

# GLOBAL LINK

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## THE ANNUAL AAFSW AWARDS CEREMONY IS COMING SOON

Our December program features the annual AAFSW awards presentations. We will welcome the holiday season by recognizing the outstanding efforts of the 2008 SOSA, Tragen, and Dorman Award recipients. What better time or venue to celebrate the season of giving than in the beautifully decorated Benjamin Franklin room at the Department of State.

The Secretary of State's Award for Outstanding Volunteerism Abroad (SOSA) recognizes employees, spouses, family members or members of household who have contributed to the well-being of their mission community or host country by their selfless volunteer activities. One winner from each geographic bureau is selected and receives a cash award of \$3000, a certificate signed by the Secretary of State and a pin commemorating the event.

This year we received 27 nominations from posts all around the globe. The 2008 SOSA winners are Sherilynn R. Tounger (AF - Ouagadougou), Amy E. Robinson (EAP - Rangoon), Bridget L. Guerrero (EUR - Ankara), Susan C. Mattes (NEA - Baghdad), Calvin L. McQueen (SCA - Karachi), and Ellen J. Brager (WHA - Santo Domingo). Full details of their volunteer activities and photos will be published in the December issue of the *Global Link*. Their accomplishments are truly amazing. *Continued on page 5.*



2008 AF (Burkina Faso) SOSA recipient Sherilynn Tounger with the young children of Nioko who benefit from her "Chasing Lions" project.

### WELCOME TO NEW AND RETURNING MEMBERS

Pamela Farrand  
Mary Houdek  
Kathleen Loken  
Cathy Stevulak

### THANK YOU TO THESE GENEROUS DONORS

Pamela Farrand  
Barbara Gordon  
Colette Kent  
Peggy B. Long  
Patricia Schofield  
Kay Youngflesh

### WELCOME

Welcome to Sheila Switzer, current co-chair of the Foreign-Born Spouses group, who be AAFSW's new Program Chair in January 2009. She replaces longtime AAFSW Program Chair Barbara Gordon. Thanks to both Barbara and Sheila for their efforts!

### PLEASE NOTE

The AAFSW Office, now located in Ballston, will be open from 10:30 a.m. to 2:30 p.m. Monday through Friday. See our new address, below.



AAFSW  
4001 North Ninth Street  
Suite 214  
Arlington, VA, 22203  
tel: 703-820-5420  
fax: 703-820-5421  
email: [office@aafsw.org](mailto:office@aafsw.org)  
Website: [www.aafsw.org](http://www.aafsw.org)

# News to Use



## From the President's Desk...

Re-entry getting you down? Your spouse's retirement getting in your way because he or she is now hanging around the house?

Need your own space and focus? And besides, you married for love, but not for lunch!! Are you finding that your neighbors don't understand you and the Foreign Service lifestyle? Don't despair, you can find your niche with AAFSW.

If you are searching for a way to stay connected to the Foreign Service, AAFSW has a few suggestions. Get involved and volunteer with us. We have a few positions we would like to fill with energetic members who are Foreign Service spouses, family members or employees. We are seeking the following:

### Archivist

If you are interested in history and preservation, the archivist's position may be a good fit for you. AAFSW is looking for a volunteer to be responsible for the organization and storage of the Association's archives, historic memorabilia, photo collection, audio-visual material and library material. This volunteer position requires computer literacy since the archives are no longer kept in hard copy. All materials, including photos, must be filed online including photos. This work can be done from home, or from your office if permitted

### Liaison to the Board of the Foreign Service Youth Foundation (FSYF)

Are you the parent of a TCK? Have you raised children abroad, experienced the frustration of uneven schooling, lack of support for special needs kids? Are you now back in the USA, with kids who feel that they don't quite fit the mold? If so, this position is a great place for you. The FSYF supports Foreign Service youth in the Washington area with programs and activities. This AAFSW board position requires attending FSYF meetings and reporting concerns and issues back to AAFSW.

### Overseas Representative Liaison

Each AAFSW overseas representative works with the post CLO to ensure that AAFSW material is available at post; works to increase AAFSW membership by marketing our services overseas; and gives the board feedback on issues overseas.

