

the Daily

Friday, February 24, 2023



The 34th Annual
Women in Aviation
International
Conference

UPDATES

Thanks to American Airlines for sponsoring the launch of **WAI On Air!** this week. This additional digital platform through our YouTube live channel brings you live coverage from the exhibit hall each day.

Join the Conversation

Help share the excitement of attending the 34th Annual Women in Aviation International Conference by using these hashtags on social media.



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Login instructions for the App:

Once you have uploaded the app, enter your email and badge ID login credentials to access the My Planner functionality, including communication with speakers, exhibitors and other attendees.



WAI Board Welcomes Members at WAI2023 in Long Beach

The 2023 WAI membership meeting yesterday was officially opened by WAI Board Chair Capt. **Deborah Hecker** who highlighted the enthusiasm and energy of members gathering in southern California for this week's unique conference experience. She introduced WAI CEO **Allison McKay** who noted #WAI2023 has a historical 196 exhibitors and has now awarded \$15.4 million in scholarships since the WAI scholarship program began in 1995. WAI membership is now at over 18,000 members including 1,250+ members outside the U.S. from more than 100 countries.

Supporting the WAI mission to pave the way forward for future female aviators and to encourage girls to consider pursuing their aviation dream, WAI now has nearly 4,000 student members and over 2,000 junior members (ages 18 and younger). WAI chapters continue to expand around the world with a total of 167. Thanks to the Scandinavia Chapter, Riviera Chapter, and Iceland Chapter, working together there are plans for the first WAI European Conference 30 June–July 1 in Barcelona.

Allison also highlighted the progress on year-round youth programming through *Aviation for Girls* magazines and a refreshed *Aviation for Girls* app. Plus, an all-new Mentor Connect program will help mentor/mentee pairs set goals, establish milestones, and set up meetings.

Board Secretary **Michaela Lucas** announced the board election results with three new board members **Christine Bohl**, **Leah Green**, and **Dawit Lemma**—voted on the board. **Andrea Berry** and **Brittney Tough** were also reelected for additional terms.



Congratulations to the scholarship winners that received their awards during the membership meeting! (L to R) Daisy Belmares-Ortega, Mia Holt, Julia Ssessanga, Roxanne Elliott, Danilynn R Brown, Dana Magallanes. These scholarships totaled \$45,000.

JOHN RIEDEL

This issue of *The Daily* sponsored by:



Destination 225°
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Our Sisters of the Sky Share their Stories

Trailblazing Black Women Military Aviators

A collective of Black women military pilots will share their personal stories this afternoon during a panel discussion organized by Women Military Aviators. WMA co-founder and panel moderator Col. Julie Tizard (ret.) explains while many WMA-ers have dealt with being the only woman in a military pilot or instructor training class, being a Black woman in that environment, must be “another level of difficulty.” She felt it was necessary “to find the first Black women pilots in the Air Force, the Navy, the Army, the Marine Corps, and the Coast Guard,” and hear how they overcame difficulties and where they found that grit, determination, and unwillingness to accept ‘No.’”

Julie will be joined by co-moderator Lt. Col.



Lt. Col. Kimberly Ford



Cmdr. Jeanine Menze



Col. Rochelle Kimbrell



Col. Merryl Tengesdal

Kimberly Ford (ret.), the Air Force’s first Black woman C-17 pilot. Kimberly is also Alaska Airlines’ first Black woman pilot, and she is thrilled to participate in this historic event. Both hope that young women, including those attending Girls in Aviation Day Long Beach, will be motivated by these rich, amazing, and inspiring accounts. Kimberly underscores the histories “are not as widely known as they should be,” calling them “universal...lessons and experiences that would be valuable to women military aviators and all of the members of WAI.”

Julie Tizard wants the first couple of rows reserved for young women who, after listening to the veterans, may think, “If these women in front of me can wear military uniforms, fly military jets, and be commanders, I can do that!”

Panelists will include WAI Pioneer Hall of Fame inductees Lt. Gen. Stayce Harris (2017) and Col. Merryl Tengesdal (ret.) (2023). In addition, the first Black women pilots in the Air Force—Maj. Theresa Claiborne (ret.), Coast Guard—Cmdr. Jeanine Menze, and the first Black woman fighter pilot—Lt. Col. Rochelle Kimbrell.

Learn more at “The First Black Women Military Pilots: Stories from the Sisters of the Sky” in 202 at 3:00 p.m. All school-aged participants are encouraged to attend.

