected Club revenues. These same limitations were used in budgeting for 1983 and hopefully will serve as a guideline for many years to come.

Affiliate member usage of the Club

was reported as being up in 1982 but still below the high levels reached in 1980. Affiliate members are member-sponsored or belong to reciprocal clubs. This usage bothers many of our members because of the crowding of our facilities but we must remember they contribute a great deal to the financial success of the Club. The Board of Directors is doing something to find a better balance. We have just eliminated 11 reciprocal clubs from our roster—now at 49—and seek to eliminate more, especially those not used by our members. However, the effect could be a loss of revenue which must be made up by greater member participation or an increase in dues.

Our concern for the Club's facilities stretches beyond that of the members. This year we are working on improving the employee facilities. Our employees need and deserve better accommodations. The locker and toilet facilities for our staff are terribly inadequate. Our membership has grown over the years and so has the staff but their facilities have not and we are working to improve this inequity.

Long-range planning—our future—suggests some new actions. The Board has just approved the establishment of a Building Fund for the possibility of purchasing the fee simple interest in our property or to prepare us for the eventual increase in our lease rent. It was decided that all initiation fees and interest accrued from these fees go into an inviolable Building Fund beginning in 1983. An ad hoc committee will study how to enhance this Fund.

Regarding the fee of our land, our relationship with the Elks has improved recently to the point that they have asked us to resubmit the offer to purchase which we made about a year ago. Even though it has not been accepted by them, nor by our own membership, it is an indication that they are willing to talk and maybe even negotiate.

Hurricane Iwa damage is estimated to cost the Club \$25,000-\$30,000. Our insurance will only cover about \$11,000. Our damages could have been greater had it not been for the staff and members who pitched in to help prevent any greater damage. They all deserve our heartfelt thanks. A special thanks goes to Wayne Faulkner, our Beach Captain, for his special efforts, which

are not only recognized and appreciated by the Club but also by the American Red Cross who asked that I present a certificate of recognition to Wayne.

I would like to remind you all that the minutes from all Board of Directors and Executive Committee meetings, along

with the financial reports of the Club, are available to you at any time. Just ask the Manager.

Finally, I would like to thank you all for your display of confidence in me. It has been an honor and privilege to serve as President for these past two years.

Treasurer's Report

By Kim Woolaway

The Auditors Fiscal Statements and Supplementary Information report for the year ending December 31, 1982 is in the office of the Manager for all members interested in the detailed financial condition of our Club. I do not intend to cover the fine points in this report but will give you a broad picture of the direction we've been traveling since my last report.

Capital expenditures in the area of kitchen renovations and storage areas, computer and heat pump continue to prove out the efficiencies contemplated at inception. We, again, have had a trying and difficult year under which to operate profitably and I feel that management has been able to provide us with our budget goals in spite of the adverse economy.

Our current assets at the end of 1981 were \$2,867,453, and deducting liabilities of \$280,242, members' equity stood at \$2,587,211. At the end of 1982, assets were \$3,162,471 with liabilities of \$335,657 giving us an equity position of \$2,826,814. This is an increase of \$239,603 or 9.3%.

The numbers sound grand, don't they, but what really do they mean? If we go back to my '81 report, we will find that members' equity increased by 13% for a total of \$303,016 (audited). Therefore, we show a decrease of \$63,413 for 1982. The continuing price spiral is showing on our bottom line.

We had an increase for the year in food sales of \$44,838 for a total of \$1,402,609, again showing a loss in this department amounting to \$26,178, reflected primarily in Salary/Wage and Benefits increases in 1981. Cost of goods actually declined for the year.

Beverage sales, likewise, showed an increase of \$6,665, totaling \$577,885. However, increases in cost of goods and the aforementioned increases re-

duced our gain in this vital profit center by \$29,981, leaving us with \$80,991 gain for 1982.

The department which deserves major contributational credit is Beach Merchandise. Total sales were up to \$249,729, giving us a gain of \$99,193 for the year.

Our investment area had income of \$94,300, which is an increase of \$17,418 over '81. Your Board has implemented a program at the request of the Long Range Planning Committee that future initiation fees and investment earnings thereon will be set aside in a Building Fund. The implications here are that this earnings area (income on new additions to capital) will no longer be available for reduction of our Clubhouse losses. We will have to rely solely on the present portfolio of approximately \$863,000 to provide this source of income.

We show a gain for the year of \$63,753 on gross revenue of \$3,657,210 before additions of initiation fees. This correlates to a gain of \$228,356 for 1982. The coming year of '83 will show a gain of approximately \$19,000, if we can meet our budgetary goals.

I think the trend is clear from the foregoing that increasing costs are not able to find offsetting profit in the higher volume of business that the Club is experiencing.

We have instituted programs of renovation and beautification to help insure our future patronage; however, we are faced with a diminishing return situation and will have to face up to it very soon.

I am proud to have served as your treasurer for the second year and would add that my job has been made easy because of the fine management of Raymond Ludwig and the help of Controller Barbara Annis. Aloha to all the staff of the Outrigger Canoe Club.

OCC Members...Off and Running

Volcano Wilderness Run

January 1983 saw the beginnings of what is likely to be the new wave of running in Hawaii: Wilderness trails. Several OCC members went to the Big Island on January 29 to participate in a multiple-choice event: a 26.2-mile marathon through the Volcanoes National Park and Ka'u desert, a 10-mile run around the summit caldera or a 5.5 Kilauea Iki Crater run.

Billed as the first annual Kilauea Volcano Marathon and Rim Runs, it was jointly sponsored by the Hawaii Volcanoes National Park, Sheraton Volcano House and the Volcano Art Center. Runners could choose one of the three race routes. All races were predominately run on National Park hiking trails, which were well maintained but in some places extremely rough, due to volcanic flow (some as recent as last October).

The marathon was open to all, but entrants were cautioned that only the advanced and hardy endurance types should apply. General observations were that the cautions were not overstated. If anything, they understated the extreme ruggedness, which some people must have known about because they showed up to run in gloves. These were not for the purpose of keeping warm in the 7 a.m. Saturday morning 45° chill, but for catching yourself when you fall on the lava!

There were 203 entries in the marathon, which was won by Steve Sobaje, of Maui and Honolulu, in 2:54. His Honolulu Marathon time was 2:20, so the difference gives some idea of how much longer it took someone in supreme condition. Prominent runners from both Oahu and Hawaii were recognized by our local runners, including Cowman, who is from Kona and at least started the run wearing his trademark horns.