### CLO Association

The CLO Association in Washington provides support and networking opportunities for former CLOs who have returned to the DC area. The Chair maintains a list of members and liaises with the CLO Support Officer in FLO to organize activities and events for returning CLOs.

Call Margaret at the AAFSW office (703) 820-5420 or email me at [president@aafsw.org](mailto:president@aafsw.org) if you are interested in helping AAFSW and getting yourself involved in these programs. Come join us in keeping AAFSW the organization where the Foreign Service becomes a community!

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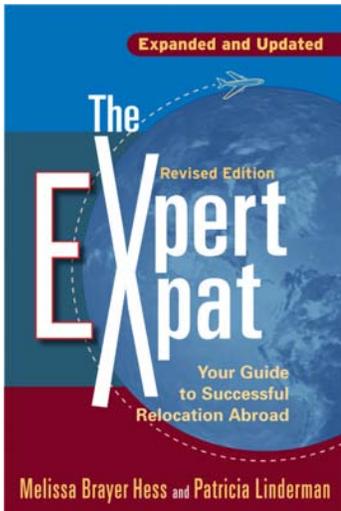
## THE NEW "FACE" OF AAFSW ONLINE

AAFSW is now on Facebook ([www.facebook.com](http://www.facebook.com)). This is a social networking website frequented by many Foreign Service family members. Individuals create profiles, post photos, links, and comments, play games, and generally act as an online community. Privacy controls allow users to limit access to personal information while interacting with other users through various school, professional and social networks.

Groups on Facebook use their pages to post information about activities and events, and to facilitate networking between group members. If you are already a Facebook member, search for "AAFSW" to bring up our group page, or click the link on our home page at [www.aafsw.org](http://www.aafsw.org).

There are several other Facebook groups of possible interest to Foreign Service family members. A search for "Foreign Service" under the Groups tab reveals Foreign Service Spouses, Foreign Service Parents, Foreign Service Officers, Foreign Service Brats, the Foreign Service Youth Foundation and more. Expat networking groups have also been created for just about every city on the planet.

So, look up AAFSW on Facebook. We're looking forward to "meeting" you!



## THE EXPERT EXPAT

In a new and expanded second edition, *The Expert Expat: Your Guide to Successful Relocation Abroad*, by longtime AAFSW members and volunteers Melissa Hess and Patricia Linderman, continues to provide helpful advice to Foreign Service families

and other expats. In this excerpt from the book, you can take an “adjustment checkup” to help identify areas of difficulty in your adaptation to life overseas.

Found any? The book offers advice in all of these areas, and for AAFSW members, the authors even make confidential “house calls” via e-mail to help you find the right resources for your situation: contact Patricia at [patricia@talesmag.com](mailto:patricia@talesmag.com).

### **A quick checkup: have you adjusted to life at post?**

Of course, the time it takes to adjust to a new post varies. However, most expatriates seem to adjust within about six months or so. After you have been in your new environment for several months, ask yourself these questions. Any negative answers indicate areas that may still need work. If the advice in our book is not sufficient to guide you toward progress in all these areas, consider asking a counselor or an experienced expatriate for help. Difficulties in just one of these areas can undermine the adjustment process and prevent you from getting the most out of your time overseas.

Are you continuing to make progress in the local language (if applicable)? Can you communicate with local people in everyday situations?

Are you starting to be able to read the cultural signals of the local people that differ from yours and to understand what they mean in context?

When you are with local people, are you learning to adapt your behavior to their cultural expectations?

Do you have more positive than negative feelings about the local people and culture?

Do you get regular exercise, and have you found other ways to reduce the stress of living overseas?

Does your home feel like a comfortable oasis amidst the foreign environment?

Do you maintain regular contact with people back home—but maintain local social contacts as well?

Do you have a network of people you can turn to in an emergency or if you need support in other ways?

Have you made friends outside the narrow circle of colleagues from your home country?

Do you regularly get out and do things in your free time rather than isolating yourself at home?

Do you feel that you know your way around and can find what you need?

Do you feel as if you have a reason to get up in the morning? Is your work (whether paid or unpaid) meaningful and satisfying?

Have you found enjoyable things to do in your free time, especially activities that were not possible back home?

Do you view your overseas assignment as an opportunity for personal growth, rather than an unpleasant duty?

