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The official
publication
of the

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CANOE CLUB



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On the cover:
Member and paddler Keely Paola Carey sports an Out-rigger men's Kahala aloha shirt and an L. Space bikini top from Bikini Bird. Find more great gifts on p. 32.

Photo by Tommy Shih

This page:
The Club beach—a sight that never gets old—in the time of physical distancing.

Photo by Matt Heirakuji

NOVEMBER / DECEMBER 2020

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Ama



Outrigger
Canoe Club

The official publication of the Outrigger Canoe Club is titled Ama to honor the Club's lineage. The outrigger of a canoe is called an Ama in 'Ōlelo Hawai'i (Hawaiian Language). It was a nautical innovation that allowed the Polynesians to efficiently navigate the rough waters of the Pacific. The Ama is also the port hull of a double-hulled canoe, which is the vehicle that brought the Hawaiians to these beautiful islands.



ALOHA KĀKOU. As I am writing in late September, the Club is reopening from a month-long stay-at-home order. Despite being shut down for four months this year, we have lost only 5 percent of our members, and the board and management have minimized losses by reducing staff time while maintaining most of the staff and level of service, cutting or deferring capital improvements and opening the Club to the extent the



City & County rules allow. Assuming there is no further government-imposed shutdown, we hope to welcome not only our resident members but also guest members and reciprocal members whom we look forward to seeing this holiday season.

Serving as president this year confirmed for me not only that the Club's governance system structurally works, but also, just as importantly, that we are led by committed and talented members.

This is our system:

The 13-member board selects from its ranks a new president at every February annual meeting. The president's kitchen cabinet is the executive committee (Jon Steiner as incoming president, Rick

Humphreys as secretary, Art Mallet as treasurer, Laurie Foster and Curt DeWeese). I don't make any major decision or recommendation to the board or management without their sound and balanced input.

By Club policy, the Nominating Committee is chaired by the incoming president (Jon Steiner), last year's president (Rob Durkin), and at least three other members. The committee must include at least two female members and the majority shall not currently serve on the Board.

Two major initiatives this year are the development of a long-term strategic plan and a dues study. Both are led by Jon Steiner, Laurie Foster, Art Mallet and Emily Porter with the assistance of Club Benchmarking that has developed a confidential financial model to assist future boards in making decisions.

Another current initiative is the negotiation of a lease extension with the Elks Lodge that is led by Fred Noa, Dustin Sellers, Rob Durkin, Jon Steiner and me.

Every year, the following standing committees guide the Board and management in their areas and these committees include experts in their respective fields: Finance (chair Brad Totherow, CD Art Mallett), Admission and Membership (chair Steve Auerbach, CD Emily Porter), Long-Range Planning (chair Rob Durkin, CD Jon Steiner), Buildings & Grounds (chair Joe Donahue, CD Curt DeWeese), House (chair Erick Ellgren, CD Laurie Foster), Historical (chair Jimmy McMahon, CD Wendell Brooks, Jr.), Entertainment (chair Siana Hunt, CD Glenn Perry), Member Relations (chairs Joe Bock & Cassidy Tepper, CD Lissa Guild), Athletics with 15 subcommittees (Club Captain Brendan Bradley, CDs Rick Humphreys and Alice Lunt).

Mālama pono.

Bill Meheula
President

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ALOHA AND HAPPY HOLIDAYS! As I reflect on 2020, and the unprecedented circumstances that we have faced this year, I'd like to focus on what I am grateful for, starting with a big mahalo to the members. Thank you for your steadfast support for your Club, including your outpouring of compassion and generosity for our staff in these challenging times. The Outrigger Canoe Club is a world-class Club because of you, our world-class members.



I've been inspired by our staff—handling everything from furloughs and new safety protocols to multiple closings and re-openings, they have shown resiliency and a commitment to creating a safe and welcoming environment for you. I am proud to work alongside each and every one of them.

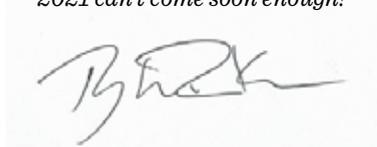
Thank you to the senior leadership team for its commitment to the Club during these times. Their support, extra hours, and longer shifts in the face of uncertainty make me so proud of them.

To our Board of Directors—thank you for your continued dedication and unwavering support for the membership and operations. A special thanks to President Meheula for his leadership during this trying year.

I'd like to give a big thank you to my wife and kiddos, whose love and support are the icing on the cake that keeps me energized and ready for each new day at the Club.

While 2020 won't be my favorite year, it will be one that I continue to reflect on, remembering the teams we created, the bonds we forged and the way we all came together to face the challenges, as the Outrigger Canoe Club 'Ohana.

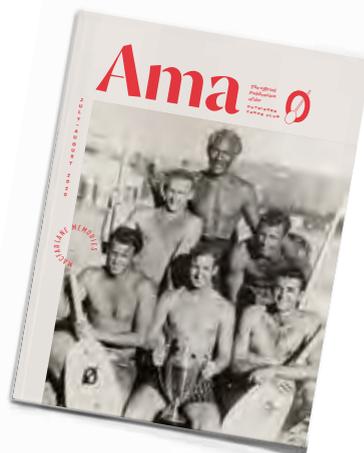
My very best to everyone, Merry Christmas, and Happy New Year — 2021 can't come soon enough!



Tyler Roukema,
General Manager

The Stories of O— Share Yours

➡ **The Outrigger Canoe Club is a cache of amazing stories** that bring to life its long history as well as that of Hawai'i. And OCC members are the only ones who can tell them. Help *Ama* continue the Club's storytelling tradition by sending us your memories and experiences. Send a short paragraph—who, what, why, where and when—and photos if available to ama@outriggercanoecub.com. Share your voice.





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The **L** **B B Y**

*This
Way In*

CLUB HAPPENINGS,
CELEBRATIONS & EVENTS



Jerry Meredith shows off his prize mahi mahi.

Go (Virtually) Fish!

Fishing clinics hooked young participants at this year's text-it-in Annual OCC Fishing Tournament

By Jennifer Fratzke

➡➡ **The pandemic may have** cancelled summer events around the state, but the Club's Fishing and Boating Committee was determined to find a way to move forward with the 10th Annual Outrigger Canoe Club Fishing Tournament, originally scheduled for May.

Inspired by Palafamala Custom Paddles' virtual fishing tournament held on Maui in April, I proposed something similar. Outrigger approved the plan, with some adjustments, for August 22—and the result was a huge success.

As tournament director, I wanted the focus to be on getting more keiki involved and start a tradition for youth that would last for years to come. The committee be-

believes the previous low participation of children was due to a lack of fishing knowledge. To educate kids on the basics, we organized keiki fishing clinics. With help from the DLNR, my good friend Keko Spens from Shimano, Izuo Brothers and Hawaii Fishing News, we were able to turn this dream into a reality. In fact, there was so much interest in the first one-hour clinic we ended up holding three.

With the challenge of COVID-19 restrictions and the DLNR not able to lead the clinics as planned, I grabbed the reins and taught the clinics myself, with each session limited to 10 kids. Every child who signed up walked away with a brand new rod and reel donated by Shimano and Izuo Brothers, fully equipped with line, hooks and bobbers. Kids also received swag and helpful information from the DLNR and *Hawaii Fishing News*. The kids had a week to practice their skills before the tournament.

