



## In the Loop: A Message to Overseas Members

By Chris Zarr, AAFSW President

Congratulations to you out there at post! You are a self-selected, superior, plugged-in person. You made a conscious decision to pay \$25 to us to keep in touch even though you can't participate in Washington activities. You look beyond immediate utility and instant payback. You probably read *Front Lines*, the *SUN*, the *Foreign Service Journal*, *USIA World* and *State* magazines. You like to know what's going on and who's where.

Not everyone is like you. Many make their conscious decisions to disassociate themselves from Embassy life, to rely on their spouses to feed them vital information at the moment it is needed. They treasure an independent life. Others work in the Embassy and feel they know already what they need to know, as well as how to operate in the official system to find further information and help. These two types of people know about AAFSW and its newsletter, but it's not particularly useful to them right now; they haven't subscribed - and that's OK.

However, far too many other spouses are ignorant about the peculiarities of the Foreign Service subculture; and they don't know what they are missing. We know that, because Katarina at our office on MacArthur Blvd. gets plaintive telephone calls from such people all the

time; M/FLO hears from them; CLOs deal with them constantly - people who find overseas life hard and sometimes get into avoidable fixes because they didn't know elementary facts of foreign service life.

They don't "get the word." They are not "in the loop." They don't get the financial advice they should. They miss all the information about lessening culture shock and raising resilient mobile children. A surprising number don't know about, let alone take advantage of, the first-class OBC courses which can help them feel optimistic and prepare for good jobs. They don't know about the numerous existing informal mechanisms which would help them find fresh friends and opportunities each time they move; and since they don't live in the States they miss out on the pervasive atmosphere of practical advice one gets from "Ann Landers," "Ask Beth," "Family Circle," "Prevention" and so on.

If such a person is an employee, he or she is wrapped up in the excitements and demands of work and of managing the family from day to day and move to move, and has no time for peripheral information, however potentially helpful. The situation is analogous to that of the woman who is "too busy getting a meal to learn to cook."

(See "A Special Message", page 3)

## Hot Topics "How to Live on Nothing a Year"

Foreign Service families could write this chapter of *Vanity Fair* anew! It has been a difficult time for "public servants" who never realized that this term meant they would not be paid for their efforts. Some families were unable to be together over the holidays, because travel was not authorized. Others could not get to a new post or go on home leave. Everyone has been concerned about delayed paychecks and other problems.

We cannot make Congress do our bidding, but we do have a voice! There have been repeated cries in this newsletter to inform others of the realities of Foreign Service life. Have you done this? Are you sure that your representatives understand what your husband or wife does for a living - or all that you do, many times without being paid?

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**...If government employees  
were "non-essential", why not  
fire them?**

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This is particularly important in the aftermath of the partial shutdown. Many people reacted by saying that, if government employees were "non-essential", why not fire them? Others stated that it was a pleasure not to be "hassled" by government agencies - and, at least in some areas, people thought that government employees were on strike!

Have you written to your hometown newspaper, as Chris Zarr suggested in the December issue? Create a general "Letter to the Editor" and send it to all of your friends and relatives to distribute to the local press.

This year's problems are not our fault. A failure to try to improve our public image will be our fault. You can no longer afford to say, "I don't have the time!"

Jan Fischer Bachman

Thank you to Susan Quainton for the title of this column!

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## CALENDAR

### FEBRUARY

NOTE: OBC events listed below may have changed because of the furlough and snowstorms. Please call before trying to attend!

7-9 OBC Regulations, Allowances and Finances

12-13 OBC Security Overseas Seminar

13 **AAFSW General Meeting**

13-14 OBC Life After the Foreign Service

23 OBC Tax Seminar

24 OBC Adapting to Life Overseas (Saturday!)

27 **AAFSW Board Meeting**

27 OBC Advanced Security Overseas Seminar

28 OBC The Logistics of Going Overseas (Wed. evening)

### MARCH

12 **AAFSW General Meeting**

26 **AAFSW Board Meeting**

(Other dates will be listed in next month's edition of the newsletter.)

