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**Federal Aviation
Administration**

intercom:

Office of Public Affairs
Alaskan Region
701 C Street, Box 14
Anchorage, Alaska 99513
(907) 271-5296

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88-06



Flight Standards Manager Tom Westall (on left), Administrator T. Allan McArtor, and his spouse Grace McArtor were recent spectators at the Experimental Aircraft Association's annual convention in Oshkosh, Wisconsin. They observed everything from a World War I Fokker to the British Airways Concorde, and everything else in between, during the show.

DOUBLE LETTER OF COMMENDATION GOES TO MATT MATHEWS

Not one, but two letters of commendation were recently presented to **Lloyd "Matt" Mathews** (Anchorage AFI Electronics Technician) by **Bob Wilson**. **Matt** received these kudos for his exemplary service to the FAA during his nearly 10-week detail to Washington, D.C., and also for his work in developing the implementation plan for the Tower Control Computer Complex. We send two rounds of applause in **Matt's** direction for a job well done.

Mike Thompson has been selected as the new Assistant Division Manager for the Air Traffic Division. He will be remaining in his current position of Air Traffic Operations Branch Manager in the Southwest Region until October, at which time he will then head this way to take over his new responsibilities. We look forward to **Mike's** arrival in Anchorage, and we wish him much success.

This last promotion involves a whole office. It seems the Yakutat Flight Service Station recently received a much needed Canon PC25 copy machine. Its presence in the office was such a step forward that the staff threw a welcoming party for the little critter. The last we heard, the little PC was doing well in its acclimatization to the Yakutat area.

We join everyone at the Anchorage ATCT in welcoming their new second Area Manager, **Hank Williams**, on board. **Hank** just arrived here from Phoenix where he was an Area Supervisor with FAA.

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SCHOLARSHIP WINNERS

by **Chris Williams**
Manager, Federal Women's Program

The annual Federal Executive Association/Federal Women's Program scholarship program attracted many applicants this year. We appreciate everyone who took time to apply. This year we awarded four \$500 scholarships to the following recipients:

Joyce DeClements--Federal Aviation Admin.
Sonja Worrall-----General Services Admin.
Carol Lewis-----National Park Service
Gloria Vitolo-----Forest Service

Jean Yount was selected as the alternate recipient in case one of the above individuals should not be able to attend college.

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INTERCOM is published for the employees of the Alaskan Region by the Public Affairs Office. Articles and photographs are welcomed.

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

REPORT CARDS ARE OUT

The results are in! Headquarters and Air Traffic Division personnel recently conducted a highly intensive and comprehensive appraisal of the Alaskan Region's air traffic services. The review included visits to over 50% of our facilities (18 sites), and 150 inflight evaluations of air traffic control services in Alaska.

The overall result of this evaluation was strongly positive. **Harvey Safeer**, Director out of Washington for Air Traffic Evaluations and Analysis, commended our air traffic folks for being highly service oriented even under frequent adverse conditions. He also was impressed with the uniformly superior quality of services provided and the pride our employees took in the appearance of their facilities.

It was repeatedly noted how our air traffic specialists consistently went that extra step to issue traffic information, honor pilot requests, provide weather updates, and solicit pilot reports. The evaluators perceived them as very family-oriented with a strong work ethic and high morale. It was obvious that these FAA people liked their jobs and were aware of the importance of their work and the maintenance of a high quality level of performance.

Some things that particularly impressed the evaluation team were the openness of our people, their positive approach toward problem identification and recommendations, and their obvious commitment to change problems into accomplishments. The dedication of our people in the remote facilities was particularly noted and appreciated by the evaluators.

It sounds like our air traffic folks "knocked their socks off," and that is just what we like to hear. CONGRATULATIONS! We are proud of you.

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DEPOSIT FOR POST-1956 ACTIVE MILITARY SERVICE (CATCH 62)

by **Ernie Fleece**
Labor & Employee Relations Branch

Employees under the Civil Service Retirement System (CSRS) who were employed on or before October 1, 1985, are approaching another penalty accrual date. If the deposit for post-1956 military service is not complete by October 1, 1988, a penalty of 8.25% will be assessed on the unpaid balance.

If you are an employee under the Federal Employees Retirement System (FERS) the deposit for post-1956 military service may be completed, penalty free, until three years from your date of hire or December 31, 1988, whichever is later.

Both CSRS and FERS employees may make the deposit for post-1956 military service any time before retirement, and have the military time credited toward eligibility to retire and used in the computation of their annuity. For more information, call **Jean Pershall**, Employee Relations Specialist, AAL-16B, 271-5804.

