

# Global Link

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## UPCOMING EVENTS

**Tuesday, June 23**  
Traditional Chinese Medicine  
Bethesda, MD  
11:30 a.m.

**Saturday, June 27**  
Hail and Farewell  
Springfield, VA  
7:00 p.m.

**Friday, July 10**  
FSYF Award Ceremony  
(including AAFSW  
scholarships)  
Dept. of State  
10:00 a.m.

**Wednesday, July 15**  
Deadline for SOSA,  
Tragen and CCE-EFM  
Nominations

**October 9-19**  
Art & BookFair  
Department of State

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Please confirm all events on our website, our Facebook page, or via [office@aafsw.org](mailto:office@aafsw.org) before attending.

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## AAFSW Board Candidates Needed!

### We Really Mean It This Time!

That's what happens in the Foreign Service: several current AAFSW Board members and committee chairs have new assignments and are leaving soon for overseas posts.



AAFSW is YOUR voice. But to remain effective, it needs leadership and direction. We are urgently seeking people in the DC area to serve as President (or Co-Presidents) and Treasurer, along with other positions.

Foreign Service family members are fascinating, diverse, talented – and a lot of fun to work with. As a Board member, you'll gain valuable skills and have unique experiences such as advocating for EFMs in meetings with high-level officials, participating in events in the Diplomatic Reception Rooms at Main State and judging candidates for worldwide awards and youth scholarships.

Please step up and help keep AAFSW a strong advocate and support organization for EFMs and the entire Foreign Service community. Or nominate someone you know would be a great candidate!

Contact us at [office@aafsw.org](mailto:office@aafsw.org) to volunteer or to find out more. Thank you!

*Patricia Linderman*  
Outgoing AAFSW President  
[president@aafsw.org](mailto:president@aafsw.org)

# New Faces at AAFSW

## New AAFSW Media Team

Dear Readers,

This is my final issue of the *Global Link* and *Global Link Express*. I have worked for AAFSW in one capacity or another for almost 16 years, starting as Webmaster and finishing as Content Manager. It has been a great experience—and remarkably portable!

However, I have decided that my upcoming move to Poland, accompanying my husband Chris Midura, who will be PAO Warsaw, is both the right time for me to try something new, and to give someone else the opportunity to further modernize and expand AAFSW's media presence.

I'd like to thank AAFSW for the opportunities they have given me over the years, and introduce the team who will be replacing me, starting July 1, 2015.



*Kelly Bembry Midura*  
AAFSW Content Manager  
[kelly@aafsw.org](mailto:kelly@aafsw.org)

**Susan Lee** will be our new **Global Link Production Manager**. She will be working with Sarah to produce the print and PDF edition of *Global Link*.

Susan has worked as a graphic designer for the past 20 years. She has an MFA in Photography and a BA in Biology. She started at the Guggenheim Museum in New York and has continued freelancing since going overseas. Susan has been doing the Foreign Service thing for the past 15 years, with postings to Beijing, London, Bucharest, Ankara and DC area while raising three very active, well-traveled boys.

**Sarah Morrow** will be AAFSW's new **Content Manager**.

Sarah is a writer and social media consultant originally from New Jersey. She holds a master's degree in communications and has written for a variety of publications in the US and abroad. Additionally, she has worked at an embassy as a public affairs assistant. Like many in the Foreign Service lifestyle, she loves to travel and enjoys exploring different cultures and cuisines, some of which she blogs about at [kitchencables.com](http://kitchencables.com).

Sarah and her husband are headed to Belgium to begin their third tour this summer, having previously had assignments in Uzbekistan and Serbia. Email Sarah after July 1st at [newsletter@aafsw.org](mailto:newsletter@aafsw.org).



**Nicole Spiridakis**, currently AAFSW's Webmaster, has added **social media management** to her portfolio. In that capacity, she will be overseeing all of our social media groups, and posting AAFSW news and events to Facebook and Twitter.