—Monica Smith, WAI 5470



Maj. Theresa Claiborne



Lt. Gen. Stayce Harris

The Daily is a publication of Women in Aviation International, published during the annual conference.

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EXPLORE Leadership Positions in Airports

Operations, construction, IT, marketing, finance, and executive leadership—with an operation as dynamic as an airport, there is an incredible array of opportunities to find a long-term, successful career in aviation. Hear directly from women who are leaders at their local airports, in a variety of roles and with a variety of responsibilities at this afternoon’s education session in **102 A** from **4:15-5:15 p.m.** These women help airports run, which in turn helps the entire aviation industry grow.

One panelist started her career as an aircraft mechanic, one in hi-tech manufacturing, and one in local government, but all have found success by turning their careers toward airports. In “Exploring Leadership Positions at Airports,” three exceptional women at different stages in their careers, working at general aviation, cargo, and commercial airports will share how they have made aviation their focus and airports their home.

Learn how each panelist found her way to her position, what it really means to be working for an airport authority, and participate in a live Q&A with the panel.

Audience members should consider working not just at an airport, but for an airport.

The panelist’s backgrounds are diverse; for example, **Gretchen Kelly**, Airports Division Manager. Gretchen manages two general aviation airports in the San Francisco Bay Area. The San Carlos and Half Moon Bay Airports are 20 miles apart, and each has uniquely different characteristics and challenges. Before her current position, Gretchen worked for the Federal Aviation Administration as an airport certification and safety

“Airports are like small cities—everyone can find a career that suits their passions.”

—Katie Franco, moderator

inspector along with being an AIP/PFC program manager.

Courtney Pene joined the San Luis Obispo County Regional Airport Authority executive team as deputy director, planning and outreach in January 2021. Courtney has more than 16 years of government experience at both the city and county levels, and most recently served as an administrative analyst for the county of San Luis Obispo.

Amber Casarez is the marketing manager at San Bernardino International Airport, the country’s newest federalized airport. In 2021, she received the ACI-NA’s Excellence in Marketing Communications and Customer Experience Award—Overall Public Relations Program Small Airport.

And finally, moderator **Katie Franco** is the owner of Aviatrix Communications, a full-service marketing and communications firm that works exclusively with airports and aviation clients. Her campaigns have been recognized nationally in both the aviation and public relations fields, garnering ACI-NA Marketing and Communications Awards, Gold SABRE Awards, and Silver Anvil Awards. In 2012, she was named to the inaugural class of *Airport Business* magazine’s “Top 40 Under 40.”

—Michelle Graves, WAI 45798



JOHN RIEDEL



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ANDREW ZABACK

EXHIBIT HALL OPEN



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A record 196 exhibitors were ready to receive thousands of visitors in Hall B on Day 1 of #WAI2023! The exhibit hall is open today 10:30 a.m.–5 p.m., and closed during lunch noon–1:30 p.m.

Authors Connect Schedule

The Authors Connect booth will be located in the Exhibit Hall, **Hall B**



FRIDAY, FEBRUARY 23

10:30 a.m.–noon

Robin Kardon

Flygirl, Angel Flight, Flying Home

Julie Clark

Nothing Stood in Her Way

Victoria Yeager

101 Chuck Yeager-isms: Wit and Wisdom from America's Hero

1:30–2:30 p.m.

Laura Savino

Jet Boss: A Female Pilot on Taking Risks and Flying High

Julie Tizard

The Road to Wings, Flight to the Horizon, Free Fall at Angel Creek

2:30–3:30 p.m.

Lynn Rippelmeyer

Life Takes Wings: Becoming the World's First Female 747 Pilot

Mary Bush Shipko

AVIATRIX: First Woman Pilot for Hughes Airwest & Daring Mary Aviation Pioneer

3:30–5 p.m.

John and Martha King

LIFT: How to Start, Run, and Grow Your Own Successful Business

Tammie Jo Shults

Nerves of Steel: How I Followed my Dreams, Earned my Wings, and Faced my Greatest Challenge

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PAULA GRUBB

CHAPTER CONNECT RECEPTION

Hundreds of chapter members gathered for the annual Chapter Connect Reception on Wednesday evening. Sponsored by Envoy, the reception was full of energy and enthusiasm for sharing the camaraderie and ideas amongst our 167-strong chapter network around the world. See Page 13 for the schedule of more chapter events this week.