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FAA WILL GET TEED OFF IN MIAMI

A special invitation has been extended to all the golfers in the Alaskan Region to attend the National FAA Golf Championship. The competition will take place at the Doral Hotel and Country Club in Miami, Florida, from October 7-9, 1988. There will be three days of golf at the famous Doral Country Club, with two tournament rounds on the "Blue Monster" site of the PGA Doral Open.

The tournament is limited to only 120 golfers, so sign up early to insure a space is reserved with your name on it.

An entry form is available in the Public Affairs Office (AAL-5B) for those golfers interested in participating.

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A CONFERENCE FOR WOMEN ON THE MOVE

A conference entitled, "Staying Power Phase II" is being presented by the Center for Women & Men of the University of Alaska Anchorage from October 14-15 at the Egan Center. Featured speakers include **Bella Abzug** (an attorney for more than 40 years and the first woman in history to run for the U.S. Senate from New York) and **Shirley Chisholm** (the first black woman ever elected to the U.S. Congress). Other well-known speakers will be presenting sessions during the conference.

The registration deadline is September 27. For more information, contact Cheryl Thompson, AAL-610, ext. 5443.

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WANTED

Secretary/Member-at-Large for the Alaskan Region Headquarters Human Relations Committee. Responsible for the recording and distribution of minutes in addition to serving as a full voting member. Only nonunion members need apply. Fringe benefits, excellent opportunity, good working conditions. Contact **Linda Peterson** at 271-5431 for further information.

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CONGRATULATIONS

Kudos go out to **Dave Johnson**, **Janet Ulrich**, and **Ed Clair** in Airway Facilities on the success of their softball team this past season. These players in their black and red jerseys sporting their sponsor's name (Bean's Cafe), slugged their way right into the spotlight as the division champions for 1988.

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SAD NEWS

We are sorry to hear that **Carl Stiles**, over at the Anchorage Flight Service Station, has returned home from the hospital and has requested a medical retirement. We wish him and his wife, **Janet**, well and we hope they don't become strangers to us. For those of you who would like to send a card or note to **Carl**, his address is Mile 4 Eagle River Road, Eagle River, Alaska 99577. Cards and notes from friends are always a real pick-me-up when a person isn't feeling well.

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You might remember from our last INTERCOM that we mentioned the tragic death of **Earl Scott's** son, **John**. We have since discovered that a memorial has been established by **Earl** and his wife **Helen** in memory of their son. The memorial will be used as a college scholarship fund. Those persons wishing to contribute to the memorial can send their donations to the John A. Scott Memorial, c/o Stella Buchanan, Randolph Brooks Federal Credit Union, P.O. Box 2097, Universal City, Texas 78148.

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We were saddened to hear that **Walt Dotomain's** son **Michael** was recently killed in a motorcycle accident in Palmer. Our sincere sympathy goes out to **Walt** and his wife, **Kathie**, during this time of sorrow, and to **Michael's** wife and two children. For those of you who don't know **Walt**, he is an air traffic control specialist at our Kenai AFSS.

WHO ARE THOSE GUYS AND GALS?

Have you noticed all the folks running around wearing black T-shirts in the Financial Management Division? The shirts bear their battle cry of "LET'S GET FISCAL!" and are part of their campaign to wipe out the use of all red ink in future budget activities.

According to **Bob Lewis** (Manager over the Financial Management Division) this war on red ink is part of an attempt by his staff to call everyone's attention to the fact that we are near the end of the fiscal year for 1988, and that means that deadlines are fast approaching for all outstanding bills to be properly acknowledged and paid. We might remind everyone to take a peek at the AAL Order 2500.59, which explains all the fiscal deadlines and procedures of which we all should be aware.



As a subtle reminder, the nearly three dozen members of the Financial Management staff have been wearing their black T-shirts every Thursday during the month of September and year end closeout.

We might add a special GJWD (that's acronymese for Good Job Well Done) to **Claudia Hoversten** (Systems Accountant) and **Chris Novosad** (Budget Analyst) who were the creators of the "LET'S GET FISCAL" battle cry.

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NOT JUST ANOTHER FISHY TAIL

If anyone needs some fishing advice the lady to talk to is **Lori Frasier**, Voucher Examiner in our Financial Management Division. Last month Lori pulled a 16-pound silver salmon out of the Anchor River that had to have made every nearby fisherman and woman green with envy. Of course Lori is used to pulling in these trophy-sized aquatic creatures, being the avid fisherwoman that she is. Every weekend during the fishing season she can be found usually on the Kenai or Anchor Rivers. According to Lori, "The Anchor River is my favorite by far. It is the best fishing river in all of Alaska."

