



HELP FOR THE HOLIDAYS

AMERICAN AIRLINES EMPLOYEE ASSISTANCE PROGRAM OFFICES

TOLL FREE
1 800 555 8810
(see option # below)

Location	ICS/Area Code	Option #
HDQ/Flight/GSW	ICS (817) 963 1155	2
Southwestern/DFW/		
RES/AFW	ICS (972) 425 7161	3
JFK/Eastern	ICS (718) 632 2465	4
LAX/Western	ICS (310) 646 3501	5
FL/Caribbean	ICS (305) 526 7979	6
ORD/STL/Central	ICS (773) 686 4179	7
TUL/MCI/OK		
Line Maintenance	ICS (918) 292 2464	9

American Airlines Sweetens Deal

American Airlines Inc. and its partners in the oneworld alliance have stepped up in a big way in their attempt to keep **Japan Airlines** as oneworld's exclusive partner by committing to invest \$1.8 billion into the struggling Asian airline.

In a statement Thursday, American (NYSE: AMR) confirmed that the \$1.8 billion package has been finalized and approved by the oneworld alliance's governing board.

American CEO Gerard Arpey said in a statement, "The oneworld alliance already has a significant investment in the success of Japan Airlines, and we are prepared to do even more to ensure that American, oneworld and JAL have a successful

partnership for the long-term. We believe this in turn will allow JAL to produce significant benefits for all of its stakeholders — the traveling public, employees and investors, and certainly the Japanese tourism and aviation industries."

As part of the package, the oneworld alliance with the help of TPG Investment Group promises to invest \$1.1 billion in Japan Airlines.

In a statement, oneworld members criticize rival offers — specifically the Delta Airlines-SkyTeam alliance offer — as potentially anti-competitive for JAL.

"If JAL were to consider joining another alliance, in this case Sky Team, it

would raise intractable competition issues and face severe regulatory opposition in the U.S. because of the stranglehold this combination would hold on Japan-USA travel, with more than 60 percent of the market."

The alliance and American added, "This also would provide SkyTeam and Star a 93 percent duopoly and reduce competition rather than increase or maintain it — whereas the U.S. regulators have promoted inter-alliance competition to increase, not reduce, inter-alliance competition and consumer choice."

Source:
<http://pacific.bizjournals.com/pacific/stories/2009/11/30/daily31.html?surround=lfm>

Food 4 Kids

TWU, Local 514 members and their families are invited to help pack food on the morning of Saturday December 5, 2009 for the Food 4 Kids program at the Community Food Bank. Children must be at least 14 years of age to work on the assembly line. Contact Duane Friesen for details. Duane Friesen@aa.com.

Joint SS/Membership Meeting

Monday December 21
7:15 a, 11:45 a, 3:45 p
Tuesday December 22
12:15 a

You have a voice let it be heard!



Stress Management Tips We Can Learn From

Be realistic. It is not a good idea to try to put your life on hold or totally rearrange your life because of the holidays

It is OK to tell your children to be realistic. Santa, Mom and Dad will choose the best gift to give each child

The same applies to the rest of us. Show your husband, wife or significant other that you care by choosing something meaningful, but within your budget

There is a difference between stress and pressure. Stress is from outside but pressure comes from within. Talk yourself down. Read the instructions

Practice Moderation. Set some boundaries for yourself in regard to food, drink, spending, sleep and exercise

Try to accept family members and friends as they are. For now, set differences aside and leave old grievances until a more appropriate time.



Man's Best Friend

Eat With Gusto

When someone is having a difficult day
Be silent, sit close by and
Nuzzle them gently

When loved ones come home
Always run to greet them

Avoid biting when a simple growl will do

When you're happy, dance around
And wave your entire body

Delight in the simple joy
Of a long walk

Take naps and stretch before rising

Never pass up the opportunity
To go for a joyride.



Make Holidays More Enjoyable

Discuss your expectations in advance to avoid surprises.

Abide by the rules of the house, or plan to stay in a hotel.

Plan to stay for the optimal, not maximum amount of time.

Discuss disagreements and accept differences. Then move on.
Plan time alone for walking, reading, etc. It gives everyone a break from each other.

Keep a sense of humor. Have a laugh or cry. You may need it.

Have mutual respect across generational lines for different values and needs. Be a considerate guest; don't tie up the phone or TV. Go along with your hosts plans.

Do not expect a Hallmark Holiday.

Don't expect magic. Your visit may not be perfect, but it can be enjoyable.