### With Sympathy

We offer our condolences to Jean Vance on the recent loss of her husband, and to our Bookroom Manager, Robin Jones, on the loss of her brother Andrew.

### OTHER USEFUL NUMBERS

#### AMERICAN FOREIGN SERVICE ASSOC.

2101 E St., NW, Washington, DC 20037

Telephone 202-338-4046

#### EMPLOYEE CONSULTATION

Room 3243 Department of State

Telephone 202-647-4929

DIRECTOR: Anne Weiss, ACSW

#### FAMILY LIAISON OFFICE

Room 1212, Department of State

Telephone 202-647-1076

DIRECTOR: Kendall Montgomery

#### FOREIGN SERVICE LOUNGE

Telephone 202-647-3423

#### FOREIGN SERVICE YOUTH FOUNDATION

Sydney Tyson (FLO Liaison) 202-647-1076

Karen Pugh (Administrator) 703-255-2861

#### OFFICE OF OVERSEAS SCHOOLS

Room 245, Department of State

Telephone 703-875-7800

DIRECTOR: Ernest Mannino

#### OVERSEAS BRIEFING CENTER

4000 Arlington Blvd., Arlington, VA 22204

Telephone 703-302-7274

DIRECTOR: Ray Leki

### PLEASE ADDRESS CORRESPONDENCE WITH APPROPRIATE CHAIR CLEARLY INDICATED, AS FOLLOWS:

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AAFSW membership is open to all U.S. Foreign Service employees and family members. Annual dues are \$25. Subscriptions to the News are open to the public at \$25 per year.

## Discover Black History in Washington

In February, 1926, Dr. Carter Godwin Woodson organized the first Negro History Week. Seventy years later, we celebrate all of February as Black History Month. With a home in northwest DC, Dr. Woodson is just one of the many important African-Americans with "capital connections."

The Bethune Museum, also in northwest Washington, was the last home of Mary McLeod Bethune, an African-American who began one of the country's outstanding black teacher training colleges; founded the National Council of Negro Women; served in the selection of the first female officer candidates for the armed services; advised four presidents; and helped in the struggle for civil rights. Galleries within the house contain exhibits about the history and contributions of African-American women to the U.S. and the world. Tel. 202-332-1233.

The National Museum of African Art, 950 Independence Ave., SW, focuses on the collection, study and exhibition of traditional African arts. Many of the permanent displays are valuable to all women, including "Purpose and Perfection: Pottery as a Woman's Art in Central Africa." Tel. 202-357-2700.

In southeast Washington, the Anacostia Museum (also part of the Smithsonian Institute) has one of the country's best African-American collections. Tel. 202-357-2700. While in the area, visit Cedar Hill, the last home of statesman, author and human rights activist Frederick Douglass. Tel. 202-619-7222.

Watch for acknowledgements in unexpected places, as history's hidden figures take their places. In Annapolis, for instance, there is now a plaque honoring Matthew Henson, a black explorer who was actually the first man to reach the North Pole, planting a U.S. flag before Admiral Robert E. Peary wearily arrived.

Discovering the unknown people involved in well-known events is similar to studying the AAFSW Oral History Collection and finding out what was really happening. We who are often the unsung heroes should be the first to recognize the missing figures in our national past. Wherever you are, make the most of Black History Month!

Jan Fischer Bachman

## A Special Message for Overseas Members

(Continued from page 1)

If the uninformed person is a spouse, the main reason for ignorance seems to be late marriage or marriage abroad. This person missed the "Introduction to the Foreign Service" so useful to the already-married couple (and, if one is foreign born, it can be years before one catches on).

