

RESTAURANT BRIEFS

New Culinary Discoveries...

Colorado Springs, CO Summit

If you haven't been to the renowned BROADMOOR in the last couple of years, you're in for a treat. This Mobil Five-Star/AAA Five-Diamond resort has a fantastic new restaurant, Summit, that has earned many well-deserved accolades since its opening, including Robb Report's "Best of the Best" for 2006 and Esquire's "Best New Restaurants 2006." While the resort is known for its classic majesty, Summit features a distinctive contemporary design. Located adjacent to the impressive new Broadmoor Hall area, this stand-alone restaurant features an upscale-yet-casual atmosphere, an impressive wine list, and a surprisingly affordable menu. Offerings change frequently to take advantage of the country's finest seasonal ingredients. I truly enjoyed The Hangar Steak, which was delightfully juicy, with a delicious pepper flavor. My guest selected the Herb Roasted Chicken with Brown Butter Spinach, and was very pleased.

(719) 577-5733
www.broadmoor.com/Summit.php

Ojai, CA Suzanne's Cuisine

Serving French-Italian cuisine, Suzanne's features a warm and inviting atmosphere in a remodeled house, where you feel like you're dining at a friend's home (who happens to be an exceptional chef). Great for lunch or dinner, it is also perfect for groups of 12-120. We enjoyed a relaxing dinner on the beautiful back patio that features a lovely fountain and a view of the scenic garden. We started with the Bruschetta with Roasted Garlic, Asiago Cheese and Roasted Tomatoes, as well as the Crispy Crab with Hoisin Dipping Sauce. I followed with "Uncle Angelo's Favorite Meatballs with Marinara Sauce on Fusilli." Now I know why Uncle Angelo was so pleased! Be sure to save room for the homemade ice cream, or the Lemon Berry Tart in an Almond Pastry Crust.

(805) 640-1961
www.suzannescuisine.com

Las Vegas L'Atelier de Joel Robuchon

While Las Vegas offers many fine dining options, I highly recommend this exquisite French restaurant under the direction of "Chef of the Century" Joel Robuchon. Located in the MGM Grand, you can experience this extraordinary cuisine in two distinct ways: Dine in the traditional restaurant or choose the adjacent contemporary, more casual restaurant and atmosphere. We opted for the latter and truly enjoyed the experience. You also have the option of selecting from a menu of small tasting portions, or from entrées and sides a la carte. We chose the tasting portions, from which there are many selections. The Scottish Salmon stuffed with Black Olive Cream was unique and delicious. The Free-Range Quail stuffed with Foie Gras was also delightful. For dessert, I recommend the Green Chartreuse Soufflé served with Pistachio Ice Cream. Magnifique!

(702) 891-7358
www.mgmgrand.com/dining

Have a restaurant suggestion for me in a city where we have member hotels or resorts? Let me know on our ALHI Blog at www.alhi.com.

Be sure to check out ALHI's newest members at www.alhi.com:
Atlantis, Nassau, Bahamas
Loews Quebec City • Loews Hotel Vogue, Montreal
InterContinental Montelucia, Phoenix, Arizona

FAQs

Q: How can meeting professionals and incentive specialists address rising costs and budgets being cut?

A: While these are definitely challenges that are facing many planners, there are ways to tackle these issues. One is to seek out the assistance of your ALHI National Sales Office, as our experienced national sales professionals have a large opportunity bank at their fingertips. They can help identify the best solutions for your programs, and can even provide you bargain opportunities. *(Ask about the "ALHI Luxury On Sale" opportunities from your ALHI National Sales professional. Or visit www.alhi.com/luxuryonsale.)*

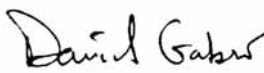
Q: What should I be considering relative to current airline trends?

A: We're seeing many new trends in the airline industry that are affecting the meetings and incentive marketplace. Among these trends are reduced flights and/or seats to certain markets, resulting in lower lift capacity. Airlines also are moving away from serving non-profitable markets, and need to charge higher fares due predominantly to the cost of fuel. Also, the "unbundling" of services (i.e., charging for meals, drinks, blankets, extra bags, etc.) is the new normal. Frankly, this increases the value of meeting professionals and incentive specialists who can navigate these issues by your advance planning skills, and by acting as the advocate for the organization and the attendees themselves. The priority to buy airline tickets once the site decision is made has accelerated, as capacity may be limited, and as fares typically rise on travel bookings in close proximity to departure. For the often need of short-term meetings business, identify markets that have significant air capacity and/or consider looking regionally for those programs. Planning in advance under your leadership can curtail future challenges.

Q: Are there any cost-saving incentives for booking international programs?

A: Yes! For short-term needs, ALHI is offering great incentives at its three member resorts in Mexico for programs booked and consumed by December 31, 2008. There are also special deals to be acquired in several locations in Spain, Paris, London and elsewhere. It seems many international venues still want to keep a meaningful portion of business from America. So contact your National Sales team to learn about available deals.

Thanks for asking!



