

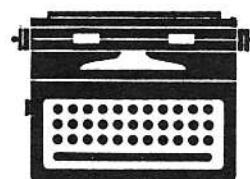


POLYNESIAN CULTURAL CENTER

# UPDATE

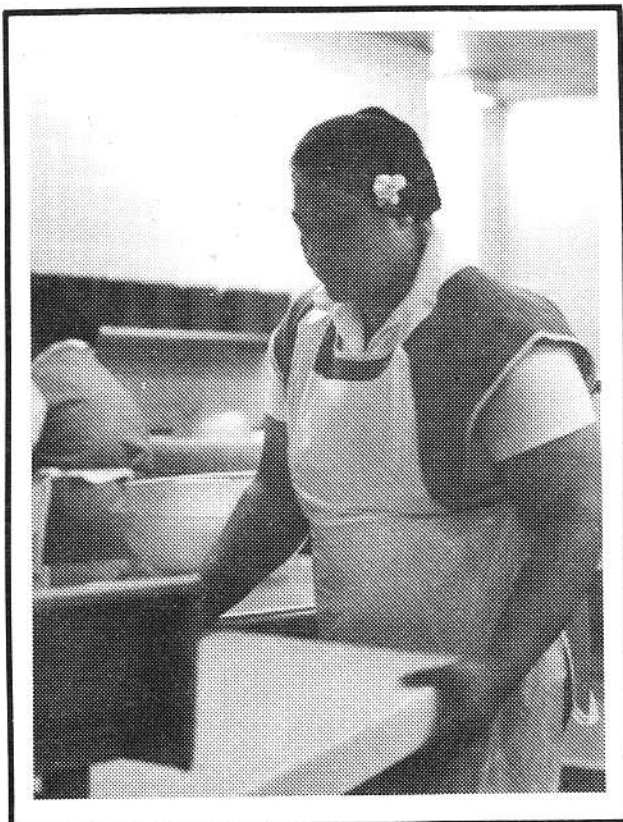
Employee Newsletter

Friday, October 4, 1985

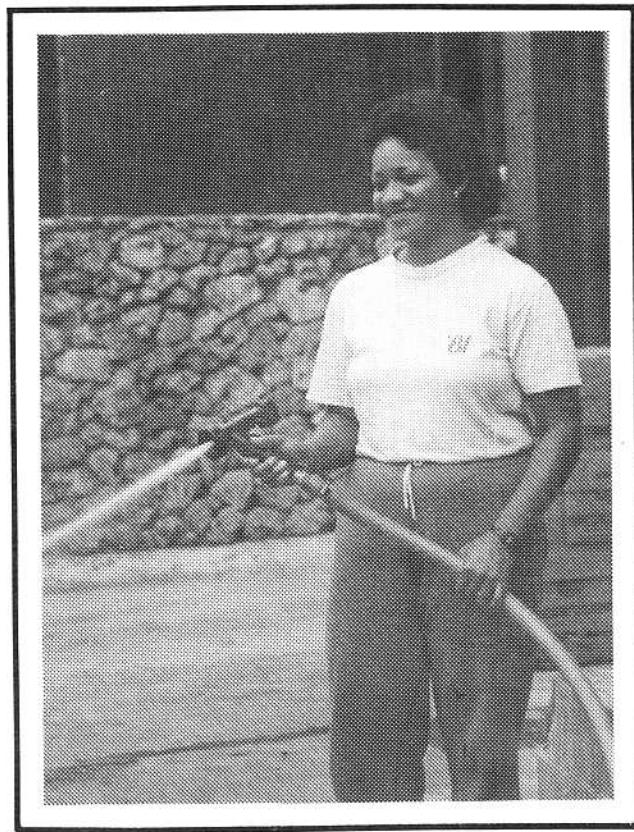


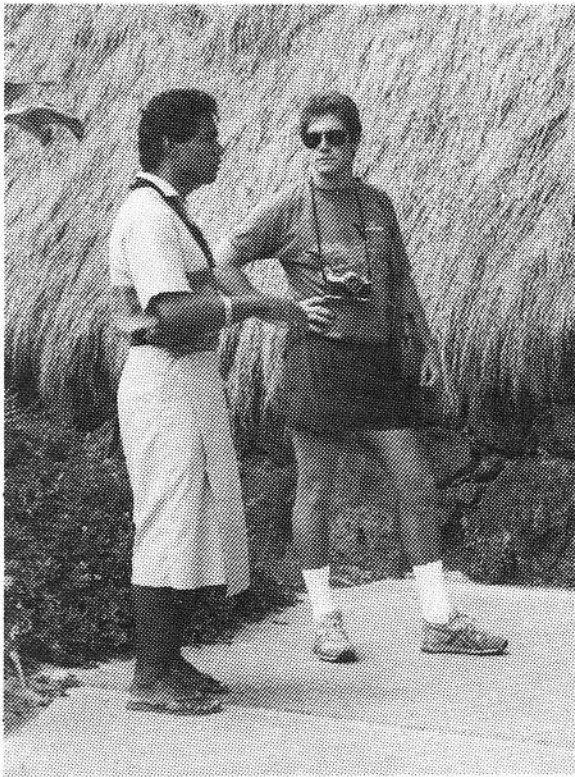
## Service From Full-Time Employees





## Scenes from the Polynesian Cultural Center's





## Full-Time and Non-Student Employees

This week the UPDATE spotlights the important employees who work to assist the student employees at the Center. These employees, comprising of full-time workers and non-student part-time workers, do the vital jobs which students are not able to fulfill while going to school. These employees are found in all areas of the Center and include vice presidents, managers, supervisors, leads, grounds workers, secretaries, trainers, maintenance employees, seamstresses and laundry workers, food employees, security, financial clerks, and many many others. The UPDATE salutes these employees as a part of the Polynesian Cultural Center's team. They are a vital part of the organization and their services make the student's jobs possible. On behalf of the BYU-HC students employed here at the Center, the UPDATE extends a big Mahalo to each full-time and non-student employee. Here are some photographs of these employees at work.





## FOCUS ON FITNESS

The ancient Greek ideal of a sound mind in a sound body has defined the concept of "good health" for centuries. Still today, research indicates an essential interconnection between body and mind. Stress is often the common denominator causing many illnesses. Stress is not easy to define. What is distressing to one person is stimulating to another.

All of us have stress in our lives because it is created by any change that we are faced with, negative or positive. This includes anything from loud noises, a promotion, a car accident, falling in love, the death of a loved one, or a job change. Sources of stress include the environment, the body and the mind. This last source of stress—the mind—is the focus of this article because it may be the single most important factor to our health.

