

# www.PlaneSafe.org

NATIONAL AIR DISASTER ALLIANCE / FOUNDATION

September, 2003

2020 Pennsylvania Ave., NW \* # 315 \* Washington DC 20006-1846

(888) 444-6232-phone \* (215) 540-0623-fax

**UPDATES! 9<sup>th</sup> Annual Meeting - Saturday - Sunday, October 18-19, 2003**

*DoubleTree Hotel, Pentagon City/Crystal City/Arlington VA - Call (703) 4164100 or (800) 222TREE, as soon as possible for the special NADA/F \$99 rate.*

**Confirmed Special Guests Include:**

- ✓ **Keynote Speaker:** Ronald L. Motley, Esq., Lead attorney for Burnett vs. Al Baraka Investment, a lawsuit to hold those financiers of 9/11 accountable. I assure you that this may be the most informative and important meeting that you could attend. Survivors and family members have a "need to know" and search for the truth, and this is an opportunity to receive the most up to date information. They have spent \$15 million on discovery, and the research is on-going worldwide.
- ✓ **Mary Schiavo**, Active in discovery regarding 9/11 and serving on the Plaintiffs' Executive Committee for September 11, 2001 Tort Litigation, representing 60+ passengers' families from the four hijacked planes. Former Inspector General U.S. Dept of Transportation (1990-96).
- ✓ **Coleen Rowley**, F.B.I. "TIME" Magazine, 2002, one of three "Persons of the Year" - Will be speaking in her personal capacity.
- ✓ **John Goglia**, NTSB Board Member, Goglia received our Aviation Safety Award in 2001 and we appreciate his continued support for family members, and tireless work for safety and security!
- ✓ **Alan Levin**, "USA Today" Journalist
- ✓ **Bogdan Dzakovic**, Aviation Security Expert
- ✓ **Bertrand des Clars de Beaumets**, Aviation Safety Expert - "How long a road to the end of fuel tank fires?"
- ✓ **Gunnar Kuepper**, Expert in Emergency & Disaster Management - Update on level of preparedness for the credible threats to passenger airline terminals.
- ✓ **Monica Gabrielle and Sally Regenhard** from Skyscraper Safety will bring us up to date on their work and accomplishments since 9/11.
- ✓ **William Rizzo**, Psy.D., will share the results of his survey of family members from last year's meeting, and research about history of support services following air crash disasters.
- ✓ **Regina Asaro**, MS, RN, CT, Author of "Mental Health Matters" in NADA/F Newsletters, with fifteen years experience supporting families who have experienced traumatic loss.
- ✓ **More guests to be announced!** Updates on Speakers and Special Guests will also be on our website: [www.PlaneSafe.org](http://www.PlaneSafe.org)

Events include socializing from early morning to late at night. . .

Friday, for early arrivals: 2:00 - 4:30 PM lobbying trip to Congress in small groups with handouts, and casual buffet dinner at the hotel.

Saturday morning is traditionally a time for introductions and to learn more about each other. Members have often said that this is the best part of the meeting. . .

Saturday Forum: "Terrorism and Aviation Safety: How did we get to 9/11, and what is being done to make us all safer?"

Saturday Dinner: Awards and recognition to those who have made a difference. . .

The Annual Meeting is an opportunity for fellowship with friends, and to learn more about what has been done, and can be accomplished by working together! There is much work to do, and family members will continue to make a difference!

**MISSION: To raise the standard of safety, security, and survivability for aviation passengers and to support victims' families.**

**Updates for the Annual Meeting - October 18-19th**

**Terrorism Takes Money - Stopping the Supply**  
Join us to learn more from **Ron Motley**, lead attorney of the lawsuit to bankrupt the terrorist. There are over 4,600 Plaintiffs: family members from 9/11 who lost loved ones and survivors from WTC (World Trade Center) and the Pentagon. The lawsuit was filed over a year ago, has been amended a number of times, and is moving forward in court in the Washington DC area. **Family members** will also share their personal stories.

There are over 200 Defendants: individuals, banks, corporations, charities, and more, used by the terrorists that caused the disasters of 9/11. The goal of the lawsuit is to hold accountable those who financed the terrorism.  
The **Motley Rice**, LLC legal team has spent over \$15 million on discovery, traveled worldwide, and obtained compelling documents. The magnitude of this lawsuit is far-reaching, and its success will make us all safer—in the air, and on the ground. For more information and news reports, visit [www.MotleyRice.com](http://www.MotleyRice.com)  
At our website, [www.PlaneSafe.org](http://www.PlaneSafe.org) under Calendar there are also links to news articles of interest.

