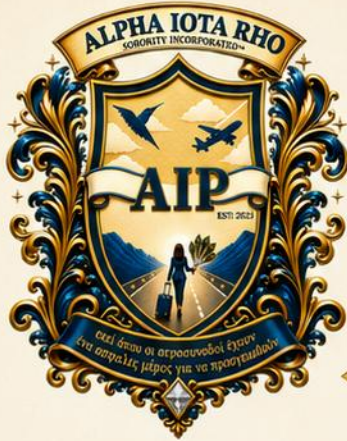




SEPTEMBER 2026

TAKING UP AIR

— *The Safe Landing* —

The Official Newsletter of Alpha Iota Rho Sorority, Incorporated™

SEPTEMBER IN AIR

Reflect • Honor • Rise • Care • Carry the Torch



Inside this issue:

August in Review • 9/11 • Suicide Prevention • Self-Care • Legacy in Flight

FROM THE FOUNDER'S DESK



*A*s we step into September, we carry gratitude for an unforgettable August — a month filled with history, sisterhood, aviation excellence and purpose. Celebrating OBAP's 50th Anniversary with Sorors Patricia, Louise and Dilene, and spending time with fellow flight attendants at the Obama Presidential Center, reminded us that legacy lives when women come together with vision and love.

*Keep flying, keep believing,
keep being the light!*



AUGUST IN REVIEW



Sorors Patricia Banks-Edmiston, Louise Phillips,
and Dilene Allen at OBAP Weekend.

*“ We are here to honor the past, uplift the present,
and build a legacy that soars. ”*



ALPHAIOTARHOSORORITYINC.ORG



ALPHIOTRHOSORORITYINC



alphaiotarhoinc@gmail.com



224-725-3247 (2 AIR CLD AIR)



AUGUST IN REVIEW

*OBAP 50th Anniversary
& A Meaningful Weekend in Chicago*

LEGACY IN FLIGHT

★ Conversations That Carry Us Forward ★



AIR was proud to attend OBAP's 50th Anniversary and celebrate five decades of breaking barriers and opening doors in aviation.



We had the honor of spending time with Sorors Patricia Banks-Edmiston, Louise Greenwood Phillips and Dilene, and enjoying fellowship with other flight attendants.



Our visit to the Obama Presidential Center reminded us that leadership, vision and legacy continue to shape the future.

*Thank you,
OBAP,
for 50 years
of impact.*

Every month, *TAKING UP AIR* highlights a conversation with a member of Alpha Iota Rho Sorority, Incorporated™ to preserve her story, celebrate her journey, and carry her wisdom forward.



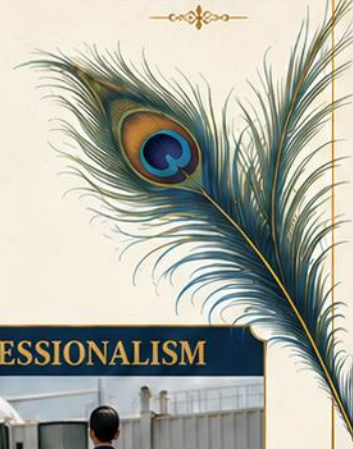
What do you want the woman coming behind you to know?



GUIDED BY OUR FIVE PILLARS

The Safe Landing

The Official Newsletter of Alpha Iota Rho Sorority, Incorporated™



FAITH



But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

— Isaiah 40:31

SISTERHOOD



Time with Sorors Patricia, Louise and Dilene reminded us that true sisterhood bridges generations and creates safe places to land.

PROFESSIONALISM



OBAP's 50th Anniversary reminds us to represent aviation with grace, knowledge, preparation and pride. Be the standard — not the exception.

SERVICE



We serve our industry, communities and future generations by mentoring, giving back and creating opportunities. Service is the rent we pay for the space we take up.

WELLNESS



September is Suicide Prevention Month. Flight attendants often carry silent burdens — irregular schedules, fatigue, time away from loved ones and emotional strain. Caring for your mental health is a sign of strength.

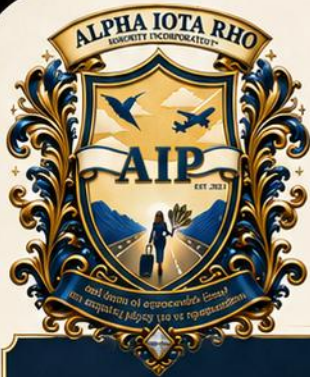
Self-Care Tips While Flying

Hydrate often • Move and stretch between trips • Pack healthy snacks
Use an eye mask or noise blockers • Journal your thoughts
Connect with a sister — don't isolate • Take deep breaths and reset often

Every month, *TAKING UP AIR* highlights a conversation with a member of Alpha Iota Rho Sorority, Incorporated™ to preserve her story, celebrate her journey, and carry her wisdom forward.



