



U.S. Department
of Transportation

**Federal Aviation
Administration**

intercom:

Office of Public Affairs
Alaskan Region
701 C Street, Box 14
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(907) 271-5296

March 14, 1986

86-06

**Happy
St. Patrick's
Day!**





Civilair says thank you

The Civilair Club's Board of Directors presented the following individuals with the 1985 President's Award for their support and valued contributions to the Civilair Club programs and activities which "significantly contributed to the success of the past year's growth in membership and employee activities."

Terry Alexander, AAL-530; Marcia Bolton, AAL-453; Norma Bonewitz, AAL-1H; Dick Brindley, AAL-60; Al Bruck, former AAL-400; Anne Burt, AAL-52A; James Burton, Anchorage FSS; Austin Collier, FSDO-63; Christopher Collinson, Anchorage FSS; Frank Cunningham, AAL-1; Mary Ann Earles, AAL-31; Willie Edwards, FIFO; Henry Elias, AAL-501; Hilda Elias, AAL-421 and Mark Elias; David Epstein, AAL-463; Richard Ericson, Anchorage FSS; Hal Eward, Anchorage FSS; Thomas Flynn, King Salmon AFFO; Carl Fundeen, King Salmon AFFO; John Greene, AAL-463A; Robert Harik, AAL-500; Dave Johnson, AAL-610; Lynn Johnson, AAL-510B; Marie Johnson, AAL-55B; Ed Jones, AAL-463A; James King, AAL-534 and Rosanne King; Bobby Lamkin, AAL-514; Barbara Lapsley, AAL-500; Ronald Larsen, SA AFS; Diane Lehmann, ZAN AF; Patricia Lucero, AAL-510A; Gloria Moody, AAL-5; Christine Morgan, Anchorage FSS and Steven Morgan; Dottye Muhs, AAL-62; Russell Oyster, AAL-620; Grace Pumphrey, AAL-13; Jeffrey Rigg, Merrill Tower; Juan Rivera, FIFO; Ann Roberts, AAL-34; Penny Sheaffer, Anchorage FSS; Howard Smith, AAL-610; Paul Steucke, AAL-5 and Paul Steucke, Jr.; Robert Stinson, AAL-519 and Barbara, Shawn and Sherry Stinson and Sandy (Stinson) Moore; Robie Strickland, AAL-600 and Carl Strickland; Kathryn Vallish, former ZAN AT; Jimmie Vaughan, ZAN AT; Sevard Wagenius, AAL-461; Robert Wilson, SA AFS; Jack Wright, FSDO-63; Jerry Wylie, Anchorage Tower; and Tony Wylie, ZAN.

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

Michael Landon, acting manager, Logistics Division, AAL-60, presented monetary awards to contracting specialists Marylin Alfsen (no picture available) for a Special Achievement for Special Services; Marie Johnson for a Special Achievement for Special Services; Jeanette Marshall for Sustained Superior Performance Award; and Rex Young for a Sustained Superior Performance Award based on outstanding performance ratings for three years.



Marshall



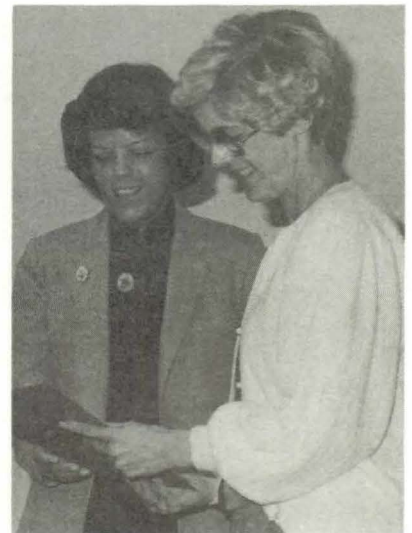
Michael Landon (right), acting manager, Logistics Division, AAL-50, presents a Special Achievement Award and 25-year service pin to Carolyn Walker, freight rate specialist.



