



U.S. Department
of Transportation

**Federal Aviation
Administration**

intercom:

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Alaskan Region
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EDITOR'S NOTE

Happy New Year, Happy Valentine's Day, and Happy President's Day. I thought I might tell you what I did about New Year's resolutions for 1988...I made them for other people. Seems to be working out OK, and my ego is still intact. For President's Day, I'm going to sit around and ponder the vicissitudes of public office. But, for Valentine's Day, I plan to hug all those people I consider to be real sweethearts (heh, heh, heh). That will keep them guessing.

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If you have questions, suggestions, or complaints, please call the Editor at 271-5293.

HRC News & Notes

by: Ed Neumann

The January HRC meeting was cancelled due to lack of funding. The following are some of the items we have been working on:

* The ATC Staff time issue is no longer viable. Essentially, providing credit towards ATC controller retirement when on a staff assignment cannot be done under present law. The only remaining redress is through Congress.

* Mr. Cunningham reviewed and determined that the 5,000 pound vehicle weight limit in AL Supplement 3 to Order 1500.14A is equivalent to the limitations cited in DOT Order 1500.6A of 20 measurement tons (800 cubic feet). The Alaskan limitation was converted to a weight of 5,000 pounds because most shipments in the state are done by air to ensure timely arrival of the vehicle at the new duty station. Mr. Cunningham advised that if there are sufficient number of cases wherein employees are assessed extra charges for overweight vehicles, he would consider forwarding a recommendation for change.

* On the issue of designated smoking areas in FAA facilities, Mr. Cunningham sent a letter to all facility managers, dated December 4, 1987, detailing the policy set forth by DOT. The letter advises that a policy should be established following DOT guidelines and that an FAA order with an Alaskan Region supplement will be issued around August of this year.

Sector of the year competition

The North Alaska Sector has consistently demonstrated a high level of service to the National Airspace System during 1987. The North Alaska Sector was successful in competitively attaining two awards presented to recognize performance and professionalism within individual field offices and has been nominated to compete for sector of the year at the national level.

air traffic manager's son drowns

We are sorry to report that Roy Hoyt, Homer FSS Air Traffic Manager, lost his eldest son Roy Hoyt, III, in a boating accident on Kodiak Island during January. Condolences to Roy, his wife, and family may be sent to 4802 Rochelle Road, Homer, Alaska 99603.

Facility upgrade successful

On January 4, 1988, a message was received from Headquarters authorizing the Alaskan Region to proceed with the upgrading of the Anchorage ARTOC to a Level II facility resulting in promotions for some personnel at the Anchorage Center. During the last 10 years, previous attempts to upgrade the facility had proved unsuccessful. The upgrade recognizes the complexity of work and skills necessary to function as a Level II facility.

Federal employee of the year ceremony scheduled

An awards ceremony for the Federal Employee of the Year, Anchorage area, is scheduled for March 23, 1988, in the Discovery Room of the Captain Cook Hotel. A letter requesting nominations has been distributed to supervisors and managers. Nominations should be returned to AAL-16C by February 16, 1988. Contact Marge Cholometes at 271-5803 for more information.

Video tapes available

For those employees who may be attending a course at the new Center for Management Development (CMD) in Florida for the first time, the Organization Effectiveness Branch, AAL-17, has orientation video tapes available. The 6 minute tape presents a visual "walk through" of the CMD. For more information, contact Sandra Ward at 271-5726.



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New organization formed

A new professional organization is being established within the FAA for females in technical fields. The organization is known as TWO or the Technical Women's Organization. The purpose of the group is twofold--to serve as a support group and to provide a communication network for career development.

A convention is being planned early this year to formalize the organization and to elect officials. During the planning stages, acting officers are as follows:

President: Gerry S. Morgan, Charlotte AFSSO, N.C.

Vice President: Marie Meyer, AWP Regional Office, F&E

Treasurer: Clarissa Holland, Pittsburgh, Pennsylvania

Secretary: Vianne Fowler, AWP Regional Office, F&E

Each region now has a regional representative except the Alaskan Region. To volunteer for Alaskan Region Representative, or for more information about this organization, call Vianne Fowler at the Western-Pacific Region, F&E, at FTS 984-1718 or Commercial at 213-297-1718.



What's new with FAA?

* The FAA has tightened security at airport security screening checkpoints no longer allowing employees and flight crews to pass through checkpoints by just showing an ID card. All persons passing through checkpoints will now undergo full screening.