The first leg of the marathon was over the volcano rim, past active steam vents, and the huge panorama of the Kilauea caldera, looking like the huge hole in the earth that it is. Runners were

along improved hiking trails until they entered the Ka'u desert where markers were piled rocks and white surveyors tape. At that point it became rather lonely, with runners strung out so that at times you were all alone. It was necessary to run always looking down to avoid stepping into lava bubbles or loose cinders, and there was not one blade of grass or little tree or anything



Clair Folsome

Dr. Clair Folsome, Gerry DeBenedetti and Grant Senner participated in the '83 Big Island Volcano Run.

out there! It was like running on "rice crispies."

Of course, comic relief is where you find it, so you can imagine the surprise it was to come around a mound of lava to encounter a table with three women and two men supplying erg and water to the runners. "Where did you come from?" There were no trails for 4-wheel drive, no tractor roads, no bike paths. The aid stations were helicoptered in!

The Ka'u desert is extremely remote and rugged, and does drop in elevation toward the sea, including some sand paths amidst the lava formations. After 13 miles, a 75-yard-high lava ridge presented itself, and a traverse up the side required use of hands (the gloves!) and feet to stay on the trail. After that, runners returned to foliated areas, ohia bush, and a rise in elevation from 3,000 to 4,000 feet. Near the finish, they were put back onto paved road and finished along the same route as the 10-mile and 5.5-mile runs.

No less demanding was the 10-mile caldera run, which followed hiking trails around Kilauea and the Halemau-mau crater. Steam vents were every-

where, giving an ethereal quality to a beautiful sunny morning. Running over the freshest of lava from last October was a sensation not to be duplicated; the sound of runners moving across brand-new lava filled with air pockets could only happen in Hawaii.

The 5.5 Kilauea Iki run was a runner's joy, a sheer delight to traverse down into the crater and see runners spread out across the crater floor. Then, running across the crater floor, you could look both behind and ahead and see runners descending and ascending the crater walls. Finally, out and back onto the paved road, joining the 10-milers and marathoners who were on the same route, guided by different bands of surveyors tape. Coming into the finish line marked by white for marathoners, orange for 10-milers and red for 5.5., the thrill of completion was evident. The beauty of the National Park, the excitement of being where people don't usually go, and the warmth and hospitality of the Park Rangers and volunteers were superb. After the race and the awards ceremony, there was the entire park to tour and enjoy, and some were able to drive around the very routes they had just run, enjoy dinner at the Volcano House and watch the sun go down. WHAT A DAY!

OCC members who participated were:

Fred Hemmings: Marathon-3:47; 30th overall; 15th for men 30.

Harry Huffaker: 10 miles; no time recorded. Harry and a friend biked uphill from Hilo to the volcano, ran the 10 miles, then biked back to Hilo to the airport.

Gerry DeBenedetti: 5.5 miles-1:07; 10th for women 40.

Grant Senner: 5.5 miles-57:10; 3rd place for boys 11. This was a 10-minute-mile pace for Grant, who took off on the trails, passing adults under their elbows, and said at the conclusion, "This is my kind of run!"

If there were other OCC runners there, please sign your name and times on the sign-up sheets on the bulletin board so we can acknowledge you in future run articles.

Women's 10K

By Gerry DeBenedetti

The biggest women's running event in the State, and maybe the largest in the nation when you consider proportion of population to participation, is the annual Women's 10K (6.2 miles). Outrigger wahine runners were out in force since the run starts right in front of the Club between the tennis courts and the fountain. Route is up Diamond Head Road, down 22nd, Kilauea, Elepaio, Kahala Ave. and back down Diamond Head Road to the Marathon finish line. The race was won this year by a UH student in 36:48, a time that did not set a

course record, but the 2,000 women who showed up for the event were all busy with records of their own.

OCC's ubiquitous runner-swimmers, Diane Stowell and Jan Newhart, again were victorious in their age groups, Diane coming in not only 49th overall but 5th in age group 40-49, and Jan 4th in age group 50-59. Both ladies were "fresh" from the Biathlon the previous weekend, and Jan had run the Telford 10K couples run. Thank heaven these two are not in the same age group (at least not now). All women were acknowledged at the awards ceremony by standing according to age group. Scarves, T-shirts, shoelaces and certificates were awarded to all.



Gerri Pedesky and DiGuild at Women's 10K.

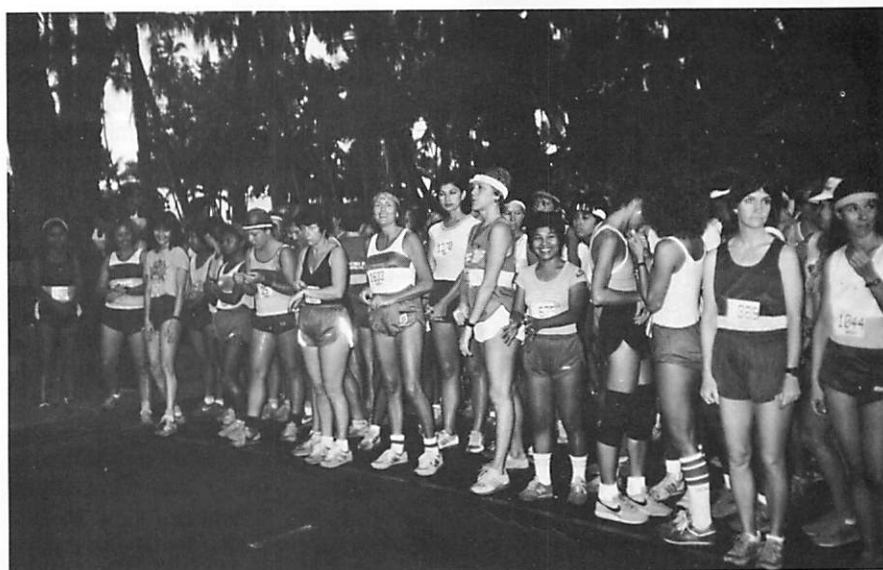
Photos by Leighton Taylor

Couples Run

Ultra Marathoner Max Telford's first annual Couples Run was a big success, with 600 runners participating in the early morning 10K run around a prescribed course in Hawaii Kai. Outrigger Canoe Club was well represented with many familiar faces, however at this writing the lists posted in the locker rooms were not filled out, so only a partial list of finishers is available.

Jan Newhart and her partner were the trophy winners in the "over 100" category in the race, which had a rather unique way of scoring. The total ages of the partners were matched to the total times and those with the lowest combined times in each age category were the winners.