Nicole is a writer and recipe developer currently living in Riyadh, KSA, with her husband Doug (SCO Saudi Arabia) and daughter Sierra. She has written for a variety of publications and posts regularly to her blog [cucinanicolina.com](http://cucinanicolina.com). Her first cookbook, "Flourless. Recipes for Naturally Gluten-Free Desserts" was published this summer by Chronicle Books.

When Nicole isn't updating the AAFSW site she's probably in the kitchen, out for a run along the ocean, or drinking a lot of coffee. Contact her at [webmaster@aafsw.org](mailto:webmaster@aafsw.org).



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# More AAFSW News

## New Senior Living Coordinator

AAFWS's Senior Living Coordinator serves as liaison between AAFSW and the Senior Living Foundation, [slfoundation.org](http://slfoundation.org), and helps AAFSW advocate for and serve the needs of older Foreign Service community members.



**Susie Lukens** accompanied her husband, Alan Lukens, to Morocco, Senegal, Kenya, Denmark, South Africa and the Republic of the Congo where Alan was Ambassador. After Alan's retirement in 1987 Susie finished her BA in Special Education at Trinity University in Washington, DC. She then taught for 20 years at an elementary school. Susie and Alan have 4 children and 10 grandchildren. Their oldest son, who is with the State Department, recently served as Ambassador to Senegal. Contact Susie at [retiree@aafsw.org](mailto:retiree@aafsw.org).

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## AAFWS Team to Interview James and Susan Baker for SOSA Video

Former Secretary of State James Baker and Susan Baker have said yes to an interview for AAFWS's video commemorating 25 years of SOSA (the Secretary of State Award for Outstanding Volunteerism Abroad).

Impressed with the volunteer efforts they witnessed at various overseas posts, the Bakers originally suggested the award and asked AAFSW to administer it.

SOSA chair Lara Center and outgoing AAFSW President Patricia Linderman will travel to Houston for the interview in September. The video is being produced thanks to a grant from the Una Chapman Cox Foundation, to publicize both the award program and the exceptional volunteer efforts of SOSA winners.

## Please Take Our Survey on Access to FS Information!

As announced last month, AAFSW recently received a grant from the Una Chapman Cox Foundation for a project that will help individuals and families within the Foreign Service community (including retired, divorced and widowed community members) access information related to FS life with greater ease.

In developing this project, we thought it would be best to find out what our community needs. Therefore, we are conducting a survey to learn more about how you access Foreign Service information and resources online.

<https://www.surveymonkey.com/s/AAFWS>

We are collecting responses anonymously through Survey Monkey and will appreciate your open and honest feedback on how you currently access information about Foreign Service life. Once we have received your feedback we will review the data and combine responses based on trends, similarities and differences to help us define how we can best serve our community, in conjunction with all of our partner organizations within and outside the government.

Please note that all information provided will be kept in extreme confidence within AAFSW and you have the option to complete the survey anonymously. Please also share this survey and information with other individuals in the Foreign Service community so they also have an opportunity to share their thoughts and needs.

Thank you in advance for providing your feedback and sharing this message within the community and many thanks to the Una Chapman Cox Foundation for supporting this project!

AAFWS's FSDashboard Project Team

*Nicole Schaefer-McDaniel*

*Patricia Linderman*

*Trena Bolden Fields*

*Lara Center*

*Nicole Spiridakis Lauren Budik*

*Lauren Ketchum*

# AAFSW Program News

## Traditional Chinese Medicine

AAFSW cordially invites you to discover the ancient and powerful realm of healthcare known as Traditional Chinese Medicine (TCM).

Our program will take place on **Tuesday, June 23** at 11:30 a.m. at the Wildwood Acupuncture Center Academy of Acupuncture and Chinese Medicine in Bethesda, MD.



Our speakers are: Dr. Tian Xiaoming Tian, L.Ac., CMD and Dr. Christina Tian, MAOM, L.Ac., Dipl. OM, CMD, BSBA, They will present information on traditional Chinese medicine and also provide a demonstration of acupuncture treatment.

The practice of TCM has evolved over thousands of years in China and across the Asian continent, in a fascinating historical, spiritual, and cultural context. The practice is vast and includes therapies such as acupuncture and acupressure, herbal medicine, Qi Gong, and nutritional counseling, all customized to patients' personal constitutions and particular health conditions.