* Also, on January 1, 1988, new carry-on baggage rules went into effect. Essentially, the FAA requires airlines to have an FAA-approved plan for handling carry-on baggage. The model program developed by the Air Transport Association would limit passengers to two carry-on items.

* New drug testing safeguards are being implemented to protect samples taken in the random drug testing program. It seems that there was a verification mixup at the time the specimen was taken resulting in a false positive report on a controller in California. To combat any further mixups, DOT has ordered the contractor, Compu-chem, to do an additional review at the laboratory for all positive results and develop a system for verifying the identification of the samples.

* "Operation Snapshot", an FAA in-depth review of the nation's aircraft manufacturing industry, is underway with 25 percent of the planned inspections completed. Administrator McArtor announced the review as part of his "IMPACT 88" program to ensure the manufacturing industry has kept pace with changes in technology and the growth of international production agreements.

Black history month

February marks Black History Month, and three activities are planned beginning with an agency head breakfast to be held in the Executive Dining Room of the AFOB cafeteria 8:30 a.m., February 23. At 10:00 a.m. in the same location, there will be a work shop for Civil Rights/EEO Officers and Special Emphasis Program Managers. A general interest program for all employees and the public will be held in the auditorium of the Fine Arts Museum located on 7th Avenue across from the Federal Building at 2:30 p.m. The guest speaker for all activities will be Mr. John E. Wilson, Deputy Regional Administrator for Department of Urban Development in San Francisco. For more information, contact Frank Austin at 271-5289.

Alaskan airports receive funds

Under the Airports Improvement Plan (AIP), airports in Alaska have been allocated over 43 million dollars in Federal funds which will be used to increase safety and operation capacity. Currently, 38 projects are under grant in the state of Alaska for a total of \$43,682,117 with the lion's share of the money going for two projects at Merrill Field. In regard to the allocation, Alaskan Region Director Frank Cunningham stated, "We are pleased that we can continue to work with the State of Alaska in obtaining these Federal funds. The airports we have in Alaska are constantly improving their ability to provide safer and more convenient service."

"Checkbook" program proves positive

The FAA's participation in the Aviation Safety Checkbook Program over the past 18 months has produced positive results. Designed to foster aviation safety and make the most of limited manpower resources over such a large geographical area, the program has been an informal "eyes and ears" of the flying public. Of the 90 submissions from the program to the Alaskan Region Director, most have resulted in constructive input to the aviation community. Five of those submissions were very favorable bringing to light and allowing the Director the opportunity to praise those people and their efforts.

If you plan to fly soon and want to participate in the program, obtain your safety "Checkbook" from the regional stockroom, AAL-52C3. Further information is available in Regional Order AL 8740.3.

FWP to hold seminar

The Federal Women's Program is holding its annual Spring Seminar at the Anchorage Westward Hilton. The one day seminar titled "Power" will be held on March 2 and repeat on March 3, 1988. Deadline for registration is February 12. For more information contact Chris Williams at 271-5289.

The Quill User's Guide

by: Pauline Steffy

By now you might have realized that I have a "thing" for words. I collect them and categorize them just as some people collect and categorize butterflies, rocks, old coins, or stamps. Well, I wanted to let you know that I hit a mother lode for word collection not too long ago.

I recently attended a team building session which played out group interaction scenarios. What I ended up with was a vocabulary lesson disguised as a psychodrama. I know it was a vocabulary lesson because we couldn't talk about anything unless we used those...well you know...those..."TERMS!"

For example, because of my charm, wit, and intelligence, I was immediately labeled a..."SCURVY ELEPHANT!" This, as I found out later, is also known as a "disturbing element." That was all the encouragement I needed.

I turned my inner vision toward the "Johari Window Model" and saw an "arena," "facade," "blind spot" and an "unknown" in my "unconscious." I solicited "feedback" from my "significant other" at the session and tried "introspective sharing" while I wondered whether or not I was experiencing "passive aggression" or just plain old "overt hostility."

Not only that, but in order to "sustain interpersonal relationships", I had to risk "fear of rejection" and work towards "caring involvement." I would then move from "dependence" to "independence" to "interdependence" if I successfully traveled through "conflict situations."

I'm really not sure if what was happening was a "concrete experience", an "abstract conceptualization", "active experimentation", or "reflective observation." And gee, if I'm saying what I really mean, then HALLELUJAH! I've just accomplished "congruent sending." (P.S. "Hallelujah" is my term)

Well, being the Scurvy Elephant that I am, I just kept going 'round and 'round on the "awareness wheel" until my "conscious" slipped a few inches and became my "subconscious." It was a harrowing experience.

