

GLOBAL LINK

Published by the Associates of the American Foreign Service Worldwide • www.aafsw.org • May 2007

READY FOR THE FUTURE

As I enter the last few months of my presidency, I realize what an honor this has been. I have been permitted to serve AAFSW and the community and I thank the members for giving me this opportunity. I just have a few thoughts that I want to pass on to you.

Why I joined. Everyone joins AAFSW for their own reasons. I joined because I was grateful and I can't even begin to list the reasons. My years as a Foreign Service spouse (1976 to 2004) were defined by the many AAFSW achievements in the 1960s and 1970s, including the formation of the FLO office. When my husband joined the Foreign Service in 1976, it is fair to say that I was not totally supportive of his decision! I toyed with the idea of telling him that he could not join, but after some soul searching I decided to give Foreign Service life a try. I would venture to guess that some spouses are still going through this process, even with the family-friendly changes that have occurred in the last 30 years.

In 1976, the FLO office was just getting started and their existence made THE difference in my life and that of my husband and family. We were able to make it work because I knew that there was someone there who was working every day to find answers for my special needs—a job opportunity, education for my children, moving concerns, health concerns. But AAFSW didn't rest on its laurels. When it became clear in the 1980s that divorced spouses, who had given up their own careers, were left with no pension income after 20-30 years of a mobile marriage, AAFSW went to work. They fought for legislation that assured the divorced spouse a pro-rated portion of the employee's annuity provided that the former spouse had been in the foreign service with her former husband for at least ten years.

AAFSW continues to work with other organizations, monitors issues that affect the

FLO office, and serves the Foreign Service community by sponsoring Livelines, the Housing Office and many interest groups. We stand ready, as an independent organization, to fight for Foreign Service families.

Why I volunteer. We have many members and volunteers whose spouses are still working. Many others have long since retired from the State Department. In my case, I started volunteering in 2001, when we returned after many years overseas. We are retired now, but I want to serve those who are living the Foreign Service life and those who will join in the future. I want to join that proud heritage of spouses who worked so hard to make MY life much better. I want to carry on the tradition of those wonderful volunteers who helped me when I needed it. AAFSW must have volunteers or we can't exist.

I also want to be part of an extraordinary group who, as following spouses, know what we need as family members. We have lived it. We understand each other and our Foreign Service lives. We have great fun, we listen, exchange war stories, come up with concerns, ideas and possibilities. We all give up a little of our time to make a big difference together.

In June, a new President takes over. But there are so many ways to contribute to AAFSW in other capacities and I am looking forward to it. The talented women that I have come to know will still be around and we will still work together. I look forward to working with the new Board and being a part of the new challenges as we face a Foreign Service in serious transition. AAFSW must be a part of that challenge, that future. There is no other organization like us. I hope you will all join us and support AAFSW.

Judy Felt
President

MARK YOUR CALENDAR!

BOOKFAIR '07
Friday, October 12 to
Sunday, October 21
Volunteers Welcome!

A WARM WELCOME TO OUR NEW AND RETURNING MEMBERS

Huda Shareef
Karaman
Kellie Ann LeGrand
Eliana Saxton

DIPLOKIDS

Have school-aged children? Then take the opportunity to join the Diplokids Yahoo Group for and exchange of ideas, chance to meet other Foreign Service Families (both home and abroad) and to be linked in to youth activities in the Washington DC area.



5555 Columbia Pike
Suite 208
Arlington, VA 22204-3117
tel: 703-820-5420
fax: 703-820-5421
email: office@aafsw.org

AAFSW JOB OPPORTUNITY

AAFSW currently seeks a *Global Link* production manager. The AAFSW *Global Link* Production Manager is responsible for all aspects of the design, production, and distribution of ten editions of the AAFSW newsletter each year for mailing to members and other AAFSW contacts in the U.S. and overseas. The schedule for production is normally monthly from September to May, with an additional edition produced during the summer months. The *Global Link* Production Manager should reside in the Washington, D.C. area and be a member of the U.S. Foreign Service and AAFSW.