Today, TCM is studied, medically researched, and clinically practiced around the world to treat a wide range of acute and chronic health disorders affecting both body and mind. It represents an important aspect of integrative medicine in today's modern healthcare system and can also be effective in preventing illness by supporting a strong immune system and promoting internal balance.

Xiaoming Tian, L.Ac., CMD., is a licensed Acupuncturist, Doctor of Chinese Medicine, and Director of the Academy of Acupuncture and Chinese Medicine and Wildwood Acupuncture Center. Dr. Tian obtained his medical degree from Beijing Medical University where he specialized in sports medicine and

bone pathology, and did his post-doctoral fellowship in bone pathology ultra-structure and biochemistry at both John's Hopkins Medical University and the National Institutes of Health (NIH). He has run a successful clinical practice in Bethesda, MD since 1986, and he and his associates have provided acupuncture and Chinese medicine treatments for more than 15,000 patients in the Washington, D.C. area. In 1996, Dr. Tian co-founded the Academy of Acupuncture & Chinese Medicine to develop research on Chinese herbal medicine and dietary supplements to treat and prevent osteoarthritis, osteoporosis, and sports injuries.



Also presenting will be Dr. Christina Tian, MAOM, L.Ac., Dipl. OM, CMD, BSBA, who is a licensed Acupuncturist and Doctor of Chinese Medicine. Christina is a second generation practitioner and was greatly influenced by watching her father's work with his patients and dedication to Traditional Chinese Medicine. She graduated from Boston University and received her Master's Degree in Oriental Medicine, specializing in Chinese herbal medicine and acupuncture, from the New England School of Acupuncture, the oldest acupuncture school in the United States. Christina is currently working on a book utilizing ancient Chinese nutritional therapy for modern use.

For complete bios of our two accomplished speakers, please visit [acupuncturebethesda.com](http://acupuncturebethesda.com).

Please RSVP by Friday, June 19 to [office@aafsw.org](mailto:office@aafsw.org) or call 703-820-5420 to register. There is no fee for this program. The Wildwood Acupuncture Center Academy of Acupuncture & Chinese Medicine is located in the Champlain Building, 6410 Rockledge Drive, Suite 418, Bethesda, MD 20817.

We look forward to seeing you at this fantastic presentation on June 23rd!

*Sheila Switzer*  
AAFSW Program Chair  
[programs@aafsm.org](mailto:programs@aafsm.org)

# AAFSW Program News



## Hail and Farewell

Please join us for a special Hail and Farewell party honoring Foreign Service families leaving for their overseas assignments, and welcoming new arrivals to the Washington, DC area.

We will also say *hasta luego* to AAFSW President Patricia Linderman and her husband Phil Linderman who are posted to Nuevo Laredo for two years starting this July. We appreciate Patricia's inspired leadership and her four years of dedication to the well-being of Foreign Service family members. She will be greatly missed!

The Hail and Farewell Party will take place on Saturday, June 27 at 7:00 p.m. at an AAFSW member's residence in Springfield, VA. Invitees are asked to bring a dish to share. Please RSVP by Monday, June 22 to [office@aafsw.org](mailto:office@aafsw.org) or 703-820-5420. We look forward to seeing you!



## Crabs, Ponies and Turkish Jewelry

### *B&B Weekend a Great Success*

Thanks to the generosity, hospitality and extensive local knowledge of AAFSW member Troella Tyznik, owner of the “My Fair Lady” B&B in Crisfield, MD, ([myfairladybandb.com](http://myfairladybandb.com)) twelve members, mainly from the Foreign-Born Spouses Group, enjoyed a wonderful weekend on the Eastern Shore on May 30 and 31.

After arriving at Troella's magnificent Victorian home on Saturday, the group took a boat excursion to historic Tangier Island, where residents speak with a 1600s-era English accent. At dinner, the group amassed huge piles of empty crab shells at the famous all-you-can-eat Red Roost restaurant ([theredroost.com](http://theredroost.com)). Back at the B&B, visiting merchant Cihat Dalmis displayed jewelry from Turkey to enthusiastic buyers.

