



More than 30 drivers, their management team, Steve Elliott and Chuck Longworth gathered at the Cascades Monday morning, September 30, for an appreciation breakfast and pep talk.

Drivers gather for breakfast, pep talk

More than 30 Bus Operations drivers gathered at the Cascades Monday morning, September 30, for the annual Appreciation Breakfast and a pep talk by manager Bill Mauer.

After thanking the bus drivers for a job well-done this past summer and for their support, Bill said, "We have pride and commitment to the word 'excellence' which is second to none. Life isn't always fair, but we can still expect excellence from ourselves. Don't look for excuses to explain failure, always look for ways to succeed.

"Communication is not easy, nor is it something you do. Communication is something you achieve. It is not a starting point, but the end result of a lot of imprecise, trial and error work. It requires purpose, planning, persistence, sensitivity and follow-up.

"To merely do communication is like dispatching a bus and never bothering to find out if the bus arrived at its destination with all its passengers. If you do not follow through on your efforts to communicate, you'll never know if your message was received intact.

"Both sides need to connect. Communication keeps everyone motivated and on target. In contrast, unsuccessful communication leaves you wondering what happened.

"What's at stake is this: you can't motivate people about Colonial Williamsburg if you can't talk to them. Our guests can be our greatest fans or greatest critics, our champions or executioners. They can supercharge

or sabotage; they can undermine your effectiveness, or they can make you famous.

"Communication skills include what you say as well as how you say it. A conscientious bus driver willing to settle for crude communications skills is unlikely to succeed for long in today's increasingly sophisticated, fast-moving, people-oriented Bus Operations. Today is just a warm-up for tomorrow."

Holiday brochures bring response

In less than two weeks since they were mailed to the public, the Colonial Williamsburg Christmas brochures have already generated more than 200 reservations.

The colorful pamphlet lists a variety of holiday events for adults and children: Grand Illumination, decorations workshops, lantern tours, special music, drama, story telling, films, and dining events for every taste.

Brochures have been distributed throughout the Foundation and hotels. Employees may obtain copies for their personal use at the following locations: Visitor Center, Inn front desk, Lodge front desk, Woodlands front desk, employment office, and Goodwin Building receptionist.

If you have friends who are interested in experiencing Christmas in

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Sands is United Way loaned executive

Wanted: A person with enthusiasm and some chutzpah willing to work three days a week for five weeks. The



Geales Sands

job: asking local businesses for donations to United Way while holding down your regular job.

When Steve Elliott asked Geales Sands if she would like to be Colonial Williamsburg's loaned executive to the United Way, she welcomed the chance.

"It gives me a chance to learn more about our community and to become an active part of it," Geales said.

During the campaign, Geales works three days each week for the United Way. She joins seven other individuals from Anheuser-Busch, BASF and Virginia Power. The United Way does not have the manpower to run its campaign. It relies on volunteers. To reach its \$1 million goal requires lots of volunteers.

Geales has been assigned 30 local retail accounts and assists with the City of Williamsburg, the College of William and Mary

and Williamsburg-James City County schools with their campaigns. She also helps Pete Cruikshank with the citizen campaign.

Her job is to help chief executive officers and employee campaign managers, develop campaign strategies, monitor their progress and work on any problems that may arise.

"The United Way makes a terrific impact in this community," Geales said. "More than 18,000 people were helped by 24 agencies last year. That's one out of three people in the Williamsburg area. The United

Way doesn't help the down-trodden only. No one plans to get cancer, have his house burn down, or have a child with disabilities. The United Way may help all of us someday, even though we don't foresee it.

"I've enjoyed working with the other volunteers. We're all there because we want to be. All of us are working toward the same goal."

Geales works for the United Way on Mondays, Tuesdays and Thursdays until November 19. She is in her Boundary Street office Wednesdays and Fridays.

Energy conference wins award

The annual Colonial Williamsburg Energy Management conference received one of seven Virginia Energy Awards presented at a dinner Sept. 25 at Virginia Power's Chesterfield Power Station in Chester.

The awards were given during the quarterly meeting of the Virginia Association of Energy Professionals. Entrants were judged on project innovation, potential for energy or cost savings and applications elsewhere in Virginia.

The energy conference began in 1982 as a one-day gathering of about 60 Colonial Williamsburg employees, and was funded entirely by the Foundation. It has grown to two days of energy-related activities including general sessions, workshops and exhibits. Registrants come from across the state. The conference is funded by registration fees, exhibit booth rental fees and corporate sponsorship.

