

# COUNCIL 19 NEWSLETTER

[WWW.AFAALASKA.ORG/SEA](http://WWW.AFAALASKA.ORG/SEA)



Wednesday October 25, 2023



## Council 19 Member Meeting Recap

On October 3rd, we held our Council 19 membership meeting, which was open to all council members. In addition to our Council 19 Officers and Committee Chairs, several members attended. We discussed current issues, committee updates, and got a negotiations update from our MEC President, Jeff Peterson. If you would like to view the minutes from the meeting, you can visit:

<https://afaalaska.org/sea/10-3-member-meeting>

## In this issue..

- Workplace Wellness
- Spotlight on the Contract
- CBT Reminders
- Council Meeting Recap
- FlightPAC
- Text Notifications
- HRE Committee
- Membership Dues
- and more!



**Make sure to spend your  
Uniform Allotment! Use It or  
Lose It!**

## Membership Dues

We will be planning solidarity events soon, so it is important to make sure that you are up to date on your membership dues. Also, please remember that when a tentative agreement is reached with the company, you must be up to date in order to vote! If you have questions about your dues status, please reach out to our Council #19 Secretary, Adam Clarey at [adam.clarey@afaalaska.org](mailto:adam.clarey@afaalaska.org).



## AFA International HRE Committee

The AFA Human Rights and Equity Committee is committed to providing the broadest possible representation of our members regardless of age, disability, marital status, national origin, ethnicity, race, religion, sex, sexual orientation, gender, gender identity and gender expression. We honor and celebrate the shared humanity of the members in our care. We shall at all times endeavor to promote the principles of tolerance, fairness, equity, justice, respect and inclusion within our Union. It is only when we all work together we can tear down the walls of division and create a progressive culture that values social & economic justice for all working people.

[Click Here for HRE Newsletter](#)

## Spotlight on the Contract...

This month we will be focusing this section to our Reserve Flight Attendants, specifically to Reserve Flight Attendants who commute.

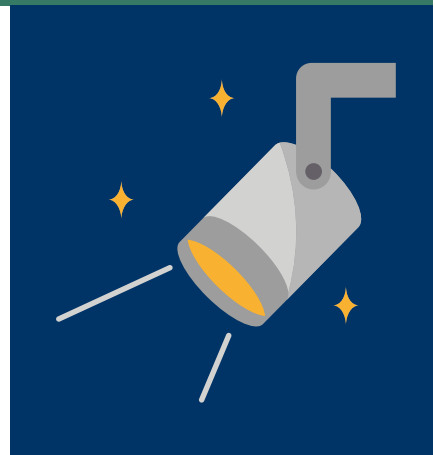
### **Commuting on Reserve:**

You must be physically in domicile during your reserve availability period (AM: 00:00 – 14:00, PM: 10:00 – 23:59, ER: 00:00 – 23:59) This includes the beginning and end of your reserve availability period.

You must be physically in domicile during your reserve availability period (AM: 00:00 – 14:00, PM: 10:00 – 23:59, ER: 00:00 – 23:59) This includes the beginning and end of your reserve availability period.

For example: At the beginning of your block, you have a 4-day PM reserve block starting on the 20th. On the 19th between 10:00 -14:00 you self-assign a 4-day trip with a 21:00 report on the 20th. You still must be in domicile prior to 10:00 on the 20th. You CANNOT commute in a few hours before your report of 21:00. Even though you have self-assigned a trip, scheduling can still contact you at 10:00 and under certain circumstances they can even remove your self-assigned trip and give you a new assignment.

Also, on the last day of your Reserve block, if the last Company-operated flight that you would be legal to work (per the last flight of the day report) has departed the domicile you MUST call scheduling and ask to be released from the remainder of your reserve availability period BEFORE you commute home. Failure to do so can result in an attendance issue up to termination even on first offense.



## CBT Reminder

Do not forget to complete your CBT (Annual Compliance Training) by the end of the year deadline. It is important to remember if you do not complete the required training, the discipline is progressive. If you are already in steps of discipline, failure to complete your CBT will move you up the steps, up to and including discharge. If you encounter any technical issues, please contact the [ITS Help desk](#). To verify your CBT is complete,



## FLIGHTPAC

Did you know that none of your Union Dues goes to support a political candidate? With elections around the corner, it is more important than ever to support candidates that support OUR UNION.

In order for AFA-CWAs to maintain our influence in the legislative arena, it is essential to support political programs which complement our legislative activity, and that's why we have FlightPAC. Dues from our members are NEVER contributed to campaigns. FlightPAC contributions are voluntary. FlightPAC provides financial support to our federal candidates in office who are committed to helping us accomplish our goals.

