



HAWAIIAN



March 14, 2024

Dear Fellow Flight Attendants:

Words cannot begin to express the shock and sadness we are feeling after learning about the sudden and unexpected passing of a family member and friend, Alex Bodine. Alex was a kind, caring, and hard-working Flight Attendant who brought out the best in everyone he was around. He was one of those people that you would always look forward to flying with.

In just the past month, our 'ohana has had to endure the pain of losing two friends way too soon. Alex Bodine and Kanoe Medina had so much of their lives ahead of them, and now we find ourselves mourning their passing with their families and friends.

The world in which we live has changed so much in such a short time. Many among us feel the constant pressure to perform at our best and to live our best lives. At times, the pressure to always be happy can feel like a burden and it just does not match the reality of everyday life. As much as we may think we may know someone, we really don't know what they are thinking, feeling, or experiencing deep down inside.

One in five Americans experiences a mental health problem every year, but when it is happening to you or to someone you love, it can feel like you are all alone. You are not alone. The [Hawaiian AFA EAP](#) is here to help you. Everyone experiences personal, family, or work-related problems. Sometimes, these problems can overwhelm our normal coping strategies. AFA EAP helps Flight Attendants, their families and partners deal with concerns both at and away from work. No one ever needs to be alone in finding solutions to their problems.

Alex and Kanoe will always live on in our hearts, and we can honor their memories by the things that we do going forward. Take the time to be kind to one another. Take the time to let people know that you love them and that you appreciate them. Let them know you are happy to see them. And let them know that they are not alone.

"E lei kau, e lei ho'oilo i ke aloha."

Love is worn like a wreath through the summers and the winters.

Love is Everlasting (#332)

For confidential professional assistance, contact the International AFA EAP Helpline at 800-424-2406.

MEC Officers

*Joni Kashiwai
Scott Henton
Lea Sekimoto*

Council 43 Officers

*Martin Gusman
Kela Chong
Allison Sakae-Kauffman*

Council 47 Officers

*Joshua Aoki
Paul Ikioka
Beth Hayes*

