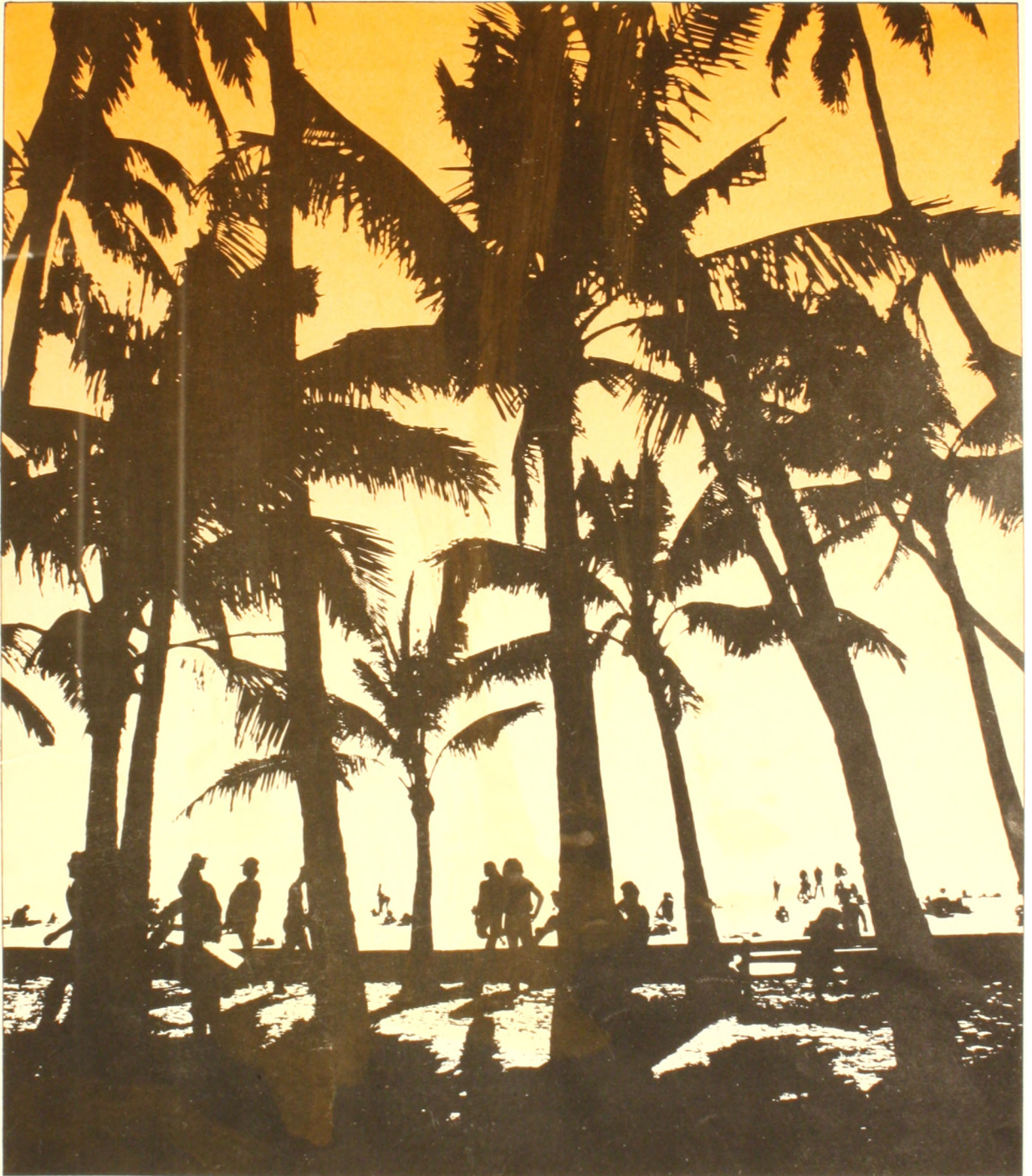


the **Outrigger**

November 1981



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



HAPPY VICTORS (seen above): From left: Coralee Powell, Paula Carbone, Connie Young, Donna Kahaku, Jeanne Jenkins, Mary Franco, Anne Hogan, Anita Minter, Tiare Finney, Lesline Conner.

Women Win 2nd Molokai Race

Despite choppy conditions that prevented them from breaking their own record, OCC's 12-woman crew won its second Na Wahine O Ke Kai Molokai-to-Oahu canoe race, covering the 40-mile course in 6 hours, 47 minutes, 11 seconds. Hui Nalu was second in 6:51:37, and Kailua third in 7:05:56.