**Mary Schiavo** has been active in discovery regarding 9/11, and serves on the Plaintiffs' Executive Committee. We must also learn more about our government and the aviation industry failures on 9/11. We always welcome Mary's participation and appreciate her support for victims' families.

**Colleen Rowley will be a Special Guest at the 2003 Annual Meeting, speaking in her personal capacity.** Ms. Rowley is an FBI agent in Minneapolis, and was one of three "TIME" Magazine "Persons of the Year" for 2002. An edited version of the Colleen Rowley memo of May 21, 2002, is available on the "TIME" magazine website: <http://www.time.com/time/covers/1101020603/memo.html> or go to [www.google.com](http://www.google.com) and search "Rowley FBI memo"  
**Where... DoubleTree Hotel, Pentagon City, close to Washington National/Reagan Airport**  
Call (703) 416-4100 as soon as possible for the \$99 rate, available until Oct. 31<sup>st</sup>, or until the rooms are reserved, whichever comes first.  
**When... Friday**, for early arrivals - Afternoon lobbying from 2:00 to 4:30 pm. We will distribute to Senators and Members of Congress large charts of the history of hi-jacking, 823 hi jackings from 1970-2001, a letter listing what they can do to truly make us safer, and reminding them that there was never a "traditional" hi jacking or security threat to be ignored.  
Optional dinner for early arrivals starting at 7:00pm.  
Sat. & Sun - 8:30-9:30 am Continental Breakfast and conversation  
9:30am Sat. morning through 1:30 pm Sun. Annual Meeting

**Saturday morning**, a time to learn more about each other.  
**Saturday, late morning and afternoon**, Terrorism Forum and Speakers focusing on Aviation Safety and Security.  
**Saturday evening socializing** starts at 5:30pm and Dinner 7:00pm at the Rooftop Dining Room. Awards, recognition and Guest Speakers  
**Sunday 9:30am - 1:30pm**: Guest Speakers and discussion: Contracted aircraft maintenance, preventing fuel tank explosions (such as the probable cause of TWA800), child safety, and Support for Family Members.  
**BRIEF NADA/F Business meeting**: Election of Board Members, financial report, adopting Goals 2004. Please let us know as soon as possible about Goals that you would recommend.  
**Sunday afternoon and evening**. Some of us will stay through until Monday morning—for casual dinner and social time.  
**Who...** Everyone is welcome—survivors, family members, aviation professionals, government officials, members of the media, those impacted by aviation disasters recently and long ago, and all who support higher standards of safety and security.

**Additional Speakers will be announced!**

**NADA/F Board Members for 2004...**

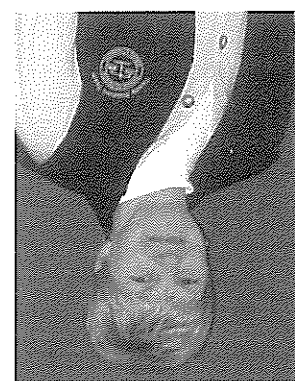
The nine-member Board of Directors, President, and Board Members are elected by the general membership at the Annual Meeting. The present Board can also appoint Board Members during the year. The following are members of the Nominating Committee for Board Member recommendations for 2004. If you would like to serve on the Board, or help in any way, please contact the following:  
Tom O'Vara [tomovara2002@citilink.net](mailto:tomovara2002@citilink.net) (651) 408-8310  
Jeff Josephson [jeffjosefson1@luno.com](mailto:jeffjosefson1@luno.com) (401) 885-2039  
Mary Kahl [Mkahicuil8@aol.com](mailto:Mkahicuil8@aol.com) (724) 864-0026

**Membership Donations and Sponsors...**  
Please consider a donation of \$20 per person, per year for membership, or as much as you can afford, tax deductible, to the NATIONAL AIR DISASTER FOUNDATION.  
We are true to our founding goals, and your donation can make a difference as we work together to prevent these devastating disasters, and provide the long-term support needed for family members.  
We also welcome Newsletter Sponsors for a \$2,000 donation.  
NADF Sponsors are recognized each year for donations of \$10,000 or more. These donations are held in Trust, and the interest income is used to promote our programs, or for a specific purpose.  
Sponsors may be anonymous or recognized every year. The Trust assures our work for the future.

