



WESTIN HOTELS

NOVEMBER 1981

Aboriginal

In pursuit of vim, vigor... and smaller waistlines

They've joined the fight against flab. They've declared war on languorous lungs.

And they're adding new vitality and lift to lethargic living.

"They" are the some 70 or so health-seeking Westin employees who have joined the Clark Hatch Fitness Center here in The Westin Building.

In a survey of recent health club recruits, a few claimed they're already in pretty good condition and want to stay that way. But most weren't pleased with their waistlines and said they need to exercise on a regular basis to try to recapture their more youthful shapes.

And because the Clark Hatch Fitness Center is so convenient, and priced right, they decided to sign up to shape up.

Peter Blyth says he liked the convenient location — his principal motivation for joining the club. Peter, by the way, was one of the more in-shape members interviewed. In the past he has worked out at the YMCA and is also a regular runner.

Another runner, Ron LaRue, says he's pretty much "a fitness nut" and also decided to make this extra commitment to fitness mainly because of facility convenience.

Dave Evans, who suffered a heart attack a while back, says he joined to "maintain a healthy heart."

And Cliff Winkfield admitted his reason for joining up had to do with his belt buckle — "I'm starting to have a hard time finding it," he admits.

Although members had just begun their exercise routines and it was still too early to see a lot of visible results, nearly everyone was optimistic about the benefits they expect to receive from their workouts. Even after just a few sessions, most reported feeling "great," both physically and mentally.

Nearly everyone polled said they are using the facility three to four times each week. Topping that regimen was Ron LaRue, who evidently wasn't kidding when he said he was a fitness nut. He's there bright and early at least five mornings each week when he's in town.



Rick Jones does battle with the barbell

There doesn't seem to be any specific time of day that employees prefer to work out. Some prefer the "wake-up" workouts before work, and others like the tension-relieving after-work workouts. And others are "inbetweeners," fitting their health regimen into their lunch hour.

What is the objective of all this exercise? What does everyone expect to accomplish through all that sweat? Here were some of the specific goals mentioned.

Debi Briest says she'd like to keep in shape, and as a bonus, lose a few pounds.

Elaine McBride hopes the program helps her "to feel much more alive instead of all worn out at the end of the day."

Dave Evans? Well, the former heart-attack victim just hopes the exercise will help him stay alive.

It appears the Westin group of fitness advocates is quite pleased with the Clark Hatch Fitness Center and its facilities. Those facilities include men's and women's locker rooms, exercise and weight rooms, stationary bicycles, a treadmill, pool, sauna, Jacuzzi, steam room, and coming next summer, a basketball court, jogging track and racquetball courts.

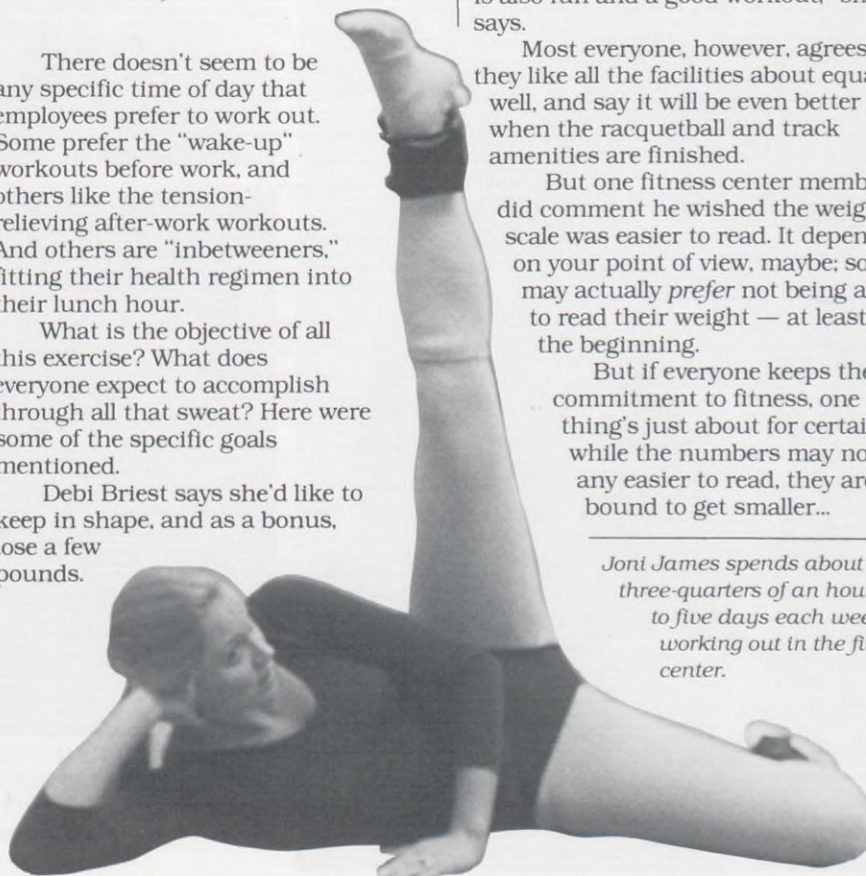
Cozette Sattler says she likes to use the exercise and weight conditioning equipment most, followed by a relaxing dip in the Jacuzzi. "The aerobics class is also fun and a good workout," she says.