A forecast by the Coast Guard predicting 18 to 20-foot seas momentarily concerned the paddlers, who recalled the cancellation of last year's race because of 22-foot seas. However, said coach Tom Conner, "When it was put to a vote to the crews whether to race or wait a day, we voted to go. Everybody was ready to race." As it turned out, the forecast was wrong. Conditions were moderate with 4 to 6-foot swells.

"The key was us getting out in the lead early," said Anne Hogan, who shared steering duties with Evie Black. "We were neck and neck with Hui Nalu at the start, but a big bump came up

behind us and we really dug in and surfed, while Hui Nalu did not surf well at all. I think that was the difference right there."

Outrigger maintained a lead the rest of the race, and was looking to break its '79 record of 6:35:14. Tides and choppy water off Koko Head, however, slowed the paddlers. Conner estimated that the koa canoe got to Koko Head in 4½ hours but then took an hour to reach Kahala.

Other members of the OCC crew were Paula Carbone, Lesline Conner, Kaiulu Downing, Tiare Finney, Mary Franco, Jeanne Jenkins, Donna Kahaku, Anita Minter, Muffer Scully and Connie Young.

RIGHT & FAR RIGHT: Paddlers enjoyed themselves before, during and after the Molokai race.
Gerri Pedesky Photos





President's Message

By Robert L. Moore

Outrigger's Excellence: Superiority in Sports for all Members.

Over the past 20 years, the Outrigger has fielded many teams and sponsored many individual athletes in surfing, canoe paddling, volleyball, swimming, running, sailing and other sports. There have been countless victories at the local level and, recently, at national and international levels.

We cannot and must not rest on our laurels! The level of athletic competition rises every year, as does the cost of competing. To assure that Outrigger can continue its distinguished record in local, national and international events, the *Outrigger Foundation* has been

created to support the Club's athletic endeavors.

We will be telling you more about the specifics of the *Outrigger Foundation* in a brochure which will go soon to all members. We will also be seeking your support of this new program, which carries on a vital tradition of the Club. Future articles in *The Outrigger* will illustrate various benefits available to members who participate in the Foundation's programs, and I will also give some examples of how the Foundation helps our items and individual athletes.

I look forward to your comments, as do all the Club's directors. Mahalo for your kokua.

Castle Swim Time

By Gerry DeBenedetti

Because of press deadlines, this is terrific advance notice for you swimmers to get into shape for the Castle Swim to be held Sunday, Nov. 29. It is open to members *only*—please, no "friends." Registration begins at 8 a.m. at the Hau Terrace.

The Club provides transportation to the start line. Entrants are advised to come to the club and go with the OCC vehicles because the time of entry into the water is determined when registration is complete. If you are not registered you are not an official entrant, and race officials cannot assume responsibility for "late starts" or unescorted swimmers.

Named for Alfred Castle, whose old homesite is now the site of the Elks Club, the swim is now held "wrong way," swimming in the reverse direction of the Waikiki Roughwater in order to end at our Club for a brunch after a job well done.

All participants and escorts are invited for the brunch—a good time to compare notes on previous swims. A chart showing all times for the past eight years is (was) hanging on the swim bulletin board near the locker rooms.

Participation is usually about 25 to 30 swimmers and a large number of escorts. You are encouraged to supply your own paddle escort or to have your loved one escort in an OCC canoe. It is as much fun for the escorts as the swimmers. Please sign up at the front desk to swim, paddle, canoe escort or other effort.

Course distance: 1½ mile—give or take a la Cline Mann/Wayne Faulkner.

Time: 8 a.m.

Date: November 29, Sunday
after Thanksgiving

Registration: Hau Terrace

Swim Mileage

Swimmers are encouraged to log their miles at the locker rooms. The ladies' locker has a wall chart; the men's locker has a binder with individual mileage sheets. At the end of the year miles are tallied and awards given for mileage by 100, 250, 500, 750, 1,000, 2,000 etc. Start any time, honor system, Get in the swim!



Emary Lucas

FRONT ROW: Nancy Moore, Carol Smith, Rosene Jacoby, Helen Rose, Maryanna Linkie, Marie Case (chairwoman), Val Ackerman, Ronnie Carroll, Carol Farrell, Mary Lou MacPherson, Joy Warran. 2ND ROW: Betty Rogers, Hannah Beaumont, Vickie Geist, Marian Senger, Mae Borthwick, Vivian Cooke, Lu Erwin, Alice Gorrell, Billie Baird, Blanche Hill (Several members were not present for the photograph of the bridge regulars).

New Reciprocal

Planning a trip to Australia? The Outrigger has a new reciprocal club that promises to be well worth a visit. It's the Ranelagh Club in Mount Eliza, a suburb of Melbourne about 25 miles from the heart of the city in "Victoria's holiday heartland."

