



WESTIN HOTELS

JANUARY 1982

Homefront

Stress — and 19 ways to cope with it

We all live with some stress.

How well we live with it can mold our entire lifestyle — for the better, or for the worse.

A recent *Homefront* survey asked many of you how you cope with stress, be it job related or personal.

Most respondents seem to have a good handle on handling stress. Some have simply adopted the "Hey-life's-too-short" attitude, while others have specific mechanisms they use to relieve stress, not the least of which is physical exercise.

Then there was one respondent whose formula for coping with stress was going home and (1) kicking the dog, (2) yelling at the kids, and (3) getting into bed and pulling the covers over their head.

While this method may work wonderfully to relieve that person's stress, it's unlikely that the dog and kids favor the approach much.

But read on. There are some more positive ways to reduce or eliminate stress. Among them, you may find some that will work for you.

David Christianson, Hotel Acctg. Services: I cope with stress through regular exercise, good nutrition and plenty of rest.

Lynda Marks, Marketing: Stress seems to come from someone or something beyond my control. To deal with it I try to find the source or reason behind it. Also, the easiest way to handle stress is to have patience and understanding.

Jim Kennedy, Internal Audit: My motto has always been "give it your best shot." Rather than dealing with stress, I deal with completing a project. So, giving it my best shot, I at least feel good about having done my best.

Kris Olsen, Personnel: I kick my bosses' chairs when they're out of town.

Marion Kopp, F&B: A certain amount of stress is good. To keep it from exceeding the "good" limits I do two things: quickly analyze the situation



to recognize my limitations, and then ask for help or suggestions to handle the problem.

Dave Ling, Rooms: When the stress starts to build I look in a mirror and ask myself, "Are you doing the best you can with what you've got?" If the answer is no, I try harder. If the answer

is yes, the stress doesn't seem quite as bad any longer.

Debora Steele, Parent Co. Acctg: I analyze what jobs or errands need to be done and try to arrange them in a logical, time-saving manner. Also, having a sense of humor is important. Many times a cheerful face and smile, or sympathy, will also relieve stressful situations. At night, if I'm feeling stressed, I enjoy relaxing in a dark room with soothing background music.

Marsha Fiskaali, Data Processing: I buy the biggest chocolate chip cookie I can find (it sort of helps).

Chuck Krekas, Real Estate: I exercise frequently.

Jan Lyman, Corporate EDP: Roll with it as it comes — adjust, compensate, confront, rather than deny, resist or refuse.

Lydia Kyle, Rooms: I take T'ai Chi which helps alleviate tension in my body. I also try to participate in activities which I know I enjoy.

Joe Connor, D&C: I cope with stress several ways. Through physical exercise. Also through the realization that the world will be here long after I'm gone, and what I do will not change it much. Thus, I should not worry about everything, but do my best at the time and go on to the next task. Finally, I don't worry about past problems, but concentrate on present and future challenges.

Jim Gildenvan, Real Estate: A noon workout at Clark Hatch really helps, along with an interesting hobby or two at home.

Vicky Drake, Rooms: The best way I've found to cope with stress is by keeping active after work. I love sports, so depending on the season, I either take my frustrations out on a softball or volleyball.

Jeff Coleman, Credit: When I feel a build-up of pressure I find that taking a break and getting away from whatever is causing the stress is beneficial.

(continued on page 2)

Christmas party merry making

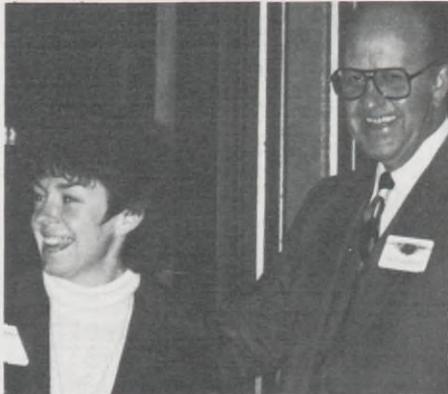
Joe Callihan, Cliff Slade



Paul Taylor, Lynette Kirby



Marilyn McCartney, Sandy Burrill



Alyce Daniels, Bob Lindquist



Jennifer Kenline at the piano



Westin choir members (l to r): Ellen Thimmesch, Nancy Newman and Jim Mincy.

