



The 31st Annual International Women in Aviation Conference

#### UPDATES

Silent Auction ends today at 1 pm EST Bid online at www.32auctions.com/WAI2020

Cancelled Education Session Managing Cockpit Automation 3-4 p.m. Fiesta 4

This week WAI will award 151 scholarships totalling \$831,365.

#### Join the Conversation

Help share the excitement of attending the 31st Annual International Women in Aviation Conference by using the hashtags



on social media. Thank you to our more than 17,400 Twitter followers. We are so happy to have you on board!

## Download the App www.core-apps.com/dl/wai





## It's Girls in Aviation Day!

aturdays at the WAI conference are full of fun and laughter and the youthful energy of hundreds of girls and young women, courtesy of the Girls in Aviation Day (GIAD) project. This year girls ages 8-17 can earn their WAI Aviation Fun patch by participating in more than a dozen activities, from flying an aircraft simulator to robotics to 3D printing pens.



A Women in Aviation International  $^{^{\otimes}}$  Event

There is even a station for building and flying helicopters, learning Morse code and creating parts.

The girls have their own luncheon speaker,

aerobatic champion Patty Wagstaff. But lookout for them this afternoon when they participate in an exciting scavenger hunt in the WAI exhibit hall.

GIAD could not happen without our generous sponsors: PSA Airlines, JSX/
JetSuite, Walmart Aviation, FedEx, Alaska Airlines/Horizon Air, Redbird Flight
Simulations, and ALPA. The activity stations are staffed by volunteers from Redbird
Flight Simulations, Volusia County schools,
Civil Air Patrol, Kent State University,
EAA, Utah State University, The Boeing
Company, Embry-Riddle Aeronautical
University, GAMA, U.S. Coast Guard,
Preflight Aviation camp and AWAM.
More information about GIAD is on page
54 of the March/April issue of Aviation for



#### Saturday Ed Sessions Highlights

Women magazine.

From learning leadership to careers in helicopters, learning about human factors in maintenance, accident investigation as a career to space and beyond, there is an education session for you!

See page 10 for the complete listing.

## Pioneers Honored Tonight!

Don't miss tonight's WAI Pioneer Hall of Fame invocation. Help us honor Maj. Gen. Jeannie Leavitt, Patty Wagner and the U.S. Army's First Women Rotary Wing Aviators at 6 p.m. in the Coronado Ballroom (tickets required).



## General Session Speakers Focus on Diversity and the Future

he Honorable Barbara Barrett has had many firsts in her career, including being in attendance at the first WAI Conference in Prescott, Arizona in 1990. She opened her remarks reminiscing, talking about just how far women have come as an integral part of the aviation industry, and what an important role mentors have played in this growth. Secretary Barrett said that for her, Former Supreme Justice Sandra Day O'Connor was an extraordinary role model. From spearheading the gender-neutralization of the Arizona state statutes while serving in the legislature to shaping public policy while on the high court, Justice O'Connor was the embodiment of a strong female leader and a strong inspiration for Secretary Barrett and others.

Another strong leader was astronaut Sally Ride, who not only did her job, but was instrumental in making things happen for women. She founded Sally Ride Science with the goal of getting more young girls interested in the sciences and related disciplines. Both Ride and O'Connor believed in helping by leading, and mentoring those coming up behind them.

Joan Robinson-Berry, VP and chief engineer at Boeing Global Services, drew on her life and 40-year career to inspire conference attendees about the responsibility women in aviation and aerospace have to embrace the technology and to be part of the future. She also spoke of the responsibility to mentor those entering the industry today. She gave the audience a call to action to think about the person who helped you get to where you are today and reach back and help the person behind you.

Robinson-Berry stressed the need to persevere in spite of the obstacles you face and to be the "CEO" of your career. "What an exciting time to be part of this amazing industry!" she concluded.

Want to know more about futures in aviation? Be sure to attend today's General Session, sponsored by Uber, to he ar Stephanie Chung, president of Jetsuite, Maj. Gen. Jeannie Leavitt, Commander of US Air Force Recruiting Service and Amber Smith, combat helicopter pilot speak. It's guaranteed to inspire!

—Julie Stone, WAI 76879



Barbara Barrett



Joan Robinson-Berry

# Invitation to Participate in Aviation Occupation Survey

Participants must be at least 18 years of age and employed in an aviation-related occupation.