The club is situated on the beach front and offers swimming, fishing, sailing, water skiing and tennis, and golf is nearby. So when you're headed Down Under, check with the Manager's office for details on this new reciprocal.

A list of all reciprocal clubs is available at the front desk, so when you're planning a trip, get a copy of the list and make arrangements to visit a reciprocal club whenever one is available.

Bridge Winners

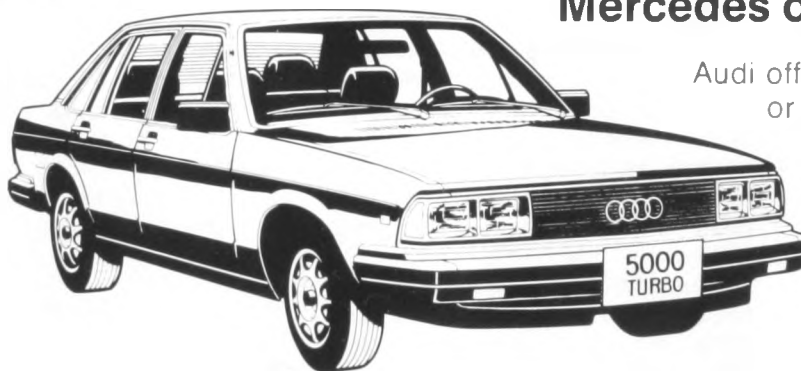
Outrigger bridge buffs were victorious in the recent Fall sectional tournament held at the Princess Kaiulani Hotel. Tia Donnelly and her partner placed first in

the Women's Pairs event and Rosene Jacoby and her partner placed third overall in the same event.

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Joan and Lloyd Osborne display their recently won medals.

OCC Encounters a Tennis Wall

By John Michalski

The weather was good and the spirits were high as the OCC tennis team took on a group of old timers of the Beretania Tennis Club. Making the most of their home court advantage, the folks at the private tennis club allowed only wins by Cub Jussell and Phil Whitney, Gulab Watumull and Tom Mouch for the men, and Barbara Gray and Susan Rose for the women.

The rest of us had the feeling we had run into a tennis wall. Even our top players, Rick Fried and Peter Balding, were defeated by Clay Benham and Leith Anderson, two former state tennis doubles champions. Chris McLachlin and Chris Crabbe came to within one point, in a tie-breaker, of beating their opposition.

Other OCC competitors who gave it all they had were Emil Offer and John Goss, John Michalski and Joe Teipel, Marilyn Haine and Jeanne Lum, Marian Mouch and Trudi Slipher, Sydney Arth and Liz Keller, and Mae Balding and Marilyn Haine.

We finally found out from one of the old timers why the Beretania Tennis Club is so invincible. They live, eat and drink tennis!

Swimmers Win National Meet

The swimming Osbornes have done it again! Competing in the U.S. Masters National Swimming Championships, Long Course (50-meter pool) in Canton, Ohio, last August, both Joan and Lloyd Osborne emerged victorious.

Joan, competing for the first time in the 65-69 age group, won each of the six races in which she entered, and in four of these set new national records. Lloyd, swimming in the 70-74 age group, won four national championships and took one second and one fourth place. It should be noted that each swimmer is limited to competing in only six events

Joan's wins:

200-meter freestyle	1st place	3:28.12
400-meter freestyle	1st place	7:19.87*
1500-meter freestyle	1st place	29:19.17*
50-meter butterfly	1st place	52.87*
100-meter butterfly	1st place	2:01.75*
200-meter medley	1st place	4:06.83

*New record

Lloyd's wins:

200-meter freestyle	1st place	3:11.55
400-meter freestyle	1st place	6:38.23
1500-meter freestyle	1st place	37:34.77
50-meter backstroke	2nd place	42.91
50-meter butterfly	4th place	49.92
200-meter medley	1st place	3:46-06

Reminder

Children are not allowed in the adult locker rooms at any time. Bathing or dressing of children should be done in the Junior locker room.

In Memory

Arthur S. Ayres

Deceased: Sept. 26, 1981
Membership: 15 Years

Vern I. McCarthy

Deceased: Sept. 24, 1981
Club Member: 17 Years

Marjorie R. Barg

Deceased: September 25, 1981
Club Member: 5 Years

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Outrigger Neighbors

By Leighton Taylor

We are particularly fortunate at the Outrigger Club to have such well-maintained and lovely landscaped grounds. Tropical flowers abound throughout the year. Like most Hawaiian gardens, however, our yard is notably lacking in something very common in the seasonal gardens of the Mainland: we have very little in the way of butterflies flitting among our blossoms. In fact, in all Hawaii there are only two native species of butterflies, and only 11 species have been successfully introduced. Compare this to the 25 or so species you might see on a good day in a summertime Sierra meadow.

