



U.S. Department
of Transportation

**Federal Aviation
Administration**

intercom:

Office of Public Affairs
Alaskan Region
222 West 7th Avenue, #14
Anchorage, Alaska 99513-7587
(907) 271-5296

April 1989

89-06

ONE LITTLE SUGGESTION BROUGHT LARRY VANDEGRIFT \$2500

Larry Vandegrift received a \$2500 award from the FAA for his suggestion to put prefabricated heliports on high sites in Alaska. Larry is a Maintenance Mechanic at the Anchorage Sector Field Office. This award was one of the largest ever received by an FAA employee in this region since the inception of the suggestion program. Congratulations to Larry for his innovative idea.



Regional Administrator Frank Cunningham (left) presents Larry Vandegrift with a check for \$2500.



U.S. Department
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Memorandum

Subject: Memorandum of Appreciation

Date: April 11, 1989

From: Acting Administrator

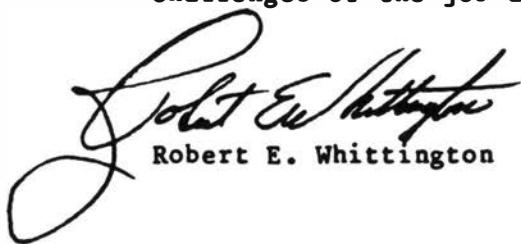
Reply to
Attn. of:

To: All Alaskan Region Employees

I have heard a lot about the severe winter you and your co-workers in Alaska have experienced this year. The impacts included high pressure areas, multiple equipment outages, lost heat, and frozen utilities resulting from low temperatures uncommon even for hardy Alaskans. Despite these challenges and discomforts, repairs were made and service continued virtually uninterrupted.

The catastrophic oil spill in Prince William Sound has challenged your resourcefulness to keep air traffic in the vicinity of the spill moving safely and efficiently. Once again you responded in an exceptional manner.

I want to thank you for your commitment to our mission during these demanding times. The level of service you provided is directly related to the cooperative team spirit so evident in the Alaskan work force. Your collective endeavor to rise above the crises of the moment and meet the challenges of the job at hand is recognized and appreciated.


Robert E. Whittington

*You have made us proud of our region
and to be on the same team.
Thanks.
Frank Cunningham
4-18-89*



"Call to Action" - Improving today's communications for a safer tomorrow

WALKING FOR FITNESS AND FUN

by Pat Sanders, AAL-300

Walking is our most natural exercise, and one that results in some unique advantages. You can walk anywhere at anytime and it is inexpensive; all you need is a good pair of shoes. It is convenient. Just step out the door and start walking. No instruction is needed. It is healthy. Walking enables you to condition your whole body without strain. It is a safe form of exercise.

A walking program is a very effective means of weight control since it increases the metabolic rate -- meaning that more calories are being burned over a longer period of time. Brisk walking at a pace of four miles per hour provides good exercise for our heart muscles. If the walking activity is rhythmic, involves a large percentage of the body's musculature, and is continuous for at least 30 minutes, it is good for cardiovascular fitness.

Walking helps promote a feeling of well-being. Going for a walk can help prevent excessive preoccupation and rumination by distracting a person from inner concerns. Mental alertness and attitude improve as tension is relieved after a walk. You can have a good time with friends or work out your own priorities as you walk.

Walking is something you can do your whole lifetime. Muscles are strengthened and toned -- you are able to move more easily. Flexibility improves and physical endurance improves. You'll tire less easily.

As you start your walking program, consider a good sturdy pair of walking shoes and loose-fitting clothing. Choose natural fibers for your clothes that allow skin to breathe. Set realistic goals. Your overall goal might be to cover a mile in about 15 minutes at least three times a week. Be consistent. Make walking a part of your daily routine.

There are a number of organized walking events scheduled in Anchorage. Most trails are cleared of snow and debris of winter.

Check out the bulletin board in AAL-300 for events and trail maps in the Anchorage area. If there is no exercise program like this scheduled in the more remote areas of Alaska -- start one.

Healthy employees are better team members, and better work attitudes benefit all of us.