Johnson



Young



Barbara Booher (left), supervisory realty specialist, presents a Letter of Appreciation from the Air Traffic Division to Vicki Suboski, space management specialist, for her assistance with the Air Traffic Managers Conference.

Recipe corner

from: Don Boberick
Regional Counsel, AAL-7

CHILI (CON CARNE)

- 1 pound pinto beans (rinse well in cold water)
- 5 cups canned tomatoes (delete for variety of taste and color)
- 1 pound chopped green (bell) peppers
- 1 1/4 pound chopped onion
- 1 tablespoon salad oil or bacon grease
- 2 cloves crushed garlic
- 1/2 cup chopped parsley (or 3 tablespoons parsley flakes)
- 1/2 cup butter or margarine
- 2 1/2 pounds lean beef (hand chopped to fingernail size or course ground; the cheapest of the really lean cuts are the best - such as bull meat, if available)
- 1 pound lean pork (chopped or coarse ground)
- 1/2 cup chili powder* (I use 1/3 cup for a milder "bite")
- 1 1/2 teaspoon cumin seed*
- 1 1/2 teaspoon MSG*
- 1 teaspoon oregano*
- 2 teaspoons salt (only if you feel it necessary)

*An ideal substitute is Spice Islands "chile con carne seasoning" which has all of these ingredients plus a pinch of coriander

Preparation:

1. Soak beans overnight (3 1/2 cups of water for each cup of beans) and then simmer until tender (2 - 3 hours)
2. Add tomatoes and simmer a few minutes longer
3. Saute green peppers in salad oil for 5 minutes; then add onions, garlic and parsley and saute for additional 5 minutes
4. Melt butter, add meat and cook until browned
5. Add sauted vegetables to meat mixture, stir in chili powder and cook meat and vegetables an additional 10 minutes

6. Add meat and vegetable mixture to cooked beans (in not less than a 6 quart pot)

7. Add remaining dry ingredients and simmer uncovered for one hour

Serve with your favorite corn bread or muffin recipe and a tossed green salad, if desired (spinach, endive or romaine lettuce are ideal)

This recipe represents something different from the classical beef and kidney bean chili recipes - its secrets are threefold: (1) the pinto beans, (2) the green peppers and (3) the use of pork in addition to beef.

Try it! You'll like it!

Editor's note: Charlie Muhs, I hear you have a good recipe for chili, too - are you ready to share?

News in brief

The year 1985 was a banner business year for airlines in the United States. During the year, a record 380 million passengers took to the air and paid a record total in air fares even while taking advantage of innovative discount fares. In all, 28 percent of the United States population flew during the year, which topped the previous record of 27 percent set in 1984.

* * *

In the fifth and final phase of the agency's General Aviation Safety Audit (GASA), FAA inspectors found a 93 percent compliance rate with federal regulations. During this phase 168 corporate executive fleets, contract cargo operators, travel clubs and skydiving operators were inspected.

* * *



Employee Assistance Program

An interview with

Annie Drake

EAP counselor with HAA

The FAA, along with 12 other federal agencies and 48 companies in Anchorage, use the Employee Assistance Program provided by Human Affairs, Alaska (HAA) to help individuals deal with personal problems and to assist supervisors in helping employees correct falling job performance.

If a supervisor thinks an employee's job performance is suffering, that supervisor can recommend to the employee that he/she seek help. Although the employee must volunteer to become part of the program, Annie Drake, HAA counselor, said most individuals will go for assistance.

Drake said anytime someone comes in for counseling that it takes one to three sessions (each session one hour long) to determine the problem, decide on a solution, and determine what the best resource is to arrive at that solution. For example, the solution may be to refer the individual to a doctor, psychiatrist, lawyer or other professional help.

