



# COCKPIT

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Pakistan Airline Pilots' Association

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## PALPA NEWS BULLETIN

*Affiliated with*

*International Federation of Airline Pilots' Associations & International Transport Workers Federation*

DEAR MEMBERS:

السلام عليكم

This Cockpit issue comes out at a stage when PIA has been cleared by the European Union to operate to European destinations. This ban was a great set back of unprecedented proportion which the Airline had to go through, but Allah has been gracious to get us out of this quagmire. The apparent efforts by the management were generally thought to be inadequate but we have to see the end result, which in the ultimate analysis has got PIA the EU clearance. The foreign consultants hired by PIA and the efforts of all departments of PIA, which were involved in getting the ban lifted need to be commended. Having said this, let me share with you the efforts which PALPA did at its end to get PIA out of this embarrassing situation. Your Association got the IFALPA involved in this odd situation and its response was positive and extremely forthcoming. The feedback and update was communicated to the PIA officials working on the project of removal of EU ban. This was done discreetly as lobbying openly could have backfired. For the efforts of IFALPA officials, PALPA has thanked them officially.

With the lifting of this ban, the Airline has once again got better operating options

of its aircraft. As a responsible professional body we request our members to get fully involved in the well-being of the Airline, by highlighting the weak areas and lapses through Captains' debrief. The Association has told the Chairman PIA and other Management officials that the best feedback, based on ground realities without any bias, will be available through Captain's debrief. The traditional importance to captains debrief should be given as this is a vital input because the PIA clients and final product is handed over to the Cockpit Crew to safely fly them to their destinations.

The DMD and the Flight Operations department have also been requested to ensure that the Captain's debrief should reach the highest level and the corrective actions taken to remedy the situation. Additionally, it was requested that the routing of the Captain's debrief should be done in such a manner that there should be no hindrance in its reaching the right quarters, even at the expense of taking it away from the GMCC.

Therefore, it is earnestly requested that please give your comments and accurate assessment of all that happens on your flights. We have to involve ourselves fully

in uplifting falling standards of our Airline. As it is, by the grace of Allah, we are safely conducting our flights to wherever we are detailed to operate but to keep PIA afloat let us take charge of the grim situation the Airline is presently in and do our utmost to keep it afloat honourably and profitably.

Having covered the lifting of EU ban, let us seriously ponder over an alarmingly high rate of medical groundings in the recent past. Six pilots have gone through cardiac conditions and a few are grounded temporarily and are under surveillance for diabetes. All this has happened in last ten weeks. This is something which needs a minute scrutiny. PALPA has involved the Chief Flight Surgeon, PIA Crew Medical Centre who has already initiated a plan to educate the crew and inculcate habits, which are conducive to keeping good health especially the cardiac health. The following needs to be taken seriously as our duties and lifestyles are such that if all-out efforts are not done by us, we are liable to succumb to the pressure through different ailments.

Portions of transcript of the chat with Dr. Devi Shetty (Heart Specialist) is given below, which may be helpful to you.

1. Diet - Less of carbohydrate, more of protein, less oil.
2. Exercise – Half an hour's walk at least five days a week; avoid lifts and avoid sitting for a long-time.
3. Quit smoking.
4. Control weight.
5. Control blood pressure and sugar.
6. Heart diseases are hereditary.

7. Change your attitude towards life. Do not look for perfection in everything in life.
8. Walking is better than jogging since jogging leads to early fatigue and injury to joints.
9. Cholesterol accumulates from childhood.
10. Cholesterol can be controlled by diet, walk and eating walnut.
11. Fruits and vegetables are the best for heart and the worst is oil.
12. All oils are bad.
13. Every race is vulnerable to some disease and unfortunately, South Asians are vulnerable to the heart disease.
14. Diabetics are more vulnerable to heart attacks than non-diabetics.
15. Bottom line - Eat a healthy diet, avoid junk food, exercise everyday, do not smoke and, go for health checkups if you are past the age of 30 (once in six months recommended).

#### CLUB HOUSE CONSTRUCTION:

The PALPA Club House construction on the top floor is going on at a satisfactorily pace. The flooring work of the rooms and the tiling work of the wash rooms are expected to be finished by the time this Cockpit issue reaches you. The paint work has also been initiated and the woodwork has almost reached its final stages. The Construction Committee hopes to finish the job of construction and fixing of other amenities, fixtures and fittings by the end of year 2007. It is pertinent to highlight that the entire expenses of project are borne by the money

generated through the Club House. No loans of any sort are been taken and it is very heartening to report that our club funds are in a very healthy state inspite of this ongoing project.