**US Airways Express flight 5481 - January 8, 2003**  
[www.flight5481.flight5481.com/](http://www.flight5481.flight5481.com/) is the new website for US Airways Express flight 5481, 1/8/03, in Charlotte NC. The initial NTSB Public Hearing May, 2003, focused on a possible cause of negligent contracted aircraft maintenance.  
Join us Sun. morning for a forum on Contracted Aviation Maintenance. It is a serious problem, and growing while airlines continue to look for lower costs.

**BOOKS - NADA/F welcomes book donations about aviation safety, security, and support for victims' families - Check BOOKS on the website for updates.**  
To order books from Amazon.com remember to go to NADF's website first, [www.PlaneSafe.org](http://www.PlaneSafe.org) and link to the Amazon.com logo at BOOKS. NADF then receives a small commission from Amazon.com when linked from our website, at no additional cost to you. This is another way to help us grow. Thank you!  
Amazon.com is offering Free Super Saver Shipping with purchases over \$25. See details on their website Amazon.com

**"NADA-wear" - NADA's logo-wear**  
To order books from Amazon.com remember to go to NADF's website first, [www.PlaneSafe.org](http://www.PlaneSafe.org) and link to the Amazon.com logo at BOOKS. NADF then receives a small commission from Amazon.com when linked from our website, at no additional cost to you. This is another way to help us grow. Thank you!  
Amazon.com is offering Free Super Saver Shipping with purchases over \$25. See details on their website Amazon.com



Jackie Burnett (Valujet) wears a smart-looking "NADA-wear" vest. "NADA-wear" offers polo shirts, denim shirts, lightweight fleece vests (very popular), micro fiber fleece-lined vests, nylon windbreakers and more for \$20 to \$60 plus shipping. We continue to hear that our "NADA-wear" is quality at a great price, and also promotes aviation safety and security!

Special! "NADA-wear" snazzy hats are available for only \$10!  
Barb Sjudarick is coordinating "NADA-wear" orders.  
Note Barb's new Email address: [Mazamadoe@direcway.com](mailto:Mazamadoe@direcway.com) (360) 371-4108. Barb is also Director of Family Support Team.

**Our Members Need Your Help!**  
**Please find 10 minutes and Lend a Hand and Your Voice to Help with the following!**

**WTC-World Trade Center Families for Proper Burial**

**Remove the ashes of those killed at the World Trade Center from the Fresh Kills Landfill for a proper resting place at the planned WTC memorial site.**

**Goals of the WTC Families for Proper Burial**

- To ensure the removal from The Fresh Kills landfill of the "ashen remains" of those killed on Sept. 11, 2001.
- To place these ashen remains in appropriate containers.
- To return these ashen remains to The World Trade Center site to be part of the planned WTC memorial for their respectful, dignified, and final resting place.

WTC Families for Proper Burial was established by families, friends and concerned citizens from across the U.S. and abroad. Our goal is to inform the public that the ashen remains of those killed at WTC have been left in a dump, The Fresh Kills Landfill, in Staten Island, NY. Requests to retrieve these remains for a proper burial have been ignored.

We are asking as many people as possible to sign our on line petition and contact others to support our efforts for a respectful final resting place at the WTC site.

Oh behalf of the WTC Families, thank you for your help.

**Diane Horning** WTCFamiliesforProperBurial@comcast.net  
**Sue Mladenik** mladej@comcast.net

**Website: [www.WTCFamiliesForProperBurial.com](http://www.WTCFamiliesForProperBurial.com)**  
**Click on Petition Online. Click on privacy and your email will not be shared with others.**

**Please sign the on-line petition, and show our national support for the 9/11 family members.**

The remains from the Pentagon are interred at Arlington National Cemetery, and those who died on United 93 at Shanksville PA had a respectful burial.

The Medical Examiner of NYC has agreed to inter the unidentified remains that they have at a memorial site at WTC, however, the unidentified ashes and remains must not remain at a garbage dump.

Many elected officials and local governments support the goals of the WTC for Proper Burial, however the decision makers have rejected the appeals.

If 3,000 Americans were killed overseas, and their ashes left in a landfill, we would be outraged. It is more outrageous that Mayor Bloomberg, Gov. Pataki, and the Lower Manhattan Development Corp. are still insisting that the ashes of the human remains from WTC be left in a landfill. The majority of the family members received little or no identification of their loved ones at WTC and, as we know, the unidentified ashes and remains are very important.