Stress, continued

Bob Graves, Credit: I tell my wife what is causing my stress; she listens and offers sympathy. Getting away from the office for a while helps, too. At home, I do heavy physical labor like cutting firewood, driving nails, etc.

Anonymous: Self-hypnosis. This places me in a state of deep relaxation and is the best method I know to relieve mental stress and pressure. Full body massage. This is an excellent and pleasurable way to relieve body and mental stress.

Merla Moody, Real Estate: Read, or possibly shop for something I don't really need.

Anonymous: It doesn't always work, but I try to remind myself that nothing is THAT important to let it affect my health or attitude. Taking a short but brisk walk helps. If all else fails, a few glasses of wine is a fantastic temporary solution.

Eeny, meeny, miney, mo — where in the Westin world does this letter go?

The Bonaventure and the Bonaventure. The Shangri-La and the Shangri-La. The Galleria and the Galleria. Hotel Scandinavia and Hotel Scandinavia.

A few of our hotels have the same or very similar names — especially now that many have changed their names to include the Westin identity.

And it seems that a few of our similar-named hotels are getting other hotels' mail by mistake — because of improper addressing.

To assure that our mail gets to all hotels promptly, we're going to have to remember to address it with the hotels' full names and destinations.

A list of official hotel names was published in the November issue of *Front!* If you'd like an extra copy to keep handy as reference, call Corporate Communications, 8910.

Mark your calendar

Jan. 1: Corporate holiday

Jan. 10-14: Management Conference. Bellevue Stratford.

Jan. 27 & 28: Stress & Communications Workshop. Call Carol Sues, 3191, for info.

Feb. 15: Corporate holiday



And the winner is...

A smiling Trish Randolph, procurement coordinator in Westin Services design department, gladly claims the 15-pound turkey she won in the Corporate Office Services-sponsored turkey give-away just before Thanksgiving. Trish said that she had already purchased a bird for her family's Thanksgiving dinner, and planned to gobble up this gobbler at Christmas time.

United Way is working — thanks to you

United Way of King County reached 100.6 percent of its goal for 1981, raising a total of \$20.8 million.

United Way headquarters reported that this was the highest amount ever raised and more than \$2 million more than was contributed last year.

And here in the corporate offices, the success of the campaign was evident also.

Corporate employees dug into their pockets for close to \$24,800 — nearly \$5,000 more than in 1980.

What an IRA can do for you

Say you are 35 years old, and you opened an Individual Retirement Account with the UAL Credit Union this January. And say you deposit the maximum allowable of \$2,000 and deposited that amount every year until you were 60 years old.

What you'd end up with is a nice nest egg of approximately \$469,000 (based on the current UAL Credit Union 13.25% interest rate).

Beginning this month, you may open up an IRA at the United Airlines Credit Union.

The maximum per year deposit is \$2,000 per individual and may be deposited in any number of cash transactions, or through payroll deduction.

Some of the advantages to an IRA, according to Lois Anderson at the Sea-

Tac office, include these:

- the account helps build a more secure financial future.
- annual IRA contributions are fully deductible from gross income — even if you do not itemize.
- federal income tax on IRA accounts, including principal and interest, is deferred until you make withdrawals from the account.

But there is at least one disadvantage to such a retirement account to consider, Lois says. There's a heavy penalty for any withdrawals made before you're 59½ years old — unless you become permanently disabled.

For more details on an IRA, and how to set one up, call Lois Anderson, 433-4225.



One down, and 499 to go ...