Don't be surprised or dismayed if some time after the original adjustment period you find yourself losing ground in some of these areas again. It doesn't mean you've failed! Researchers have found a pattern of two “down” periods (or slumps) among many expatriates, with the second one falling somewhere near the middle of the overseas experience. It may be that the achievements of the original adjustment period were enough to reach a plateau of satisfaction for a year or so, but as the reality of a longer stay abroad sinks in, you may begin to expect more from yourself and your surroundings. The good news is that once people make it through the second slump, they tend to become more comfortable than ever before.

Consider testing yourself periodically with the questions above. The answers do change. Perhaps friends will have left the country; a work project may have become frustrating; you will have ceased to make progress with the language or culture; or maybe you will have just fallen into a routine and stopped looking for opportunities for adventure and personal growth. Periodic checkups can help you identify areas that need work in order to minimize the disruption of the second slump.

Order your copy of *The Expert Expat* through [www.aafsw.org](http://www.aafsw.org) and your purchase will benefit AAFSW.

## SCHOLARSHIPS FOR FOREIGN SERVICE TEENS

Foreign Service kids everywhere are sweating over college applications this time of year. But, as we all know, getting into college is only half the equation. Figuring out how to pay for it is the other half! Here are a few scholarships and grants targeted specifically to our community that may be helpful.

### **The AFSA College Scholarship Program**

The American Foreign Service Association offers several merit and financial aid scholarships. Any dependent of a U.S. Foreign Service employee who has served at least a year abroad with a foreign affairs agency is eligible.

There are several named scholarships bestowed by various individuals and organizations (including AAFSW). Winners of the Art and Academic Merit awards receive \$1,800 while honorable mentions receive \$800. Financial aid awards vary.

Applications are available now, and the deadline for all scholarships is February 6, 2009. For more information on the AFSA Scholarship Program, contact Lori Dec at 202 944 5504 or [dec@afsa.org](mailto:dec@afsa.org) or visit <http://www.afsa.org/scholar/>.

### **DACOR Scholarships**

Diplomatic and Consular Officers, Retired (DACOR) funds several scholarships that are administered by AFSA and in addition, offers a Hotchkiss Fellowship of \$5,000 for children and grandchildren of Foreign Service officers, active or retired, for study at The Hotchkiss School and Yale University. The deadline for these scholarships is March 15, 2009.

For more information DACOR scholarships, visit <http://dacorbacon.org/foundation/education.html>.

### **SDFCU Scholarships**

The State Department Federal Credit Union Annual Scholarship Program is for college students who have a SDFCU account in good standing. \$20,000 will be distributed among applicants selected by the Scholarship Committee.

Applications will be available February 1, 2009 with a deadline in April. For more information call 703-706-5019, email [marketing@sdfcu.org](mailto:marketing@sdfcu.org), or go to <http://www.sdfcu.org/youth/scholar.html>.

### **FEEA Scholarships**

The Federal Employee Education and Assistance Fund offers scholarships to current civilian federal employees and their dependents. Scholarships range from \$250 to \$5,000 and have a merit component. Applications for the 2009-2010 school year will be available in January 2009.

For more information visit <http://www.feea.org> and click the "Scholarships" link at the bottom of the home page.

### **FSYF Young Diplomat's Essay Contest**

The Foreign Service Youth Foundation sponsors an essay contest for high school students. While not strictly a scholarship, it is a chance to earn money for college. First prize is \$1,000, and second prize is \$500. The deadline for entries is April 15, 2009.

For more information, please visit <http://fsyf.org/award/awards.html> or email [fsyf@fsyf.org](mailto:fsyf@fsyf.org).

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## HOUSING SURVEY

AAFSW member Kate Goggin is conducting a survey in partnership with Dr. Anne Copeland of the Interchange Institute. "At Home Abroad: How Design and Architecture Influence Overseas Living." All expatriates are invited to participate! The purpose of the survey is to document the importance of home environments to overseas living, and to examine the relationship between housing choices and expat assignment success.

Do you currently live overseas? Does your international home measure up to your expectations? Whether you live in a castle, a cottage, a hut or a hovel, Kate and Anne are interested in your story: how you made a home in a faraway land and how it affects your work, your family and your life. Questions include:

How you chose and settled into your home.