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ALASKAN REGION'S JARED SIMPSON WINS \$10 MILLION -- FACT OR FICTION?

"Alaskan Region long time employee, Jared Simpson, was recently notified that he has won \$10,000,000 in the Publisher's Clearinghouse Sweepstakes. Simpson came into the office only long enough to turn in his I.D. card, collect his personal belongings, tell a few old friends goodbye, and then head out for a well-deserved vacation..."

This makes a nice story doesn't it? Unfortunately, one important fact is out of place. There is no Alaskan Region employee named "Jared Simpson." The "story" was sent out on computer mail on April 1. (Does that make an impact on the credibility of this news item?) The source of this news tidbit was the Alaskan Region's Civil Rights Officer and perennial practical joker.

So don't spend your time looking for Jared Simpson. Instead, sit down and fill out those forms that Ed McMahon has been sending to you every other week.

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WASHINGTON REPORTS



Admiral James B. Busey Tapped by President as FAA Administrator: A career naval aviator, decorated for combat in the Vietnam War, has been tapped by President George Bush to head the FAA.

Admiral James B. Busey IV, who was nominated on March 17, must be confirmed by the U.S. Senate.

Busey, a native of Peoria, Illinois, joined the U.S. Navy in 1952. For the past two years, he has served as Commander-in-Chief of American Naval Forces in Europe and Allied Forces in Southern Europe. The 56-year-old Busey's career has spanned several continents during the past 37 years -- from California and Vietnam to the nation's capital and Europe.

In his early Navy days, Busey served several tours of duty with fighter and attack squadrons. He received the Navy Cross for combat action while stationed on the USS Oriskany, off the coast of Vietnam in the late 1960's.

He later assumed command of an attack squadron on the USS Coral Sea and then became a strike plans officer involved in planning and directing the air war over North Vietnam.

Busey steadily climbed the Navy ladder being named Rear Admiral in 1979, Vice Admiral in 1983, and Admiral in 1985.

The FAA Administrator nominee is no stranger to Washington, D.C. In addition to his assignments at California's Lemoore Naval Air Station, Busey has worked in the nation's capital where he served in the Systems Analysis Division on the staff of the Chief of Naval Operations and as Auditor General of the Navy; Deputy Chief of Naval Material, Resources Management; Commander, Naval Air Systems Command; and Vice Chief of Naval Operations, a post he assumed in September 1985.

He became Commander-in-Chief of Allied Forces in Southern Europe and Commander-in-Chief of U.S. Naval Forces in Europe in March 1987.

In addition to the Navy Cross, Busey has been awarded the Distinguished Service Medal, the Legion of Merit, the Distinguished Flying Cross, the Bronze Star Medal, Air Medals, the Navy Commendation Medal and the Navy Achievement Medal.

He is married to the former Jean Cole of Sidney, Illinois. They have three children, Mrs. Angela Presto, Mrs. Nancy Wheeler, and James V.

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Remember the Children's Aviation Art Contest! The June 14 deadline for entries is fast approaching.

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Phone Home: FAAers on travel can phone home on commercial telephone lines and get reimbursed; according to a recent DOT notice. Here's how it works.

Employees are allowed to make a maximum of two long-distance telephone calls--but no more than one call a night--to their family or residence for each travel period of seven days or less.

Reimbursable calls are limited to \$3 a call, and must be fully documented on the reimbursement voucher. For further information on phone call reimbursements, call AAL-33 at 271-5239.

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TUNE-UP TIME

Well, the guys from Deadhorse have tuned up your friendly INTERCOM Editor and have straightened her out on the difference between Deadhorse and Barrow.

Evidently the winds that were discussed in the March INTERCOM article titled, "Just When You Think It Is Safe To Go Outside..." were in Deadhorse -- not Barrow. The following information should definitely go down in our archives of war stories for FAA.