The purpose of this survey is to learn how individuals in different aviation occupations feel about aspects of their workplace.

Here is the link to the survey: https://forms.gle/AjfjZb6tSRvsMFG19

If you would like to learn more about the study, contact Haydee Cuevas at cuevash1@erau.edu.

Thank you for your participation!

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

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Contact Kelly Murphy, to advertise in *The Daily:* kmurphy@wai.org



Women in Aviation International® 3647 State Route 503 South West Alexandria, OH 45381 www.WAI.org



## Congrats Dr. Janette McMurtrie: WAI Bruce Baty Volunteer of the Year!

**Dr. Janette McMurtrie,** WAI 70257, American Airlines captain and ordained chaplain, was awarded the 2020 WAI Bruce Baty Volunteer of the Year for her generous donation of her time and passion for the WAI mission



and membership. Janette has facilitated several professional and personal development sessions at conference. These sessions span everything from helping chapter leaders navigate conflict, guiding chapter leaders become better leaders, council WAI members on navigating two-pilot-marriages, advising how WAI members can learn to lead in the cockpit, and more. Her sessions are always a huge hit and are usually standing-room-only. Janette truly represents the very best of all of us, and she makes a real difference in the lives of WAI members. Congratulations Janette!

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## PROUD SPONSOR OF THE WAI CONFERENCE Visit us at Booth 212

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\*APY= Annual Percentage Yield. Rates current as of 1/30/20 and subject to change. Must be enrolled in eDocuments, have ACH direct deposit(s) of at least \$300, and 15 net PIN or signature-based debit card transactions each month. Membership with a \$5.00 minimum opening deposit required. Visit wingsfinancial.com for additional terms and conditions.





## **Mentoring**WAI Sisterhood Unites

As you may have heard, a Coulson Aviation C-130 firefighting airplane went down in Australia. Tragically, there were no survivors. The Captain (Ian McBeth) was one of the pilots in my Montana Air National Guard squadron. We are a very close Guard family so you can imagine the news was quite hard on our squadron.

lan was an incredible husband and father of three children. His oldest daughter, Abigale (Abi), WAI 92122, a senior in high school, had recently started to pursue her private pilot's license in her father's footsteps. He was able to be with her this summer for her initial solo and cut off the back of her T-shirt that is pinned on the wall.

Thanks to the incredible CFI scholarship I received from John and Martha King at last year's

conference, I will be able to fly with Abi to finish up her training and I anticipate that she will be the first student I send to a checkride. Because of the financial hardship the family is facing with the loss of their father and because of the incredible mentor and instructor Ian was for all of us in the Guard, I will be covering the cost of the remainder of her training.

My squadron brought Abi to this year's conference. She has been a rockstar through all of the tragedy and has held resolute in her pursuit of her pilot's license. We are thrilled to introduce her to the incredible support she has from the entire aviation community and the amazing group of female aviators. We just want to show Abi she has an incredible sisterhood to look forward too.

-Melissa "Missy" Martin, WAI 77913

## WAI Founder Dr. Peggy Chabrian Wins 2020 Henderson Trophy

Dr. Peggy Chabrian, founder of WAI, was awarded the 2020 Cliff Henderson Trophy by the National Aeronautic Association yesterday. NAA President & CEO Greg Principato noted the trophy is awarded to an individual for whose vision, leadership or skill has made a significant and lasting contribution to the promotion and advancement of aviation and aerospace in the United States. "Peggy not only possesses all three in abundance, and when you throw her energy into the mix you get an absolute force of nature." Thank you Peggy for your decades of leadership in steering the Women in Aviation International mission that today represents more than 16.000 members worldwide.



**Nancy Roe Pimm,** author of *The Jerrie Mock Story: The First Women to Fly Solo Around the World*:

"I love this conference because I love seeing these powerful women! I have three daughters of my own and want them to see the confidence here."

"I was honored to meet Jerrie Mock and write about her, and I had no idea how much of an impact that would make for me. And when I found out Shaesta Waiz was inspired by her, we collaborated on a kid's book about her journey. These connections among powerful and inspiring women mean the most."

## Book Nook

Erin Miller, Author of Final Flight, Final Fight: "The people who attend the WAI conference are energized and energizing. Everyone is excited to catch up and figure out how to help each other reach their goals for the future. I enjoy all the connections I make here and the people who support ways to share the history of the Women Airforce Service Pilots to carry on my grandmother's legacy."