Lori best be careful though, or she might look up in her rear view mirror and see a caravan of people following her to her favorite fishing hole. Many a person would like to have a trophy fish that he/she could hand over to the taxidermist and tell him to stuff it!

Getting back to Lori's 16-pound silver salmon, a photo of the prize fish was run in the August 4-11, 1988, issue of "Fishing & Hunting News," which is the largest outdoor weekly newspaper in the nation. For those of you who do not have access to that paper, we have secured not only Lori's photo with the prize silver, but also another little 50-pounder she happened to hook in the Kenai River this past June. Eat your hearts out guys!



Lori with her silver!



Lori with her king!

A ROUND OF APPLAUSE FOR OUR OVER ACHIEVERS, PLEASE!

Congratulations to **Steve Geoghegan** at the Sitka Flight Service Station for the special achievement award he received from his former duty station in Rapid City, South Dakota. **Steve** had performed an outstanding emergency flight assist last March while on duty that earned him this honor.

Carl (Bill) Fundeen, Jr., Electronics Technician, AFI, was presented a letter of commendation for his installation of the computer network circuit for Anchorage Air Traffic. Not only did they give **Carl** a nice letter, but **Charlie Muhs**, Assistant Air Traffic Manager, also provided an "ultra-delicious" cake for **Carl** and his co-workers to enjoy. Congratulations **Carl** -- good job!

A letter of commendation was presented to **Daniel Brekke** for the great job he did as Acting Air Traffic Manager in Bethel last June.

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PIZZA TO GO

When **Doug Haralson** (ATCS/S in Yakutat) was in Anchorage last month he made a quick stop at his favorite Godfather's establishment before leaving town. No, he didn't want to order a hit on someone. He wanted four, fresh pizzas to go back with him to Yakutat. Needless to say, **Doug** was a very popular person when he got back to his home base and his compadres helped every molecule disappear of this All-American health food imported from the "big city".

We are certain that if anyone else is heading Yakutat-way, and they take a few fresh pizzas with them, that they will be greeted with open arms by all the Yakutatians within five minutes of reaching town.

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PROMOTIONALLY SPEAKING

Kathy Arehart (Johnson) has departed from her position as Air Traffic Control Specialist at the Sitka FSS to take over as the new Area Supervisor at the Nome FSS. In between leaving Sitka and heading for Nome, **Kathy** will be spending some time at the Center for Management Development in Palm Coast for her Supervisor Phase 1 training. We wish **Kathy** much success in her new position.

We might also note that just prior to her departure from Sitka **Kathy** received a letter of commendation for her work in developing updated material for the Facility Area Rating study guide and for other assistance to the Sitka FSS.

Ed Clair (Staff Support Section, Airway Facilities) has been selected as the Manager of the Anchorage Sector Field Office. Best of luck to you, **Ed**, in your new home away from home.

Wayne Goldsberry will be leaving his position as a Supervisory Electronics Technician in Juneau to take over as the ENA Sector Field Office Manager. We wish you much success, **Wayne**.

Huvian Gallaway has departed from her secretarial position with the Technical Support Staff at South Alaska AFS, and has moved into a Budget Assistant position with the Department of Interior, National Parks Service. Our loss is definitely their gain. We wish **Huvian** well in her new position.

There was a double promotion over in the Airway Facilities Division last month. **John Orr** was promoted to a Mechanical Engineer in the Environmental Section and **Bobby Pedigo** also has moved up to an Electronics Engineer slot in our Electronics Section. Keep up the good work you two, we know you worked hard for this step upward.

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A SUMMER JOB IS A TWO-WAY STREET

by Frank Austin,
Planning/Appraisal Officer

For many of us here at the FAA, the summer of 1988 was business as usual. A new crop of Summer Student Aids came along to pitch in and to help and be helped. At a Brown Bag Lunch discussion held during the last week of the program we learned how we ranked as a summer employer. On a scale of 1 to 10 (with 10 being tops) we got a 9.5. But more than that, we found out that we are a friendly group that makes new people feel welcome. We helped them improve such basic skills as typing, filing, and word processing. On the other side of the street, in many cases they took on the big job of copying and helped with the telephone and receptionist duties in many offices where we have lost full-time clerical support positions. They also helped with inventories and property management tasks as well as other items on the "to do" list.

Perhaps even more important, we showed that we care. From little things like a "cake on a birthday" to assistance with the more substantial task of determining how to proceed with the personal goal to complete the work necessary to obtain a high school certificate. We found that when the regular high school option is not available, due to age, there is still the Save Optional High School program, the GED (General Educational Development) Certificate program, and the University of Alaska, Adult Education High School Completion program. Our contribution helped to ensure that all of the options were reviewed before the decision was made.

