

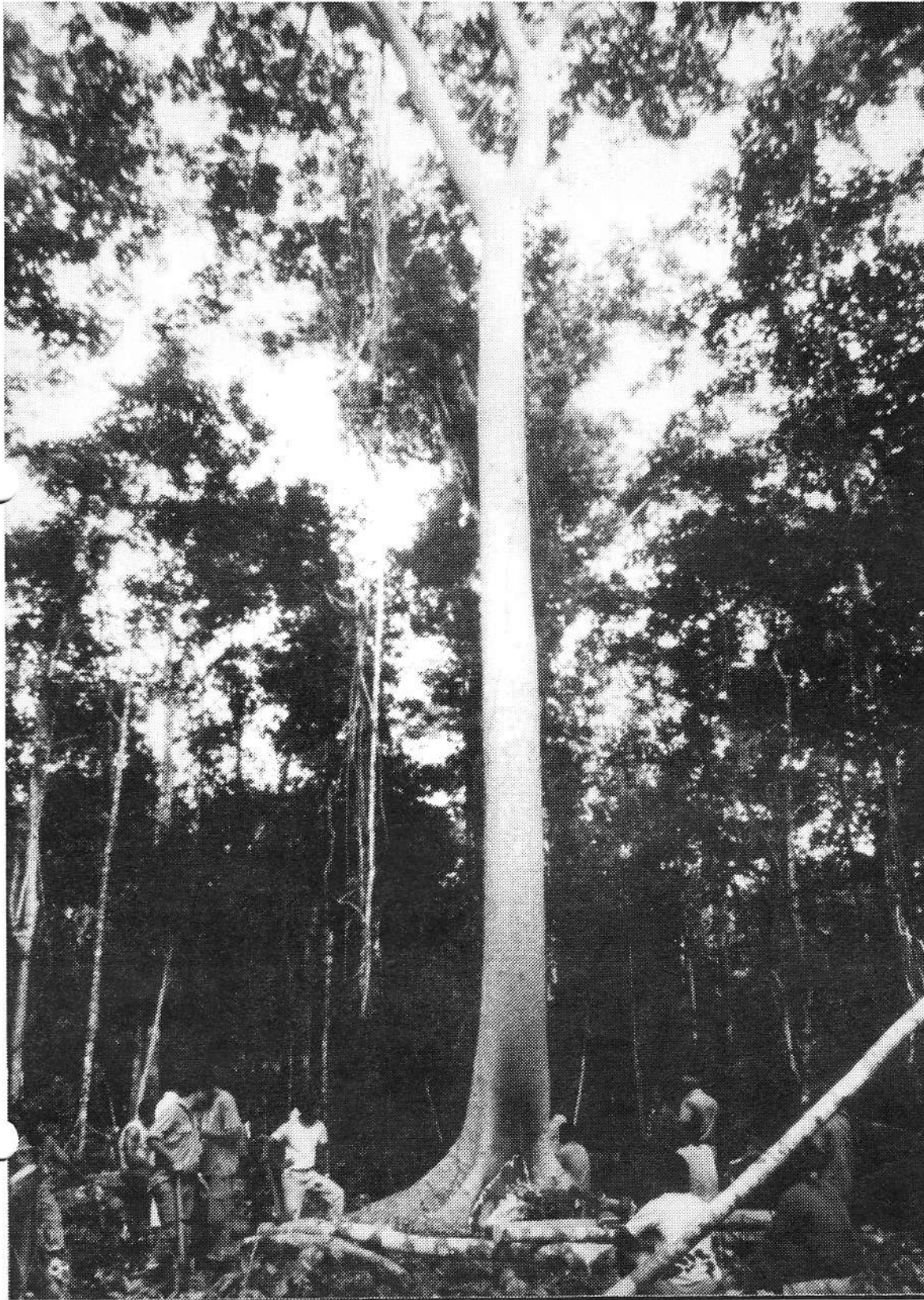
POLYNESIAN CULTURAL CENTER



# UPDATE '86

Employee Newsletter

Friday, January 10, 1986



## Fijian Tree Finds Final Home In PCC's Marketplace

May 27th, 1985 began a huge project and the start of a long voyage for this Fijian Vesi tree. The tree, located on the island of Kabara in the Lau islands of Fiji, was cut down and built into a Fijian "Camakau" (an outrigger canoe) which is now on display in the PCC Marketplace.



## Fijian Camakau Brought to PCC from Fiji

*The Fijian Camakau was delivered last Tuesday by truck from Honolulu. It was rigged today and is on display in the Marketplace.*

Today, January 10th, 1986, marked the end of a huge project and a long voyage of what may become in the future an important relic for the people and culture of Fiji. The Fijian Camakau (pronounced Tha-ma-kau) was finished and rigged by a group of Fijian employees of the Center. The Camakau can be seen on display in the Marketplace along with many plaques and photographs explaining this unique canoe.