Whether and how your home affects your overall expatriate experience.

How the layout, design, and/or furnishings of your home affect your family's interaction.

The survey takes about 20 minutes to complete and can be found at [www.kategoggin.com](http://www.kategoggin.com). A \$100 Amazon.com gift certificate to one participant for every 50 people who complete the entire survey.

## FBS NOVEMBER EVENT

The Foreign Born spouses invite you to a special private tour on November, Wednesday 19th, at 11:30 a.m. We are visiting the Renwick Gallery for an exhibit entitled "Lino Tagliapietra in Retrospect: A Modern Renaissance in Glass." Lino Tagliapietra was trained in traditional Venetian techniques is credited with shaping the course of international studio glass.

The Renwick Gallery is collects, interprets, and exhibits the finest works in American arts and craft. Housed in a historic building on President's Park in Washington, D.C., the Renwick Gallery is a branch of the Smithsonian American Art Museum. It was designed in 1858 to house the art collection of William Wilson Corcoran, a prominent Washington banker. Completed in 1861, it was the city's first art museum. During the Civil War, the U.S. Army used the gallery to distribute Union military uniforms. The collection Corcoran reinstalled in 1869 had outgrown its original home by 1897, and the building then became the U.S. Court of Claims.

In 1965, President Lyndon B. Johnson transferred the building to the Smithsonian "for use as a gallery of arts, craft, and design" Renamed the Renwick Gallery in honor of its architect and listed on the National Register of Historic Places, it opened to the public in 1972.

After the tour you are welcome to join us for lunch. If you would like to attend this interesting and educational exhibit, please RSVP to Sheila Switzer 703-569-8867 or e-mail to [sswitzer9@verizon.net](mailto:sswitzer9@verizon.net) or Carmen Geis 703-503-9117, [carmengeis@gmail.com](mailto:carmengeis@gmail.com)

The Renwick Gallery is located at Pennsylvania Ave. at 17th St. The closest Metro stops are the Farragut North station on the Red line or the Farragut West station on the Orange line (17th street exit.)

*AAFSW Awards, continued from page 1.*

The December program also includes the awarding of the Ele Dodson Tragen Award which was instituted in 2006 by retired FSO Irving Tragen in loving memory of his wife Ele. This award recognizes spouses, family members or members of household whose efforts and advocacy have enhanced the global rights and benefits provided to FS spouses. The Tragen Award is administered by the DACOR Bacon Foundation in conjunction with AAFSW and FLO.

The annual Lesley Dorman Award recognizes an AAFSW member who has given outstanding service to the organization over the years. Past recipients serve as the selection committee for this prestigious internal award.

Recognizing outstanding volunteer service sets the perfect tone for rejoicing and ushering in this holiday season. Don't miss this opportunity to meet the AAFSW award winners and enjoy a festive holiday program that is sure to lift your spirits.

Please use the coupon below to reserve your seat for this program. **AAFSW members may attend free of charge.** For each guest, please enclose \$15. You may also reserve and pay for your seat online at [www.aafsw.org](http://www.aafsw.org).

### DECEMBER 9 PROGRAM ANNUAL AAFSW AWARDS CEREMONY

Please reply no later than Tuesday, December 2, 2008. The event takes place on Tuesday, December 9th from 10:00 a.m. to 12 noon at the Department of State (C Street Entrance.) Please send this form and check made out to AAFSW for \$15 per guest to:

AAFSW Reservations  
4001 North Ninth Street, Suite 214  
Arlington, Virginia 22203

You may also reserve and pay online at [www.aafsw.org](http://www.aafsw.org).

### DECEMBER 9 AWARDS PROGRAM

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

Date of Birth and Passport or Driver's License Number:

Telephone

Name of guest(s), D.O.B.'s and Passport or Driver's License Numbers:

## TREASURER'S REPORT FOR 2009

The budget presented is for AAFSW's 2009 fiscal year which runs from July 1, 2008, through June 30, 2009. The actual income and expense numbers for 2008 and 2007 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, the AAFSW Secretary of State's Award for Outstanding Volunteerism Abroad (SOSA) funds, and the Family Member Professional Development Fellowships funds are accounted for separately and are not included in the budget. They are reported below.