Our 1988 Summer Student Aid Honor Roll includes: **Maria Lanier**, AAL-9; **Tewelde Abraha**, AAL-50; **Greg Thornton**, AAL-50; **Victoria White**, FSDO-63; **Rayanne Lancaster**, HRMD; **Shannon Bernard**, HRMD; **Yolanda Moss**, AAL-50; **Lawrence Manlazaz**, ANC FSS; **Hedjewahl Joubert**, AAL-400; **Shannon Poe**, AAL-450; **Un Ho Kim**, AAL-60; **Michael McGrath**, AAL-400; **Ronnie Brundage**, AAL-400; **Taha Abdul-Hazz**,

HRMD; **Tanya Firmin**, AAL-500; **Patrick Roberts**, ZAN AF; and **Tyrene Stallworth**, AAL-450.



Summer student aids included (left to right) **Taha Abdul-Hazz**, **Maria Lanier**, **Hedjewahl Joubert**, **Greg Thornton**, **Tewelde Abraha**, and **Shannon Poe**.

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WE GET
LETTERS....



Dave Morse, our Manager in Airway Facilities just received another kind letter concerning our people that we would like to share with everyone. It reads:

"I would like to share my gratitude for the super response you and your people made to the localizer project here in Ketchikan. It was completed with almost no crucial down time and little, if any, disruption of normal flight arrivals or departures.

On behalf of the Borough and airport staff, thank you for being so responsive to the needs of our community. We wish also to express our thanks to those maintenance people who were actually doing the work. They were careful to keep their presence in the runway environment to a minimum.

Please share our thanks with all those who helped make this project so successful.

Sincerely,
Ken Linder
Airport Manager
Ketchikan International Airport"

It sure makes us even more proud of our Airway Facilities people when we read letters like these. Keep up the good work!

MEDICAL NOTES

by Mary Grindrod, R.N.

Do you feel tired all the time? I just got back from a two week vacation in Florida and now I am tired again. While at Disney World I found one of my favorite exhibits was called "The Best Years of Your Life." I thought how true that would be, except for chronic fatigue.

Fatigue is an elastic term that can signify anything from "Thank God It's Friday" blahs to a disabling illness. When the "chronic mono syndrome" went public a couple of years ago, people found relief in an explanation for why they felt more tired than they thought they should.

Fatigue is one of the most common symptoms people give for seeking medical care. Frequently, depression or anxiety appears to be the cause. In other cases, the culprit might be an underlying physical illness such as diabetes, anemia, underactive thyroid, tuberculosis, cancer, or a condition affecting the heart, lungs, kidneys or liver. If the complaint of fatigue is taken seriously, a cause can usually be found and treated.

There are some people who just don't fit any of the myriad pictures of chronic fatigue. Usually young adults (women twice as often as men) are beset by fatigue that lasts for months and is severe enough to interfere with their concentration and enthusiasm at work and play. Affected people commonly have symptoms suggestive of a viral infection.

Two groups of previously healthy people with this pattern of symptoms were tested for an infectious agent that might be causing their illness. Many of them proved to have high levels of an antibody to the Epstein-Barr virus (EBV), the agent responsible for infectious mononucleosis. The chronic mono theory has since been discarded. The EBV virus is almost certainly not the exclusive or principal cause of chronic fatigue syndrome. The diagnosis of chronic fatigue syndrome

cannot be established with a blood test.

Making the diagnosis requires finding a specific combination of symptoms and physical signs. First, there must be persistent fatigue that limits daily activity to less than half its previous level and lasts for at least 6 months. In addition, six of the following ten features must be noted: mild fever; sore throat; painful lymph nodes; generalized weakness of the muscles; muscle pain or discomfort; disabling fatigue lasting more than 24 hours after exercise; headache; joint pains that come and go; visual or other complaints; sleep disturbance. Many of these symptoms are quite common.

After you have read through the list I hope you will not find enough to feel that you have true chronic fatigue syndrome. I recall the two weeks that I was on vacation I did not have any of the above mentioned symptoms. So back to the best years of my life.

If you have problems, have them checked out by a qualified medical examiner. Have your bodies in the best of health so you can enjoy all the years of your life, and make each one of them better than the year before.

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DOT'S DRUG PROGRAM

The Drug Awareness and Education Division of DOT has produced an eight-page brochure that describes the operation of the random drug-testing program. The name of the brochure is "DOT's Drug Program -- Random Testing: How It Works." Initial copies of the brochure were distributed to all agency managers and supervisors. Additional copies can be obtained from the medical aviation folks at AAL-300.