Presenting the award, Ron DesRoches, director of the division of energy in the Virginia department of mines, minerals and energy, said the Energy Management Conference is "very informational, meeting the needs of energy professionals in the state." He also said it is innovative and that its non-profit structure makes it more affordable for participants than similar for-profit events. "The project stands as an example of an outstanding program," DesRoches said.

The award was accepted on behalf of Colonial Williamsburg by Bill Gardiner, vice president, Facilities and Property Management. He, in turn, recognized Larry Rowland who has run the event for the past ten years. Also attending from Colonial Williamsburg were Doug Finch, Tom Peck, Scott Spence and Judy Kristopherson.

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Williamsburg, encourage them to make reservations now while there is maximum space available.

Under current economic conditions, visitors are making general reservations with less lead time than in previous years.

If this pattern continues through the fall, guests may have the unusual opportunity to make choice reservations for Christmas with a minimum of lead time.

Riverside Wellness & Fitness Centers offering reduced-price memberships

Riverside Wellness & Fitness Centers are offering Colonial Williamsburg employees reduced price corporate membership at the three facilities in Williamsburg, Gloucester, and on the Peninsula.

To take advantage of this offer come to the Riverside Nutrition Analysis booth at the Health & Safety Fair on October 17. The \$100 application fee will be waived for the month of October only.

Under the corporate plan, dues will be collected quarterly. For information, call Sue Houser at ext. 7029 #7.

Costume Swap Day

Saturday, October 12, 7 a.m. to 7 p.m.,
Costume Design Center.

There's something for everyone at the Health & Safety Fair

Free balloons, door prizes, activities for kids as well as Mom and Dad—the Health and Safety Fair has something for everyone. Assess your personal health and that of your loved ones through the free screenings and tests.

Join us Thursday, October 17, from 2 to 7 p.m. at Commonwealth Hall.

Health & Safety Fair volunteers needed

Call Sue Houser, ext. 7695 to volunteer to help at the Health & Safety Fair.

Volunteers are needed to help greet and direct participants, blow up and distribute balloons and record test scores, just to name a few activities.

The *Extra* is published weekly by the Communications Department. Deadlines are 5 p.m. every Tuesday. Call Sally Riley, ext. 7968, for assistance. Send announcements via interoffice mail to *CW News Extra*, GBO. Or, FAX them to Sally Riley, ext. 7702.

Colonial Williamsburg Health and Safety Fair

Commonwealth Hall

Thursday, October 17

Booths inside Commonwealth Hall

2 to 7 p.m.

1. Employee Services

Pick up information about recreational, health and fitness programs, activities, and events sponsored for employees, dependents, and retirees. Get your "stress dot" and monitor your stress for the remainder of the day. Get your ticket for the door prizes! Hyacinth, the clown, will visit with kids, hand out balloons, and announce the lucky winners' numbers for the door prizes at 4:15 and 5:50 p.m.

2. Blood Pressure Checks

High blood pressure is a silent killer—yet it's easy to detect. Let the trained technicians from the emergency center check yours.

3. Cholesterol and Diabetes Blood Screenings

This screening gives you your basic level of cholesterol, which is affected by the food you've eaten, your stress level, family history and lifestyle. This free blood test involves a finger-prick. You do not have to fast.

4. Oxygen Saturation and Pulmonary Function Testing

At this booth, you choose between two tests to see how well your lungs are circulating oxygen in your blood. Oxygen saturation measures oxygen levels in your veins. Pulmonary function measures your lung strength.

5. Risko: Free Heart Health Assessment

More than 550,000 people die each year from coronary heart disease. This assessment measures your risk of developing heart disease. Learn how you can reduce this risk.

6. Sickle Cell Anemia Screening

Sickle cell anemia is an inherited blood disease which can cause pain, damage to vital organs, and sometimes death. In the United States, most cases of sickle cell anemia occur among blacks and hispanics of Caribbean ancestry. About one in every 400 to 600 blacks and one in every 1,000 to 1,500 hispanics inherit sickle cell disease. The disease also affects some people of Arabian, Greek, Maltese, Sicilian, Sardinian, Turkish, and southern Asian ancestry. The Sickle Cell Anemia Association of the Peninsula, a United Way Agency, provides the confidential screening, notifies anyone who tests positive, and handles the counseling and referral process.

7. Nutrition Analysis by Riverside Hospital

\$10 for 10 minutes. Call extension 7029 #8 for an appointment.

