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**Federal Aviation
Administration**

intercom:

Office of Public Affairs
Alaskan Region
701 C Street, Box 14
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January 3, 1986

86-01

Happy
New
Year!



Happy
New
Year!



New federal holiday



Since this is the first observance of the federal legal holiday honoring the birthday of Martin Luther King, Jr., thought you might need a reminder that January 20, 1986, is a holiday for federal workers - that means you!

The holiday was established by Public Law 98-144 dated November 2, 1983, setting aside the third Monday of January as the official federal holiday in honor of King.

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Recipe corner

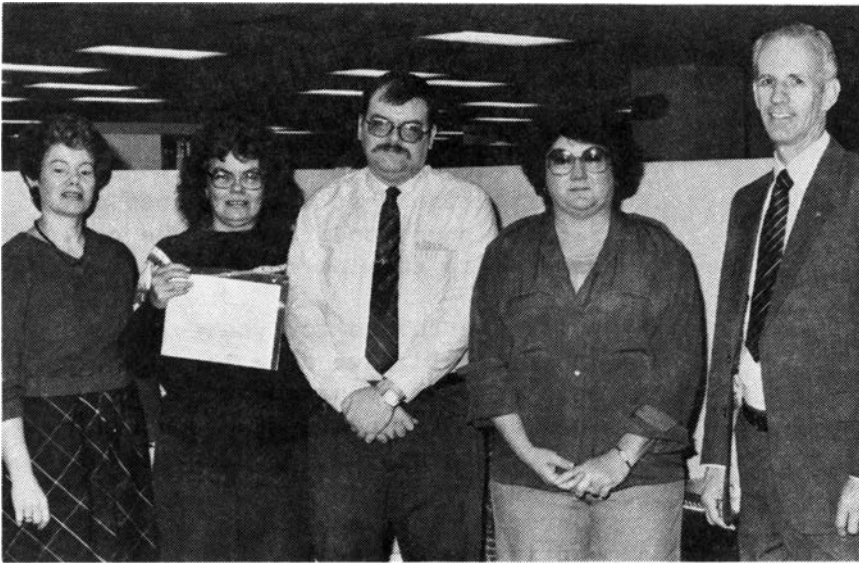
from: Jeanne Hodge
AAL-2

CHEESE BALL

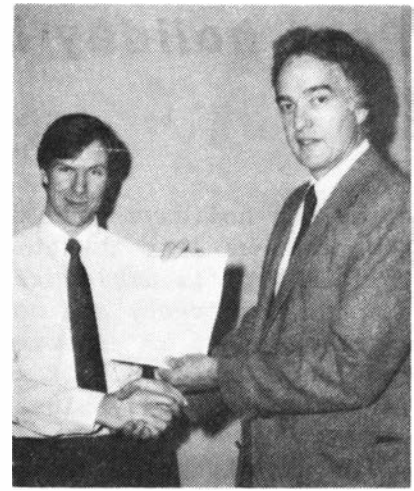
4 ounce jar of English sharp cheese
4 ounce bleu cheese
12 ounce cream cheese
1 tablespoon Worcestershire sauce
1 teaspoon tabasco sauce
1/4 teaspoon salt
1 small crushed garlic clove or
1/2 teaspoon garlic powder
1/2 cup chopped parsley
1 cup chopped pecans
15ix one-half of nuts and parsley and reserve for later use.

Mix all other ingredients to a smooth consistency and chill so the cheese mixture can be rolled into a ball.

Roll the ball in the nut-parsley mixture and serve with crackers.



Three employees from AAL-33 recently received Special Achievement Awards for their outstanding teamwork in accomplishing a major workload effort within mandatory time frames to support the Airway Facilities reorganization, automating the energy consumption data, and devising a computerized program for formatting and tracking the status of Alaskan Region audit reports. From left to right are Sandy Fanslau, immediate supervisor; the three recipients - Norma Jean Yount, Mark McLamarrah and Edda Hahn; and Bob Lewis, manager, Financial Management Division.