After a 13-course brunch, cooked and served by Troella, the guests helped clean the house and then departed for Chincoteague Island, where they enjoyed the beach and saw the famous ponies and other wildlife. Some of the group then went on to Ocean City while others headed home.

A million thanks to Troella for planning and hosting this unique program, to Barbara Reieux and Sheila Switzer for logistics and management, to Rosalix Mercado for driving the carpool, and to the entire group, who cheerfully shared rooms, pitched in with the meals and cleaning, and made it a fun and unforgettable weekend for all.

*Patricia Linderman*  
AAFSW President  
[president@aafsw.org](mailto:president@aafsw.org)

AAFSW members enjoying a Chesapeake Bay cruise the weekend of May 30th.

# Seeking Award Nominees: SOSA, CCE-EFM, Tragen



## Seeking Outstanding Volunteers Abroad

The Associates of the American Foreign Service Worldwide (AAFSW) annually presents the Secretary of State Award for Outstanding Volunteerism Abroad (SOSA) to recognize the most exceptional volunteer efforts by Foreign Service employees and

family members abroad. During its 25-year history, the program has honored more than 100 awardees chosen from over 130 diplomatic missions.

This year it could be you or someone at your post!

If you know someone who has provided immeasurable time, effort and care to improving life for others at post or in the local community, please nominate them for the 2015 SOSA Award. Nominees can be Foreign Service Officers, spouses, family members, EFM domestic partners, or Members of Household. All members of the Foreign Service are encouraged to present nominations. A panel selects recipients from each of the six regional bureaus. Winners will receive a \$2500 cash reward, a certificate signed by the Secretary of State, and a pin commemorating the awards ceremony. Travel to Washington, DC will be paid for by regional bureaus. **Nominations must be received by July 31, 2015.**

The award ceremony will be held in the Benjamin Franklin Room at Department of State on November 10, 2015.

Specific details on criteria, eligibility and nomination and selection process can be found in ALDAC cable 15 STATE 25726 issued March 11, 2015. You may also contact your CLO or Management Officer for additional information. Please feel free to contact AAFSW with any questions regarding the 2015 SOSA Award by e-mail [office@aafsw.org](mailto:office@aafsw.org), phone: 703 820-5420 or fax: 703-820-5421. To review additional information on the outstanding accomplishments of recent recipients please visit [aafsw.org/services/sosa](http://aafsw.org/services/sosa).

## Looking for a Champion of Career Enhancement for EFMs

The AAFSW "Champions of Career Enhancement for Eligible Family Members" Award (CCEEFM) was developed by AAFSW's EFM Employment Committee to recognize and incentivize those who go above and beyond their job descriptions and routine

daily activities to promote the cause of employment and career development for Foreign Service family members.

The winning individual or group will receive a cash award of \$750 and will be honored at the November 10 ceremony. **Nominations are due by July 31, 2015.**

Specific details on criteria, eligibility and nomination and selection process can be found in ALDAC cable 15 STATE 25726 issued March 11, 2015. You may also contact your CLO or Management Officer for additional information. Please feel free to contact AAFSW with any questions regarding the 2015 CCE-EFM Award by e-mail [office@aafsw.org](mailto:office@aafsw.org), phone: 703 820-5420 or fax: 703-820-5421.

## Seeking Exceptional Family Member Advocate

Since 2006, Diplomatic and Consular Officers, Retired (DACOR) has presented the Eleanor Dodson Tragen Award. This award recognizes a family member who has effectively advocated for family member rights and benefits, as did the late Eleanor Tragen, a long-time AAFSW member. The award is funded by the income from a gift to DACOR Bacon House Foundation from her husband, retired Foreign Service Officer Irving Tragen.

DACOR is seeking nominations for such an individual. Nominees can be Foreign Service Officers, spouses, family members, EFM domestic partners, or Members of Household. All members of the Foreign Service are encouraged to present nominations.

**Nomination deadline is July 31, 2015.** The recipient of the 2015 Tragen Award will receive a \$2000 cash gift at the November 10, 2015 awards ceremony.