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2023 Exhibitors

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Exhibit Hall Hours

Sponsored by Envoy

Hall B

FRIDAY,
FEBRUARY 24
10:30 a.m.–5 p.m.

(closed during luncheon—noon–1:30 p.m.)

SATURDAY,
FEBRUARY 25
10:30 a.m.–3 p.m.

Thank you Sponsors!

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- **On Air with WAI**
American Airlines
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Exhibitors

(as of February 14, 2023)

- | | | | | | |
|-----|--|-----|--|-----|--|
| 300 | 2023 WAI Exhibit Services | 608 | Clay Lacy Aviation | 752 | LifeLine Pilots |
| 237 | Abingdon Co. | 327 | Collins Aerospace | 138 | LIFT Academy |
| 360 | Academy of Aviation | 638 | CommutAir | 617 | M & H Uniforms |
| 609 | ACES Systems/Technology for Energy Corp | 128 | Connect Airlines | 456 | Marshall University Division of Aviation |
| 631 | Advanced Air LLC | 253 | Crew Members Who Care | 659 | MedAire, Inc |
| 145 | AeroStar Training Services | 520 | David Clark Company Inc. | 630 | Mercy Medical Angels |
| 257 | AeroTEC | 427 | Delta Air Lines | 461 | Mesa Airlines |
| 536 | AFJROTC | 126 | Delta State University | 513 | Metro Aviation Inc |
| 540 | Air Force Civilian Service | 509 | Desert Jet | 134 | Metropolitan State University of Denver |
| 417 | Air Line Pilots Association International | 539 | Dynamic Aviation | 243 | Middle Tennessee State University |
| 161 | Air Methods Corporation | 349 | Embry-Riddle Aeronautical University | 132 | Mission Aviation Fellowship |
| 532 | Air National Guard/Air Force Reserve | 512 | Empire Airlines | 458 | Mountain Air Cargo |
| 215 | Air Race Classic Inc | 527 | Endeavor Air | 603 | NASA |
| 260 | Air Transport International Inc (ATI) | 409 | Envoy Air | 156 | National Air Traffic Controllers Association |
| 647 | Air Wisconsin Airlines | 508 | Epic Flight Academy | 516 | National Gay Pilots Association |
| 343 | Airbus Americas | 555 | Executive Jet Management | 353 | National Transportation Safety Board |
| 254 | Airshare | 314 | Experimental Aircraft Association (EAA) | 604 | National WASP WWII Museum |
| 221 | Alaska Airlines | 651 | FAA – Airmen DUI/DWI Program | 559 | NBCFAE National |
| 648 | Allegiant Air | 565 | FAA Civil Aerospace Medical Institute | 449 | NetJets |
| 612 | Allied Pilots Association | 657 | FAA Office of Human Resources | 217 | Ninety-Nines |
| 358 | Alpine Air Express | 653 | Federal Aviation Administration (FAA) | 152 | NOAA / Aviation Weather Center |
| 309 | American Airlines | 403 | FedEx | 135 | Northern Jet Management |
| 415 | American Airlines Federal Credit Union | 611 | FedEx Employees Credit Association | 455 | Northern Pacific Airways Inc d/b/a Ravn Alaska |
| 146 | America's Navy | 363 | Flexjet | 137 | Omni Air International |
| 352 | Ameriflight | 232 | Flight Schedule Pro | 201 | Omni Defense Technologies |
| 144 | Amerijet International Airlines | 242 | FlightSafety International | 615 | Organization of Black Aerospace Professionals |
| 236 | Ampaire | 654 | flyexclusive | 556 | Pearls With Purpose |
| 148 | Angel Flight West | 434 | Frontier Airlines | 658 | PHI Aviation |
| 249 | AOPA-Aircraft Owners and Pilots Association | 241 | Garmin International | 151 | Phoenix Air Group, Inc. |
| 554 | Arrowhead Products | 625 | GE Aerospace | 335 | Phoenix East Aviation |
| 160 | Art Craft Paint | 558 | Gleim Aviation | 315 | Piedmont Airlines |
| 211 | Assoc for Women in Aviation Maintenance (AWAM) | 553 | Global Aviation Data | 619 | PlaneSense Inc |
| 521 | Atlas Air | 354 | Global Crossing Airlines Inc | 426 | Pratt & Whitney |
| 245 | ATP Flight School | 627 | GoJet Airlines | 256 | Professional Women Controllers |
| 348 | Auburn University Aviation Center | 622 | GrandView Aviation | 310 | PSA Airlines |
| 139 | Avelo Airlines | 149 | Guardian Flight | 258 | Purdue University |
| 240 | Avemco Insurance Company | 142 | Gulf Air Group, Inc. | 560 | Quest Diagnostics |
| 317 | Aviation Jewelry | 443 | Gulfstream | 136 | Republic Airways |
| 355 | Aviation Search Group | 503 | Hawaiian Airlines | 340 | Saint Louis University |
| 342 | Barnes Aerospace | 223 | Horizon Air | 610 | Sierra West Airlines/Interjet West |
| 515 | Bombardier Aerospace | 634 | IFOD Excellence in Aviation Training | 633 | Signature Aviation |
| 250 | Born of Ashes | 238 | ISA+21 | 652 | Silver Airways |
| 438 | Bose Corporation | 234 | Jet Linx Aviation | 121 | SkyWest Airlines |
| 549 | Breeze Airways | 639 | JetBlue | 628 | Sling Pilot Academy |
| 164 | California Aeronautical University | 457 | JSfirm.com | 261 | Solairus Aviation |
| 333 | CAMP Systems International | 614 | JXSX | 231 | Southwest Airlines – Destination 225° |
| 140 | Cape Air/Nantucket Airlines | 448 | Kalitta Air | 227 | Southwest Airlines – Flight Operations |
| 130 | Castle Aviation | 626 | King Schools, Inc. | 228 | Southwest Airlines – Technical Operations |
| 629 | Central Washington University | 338 | L3Harris Flight Academy | 150 | Southwest Airlines Pilots Association (SWAPA) |
| 255 | CheckedAndSet.net | 621 | Latino Pilot Association | | |
| 452 | Cirrus Aircraft | 159 | Leidos | | |
| 537 | Civil Air Patrol | 200 | Liberty University School of Aeronautics | | |