Many interesting and valuable prizes were awarded, including a set of running shirts won by Gerri and Jack Pedesky for being the first couple to enter the race. Also participating were Ricky Grigg and partner, Cathy Anderson and partner, Emary Lucas, and Virginia Roos, Clair Folsome and Gerry DeBenedetti. This was a super-fun race and we encourage all OCC runners to enter next year. Also please help the Running Committee by logging your names and times on the lists provided on the running board after each race.



The start of the Women's 10K.

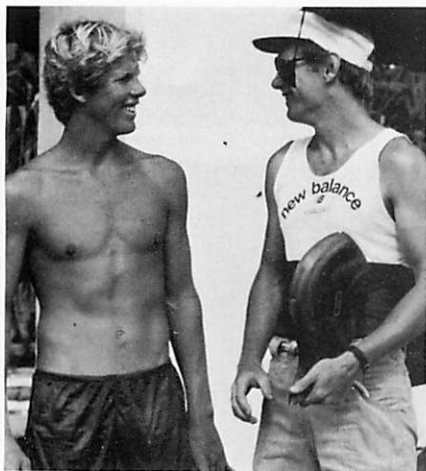


Skinny Dip

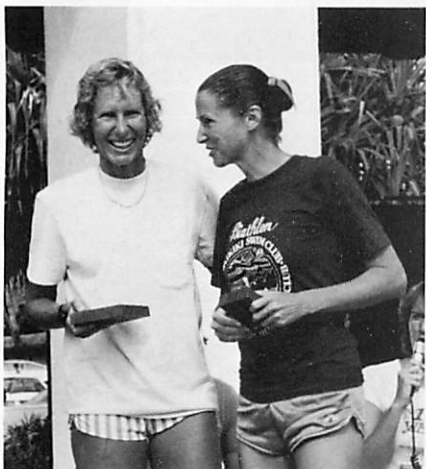
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Grady Howe who received 3rd place overall trophy, is seen with winner Dennis Hanson, right.



Diane Stowell, left, received 1st place in her age group (40-49)



Left to Right, Grady Howe, Robin Smith, Joe Teipel, Diane Guild.

Stowell, Howe Score in Biathlon

By Gerry DeBenedetti

The 11th annual Biathlon (Run-Swim) sponsored by the Waikiki Swim Club and the Mid-Pacific Road Runners was held February 13, with tremendous OCC representation and a good assortment of trophies.

Five hundred eighty-eight participants completed the course of a 2.7-mile (4,290-meter) run around Ala Moana Park, including Magic Island, followed by an 800-meter swim (no wading). Special congratulations to Grady Howe, who finished 3rd overall, and to Diane Stowell, who finished 5th in the women's division.

Jan Newhart, who said she's only been in the ocean two times in six years, receives the OCC "plucky" award for turning out and doing so well, 1st in her age group. A potential triathlete, look for Jan on a bicycle very shortly!

Due to the increased number of entries and high number of entrants in certain age groups, there is talk of next year's event having 5-year age divisions just as is done in the major runs and rough-water swims.

OCC offers congratulations to Waikiki Swim Club and Mid-Pacific Road Runners for a well-run, well-timed and well-publicized event.

ELITE	TIME	PLACE
Grady Howe	26:2	3rd overall
WOMEN		
19 & Under		
Michele Larkin	44:56	22nd
Nancy Neville	42:02	18th
20-29		
Di Guild	42:25	36th
40-49		
Diane Stowell	31:38	1st
Robin Smith	40:08	4th
Gerry DeBenedetti	46:24	10th
50 & over		
Jan Newhart	42:52	1st
MEN		
19 & Under		
Grant Senner	51:58	56th
Mark Sandvold	31:19	8th
Robbie Taylor	32:25	11th
20-29 (161 entrants)		
Tom Henke	38:40	115th
		307 overall
Joe Teipel	29:48	20
		47 overall
30-39 (145 entrants)		
Chuck Martin	39:07	95
Ian Emberson	28:06	3rd
		17 overall
40-49		
Leighton Taylor	34:02	9th



Michele Larkin, age 14.

Photos by Gerri Pedesky

Body Mechanics: First in a Series

By Robin Smith

As a Sports Physical Therapist, I am often asked, "What can I do to get in shape?" This is a difficult question, as each answer must be individualized. Persons must set their own goals, which may be reset many times throughout the year. Physical fitness, however, is a combination of many bodily components, and therefore cannot be attained through participation in one single sport or activity.

Each of these columns will address one aspect of total fitness, and I am starting with flexibility, as I see more inappropriate activities directed toward "muscle stretching" than anything else.

What is "muscle stretching"? Actually the term itself is misused, as there really is no such thing. Muscle fiber is a contractile tissue. When stimulated in the free state, it shortens. When the stimulus is removed, it lengthens out like an accordion unfolding. Pure muscle fiber in its relaxed state would be many times longer than the muscle you are trying to "stretch."

So what is it we are "stretching"? Actually it is all the non-contractile tissue surrounding and associated with muscles—tissues like tendons, fascia (the smooth connective tissue around and in between muscle fibers), ligaments, nerves and blood vessels. These are the tissues that "tighten up," and as such they are too inelastic to stretch. So what happens when we become more flexible? The tissues are actually "re-modeled" to conform to a new, longer



Robin Smith demonstrates the stretching technique recommended.

shape. The cells are changed in shape and number to conform to a new posture, and this takes place over a period of weeks, months, years. That is why as we grow older our general posture is remodeled by the constant pull of gravity—unless we do something to counteract the effects of gravity.

How do we stretch or remodel? Again the question is complex, as muscles again enter into the picture by contracting to *resist* the stress being placed on the surrounding tissues. The secret is to induce the muscle to relax long enough for a stress to be placed on the tissues we are trying to effect. We do this by reflex inhibition. When the muscles on one side of a joint contract (i.e. the biceps to bend the elbow), the muscles on the other side (i.e. the triceps to straighten the elbow) automat-

ically relax. Therefore to "stretch" the triceps, we should contract the biceps. The period of time required for the muscle to relax and for non-contractile tissues to react to the elongating stress is a minimum of 30 seconds.

I frequently see runners trying to "stretch" their heelcords by leaning on a pole and bouncing on the balls of their feet. The most they can expect from this activity is to perhaps push the pole over, as it has no muscles to resist with. The Gastrocnemius-Soleus or calf muscle is the strongest muscle in the body. It is the only muscle capable of lifting two to three times our body weight. Thus it is essential to get it to relax. The proper way to stretch the heelcords is to place your weight on your *heels*, lift up your toes from the ground and then lean forward, keeping your weight on your heels. The feet should be parallel and four to six inches apart. You may shift your weight to one leg for more stress to the heelcord IF you can keep your weight completely on your heel. Hold for 30 to 60 seconds.