The tournament began at sunrise and all entries had to be texted in by 4:30pm. This year we introduced new categories, and made a few changes to get more anglers involved. Motorized had an Open Division, Ono Division (because it tends to always determine the winner of the Motorized Division), and Marlin Division. Human Powered had one Open Division, and the Shore Angler Division was divided into three categories—18 and older, 11-17, and 10 and under. Because the Club does not have access to scales that can handle bigger fish, the sizing has to be done by measurement (nose to v of tail) for anglers in the motorized category. We hope to switch to weigh-in in the future. Human-powered and shore-angler categories must weigh their own catch or bring it to the club to measure.

This year, first place went to a 43-inch mahi mahi caught by Brad Thiessen, Chair for the OCC Fishing and Boating Committee, along with his crew of Kyler Halverson and Adam Arnott from *Hawaii Fishing News*. Brody Badham, Kent Badham, and Mike Pederson nabbed the winning



Something's fishy: (clockwise from top) Tristen Ballew and a beautiful mahi mahi. Bert Moritz measures his catch. Tyson Kikuchi took first in the shore anglers, 11 to 17 category.

ono. There were 10 motorboat teams total that competed. With some rough seas to battle, some anglers found themselves seasick and a few even lost some gear. But by the end of the day coolers were filled with fish and memories were made. Human-powered boats had a challenging time battling a bit of wind and a few struggled with lost lures and broken lines. Anglers Anella Borges and Kamanu Souza got in some tandem practice while trying to fish off of their OC-1. Neil Hafner and Brendan Bradley pulled a few invasive species out of the ocean and there were reports of the big one getting away at the Diamondhead buoy. The always enthusiastic kayak angler Steve Harris—who paddled for seven hours from Makai Pier to the



Gone fishing: (clockwise from top left) Aedan Humphries, Grant Morris, Joshua Kauhane, and Delilah Davis.

Club—brought home a couple of nice pan-size omilu to win the tournament in the human-powered division. Shore anglers had a great time catching giant eels, papio, hammerheads, rainbow wrasse, ahas, oi’o and more.

The keiki entries were impressive. Poet Shropshire Gentry took first in the 10 and under, while his mom Candes Meijide Gentry, whose family is no stranger to the tournament, took the 18 and older division. Tyson Kikuchi won the 11-17 division with a beautiful o’io. This year saw two new special divisions—Biggest Catch by a Female, which was won by Paige Wernli, and Biggest Catch by Barbless Hook, won by Poet Gentry.

Tournament sponsors made amazing donations, resulting in a golden raffle for the early sign up. BJ Bagood won a Polu Paddle by Puakea Designs and Kaleo Mauricio walked away with a Seamount harness valued at \$400. Congratulations to everyone who participated in this year’s tournament. On behalf of the OCC Fishing and Boating Committee, mahalo and we look forward to seeing you all next year!

Big mahalo to sponsors Hawaii Fishing News, Shimano, POP Fishing and Marine, Izuo Brothers, Puakea Designs, West Marine, DLNR, DAR Hawaii, Okuma, Seamount, and everyone at Outrigger Canoe Club who made the virtual tournament possible during the pandemic. ■



2020 Winners

MOTORIZED

Mahi mahi

1st: Brad Theison, Adam Arnott, Kyler Halverson
Mahi mahi, 43 in

2nd: Burt Moritz, Jerry Meredith, Paige Wernli
Mahi mahi, 36 in

3rd: Brody Badham, Kent Badham, Mike Pederson **Mahi mahi, 30 in**

Ono

1st: Brody Badham, Kent Badham, Mike Pederson **Ono, 47 in**

HUMAN POWERED

1st: Steve Harris
2nd: Neal Hafner
3rd: Brendan Bradley

SHORE ANGLERS

18 and Older

1st: Candes Gentry
2nd: Steve Shropshire
3rd: Luke Barnes

11 to 17

1st: Tyson Kikuchi
2nd: Grant Morris
3rd: Asher Yamasaki
Runner up: Joshua Kauhane

10 and Under

1st: Poet Gentry
2nd: Nashville McCallum
3rd: Elliot Mannis-Young
Runner up: Adam Eberhardt

SPECIAL CATEGORIES

Barbless Hook: Poet Gentry

Biggest Catch by Female: Paige Wernli



I am grateful for the holiday fun the Club offers every year. Here is a photo of my daughter Viva with Father Christmas last year.

—*Kim Smith Eurich*

Giving Thanks

In a year full of challenges, people around the world took stock and instead of lamenting a newly limited life, were able to find ways to newly appreciate what they have. We asked members to share what about the Club makes them grateful.

I am thankful for so many things. All of the people who put their best foot forward every single day for each other and for us members. For feeling like I am “home” every time I walk into the Club. For having the ocean to bring me back to life and remind me of my sweet Mother and Father every time I swim to the sock. For my “committee” friends and the time and dedication they show year after year. For what came before me and what will be there long after.

—*DC Mist Eichelberger*

I'm thankful for the OCC providing me and my family the most safe and loving environment to raise children that I could imagine. My two kids are so lucky to have been raised by a family of OCC parents that always looked out for all the children playing on the beach. We always considered every child playing

in the sand as our own. The best paddling remembrance is winning Molokai and being on the Terrace and having the manager bring us bottles of champagne and telling us how proud of us he was! A wonderful moment in time.

—*Tiare Finney*



I am so thankful for a safe and fun place to go since I was 10 years old.

—*Diana (Damon, Smart) Henderson*



Do you have interesting news to share with your fellow members?

Send your story and accompanying images to ama@outriggercanoecub.com.



Nora Meijide-Gentry's grandson Poet Gentry and granddaughter Sirena Gentry-Baldwin

Outrigger is a special place in the world that always brings us together. —Nora Meijide-Gentry

I feel such gratitude and know how lucky I am to have safe parking, a surfboard locker, quick access to the ocean, and my favorite surf spot, Old Man's, right in front of the Club. There is nothing better than coming in from a fun surf session to convenient racks on which you can rest your board, hoses to wash your equipment, and a hot shower waiting in the locker rooms. I have shared my stoke with many surfers and watermen and women in the alleyway of OCC, and have many fond memories of conversations, laughs and smiles at the Club around our ocean activities. I have been surfing for 40 years at OCC, and am so thankful for it! —*Malia Eversole*

Archie Thornton offers biz tips for new Digital 'Covid' World

Non-resident member Archie Thornton's new book *Tales of a mAdman* is a must-read for small business owners, restaurateurs, and travel marketers in this new pandemic world.

Go on an easy-to-read road trip through the author's storied career in Hawai'i, and beyond, from his first job as a copywriter working for the late fellow member John McDermott, to heading up the local office of Ogilvy & Mather and winning the coveted Hawai'i Visitors & Convention Bureau account.

The book chronicles how he learned valuable advertising principles from real world experiences, mentoring from advertising industry legends, the school of hard knocks, and, sometimes, just dumb luck. "More importantly," says Thornton, "it provides invaluable advice for creating advertising that produces real results in today's digital world."

Thornton joined the Club more than 30 years ago and became a non-resident member when he moved to Carlsbad, California, in 1998. "My wife and I would typically visit the Islands four or more times a year, but since the pandemic-imposed quarantine, we have had to curtail our visits," he says. "Needless to say, we are looking forward to the time we can get back to the Club and see our friends."

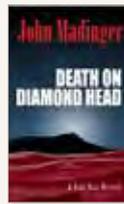


(Above, left to right) That time Archie Thornton made the cover of *Hawaii Business Magazine* in 1994. Ogilvy & Mather partners Phil Kinnicutt and Frank Haas, join Thornton, center, for a lunch reunion on the Hau Terrace in 2019.