They put together over 500 of them — all by hand — all one by one. The distribution of our new phone directories in November was the culmination of several months of intensive hand labor for the Corporate Office Services staff. That labor included typing, proofreading (and more proofreading) and tedious hand-collation of the directories' insides. Here Karen Taylor helps with some of the collation work, but every department member literally had a hand in the project, according to Warren Sakai, office manager. The directories will be updated approximately once a month, Sakai says.

Profile brief Bill D. Ellis — he gives kids a practical look at business

"Just remember, not everybody will be interested in what you have to say," his schoolteacher sister warned him.

Bill D. Ellis, vice president and controller for Westin's Financial Services, had just told her he was going to be the one in front of a class.

"Sure enough," he remembers, "the first day when the teacher told the students what I was there for, two of the kids right away put their heads down on their desks in a show of uninterestedness."

That was Bill's introduction to Project Business, an innovative program sponsored by Junior Achievement that brings executives and kids together to talk and learn about business.

As controller, Bill monitors, plans and adjusts our hotels' expenses — an ideal background for teaching kids about money management.

Bill taught a ninth-grade class at McClure Junior High in Seattle each Monday for 14 weeks last year; this year he's teaching eighth-graders.

"A lot of these kids are academically turned off," he says, "but we give them the opportunity to participate and be creative. That really perks them up."

He starts off the first few sessions talking about basic economics, and then introduces Sam and Sally's Sandwich Shop, a fictitious business located near a high school.

"I give them a menu and ask them what sandwiches they'd order," says Bill. Then students figure out the profit and expenses and go through the menu again. They learn to increase profits by careful elimination and fine-tuning of menu items.

Then the class breaks up into four small groups to discuss restaurant problems that are presented to them. And they've come up with some fantastic solutions to those problems, Bill says.

Adding video games ranked high on the suggestion list for attracting business, Bill recalls. Menu additions included standard favorites: French fries, milkshakes, coffee, and pizza to make up for the lack of night business.

Bill came back to the office after one student brainstorming session and



Bill Ellis: controller cum teacher

dictated a letter from "Sam and Sally," telling the results of using the student's ideas. When he read the letter in class, he says, "The kids just glowed."

From there the sandwich shop incorporates, sells stock to the class using Monopoly money, expands and eventually liquidates. Each step takes the students through another aspect of money management and how the business world works.

Bill, who celebrated his 30th anniversary with Westin last September, is currently recruiting other business executive candidates to teach in the Junior Achievement program.

A list of volunteers reads like a local Who's Who, and the program is growing steadily, due in no small part to the enthusiastic feedback volunteers get from their students.

"I have one kid who has called me a couple of times because he's invented a game and he's trying to market it," Bill says happily.

"I've found the Project Business class experience a great topic of conversation," he says, "and it's fun. It's been very satisfying for me — and I plan to keep on with it."

Moving in — moving on

WELCOME TO:

Julio Montejo, manager, Interior Design, Westin Services.

Janet O'Leary, buyer, Westin Services

Victoria Drake, secretary, Rooms.

Sandra Kirkman, retirement plan administrator, Group Benefits.

Bus pass reminder...

...from Corporate Personnel. Bus passes are available from the designated person on your floor from the 20th to the end of each month for the following month's pass.

In other words, February passes will go on sale January 20.

Correspondents

Homefront correspondent for the Marketing Division is Moodette Blanco. If you're in that division and have any news items or ideas, please contact Moodette on ext. 5023. Those of you

in other departments/divisions should contact your correspondent listed below.



Credit
Design & Construction
Development
Executive Offices
Financial Services
Food & Beverage
Insurance
Marketing
Personnel/Group Benefits
Real Estate
Rooms
Westin Services

Susan Byszeski
Charlotte Mirick
Ramona Erickson
Margie Watkins
John Olafson
Marion Kopp
Carolyn Eisen
Moodette Blanco
Jennifer Kenline
Merla Moody
Lydia Kyle
Nancy Newman

HOMEFRONT is a monthly publication for the employees of Westin Hotels corporate offices and Westin Services and is produced by the Corporate Communications department.

Gabe Fonseca, internal publications manager
Linda Plumb, publications editor