Mary Bush Shipko, author of Aviatrix: First Woman Pilot for Hughes Airwest:
"I enjoy the supportive environment here, and I love seeing the empowerment among women. I'm just thrilled to be a part of it."

"I wrote this book because I wanted a historical account of what we went through, what is was like back then, and to see how far we've come. I was interviewed for this pilot job at the cusp of the the Quiet Revolution in 1975, and it continues today. The opportunities that women have today is a result of what I and others went through back then."

Compiled by Sarina Larson, WAI 90887

#### Hiring Briefings: Formal Meet and Greets With Your Prospective Employers

Hiring briefings allow companies to outline their basic application procedures, discuss current positions available and their requirements, as well as answer any frequently asked questions. These briefings will last 30-45 minutes. The hiring briefings require a conference badge and are open seating. Check your conference app for any updates to companies, days, or locations.

SATURDAY, MARCH 7

**Coronado N** 

9:00-9:45 a.m. SkyWest Airlines

10:00-10:45 a.m. United Airlines

11:00-11:45 a.m. FedEx **Coronado R** 

9:00-9:45 a.m. Envoy Air

10:00-10:45 p.m. FAA Office of Civil Rights

11:00-11:45 a.m.

Southwest FO/Pilot and Destination 225°

### **Mother/Daughter Mx Team**

Rebecca Hines is an A&P student graduating in May 2020 and Hannah Hines is also an A&P student graduating in July of 2021. They both go to Rock Valley College, located in Rockford, Illinois. Yep, they're mother and daughter, respectively, and quite a team!

"For me, deciding to go into aviation maintenance was pure dumb luck," chuckled Rebecca. "I had been a stayat-home mom for 20 years. I saw that



the local airport was expanding and I wondered if there were jobs there. There were! I signed up for the job, but I fell in love with aviation."

Rebecca was so excited about aviation that she was attending community pancake breakfasts at the airport and bringing her daughter Hannah along and..."slowly," Hannah said, "I started to think this is kind of cool and I'd like to be a part of this."

If you are wondering, do they share tools? The answer is yes. Do they share books? Yep, books too. They study together, but really they've only had one semester where they overlapped.

They are here at WAI because it is all about women helping women, and, said Rebecca, "Coming last year was my first conference and it changed my life. It taught me the power of women helping each other and there's nothing else like it. And everyone just wants to help each other."

-Amy Laboda, WAI 14





#### EXHIBIT HALL

#### Exhibit Hall Hours

#### SATURDAY, MARCH 7

10:30 a.m.-3 p.m. Veracruz Exhibit Hall

#### Bid Online for the WAI2020 Silent Auction!

As the single largest fundraiser for WAI scholarship and educational projects, the online silent auction is available online for our entire membership. Visit

#### www.32auctions.com/

WAI2020 to join the auction, create your profile, and view the items. Bidding started Thursday, February 27, at 8 a.m. EST and ends today, at 1 p.m. EST. With over 100 items to bid on, you'll find aviation memorabilia, airline tickets, two Come From Away Broadway tickets, jewelry, watches, luggage, flying gear, and more!



- 723 Abingdon Company
- 640 ABX Air
- 222 AE Industrial Partners LP
- 733 AeroGuard Flight Training Center
- 113 AeroStar Training Services
- 635 Air Cargo Carriers LLC
- 136 Air Force
- 138 Air Force Academy/ Air Force ROTC
- 130 Air Force Civilian Service
- 140 Air Force Junior ROTC/Civil Air Patrol
- 134 Air Force Reserve
- 128 Air Force Reserve Office of History & Heritage
- 419 Air Line Pilots Association International
- 132 Air National Guard
- 605 Air Race Classic Inc.
- 617 Air Wisconsin Airlines
- 126 Air Transport International Inc. (ATI)
- 423 Airbus
- 516 Alaska Airlines
- 115 Allegiant Air
- 829 Allied Pilots Association
- 827 Alpha Eta Rho Inc.
- 331 Amazon
- 313 American Airlines
- 413 American Airlines Federal Credit Union
- 106 American Flyers
- 203 Ameriflight LLC
- 508 AOPA
- 338 Arizona State University Polytechnic Campus
- 601 Association for Women in Aviation Maintenance (AWAM)
- 228 Atlas Air Inc.
- 322 ATP Flight School
- 534 Auburn University Aviation Center
- 127 Aviation Academy of America
- 835 Aviation Exploring
- 114 Aviation Search Group LLC
- 440 Aviation Technical Services (ATS)
- 606 AviationJewelry.com