Steve Creamer (left), air traffic control specialist, Anchorage ARTCC, receives a Letter of Commendation for his outstanding assistance in a flight assist from Jim Vaughan, manager.



Air traffic control specialist Pete Smith (left), Fairbanks FSS, receives a Special Achievement Award from area supervisor Len Canter.



Three of the folks from AAL-33 recently received Special Achievement Awards for outstanding teamwork in accomplishing a major workload effort within mandatory time frames to support the Airway Facilities reorganization and the airport improvement projects. From left to right are Sandy Fanslau, immediate supervisor; the three recipients - Dorothy Blackwell, Ronald Gledhill and Shelva Deibler; and Bob Lewis, manager, Financial Management Division.

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Post holiday blues

by: Annie Drake, M.A.
EAP/HAA Counselor

After the holidays have come and gone, the tree has lost its trimmings, Christmas gifts are stored away and the holiday treats are no longer in sight, some of us experience an emotional let down. It is sometimes called post holiday blues.

Living in Alaska we are subjected to a rather harsh environment; cold, darkness, high cost of living and isolation from the lower 48 states.

Especially around the holidays we can forget how tough living in Alaska can be. We get busy in the high pace of pre-holiday shopping and preparation. When our holiday arrives we may find we are lonesome or sad missing significant people or things that are far away from us. Our holidays may give a "bittersweet" quality about them, both joyous and melancholy.

Like any significant event in our lives, a birth, a wedding, a celebration, a promotion, all of us on some level go through a grieving process. This process signifies that an event has ended, and that we must restablize now that the excitement is over.

We also do an inventory of the event as well. Is the experience all we expected it to be? What occurred during that time that was unpleasant? How are we different because of the experience (new role, responsibilities, etc.)? If we could go back and do it again what would we do differently?

If you experience a let down of the post holiday blues, here are some suggestions to help.

Recognize that a let down is a very normal process and don't be too surprised if it happens to you or a family member.

You might want to try to do an inventory on paper to get a clearer idea of what you have experienced as a "loss" and also as a "gain." Any substitution that eases a loss may improve your mood (i.e., make calls to friends in the lower 48 states).

Doing the things for yourself that others would have done for you may help as well. Share your feelings and ideas with others. Make plans for next year that would reduce the losses you felt this year. If you find yourself quite depressed, try getting out in the fresh air, visit new places, meet with friends or relatives, start a new project, and very importantly get some exercise.

EAP

Employee Assistance Program

Don't let the "cabin fever" phenomenon take over. If it does, keep in mind that all of us at one time or another need a helping hand. Your Employee Assistance Program (EAP) can be there for you. An EAP counselor can help you get a perspective on whatever is troubling you. All it takes is a phone call to Human Affairs of Alaska, FAA's EAP contractor. A counselor is available seven days a week, 24 hours a day. If you or your dependent(s) need assistance call 562-0794 and make an appointment today.

It is not so much what happens to us that matters but rather how we meet it.

BITS &
PIECES
4/79

Reading material in H.R. library

The Human Resource Library located in AAL-1H (now housed in the Medical Division) has some excellent reading material available for those interested in learning more about the human relations effort and their work environment. There is no time limit on the books. AAL-1H just asks that you fill out the card found in the back of each book.

An updated listing is currently being worked on. Four books that are presently available for loan are:

- Change Masters by Rosabeth Moss Kanter. This book vividly demonstrates that when environments and structures are hospitable to innovation, people's natural inventiveness and power skills can make almost anything happen.

- In Search of Excellence by Thomas J. Peters and Robert H. Waterman, Jr. This book shares eight basic principles of management - acting-stimulating, people-oriented, profit maximizing practices - that are readily transferable. Here they are amply illustrated with anecdotes and examples from the experience of these best-run companies to make them accessible and practical for you to use.

