



Ever Upward

March 2026

Proposed Bylaws/Policies & Procedures Changes

A change to AsMA's Bylaws and the Policies and Procedures Manual has been proposed. The proposal is for the insertion of a new committee: the Commercial Space Flight Committee. The changes add the committee and describe it and its function. The Policies and Procedures Manual will also be updated to include the name and description of the committee. The description of the committee will also be added to the responsibilities of the Vice President for Representation and Advocacy. The committee's responsibilities will also be listed. To read about the specific changes, members should log into the Members Only page and then go to <https://asma.org/members-only/member-services/changes-to-governance-documents/>. The changes will be voted on in May in Denver during the AsMA Business Meeting on Tuesday, May 19, from 12 noon to 2 PM. If you are at the meeting, come support YOUR association!

Stronger Together: Advancing Aerospace and Undersea Medicine Through Strategic Partnership

John S. Peters, MBA, FACHE

The evolving partnership between the Aerospace Medical Association (AsMA) and the Undersea & Hyperbaric Medical Society (UHMS) represents more than operational alignment: it signals a strategic commitment to strengthening the future of environmental and extreme medicine.



As Executive Director of both organizations, I have the unique privilege of seeing firsthand how closely aligned our missions are. At their core, UHMS and AsMA exist at the intersection of clinical medicine and human performance in extreme environments, whether in the air, in space, beneath the sea, or in hyperbaric chambers. While our operational domains may differ, our scientific rigor, commitment to safety, patient outcomes, and dedication to professional excellence are shared values.

Combined, these missions create powerful synergy, uniting experts across pressure-related disciplines to accelerate innovation, foster interdisciplinary research, and elevate standards of practice for all members. We're seeing this come to fruition with our joint scientific program. This is not a flash-in-the-pan, short-lived experiment, but a deliberate decade-long engagement, one that takes us through 2034.

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Unlocking Synergy: The Power Behind Our Partnership

The value of collaboration between AsMA and UHMS lies in

strategic alignment. Both organizations operate in highly specialized fields that require multidisciplinary expertise, rigorous standards, and continuous innovation. By aligning executive leadership and operations, we reduce duplication of effort, improve efficiency, and create space for innovation. This operational partnership streamlines the day-to-day management of both organizations, while each governance council retains its independent strategic direction. More importantly, it enhances our collective voice. Together, we represent a broader and more influential community of professionals dedicated to extreme environmental medicine. That unified presence strengthens our advocacy, educational reach, and global credibility.

Elevating Excellence: How Collaboration Fuels Growth

Collaboration increases capacity. For AsMA, this partnership expands opportunities to integrate undersea and hyperbaric medicine perspectives into aerospace medicine discussions, particularly as commercial spaceflight, high-altitude operations, and extreme environment medicine continue to intersect. It enhances interdisciplinary dialogue and opens the door to joint programming, research initiatives, and shared expertise.

For UHMS, alignment with AsMA broadens exposure to aerospace medicine innovations, particularly in physiology, human performance, safety systems, and operational medicine. These areas increasingly overlap as technology pushes the boundaries of human capabilities in both aviation and underwater exploration.

Operationally, shared executive leadership ensures consistency in strategic direction while respecting each organization's autonomy and governance. It strengthens long-term planning, membership engagement strategies, and global outreach efforts. Simply put, both societies are better positioned, scientifically, financially, and strategically, because we are working in concert rather than in parallel.

One notable example of this partnership is the shared editorial leadership of Dr. David Newman, who now serves as Chief Editor for both the *Aerospace Medicine and Human Performance* and *Undersea and Hyperbaric Medicine* journals. Dr. Newman's expertise is already contributing to improvements and greater consistency across both publications, while each journal continues to maintain its own distinct focus and identity.

See "AsMA Voices", p. N8

Visit Us on Social Media!

