

NATCA Communications Committee 2025 Virtual Meeting Notes

December 9, 2025

Drew MacQueen	no	Thom Metzger	no	Anita Johnson	no
Meagan Roper	no	Shannon Lyman	yes	Amanda Clinefelter	no
Lisen Minetti	yes	Eric Goldman	yes	Jaymi Steinberg	no
Tom Thompson	yes	Ariana Seimas	yes	Galen Munroe	no
Bryan Martini	no	Sarah Simek	yes	Jessica Reed	yes
Jessica Rakovitis	no	Kevin White	yes		

- 2026 Budget Approval
- Regional In-Person Meeting Dates for 2026
 - NGL – April 20-22
 - NNE/NEA - May 19-20
 - NSO – TBD
 - NRX – TBD
 - NWP – TBD
- 2026 Events Attendance Sheet
 - Please fill this out!
- Call Availability Form
 - Also fill out by the end of the year so we can pick a new day/time
 - Will continue to be on the 2nd week of the month
- Committee Help/Highlight Project Reminders
 - If you picked a committee(s) to work with to highlight what they do, please follow up with them
 - This project got put on the back burner during the shutdown
 - Whatever info you collect or posts you develop to help the committees please post in the Posts/Graphics section of our teams
 - I.e. Jaymi working with CISM and just posted about the Wellness Toolkit highlight
- PA Briefing
 - End of the year posts
 - Holiday messages
 - Confirmation on extension of Unum until January 16
 - Story in today's NATCA update
 - Price is dependent on their salary
 - Getting word out about that is important for the newer controllers
 - More things coming from benefits committee
 - Catching up on things from during the Shutdown
 - Jess will try to get back to posting approved stories into our teams channel so we have a heads up on what's coming

- Regional Roundup
 - NWP
 - Happy able to make graphics quickly
 - More engagement this year
 - Able to make more contacts with far away facilities
 - Working on more info dispersal in easy to read form
 - NRX
 - Happy to keep sanity in Region 10 this year – so much going on
 - Lots of plans for next year – focusing on what is planned for next year
 - Want to develop a NRX Comms team next year
 - NGL
 - Proud the NGL comms team is still here after all we went through this year
 - Lots of retirements coming up
 - RNAV
 - Worked on and submitted report to the NEB as per their charter
 - NATCA store items for RNAV members
 - Challenge coin pre-sale – good interest
 - Working on updating their event displays
 - Accomplished updating their charter this year after 17 years
 - New council structure is working out great for RNAV
 - NNE
 - Accomplished getting Discord up and running as an additional communications platform
 - Kept our heads above water during the shutdown with all the posts
 - Will be posting holiday philanthropy and our 2025 NNE awards soon
- Homework
 - Think about 2026 Goals for our Committee and Your Regional Comms to share on our January call

November 11, 2025

Drew MacQueen	no	Thom Metzger	no	Anita Johnson	no
Meagan Roper	no	Shannon Lyman	yes	Amanda Clinefelter	yes
Lisen Minetti	no	Eric Goldman	no	Jaymi Steinberg	yes
Tom Thompson	yes	Ariana Seimas	yes	Galen Munroe	yes
Bryan Martini	yes	Sarah Simek	no	Jessica Reed	no

Jessica Rakovitis	yes	Kevin White	no		
-------------------	-----	-------------	----	--	--

Ariana's retirement

- Congratulations to Ariana
- She will stay on Comms until NWP RVP finds a replacement

Comms Swag order for committee members

- We have \$6,000 of our budget left due to our fiscal responsibility
- Please order something from the NATCA store with Comms logo
- Tom suggested using funds to offer more at our ATX booth
 - Will put up a post on Teams for brainstorming

PA Briefing - Shutdown updates please!

