



AFA Debrief – September 7, 2023

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September 11th Remembrance

As summer comes to a close, we begin to prepare ourselves for the September 11th Memorials held all across our nation and the world.

Keeping our commitment to Never Forget, Flight Attendant honor guards will stand in memory of the crew members who made the ultimate sacrifice twenty-two years ago. Our AFA honor guards were selected from United Airlines, Frontier Airlines, Horizon Air, and Spirit Airlines.

In addition to attendance at the national memorials in New York City, Washington D.C., and others around the country, Flight Attendants and AFA representatives and volunteers will attend the September 11th Memorial Observance Ceremony at the Flight

93 Memorial National Park.

We encourage you to attend a ceremony in your area, alongside your AFA Leaders, your fellow Flight Attendants, and the friends and families of those whose lives were lost in these devastating terrorist attacks.

This day resonates differently with each of us. There is no right or wrong way to honor and remember the family we lost that day. Whether you are flying in the operation, attending a memorial, or spending time with loved ones, take a moment to pause and reflect on the heroism and ultimate sacrifice of that day. Remember them.

If you aren't able to be part of a local Memorial service, simply take a moment of silence in honor of our heroes in aviation, as well as those first responders and anyone touched by the tragedy of September 11, 2001.

Suggested moments of silence:

- 8:46 am AA Flight 11
- 9:03 am UA Flight 175
- 9:37 am AA Flight 77
- 9:57 am UA Flight 93

For the month of September and leading up to the 11th, black ribbons will be provided through your Local Council to be worn behind your AFA pin. Wear them as a remembrance of our flying partners, family, and friends as a reminder that they will always be with us.

A limited supply of the AFA September 11th Remembrance pins, honoring the victims of 9/11, are available through your Local Council.

Personal Strategies for managing the anniversary of September 11th

Anniversaries of tragedies can be difficult times for many people. For some, the anniversary of 9/11 continues to be a powerful reminder of loss. For others, who thought they had put the tragedy behind them, the anniversary may produce unexpected anxiety or grief. The anniversary and the media replay of that day's losses may stir strong emotions and difficult memories in many of us. But there are ways to cope:

- Observe the anniversary in a way that's comfortable for you. Connecting with others who shared your impact, getting involved in memorial activities and talking about the events of that day are all important coping strategies, but taking time to be by yourself – to think and reflect – can be helpful and healing as well.
- Limit television and social media as much as possible. The visual images of the losses that day can prompt especially strong reactions. Be prepared to take a digital vacation or frequent time-outs in and around the anniversary to minimize or all together avoid these visual triggers.
- If you start to feel overwhelmed, talk with a friend, family member, or your AFA EAP. Often, talking about your fears and feelings is enough to relieve stress and realize that other people share your feelings. Taking action is a sign of strength and self-awareness.

- Recall other times you've experienced strong emotions. Identify which coping strategies have worked for you in the past and use them.
- Don't compare yourself to how others around you appear to be dealing with the September 11th anniversary. Everyone experiences and copes with stress differently. Try not to judge people's emotions by their outside appearance.
- If you have strong feelings that haven't or won't go away, seeking help from a professional may prove useful. Your AFA EAP can provide you with referrals.
- Share this information with a flying partner who may be struggling with the upcoming anniversary.

However, you choose to structure your day, this September 11th, or however it just naturally unfolds, please remember that your AFA EAP committee representatives welcome being a part of it. We're just a phone call away.

Please call AFA EAP at 1-800-424-2406 for assistance or contact your local AFA EAP committee listed at www.afacwa.org/eap

AFA Negotiations Survey III

Many of you have started receiving the Contract 2021 Flight Attendant Negotiations Survey III at your address of record. The focus of this survey is on scheduling related topics. The survey opens on September 12, 2023, at 0800 Central Time and closes October 10, 2023 at 1600 Central Time.

To take the online survey, you will need a 6-character access code. The access code is included on the cover letter that is included in the survey envelope. If you have trouble with your access code, please contact our Negotiations Survey Help Line at 800-624-3907, extension 550, between the hours of 8:00 AM and 6:00 PM Central Time.

We cannot overstate how valuable your opinions and participation are to us, nor how powerful it is at the bargaining table.

United MEC Unanimously Adopts Resolution to Move Negotiations Forward

On Wednesday, September 6th, the United MEC unanimously adopted a resolution that lays the foundation to move our Contract negotiations forward with a goal of reaching an agreement within months, not years. United Flight Attendants are unified and ready to do “Whatever It Takes” to get a Contract that recognizes our contributions to the success of United Airlines.

Harvard Flight Attendant Health Study Concludes September 15th

Initiated in 2007, the Harvard Flight Attendant Health Study stands as the most extensive continuous research project focused on the health and well-being of flight crew members. The research team is set to wrap up the study's fourth phase on September 15, 2023.

The study aims to gauge the frequency of various health issues among both active and retired flight crew members from the U.S. and other countries. Specifically, it seeks to explore how working conditions—including the impact of the pandemic and its subsequent effects—correlate with the occurrence of these health issues. The ultimate objective is to identify and address the work-related stressors that contribute to early-onset illnesses and other health conditions among flight attendants.

Anyone interested in participating can access the survey <https://www.fahealth.org/join-2/>.

AFA Welcomes Classes 2326 and 2327

We're thrilled to extend a warm AFA welcome to our recent training graduates as they joined the United Flight Attendant community. Our newest flying partners will begin their careers at bases in DEN, EWR, SFO, GUM, and BOS.

As we close out the hectic summer flying, let's all try to embrace and support them. Sharing your valuable experience will help them settle in and embark on a successful and adventurous journey into their new profession.

It's important to note that our newest members are currently on probation. To ensure they receive accurate assistance regarding contractual matters, please direct them to their AFA Local Council.

If you're interested in becoming an AFA Buddy and a crucial part of their success, reach out to your AFA Local Council to learn how you can get involved. Together, we can support and guide the next generation of safety professionals.

Reminders:

September – National Recovery Month

September 11 – 22nd Remembrance September 11, 2001

September 15 – Harvard Flight Attendant Health Study Concludes

September 15 – Hispanic and Latin Heritage Month

September 23 - Vacation Elections Open

September 23 – Vacation Accrual Letters Available in CCS