Reading 'Riggers

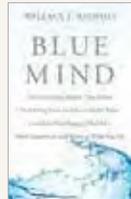
By Gerry DeBenedetti

➤➤ **As of this writing**, the Book Club is still on intermission, but here are three suggestions to keep your mind engaged. These selections will likely be on the future schedule.



Death on Diamond Head
by John Madinger

Author John Madinger was featured in a recent Stew & Rice. This Kimo Rigg Police Detective mystery is an excellent whodunnit. Set right in our neighborhood, the book features a whistle blower cop flush from a lawsuit settlement who returns to his old job to solve cold cases, despite opposition. Kimo paddles for a canoe club when he is not chasing bad guys. HSPLS: 40 copies.



Blue Mind: The Surprising Science that Shows How Being Near, In, On or Under Water Can Make You Happier, Healthier, More Connected and Better at What You Do
by Wallace J. Nichol

Long title, but saves giving a review of the book. HSPLS: 7 copies.



Wolf: The Lives of Jack London
by James L. Haley

We will be reading several Haley books next year (post-plague). He writes with a refreshing, updated point of view. Jack London famously made three trips to Hawai'i during his career, wiring many short stories about the islands' legends and characters. One of the most famous is Koolau the Leper, available in Jack London collections. HSPLS: 5 copies.

Stefan Reinke Swims the Kaulakahi Channel

On August 8, Stefan Reinke successfully swam from Kaua'i to Ni'ihau, crossing the Kaulakahi Channel with four other O'ahu athletes from the Ala Moana Beach Swim Club. The group completed the 18-mile course in 11 hours and 38 minutes. Reinke becomes the third Outrigger member to compete this channel, following Laurie Foster and Mike Spalding's 2003 swims.

To prepare, the group studied tide charts, wind forecasts, surf predictions, and current models, and reached out to University of Hawai'i oceanographers, boat captains, and previous swimmers. However, in the end, they realized those are all variables, "so we just picked a date and took our chances," says AMBSC President Ryan Leong.

Though winds were relatively light, the cross swells, current and backwash kept the swimmers off balance throughout the day. Wildlife encounters included stinging no-see-ums for the first two hours, Portuguese man o' war clusters, pods of dolphins, a school of 40-pound tuna roiling the surface, schools of opelu, dive bombing boobys, and an eight-foot, fully mature, silky shark. Leong named the flawless, slate grey fish—complete with a fat remora—Calvin, who stayed with the swimmers for roughly eight hours.

"The last time I recall seeing him was when Marcus Guttmann and I were about 25 meters behind the group and he tapped my leg and said, 'I don't know if you care, but Calvin is swimming next to us,'" says Reinke. "I looked and saw him parallel to us five to ten feet below and said 'no.' At that point, we were comfortable with the silky shark's presence."

Swimming directly below, behind and next to the swimmers, Calvin became part of the pod. "It was truly a once in a lifetime experience" says Reinke.

Holiday Dining and Events



»» Celebrating the holidays may be a little different this year, but the lights will still twinkle and the décor will be as festive as ever! The Entertainment Committee is planning some special surprises, too, so we invite you to the Club to enjoy the cheer of the Holiday Season.

Reservations for holiday dining at the Club will be opening soon, based on City & County Guidelines. This year's dinner service is à la carte—no buffet. The OCC Food and Beverage team have also put together some delicious family meals for you to enjoy at home.

Please check the OCC website, App and weekly emails for more information. We look forward to seeing you at the Club during this special time of year!

Thanksgiving Dinner to Go

Thursday, Nov 26

\$100 (serves four)

- Whole turkey (uncooked—plan ahead)
- Mashed potatoes
- Green beans
- Stuffing
- Cranberry sauce
- Gravy
- Chocolate pumpkin tarts

Christmas Eve and Christmas Day Dinner to Go

Thursday, Dec 24 & Friday, Dec 25

\$100 (serves four)

- Prime rib (uncooked—plan ahead)
- Salad
- Mashed potatoes
- Green beans
- Au jus
- Creamy horseradish
- Cranberry pear Christmas loaf

Outrigger Canoe Club Family Committee Presents:

Santa's Holly Jolly Drive-Thru!

Monday, Dec 7 & Tuesday, Dec 8, 5–7pm

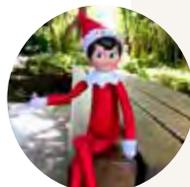
»» Mark your calendars and drive to and through the Outrigger for a wink and wave from Santa Claus! Pop the trunk and you'll also receive a fun holiday ornament with the added option of a pre-ordered holiday meal. Please reserve your arrival time slot as soon as possible and don't forget to confirm your keiki head count. We want to ensure every child has a magical Santa experience!



RSVP info: Reservations can be made on the OCC App, via our website or with the front desk at (808) 923-1585.

For the safety of our OCC 'ohana and Santa Claus, this event will be contactless. We kindly ask that your families remain in your vehicles throughout this drive-through event. Mahalo!

Santa's Club Scout



Santa has sent a special helper this year to bring the Outrigger some extra holiday cheer!

Our new little friend is lending a hand throughout the Club in December—look for special posts on social media and in your OCC e-mails. Follow us at @outriggercanoeclub on Instagram and @occwaikiki on Facebook.



Stew & Rice at Home:

Keeping the Club Connected

➤➤ **Not even a pandemic is an obstacle** to the Historical Committee—its monthly Stew and Rice at Home series continues to be a draw, with members gathering online since City & County orders limited the ability to meet at the Club. Gerri Pedesky, on behalf of the Historical Committee, arranged a great fall line-up of presenters.

Look for return presentations from the Pearl Harbor Aviation Museum, Nature Conservancy Hawaii and the rescheduling of Myrna Kamae in the upcoming months. On-island and mainland members alike are welcome to tune in live via the Zoom Webinar platform. Presentations are free for members but require advance reservations. Look for details in the weekly newsletter.

Just because you watch from home doesn't mean you have to be stewless—get a Stew & Rice plate to go from the Hau Terrace menu (or any dish you're craving, actually) and settle in for a fascinating presentation from the Historical Committee.

Can't make the date? The webinars are recorded and available for viewing at outriggercanoecub.com. ■

Employees of the Month



AUGUST 2020



Venancio Hilario
Custodial/
Housekeeping

▶ **A seven-year veteran** of the Outrigger, Venancio “Ven” Hilario is always upbeat and warm even as he tackles multiple jobs keeping the Club spotless and safe. And you know someone has integrity when they find money on the ground and turn it in without even counting it. True story.

SEPTEMBER 2020



Jennifer Watland
Business Office

▶ **Jennifer Watland has been** with OCC for 25 years—she has literally grown up at the Club with many of the members. Her daily smiles and bubbly personality are a balm in these difficult times. When the Business Office staffing was reduced, Jennifer stepped up to additional responsibilities and has assisted with the Logo Shop, as needed. This is at least Jennifer's seventh Employee of the Month honor—and to celebrate, we're sharing a past photo of her from the archive!



Novice Paddlers

Canoe curious?

➤➤ **Not all Outrigger members** were born with a paddle in their hands. Have you watched people cruising on the water and felt an urge to join the fun—but don't know how to get started? Join the Novice Paddling Program—no paddling experience needed! If you're on the shy side, grab some friends to come along to experience the freedom and excitement of paddling first hand. For more details, contact Harry Newhart at 808-358-8382.



Cheers to the Holidays!

What's shaking [and stirring] with Club cocktails

Lift your spirits: Tiffany Magee
shakes things up.