EXHIBIT HALL



WAI2023

- 636 Spartan College of Aeronautics and Technology
- 543 Spirit Airlines
- 432 Spitfire Elite Consulting
- 433 Sun Country Airlines
- 623 SUU Aviation
- 650 Telex Aviation
- 602 Texas Woman's University
- 607 Textron Aviation
- 203 The Boeing Company
- 635 Thomas Edison State University
- 459 Tradewind Aviation, LLC
- 155 Transportation Security Administration
- 620 Travelpro
- 350 U.S. Coast Guard
- 153 Unifi Service
- 421 United Airlines
- 321 United Airlines: Pilot Recruiting
- 416 United Aviate Academy
- 259 United States Marine Corps
- 157 United States Secret Service
- 510 University Aviation Association
- 511 University of North Dakota
- 303 UPS Airlines
- 533 US Air Force Recruiting – Det 1
- 534 US Air Force Recruiting Enlisted/Officer Accessions
- 141 US Customs – Air and Marine Operations
- 357 USA Jet
- 535 USAF Academy/GBR
- 531 Utah State University
- 557 Utah Valley University – Aviation Science
- 251 Visionary Training Resources
- 613 Volato
- 464 WAI Authors Connect
- 462 WAI Authors Connect Bookshop
- 248 Walmart Aviation
- 632 West Star Aviation
- 514 Western Michigan Univ College of Aviation
- 437 Wheels Up
- 337 Wings Financial Credit Union
- 110 Women in Aviation International
- 336 Women in Corporate Aviation (WCA)
- 522 Women Military Aviators
- 129 XOJET Aviation



Love at First Flight— The Hagan Family

Tracy and Ken Hagan, WAI Family members 3124, first met in a 19-month flight training program offered by Mesa Airlines in the 1990s. For the Hagans, it was love at first sight and flight. They both trained for every checkride, stage check, airplane, and job interview together. They even got to fly together as captain and first officer. When Tracy upgraded to captain, Ken was able to be her training captain. They've been together for every milestone in their aviation careers and taught each other how to be better pilots.

The Hagans were able to enter the major airlines by attending the Women in Aviation International Conference in 1999. There Tracy and Ken interviewed for jobs at America West Airlines (now American Airlines). Both are still flying for American Airlines and have even shared their passion for aviation with their kids.

