

Colonial Williamsburg News **EXTRA**

Vol. 10, No.15

August 23, 1988

You need stress in your life!

Stress is a fact of life and some stress can be good for you. It inspires you to meet life's challenges. Muscles tighten, blood pressure rises, the heart speeds up, and extra adrenaline rushes through your system--this reaction is an age-old survival response. Its purpose is to give you the extra strength you need to fight off "danger" or to flee from it.

But what happens when stress gets out of hand? Last year the cost of stress in the workplace was over \$150 billion. Nearly one out of seven occupational disease claims were stress-related. The American Heart Association reported that 70% to 80% of all ailments that sent people to doctors had some connection to stress.

But, there is hope! **You can manage stress!** Colonial Williamsburg and the Education Office at Williamsburg Community Hospital is offering a four-week, eight-hour class on "Stress Management." The class will focus on practical applications of defining, recognizing and controlling stressful situations. The class is scheduled for Wednesday nights, October 5, 12, 19 and 26, from 6:30 to 8:30 p.m. The cost for employees is \$20 (Colonial Williamsburg will pay the remaining \$25 balance per employee.) Payment by check made out to the Colonial Williamsburg Foundation is requested.

If you are interested in registering for this class or have any questions, please call Sue Houser at ext. 7029.

Recreation Committee Meeting

The August meeting of Colonial Williamsburg's Recreation Committee will be held Thursday, August 25, at 3:30 p.m. in Room 147 of the Franklin Street Office Building. Any employee is welcome to come and present suggestions or questions to the Committee. Your interest, involvement, and help is essential to make our Recreation Program a success. If you have any questions, feel free to call Sue Houser at ext. 7029.

Fall volleyball classes and free play!

A four-week volleyball season will be offered beginning Tuesday, September 13 at 6 p.m. on the sand courts across the street from the Franklin Street Office Building. Free classes teaching individual and team skills, rules, and strategy will be offered to teams and/or individuals on Tuesday nights. Regular free play for anyone interested will be available on Thursday nights. Employees (and spouses, if on the same team) can participate both nights.

Captains can pick up team roster/registration forms from Sue Houser in Room 132, in the Franklin Street Office Building, between 9 a.m. and 5 p.m., Monday - Friday. Individuals can call Sue Houser at ext. 7029 to participate.

Team registration deadline is **Friday, September 2**. Employees can be added anytime during the four weeks.

If you have any questions, please call Sue at ext. 7029.

Mini bowling league starts in September

A ten-week bowling "mini-league" will begin either Monday, September 19 or Tuesday, September 20 at 6:15 p.m. at the Williamsburg Bowl. (The night will be determined by the bowling alley after all sanctioned, 35-week leagues are registered.) The league is open to teams made up of Colonial Williamsburg employees and spouses (if on the same team as employee). These are four-person teams with at least one person of the opposite sex.

The cost of the league per night includes: three games at \$1.95, \$1.15 for shoes (if you rent them), \$.65 prize fund, and \$.25 for secretary/treasurer for a total of \$6.75 (without shoe rental) or \$7.90 (with shoe rental).

Anyone interested in forming a bowling team can pick up a registration/roster form from Sue Houser in Room 132 of the Franklin Street Office Building between 9 a.m. and 5 p.m. Monday through Friday, or call Sue at ext. 7029 and have it sent through interoffice mail. There are always teams looking for bowlers. If you aren't on a team, call Sue and you will be placed on a team. Team registration deadline is **Friday, September 9**.

Nancy Ward and Luther Jenkins (guided by Naomi Flythe) are working hard on Colonial Williamsburg's bowling program. Next year, depending upon interest, at least three ten-week bowling mini-leagues will be offered. If you have any suggestions or ideas about CW's bowling program, please call Sue Houser at ext. 7029. All interest and help is appreciated and we would be glad to hear from you. See you at the bowling alley!

Softball season ends!

Our softball season has finished and several teams ended up "tops" in their league! In the Men's league, Campbell's was the regular season champion and Landscape won the tournament for the third straight year.

In Coed-A league, Colonial Bankers

captured the regular season and tournament championships three years in a row!

In the Coed-B league, KATastrophe placed first in the regular season and D.C. Players won the tournament.