A small stipend is paid for each month the *Global Link* is produced. Those interested in the position may contact office@aafsw.org or the Media Director kim@aafsw.org. Please provide contact information and a resume.

NOMINATIONS FOR 2007 SOSA NOW BEING ACCEPTED

Nominations for the 2007 Secretary of State's Award for Outstanding Volunteerism Abroad (SOSA) are being accepted by AAFSW beginning in May. This award honors the outstanding volunteer activities of U.S. Government employees and family members (over 18 years of age) serving under a U.S. Chief of Mission overseas. A winner will be selected from each of the regional bureaus and all the winners will be flown to Washington, D.C. to receive their awards at a ceremony on the 8th Floor of the Department of State.

Winners will receive a certificate signed by the Secretary of State, a pin, \$2,500, and a one-year complimentary AAFSW membership. More information about past winners is available at <http://www.aafsw.org/aafsw/awards.htm>.

Nominations must be received by **October 5, 2007** and should cover volunteer activities in one or more of the following categories:

- Exceptional service to the USG community at post
- Outstanding activities directed toward the host country community

- Exceptional service in emergencies at post

Posts and individuals may submit as many nominations as they wish. Each nomination should not exceed three printed pages and should include the name of nominee and, if family member, the name of the direct hire employee (and relationship to), their position at post and agency. Also include the nominator's name, agency, and a description of association with the nominee. The narrative should discuss the actions and qualities that support the nominee for the award with specific examples of accomplishments that benefited the community or individuals. For more details, please contact the AAFSW office, 703-820-5420, office@aafsw.org or SOSA@aafsw.org.

Nominations should be mailed to: AAFSW Office, 5555 Columbia Pike, Suite 208, Arlington, VA 22204-3117

JOIN FOREIGN BORN SPOUSE FOR THE JUNE EVENT

Troella Tyznik hosts this Wednesday, June 6th and the FBS gathers for a luncheon at George and Martha's Kitchen, located just on the outskirts of the Mt. Vernon Estate. The gathering at the home of our first president begins at 11 am. The lunch will include choices from a light fare menu (including beef pie, turkey pie, salads, sandwiches and more). The light fare menu items range from \$11.75 to \$13.00 and include a choice of pies and iced tea or a soft drink. The full course lunch (options include Virginia ham, fried chicken, roast beef with gravy, salmon corncakes and more) ranges in price from \$14.00 to \$16.00

and includes a salad, corn bread, choice of pie and iced tea or a soft drink.

Please RSVP as soon as possible. E-mail Sheila_switzer@yahoo.com or call 703-569-8867. E-mail, twinnella47@earthlink.net or call 410-968-0352 or 703-780-5234. Either can help with directions to Mt. Vernon.

Note: Troella originally hoped to host this event at home but cannot at this time because she is busy operating the My Fair Lady Bed and Breakfast on the Eastern Shore. Take a look at her work at www.myfairladybandb.com.

FOREIGN BORN SPOUSES INVITE YOU TO A RECITAL

Event: Mother's Day Recital

Location: Church of the Good Shepherd
9350 Braddock Road (entrance on Olley Lane)
Followed by a lunch at Sheila Switzer's home:
8126 Viola St. Springfield, VA

Date: Wednesday, May 16th 2007

Time: 10:45 am

RSVP: To Sheila Switzer 703-569-8867 or email sheila_switzer@yahoo.com. Or Carmen Geis 703-503-9117 and let us know what dish you are contributing for the brunch.

Since 1908, May is the month officially dedicated to honor Mothers. The air is filled with the beautiful perfume of flowers and the delightful sounds of the birds!

You are cordially invited to join us for a Mother's Day celebration with a very special performance by the lyric soprano **Deborah Miller**. Her enchanting voice will present a program that includes works by Donizetti, Puccini, Debussy, De Falla, John Duke and others. She will be accompanied by Donna Williamson.

