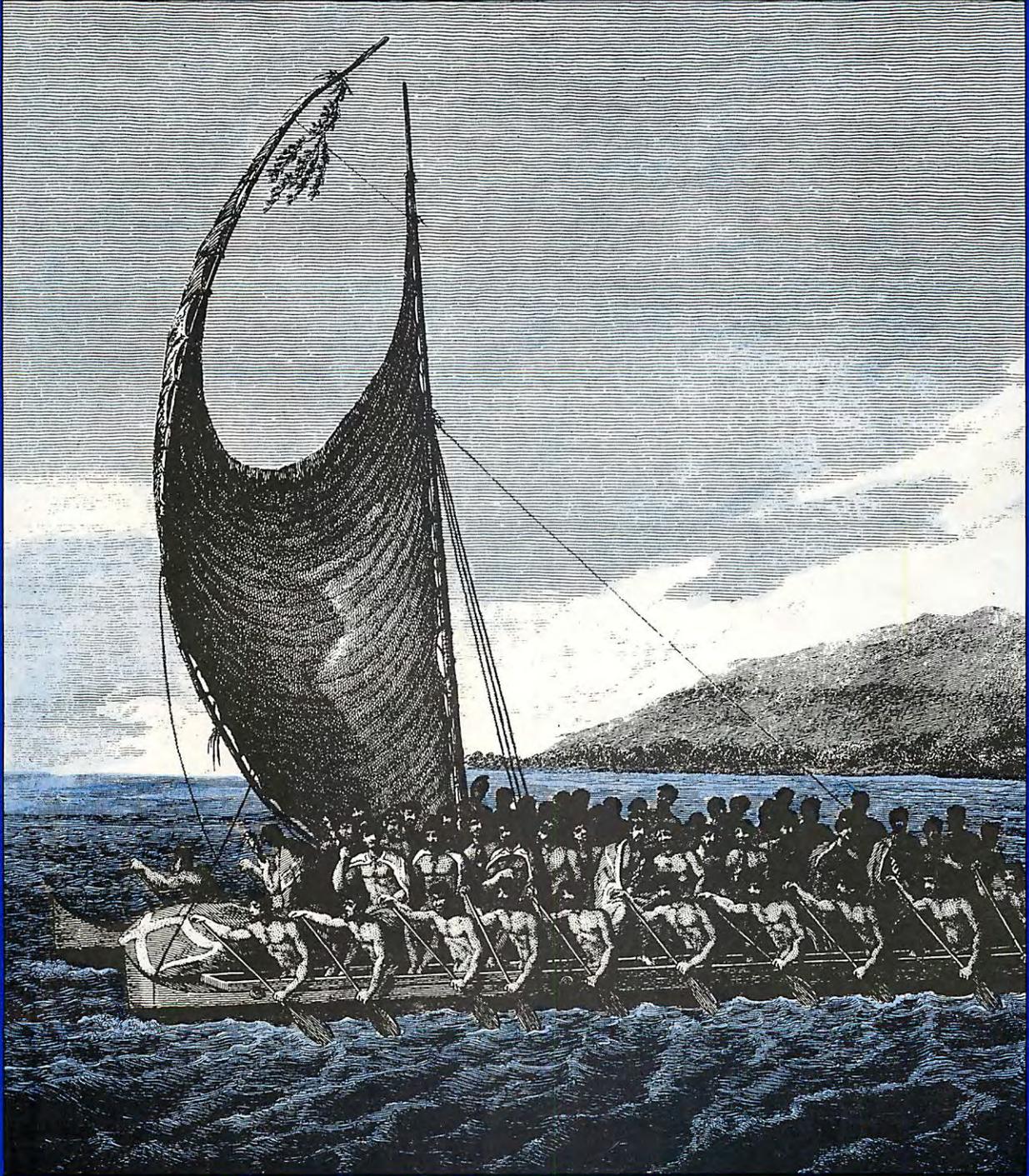


# the **Outrigger**

January 1982



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

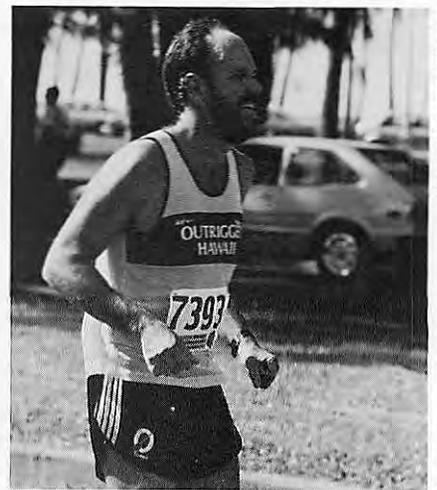
# Some OCC Marathon Finishers



Bruce Ames, Carolyn Corrigan



Rudy Choy



Mike Givens

Tommy Thomas Photos



Darnell Davidson



Jan Newhart

## Runner's Elite Brunch

By Gerri DeBenedetti

An eager group of young and old runners met for brunch on Sunday, December 6, in the Diamond Head Room. Talk was mostly diet: to carbo load or not to carbo load, and where is the wall?

Jan Newhart introduced such invited guests as Harold Chapson, in his 80s, who hasn't slowed down a bit, and Willie Williams, the Honolulu Marathon Association president.