**NADA/F** Founding Members worked hard to pass the Family Assistance Act of 1996. Tell officials they must comply with the provision **that family members will be consulted about the disposition of all remains and personal effects.** Since 1996 all airlines and government agencies have cooperated with this federal law—NYC must do the same!

**Please sign the on-line petition. Additional letters may be sent to:**

Mayor Michael Bloomberg	Gov George Pataki
City Hall	State Capitol
New York NY 10007	Albany NY 12224
212-788-3000	

LMDC-Lower Manhattan Development Corp.  
One Liberty Plaza  
New York, NY 10006

**ForgottenHeroes911@yahoo.com**

**Honor Jim Corrigan, Phil Hayes and Bill Wren**

On 9/11, 343 active firemen lost their lives at WTC, and 3 retired firefighters gave their lives in the rescue on 9/11. One of those men was my father, Captain James J. Corrigan.

The Bloomberg administration has refused to recognize these three men as firemen on the FDNY Wall of Honor and in the official count of lost firefighters. Both active and retired firefighters share the same willingness to risk their lives to save others.

**Jim Corrigan, Phil Hayes, and Bill Wren** all acted as they had throughout their careers as New York City Firemen. In their final moments, they ushered children from one of the WTC daycare centers to safety. They then returned to their posts where they perished saving others.

Gov. Pataki signed into law a bill reinstating all three men to active duty on 9/11/01 so they would be properly included with their "brothers." Today their names remain missing from the FDNY wall at headquarters. All National Memorials include these men, yet the city intentionally omitted them.

The lack of support seems to be the view of a select few who do not appreciate their heroic and lifesaving efforts. The same few took the Fire Dept. caisson away from my family (by order of the Commissioner) 40 minutes before my Father's funeral, and the same few directed others to give us an empty Tiffany box (and no Department medals) on medal day.

Based on a lifetime of service to New York City, we ask for your endorsement that **Jim Corrigan, Phil Hayes and Bill Wren** be included on the FDNY Wall of Heroes for their heroics and dedication. They deserve this recognition and with your help, it can be attained.

Yours truly,  
**Brendan Corrigan**  
Email: [ForgottenHeroes911@yahoo.com](mailto:ForgottenHeroes911@yahoo.com)

**<http://www.AdamsAngels.org/forgottenheroes911.html>**

**Please sign the on-line petition at:**

**<http://www.petitiononline.com/Roses911.petition.html>**

After you sign the petition on-line click on "Preview Your Signature" and then enter. Signatures are needed from 9/11 family members, and everyone who wants to honor our heroes.

**Ask your Senators and the Intelligence Committee to  
Declassify the Joint Inquiry NOW! Free the 28 Pages!**

Dear Friends,

The Senate and House Joint Intelligence Committee recently released their long awaited final report on their investigation into the Sept. 11 terrorist attacks. The report contains 28 blank pages which the Administration refuses to agree to declassify, in spite of bi-artisan and public support. The family members who lost loved ones on that horrific day - as well as the American Public - have a right to know what is in the pages.

We have recently learned that Senators can formally initiate the process of declassifying a document in the committee's possession without the permission of the President.

**PLEASE CONTACT YOUR SENATORS AND ASK THAT THEY RELEASE THE 28 PAGES IMMEDIATELY! CALL THEIR OFFICES AND ASK TO SPEAK TO THEIR LEGISLATIVE ASSISTANT AND/OR THEIR CHIEFS OF STAFFS, FAX A LETTER AND SEND EMAILS.**

Now is the time for our Senators to represent the concerns of their constituents. Your Senators can be reached by calling (202) 224-3121 or through [www.senate.gov](http://www.senate.gov)

Thank you for your much needed help!  
**Lorie Van Auken, Kristen Breitweiser, Patty Casazza,  
and Mindy Kleinberg, September 11th Advocates**

**Homeland Security? Congress Gave Corporate Immunity to the Airport Security Companies Responsible for Airport Security on 9/11**

Members of Congress made a choice—protect the American people, or protect the three airport security companies responsible for September 11, 2001. The votes to protect those foreign corporations prevailed. The following is a quick history lesson in Homeland Security; however we will not quickly forget.

July, 2002, the U.S. House passed the Homeland Security Bill and very late they slipped in "clarifying provisions," which granted corporate immunity to Argenbright Security (British), Globe Aviation Security Services (Sweden), and Huntleigh USA Corp. (Dutch company).