Employees (and some dedicated spouses!) on all fifteen teams played through the heat, bugs, rain and mud, and the spirit triumphed when the body wanted to quit! Our employees fielded 15 teams (five men and 10 coed) and played a total of 78 games between July 5 and August 20. All of these employees are champions!

It's "eating season," again!

Summertime is slowly leaving us and the "eating season"--Halloween, Thanksgiving, Christmas and Chanukah--is approaching fast. Are you prepared? Can you eat all you want and enjoy it? The next eight-week session of Colonial Williamsburg's Weight Watchers at Work program begins Wednesday, September 7.

You will learn about proper nutrition and ways to control your weight. We meet between noon and 1 p.m. for eight weeks. The cost is \$58 per person (\$42 for anyone age 62 or over). You can either pay the whole \$58 before the session begins or sign up for the payment plan. Enrollment for this session ends **Wednesday, August 31.**

If you are interested in joining this group or have any questions, call Sue Houser at ext. 7029.

Trips are going "suite" on nutcrackers

A tradition of the Christmas season is watching the Nutcracker Suite, and a trip to the Kennedy Center is planned for Friday, December 9, to see the Joffrey Ballet perform the Nutcracker Suite.

The cost is \$65 per person and includes the theatre tickets and bus fare. Retirees, employees, spouses and guests may participate. Payment by check made out to Colonial Williamsburg Foundation is requested.

We will be leaving Williamsburg at 1 p.m. and return approximately thirteen hours later. The bus is scheduled to arrive in Washington around 4 p.m. The ballet begins at 8 p.m. You will have approximately four hours to do what you want before the ballet begins. There are a couple of places to eat at the Kennedy Center. Depending upon your choice, in the Center you can eat in a cafeteria or in a restaurant (we have a copy of the restaurant menu if you would like to know what is offered) or someplace else in the area.

If you would like to join this trip, call Sue Houser at ext. 7029. Share this enjoyable experience with us! You will have a great time!

Open House for Dr. Barraud House is September 7 and 8

Many folks from several areas of the Foundation and CWHPI have worked very hard on our newest restoration--The Barraud House, to be used by the Raleigh Tavern Society and special guests. Now that all the work is done, the Hospitality and Courtesy Committee is sponsoring an Open House to highlight the work of all those people who helped make the Barraud House a showpiece!

The house will be open September 7 between 3 p.m. and 6 p.m. and September 8 between 10 a.m. and 1 p.m. complete with a "cookie and cider" reception each day. This is free to all employees.

To "whet your appetite" for the open house, on Thursday, September 1 at 4 p.m., "The Barraud Family and Their Home" will be the topic of discussion at the Hennage Auditorium, Wallace Gallery. Roger Thaler, vice-president, external affairs; Nicholas Pappas, Foundation architect; and Ron Hurst, curator of Furniture; will fill you in on our purpose for restoring the Dr. Barraud House, the steps we took to renovate this important 18th-century residence, and the lifestyles of Ann and Phillip Barraud. This is free to employees and their families--simply show your employee pass or name badge.

Ninth Annual Invitational Softball Tournament is September 9-11

Colonial Williamsburg and the City of Williamsburg Parks and Recreation Department is co-hosting an invitational softball tournament to be held the weekend of September 9-11 at Quarterpath Park.

Teams representing local businesses and industry are invited to compete against four CW teams. Action begins at 6 p.m. on Friday and continues until approximately 8 p.m. on Sunday.

Employees from Campbell's, Cascades, Chowning's, King's Arms, Landscape, Products, Historic Area, Distribution Center, Commissary, Human Resources, Lodge, Custodial, Inn, Building Maintenance, Security, etc. participate during the weekend. Come on out and cheer for your family, friends, and co-workers. We need cheerleaders and you will have a ball!

What's happened to the Marketplace??

The Marketplace is now posted on the bulletin boards **every week!**

The "Extra" is published twice monthly by Human Resources Development. Deadlines are 5 p.m. the first and third Thursdays of each month. Our next deadline is September 2, 1988. Call Heidi Moore at ext. 7121 for assistance. Send announcements to "CW News Extra", Room 245, FSO. We do not take listings by phone.