- Still in shutdown mode
- Large volume of media requests
 - PR firm helping with regional media requests
- PR firm helping develop content
 - Jess and Kevin are doing really great making video content
- Next stage with PR
 - Expand our presence and improve public perception
 - Shutdown did help with that already
- After shutdown – more positive pieces
- Is PA having a post shutdown debrief?
 - How can we be more efficient
 - High demand – media
 - Discuss more preparation for January
 - Have a system in place – refining to be more efficient
- Can comms help? -
 - Things happen so quickly
 - RVPs should have been keeping comms members in the loop
 - Convo to have with each of our RVPs
 - Comms people could help getting more new people to participate
- Thanks to PA! - Tom
 - Plenty of diff avenues to show the RNAV members what NATCA is saying and their message
 - From Tom's perspective – Had more than he could handle to share in terms of media coverage, NATCA's message, etc.

Regional Roundup

- NNM
 - Didn't communicate a lot during the shutdown
 - Utilized other regions' for ideas
 - Not much input from the RVP on shutdown posts
 - Will work better next time with more communication
 - Showcasing controllers helping controllers
- RNAV
 - Shared the email effort with the AFL-CIO to help boost
 - AFL-CIO was more aggressive with messaging – not as productive as ours
 - Made RNAV available for leafletting
 - Letter writing campaign – retirees were available to deliver letters
 - BOTG helped with VA elections
 - NATCA store items
 - Challenge Coins very popular
 - holding off until after shutdown to order more
 - Mental health push
 - Working with CISM to find ways to include retirees
 - Finding mental health content from other unions that they share
- NCE
 - Not a lot other than shutdown
 - Thinking about what's next
- NAL
 - First snow of the season in Alaska!
 - Not much to report
 - Re: Budget
 - Does comms provide equipment like laptops?
 - Check with RVP
 - Only equipment Comms has is the ipad for the booth
 - Try to share local stuff so members aren't overwhelmed by getting national stuff over again
- NEA
 - Archie series
 - Unpaid controller series
 - any left that haven't been posted will save for Jan
 - Next up is A19 refresher content
 - Reformulating a new comms plan
 - IFATCA
 - Owe PA a piece from recent meeting in Amsterdam

- Next big meeting is April in Romania
- Behind due to shutdown – catching up
- NNE
 - Shutdown posts
 - Unpaid ATCs work here graphics
 - Great to see other regions make their own
 - Highlighting emergencies controllers are working when not getting paid
 - Important to not just say hey we're not getting paid, but show what work we're doing
 - Also posting calendar and dates for next year
 - After shutdown
 - Back to highlighting FacReps
 - 2025 Awards
 - Finding more things to post about that aren't shutdown related
- NWP
 - Retirement
 - Went really fast!
 - Found out Wednesday and paperwork by Friday
 - Finishing tying up loose ends of retirement paperwork
 - Joel wanted last minute push for the voter voice campaign for last minute
 - Focused on shutdown
 - Finding replacement
 - Ariana is still here until replacement shows up
 - Ariana: Has been great being on Comms!

October 14, 2025

Drew MacQueen	no	Thom Metzger	no	Anita Johnson	yes
Meagan Roper	no	Shannon Lyman	yes	Amanda Clinefelter	yes
Lisen Minetti	no	Eric Goldman	no	Jaymi Steinberg	yes
Tom Thompson	no	Ariana Seimas	yes	Galen Munroe	no
Bryan Martini	yes	Sarah Simek	yes	Jessica Reed	yes
Jessica Rakovitis	yes	Kevin White	yes		

- CFS

- insert missing part
 - Winner publications 2 weeks pre excused absence cut off
 - Timeline moving forward
 - Schedule posted somewhere
- Budget
 - 15k
 - ATX was previously covered, but in case this covers
 - Also covers Chair meeting in January
 - No comments
- 2026 events
 - In person 5/7: all plan to attend except possibly Rakovitis due to staffing. Arianna replacement?
- PA Brief
 - Biggest thing is PA will keep sharing RVP news clips
 - Will also share footage. Share back to PA if you get pics/video.
 - More detailed resource messages coming soon
 - Start getting pics/compilations of other associations feeding us.
- Regional Round Up
 - NNM
 - Better collab
 - Continue to tag please
 - NSW
 - Nothing new
 - NWP
 - Nothing new
 - Keeping up with req for reaching out to congress
 - NAL
 - Not a lot
 - NEA
 - Archies
 - N94
 - NGL
 - Double duty
 - Share resources United Way
 - NNE
 - Doing Archie series, highlighting what members do
 - Folder of thank yous
 - Emailing resources
 - NCE
 - Shutdown focus
 - Letters to congress then benefits
- IOU
 - Move Archie dates up
 - Ask Steph for time for Jessica for 5/7