By **LESA GRIFFITH** / *Photography by* **MATT HEIRAKUJI**

THE OUTRIGGER CANOE CLUB'S ACCOMPLISHED BARTENDERS can mix up pretty much anything you challenge them to make, but the bestselling cocktail remains the Henry—an OCC specialty concocted by the late, great waterman and member Henry Ayau. And as the Food & Beverage Department has evolved with the times, so have these old favorites. What used to be made with passion fruit and orange juice is now blended from natural puree concentrates for more intense flavor.

The

holidays are a prime time for liquid cheer, and you know they have arrived when Anzai's Banzai is served at the Club's annual Christmas Open House. Created in the late 1950s for a Kama'aina Hui party by Katsui Anzai,

who was head bartender for more than 30 years starting in 1941, the bourbon-based holiday drink "is a butt-kicker that takes only two glasses to send you on your way," says Food & Beverage Director Rede Eder. Anzai kept the recipe a closely guarded secret and Eder's crew researched the ingredients and have been fine-tuning their resurrection of Anzai's Banzai.

Last month, the Club launched its Drink of the Day, served on Fridays, to introduce members to spirited new flavors. The program, along with holiday drink specials, runs through the end of the year.

For 20 years the national cocktail scene has been bringing back Prohibition classics such as the Bees Knees and Aviation. According to Eder, lots of members love their draft beer and wine, but when they do order a cocktail, they've never stopped ordering classics such as the Rob Roy, Rusty Nail and Sidecar.

Generations of Club kids have grown up seeing their folks drinking Henrys, Rab Guilds and Mai Tais, and in turn started ordering them when they came of age. Cocktails



Go green: Club Captain Brendan Bradley enjoys the popular Rab Guild.

are a tradition at the Club, which explains these classics' staying power.

Another past Club favorite has rejoined the bar offerings—the Green Flash. According to member Kawika Grant, it took three bartenders and two members (he was one of them) to come up with the drink designed to look like the sunset phenomenon. See the recipe on p. 20. Over time the drink has evolved, with liliko'i syrup and cranberry juice now standing in for the sinking fireball while a layer of Midori liqueur makes a glowing equivalent of the elusive green flash.

Here's to many more sunset cocktails to come. ■



PHOTOS BY MATT HEIRAKUJI

Rotating and seasonal brews play nicely with the usual suspects on tap; ask your server what's new.

Origin Story: The Rab Guild



➔ **Everyone knows** the Rab Guild is named after the beloved patriarch of the Guild family. What they don't all know is why. His wife Alice tells us in her own words. (Read with laughter in her voice.)

It actually started with me. I was sitting at the Outrigger one day, on the Hau Terrace, and I saw this gorgeous green drink go by, filled with ice. It was a hot day. I asked the server what it was. He said, I don't know, some lady from the mainland ordered it and told the bartender how to make it. I said I want one of those too, and it was so good, I had a second one. The next thing I knew it was on the menu as the Alice Guild. I was so surprised when someone said, "Have you had an Alice Guild yet?" I think the bartenders named it that because they didn't know who that woman from the mainland was.

But it had no alcohol. People started ordering it, and they wanted it to be an alcoholic drink. So when they added alcohol to it they named it the Rab Guild. So he got the credit. He who never even knew the drink existed got it named for him. It should have been mine. I've always felt I was robbed... robbed by the Rab! Well, there's still the Alice Guild.

Rab Guild

1 ¼ oz. vodka
1 oz. sweet and sour
1 oz. simple syrup
Fresh mint leaves

Alice Guild

Same as the Rab without the vodka.
This is the original that started a tradition.

No green flash on the horizon? Tiffany Magee will make you one.



Green Flash

- ½ oz. liliko'i syrup
- 1 oz. Absolut citron
- ½ tsp. Midori
- 2 oz. cranberry juice
- ½ oz. sweet and sour
- Lime wheel

Build in a martini glass.
Garnish with a lime wheel.

It's Beginning to Taste a Lot Like Christmas

Here are recipes for four fun holiday cocktails



Gingerbread Martini for Four

- 4 oz Bailey's Irish Cream
- 4 oz vodka
- 2 oz coffee liqueur
- 2 oz gingerbread syrup (the Club uses Monin)
- 2 scoops vanilla ice cream or ice milk, softened
- Whipped cream and crushed gingerbread cookies for garnish

Add all ingredients in a cocktail shaker, add ice and shake well. Pour into chilled martini glasses and top with whipped cream and cookie crumbs. Makes four martinis.

Christmas in a Glass

- Prosecco
- 1 capful gingerbread-flavored syrup (the Club uses Monin)

Pour 4–5 ounces of Prosecco into a flute. Add syrup.

Peppermint White Russian

1 oz	vodka
1 oz	coffee liqueur (such as Kahlua)
¾ oz	peppermint schnapps
1 oz	heavy cream

Combine liquors in a short glass over ice, top with heavy cream and garnish with a candy cane



The OCC Mai Tai



A big batch of Henry

Rede Eder shares an extra large recipe of the Club favorite to fuel your holiday party.

10 oz	orange juice
3 oz	grenadine syrup
5.5 oz	liliko'i concentrate (available at gourmet shops such as R. Field)
13 oz	vodka

Mix all ingredients together well and serve over ice or blended with ice. Makes 1 quart and can be stored in the refrigerator for up to five days. For the mocktail version—a Henrietta—just leave out the vodka.

Quest for the Best:

Mai Tai



➔ **Imagine going up in a friend's Cessna** for a bird's-eye view of the Hollywood Hills. At 3,200 feet the propeller stops. A dreamy moment of weightlessness suddenly goes full-bore nightmare. Kaleidoscope images of tangled freeways, billboards, and swimming pools blur into one. Then your friend calmly idles throttle, neutrals ailerons, hits opposite rudder, and forwards elevator. His tiny airplane coughs and its freefall eases back into level flight.

Not pilot error. Pilot humor!

In real life it was a stunt that ended a 20-year friendship and began a 20-year fear of flying.

Recently I convinced my SoCal surfing buddy, Mike Hougardy, to finally get back into an airplane—a much bigger one this time—and join me in Honolulu. I lured Mike with promises of two things he loves almost as much as his yellow Lab, Jake: perfect Hawaiian waves; and perfect Hawaiian Mai Tais.



Mike arrived in Honolulu so doped up on tranquilizers it took him three days to fully recognize me. Surfing was out of the question. Mai Tais were not. So we went on a bar crawl starting at the Halekulani. Then the Sheraton. Then Royal Hawaiian, Moana Surfrider, Roy's Hawaii Kai, and Kahala Resort. Our loopy loop ended at my beloved Outrigger Canoe Club.

Mike handles rum and curacao way better than he mishandles Zoloft and Prozac.

A connoisseur nonpareil, I asked my buddy to place the evening's top three Mai Tais on a podium. He mulled the task only briefly.

Bronze went to Kahala Resort. "Outstanding presentation yet lacks a fully symbiotic relationship between light and dark rums."

Silver went to Royal Hawaiian. "Excellent structure but any citrus aroma must've locked itself in the fridge."

Gold went to Outrigger Canoe Club. "Paradise within Paradise, Guy. Even the ice chips are perfectly uniform!" —*Guy Steele*





▶ MEMBER Profile

GOING THE DISTANCE

BY LESA GRIFFITH

Jennifer Fratzke completed the 444-mile Yukon River Quest last year. In September she talked to Ama about the experience as she prepared to push herself even further—in the Great Alabama 650.



Ready to go: Jennifer Fratzke at the start of the Yukon River Quest.



