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Professional Women Controllers, Inc.

info@pwcinc.org | www.pwcinc.org

Purpose

Encourage women to enter the air traffic control profession; assist in professional and personal development; maintain accountability, responsibility, and professionalism; and promote a better understanding, cooperation and coordination among individuals toward the continual improvement of aviation safety.

VISION

Professional Women Controllers, Inc. (PWC) vision is to achieve a balanced workforce that reflects the demographics of society and creates a safe environment where all air traffic professionals have passion for their career, can excel, and feel a sense of community at work.

MISSION

Professional Women Controllers, Inc. (PWC) is a resource that provides support, training, encouragement, and camaraderie for all air traffic professionals. PWC advocates balancing work and family life, recruiting and retaining excellent employees, developing people, enjoying work, and maintaining a positive sense of community.

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CONTRIBUTORS

Christina Calvert, Jenn Lemmon, Lisa Gilmore, Brandi Teel, Karrie Krear-Klostermeier, Sherrylyn Ramirez, Robin Rush

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VIEW FROM THE TOWER

Jenn Lemmon
PWC President

Hello PWC,

I hope everyone has had a great summer, or at least as best you can. Some I know were able to mildly explore in between variations of COVID. Now with summer winding down, kids are going back to school and we find ourselves wondering what the next few months hold for us. No matter what that is, we will tackle it.

As PWC closes out our Work Life Balance quarter we hope you were able to join the different sessions offered. I am always trying to find ways to add some zen in my life and was certainly able to with the help of briefings from Magellan and a wonderful meditation coach. PWC will be moving into our next quarter of events with a focus on career. Whether you need help with KSAs or resumes or you would just like to talk about “what do you want to be when you grow up”, our career quarter help give insight from our top leaders. Keep an eye out on social media and email blasts for events coming soon.

Thank you to all that purchased this years' PWC Goes Pink shirts. The shirts received a wonderful welcoming and the proceeds will go to support those who fight breast cancer. In this WATCH edition, you'll find a touching story by one of our own PWC sisters who fought this battle. As you read her amazing story, I ask that you consider joining a cross-nation walk event to support breast cancer research. For ways on how to participate in this cross-nation event, go to www.the3day.org. If you do establish teams, please post on our social media platforms so others may be able to join you.

Would you like to get more involved with the PWC organization, however you're not exactly sure how? PWC is currently looking for some highly motivated individuals to help with our PWC Mentor Program. The program is across the country however quite a bit of the work is done in DC.

If anyone is interested in assisting with this program, please let me know and I will connect you with our amazing program manager Lynette McSpadden. Lynette has been running the PWC Mentor program for years. Do you love the PWC National Training Conferences? Who doesn't, yet do you know how they become so great? That would be our National Conference Chairs Diana Eldridge and Patti Wilson. These ladies have given so much to PWC for many working years and now well into their retirement. They would like to pass the baton to the next highly motivated individuals to keep our amazing conferences going. Anyone who is interested or would like more information on either position, please email me.

Events to look forward to: PWC Board of Directors meeting is being held virtually September 13th & 14th; PWC Scholarship season opening and PWC Elections open October 1st. Unfortunately due to the Delta variant of COVID, Communicating for Safety (CFS) was canceled this year, the NATCA Convention has been postponed until December and we are awaiting further information on FAAMA. Stay tuned to PWC social media for any updates on these events and others.

I cannot thank you all enough for the continued support during this pandemic. If there is anything the PWC Board of Directors or I can do for you, please do not hesitate to reach out. We continue to strive for ways to keep everyone engaged, evolving and excelling. Please let us know if you have any thoughts or event ideas we can host or help you host during these times. Let's keep the forward momentum going. We are here for PWC!

Jenn



WHO IS PWC

MEMBER SPOTLIGHT

**KAITLYNN
CORNETT**

**FACILITY: MIA, MIAMI
ATCT**

**POSITION: CPC-IT,
CERTIFIED
PROFESSIONAL
CONTROLLER IN
TRAINING**

HOW DID YOU HEAR ABOUT PWC?

I heard about PWC while attending CFS (NATCA's Communicating for Safety Annual Convention). I joined a little over five years ago while I was working at a contract tower.

TELL US ABOUT YOUR MOST MEMORABLE PWC EXPERIENCE:

My favorite PWC experience was getting to listen to Jessica Cox speak. She was so inspiring and I left that feeling so motivated in my journey to get hired by the FAA.