Back in March when Mother Nature was displaying her unique sense of humor on the Deadhorse and Barrow areas, our FAA folks experienced some of the most miserable-sounding weather imaginable. The winds in Deadhorse were so strong -- **How strong were they, you ask?** They were so strong that white-out conditions prevented man, beast, or the pizza delivery truck from venturing out of their houses or offices. Air traffic controller **Dave Long** chose not to venture outside in the dangerous white-out conditions and spent 24 hours non-stop up in the four-story air traffic control tower that had been taken over by the flight service station crew. The ATCT had closed down some years back, and our FSS guys are never one to waste good office space, so they moved their offices up into the tower.

Anyway, the winds were so intense that a person could not see his hand held six inches in front of his face. Everything was buried in snow -- including the snow removal equipment. Employees remained in their quarters while windows, roofs, and anything that wasn't already buried by the snow flew through the air. Needless to say, there was no need for any air traffic services during the three days of continuous storms.

We hear there are still areas of Deadhorse that are digging out of the snow, and the temperature is hanging around 0.

One last note of correction. **Rickie Griffith** is an FAA Maintenance Mechanic in Deadhorse -- not Barrow. Sorry, **Rickie**.

The FAA staff at Cold Bay didn't have it particularly easy either. We heard from **Dan Vallish** (Electronics Technician at Cold Bay FSS) that a winter storm slowed down their progress for a while, too. People could not get to work, and those at work had to stay there indefinitely with a food supply and a bed roll. **Marsha Brown** worked three consecutive shifts at the FSS before a snowplow guided a relief person to her location. Winds blew up to 81 mph, without ceasing, for five days.

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TO ALL CAA-FAA'ERS WHO DID A TOUR OF DUTY IN THE ALASKAN REGION IN THE 1940's, 1950's, OR 1960's:

Retiree **Mary V. Smith** is presently working under the direction of the librarian at Anchorage Museum of History and Art to organize the collection of FAA historical pictures that the agency donated to the museum several months ago. She would like to have any information you can provide that will help her to identify many of the pictures.

Mary needs to know about the fires, floods, and earthquakes that happened in the 1940's, 1950's, and 1960's. It would also be helpful to know if you worked at a station that had been a military base before CAA took over. She would like to have information about tragedies (drownings, etc.), humorous happenings, and anything unique to Alaska. **Mary** recalls hearing about a buffalo falling into the basement of one of the quarters at Big Delta in the late 1950's. Maybe your stories are not that dramatic, but she would like to hear them.

Please direct your comments to:

Federal Aviation Administration
Attn: Ivy P. Moore, AAL-5A
222 W. 7th Avenue, Box 14
Anchorage, AK 99513-7587

If you would like to spend a Thursday afternoon in the museum library helping to identify "people" pictures, **Mary** works from 10:00 a.m. - 4:00 p.m. and would be glad to have help. You may call her at 333-8084.

ZAN Sector Manager Ron Cowles was busy presenting Special Achievement Awards recently.

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Ron Cowles (left) presented Ed Flower (ZAN EARTS Technician) with a Special Achievement Award for the design, fabrication, installation, and operational use of a switching system that allows for the selection of an alternate EARTS system.



ZAN General Supply Specialist Nancy Tinney received a Special Achievement Award from Ron Cowles for her maintenance of "business as usual" during the two weeks her office was unexpectedly closed.

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Supply Technician Max Thomas (on right) was presented a Special Achievement Award from Ron Cowles for the excellent job he did in conducting daily business activities during the inconvenience of his office being suddenly unavailable.



HOW TO HANDLE PRESSURE

Do minor problems throw you into a dither? Is everything becoming a disappointment? Are you unable to stop thinking about what's "bothering" you? Are you suspicious of people...tired of your friends? Many times a tale of woe can be shortened by a story of "whoa"-just stop, take stock. There are several things to do with pressure, starting right now!

USE IT! That, say leading psychologists, is a very good way of dealing with it. Pressure, like a springboard, is wound-up energy-jump off at the right spot and you can soar very high on it.

AVOID IT! If you want an escape clause, this may be it-and it's legitimate. Read a book or lose yourself in a movie or hobby. These are all ways of coping with tension and anxiety.

WATCH THE GAUGE! Too much pressure can cook your goose. Pressure, anxiety and tension are normal, but there is a boiling point beyond which it is dangerous to go.