X: https://x.com/aero_med_1929

FB: www.facebook.com/AerospaceMedicalAssociation

LinkedIn: <https://bit.ly/3NY1kFc>

Instagram: https://www.instagram.com/aero_med_1929/

YouTube: https://www.youtube.com/@aero_med_1929

Send information for publication in this newsletter to: Journal Department, AsMA: rtrigg@asma.org

Your Future, Our Commitment: What Members Gain Next

Members can expect collaboration to be implemented thoughtfully and progressively, with clear communication throughout the process. Both organizations will continue to maintain their distinct missions but will seek opportunities to reduce duplication and enhance operational readiness and execution. That pathway leads us to:

- Expanded interdisciplinary educational programming;
- Strategic joint initiatives where missions align;
- Increased visibility strengthening cross-specialty member learning; and
- Enhanced operational efficiency that allows Society leadership and Council to focus more on mission delivery and less on administrative complexity.

Our goal is to deliver even greater value for members, patients, the scientific community, and the industries that support our specialties, building on our strong foundation and ongoing commitment to excellence.

Mission Amplified: Why Collaboration Propels AsMA Forward

AsMA's mission is to advance aerospace medicine and human performance in air and space environments. Achieving that mission requires forward-thinking leadership and cross-disciplinary engagement. The future of aerospace medicine is increasingly intersected with environmental physiology, decompression science, hyperbaric medicine, and operational safety under extreme conditions. Commercial spaceflight, high-performance aviation, and human space exploration demand integrated expertise across domains that some consider separate.

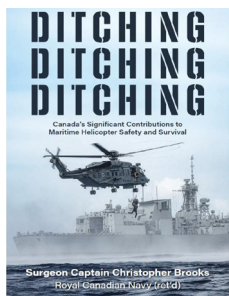
Our foundation is strong, and our commitment to excellent remains unwavering. This partnership is not about changing who we are, but about building momentum and amplifying our impact through mutual respect and collaboration. Together, we remain adaptive, innovative, and mission driven as we advance our work for members, patients, the scientific community, and the industries we serve and support.

Brooks Final Work Now Available

Dr. Christopher Brooks spent the better part of his life, in the Royal Canadian Navy and after, struggling to make flying in a helicopter over water much safer. He researched and published on marine survival problems extensively as a leading expert in the field, including life jackets and survival suits, and helped foster improvements in marine standards worldwide. Many of his articles were published in the Aerospace Medical Association's (AsMA's) journal.

Dr. Brooks passed away in October 2024. At that time, he had nearly completed his final publication, a detailed history of maritime helicopter safety and survival, including theoretical and practical developments, watershed moments over the decades and featuring major Canadian achievements in the field. He hoped that many would benefit, particularly aircrew and passengers, but also scientists, engineers, clothing designers, and regulators.

A small team of Dr. Brooks' colleagues have collaborated to help bring his final work to the audience for which



it was intended. The book is called "Ditching, Ditching, Ditching: Canada's Significant Contributions to Maritime Helicopter Safety and Survival." It was published by [Friesen Press](#) on February 17, 2026, and will be available from other outlets in the coming weeks. A [web page](#) has been set up for the book; this page will be updated with links to other outlets (Apple Books, etc.) as they become active in the coming weeks.

Dr. Brooks' obituary can be found in the November 2024 newsletter, available in the [Newsletter Archive](#). He was an Emeritus Member of AsMA, served on the International Activities Committee, and was the recipient of AsMA's Theodore C. Lyster Award.

New Members

AsMA welcomed 44 new members in the past month.

