

The shAIRing E-Letter

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1. EDITOR'S NOTE

Welcome to the second takeoff of the shAIRing E-newsletter. Due to “family first,” and a year of taking care of those I love, my first edition “From Furlough to Flying — Sooner Than Later!” turned out to be a short go-around. It seemed only logical to use what happened as a subject for this E-newsletter — and to share the successes of other women pilots who have mastered the balancing of flying and family.

2. UPCOMING TELECLASS AND WORKSHOP

TeleShairing® calls will be held the first Wednesday of each month from 5:00 p.m. - 6:00 p.m. EST. These are absolutely free. You pay for only the cost of the call. Please E-mail: <mailto:judith@shairing.com> for registration instructions and the conference call number. This is a chance to meet and talk with women pilots who may be anywhere in the world. As an experienced group leader, I'll show you how this experience can add value and competence to your flying and your life.

3. FLYING AND FAMILY — JUGGLING AND STRUGGLING WITH CAVU

Women in the last half century have been juggling and struggling to “have it all.” Ever since Betty Friedan started the Second Wave of Feminism in the 1960s, women have

been striving in their personal and work lives to keep themselves and everyone else happy. When we are cruising at high altitude on a clear day with Ceiling And Visibility Unlimited, we can see forever. When our partners, our children or our friends are moaning that they never see us, that all we think of is our work and ourselves, we are flying IFR in “weather.” But when all we think of is our partner, our child or others, then we risk “de-selfing.” So what are some ways we can fly safe and fun and make it all work? Those who have learned to combine flying and family pay attention to at least four basic “laws”:

- 1) The Law Of Understanding
- 2) The Law Of Availability
- 3) The Law Of Organization
- 4) The Law Of Education — Speaking Up And Out

1) The Law of Understanding: You acknowledge your own guilt, conflict, ambivalence, sadness or all four combined about leaving your partner or member of your family (for example, your children or an ill or aging relative) when you want to fly. It also means that you acknowledge your own possible and probable anger or resentment if you don’t leave to fly. While there are trade-offs, it is usually best to figure out how to diminish your conflicted guilt. This is best done by finding a **trusted and competent** caretaker and getting your partner to SHARE not help. Then you avoid the expectable envy and resentment that will most likely come out and get expressed anyway!

2) The Law of Availability: You make and keep yourself available and accessible at all times to the people you love. Because you accept and acknowledge that you need and want them as much as they want and need you, it follows more easily that you can do this. You make sure that your E-mail, telephone numbers, and schedule are available to all who want or need them. You may be surprised, if not shocked, that when you are “psychologically” available, you are needed and bothered less!

3) The Law of Organization: You efficiently and systematically, just as when you do your flight plan, arrange things to be taken care of in your absence. You delegate (not abdicate) your usual responsibilities to trusted others, and you establish methods for accountability so you can fly with minimal anxiety. For example, when you are flying to Alaska from Virginia, you plan — in consultation — your daily call or calls home to your partner or sitter with the time zones and both your and their duties in mind. You know, as in flying, there will be unexpected glitches and surprises. You also know, that with experience, proper navigation, radar, and back-up systems in place, you will not veer into thunderstorms nor be hit by lightning.

4) The Law of Education: You educate and explain your goals and methods in a kind, clear, and concise way to others, so that they can help you effect them. You speak up and you speak out when things need improvement. For instance, when a pilot sees obstacles, she works to reverse policies and regulations. For example,

while pregnant, pilot Angie Tanton tried to change the regulation 9.16 in the CAR 92s in the Maldivian Islands (in the Indian Ocean southwest of Sri Lanka). This states that a pilot is unfit if pregnant and cannot fly until after the pregnancy has ended and the pilot has been medically examined. Angie recently completed a report with investigations; then she made a formal request to the Director General of Civil Aviation, aviation doctors, and officers.

We don't all have to be activists and pioneers like Angie, though. We can effect the Law of Education in simple and daily ways. When you explain, reasonably not imperiously, to your partner, or to your children's teachers, what you'd like to have done while you are away — and offer some helpful ideas about how to make this easier, you will be able to fly forward without looking back home in your brain. When you do this, remember to also follow Law #2, The Law of Availability

4. BOOKS ON THE WAY

I am pleased to announce that two books will soon be available. One is a novel, *Dangerous Currency*, by a pilot-physician and author. It is a fast-reading, 200 page-turner that is both action-filled and romantic about an assassination plot to put China in the forefront of world power.

The second book is my shAIRing® Woman Pilot's Official Handbook (WPOH), which will include Ten Laws To Make It All Work — so we can fly with CAVU more often than not.

5. RESOURCE RECOMMENDATIONS

For those of you who have not yet signed up for the Pro-99s Network and E-newsletter, be sure to check out www.Ninety-Nines.org and sign up right away. Captain Jenny Beatty does a wonderful service for all women pilots by offering this networking opportunity for us.

I highly recommend that you also check out www.nbaa.org for regular postings such as job leads, special safety and security announcements, and how to join their organization and Pilots Airmail list. Even if annual membership is more expensive than your budget allows, take advantage of all the free information and listings on their Web site.

Two fun publications, for when you can get in a plane for life and leisure, are *Aviator's Guide* (www.aviatorsguide.com) and *Flying Adventures* (www.PilotMichael.com). When you subscribe, you may read articles such as “Are We There Yet? Putting Your Heirs In The Air” or an interview with Ramona Cox, aka “Skychick” who knows how to realize her dreams by combining flying with fascinating adventures.

ABOUT JUDITH

Judith offers anyone who reads this E-Letter a FREE 30 Minute Consultation for coaching on any topic or goal that matters to you. Please call 609-921-0828 or e-mail <mailto:judith@shairing.com> to arrange for your FREE Consultation. As preparation for this call, bring three of your most important challenges and/or goals for your life. Then Judith will show you how to consider some new and different life takeoff and landing maneuvers that will improve your flying and your life!

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