CONGRATULATIONS

FAA EMPLOYEES CONTINUE TO CLIMB THAT LADDER OF SUCCESS

There have been a number of promotions lately among our FAA employees.

Congratulations to the following winners in the world of work:

Anne Holladay, Electronics Technician, Cold Bay -- moved up to a GS-07.

Gregory Pirie, Electronics Technician, -- South Alaska Sector Field Office was promoted to GS-07.

James Marcey, Electronics Technician, North Alaska Airway Facilities Sector -- is now a GS-07.

Charles Gilmore, Safety/Occupational Health Manager, AAL-460 -- stepped up to a GS-13 position.

Dennis Markey, Civil Engineer, North Alaska Airway Facilities Sector -- moved into his GS-11 slot.

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THROW OUT ANY OF THAT EASTER CANDY THAT IS STILL SITTING AROUND

We promised in the last Intercom that we would print the recipes of the winning cakes in the CivilAir Club's annual cake-baking contest. So, true to our word, get ready, here are two of the recipes we were able to get our hands on:



FIRST PLACE

NO-BAKE CHOCOLATE CHEESECAKE by Be Wenzel

Crumb-Nut Crust

5 ounces almonds or pecans
3/4 cup vanilla wafer crumbs
1/4 cup confectioners sugar
1/4 cup butter or margarine, melted

If using almonds, toast in shallow baking pan at 350 degrees for 8-10 minutes, stirring frequently, cool. Chop nuts very finely in food processor or blender.

Measure 1 cup chopped nuts and combine with wafer crumbs and confectioners sugar in mixing bowl; drizzle with butter or margarine. Press onto bottom and side of 9-inch springform pan.

Note: You may substitute 1 3/4 cups graham cracker crumbs for the nuts and vanilla wafer crumbs.

Filling

1 1/2 cups semi-sweet chocolate chips
11 ounces cream cheese, softened
1/3 cup sugar
1/4 cup butter, softened
1 1/2 teaspoons vanilla
1 cup heavy or whipping cream
Peach Topping (below)
Grated chocolate (optional)

Prepare Crumb-Nut Crust; set aside. Melt chocolate chips in top of double boiler over hot, not boiling, water, stirring until smooth. Combine cream cheese and sugar in large mixer bowl; add butter, beating until smooth. Blend in vanilla. Beat in melted chocolate all at once. Whip cream

until stiff; fold into chocolate mixture.

Spoon into prepared crust; chill while preparing Peach Topping. Spoon topping onto chocolate layer and chill thoroughly. Garnish with grated chocolate.

10-12 Servings.

Peach Topping

1 teaspoon unflavored gelatine
1 tablespoon cold water
2 tablespoons boiling water
1 cup heavy or whipping cream
2 tablespoons sugar
1 teaspoon vanilla
1/2 cups sweetened diced peaches, drained

Sprinkle gelatine onto cold water in small glass dish; allow to stand a few minutes to soften. Add boiling water and stir until gelatine is dissolved. Whip cream and sugar until stiff; beat in gelatine mixture and vanilla. Fold in diced peaches.

SECOND PLACE

GUMBALLARD CHEESECAKE by Rose Eward

Crust

1 1/2 cups graham cracker crumbs
6 tablespoons melted butter
1/4 cup granulated sugar

Mix together and press into a springform pan. Bake at 350 degrees for 10 minutes.

Note: This is a very striking ivory white cheesecake. As always, handle the egg whites with care.

Preheat the oven to 350 degrees.

24 ounces cream cheese
2 teaspoons vanilla extract
4 egg whites
1 cup granulated sugar

Sour Cream Topping

2 cups sour cream
3 tablespoons granulated sugar

In large mixing bowl, beat the cream cheese with the vanilla until soft and fluffy. Beat the egg whites until they form soft peaks, then slowly beat in the sugar until the whites form stiff peaks.

Fold the egg whites into the cream cheese mixture. Pour the mixture into prepared crust and bake for 25 minutes.

