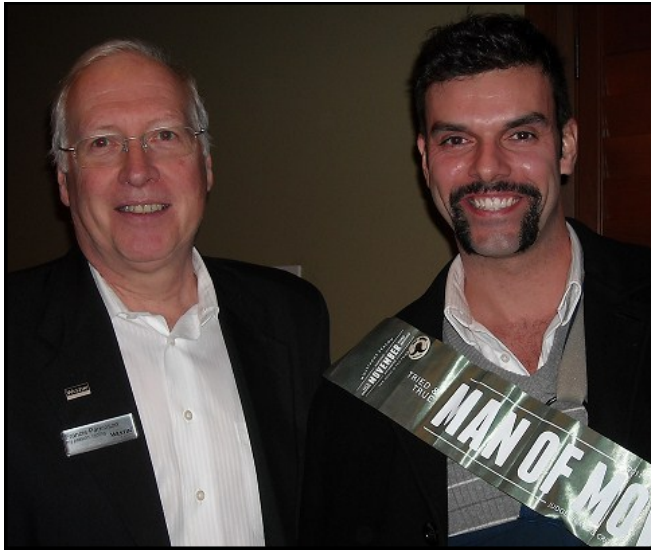


# THE WESTIN BEAR MOUNTAIN ASSOCIATE NEWSLETTER

## Associate of the Month—Front of the House



### ALEX SHPELEY—FOOD & BEVERAGE

Alex was born in Prince George and moved to Victoria when he was three years old where he has lived ever since with the exception of a year travelling in Australia, New Zealand and Singapore. Alex's expertise in bartending comes from 15 years of working various jobs within the hospitality industry. His dedication to the industry shines through in his interaction with guests and fellow associates. Alex joined Bear Mountain in September 2009 and has always shown great pride in his work, often taking on so much more than the task at hand. In his free time he enjoys some rather active past times like snowboarding and mountain biking, although he won't be doing much of either for a while as he is now at home recovering from shoulder surgery. This doesn't seem to decrease his zest for life though as he says you definitely cannot put a price on fun! One of

Alex's main goal is to live life to the fullest everyday and to never have regret. When asked what he liked most about working at Bear Mountain, he said without a doubt it's the people he works with. *"Many people will walk in and out of your life, those who stay are true friends. More importantly they become family, there whenever you need them or even when you don't. My friends are my world and I live everyday wondering what new adventures I will share with them."* We are lucky to have Alex as part of our Bear Mountain Family and look forward to his return to work. Get well soon Alex and Congratulations!

## Associate of the Month—Heart of the House



### MATT PEARSON—GREENS MAINTENANCE

Matt is a Spray Tech on our Greens Maintenance Team. He was born and raised in Calgary and moved to Victoria in May of 2008 to work at Bear Mountain. He came to us with experience at Priddis Greens Golf Course and said there were two things that peaked his interest in Bear Mountain: the draw of the "grow in" for the Valley Course and the fact that he had always wanted to live in BC. He started in the Greens industry as a summer job while going to school for Chemical Engineering and it soon turned into his full time career. In his free time he likes to "collect hobbies" by always trying something new but has a keen interest in photography which he has been doing for over 10 years. In addition to his hobbies he is also a Flames fan which he says is tough around here as Vancouver fans are quite vocal

against Calgary! Matt is being recognized for being such a loyal member of the Greens crew. His abilities allow the greens management team to know that this important job is being done well. He has the trust and respect of his managers and his fellow team mates. When asked for a quote he likes to live by his was "Everything's relative." which allows him to put things into perspective and not sweat the small stuff. That's one we could all learn from for sure. Congratulations Matt!

December Birthdays



Samm Amaral ...	09
Jamey Entzminger...	25
Randy Hollands...	07
Josh Houston...	18
Jay McClelland...	03
Tom Mueller...	06



Marco's first picture with Santa and his Elf!