Before coming to your appointment, list the foods you won't eat. Record the food you eat for one day. Bring both lists with you. A registered dietician will analyze your diet for fat

and cholesterol content. You will receive a printout giving you nutritious menus containing foods you like.

Riverside Wellness and Fitness Center Corporate Membership Registration

Current and future members are invited to register at this booth for the new corporate membership at the Riverside Wellness and Fitness Center facilities in Gloucester, Williamsburg and on the Peninsula. The \$100 application fee and the October monthly payment are waived for new members. You will be asked to commit to a one year membership. The corporate rates are due quarterly.

8. Healthy Back Information

Physical therapists will check your back and posture, paying particular attention to the alignment of your hips, knees and ankles. They can answer your questions about your back.

9. Vision Testing

From 5 to 7 p.m. only, the staff from Dr. Brownlow's office will test your vision. They can also answer questions about your eyes, glasses or contacts and provide information about on-the-job eye protection.

10. Hearing Testing

What did you say? Repeat that please! Let Mr. Hecker check your hearing - free.

11. Child Check - Child Development Resources

Free child developmental check from birth to three years old. Motor abilities, speech, vision, hearing, language, and cognitive abilities, such as awareness, reasoning and judging, will be evaluated to give you a picture of how well your baby is developing.

12. Ask a Doctor

Here is your chance to ask the following doctors any question you can think of and get good, free advice. Note: Doctors' scheduled hours may change.

2-3 p.m. Dr. Joseph W. Musgrave (Dermatologist)

3-4 p.m. Dr. Ralph R. DiMatta (Internist)

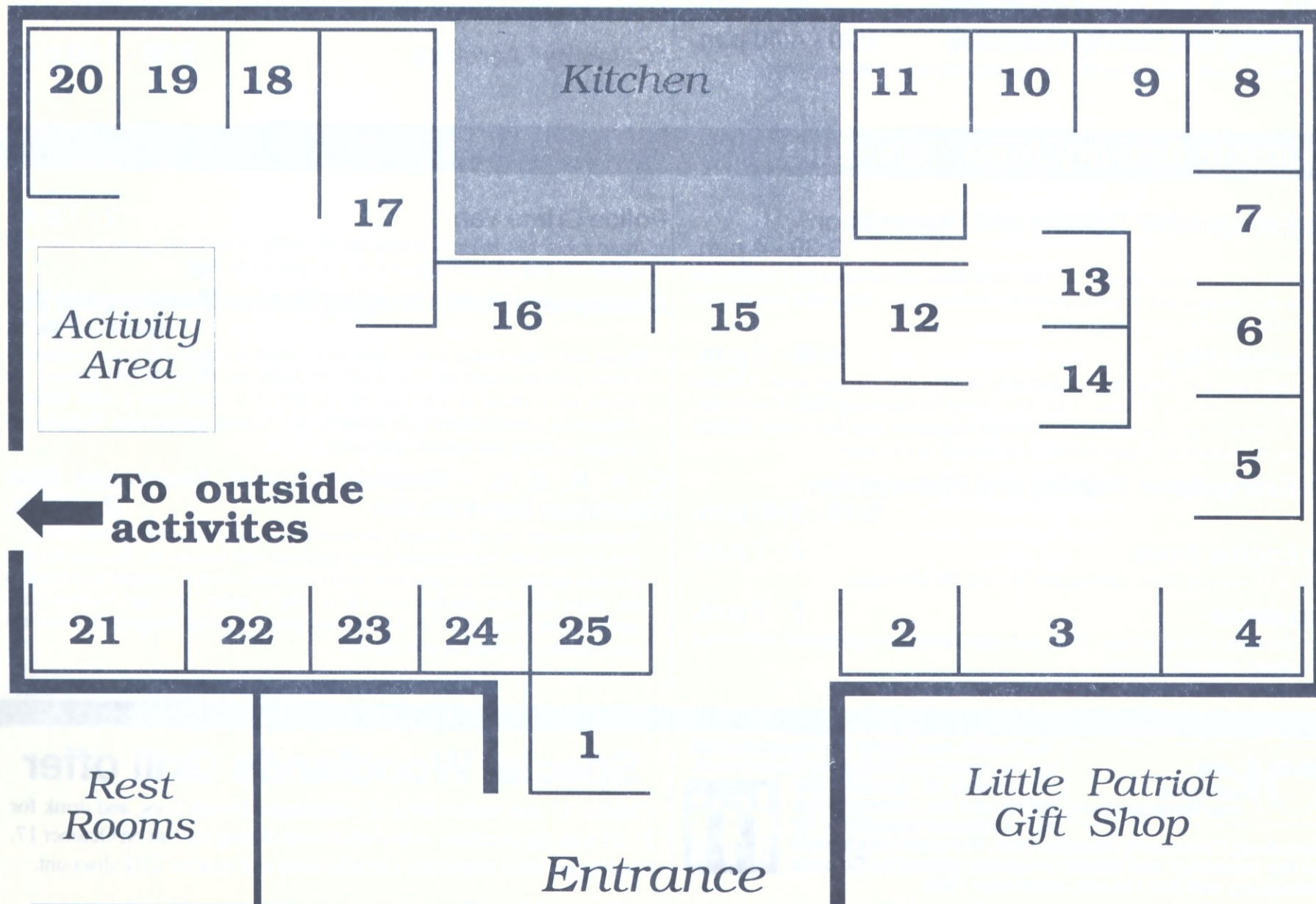
4-5 p.m. Dr. Camilla M. Buchanan (Obstetrics & Gynecologist - Women's issues)