October, 2000 (before 9/11) Argenbright had already been sentenced in the U.S. Court in Philadelphia, and ordered to pay \$1.5 million in fines and restitution for failure to train, test, complete required background verification of employees, and more.

October, 2001 (after 9/11) Argenbright's work was assessed at 14 airports, and the U.S. Attorney entered charges that Argenbright had continued to violate a probation agreement and more. Despite the 9/11 failures the Members of the House granted Argenbright, Globe and Huntleigh immunity from prosecution. Members of the House told us they "had no idea" certain provisions were in the Homeland Security bill. The attorney and lobbyist for the airport security companies, Ken Quinn, continued to push for corporate immunity for his clients. Ken Quinn is a former FAA attorney, and attorney for SabreTech, the subcontractor cited in the Valujet crash and eventually criminally indicted and convicted.

September, 2002, NADA/AF sent registered letters to all U.S. Senators, plus accompanying documents, to alert the Senators to the provision in the House Bill that would grant corporate immunity to the airport security companies that were responsible for airport security on 9/11. We reminded the Senators that those airport security companies appeared to have violated numerous regulations, hired people with criminal records, hired illegal aliens, failed to provide training and supervision, failed in their responsibility to the traveling public, and left the U.S. vulnerable to multiple criminal attacks. Yet security was the reason they were paid to be at the airports. NADA/AF wanted to be certain that no Senator could say it was a last minute change and they "had no idea."

The Lieberman amendment No. 4953 would have removed 7 provisions for political favors, including the immunity for airport security companies from the Homeland Security Bill. Another of the 7 provisions gives government broad powers to give security contracts to foreign companies. The original "Wellstone Amendment," (added before his death in a private plane crash last Oct.), restricted homeland security government contracts from corporations with headquarters in offshore tax havens (to avoid U.S. taxes).

Three Senators, Susan Collins (R-ME), Olympia Snowe (R-ME), and Lincoln Chafee (R-RI) said they voted against the amendment only after receiving a promise from Sen. Trent Lott that he would work to remove some of the provisions early 2003. November 19, 2002, the Senate narrowly granted corporate immunity by a vote of 52-47. It was a great disappointment that some Senators thought it was more important to shield those airport security companies from corporate responsibility, which also greatly limits any investigation into the airport security failures of 9/11.

**We will not forget! The following is the Roll Call Vote on November 19, 2002, in the U.S. Senate on the Lieberman Amendment No. 4953.**

Voted YEA, supported the Amendment to remove corporate immunity for airport security companies from the Homeland Security Bill	Voted NAY to the Amendment, and IN FAVOR of corporate immunity to the airport security companies.
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Alaska (R-CO)	Allard (D-HI)	
Baucus (R-VA)	(D-MT)	
Bingaman (I-MN)	(D-NM)	
Biden (R-DE)	(D-IN)	
Boxer (R-CA)	(D-DE)	
Breaux (R-KS)	(D-CA)	
Brownback (R-KY)	(D-LA)	
Burns (R-MT)	(D-WV)	
Campbell (R-CO)	(D-WA)	
Chafee (R-RI)	(D-MO)	
Cochran (R-MS)	(D-DE)	
Collins (R-ME)	(D-GA)	
Craig (R-ID)	(D-NY)	
Crapo (R-ID)	(D-ND)	
Corzine (R-OH)	(D-NJ)	
Domenici (R-NM)	(D-SD)	
Ensign (R-NV)	(D-MN)	
Enzi (R-WY)	(D-CT)	
Fitzgerald (R-IL)	(D-ND)	
Frist (R-TN)	(D-IL)	
Gramm (R-TX)	(D-NC)	
Grassley (R-IA)	(D-WI)	
Gregg (R-NH)	(D-CA)	
Hagel (R-NE)	(D-FL)	
Hatch (R-UT)	(D-IA)	
Helmms (R-NC)	(D-SC)	
Hutchinson (R-AR)	(D-HI)	
Hutchinson (R-TX)	(I-VT)	
Inhofe (R-OK)	(D-SD)	
Kyl (R-AZ)	(D-MA)	
Landreau (D-LA)	(D-WI)	
Lott (R-MS)	(D-VT)	
Lugar (R-IN)	(D-MI)	
McCormack (R-KY)	(D-CT)	
Miller (D-GA)	(D-AR)	
Murkowski (R-AK)	(R-AZ)	
Nelson (D-NE)	(D-MD)	
Nickles (R-OK)	(D-WA)	
Roberts (R-KS)	(D-RI)	
Santorum (R-PA)	(D-FL)	
Sessions (R-AL)	(D-NV)	
Shelby (R-AL)	(D-WV)	
Smith (R-NH)	(D-MD)	
Smith (R-OR)	(D-NY)	
Snowe (R-ME)	(D-MI)	
Specter (R-PA)	(D-NJ)	
Stevens (R-AK)	(D-OR)	
Thomas (R-WY)		
Thompson (R-TN)		
Thurmond (R-SC)		
Voivovich (R-OH)		
Warner (R-VA)		

Kennedy (D-MA), Not Voting – Senator Kennedy was in Europe on a pre-scheduled trip.