You can apply the principles of stretching to any area where you feel you may be too tight. What is too tight? That must be individualized to the body composition and the activity to be performed. Being "too loose" can cause just as many injuries as being "too tight" (i.e. as injuries to the knee in football or skiing), so if you are not sure, check with a physical therapist or an athletic trainer.

Next: Muscle Strength and Endurance.

Canoe Paddlers Registration & Kickoff Dinner

APRIL 8, 1983

Main Dining Room
6-10:30 p.m.

Western Style Buffet
Live Bands

Tickets Available at the
Front Desk
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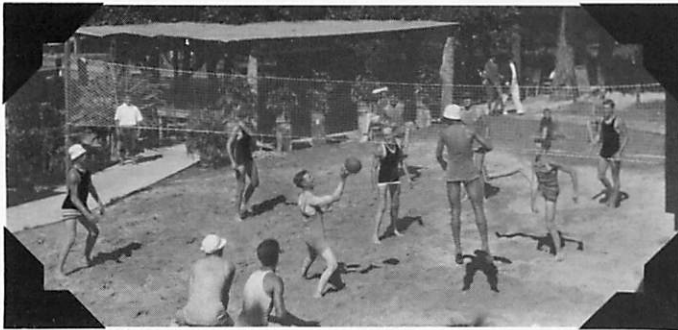
Club Day is Anniversary Day

The Outrigger is planning for the traditional Club Day on May 1 to be the focal point for our celebration of the Club's 75th anniversary. In addition to the usual festivities associated with Club Day, such as canoe racing, pupus, and of course, cocktails, there will be a slide show presentation of the Club's history from 1908 to the present day. Also planned are the playing of the 1968

Oral History tapes, guaranteed to refresh kamaaina memories and introduce the Club's malihinis to our long and fascinating history. There are also one or two surprises planned that we can't say anything about, except that we know that you'll enjoy this Club Day as no other before.

A reminder: we are still in need of your old photographs for publication in

the *Outrigger* and for the display case in the lobby, and possibly to be used in our slide show. Our archives, while containing many wonderful photographs, can always use more visual records of the past, including post cards, memorabilia and, of course, photos. Contact anyone on the Public Relations committee if you can share your past with fellow members.



Volleyball Court



The Champs



Nov. 1956, from left, Lila Reiplinger, Marion Diamond, Gladys Lauriano, Jacqueline Akeo and Mae Blimes.



Winners - Oahu Hawaii Swimming Meet. Aug. 1, 1921. From left, W.W. Harris Jr., Ray Harris, C. Meyer, Dad Center, A.E. Minvielle, F.L. Turner and Duke Kahana Moku.

Pictures Please

If your surname begins with A, and you see it listed below, we need an ID for our files. Please bring a new head-and-shoulders photograph (black & white preferred) to the Manager's office, or come in and Jon or Patti will take a Polaroid.

Granville Abbott, Warren Ackerman, Carol Akana, Robert C. Allen, Anne J. Anderson, Jeanne McDonald Anderson, Katherine Anderson, Garner Anthony, Sydnee Lee Arth, Frank Atherton, Kenneth C. Ault, Beatrice M. Austin, Geoffrey S. Avery.

Next month: names beginning with B.

Long Range Planning Committee Report

By E. H. Thomas, Chairman

I would like to thank the President and the Board of Directors for giving me the opportunity to serve as Chairman of the Long Range Planning Committee for the past eight months. I am particularly grateful to Rab Guild, our Coordinating Director, for having put together this remarkable committee which has the following membership (alphabetically): Peter Balding, George Cook, Thad Ekstrand, Tom Giles, Roy Kesner, Gene Long, Fred Lowry, Sr., Cline Mann, Ward Russell and Bill Stricklin. Board members Rab Guild and Kim Woolaway are ex-officio members.

We would like to present to you a concept the Committee feels is of utmost importance for the perpetuation of the Club!

Our Finance and Operations Task Force presented a study to the Board of Directors along with the committee's recommendations for its implementation. The study pointed out that the Club has two obvious future needs for large amounts of capital. These are:

1. Money to be used for the possible purchase of our Club site in fee, or, alternately, for the payment of an increased rent for the site after November 15th in the year 2007.

2. Money to be used to rebuild the Club on the present site at some future date, when such action is necessary.

Background information in the Task Force study is summarized as follows:

Our lease with the Elks Club has about 23 years to go before it can be opened for negotiating a new lease rent. After this occurs, in November 2006, there is another 49 years remaining on the lease before it expires in November, 2055. To emphasize the magnitude of time involved—we are covered by our lease for the next 72 years! Over two generations!

Obviously, we will have to pay more rent after November, 2006; however, there are limitations placed on the amount we will have to pay since the increase will be based on the value of the land at that time. The Diamond Head Historic, Cultural and Scenic Zone having been imposed on the land in this area, as well as the beach setback imposed by the State, are two

factors which tend to minimize the value. We must assume, however, that there will be a significant increase in our lease rent in about 23 years.

Our present rent, \$30,000 per year, fixed for the next 23 years is, without a doubt, one of the best land bargains in Hawaii! Also, the restrictions imposed on the Elks Club to the benefit of the Outrigger are of inestimable value! Without these restrictions, it is possible that there could have been something built on the Elk's site which would have been detrimental to our Club.

Economics should dictate that we retain our present lease—unless the Elks Club offers the land to us at a low price. From the Elks viewpoint, they *should* offer to sell the land to us in order to realize a far greater financial return that they are now receiving.

Because of the almost universal desire of people to own land, it is entirely possible that our membership would authorize the purchase of the site even if the price quoted is not as low as it should be under the circumstances that exist.

In reviewing these Task Force recommendations, the Long Range Planning Committee feels that the Outrigger should definitely keep our lines of communication open with the Elks Club, and *any* offers should be immediately presented to you, the membership, for acceptance or rejection.

The Task Force study recommended two possible methods the Club can use to accumulate capital.

1. The building fund, which was established by the Board of Directors in 1968, should be reinstated. All initiation fees and all interest or other earnings generated by the fund should be isolated from the general funds of the Club in a restricted "Building Fund." (Note: The original fund was to be used only for rebuilding the Club if such action should become necessary due to age or destruction of the Club).