Meanwhile, prepare the sour cream topping. In a mixing bowl, stir together the sour cream and sugar to blend. After the cake has baked, remove from the oven and turn up the temperature to 450 degrees. Spread the sour cream mixture over the top of the cake. Return the cake to the oven and bake at 450 degrees for about 5 minutes. Cool to room temperature then chill.

May put any type of fruit topping on top.



The third prize was won by **Valerie Honeman** for her Gumball Machine Cake that captured the prize for the best decorated confection. We were unable to obtain a copy of her decorating directions before we went to press with this issue. Those persons interested in her cake design can call **Valerie** at 271-5475.

In Memory

Robert V. Meek

We were saddened to hear about the death of FAA retiree **Robert Meek**. **Bob** was an Anchorage resident since 1961 and worked for the FAA as an electronics technician for 20 years before retiring in 1978.

Memorials may be sent to Providence Hospital, 3200 Providence Drive, Anchorage, Alaska 99508.

Waldemar Johnson

Our sympathy goes out to the family of **Waldemar Johnson**. **Waldemar** passed away last month at the Black Hills Community Hospital in Olympia, Washington.

Waldemar worked as an Electronics Technician with the FAA for nearly 30 years. He had spent a year here in the Alaskan Region back in the mid-1940's.

The family has suggested that any memorial donations might be made to the American Cancer Society.

Dennis Markel

Our condolences to the family of **Dennis Markel** following his rather recent death in Oregon. **Dennis** had worked with the FAA for 30 years prior to his retirement several years ago, and had spent a number of those years as a **Maintenance Mechanic Foreman** for the Anchorage Sector Field Office. He had undergone a triple by-pass prior to his retirement and was awaiting a heart transplant at the time of his death. He was a good friend who will be missed by many people.

A GOOD FRIEND HAS LEFT THIS EARTH

Pat Strickland will be remembered by many FAA employees as a good friend and a "one in a million" kind of a woman. We all are saddened to hear about her sudden death on Friday, April 21, at Houston Memorial Hospital, following open heart surgery on Thursday, April 20.

Pat joined the FAA in 1961 as a clerk typist, and has worked for the Federal Government 22 years. Always eager to improve herself, and learn new skills that would assist her in providing better support to those people around her, **Pat** constantly invested her time and energy in learning opportunities. She had been enrolled in college classes at the time of her death to improve her counseling skills, and never relented in her quest to grow both personally and professionally.

Up to the time of her death, **Pat** had been working as an Aviation Security Specialist with the Civil Aviation Security Division for the Alaskan Region. She will always be remembered as a very warm, caring, and positive kind of a person who always had time to help those people with whom she came in contact.

Preceded in death by her husband several years ago, **Pat** is survived by her daughter, **Joanne Raffeo** of Lancaster, California; and sons **Don** and **Gary Strickland** who live in Anchorage.

A great many people will miss **Pat's** effervescence, her kindness and thoughtfulness, and her zest for life. She was a special lady, the kind that doesn't just come along every day in our lives.

TWENTY-SECOND ANNUAL DOT AWARDS CEREMONY

Nominations are now being solicited for the Secretary of Transportation's Awards. These awards will be presented at the twenty-second annual DOT awards ceremony to be held this fall in Washington, D.C. There are six distinct categories. These include:

1. Meritorious Achievement Award:

Nominations for this award will be granted for meritorious contributions of unusual value to the department.

2. Volunteer Valor: The highest departmental award for acts of heroism or courage involving great personal risk by civilian employees under unusual circumstances.

3. Volunteer Service: This award will be presented to one employee from the department who has made significant contributions through any of the volunteer programs for which the department provides support or sponsorship.

4. Community Service: This will be presented to one employee who has made significant contributions to his or her local community or the community at large through sustained commitment and involvement as a volunteer.

5. Achievements in Equal Employment Opportunity: The award recognizes the department's highest level of honor and recognition to those employees who have excelled in their efforts to promote equal opportunity while serving in positions that are not primarily EEO related.