The project was officially begun on May 27th 1985 on a little Fijian island in the Lau group known as Kabara (pronounced Kambara), when a group of local carpenters cut down a 65 foot Vesi tree. The tree rose 45 feet in the air in a straight trunk and its branches covered the additional 20 feet.

Although the project officially went from May to January, the preparations and forethought have gone on for several years. Originally conceived by BYU—HC's Institute for Polynesian Studies, the project was introduced to Fijian Prime Minister Ratu Sir Kamisese K.T. Mara who is also the paramount chief of the Lau islands. Along with the Polynesian Cultural Center, the Institute and the Fijian Government chose Kabara island and the tribe of Naikelayaga to build the Canoe. Sandra and David Banack, from BYU—Provo were chosen to oversee the

project from Fiji. Sandra is a recent graduate of BYU and volunteered for the trip in conjunction with studies she was making for a masters degree in Botany. She and her husband kept a very detailed journal during the construction and also video taped the Camakau's progress. IPS felt that the project would be very beneficial to the Polynesian Cultural Center and also help preserve the culture of Fiji. The journal and the video tapes of the project will provide a great source of information on canoe building in the Pacific in years to come.

The village combined its carpenters with those of the other three villages on the island and together they built the vessel. During the months of labor, only traditional tools and processes were used to fashion the different parts of the canoe. Many traditions were kept. For example: women were not allowed to work on the canoe itself, but they wove the sail. Also, at six different times, as the work progressed, the village held special feasts—a traditional part of the building of any Camakau. The finished canoe was named Kato Ni Matau Ni Matai Vanua Kabara (or The Ax Chest of the Craftsmen of the Land of Kabara), and was barged to Suva and then shipped to Honolulu. On Tuesday of this week, the canoe was brought by truck to the Cultur-

al Center where it was put in the Marketplace for display. Today it was rigged and put into final form for our guests to see.

The Camakau is a traditional vessel used by the Fijians throughout much of their history, used for fishing and visits to other friendly islands. According to authorities, the Camakau holds the distinction of being one of the finest types of sailing outrigger canoes ever designed. Early explorers of Fiji were astonished by the speed and maneuverability of the craft. On Kabara, after the Camakau was completed this past year, the villagers took it on a maiden voyage near their island. During the trip, a power boat was used to video the canoe, and as the video tape shows, the Camakau took off very quickly in a slight breeze and the power boat couldn't even begin to keep up.

The Polynesian Cultural Center is fortunate to have the Camakau on display for its guests to see. Many thanks go to Jerry K. Loveland, his staff at the Institute for Polynesian Studies, the PCC Administration, the Banacks, the Prime Minister of Fiji, and the people of the island of Kabara for the time and effort spent on finishing this project. A photographic essay depicting the entire project is on display in the BYU President's reception area.



## New Employees Learn About PCC's Togetherness.

*During the past month, the Employee Relations Department has oriented over 200 new employees. Pictured above is this weeks graduating class.*

During the past four weeks, the Employee Relations Department has oriented over 200 new employees for the Polynesian Cultural Center. With the Theater, Gateway, and Village changes for 1986, many new student jobs were opened and filled, creating this huge load for the trainers. The UPDATE staff thought that at this time, when so many of our employees are learning about PCC's policies, expectations, and goals, it would be beneficial for each of us to review some of the things which are taught in those first meetings. We interviewed Raymond Mokaio and he had many valuable ideas to share with us.

Perhaps one of the most valuable things which the orientation does for new employees, according to the trainers, is to create a sense of awareness for the entire operation of the Center. They are taught about the various jobs which are done outside their area. This helps them understand that we all have important jobs. According to Raymond, "Some employees at the Center at times develop the attitude that other areas have more

important responsibilities than they do. During the orientation, we stress that if their job wasn't vital to the operation of the Center, the job wouldn't be there. We want the employees at the Center to realize that they are all important. In some ways they are more important than the Center's Administration, in that the employees are the ones who actually impliment the operation of the Center. Also, instead of many different departments, we need to feel that there are actually only two groups at the Center, **we and the Guests**. When a guest has a problem or a question, employees should take that problem head on, and not refer the guest elsewhere. If there is a problem, it is "our" problem, not a maintenance problem or a village problem. Of course we sometimes need to ask others for help in solving a problem, but we must never "pass the buck." The Cultural Center is "our place," like our home. One of the reasons we are successful today is that the employees of the past were successful in doing this."