That same Sierra meadow in January is deep in snow, while here at the Outrigger we can celebrate New Year's Day on the beach. And, in fact, if we really wanted to see butterflies, we have marine versions just steps off our beach on the coral reef: Butterflyfishes are a major component of the fish life in front of the Outrigger Club. You've probably seen at least eight species if you have snorkeled among the coral heads on either side of the boat channel. A prominent Hawaiian ichthyologist

has said, "The butterflyfishes add that final exotic touch to the beauty of the coral reef, just as butterflies complete the aesthetic picture of a tropical rainforest."

More than 22 species are found on Hawaiian reefs, but not all of these frequent the Outrigger's front yard. Regardless of what kind it is, a butterflyfish has a typical body shape (last month's *Outrigger* cover showed this high-bodied profile in an excellent *gyotaku* print by Cindy Turner, our art director). The typical coloration of most species of butterflyfish includes a predominance of yellow and black similar to many terrestrial butterflies.

The scientific name for the group, *Chaetodon* (pronounced Keet-o-don), refers to the bands of brushlike teeth in their small mouths. *Chaet* means comblike and *don* means tooth.

Like many species of reef fish, butterflyfish are active during the day, but at night seek shelter in the reef, where they remain inactive, and perhaps "sleep." Frequently their nighttime color differs from their garish livery of the day, and may serve as a camouflage effect while they rest.

Butterflyfish use their small comb-like teeth to feed on the tiny, fleshy rosettes of individual coral polyps. Some species eat algae, small worms, the eggs of other fishes, and tiny animals living in mid-water.

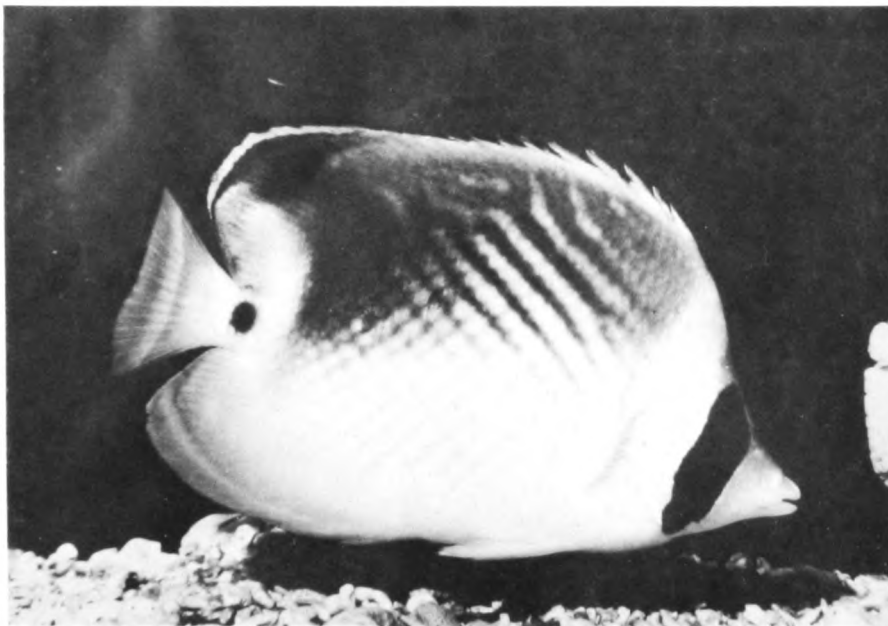
Most butterflyfishes are solitary or occur in pairs. In some species, a pair has been observed to stay together in the same area of the reef for at least three years. As you snorkel in front of our club and observe butterflyfishes, note that they will often defend their territory and chase other fishes from the area that they normally consider their home range.

The kinds most commonly seen in our front yard include the copper-banded butterflyfish (*C. multicinctus*), and the blue-lined butterflyfish (*C. fremblii*). These species occur only in Hawaii. The Milletseed, or Lemon Peel Butterflyfish (*C. miliaris*) is also common on our reefs. This citron-yellow form is covered with plain black dots arranged in no particular pattern; the dots are about the size of milletseed, hence the common name.

Although most butterflyfishes share the common body shape, the long-nosed butterflyfish is an exception to the general pattern and has a greatly extended nose, about one-third of its body length. The Hawaiians call this species *Nawiliwilinukunukuioi* ("fish with a nose like a wiliwili leaf stem") and it is the trademark of the Waikiki Aquarium (another neighbor of the Outrigger Club). It uses the long stem-like snout to reach into cracks in the corals and pull out shrimps and worms.

