

# Global Link

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## WELCOME TO NEW AND RETURNING MEMBERS

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## THANK YOU TO THIS GENEROUS DONOR

Secretary of State Colin Powell

## MORE THANKS

A big thank you to AAFSW member Jen Dinoia for volunteering to moderate AAFSW's new Facebook group.

*Global Link* is provided to the U.S. Foreign Service community as a service of the Associates of the American Foreign Service Worldwide. Your membership fees support this newsletter along with other AAFSW services. Please visit us at [www.aafsw.org](http://www.aafsw.org) to learn more—and join today!

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## It's Election Time Again!

As a member of this organization, it is your right and responsibility to vote for the Board of Directors candidates you consider best for our future. Although the positions are uncontested, your vote is important to the organization, and you can always write in a candidate that does not appear on the ballot. The mail-in ballot appears on page 3 of this issue. Additionally, you may vote online at [www.aafsw.org](http://www.aafsw.org). The voting deadline is **May 19, 2009**.

The following individuals comprise AAFSW's proposed slate of officers for 2009. The position of Membership Coordinator is still vacant. If you would like to volunteer for this position, or if you have a suggestion for a nominee, please contact Elaine Neumann at [vicepresident1@aafsw.org](mailto:vicepresident1@aafsw.org).

### Faye Barnes, President

Faye has served as President of AAFSW since her retirement from the Department of State in June 2007. She served as Director of the Family Liaison Office from 1998-2005 and as Acting Director and Customer Service Coordinator in the Office of Retirement from 2005-2007. As a Foreign Service spouse, she accompanied her husband for 20 years, living overseas in London, Mexico City, Bonn, Lima, Madrid and Caracas. Active as a volunteer in all of the postings, and the mother of two daughters, both born overseas, Faye served as Community Liaison Office Coordinator (CLO) in London, Mexico City and Bonn. She is the recipient of three Department Superior Honor Awards, a Meritorious Honor Award and a Special Award of Appreciation from AFSA.

### Elaine Neumann, First Vice-President

Elaine accompanied her Foreign Service Officer husband for 37 years until his recent retirement. They served in Senegal, Iran, North Yemen, the United Arab Emirates, Algeria, Bahrain, Iraq, and Afghanistan, and survived four unaccompanied tours (including Viet Nam before joining the Foreign Service).

Elaine has thoroughly enjoyed her two terms as First Vice-President, and looks forward to working with the board on issues that are important to Foreign Service Families. Unfortunately, due to family concerns, she will be unable to serve a full term. However, she is happy to continue until someone can be identified to take this position, preferably a spouse with "active duty" status.

### Lisa Wilkinson, Second Vice-President

Alicia E. "Lisa" Wilkinson, grew up in the Philippines, and graduated from the University of the Philippines with a B.S. in Foreign Service. Her career included stints as intelligence analyst before marrying US Foreign Service Officer Edward H. Wilkinson. He was assigned to San Jose where their two children were born, and their onward assignments were Buenos Aires, Taipei, Guayaquil, Manila, Bangkok, Bonn and Guadalajara.

*Continued on page 2.*



## From the President's Desk...

Like Congress, AAFSW holds elections for positions on the Board every two years. Unlike Congress, we do very little campaigning except to recruit members for board positions! We are still missing a candidates for First Vice President. Elaine has graciously offered to stay on until we can find someone to replace her. We are also in need of a Membership Chair and a volunteer to coordinate advertising and/or sponsorship on our website, [www.aafsw.org](http://www.aafsw.org).

Please consider making a contribution to the Foreign Service community by joining AAFSW and volunteering for one of these positions. Call the office at 703 820-5420 if you have questions. You can also email me at [president@aafsw.org](mailto:president@aafsw.org).

With the current grim economic situation, AAFSW of course is also feeling the pinch. We need to make major changes that will stem the bleeding of our dwindling resources. Our six annual programs in the Benjamin Franklin Room at the Department run at a tremendous loss, and the new Board will have to make some tough decisions regarding the programs and venue. We need about 60 paying attendees to break even with the catering costs, and with Washington traffic, lack of parking and our organization's demographics, we have not been able to achieve that goal for several years now. Stay tuned for changes in 2009.