After the performance a lunch will take place at Sheila Switzer's home, 8126 Viola St. Springfield, VA (not far from the church).

Debbi Miller has a B.M. magna cum laude and a B.A. summa cum laude from Birmingham-Southern College plus a M.M. from the University of Texas.

She is a member of Phi Beta Kappa, and of Sigma Alpha Iota, a professional music fraternity. She studied voice privately in New York and Italy, as well as at the Music Academy of the West in Santa Barbara. Debbi has performed with the New Zealand Opera, Birmingham Civic Opera, Chesapeake Opera, Contemporary Opera of America, University of Texas Opera, and others. She has sung as a soloist with the American Cathedral of Paris, Church of the Ascension in NYC, St. Peter's



Church, Barbados, Church of the Epiphany, DC, and many others, plus uncountable solo recitals, chamber music performances, and other professional appearances in countries around the world.

Debbi is fluent in French and Italian, is an excellent sight-reader, and also plays violin and piano.

Debbi's husband entered the Foreign Service in 1976, served in Milan, Paris, Bridgetown, DC, and Wellington, and is currently Ambassador (at the U.S. Mission to the United Nations) to the UN Economic and Social Councils. They have three children.

DIRECTIONS:

From Washington D.C.: Take the 395 South toward Richmond. Exit onto Capital Beltway 495 towards Tysons, take first exit towards Braddock Rd. West, and after about 2.7 miles turn right onto Olley Lane. The entrance to the Church of the Good Shepherd is the second driveway on the right.

From Maryland: Take the Capital Beltway 495 South take Exit 54A onto Braddock Rd. West, follow directions as above

THE MORE YOU KNOW

FSI is offering these courses in the coming months to all FS employees and adult family members.

May 2 A Safe Overseas Home

May 4 Communicating Across Cultures

May 8 Advanced Security Overseas Seminar

May 9 Encouraging Resilience in the Foreign Service Child (evening)

May 11 High Stress Assignment Out-briefing Program

May 14-15 Security Overseas Seminar (SOS)

May 16-18 Making Presentations: From Design to Delivery

May 19 Protocol and Representation Abroad (Saturday)

May 22 Advanced Advanced Security Overseas Seminar

May 24 Explaining America

June 1 Realities of Foreign Service Life

June 2 Going Overseas for Singles, Couples without Children, Families (Saturday morning)

June 2 Going Overseas Logistics for Adults, Logistics for Kids (Saturday afternoon)

June 4-5 Security Overseas Seminar

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

USING TAXIS SAFELY OVERSEAS

Juan A. Garcia Jr.

Taking a taxi overseas can be a serious security risk. Gone are the days when a friendly cabbie would eagerly take you safely to your destination. Today many cab drivers are part of criminal gangs that prey on unsuspecting expatriates and tourists. Crimes committed can include armed robberies, physical assaults and kidnappings. Single female victims are especially targeted and run the risk of being brutally assaulted and robbed.

One method of attack occurs when a passenger is picked up and driven to a specific location where a gang of criminals is waiting to rob the victim. Another is where the driver drives to a designated location and other attackers get in the taxi and violently force the victim to surrender their valuables. These methods indicate that the attack has been pre-planned and often weapons such as handguns and knives are used to control and force the victim to submit. Express kidnappings are also carried out in this manner. The victim is driven around and forced to withdraw money from their ATM accounts. For female victims the chances are great that a sexual assault will take place. Criminals target

females who are alone, young, and perceived to be easy targets.

So how can someone reduce the chances of being a victim while riding in a taxi overseas? Simply by pre-planning. If you're an expatriate living overseas you should research every cab company that services your area.

Questions that you should ask are:

- What color cabs are the safest? Are there certain markings that you should look for?
- Are there crime statistics for cab assaults in particular locations?
- Is the driver's picture and license readily available?
- Does the cab have a radio, and a meter?
- Does the cab look legitimate? Many times this important and simple question is ignored.