- ✓ **Thank your Senators who voted for the Amendment to remove the immunity provision, and**
- ✓ **Voice your Outrage to your Senators who voted FOR corporate immunity**
- ✓ **We have the opportunity to get their attention now, as 2004 will be an important election year.**

All Members of the House serve two-year terms and will be up for election in 2004. House and Senate candidates will be filing nominating petitions to run starting the end of this year, and early next year, depending on the state primary date.

- ✓ **U.S. Senators serve six-year terms and the following one-third of the Senate terms expire in 2004.**

**Senators who Voted YEA, supported the Amendment to remove corporate immunity for airport security companies from the Homeland Security Bill**

Bayh, Evan	D-IN
Boxer, Barbara	D-CA
Breaux, John	D-LA
Daschle, Thomas	D-SD
Dodd, Christopher	D-CT
Dorgan, Byron	D-ND
Edwards, John	D-NC (presently running for President)
Feingold, Russell	D-WI
Graham, Bob	D-FL (presently running for President)
Hollings, Ernest "Fritz"	D-SC
Inouye, Daniel	D-HI
Leahy, Patrick	D-VT
Lincoln, Blanche	D-AR
McCain, John	R-AZ
Mikulski, Barbara	D-MD
Miller, Zell	D-GA
Murray, Patty	D-WA
Reid, Harry	D-NV
Schumer, Charles	D-NY
Wyden, Ron	D-OR

**Senators who Voted NAY to the Amendment, voted FOR corporate immunity to the airport security companies**

Bennett, Robert	R-UT
Bond, Christopher	R-MO
Brownback, Sam	R-KS
Bunning, Jim	R-KY
Campbell, Ben Nighthorse	R-CO
Crapo, Mike	R-ID
Fitzgerald, Peter	R-IL (announced retirement)
Grassley, Chuck	R-IA
Gregg, Judd	R-NH
Murkowski, Lisa	R-AK
Nickles, Don	R-OK
Shelby, Richard	R-AL
Specter, Arlen	R-PA
Voinovich, George	R-OH

**How do we get the attention of our representatives in Congress and the U.S. Senate?**

1. **Go to their office in person and introduce yourself!** Tell them you live in their district. Leave something in writing (if possible) about two or three things that are of interest to you, with your name, and contact information. Continue to request a personal meeting. Ask them to schedule a Town Hall type meeting to meet with their constituents. Continue to call and contact them again and again.

Check [www.Senate.gov](http://www.Senate.gov) for a list of all U.S. Senators and their offices. Note their office addresses in your state, phone numbers and fax numbers. If you do not have easy access to the internet, check your telephone book, try the Blue Pages for Government, and U.S. Government for Congressional Offices and Senator phone numbers.

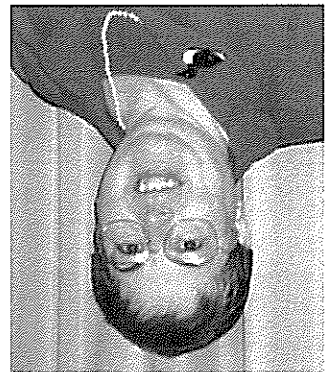
Check [www.House.gov](http://www.House.gov) for a list of all Members of the House. If you do not know who represents your area, enter your nine digit zip code to receive the name and contact information. Figure out the office location closest to you, phone and fax numbers, and let their office know who you are.