Such people need help. AAFSW provides help. Our newsletter, narrowly-focused and condensed, can alert people to all that's out there in the foreign service community. We are in league with DACOR, AFSA, ECS (and its equivalent in the non-State agencies), with FSI, OBC and with FLO.

But first, the \$25 subscription is a must. Most people join us because a friend urged them to. Brochures don't do it. Posters on crowded noticeboards don't do it. Without a personal introduction, people may never know about us in all their 30-year career. It happens.

Please be a persuasive friend! Please get us some more young members. Fix your mentoring eye on a few likely candidates. Invite them for dessert and coffee; invite them for late af-

ternoon wine and cheese; invite them for a hike, with cocoa afterwards; or invite them and CLO to morning coffee. Tell them to bring their checkbooks. Make a brief, but lively pitch to them. Have them fill out photocopied membership forms. Take their checks and send the money straight to Olivia [the membership chair].

In other words, we want you to be an OVERSEAS REP for us. Concentrate on getting us four or five new members. (There is more you could do, but the above is enough to start with.)

### Practicalities

Our slim AAFSW Overseas Representative packets are going out this month to our existing reps. They will also be sent to CLOs in posts which have CLOs. The packets have some ready-made publicity material which you can have inserted in the Embassy newsletter, a sample membership brochure for photocopying and a wish list of possible activities you might perform for us if you're feeling energetic. Look out for the packet at CLO or in the personnel office.

## Youth Travel Benefits Slated to Become More Inclusive

Foreign Service children under age 23 who are full-time students at a qualifying institution in the United States or who are studying abroad for less than a year as part of a U.S. program are eligible for one round trip per year to visit their parents at post. Children under age 21 whose parents are either separated or divorced are also eligible for one round trip each year to visit the parent with whom they don't normally reside. Only those children under age 21 who are working or attending college part-time and who come from intact families have been excluded from this benefit.

On Dec. 4, 1995, Under Secretary of State for Management Richard Moose approved the Family Liaison Office's recommendation that all legally dependent Foreign Service children under age 21 be eligible for one round trip per year to post to visit their families. No legislative change is required, but it is necessary to gain written concurrence with the new policy from the other four Foreign Affairs agencies and the American Foreign Service Association, and to draft new regulations for inclusion in the Foreign Affairs Manual before the new policy can be implemented. However, we are now confident that soon we will be able to announce that all eligible Foreign Service children under age 21 may travel at government expense to visit their parents once a year.

The Department is seeking ways to create a more family-friendly workplace - certainly helping our families to spend time together is doing just that.

Kendall Montgomery  
Director, Family Liaison Office

*Ed. note: Kendall Montgomery provided this information for the AAFSW Newsletter while working single-handedly during the furlough. We greatly appreciate her efforts!*



## You Are Not Alone: Resources for Parents in Washington and Overseas

February. If you live in the Northern hemisphere, the "troops" may be getting restless and cranky at being kept indoors. In Southern realms, summer vacation may be dragging. You might find yourself thinking (not that you'd ever admit it), "I am just not cut out to be a parent! I can't take this anymore!" - and Grandmother is not even around to provide respite care.

Take heart! There are many resources available for parents these days. The fact that you can't get a college degree in being a parent does not mean that you just have to "wing it"!

If your post has a **Community Liaison Office**, take your concerns there. This does not necessarily mean "bothering" a busy person with what may seem like a minor question. Most CLO offices are full of books, magazines, compact disks and other information sources, many tailored to Foreign Service needs. The CLO may have a list of local activity centers, counselors or other service providers. If the CLO cannot answer your query, do not, however give up. There may be help available which your CLO has not yet discovered!

If you are a Washington area resident, consider calling your **Neighborhood Network representative**, listed on page 2. Because these representatives live in your general vicinity, they may know about local services to help you.

The **Family Liaison Office** in the State Department is a first line of inquiries, for both Washington residents and (by fax or e-mail) overseas members. They have a wealth of information on schools, helpful organizations, employment and so forth.