According to Hans Selye, world-renowned biological pioneer in the field of stress, how we interpret the environmental events in our lives and how we deal with them determines our physical and mental health. When we negatively interpret an incoming stimulus, be it external event or a thought, the body prepares for "fight or flight" by producing physical responses of a protective nature. Hearing becomes more acute, vision is increased by pupil enlargement, blood pulsates through the head so that more oxygen reaches the brain cells, and thought processes are stimulated. Heart and respiratory rates increase, while the trunk and head become pooled with blood, leaving hands and feet cold and sweaty.

In our high stress, fast-paced society, we are likely, if we allow, to be in the fight or flight condition during a good number of our waking hours. While in this state, the body's immune system can break down and start the clock ticking toward a number of illnesses, including hypertension, cardio-vascular disease, ulcers, arthritis, headaches, colitis, cancer, and others.

The key to stopping the clock is reducing the frequency of stress reactions in our lives. This solution involves changing our minds...to Wellness; in other words developing an awareness of how we currently respond to stress so that we can make healthy choices of new response patterns. It means providing ourselves with relaxation, joy, and fun—on a regular basis. Dwelling on the negative produces tension in our bodies, and ultimately creates more negative and anxious thoughts. This vicious circle then becomes a pattern in our lives.

There are numerous stresses over which we have little or no control: a late train, traffic congestion, the death of a spouse. But the way in which we view these events is within our control.

In addition to the development of a sound mental attitude towards life, the following suggestions can be helpful in the management of stress:

*Avoid stress.* Find a new way to work, talk out a problem, change the poor lighting of that office.

*Leisure time:* Play, have fun, relax. The average American had 18.4 hours of pure leisure in 1984. This astounding lack of relaxation is harmful to health and happiness.

