

AAFSW SCHOLARSHIPS SUPPORT FOREIGN SERVICE KIDS

Since the 1960s, AAFSW has raised funds to aid college-bound young people from the Foreign Service community. In 2004, AAFSW gave \$9,647 to the AFSA Scholarship Program through generous AAFSW member donations and BOOKFAIR proceeds. That money was awarded to six undergraduate college students as need-based Financial Aid Scholarships ranging from \$1,000-\$2,000 and one student high school senior as a \$1,500 Academic Merit Award. All winners are children of either AAFSW or AFSA members.

College scholarship **applications for the**

2005/2006 school year are available as of November 1, 2004 via the AFSA Scholarship Program web page (www.afsa.org/scholar/index.cfm) or by contacting 1-800-704-2372 ext. 504. Awards range from \$1,000 to \$3,000. The application deadline is February 6, 2005. Only tax-dependent children of Foreign Service employees (active-duty, retired, or deceased) are eligible to apply for the Financial Aid Scholarships, Academic Merit Awards, or the Art Merit Award. Contact Lori Dec, AFSA Scholarship Director, at 202-944-5504 or dec@afsa.org for more information.

MORE FINANCIAL AWARDS FOR FOREIGN SERVICE YOUTH

Organizations like AAFSW, DACOR Bacon House Foundation, and the FSYF are once again offering college scholarships and teen volunteer service awards to **YOUR** children and grandchildren. See the complete details on www.aafsw.org now or in the December issue of the *Global Link*.

EXTRA! EXTRA! READ ALL ABOUT IT

The current issue of the *Global Link* is available **NOW** to members on www.aafsw.org. It is posted to the site (in PDF form) as soon as the print version is mailed. Look for the "Global Link" link on the home page. Waiting on bulk mail, the pouch, or APO is no fun and neither is reading old news. We hope you find this service beneficial.

TELL US WHAT YOU THINK!

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2004/2005 AAFSW FINANCIAL AID SCHOLARSHIPS RECIPIENTS

	Award	Year	School
Rebecca L. Christensen	\$1,000	1	Brigham Young University
Ryan C. Fennerty	\$2,000	1	Yale University
Alison R. Guzman	\$2,000	2	American University
Leika Klinger	\$1,000	2	Montgomery Community College
Francis X. Smith	\$1,000	1	University of Notre Dame
Juliette M. Smith	\$1,000	4	Le Moyne College
Total	\$8,000		

2004 AAFSW ACADEMIC MERIT WINNER

Jeremy Wickman	\$1,500	1	University of Virginia
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PLAYGROUP BUILDS COMMUNITY

"The AAFSW Playgroup is the only group of its kind in the D.C. area [in that it] embraces those who are here temporarily. At Playgroup, I found parents who were in the same boat as I was...It was refreshing to talk with adults who understood how it was to be a newcomer and to meet others who were living the same mobile lifestyle and raising their children in it." So says Anne Sullivan, AAFSW member and long-time Playgroup Coordinator. As she passes the reins, Anne

looks back on five years of volunteering.

Anne, Foreign Service spouse, mother of two daughters, violinist, and former first-grade teacher, became a member of the Playgroup in 1999. She became the Coordinator in 2000 and has since founded and run the Diplokid group for kids ages 5 to 8, which is co-sponsored by AAFSW and the Foreign Service Youth Foundation (FSYF). Anne has also organized AAFSW's annual July 4th celebration for the past five years.

Continued page 2

A WARM WELCOME TO OUR NEW AND RETURNING MEMBERS

Kate Brennan
Michele E. Hopper
Arthur Houghton
Debra Thompson

THANK YOU TO OUR GENEROUS DONORS

Carmen Blau
Kate Brennan
Janet Langhart Cohen
Susan H. Conrad
Ruth B. Day
Lillian Ford
Barbara Gordon
Nancy Horan
Eleanore MacDougall
Nancy Eaton Page
Dorothy Penner
Peggy Puritano
Doris Reddington
Sherry B. Rock
Angelena Young
Kay Youngflesh

PLAYGROUP: NOT JUST FOR KIDS

continued from page 1

Foreign Service parents started Playgroup in 1997 as a weekly gathering for their young children (ages 0 to 5) and themselves to meet and enjoy each others' company. By its very nature, the group has a high turnover rate since members are mostly just passing through the D.C. area. Playgroup participants need not be AAFSW members, but membership is always encouraged.