Abby, their oldest daughter, attended Auburn University after meeting with their representatives at the WAI2017 Conference exhibit hall. She is a part of the Alabama Air National Guard and an aviation resource specialist and is now finishing up her CFI certification. While her younger sister, Lily, is working on her commercial certification at Baylor University. Both daughters finished their private pilot certification in high school. Their son, Connor, is also interested in aviation as he is working toward his

drone certification. Tracy and Ken have shared everything they have learned about the world of aviation with their children. Ken noted that there are many organizations

now like WAI, OBAP, and NGPA for different groups of people to enter the field. "There's so much more opportunity to find out about the industry now, that I wish I were to have before," says Tracy.

Now their children can share and experience with them all the new resources and organizations that have grown since the start of their parents' careers.

Meet the Hagans at WAI2023 conference this week! Abby will be one of the representatives at the Auburn University booth, for any aspiring aviators to come and talk to.

—Jabili Kandula, WAI 88779



(L to R) Abby, Ken, Lily, and Tracy Hagan

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Lane Wallace

Building the Core Strength We Need

“Women need a solid core to effectively navigate challenging work environments,” says *Aviation for Women* columnist Lane Wallace. Lane’s *AFW* column, “Core Strength,” helps women gain that strength. Her education session this afternoon, “Core Strength: The Key to Thriving in a Male-Dominated Workplace,” in **102 B** from **4:15-5:15 p.m.** will cover how we build core strength, and how it helps us make good career choices and navigate job challenges.

Lane says, “Spending the time to build my core allowed me to be successful in aviation. *Flying* magazine was my second attempt at an aviation career. I got lost the first time around, and ended up walking away from the aviation industry for nearly four years.

“When I came back and was hired at

Flying,” she explains, “I knew it was going to be a challenge, because I was the first woman columnist they’d hired in 72 years! But I knew myself a lot better, felt more grounded, and I was clear about why that job was meaningful to me. That gave me enormous strength!”

Lane retired from *Flying* after 16 years and began researching other women’s experiences navigating career challenges. That collective wisdom, in addition to her own experience, is the basis of her latest book project (*Core Strength: Being Happy and Having Impact in a World Run by Men*), as well as her *AFW* column and her talk here today. Lane’s session is a great opportunity to ask questions and gain important and actionable insights on how to be not only more effective, but also happier and more resilient, no matter what comes our way.

SCHOLARSHIP SPOTLIGHT



Dana Magallanes

“When I found out I would be receiving the 2023 Diane Ballweg scholarship I was instantly filled with gratitude. Receiving this scholarship makes a big difference in my education; it inspires me to empower others, motivates me to keep challenging myself, and creates a foundation for me to live out and focus on my passion. Having this support and validation that I’m on the right track is invaluable. Thank you to Diane Ballweg and WAI for the encouragement, community, and generosity.”

—Dana Magallanes, WAI 86411 and WAI Mt. San Antonio College Chapter treasurer

CONGRATULATIONS TO MINA CARLSON!

Kudos to Mina for receiving the 2022 WAI Dorothy Hilbert Chapter Volunteer of the Year Award. Mina is treasurer of the WAI Stars of the North Chapter and is dedicated to encouraging the next generation of aviators. She is the chapter’s Girls in Aviation Day Event Director and loves to look for ways to plan an extraordinary day of programming and fun for thousands of girls every year at the St. Paul, Minnesota airport.



Jessi Rowden, Manager of Chapter Relations, presented the 2022 WAI Dorothy Hilbert Chapter Volunteer of the Year Award to Mina Carlson, treasurer of the WAI Stars of the North Chapter.