FlightPAC is non-partisan. We give to candidates who help flight attendants. AFA understands that not all members have the same political/social beliefs. The fact remains that there are issues that affect all members. These include 10 hours rest, human trafficking awareness, the fight to collective bargaining, air quality and a host of other workplace issues.



In these difficult and uncertain times, it's more important than ever that we have a strong and powerful voice in Washington DC. We must stand together to protect ourselves and our flying partners. Please join us in supporting FlightPAC today. You can visit this link to sign up: [http://legislative.afacwa.org/docs/COPE-FPAC\\_brochure.pdf](http://legislative.afacwa.org/docs/COPE-FPAC_brochure.pdf). You can also automatically set donations up through Peoplesoft (peoplesoft, payroll, voluntary deductions, add deduction, search AFA Political Action Committee, make your choices, submit).

Every dollar helps our agenda, so any amount is great!

If you have any questions about FlightPAC, please contact our LEC Government Affairs Chairperson, Melinda Jorge at [melinda.jorge@afaalaska.org](mailto:melinda.jorge@afaalaska.org)

## TEXT MESSAGING



We are excited to announce a new way to receive messages from the MEC. You can now sign up for text message updates from AFA Alaska. Initially, these will only be messages being sent from the MEC level. We are looking at ways to utilize this from the local level, and more information will come soon.

We will not flood your phones with messages. AFA Alaska text messages will only be sent for significant events and time-sensitive alerts. You can visit the [sign-up page](#) to enroll.



# Workplace Wellness.....



Being healthy at work is extremely important. If you are not feeling well, it lowers your focus and can lead to accidents and/or mistakes. There are many ways to be “healthy”. When we talk about being healthy, it is important to remember that we need to focus on both the mental and physical sides.

Research shows that just 30 minutes of regular activity 5 days a week will help strengthen and boost your immune system, increase energy & endurance, help you sleep better, reduce the risk of many diseases, as well as reduce stress, depression, and anxiety.

Did you know that being on the airplane is dryer than being in the Sahara Desert? There are many benefits to drinking at least 8-10 glasses of water a day. Some of those benefits included an increase in energy, relief of fatigue, weight loss, flushing of toxins, improved skin complexion, maintaining your regularity, it boosts your immune system, and is a natural headache remedy. Drinking those 8 – 10 glasses is what is recommended on the ground, so with the dryness of the plane you should increase that amount. Try to drink at least a large “box” of water per flight and remember to take your opened box with you on your layover.

It is also important to try to eat healthy. We realize that this can be difficult when flying but try to choose more fruits and vegetables. Most people should aim for at least 9 (4.5 cups) servings a day. Look for different kinds and colors to give your body a mix of nutrients. Best bets? Dark leafy greens, cooked tomatoes, and anything that’s rich orange, red and yellow in color. It helps lower blood pressure, heart disease, and stroke.

Part of the above was taken from “Understanding Reserve: An informational series by the Council 39 Reserve Committee.”





## Human Rights COMMITTEE

### Human Rights Committee Chair Opening

To ensure we have an equitable process in selecting a new Chairperson, the SEA LEC will hold interviews for eligible candidates during the week of December 4, 2023. If you are interested, please plan to bid around that week. All interviews will be conducted using Google Meet video conferencing.

Visit our AFA Alaska [Human Rights Committee](#) page to learn more and download [roles and responsibilities of the committee](#). Interested candidates should submit a resume along with a cover letter outlining your interest to [sea@afaalaska.org](mailto:sea@afaalaska.org), no later than November 1, 2023.



By now, most of you should have received a uniform survey to your Alaska Airlines email. We ask that you take a few minutes and give honest feedback on the uniform. This is the time to let your opinions be heard to management. As always, you can contact us directly at [sea.uniform.chair@afaalaska.org](mailto:sea.uniform.chair@afaalaska.org).



## Uniform COMMITTEE

Most of you are already aware of our Seattle Council 19 Facebook page. We have also launched a new Instagram page in an effort to connect with more members. Click the icons below to follow us on both platforms!



## Communications COMMITTEE

There are times in our lives of whole-hearted inspiration. All of you together, is nothing short of inspiration. We endeavor to provide our very best, every moment, of every day, to each other and our guests. We simply are the best in the industry. Presently, we once again are shining, as our unity has never been stronger. Our resolve has never been more ignited. Our passion for a true industry leading contract has never been more laser focused. Thank you for this moment in history, of once again whole-hearted inspiration in unity as we endeavor to bring change as a collective, in solidarity. Keep the resolve, keep the fire ignited and the inspiration in unity as a beacon that continues on.....

In Solidarity,

Your Council 19 Officers and Committees

### Native American Heritage Pins

A Supply of native American Heritage pins, which can officially be worn with your uniform for the month of November, will be available in the inflight office by November!