David G. Gabri
President & CEO



DESTINATION SUCCESS



NEWS AND BUSINESS SOLUTIONS FOR SUCCESSFUL MEETING PROFESSIONALS

VOL. XXII NO. 5

OCTOBER 2008

Topics This Time

Finding Solutions In A Changing Economy

With today's more challenging economic climate, selecting the site of your programs can be even more difficult. Read how an increasing number of planners are addressing this issue.

Page 1

Stressed Out? Reduce Workplace Pressure & Increase Productivity

Whether we're anxious or tense about work, home or daily annoyances, we all feel "stressed out" at times. Learn tips to alleviate stress.

Page 2

Destination Features

Read about Idaho's magical Coeur d'Alene Golf Resort & Spa, "The Playground of The Northwest." Discover news from California's famed La Quinta Resort & Club, widely recognized as one of the finest destination resorts in the world. Learn about the impressive and historic InterContinental Paris Le Grand Hotel, ideally situated just steps from Paris' most well-known tourist attractions. And find out about the luxurious Aqua Cancun in Mexico.

Page 3-5

FAQs

How can planners address rising costs and budgets being cut? What should I be considering relative to current airline trends? Are there any cost-saving incentives for booking international programs?

Page 6

Restaurant Briefs

Read David Gabri's reviews of exceptional restaurants in Colorado Springs (CO), Ojai (CA), and Las Vegas.

Page 6

Finding Solutions In A Changing Economy

One of the most important decisions to make in the meetings and incentive marketplace is where to host your program. With today's more challenging economic climate, when you need to balance all of your constituencies, this decision can become more difficult than ever.

Even if your company or organization is faring well, the perception effect is that everyone should "hunker down" and be extra cautious with expenditures. While it is always wise to control costs and curb unneeded expenses, the current mindset seems to be to deliver a program with equivalent standards, but to do it for less.

So here is the big challenge: How do you maintain the high-caliber of programs, attain the "Experience Expectation" of attendees, and meet in venues that substantiate the importance of the meetings, when executives within your organization and participants attending your programs are expecting the budget to be at the same (or even a reduced) level as last year?

Regional Meetings Become More Popular

One trend we have noticed recently is that an increasing number of planners are opting for regional site solutions for next year's national programs. Having meetings, conventions or incentive programs closer to your organization's headquarters can often meet all expectations of a first-class program, while offering cost-savings benefits to meet budget objectives.

We are all well-aware that this year's fuel prices are higher than last year, which affects virtually everything, including air fares. By selecting a site closer to home, you can reduce overall expenses, because more attendees can reach the site by car or train, or even can drive together.

In addition to travel cost-savings, you may enjoy other benefits as more members of the headquarters staff may be able to attend. This can contribute to motivating staff, enhancing camaraderie and the exchange of information, and providing an opportunity for them to meet their counterparts from around the nation or world.

There can also be a much-overlooked time benefit savings for key leadership and staff away from the headquarters office. There can even be "green" benefits, as programs conducted regionally tend to have less of a carbon footprint, since fewer individuals travel by air, and attendees may drive together or take mass transit.

Choices Within Close Proximity

While meeting regionally isn't always an option - or the best choice - for all programs, it can be a way to present an opportunity to save without negatively impacting your meeting or incentive program. The good news is that there are many qualified solutions that can work for you as there are many exceptional offerings in each part of the country.

Depending upon your program, this may be a trend to consider as a short-term solution, as we expect to see this phenomenon continuing into 2009. Re-tooled budgets and external costs for 2010 and beyond may not require planners to think in these regional terms, and planners may go back to previous rotations. But for now, this strategy can address some challenges that many planners are facing. If you need assistance determining optimal options within your region, please talk with your sales professionals in National Sales Offices. Give them a call so they can help you identify the best solutions to present to your management.

Associated Luxury Hotels provides the National Sales Network to our prestigious membership of over 100 premier Four and Five Star/Diamond quality hotels and resorts worldwide. Let us assist you in placing your next meeting. www.alhi.com

Stressed Out?

Reduce Workplace Pressure & Increase Productivity

Whether we're stressed about our workload, a challenging co-worker or client, an uncertain economy, difficulties at home, and/or daily strains and annoyances, we all have times when we feel "under pressure." But are there ways to alleviate stress at our workplace?

Absolutely. Stress is a "physical reaction to real or perceived negative events," and we all know it's unhealthy to harbor tension for long periods of time.

So the next time you find yourself "stressing out," try some of these tips:

• **Laughter** - Laughing out-loud actually helps lower blood pressure and reduces stress hormones, so even in challenging times, laughter can be the best medicine. Seek out friends and co-workers who can make you laugh. Post cartoons on your bulletin board to remind you to laugh. Humor not only produces helpful chemicals in the brain, but it acts as distraction from stress.

• **Stretching** - Waving your arms slowly above your shoulders, while stretching and breathing deeply, is an effective yoga technique.

• **Analyze The Situation** - Step back and really look at the circumstances. Many times, we stress about events or tasks that really aren't that important. By taking a moment to realize this, you can alleviate your stress.

• **Break Down Projects** - While a large assignment may seem daunting, dividing your work into smaller tasks is easier to tackle. Make "to do" lists, and cross off projects as they're completed. This creates a sense of accomplishment.