Remember that the initial counseling and referral services are prepaid by FAA. However, if specialized or long term assistance is required, many of the fees are based on what you can afford; or they may be covered by insurance or other benefits. Your counselor will help assist you to find the service you can best afford.

The HAA counselor will keep in contact with the employee and supervisor until the problem is solved. "The counselors at HAA help people solve their problems no matter what it takes," said Drake.

Drake said the busiest time for counseling is around the holidays - building up around Thanksgiving and Christmas. Right after Christmas is when counseling peaks.

Cabin fever is one of the big problems at this time, although it can occur anytime during the year. The fundamental symptoms include change in attitude toward self and others, change in eating patterns, and change in sleeping patterns.

If exercise and activity, or an increase in activity, does not turn cabin fever around, there may be a deeper problem, Drake said.

The Employee Assistance Program provided by Human Affairs, Alaska, which is also available to retirees and dependents of both employees and retirees, is not just confined to Alaska. For example, if a dependent is going to college outside he/she is eligible to visit one of the 32 regional offices nationwide.

"We at Human Affairs, Alaska want to see people lead healthy, happy and productive lives," said Drake. The "we" consists of a staff of six, each one with at least nine years experience as a counselor.

Although marital and family problems are number one and drugs and alcohol are the number two problem nationwide, Drake said HAA is focusing more and more on wellness.

It is like preventive medicine. Drake said parents come in to talk about how to prepare their children for adolescence, or just to see if they (parents) are on track. Married couples also come in to get suggestions on how to make their marriage better.

HELP

is just a phone call away -

562-0794



A Letter of Appreciation from Al King, North Alaska AFS, was presented to Harry Higdon (middle) and Vic Brophy (right) by Ed Jones, AAL-463.P, for their assistance in restoring commercial power to the Northway FAA station. They drove day and night on snow and ice covered roads to reach Northway as quickly as possible because the station was on standby power. Thanks for a job well done.



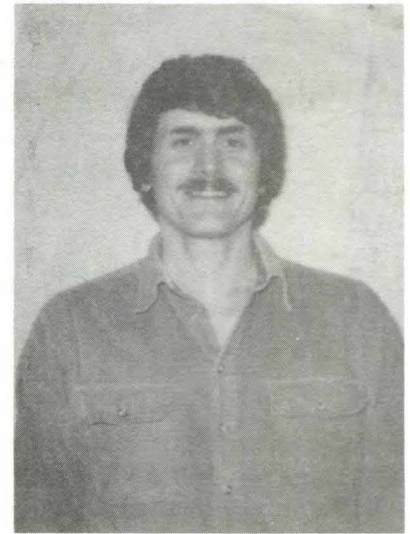
Vern Dannewitz (left), Anchorage Air Traffic Control Tower, receives his 30-year service pin from Director Frank Cunningham.



Area supervisor John Hartwick (left), Fairbanks FSS, receives a Letter of Commendation from assistant air traffic manager Tim Rahmn for a job well done the past year.



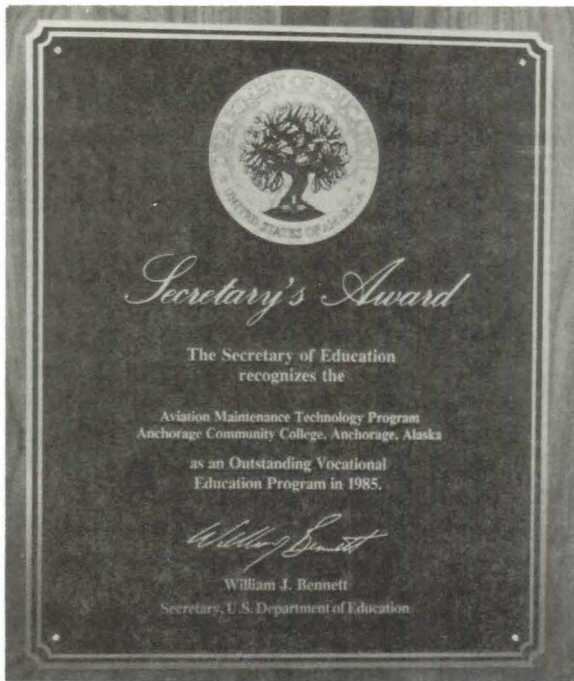
Al Hester (left), acting manager, Juneau FSS, receives his 15-year service pin from Director Frank Cunningham.