Managing for Excellence by David L. Bradford and Allan R. Cohen. This is the first book to address the problem of how to move from strategy to action. It is a book for doers. For managers who have made the commitment to excellence, and are determined to achieve it, this is the book that will get them there.

A Passion for Excellence by Tom Peters and Nancy Austin. This book highlights the methods and accomplishments of those who have always had "the leadership difference," as well as those mounting in number, who have recently turned

their organizations around. The book zeroes in on the three key areas of competence that determine the long term excellence of any organization. It describes the day-to-day acts of leadership at every management level that add up to superior performance.



Walk alone -never

by: Mary Grindrod, R.N.
AAL-300

Do I walk alone and carry a heavy load?
Yes, I worry about what has been,
what is now and what will be.
I worry about my family, my friends
and about the FAA employees and their
families.

Do I walk alone?
NEVER

The list of people who have been
supportive of my family during Larry's
illness is growing longer and longer.
Prayer, flowers, cards, visits, phone
calls, food, offers to clear the drive
of snow, just about anything to help
us.

Mr. Cunningham has said that people
should be our most important product
and now I feel that we have seen the
process working.

Do I walk alone - NEVER.

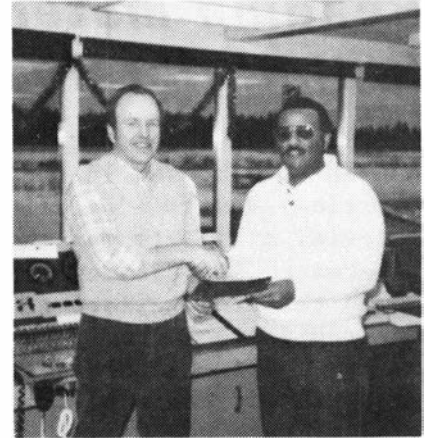
Editor's note: Larry, Mary Grindrod's
husband, had a heart attack on
Thanksgiving Day and cardiac arrest on
the day after. But he has improved so
much that the doctors sent him home on
Thursday, December 12.



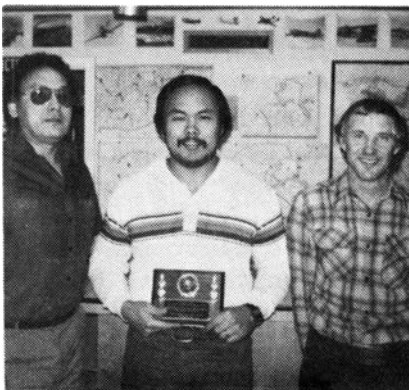
William Penland (right), Jr., air traffic control specialist, Anchorage FSS, recently received a plaque from his supervisor, Robert Turner, and fellow members of his team as a going-away gift. He has been selected as the area supervisor for Kotzebue FSS.



From left to right Steve Creamer, Jim Vaughan, Tony Wylie, Bill Schwaab and Mike Hessler, all from the Anchorage Center, are shown here holding an award given to the Center in appreciation of sustained professional support to regional accident investigations. This award was given by the Air Traffic Division.



Air traffic control specialist Larry Fosson (left) receives a Letter of Commendation for the professionalism he exhibited in the performance of all assigned duties while acting air traffic manager from October 27 through November 27, 1985. Air traffic manager PoPo Richardson presented the letter.



From left to right are Leon Kiana, Kimo Villar and Dave Williams, specialists at Tanana FSS. They received a plaque for maintaining a professional air traffic facility.



Frank Cunningham (left), FAA Director, Alaskan Region, recently sat on the Chief Executive Officer Panel during the "Managing Through Effective Human Resource Development" conference held in Anchorage, Alaska. On the panel with him were Frank Turpin, President, Alaska Railroad; Mike Penfold, panel moderator, State Director, Bureau of Land Management; Col. William Povilus, Commander, 21st Tactical Fighter Wing, USAF; and Dr. Donald O'Dowd, President, University of Alaska.