5-6 p.m. Dr. Anthony J. Taylor (Urologist - Men's issues)

6-7 p.m. Dr. John D. Hamrick (CW Medical Consultant, Internist)

13. KeyCare and Baby Benefits Program

Robin Clements, from Blue Cross/Blue Shield, will be available to help you understand medical and doctor bills. She'll also answer benefits coverage questions. Here is your chance to ask why something wasn't covered or to say thanks for taking care of everything.



The Baby Benefits Program is provided free to pregnant Colonial Williamsburg employees and spouses with Blue Cross/Blue Shield health care. Baby Benefits provides you with a prenatal kit to help you handle the unexpected, a confidential assessment of your risks for problems, a telephone support line, an attractive birth present, a diaper bag and more. It is important to sign up for Baby Benefits in the first two months of pregnancy. If you are pregnant or planning to be, talk to Robin at this booth.

14. Weight Watchers

If you are thick and tired of it, Weight Watchers may be for you. It is a life-long weight control plan based on proper nutrition, exercise, education and self-control. The program focuses on controlling the types and amount of food you eat, not eliminating foods you like.

15. Strength, Stamina and Flexibility Testing, and Body Fat Analysis

The staff of the Tazewell Club will determine how fit you are. They can test your stamina, flexibility, determine the percentage of fat in your body and identify your resting and targeted heart rates. They will lead the "Celebrity" Aerobics and Stretching and Toning exercise sessions.

16. Physical Fitness Tests for Children Aged Six Through 17

Check your child's arm and shoulder strength and endurance, abdominal muscle strength and endurance, low back and hamstring flexibility, and cardiorespiratory endurance. See how well your child meets test levels established by the President's Council on Physical Fitness and Sports.

17. The Convincer by Travelers Insurance

The Travelers staff gives you an opportunity to safely experience the impact and noise of being involved in a collision at 5 to 7 miles per hour. Certain health restrictions may apply.

18. Urgent Care and Work-Related Injury Information

Urgent Care staff addresses poisonings, accidents needing first aid, and lifting techniques. Security and Safety's Jeri Yeatts answers questions on work-related injuries.

19. LifeNet Transplant Services

Receive the "Key to Immortality." Sign up to donate your organs or tissue to help someone else after you die. Approximately 21,000 patients in the U.S. are suffering from end-stage organ failure and are in need of transplants—give the gift of life.

20. Ident-A-Kid

The cost per child for this service is \$5 for one card, \$8 for two cards, and \$10 for three cards.

Ident-a-Kid is a national organization that provides a laminated card with a picture, fingerprints and basic information identifying your child. Pictures and fingerprints will be taken the day of the fair. The pictures will be processed, cards typed and laminated, and mailed to you.

21. Healthy Food and Drink Area

Enjoy a healthy in-between-meal snack.

22. American Association of Retired Persons and Social Security Information

American Association of Retired Persons, AARP, provides many workshops, programs, and benefits for folks over 55. A representative from Social Security can answer questions and provide forms. Register the newest edition to your family or change your name, if you've been recently married. Check your recorded earnings, something you should consider doing every three years.

23. Security and Safety

Security and Safety staff provide employees (and visitors) with many behind-the-scenes services like opening locked cars, driving sick or injured individuals to the hospital, fire extinguisher training, First Aid and CPR training and protection. Learn to check your smoke alarms to make sure they are working properly. Learn more about safety classes available to help make your job site safer. Update your car parking sticker.