Naturalists on Captain Cook's expedition to Kealakekua Bay collected a specimen of long-nosed butterflyfish and it became the first fish in Hawaii to receive a European scientific name (even though the Hawaiians had had a name for it hundreds of years before). Incidentally, the specimen that was collected in 1778 is still preserved in spirits of rum at the British Museum of Natural History in London.

Two other common species that can regularly be seen in front of the Outrigger are the Raccoon Butterflyfish, so called because of the black mask re-



Waikiki Aquarium

Although this butterflyfish looks basically like many of the kinds seen on our Outrigger reef, its color pattern reveals it to be a rare product of a "mixed marriage" between two common Outrigger Canoe Club neighbors, the Raccoon Butterflyfish and the Threadfin Butterflyfish.

miniscent of the land animal; and the Threadfin Butterflyfish, named for the long thread on its dorsal fin. About two years ago, a local aquarium fish collector brought in what was quickly nicknamed the "Thread-Coon" Butterflyfish because it was so obviously a hybrid between these two species, the result of a "mixed marriage."

Since pairs of fish have always been observed to be comprised of individuals of the same species, how did such a hybrid come about? It all has to do with the rather promiscuous sex life of marine fishes. (The revelation of these romantic ichthyological secrets must be left to another article, the manuscript for which must first be submitted to the Board of Directors to assure its suitability for a family audience.)

Next time you walk through our lovely gardens and miss seeing butterflies flutter from blossom to blossom, just put on your bathing suit, mask and snorkel and take a few strokes off the Outrigger beach and see some real Hawaiian butterflies.

'Rigger Honored

Richard Davi, a long-time Club member who is president and chief executive officer at Kapiolani-Children's Medical Center, was one of two hospital administrators in the nation to receive a Citation for Meritorious Service from the American Hospital Association.

Davi received the award for his many years of outstanding hospital and community service, his record of educational and professional achievements in health care and on his civic contributions to the Honolulu community. Previously he was the first recipient of the Outstanding Achievement Award for distinguished service in health care and for significant community service from the Hospital Association of Hawaii.



Richard Davi

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By Tommy Holmes

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The Enlightened Medical Consumer

By Sharon J. Bintliff, M.D.

You can do more to promote your health than your doctor can, and you can save time and money doing it! At the risk of being disbarred from the Medical Society, I will now expound on this statement. You can learn to recognize trivial ailments and treat most of them with great ease and expertise. (Didn't your mother and grandmother do this years ago out of necessity?)

In our national quest for a symptom-free existence, as many as 70 percent of visits to the doctor have been termed "unnecessary." The competent physician's response to these visits is either to reassure you that the symptoms are minor or to advise measures that are available without a prescription.

The remainder of this article will be a how-to-doctor-yourself-in-one-easy-lesson.

First step: Purchase a book entitled "Taking Care of Yourself" by Drs. Donald Vickey and James Fries. This book is a practical do-it-yourself resource guide to assist you to make sound judgments about most medical problems you will encounter. If you have children, purchase their special addition for the care of children.

Next, rid your life of "self-destructive syndromes." Cigarettes, alcohol, drugs, fat, inactivity and accidents—each of these is a form of suicide, and the combined effect of these hazards can take years off your total life expectancy.

How can you specifically approach the task of conquering these suicidal

habits? Unfortunately, only by hard work and avoiding self-deception. Write your daily log of self-imposed risks; make charts; set goals; weigh yourself frequently; diet intelligently; change eating habits. You really can do all this and not torture yourself.

Stop buying cigarettes, change to light beer instead of hard liquor; find a pleasurable exercise and practice it regularly. Decide to make permanent changes in your life. Crash diets, going "on the wagon" and spurts of severe and usually inappropriate physical activity are foolish and downright dangerous!

Remember, you are your own patient and you are the doctor—it is your life and your responsibility.

Finally, you need to know the ABC's of preventive medicine and health maintenance.

You need only a few regular, specific tests. (Even the fancy annual "executive physical" made popular a few years ago by large corporations is being discontinued.) Blood pressure, weight, Pap smear (current debate for every three years), annual pelvic exam, monthly self examination of breasts and testicles, tuberculosis screening and testing for glaucoma make the most sense. Many of these procedures are available through health department clinics or public awareness programs. Take your doctor's advice regarding annual urine test, stool examination or sigmoidoscopy.

• You should be immunized accord-

ing to recommended schedules but you seldom need "boosters" in adult life.

• You should investigate methods of obtaining medical care before the need arises. Ideally, every family or person should have a "medical home" where their records are available and medical personnel can offer continuity of care.