Vital statistics were given: 9,000 entrants in this marathon with the largest number of women ever running in a marathon, results of the Wheel Chair marathon held that day, and how wonderful the Outrigger aid station is. This latter statement, made by the chairperson of this year's event, is a well-known fact among runners.

Some of the OCC members attending were Grant Senner, 10, running his third marathon, Leighton Taylor and Jack Pedesky, both running their first marathon, and ladies Carolyn Corrigan, Carole Wilbur and Kathy Merrill, who have each run one marathon before. Others were Dr. Bill Starbuck, his 14th, and Tom Merrill, his 8th.

These and the many other OCC members who run thank the Running Committee for their assistance with running gear, food and drink, and the good cheer during 1981.



Carole Wilbur

## Helping Hands

While OCC runners went the grueling Marathon route, a hundred or more fellow 'Riggers manned the Club's aid station on Kahala Avenue. From 4:30 a.m. to 3:30 in the afternoon, when the last of the runners—85-year-old Genkichi Zaitso of Japan—passed the station, cokes, water and sponges were provided runners both going toward Hawaii Kai and returning to the finish line in Kapiolani Park.

Among former Marathon runners helping at the Aid Station were Dale Hope, Thad Ekstrand, Jim Wheelers, Hugh Foster, Paul Diller and Gil Hicks.

This was the seventh year the Club has provided an aid station, and Cline Mann, who directed the operation, extends heartfelt thanks to all who participated.



Alika Burso

# Castle Swim Results

By Gerry DeBenedetti

The annual after-Thanksgiving Castle Swim was held on Sunday, November 29 with 22 swimmers participating. Most of them came with dread, fearing that the Thanksgiving week of storms and wind would make for rough seas and chop, but judging from the final times, which were at least comparable to 1980 times, it wasn't all that bad. So, you who stayed home, fearing the worst, it wasn't bad at all, and those who came enjoyed the usual camaraderie, time comparisons, and brunch on the beach.

We give our customary thanks to our helpers: Frank Walton, score and time keeper; Dean Eyre, driver; paddle escorts Robin Smith, Grant Senner, Dean Stowell, Matt Anderson, Christie Adams, Peter Balding, Mike Stirling, Byron Eliashoff, and others too numerous to remember. They also enjoyed the brunch; the Swim Committee knows

how much escorting means to the swimmers.

For the sixth straight year, Jimmy Dean was the overall winner; time: 29:50. Since his 1980 time was 30:37, you can tell the water was fairly good. The course record remains 29:17 set by Jimmy in 1979. First woman to finish was Diane Stowell; 38:41. A swimmer to keep your eyes on is Chris Duplanty, only 16 years old, who came in 4th overall in 35:36.

Complete and official results are:

Place	Name	Time	Group
4	Chris Duplanty	35:36	Boys*
5	Pat Caldwell	35:49	Men 18/24*
6	Mark Glaser	35:49.5	Men 18/24
8	Joe Teipel	37:15	Men 25/29*
1	Jimmy Dean	29:50	Men 30/34*
2	Ian Emberson	31:06	Men 30/34*

12	Kathy Merrill	44:35	Wom 35/39*
3	Richard Sylva	35:28	Men 40/44*
11	Harry Huffaker	42:58	Men 40/44
17	Tom Merrill	46:54	Men 40/44
18	Jon Haig	50:40	Men 40/44
20	Gerry DeBenedetti	58:21	Wom 40/44
7	Kimo Austin	36:02	Men 45/49*
9	Jim Anderson	38:39	Men 45/49
16	Norm Dunmire	46:27	Men 45/49
10	Diane Stowell	38:41	Wom 45/49*
14	Bonnie Eyre	46:01	Wom 45/49
19	George Crandlemire	55:10	Men 50/54*
21	Jake Updegrove	1.02:36	Men 65/69*
15	Joan Osborne	46:10	Wom 65/69*
13	Lloyd Osborne	44:45	Men 70/75*
22	Rodney West	1.11:27	Men 70/75

\*Age Group award

Winners in class will receive a trophy at the Awards Banquet. Reminders: The 1982 Castle swim is the Sunday after Thanksgiving. All swimmers, post your miles on the mileage logs in the locker rooms. Get Wet!

## OCC Member Named Hawaii's Outstanding Young Woman of 1981

Andrea Simpson, director of corporate communications for Pacific Resources, Inc. (PRI), has been named Hawaii's Outstanding Young Woman of 1981. Her biography and record of accomplishments will appear in the 1981 awards volume, "Outstanding Young Women of America."



Andrea Simpson

The program, sponsored annually by leaders of women's organizations, honors young women for civic and professional achievements. Andrea, a Club member since 1977, has been at PRI for three years and is a former officer for First Hawaiian Bank and United California Bank.

A native of California, she has degrees from the University of Southern California, the University of Colorado, and is currently a candidate for a master of science degree at USC's Hickam Air Force Base campus.

In the past several years, Andrea has been named Outstanding Woman in Business by the YWCA, Woman of the Year by Panhellenic of Hawaii, and Outstanding Young Person of Hawaii by the Hawaii Jaycees. In addition to being a member of Outrigger, she is a director of the Hawaii Heart Association, Hawaii USC Alumni and Alpha Phi Alumni of Hawaii, and is a past director of the American Marketing Association Honolulu chapter and the Arts Council of Hawaii.