NATCA Communications Committee 2025 Virtual Meeting Notes

September 9, 2025

Drew MacQueen	yes	Thom Metzger	yes	Anita Johnson	yes
Meagan Roper	no	Shannon Lyman	yes	Amanda Clinefelter	yes
Lisen Minetti	yes	Eric Goldman	yes	Jaymi Steinberg	yes
Tom Thompson	yes	Ariana Seimas	yes	Galen Munroe	no
Bryan Martini	yes	Sarah Simek	yes	Jessica Reed	yes
Jessica Rakovitis	yes	Kevin White	yes		

- Hashtags and Use thereof- using existing, tagging others, etc. Example #UnionStrong
 - PA- Clarifies concerns. If you look through who is using some these there are big mix of people utilizing them. There is not a current answer to do definitive due diligence. Generally, think hashtags are good and facilitate reach on social media platforms. AFL-CIO sometimes makes some up like current theme of its better in a Union. If you opt to use them be consistent. **Be wary of Hatch Act violations.**
 - Could be helpful from organizational if all of the locals within a region used the same one. Could help them be coordinated and easier to find.
 - Some generalized hashtags are broader like #aviation vs a specific one that is useful within the region.
- Kevin Curtiss/Mike Christine/Cory Davids discussion on editing the communications survey that PA did in early 2025. We need to have a more robust discussion on it. We need public affairs to be in on it. There may be a meeting with public affairs soon. Currently not doing survey.
 - IOU to schedule?
 - NEB
- CFS
 - PA – Booklet and agenda? Or comms plan?
 - As soon as they're ready and things are verified they will share.
 - There are some pre approved items at this point.
 - Still waiting on final batch of news items that will happen during conference week. May see them as early as tonight.
 - NATCA Families
 - Hoping for info by end of day, essentially, they are doing the cabana again and assess who is going to facilitate meet ups.If y
 - GroupMe chat will be back.
 - Voucher air to budget line.
- Budgets
 - Trello.

- Canva just renewed. About \$66pp.
- PA
 - CFS content soon
 - UNUM open season
 - TikTok at about 700 followers
 - More Guardians of the Sky coming
- Regional Round Up
 - NGL- Nothing new to add from Comms side
 - NSW- Working on Historical, Training and Organizing Committees to work on pieces. Back down to 3 team members.
 - NSO – Nothing new.
 - NNM – Been rotating through comms members. Been trying to get some new members on board.
 - NEA- Continuing contract corner. Working with EAP, CISM and PS still. IFATCA Update.
 - NAL- Booth coming up at an ASA job fair.
 - NWP- Nothing much.
 - NCE- Been busy with negotiations so been a bit backseat but will be picking up soon.
 - NRX- Have a lot going on, but not lots of comms stuff going on. Stood up first new local in many years. Lisen's first CFS.
 - RNAV- New Charter. Something to PA soon on that. 4 of the committee members going to CFS. New Tshirt and logo in the NATCA store with more soon. Boots on the Ground in VA.
 - NNE- NEB Bangor meeting. Keeping up with 15 day updates. Will be live posting for update.
- Drew- It's schedule season and trying to keep up with everything. Don't hesitate to call or email.
- After CFS can discuss soliciting new members to participate. It seems multiple regions are looking for help.
- Reminder: info will be live posted in the Teams channel.

NATCA Communications Committee 2025 Virtual Meeting Notes

August 12, 2025

Drew MacQueen	no	Thom Metzger	no	Anita Johnson	yes
Meagan Roper	no	Shannon Lyman	yes	Amanda Clinefelter	yes
Lisen Minetti	yes	Eric Goldman	yes	Jaymi Steinberg	yes
Tom Thompson	yes	Ariana Seimas	yes	Galen Munroe	yes
Bryan Martini	yes	Sarah Simek	yes	Jessica Reed	yes
Jessica Rakovitis	no	Kevin White	yes		