- Alwolodu, Oluwole; Hanford, CA, United States
- Aslan, Elif; Keçiören, Türkiye
- Ayehu, Demelash; Addis Ababa, Ethiopia
- Bachra, Angad; San Jose, CA, United States
- Bennett, Brett; Boulder, CO, United States
- Brown, James; Columbia, SC, United States
- Cajigal, Arthur; Davenport, IA, United States
- Chetty, Sujatha; Tampa, FL, United States
- Cohran, Jeremy; Mesa, AZ, United States
- Cole, Thomas; League City, TX, United States
- Cutlan, Rachel; Milwaukee, WI, United States
- Ferguson, Mellreanna; Cleveland Heights, OH, United States
- Fernandes, Glenn; Albany, Western Australia, Australia
- Gamble, Jessica; Bristol, United Kingdom
- Gault, Hunter; Aurora, CO, United States
- Geer, Michael; Lake St. Louis, MO, United States
- Gomez, Rachele; Gloucester, VA, United States
- Hendriksen, Daniel; Banchory, United Kingdom
- Kerr, Aidan; Vancouver, British Columbia, Canada
- Krijins, Peter; Arnhem, Netherlands
- Lai, Pin Huei; Taipei City, Taiwan
- Ippi, Jose; Ribeirao Preto, Brazil
- Mangi, Hifsah; Karachi, Pakistan
- Musmar, Adam; Richmond, VA, United States
- Neely, Sasha; Middletown, PA, United States
- Nutbourne, Alice; Reading, West Berkshire, United Kingdom
- Rodriguez, Geoffrey Carl; Milwaukee, WI, United States
- Scott, Alexis; Mapleton, IL, United States
- Seidler, Rachael; Gainesville, FL, United States
- Shugar Allen, Samantha; Dayton, OH, United States
- Siddiqui, Sameer; Houston, TX, United States
- Singh, Melia; Houston, TX, United States
- Soucy, Zach; Waco, TX, United States
- Stewart, James; Meridian, ID, United States
- Stoerdal, Gaute; Oslo, Norway
- Stubits, Katie; West Chester, PA, United States
- Taraszewski, Kristen; Plymouth, MN, United States
- Tilton, Paul; Navarre, FL, United States
- Uppu, Achuta; Overland Park, KS, United States
- Urquhart, William; San Antonio, TX, United States
- Vaden, Sophia; Saint Johns, FL, United States
- Vellore, Hrudayavani; Davis, CA, United States

See "New Members, p. N9

From "New Members", p. N8

- Viet, Daniel; Koblenz, Germany
- Wetzels, Christopher; Los Angeles, CA, United States

AsMA also welcomed back one returning member:

- Tamaro, Alberto; Roma, Italy

E-News on the Wing



Meet Your 2025-2026 Wing Executive Board

Your Executive Board is currently:

- Planning Denver excursions
- Coordinating Wingstrong wellness events
- Organizing the Hospitality Room
- Preparing for the Annual Business Luncheon
- Welcoming new Aps
- Preserving Wing traditions

Wing Executive Board

- President: Lisa Veronneau
- Honorary President: Yalonda Silberman
- Membership Vice President: Brenda Clinton
- Treasurer: Terry Crane
- Secretary: Tiffany Leary
- Members at Large: Julia Elliot, Carrie Davis, Liz Fox
- Parliamentarian: Frankie Berry
- Registration: Abby Elliott
- Resolutions: Sandy Vanderploeg

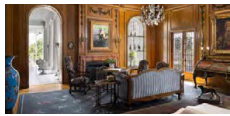


- Hospitality: Liz Walker
- Past President & Nominating Chair: Jackie Bohnker
- 2nd Past Pres, Nominating, Facebook: Fran Laue
- Facebook: Dale Orford
- Website: Terry Crane

Registration and Tours

Advance Registration closes May 6th. To register, please visit <https://www.thewingofasma.com/s/shop>.

- Wing Dues (May 2026–May 2027): \$40.00
 - Denver Wing Advance Registration—Includes Welcome Reception on Monday, May 18, 2026: \$40.00
 - Tour 1—Garden of the Gods /Manitou Springs; Tuesday, May 19, 2026; 9:00 AM–3:00 PM: \$65.00
 - Tour 2—Garden of the Gods Guided Trolley Tour; Tuesday, May 19, 2026; 9:00AM–3:00 PM: \$75.00
 - Tour 3—Wing Luncheon & Business Meeting, Governor’s Mansion Tour, & Cooking Demo; Wednesday, May 20, 2026; 9:30 AM–2:00 PM: \$65.00
 - Tour 4—Excursion to Golden, CO; Thursday, May 21, 2026; 9:30 AM–2:30 PM: \$50.00
 - Tour 5—Special Wing Yoga, Golden CO; Thursday, May 21, 2026; 9:30 AM–2:30 PM: \$65.00