If you are planning to take a cab, call for it yourself and ask the dispatcher to supply the cab's number. If staying in a hotel ask the staff for their recommendation and utilize their selection. When flying into a country you can also pre-plan by contacting the local embassy and requesting further information.

Other helpful hints include:

- Know the route the cab should take if possible.
- Continue to observe everything around you as you're being driven.
- Let someone know if possible what time you got into the cab and what company you are using.
- Try not to reveal too much if anything about your plan to a cab driver. Let them know someone is expecting you.

For diplomats and expatriates using taxis overseas is imperative to conducting business. A good plan begins with proper research and awareness of your environment. Remember that security is your responsibility. You must be prepared for the unexpected.

Juan A. Garcia Jr. is the Owner and Chief Instructor of High Risk Security Services. HRSS specializes in providing personal security / anti-kidnapping training and consulting services for executives, expatriates, travelers, and organizations worldwide. Mr. Garcia can be reached at highrisk@att.net, www.atrisksecurity.com

VOLUNTEER LUNCHEON INVITATION

Our volunteers are priceless! They faithfully lend their talents, time, creativity and ideas to AAFSW and we want to honor this gift to the Foreign Service community. On June 12, 2007 the Board will host a luncheon to honor all AAFSW volunteers and if you have given your time to AAFSW, we hope you will come. The Board will be changing

hands--the new Board members are being welcomed to their new positions. This will be an excellent opportunity to meet some of the new members of the Board and to connect with old friends and colleagues. Many of us volunteer in our own area of AAFSW and don't get a chance to visit with those who volunteer in other ways. This is our chance to meet, chat and

honor our service to our community. For more information about the luncheon, the location and time, please call the AAFSW main office at office@aafsw.org or phone 703-820-5420. You can also contact Judy Felt at president@aafsw.org or 703-370-1414. If you have given your time to AAFSW, please come and let us honor you!

MAY PROGRAM: THE KINGDOMS OF NUBIA

Do you have any idea where Nubia is? Or what its claim to fame is? Our speaker for **May 15th**, Dr. Necia Harkless, will give a power-point presentation that reveals all. It is called “The Great Traditions of Nubia”, and is based on a 24-year research project which culminated in the publication of her work entitled *Nubian Pharaohs and Merioitic Kings: The Kingdoms of Kush*. In this book, Dr. Harkless presents a comprehensive history of the great forgotten civilizations of Africa. She maintains that this history is important and significant to all Americans, helping readers “understand the contributions of the civilizations of Africa and Asia as a continuous historical entity.”

The rich history of this culture began in 2500 BC with the kingdom of Kerma, and Dr. Harkless traces these people and their thriving society through to 750 BC when the Nubian pharaohs conquered Egypt. They ruled for 100 years until the Assyrians conquered Egypt, forcing the Nubians to retreat to the kingdom of Napatan. (Anyone who knows the Verdi opera

“Aida” will feel right at home!)

Using recent research of archaeological sites, including investigations of more than 200 pyramids and cemeteries, Dr. Harkless will share new information about the architecture, art, and politics of this civilization, and their complete history through the Meroe, the last empire of the Kush. We will discover that many of the accomplishments of this 40-generation dynasty actually surpassed those of Egypt.

Necia Desiree Harkless was born and raised in Detroit, Michigan, and has a strong and varied educational background, including two Bachelor’s degrees (one in music and one in social science), a Master’s from the University of Illinois, and a PhD in education from Wayne State University. This multi-faceted lady has taught piano and music, and served as a minister in her church. She has served on the faculty of many universities, and done social work and early childhood education. She has written several books, and worked on several development projects for universities in



Nigeria. Her art has been shown in galleries, and she was awarded honoris causa for her commitment to the advancement of arts and education.

All these accomplishments did not prevent her from finding time to investigate the subject of her deep interest: the rather exotic and hidden history of the Nubians. She now lives in Lexington, Kentucky, and will come from there to share her knowledge with us. Please plan to attend this fascinating program, and bring lots of friends!