Brad Nelson, air traffic control specialist, Juneau FSS, was presented his three-year service pin by Director Frank Cunningham. Also, congratulations to Brad and his wife, Laura, on the birth of their son, Adam, on January 20. He weighed 7 pounds, 6 ounces.



Wayne Bates (left), Operations/Procedures and Airspace Branch, receives his 30-year service pin from Director Frank Cunningham.



Congratulations to the Anchorage Community College (ACC) on receiving the Secretary's Award for its Aviation Maintenance Technology Program. The Secretary of Education recently recognized ACC's program as one of the ten most outstanding education programs in the country.

The FAA certified the program on December 15, 1972. Dale Hanson, AAL-250, was the inspector who, after four years of hard work in helping to establish the program, gave the Aviation Maintenance Technology Program its FAA approval.

Besides Dale Hanson, other FAA folks who played a key role in the program by promoting it in the community and a hand in developing it were Vic Gadbois, retired from FSDO-63; John Michaelis, FSDO-63; and Tom Westall, AAL-200.

After several homes, the program is now taught at the ACC Aviation Technology Center on the east end of Merrill Field. The facility contains 48,000 square feet with administrative, office and library space, three classrooms and 18 laboratory/shop areas including a large hangar.

Legislation submitted to tighten security

Secretary Elizabeth Hanford Dole has submitted legislation to Congress that would for the first time make it a federal crime to enter airport secured areas without authority. The bill also would require extensive background investigations for employees who have access to secured areas.

Under the proposed law, unauthorized persons entering airport security areas would be subject to a \$1,000 fine and a year in prison, ranging up to a \$10,000 fine and 10 years in prison in cases involving criminal intent.

The proposed background checks would allow airlines, airport operators and related companies to request a Justice Department investigation of prospective employees who would have access to secured areas. This would include a review of FBI criminal records under controlled conditions designed to protect the rights of the individuals involved.

Washington Report

First AFSS family

After licking some software problems that postponed the event for two months, FAA commissioned its first flight service automation system (FSAS) "family" on February 12. The family unit includes the central data processing system at the Cleveland Center and the AFSSs in Dayton and Cleveland, Ohio, and Bridgeport, Connecticut.

The FSAS contractor, E-Systems of Garland, Texas, now has completed equipment deliveries to eight families. The next commissioning is expected in April.

Washington Report

Employees survey planned for summer

Administrator Donald Engen has approved the final plans and schedule for the employee attitude survey to be held this summer. The survey will complete the first cycle of the process which started with the 1984 survey for assessing and addressing the needs of FAA in the area of human resource management.

Associate Administrator for Human Resource Management Charles E. "Gene" Weithoner said the questionnaires for the new survey are scheduled to be mailed out in late May and the agency expects to have the results ready for dissemination to employees by the end of September.

Although noting that surveys do not, in themselves, solve problems, Weithoner said he thought the results can be extremely useful in measuring FAA's progress in building a better workplace environment and defining those areas where further improvement is required. He urged the widest possible participation by employees, saying he would like to increase the response rate from the 54 percent level in the 1984 survey to 75 percent or more.

One change in the survey procedure this year is that the questionnaire will be mailed to employees at the workplace instead of to the home addresses, as was the case in 1984. This procedure not only will save on postage, but also should increase employee participation by underscoring the fact that the forms can be filled out either at home or on the job. Each employee also will be provided with a return envelope which can be mailed from either inside or outside the agency.