Raymond explained that the reason

we refer to our guests as guests is because that demonstrates the attitude we should have toward them. If we call them tourists, they will be treated as tourists. If we call them customers, they will be treated as customers. We don't call them either, because they are our guests and need to be treated as such. As employees, we need to continually be on-stage and performing for our "audience," always trying to give them our best show.

In keeping with the General Manager's challenge to make 1986 the PCC's best year ever, the Employee Relations Department is doing everything they can to improve the quality of our employees. The principles they teach in their orientation hold not only for the new employees but especially for those of us who have been around for a while. In this way we will respond to the challenge at hand. Let us each work to improve our performance here at the Cultural Center by becoming more aware of our guests and their needs. This is perhaps the greatest improvement we could offer our guests this year and every year.

From the  
**Employee Relations  
Department...**

**In 1986 PCC Swap  
Meets will be held on  
the dates listed  
below.**

**Feb. 22 (Sat.)**

**May 17 (Sat.)**

**Aug. 23 (Sat.)**

**Nov. 15 (Sat.)**

It will run as usual with it being from 7:00am - 12:00noon. For Booth information, please call Kim at 293-3035.

**CHESS, ANYONE?  
OR CHECKERS? OR  
BACKGAMMON?**

Get the gray matter revved up and come and join the fun with first semi-annual NON-ATHLETIC TOURNAMENT. Pit your skills against others of your like in a one-week tournament designed to find our top chess, checker and backgammon players. The actual play will begin on Monday, January 20, with the pairings scheduled from those who register by January 16th with Kim at ext. 3035 (Employee Relations). Subsequent games will be played on Wednesday, January 29th from 12:00 noon to 1:00pm. Each player will play every other player in each category and finals will be comprised of the top three players.

**FOCUS ON FITNESS**

With the Center's focus on increased productivity, first class performance and consistency for 1986, it's important that every cast member be physically fit.

No longer do our daily physical tasks require strength and endurance as they did for our ancestors. We take elevators instead of stairs, drive instead of walk, press buttons on power-driven tools and appliances instead of pushing and pulling their manually-operated counterparts.

What all this means is that recreational exercise has become a necessity of life if we are to be physically fit. The Research Institute of America quotes from the President's Council on Physical Fitness and Sports in their definition of **physical fitness**: "The ability to carry out daily tasks with vigor and alertness, without undue fatigue and with ample energy to enjoy leisure-time pursuits and to meet unforeseen emergencies."

The Research Institute of America goes on: "By this definition many of us come up short. We tire before lunchtime, fight excess weight, complain of assorted aches and pains, are nervous and uptight and feel breathless and hot after climbing a single flight of stairs."

"But before you rush off to do fifty push-ups, there are some additional facts you need to know about the kinds and amount of exercise you should be doing.

For the 'average' person, there are three types of physical fitness to be concerned with: heart-lung or circulo-respiratory fitness; muscular strength and endurance; and flexibility."

"**Circulo-respiratory fitness** is the most important kind. Evidence suggests that it not only is an important factor in warding off the negative effects of a host of diseases and disorders (most notably heart disease), but also that it retards fatigue, increases energy, reduces body weight, improves sleep, and may even slow the aging process. CR exercises are also the most effective calorie burners."

"**The paradox of exercise and personal energy is that in order to gain more energy, you have to expend more energy.**"

"Walking, running, cycling, swimming, running in place, jumping rope and rowing are excellent CR exercises. Handball, basketball, tennis, and racquetball are also good, but have a lot of 'stop and go' activity that may not keep the pulse rate elevated for a sustained period of time."

"The goal of CR fitness is basically to exercise to the point where your pulse rate increases to 160 or 150 beats a minute and sustained for at least twenty minutes at least three times a week. Of course, depending on your age or any physical disability, you'll have to adjust

that goal somewhat lower. If you're a beginner, the goal should be worked up to slowly."

"**R.I.A. CAUTION:** Before beginning an exercise program, consult your physician to determine what you can and can't do, and particularly how much exercise you can start with. Too much too soon can be as dangerous as none at all. It is necessary to work up to the peak of individual capability by beginning with a small, safe amount and increasing it slowly over time."

(Next week's Focus on Fitness will deal with muscular strength and endurance and flexibility.)

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The UPDATE is an employee newspaper of the Polynesian Cultural Center and is issued as a training tool of the administration of the Center. The UPDATE staff consists of:

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UPDATE Assistant . . . . . Kerry Kingi  
The UPDATE is printed by Iava Posala of the PCC Graphics Department.

Submissions to the UPDATE should be received by Mon. at noon to be included in that week's issue. The UPDATE office is located in the Graphics office, ext. 3116 or Call Darlene Asuega at ext. 3005.

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