MIKE ULLERY

EDUCATION SESSIONS

FRIDAY FEBRUARY 24							
	101 A	101 B	102 A	102 B	102 C	201	202
1:45-2:45 p.m.	Non-Pilot Flying Careers in the Military	Mental Health in Aircraft Maintenance	Corporate Aviation Career Panel	Airspace, a Chicken Farm, and the Age of Novel Aviation Technologies	The Softer Side of Maintenance	Stymie the Stigma: Recognizing That Mental Health Is as, or More, Important Than Physical Health	WASP In Their Own Words
3-4 p.m.	Building a Bridge to Engage Women in Technical Operations	Find the Legacy Leader in You	The Aviation Industry Is Bigger Than You Think	Creating a Sustainable Aviation Ecosystem	Brain Power	Performance Under Pressure	The First Black Women Military Pilots: Stories from the Sisters of the Sky
4:15-5:15 p.m.	Finding the Right Aviation Career for You	A License to Learn	Exploring Leadership Positions in Airports	Core Strength: The Key to Thriving in a Male-Dominated Workplace	Attention Retention Workshop	Allies to the Aviation World	Leading the Transformation: Diversity, Equity and Inclusion in the Aviation Industry
SATURDAY FEBRUARY 25							
	101 A	101 B	102 A	102 B	102 C	201	202
1:45-2:45 p.m.	Celebrating 30 Years of Women in Combat Aviation	Tech Ops Careers	It's Your Time to Fly: Learn How to Be an Airline Pilot!	Air Traffic Control	Zeppelins: The Most Fascinating Aircraft of All Time	Networking Works: Build Relationships to Build Your Business	Keeping Relationships Strong—Finding Balance Between Home and Your Career
3-4 p.m.	Understanding and Utilizing the Strengths of Diversity in Your Environment	Military Family Planning	Scholarships: How to Break Down Financial Barriers	Communicating with Diverse Generations	Biomimicry and Innovation	Mental Health for Pilots: Seeking Help and the FAA	Stress Has a Bad Reputation

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WAI 2023 Registration Convention Center Lobby

FRIDAY, FEBRUARY 24
8 a.m.-4:30 p.m.
(closed during luncheon)

SATURDAY, FEBRUARY 25
8 a.m.-1 p.m.

Mindfulness Workshop
FRIDAY, FEBRUARY 24
7:30-8:30 a.m. • 102 A
(ticket required)

Volunteer Sign Up/Check-in Information Center Lost and Found Convention Center Lobby

Media Center
103 C

Industry Briefings
FRIDAY, FEBRUARY 24
SATURDAY, FEBRUARY 25
104 A, 104 B, 104 C

See the conference app for current schedule.

Exhibit Hall Hours Hall B

FRIDAY, FEBRUARY 24
10:30 a.m.-noon
(closed during luncheon)
1:30-5 p.m.

SATURDAY, FEBRUARY 25
10:30 a.m.-3 p.m.

FRIDAY, FEBRUARY 24

General Session

9-10:30 a.m. • Hall A

Sponsored by The Boeing Company

Luncheon

Noon-1:30 p.m. • Hall A

(ticket required)

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Plan & Host an Outstanding GIAD Event

1:45-3:15 p.m. • 203

How to Start A WAI Chapter

3:30-5 p.m. • 103

SATURDAY, FEBRUARY 25

General Session

9-10:30 a.m. • Hall A

Sponsored by Airbus

Girls in Aviation Day Long Beach Program

For girls ages 8-18 and chaperones

8 a.m.-3 p.m. • Grand Ballroom

(pre-registration required)

WAI Pioneer Hall of Fame Ceremony & Celebration Dinner

6-8 p.m. • Hall A

(ticket required)

Sponsored by Airbus

OPEN SEATING

For Luncheon and Celebration Dinner, you must present the appropriate ticket from your registration packet for seating.

If you are unable to attend a meal function, please donate your ticket at the Information Center. Donated tickets will be given to students.

STUDENTS

Please check at the Information Center for donated tickets.

STUDENTS CELEBRATION DINNER SEATING

If you do not have a donated ticket, be in the Hall A area by 5:45 p.m.

If there are available tickets, you will be provided a ticket by WAI staff.

Industry Partner Events

Please note that these events are by invitation or open only to current members of a particular group. When in doubt, check with a representative of that group or company. Must be a registered attendee to participate. Details at www.wai.org/2023-industry-partner-events

FRIDAY,
FEBRUARY 23

ATP Alumni Association Reception

6-9 p.m. • 203 A

ALPA Coffee & Conversation

10:30-11:30 a.m. • 103

Boeing Only Networking Breakfast

7:00-9:00 a.m. • 104 A

Women in Corporate Aviation (WCA)
30th Anniversary Celebration

10-11:30 a.m. • 202 A

UND Aerospace Alumni & Industry Reception

6:00-7:30 p.m. • 103 A

Air Wisconsin WAI Meet & Greet

6:15-8:30 p.m. • 102 C

AWAM Scholarship Social

6:30 p.m.-11:30 p.m. • 104 B

99's PPLI Reception

6:30-8:00 p.m. • 102 B

Women Military Aviators Crew Lounge

9 a.m.-5 p.m. • 5-6

ISA+21 Annual Friday Night Social

7:00-10:00 p.m. • 101 A

Spitfire Ready Room

10 a.m.-5 p.m. • 5-5 B

CHAPTER EVENTS

FRIDAY, FEBRUARY 24
Plan and Host an Outstanding
Girls in Aviation Day Event

1:45-3:15 p.m.