- Welcome to our new Souther region comms team member
 - Eric Goldman gave a short bio
- Archies Speeches
 - Less than 3 minutes
 - If RVPs want to do their own speeches, that is okay
 - Due by end of August for review by Murdock
- Wellness Toolkit
 - It is on the NATCA website
 - PA heads up that the info is coming to them for distribution soon
 - Once email goes out to all members, regions can also promote
- Committee promo projects
 - Jaymi - Tune in Turn off promo, EAP, Acute stress
 - Others put off till after CFS
 - Ongoing project
- Public Affairs briefing
 - Tiktok is live
 - Shannon requests regions like/share/comment to help engagement
 - Archie Winner post should be out before the 15th
 - Will ping Comms before it gets posted
- Regional round up
- Updated Comms CFS attendance
- Remaining 2025 calls will be at 2pm ET
- Next in person meeting will be after NIW on Thursday May 7th, in DC.

July 8, 2025

Drew MacQueen	yes	Thom Metzger	yes	Anita Johnson	yes
Meagan Roper	no	Shannon Lyman	yes	Amanda Clinefelter	no
Lisen Minetti	no	Amy Sayers	no	Jaymi Steinberg	yes
Tom Thompson	yes	Ariana Seimas	yes	Galen Munroe	no
Bryan Martini	yes	Sarah Simek	yes	Jessica Reed	yes
Jessica Rakovitis	no	Kevin White	yes		

- **Southern Region will have new comms member: Eric Goldman**
 - Been briefed on Archies
 - Thanks to Amy
- **Archie Materials**
 - Call with Sam Navarro- will get more info soon. The CFS committee would like to offer comped admission to CFS and an Archie ticket. - Info coming to Teams including code.
 - Lissen and Jessica are working on contacting their winners- if any issues then reach out to RVP. Remember, podcasts are not a requirement. Use the info from the forms.
 - Anita: her person has had to postpone their interview for personal reasons.
- **Wellness Toolkit**
 - CISM
 - PS
 - Briefing of FacReps will EB tomorrow then a subsequent email.
 - Thom will ask what additional distribution is required.
- **Vouchers**
 - Ensure everything is in.
- **PA Brief**
 - Tentative Events for next year:
 - NiW – 5/4-6
 - CFS - 9/14-16
 - ATX - 12/7-11
 - National TikTok is coming
 - If you have one in your region, tell PA
 - New PR agency
 - Going well
 - Working on a couple of projects including Archie adjacent
 - There may be a few windows to release info
 - May start to do local press
 - There may be a few batches on social media
 - Hoping for media at the event including Pete Monteen (spelling?) the aviation person from CNN.
 - Discussing additional media. Considering non traditional media, like influencer.

- Working with Jamaal- make us the hub of all the information to get hired, including different pathways to get trained.
- **Regional Round Up**
 - **NWP**
 - Good comms, not much new
 - **NEA**
 - Usual
 - Working with CISM and PS, if their Q&A goes well will share
 - **RNAV**
 - Updating charter
 - Working on volunteers for NCF and Benefits for CFS
 - Boots started in VA. VA tends to be a bellwether for the future. It's a great high profile spot to be.
 - NATCA store is a great place to get things to hand out for future events
 - New logo coming out soon.
 - Mental Health slogan?
 - **NSW**
 - Benefits is of interest – Sarah will follow up with them
 - **NCE**
 - Archie interview is coming soon
 - This weekend is the big airs show with congressman Graves
 - **NGL**
 - Osh Kosh soon
 - Regular stuff
 - **NNE**
 - Academy schedule/101 posts
 - Discord is up but kinda boring
- **IOU**
 - Arianna and Tom and Sarah comped Archie/CFS
 - Thom – Wellness Toolkit
 - In Person Comms dates – possibly abutting NiW (preferably Forrey conf room)
 - Mental wellness coordination

April 8, 2025

Aaron Merrick	no	Thom Metzger	no	Anita Johnson	yes
Meagan Roper	no	Shannon Lyman	yes	Amanda Clinefelter	yes
Lisen Minetti	yes	Amy Sayers	no	Jaymi Steinberg	yes
Tom Thompson	yes	Ariana Seimas	yes	Galen Munroe	yes
Bryan Martini	yes	Sarah Simek	yes	Jessica Reed	yes
Jessica Rakovitis	no				