WHAT DOES IT TAKE TO PADDLE ALONE THROUGH 444 MILES

of rugged northern Canadian wilderness? Outrigger Canoe Club member Jennifer Fratzke found out last year in the Yukon River Quest. Also known as the Race to the Midnight Sun, it runs from Whitehorse to Dawson City, with only two mandatory stops, under a sun that never sets. In only her second marathon paddling race, she overcame severely blistered hands and sleep deprivation to take second in the women's division.

Fratzke grew up near Portland, Oregon, fishing on the Deschutes River—she's an accomplished angler—but didn't start paddling until she moved to O'ahu when she was 20. She got into standup paddling and quickly excelled at the sport, joining the Hobie SUP team. That's when she caught the eye of the Club's former head paddling coach Guy Wilding who introduced her to OCC. When she tore her ACL, outrigger canoe paddling was a logical step as a sport that is not as demanding on the knees. She started with the six-man crew then moved to one-man. It wasn't long until she was looking for more challenges.

In 2018, Fratzke, was on Maui having coffee with a friend who told her he was training for the Yukon 1000, which is just what the name says—1,000 miles of paddling hurt. "I thought—this sounds cool, out in the wilderness, no safety net," said Fratzke by phone from North Carolina in late September, where she was staying with a friend in preparation for the Great

I'VE ALWAYS BEEN INTRIGUED BY THE HUMAN MIND—YOUR BODY IS GOING TO GIVE OUT EVENTUALLY, SO IT ALL COMES DOWN TO THE MIND.

Alabama 650. "I wasn't ready for that, but asked if there were other races." Her friend directed her to a website and within 24 hours she signed up for the Missouri American Water MR340.

"I need something adventurous in my life," said Fratzke. "I never planned on getting into ultra-distance paddling. I'm a spontaneous person and my friend Will lit a fire in me." After the



MR340, she chose the 2019 Yukon 444 as a next step to the Yukon 1000.

MIND OVER MUSCLES

With her canoe packed with everything she would need to survive, from fire starter and whistle in the pocket of her life jacket to food and a tent, Fratzke set out from Whitehorse, on the banks of the Yukon River at noon, along with 122 other crafts on June 26, 2019.

The first mandatory stop comes at 200 miles into the race, at Carmacks. If a participant is going to quit, this is where most of them decide to do it. And it was where Fratzke had a hard time convincing herself to continue for the first time. All competitors are required to layover at Carmacks for seven hours. Her crew of one—fellow Club member John Puakea—was there to meet her.

"I was in pretty bad shape. My body hurt so bad," said Fratzke. "I was so tired but my mind was wired, so I couldn't get to sleep. This is the only spot where your crew can help you and resupply you. I was thinking how I've got to make sure I get the food I need, the water I need—it was kind of stressful. I kept



Top gear: (left and above) Fratzke's survival kit on the 444-mile Yukon River Quest.

WHEN YOU'RE OUT THERE, IT'S JUST RAW WILDERNESS, IT'S SO INCREDIBLE.

aids and tape. Because of greatly fluctuating temperatures, she had to juggle using gloves.

"The water's pretty cold and it gets really cold at night," she explained. "Your hands are touching the water, so you want to use gloves at night [to keep warm] although you also want the blisters to air out. It gets up to 100°F during the day but drops to 30°F even though it never fully gets dark, so you don't know if it's the next day, you don't know anything. I didn't have a watch on me so I didn't know what was going on."

Not one to shy away from the realities of life, Fratzke frankly talks about how "your butt cheeks get chafed and raw—you're sweating and you're wet and you're peeing yourself." The race guidelines don't mention stuff like that.

But in the end, she has learned, it all comes down to the mind. Since her days paddling for the Club, she has

always felt she performed best at longer distances.

"I have an ability to endure pain a lot longer than other people," said Fratzke. "Throughout my life I've had some trauma that has caused me to be mentally strong. So the pain and doubt [I experienced in the race] almost fueled me more. I've always been intrigued by the human mind—your body is going to give out eventually, so it all comes down to the mind. There are a lot of endurance athletes I look up to who don't look like they have cross fit bodies, so you've got to think it's got to be in their head. Are you going to let your mind take over and finish this thing?"

And her mind took control at Coffee Creek, the second mandatory layover, this one for three hours.

convincing myself that I had a fever. You have so many things going through your mind. It's so important to let your crew take over at that point to let you sleep. Once you fall asleep it's good, then when you're woken up you're like, what the hell?"

Just as feet take a beating in running marathons, hands are vulnerable in long-distance paddling. And Fratzke's biggest struggle was with blisters, even after years of developing callouses. She slathered her hands with Neosporin and plastered them with blister band

► MEMBER Profile

Her blood pressure had dropped and nurses at the medical station didn't want her to leave. "They were telling me to not fall asleep and I wanted to sleep," said Fratzke. "That was scary for me. I definitely wondered if I was going to make it."

Yet when the nurses weren't looking, Fratzke snuck out, determined to finish. Coffee Creek is the last stop with access to the outside world, the last place competitors can pull out without a costly emergency rescue. It is also a terrible place to sleep if you are not covered up head to toe—Fratzke left the spot with her hands, ankles and face ravaged by hundreds of mosquito and chigger bites.

What made her decide to continue? "I've been in 100-mile races where I've had to call it because I knew I physically wasn't safe, where I knew hypothermia was a real possibility. In the Yukon I didn't get to a point where I felt in that much danger. I'm sure in my head I was like, 'I'm going to die,' but I never felt I was putting myself at risk of death."

The payoff included singular views and wildlife encounters—at a comfortable distance. "I saw a lynx staring at me from the shore," recounted Fratzke. "I saw a wolverine, which freaked me out. That was creepy. I saw lots of bears, and there were a lot of caribou and moose. Those were startling because I heard they can be dangerous. When you're out there, it's just raw wilderness, it's so incredible."

She finished in 67 hours and 57 minutes, with less than four hours of sleep, coming in the second of three women in solo canoes, and 17th out of the entire field of 38 solo paddlers.

ALLIGATORS AND RAPIDS: THE ALABAMA 650

Fratzke was speaking from the North Carolina home of April Zilg—her crew for the Great Alabama 650 and her former Hobie teammate as well as future Yukon 1000 partner. The race, open to only 20 boats, was starting in five days, on September 27. At 650 miles—across the entire state—it is Fratzke's longest race yet and includes the toughest whitewater she has had to face. Last year's winner completed the marathon event in seven days and eight hours. Only 3 of 15 competitors made it to the end. The cutoff time is 10 days.

"I'm nervous, but confident," said Fratzke. "All these women are good endurance athletes. I'm nervous about alligators because I guess they're everywhere. It's the same nervous feelings I get for all the other races—that's what makes it exciting, the unknown. I've never been to Alabama so I'm going into



"My body hurt so bad": Fratzke at the 200-mile mark of the Yukon River Quest, where she had a seven-hour mandatory layover.

this blind. I want to focus on managing my time and sleep. I have a very good support crew."

She had flown to Oregon on September 1 to take her pre-teen son ("he's as adventurous as me") to her parents' house and train on the Deschutes River. Then the country caught fire and she had to hunker down indoors, spending the time homeschooling her son before heading to North Carolina.

She's taking everything she has learned from her previous three races for this grueling slog that includes long portages around hydroelectric dams and locks, and, unlike in the Yukon, dark nights. "You'll never finish this race if you don't paddle at night, so you don't have a choice," said Fratzke.

At the end of the Yukon 444, she felt like she had hit her limit. It's clear she knows she has deeper mental reserves. "Now I'm adding another 200 miles. I'm feeling confident."