*Nancy Lang*

COUTURE BOUTIQUE  
KAHALA MALL



# The Outrigger Archives

By Gerri DeBenedetti

Archives has an “old” sound to it, one we associate with fading news clippings, unidentified pictures and a little kick stool to reach the top shelf for a dusty book. Well, not the Outrigger Canoe Club’s archives, and certainly not after listening to Debbie Knowlton, Club archivist, tell about what she’s done, what she’s doing, and her plans for the future on behalf of our Club’s pictures, clippings and other treasures.

First, a little about Debbie. She is an hourly employee, paid as she works, and usually comes to the Club on Monday afternoons, when she can work undisturbed in the library (formerly known as the back dining room) where the archives are located. She admits to being “young at heart” and a resident of Hawaii for 11 years. She has a Mainland degree in English literature and a University of Hawaii master’s degree in library science. She is the Hawaiian Electric Company’s corporate librarian and archivist, so you know she’s qualified and practicing her craft daily.

At the Club, Debbie is establishing a picture file with all photographs dated and indexed. She recently thought she was finished, but another drawer of goodies showed up and she now admits maybe that’s one job that is never done, particularly as photographers keep snapping away on all the action around our Club.

In addition to the pictures, there are at least five huge scrapebooks with news clippings going back to the ’50s and ’60s about Club activities and members who have made the local, national and maybe international news. Another area being worked on is the OCC newsletters, so a copy of each back issue will be available for reference and historical reasons.

Debbie is hard at work indexing photographs of prominent personalities known either in the Club or to the public, so that all pictures of a person are in one file, or cross-referenced with group photographs in which the person also appears. She has received considerable assistance from the Historical Committee in identifying persons and in labeling the pictures.

Also upcoming is a framed photo



Debbie Knowlton

classification of the photographs displayed in the Club. These will be identified on card files so we will know who or what is hanging in which room. It will also serve as an inventory, because many of our photographs are priceless, one-of-a-kind treasures.

Naturally, these things take time, and being a once-a-week archivist makes the work go slowly, but Debbie is making progress and finds the library a good environment for work.

Now, why do we do this, why do we need it, and why bother? There is, of course, the reason that we all like to see our name and face in print and look back on what happened in the past. But there are some really practical, personal uses of these archives and Debbie is willing to assist persons with a need to “get into the files.” For instance, a sportscaster was recently doing research on early sports personalities and came to OCC for some stories. Another person wanted to get scrapbook clippings copied for her sports-active spouse. Many Outrigger members have held or hold national and international records and our archives will be valuable in locating such information.

In this and the following issues, we want members to look at some of these treasures and see if they can identify who appears in the old photographs and where or when they were taken. The winners will receive complimentary

buffet dinners for two.

Identify the people in the photograph on the facing page. If you can, also state where and when the picture was taken. These two facts will be used as tie-breakers in case more than one entry correctly names the people.

Put the date and time on your entry and leave it at the reception desk in an envelope marked Public Relations. The winner will be announced in the March issue of *The Outrigger*.

In February we will run a different picture. Each contest will run until another Outrigger is published. We do not plan to run out of pictures because Debbie is working hard at that ample supply.

## Letter to the Editor

The Outrigger Canoe Club is a member of the NAYRU, North American Yacht Racing Union; also, we belong to the HYRA, Hawaii Yacht Racing Association. The Club is blessed with an anchorage—beautiful sailboats all in a line—a beautiful sight? Hell, no! A disgusting collection of derelicts.

It is a mystery to me how someone will pay thousands of dollars to moor a boat out here and let it disintegrate, destroying others as well. What should be one of our proudest assets is our greatest disgrace.

Tom Reiner

## Win Two Dinners



Can you identify these people? Do you know where and when the photograph was taken? Include all the information you can, put the date and time of your entry and leave it at the front desk in an envelope marked Public Relations Committee. You may be the winner of the first of our monthly contests—dinner for two at either the Friday or Sunday night buffet!

## OCC Beats Pearl Harbor

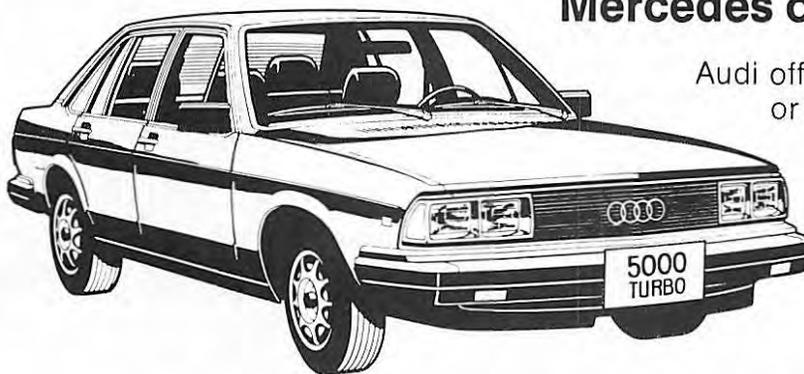
By John Michalski

With some of Outrigger's best players on hand, we had no difficulty subduing an all-star tennis team from various military branches at Pearl Harbor. The performances of Rick Fried, Gulab Watumull and Jenny Staats were superlative. Other members of our winning tennis team included Emil Offer, Cub Jussell, Jon Haig, Dede Openshaw, Diane Stowell, Chuck Swanson, Barbara Gray and John Michalski.