In addition, due to cost and environmental concerns, we will be moving to electronic delivery of the *Global Link* newsletter in the near future. Members who are truly unable to receive the *Global Link* via email will be able to request that a printed copy be mailed to them, as before. Stay tuned for more information in upcoming issues of *Global Link*.

Happy spring!

*Continued from page 1.*

Lisa is currently President of the Washington Seoul Women's Association (WSWA), an organization composed of over 100 female former Foreign Service/military officers and spouses of US Government officials who at one time or another had served in Seoul, Korea as well as spouses of Korean Embassy diplomats presently assigned in Washington DC. She is also a recipient of the Lesley Dorman award for her service as co-chair of the Foreign Born Spouses Group.

### **Barbara Ratigan, Secretary**

Barbara Ratigan has lived overseas in Tanzania, Iran, Singapore, Egypt, Canada, and South Korea. She served as the AAFSW Treasurer from 2000 to 2005 and has been the AAFSW Secretary for the last two years. Barbara volunteers in BookPlace once a week as a cashier and greatly enjoys working at the Art&BookFair. She would be honored to serve as the AAFSW Secretary for the next two years.

### **Lucy Whitley, Treasurer**

Lucy has been an AAFSW member since 1986 and has served as the Treasurer or Book Operations Treasurer for the last six years. She is the widow of Foreign Service Officer Philip Savitz, and the mother of Adam, soon to be a college student. Her abbreviated Foreign Service career took her to Barbados, Austria, and Germany. She hopes to continue to contribute to the future of the AAFSW by maintaining its financial stability in these difficult economic times.

### **Anna Dworken, Assistant Treasurer**

Anna joined AAFSW in 1980 and has been active with the Foreign-Born Spouses Group, BookFair and the Foreign Service Youth Foundation. Her time overseas included postings in Athens, Port Moresby, Ankara, Canberra, Wellington and London, plus three years in Tampa, FL for her husband's first post-retirement job. Along with raising two children overseas, setting up many homes and volunteer work, she has had a range of employment experiences including CLO Coordinator. She and her husband Mort are now enjoying semi-retired life back in the Washington, DC area.

*Clip and mail in the ballot on the facing page to endorse these candidates. Or, vote online at [www.aafsw.org](http://www.aafsw.org) (in the members-only section.)*



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## Personal Exploration Questionnaire

From page 3

1. What are some of your personal priorities?

(check as many as you like; rank them; and/or add your own)

- having free time to be flexible and spontaneous
- using your education and/or skills
- raising your children
- helping others
- doing interesting work
- doing something creative
- earning money
- enjoying time with friends
- making a difference in the world
- gaining recognition and respect for what you do
- learning new information and skills
- continuing your formal education
- meeting interesting people
- getting to know your host country
- spending time in nature
- being physically fit and active

2. What special skills do you have that you enjoy using and would like to develop further?

3. What are some activities you've always wanted to do or try?

4. What did you most enjoy doing when you were about ten or eleven years old?

5. After you leave your current post, what would you like people there to remember about you?

6. Have you ever experienced a feeling of "flow" – getting so wrapped up in something that you don't notice the passage of time? What were you doing when it happened?

7. If you had to stay on a small island for a few years, what would you take with you, and what would you do with your time?

8. Some people put bumper stickers on their cars saying "I'd rather be fishing" or "I'd rather be sailing." What would yours say?

Once you have some ideas, you may of course realize that not a single person in either East or West Bagotrashia is doing what you hope to do, but be bold. Organize a scuba divers' association in a landlocked country, start your post's first parrot rescue society, or link up with fellow medieval historians online. Passions are contagious, and you may inspire others and make friends for life!