2. A percentage of all dues should be set aside in a special "purchase-in-fee" fund. All interest or other earnings should accumulate in the fund and the fund should be isolated from the Club's general funds. To illustrate: If it is as-

sumed that there will be no increase in dues and that a 10% interest rate applies, the amount accumulated at various percentage (of dues) set aside would be:

(Based on dues income of \$1,061,261)

5% of dues for 23 years

@ 5% interest = \$2,282,408

5% of dues for 23 years

@ 10% interest = \$4,711,774

10% of dues for 23 years

@ 5% interest = \$4,564,815

10% of dues for 23 years

@ 10% interest = \$9,423,548

The Long-Range Planning Committee, in its letter to the Board of Directors on December 10th, made the following recommendations:

1. The "Building Fund" should be re-established and \$500,000 should be transferred to the fund from the Club's general assets. All future initiation fees and all interest and other earnings generated by the fund should not be considered operating income, but should be held in this "Building Fund."

2. A percentage of all dues, initially set at 5%, should be set aside in a special "purchase-in-fee" or "lease rent" fund to insure the perpetuation of the Club on the present site. Like the "Building Fund," this second fund should have all interest and other earnings isolated from the Club's General funds.

Our concept for 1983 can be summarized in one line—*Let's put some money away now so we can insure the Club's perpetuation!*

In Memoriam

Kay L. Rehberg

Deceased: January 31, 1983

Regular Members: 5 Years

Eugenie B. Pitchford

Deceased: February 7, 1983

Senior Member: 40 Years

Jessica L. Rea

Deceased: February 3, 1983

Club Member: 18 Years

As the Terrace Turns

Nice to see **Dr. Sharon Bintliff** home on a three-week working vacation. "Doc" is completing her Emergency Medicine residency at Highland Hospital in Oakland, CA, where she notes that there is stiff competition between motorists on Highway 17 and the local Rod and Gun Club as to who can destroy themselves first. Sharon lectured here at the Academy of Family Practice, and when she wasn't lecturing she was seen in front of the Club riding her surf ski . . .

A gala party honoring **Joan Cooper Kaaua** had a two-fold purpose. Besides it being her 50th birthday, Joan was featured in a recent presidential bulletin from Punahou's **Dr. Rod McPhee** announcing her selection as the new Coordinator of Alumni Activities. Joan's primary task will be to coordinate the reunions and luaus for all alumni, of which OCC has so many. Nice going!

"It was the cleanest, biggest surf at Makaha since 1969." So exclaimed **Fred Hemmings, Jr.** after losing his contacts during a confrontation with 15- to 25-foot Makaha surf on February 17. Fred, **Karl Heyer**, **Alec Cooke**, **Ricky Grigg**, **Grady Howe** and **Joe Teipel** were six of only nine persons who took up the challenge that unforgettable day . . . **Roy Meaker** back at the Club recently after returning from modeling work in Japan and stamp-collection marketing in the Middle East. . . Congratulations to **Joe Mrantz** on his recent promotion at Tongg Publishing.

You have to move fast at the Outrigger, guys. Pulchritudinous **Patti Leong**, who graces **Ray Ludwig's** office, has announced her April wedding to **Roy Higuchi**. This will not be a typical garden wedding—a double ceremony is in the works! Patti's sister **Sandy** and fiancé **Lou Morvan** will be coming to Hawaii from San Francisco to join Patti and Roy in taking their vows . . .

At a recent I.L.H. diving meet, **Malia Snyder** won her first gold medal for the Punahou Junior Varsity diving team. Quite a feat, considering she has been diving for only three months! . . . Her dad **Sid Snyder**, Building and Grounds chairman, reports that the new koa doors leading to the private dining room should be in place by the time you read this. The carved paddle motif on the doors is a replica of Dad Center's paddle . . .

On the subject of canoe paddles—it's that time again! Canoe paddlers' registration and kickoff dinner will be held April 8 at 6 p.m. in the Main Dining Room. **Jeff Kissell**, chairman of the Canoe Racing Committee, is in charge of the event and tickets are available at the Front Desk for \$7.95 . . .

You'll have a chance to see the Club (and maybe yourself) in a future segment of "Magnum P. I." **Tom Selleck**, who plays a lot of volleyball at the Club, felt right at home in the scenes filmed on the volleyball court. Watch for it! . . . If you haven't seen **Guido**

Salmaggi around the Terrace lately it's because he's spending a couple of months in Sarasota, Florida. Hurry back, Guido . . .

Mary Lou Holbrook is now penning a society column for *Sand To Sea*, a Palm Springs publication, and she'd like to include news of any special events you may be involved in—birthdays, anniversaries, weddings, or just parties for the sake of having parties. Keep Mary Lou informed by phoning her at 396-6846 . . . And won't you let us know what is happening in your life—something you would like to share with members. Leave your item/pictures at the Front Desk addressed to the Public Relations Committee and we will do the rest . . .

If you aren't getting regular massages from **Maria Hemmings** in the Weight Room you're missing one of the best bargains in town. Maria's dextrous fingers will erase all those aches and tensions in a 50-minute massage session for just \$12.50. Call Maria for an appointment at 988-7575 and start pampering yourself.

Pat Avery has become **Phyllis Fox's** new right hand at Historic Hawaii. You ladies are doing great things for Hawaii's preservation . . . **Jackie** and **Charlie Martin** gave their daughter **Alison** away to **Brian Kepper** at a beautiful wedding at St. Andrew's Cathedral, followed by a sumptuous reception at the Martin home. The newlyweds honeymooned in Tahiti and will



The Hau Terrace was the site of the 2nd annual Valentine's Day party hosted by David Howell. The festive table was complete with red satin heart favors, cards, candies and champagne. L to R: Marcia Russell, John Sharp, Angela Russo, David Howell, Shelly Dichter and Jerry Jones.



Punahou Carnival was a great success this year with the help of many Outrigger members. The list is so long it would take pages to mention you all. Pictured enjoying the art display are Diane Guild, Alice Cross, Ron Larsen and Aggie Quigg.

make their home in Denver . . .

Non-resident member **Mary Jane Young**, who lives on Maui, won the women's title in the 13th annual Maui Marathon with a time of 3:05:56. Congratulations, Mary Jane . . . Another

winner, of a different sort, is **Gina Jenkins**, who was selected to be the Club's Bed Race queen and as such ride on the OCC entry in the Carole Kai International Bed Race on March 10. This is the first time the Club has en-

tered the race, and the team came in second in their heart . . . And Barbara Stehouwer was first to correctly complete the crossword puzzle in last month's *Outrigger*. More crosswords will appear in future issues.