- 125 Bemidji Aviation Services Inc.
- 700 Bombardier Aerospace
- 139 Breeze Airways
- 523 CAE
- 126 Cage Marshall Consulting
- 123 California Aeronautical University
- 735 CAMP Systems International Inc.
- 530 Cape Air
- 110 Chart it All
- 434 Cirrus Aircraft
- 207 Cochise Community College
- 740 College of Missionary Aviation
- 205 Columbia Helicopters
- 613 CommutAir
- 510 Compass Airlines
- 441 Constant Aviation
- 306 Coradine-LogTen Pro
- 219 David Clark Company Inc.
- 211 Delta Air Lines Inc.
- 238 Delta Private Jets
- 326 Delta State University Commercial Aviation
- 710 Desert Jet
- 137 Dynamic Aviation
- 622 Embry-Riddle Aeronautical University
- 825 Empire Airlines
- 215 Endeavor Air
- 310 Envoy Air Inc.
- 539 Executive Jet Management
- 316 Experimental Aircraft Association
- 513 ExpressJet Airlines
- 739 FAA Civil Aerospace Medical Institute
- 826 FAA Office of Civil Rights
- 824 FAA Office of Human Resources
- 807 FAA/Airmen DUI/ DWI Program
- 528 Falcon Aviation Academy
- 501 FedEx Express
- 731 Flexjet
- 729 Flight School Association of North America

- 607 FlightSafety International
- 229 Frontier Airlines
- 201 FSSolutions
- 608 SimCom
- 234 Gleim Aviation
- 714 GMJ Air Shuttle
- 227 GoJet Airlines
- 317 Gulfstream
- 240 Halldale Group
- 809 Hawaiian Airlines435 Helicopter Association International
- 131 Higher Orbits
- 514 Horizon Air
- 736 IAero Airways
- 330 IFOD-Inst of Flight Operations & Dispatch
- 217 International Society of Women Airline Pilots
- 823 Int'l Society of Air Safety Investigators
- 637 Jacksonville University
- 712 Jet Linx Aviation
- 819 JetBlue
- 734 JETPUBS Inc.
- 833 Joby Aviation
- 834 JSfirm.com
- 722 JSX/JetSuite
- 830 Kellstrom Aerospace
- 439 Kent State University College of Aeronautics
- 628 L3 Harris Airline Academy
- 438 Lewis University
- 328 Liberty University School of Aeronautics
- 737 Louisiana Air National Guard
- 129 Lufthansa Aviation Training USA
- 109 Lynn University College of Aeronautics
- 216 M & H Uniforms
- 540 Mamaya Inc.
- 615 Mesa Airlines
- 801 Method Seven832 Mission Aviation Fellowship
- 512 Mountain Air Cargo
- 239 NASA
- **429** National Air Traffic Controllers Association

- 135 National Aviation Academy
- 335 National Flight Academy
- 214 National Gay Pilots Association
- 625 National Geospatial Intelligence Agency
- 730 National WASP Museum
- 531 NetJets
- 118 NOAA Aircraft Ops Ctr/Hurricane Hunters
- 116 NOAA Aviation Weather Center
- 336 Ohio University
- 337 Omni Air Interna-
- 639 OSM Aviation & Flight Academy
- 235 Pan Am International Flight Academy
- 813 Pearls With Purpose Foundation
- 837 Phoenix Air Group
- 529 Phoenix East Aviation (PEA)
- 312 Piedmont Airlines
- 822 Piper Aircraft Inc.
- 811 PlaneSense Inc.
- 409 Priester Aviation141 Pro Aviation Safety
- Specialist AFL-CIO
  411 PSA Airlines
- 417 Purdue University
- 237 RAA
- 541 RavnAir Group
- 805 Reno Tahoe USA
- 536 Republic Airways
- 304 Saint Louis University Parks College
- 634 Shell Aviation
- 225 Silver Airways
- 600 SkyWest Airlines112 Southern Illinois
- University
  713 Southwest Airlines
- 124 Spartan College of Aeronautics and
- Technology
- 535 Spirit Airlines817 Sun Country Airlines
- 728 Texas Woman's University
- **401** The Boeing Company
- 611 The Ninety-Nines Inc.727 The Ohio State
- University