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CONGRATULATIONS CHARLENE

She did it again! **Charlene Derry** (Special Assistant/Special Agent in Flight Standards) has been re-elected to a second three-year term on the Board of Directors of the American Society for Industrial Security (ASIS). **Charlene** has been a member of this international organization over nine years. She and the other 24,000 members of ASIS share careers in the management realm of industrial security throughout the world.

We wish the best of luck to **Charlene** as she begins her new term January 1, 1989.

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MEN BAKE IT OFF FOR FEDERAL WOMEN'S PROGRAM

We would like to commend the men in FAA, Office of Personnel Management, and National Weather Service for the admirable job they did at the Men's Bake-Off and Auction held August 26 in the Anchorage Federal Office Building Atrium. Sponsored by the Federal Women's Program, the Bake-Off was part of the Women's Equality Week celebration held from August 22-26.

These male chefs had the flour flying the night before as they prepared a total of 21 entries that each deserved a prize in its own right. Judges for the event were: **Marcia Bolton** (AAL-453), **Atty. Delinda Wall** (AAL-7), **Susie Davis** (Weather Service), and **Atty. Gail Fuller** (visiting from the Office of the Assistant Chief Counsel in the Southern Region in Atlanta).

Top place winners for the event were:

CAKES -- 1st -- **Bruce Crouse** (AAL-52B)
2nd -- **Jack Busteed** (OPM)
3rd -- **Dave Johnson** (AAL-421)

PIES -- 1st -- **Ed Clair** (AAL-422)
2nd -- **Dave Morse** (AAL-400)
3rd -- **Harry Huhn** (AAL-462)

COOKIES/BROWNIES --

1st -- **Dick Brindley** (AAL-60)
2nd -- **Dave Bartholomew** (AAL-462L)
3rd -- **Bob Lewis** (AAL-30)

JAMS/COBBLERS/ETC.

1st -- **Bob Hodge** (AAL-460A)
2nd -- **James Taylor** (OPM)
3rd -- **John Cline** (AAL-454C)

OVERALL GRAND PRIZE FOR ORIGINALITY AND DESIGN --

Paul Steucke (AAL-5)

All of these dessert chefs are highly recommended for any future culinary creations needed to accompany a nice dinner. And if anyone is ever in need of a great auctioneer, you can't go wrong with **Bob Wilson** (Sector Manager from the South Alaska Sector). **Bob** helped out with the auction portion of the Bake-Off and did an outstanding job.

A pat on the back also goes out to **Cheryl Thompson** (AAL-610a), **Nancy Green** (AAL-421a), and **Linda Gentry** (AAL-1a) for their hard work in coordinating this event among five different governmental agencies. Their efforts towards the Bake-Off helped to garner \$162.50, which will be used to fund future Federal Women's Program functions.



Auctioneer Bob Wilson hard at work!



IS CAFFEINE A DRUG?

by Roslynne Reed
Employee Assistance Program
Coordinator

Yes. Caffeine may be the world's most popular drug. It is a white, bitter, crystal-like substance found in coffee, tea, cocoa, and cola. It also is found in some products such as aspirin, nonprescription cough and cold remedies, soft drinks, diet pills, and some street drugs.

As with all drugs, the effects vary depending on the amount taken and the individual. When a person drinks two cups of coffee, the effects begin in 15-30 minutes. The metabolism, body temperature, and blood pressure may increase. Other effects include increased urine production, higher blood sugar levels, hand tremors, a loss of coordination, decreased appetite, and delayed sleep. Extremely high doses may cause nausea, diarrhea, sleeplessness, trembling, headache, and nervousness. Poisonous doses of caffeine have occurred occasionally and may result in convulsions, breathing failure, and death. Although it is almost impossible for death to occur from drinking coffee or tea, deaths have been reported through misuse of tablets containing caffeine.

And of course there is the possibility of addiction. Remember the Employee Assistance Program, provided by Human Affairs of Alaska (HAA), is always available to answer any questions you may have about addiction. The HAA counselors are also ready to help with any other problems you or your family members may encounter -- from the very minor to "out of control" situations. All you need do is pick up the phone, dial 562-2812 in the Anchorage area, or 1-800-478-2812 outside Anchorage, and ask for an appointment. Or if you have any questions regarding use of the EAP, contact Roslynne Reed, EAP Coordinator, at 271-5367.

HAPPY NEWS FROM DILLINGHAM

We all are happy to hear that **Ron** (Air Traffic Manager and Local Coordinator in Dillingham) and **Nancy Glonek's** daughter **Jessica** is recovering very well from the severe dog bite she suffered last June. The plastic surgery appears to be quite successful, and **Ron** says another follow-up operation in 6-8 months should have **Jessie** back like new again. We would like to recommend that someone buy that young lady a dozen ice cream cones as a treat for being such a brave little trooper through this whole ordeal.