WHAT WAS THE FIRST CONFERENCE YOU ATTENDED AND HOW WAS THAT EXPERIENCE?

The first conference I attended was the 2016 conference in Phoenix. It was a wonderful time and I met so many amazing people. I felt like I gained a lot of friends that week!

WHAT IMPACT HAS PWC HAD ON YOUR CAREER OR IN YOUR PERSONAL LIFE?

PWC has had a huge impact on my career/life. When I first joined, I had been trying to get hired by the FAA for a few years to no avail. At my first conference I got to meet Trish Gilbert who took an interest in my story and helped me to share it. She invited me to NATCA in Washington where I got to meet even more great people. I got to go to Capitol Hill and talk with members of congress about my journey to getting hired and help them understand what many people have to go through to get into this amazing career. Now that I am a little over four years into working for the FAA I love being a part of PWC and seeing women support each other along the way.



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A STORY OF SURVIVAL

SHERRYLYN RAMIREZ





Last year while the world was in COVID-19 lockdown and all of us were trying to figure out how to navigate all the rules and restrictions of the pandemic, I was silently figuring out how to fight breast cancer.

At 41 years old I had my first mammogram and it was followed by many other tests. Since December 2019, I kept my diagnosis a secret and was in denial that my life was about to change, that the career I had worked so hard for the past 15 years would be on hold and many other life plans would be set aside.

I was lucky to get early detection and the cancer in one place and not spreading. I had my family support around me but not everyone is as lucky as me. Not everyone has the financial means to have tests and procedures and that is why I fundraise. This is why I walk, it is tough but not as tough as finding out your diagnosis, knowing you can't do much about it.

I train, I walk, I will show my support to those who have fought, who are still fighting and for the ones like me, surviving. I am also registered as an individual for the 3-Day Nation Event which is a "walk where you are" format every Saturday in October. PWC can start a team for this if we like.

2021 Komen Los Angeles County MORE THAN PINK Walk September 25, 2021 [Walk Where You Are](#)

[2021 Susan G. Komen 3-Day Walk for the Cure](#) November 19-21, 2021 San Diego

NEW MEMBER ARRIVALS

Kevin Walker

Jamie Sanders

Ashley Morley

Taylor Pacey

Maria Strykun

Corporate Members

Kevin Walker, Beacon

Relocation

Tawni Pettigrove,
Membership Director



CRANBERRY CRUMBLE BARS

It's autumn - which means it's cranberry season! You can typically find fresh cranberries in stores between September and December. If you don't have fresh cranberries, you can use frozen cranberries in this recipe.

Cranberries have many health benefits due to their flavonoid content [1]. Proanthocyanidins (PAC), a specific type of flavonoid in cranberries, interfere with the ability of *E. coli* to cause infections in the urinary tract [2]. PACs may also reduce *Helicobacter Pylori* flora, a type of bacteria that infects the stomach, and is responsible for most ulcers [3]. Cranberries also provide cardiovascular benefits, they may improve cholesterol by reducing LDL and maintaining or improving HDL levels [4].

INGREDIENTS

Cranberry Jam

- 3 c. fresh cranberries
- 3 tbsp chia seeds
- 3 tbsp cane sugar
- juice of one lemon
- 1 tsp lemon zest (optional)

Crust and Topping

- 1 ½ c. rolled oats
- 1 c. whole wheat flour
- ½ c. sugar*
- ½ tsp baking powder
- ½ tsp cinnamon*
- ¼ tsp salt
- ½ c. coconut oil, melted
- 4 tbsp unsweetened plant milk
- 1 tbsp lemon juice
- 1 tsp vanilla extract*

DIRECTIONS

Cranberry Jam

- Combine the cranberry jam ingredients in a saucepan and bring to a gentle boil while stirring. Once it reaches a gentle boil, turn the heat to low and cover.
- After 8-10 minutes, the filling should begin to thicken up and the cranberries will be mashable. Stir and mash the berries, until the filling is a jam-like consistency.

Crust & Topping

- Preheat the oven to 350°F. Mix the dry ingredients in a large bowl, until well combined. Add the wet ingredients and mix into a crumbly dough.
- Grease an 8x8 baking pan. Press 2/3 of the dough into the bottom of the pan.
- Evenly spread the cranberry jam on top of the bottom layer.
- Sprinkle the rest of the dough on top of the jam layer.
- Bake for 35 minutes. Let cool in the pan, then slice into 16 squares.
- Store in a sealed container in the fridge.