6. Award for Excellence: This award will be granted for outstanding achievement for employees in clerical, administrative, technical, and general support positions.,

The Alaskan Region has consistently submitted excellent nominations who have been selected for these highest departmental awards. Supervisors are encouraged to review their employees'

contributions that could be considered for submission. Any questions or requests for assistance should be addressed to **Jim Pooley**, AAL-16J, Incentive Awards Officer, 271-5673.

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LOOKING FOR THAT MOTHERLODE IN MCGRATH

Former Yakutat Air Traffic Manager **Wil Smith** proudly displays the gold pan that was presented to him from his co-workers at the Flight Service Station. The gold pan was part of the farewell activities for **Wil** as he prepared to move over to the McGrath FSS where he will be the new Air Traffic Manager.

In the photograph below from left to right is the remainder of the Yakutat FSS staff. They are **Doug Haralson** (Acting ATM), **Alex Iliev** (ATCS), **Wil Smith**, and **Tom Doherty** (Maintenance Mechanic).



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FAA RECOGNIZES SOME LONG-TIMERS WITH THE AGENCY



Gerald Brookman (right), Electronics Technician at the Kenai Sector Field Office, received his 30-year service pin from supervisor Steven Bridges.



Ron Larsen (right) Construction Leader at the South Alaska Sector Field office, received his 30-year pin from Regional Administrator Frank Cunningham.



Air Traffic Control Specialist John Murray (right), King Salmon ATCT, was presented his 30-year service pin by Mike Thompson, Assistant Manager, Air Traffic Division.



Robert Paxton, ARTCC, SATCS, received his 30-year service pin from Assistant Manager, Air Traffic Division, Mike Thompson.

Mike Garcia, Utilities System Repairer-Operator, received his 15-year service pin from supervisor, **Jimmy Boyd**, Foreman of the Environmental Unit at ZAN AF.

Developmental Electronic Technician **Dan Townsend** received his 3-year pin from **Richard Kutz**, Assistant Sector Manager, ZAN AF.

Herbert Gray, Electronics Technician with the Technical Support Staff at the South Alaska Sector office, was presented his 15-year service pin by **Larry Bevil**, Manager, South Alaska Sector office.

Debra Lerner (Personnel Management Specialist, ARTCC) was presented her 15-year service pin by **Frank Price**, Air Traffic Manager of the Anchorage ARTCC.

Pete Nevak recently received his 15-year service pin. Pete is an Iron Worker at our Logistics Support Complex in Anchorage.

We wish we could print all the photos we received this past month, however, there wouldn't be much room for anything else. Since the number of photos seem to increase every month in the INTERCOM, it has become necessary to limit our service pin photos to those persons receiving recognition for 20 years or more of service with the Federal government.

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NEW FACES AROUND THE OFFICE

Welcome aboard to the following new FAA employees in the Alaskan Region:

Debbie Media, Aviation Clerk, Flight Standards District Office in Anchorage

Patti Sullivan, Civil Engineer, Airports Division

Nancy "Janie" Pearson, Secretary, Bethel Sector Field Office

Larry Sannes, Maintenance Mechanic, King Salmon Sector Field Office



Irene Carter, a Training Secretary at the ANC ARTCC, was presented an on-the-spot award by Assistant Air Traffic Manager **Richard Brindley**.



David Wiles (left), Utilities System Repairer-Operator at the ZAN AF, was presented a Special Achievement Award by **Frank Zschiegner** (Acting Communications Unit Supervisor) for his design and oversight of the Maintenance Control Center consoles.



Linda Teetsel (Secretary, ZAN AF) received an on-the-spot award from Assistant Manager for Technical Support, ZAN AF, **Mike Wise**, for the outstanding technical support she provided to him.



ATCS/S **Carl Taylor** (on the right) was presented a Letter of Commendation this month by **Wil Smith** (ATM for McGrath) for his professionalism during the three months he worked as the Acting Air Traffic Manager for the McGrath FSS.

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Jim Burger (on left), Electronics Technician, ZAN AF, received a Letter of Appreciation from **Richard Kutz**, Assistant Sector Manager, ZAN AF, for the outstanding job he did while being detailed into a Proficiency Development Specialist position at the Center.