*Patricia Linderman is editor in chief of Tales from a Small Planet, [www.talesmag.com](http://www.talesmag.com), and co-author of The Expert Expat: Your Guide to Successful Relocation Abroad (2nd ed. 2007). Her passions include snorkeling, playing online word games with friends on another continent, and giving annoying advice to people she doesn't even know. She sends this from behind (security) bars in Guayaquil.*



# Ten Ways To Go Green

From the  
Worldwatch  
Institute

10 simple things you can do today to help reduce your environmental impact, save money, and live a happier, healthier life.

## Save energy to save money.

Set your thermostat a few degrees lower in the winter and a few degrees higher in the summer to save on heating and cooling costs.

Install compact fluorescent light bulbs (CFLs) when your older incandescent bulbs burn out.

Unplug appliances when you're not using them. Or, use a "smart" power strip that senses when appliances are off and cuts "phantom" or "vampire" energy use.

Wash clothes in cold water whenever possible. As much as 85 percent of the energy used to machine-wash clothes goes to heating the water.

Use a drying rack or clothesline to save the energy otherwise used during machine drying. If you must use a dryer, consider adding dryer balls to cut drying time.

## Save water to save money.

Take shorter showers to reduce water use. This will lower your water and heating bills too.

Install a low-flow showerhead. They don't cost much, and the water and energy savings can quickly pay back your investment.

Make sure you have a faucet aerator on each faucet. These inexpensive appliances conserve heat and water, while keeping water pressure high.

Plant drought-tolerant native plants in your garden. Many plants need minimal watering. Find out which occur naturally in your area.

## Less gas = more money (and better health!)

Walk or bike to work. This saves on gas and parking costs while improving your cardiovascular health and reducing your risk of obesity.

Consider telecommuting if you live far from your work. Or move closer. Even if this means paying more rent, it could save you money in the long term.

Lobby your local government to increase spending on sidewalks and bike lanes. With little cost, these improvements can pay huge dividends in bettering your health and reducing traffic.

## Eat smart.

If you eat meat, add one meatless meal a week. Meat costs a lot at the store-and it's even more expensive when you consider the related environmental and health costs.

Buy locally raised, humane, and organic meat, eggs, and dairy whenever you can. Purchasing from local farmers keeps money in the local economy.

Watch videos about why local food and sustainable seafood are so great.

Whatever your diet, eat low on the food chain. This is especially true for seafood.

## Skip the bottled water.

Use a water filter to purify tap water instead of buying bottled water. Not only is bottled water expensive, but it generates large amounts of container waste.

Bring a reusable water bottle, preferably aluminum rather than plastic, with you when traveling or at work.

## Think before you buy.

Go online to find new or gently used secondhand products. Whether you've just moved or are looking to redecorate, consider a service like Craig's List, Freecycle or FreeSharing to track down furniture, appliances, and other items cheaply or for free.

Check out garage sales, thrift stores, and consignment shops for clothing and other everyday items.

When making purchases, make sure you know what's "Good Stuff" and what isn't.

Your purchases have a real impact, for better or worse.

*Continued on page 6.*

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## **Borrow instead of buying.**

Borrow from libraries instead of buying personal books and movies. This saves money, not to mention the ink and paper that goes into printing new books.

Share power tools and other appliances. Get to know your neighbors while cutting down on the number of things cluttering your closet or garage.

## **Buy smart.**

Buy in bulk. Purchasing food from bulk bins can save money and packaging.

Wear clothes that don't need to be dry-cleaned. This saves money and cuts down on toxic chemical use.

Invest in high-quality, long-lasting products. You might pay more now, but you'll be happy when you don't have to replace items as frequently (and this means less waste!).

## **Keep electronics out of the trash.**

Keep your cell phones, computers, and other electronics as long as possible.

Donate or recycle them responsibly when the time comes. E-waste contains mercury and other toxins and is a growing environmental problem.

Recycle your cell phone.

Ask your local government to set up an electronics recycling and hazardous waste collection event.

## **Make your own cleaning supplies.**

The big secret: you can make very effective, non-toxic cleaning products whenever you need them. All you need are a few simple ingredients like baking soda, vinegar, lemon, and soap.

