

THE WESTIN BEAR MOUNTAIN ASSOCIATE NEWSLETTER

Associate of the Month—Front of the House



JENN SAWYER - MOUNTAINSIDE ATHLETIC CLUB

Jenn (pictured left with Robin Henderson, MAC Manager) was born and raised in Nova Scotia. A career in the navy brought her to Victoria on a course where she met her husband Ken. She left the military after the birth of her daughter Samantha 5 years ago. During her pregnancy Jenn was in an accident that left her in chronic pain and in need of rehabilitation. It was through her physio and trainers that she discovered her own passion for fitness and the role it plays in recovery. In the last 5 years she has been certified as a personal trainer, cross fit instructor (her favorite), spin instructor, and many more. Her free time is centered mainly around family activities with Ken, Sam (AKA “Booger”) and her mother-in-law Anna Mae who recently moved from Ontario to be with them. Jenn has also spent the last 8 years working with her dog Rocky who was rescued from an environment of extreme abuse and is now a happy member of their family. Jenn is being recognized for her amazing attitude at work and her contribution to the overall success of the team. When asked for a quote she lives by hers was “Live, Fight and never give up.” Its easy to see why Jenn is

such an inspiration to her clients. In closing Jenn wanted to say how much she loves working here and what a friendly environment Bear Mountain has. It’s obvious that she contributes a great deal to that environment. Congratulations Jenn!

Associate of the Month—Heart of the House



KAREN RUSSELL - HOUSEKEEPING

Karen (Pictured left with Kevin Phillips, Executive Housekeeper) was born in Newfoundland but spent many of her younger years in Ontario, moving back to her roots in Champney’s West, Nfld when she was 16. After raising her two children Ashley and David, opportunity knocked one day and the stars aligned for Karen to start a new life in Victoria. After 13 years working at a fur tannery and her children living in Newfoundland, a move to the other coast seemed to be quite an undertaking but with huge encouragement from her sister Diane, Karen came to Victoria for an annual visit last Christmas and decided to consider living here. In April she joined the Bear Mountain Team and the final piece of the move fell into place. Karen is being recognized for her outstanding work ethic, she can often be seen here very early for her shift stocking her cart and preparing for her day. She has been very helpful during busy times and has been willing to change her schedule at the last minute to accommodate the team. In her free time Karen enjoys spending time with her

sister and they are both looking forward to a visit from their parents in December as they escape the snow for the winter. We are so happy to have Karen as part of our Bear Mountain Family. Congratulations!

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November Birthdays



Naoto Arimura...	06
Brad Beswick...	26
Sara Edgington...	09
Megan Fraser...	03
Phil Gaudet...	30
Marco Gonzalez...	19
Melissa Hodson...	07
Clayton Novak...	28
Sam Palmer...	24
Paul Patterson...	30
Alison Quinlan...	19
Anita Sperrer...	02
Adam Walker...	01



Tracey, Kuljit, Kevin, Karen, Sukhjeet and Katherine all from Housekeeping have a nice afternoon break during the Employee of the month celebration.



Zac, CJ, Alex (Kitchen), Kurtis (S&R) and Jordan(Golf) wait for the presentation to be made

Emotional Intelligence

Emotional Intelligence is knowing how we and others feel, why we feel that way, and knowing what can be done about it. It is the ability to understand and use the power of emotions wisely.

It is the ability to monitor one's own and others' emotions, to discriminate among them, and use the information to guide one's thinking and actions.

-Mahoney & Salovey



Jenn's daughter Sam congratulates her mom at the celebration. Sam also recently received a "rock star" award at school! Like Mom...like Daughter!

Boomer Cap Project



Jenn Sawyer (Mac) is presently on a mission to provide 1000 knit caps to the Boomer Cap Project, supported by “Boomer’s Legacy”

“Boomer’s Legacy” is named in remembrance of Corporal Andrew James Eykelenboom, a Canadian military medic who was killed by a suicide bomber in Spin Boldak, Afghanistan in August 2006 at age 23. While serving in Afghanistan, Andrew (known to his friends as “Boomer”) recognized numerous opportunities for assisting the Afghan people through the distribution of medical supplies, educational material, books and warm clothing. In small, personal ways, Boomer and his comrades felt they were able to make a special contribution to bringing peace and stability to Afghanistan. Boomer’s Legacy has been created to further these accomplishments.