FEDERAL EMPLOYEES OF THE YEAR

Although our FAA nominations for the Employee of the Year Award were not selected in the final round, each one of the following FAA employees are very special to us:

Category: GS 1-6
Lutitia (Jan) Ward, (Secretary, Civil Aviation Security Field Office and Regional Coordinator for Civil Aviation Security Information Systems) has in the past and the present (and we are sure will continue into the future as well) consistently provided service far beyond that expected of her. She has repeatedly proven herself to be a real asset to the aviation security staff.



Category: GS 7-11
Nancy Green, (Program Analyst, Airway Facilities Division) was demonstrably superior to the other candidates in her category. Her work was outstanding, her relationship to her co-workers was exemplary, and her activities with the community just added another realm of service and dedication to those people around her.



Category: GS 12 and above
Gary Badger, (Airspace/Procedures Specialist, ZAN AT) has made a number of personal contributions in his work that have resulted in significant impacts on the mission of FAA in Alaska.



Category: Community Service
Susan House, (Air Traffic Control Specialist/Station, Anchorage Flight Service Station) has long been a supporter of various community activities in Anchorage. She has dedicated a considerable amount of her own personal time to the promotion of educational and artistic programs.



Although the Department of Defense walked off with the top awards this year, we consider each of our nominees a real asset to FAA and we would gladly take 100 more just like them any day.

Congratulations to Jan, Nancy, Gary, and Susan. We are very proud of each of you.

FEDERAL EMPLOYEES GROUP LIFE INSURANCE (FGLI)

by Jean Pershall, AAL-16B

Public Law 96-427, enacted on October 10, 1980, requires all employees who retire after December 31, 1989, to make a supplemental contribution in order to continue basic life insurance coverage after retirement. This supplemental contribution will apply to all three levels of post-retirement coverage: 75% reduction, 50% reduction, and no reduction. The supplemental contribution will be two-thirds of the basic life insurance premium, identical to the amount contributed by active Federal employees for basic life insurance coverage (currently \$.401 per month for each \$1,000 of coverage).

At the beginning of the calendar month, following that in which the post-December 31, 1989, annuitant reaches his or her 65th birthday, the supplemental contribution will cease. For example, if the annuitant turns 65 in July, the supplemental contribution will cease on August 1. Therefore, those who elect the 75% reduction level will make no contributions after the age of 65 when the basic life insurance begins to reduce 2% per month until it reaches 25% of face value.

Post-December 31, 1989, annuitants who elect the 50% and no reduction levels for their basic life insurance will, until age 65, make the supplemental contribution of \$.401 per thousand per month for basic life insurance coverage. After age 65, these annuitants will revert to \$.52 per thousand per month for 50% reduction, and \$1.69 per thousand per month for those who elected no reduction at age 65. For those annuitants who elect the 50% reduction of basic insurance, the value of the insurance begins to reduce 1% per month until it reaches 50% of face value and the premium increases.

If you wish to discuss this or any other phase of your prospective retirement, please contact **Jean Pershall**, Employee Relations Specialist, AAL-16B, at 271-5804.

CSRS VOLUNTARY CONTRIBUTIONS

by Jean Pershall, AAL-16B

Employees covered by the Civil Service Retirement System (CSRS) retirement code 1 or C may make a voluntary contribution to their pension plan of up to 10% of their salary. Money deposited in the CSRS this year will earn a 9.1% interest rate, which is tax deferred until you withdraw the funds as a lump sum before retirement or receive them as an additional annuity. Voluntary contributions earn a variable interest rate determined by the Treasury Department each calendar year. The interest credited to each voluntary contribution account is compounded annually on December 31.

Unlike the Thrift Savings Plan (TSP), any additional deposit into the CSRS is not tax deferred. The earnings on the deposit will be tax deferred until you withdraw the funds.

CSRS employees may contribute up to 10% of their lifetime civil service pay. Long-time employees can make voluntary catch-up contributions. Voluntary contributions can be withdrawn in a single lump sum prior to retirement or after retirement but before any annuity payment. Withdrawal of these voluntary contributions will not be part of any lump sum payment elected as part of the alternate annuity program after retirement.