203

FRIDAY, FEBRUARY 24
How to Start a WAI Chapter

3:30-5 p.m.

103

SATURDAY, FEBRUARY 25
Student and Collegiate
Chapter Leadership Workshop

10:45 a.m.-12:15 p.m.

103

Find the *Softer Side* of Maintenance

Are you interested in a career in aviation maintenance? This afternoon at 1:45 in 101 C, Kim Pritchard, Cindy Rodina, and Stacey Ruder, leaders of the Association of Women in Aviation Maintenance (AWAM) will share their experiences and talk about how a career in aviation maintenance can be a great career for women.

Stacey, AWAM president, explains, "On paper aviation maintenance may not be the most appealing career path, but it can be the most fulfilling." She is shift manager for STS Line Maintenance, specializing in Airbus A320 family of aircraft maintenance. She also works closely with many industry organizations.

"There is jet fuel in her blood" is the phrase often used when describing Cindy Rodina, AWAM vice president. She worked for Delta Air Lines for 17 years doing

heavy checks and on-line maintenance in Phoenix, and now teaches at a Part 147 maintenance school in West Virginia.

Kim is AWAM director and a certified Airframe & Powerplant mechanic. In her day-job she watches over a team of 500 United Airlines employees who execute C-checks, heavy overhauls, line maintenance support, and out-of-service aircraft.

Stacey will also speak during Saturday's Girls in Aviation Day here at the Long Beach Convention Center. "I want little kids to get that chance to learn about how aircraft work and learn that the career even exists," she says. It's one of the key reasons she is so active with AWAM, because there's no time like the present to recruit the next generation of aviation maintenance professionals!

—Mary Woolf, WAI 45799

Mental Health is Not Mental Illness

Not paying attention to it, however, could take you there.

Capt. Reyné O'Shaughnessy (ret.) has a message for everyone attending WAI2023: take care of your mental health with all the care and attention that you take care of your physical health. Reyné wants you to know that mental illness doesn't have to happen. There are ways to reach out, and people who are safe to talk to, and there are mainstream techniques that help reduce stress and ease into better sleep, which allows you to function better, even with the toughest schedule. She's written a book titled: *This is Your Captain Speaking: What You Should Know About Your Pilot's Mental Health.*



Reyné O'Shaughnessy

"For a pilot today the whole mindset is don't trust anyone. We don't trust our employer, we don't trust our union. So pilots go undiagnosed, because if you're diagnosed, then the paper trail begins," Reyné explains. "We know there are eight core competencies, according to ICAO training, but I add a ninth core competency and I think it's the most important competency: the well-being of the pilot. I hope that airlines will start nurturing their employees' well-being."

How can airlines do that? Reyné suggests that new hires are educated on how to take care of everything from navigating home life when you are away to the inherent pressures of the job. "These new pilots need simple well-being hints such as how to keep muscles from atrophying when you sit all day long in a cockpit, eating right on the road, and how to prevent dehydration (that cabin air is dry!)," she says.

Want to know more? Look for Reyné here during conference events (she loves to chat) or online at her website captainreyno.com.

—Amy Laboda, WAI 14

Stress has a Bad Reputation

Face it, we all get stressed out from time to time. Attend the education session “Stress has a Bad Reputation,” being held from 3-4 p.m. Friday in 202, and learn why it is not the workload that breaks you down and overwhelms you, but the way you carry it. And that is something you can change.

To help us understand stress and how we can change our attitude about it, Julie Spencer and Sarah Broaten from The Boeing Company will lead us through an exercise that can help us to comprehend, on a deeper level, what stress is, what causes stress, and how we react to it. Julie and Sarah will review the science behind stress, to clarify the emotion.

After learning more about how people typically perceive and react to stress, the goal of the session is to teach us skills that allow us to take steps to learn how to reset our mindset on how we discern and process stress. With these tools, we can use emotion to our advantage!

The presenters will share valuable explanations and tips for how to use strategies to manage

stress—ranging from cognitive reframing, being present and mindful, letting go, focusing on what we want, and why rest is so important in promoting the ability to handle stress. Stress is an on-going battle that we cannot switch off. What we can do is develop these strategies to enable us to cope when the pressure is on.