*Regular exercise and a good diet.* These essential ingredients provide energy, facilitate a consistent mood, and allow us to deal more effectively with the stresses we must handle.

*Find time for healthy relationships.* It's a medical fact that loners die earlier than those involved in healthy, open and satisfying relationships. Seeking out the love and support of others enhances our health.

*Deep breathing.* Under stress we tend to hold our breath. Deep breathing and relaxation techniques practiced regularly provide a calmness, enhance our ability to be effective in the present moment, and slow down the heart rate.

The key to stress management is, first, assuming control of our minds, and then practicing behaviors that will bring about inner peace and physical well-being. Even though it is difficult to break old habits, new behaviors soon become new habits that can be easily performed. Working with a spouse or friend in the development of new lifestyle patterns makes it easier. Taking time each day to manage stress will help bring about this change towards Wellness.

### Free Nametag Replacement

Recently there have been many employees working at the Polynesian Cultural Center without nametags. It has been mentioned that many employees have lost or misplaced their tag and haven't wanted to pay the money to replace it. If this applies to you, the Employee Relations department has begun replacing

these missing tags free of charge. This limited service is available to each of you once, if you will report the loss to your supervisor or manager. Please give them the correct spelling of your name and have them inform the Employee Relations department. Please be sure and take advantage of this offer as soon as possible.

## Halloween Treat!

On Wednesday, October 30, the P.C.C. will be celebrating Halloween by sponsoring a party for all employees. This date will allow P.C.C. people to attend the BYU-HC Halloween Party the following night, on October 31.

Place: Orientation Building

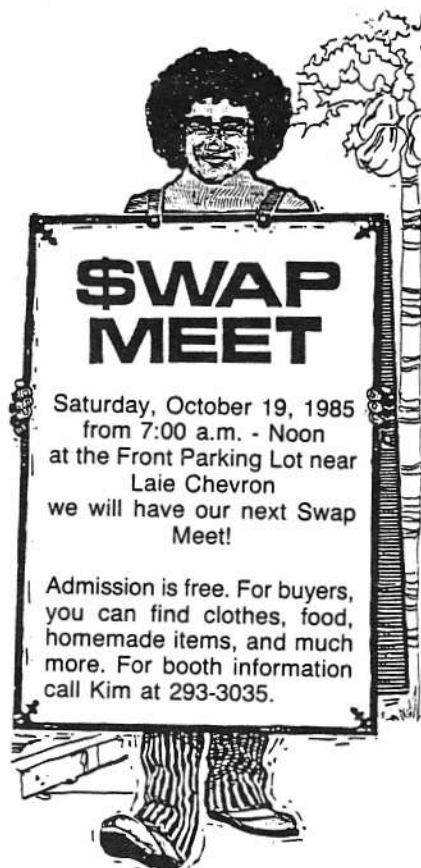
Time: 9:30 p.m. - Midnight

Attire: Costumes (no masks)

Activities: Dance, Rapping Contest, Lip-Sync Contest

Prizes: Best costumes (most original, funniest, scariest, best look alike). Best Rapping. Best Lip-Sync.

Refreshments will be served.



**\$WAP MEET**

Saturday, October 19, 1985  
from 7:00 a.m. - Noon  
at the Front Parking Lot near  
Laie Chevron  
we will have our next Swap  
Meet!

Admission is free. For buyers,  
you can find clothes, food,  
homemade items, and much  
more. For booth information  
call Kim at 293-3035.

## ALOHA UNITED WAY (AUW)

### From Sam Langi, Personnel Manager

I have been given the responsibility of coordinating our efforts at the Center in support of the ALOHA UNITED WAY during our 1985 fund-raising campaign. Many of you know and understand the purpose of the ALOHA UNITED WAY while others probably don't. For the benefit of you who are not familiar with it, here is what it's all about.