All tennis players are invited to check their place on the tennis ladder, posted near the Beach Shop. You might want to challenge someone you have good reason to believe you could beat. If you are not on the ladder, why not challenge some of those on the bottom of the ladder? It's a great way to meet new and interesting people and possibly improve your game.

# You Owe Yourself an Audi.

Pure elegance, at about half  
the price of comparable  
Mercedes or BMW models.



Audi offers you gasoline, diesel or turbo power and a long list of no-extra-charge luxuries considered options on other automobiles.

## ***SHELTON MOTORS, LTD.***

1341 Kapiolani Blvd.  
Ph: 521-4771

Porsche, Audi  
Jaguar, Rover, Triumph  
Ferrari  
Rolls Royce

# From the Terrace

By Jorgen Skov

When the PR committee first talked about doing this column it was in part to publish short items of social nature, and also to cover specific matters of interest to the members, matters which would not by themselves be lengthy enough to warrant a specific article . . . One of the items discussed at the time was reciprocal clubs. For lack of space we never got around to this. The issue has surfaced again, however, and we will do our best to report members' reactions and at the same time report experiences, good or bad, in hopes of assisting those who want to visit other clubs . . . I am sure that just about *any* club would like to have access to *our* facilities . . .

In consulting Webster's, I have to hang my hat on the word "reciprocal," which is defined as "to be complementary or *equivalent*" and that is how I will make comparisons . . . **Gerry DeBenedetti**, an esteemed member of our committee and an eloquent, outspoken proponent of women's equality, had a bad day fitting that meaning into focus during a recent trip to the Mainland. While in San Francisco she "tried" to visit two reciprocal clubs and issues these caveats . . .

Womens City Club of S.F. is located right downtown at Union Square, close to the theaters and very handy . . . *but*, their "rooms" are on the fourth floor of the Elks Club and consist of a lounge area for tea and cookies, a library and a meeting room. "I was able to meet the aged man who does the tea service," receptionist and the Gerry reports. "That's it" . . .

The other club, the University Club, located right across the street from the Fairmont Hotel at the cable car transfer, is very anonymous, respectable-looking, with not even a sign on the door or a street number to indicate that you are there. "I figured anything this anonymous had to be it," sighs Gerry, and it was—but for Gentlemen Only. There is no place like home . . .

I experienced much of the same in Sydney some months ago. One club

informed me that they were no longer affiliated with OCC, another consisted of a bar and a pool table, and when the lady from Bakersfield and I approached the Tattersall Club a butler-type took me aside and told me that while *I* was welcome anytime, I would, during most hours, have to deposit my roommate elsewhere . . . Now that in itself may have some merit when a twosome has been traveling for some time, but in this case it went over like a lead balloon . . . 'cause the day before we had gone to the horse races and had to sit on opposite sides of a rope . . . Whatever it is that the male homo sapien tries to keep so exclusive, it probably went out with the common use of Old Spice . . . At any rate, we would appreciate comments from your travels. It would surely help others to know where, or where not, to go . . .

Mr. Magnum himself, **Tom Selleck**, entertained **Liza Minelli** for Chi Chis and dinner in the dining room during the singer's successful concert here . . . **H. "Dickey" Thacker** hosted a large round table of Mainland friends for dinner, which reminded me of the grand days when his father **Earl Thacker** hosted visiting dignitaries at breakfast at the Royal Hawaiian, and presented each guest with a state seal necktie. Just a little nostalgia that is all too easily forgotten . . .

Big Aloha to some of the hard-working committee members like **George Brangier** of Building and Grounds. George personally supervised tree cleanout early one Monday morning, and the lobby is a lot lighter because of it . . . Also applause for dining room captain **Phil Delos Reyen** for the gorgeous Christmas decorations he masterminded this year . . . And how about that new look in the lower garage since the workshop has been enclosed. . . . **Kim Woolaway** was the lucky winner of the Honda given away at Aloha Stadium as part of a fund-raising drive for the UH women's volleyball team.

**Dr. Martin Zais** and wife **Rose-**

**mary** enjoyed the buffet one evening and that says a lot. Rosemary has so much seniority with Western Airlines that they normally dine in San Francisco or New Orleans . . . Honolulu artist **John Wisnosky**, famed for his pastel cloud paintings, and family graced the dining room with an appearance, as did **Betty** and **Richard Rowland** with former Honolulu resident **Roy Thronson**, who is now president of Evergreen National Bank in Seattle . . . The Colonel, **Tom Reiner**, is looking forward to early May and the 1982 Pan Am reunion, which will be at the Club. The kings of volleyball, and other sports will gather for a fun-filled week of sports, a steak fry and merriment. The Pan Am Bourbon League will have its third bi-annual meeting and all present and former Pan Am non-resident members are urged to attend . . . That whole week should be fun just to watch . . . **Leighton Taylor** booked the Club for the annual Christmas party for Friends of Hawaii Public TV . . . For those who like unusual food, try the *Boeuf Tartare* at Alfred's in the Gold Bond Building, and if you are daring, they have a 3-oz. martini special . . . Have a wonderful 1982.

## Fish Story

By Emary Lucas

The Friday night seafood buffet has resumed, and if you are a fish lover you've missed a great bet if you haven't tried it. Club Executive Chef William Teruya has put together a mouth-watering array of fish and shellfish specialties.