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LET'S CATCH UP WITH KETCHIKAN

After all the gloom and doom we are always hearing about with our Alaskan economy, we thought the latest local coordinator's report from **Richard Kauffman** was so uplifting that we wanted to share a segment of it with you. He wrote as follows: "Borough statistics show gross sales for the first quarter of 1988 at \$57 million, an all-time high, up 12 percent over 1987. The pulp mill is operating full bore and a \$10 million sawmill is now under construction and will employ about 70 more workers when completed. The North Tongass Highway project will continue through next year, a new mall has opened and another grocery market plans expansion. New cars are selling and real estate prices are going up.

Ketchikan has three basic industries -- timber, fishing, and tourism. The solid upward trend is primarily attributed to a year-round timber industry, added to the gaining strength of Ketchikan's diversified fisheries and processors and the steady vitality of tourism. Ketchikan's unemployment rate is now 6.7 percent versus 9.8 percent for the same time last year."

Now wasn't that delightful to read such a positive report on how well one of our communities in Alaska is doing? Thank you **Richard** for such good news.

SKIFEST 1989

Skiers! Sharpen those skis, tighten those bindings, and grab your poles. It's time to start planning your skiing adventure with the Denver Center Ski Club's sixth annual Skifest for FAA employees and friends. The ski train will leave the Denver Union Station on February 19 and head for Winter Park, Colorado. The happy skiers will return the following Saturday, February 25. The cost of the full package has been reduced this year to \$365 and includes the train ride, six nights lodging in local condominiums, four lift tickets, a welcome party, fun race, mountain barbecue, NASTAR, and a farewell party.

There will be the usual trophies and prizes for the good and not-so-good skiers. A surprise new event has been added to the itinerary this year that is designed to involve every skier in the Skifest.



An events only package also is available for \$200 with a special rate available for children 12 and under.

The deadline for sending in your registration and deposit is October 15. Registration forms are available at the Public Affairs office, AAL-5B.

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GOOD NEWS FLASH!

Latest news from **Paul Tutko** (Travel Voucher Examiner in Financial Mgt) is that effective August 14, 1988, the mileage rate for using a POV on Temporary Duty has been increased to 22.5 cents. Of course, that is when such use is more advantageous to the government. The previous rate allowed had been 21 cents per mile.

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THE MISSING MUFFIN CAPER

by **Ann Roberts**, AAL-33

Monday, August 29 proved to be a miserable day for AAL-33 personnel. It all started when **Ann Roberts** asked branch personnel if anyone wanted a muffin from the cafeteria. She went to the cafeteria and bought three muffins (1 walnut and 2 poppyseed muffins). Before returning to work, **Ann** made an important stop at the ladies restroom. Upon entering the ladies room, **Ann** placed the plate of muffins on a shelf and continued on her merry way. **Ann** noted that there was only one other occupant in the ladies room. However, when she went to retrieve the plate of muffins, she noticed that the other occupant was gone and so was one of the poppyseed muffins! **Ann** returned to work and advised her co-workers of the sad news. Later in the afternoon **Ann** received a call from **John White** (Civil Aviation Security). **John** expressed his concern over the muffin mishap and asked **Ann** for the make, model, and serial number of the stolen muffin. **Ann** told **John** the make was poppyseed, model was 1988, it was round, about 3"x3", and weighed about 3 ounces with 3 poppyseeds on top. **Ann** stated that the one occupant in the ladies room was wearing black shoes. **Ann** felt relieved that the situation was being looked into by the security personnel, and returned back to work with a great appetite. **MORALE:** Never leave your muffins unattended in the restroom without a muffin-watcher to guard the goods!

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LET THE CIVILAIR CLUB PIN YOU UP

Vickie Sherburne is again accepting orders for pocket and pin-on name badges (blue with the FAA logo). She plans to send in the order on November 18. Don't put it off until the last minute. Call **Vickie** at 271-5351 with your request, and get your \$5.00 prepayment over to her at AAL-450a.

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CONGRATULATIONS



Larry Fosson (on the right) was presented his 25-year service pin by **Al Hester** from the Juneau Flight Service Station.



Hank Elias (left) made a service pin presentation to **Quentin Gates** (AAL-504) and **John Groeneveld** (AAL-506) during a recent meeting. **Quentin** was honored for his 30 years of experience with the federal government, and **John** for his 35 years of government service.



Bob Wilson (South Alaska Sector Manager) received his 35-year service pin from **Frank Cunningham** in August.