  117 Thomas Edison
  State University

#### EXHIBIT HALL



- 334 Transportation Security Administration
- 218 Travelpro
- 339 Uber
- 517 United Airlines
- 223 University of Dubuque
- 324 University of North Dakota
- 836 University of Tennessee Aerospace and Defense
- 300 UPS Airlines
- 815 US Aviation Academy
- **706** USAA
- 627 USDA Forest Service
- 704 Utah State University

- 323 UTC | Pratt & Whitney
- 340 Vaughn College of Aeronautics and Technology
- 100 WAI 2021 Exhibit Sales
- 301 WAI Membership/ Chapter Booth
- 701 WAI Merchandise
- 101 WAI Silent Auction

- 623 Walmart Aviation
- 738 West Star Aviation
- 509 Western Michigan University College of Aviation
- 415 Whirly-Girls International
- 638 Wiggins Airways
- 212 Wings Financial Credit Union
- 803 Wings For Val Foundation
- **507** Women in Corporate Aviation
- 724 Women Military Aviators Inc.
- 716 XOJET Inc.

### CHAPTER EVENTS



SATURDAY, MARCH 7

#### Build Your Best Calendar

11-11:40 a.m. Coronado G

## Online Tools and Resources

1:45-2:25 p.m. Coronado G

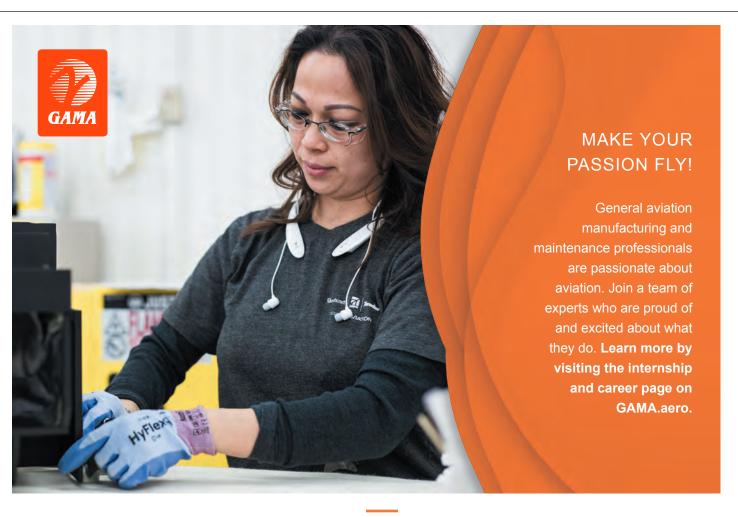
Become a Successful Chapter President

3-3:40 p.m. Coronado G

#### SATURDAY, MARCH 7 Chapter Showcase Schedule

WAI Membership Booth Veracruz Exhibit Hall

|                     | Chapter                                  | Contact   |
|---------------------|--|---|
| 10:30-11:30 a.m.    | Embry-Riddle Daytona Beach<br>Chapter 25 | Audrey Hallam<br>707-225-4624<br>hallama@my.erau.edu                |
| 11:30 a.m12:30 p.m. | Stars of the North<br>Chapter 97         | Jessica Belcher<br>205-296-1664<br>jessicabelcher0215<br>@gmail.com |
| 12:30-1:30 p.m.     | Tampa Bay, Chapter 120                   | Allison Abellaneda<br>612-805-3868<br>info@waitb.org                |
| 1:30-2:30 p.m.      | Ghana Chapter,Chapter 159P               | Cynthia Kukah<br>2.33244E+11<br>cynhatekah@gmail.com                |



## An Evening of Fun & Music!



Jazz With Wings Hangar Dance, sponsored by Wings Financial Credit Union, had attendees on the dance floor.