The **Overseas Briefing Center**, located in Arlington, has stacks of reference material, as well as helpful staff, again slanted toward the specific viewpoint of Foreign Service families. There are a number of useful courses on offer (see page 5) - call to find out more.

The **Employee Consultation Service** offers crisis intervention, problem assessment, counseling, workshops, support groups and other services to Civil and Foreign Service employees and family members. (See page 2 for information on all of these agencies).

Don't forget that the **Medical Services Office** has an Alcohol and Drug Awareness Program, 202-647-1843, and Mental Health Services, 202-647-2868.

Whether at home or abroad, check to see what your **local government** offers. Many counties and school boards offer parenting classes at reduced costs. They may also be able to provide you with a list of registered childcare options near your home or place of employment. Park services include educational and fun activities for children, along with seminars for parents. Reap the benefits of your local taxes!



The **local library** is also a goldmine of information. Many of the free newspapers and newsletters for parents are distributed there - along with information about nearby programs. Check the bulletin boards and shelves of brochures to make sure that you are not missing anything (and don't forget to ask about library events for children!). Your **neighborhood church or place of worship** may be able to provide you with additional help or referrals.

The **Foreign-Born Parent Network** is a new newsletter offering an "interactive platform that focuses on the ways in which multiculturalism affects parental involvement in education, community leadership and the workplace."

Foreign Service spouse Alice Rasmussen founded the newsletter to dispel the myths which surround the label "Foreign-Born" and to encourage parents to give their children the advantage of knowing - at least - two languages and cultures. (Alice herself speaks five languages). Parents may fax or e-mail concerns or topics of interest to the newsletter, attend seminars or take note of special radio, television or community presentations.

For more information, contact Alice at: 2700 N. Wakefield Street, Arlington, VA

22207-4131, Tel/Fax: (703) 812-8716, e-mail: arasmus1@gmu.edu.

The **Family Education Network** is an organization which offers classes for parents throughout the Washington metropolitan area. They may be contacted at 301-888-1020.

The **Women's Center**, which now extends to Arlington, Fairfax, Loudoun and Prince William Counties, as well as Washington DC, Alexandria, Burke, Herndon, Leesburg and Manassas, primarily focuses on therapy and career counseling, but also offers seminars of interest to parents, from "What Every Teenage Girl Needs to Know" to "Legal Aspects of Child Custody". For more information, contact the Administrative office at 703-281-2657.

The **Parent Connection** is a non-profit organization which exists to provide classes, information and support to Washington area parents. Members receive six issues of *Washington Parent*, discounts on workshops and other benefits. Call 301-320-2321 for more information.

**Washington Families** is a free monthly newspaper available at libraries and other sites. Virginia residents may find **Parent Weekly** (also free) at their local bookstores or metro stations. All of the "parent" papers provide information about schools, summer camps, thrift shops, special events, classes, tutors, childcare services and so on - as well as articles about topics of interest to parents.

There are astounding numbers of specialized support groups in the Washington area: for older mothers, parents of multiple births, first-time mothers, parents of difficult children, grandparents raising grandchildren, single parents, parents of children with ADHD, autism, etc. Use the above resources to find the group appropriate to your need; one probably exists!

*AAFSW is providing this information as a service to our members. Inclusion in this article does not mean that we endorse the organization or product mentioned. Please feel free to copy this article and give it to your "unconnected" friends!*

# Maintaining Long Distance Relationships



"Five hundred miles away from home," the folk tune bewails. Is your family considering jobs in different countries? Education on different continents? Participants in similar circumstances braved snow and ice to attend a recent seminar at the Overseas Briefing Center on "Maintaining Long-Distance Relationships", ably led by Sheri Mestan Bochantin.

The interaction, sharing experiences, suggestions, and emotions, during the seminar cannot be successfully transmitted on paper; however, some of the most important points may benefit those who were too far away to attend. Grab a notebook and pen, and join in!