Health Tips for Denver

Get Wingstrong for Denver



If you haven't already, now is the time to begin preparing for Denver's higher altitude. A consistent aerobic routine will help you feel energized and ready for our activities — especially the Dick & Peggy Trumbo Fun Run/Walk on Tuesday

morning. Many of us will be participating — some running, others walking in support of Peggy. If you haven't registered yet, consider joining us. The best advice? Choose an exercise program that fits your lifestyle — and stay consistent year-round.

Fitness Walking Guidelines

Aim for:

- 30–45 minutes
- 3 days per week
- Low to moderate intensity

If walking becomes too easy, you may add light jogging — but keep intensity moderate unless you are a trained athlete.

Key Tips for Success

Posture: Stand tall. Keep your head up, shoulders relaxed, core engaged, and arms swinging naturally with a smooth heel-to-toe stride.

Breathing: Practice diaphragmatic (belly) breathing. Inhale deeply through the nose, allowing the abdomen to expand. Exhale slowly through the mouth. If you feel short of breath, slow down and regain control.

Heart Rate: Aim for 50–70% of your maximum heart rate. Use a wearable monitor if available, or manually check your pulse for 15 seconds and multiply by four.

Stride & Cadence: Avoid over-striding. Keep movements efficient and controlled, rolling from heel to toe.

If you're just starting, build gradually and track your progress. Add variety to your routine with yoga, strength training, stretching, swimming, or balance exercises.

Let's make this a strong showing for the 25th Annual Richard Trumbo 5K Fun Run/Walk.

Together, we are Wingstrong.

Lisa Veronneau

Physical Therapist & Wing President 2026

2026 FAA AME Seminars

These are offered by the FAA AME Program Office.

March 9-13	Oklahoma City, OK, USA	Basic
April 17-19	Fort Worth, TX, USA*	Refresher
May 18-21	Denver, CO	AsMA
June 8-12	Oklahoma City, OK	Basic
Aug. 7-9	Cambridge, MA (Tentative)	Refresher
Sept. 21-25	Oklahoma City, OK	Basic
Oct. 22-24	Dayton, OH	CAMA
Nov. 13-15	Virtual (International)	Refresher

*Tentative.

AsMA only takes registrations for the seminar held at our Annual Scientific Meeting. Visit the FAA AME seminar schedule at <https://bit.ly/45GmRID> for more information.

FAA Issues InFO on Spatial Disorientation Training

Following a high-profile fatal helicopter accident in 2020, NTSB issued a Safety Recommendation A-21-006, which led to the formulation of two recommendations in 2023 by the Air Carrier Training Aviation Rulemaking Committee (ACT ARC) Spatial Disorientation Training Working Group (SDT WG). These recommendations (23-1, 23-2) revisited the topics of Simulation Training Devices suitable for SD Training and Part 135 Helicopter Operations SD Training.

On Jan 22nd, 2026, the FAA issued the InFO (Information For Operators) 26003, titled “Spatial Disorientation (SD) Training for Pilots”. Taking information from the ACT ARC Recommendations and other resources, the guidance recognizes SD as a continuing safety risk and recommends a greater focus on both theoretical and practical SD training, including the use of suitable ground-based training devices. This InFO encourages operators and training providers (both Part 135 and Part 91) to expand SD training beyond current guidelines and to develop and integrate SD awareness, recognition, avoidance, and recovery techniques into their curriculum.

This publication is a useful resource to all of us in the professional aerospace medicine, physiology and safety and marks another step forward in the mitigation of SD mishaps and fatalities in aviation.

Care in the Air Symposium

Presented by Ornge and Department of Medicine, University of Toronto
May 1, 2026; Vantage Venues, Downtown Toronto

Presented in collaboration with Ornge and the Department of Medicine at the University of Toronto, this dynamic symposium explores the multi-faceted nature of providing care in challenging and harsh environments. Content will be relevant for health professionals, air ambulance, paramedic, and critical care transport medicine professionals, and military and civilian aviation medicine personnel.