What do you want the woman coming behind you to know?



REMEMBRANCE, AWARENESS & LOOKING AHEAD

— *The Safe Landing* —

The Official Newsletter of Alpha Iota Rho Sorority, Incorporated™



25 Years | Never Forget



September 11, 2001

As we mark the 25th anniversary of September 11, we remember the flight attendants, crew members, passengers and first responders whose courage and sacrifice will never be forgotten.

For flight attendants, the tragedy permanently changed our profession and deepened our understanding of our role as safety professionals.

We carry the torch by remembering their names, honoring their service and bringing courage, vigilance and compassion into every cabin we enter.

NEVER
FORGET
9.11.01



Suicide Prevention Month | *You Matter. Speak Life.*

Flight attendants can face unique pressures: irregular schedules, disrupted sleep, time away from loved ones, occupational stress and emotional strain.

Check in with yourself and with one another. Asking, listening and staying connected can matter more than we realize.

988
SUICIDE & CRISIS
LIFELINE

Call • Text • Chat



You are not alone.
Help is always here.



Looking Ahead

INAUGURAL AMARYLLIS BLOOM BALL

*Honoring the Flight Attendants
Who Make the Wings*

✦ SAVE THE DATE ✦

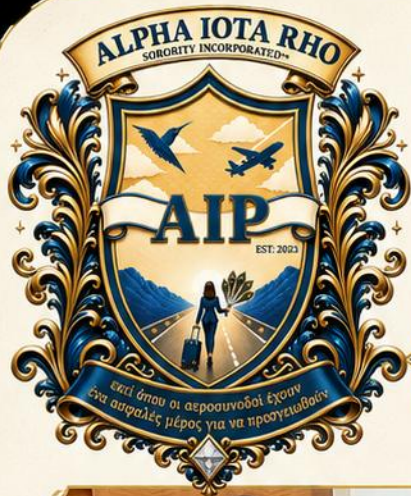
NOVEMBER 14, 2026



Every month, **TAKING UP AIR** highlights a conversation with a member of Alpha Iota Rho Sorority, Incorporated™ to preserve her story, celebrate her journey, and carry her mission forward.



What do you want the woman coming behind you to know?



TAKING UP AIR

SEPTEMBER 2026

— *The Safe Landing* —

The Official Newsletter of Alpha Iota Rho Sorority, Incorporated™

LEGACY IN FLIGHT

+ *Conversations That Carry Us Forward* +



A Conversation with Soror Patricia Banks-Edmiston

*When One Conversation Changes the
Way You See Your Journey*

Written by Soror Dilene Allen

Sometimes one conversation can change the way you see your entire journey.

Today, I had the incredible honor of speaking with our soror Patricia Banks-Edmiston, a trailblazer whose courage helped change the face of commercial aviation.

As a Black woman and a flight attendant myself, that conversation grounded me in a way I didn't expect.

Patricia didn't simply want to become a stewardess — she had to fight for the right to be one. After being denied opportunities because of her race, she challenged Capital Airlines and ultimately won her discrimination case in 1960. That victory opened doors for generations of Black women who came after her.

Because of segregation, when crews traveled overnight in certain places, Patricia could not simply stay at the same hotel as the rest of her crew. Instead, she was taken separately to an all-Negro hotel.

Imagine having to fight to get into the skies, only to discover that the fight didn't end once you put on the uniform.

She endured hostility, discrimination, threats and enormous pressure. Yet here she stands — still telling the story.

Patricia Banks-Edmiston fought for the woman who would come after her.

Now it is our turn.

We owe it to the women who came before us, the women beside us, and the women who haven't arrived yet.

There is still work to do.

And I believe we can do it together.

“

*We cannot spend so much energy fighting each other
that we forget who fought to make sure we could even walk through the door.* ”



Every month, *TAKING UP AIR* highlights a conversation with a member of Alpha Iota Rho Sorority, Incorporated™ to preserve her story, celebrate her journey, and carry her wisdom forward.



What do you want the woman coming behind you to know?

Positioned for Purpose

WWW.ALPHAIOTARHOSORORITYINC.ORG

PAGE 5

FACEBOOK: ALPHAIOTARHOSORORITYINC



alphaiotarhoine@gmail.com



224-725-3247 (2 AIR CLD AIP)