## PRELIMINARY STEPS

If you are already separated from your spouse or children, it is not too late to consider these points. Ideally, you would take them into consideration while making your decisions.

**1. What are my priorities?** Rank them in order of importance. Ask your partner (or the other missing-person-to-be) to do the same. Now, thinking about your separation, circle those upon which you intend to concentrate your energies. Comparing notes should lead to some interesting discussions!

**2. What are my support systems?** Who can help you with practical matters or a sympathetic ear? Perhaps you need to explain your situation to friends or relatives, who might not be aware of the ways you need their assistance.

**3. Why are we doing this??!!** This point follows on from question one - and helps every foreign service spouse. If you remember that you went overseas because you wanted to "explore new cultures", you might not mind so much that there is loud music playing next door for the 17th night in a row! Together write down your reasons and post the page in a prominent place.

Now take the time to write a list of your characteristics. Consider how these may help or hurt you. For instance, as an excellent planner, you long ago arranged all of the necessary Power of Attorney papers, you have opened separate bank accounts, you already have the tickets for your first visit. This characteristic eases the logistical aspect of

the separation. On the other hand, you may have to work at being flexible when the other person arrives and wants to watch old television shows, when you had planned a night on the town.

### Helpful characteristics:

Independence  
A sense of adventure  
Willingness to do something unconventional (a "thick skin")  
Resistance to peer pressure  
Determination  
Confidence  
Commitment  
A realistic viewpoint  
Ability to plan  
Creativity  
Flexibility  
A good memory for what is really important!  
A spirit of cooperation  
A sense of humor

## PHASES OF A SEPARATION

There are three basic aspects of a separation: leave-taking, being apart and re-entry.

**1. Saying goodbye** is one of life's more unpleasant experiences. *Separation anxiety* may result in constant bickering. Try to focus on the true causes of your disagreements! The rush of last-minute duties may not allow enough time to enjoy your last moments together. Plan ahead for this! Schedule in that final dinner or breakfast. Set up rituals to ease the process. Acknowledge that it hurts, and try not to leave "unfinished business" to fester during the time apart.

**2. Being apart** involves changing gears. You are single again - or a couple without a family. Loneliness can be overwhelming. Acknowledge that we are frequently alone in this life and find someone lonelier than you are! Allow yourself or your children special treats so that there is a positive aspect to the separation. Anticipate holidays: don't feel guilty if you can't be together. Find ways to celebrate anyhow!

Tape recordings, videos, telephone calls, faxes, e-mails, letters and packages: there are a multitude of ways to keep in touch in today's world. Use your creativity. Have the "missing person" tape a series of bedtime stories before leaving. Scribble your thoughts in a notebook and send it to your partner. Just make sure that you have established your expectations regarding communication before departure day.

**3. Re-entry** can be surprisingly difficult, with the same effects as culture shock. Like the three bears, you may wonder "Who's that sitting in my chair?" as your new territorial rights are challenged. You change roles: who will do the household chores? How will the children be disciplined?

Separation does not have to harm a good relationship. Take the time to be prepared - go to the next OBC seminar!

### "Potholes" to Avoid

- 1. Unfinished business:** Problems will not go away if they are swept under the carpet.
- 2. Complacency:** Your relationship (not your partner) requires constant vigilance!
- 3. Love saboteurs:** Watch out for outside distractions to a relationship.
- 4. Spending too much time apart:** Don't let your finances interfere!
- 5. The "Stranger factor":** Don't settle for feeling that a stranger has invaded your home. Work out what is dividing you and find a way to re-establish intimacy.
- 6. Empty Nest Syndrome:** If you are no longer parents, work at establishing your "new" life as a couple - go back to your courtship days!
- 7. Overburdened:** Don't be a martyr if you are carrying too many of the joint duties.
- 8. Warning signs:** Exhaustion, disgust with travelling, problems at work, home or with the children. Be sure to pay attention to when it is time to call it quits and go home for good.