• Elaborate physical exams and multiphasic screening in asymptomatic, healthy people often create unnecessary worries by the discovery of trivial variations of normal which some doctors will consider abnormal.

• Infants and children require special checkups which should include monitoring for congenital abnormalities, nutritional counseling, immunizations, and anticipatory guidance for their parents in dealing with accident prevention, growth and development, and behavioral management. Follow your doctor's recommendations; but remember that you can manage most of their minor ailments yourself.

• Lastly, develop and understand how to use your own home pharmacy. Legal drugs are a multibillion-dollar industry (illegal drugs are even more expensive!), and your contribution to this industry is largely voluntary. Drugs are chemicals (thus potentially poisons) and also are lifesaving, dangerous, curative, painful, pain-relieving and easy to misuse.

Drugs interact with other drugs to cause more serious side effects. They cause allergic reactions, rashes, and anaphylactic shock. Drugs can cause serious birth defects; under some circumstances probably cause cancer and decrease the body's ability to fight infection. Yet, we are a drug-taking, pill-popping society. Whew!!

The most rational approach I know to this dilemma is for you to learn something of the drugs that may be safe and useful. I will devote my next article to guidelines for common medical problems and tell you when and how to use which home medications.

O.K. folks—you are in charge; you are the patient and the doctor. Define for yourself those health goals that are important to you and your family, and enjoy your good health!



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Previewing a Book

We are indeed fortunate to be able to bring you, in this and future issues of The Outrigger, excerpts from Tommy Holmes' soon-to-be-published book, "The Hawaiian Canoe." Tommy, a veteran OCC paddler, began some 12 years ago to research the history of Hawaiian canoes.

A limited edition of the book, bound in koa and illustrated by five of Hawaii's most talented artists—Ken Bushnell, Juliet May Fraser, Susan Hansen, Ipo Nihipali and Sharon Smith—will be published in time for Christmas. Elsewhere in this issue is an order form for this handsome volume.

I. ORIGINS

The Pacific—rimmed by fire, its first inhabitants born of an ice age—proved the staging ground for one of man's most epic achievements, the peopling of the myriad islands of Oceania.

Some 30,000 years ago, a dark-skinned land people from Island Southeast Asia—Indonesia, the Philippines and Taiwan—first began penetrating the margins of the Pacific, gaining footholds in Australia, and New Guinea and its nearby islands. With the end of the ice age, sea levels rose as much as 270 feet, causing land bridges to submerge, and distances to increase so much between landfalls that the Pacific's first settlers were effectively isolated.

With the melting, the Pacific came to embrace an incredible 68-million square miles.

Some 6000 to 7000 years ago—again from Island Southeast Asia—came the next attempt to explore the Pacific, this time by Austronesian-speaking river and coastal people. With the greatly increased post ice age sea levels, distances between landfalls dictated that this second generation of Oceanic settlers possess at least a modest maritime capability.

The first canoes manned by the brown-skinned people of Island Asia began arriving in New Guinea and its southeastern outliers at least 4500 years ago. Steadily these fledgling mariners moved from New Guinea through the Melanesian archipelagoes of the Solomon Islands and the New Hebrides

southwards and eastwards, eventually arriving in Fiji sometime around 1500 B.C. Radio-carbon dating indicates that by 1200 B.C. some of these seafarers had reached what would come to be called western Polynesia, comprised of uninhabited Tonga, Samoa, and nearby islands.

For the next thousand years the unique dynamics of a small and isolated island setting nurtured the development of the Polynesian culture and a base of seafaring knowledge that would forever meld the Polynesian to his canoe.

About the time of the birth of Christ the Polynesian people had come of age. Inspired by a formidable array of their own gods and relatively secure in their canoes and attendant marine and navigational technology, daring Polynesian outriders scattered in all directions. One group, made a spectacular thrust into the vast and unexplored eastern Pacific. Linguistic, archaeological, and anthropological evidence suggest that a

single foothold—probably the Marquesas—was gained. At about the same time or shortly thereafter, Tahiti and the rest of the Society Islands were apparently settled either from the Marquesas or Samoa.

So intense was this period of voyaging and exploration that in the single millenium beginning with the birth of Christ, the Polynesian would establish himself as the most geographically dispersed culture on earth. By 1200 A.D. he had settled remote Easter Island to the east, Hawai'i to the north, New Zealand to the south—in short, every habitable island in a sweep of blue roughly equal in size to the entire land mass of the Western hemisphere.

It would be centuries before western man would venture out of sight of land. Hawai'i, land of the most geographically isolated culture on earth, would be discovered and settled more than a thousand years before Captain Cook was even born.

When at the Outrigger...

just say **Natural**!