But, having shared this with all of you, I'm glad to have facilitated "constructive openness."

You know...It just makes a person feel so good inside.

"Thank You for Caring"



HISTORICAL PERSPECTIVE

by: Al Buscio

Al Buscio entered the agency in January 1951, with his first duty assignment in Nome, Alaska. The agency at that time was known as the Civil Aeronautics Administration (CAA) and Al was hired as a GS-5 "Communicator." The following is excerpted from Al's account of the first few years of his career.

At that time, the CAA at Oklahoma City was on the march for recruits for Alaska assignments -- "Communicators" to staff remote facilities. For acceptance, meeting their minimum requirements (at least 3 years or more in radio communications CW Morse Code, or related functions). If interested, assume your own transportation to OKC. For final acceptance, on arrival (entrance exam) pass CW Morse Code to transmit and receive 30 wpm; type/teletype 35 wpm. If unable to meet this requirement, you would be released and assume your own transportation from wherever you embarked from--or as you wish, be a guest and remain in OKC to check in at the nearest unemployment office. For those who were successful in passing the entrance exam, the starting grade was GS-5 (\$3100 p/a, plus per diem during a 3-month training session). On arrival at a duty station, 25% for Alaska assignments.

The OKC Academy was nothing like it is today. In those early times, there were buildings fabricated similar to military quonset huts with squeaking wood floors, chairs like those found at Grandma's farm, and wooden tables that resembled those found on a picnic ground! (No joke!) Housing during the training period? Find your own. There were no housing services or assistance offered. The majority of our class scouted around

town for the most reasonable hotel(s) or flop joints where bus service was available to and from the academy. Unless a person had his own transportation, pursuing an apartment was out of the question.

After the training period was completed, a duty station in Alaska was assigned, no choice of location. Learning my duty station was Nome, I looked it up on the map and observed that I could not go any farther west or I would be eyeballing Siberia! It was take it or leave it. I took it. Times were tough.

The tour of duty for Alaska was a mandatory 2-year contract, and if not fulfilled, the employee had to assume his own transportation out of the territory. CAA had their own housing facilities at Nome. Bachelor quarters, 4 bedroom, standard house, \$5.00 per month (a no-flush bath system--honey buckets). Lucky people were able to secure a select house/quarters in downtown Nome for \$15.00 a month (with a flush system). Plumbing in this town was almost a no-no due to the permafrost--undulations and upheaval of ground. Water was delivered to tanks provided in each building and were gravity operated. As for working conditions, the majority of facilities in Alaska at that time were under a 48-hour workweek (8 hours of O.T.) for both technicians and operators. As I recall, this 48-hour week went on for at least 2 years before any relief was in sight. It got to be old hat after a long while--although it certainly did build up bank accounts if one was prudent.

Interest...ing

by: Ann Roberts

In an effort to reduce the interest penalties generated under the Prompt Payment Act (OMB Circular A-125), the Accounts Control Branch, AAL-33, finds it necessary to solicit everyone's support to ensure timely submission of receiving reports and supporting documentation required to pay vendors. The first quarter of FY-88 generated a total of \$5,522 in interest penalties. There are numerous reasons for interest penalties, but about half of those penalties were due to late receipt of receiving reports and/or supporting documentation. The Accounts Control Branch needs your cooperation and attention in this matter. Think how the money could have been better spent! Let's decrease, considerably, the interest penalties and make this interest...ing news a cost of the past.

THIS SPACE FOR RENT

(Just kidding about the rent, it's free, but I wanted to let you know again there is always room for submissions. Send your news, special interest stories, or general goings-on to AAL-5. Let's hear from you.)

Valentine's Greetings

Here are a few greetings solicited from around the AFOB for Valentine's Day:

Roses are red, violets are blue
And I work with the wackiest crew

Someone in AAL-16

Dear Boss:
You are a sweetheart
And in this rhyme
I wanted to tell you
Before PER time

AAL-61

Stupid Cupid! Stop picking on me!

Annie Nonymous

To: Someone in AAL-31

I'm counting on Cupid to send you a
dart...
I'm just hoping he's skilled enough
to hit the right part

From: Someone in AAL-33

To: Someone special in AAL-200

Your gifted with humor and I think
that it's true
That I could spend all day just
listening to you
Come to think of it...I do!