## AAFSW Oral History Collection

*Hope Lewis MacBride Meyers (1918-1991) was a Phi Beta Kappa graduate of Rutgers University who earned an M.A. degree in public law from Columbia. After marrying a Foreign Service officer in 1943, she traveled to Tokyo, London and Brussels. From 1976 to 1982 she was the Washington representative of the Centre for Legislative Exchange between the Canadian Parliament and the U.S. Congress. Twenty years after the fact, it is encouraging to consider how many then-impossible things are now everyday realities!*

"...The first meeting of the Ad Hoc Committee took place inside the Department and provided easy access to those people both within and outside the Department. Meetings were held at lunch hour and were kept short... To my astonishment, having heard by word of mouth or direct solicitation, the first group numbered, surprisingly, about 20 people.

"...Fortunately, I have copies of the first agenda, I believe, that we used as a basis for discussion. Discussions went on at two-week intervals during a good part of midsummer. The conclusions that we reached were not, certainly, world-shaking, but they were of interest perhaps to the record. We concluded that because of the domestic demands on our time - meaning family and so on - as well as professional, our time was so limited that we could not accomplish all that we had wanted... Instead, we decided, I think sensibly, to concentrate on the questions revolving around employment of spouses and the difficulties the Department presented to them in broadening the opportunities open to qualified women whom otherwise it was ignoring both in Washington and overseas.

"This led to the misconception that only this question interested the Ad Hoc Committee... We realized that there were many other problems involving spouses, but we simply did not have facilities to tackle those - at least at that time.

"Some considerable time afterwards it was decided that the time had come - and I believe the initiative came originally from Ambassador Laise herself - that a meeting be set up with herself, the Women's Action Organization (WAO), AAFSW and the Ad Hoc Committee on Spouses... It took place [in early February, 1976] and included representatives from the organizations I mentioned

above. It was rather - I can't say contentious, but certainly some questions were raised and one that had not been discussed in any detail at all, namely, the formation within the Department of the so-called 'skills bank.' The idea had been suggested by Cynthia Chard, who had become a member of the Ad Hoc Committee and who was very willing to volunteer enormous amounts of time to setting up the possibility for a computerized list of qualified spouses that would be available to not only the Department in Washington, but to posts overseas.

"To this Amb. Laise gave a decided negative, saying that the Department's concern was exclusively employees, i.e. Foreign Service Officers, and could not therefore be extended to spouses under any circumstances. To other questions that were raised she gave less unequivocal answers but one very definite statement to which the by now renamed Research Committee on Spouses took considerable exception, she pointed out that because of the nature of the group as we were then constituted, we represented, as she said, 'nobody in particular'...

"...We met with a representative from the Legal section, a very helpful young man named Shamwell who attempted to explain to us the difficulties of providing the basis for any kind of bilateral negotiation with international entities. We had hoped that if it were possible for the United States to permit wives of other nations' foreign service officers to find employment here, the same facility might be extended to other countries involved.

The difficulty, it appeared, lay in the fact that the United States was governed in respect of diplomatic immunity by a very ancient statute called 'The Act of Anne' effectuated when the Colonies first established their independence, and it

had governed ever since... Until the Act of Anne could be superseded by a less rigid, less confining set of regulations, it would be impossible for the United States even to consider - which was doubtful from the outset - the possibility of bilateral agreements dealing with dependents of Foreign Service Officers...

"Meanwhile, we had added, or from the beginning actually, one of the very lively and dynamic members of the group, Stephanie Kinney, who decided more or less on her own, and very rightly, that it was time that these concerns be brought to the attention of Congress. So, with one or two friends, she simply marched up to Capitol Hill after making appointments with some of the more important and pertinent members of Congress, and sat down with them and talked at some length about the matters that were of concern to us and the fact that we felt very strongly that until some of these matters were taken care of officially, the Foreign Service esprit and performance, both, would deteriorate rapidly and continuously over time... By making these contacts, [she] paved the way for later Congressional approval of the Skills Bank and the creation of the Family Liaison Office...