2. (202) 224-3121 is a 24-hour a day switchboard in Washington DC that will connect you with your Senator or Member of Congress, or leave a message after hours.
3. The White House telephone number for comments is: (202) 456-1111. The fax number at the White House is (202) 456-2461. Email is [President@whitehouse.gov](mailto:President@whitehouse.gov), however, they receive millions of emails.
4. **Email. Yes, send email, however, do not rely on email. It is better to call and fax your concerns directly.** Senators from states with small populations are receiving 5,000 to 10,000 emails a week. Many have software programs to give priority to emails from constituents. If you participate in a mass email campaign where an organization is collecting thousands of emails on a petition, those are hand-delivered, and that can be very effective.
5. **Letters.** Some letters sent to Washington DC are delayed for weeks as government mail is still being screened. Letters are far more effective than email; however, best to hand deliver to their local office, FAX, or mail to Washington DC and local state offices.
6. **Letters to the Editor.** Letters to the Editor, published in your local newspapers, often get the attention of Congressional staff and others!

**Get involved – Make Your Voice Heard - Together We Can Make a Difference!**

### Loss is Hard Enough

M. Regina Asaro, MS, RN, CT



As observed in the last column, there is usually a confusing jumble of feelings and reactions which result from loss after an air disaster.

While there are many normal reactions to loss, those who have lost a loved one in this way often find they need to deal with the trauma of the loss before they can even begin to grieve it. In fact, it is difficult for me to know which to discuss first since posttraumatic stress and grief reactions both feel so strong and it is sometimes hard to tell them apart. While posttraumatic stress reactions, to be described and discussed in greater detail in a later column, often compound the complexity of the grief process, this column will focus only on some of the common grief reactions that people experience after loss.

Many years ago, Elizabeth Kubler-Ross talked about the "stages" that people went through when they were dying; she called these stages: denial, anger, depression, bargaining and acceptance. With greater reflection and insight came the realization that people who grieve do experience common reactions but that there is no linear direction. Indeed, people may experience many feelings at one time, often leaving them feeling overwhelmed, frustrated, and confused; as well, many people have expressed that the concept of "acceptance" is infuriating to them, especially when the death was intentional.

It should also not be surprising that the different degrees of closeness, affection and intimacy with the deceased will be reflected in the depth and range of reactions to the loss of that person, as well as in the length of time for the mourning process.

That said, we may divide the common reactions after a loss into a number of different areas: physical, behavioral, emotional, cognitive and/or spiritual. People often have a dominant style of response to stressors such as loss; for example, some might experience more physical symptoms than say, behavioral symptoms. However, all the following may be seen.

**Physical** reactions might include a lump in the throat; tension headaches; neck, shoulder or back pain; changes in appetite, sleep and sexual patterns; feelings of exhaustion; or inability to catch one's breath.

**Behavioral** reactions might include looking for the deceased (for example, following a car that looks like the one our loved one drove), pacing or restless over activity, withdrawing from other people or avoiding social situations previously enjoyed, or even just sitting in a chair all day because that is all one can do.

**Emotional** reactions might include shock and disbelief that our loved one has died, anger or rage, frustration, guilt, anxiety or panic attacks, fear, numbness, helplessness, a sense of emotional fragility, and/or tearfulness.

**Cognitive** abilities are affected when the mind tries to comprehend how such a terrible event could have happened, leaving survivors often feeling stunned and/or preoccupied. One cannot follow the thread of a conversation or maintain concentration; people very often feel as though they are going "crazy."

**Spiritual** changes might be reflected by anger or rage at God for "allowing" the crash to occur or asking, "How could God let this happen?" People often feel reassured that, if they lead a good life, then nothing bad will happen to them or their loved ones. When bad things happen, it can easily cause people to feel shaken down to their core beliefs.

### Conclusions

This column explored normal reactions to loss. Many people experiencing a traumatic loss fear that if they give into their feelings, they will fall into an emotional abyss or that they will drown in the depth of their pain. However, rather than trying to minimize or avoid the pain you are feeling (the drive to avoid the anxiety associated with remembering the event being a symptom of posttraumatic stress), it might be helpful to try *leaning* into some of these grief reactions, allowing them to wash over you and to pass. By feeling these strong and painful feelings and reactions, you are doing an important part of the work needed to get through the grief process.

Future columns will describe and explore the process of grieving as well as posttraumatic stress symptoms and how they can interfere with your ability to move forward. In the meantime, if you suspect that these posttraumatic stress reactions are making the grief process more difficult for you, bear in mind that many people have found that professional help made it easier for them to manage those feelings.

Finally, something you already know: griefwork is *work*. It is not for the faint of heart, nor can it be avoided. While this work is being accomplished, however long it takes, remember to take care and be gentle and patient with yourself. Build in extra time to take care of business. Don't put things on unreasonable deadlines—don't have too many "shoulds." Above all, remember that, if you have lost someone you love in an air disaster, you are having normal responses to an "abnormal situation." Know you're not going crazy but do get the personal and professional help you need to get through an extremely painful time in your life.