NOTES*

Sugar

This recipe is low sugar and the bars are slightly tart. I prefer the low sugar, it really emphasizes the cranberry flavor. If you'd like a slightly sweeter dessert, increase the sugar to 1/2 cup. Another option is to use agave nectar in place of the sugar, agave is 1.5x sweeter than cane sugar.

Flavor enhancers

The vanilla extract & cinnamon are optional additives. You can also use pumpkin spice, ginger, or almond extract to slightly alter the flavor. All options are delicious!

Serving suggestion

This dessert is super good served hot out of the oven with a scoop of vanilla ice cream. ♥

Nutrition Facts

Servings: 16

Amount per serving

Calories **106**

% Daily Value*

Total Fat 1.3g **2%**

Saturated Fat 0.2g **1%**

Cholesterol 0mg **0%**

Sodium 43mg **2%**

Total Carbohydrate 20.5g **7%**

Dietary Fiber 2.5g **9%**

Total Sugars 7.4g

Protein 2.3g

Vitamin D 0mcg **0%**

Calcium 36mg **3%**

Iron 1mg **5%**

Potassium 94mg **2%**

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.*

Recipe analyzed by **verywell**

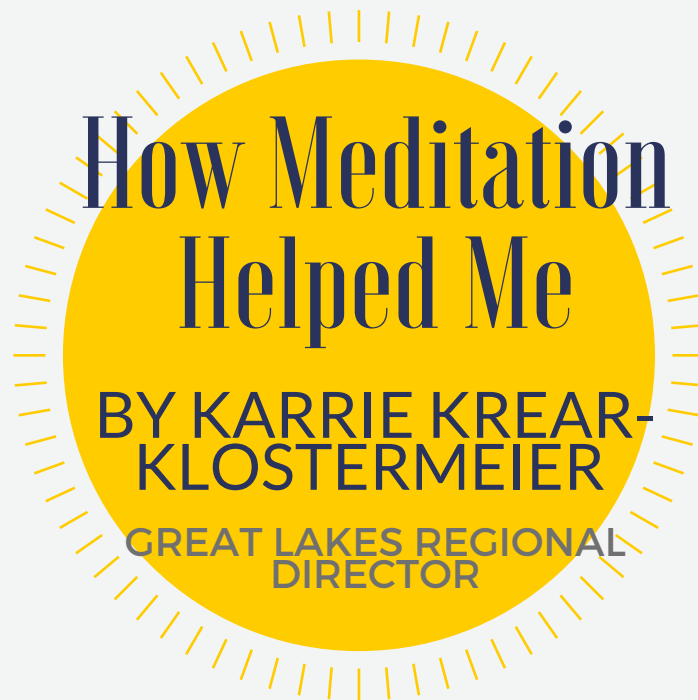
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How Meditation Helped Me

BY KARRIE KREAR-KLOSTERMEIER
GREAT LAKES REGIONAL DIRECTOR

It was about five years ago when I realized that I was constantly tense, running to and from all sorts of places, and that I needed some down time. I tried reading some books on mindfulness and meditation, and I even tried some popular mindfulness/meditation apps, but none of that connected with me. So I searched for someone to work with for in-person meditation since I was very good at keeping appointments. After some searching, I found Gwen Linden-Bruzek who taught yoga and meditation out of a nearby healing center. Gwen understood what I needed and we started to meet weekly for 30 minute meditation sessions. I have to say that it was not easy at first to turn off my brain (or my phone) for 30 minutes.

As the weeks went on however, my body started to get the hang of focusing on mantras and finding deep inner peace and relaxation. Gwen and I continue to meet weekly, but no longer in person. We have used zoom and phone calls to continue my meditation practice weekly. I can tell you that my mind and body look forward to the weekly rest and reset. There is something about the meditation practice that gives me new energy each week to face the upcoming hurdles and challenges.

[This article](#) from the Mayo Clinic shows how meditation is a simple and fast way to reduce stress. The article really connected with me and maybe it will connect with you as well. Our families and careers are very important, but so is taking some time for ourselves.

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WELCOME NEW BOARD MEMBERS

BY ROBIN RUSH, PARLIAMENTARIAN

Tawni's career with the FAA began in 2007 as a CPC at Austin (AUS) Tower/TRACON. She has since traveled the country holding positions in multiple FAA facilities which has allowed her to learn and grow both personally and professionally and to meet many amazing people along the way. Her list of facilities and positions include SoCal TRACON (CPC), Denver D01 TRACON (TMC), Tulsa ATCT (Operations Supervisor), Riverside ATCT (Interim Air Traffic Manager), Fort Worth Meacham FTW (Interim Air Traffic Manager), and is currently an Operations Supervisor at DFW ATCT.

