



**District 142**

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# Weekly Update



The Update Message from the International Association of Machinists and Aerospace Workers representing Flight Attendants in the 2339 Local Lodges

## Friday, December 24, 2010

### **Continental Negotiations Continued Last Week in Chicago**

Negotiations continued last week with National Mediation Board Senior Mediator Pat Sims in attendance. We have been meeting daily since Wednesday, December 8, 2010. Some movement has been achieved on issues communicated by the membership during the previous tentative agreement ratification; however, several issues remain to be addressed and resolved.

Due to previous commitments the mediator has adjourned negotiations until the week of December 27, 2010.

The Committee remains focused on securing an agreement that addresses your expressed concerns as soon as possible.

As future developments occur you will be advised.

### **ExpressJet Negotiation Update**

As we stated in our December 9, 2010 update, meetings have not occurred since late October due to the company addressing merger issues and the formulation of a restructured company negotiating committee. The company has resolved their internal matters and we have arranged meeting dates.

Negotiations will resume January 26, 27 and 28, 2011.

As future developments occur you will be advised.

### **ADDRESS AND EMAIL UPDATES:**

Do we have your correct mailing address? If you haven't received the District **142 OBSERVER** newsletter, then we don't have your correct address. Please take the time to send us your current mailing address to ensure that you receive important bulletins, negotiation and contract information and all updates in a timely manner. Please go to [www.go142.org](http://www.go142.org) and click on "**ADDRESS UPDATE**" in the menu bar to send us your current mailing address.

If you know someone that's not receiving email updates please tell them to go to [www.go142.org](http://www.go142.org) and locate **Click here to join our E-mail list** to sign-up for email updates.

*The officers and staff of Air Transport District Lodge 142 wish our members and their families a Happy Holidays.*

## The Holiday Blues

The holiday period from Thanksgiving through New Year's Day can be a time of joy and celebration. It can also be a time of stress, anger, fear, frustration and disappointment. There are many causes of the "holiday blues," including stress, fatigue, separation from family and financial concerns. Commuting, shift work, undesirable days off and the inability to get time off are circumstances that confront all of our members to varying degrees. Other factors might be unrealistic expectations of how the holiday should be, including comparisons to past holidays or obsessions over "what if" and "if only" scenarios. Some of the physical signs of stress include rapid heartbeat, headache, stiff neck and/or tight shoulders, backache, rapid breathing, sweaty palms, upset stomach, nausea and diarrhea. Mental manifestations include irritability, intolerance of even minor disturbances, frustration, lost temper, yelling at others for no reason, feeling jumpy or exhausted all of the time, finding it hard to concentrate or focus on tasks, and worrying too much about insignificant things.

Here are some suggestions for keeping the holidays a happy and joyous time:

- Keep expectations realistic for your personal situation. (It's OK if everything isn't perfect.)
- Set manageable goals.
- Pace yourself.
- Organize your time.
- Be realistic about what you can and cannot do.
- Set reasonable spending limits.
- Do not expect the holidays to fix personal problems.
- Do something nice for someone and/or help someone who is less fortunate than yourself.
- Avoid overindulgence of alcohol.
- Remember the spirit of the holidays.

For help with the holiday blues or any other personal problem, from substance abuse to a family crisis, contact your local IAM/EAP coordinator, or you may contact Paul Shultz at (704) 907-3563 (cell), (704) 357-0027 (office) or [pm.shultz@att.net](mailto:pm.shultz@att.net)

**We would like to encourage all members to attend your Local Lodge business meeting.** Each Local Lodge must have a quorum to conduct business. The following is a schedule for upcoming meetings:

**Newark:** Tuesday, January 11, 2010, 3:00 p.m. at the Marriott Newark Airport Hotel

**Cleveland:** Thursday, January 13, 2010, 1:00 p.m. at 669 North Rocky River Drive

**Houston:** Tuesday, January 18, 2010, 1:00 p.m. at Houston Airport Marriott Hotel

**Guam:** Wednesday, January 19, 2010, 4:00 p.m. at the Airport Conference Room

We encourage all members to access the District 142 website at [www.go142.org](http://www.go142.org) for the latest negotiation news as well as accurate and reliable merger information.

Please visit [faMergerMatters.org](http://faMergerMatters.org) for the latest merger information for IAM Flight Attendants.