The suggestions and comments of employees who participated in the 1984 survey have led to a number of other changes for 1986, including the following:

The questions on stress and burnout previously were directed only to air traffic controllers. This year all employees will be asked to respond on these subjects. In addition, this section will be expanded to allow for a better understanding of just what employees mean by burnout.

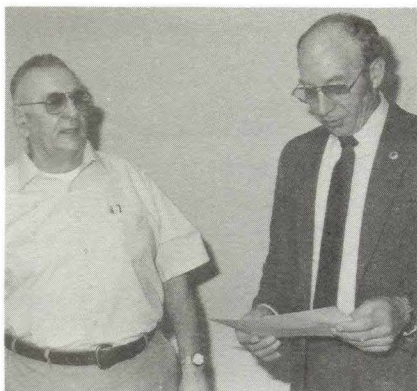
The survey also will contain a new "Federal Issues" section that will endeavor to measure employee feelings about budget reductions, contracting out, proposed pay and benefit changes, and the prevailing attitude in the country toward federal workers.

Still other changes will allow the survey team to break down the demographics of replies into smaller units than was the case with the 1984 survey. The result will be approximately 1,400 separate reports instead of the 470 produced in 1984. Again, as in 1984, no reports will be generated or issued that will identify any single individual.

This year's survey questionnaire is slightly longer than the 1984 edition, but better organization of the material will make it easier to complete. Test runs have shown that the average time for completion is 35 to 40 minutes.

Washington Report





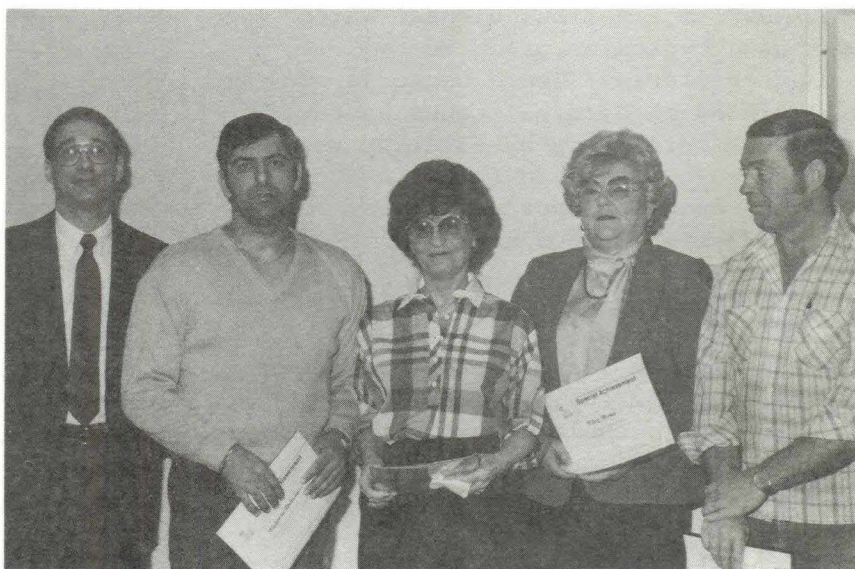
John Young (left in the above pictures), supervisory general supply specialist, AAL-52B, presents Outstanding Performance Awards to Bruce Crouse (right in top picture), general supply specialist; and Art Lenseth (right in bottom picture), general supply specialist.



Paul Wegrzyn (right), manager, Materiel Branch, presents an Outstanding Performance Award to Ellie Kooreny, secretary.



Larry Rodger (right), regional transportation officer, 52E2, presents an Outstanding Performance Award to Carolyn Walker, freight rate specialist.