SENDOFF SAIL—Rudy Choy treated fellow members of the Running Committee to dinner and a sunset sail at their organizational meeting. Seen from left are Gil Hicks, Carolyn Corrigan, skipper Choy, Darcy Ames, Patsy Hicks and Alike Burso.



Tom Haine celebrated his 50th birthday on the volleyball courts. Fun and games included volleyball played with the net covered so players couldn't see where the ball was, and a "Pin the Tail on Daddy" contest for the gals. As a finale, Tom handed out awards.

Members It Pays to Know



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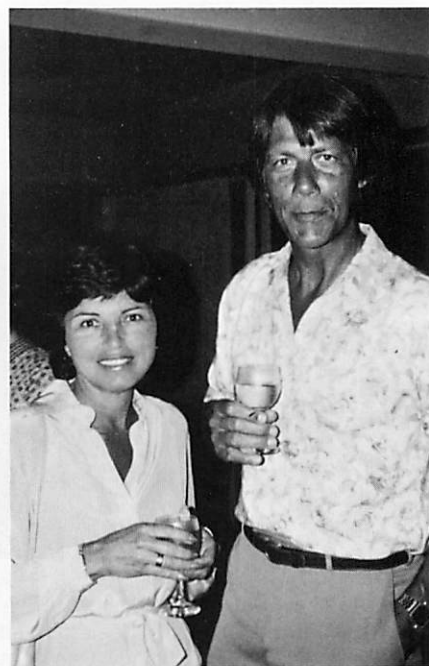
DEEP STEAM EXTRACTION OF HAWAII, LTD.

Aloha Cocktail Party

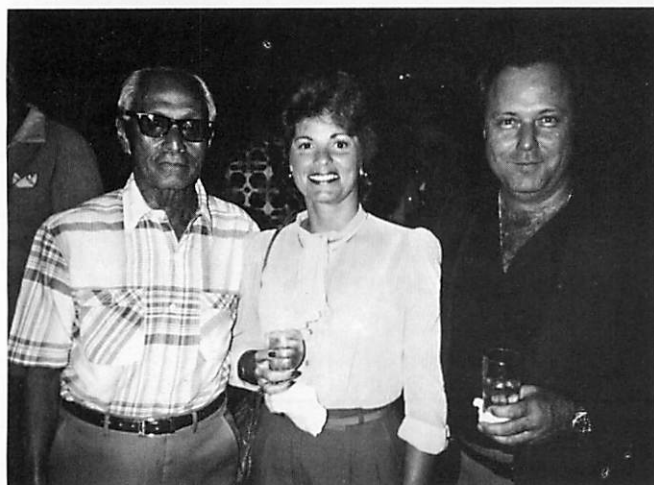
The festive Aloha cocktail party found officers, directors, committee members and executive staff enjoying cocktails and delicious pupus as they toasted the end of the Club year. A few of the 225 celebrants are seen here, photographed by Gerri Pedesky.



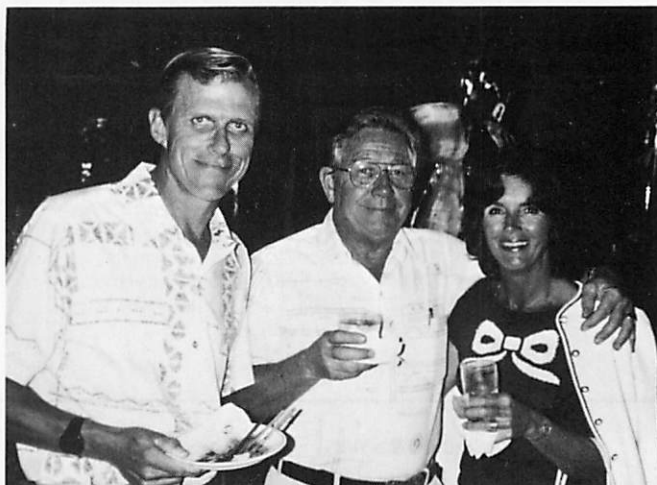
Joe Mrantz, Marty Buckley, Barbara Annis, Leighton Taylor, Clair Folsome, Gerry DeBenedetti.



Barbara and Ken Stenhower



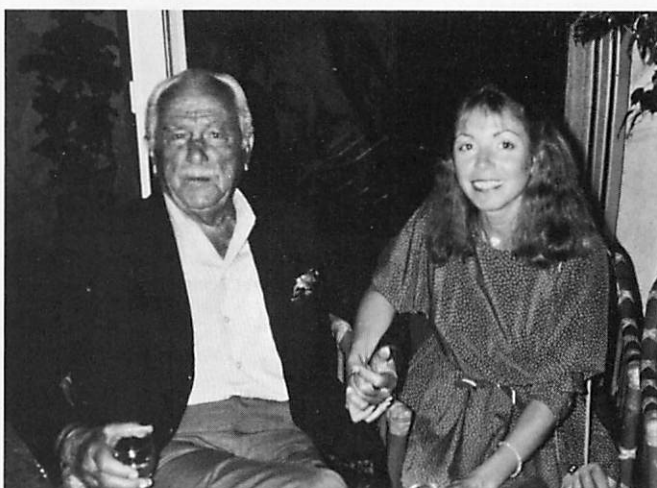
Jimmy Hakuole, Carol Ludwig and manager Ray Ludwig.



Kimo Austin, Thad Eckstrand, Gay Austin.