24. Employee Assistance Program Information

Learn more about addictive behaviors, such as drugs, alcohol, food, or stealing. Learn how you can deal with the associated mental or family concerns. Take the free work stress test to determine what stressors may be affecting your performance. Get help with financial planning, consolidating debts or planning a budget. Employee Assistance can help you deal with personal problems before they affect your job performance and it's confidential. Know what an illegal substance looks like. See the State Police display on illegal substances.

25. Free Five-minute Neck and Back Massages

2:30 p.m. - 6:30 p.m.

On a first-come-first-served basis, experience a wonderful stress and tension reliever. Relax and let the masseuse work your muscles.

Inside Activity Area Schedule

Noah's Ark - Pet Safety

2 - 2:20 p.m.

Learn to recognize problems or diseases before they become serious to your pet. *Please do not bring your pets.*

Heimlich Maneuver Demonstration

2:30 - 2:45 p.m.

Learn more about this lifesaving technique.

Infant Stimulation and Safe and Interesting Toys

2:55 - 4 p.m.

Review concepts of child development and learn to choose toys that are safe and stimulate child play, learning and development. For birth to 18 months.

Door Prizes and Announcements

4:15 p.m.

Stretching and Toning Exercises

4:20 - 4:40 p.m.

Join the Tazewell Club staff as they lead participants in an exercise session.

Home Security Presentation

4:50 - 5:05 p.m.

Jim Perdue of Security and Safety gives ideas and suggestions for ensuring yours and your loved ones' security at home or work.

Finger Plays and Songs

5:15 - 5:35 p.m.

Through song and the accompaniment of dramatic hand play, children learn hand and eye coordination, enrich receptive language, and increase their listening skills. Presented by Susan Berry-Ruane of the Colonial Williamsburg Employees' Child Care Center. For children 18 months to two and one-half years.

Door Prizes and Announcements

5:50 p.m.

Heimlich Maneuver Demonstration

6 - 6:15 p.m.

"Celebrity" Aerobics

6:30 - 6:50 p.m.

Outside Activity Area Schedule

Fire Extinguisher Training and Presentation

3:30 - 4 p.m.

Practice using a fire extinguisher. See how much water you can shoot into a bucket. Get hands-on experience with Travelers Insurance staff help and be prepared in case you ever need to take aim and fire.

Parachute Play

4:45 - 5 p.m.

Parachute play is an energetic game that helps children develop gross motor skills and spatial awareness. Pat Vaticano, from the Colonial Williamsburg Child Care Center, leads a series of group activities to encourage imaginative play and to help children express themselves physically. For two and one-half to five years.

Fire Extinguisher Training and Presentation

5:10 - 5:40 p.m.

Fire Engine Truck

2 - 7 p.m.

Kids of all ages can enjoy climbing and "driving" the fire engine.

Ambulance

2 - 7 p.m.

See the inside of an ambulance. Show your appreciation to the giving and professional individuals who save our lives.

Police Crime Van

2 - 7 p.m.

Register your bike and have it inspected for safety. Learn riding guidelines and hand signals. The first 50 bikes inspected receive special bike flags.

Chesapeake Mobile Imaging Service Mammogram Van

Noon - 7 p.m.

One of every nine women will develop breast cancer. It is the leading cause of death in women between 40 and 65 years of age. Mammograms for employees, spouses, and retirees are available at a reduced rate of \$50. You must show a valid Colonial Williamsburg identification. Call extension 7029, #2 for an appointment. Walk-ins will be taken as timing and appointments allow.

C. A. R. E. S. - Riverside Cancer Awareness Risk Education Services Van

2 - 7 p.m.

Approximately 75% of all cancers are caused by events within an individual's control. Find out your risks for developing cancer and learn what you can do. This user-friendly computer package asks you questions about your habits, lifestyle, occupation, and factors that might influence whether you will develop a cancer. This questionnaire takes approximately 20 minutes. You will receive a print-out listing the types of cancers and your possible risk based on your answers.



The Health and Safety Fair is sponsored by the Employee Relations Department, Department of Security and Safety and the Tazewell Club with technical assistance by



Williamsburg Community Hospital staff. For more information about the recreation and fitness programs offered by Colonial Williamsburg, call Sue Houser, extension 7029.

Special Woodlands Grill offer

Child's (11 and under) meal of hamburger, french fries, and drink for \$1.25 with the purchase of any adult meal during the fair on October 17. Show your valid employee identification and receive 25% discount.