- **Councils Explained/Organization Structure**
 - Membership Services Council (where Comms and related are)
 - Mark Rausch/Shannon co leads of Council
 - Drew MacQueen will be the new associated RVP
 - Shannon will be briefing NEB 2x year
- **Convention**
 - Need a booth staffing schedule
 - Keep an eye out for TEAMS
 - Reviewed frames for photo booth
 - There will be some Cali photo props like seal and bear
 - SWAG: letter openers and stickers
- **In Person Meeting**
 - Got ideas? drop them in so agenda can be to suit
 - Food: Lunch Monday. Maybe Asian?
 - Mick and Nick are invited to meeting
- **PA Briefing**
 - Reminders to push:
 - Convention price increase deadline 4/10
 - Room Block expires 4/11
 - Pride shirts until 4/18
 - Archie nominations (and Region X) 5/15
 - NiW stage videos are being edited and will be placed on members side of website
 - Working through the last of the podcasts from last year's Archie Awards
 - Q: How soon after Archie closes will we know the winners?
 - A: In the past it has taken until June but the selection committee meeting dates are not yet known by PA.
- **Region Round Up**
 - NCE: Taking advantage of the meeting to onboard the new FacReps
 - NEA: We finally made an insta. Mike has been doing more engagement pieces, so positives there. We had been a bit quiet post DCA.
 - NGL: Been a lot of stuff between NiW and Convention etc. ARVP retiring soon. Drew has been asking lots of questions to get better acquainted with committee.
 - RNAV: The retirees have been staffing NiW. Went very well. Working on AFL-CIO activities. Boots will be running in VA this year. IFATCA meeting coming up. Will be

doing Sargent at Arms at convention. If anyone sees anything on the RNAV pages that slips the filter to reach out.

- ✓ **IOU:**
- ✓ Booth Staffing times

March 11, 2025

Aaron Merrick	no	Thom Metzger	no	Anita Johnson	yes
Meagan Roper	no	Shannon Lyman	yes	Amanda Clinefelter	no
Lisen Minetti	yes	Amy Sayers	no	Jaymi Steinberg	yes
Tom Thompson	yes	Ariana Seimas	yes	Galen Munroe	no
Bryan Martini	yes	Sarah Simek	no	Jessica Reed	yes
Jessica Rakovitis	yes				

- Welcoming our new NSW member
 - Welcome Anita Johnson from NSW as our newest member to the committee
- ATC Assist: Controllers Supporting Controllers video playback
 - All positive comments from committee members
 - The video was moving for many
- National Town Hall discussion
 - Waiting to have a call with Nick to discuss Comms helping with running and organizing the national town halls (not the national briefings)
 - Will give the committee information after that discussion
- Convention
 - Regional Social Media QR cards
 - Committee decided to have these printed out on regular paper and available at the booth
 - Booth discussion
 - Will work on having SFO themed frames for the photo booth
 - Use elements from the logos that were made
 - NO Alcatraz theme. Bad look for photos of ATC behind bars
 - Bring some physical props
 - Animals that are found in the SFO bay area
 - Ariana looking through her stuffed animal collection for this
- PA Briefing
 - Less planning than before, more real-time editing and posting
 - Will work to update Trello more and get the committee info ahead of time if possible
- Regional Roundup
 - Social Media Accounts
 - Is our NATCA page accurate
 - Do you have access to post?
 - Shutdown plans
 - NIW plans

February 11, 2025

Aaron Merrick	no	Thom Metzger	no	Ashley Langdon	yes
Meagan Roper	no	Shannon Lyman	yes	Amanda Clinefelter	yes
Lisen Minetti	yes	Amy Sayers	no	Jaymi Steinberg	yes
Tom Thompson	yes	Ariana Seimas	yes	Galen Munroe	no
Bryan Martini	yes	Sarah Simek	yes	Jessica Reed	yes
Jessica Rakovitis	no				