MAY 15 PROGRAM

THE KINGDOMS OF NUBIA

PLEASE REPLY NO LATER THAN TUESDAY, MAY 8, 2007.

Coffee & tea at 10:00am, program begins 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, 5555 Columbia Pike, Suite 208, Arlington, VA 22204-3117

MAY 15 PROGRAM

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

Social Security Number

Telephone

Name of guest(s) and SSN(s)

SAVE YOUR LIFE: GET MOVING IN MAY

May is National Physical Fitness and Sports Month. This year the President's Council on Physical Fitness and Sports is challenging Americans to get moving for health and to get active and fit during May Month.

According to Melissa Johnson, Executive Director of the President's Council on Physical Fitness and Sports, which started National Physical Activity and Sports Month in 1983, "Americans of all ages need to incorporate more movement in their daily lives. Adults need at least 30 minutes of activity 5 days each week. This can be done by choosing to bike or walk instead of driving, taking stairs instead of elevators, or pushing a lawnmower instead of riding one. Children need at least 60 minutes of active play daily. They need to run, climb, jump, and just get up and move around, away from their desks, the television and computer games."

Twenty minutes of vigorous physical activity three times a week, such as sports, aerobics, working out in the gym, and running have added health benefits. Johnson says, "But it's important to understand that you don't need to sweat in a gym or run a marathon to reap the health benefits of daily physical activity. Even 30 minutes a day, broken up into shorter increments of ten or fifteen minutes, can greatly improve your health."

For information about the President's Council on Physical Fitness and Sports, go to www.fitness.gov. To start a physical activity and fitness program, log on to www.presidentschallenge.org and sign up to take the President's Challenge.

Physical Activity Facts

(Citation: U.S. Department of Health and Human Services.) The following

facts are based on information from publications prepared by agencies and offices of the Department of Health and Human Services: the Centers for Disease Control and Prevention; the National Center for Health Statistics; the Office of the Surgeon General of the United States (Physical Activity and Health, 1996; Call to Action to Prevent and Decrease Overweight and Obesity, 2001), and the Office of Disease Prevention and Health Promotion (Healthy People 2010).

Adults 18 and older need 30 minutes of physical activity on five or more days a week to be healthy; children and teens need 60 minutes of activity a day for their health.

Significant health benefits can be obtained by including a moderate amount of physical activity (e.g., 30 minutes of brisk walking or raking leaves, 15 minutes of running, 45 minutes of playing volleyball). Additional health benefits can be gained through greater amounts of physical activity.

Thirty to sixty minutes of activity broken into smaller segments of 10 or 15 minutes throughout the day has significant health benefits.

Moderate daily physical activity can reduce substantially the risk of developing or dying from cardiovascular disease, type 2 diabetes, and certain cancers, such as colon cancer. Daily physical activity helps to lower blood pressure and cholesterol, helps prevent or retard osteoporosis, and helps reduce obesity, symptoms of anxiety and depression, and symptoms of arthritis.

37% of adults report they are not physically active. Only 3 in 10 adults get the recommended amount of physical activity.

Poor diet and inactivity can lead to overweight/obesity. Persons who are

overweight or obese are at increased risk for high blood pressure, type 2 diabetes, coronary heart disease, stroke, gallbladder disease, osteoarthritis, sleep apnea, respiratory problems and some types of cancer.

41 million Americans are estimated to have pre-diabetes. Most people with pre-diabetes develop type 2 diabetes within 10 years, unless they make changes to their diet and physical activity that results in a loss of about 5-7 percent of their body weight.

Obesity continues to climb among American adults. Nearly 60 million Americans are obese. More than 108 million adults are either obese or overweight. That means roughly 3 out of 5 Americans carry an unhealthy amount of excess weight.

The percentage of adults in the United States who were overweight or obese (body mass index greater than or equal to 25) in 1999-2002 was 65 percent. Overweight and obesity cuts across all ages, racial and ethnic groups, and both genders. A new study in the Netherlands found that excess weight cuts years off your life.