Over the years, Playgroup has not changed format, but Anne points out, "We have also had parents' nights out; ladies' nights out; family potlucks, picnics, and barbecues; scrapbooking or catch-up evenings; and babysitting sharing. These activities come and go depending upon the needs of the current group."

Playgroup is more than one of AAFSW's special interest groups; it is an outreach service that demonstrates concretely AAFSW's support of families. Not only does AAFSW lend financial support for larger gatherings, but through Anne's diligence, AAFSW has made early contact with new Foreign Service families. According to AAFSW President, Terri Williams, "Anne has so willingly met with spouses and young families upon their entry to the Foreign Service and followed up on their questions and concerns as they travel along this uncertain journey."

AAFSW thanks Anne for her remarkable



Playgroup members Crystal, Sotie, Jennifer, Anna, Virpi, and Anne Sullivan (left to right) enjoyed each others' company this summer.

dedication and energy and welcomes **Jen Dinoa and Allison Blackman as the new Playgroup Coordinators**. Jen has been a member of AAFSW and Playgroup since 1999. She has previously served as AAFSW Website Advertising Coordinator and is currently the Secretary on the FSYF Board of Directors. Allison is newer to AAFSW and Playgroup, but when she heard the call for new volunteers, she did not hesitate: "I wanted to help Playgroup continue because it has meant so much to me. It's not easy to come to D.C. knowing no one, especially when you are home with young children. The awesome women in Playgroup...made all the difference to me."

For more information on Playgroup, please contact Jen and Allison at playgroup@afsw.org.

ORDER NEW MEMBERSHIP DIRECTORY

AAFSW is updating its membership directory for publication in the Members Only section of the AAFSW website in December, 2004. We will mail a directory free of charge to any member who requests a printed copy. Order yours today by filling out the form and sending it no later than **December 10** to AAFSW at the address listed. You may also fax it to 202-362-6589.

Yes, please send me a copy of **AAFSW's free membership directory**.

Name _____

Address _____

City _____

State _____

Zip _____

Please clip or copy this coupon and mail or fax to:

**AAFSW, 5125 MacArthur Blvd. NW, Suite 36,
Washington, DC 20016**

MAKE THE MOST OF OPEN SEASON

Paula S. Jakub, RHU

Now is your annual opportunity to review and update your insurance coverage. Open Season runs from November 8 through December 13, 2004. The effective date of a change in health plan and premiums is the first day of your first full pay period in January, 2005.

The average Federal Employees Health Benefits (FEHB) premium increase in 2005 is 7.9%. Federal employees and retirees continue to fare much better than their private industry counterparts, who are seeing premium increases from 10% to 16%.

When you receive your 2005 plan brochure, read carefully "Changes to this Plan" in "Section 2. How we change for 2005." Some 2005 FEHB Plans include these improvements:

- Increased benefits for certain non-participating providers for emergency care
- Increased benefits for chiropractic and adult preventive care

However, some have other drawbacks:

- Increased copay for outpatient facility services
- Increased prescription drug copays

Fifteen plans are offering the new High Deductible Health Plan (HDHP) with a Health Savings Account (HSA) this year. There are two Fee-for-Service plans and 13 HMO plans available. We urge you to be cautious, do your research carefully, and make sure you understand all the rules before you opt for one of the HDHP plans. For more information, please refer to

www.opm.gov/insure.

Do not rely on premium costs alone to make your health plan decision. Things like extra deductibles and plan allowances for services, especially overseas, could end up costing you extra money. For employees assigned to foreign posts, review your plan's Preferred Provider (PPO) Network benefits and rules before you return to the U.S. on Home Leave or TDY.

For more details, read the extended version of Paula's article on www.aafsw.org. Paula S. Jakub is Vice President of the American Foreign Service Protective Association, www.afspa.org.