"This description of the work of the Research Committee on Spouses that I have given is, I'm afraid, pretty ponderous and pretty straightforward, and certainly lacking in humor and levity. It reminds me of the response that I got to a question that I asked of one of the people I interviewed in the course of the Oral History project. When I asked her, 'Did you have fun in the Foreign Service?', she replied, 'It was a lot of hard work.' Perhaps that response can stand for the way most of us, I think, felt about the work that we did."



## Serfdom and Splendor: The World of the Russian Country Estate

A slide-lecture by Dr. Priscilla Roosevelt



Dr. Roosevelt, well-known author and lecturer, has spent eight years in the research and writing of her latest book, *Life on the Russian Country Estate*, a book which has deservedly received accolades from critics, historians, Russian scholars and such authorities on Russia as Amb. George Kennan.

From the reign of Peter the Great, Russia's country estates were cases of barbarian splendor and personal freedom in a vast, sparsely populated and authoritarian land. The nobility owned legions of serfs - from brickmakers and gardeners to gilders and portrait painters - whose labor made possible a unique way of life. On some estates, serf theaters and harems reflected the owner's unrestrained personal fantasy; on others, relations between lord and serf echoed the patriarchal values of the Russian elite. Throughout the empire, the sights, sounds and realities of country life inspired both plans for political and social reform and much of Russia's great art, literature and music. Although the emancipation of the serfs in 1861 altered the dynamics of this life, the cultural significance of the estate remained strong until the time of the Bolshevik revolution which destroyed the world of the estate, and much of the evidence about it.

Dr. Roosevelt is more than qualified to give us a glimpse into this fascinating

period of Russian life. She graduated from Radcliffe College magna cum laude, got her M.A. and Ph.D. in Russian History at Columbia University, taught at Catholic University and Georgetown for some ten years while at the same time writing and publishing articles on various aspects of Russian history and culture. In between teaching and doing research for this particular book on Russian estates, she has lectured for many important organizations throughout the area and in Russia, as well as for many universities in the U.S. and Europe.

***Russia's country estates were cases of barbarian splendor and personal freedom...***

Dr. Roosevelt has received and continues to receive many awards and honors and is presently an independent scholar and Fellow of the Institute for European, Russian and Eurasian Studies at George Washington University.

Dr. Roosevelt's insights and her intense personal interest in the subject, as well as her excellent presentation make her one of the most exciting lecturers in the field. Her book is at once beautiful, with its 230 illustrations, and historically accurate, and is found in most bookstores. After the lecture, she will be glad to autograph any copies that you bring.

*Barbara Gordon, Program Chair*

Reservations Contact: Pearl Richardson, Tel. 202-265-3301

### February Program Coupon - Return by Feb. 6

Tuesday, Feb. 13, 1996, 10 a.m., 8th Floor, State Department

Name (as you wish it on name tag): \_\_\_\_\_  
Date of Birth or Social Security Number: \_\_\_\_\_  
Telephone: \_\_\_\_\_ New Member? yes \_\_\_\_\_ no \_\_\_\_\_  
Name(s) of Guest(s) with DOB or SSN: \_\_\_\_\_  
\_\_\_\_\_  
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NOTE: BRING A VALID PHOTO I.D. FOR ENTRY TO STATE DEPARTMENT

Reservations accepted in the order CHECKS are received. Please send form, with check made out to AAFSW (\$5 per member, \$5 per guest), to AAFSW Reservations, 5125 MacArthur Blvd NW, Suite 36, Washington, DC 20016.

REMINDER: Special permission granted members and guests to enter the Dept. of State building is limited to hours of meeting only. No refunds after February 6.