Happy Valentines Day from someone
special in AAL-200

Medical Notes

by Pat Sanders

One of the means to improve our health and well being is cholesterol and fat intake control. Cholesterol is a fat-like substance produced mostly in the liver. It is important in the structure of cells throughout the body as well as in the manufacture of various hormones. But, cholesterol also constitutes a major building block of the waxy atherosclerotic deposits that grow insidiously inside crucial arteries. This growth can narrow the arteries and lead to heart attacks and strokes.

The recommended desirable blood cholesterol level is under 200 mgm%. A level of 240 mgm% and over blood cholesterol is considered high and restriction of fats in the diet is recommended. By restricting total fat to 30% of total calories, saturated fat to 10%, and dietary cholesterol to 300 mgm daily, blood cholesterol can be lowered. If blood cholesterol is not reduced by dietary measures, cholesterol lowering drug therapy may be recommended. Borderline and high cholesterol readings are of special concern if other health risk factors are a part of one's lifestyle. Smoking, obesity, diabetes, hypertension or family history make mid-level cholesterol readings extra risky.

There is no question that the role of diet is assuming a place of greater importance on the war against cardiovascular disease. So what are Americans, who are fond of eggs, rich cuts of beef and pork, to do? One piece of advice is to make the decision and commitment to reach a higher level of wellness with fat and cholesterol intake control.

Begin looking at the wide variety of vegetables and fruits our supermarkets in Anchorage are stocking, all polished and freshly displayed. It's hard to resist plucking a few for the grocery basket. Cereals and whole grain breads are another choice to explore new flavors and textures.

If you have a yen for foreign dishes, try meatless Italian and Mexican cuisine. The spices used in these dishes are a good substitute for salt and with the addition of pasta and vegetables, you hardly miss the meat. Be careful with adding cheeses though.

Fish and poultry can easily become a mainstay to any diet with a variety of wonderful recipes available. And, for desert, a sweet tooth can often be satisfied with a fruits using spices to enhance the natural sweetness.

These are just a few changes you may want to explore as you make choices for a healthy 1988. AAL-300 can authorize cholesterol level tests and blood chemistries at a local lab for interested employees. The cost to the employee is \$30.00. AAL-300 will receive the results and forward them to the employee.

In April, the Alaska Health Fair will offer blood tests that show cholesterol levels for approximately \$20.00 and the individual will receive the results in the mail. Best wishes and good luck for any changes you may make just for the health of it.

EAP

Employee Assistance Program

Provided by:
Human Affairs of Alaska

"SMOKING OR NONSMOKING"?

In our work, transportation, and recreation facilities, smokers and nonsmokers are polarizing to opposite sides of the issue and, in some of these places, policy has been established to provide for a smoke-free environment.

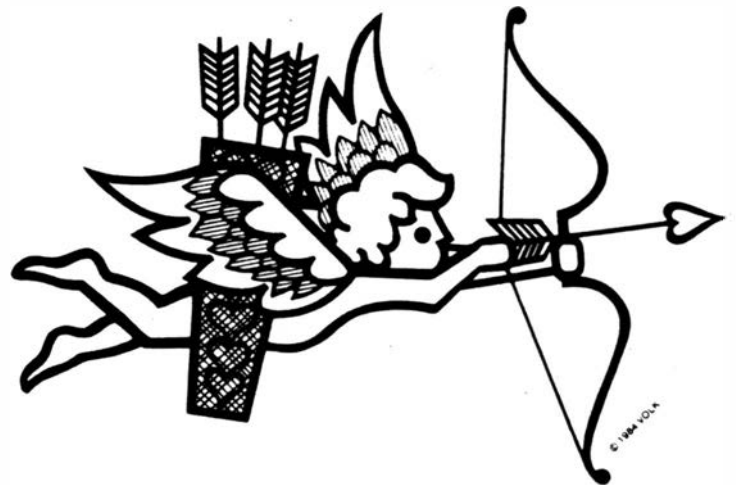
It is estimated that cigarette smoking is responsible for more than 300,000 deaths a year in the United States. Thirty-seven percent of these are due to heart disease. Smokers are also at significantly greater risk than nonsmokers of developing chronic bronchitis, emphysema, lung infections (continual colds, influenza, and pneumonia), lung cancer, cancer of the larynx, cancer of the mouth, throat, and esophagus, and cancer of the kidney, pancreas, and bladder.