Since it began last June, this new and different buffet has been a fantastic success! For \$9.95, diners can enjoy unlimited portions of such seafood as king crab-legs and claws, scallops and a seafood curry made with delicious portions of crab, scallops and shrimp. There is the famous OCC mahi-mahi, and not to be overlooked is the poki and ahi-tempura.

# The Hawaiian Canoe, Part III

By Tommy Holmes

## Koa

A magnificent and totally unexpected gift awaited discovery by the settlers reaching Hawai'i. The islands were blessed with extensive forests of what would come to be called *koa*, trees of extraordinary size that were found nowhere else in the world. These trees would provide wood of remarkable durability out of which the Hawaiian would shape his canoes.

For some 1500 years the Hawaiian people lived in delicate balance with their environment, the trees they used being replaced by natural regeneration. Contact with the west shattered this fragile balance; in the span of a few decades *koa* began a radical decline that has continued even to the present day.

*Acacia koa*, once undisputed monarch of the forests of Hawai'i, probably evolved from seeds hitchhiking to Hawai'i in the bowels of some storm-blown bird or through some other capricious act of the winds and seas. In an environment that was comparatively free of competitors and predators, *koa* proliferated to where it was once—after 'ōhi'a—the second most common forest tree in Hawai'i. It has been estimated that today there is standing probably not much more than ten percent of the amount of *koa* that existed at the time of Cook's arrival.

To the Hawaiian, the presence of *koa* was a blessing, a gift beyond words. Mammoth and powerful trunks gave being to a dynasty of canoes that, by the accounts of a great many early European explorers and visitors to Hawai'i, were without peer in the Pacific. What happened to this noble species?

Indeed the burden is on man, starting in 1792 in the form of a well-intentioned but ultimately devastating gift from Capt. James Vancouver—cattle and goats. Enjoying a predator-free environment, the animals multiplied prolifically. These voracious herbivores moved into *koa* belt areas where they found the sweet bark, juicy roots and especially the tender juvenile seedlings of *koa* irresistible. Once a tree, or most of its shallow root system, was girdled (the bark eaten around), the *koa* tree died. Those seedlings that the cattle—the main culprit—did not eat were

often trampled, effectively preventing most natural reforestation.

Other disruptions to the forest ecosystem of Hawai'i have been wild pigs, logging, ranch land clearing and fire. Most wild pigs can take or leave a meal of young *koa* shoots, but their rooting activities play havoc with the young *koa* trees. Logging *koa*, and clearing *koa* forests for lumber and range land also have had a profound impact. In post-contact Hawai'i fires were more numerous and destructive, wiping out significant non-rainforest *koa* areas so thoroughly that natural replacement was not possible.

It has been found that rainforest *koa*, though radically depleted, will today replace itself at about a one-to-one ratio if undisturbed. It must be remembered, though, that the present distribution of *koa* forests is so restricted that any recovery of its original terrain would require a major planting program. Currently some *koa* reforestation experimentation is being done at Keauhou Ranch on Hawai'i under the aegis of the Kamehameha Schools:

Botanists today have generally agreed that there are two species of *koa* in Hawai'i—*Acacia koa* and *Acacia koaia* (curly *koa*). Within these two species are a number of different forms, especially in the *Acacia koa* species which is highly adaptive. In fact, so adaptive is *Acacia koa* that it is found from sea level to as high as 7000 feet.

*Koa* sometimes reaches massive proportions. At Keauhou ranch on the island of Hawai'i there stands what is considered to be the largest *koa* tree in the world. Its trunk measures 19 feet in diameter and 37½ feet in circumference. Though the trunk only rises about 30 feet before branching, its topmost branches tower 140 feet above the ground. The tree is probably 400 to 500 years old.

The other species of *koa* found in the islands, *Acacia koaia*, is a rather small tree typically reaching a height of only 20 to 25 feet. The trunk tends to be gnarled and twisted with rough, corrugated bark, in contrast to the trunk of the *Acacia koa* which tends to be straight with relatively smooth bark. The *Acacia koaia* is found only in low-

land dry areas on the leeward side of an island, usually alone; it was never used for canoe hulls but its curly, cork-screwed grain made it a favorite for fancy paddles.

Early Hawaiians, and canoe builders in particular, possessed an especially detailed knowledge of differing physical characteristics of woods, primarily of *Acacia koa*. In the absence of modern-day botanical classification techniques, the canoe builder devised his own very sophisticated system for classifying *koa*. Though analysis of a tree's trunk shape and dimensions, bark, grain, and branching patterns, a canoe builder was able to identify each *koa* tree as being of a certain type.

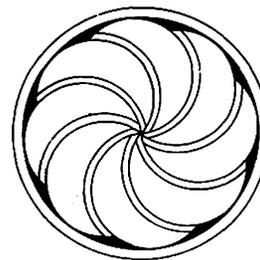
## Gym Hours

Monday-Friday; 7 to 11 a.m.; 3 to 7 p.m.  
Saturday; 10 a.m. to 6 p.m.  
Sunday; closed

## Hau'oli Makahiki Hou

to our Outrigger  
Friends & Patrons

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



# Golf

By Art Emanuel

In spite of threatening weather in Waikiki, Bill Capp's promise on Outrigger golf tournaments: "You never get rained out at Hickam," held good, and the November tournament at Hickam Air Force Base was a great success. The 50 golfers, including 13 wahines, who showed up for our winter tournament were blessed with beautiful sunshine, fresh breezes and a delightful day.