HEALTH PLAN	2005 BI-WEEKLY EMPLOYEE PREMIUM			
	Self Only	% Change	Self and Family	% Change
BCBS Standard	\$50.71	+3.7%	\$118.06	+4.6%
FSBP	\$44.61	+8.1%	\$121.30	+3.8%
GEHA High	\$89.29	+17.1%	\$181.38	+18.5%
Mail Handlers Standard	\$45.16	+40.4%	\$95.64	+37.0%
Mail Handlers High	\$151.01	+58.0%	\$296.97	+64.3%

SECRETARY NEEDED ASAP

The AAFSW Board of Directors is losing its excellent Secretary, Mary Houdek, to the exciting world of horticulture. While we wish Mary well and thank her for her valuable service, we need a volunteer (or two) to serve as Secretary until our next elections in spring 2005.

The ideal candidate(s) must be available to attend Board meetings, which are usually from 9:30am to 1:00pm on the second Tuesday of each month. Main duties include taking the minutes and creating a draft version. Basic word processing and email skills required.

Please contact Terri Williams at president@aafsw.org or the main office at 202-362-6514 or office@aafsw.org.

PLANNING FOR THE UNEXPECTED: IMMEDIATE BENEFIT PLAN

The American Foreign Service Protective Association is offering another opportunity for active duty U.S. citizen Foreign Service and direct hire Civil Service Department of State, AID, and FAS employees and Foreign Service employees only of FCS

to enroll in the Immediate Benefit Plan.

The Immediate Benefit Plan is intended to help offset the unexpected and extraordinary expenses incurred in the first days and weeks following the death of a loved one and before other benefits are paid. A check in the

amount of \$15,000 (at age 70 this benefit reduces to \$7,500) is issued generally within two business days of AFSPA's receipt of official notification of death. To enroll in this plan and for more information, please visit AFSPA's web site www.afspa.org.

Treasurer's Report

LIKE TO WRITE? AAFSW NEEDS YOU

AAFSW is seeking a few volunteers to serve as reporters. The main duty is to report on and photograph the 8th floor programs for the Global Link newsletter and AAFSW website, but opportunities are boundless depending on your time and inclination.

We would like to build a team of reporters so the work is spread over several people. Members in the D.C. area who can attend the 8th floor programs are highly sought, although members overseas who would like to contribute in other ways to AAFSW publications are also welcome to apply.

Please contact Leslie Ashby at editor@aafsw.org or call the main office at 202-362-6514.

The budget presented is for AAFSW's 2005 fiscal year which runs from July 1, 2004, through June 30, 2005. The income and expense numbers for 2004 and 2003 are based on AAFSW's Profit and Loss Statement and on the financial statements prepared by Ribis, Jones and Maresca, P.A., certified public accountants. The Oral History Project monies and the AAFSW Secretary of State's Award for Outstanding Volunteerism Abroad (SOSA) funds are accounted for separately and are not included in the budget, but are reported herein.

Fiscal Year 2004

Income in FY2004 increased by over \$5,600 from the previous fiscal year, while expenses increased by approximately \$2,500. Income from BOOKFAIR and the book, Realities of Foreign Service Life, increased significantly. Other sources of income held fairly steady. The decrease in 8th Floor Program fees is due to the meeting in May when no fees were charged. Overall, income in FY2004 exceeded expenses by approximately \$11,400.

Fiscal Year 2005

While the budget for 2005 is based on the 2004 and 2003 income and expense numbers, income for 2005 is estimated conservatively and expenses are estimated high. The budget also includes funds that may or may not be needed, i.e., for capital improvements, such as a new computer, or for moving the office. By working to increase income and by watching our expenses closely, we hope to close the budget gap by the end of the 2005 fiscal year.

AAFSW's contribution to the AAFSW/AFSA scholarship program will be a total of \$9,647—\$8,500 plus designated scholarship donations of \$1,147 in FY 2004.

Investments

As of June 30, 2004, AAFSW had

investments of \$188,278. These investments had an unrealized gain of \$13,247 for the fiscal year. The dividends and interest from these investments are not re-invested but instead used in the operation of the organization.

SOSA and Oral History Project

As of June 30, 2004, the SOSA fund totaled \$43,471. During the year, SOSA received donations and grants totaling \$12,510. There were five awards of \$1,000 each recognizing outstanding volunteers at posts abroad. While the AAFSW budget does not include information on the SOSA fund itself or on the awards, it does include money spent by AAFSW to support the program, such as the lunch for SOSA award winners and mailings.