One of the things that she is very passionate about is sharing her career with the next generation. Her goal is to inspire and educate others about the countless opportunities available in the aviation field. She believes that the best way to encourage more women to join this amazing profession is to be visible and available to speak to students about the opportunities this career field has to offer.

Tawni is a mother of two young kids, Emma and Jackson, who keep her very entertained and busy. She has been married for ten years to her husband, John Pettigrove, who assists her in keeping up with their rowdy household. She is grateful for her sweet family as they make every day full of fun and adventure. Together they enjoy exploring new places and traveling as much as possible.

Tawni is excited, honored, and humbled to serve on the PWC Board of Directors as the Membership Director and can be reached via email at pwcmembershipdirector@gmail.com.



Tawni Pettigrove, Membership Director



Laura MacAllister, Central Regional Director

Laura joined the FAA in 2010 as an air traffic controller at the Rochester Airport Traffic Control Tower (ATCT). She is currently an Operations Supervisor (OS) at MKC ATCT. Before becoming an OS, Laura was a Certified Professional Controller (CPC) at Kansas City Downtown Tower. During her career in the FAA, she has been involved in Professional Women Controllers, Quality Control, and STEM-AVSED.

Prior to joining the FAA, Laura served in the US Army from 1999-2008 working in Aviation, Air Defense Artillery and Civil Affairs. She had earned a degree in education and briefly taught for a year between periods of active duty. After leaving active duty the second time, she decided to pursue her lifelong interest in aviation which brought her to air traffic control.

Laura spends her time outside of work with her family, cheering for the Bills and volunteering with the Ninety-Nines and the VFW (Veterans of Foreign Wars). She has achieved Commercial, Instrument and CFII pilot ratings. She is excited about the outreach opportunities that PWC brings to FAA employees and is excited about helping others on their path.

Laura can be reached via email at pwc.ace.rd@gmail.com.

WELCOME NEW BOARD MEMBERS

Wendy began her career with the Federal Aviation Administration in 2010. In the past decade, Wendy has held certifications at Jacksonville Center, Myrtle Beach ATCT, and Fort Lauderdale Executive ATCT. In 2019, Wendy was promoted to an Operations Supervisor at Kansas City Center and is currently serving as an Operations Supervisor at Potomac TRACON.

Wendy joined PWC in 2019 at the recommendation of a colleague attending the FAA's Air Traffic Leadership Development Program. During the COVID-19 pandemic, Wendy created PWC Hosts to assist the Board of Directors in meeting organizational and quarterly goals. PWC Hosts organized and scheduled educational training, round tables, and book club events for members via Zoom.

Wendy is a highly motivated and knowledgeable individual with over twenty years in the aviation industry. She is known for a high level of professional flexibility as well as problem-solving abilities. She is dedicated to ensuring team-driven results and that organizational goals are met or exceeded when possible.

Wendy's passion is to raise awareness for issues that affect women in today's workforce and hopefully effect change for the next generation of controllers and leaders. She also wants to further PWC's organizational goals of support, training, encouragement, and camaraderie for all air traffic professionals. Wendy wants to strengthen and increase PWC membership through education, collaboration, and the development of relationships with members throughout the aviation industry.

Wendy Stevens, Eastern Regional Director



Karrie Krear, Great Lakes Regional Director

Karrie is a University of North Dakota Collegiate Training Initiative (CTI) graduate. She started her FAA career at Kalamazoo MI ATCT. She has held numerous positions including CPC, Operations Supervisor, and Air Traffic Manager. While Karrie was an Operations Supervisor, she was the Terminal Subject Matter Expert for the Controller-in-Charge (CIC) course update.

Karrie is currently a Quality Control Support Specialist at Minneapolis Air Route Traffic Control Center (ZMP ARTCC). She has been a PWC member for over ten years. Karrie completed the Program for Emerging Leaders (PEL) and completed the PWC Mentoring program in 2020. This past year, Karrie was a mentor in the PWC Mentoring Program.

In her spare time, Karrie enjoys pilates, yoga, meditation, and walking. She is also involved with Toastmasters as the Club President for the Farmington Speakeasy Club in Farmington, MN, an Area Director in Minnesota for District 21, and a Club Mentor for the TWO Toastmasters.

Karrie can be reached via email at pwcinc.glrd@gmail.com.