Postscript: Jennifer Fratzke pulled up to the dock in Fort Morgan, on Mobile Bay, on Sunday, October 4, one of just 10 vessels to complete this year's grueling Great Alabama 650. She paddled the 650 miles in 7 days and 8 hours, taking second in female solo, and seventh overall out of 20 total boats. And encountered lots of alligators. ■



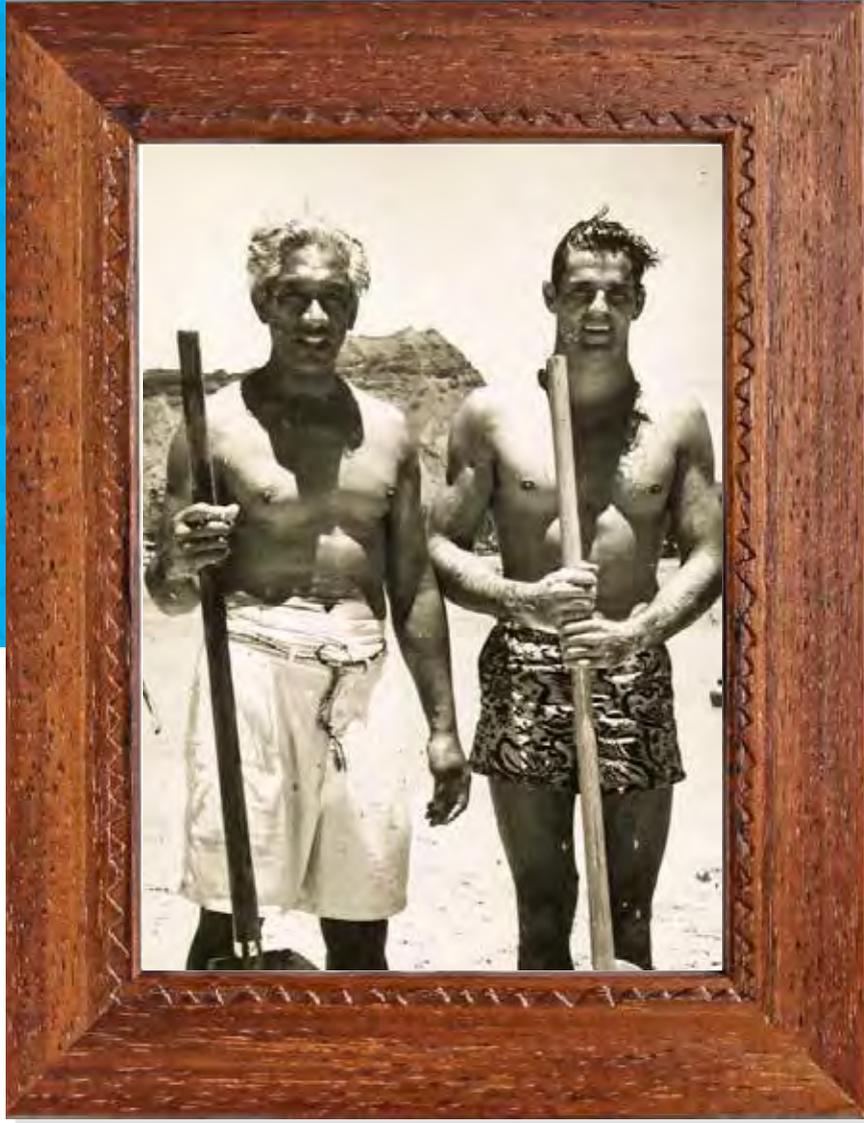
FISH LIKE AN EAGLE

The most memorable moment in the Yukon reminded me why I do these adventure races in the first place.

The most memorable moment in the Yukon reminded me why I do these adventure races in the first place. I was going on 48 hours with not more than 2 hours of sleep when I saw a bird circling high above me. Any chance to see another living creature out there when you're on the verge of hallucinating can bring back a sense of reality. The Yukon is full of wildlife, including bears (grizzly and black), moose, lynx and wolverine. If you are lucky, which I was, you will see them all at a safe distance. As I stared above, the bird began to descend until it was circling just high enough for me to realize how large it was. Next thing I knew, it locked its gaze, swooped down, snatched a fish with its enormous talons and flew 100 yards ahead, alighting on a branch jutting from a pile of old logs. This was the first time I decided to relax and get my camera out to snap a photo. As I passed by in my canoe, I must have startled the bird because it panicked, stretched out its six-foot wingspan and flew over me, dropping the fish right in my lap. I couldn't believe my eyes. Was this real? Later on, I was told by a local that this was a Golden Eagle, who brings strength, courage, wisdom, and power. After that, I knew I was being watched over by the ancestors.

— Jennifer Fratzke





Perpetual Aloha

By Sarah Fairchild

The Arnott Family legacy gift to the Outrigger Duke Kahanamoku Foundation commemorates special bonds that spanned decades



Marian Anne Arnott passed away at age 100 last New Year’s Eve, in Bellevue, Washington. The longtime member and adventuress bequeathed \$40,000 to the Outrigger Duke Kahanamoku Foundation. The gift was in memory of her husband, Thomas Arnott, but it also illuminates the triangle of special



bonds between the Arnotts, Duke Kahanamoku, and Outrigger Canoe Club.

Born Marian Bulow in Seattle, the ocean-loving future Mrs. Arnott grew up in Washington State sailing 6 Metre Class yachts. She was a 26-year-old high school teacher in Walla Walla

when she followed in some friends’ footsteps and volunteered to teach Home Economics on Lana’i,

Where did they go on their first date? The (original) Outrigger Canoe Club. They married in 1948, beginning Marian’s more than 50 years as a Club member. It would be the backdrop for a lifetime of memories with friends and family.

Tom’s father was a British sailor who stopped in Hawai’i on an around-the-world trip and never left. Tom joined OCC In 1931, as a nine year old, sponsored by his uncle, and began surfing in Waikiki two years later, eventually shaping his own boards from heavy redwood planks.

At Roosevelt High School, Tom played football and ran track. Then in the early 1940s, Duke Kahanamoku, then in his 50s, recruited Tommy and some of his friends—Thad Ekstrand, Jack Beaumont, Jim Fernie, and Tom O’Brien—for the OCC’s six-man canoe team. The crew would go on to be famously known as “Duke’s Boys,” and the experience had a profound effect on Tom’s life while sparking a lifelong friendship. The team was undefeated from 1943 to 1949, starting with the first MacFarlane Regatta. As a coach and mentor, Duke taught Tom

The spirit of aloha is not just about giving, but giving back, a continuous wave-like energy. As a coach, teammate and mentor, Duke Kahanamoku gave Tom Arnott this gift...

filling a wartime teaching shortage. In 1945, she crossed the Pacific in a Navy ship that zigzagged towards the Hawaiian Islands to avoid danger. She arrived at the pier in high heels and white gloves, and spent a happy year on Lana’i sharing a modest cabin with five other teachers.

The next year Marian moved to O’ahu and found work in the Hawaiian Electric Company’s in Home Service Department. At that time, home economists were like teachers and sales reps, running cooking classes, creating recipes, and making house calls to show customers how to operate and troubleshoot their new modern appliances. Marian’s niece, Isa Nelson, recalls interning in the department with her aunt, lying on the floor of a customer’s kitchen to light the pilot of a propane ice box.

The young professional met Tom Arnott at HECO—his brother introduced them in an elevator.