The minimum contribution is \$25; contributions can be made in multiples of \$25. At retirement, each \$100 in a voluntary contribution account (including interest earned) will provide an additional annuity of \$7 a year, plus 20 cents for each full year the employee is over age 55. Voluntary contribution annuities are not increased by COLA's.

Additional information and SF 2804 (Application to Make Voluntary Contributions) is available from **Jean Pershall**, Employee Relations Specialist, AAL-16B, phone 271-5804.

**THE BLOOD BANK OF ALASKA AND FAA
ARE BANKING ON YOU TO HELP THEM
OUT**

The Blood Bank of Alaska and FAA want YOU! It's that time of year again when FAA recruits blood donors to help replenish the supply of blood credits listed for our organization with the Blood Bank of Alaska. Through this program, FAA receives credits for every pint of blood that is contributed by its employees. Then, when an FAA employee is in need of a blood transfusion, he or she can call upon the Blood Bank of Alaska and the credits earned by FAA blood donors to receive blood but only pay for the administrative costs.

On May 17 from 9-11 a.m., medical technicians from the Alaska Blood Bank will be available in room C-109 of the Anchorage Federal Office Building to take a pint of your best brand. They are interested in all types of blood, especially you rare types.

Chairperson for the blood drive this year is Bob Lewis (AAL-30). Any questions pertaining to the blood drive can be directed to Patricia Norsworthy (AAL-17) at 271-5463.



**DID YOU TAKE TIME OUT TO SHOW
YOUR APPRECIATION TO THE POWER
BEHIND THE THRONE DURING THE LAST
WEEK IN APRIL?**

Yep, we're talking about all those secretaries and clerical staffers who are so essential in helping to keep the wheels of progress turning throughout our agency. Faster than a laser printer; able to leap tall requests; more powerful than the bosses' special assistant; it's your **SECRETARY**. If you forgot to say thanks in April, it's never too late.

For all those times she or he went above and beyond the call of duty to finish a project, and for all those times when a little extra effort was put into the job to make the boss and FAA look good, and for all those tedious, everyday jobs that were done in such a professional and efficient manner -- these all combine to make an employee who is needed by so many but many times appreciated by so few.

April 23-29 was that special week dedicated during 1989 to all the secretaries and clerical staffers throughout the United States. It was the perfect opportunity to say thanks -- you are doing a great job, and we are glad you are here. Remember, everyone likes to feel needed and appreciated.

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NEWS FROM MCGRATH

We hear that our new Air Traffic Manager for the McGrath FSS, Wil Smith and his wife, Marsha, are all settled into their new home at McGrath. After the first two weeks in McGrath, the new arrivals were finally convinced to take off their rain gear. Apparently they hadn't seen the sun very much in Yakutat, where they had moved from, and rain gear seemed more useful than sunglasses.

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ALASKAN REGION'S FAA ACCOUNTANTS ARE TOPS!

Congratulations to the Alaskan Region Financial Management Division's staff. Division Manager Bob Lewis and his staff won the FAA Accounting Office of the Year Award for 1988.

Although the Alaskan Region shared this honor with the Central Region Accounting Division, we think our group is still THE BEST among the ten accounting offices nationwide.

A very impressive reception was held in the Anchorage Federal Office Building in honor of the accounting staff. Special guest Ernie Keeling, Director of Accounting (AAA-1), traveled to Alaska to present awards to each of the staff members.



Members of the the Financial Management staff are:
 Left to right (seated): Helen Brady, Lori Frasier, Claudia Hoversten, Alpha Valdrow. Middle row: Joyce DeClements, Ann Roberts, Pat Stone, Karen Trojano, Alice Kretsinger. Back row: Ernie Keeling, Dan Goodstein, Jean Yount, Shelva Withey, Vi Harbuck, Terry Saldana, Leo McGavick, Bill Ancheta, Mayra Faza-Joy, Ron Gledhill, Bob Lewis. Not available for the photo were: Judy Whetzl, Velma Teutsch, Mark McLamarrah, Jan Willis, Paul Tutko, Warren Sprenger, Dorothy Blackwell, and Kathleen Simmons.