Around the region

You want snow! As of November 20, 1985, Fairbanks had had 22.2 inches of the white stuff for this season. And the lowest recorded temperature at that time had been 27 degrees below zero.

* * * * *

KNOM, a local radio station in Nome, recently interviewed the Nome air traffic manager as part of a community information series. The interview provided an opportunity to explain the operation of the flight service station, air traffic employment opportunities and to extend to the public an invitation to visit the facility.

* * * * *

Congratulations to Gregory and Marlene Deveraux on the recent arrival of Jennifer, their new baby daughter born on November 14, 1985. Mother and daughter returned to Kotzebue the first week of December - Jennifer was born in Seattle, Washington. Greg is assigned to Kotzebue FSS.

Although a little late, congratulations are also in store to two folks in the Air Traffic Division on the births of their sons:

Walt Claxton, AAL-532, and his wife, Barbara, had their first child on August 1, 1985 - his name is Christopher. Christopher has already taken his first trip to Hawaii.

Pat Lucero, AAL-510A, and her husband, John, who is in the United States Air Force, had their third child on August 25, 1985. His name is Alexander.

* * * * *

Hope everyone had a very Merry Christmas and may the New Year be full of love and peace for each of you.

* * * * *

The winds in Dutch Harbor were blowing at more than 100 miles per hour on November 26 and 27. The wind blew a major part of the new Dutch Harbor airport terminal roof away; several boats and barges were lost; and it was reported that five persons had been lost to the sea. The winds were blowing so hard at times that it blew two of the airport wind socks from their poles. The airport manager had to close the runway for three hours due to debris on the runway.

The airport manager at Cold Bay also had to close the west 1400 feet of runway 8-26 when a grumman goose landed and could not turn around because of the gusty winds. It was four hours before the wind had subsided enough to remove the aircraft from the runway.

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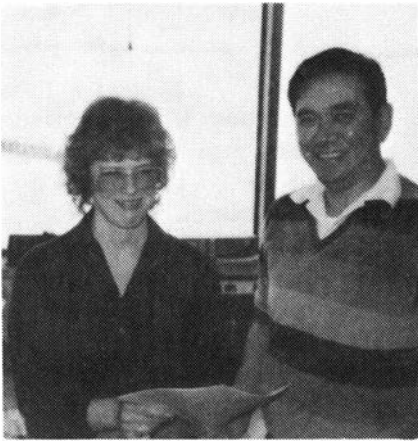
Dr. David J. Mulholland, D.C., Community Chiropractic Clinic, received a Letter of Appreciation and a plaque for his support during the Anchorage FSS proficiency training sessions. His discussions on back and neck problems associated with jobs of those working at the flight service station was very informative and professionally executed.

* * * * *

After its second blizzard of the season in Kotzebue, the area around the FAA flight service station had a snow drift blocking it that was over six feet high. Before anyone had a chance to remove the snow, folks going to work had to either walk around the FAA housing area or use snow machines. Allen Upicksoun, electronic technician, did get the driveway leveled by Saturday night with the flight service station's bulldozer.

* * * * *

HAPPY NEW YEAR!



Ruth Nickles (left), receives a Letter of Commendation for the excellent job she has done since coming to the Ketchikan FSS from Harold Arab, area supervisor. She also received very commendable comments from several pilots on her air-ground job performance.



The Federal Women's Program Committee sponsored a cake and coffee for all FAA employees honoring Armed Forces Veterans within FAA on November 8. The cake, made by "The Cake Lady," read, Veterans Day 1985 "You deserve the best ... because you have given the best!" Before the cake was consumed, Director Frank Cunningham gave his opening remarks and Tom Westall, manager, AAL-200, led the attendees in the National Anthem. The Army Color Guard posted the colors. A display was also set up at the Egan Center during the Manager's Conference for three days and then brought back to the Regional Office for two days. The FWP Committee also arranged to have the Air Force Jazz Band play during lunch hour.