16 percent of children and teens aged 6 to 19 were overweight in 1999-2002, triple the proportion in 1980. Fifteen-percent of children in the same age group are considered at-risk for overweight. The percentage of overweight African American, Hispanic, and Native American children is about 20%.

More than 10 percent of children between the ages of 2 and 5 are overweight, double the proportion since 1980.

Health risks associated with being overweight or obese include type 2 diabetes, high blood pressure, high cholesterol, asthma, arthritis.

Type 2 diabetes, once called "adult

onset" diabetes, high blood pressure, and high cholesterol, once thought to be age-related, are now diagnosed in children and teens.

Physical activity among children and adolescents is important because of the related health benefits (cardio-respiratory function, blood pressure control, weight management, cognitive and emotional benefits).

According to a study done by the National Association of Sports and Physical Education (NASPE), infants,

toddlers, and pre-schoolers should engage in at least 60 minutes of physical activity daily and should not be sedentary for more than 60 minutes at a time except when sleeping.

One quarter of U.S. children spend 4 hours or more watching television daily. Young people are at particular risk for becoming sedentary as they grow older. Encouraging moderate and vigorous physical activity among youth is important. Because children spend most of their time in school, the type

and amount of physical activity encouraged in schools is important.

Only 25 percent of students in grades 9 through 12 engaged in moderate physical activity for at least 30 minutes on 5 or more of the previous 7 days in 2003.

Only 28 percent of students in grades 9 through 12 participated in daily school physical education in 2003, down from 42 percent in 1991.

WORDS OF WISDOM

Mari O'Connor

Just read through the recent Livelines posts and lots of folks are packing out at this time and have questions about going overseas for the first time (it's a bit like watching your children take their first steps, so sweet). My humble suggestions (we've lived overseas for 19 years) to make overseas life easier would be:

1. Bring your small kitchen appliances. They may 'die' faster from 220 transformer usage but it will be a noble death.
2. Put the American television in storage unless it's small and you watch a lot of DVD/Videos and can use it for that.
3. Invest in zip lock bags and put the junk in drawers in zip lock bags (ready to become a junk drawer in your new home).
4. Don't buy transformers before going to post. Go there and figure out what you need. Put up a 'wanted' poster on the CLO board for things that you feel you can't live without. When you hear that someone is departing post, ask if they have items for sale. Remember, this is the

FS. Live with a little adventure in your life (that's right, that means mix the cookie dough by hand and forget the machines!).

5. Lin Yutang says, "No one realizes how beautiful it is to travel until he comes home and rests his head on his old, familiar pillow." That is why I believe the FS sends you on home leave. In the end, you will appreciate the 'digs' that they supply so much more. If you haven't already, make good friends back in the States where you can lay your head during home leave. Look for friends/relatives who have a small cottage that they seldom use or an empty upstairs that is never used. Offer to pay them for allowing you to stay with them. Be charming. Failing that, invest in land in a dream location and camp out on it for the one month of home leave. Slowly build: first a shed, an outhouse, maybe even get electricity and running water. Make it your 'home' to move back to when you finally retire. If this sounds horrible, go back to Plan A, make some good friends. For R&R, get creative and organize a house swap. Trade your

apartment in Rome (or your hut in The Gambia) for a home in Ohio for the month. There are web sites to help you along the way. Be sure to check with the RSO and GSO before planning this (it really isn't your home to swap).

6. If you're going to a furnished post, buy a Memory Foam mattress. We got one during our last home leave and I can't tell you how wonderful it is. Embassy beds come in twin or queen. If you're one of those folks who take your own bed everywhere you go...wait until you have children and their junk takes up a large percentage of your weight allowance.
7. When you arrive and are taken to your new 'home', take a breath and don't speak. Don't complain to your spouse, children, the Embassy driver, your sponsor. Remember: "A house is made of walls and beams; a home is built with love and dreams." While it might not be the house you expected, learn to make it a home. Within a few weeks, you will wake up and remember where you are, home.