As of June 30, 2004, funds held by AAFSW for the Oral History Project were \$4,369.

Finance Committee

The Finance Committee met four times during the year. The committee members are Judy Felt, Louise Juergens, Barbara Ratigan, Patty Ryan, Terry Walsh, and Lucy Whitley. Louise will be leaving the committee at the end of the year. Her extensive knowledge of non-profit organizations and her great attention to detail have been invaluable to the work of the committee. She will be missed. Louise, thank you for your dedication and service to AAFSW.

Questions

If you have any questions or concerns about the budget, would like a computer print-out of the Profit and Loss Statement, or would like to look at a copy of the audit, please call Barbara Ratigan at 703-536-2015. We also appreciate calls from anyone wishing to attend a Finance Committee meeting or interested in joining the committee.

Respectfully submitted,
Barbara Ratigan, Treasurer

BUDGET 2005

Fiscal Year Ending June 30	2005	2004	2003
INCOME			
Advertising			\$2,000
Amazon.com program	\$300	\$596	\$292
BOOKFAIR	\$75,000	\$82,748	\$74,778
BookRoom	\$30,000	\$30,427	\$32,121
Contributions to scholarships, headquarters, memorials	\$4,000	\$3,156	\$6,012
Dividends & interest	\$4,400	\$4,442	\$4,831
Membership dues	\$20,000	\$22,555	\$22,062
Program fees - 8th Floor	\$4,000	\$3,345	\$3,615
Realities of FS Life - sales and royalties	\$1,800	\$4,836	\$867
Miscellaneous	\$100	\$130	
Total Income	\$139,600	\$152,235	\$146,578
EXPENSES			
Audit	\$3,500	\$3,350	\$3,350
BOOKFAIR inc. sales tax, charge fees	\$24,000	\$23,673	\$22,682
BookRoom inc. sales tax, charge fees	\$4,000	\$3,334	\$4,301
Capital Improvements	\$2,000	\$124	\$479
Donations			
Scholarships - \$8500 + donations from '04	\$9,647	\$9,500	\$9,000
FS Community	\$3,000	\$3,334	\$2,240
Send a Kid to Camp	500	\$590	\$500
Employer's Payroll Expenses	\$3,780	\$3,830	\$3,764
General			
Annual Dues	\$395	\$295	\$345
Bank Fees	\$150	\$99	\$194
Board Allowance	\$500	\$219	\$306
President's Allowance	\$500	\$275	\$188
Headquarter Allowance - possible move	\$2,000		
Insurance - Health	\$4,050	\$3,280	\$2,803
Insurance-Work Comp, Liability, Director's	\$3,900	\$3,643	\$4,183
Membership			
Newsletter-editor, printing, mailing, etc.	\$12,000	\$10,684	\$12,506
Mailings, brochures, charge fees, promotions, etc	\$3,000	\$1,900	\$4,076
Website-editor, webmistress, etc.	\$6,500	\$6,409	\$6,115
Office Rent	\$11,812	\$11,496	\$11,373
Other Office Expenses-telephone, supplies,etc.	\$2,500	\$2,104	\$2,516
Programs - 8th Floor	\$4,800	\$4,165	\$3,636
Program Support			
SOSA, A-100 PostToast, Playgroup, etc.	\$1,500	\$623	\$1,345
Realities of FS Life expenses			
purchases and promotion	\$1,300	\$2,216	\$1,194
Salaries	\$45,008	\$45,675	\$41,264
Total Expenses	\$150,342	\$140,818	\$138,360

Events & Activities

THE MORE YOU KNOW

The Transition Center offers the following courses in November, 2004.

Nov. 6 Realities of Foreign Service Life (MQ 803)

Nov. 9 Targeting the Job Market (MQ704)

Nov. 17 Raising Bilingual Children (MQ 851)

Nov. 20 Protocol (MQ116)

Nov. 22-23 Security Overseas Seminar (SOS; MQ911)

Nov. 29-30 English Teaching Seminar: An Employment Option (MQ 107)

Nov. 30 Advanced Security Overseas Seminar (ASOS; MQ912)

Nov. 30-Dec. 3 Retirement Planning Workshop (RV101)

For more information and to register, please contact the Transition Center at 703-302-7268. For a full listing of Transition Center classes, visit <http://www.state.gov/m/fsi/tc/c6950.htm>.