Peter Balding, Rab Guild



George Brangier and Mrs. Jimmy McMahon

Crossword Puzzle

ACROSS

- 1 1917 OCC member
- 5 Those OCC bikini-clad beauties?
- 13 Similar
- 14 Portland's daily
- 16 Slow learners
- 18 Opacity
- 19 OCC athletic teams, usually
- 21 Assigned elsewhere (abbr)
- 22 For instance
- 23 Tennis divisions
- 24 Relationship
- 26 Biblical abbr.
- 27 Ballet movement
- 28 Blotted
- 31 Playroom for short
- 32 Symbol for iridium
- 33 Mario's bucks

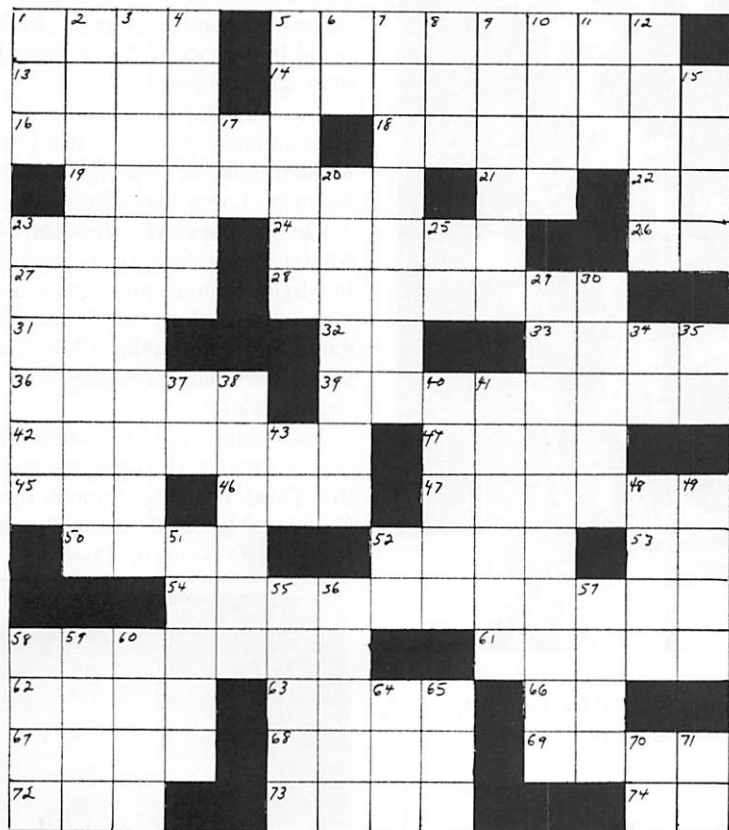
- 36 Homer's epic
- 39 Highly regarded
- 42 Dangling ornaments
- 44 A Ford name
- 45 Summertime in NYC
- 46 Ingest
- 47 Electra's brother (var)
- 50 French-Belgian river
- 52 Suffix of Perch
- 53 Hospital abbr.
- 54 Order of insects
- 58 More puffed up
- 61 Slips in
- 62 Outside covering
- 63 Hawaii Rep. to his pals
- 66 Egyptian sun god
- 67 Dueling weapon
- 68 Pacheco's nickname

- 69 City on the Colorado
- 72 Set of several (abbr)
- 73 Sea mammal
- 74 Building extension

DOWN

- 1 George David's nickname
- 2 Hapa-haole song about a musical girl
- 3 Specialists in motion
- 4 Wrap up
- 5 OCC teams seldom are
- 6 Either's mate
- 7 Cool heavenly bodies
- 8 Initials Eng. composer 1857-1934
- 9 Jack, a 1907 OCC visitor
- 10 Navy types
- 11 Very very tiny in Hawaiian

- 12 Fabric
- 15 Russian veto
- 17 Ford's pos. at Mid-Pacific Mag.
- 20 Crumbiest
- 23 Blithe spirit
- 25 Mr. Brown's middle name
- 29 Holmes to Watson
- 30 Coins
- 34 About
- 35 Paid notice
- 37 Like
- 38 Hunted does and bucks
- 40 Var. of thorough
- 41 Where the Updegroves went last Fall
- 43 Scale note
- 48 Ripped
- 49 Long periods
- 51 Escape
- 52 Paddler Pickering's first name
- 55 Units of measure
- 56 Goodnight girl
- 57 Jacob's twin brother
- 58 Walter Macfarlane in 1939
- 59 Ready
- 60 Loner
- 64 Council of Economic Advisors
- 65 A puhi
- 70 Myself
- 71 Toots Minvielle's first name

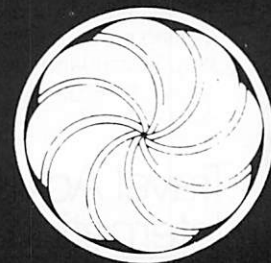


NEW RULES

Because some members receive their copies of *The Outrigger* earlier than others, we have revised the rules of our Crossword contest so that all of our crossword puzzle fans will have an equal chance to win. Here are the new rules: Sign your completed puzzle and leave it at the front desk before April 15. All correct puzzles will be placed in a barrel and one will be drawn. The lucky winner will receive a buffet dinner for two.

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Easter Seal Bike Race

By Leighton Taylor

A growing number of members are learning that it's more fun to sit down while you run. This method of exercise (also called bicycling) is increasing in popularity, aided by such contests as the Tinman, the Kona Ironman Triathlon, and the Maui 1/2-Ironman coming up on April 10.

On February 12, a six-cyclist team representing the Outrigger Club competed in the first Bike-Way Challenge for Easter Seals. This three-hour competition was held at The Bike Way, a new bicycle shop (on Kapiolani Boulevard next to Columbia Inn) operated by Outrigger members Dave, Cindy and Jill Cheever. Five highly competitive teams—Central YMCA, Clark Hatch Fitness Centers, Honolulu Club, Outrigger Canoe Club and Easter Seals—raced for three hours and got nowhere—in terms of distance, that is.

Conventional racing bikes were mounted on stationary training frames with rollers and mileage meters. The team that covered the most miles as recorded on the meter in the time period was judged the winner. Each rider cycled for two 15-minute intervals with a rest period. The entry fees of \$100 per team were donated to Easter Seals. Thanks to team treasurer Tom Merrill and the Club Directors for their support.

OCC team cyclists included Polly Burson (a 1982 marathoner), Rob Taylor, Jacki Kilbride, Julie Zirbel and Leighton Taylor. Results:

1. Central YMCA—61.0 miles
2. Clark Hatch—57.6 miles

3. Honolulu Club—50.9 miles
4. OCC—35+ miles (speedometer broken for last 2 hours)
5. Easter Seals—19.0 miles

Race Organizer Dave Cheever plans similar events within the next several months. Please leave your name (addressed to L. Taylor) at the front desk if you would like to participate in any cycling activity.



Polly Burson pedals her miles for the Outrigger team in the Bike Way's Easter Seal Challenge.

Swimming

By Jim Anderson

The first annual Bondi Beach Cole Classic Ocean Swim was held at Bondi Beach, Sydney, Australia on January 30, Australia Day. This event was organized by Graham Cole of Sydney.

Turnout was excellent for a first-time event. There were two other established ocean swims in Sydney on the same day; however, the premier swimmers choose the Cole Classic with 175 entering. It is expected that the field will top 400 in its second year.