There are benefits to stress. This session will leave you with the information and tools to gain confidence that you can handle anything stressful that comes your way in your day at work or at home. Changing your perception of the word “stress” will change your life!

—Michelle Graves, WAI 45798

Correction!

This is actually the first class of women flying in the Navy. Visit the U.S. Navy in booth 146 and read about the 2017 Pioneer Hall of Fame induction of the First Class of Women Naval Aviators on the WAI website.



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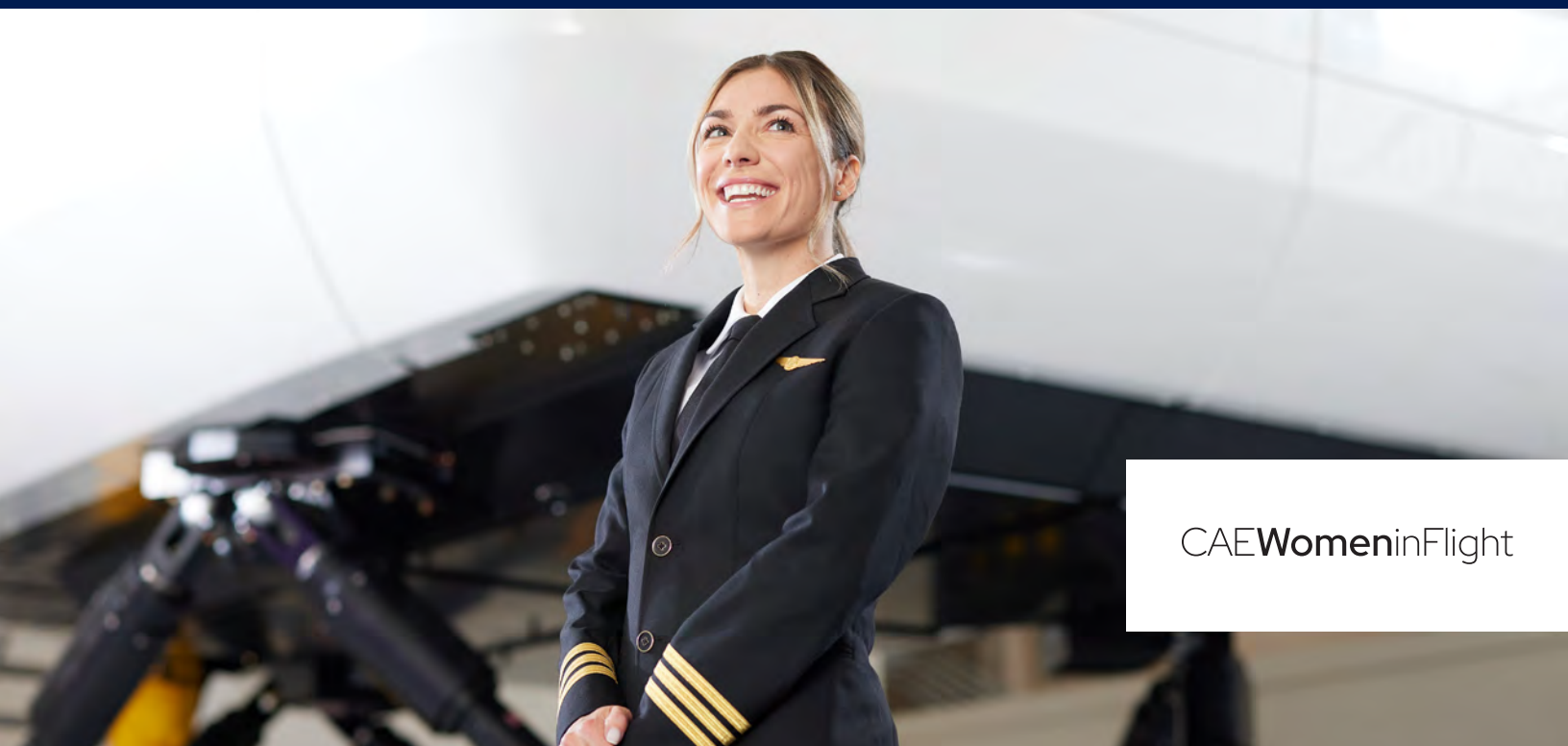
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