ALMA POWELL WELCOMES JANET LANGHART COHEN

A AFSW members and guests who attended the September 14 program were treated not only to Janet Langhart Cohen's eloquent words on fighting for quality-of-life issues in the military and the value of government service, but also to the opportunity to meet her husband, former Secretary of Defense, William Cohen, who was extremely approachable and engaging. If that was not enough, Mrs. Cohen was introduced by her good friend and mentor, Alma Powell. Both women answered questions and commented on their appreciation and understanding of our common worlds. AAFSW thanks Mrs. Cohen for an interesting discussion and generous donation, and extends warm regards to Mrs. Powell for her participation.



Photos: *top* Mrs. Cohen shared her experiences. *bottom* Mrs. Powell engages the audience.



Marguerite Anderson (right) presented a history of lace to FBS Group members, including Mascha Cuadrado (left) and Suzanne Madden (center)

A AFSW member Marguerite Anderson, an avid lace collector who is extremely knowledgeable about antique lace, gave a talk on the history of lace at a coffee followed by lunch at her lovely home in the Kensington subdivision in Maryland on Wednesday, August 18. She explained how this art form developed centuries ago from embroidery and showed her collection of antique lace from Europe and the other countries she and her late husband had served in for the Foreign Service.

Marguerite has carefully preserved her

FOREIGN BORN SPOUSES LEARN LACE

Lisa Wilkinson

collection in books that show off the delicate pieces beautifully. She has been collecting lace since she was a young schoolgirl in Paris, France, before World War II. She continues this fine hobby even today.

Among those invited to her discussion were Foreign Born Spouses Group members Chris Zarr, Judy Antippas, Mascha Cuadrado, Charito Beal, Janine Bland, Mei-chen Ellice, Veronica Moran, Bibi Meer, Lisa Wilkinson, Suzanne Madden, and some other friends. Thanks to Marguerite for a very interesting and lively presentation.

For more information on the Foreign Born Spouses Group, please contact Lisa Wilkinson at fbs@aafsw.org.

SHARE THE HOLIDAY SPIRIT WITH THE SWEET ADELINES



Members who attended last year's holiday program will remember the sparkling sequined vests, the ringing chords, and the enthusiastic smiles of the singers from the Vienna-Falls Chorus of Sweet Adelines International...and this year's program promises to be even better!

Join us on December 7, 2004 at 10:00am in the 8th floor Diplomatic Reception Rooms, Main State. Please use the C Street entrance. Not only will this celebrated group of women's barbershop singers be back to entertain us with their unique style and sound, but afterwards there will be a professional pianist/organist/choir director to lead us all in singing some of our favorite holiday songs.

Sweet Adelines International is a worldwide organization of women singers committed to advancing the musical art form of barbershop harmony through education and performance. Vienna-Falls is just one chapter of this extensive and joyful organization, and they are committed to "musical excellence and personal growth in a friendly, loving atmosphere." These amateur songbirds have performed at the White House, Blair House, Wolf Trap, the Mormon Temple Visitors Center, and even at

RFK Stadium to open a DC United game on September 11, 2004. They are led by Master Director Claire Gardiner, and the chorus proudly claims several excellent registered quartets within their ranks.

Donna Renfro Williamson, our guest pianist, received a Bachelor of Arts degree from the Music Honors Program of the University of Richmond and a Master of Music from the University of Tennessee Knoxville. She is currently the Director of Music Ministries for the Church of the Good Shepherd in Burke. Prior to moving to Alexandria, Donna served as Organist or Minister of Music for churches in Tennessee, Florida, and Virginia. Donna has taught in the Church Music Program of Averett College Northern Virginia, as well as in her private studio. She enjoys accompanying vocalists and instrumentalists and has accompanied for George Mason University, Northern Virginia Community College, National Association of Teachers of Singing Auditions, and the Paul Robeson Vocal Competition in Washington, D.C.