CISM & EAP Briefing

- Briefing they normally give to Reps
 - Matt Ellington (co-chair of CISM and ORD FacRep)
 - Martin Ramirez (EAP and on DAC)
- CISM
 - Made up of ATCs from all diff facilities, no management counterpart
 - Trained annually – International critical incident stress foundation
 - Work side by side with the Worklife Solutions Program
 - Non-judgmental, confidential
 - Not counselors, not investigators, not labor representatives
 - Article 74 of CBA
 - 15 peer debriefers appointed by NEB
 - Respond to critical incidents
 - Provide support to anyone in the facility
- EAP
 - 3 members designated by NEB
 - Educate and promote benefits through EAP program
 - POC for members who need assistance navigating the program
 - Advocate for members to ensure they have best experience
 - Article 57
 - Promote the wellbeing of employees and their family members through counseling and referral
 - Areas include, not limited to
 - Family problems
 - Stress management
 - Alcohol & other drugs
 - Health concerns
 - Other areas that could adversely affect employees job performance
 - Drug & Alcohol committee member is involved since EAP is used if someone has a drug/alcohol problem

- Magellan Health Services is the contracted vendor for EAP
 - 8 free counseling sessions per issue per 12 months
 - Confidential
 - Legal & Financial Consultations
 - Life Management services
- CISM versus EAP
 - CISM – Critical Incidents
 - Aircraft accident/incident
 - Loss of loved one or coworker
 - Natural disaster
 - EAP – common life stressors
 - Current world events
 - Divorce, custody battles, legal issues
 - Caring for a loved one
- Alaska- has had issues with Magellan- Martin will coordinate
- Martin- there are some known service issues in places where people may reside not in the state they work.
- RNAV- reminds that even though you were indirectly exposed that you may be impacted. Since CISM and EAP are both FAA it would be good to have somewhere to send retirees
- EAP available up to 6 months post-retirement- might be a future consideration. Also adding FCT.

Overview of the Committee Chair meeting

- Minutes are being finalized
 - Shannon took 15 pages of notes
- Changes to the organization of committees may be coming
 - NEB currently discussing this change
 - May change our liaison from Aaron to Drew
 - Councils may be developed that group together similar types of committees
 - i.e. Wellness, Member services, etc.
- 2 mins to talk about our committee
 - Stressed to the RVPs that some comms members feel underutilized
 - They want to help, they are there for the RVPs to communicate, use them!

Air Traffic Assist - Controllers Supporting Controllers

- Nick Daniels texted Shannon late on Friday after the accident
 - Wanted a way to compile the support from other controllers to those involved
 - Shannon out of town, Sarah spearheaded
 - Ended up with about 40 videos from controllers, RNAV, and some international ATCs

- Final video will be sent directly to DCA and PCT FacReps for dissemination to their members involved
 - This video is intimate messages of support
 - Will not be posted or widely shared to protect members who participated

SOP for ATC/NATCA in the Media?

PA Briefing

- No press stories coming
- Normal stories
 - Scholarship
 - Convention registration
 - OSH volunteering
 - Sharing in Teams

Regional Round-up

- Sarah NGL
 - In the chat is CISM/EAP - flyer
 - Added in 24/7
 - Benefits committee wants to push in person retirement seminars
- Lisen NRX
 - RVP wants to revamp their monthly communications
 - Will be posting asking for copies of their regions emails
 - Compiling ideas, reaching out
 - Everyone in NRX supports the ATCs!
 - EOs are affecting NRX folks
 - Fork in the road is applicable to them
 - Focusing on that in NRX
 - Working with legislative
 - Dos and Don'ts for calling reps
 - Will share once approved
 - Jess brought up that NATCA pays for Voter Voice for calling and emailing their reps
- Ariana NWP
 - Joel has reached out more asking for social medias posts and such
 - Will work with Martin getting the EAP info into an emailable format
 - Will also help Mickela with the formatting and updating contact info on their emails

Next call is Tuesday, March 11 at 12pm ET

January 7, 2025

Aaron Merrick	no	Thom Metzger	no	Ashley Langdon	no
Meagan Roper	yes	Shannon Lyman	yes	Amanda Clinefelter	yes
Lisen Minetti	no	Amy Sayers	no	Jaymi Steinberg	yes
Tom Thompson	yes	Ariana Seimas	yes	Galen Munroe	yes
Bryan Martini	yes	Sarah Simek	yes	Jessica Reed	no
Jessica Rakovitis	yes				