NATCA Union Synergy Committee

by Brandi Teel



The Union Synergy (US) Committee is one of NATCA's newest national committees, devoted to promoting inclusivity and diversity within NATCA. It was officially named and chartered in 2019 at NATCA's National Executive Board meeting in May in Houston, albeit the committee had already met twice in early 2019. Through research, awareness, education, the US Committee is working to recognize and address the effect of bias on the work culture and climate amongst all of NATCA's safety professionals, according to the committee's charter.

Potomac TRACON (PCT) member Maurice Franklin is co-chair of the committee, along with Southwest Regional Vice President and Executive Vice President-Elect Andrew LeBovidge. "The need for this committee came at the right time, as the country was reeling and adjusting to an increasingly divisive social climate that has continuously threatened to create instability," said Franklin.

Franklin approached NATCA President Paul Rinaldi and Executive Vice President (EVP) Trish Gilbert at the 2018 Biennial Convention in Philadelphia about the need to take on the challenge of bias. Rinaldi and Gilbert asked Franklin to come to the national office and further share his ideas, experiences, and thoughts. At the time, NATCA was also instituting the NATCA's Code of Conduct which was foundational in setting expectations on behavior for the organization. For years, NATCA leadership had been discussing the need to set-up a committee to deal with diversity and inclusion, including EVP Gilbert conducting focus group meetings at NATCA headquarters. The goal of the focus groups was to identify and address any barriers that may exist that deterred underrepresented groups from becoming active in their union.

Franklin was asked to lead the committee. That was a difficult decision for him since he had never been on a national committee for NATCA. "I wasn't initially sure this was something I'd be capable of doing," he said. "But thankfully, a solid group of members was assembled that has helped mentor me along the way."

"Hearing about NATCA's Union Synergy Committee was one of those things that made my heart leap," said Spokane ATCT (GEG) and US committee member Lydia Baune. "Being able to serve NATCA and our membership by being a part of this committee is an honor. It has opened me up to many new ideas and perspectives that I might not have considered or understood previously. I hope to share the opportunity for growth that I have felt through my involvement with Union Synergy with others by helping the committee continue to educate our membership. Union Synergy provides us with another opportunity to promote our profession, strengthen our NATCA community, support one another, and learn and grow in ways we may have never thought possible."

"This committee is valuable to NATCA because it helps give understanding to the way individuals are treated, the effect the treatment has on their daily lives, and provides solutions for our membership to change for the better," said Reading ATCT (RDG) Secretary and US committee member LaKecia Shuron. I decided to join this committee because I believe this is a step in the right direction to keep NATCA progressing forward."

The US committee desires to reach a point where all NATCA members, regardless of their gender, age, facility type or level, race, sexual orientation, religion, or any other identifier does not define their level of success or the opportunities within the union and profession.

"The committee wants all members to be aware and have respect for one another. "Contrary to what is assumed by some, we are not a social justice committee out fighting the troubles of the world," said Franklin. "At times the world's ailments intersect with our members in a major way, and when that happens, the US committee likely will speak on them and be supportive. We want our fellow members to be comfortable being their true selves without fear of reprisal."

"We all have biases," said Franklin, "and if we're not conscious of those biases, we might allow them to determine a person's level of success in both the aviation safety profession and our Union."

"We must set a strong foundation for those who will have to continue the work of making fair treatment the normal," said Shuron. "Change will not happen overnight."

"The US committee is important to NATCA because it reminds us, teaches us, and challenges us to see things from other perspectives, to have empathy, and to recognize that our differences strengthen us," added Baune. "We each contribute unique perspectives and voices to NATCA and to our profession."

Despite being fairly new, the committee has achieved a lot in a short time. The members have held two successful town hall discussions on inclusion and involvement; created a social media page; raised money for the nonprofit Black Girls CODE; participated in a meet and greet with students at the FAA Academy; and assisted in developing new content for NATCA member courses. "These are just a few items we've been able to accomplish," said Franklin. "We have much more in store and are excited for the future of the committee and our membership."

IT'S UP TO



UNION
SYNERGY

AMAZONSMILE: SHOP & DONATE TO SCHOLARSHIPS AT THE SAME TIME!



"With two toddlers running around, I have found much comfort in being able to shop online for essentials. As convenient as this was before the pandemic, it is even more useful now. At the last PWC conference, I learned about AmazonSmile, a program in which Amazon will donate 0.5% of your purchase to a charity of your choosing. PWC is one of the many charity organizations participating in the program."

~ Laura Anderson, CPC - ZLA

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another
woman's
success.”

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