Most everyone, however, agrees that they like all the facilities about equally well, and say it will be even better when the racquetball and track amenities are finished.

But one fitness center member did comment he wished the weight scale was easier to read. It depends on your point of view, maybe; some may actually prefer not being able to read their weight — at least at the beginning.

But if everyone keeps their commitment to fitness, one thing's just about for certain — while the numbers may not get any easier to read, they are bound to get smaller...

Joni James spends about three-quarters of an hour up to five days each week working out in the fitness center.



Open house brings lots of guests — and lots of compliments

"Super — so this is where you work."

"Uh...no. This is the employee lunchroom..."

"It's beautiful! And the view!"

"You should see it from my office on the..."

"Mmmmm. Great cheese. Oh, say, I'd like to meet your department head. Is that him over there?"

"Oh, no! That's Mr. Mullikin. I'll introduce you."

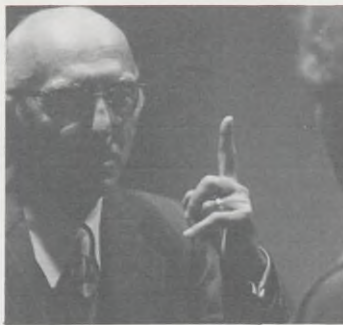
"Wait 'til I finish this mouthful..."

And that's the way it went as families and friends mingled with corporate office people for the open house get-together one afternoon in late September.

Harry's on Sixth, the employee lunchroom and lounge, was the focal point for the affair where employees and their guests enjoyed food, beverages and friendly conversation.

Meanwhile, elevators were kept on the go as employees proudly showed off their various floor work areas to admiring guests.

"All in all," says Jerry Gunderman, corporate office services manager who arranged the event, "it was a great opportunity to show off our new home to family and friends — a smashing open house for a smashing facility."



\$100 prize? Just enough for lunch...

But, oh, what a lunch it was.

Elegant was how one of them described it.

And worth every bit of the \$100 it cost.

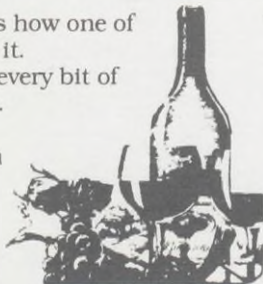
The six secretaries from Design & Construction who received the \$100 check for winning the

Name-the-Lunchroom contest with their Harry's on Sixth entry decided that a lunch on the town would be a fitting way to spend their prize money.

And spend it they did — at Rosellini's Four-10.

With hardly a nickel to spare.

The feasting (now fasting?) six were Sandy Burrill, Charlotte Mirick, Marilyn McCartney, Kathleen Bauer, Madeline Clark and Lisa Friedley.



Mark your calendar

Nov. 8-11: Rooms Conference, Bellevue Stratford.

Nov. 12 & 19: "Straightforward Communications for Supervisors" workshop. Call Carol Suess, 3191, for info.

Nov. 17 or 18: Management Institute of the NW seminar, "Team Development for Team Effectiveness." Dr. Irwin Rubin. Call Reed Sehon, 3157, for info.

Nov. 26 & 27: Thanksgiving. Corporate offices closed.

COMING UP:

Dec. 3 & 10: "Stress and Communications" workshop. Call Carol Suess, 3191, for info.

Dec. 16 or 17: Management Institute of the NW seminar, "Understanding and Utilizing MIS: a Non-Technical Overview". Dr. James McKenney. Call Reed Sehon, 3157, for info.

Dec. 7: Corporate office Christmas party.

Dec. 24 & 25: Christmas. Corporate offices closed.

Expand your career horizons through Westin workshops

Westin Hotels traditionally has encouraged employees to learn and grow on their jobs — through workshops, seminars, and various AH&MA correspondence or college classes.

The aim — to assist employees in their hotel career development goals.

Now, corporate office employees have yet another opportunity to expand their career horizons through a series of workshops offered through the Personnel Division — and they are offered at no charge.