Establishment of the Club House in Karachi has been a great facility especially for our crew stationed in Lahore and Karachi. A fair number of our pilots are based up north as such they have to travel to Karachi for official/private visits; the Club House Accommodation is indeed a blessing for them. The Club Committee is fully committed to providing the best services at affordable rates. Members are requested to utilize the facilities, which are your own and we need your sponsorship for its promotion and progression.

#### SUMMER TIME IN-HOUSE MOVIES:

The Club House had planned to have the movie shows in the month of June, July and August. The plan could not be implemented in June due to inclement weather and massive electric outages. The movies programme shall be communicated to you through INFOs. The notice may be short but your response shall be keenly awaited. We hope to cater for all age groups. In the same context your suggestions would be welcome.

#### CAREER PLAN:

The Flight Operations Management has finalized a new Career Plan. The Career Plan envisages a situation in which the B-747 aircraft could be phased out partially/totally. The other major change is the equation of ATR and B-737 aircraft with certain conditions. The current situation is such that most of the co-pilots who are operating on B-747, B-777 and A-310 have a total service ranging from anywhere between

14-18 years. This has resulted in a severe backlog as such these pilots have become de-motivated and frustrated. Clearly, this is a classic case of wastage of flying experience available with this specific group of pilots. No where could one come across an airline/organization in which pilots are occupying the right seat with flying experience of over 8000 hours. Considering this fact, the PALPA Executive Committee has agreed to an interim arrangement of equating the ATR and B-737 with specific conditions, the details of which are spelled out in the respective PIA Circular.

The violations of seniority shall not take place under any circumstances. It must also be emphasized here that the issue of contract pilots becoming PALPA members had been linked by the Management to this equation, as outlined in the Circular No. 31/2007, dated 24th March 2007.

Seeing the overall situation dispassionately, it is a win-win situation for PALPA and its membership.

#### PENSION:

The other pending issue is that of pension. The calculation put up by PALPA has been perused and examined by the PIA Finance department. The mutually agreed conditions/modalities have been passed on by the concerned PIA departments to the DMD (PIAC). The case is right now in the DMD's court. He has been reminded thrice and a meeting to this effect has also been held. The situation in which the PIA was trapped because of EU ban was cited as the reason for this delay. Now that there is a positive break through, we will pursue the matter vigorously to take it to its logical end.

## CREW TRAVEL:

INFO was issued on 21st June 2007 to convey the methodology developed to confirm the seats for NS1 travel. This procedure would ease our pilots in getting their and their families seats confirmed 36 hours prior to the departure, provided Club Class seats were available. The members are requested to ensure that the seat confirmation request is put up in the appropriate queue for the destination and followed up 36 hour prior to departure. It need to be emphasized here that the ticketing system will not upgrade the seats automatically but has to be done manually by the reservation personnel.

## OBITUARIES:

With profound grief we inform our members that Captain (Retd.) M. Tufail left us for his heavenly abode on 3rd June 2007 at Lahore.

We offer our deepest condolences to the family and pray to Almighty Allah to give them the courage to bear this loss with fortitude. May the departed soul rest in peace. Ameen!

We also inform that following of our colleagues have lost their loved ones mentioned against their names:

إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ •

- |                       |               |
|-----------------------|---------------|
| 1. Capt. Javed Khan   | Mother        |
| 2. Capt. Anjum Karim  | Mother        |
| 3. F/O. Ayaz Akbar    | Mother        |
| 4. Capt. S. A. Shah   | Father        |
| 5. Capt. M. M. Tariq  | Mother        |
| 6. Capt. Naeem Razzak | Mother        |
| 7. Capt. Laeeq        | Mother-in-law |

May Allah in His infinite mercy grant our colleagues and their families' strength, courage and patience to bear this irreparable loss. We pray for the departed souls an elevated place in their heavenly abode. Ameen!

## FOOD FOR THOUGHT:

There was a blind girl who hated herself because of her blindness. Not only did she hate herself but she hated everyone else, except her loving boyfriend. He was always there for her. She said that if she could only see the world, she would marry her boyfriend.

One day, someone donated a pair of eyes to her and then she could see everything, including her boyfriend.

Her boyfriend asked her, "now that you can see the world, will you marry me?" The girl was shocked when she saw that her boyfriend was blind too, and refused to marry him!

Her boyfriend walked away in tears, and later wrote a letter to her that simply said. "Just take care of my eyes dear".

This is how the human brain changes when our status changes. Only a few remember what life was like before and even fewer remember who to thank for always being there even when times were painfully unbearable.



F/O ARIF MAJEED  
General Secretary

LONG LIVE THE UNITY OF PILOTS.

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