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December 23, 2013

**Wishing everyone the very best holidays**

The holiday season is fully upon us, with hectic schedules in one hand and precious time with family in the other. For many of us, this is the most special time of the year. For others, these days can bring an undue amount of stress, and it is easy to fall into the assumption that there is no one to turn to for help.

And that conclusion would be tragic, considering that help is really just a phone call away. It is a fact that we engage in a hazardous and stressful profession, spending half of our lives away from home, and there is no doubt this takes its toll on all of us in a variety of ways. By recognizing that we are an association of **people** - each with vulnerabilities and separate circumstances - we can take action to protect each other from adverse life events.

#### **ALPA Central Air Safety Committee (CASC)**

ALPA started as an organization devoted to safety, and is today the largest private organization devoted to safety of flight; no small part of that endeavor should include the human beings at the controls. Hundreds of events occur daily on the line, and ALPA CASC can help Delta pilots navigate through reporting requirements, and ensure you have the protections and representation necessary after an event. Whether you are involved in an aircraft incident or just need assistance filing an ASAP report, call the Safety Committee for help. The ALPA Worldwide Accident/Incident Hotline can be reached at 202-797-4180 or 703-892-4180 and the Delta MEC Air Safety Committee at 800-USA-ALPA.

#### **Pilot Assistance Network (PAN) Committee**

PAN is the umbrella group that helps pilots with a variety of issues, whether they are life events, physiological, psychological or related to medical assistance. PAN is often the first hand reaching out to pilots in need of help. You can reach PAN at 800-USA-ALPA and selecting 7.

#### **Aeromedical**

Time zone changes and red-eyes, long hours in a cockpit chair, and life on the road all present obstacles to maintaining fitness for flight. The Delta MEC **Aeromedical Committee** provides all members in good standing with free access to **Aviation Medicine Advisory Service (AMAS)**. Six physicians are on staff to address your issues in a timely and completely anonymous way, whether it is simply wondering if your prescription medication disqualifies you from flying, or a larger issue threatening your career. The first step in protecting your FAA medical is a call to AMAS. ALPA members have a direct line to AMAS at 303-341-4435.

#### **Aircrew Health**

Delta has found new sources of revenue in the third world, particularly Africa, and the Delta pilots have found new ways to get sick. Avoiding encounters with tropical diseases is a shared

priority, and to that end the Aircrew Health Initiative was begun in 2009. The link on the Delta MEC Committee page covers a range of health-related topics, from malaria to yellow fever to alcohol awareness. You can reach Aircrew Health at 404-714-4222 during normal business hours and the malaria hotline 24/7 at 404-715-6006.

### **Professional Standards**

Sometimes there are problems in the cockpit that aren't related to regulations or medical issues. We are all human beings, and we certainly aren't clones, regardless of how we all look so much alike to our passengers. When the cockpit environment presents an unforeseen challenge, your Professional Standards Committee works to help ensure and promote the highest standards of professionalism in the workplace, aid in resolving disputes, and prevent harassment in the workplace.

Pro Stan keeps no written records, and all cases are handled with the utmost confidentiality in a non-judgmental, non-accusatory, and non-confrontational matter. Pro Stan can be reached at 800-388-1628.

### **DPAC**

The Delta Pilots Assistance Committee works with the Human Intervention Motivation Study (HIMS) to treat addictive disease. This committee embodies the best intentions of our Association, saving lives, careers, and families, all while enhancing a safer operation for our company. If you think you need help, or if you know someone who might, visit <http://dal.alpa.org> and select DPAC from the committee drop-down menu. The DPAC web page contains a full roster of volunteers with phone numbers from every base. DPAC's success rate in facilitating recovery for Delta pilots ranks among the best of all treatment programs in the country. They are ready to help.

### **Delta Pilots Network (DPN)**

DPN exists to facilitate rapid communications between the MEC and the membership. This is sometimes related to contractual or regulatory issues, such as the DPN call center opening to answer questions related to FAR 117. The more notable operations for DPN happen during extreme weather events, earthquakes, tsunamis, wildfires, and natural disasters of every kind. During times of crisis or events directly affecting our pilot group, the DPN is activated to reach out and help those pilots. DPN 24/7 when active can be reached at 866-239-0437.

It is in these ways that the Delta MEC and ALPA help to protect what is precious. We hope that everyone enjoys the merriest of holidays; it is the time we share with those closest to us that matters more than anything else.