Specific details on criteria, eligibility and nomination and selection process can be found in ALDAC cable 15 STATE 25726 issued March 11, 2015. You may also contact your CLO or Management Officer for additional information. Please feel free to contact Susan Cimburek of DACOR with any questions regarding the 2012 Tragen Award by e-mail [secimburek@dacorbacon.org](mailto:secimburek@dacorbacon.org), phone: 202-682-0500 ext. 14 or fax: 202-842-3295.

*Lara L Center*  
*AAFSA SOSA Award Coordinator*  
[sosa@aafsw.org](mailto:sosa@aafsw.org)

## AAFSW Classified Advertising

AAFSW offers free classified advertisements to its members. The Global Link is sent by mail and electronically to our members and to Community Liaison Offices worldwide for a sizable total monthly readership.

Do you have a business or service that you would like to advertise to the Foreign Service community? Send a brief notice (100 words or less) to [office@aafsw.org](mailto:office@aafsw.org) for approval with the subject line AD FOR GLOBAL LINK. Advertisements will run on a space-available basis for one month at a time and will rotate in order of receipt.

We also offer free classified advertising of businesses, services, real estate and items for sale to AAFSW members at [aafswclassifieds.com](http://aafswclassifieds.com). Not a member yet? Join AAFSW at [aafsw.org](http://aafsw.org).

## Welcome To Our New And Returning Members

Benjamin Barnett	Susan R. Loewen
Bethany Ann Beaupain	Joshua A. M. Marks
Ryan T. Campbell	Trish C. McKenna
Ann E. DeLong	Amy B. Petersen
Steven B. Jones	Michael S. Saarlas



Find us on  
**Facebook**

As part of our mission to connect the Foreign Service community at home and abroad, AAFSW regularly posts up-to-date news about our own activities and events on Facebook. We also use the page to share photos, videos, and other items that we are not able to include in the Global Link, and to highlight interesting or outstanding blog posts by members of our community.

So, what's not to "Like?" Become a fan of AAFSW on Facebook today by clicking the Like button on the front page of our website, [aafsw.org](http://aafsw.org), or going directly to [facebook.com/aafsw](https://facebook.com/aafsw). We thank you for your support!

## New Neighborhood Sponsor Database

Are you currently in the DC area? Are you willing to help others who are transitioning to Washington? If so, please add your name and contact information to the new "Neighborhood Sponsors" list in the Database section of Livelines!

Let's get a good list of people who are willing to answer questions by e-mail and/or phone, and to help newcomers who have just arrived. And, while you're in the Livelines Database area, don't forget to use the new "EFM Businesses" database as well!



## Volunteers Needed!

Tales from a Small Planet, the first comprehensive web resource for expats, is seeking new volunteers to take it the next step. Critical positions to be filled include Executive Director, Social Media Director, and several Board members. When bidding season rolls around, Tales from a Small Planet, at [talesmag.com](http://talesmag.com), is the website people visit first to research potential assignments. Our Real Post Reports have helped thousands find answers to what it's like to live in cities from Abuja to Zagreb.

Will you need a 4WD vehicle? Where do Americans live? Tales from a Small Planet gets more than 75,000 individual page views every month from people wondering about questions like these. And our Real School Reports provide even more detailed answers about schools at post.

In short, ever since Tales was founded as a non-profit 501(c)3 organization in 2001, we've helped a lot of people find information about life abroad. Perhaps we've even helped you!

Now Tales needs your help. We're looking for a few smart, thoughtful and action-oriented people to join our staff and our board in volunteer positions that add up to only a few hours a month. You may not get paid, but you do get a spiffy title to stick on your resume, some great experience, and the chance to help a worthwhile cause.

Please contact [volunteer@talesmag.com](mailto:volunteer@talesmag.com) for more information about the following open staff and board positions:

### Staff Openings:

- Executive Director
- Social Media Director

### Board Openings:

- About a half-dozen positions open. Staff and board meetings take place online, through email discussions and occasional virtual chats.

# How to Contact AAFSW

## AAFSW BOARD

### Honorary Presidents

Teresa Heinz  
Lisa Carty

### President

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