Bill Schmidtman (right), a Personnel Management Specialist in Human Resource Management, recently received his 30-year service pin from **Frank Cunningham**.



Carolyn Miller (left) was recently presented her 25-year service pin from FSDO-03 Manager **Timothy Lorenz**, and two beautiful cakes from her co-workers to help celebrate the happy occasion.

Unfortunately we do not have a photo of **Boyd Fullmer** (Anchorage AFI Electronics Technician) receiving his 30-year service pin from South Alaska Sector Manager, **Bob Wilson**. Even though some of us might not know what **Boyd** looks like, we are nevertheless happy for him on this commendable event.

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HEALTH FAIR 1988

"The Road to Good Health" is the slogan this year for the annual health fair conducted by our medical division.

Get on the road to good health and travel on down to the Medical Division on September 28 where our staff will be doing tune up jobs to prepare you for the long

winter ahead. The trip will only take you about fifteen minutes and is open from 10 a.m. - 3 p.m. The friendly doctor and nurses will check out your blood pressure, your intraocular tension, and your blood sugar reading. Here is a brief description of the gauges you can expect them to check under your hood:

Blood Pressure: a normal blood pressure reading would probably be around 120/80. None of us have the same readings all the time and may have a slightly higher or lower count. If your reading is above 140/90, you might want to consult with the nurse to have your pressure rechecked. If the reading is accurate, you might want to make some lifestyle changes.

Glaucoma: This eye disease is one of the leading causes of blindness in the U.S. It is fairly common in adults over age 35. Glaucoma is almost always preventable when proper diagnosis is made early enough in its progression. Your eye pressure readings will be discussed with you when the examination is completed.

Blood Sugar: There will be a Glucometer available to do a finger blood check to test your sugar level. The medical staff will be looking for symptoms of diabetes, which can cause multiple problems. It is important to pick up its symptoms as soon as possible.

You do not have to fast prior to having any of these tests conducted; the staff can do a post-food test if you arrive after morning donuts or afternoon tacos. (Just hold off on any onions.)

Other events provided by the medical staff will include a dance group performing in the Federal Office Building Atrium at noon on the 28th, and a movie on Aviation Medicine that will be shown at 2 p.m. in the Medical Division offices.

If you have any questions, call the folks at ext. 5431 in the Aviation Medical Division office.

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TWO FAIR IDEAS WIN RAVE REVIEWS

We've been hearing better than fair comments about our FAA exhibits at the Tanana Valley State Fair and the Alaska State Fair in Palmer.

The display at the Tanana Fair was again ramrodded by **Chuck Berns**, our principal operations inspector at the Fairbanks Flight Standards District Office. **Chuck** first gathered input from each FAA office in Fairbanks as to what should go into the exhibit. He then coordinated with the Airway Facilities and Flight Standards folks to assemble and take down the booth. During the actual Fair activities **Chuck** designed a voluntary duty roster that was used by the Air Traffic, Flight Standards, Control Tower, and Airway Facilities staff members to help monitor the exhibit.

Two highlights of the FAA booth were the ATC-610 flight simulator and a print of a painting by **Paul Steucke** entitled "Pioneer Barn". The desktop flight simulator was used to test competency and proficiency in instrument flight operations of pilots. The artwork was donated by **Paul Steucke** to be used as a prize in a free drawing held at the FAA exhibit.

Chuck estimated more than several thousand people visited the FAA exhibit during the week long Tanana Fair. From the questions asked by the visitors to our booth, there appeared to be many pilots in the area who were particularly interested in printed information on pilot landings. The Fairbanks FAA gang did an outstanding job in putting together a successful display that was not only informational but looked good as well.

When our Alaska State Fair opened its gates nearly two weeks after the Tanana Valley Fair our FAA crew was ready and waiting with another dynamite display. The exhibit this year was coordinated by **Jerry Swanson** from over at the Flight Inspection Field Office (FIFO) in Anchorage. He was able to again use the retired Fairchild 123 aircraft as a staging area to contain the exhibit materials for FAA.

Volunteers from Air Traffic, Airway Facilities, Flight Standards, and of course Jerry's compadres at the FIFO office, carpeted the inside of the aircraft and added various display components such as the miniature airport that was constructed by Airway Facilities for the Fur Rendezvous exhibit last February. (We might add that the Fur Rondy display garnered a first place blue ribbon for the FAA office last winter.) Along with the small airport, they included a computer-based instruction unit on aviation, information on the Wings program that is used to further pilot education, videos from the FSS at Merrill Field, and explanations of the purpose and history of flight inspection. Volunteers manned the display area for eight hours a day, eleven days in a row.

According to Jerry, more people visited the FAA display in the first two days of the Fair this year than during the entire Fair last year.