A 30-35 year old who smokes two packs a day has a life expectancy 8 to 9 years shorter than a nonsmoker of the same age. Since nicotine is physically addicting, quitting smoking may not be easy, but if you do quit, you will notice some rapid improvements in your physical and psychological health. Your lungs will work more effectively, you'll have more energy, you'll have more stamina, and you will be able to breathe easier.

There are many tools available to you if you want to quit. Group programs, counseling, hypnosis, and medical treatment may be used. Your Employee Assistance Program (EAP) can help you find one that's right for you. Here are some hints for you to plan a quit date.

- * Make a list of all your reasons for wanting to quit and read it often.
- * Visit your dentist and have your teeth cleaned. Not smoking will keep them pearly.
- * Empty ashtrays into a glass jar and keep the ashes as a reminder of how disgusting smoking is.
- * Estimate how much you'll save by not smoking and buy yourself something nice with the money saved.

For further information on this subject, more hints for quitting, and help in our community, contact the Aviation Medical Division at 271-5431, or Human Affairs of Alaska at 562-2812.



****AWARDS****

Frank Cunningham, AAL-1 received the Senior Executive Service Performance Award and a special thanks from T. Allan McArtor.

ON-THE-SPOT-AWARD

Ed Hatherly, Anchorage ARTCC

****SELECTIONS, TRANSFERS, PROMOTIONS****

Richard Buchmann has left Bethel FSS for Denver AFSS

Ronald B. Glonek, selected as Air Traffic Manager, DLG FSS

Wendell Wassmann, selected as Air Traffic Manager, OME FSS

Larry Bevil, selected as Manager, Maintenance Branch, AAL-460

Joe Wilson, Kristin Turnbaugh, Rhonda Matthews, and Steven Groeneveld have been selected as ATCS/T's, FAI TWR

Mary F. Barnett selected as SATCS, AAL-530

Timothy E. Lorenz, ASI, selected as new manager for FSDO-63

Mark Smith, ATCS, JNU TWR departed to Yakima Tower, WA

"Chuck" Benson, ET, arrived in Cordova from Cold Bay

William F. Palmer, developmental, entered on duty at ANC FSS

Aurora Adams, developmental, resigned from ANC FSS

Andrew C. Leth, developmental, departed ANC FSS for PCS at CDB FSS

Stephen Smith selected as ASI, FSDO-63

Gregory Evans, ET, to CDB

Edward Bell, ATCS/S, to Bethel FSS

Jan Ward, selected as secretary, ANC CASFO

Ludell Hutchings, Supv ET, to Cold Bay

Brad Robinson, ATCS, arrived JNU TWR from OMC FAA Academy

Kristina Kurtz, temp assigned FAI FSS for training before moving to Big Delta

Ambrose Pawlowski, ET, detailed at SFOU for 90 days

Leeroy Stratman and William Chord, ATCS (Eval Spec) to AAL-500

Gerald Hill, ET, to SAAFS, Sitka

John Cline 120-day detail in the AAL-55 branch manager position

John R. Hallinan and Charles W. Lund selected as ASI's, AAL-250

Ginger Llewellyn selected as Classification Assistant, AAL-14C

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LETTER OF COMMENDATION

Derryl W. Blood and Robert L. Moore, Homer FSS. Douglas K. Haralson, Howard Mickles, and Robert R. Wastell of Yakutat FSS. Vivian Angelton, Kenai SFO. David Allred, Nome FSS. Randy Rogers, Sitka FSS. Jerry Baker and Pauline Steffy, AAL-60.

ATTA BOY, ATTA GIRL: Letter of Appreciation to: ATCS Mark Kytonen and ATCS Craig Jackson, McGrath FSS.

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SERVICE PINS

Robert (Mitch) Clark, 25 years

Melvin G. Eubanks, 30 years

Richard Strassel, ATCS, Ketchikan FSS, 35 years

Brad McCue, ATCS, Bethel FSS, 3 years

STORK REPORT

Jean Mahoney, AAL-7, became grandmother to Charles Joseph Holden, weighing in at 8 pounds 12 ounces.

Cabin Fever:

It Affects Your Homelife

It Affects Your Work



FOR MORE INFORMATION CALL:
HUMAN AFFAIRS OF ALASKA

562-2812
562-0794

The FAA contracts with Human Affairs of Alaska to provide professional counseling and referral services to FAA employees and their family members at no cost. A simple phone call starts the process and there is no red tape!