Our diverse and talented members are constantly involved in worthwhile activities and exciting projects. It has been suggested that we devote a small space in the newsletter to information about our membership. Please send items about yourself, fellow members or your post: we can only publish what we receive. Don't forget that letters to the Editor are always welcome, too!

Congratulations to AAFSW member **Rita Wysong** on the recent publication of her book, *Packing Up and Moving On*, the story of her family's experiences in the Foreign Service, adapting to life in many different countries. For more information about the book, or for an order form, call 301-933-7737.

AAFSW Scholarship Committee Chair **Judy Smith** recently won a grant to develop a Citizenship program at the Community Refugee Ecumenical Outreach (CREO), the refugee resettlement agency of which she is Executive Director. CREO is seeking volunteers to serve as Citizen Partners to help participants prepare for their citizenship exam. The time commitment will be about 24 hours over three months, and can be arranged at the convenience of the volunteer. For more information, call Judy at 703-979-5180.



## Bulletin Board



### FLO Releases New Edition of *Assignment Washington*

Headed for Washington? Whether it is your first DC appointment or a return to familiar haunts, preparation is just as important as it is when going to a foreign post. You will have to find housing and schools, connect the telephone and other utilities, register your automobile, change your driver's license, look for a job or volunteer opportunity, find a local church or temple, learn where to shop...it can seem overwhelming!

The Family Liaison Office (FLO) has prepared a new edition of the "Washington post report" to aid you in your transition. The 1995 *Assignment Washington* is now available at the Overseas Briefing Center and the Family Liaison Office in Washington or from your Community Liaison or Administrative Officers in other countries.

This excellent reference guide is full of practical information, ranging from where to find 24-hour pharmacies to how to get around the State Department building. Even if your specific question is not answered, a call to one of the organizations listed may resolve your queries - or at least give you a few other leads.

Don't delay! If you are Washington bound, track down the latest copy of *Assignment Washington*!

### Deadline Approaches for Youth, Volunteer Awards

Publicity for both the Foreign Service Youth Awards, sponsored by the Foreign Service Youth Foundation and AAFSW, and the AAFSW/Secretary of State Award for Outstanding Volunteerism has been delayed by the government furlough and subsequent snowstorms. The deadline for submitting applications for these awards has traditionally been in March, so please be considering whom you would like to nominate.

The Foreign Service Youth Awards recognize teenagers for their service to the community or to their peers. Winners are selected from the U.S. and overseas. The AAFSW Volunteerism Award is given to volunteers in missions abroad who have made significant contributions to their mission communities, host countries or both. A winner is selected from each of the six Foreign Service geographic areas.

Watch for more details from your CLO or the B-Net (in Washington).

### Foreign Service Day Nears

If you have not yet requested an invitation to Foreign Service Day, scheduled for May 3, call 703-235-4240 as soon as possible.

### Tell the World - or Listen to Someone Who Has Seen It!

Whether you have been involved with the Foreign Service for five years or fifty, you surely have stories to tell. The AAFSW Oral History Project wants to hear what you have to say! Your experiences are valuable, even if you chose to ignore Embassy functions while overseas. A true look at our history as Foreign Service family members includes people of all kinds, with many different lifestyles.

If you feel that nothing interesting has ever happened to you, consider interviewing another member. This can be done at your convenience and only requires an hour or two of your time. One-time volunteers are welcome!

Interviews can take place at any post, anywhere, any time. The stories you hear about other time periods and other posts may be tragic, fascinating, inspiring...but you will not feel that you have made your efforts in vain.

If you have ever wished for more recognition, or want to promote the wonderful work done by Foreign Service spouses around the world, contact the Oral History project immediately. Overseas members, please note that Jewell Fenzi, Project Director, has an e-mail address: [jfenzi@aol.com](mailto:jfenzi@aol.com). You can get started without even waiting for a letter!

# AAFSW

NEWS

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