The Boomer Cap project began when Andrew’s friends mothers wanted to find a way to honor Andrew while helping to make a difference to the children of Afghanistan. They started knitting caps, and the pattern was emailed out to family and friends asking if they would like to help. The project has grown and to date, 78000 caps have been shipped. Caps are being knit and shipped to the Comox Valley from across Canada, and from Washington, Oregon, California and England, just to name a few places.

Jenn has a personal goal to contribute 1000 caps by Christmas. If anyone is interested in learning how to knit these caps she is more than willing to pass on the pattern and teach you how. If time is an issue, Jenn is also accepting donations of yarn which would help her reach her goal.

If you are interested in learning more about the project and how you might be able to help make a difference in a child's life...please contact Jenn Sawyer at the Mountainside Athletic Club.

Instead of counting tips, make tips count.

Help your colleagues.
Help yourself.
Make a difference.



Each year, dozens of people—friends, family, colleagues—who work within the hospitality industry find themselves hit with a financial crisis because of critical injury or illness. What if you could help?

Register yourself or a team right now and help raise funds to fill the world’s largest tip jar. By joining your colleagues, you’ll be able to help those in our industry who need it. Together, we can make a difference.

Visit www.TipOutToHelp.com



BC Hospitality Foundation

Tip out to Help

We will soon be sending out authorization forms for automatic payroll deductions in support of BCHF’s Tip out to Help program.

As stated in the past your involvement in this automatic donation is voluntary therefore we will be attaching authorization forms to all associate paystubs on November 10th. Your completed forms should be returned to the HR mailbox no later than November 18th to be set up for payroll deductions on the next pay day falling on November 25th.

Any forms that are returned after the 18th will be effective as soon as possible after the date of return.

We are suggesting \$1 per paycheque but there will be an option to donate more if you prefer. Remember that these charitable donations are tax deductible and will show on your T4 each year.

Please see HR if you have any questions about BCHF or the authorization forms.

PUMPKIN CARVING AT BEAR MOUNTAIN!

Thanks to everyone who participated in the Pumpkin Carving Contest for Halloween. If you weren't able to stop by to see the creations, here are some photos to enjoy!



Haunted House: Corey Hawkins (Building Maintenance)



FAN FAVORITE: Happy Trails! Jaclyn Emery (Banquets)



BEST IN SHOW: How Pumpkin Pies are made. Amanda St. Pierre (Culinary)



Pepita: Connie Rose and Ilsa Hildebrandt (Horticulture)



Franky: Luis Nila (Housekeeping)



Horny Bat: Andy McIntosh (Banquets)



Eye of the Beholder: Naoto Arimura (Banquets)



Crypt Keeper: Eriko Arimura (Banquets)

The MAC's Own Tara Meyer Wins 2011 Miss Pole Canada



On September 10th, 2011, at 1:00pm, Tara walked into the Vogue Theatre feeling nervous, trying to control the butterflies in her stomach. "I didn't know what to expect as this was my first pole competition!" Not just any competition... Tara auditioned and was chosen to compete in the 2011 Miss Pole Canada competition! Candidates from all over Canada flew in to Vancouver to compete in the amateur division for the coveted title of Miss Pole Canada.

Before Tara even set eyes on the stage, she and 14 other competitors were called to a meeting to have the competition judging explained. "Being in one room with all the other girls and told what was expected of us and how we were going to be judged, made me really nervous! Aerial pole is definitely one of the most challenging things I have ever done. There are always new things to learn, new tricks, new styles and new routines." At the meeting, Tara pulled a number from a hat...number 15, which meant she would be the 15th and final competitor performing. "At first the thought of going last made me really jittery. I could hear the music of each performer and then the audience's applause, but at about the 10th girl, I began to feel excited and wanted it to be my turn to perform! I still had butterflies in my stomach when I took my first steps out on the dark stage, but I was ready to fly!"