From the Terrace

By Jorgen Skov

It is not who you know . . . **Kimo** and **Betsy McVay's** daughters **Melissa** and **Lindsey** were surprised to learn that their great-grandfather, **James Austin Wilder**, was the third signator on the first letter soliciting members for our Club in 1908. He lived on Kalia Road next to the club at the time. Daddy promptly reminded them that they were still responsible for their own club charges, and they still have to take the garbage out on Thursdays . . .

Friends of **Genie Pitchford** will be happy to know that she is recovering well at home following a serious illness . . . Realtor **Marion Blair** just returned from an exciting tour of mainland China with the Academy of Arts . . . **Dr. Rowlin Lichter** is back from looking at boarding schools in darkest New Zealand, and announced that he has teamed up with **Dr. Jack Scaff** in Kukui Medical Clinic specializing in

sports medicine . . . **Bill Teele** faithfully exercises with his paddleboard each morning at the Club before hardly anyone else is there, but, says Bill, "I see everyone at the Christmas party." Wear an OCC T-shirt into his University Cyclery on Kapiolani, as I did, and you will get some good stories and the best service you can imagine.

Best kept secret on the Terrace is the origin of the "Great Alaskan Bush Company" T-shirts worn by **Jay Pease** and **Kent Giles**. It seems that **Bob Kasha** found them during a recent business trip to the 49th state; he will tell you all about it . . . Hula Bowl-goers, mark your calendar for January 9th.

Off to College . . . Friends of **Mark Hemmeter** who also headed for University of Colorado were treated to an unusual exciting experience when **Chris Hemmeter** decided that there was enough of a load to let them all fly

back in his private jet . . . Also at U of Colorado is **Kevin McCrary** at the Beta House starting his third year . . .

Marc Haine, in his last year at San Diego State University is a starter for the volleyball team which promises great things this season. Marc also won the Pentathlon for all athletes other than track team members . . . Meanwhile, sister **Kisi Haine**, at Stanford, is profiled in a newsletter as being "far and away Stanford's finest defensive player, outstanding at serving and blessed with all-around ability that makes her one of the most versatile players." Coach Sturm says, "She has the potential to become the nation's top backcourt specialist" . . . Well, the seed does not fall far from the tree, as they say . . .

At University of Washington, **Jeff Skov** pledged Sigma Nu fraternity. His first plea for assistance was a late evening call, "Please send my pool cue and a sleeping bag." Mother was slightly alarmed . . . Speaking of Sigma Nu, **Joslin Snyder** is a "little sister" of the chapter at USC, where she also was accepted by the renowned Dance Theater . . . **Cassie Senner** is attending the University of Nevada, Reno, where she pledged Pi Beta Phi sorority . . .

Mr. and Mrs. John Vest (Kathleen Morgado) are parents of a baby girl, **Maile Susan**, born August 26 in Salt Lake City. Proud grandparents are the **Ernest Morgados** . . . Recently returned from four weeks in Germany, Spain and Portugal are **Betty** and **Jack Brown**, who report a super trip . . . **Bill Capp** figures he may have set a record when he joined the Club back in 1935. His ship docked at 9 a.m. and at 10:30 he was filling out his application for membership! . . .

Gerri Pedesky, who is president of the Bishop Museum Service League, arranged for the group to hold its annual meeting at the Club. Other "Riggers on had to hear author **Ozzie Bushnell** speak were **Leslie Mattice**, **Haunani**



Newlyweds: James (Jimbo) Beaumont and Denise Dennis were married August 17 at the Punahou Chapel. Following a reception at the Club, the couple departed on a three-week honeymoon touring the Greek Islands and Germany. The bride is the daughter of Diane Stowell; Hannah and Jack Beaumont are the parents of the groom.

Ackerman, Marilyn Horne, Di Guild, Arden Moore and Hilary Eggers . . .

The annual **Lanai-Maui Channel Swim** had great OCC participation. The race is traditionally held the Saturday before Labor Day (Waikiki Roughwater Swim time) so participants have a busy, wet weekend. Channel Swim organizer **Jimmy Dean** hosted 28 teams—an all-time high—and also managed to swim on the winning Waikiki Swim Club team . . . **Ian Emberson** joined some Santa Clara, California speedos on the winning chop suey team, while

Jim Anderson and **Harry Huffaker** led their over-40 team to victory, followed by the second-place senior citizen's group with **Leighton Taylor** and frequent OCC affiliate, artist **Billy Al Bengston** . . . The Channel Swim and the Roughwater Swim were covered by the national sports magazine SWIM-SWIM, whose publishers, **Penny Little, Mike Gilmore** and **Harald Johnson** all competed and guested at the Club . . .