Mel Ward shot a fine 80 to win the Championship Flight Trophy, while Vic Hawthorne (82) and Dick Millard (95) won A-Flight and B-Flight respectively. The Wild Bunch C-Flight Trophy was annexed by Rab Guild's son-in-law, Kim Roberts, with a 91. Cecelia Maxfield, as usual, paced the wahines with a sparkling 82.

Hawthorne, Roberts and Maxfield won closest to the pin, longest drivemen, and longest drive-ladies. Karl Maier had the local sandbaggers screaming when he came in with a net 63 to win the Low Net Trophy. He has a current handicap card but obviously found the Hickam course a breeze.

Thanks to Frank Walton, Golf Chairman and his crew—Gene Long, Hal Mehlberg, Bob Kashare, Jim Landrum and Bill Capp—for another great tournament at Hickam Air Force Base.

The next tournament is planned for Kaneohe in late February, the exact date to be announced later.

## Safety Classes

American Red Cross classes in First Aid and CPR will be given at the Club during February. First Aid classes are scheduled for Feb. 1, 2, 8 and 9; CPR on Feb. 15, 16, 23, 24. Classes will be held in the Board Room from 6:30 to 8:30 p.m.

In addition, instruction in Advanced Lifesaving will be given on the beach on Saturdays, Feb. 6, 13, 20 and 27, from 9 a.m. to noon. Participants must be at least 15 years of age and good swimmers.

Classes are limited to 10 persons each, and there is no cost other than the price of books. Interested members should sign up at the front desk.



TOP:

Bob Kashare, left, and Frank Walton, golf Chairman, share a post-tourney moment with Sonia and Jackie, the attractive and efficient starters at Hickam Air Force Base course.

CENTER:

Nancy Cummings (center) and husband Jake (right) with friends at the tournament.

RIGHT:

Jake and Ruth Updegrove



# Outrigger Neighbors: Corals

By Leighton Taylor

Many of the human neighbors of the Outrigger Club live in condominiums or cooperative apartments that line the shores of Diamond Head's "gold coast." These buildings typically have about 50 to 75 units and house 100-200 individuals. Most have been built since 1960. Long before the Polynesian explorers ever reached Hawaiian shores, however, there were "cooperative apartments" for large numbers of individuals located near Waikiki Beach. In fact, such structures have been around in some parts of the world for at least 300-million years.

These submarine "buildings" are "coral heads." They are found in abundance on the reef in front of the Club and throughout the nearshore waters of all the islands.

"Coral heads" are analogous to cooperative apartments. Each structure houses a large number of individuals, each sheltered in a relatively uniform, single unit. When we see a piece of coral on the beach, or an entire coral colony in a museum, what we are really seeing is a skeleton, or an empty colonial dwelling. The soft-bodied inhabitants are long gone. A living coral contains thousands of individuals each occupying a separate unit (or "apartment") called a calyx. When you examine a coral skeleton closely you can see these circular holes with partitions radiating in toward the center from the sides. Close inspection of a *live* coral, underwater (or at the nearby Waikiki Aquarium), reveals that each occupant of an "apartment" bears a resemblance to a small sea anemone. It is a circular animal with a central mouth surrounded by fleshy tentacles which aid in feeding. Corals belong to a large group of animals called coelenterates (sea-enter-ates), which also includes jelly fish and anemones.

A coral colony begins from a single-celled, free swimming animal (called a "planula"), which settles to the bottom and attaches to a rock or other hard surface. (If we wanted to carry the condominium analogy to excess, I suppose we could call the planula, the land developer.)

The attached planula has the ability

to take a substance dissolved in sea water and cause it to precipitate out and make a hard foundation. This substance is calcium carbonate and is actually similar to the concrete material that comprises Waikiki's condos.

This first coral individual divides into a second unit; division continues, coincident with additional secretion of the cement-like skeleton, and eventually a multi-unit coral head is formed. The cauliflower-sized heads on the Outrigger reef are probably 5 to 7 years old. Some large heads in relatively still waters like Kona may be hundreds of years old.

Corals are important inhabitants of the reef. They provide habitat for crabs, fishes, worms, seaweeds and other marine organisms. In fact, they actually help create the reef. Over long periods of time, the tiny organisms literally build new land. The Club and its neigh-

boring condos are not built on lava rock but on a consolidated calcium carbonate basement created largely by corals over millions of years.

Our neighboring condos and coop apartments may hold open houses occasionally, but it's always open house on the reef. Take a swim and check out some of the *real* architectural accomplishments of our tiny neighbors. Somehow, these builders have solved zoning, design and construction problems that still baffle the human race.

---

## In Memoriam

**Albert M. Harris**

Deceased: November 13, 1981

Club Member: 26 Years

**R. Willard Gray**

Deceased: November 20, 1981

Club Member: 17 Years

---

When at the Outrigger...



just say **Natural!**

---

# The Enlightened Medical Consumer, Part II

By Sharon J. Bintliff, M.D.

"Drink lots of fluids take two aspirins and call me in the morning." Sound familiar? You bet! That phraseology is the epitome of symptomatic treatment for almost everything from the common cold to warts and many ailments in between. Before you begin your first lesson in how to set up a home pharmacy, I ask that you carefully read the label of any of the more common compounds available at the corner drugstore. Now that you've had that frightening experience because of what you read in the fine print about all the possible dangers and serious side effects, let's review two important truths about all drugs:

- 1) Used in effective dosages, all drugs have the potential for side effects.
- 2) Misuse of over-the-counter drugs can have serious consequences. Do not assume that a product is automatically safe because it does not require a prescription.