ALOHA UNITED WAY is a non-profit organization dedicating its efforts to helping Hawaii's people who are less fortunate—the ones who need the help of a machine to continue to breathe, need mechanical devices to walk, touch or even to hear. You and I do these things without having to think about them. Over sixty organizations, such as Red Cross (Hawaii Chapter), American Cancer Society Assn., United Cerebral Palsy Assn., Boy Scouts of America (Aloha Council), Recreational Ed. for Adults and Children with Handicaps (REACH), and others dedicate their efforts to helping Hawaii's less-fortunate population. The mere existence of these people depend entirely on voluntary donations of the people of Hawaii. WHAT CAN WE DO, you ask? You and I can help by donating a small amount of our earnings to the ALOHA UNITED WAY through payroll deduction or a one-time donation.

This is how it is done. You decide the amount you can afford and indicate on your pledge card what you would like to give each pay period. It could be \$1, \$2, \$3, \$4 per pay period. That amount will be deducted beginning the first pay period of January 1986. If you want to make a one-time donation, indicate the amount on your pledge card, attach a check, a money order or cash to the card and turn it in to our office. We will give a receipt to employees who pay cash or by money order. We recommend the best way to donate is through payroll deduction; however, you may choose the way that is most convenient for you.

This is our third year of participation in the ALOHA UNITED WAY. The past two years have been very rewarding and challenging to those who have participated in the program. The joy that comes from doing this kind of service is knowing that you have given a little of ourselves to others. It is not how much you give that is important...it is that you choose to give. Mahalo



Tam Ah Hoy poses for a guest in the Samoan Village

### Vice Presidents Award

This week Vice President of Village Operations, David Hanneman awarded the \$25.00 Vice Presidents award to the Samoan village. The award was given for outstanding personal appearance, consistency, and quality of performance. Village Lead Fauono Vaifale graciously accepted the cash award for the village. The UPDATE congratulates the Samoan village for the honor.

## All Employees of the POLYNESIAN CULTURAL CENTER

Saturday, October 12th  
Will Be Our

## 22ND ANNIVERSARY CELEBRATION

- Beginning at 7:00 with a sunrise assembly in the BYU-HC Auditorium.
- A brief special message will be given by the General Manager.
- Movie!
- Service awards will be presented to long time employees.
- Door Prizes!!!
- An official photograph will be taken of the entire staff with 8x10" color prints to be made available for sale.
- Each employee present will receive the special FIRST EDITION PCC T-shirt --Bring ID--
- Breakfast will be served by the Gateway Restaurant. \*Tickets are necessary.
- \*\*Tickets for prizes and breakfast will be included in this week's pay envelope. Don't lose 'em!
- Deposit ticket stub in box at door before 7:00 a.m. assembly to be eligible for prize drawings. No tickets accepted after 7:00 a.m. assembly starts.

### From the Personnel Office Credit Union Update:

#### Christmas Savings

Your Christmas Savings program for 1985 ends on October 31st. Your Christmas checks will be mailed to you in the first week of November. If you do not wish to renew your Christmas Savings, please come to our office and complete a new payroll deduction form indicating "close" in Christmas Savings.

#### Share (Savings) Account

Effective October 1st, 1985, all share accounts must maintain a balance of \$100.00 in order to keep your account and membership with the credit union. Also, all new participants opening share accounts with Hawaii Central will open them with a minimum deposit of \$101.00. One dollar is for your membership fee and the hundred dollars opens your account.

### Hawaii Central Super Draft Checking Account

Presently, Hawaii Central is promoting the above Checking Account; Super Draft Checking pays higher interest rates, offers more overdraft protection alternatives, has access to several ATMs (Automatic Teller Machines), and requires no minimum balance on the checking. AND if you direct deposit your whole check into the credit union there is NO CHARGE ON CHECKS!

Hawaii Central requires you to maintain only \$200 in you share account with no minimum in your checking. You earn 6 percent per annum. When you average daily balance is \$2,500 or more, you earn money market rates which currently pays 7 percent per annum. Access to all IT and Liberty Bank Machines at no service charge!

Membership enrollment is open to all PCC employees. If you feel that these kind of services are what you need, come to our office and find out more of how this particular benefit can serve your purpose.



## Mr. Rodgers' Neighborhood

By David Rodgers

Of all the employees at the Polynesian Cultural Center, there isn't one whose job doesn't involve dealing with other people in some way. Every day each of us comes into contact with guests, fellow workers, supervisors, VIP's, ect. The phrase "works with others" should be written into every job description at the Center. Everyone does it and it is one of the most important things we do.

