

ShAIRing(r) E-Letter

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A NOTE FROM JUDITH

Hello, everyone, and welcome to the third edition of the shAIRing(r) E-Letter.

I just returned from a most inspiring and educational 99s conference in Huntsville, Alabama. There were "Stellar Seminars" on Air Across America and Navigating Your Professional Pilot Career plus lots of information about Amelia Earhart scholarships, the 99s Endowment Fund, and the Amelia Earhart Museum. These were highlighted by President Jody ("The Rocket") McCarrell's warm welcome to everyone in the best earrings you have ever seen, and a great networking lunch led by Captain Jenny Beatty.

If you have not yet joined the 99s, take a minute and go to www.ninety-nines.org (<http://www.ninety-nines.org>) to discover all the member benefits. If you are not yet thinking about becoming a pilot, or are a friend of a pilot, or a partner of a pilot (a potential "49 1/2") check out the Web site anyway! You are never too old to learn to fly an airplane or too young to not include aviation as a potential career or avocation.

TELESHAIRING(r) CALLS AND WORKSHOPS

TeleShairing(r) 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 only normal long-distance charges. Please E-mail judith@shairing.com (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 joining us from anywhere in the world. As an experienced

group leader, I'll show you how these Teleshairing(r) calls will add value and competence to your flying and your life.

TODAY'S FEATURE ARTICLE

THREE TRENDS FOR 2003

If you have ever consulted a psychic or had your Tarot cards read, you know the feelings of anticipation, anxiety, and excitement from waiting to see if the predictions come true. Trends, however, are a bit more "on the ground." They are observable, and we can easily see them without an expert or psychic. Today's E-letter highlights three important ones to us as women pilots.

CONCURRENT DUAL CAREERS

For the past thirty years both women and men frequently have shifted from one career to another over the course of their lifetime. Sometimes they have not just one but several careers sequentially. A military pilot may take her pension and then become a commercial captain or head the flight department of a company such as FedEx. A pilot who has flown for a major drug company may decide to switch to a journalism career with a major flying publication.

More and more today, however -- and in all fields, not just aviation -- people are doing two careers at the same time! Here are four examples and three benefits of this new and evolving trend:

Examples:

- 1) Corporate Pilot and Columnist for Magazine
- 2) Commercial Pilot and Web designer for Aviation Professionals
- 3) Flying Instructor and Biomedical Engineer
- 4) Private Pilot and Aviation Jeweler

Benefits:

- 1) Income and Revenue "Cushions" and Potential
- 2) Talents and Strengths Maximized
- 3) More Pleasure and Fun -- Varied Routine

WOMEN AS LEADERS

If you have ever visited the interesting Web site, www.AmericanWomenPresidents.org (<http://www.AmericanWomenPresidents.org>), you know we are in a new era regarding the promotion of women to positions of high leadership and national presence. There is no question that it has become increasingly acceptable for women to be in positions of political importance in the Senate and House of Representatives, as well as in corporations.

For us in aviation, the most exciting news of the moment is the appointment of Shelley Longmuir to the Presidency of the National Business Aviation Association. She sits on the boards of major corporations, and she has been a major force in corporate America over the course of a distinguished career. She joins the many women pilots who have become a familiar and comforting presence in the cockpit of our commercial and corporate jets showing girls and young women new and strong role models for their future lives. As do the women pilots on our major airlines, she elicits cheers from mature women who have wished and fought for these gains and advances.

HEALTH AND FITNESS

A recent NY TIMES article reports that obesity is replacing smoking as a number one health priority campaign. The Robert Wood Johnson Foundation is now putting it ahead of smoking in promoting public awareness. The annual Harvard Medical School Continuing Education conference focused on the practical approaches to the treatment of obesity and emphasized risk screening, surgical choices and options, pharmacological updates, and public policy solutions. Food politics, food policy for waging war on obesity, and public health considerations for prevention were discussed under the topic of "Supersizing of America." Childhood obesity is also a major concern.

So what's this got to do with us? Plenty.

Not only are airlines advertising the supersizing of their seats due to the enlarging of America, but also we ourselves are often in our own seats without enough time or

energy to move more and eat less. Sitting in the cockpit intensely focused on our flight plan, our controls, and our instruments takes a lot of energy, brain power, and concentration. It lowers the blood sugar and makes us hungry. We cannot easily get up, do stretches, run or jog in place, or do push-ups! Running through the airport with a roller bag isn't exactly the best workout with a meditative serotonin injection of good feelings. Hopping into a van or rental car from the tarmac doesn't exactly make you want to run to the hotel or motel gym. A nice bed usually sounds good.

By the time we land, the first thing on our mind is not usually how to address our fitness needs. Often we have another obligation on the schedule. It would be pretty normal to think about a nice meal, a conversation with someone you love, and some sleep.

In another newsletter I'll address some action steps to assist with this in the easiest and most fun way possible. In the meantime, safe and fun flying!

OTHER NEWS

Bruce McGehee, Captain G-V / G-III / G-II is the Principal of Jet Consulting Services, LLC, based in Atlanta, Georgia.

He offers pilot services, aviation consultation, and instructional expertise for the global flying community. You must check out www.JetCS.biz (<http://www.JetCS.biz>). You will be so glad you did.

ABOUT YOUR COACH

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 judith@shairing.com (judith@shairing.com) to arrange for your 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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