The theme was sun and sand at the WAI Connect Beach Party.





| E D U C A T I O N S E S S I O N S |   |   |   |   |  |   |                         |  |  |
|-----------------------------------|---|---|---|---|--|---|-------------------------|--|--|
|                                   | SATURDAY MARCH 7  |   |   |   |  |   |                         |  |  |
|                                   | Coronado C  | Coronado F  | Durango 1   | Fiesta 4  | Fiesta 5   | Fiesta 7  | Fiesta 9                | Monterrey 1  |  |
| 1:45-<br>2:45 p.m.                | From 500ft to<br>FL450: Lessons<br>Learned Along<br>the Way | Checkride-itis;<br>How to<br>Overcome Fear<br>and Anxiety | Understanding<br>How Human<br>Factors Impact<br>Aviation<br>Maintenance | Influential Women<br>in Aviation and<br>Aerospace History | History of the<br>WASP   | General Aviation<br>Aircraft Accident<br>Investigation:<br>An Industry<br>Perspective |                         | Women<br>in Combat<br>Operations                             |  |
| 3-4 p.m.                          | Finding Your<br>Voice                                       | Women in<br>Leadership<br>Inspiring<br>Leadership         | Careers in the<br>Helicopter<br>Industry:<br>We Need You<br>Now!        |   | Enduring Values –<br>Education and<br>the Pursuit of<br>Scholarships | Developing<br>Your Authentic<br>Presence and<br>Influential<br>Communication          | Wheels Up<br>Wellness!™ | To Space and<br>Beyond:<br>Launching<br>Humans into<br>Space |  |



## **Networking Works!**

Daniel Riskey, People Department from Southwest, shared key networking strategies and tips with students at #WAI20 in his session "Networking 101," sponsored by Southwest Airlines. His tips were straightforward and effective: know what you want to say—develop your personal elevator speech, make sure you stand out in some way by showing your passion, listen to people you meet to learn about possibilities and next steps—then follow up with them to keep in touch. He also implored students to look into internships, especially from companies that partner with colleges.

Molly Martin, WAI outreach director, spoke about why it is valuable to be a WAI chapter member. "Your fellow chapter members share advice about jobs, job changes, work balance, and navigating your career. You'll also make lifelong friends and keep the energy of the WAI conference flowing the entire year," she said.

Finally, Winsome Lenfert, FAA Deputy Associate Administrator, shared that FAA's mission is to provide the safest and most efficient transportation system in the world.

"Did you know that the FAA employs over 44,000 people?" she asked. FAA employs people in a variety of roles including pilots, air traffic controllers, engineers, HR staff, doctors, mechanics, and environment specialists. All government job openings are at usa.jobs.gov including internships.

-Michelle Graves, WAI 45798

#### **WAI Builds Leaders**

WAI is all about workforce development and diversity, and WAI 2020 is laser focused on the subject. In the seminar "Leadership: How to Direct and Motivate Others" presented by Dr. Janette McMurtrie, MA, Psy.D and sponsored by XOJET, attendees absorbed insightful, practical, and actionable tactics for how to lead and motivate others and develop oneself as a leader.

Janette emphasized the difference between management and leadership, motivating and inspiring others, and effective communication. She outlined the different types of leaders, and shared tips for new leaders to avoid pitfalls.

So, how do true leaders motivate and inspire others? They find out what people are passionate about, pick the right roles for those people, make them feel like they belong, find out how to let them do what they want to do, and finally, they encourage and recognize their contributions.

"The key to leading and motivating others is effective communication," said Janette. "Pay attention to what is going on with people. Use the S.E.T. Rule (Support/Empathy/Truth). Learn how to truly listen—make eye contact, don't interrupt, and don't get distracted," she continued.

The deck from the presentation is available to download on the conference app—check it out to learn the details.

-Michelle Graves, WAI 45798





#### **IYE Youth** Exchange for Summer 2020

Do you want your child to travel abroad, learn about a new culture, further their foreign language skills, and have the experience of a lifetime? Teens of airline families can make this dream a reality with the help of Internati onal Youth Exchange (IYE), an innovative program that has matched more than 6,500 teens during the past 23 years. IYE connects teens, ages 14–19, with a similarly aged youth in another country.

The teens spend two weeks in each other's homes, usually over summer break. IYE has matched teens in a wide range of countries, including: The USA, Canada, Austria, France, Germany, Italy, Spain, Portugal, Australia, Vietnam, The Netherlands, and Switzerland. To learn more email retired Delta Airlines staff member Camille Wheeler cwheeler@ intlyouth.org.

### Imagining a New Frontier

was just walking around with my mother trying to find a way to be helpful here at the WAI conference when I ran into Eileen Collins, retired astronaut and the first female space shuttle pilot and commander. That's how this conference is—you run into the most amazing people.