Over 50 years ago, Dale Carnegie realized just how much of our lives is involved in dealing with others. His book, "How To Win Friends And Influence People," has become the Bible of human relations. This week's neighborhood is taken from his writings. We can all learn from this master.

Why read this book to find out how to win friends? Why not study the technique of the greatest winner of friends the world has ever known? Who is he? You may meet him tomorrow coming down the street. When you get within ten feet of him, he will begin to wag his tail. If you stop and pat him, he will almost jump out of his skin to show you how much he likes you. And you know that behind this show of affection on his part, there are no ulterior motives: he doesn't want to sell you any real estate, and he doesn't want to marry you.

Did you ever stop to think that a dog is the only animal that doesn't have to work for a living? A hen has to lay eggs; a cow has to give milk; and a canary has to sing. But a dog makes his living by giving you nothing but love.

When I was five years old, my father bought a little yellow-haired pup for fifty cents. He was the light and joy of my childhood. Every afternoon about four-thirty, he would sit in the front yard with his beautiful eyes staring steadfastly at the path, and as soon as he heard my voice or saw me swinging my dinner pail through the buck brush, he was off like a shot, racing breathlessly up the hill to greet me with leaps of joy and barks of sheer ecstasy.

Tippy was my constant companion for five years. Then one tragic night—I shall never forget it—he was killed within ten feet of my head, killed by lightning. Tippy's death was the tragedy of my boyhood.

You never read a book on psychology, Tippy. You didn't need to. You knew by some divine instinct that **one can make more friends in two months by becoming genuinely interested in other people than one can in two years by trying to get other people interested in him.**

Yet I know and you know people who blunder through life trying to wigwag other people into becoming interested in them.

Of course, it doesn't work. People are not interested in you. They are not interested in me. They are interested in themselves—morning, noon, and after dinner.

The New York Telephone Company made a detailed study of telephone conversations to find out which word is the most frequently used. You have guessed it: it is the personal pronoun "I." "I." "I." It was used 3,990 times in 500 telephone conversations. "I." "I." "I." "I." "I." "I."

When you see a group photograph that you are in, whose picture do you look at first?

If you think people are interested in you, answer this question: If you died tonight, how many people would come to your funeral?

If we merely try to impress people and get people interested in us, we will never have many true, sincere friends. Friends, real friends, are not made that way. (pg. 96-97)

As we deal with guests and fellow employees at the Polynesian Cultural Center, let us remember that we will become more successful in building friendships and serving our guests by following the great admonition of Dale Carnegie to "become genuinely interested in other people." This idea isn't new. A long time ago, a hundred years before Christ was born, a famous old Roman poet, Publius Syrus, remarked:

**"We are interested in others when they are interested in us."**

## CALENDAR

### Friday, October 4th

Devotional CAC 10:30am

Frank Arnold

50's Dance 9:30pm Ballroom

Movies: "Jailhouse Rock" Bllrm. 8pm

"Rebel Without a Cause" AUD 10pm

**From now on, employee lunch will be served in the Cast Member's Lounge above the Laundry**

Roast Chicken, sage dressing, giblet gravy, steamed rice, peas and carrots, drink

### Saturday 5

Aud 6am, 10am Gen. Conference

Aud 2pm Priesthood

Movie Aud. 6:30pm

"Rebel Without A Cause" also

Aud 9:30pm "East of Eden"

Roast beef with gravy, oven brown potatoes, seasoned mix vegetables, drink

### Monday 7

Sweet and sour chicken, steamed rice, peas and carrots, drink

### Tuesday 8

Breaded pork slice, brown potatoes, seasoned carrots, drink

### Wednesday 9

L.T. 10:30am University Forum

Aud 6:30, 9:30pm Film Classic

"I Never Sang for My Father"

Baked butter fish, steamed rice, seasoned corn, drink

### Thursday 10

Club Night

Beef curry, steamed rice, seasoned corn, drink

### Friday 11

Stake Night

Meatloaf with tomato sauce, french baked potatoes, buttered peas and carrots, drink

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:

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

Submissions to the UPDATE should be received by Tues. at 5:00pm to be included in that week's issue. The UPDATE office is located in the Special Projects office area near the employee building, ext. 3121