COLONY CONDOMINIUMS

*"More than a hotel room"*

Suite Elegance  
on Every Island

For reservations call your travel agent  
USA 800-367-6046, HAWAII 808-523-0411



# COLONY

Corporate Rates • Business Meetings  
Contact Rosemary Townsend

3) Special care must be taken when giving any drugs to small children. All medications should be kept out of their reach.

The purpose of this follow-up article, for those of you interested in learning how to better care for yourself and your family, is for you to learn something of the drugs that may be useful to you in your own home pharmacy.

**Common Cold and Coughs:** Most common compounds (Coriciden, Dristan, Contac) for symptomatic relief contain three basic ingredients. The most important is aspirin (or acetaminophen), which acts to reduce fever and pain; a decongestant which shrinks swollen nasal membranes; and an antihistamine which helps dry the mucus and block any allergic reactions. Initially, always take the dosage recommended. If you get no effect, then increase it by one-half. Remember, you always are balancing between desired effects and side effects. The most frequent side effects of these compounds are drowsiness (the antihistamine effect) and agitation (the decongestant component).

Coughing is a protective reflex to rid the lungs of bad material. To simplify a multitude of products, there are only two major categories of cough medication: expectorants and cough suppressants. Expectorants such as glyceryl quaiacolate (Robitussin, 2/6), Potassium iodide and chloroform liquify secretions, which is helpful early in an illness. In the late stages of a cough, when it becomes dry and hacking, a suppressant may be helpful. Dextromethorphan (Romilar, Robitussin-DM) is a drug that calms the cough center, but seldom will decrease a cough by more than 50 percent. The drug is useful when a cough prevents either sleep or work.

**Diarrhea** is an annoying temporary symptom normally caused by viral illness, bizarre diet or over-indulgence. A clear liquid diet to rest the gut usually brings relief. Kaopectate is a must for any home pharmacy; it controls most diarrhea not responsive to clear liquids. Paregoric-containing preparations such

as Parapectalin or Parelixir are available over-the-counter even though paregoric is a mild narcotic. Care must be taken to stop medication when the diarrhea is controlled. Protracted diarrhea, especially in young children, may require the help of your physician.

**Pain and fever** call for the "super drug," and no home pharmacy should be without aspirin. It controls fevers, helps pain and reduces inflammation while maintaining an enviable safety record. Claims for the purity of expensive brands of aspirin are not of much medical relevance. U.S.P. aspirin (acetylsalicylic) in bulk is available at very low cost. A warning however: aspirin treats symptoms, it does not cure. Therefore if new symptoms persist beyond 24-48 hours, consult your physician.

Some persons, especially children, are sensitive to aspirin and do better with acetaminophen (Tylenol, Tempra). This aspirin substitute is not so valuable in the pain and inflammation of arthritis and similar diseases.

**Upset Stomach** is a common ailment when our taste buds gain power over good sense. A must for your home pharmacy is a non-absorbable antacid such as Maalox, Gelusil or Riopan. Using plain baking soda (or Alka-Seltzer or Tums) often will work, but may be absorbed into the body and upset the internal acid-base balance if used too frequently. If you have need for more than just an occasional use for antacids, consult your physician. They are potentially dangerous in people with kidney disease, heart disease or high blood pressure.

**Minor wounds** are common with active persons, and especially children. Band-Aids don't always "make it better," as leaving a minor wound open to the clean air is preferable. Every household should have an antiseptic such as hydrogen peroxide or iodine. Scrupulous attention to the cleaning of a wound initially, and even light scrubbing to remove dirt particles, are the keys to healing without infection. Betadine is a non-stinging iodine prepara-

*Continued on page 12*

# January Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> New Year's Day Lunch 12-2:30 p.m. Special Dinner 6-9 p.m.	<b>2</b> Dancing to Phil Ingalls 7-11 p.m. Paddleboard Race
<b>3</b> Sunday Brunch 8:30 a.m. Haw'n Music on the Hau Terrace 5-9 p.m. Buffet Dinner 6-9:30 p.m.	<b>4</b> Aerobics 9 a.m. Noon Bridge Public Relations Meeting 5 p.m.	<b>5</b>	<b>6</b> Aerobics 9 a.m. Entertainment Meeting 5 p.m. Admissions & Membership Meeting 5 p.m.	<b>7</b> Buildings & Grounds Meeting 12 Noon Historical Meeting 5 p.m.	<b>8</b> Aerobics 9 a.m. Seafood Buffet 6-9:30 p.m.	<b>9</b> Dancing to Phil Ingalls 7-11 p.m.
<b>10</b> Sunday Brunch 8:30 a.m. Haw'n Music 5-9 p.m. Buffet Dinner 6-9:30 p.m.	<b>11</b> Aerobics 9 a.m. Noon Bridge	<b>12</b>	<b>13</b> Aerobics 9 a.m. House Committee 11:30 a.m.	<b>14</b> Executive Committee Meeting 5 p.m.	<b>15</b> Aerobics 9 a.m. Seafood Buffet 6-9:30 p.m.	<b>16</b> Dancing to Phil Ingalls 7-11 p.m.
<b>17</b> Sunday Brunch 8:30 a.m. Haw'n Music 5-9 p.m. Buffet Dinner 6-9:30 p.m.	<b>18</b> Aerobics 9 a.m. Noon Bridge	<b>19</b>	<b>20</b> Aerobics 9 a.m.	<b>21</b>	<b>22</b> Aerobics 9 a.m. Seafood Buffet 6-9:30 p.m.	<b>23</b> Dancing to Phil Ingalls 7-11 p.m.
<b>24</b> Sunday Brunch 8:30 a.m. Haw'n Music 5-9 p.m. Buffet Dinner 6-9:30 p.m.	<b>25</b> Aerobics 9 a.m. Noon Bridge	<b>26</b>	<b>27</b> Aerobics 9 a.m.	<b>28</b>	<b>29</b> Aerobics 9 a.m. Board of Directors Meeting 5 p.m. Seafood Buffet 6-9:30 p.m.	<b>30</b> Dancing to Phil Ingalls 7-11 p.m.