Bob Flitton Competes in Bridge Championships

Our own Bob Flitton (Residential Project Advisor), a life-master in duplicate bridge, and his partner Ted Heck of Victoria, competed this past week in Seattle in the North American Open Bridge Championships. 298 high-ranked two-person teams from across the world entered the competition. Entries included champion players from more than a dozen nations and probably 20 of the current top 25 players in the U.S. Bob and his partner made the cut after the first day when the field was reduced from 298 to 130, placing in a tie for 79th place. Amazing results. Congratulations Bob!



JOIN US FOR THIS EXCITING EVENT!



WEDNESDAY  
NOVEMBER 9TH 2011

Members of our Culinary Team, Thomas Yesdresyski, Beth Ross and CJ McLauclin competed in the above chef challenge on November 9th. They won chef's choice-sweet for their cheesecake and chef's choice-savory for their short rib. They also took home the Best Overall title which makes it the third year in a row that Bear Mountain's culinary team has won this top title. Thomas, Beth and CJ competed against ten other hotels and restaurants in the challenge. Congratulations to all three participants on a job well done! Let's go for four in a row next year!

*Christmas Gift Suggestions:*

*To your enemy, forgiveness.*

*To an opponent, tolerance.*

*To a friend, your heart.*

*To a customer, service.*

*To all, charity.*

*To every child, a good example.*

*To yourself, respect.*

*~Oren Arnold*



sante spa

VICTORIA'S MOUNTAIN ESCAPE

*An offer for Westin Bear Mountain Associates*

*From now until Christmas we are offering 30% off all gift cards. This offer only stands once a year, take advantage of this great deal to buy for friends and family.*

*Come see us at the front desk at Sante Spa for more details!!*

*Food Bank Donations...*

BEAR MOUNTAIN RESORT

**WE WANT YOU TO GIVE!**

*Tis the season to give...*

Please help us by donating a non-perishable food item to the hamper in the Staff Room.

Our goal is to get each and every employee to donate at least **ONE** item, this alone will give us over 200 items!

*Thank you for your generosity*



*Mountainside Athletic Club*

*10 Visit Punch Passes*

*Now available to associates for the amazing price of \$60. What a great opportunity to try out our fantastic facility at a very*

*reasonable rate per visit.*

*Please see our friendly MAC associates for further details*





## IT'S A BOY!

Congratulations to Luis Nila and his wife Klaudia on the birth of their beautiful Baby Boy. Danell Nila arrived safe and sound into the world at 8:51 pm on November 7th.

As you can see by this photo we have a very proud papa! All three are healthy and happily adjusting to life as a new family.

Best Wishes to the Nila Family from all of us at Bear Mountain

### WESTIN BEAR MOUNTAIN'S OWN RYAN REED NAMED VANCOUVER ISLAND 2011 CHEF OF THE YEAR!



Westin Bear Mountain was victorious at the 2011 Canadian Culinary Federation Vancouver Island Chef of the Year Competition.

Ryan Reed (First Cook in our Culinary Department) recently competed in the annual event and took home the honour of People's Choice Award as well as title of Vancouver Island 2011 Chef of the Year!

With the assistance of former Bear Mountain employee Jenny Jones, Ryan created a menu that included such delights as: Berkshire pork tenderloin and peppercorn gnocchi with a Madeira sauce followed by Milk Chocolate, Blood Orange Coulis, Vanilla Praline Ice Cream.

Tasting judge Chef Gyurkovits stated that *"the calibre of skill Chef Reed demonstrated was of the highest level, and his creations could truly hold their own at any competition world-wide."*

Bear Mountain competed in the same competition in 2009 when Josh Houston also took Chef of the Year along with his sous chef Jenny Jones. Looks like the Westin Bear Mountain is a force to be reckoned with in the Culinary world.



Movember on the Mountain wrapped up on November 30th with a gathering in the Gold-stream room. Our team raised just over \$1000 this year and the event was yet another success with some interesting moustache creations. Here are some photos!