The stage was completely black when Tara placed herself into her starting position. "Waiting for my music to start and hoping it would be loud enough for me to hear was probably the most nervous I was while on stage, but once I heard my music and started to move, my nervousness left and it was my time to dance... I loved it!"

Tara danced with poise and grace across the stage to the lyrical sounds of "River" by Angus Stone. Her choreographed routine moved her between the floor and two anchored poles on the stage. Her graceful movements were an amazing display of aerial acrobatics, gymnastic precision, and rhythmic dance. This performing art requires amazing strength, flexibility and endurance – all of which Tara excelled above all other competitors, placing her in First Place! Not only did Tara win the event and the title of Miss Pole Canada, but she also won the "People's Choice Award." Tara has now earned herself a position to compete in Miss Pole Canada 2012, Pro Division. If she comes in first in the Pro Division, she will be flown to compete in the 2012 World Pole.

Tara's amazing dance can be viewed on You Tube – in the search bar, type "Tara Meyer" and both her audition and final competition video can be viewed.

Congratulations Tara! We are all very, very proud of you! Good luck to you in the 2012 competition!

*Picture above shows Tara in the "Butterfly" pose

(Article provided by Robin Henderson and Tara Meyer)

Weather co-operates for Bear Mountain Associate Golf Tournament

On October 18th, Bear Mountain associates came together for an afternoon golf tournament to cap off the season together. Under the theme of Halloween, some attendees donned costumes before hitting the links. The nicest surprise of the day was that the rain held off and the sun emerged. Calm, crisp seasonal temperatures made for one of the most enjoyable Golf tournaments to date. Thanks to everyone who participated and our associates who helped to make it happen, here are some photos of the day.



Bear Mountain Golfers gather before heading out on the course.



Ron and Neil (Golf) Look like the nice weather was agreeing with them!



Urban and Pat (Golf) look relaxed and ready to enjoy the afternoon.



Don and Gary (Golf) look prepared for their game!



Not everyone could have fun on the course...Shanna (F&B) was there to serve our associates before they left. Thanks Shanna!



Now where did that ball go?



Dan, Jordan Z , Jordan F, and Torsten (Golf) look pretty happy with their scores.



Jennifer and Michelle (Accounting) leave the office behind and set out to let the wind blow in their hair! Added bonus...had anyone needed protecting...Officer Jenn was there to assist!



David, Sarah, Jenn and Michelle look at ease away from the accounting office!



Kurtis(Shipping and Receiving) and Sophie (Conference services) were the dangerous duo for the afternoon.



Left to right:
Ruthanne, Phil, Gary (Corporate office) Colin (Hotel) Melissa and Eric (Corporate Office) raise their glasses to a beautiful day and a great game!



Diana (Culinary) and Paula (F&B) catch up over a burger and beer.



ARMSTRONG BURNS

1997-2011

Bear Mountain recently said goodbye to one of its founding fathers. Armstrong, Darren’s faithful companion of 14 and a half years passed away after a long and beautiful life. Bear Mountain is just not the same without its mascot.

We thought the following quote summed up the kind of dog Armstrong was:

To call him a dog hardly seems to do him justice, though inasmuch as he had four legs, a tail and barked, I admit he was, to all outward appearances. But to those who knew him well, he was a perfect gentleman.

(Hermione Gingold)

We miss you Army!



One of Armstrong’s favourite pastimes



Committee Meetings

Occupational Health & Safety:

November 8th, 1pm;

December 6th, 1pm

Social Committee

November 8th, 1:30;

December 6th, 1:30



Is that running water at the Greens Maintenance Facility??

We had to recognize the momentous occasion by sharing this photo of Kim LeJeune actually washing her hands in the sink!

Please note this is actual running water and this photo has not been altered in any way!

Congratulations to the Greens Crew...it’s been a long time coming!