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**Annual Meeting – October 18-19, 2003 DoubleTree Hotel – Close to Washington National Airport**

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Only \$99 per night for the special NADA/F rate. Call (703) 416 4100 or (800) 222 TREE.

Confirm hotel reservations as soon as possible to guarantee the \$99 rate available until the rooms are sold out, or Friday, October 3rd, whichever comes first. Alternate hotels: Marriott Residence Inn, next door (703) 413 6630, or (800) 331 3131, or Americana Hotel (703) 979-3772

**MEETING SCHEDULE...**

**NEW! For Early Arrivals! Friday Afternoon 2:00 to 4:30 PM - Lobbying trip to Congress and the Senate.**

We will have hand-outs for each Member of the House and Senate and a comfortable place to meet before heading back to the hotel in small groups.

Optional Friday dinner, \$18 per person, 7:00 PM, a casual full buffet at the hotel.

**8:30 to 9:30 AM - Saturday and Sunday.** Continental Breakfast and socializing, included with registration fee.

**Annual Meeting - Saturday, 9:30 AM to 5:00 PM with break for lunch, and Sunday, 9:30 AM to 1:30 PM**

Optional Saturday lunch (\$18 per person). Pentagon Room with a wide variety of choices served via Buffet. Or, the hotel coffee shop, or restaurants in the area.

Saturday morning meeting is a time for introductions and learning more about our members.

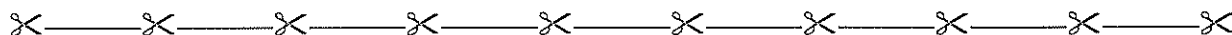
Saturday afternoon and Sunday - Speakers and schedule to be announced.

**Saturday Evening 5:30 PM Social Hour - 7:00 PM Dinner at the Rooftop Dining Room** with a terrific view of Washington DC -- Speakers and Awards to be announced!

**NEW!** Some members will stay through until Monday morning - for casual Sunday dinner and social time.

**FREE REGISTRATION** to those who have a **Letter to the Editor published** regarding aviation safety. If possible, please mention NADA/F or www.PlaneSafe.org Registration fee waived if you send us a copy of your published letter, or, registration will be refunded when you share your published letter!

**Questions? Suggestions? Contact the Annual Meeting CoChairs:  
Joan Pontante, Email: Japontante@juno.com (315) 593279, or  
Audrey Ulozas, Email: juaud@ptd.net (570) 8579293**



**Make checks payable to the NATIONAL AIR DISASTER FOUNDATION and mail to the following address:  
Audrey Ulozas, NADA/F, 105 Rock Oak Lane, Greentown, PA 18426**

Yes. I will attend the 9th Annual Meeting, Saturday-Sunday, October 18-19, 2003!

Registration fee is \$10 per person: Includes Continental Breakfast Sat. and Sun., Annual Meeting Packet, and all activities. Saturday lunch and dinner are additional.

I have enclosed \$ \_\_\_\_\_ registration fee for \_\_\_\_\_ people to attend (\$10 per person)

I have enclosed \$ \_\_\_\_\_ for \_\_\_\_\_ people to attend Friday dinner, \$18 per person (for early arrivals).

I have enclosed \$ \_\_\_\_\_ for \_\_\_\_\_ people to attend Saturday lunch, \$18 per person.

I have enclosed \$ \_\_\_\_\_ for \_\_\_\_\_ people to attend Saturday dinner, \$40 per person.

I have enclosed \$ \_\_\_\_\_ (optional) \$20 per person, per year, for NADA/F Year 2003-2004 membership.

I have enclosed \$ \_\_\_\_\_ (optional) as a contribution to help with NADA/F's work and Annual Meeting expenses.

Total \$ \_\_\_\_\_ Thank you!

**Meeting is scheduled from 9:30 AM Saturday through 1:30 PM on Sunday,  
plus 8:30-9:30 AM both days for Continental Breakfast and Socializing, and Saturday dinner.**

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip Code \_\_\_\_\_

Phone, Fax, Email \_\_\_\_\_

Other Information \_\_\_\_\_

 **For hotel reservations please call the DoubleTree directly, (703) 416-4100 or (800) 222-TREE.  
Request the special \$99 rate for NADA/F. Space is limited.**