### Fiscal Year 2008

Income in FY 2008 increased from the previous fiscal year by approximately \$4,100. Expenses, however, also increased by about \$8,000. Most of this increase was due to unavoidable increases in some BookFair expenses. Overall, expenses in FY 2008 exceeded income by approximately \$6,100.

### Fiscal Year 2009

The budget for 2009 is based on the 2008 and 2007 income and expense numbers, taking inflation into account. Income for 2009 is estimated conservatively and expenses are estimated on the high side. Due to the relocation of our office, funds have been budgeted for the move. We will, however, be spending less for rent.

AAFWS's contribution to the AAFSW/AFSA scholarship program will be a total of \$9,800, \$8500 plus designated scholarship donations of \$1,300 received between April 1, 2007, and March 31, 2008.

### Investments

As of June 30, 2008, AAFSW had investments of \$182,764. The decline of about \$38,500 was due to the decline in the stock market. Late in the fiscal year we moved our investments to a managed account with Raymond James Financial Services and have transferred our holdings to different mutual funds which we anticipate will bring us higher returns without increased risk. The dividends and interest from these investments will be re-invested which should also increase the total amount of our investments

### SOSA, Oral History Project, and Professional Development Fellowships

As of June 30, 2008, the SOSA fund totaled \$73,716. During the year, SOSA received donations totaling \$18,640 including \$10,000 from the Green Family Foundation and received interest of \$1,966. In December 2007 five awards of \$2,500 each were given to recognize outstanding volunteers at posts abroad.

As of June 30, 2008, funds held by AAFSW for the Oral History Project were \$4,666. The Oral History Project received interest of \$43 for the year but no donations.

This year AAFSW also raised and held funds for the Family Member Professional Development Fellowships which are administered by the Family Liaison Office. As of June 30, 2008, that account held \$3,753 from donations and interest.

### Finance Committee

The Finance Committee met three times during the year. The committee members are Judy Felt, Elaine Neumann, Patty Ryan, Terry Walsh, and Lucy Whitley. Our newest member is Anna Dworken who is serving as Assistant Treasurer.

### Questions

If you have any questions or concerns about the budget or would like a computer print-out of the Profit and Loss statement, please call Lucy Whitley at 703-536-2183 or email [treasurer@aafsw.org](mailto:treasurer@aafsw.org). Also, please contact me if you would like to attend a Finance Committee meeting.