Contact AAFSW

OFFICERS

President

Judy Felt
Tel: 703-370-1414
president@aafsw.org

Presidents Emeritae

Terri L. Williams
Tel/Fax: 703-289-1654

Mette Beecroft
Tel: 301-320-7698
emerita@aafsw.org

1st Vice-President

Elaine Neumann
Tel: 703-920-5773
vicepresident1@aafsw.org

2nd Vice-President

Sandy Taylor
Tel: 301-388-0170
vicepresident2@aafsw.org

Secretary

Vacant

Treasurer

Lucy Whitley
Tel: 703-536-2183
treasurer@aafsw.org

Assistant Treasurer

Margaret Teich
Tel: 703-250-5099
treasurer2@aafsw.org

Membership

Katarina Hamilton
membership@aafsw.org

Programs

Barbara Gordon
Tel: 202-338-0176
programs@aafsw.org

Public Relations

Lesley Dorman
Tel: 202-484-3497
publicrelations@aafsw.org

ADMINISTRATION & SERVICES

AAFSW Office

Debbi Miller
5555 Columbia Pike, #208
Arlington, VA
22204-3117
Tel: 703-820-5420
Fax: 703-820-5421
office@aafsw.org

Housing Desk

Employee Services Center
Main State, Room 1252
Tel/Fax: 202-647-3573
housing@aafsw.org

Marguerite Fry
Tel: 202-333-0611

Lesley Dorman
Tel: 202-484-3497

Kay Youngflesh
Tel: 703-683-0890

Book Room

Main State
Room B-816
Robin Jones

Media Director

Kim Furnish
editor@aafsw.org

Global Link Production

Susan Lee
Tel: 703-507-6190
newsletter@aafsw.org

Web Master

Kelly Midura
kelly@aafsw.org

Website Advertising

Jeff Porter
Tel: 1-443-618-9046
advertising@aafsw.org

Livelines Moderator

Bert Curtis
livelines@aafsw.org

COMMITTEE CHAIRS

AFSA Liaison

Patty Ryan
Tel: 202-966-7696
Fax: 202-362-1716

Ann La Porta
Tel: 202-248-4246
afsarep@aafsw.org

Archivist

Virginia Moore
Tel: 301-530-5902
archives@aafsw.org

Art Corner

Dianne Bodeen
Marion Precht
artcorner@aafsw.org

BookFair

Mette Beecroft
Tel: 301-320-7698
Fax: 301-320-0963
bookfair@aafsw.org

CLO Association

VACANT
clogroup@aafsw.org

Foreign-Born Spouses

Sheila Switzer
Tel: 703-569-8867

Graciela Huffman
fbs@aafsw.org

French Group

Christel McDonald
Tel: 703-525-9755
frenchgroup@aafsw.org

Legislative Liaison

Chris Zarr
Tel: 301-229-7218
congressrep@aafsw.org

Loans/Adult Education

Joan Pryce
Tel: 703-739-0770
edloans@aafsw.org

Medical Evacuee Support

Judy Smith
Tel: 202-882-3021
medevac@aafsw.org

Oral History

Jewell Fenzi
Tel: 202-387-4024
oralhistory@aafsw.org

Playgroup

Jen Hoyer
playgroup@aafsw.org

Post Representatives

Vacant

Scholarships

Carolyn Connell

Senior Living

Marguerite Anderson
Tel: 301-652-5433
seniorliving@aafsw.org

SOSA

Terri L. Williams
Tel/Fax: 703-289-1654
sosa@aafsw.org

State Liaison

Mette Beecroft
Tel: 301-320-7698
Fax: 301-320-0963
staterep@aafsw.org

Women in Transition

Nancy Longmyer
Tel: 703-532-4694
divorce@aafsw.org

5555 Columbia Pike
Suite 208
Arlington, VA 22204-3117



MAY 2007

NONPROFIT ORG.
US POSTAGE PAID
MERRIFIELD VA
PERMIT NO. 2711

Change Service
Requested

JOIN US FOR THE MAY PROGRAM!