• **Think Positively** - As Norman Vincent Peale said, "'The Power of Positive Thinking' can change and improve your life." By utilizing this practice, you can break the worry habit and have a more relaxed life.

• **Ask** - If your stress-level at work can be improved with better resources, or more time, ask for the help you need.

• **Improve Work Relationships** - If you don't have a natural connection with one or more co-workers, take efforts to create a

rapport. By understanding their style, you can be more in tune with them, which can help the office environment.

• **Exercise** - Not only does exercise release endorphins and burn up adrenaline, but it gets you away from the source of your stress. Schedule exercise as you would a meeting to ensure that it gets done.

• **Recognize What You Can and Can't Change** - Instead of stressing about things that are out of your control, "get over it" and focus on the things you can change.

• **Set Realistic Goals & Delegate** - Establishing unrealistic goals only sets you up to fail, and simply adds stress. Delegate when you can, and prioritize projects.

• **Take A Break** - Physically leaving your office for a short walk, a quiet meditation, or a drive can be an effective stress reliever.

• **Learn To Say "No"** - You can't do everything. Think before you say, "yes."

• **Hand & Foot Massage** - Keep a golf ball or an empty bottle handy, to use for a quick massage to relieve arch strain or foot cramps. Squeeze stress balls as a way to relieve tension from the hand and arm.

• **Deep Breathing Exercises** - Take deep breaths into your "stomach," and slowly exhale. Do this 10 times.

• **Finally, Delegate Finding Solution Options for your next meeting to ALHI's National Sales team.** That way you'll find some extra time to take advantage of all the stress relieving tips above!

Now, breathe in...and out...

Sources Include: "Healthy Holistic Living" website; "Stress Relief Resources" website; "WebMD" website; and "ACQYR" website.

AQUA

Cancun, Mexico



Suspending Reality in a Caribbean Paradise

NEWS

At the Aqua Cancun, innovative design and playful details redefine the hotel experience. The sensual ambiance and refined amenities create an uninhibited space where guests revel in the luxurious sense of freedom that pervades the entire property. Relax in the sublime beachfront setting, tempt your senses with haute cuisine, and relish the transcendent level of quality and service at this exclusive concept hotel. It's bold. It's unique. It's Aqua.

- Feel the rhythm as the hotel DJ pumps up days at the beach and energizes nights at the bar.
- Sample culinary creations from our celebrity chefs Michelle Bernstein, Martha Ortiz and Franco Maddalozzo.
- Sip fine wines and exotic cocktails selected by drink-master Steve Olson.

ALHI Luxury on Sale™

Aqua Cancun has redefined the meetings and incentive experience through impeccable service combined with state of the art "playful spaces" with an experienced staff of meeting professionals who deliver unique and stylish results based on your objectives.

Poolside in the Caribbean, Aqua Cancun offers exhilarating days and refreshing evenings. Relax in your cabaña and feel the ocean breeze as you enjoy contemporary sounds created by our exclusive house DJ.

Our "Theater of the Senses" is the perfect venue for a stylish night infusing the culinary talents of our signature chefs and beverage selections from Steve Olson in a venue where sight, sound and performance are unmatched.

Indulge your participants (or yourself) in our luxury world-class spa. "Spa AQUA Immerse and Renew" offers a diverse menu of treatments where traditional western practices combine with ancient Mayan techniques. The full-service fitness facility features Kinesis equipment and a complete array of cardiovascular and weight-training equipment.

For information, visit
www.alhi.com/Aqua

INTERCONTINENTAL PARIS LE GRAND

Paris, France



Discover an Historic Treasure in the Centre of Paris

NEWS

The InterContinental Paris Le Grand Hotel is a "luxury liner" of 470 rooms, including 72 suites and 23,000 sq. ft. of meeting space docked along the façade of the Garnier Opera House. Just steps away are some of the Paris' most well-known tourist attractions, famous department stores and the luxury boutiques of the Place Vendôme.

All it takes is crossing the threshold of the historic, completely renovated building to succumb to its charm. Dressed in rich, exuberant reds and golds, InterContinental Paris Le Grand Hotel wears the dazzling colors of the Opera.

ALHI Luxury on Sale™

Book a new meeting before April 30, 2009 to enjoy these great values*:

2008 Meetings

- One Complimentary Room for every 30 paid
- Two Complimentary Upgrades for every 30 rooms paid
- 50% Off Staff Rooms (max 5% of block and five single rooms per day)
- One Complimentary Room Drop (envelopes)
- Ten Complimentary VIP Amenities
- Complimentary Welcome Coffee Break (included in daily delegate rate)

2009 Meetings

- One Complimentary Room for every 30 paid
- Two Complimentary Upgrades for every 30 rooms paid
- 50% Off Staff Rooms (max 5% of block and five single rooms per day)
- One Office
- One Complimentary Room Drop (envelopes)
- Ten Complimentary VIP Amenities

*Valid on new meetings booked now through April 30, 2009.

For information, visit
www.alhi.com/InterContinentalParisLeGrand