Left: Duke Kahanamoku and Tom Arnott were on the winning Senior Men 6 crew from 1943 to 1945. Above: Marian Arnott.

many life lessons in hard work, preparation, teamwork, respect, and humility. The team also surfed together and enjoyed Sunday afternoon movies at Waikiki Theatre.

The bond between Tom and Duke endured as the years went by and they both grew more interested in sailing competition. Tom went on to participate in three TRANSPAC races and two races to Mexico. Tom also crewed for Duke, winning Lipton Cup S Board Class races. Already a seasoned sailor, Marian would sometimes join Duke and her husband.

Out of the water, Tom was the Pacific Division General Manager for the Carnation Milk Company for 41 years. He created the popular Carnation Healthy Baby of the Year contest, a marketing winner that highlighted generations of adorable children throughout the islands.

Tom was involved in many OCC committees over the years, and eventually served as Club President from 1966 to 1968. In 1968, Tom was elected to the first class of Winged O—along with his friend

► MEMBER Legacy



OCC President Tom Arnott congratulates his friend Duke Kahanamoku on being named the Club's first Winged "O" in 1968. Duke passed away one week later.

and mentor Duke. When Duke died later that year, Tom was a pallbearer at his funeral.

While Tom poured his energy into ocean athletics and the OCC, Marian served as Director of Volunteer Services at Queens Medical Center for 15 years. In an

age before computers, emails, and texts, she organized and connected hundreds of volunteers for the hospital. She also ran the well-known Christmas fundraiser, Festival of Trees.

Tom passed away on January 8, 2000. Many friends donated to the Outrigger Duke Kahanamoku Foundation at that time, and the Thomas Arnott Fund was established to support interscholastic canoe paddling in Hawai'i.

Duke is so well known for his own athletic achievements in ocean sports, and he took every opportunity to pass on his skill and knowledge, giving and giving back in a continuous wave-like energy. As a coach, teammate and mentor, Duke Kahanamoku gave Tom Arnott this gift, and Tom perpetuated the aloha through his own service at OCC and through his philanthropy.

The Outrigger Duke Kahanamoku Foundation Board of Directors thank the Arnott Family for its generosity in supporting Hawai'i's athletes and perpetuating the spirit of Duke. In this year of the COVID-19 pandemic when ODKF's usual fundraisers are not able to be held, donations like this are especially impactful. ■

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- **Visit** dukefoundation.com for more information about ODKF programs. Interested in giving back? OCC members may make monthly automatic donations to ODKF through their OCC accounts. For details, contact Evelyn Cagaoan at ecagaoan@outriggercanoecclub.com.
- **Watch** Tom and Marian Arnott tell their own stories at outriggercanoecclubsports.com, the invaluable online archive of the Club's history.

When Tom Met Duke

"Well, I met Duke through the Club...and we became friends. He decided he would start a six-man crew for the Outrigger. We had them, but they were really not that good. So one day a bunch of us were all sitting around on the beach and Duke came up and said, "Hey, you kids look like you are in good shape, do you want to learn how to paddle a canoe—really learn how to paddle a canoe?"

He was a very strict, particular, hard guy to work with. I used to get so darned mad with him at times. I remember one time I had a bad cold, and I said, "Duke I don't think I'd better go, I've got a bad cold." So he got into the canoe and said, "Get in." We started paddling and I just felt real bad. At that time we had markers outside for the Walter Macfarlane Canoe Race and they had the flags out, so we practiced going around the marks, and the third time around I jumped overboard when we got in close to shore. For a month after that I would go down every day and sit on the beach. He would have nothing to do with me. Finally, he said, "Kid, get in the canoe." I had a real good lesson.

Boy, we would go out and paddle from the old Outrigger up the Ala Wai Canal and back and then he'd say, OK, one time around the flag that was out for the Walter Macfarlane. At that time the flag was a mile out, [not] a quarter of a mile. We'd go out and come back in. We'd expect him to say, "Right on, OK." No way! We would go around again and again, to where we were in absolutely fantastic shape; no one could touch us. It was because of that conditioning that we never lost a race."

—Tom Arnott, OCC Oral History Interview
by J. Ward Russell, 1995

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Holiday Gift Guide

Take care of your holiday shopping list with great gifts from the Club's Logo Shop, featuring some of the Islands' best resort wear. From beach bags to aloha shirts, you'll find something for everyone in your OCC 'ohana. We've also included select options sure to please your special someones.



On Keely

Button-Down Style

You can't go wrong with a **Kahala aloha shirt** (\$78) with an Outrigger Logo. Made of crisp cotton broadcloth, with a matched pocket, this island classic comes in an assortment of prints to suit your style.

Terrific Tote

Carry all the essentials for a day at the beach in this stylish tote (\$49.95). It stands up for easy access and has a reinforced base for long wear.

Swimwear

Make a splash in a signature one piece by **Toast Swim** (red orange) \$112 at Bikini Bird, Outrigger Waikiki Beach Resort or Kailua.



Shirt Versatility

Perfect for work or leisure, this comfortable **Tori Richard polo** (\$84) comes in three designs. There's a bit of stretch for extra comfort and it's wrinkle resistant, too.



Paddling Protection

Offering UPF 50+ this long sleeve **Toes on the Nose Paddling Jersey** (\$64) provides UV protection with fast drying technology and comfort.



Football Flair

Your allegiance to the Outrigger Canoe Club won't be questioned in this heavy-duty long sleeve jersey (\$52). Available in a selection of muted tones with the bold Outrigger Canoe Club across the back and a smaller logo on the front.



For Earth Girls

Swim in green style with a **Vitamin A bikini**, which is made with recycled and plant-based materials. The high-waist Barcelona bottom (\$112) will make your legs look long and the Cheryl top (\$96) keeps everything in place. Bikini Bird, Outrigger Waikiki Beach Resort and 131 Hekili St., Kailua.



Masking for It

Fighting Eel masks are made up of 100% cotton (in cute prints you would expect from them) and comes with a pocket for filters and adjustable toggles for a perfect fit. Set of 3: (\$50). Fighting Eel, Royal Hawaiian Center. fightingeel.com.



On Keely

Club Cool

Outrigger's **Kahala aloha shirt** (\$78) isn't just for guys—it makes a great cover up for gals, too. Keely pairs it with a classic triangle bikini top from **L Space** (\$95) from Bikini Bird and that signature Outrigger accessory—the red visor, (\$22) essential for paddlers and volleyball players.



T Is for Tiffany

Tiffany & Co. launched the next chapter of its Tiffany T collection this year with the introduction of Tiffany T T1. These new designs celebrate the iconic 'T' motif and the individuals who wear them.

Tiffany T T1 narrow diamond hinged bangle in 18k rose gold, \$9,000; Tiffany T T1 wide diamond ring in 18k rose gold (\$5,000). Tiffany & Co., Ala Moana Center and Royal Hawaiian Center.

Stay Dry, Look Good

Beat the weather in style with this versatile three-layer **Torrentshell jacket** from **Patagonia**. (\$165.95) Waterproof and breathable, it's must-have outerwear. Available in men's and women's sizes in a variety of colors.

Available in a variety of colors



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Oahu Fresh brings island-grown produce, meal kits, prepared foods, and a variety of local goodies straight to your doorstep. The Farmers Market bag is a seasonal selection of produce delivered weekly with the option to add more locally produced, specialty items. Starting at \$20 per week. Use the code 'OUTRIGGER' to waive the \$15 registration fee and receive a \$10 credit to use in the Oahu Fresh marketplace. Order at oahufresh.com.