## Correction

The winners of the 1981 Outrigger Bridge Open Pairs Tournament were Hannah Beaumont (left), and Delia Lavin (right). We identified them incorrectly in the December issue.



Viva! Exclusively Internationale!

Viva Swimwear brings you unique fashions that will impress the most sophisticated tastes. For sunning or swimming . . . 20 famously named brands from the world . . . France, Australia, Israel, Brazil and U.S.A. to name a few. Exclusive swimwear priced from \$18.00 to \$70.00.



Viva! SWIMWEAR  
3116 Monsarrat ave.  
Honolulu, Hawaii 96815  
near Mac's Market  
phone 737-3800

# The Enlightened Medical Consumer, Part II

Continued from page 10

tion, but both will stain clothes. First-aid sprays are a waste of money! On occasion, people will get an allergic rash with the use of iodine.

**Soaking agent:** Sodium bicarbonate (Baking soda) is next to aspirin on my super-drug list. In strong solution (1 tablespoon to cup of warm water) it will help reduce swelling from an infected wound; in weaker solution (1/2 cup in bath of warm water) it acts to soothe the skin and reduce itching; and if taken by mouth (one teaspoon in 6 oz. glass of water) can help relieve heartburn or stomach ache. In short, it will treat everything ranging from sunburn to chicken pox to hangovers.

**Poisonings:** Until Reaganomics, I would have recommended Syrup of Ipecac for the home pharmacy only if

you have children, but . . . Of course it is better to keep toxic chemicals and drugs out of a child's reach than to induce vomiting with ipecac. However, there is not time to run to the corner store after your child (or you) has swallowed a poison; every home with small children should have ipecac on hand, along with the directions for use.

**Sprains and minor joint pains:** Along with Band-Aids, elastic (Ace) bandages will find periodic use in almost every family. The home pharmacy should have both a narrow and broader width to provide gentle support and help to reduce swelling following injury to ankles, knees, wrists and elbows. The use of ice packs immediately after injury and elevating the injured part also assist greatly in reducing swelling. Care must be taken not to wrap the limb too tightly.

**Summary:** OK, your black bag is stocked, you've promised to read all labels and are fully committed to a lifestyle that is more conducive to health and wellness. If you feel a bit nervous before meeting your first patient (usually you) consider a refresher first-aid course and CPR. The life you save may be your own, your best friend's or your banker's.

**Get On  
The Bandwagon:**  
Become an Advertiser in  
"The Outrigger." There's no  
better place to tell fellow  
members about your product  
or services.

## the Outrigger

Published monthly by the  
**Outrigger Canoe Club**

2909 Kalakaua Avenue at Diamond Head  
Honolulu, Hawaii 96815 Phone: 923-1585

### Officers and Directors:

Robert L. Moore, *President*  
Benjamin B. Cassiday, *V.P. Operations*  
Guy K. Harrison, *V.P. Activities*  
Kim Woolaway, *Treasurer/Finance*  
William Dixon Cook, *Assistant Treasurer*  
William M. Wilson, *Secretary*  
Sharon Bintliff, M.D.

*Assistant Secretary/Entertainment*

### Coordinating Directors:

Robert W. Guild, *Admissions/Membership*  
John Beaumont, *Athletics/Winged "O"*  
James W. Austin, *Special Assignment*  
Robert Louis Vieira, *House/Historical*  
Thomas Arthur Reiner,  
*Public Relations/Building & Grounds*  
C. E. Bud Ackerman,  
*Long Range Planning*

### Management Staff:

Raymond P. Ludwig, *General Manager*  
Richard Lazarski, *Asst. Manager*  
Mary Horikami, *Dining Room Manager*  
William Teruya, *Executive Chef*  
Barbara Annis, *Controller*

### Outrigger Staff:

Marty Buckley, *Editor*  
Cindy Turner, *Designer*  
Ernie White, *Advertising Manager*

On the Cover: This engraving by J. Webber was done during Capt. James Cook's voyage to Hawaii, 1778-1779.

### The Outrigger Canoe Club

2909 Kalakaua Avenue  
Honolulu, Hawaii 96815

Bulk Rate  
US Postage  
Paid  
Permit No. 174  
Honolulu, Hawaii

Marjorie E. Howe  
419 Keoniana St. PH 3  
Honolulu, HI 96815