Here is a small sampling of our Mo Bros from our Movember on the Mountain Team! Talk about sophistication!



Alex Shepley our reigning champion from last years competition took home the top prize again...Mister November 2011!



Wayne Prusky took the "Lame-Mo" title from fellow golf ops associate Ryan Kelly. Unfortunately Wayne was unable to make the wrap up party so this picture was taken after his moustache had been shaved off...not a huge difference though!

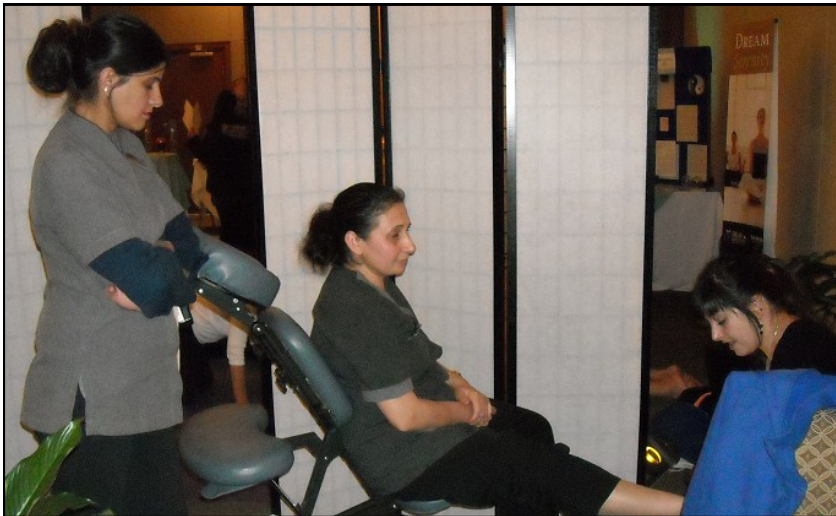


### ASSOCIATE HEALTH AND WELLNESS FAIR A SUCCESS!

Bear Mountain's first Health and Wellness Fair was held last month and had a great turnout of associates and MAC members. Partnered with our friends at the MAC, Sante Spa and Reflections Wellness Studio as well as our Culinary Team we provided an interactive room full of information, education and fun. The success of this event has kept it in our minds to possibly hold another one during the summer months. Thanks to everyone for their assistance and support during the day and of course to all the associates who attended!



Four associates participate in a mini yoga session to relax the mind, body and spirit.



Kuljit (hskp) receives a foot massage compliments of Reflections wellness Studio, while Jaspreet (hskp) watches on.



Denise, Kuljit and Jaspreet take some time to listen to Life coach and Akido expert Dan Spinner.





Our two Assistant Golf Course Superintendents are put through Robin's 6 minute cross fit circuit. Nice work guys!



Josh Houston, Executive Sous Chef explains the significance of Super Foods.



Beth Ross unwinds after her shift in the kitchen with a chair massage provided by Sante Spa.



Kyle Kemball from Greens receives some advice from Dr. Jenny Armstrong (Doctor of Chiropractic) from Reflections Wellness Studio.



One of our many information booths. This one led the way to the cross fit demos provided by the MAC.



# ALL ASSOCIATE CHRISTMAS PARTY

*Come celebrate the holidays with your other family*

Tuesday, December 13th, 2011  
6:30pm - Midnight  
Bear Mountain Ballroom

- *Buffet Dinner*
- *Prizes*
- *Live Band "Superglide"*

Dress: Holiday Festive

Associates FREE • Guests \$10 or \$15 at the door\*

All Associates MUST RSVP - For more details

and to RSVP please log into: [bearmountain.ca/staffxmas](http://bearmountain.ca/staffxmas)

Let's all enjoy the evening. Remember  
Drink responsibly & arrange a Safe Ride home.

\*Limit one guest per associate

**THE WESTIN**  
BEAR MOUNTAIN  
GOLF RESORT & SPA  
VICTORIA