Making your own cleaning products saves money, time, and packaging-not to mention your indoor air quality.

*The Worldwatch Institute is an independent research organization recognized by opinion leaders around the world for its accessible, fact-based analysis of critical global issues. Its mission is to generate and promote insights and ideas that empower decision makers to build an ecologically sustainable society that meets human needs. More information at [www.worldwatch.org](http://www.worldwatch.org).*

# **DC On a Foreign Service Budget**

Headed to Washington, D.C., this summer? Whether you are going there for a short- or long-term stay, you'll undoubtedly be looking for activities that won't break the bank. Here are several sources of great suggestions for free (or nearly free) activities for adults, kids, and families.

<http://www.washington.org/visiting/browse-dc/attractions/100-free-things-to-do>

Washingtonian Magazine's list of 100 free or cheap things to do.

<http://www.washingtonian.com/packages/dirtcheapeats>  
"Dirt Cheap Eats" is Washingtonian Magazine's annual guide to the best bargain restaurants in the DC area. Meals must cost less than \$15/person to be included in this guide.

<http://www.washingtondc.com/attractions/free-things-to-do.html>

Five free categories of activities from a commercial city guide website.

[http://godc.about.com/od/bestofdc/a/freedc\\_RO.htm](http://godc.about.com/od/bestofdc/a/freedc_RO.htm)  
About.com's guide to free things to see and do in Washington, D.C.

<http://www.washingtonpost.com/gog/>

The Washington Post's Weekend section is a great source of information about free and affordable activities. The Going Out Guide (and linked Visitor's Guide) are an online, searchable resource for the same information.

<http://traveler.nationalgeographic.com/2006/04/free-city/washington-dc-text>

National Geographic Traveler magazine's guide to free activities in DC. Includes some off-the-tourist track parks, museums, and events to avoid the summer crowds.

<http://aafsw.org/dc/links/thrift.htm>

AAFSW has a popular (and recently updated) page of thrift and consignment shopping links.

<http://aafsw.org/articles/money.htm>

Several articles about living on a budget in the Washington area can be found in our "Money Matters" section.

# AAFSW's May Program

## Hungarian Art and Culture

AAFSW cordially invites you to enhance your knowledge and appreciation of the majestic beauty and rich history of Hungarian culture, on Tuesday, May 19, from 10:00 a.m. to 12:00 noon in the Benjamin Franklin Diplomatic Reception Room at the Department of State.

This year, Hungary is celebrating its past, present and future with a year-long festival called "Extremely Hungary 2009." The celebration is dedicated to promote Hungarian art and cultural achievements, through a broad spectrum of events at leading cultural institutions in Washington, DC and New York City throughout the year.

Mr. Béla Gedeon, a Cultural Attaché representing the Embassy of the Republic of Hungary in Washington, DC will be enlightening us with an interesting presentation of the roots of Hungary's thriving contemporary culture and its impact on American society. Come and join us for this program that promises to be a wonderful journey through Hungarian culture.



Do you know that Hungarian men are proud of having the best mustache? New York is having a mustache contest for men and women with seven different categories of competition:

- 1.) The "Pompás Bajusz" ("Grand Mustache"): For the overall most wonderful mustache.
- 2.) The "Nietzsche": For the biggest mustache, the hairier the better.
- 3.) The "Frida": For the best lady mustache. You have to be a woman to win in this category
- 4.) The "Ned Flanders": For the creepiest or most unsavory mustache.
- 5.) The "Dali": For the most artistic mustache. You can use any kind of material in this category. Anything goes, hair is optional.
- 6.) The "Menudo": For the most pathetic, prepubescent amount of growth.
- 7.) The "Professional": Already have a wondrous mustache that you would like to show the world? This category is for you!

*For more information about this and other AAFSW programs, email Sheila Switzer at [programs@aafsw.org](mailto:programs@aafsw.org).*

### Hungarian Art and Culture

Please reply no later than Tuesday, May 12, 2009. The event takes place on Tuesday, May 19 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 person 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).

### MAY 19 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

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