Michael Landon (left) presented a Group Special Achievement Award for participation in the System for Acquisition Management (SAM) project to the following - from left to right are Landon, Bert Belluomini, computer specialist, AAL-67; Anne Burt, offset print operation; Ellen Parker, administrative officer, AAL-51; Lloyd Clarkson, laborer, AAL-52; and not pictured but receiving the award were Tom Santistevan, bindery machine operator, AAL-52A; Dee Washburn, supervisory contract specialist, AAL-55; and Jane Ryan, budget analyst, AAL-31.

Medical notes - DT/Td vaccine

from: AAL-300

What is diphtheria? Diphtheria is a very serious disease which can affect people in different ways. It can cause an infection in the nose and throat which can interfere with breathing. It can also cause an infection of the skin. Sometimes it causes heart failure or paralysis and death in unimmunized people. About one person out of every ten who gets diphtheria dies of it.

A few cases of diphtheria continue to occur each year in the United States. Virtually all these cases are in adults who were not immunized or are inadequately immunized.

What is tetanus? Tetanus, or "lockjaw" is a serious disease which is caused by toxins produced by tetanus bacteria. These bacteria are often found in dirt. Tetanus bacteria can cause infections by entering the body through breaks in the skin due to injuries such as puncture wounds, crush injuries or burns.

Despite a dramatic decrease in this disease in the United States, more than 75 cases a year continue to occur nationwide. Virtually all of these cases occur in adults who did not get immunized or had inadequate immunization.

Side effects from diphtheria or tetanus vaccine are not common. Muscle soreness and/or swelling may occur in the area of the injection. Occasionally fever and generalized aches and pains occur. Very rarely, a severe local reaction, flushing, rapid heart rate or lowered blood pressure can occur. These rare reactions are more apt to develop in an individual who has been overimmunized. If you wish additional information, a statement from the vaccine manufacturer is available for your review or to answer any questions you may have.

If symptoms do occur which you think are related to the vaccine, you might want to call your physician.

However, there are a couple of things you can do before making that call. An ice pack or cold compresses will help reduce tenderness and swelling; and acetaminophen or aspirin taken in usual adult doses will help relieve pain and fever.

There are some people who should and some people who should not get the vaccine.

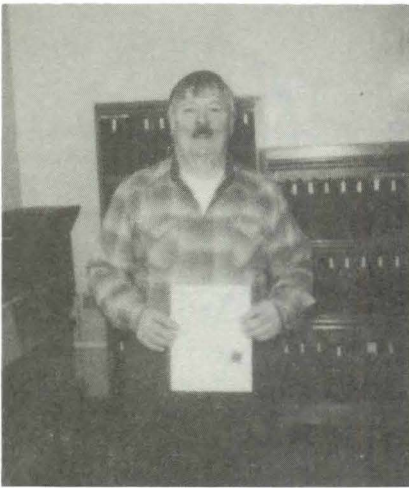
Those who should are adults who have no history of tetanus or diphtheria immunization in the last ten years.

Those who should not get the vaccine come in four categories:

- If you have any questions about the vaccine, call your local physician before getting it.
- Anyone who is currently sick with anything more serious than a cold.
- Anyone who has had a serious reaction to previous DT or Td immunizations, such as an allergic reaction within 48 hours of receiving the vaccine.
- Although there is no evidence that tetanus and diphtheria toxoids given during pregnancy are harmful to the unborn child, waiting until the second trimester of pregnancy to administer Td is a reasonable precaution to minimize any concerns.

Vaccines will be given by AAL-300 personnel at the facilities in the Anchorage area - schedule below:

- March 13 - Anchorage FSS
8 a.m. - 3 p.m.
- March 17, 18 & 19 - Regional office
drop-in anytime during day
- March 20 - Anchorage Center
9 - 11 a.m.