You surely will want to bring a guest or two to this wonderful performance, and start the season off splendidly. Be sure to sign up early!

FA-LA-LA-LA-LA OVER THE PHONE

As you get into the holiday spirit, remember that Vienna-Falls offers a unique holiday gift-giving opportunity: singing Christmas cards delivered LIVE by telephone!

For \$5.00 per local call (long distance is \$6.00), your loved ones will be greeted in beautiful four-part harmony with a song of your choice (from an extensive list) sung by one of Vienna-Falls' many talented quartets.

This might be a nice gift to give from overseas, as you can include a personalized verbal message. At the very least, a singing phone call would be a delightful surprise.

Please call **703-242-SING (242-7464)** or email **dcfandeef@aol.com** to place an order. The deadline is **November 30**, and calls will be made during the first weekend in December.

DECEMBER 7 PROGRAM

Vienna-Falls Chorus of Sweet Adelines International

PLEASE REPLY NO LATER THAN TUESDAY, NOVEMBER 30, 2004

Coffee & tea at 10:00am, programs begin 10:30am on the 8th floor Diplomatic Reception Rooms, Main State (Please use the C Street entrance of the State Department.)

Please send form and check made out to AAFSW for **\$15** per person to:

AAFSW Reservations, 5125 MacArthur Blvd. NW Suite 36 Washington, D.C. 20016

DECEMBER 7 PROGRAM

Name (as you wish it to appear on the name tag)

Social Security Number

Telephone

Name of guest(s) and SSN(s)

REMEMBERING JULIA CHILD

Julia Child, who passed away this August at the age of 91, was more than one of America's most celebrated and revolutionary chefs; she was also a Foreign Service spouse who demonstrated the flexibility and creativity it takes to succeed in this lifestyle.

In 1991, AAFSW member Jewell Fenzi had the opportunity to interview Julia for AAFSW's Foreign Service Spouse Oral History Collection. To follow is an excerpt from the article "Bon Appetit" that Jewell and Carl L. Nelson published in the October 1992 Foreign Service Journal based on Jewell's interview with Julia.

...Julia's Foreign Service career began in Washington, as one of the countless "government girls" who descended on the capital at the onset of World War II. She had applied to "both the WACS and the WAVES," she said, "but standing to my full height, I was an inch and a half too long. Thank heavens."

But Julia had friends in the wartime Office of Strategic Services and eventually was hired, promoted,

and in 1943, assigned overseas to Kandy, Sri Lanka (Ceylon) where she met her husband-to-be, Paul Child.

But it was with Paul Child's USIS postings in Paris (1948-52) and Marseille (1953-54) that Julia discovered the passionate avocation that would become her career. Until then, cooking had not been a priority in her life. "...Paul often said he married me in spite of my cooking."

In 1948, Julia was a 36-year-old Foreign Service spouse embarking on a new career. "My first French meal was in Rouen," en route to Paris, "and I never, never turned back after that."

Julia promptly enrolled in the professional course of the premier Parisian cooking school of that era, the Cordon Bleu, the only woman "with a group of GIs" on the GI Bill. "I had been looking for a career all my life," she said. "I was passionately interested in it, the tremendous care that all the chefs and teachers took. It was art for art's sake."

Paul Child's approach to his career allowed Julia an extraordinary amount

of freedom to pursue her ambitions in cooking. "We were always down around rank four, so we didn't have to do any embassy things," she said. "We had our French friends, and we lived a very, very nice life."

In Julia's view, successful Foreign Service includes at least one prerequisite—reasonable fluency in the local language. "What good are you if you can't talk to the people?" she asked. "I think that in the Foreign Service you should have at least one major language and if possible, one minor one."

The AAFSW Spouse Oral History Collection is at the Association for Diplomatic Studies and Training (ADST) at the Shultz Center in Arlington, VA. For a copy of a CD-ROM containing over 140 spouse oral histories, contact Marilyn Bentley at 703-302-6990 or marilyn_bentley@adst.org. To be interviewed for the spouse oral history program, contact Jewell Fenzi at oralhistory@aafsw.org.

5125 MacArthur Blvd., NW
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Washington, DC 20016

AAFSW
NOVEMBER, 2004

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