The series of five workshops, conducted by Corporate Communications Department staff member Carol Suess, began in September and will continue through February.

"Breaking the Communications Barriers" and "Clear Business Writing" were each offered in September and October.

For those who missed these courses the first time around and are interested in taking either or both, they will be repeated. Contact Carol Suess for details.

Coming up this month, November 12 and 19, from 8:30-12:30 on each of those days, is a two-part workshop on "Straightforward Communications for Supervisors."

Carol describes these sessions as "a skills approach to making your communications clear, direct, effective and constructive."

Exercises and discussions will cover such areas as learning to recognize and avoid such negative management styles as defensiveness, pleading and hostility; how to handle the "ogre" role; getting constructive input from staff; and planning and leading meetings.

The two-part "Stress and Communications" workshop will be offered December 3 and 10, also from 8:30-12:30. It deals with how and why communications tend to fall apart when people are under stress, then teaches attendees how to master the skills needed to communicate clearly in stress situations.

Finally, employees who speak to groups as part of their jobs may want to sign up for a two-part public speaking workshop scheduled for February 4 and 11, 8:30-12:30. Small-group coaching sessions will help attendees learn to

speak to groups comfortably and effectively.

Carol has also developed and taught several other communications workshops for hotel, as well as corporate use, including "Effective Team Communications" and "Think Team."

Before joining Westin in 1978, Carol had done extensive work in the communications field. As a university instructor and counselor, she taught literature and communications skills. She also published a textbook on speedreading which she co-authored with a fellow faculty member.



Mary Durner and Bill Trenko practice giving and receiving verbal instructions in one of the recent workshops.

Profile

David Ling — our new rooms director

David Ling, formerly resident manager at The Westin Hotel, Renaissance Center Detroit, has taken over the Rooms Division reins here in the corporate offices.

He replaces Ray Sylvester who has moved on to The Westin Peachtree Plaza as resident manager.

With Westin Hotels since 1976, Ling began his hotel career as room service manager at The Plaza. In his three years there, David worked as front office manager, senior assistant manager and finally, director of food and beverage.

David was appointed executive assistant manager at The Westin Hotel, Renaissance Center Detroit, in 1979, and when he left to come here he had been the hotel's resident manager.

Prior to starting with Westin, David spent four years in the Army where he managed various installation clubs in the United States and Europe.

He holds his undergraduate degree in hotel administration from Penn State, and also has an MBA from Boston University.

David arrived in Seattle with his family in October.

David, basically an easterner having been raised in the New York City area, says he's looking forward to his Seattle assignment.



David Ling

Pat O'Brien named Westin Services VP

Pat O'Brien began his Westin Hotels career 14 years ago in Seattle as night auditor and room clerk at The Olympic. Now he returns to Seattle once again, this time as vice-president, Westin Services.

After three years with The Olympic Pat moved on to The Westin St. Francis in 1970 for a seven-year stint. His last position there was as executive assistant manager.

He was appointed general manager at the Michigan Inn in 1977, then, in 1979, he was named to his most recent position as general manager at The Westin Oaks.

Pat is a graduate of Michigan State University with a BA in business administration.

As vice president for Westin Services, he will oversee the interior design, contract sales, food facilities, office administration and management and information systems function of the company.

Pat arrived in Seattle, along with his wife and three children, the first of October.

Medical claims now go direct to CG, too

Remember, effective November 1, all Connecticut General medical claims go directly to the insurance company.

To further streamline our claims procedure, Group Benefits has pulled completely out of claims processing. That means we will submit our medical claims directly to CG, just like we've been doing for dental claims since last January.

If you have questions about either dental or medical claims, you may call CG directly (the phone number is on the claim form), or Barbara Ogle, 8935.



Pat O'Brien

Moving in — moving on

WELCOME TO...

Karen Kovarik, space planner, Design & Construction.

Louise Clithero, file clerk, Personnel.

Robert Connor, assistant project manager, Design & Construction.

Jackie Clark-Todd, assistant interior designer, Westin Services.

...AND MOVING ON

Vicki Caldwell, from secretary, Corporate Accounting, to secretary, Treasurer's Office.

Bill Custer, from loss control assistant, Risk Management, to fire/life safety specialist, Design & Construction.

Jennifer Lew, promoted to senior interior designer, Westin Services.

Phil Mervin, from staff auditor, internal audit, to controller, Westin Services.

Agnes Murray, from project coordinator at The Plaza, to project administrator, Westin Services.

Lee Ann Peterson, from junior tax accountant, Tax Department, to staff auditor, Internal Audit.

Correspondents

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