On December 8 Merrill Tower had a potluck luncheon in the facility breakroom. Most employees, spouses and children attended. The occasion was for two departing employees, air traffic control specialists Starr Dhabolt and Lee Plummer, plus a good all around get-together. The event was a resounding success!

Special recognition goes to Michelle Moore, Etricia Reese and Geri Gaines for their clerical assistance; to Rose Mower for the design of the card that was sent to all the veterans outside of the Federal Building; to Dennis Tulee, Mt. View VFW Post, for the poppies which were passed out to veterans attending the cake and coffee; to the Civil Rights Staff for purchasing the cake; to the FWP Committee for decorations, paper goods and the punch; to Tom Santistevan for the printing; to Dottie Taylor for making the sign used during the cake and coffee; and to the subcommittee members for all their labors - Dolores Coates, Linda Craig, Geri Gaines, Mark McLammarah, Gloria Moody, JoAnn Nash; Rosetta Robinson; and Tom Santistevan.

News in brief

The FAA has issued new rules strengthening background checks of airline and airport employees governed by the civil aviation security regulations. The new rules require airlines and airports to conduct background checks to verify employment applications and other information submitted by prospective employees. The tightened procedures will apply to anyone who has unaccompanied access to restricted areas and to operators of screening and security equipment.

* * *

The last DC-3 in the FAA fleet came to Washington National Airport December 4 from the agency's Aircraft Maintenance Base in Oklahoma City to begin its new career as a flying FAA exhibit. The plane, which has been repainted in its original CAA color scheme, was purchased by the agency after a stint in the Navy to serve in the early flight inspection fleet. After being put on display at the agency's Hangar 6 at National for a few days, the DC-3 made the short trip to Washington Dulles International Airport to be viewed at the Wright Brothers Memorial Awards Ceremony before returning to Oklahoma. The 47-year old warhorse soon will begin a tour of airshows with an exhibit detailing FAA's past, present and future.

* * *

The airways beacon atop Kennesaw Mountain, north of Marietta, Georgia, recently was decommissioned and dismantled after 54 years and 10 months of continuous operation. The Southern Region reports that this beacon was the oldest continuously operated navigation aid facility in their domain, and possibly all of FAA. The 75-foot tower was once a visual NAVAID marking the airways with a discrete code light beacon. In the end, the tower was used only as an obstruction light and finally fell victim to a cost-benefit analysis.

* * *

Dr. H. L. Reighard, the former Federal Air Surgeon, has been named to the seven-member board of the Aviation Research and Education Foundation empaneled by the Airline Pilots' Association. The foundation will conduct research, perform tests, hold seminars and issue publications with the goal of enriching the pool of resources for advancing aviation safety.

* * *

The former Civil Aeronautics Board Managing Director, Michael Sherwin, has been named Director of the Office of Management Systems. Before joining CAB, he held various top jobs in the Civil Service Commission and the Office of Personnel Management.

* * *

The FAA has issued supplemental type certificates for some 250 types of aircraft, with approved engines, that have been allowed by the agency to fly on automobile gas. The primary holders of the certificates are the Experimental Aircraft Association and Peterson Aviation, a Nebraska-based firm.

Washington Report

Anchorage FSS in print

The Anchorage Flight Service Station made it in the December issue of Reader's Digest in "Two Men on an Ice Floe, Drama In Real Life." The author, Marguerite Reiss, calling the flight service station Merrill Field, said that Marv Milam, the pilot of the Cessna 180, radioed Merrill Field when it was about five miles north and losing altitude over the freezing waters of Cook Inlet. Fortunately, Milam and his passenger Ken Broussard were rescued from the waters and neither suffered long-term illness from the ordeal.

50 Years of Air Traffic Control Excellence
— A Standard for the World —