The theme “Austere Medical Response: Surviving a Bad Day” takes centre stage in 2026. Explore strategies, tools, and innovations for delivering life-saving care when resources are scarce and conditions are unpredictable.

Learn how to adapt to limited resources and leverage technology to facilitate remote healthcare. Gain practical approaches relevant to wilderness and disaster medicine, critical care medicine, emergency medicine, and aeromedical transport.

Visit <https://care-in-the-air.ca/> for more information or to register.

News of Corporate Members

ARS Pharmaceuticals Is Newest Corporate

ARS Pharmaceuticals, a company located in San Diego, CA, United States, is AsMA's most recent Corporate Member. Their goal is to develop easy-to-use, patient friendly treatments for allergies to allow treatment at the first sign of symptoms. They are advised by a scientific advisory board. They recently announced their adrenaline nasal spray had been recommended for approval in the European Union for the treatment of Type 1 allergic reactions. They also exhibited at the 2026 American Academy of Allergy, Asthma and Immunology that took place in late February through early March.

—Please visit <https://ars-pharma.com/> to read more about this company.

Mayo Clinic Collaborates on ARPA-H Award

Mayo Clinic is a collaborator on an Advanced Research Projects Agency for Health (ARPA-H) award for an innovative project accelerating the development of a bioprinted liver. The project is aimed at reducing shortages of transplanted livers and liver organ rejection in people with acute liver failure. The award is in collaboration with Carnegie Mellon University, which will be leading this project team for the ARPA-H Personalized Regenerative Immunocompetent Nanotechnology Tissue (PRINT) program. PRINT focuses on restoring normal tissue function, serving as a bridge to transplantation. The initiative combines expertise in bioprinting technology with a regenerative medicine approach to 3D print organs on demand, eliminating the need for immunosuppressive drugs. Through the Liver Immunocompetent Volumetric Engineering (LIVE) project, Mayo Clinic will

help develop the standardization of mass-producing, phase-appropriate, current Good Manufacturing Practice (cGMP-ready) cell manufacturing. It also will oversee quality assurance as well as manage the Food and Drug Administration interactions needed to bring LIVE technology into clinical practice.

—Please visit <https://newsnetwork.mayoclinic.org/discussion/mayo-clinic-collaborates-on-arpa-h-award-to-develop-a-bioprinted-liver-for-acute-liver-failure/> to read more.

AOPA Announces Leadership Transition

The Aircraft Owners and Pilots Association (AOPA) announced a leadership transition in early February as the then current President and CEO stepped down into an advisory role as it has become clear that AOPA's CEO should be full-time and based at their Maryland headquarters. The AOPA Board appreciates the substantial time Darren Pleasance, outgoing CEO, has spent traveling from his home in Oregon to be present at headquarters and with members across the country. Recognizing this, the decision was made that now is the right time to transition leadership in a way that best supports the organization's long-term needs. AOPA's day-to-day operations will be jointly led by Chief Financial Officer Jill Baker and Senior Vice President of Membership Strategy and Growth Katie Pribyl, who will serve as Acting Co-Presidents during this interim period. Both are members of AOPA's executive leadership team and will lead the organization's operations, staff, and strategic execution, ensuring continuity of leadership and decision-making across the association. AOPA's leadership team and staff remain fully focused on the work pilots rely on every day, including advocacy at all levels

See “Corporate News”, p. N11

From "Corporate News", p. N10

of government, advancing aviation safety and training, and delivering trusted member programs and services as the Board conducts a thoughtful search for AOPA's next leader.

—Please visit <https://www.aopa.org/news-and-media/all-news/2026/february/04/pr-aopa-announces-leadership-transition-as-ceo-moves-to-advisory-role> to read more.