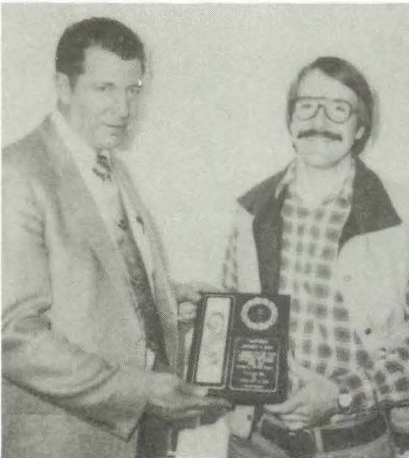
L.A. "Buck" Braun received his 25-year service pin at Kenai SFO. However, he has 40 years of federal service.



Dave Long (left), flight service station specialist, Fairbanks FSS, receives a Letter of Commendation from manager Al Nowland for his outstanding job the past five months helping staff Big Delta and Tanana FSSs during a period when both stations were short of full performance level specialists.



Jim King (left), operations specialist, AAL-534, receives his 30-year service pin from Director Frank Cunningham.



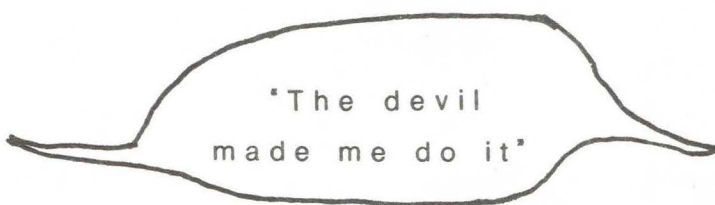
Air traffic control specialist Jeff Rigg (right), Merrill Tower, receives a "going away" plaque from Ron Barnes, manager. Jeff is transferring to Anchorage Tower.



Roger Carpenter (left), Anchorage Air Traffic Control Tower, receives his 30-year service pin from Director Frank Cunningham.



Al Nowland, area supervisor, Big Delta and Tanana FSS, presented Letters of Appreciation to the following air traffic controllers; clockwise left to right - Bill Beam; Lowell North, area supervisor; Dave Long; Greg Lehman; and Al Babineau. Joe Skinner, not present for picture, was also presented a letter.



FOR THOSE FOLKS WHO CLAIM THEY NO LONGER HAVE BIRTHDAYS
HERE'S A WAY OF LOOKING AT ANOTHER YEAR
IN A LIGHTER FRAME OF MIND....

- Everything hurts, and what doesn't hurt, doesn't work.
- The gleam in your eyes is from the sun hitting your bifocals.
- You feel like the night before and you haven't been anywhere.
- Your little black book contains only names ending in M.D.
- You get winded playing chess.
- Your children begin to look middle-aged.
- You finally reach the top of the ladder, and find it leaning against the wrong wall.
- You join a health club and don't go.
- You begin to outlive enthusiasm.
- You decide to procrastinate, but never get around to it.
- You're still chasing women, but can't remember why.
- Your mind makes contracts your body can't meet.
- You know all the answers, but nobody asks you the question.
- You look forward to a dull evening.
- You walk with your head held high trying to get used to your bifocals.
- Your favorite part of the newspaper is "twenty-five years ago today."
- You turn out the light for economic reasons rather than romantic.
- You sit in a rocking chair, and can't make it go.
- Your knees buckle and your belt won't.
- You regret all those mistakes resisting temptation.
- You're 17' around the neck, 42 around the waist, and 96 around the golf course.
- You stop looking forward to your next birthday.
- After painting the town red, you have to take a long rest before applying a second coat.
- Dialing long distance wears you out.
- You're startled the first time you are addressed as an old timer.
- You remember today that yesterday was your wedding anniversary.
- You just can't stand people who are intolerant.
- The best part of your day is over when your alarm clock goes off.
- You burn the midnight oil after 9:00 p.m.
- Your back goes out more than you do.
- A fortune teller offers to read your face.
- Your pacemaker makes the garage door go up when you watch a pretty girl go by.
- The little gray-haired lady you help across the street is your wife.
- You have too much room in the house, and not enough in the medicine cabinet.
- You sink your teeth into a steak and they stay there.