We got talking and she told me about her experiences with her post-astronaut career and the diffrent things she is involved in today. Her perspectives on space travel and how the changing technology is bringing up new issues in the space community were fascinating and timely. For instance: how do you resolve territorial claims in using travel and communications in space? The influx of private companies such as SpaceX or Boeing and the increase in mili-

tary and government presence in space create issues of regulation pertaining to the use of space.

It's a new frontier for the space community. Collins currently sits on the National Space Council and I'm still shaking my head with amazement that she took the time to speak with me, a WAI conference newbie, about things that will affect the future of aviation for my generation and beyond. My mom isn't so amazed, though. She knows this is just how it is at a WAI conference; lots of really talented, experienced people are here and are excited about helping the next generation learn all they can.

My advice to you newbies out there? Just talk to anyone here. You will definitely stretch your mind. —Sam Creveling WAI 92887



Danielle Varwig is the newest pilot for NOAA's Hurricane Hunters group based in Lakeland, Florida. She's making the transition to the department's Gulfstream GIV from her latest gig as a T-6 instructor pilot for the US Air Force—with prior time in the C-17 and MC-12. Varwig was looking for variety in her flying—as well as continuing her service to her country—with a locally based job that keeps her close to family. Congratulations!

## **Mindful Aviation**

ilots often stay hyper vigilant and don't want to lose the edge that helps them maintain their high level of awareness at work, according to Capt. Eisen, who presented Mindful Aviation on Friday morning. It turns out that pilots can benefit from mindful meditation to



Just as a pilot uses tools and in-

learn to be in the moment.

struments to assess their aircraft, a pilot can use mindful meditation to assess themselves. What does this mean? Rather than 'thinking' about how they are feeling, Capt. Eisen encouraged us to 'come to our senses' and use intuition and feeling to assess ourselves.

How does one move from 'thinking' to using their senses to assess themselves? Just as one lifts weights to build muscle, practicing mindful meditation will lead to more self-awareness!

The attendees learned an exercise called '4 Pause 8' where one breathes in for a count of 4, pauses, then exhales for a count of 8. During the exhale, bring yourself into your body and pay attention to how it feels. What are your 'instruments' telling you? Continue to practice this exercise. At first your mind will jump into action and start thinking. Don't criticize yourself if this happens. Instead gently let go of those thoughts and bring awareness back to your body. 'Train' by doing this for 15 minutes 3 times a week and it will yield results. For more information go to www.mindfulaviator.com.

-Michelle Graves WAI 45798

#### **Pearls of Wisdom**

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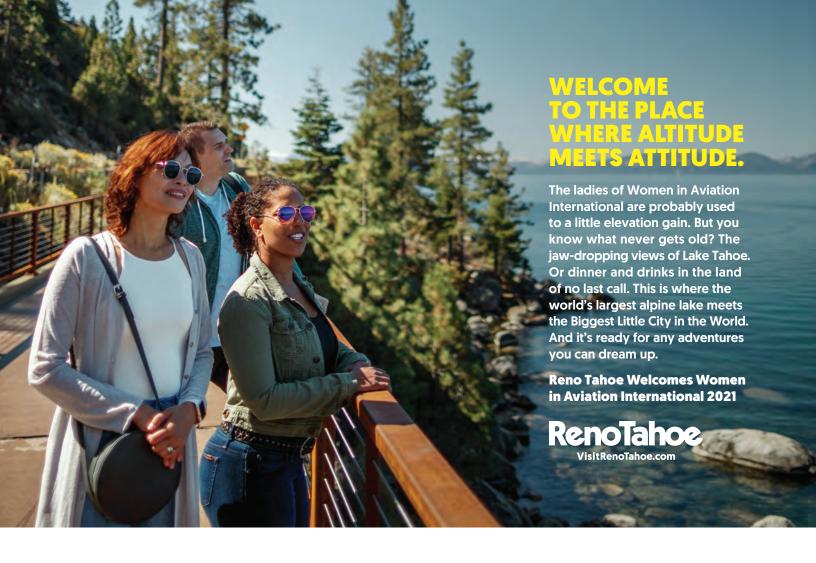
"I project that in this audience today, might be the mother, the sister or the woman who will be the very first woman to put dusty tracks on the moon and maybe the first person to walk on Mars."

—Barbara Barrett

"

"The world would not survive without aviation and the aerospace industry. Today, we have the chance to recognize the most amazing women in our field."

—Joan Robinson-Berry



#### We're excited to host WAI 2021!