Outrigger Canoe Club members James K. Anderson and Diane Stowell helped to organize the event. Both competed in the race and took first place in their age groups.

The winner, Max Metzker, an Olympic swimmer, received a trip to Hawaii to swim in the Waikiki Roughwater Swim on Labor Day, September 5.

On January 31, the first annual Mount Long-Distance Swim was held in Mount Maunganui, New Zealand. It was organized by the Mount Maunganui Surf Life Saving Club. This 7.4-kilometer ocean race was held in 60-degree water.

The winner, Richard Wells, has received a trip to Honolulu to compete in the Third Possibly Annual Hawaiian Christmas Loong-Distance Invitational Rough-H₂O Swim on December 18.



Steve Riede

EMPLOYEE OF THE YEAR

Upai "Sam" Gamiao, who has been working in the Club pantry for five years, was selected Employee of the Year 1982 from a total of nine candidates. A native of Thailand, Sam came to Hawaii in 1970, hopes some day to open her own Thai restaurant.

The Fun Way to See Europe

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Entertainment Committee

By James A. Stackhouse

When this year's committee first met, we discussed the items necessary for a successful party, such as: Popular Party Theme, Right Date, Right Food, Good Music, Price of Party, and Advertising.

The weather cooperated for every party with the exception of the Oktoberfest, which had mauka showers.

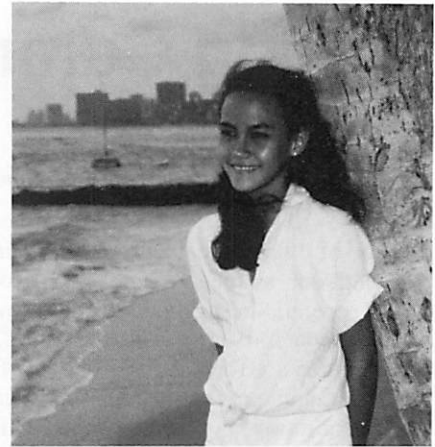
The Outrigger's first talent show proved to be a great success as it involved members of all ages. This year's party attendance as well as profits was excellent.

A new event for the Outrigger will be

the Carole Kai Bed Race on March 20th.

I want to thank a very dedicated and hard-working Committee made up of: Carolyn Corrigan, Leilani Kekolani, Cecil Sharp, Kris Smith, Jeff Dolan, Virginia Godbold, Betty Rogers, Pam Anderson and James Kaiona. I also want to thank Ray Ludwig, the Dining Room and Bar staff, and the excellent food prepared by Chef Teruya and his assistants.

A special thanks to Neal Ifversen, Coordinating Director, for his appreciated assistance.



ROYAL PASSENGER—Gina Jenkins reigned as queen on OCC's entry in the Carole Kai Bed Race last month.

April Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 Dancing 7-11 p.m.
3 Special Easter Brunch 8:30 a.m. Music by Makai Strings 5-9 p.m. Buffet Dinner 5:30-9:30 p.m.	4 Aerobics 8 a.m.	5	6 Aerobics 8 a.m.	7	8 Aerobics 8 a.m. Canoe Paddlers Registration & Kickoff Dinner 6-10:30 p.m. Main Dining Room	9 Dancing 7-11 p.m.
10 Sunday Brunch 8:30 a.m. Music by Makai Strings 5-9 p.m. Buffet Dinner 6-9:30 p.m.	11 Aerobics 8 a.m.	12	13 Aerobics 8 a.m.	14 Executive Committee Meeting 5 p.m.	15 Aerobics 8 a.m.	16 Dancing 7-11 p.m.
17 Sunday Brunch 8:30 a.m. Music by Makai Strings 5-9 p.m. Buffet Dinner 6-9:30 p.m.	18 Aerobics 8 a.m. Public Relations Committee Meeting 5:15 p.m.	19	20 Aerobics 8 a.m.	21	22 Aerobics 8 a.m.	23 Dancing 7-11 p.m.
24 Sunday Brunch 8:30 a.m. Music by Makai Strings 5-9 p.m. Buffet Dinner 6-9:30 p.m.	25 Aerobics 8 a.m.	26	27 Aerobics 8 a.m.	28 Board of Directors Meeting 5 p.m.	29 Aerobics 8 a.m. Seafood Buffet Dinner 6-9 p.m.	30 Dancing 7-11 p.m.

Sailing Committee Report

By Graydon Woolaway

—"to talk of many things; of shoes and ships—"

A lot of "shoe" leather was worn in getting our sailing "ships" and program operational again in the last two years. Ron Larsen headed the Sailing Committee's efforts in 1981 to sell off derelict and seldom-used equipment and obtain two new Sunfish boats. This writer took over the helm as Sailing Committee Commodore last year and continued to implement Ron's ideas with the help of a hard-working committee of Larsen, George Norcross, Hal Reilly, Cheryl Lippman, Hutch Hutchings, Mike Muller, John Shaw, Mike Apodaca and Ken Brown.

To generate interest in our Sunfish fleet, the committee sponsored sailing lessons in April and May for more than 25 younger members. Instructors were Mike and Terry Ratiani from the Wai-kiki Yacht Club. Brian Keith and Richard Coons donated their two boats to the OCC Foundation, thereby adding to our "armada." Tom Reiner, on behalf of the Club and committee, helped sponsor and entertain a PanAm Clipper Cup Yacht, "celerity," in August.

In October, we sponsored a Hawaii Yacht Racing Association Regatta, not held here for several years. Its great success was due to the committee's elbow grease and that of Ray Ludwig, Barbara Annis and Wayne Faulkner of our OCC staff. We even created a "new" class boat: three sailing canoes, manned by such luminaries as Mike Buck, Kala Judd, Mike Muller, Ron Larsen, etc. Muller's "Waimanalo Wonder" won! Many of Oahu's yachtsmen are again looking forward to this year's October H.Y.R.A. Regatta.

A good working relationship was established with the other major yacht clubs, burgees exchanged, etc. We are still working on obtaining the 12 perpetual trophies presently held by the Dowsett estate, so island yacht clubs can again race for them.

This year's program includes sailing and crossover canoe sailing lessons, a yachtsman's night dinner, sponsoring a Trans Pacific yacht, H.Y.R.A. Regatta and several other "fun" in-house races.

See this publication and the sailing bulletin board for forthcoming details. Suggestions are welcomed.

the Outrigger

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The club circa 1915.
From left, Dad Center, Charlie Lambert,
Sonny Ruttman, Harold Harvey,
Francis Bowers, Edward Cook.

The Outrigger Canoe Club

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