KBR Awarded Air Force Contract

KBR announced that it has been awarded a new cost-plus-fixed-fee contract under the Acquisition, Data, Engineering, Digital, Decision Integration and Software (ADEDDIS) program. The Air Force Life Cycle Management Center (AFLCMC) EB Armament Directorate awarded the contract to transform systems and accelerate operator readiness at Eglin Air Force Base in Fort Walton Beach, FL. KBR will deliver advanced analytics and decision support, digital transformation solutions, systems and enterprise architecture engineering and software development. These capabilities will streamline design, development and production so the warfighter gains critical capabilities with greater speed and effectiveness. Under this Indefinite Delivery, Indefinite Quantity (IDIQ) contract and initial task orders, KBR will focus on modeling and simulation and advanced digital and engineering solutions to assist the Air Force in accelerating armament development and production. The work will be carried out over a 7-year period of performance.

—Please visit <https://www.kbr.com/en/insights-news/press-release/kbr-awarded-new-149-million-contract-air-force-life-cycle-management-center-project> to read more.

Meetings Calendar

Ongoing: HFACS Workshops; ONLINE. Workshops on the The Human Factors Analysis and Classification System (HFACS) are now available online as well as in person. For more information, please visit <https://www.enrole.com/erau/jsp/course.jsp?courseId=HFAC&categoryId=558570F8> for in-person and <https://www.enrole.com/erau/jsp/session.jsp?sessionId=D0226-OHFA-V1&courseId=OHFA&categoryId=558570F8> for online.

March 17-18, 2026: Operational Medicine Symposium; San Antonio, TX, United States. One of the largest and most influential military medical events in North America for senior medical officials, clinicians, government leaders, and solution providers. For more info, visit <https://www.operationalmed.com/>.

Sept. 13-18, 2026: 35th Congress of the International Council of the Aeronautical Sciences 2026; Sydney, Australia. Brings together the world's aeronautics experts and the entire international scientific aerospace community to discuss, understand, and compare worldwide scientific and technological advances. For more info, visit <https://icas2026.com/>.

Corporate News Bites

MD Onboard: MD Onboard has been busy attending conferences both nationally and internationally. They were recently featured in video at IATA's World Safety and Operations Conference. To read about this and watch the video, please visit https://www.linkedin.com/posts/md-onboard_iatas-world-safety-operations-conference-activity-7424197969262010368-Oo-dZ.

InoMedic: InoMedic attended a career event at Columbia Basin College. During this event, one of their employees participated in a panel to show students how to land a job at Hanford. To read the post, please visit their LinkedIn: https://www.linkedin.com/posts/inomedic-health-applications_inomedic-health-applications-ih-a-was-proud-activity-7416871494049284097-ePUP.

UTMB: UTMB's School of Population and Public Health held a series of interactive sessions on constructive communication and productive disagreement. Separate sessions were tailored for staff, students, and faculty. A central theme was when disagreement is handled well, it leads to better thinking and stronger communities. Please visit <https://www.utmb.edu/spph/about-us/news/article/news/2026/02/24/spph-welcomes-dr-leila-brammer-dialogue-sessions> to read more.

ALPA: The Air Line Pilots Association, Int'l (ALPA), issued a statement in late February regarding the failure of the ROTOR Act to pass the House. This bill would have mandated installation of ADS-B equipment to provide enhanced safety. Please visit <https://www.alpa.org/press-room/2026/02/rotor-act-fails-in-house-alpa-says-67-lives-demand-congress-finish-the-job-to-read-the-complete-statement>.

Martin-Baker: Martin-Baker is participating in the 'Trunks across the Thames' art trail, organized by Thames Hospice. In January, representatives from Martin-Baker joined over 100 supporters at an artist selection evening to choose the design that represents them on the trail. The event showcased 80 stunning elephant designs which were carefully shortlisted from 300 entries submitted by local and national artists. Martin-Baker reviewed the gallery and selected their top three favorites. Please visit https://martin-baker.com/news_and_events/martin-baker-supports-thames-hospice-trunks-across-the-thames-art-trail/ to read more.

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