Both **Chuck Berns** at the Tanana Fair and **Jerry Swanson** at the Alaska State Fair attribute the great success of the FAA exhibits to the many men and women who contributed their time, talents, and knowledge to the preparation of the exhibit as well as to the day-to-day manning of each area. They spread a lot of good words about FAA and the many good things that we do. We are very fortunate to have so many caring and dedicated co-workers who think of FAA not as just a place to work, but rather an opportunity for them to make a difference in the area of safety for their friends and neighbors who travel in our unique skies of Alaska.

One final note: **Jerry Swanson** will soon be starting preparations for the Fur Rendezvous 1989 exhibit, and is already looking for new ideas and talent to give a helping hand. If anyone would care to work with Jerry in putting together another first place, blue ribbon display, call him at 243-1121. He welcomes any and all help and ideas.

THE GUY IN THE BACKGROUND

In case you too were wondering, that was **Jerry Kempton** in the cover page photo of the August 5 Intercom. In our research we found that, among other things, **Jerry** was alleged to have been the first employee of the Alaskan Region Airports Division, was the Division Chief for over fifteen years, and for many years had the best lilac bush on G Street. **Jerry** retired around 1976.

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RUKS' RAIDERS ROLL OVER RIVALS

It was a great August day at Brotherhood/Sisterhood Park for Ruks' Raiders as they fought for first place in the FAA softball league. Their efforts were rewarded when they accepted the top trophy at the grand finale to the tournament.

In case their fame has not yet spread to the outlying regions, Ruks' Raiders is a rough and tough softball team led by **Steve Ruks** from the South Alaska Sector office. **Steve's** partners in glory were his wife, **Betty**, **Kathy Pitts** (SFO-Merrill Field), **Kathi Shear** (South Alaska Sector) and her spouse **Randy**, **Eileen Keifer** (former FAA employee), and **Jim Finlayson** (South Alaska Sector).

This tournament was the first of what is hoped to become an annual event for FAAers. From all the groaning we heard about sore muscles it sounds like this should be a weekly event. Everyone had fun once they found the secret way into the park. The gatekeeper had neglected to leave behind a key to the padlocked park gate before he left town with the key in his pocket. We hear that **Ed Clair** and **Dave Johnson** over in Airway Facilities did a little Houdini slight of hand on the padlock and saved the day. It's too bad they didn't perfect another trick that could have dried up the field that was under water once they got inside. Fortunately, not all the fields were waterlogged, and the games went on as planned.



Ruks' Raiders (left to right, front row) **Betty Ruks**, **Kathi Shear**, and **Steve Ruks**. (back row) **Jim Finlayson**, **Randy Shear**, and **Eileen Keifer**.

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A fond farewell goes out to the following FAAers who recently retired from FAA:

Robert Cole, Air Traffic Controller at the Kenai Flight Service Station -- 18 years with FAA;

Cleo Ossenkop, Accounting Technician at AAL-30 -- 23 years with FAA;

Erland Stephens, Air Traffic Controller at the Anchorage Air Route Traffic Control Center -- nearly 32 years with FAA; and

Richard Lehman, Air Traffic Controller at the Anchorage Flight Service Station -- nearly 19 years with FAA.

We wish them all good health and happiness during their adventures in the world of retirement.

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FOUR LETTERS OF WORDS ARE FLUNG AROUND DILLINGHAM FSS

Dillingham Air Traffic Manager, **Ron Glonek**, was busy this month passing out four letters of commendation to his air traffic controllers. **Lisa Welsh-Workman**, **Julius Wery**, and **Courtney Prisk** were presented letters of commendation for their outstanding dedication and support over the past four months when the short-staffed, FSS experienced the busiest summer on record for flight services. (It sounds like **Lisa** will be missed after she transfers to the Fairbanks FSS towards the end of October.)

The fourth letter of commendation was given to **Julius Wery** for his outstanding performance in coordinating the rescue of a downed pilot near the Dillingham Airport.

Julius was working alone at the FSS when a single transmission was received from the downed aircraft. Heavy air traffic and poor weather conditions would normally hamper any rescue attempt, but **Julius** was able to quickly guide a helicopter to the downed pilot and a successful rescue.

We tip our hats to these four individuals, and we are proud to be their co-workers.



LISA WELSH-WORKMAN



COURTNEY PRISK

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JULIUS WERY

ANOTHER DETAIL WORTH MENTIONING

We just heard that **Patricia Norsworthy** had been detailed from her position as Program Analyst from Airway Facilities into the Employee Participation Group program. **Patricia** is scheduled to remain in this position with the EPG until May 1989. Her new phone number is ext. 5463.