Limited Edition Stussy

Stüssy has made only 140 of its exclusive Aloha Shirt, available in black and blue and made with two different vintage fabrics on alternating panels. The fabric is over-dyed then printed, for this limited-edition run. (\$150.) Stussy Honolulu, Royal Hawaiian Center.



Tequila with Local Sabor

Kapena Tequila offers two flavorful twists on the Mexican spirit—try it infused with salty-sweet li hing mui or spicy Hawaiian chili pepper tequila. There is also Kapena Silver, a smooth 100 percent agave tequila. All sourced from the finest blue Weber agave plants from the Los Altos region of Mexico's Jalisco State. (\$45-70). Visit Kapenatequila.com for a list of retailers.

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DECEASED: SEPTEMBER 28, 2020

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DECEASED: OCTOBER 14, 2020

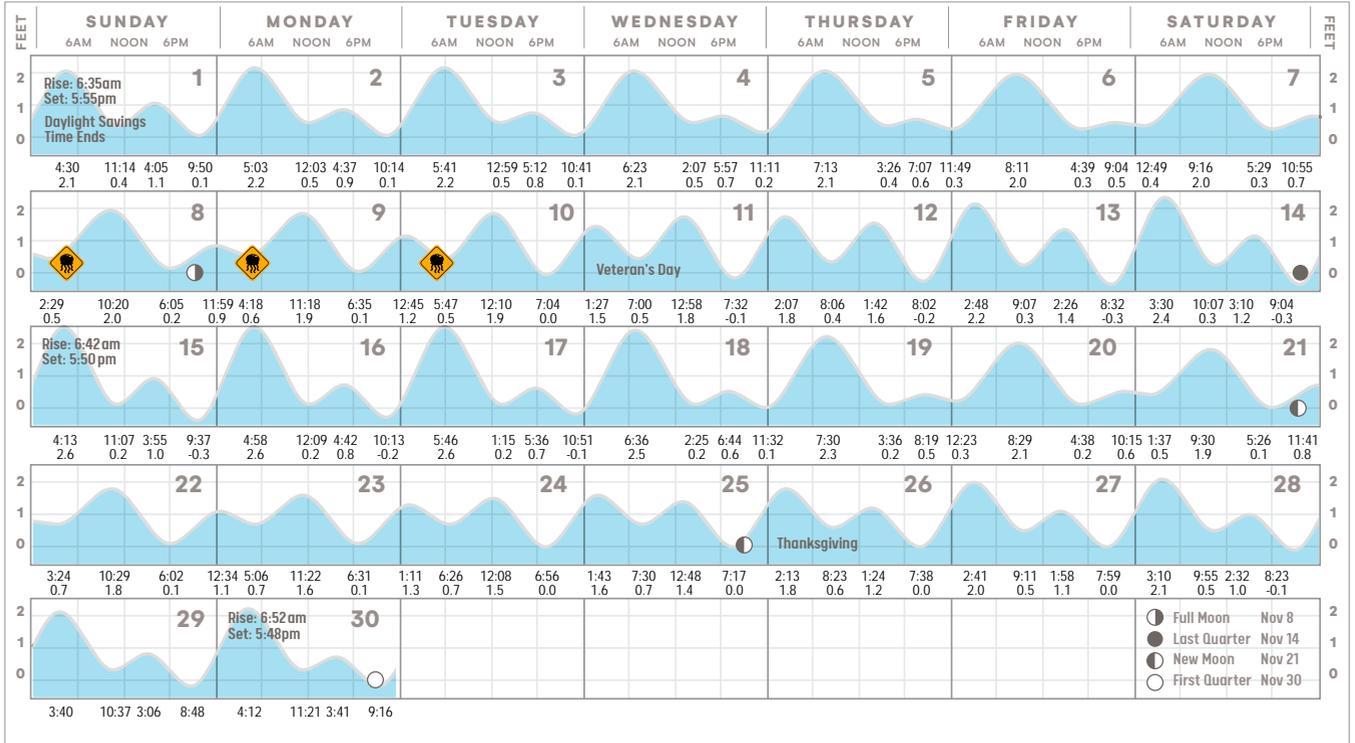
Member: 41 years

PHOTO BY TOMMY SHIH

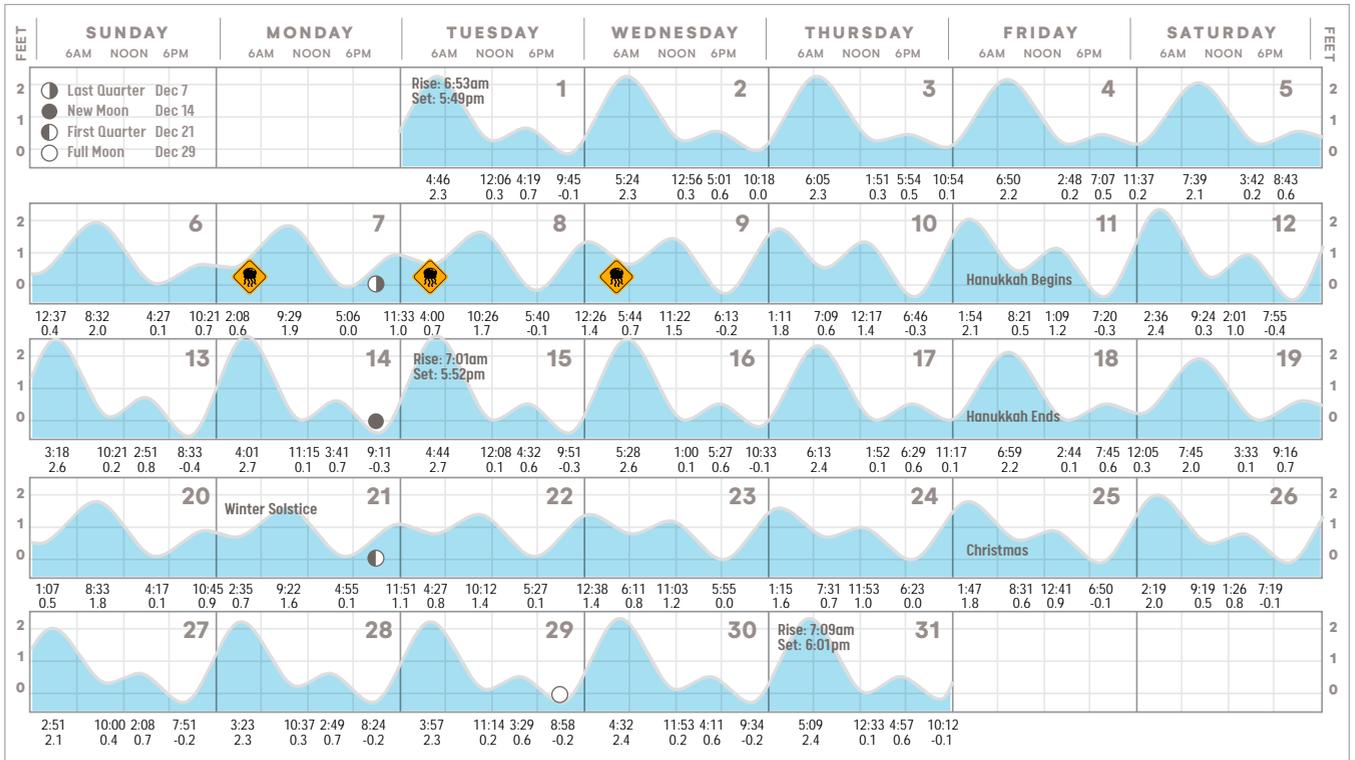


OCC Tide Calendar

November 2020



December 2020



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Garnish with lime slice or other.

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