*Respectfully submitted,  
Lucy M. Whitley, Treasurer*

## AAFSW BUDGET 2009

	Budget	Actual	Budget	Actual
Fiscal Year Ending June 30	2009	2008	2008	2007
<b>Income</b>				
Advertising on Web	\$400	\$739	\$750	\$375
Amazon.com program	\$700	\$737	\$450	\$380
BookFair	\$70,000	\$71,997	\$70,000	\$66,696
BookRoom	\$22,000	\$22,672	\$28,000	\$25,026
Contributions to scholarships, headquarters,memorials	\$4,500	\$4,980	\$3,500	\$3,701
Dividends & interest	\$9,000	\$9,784	\$9,000	\$9,706
Membership dues	\$18,000	\$20,535	\$22,000	\$19,895
Program fees - 8th Floor	\$3,500	\$2,860	\$6,000	\$5,575
Realities of FS Life - sales and royalties	\$4,000	\$3,225	\$3,300	\$2,045
Miscellaneous	\$200	\$157	\$100	\$200
<b>Total Income</b>	<b>\$132,300</b>	<b>\$137,686</b>	<b>\$143,100</b>	<b>\$133,599</b>
<b>Expenses</b>				
Advertising-on-Web commissions	\$330	\$115	\$230	\$0
Audit	\$2,500	\$2,211	\$2,250	\$2,058
BookFair inc.sales tax,charge fees	\$25,800	\$24,675	\$19,500	\$18,086
BookRoom inc.sales tax,charge fees	\$3,500	\$3,171	\$4,000	\$3,500
Capital Improvements	\$200	\$183	\$800	\$1,412
<b>Donations</b>				
Scholarships - \$8500 + donations	\$9,800	\$10,100	\$9,800	\$9,700
FS Community	\$3,000	\$2,319	\$3,000	\$2,958
Send a Kid to Camp	\$750	\$710	\$750	\$710
Employer's Payroll Expenses	\$3,800	\$3,660	\$3,800	\$3,643
<b>General</b>				
Annual Dues	\$400	\$455	\$475	\$325
Bank Fees	\$100	\$128	\$50	\$36
Board Allowance	\$200	\$579	\$175	\$262
Investment Advisory Fees	\$950	\$228		
Public Relations	\$250	\$0	\$150	\$473
President's Allowance	\$200	\$0	\$175	\$2
Headquarter Allowance	\$650	\$200	\$0	\$0
Insurance - Health	\$4,500	\$4,212	\$4,200	\$4,357
Insurance-WorkComp, Liability, Director's	\$3,500	\$3,380	\$3,370	\$3,209
<b>Membership</b>				
Newsletter-editor,printing,mailing,etc.	\$10,500	\$9,853	\$10,500	\$8,649
Mailings,brochures,charge fees,etc.	\$850	\$439	\$900	\$608
Website-webmistress,etc.	\$4,000	\$4,004	\$4,000	\$3,747
Media Director	\$3,000	\$5,500	\$6,000	\$6,000
Office Rent	\$7,860	\$10,926	\$10,230	\$9,880
Other Office Expenses - telephone,supplies,etc.	\$3,400	\$2,599	\$3,000	\$2,901
Programs - 8th Floor	\$6,300	\$5,777	\$7,000	\$6,368
Program Support - Housing office,playgroup,etc.	\$200	\$95	\$145	\$23
Realities of FS Life expenses	\$100	\$2,951	\$1,300	\$1,071
Salaries	\$47,500	\$45,291	\$47,300	\$45,851
<b>Total Expenses</b>	<b>\$144,140</b>	<b>\$143,761</b>	<b>\$143,100</b>	<b>\$135,829</b>

# Contact AAFSW

## OFFICERS

**Honorary President**  
Diana Negroponte

**President**  
Faye Barnes  
president@aafsw.org

**Presidents Emeritae**  
Judy Felt  
Terri L. Williams  
Mette Beecroft  
emerita@aafsw.org

**1st Vice-President**  
Elaine Neumann  
Tel: 703-920-5773  
vicepresident1@aafsw.org

**2nd Vice-President**  
Katy Koch  
Tel: 703-350-6604  
vicepresident2@aafsw.org

**Secretary**  
Barbara Ratigan  
Tel: 703-536-2015  
secretary@aafsw.org

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

**Assistant Treasurer**  
Anna Dworken  
treasurer2@aafsw.org

**Membership**  
Katarina Hamilton  
Tel: 703-860-0241  
membership@aafsw.org

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

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

**Forum**  
Judy Felt  
Tel: 703-370-1414

## ADMINISTRATION & SERVICES

**AAFSW Office**  
Margaret Teich  
4001 North Ninth  
Street  
Suite 214  
Arlington, VA, 22203

Tel: 703-820-5420  
Fax: 703-820-5421  
office@aafsw.org

**Creative Director  
(Newsletter and  
Website)**  
Kelly Bembry Midura  
Tel: 703-860-6723  
kelly@aafsw.org

**Housing Desk**  
Employee  
Services Center  
Main State, Room 1252  
Tel: 202-647-3573  
Tel: 202-647-3086  
housing@aafsw.org

Lesley Dorman  
Tel: 202-484-3497

Kay Youngflesh  
Tel: 703-683-0890

**Book Room**  
Main State  
Room B-816  
Robin Jones  
Tel: 202-223-5796  
bookroom@aafsw.org

**Website Advertising**  
Jen DiNoia

**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**  
Vacant

**Art Corner**  
Dianne Bodeen  
Marion Rondon  
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  
sswitzer9@verizon.net

Carmen Geis  
Tel: 703-503-9117  
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  
Tel: 703-241-2422  
scholarship@aafsw.org

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

**SOSA**  
Cathy Salvaterra  
Tel: 703-538-1133  
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

4001 North Ninth St.  
Suite 214  
Arlington, VA  
22203



NOVEMBER 2008

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