It's almost **Marathon time**, so all you marathon fans should keep your eyes open for Aid Station sign-up

sheets on Club bulletin boards . . .

Skip Hill is back working in Hawaii and keeping his father **Dave Hill** of Canlis fame busy on the tennis courts . . . **Diana** and **Sid Snyder** celebrated Diana's birthday aboard the OCC-chartered catamaran at the Molokai race and are raving about what a good time it was. Get your reservations in early for next year . . . Gourmet tip of the month: browse through the new delicatessen in Niu Valley Center where you will see the greatest assemblage of cheeses, sausages and fresh seafood items . . .

November-December Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Brunch 8:30 a.m. Buffet Dinner 6-9:30 p.m.	2 Aerobics 9 a.m. Noon Bridge PR Committee 5 p.m. Monday Night Football 6 p.m.	3	4 Aerobics 9 a.m. Entertainment Meeting 5 p.m. Admissions & Membership Meeting 5 p.m.	5 Buildings & Grounds Meeting 12 Noon	6 Aerobics 9 a.m. Seafood Buffet 6 p.m.	7 Dinner Dance Cocktails 6 p.m. Dinner 7 p.m. Club will be closed from 5 to 11 p.m.
8 Brunch 8:30 a.m. Buffet Dinner 6-9:30 p.m.	9 Aerobics 9 a.m. Noon Bridge Monday Night Football (hot carved sandwiches) 6 p.m.	10	11 Aerobics 9 a.m. House Committee Meeting 11:30 a.m.	12 Executive Committee Meeting 5 p.m.	13 Aerobics 9 a.m. Seafood Buffet 6 p.m.	14 Dancing to Phil Ingalls 7-11 p.m.
15 Brunch 8:30 a.m. Buffet Dinner 6-9:30 p.m.	16 Aerobics 9 a.m. Noon Bridge Monday Night Football (hot carved sandwiches) 6 p.m.	17	18 Aerobics 9 a.m. Admissions & Membership Committee Meeting 5 p.m.	19 Board of Directors Meeting 5 p.m.	20 Aerobics 9 a.m. Seafood Buffet 6 p.m.	21 Dancing to Phil Ingalls 7-11 p.m.
22 Brunch 8:30 a.m. Buffet Dinner 6-9:30 p.m.	23 Aerobics 9 a.m. Noon Bridge Monday Night Football (hot carved sandwiches) 6 p.m.	24	25 Aerobics 9 a.m.	26 HAPPY THANKSGIVING Dinner 4:30-9 p.m.	27 Aerobics 9 a.m. Seafood Buffet 6 p.m.	28 Dancing to Phil Ingalls 7-11 p.m.
29 Castle Swim Brunch 8:30 a.m. Buffet Dinner 6-9:30 p.m.	30 Aerobics 9 a.m. Noon Bridge Monday Night Football (hot carved sandwiches) 6 p.m.	1	2 Aerobics 9 a.m. Entertainment Meeting 5 p.m. Admissions & Membership Meeting 5 p.m.	3 Historical Meeting 5 p.m. Buildings & Grounds Meeting 12 Noon	4 Aerobics 9 a.m. Seafood Buffet 6 p.m.	5 Dancing to Phil Ingalls 7-11 p.m.

Thanksgiving Dinner at the Outrigger Canoe Club

Thursday, November 26, 1981

Served from 4:30 to 9:00 p.m.

Appetizers

An Abundant Harvest from the Land and Sea for your Thanksgiving Feast

Entrees

Roasted Young Tom Turkey with Pilgrim's Cornbread Stuffing, Snowflake Potatoes, Cape Cod Cranberry-Orange Relish	10.75
Baked Smokehouse Ham, Dark Bing Cherry Sauce, Pure Maple-Butter Candied Yams	11.75
Fresh from our Channel, Opakapaka Saute, garnished with Mushrooms from the Woodland, Rice Pilaf	12.00
Broiled Spring Lamb Chops, Rashers of Bacon, Shoestring Potatoes, Sauce Bearnaise	14.75

A Harvest of Vegetables

Desserts

Ye Colony Pumpkin Pie	Hot Mincemeat Pie, Brandy Sauce
	Chocolate Cake
	Crepe Caramel with Whipped Cream
Nutty Brownie, a la mode	Fruit Sherbet
	Tillamook Cheddar Cheese, Crackers

Beverages

Coffee	Sanka	Tea	Milk, Buttermilk or Skimmed
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Children's Portion Available at One-third off
(Except Lamb Chops)

Raymond Ludwig, *General Manager*

William Teruya, *Chef de Cuisine*

the Outrigger

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The Outrigger Canoe Club

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