Goals for 2025:

- NWP: More Engagement. More people. Better scheduling.
- NGL: More engagement. Mental Health.
- NCE: Get to other facilities. Onboarding new reps and TRBs.
- NAL: Same as everyone else.
- RNAV: Mental Health. Relay positives. Try to share what other Unions are doing. With so much negative, we can focus the energy toward more positive.
- NNM: Communication break down is evident- working to communicate better within the team and more engagement outside of social media. With all members briefs etc we need to drive attendance. More members to help the team.
- NEA: Figure out how the members want to be communicated with.
- NNE: Getting team members to do more. Maybe more videos. New RVP. Trying to keep up bi monthly updates.
- Shannon: We used to share a lot on the TEAMS channel. We could use the work and share things better within the group. Committee Chair meeting end of January- talk to the RVPs and encourage their utilization. Goal to get the support from RVPs you need if not getting it. Prep for Convention. Be Present.
 - NCE- With new leadership it would be interesting to know what they are expecting of us and formulate goals from that.
 - RNAV- On the lines of Mental Health- maybe a guest to discuss what we can do like CISM. What can we get out?

- RNAV- support DRC & NCF. Some of the national staff has taken unwarranted flack and would like to highlight them – even regionally.

Mental Health

- Other regions have heard about Controlled Chaos from NNE- many RVPs are supportive. From the CISM and legality standpoint we need to ensure it doesn't appear we are promoting mental health advice and we are not professionals. Utilizing the resources we have available. The RFS will be attending to discuss what can or can't be done. Other regions might be interested in using a similar format. At committee chair meeting there is a wellness toolkit from CISM Chair. Once updated it might be shared to the membership.
 - NGL- There have been some changes in SSRI that will need to be factored in before sharing the info out.
 - NNE- We want to get it bound and printed for each facility. But we are awaiting ok from CISM and those above.
 - PA- We are willing to help with format/layout
 - NGL- Some content is available to share. Some groups like EAP don't want information split up. For example, promoting suicide prevention. Will share info. Don't split it up. QPR: \$30 1 hour course for suicide prevention. It helps you to know what to do if you encounter someone in distress. Well worth the \$30, there are sometimes coupons.
 - NNE- Even though we like it as an organization we can't promote it.
 - RNAV – The opticals and such the challenges are hard to manage. There are 3.6k RNAV and there have been members that have reached out to top dealing with likely PTSD from their career. I'm not necessarily the best prepared for it, but as a leader I need to know where to send them. There are more resources for active than there are on the retiree side. We should at least have an avenue to send people to get the help.

Committee Chair Meeting:

- NEA- It is a 2 way street and people are welcome to share to us, but we are beholden so no hurt feelings if we don't utilize.

PA Brief:

- Goals are being worked on including figuring best methodologies. Working on 2-3 updates a week on general information. There will be a shift toward being more strategic about what/when/how information is shared. Some of the soft content will live on social media platforms in lieu of emails. Reduce frequency so maybe 2-3 hard hitting emails of matters of importance to members.
- Introducing more messages from leadership and SMEs on a regular basis. Possibly video. Might build a studio in National Office.
- There will be fine tuning yet.
- Working on trying to provide consistent, quality info to members.
 - NGL- It might benefit PA to get out to facilities more. If you go on a trip- stop by and say hi.

- Galen- I still haven't been inside a facility. PA doesn't travel a ton, maybe a few times a year.

NATCA Website Web Designee Training:

- Tuesday, January 14th at 12:00pm
- Hosted by Kristena Jones of the IT Committee
- Invite all your regional comms members

New Comms Monthly Call:

- Amanda and Ariana haven't responded yet
 - Amanda noted 10am ET is 6am Alaska time.
 - Will not choose a 10am ET time slot for the meeting
- Will wait another week to get the remaining responses and then pick a time
- Most likely Tuesday or Thursday
- Time may change in June depending on change in chair's schedule

IOU:

- Invite Sarah Grampp (CISM) to meeting.
- Sarah share mental health information