

Global Link

PUBLISHED BY THE ASSOCIATES OF THE AMERICAN FOREIGN SERVICE WORLDWIDE • www.aafsw.org • MAY 2015

UPCOMING EVENTS

Tuesday, May 12

Anne Abernathy
Olympic Athlete and Cancer
Survivor
Department of State
10:00 a.m.

Monday, May 18

Mother's Day Luncheon
Annandale, VA
11:30 a.m.

Saturday, May 30

Weekend at My Fair Lady B&B
Crisfield, MD

Tuesday, June 9

AAFSW Volunteer Luncheon
Details TBA

Tuesday, June 23

Traditional Chinese Medicine
Bethesda, MD
11:30 a.m.

Saturday, June 27

Hail and Farewell
Springfield, VA
7:00 p.m.



Please confirm all events on our website, our Facebook page, or via office@aafsw.org before attending.

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AAFSW Awarded Two Exciting Grants

"Foreign Service Dashboard"

Thanks to the Cox Foundation and our AAFSW development team, Foreign Service community members will soon have access to an exciting new resource: an online "dashboard" providing a clear overview of the many organizations, groups and websites that serve our community.

The site will include non-profits such as AAFSW and the Foreign Service Youth Foundation; governmental offices such as the Family Liaison Office and Transition Center; and many independent resources such as PROPS on LinkedIn and Trailing Houses on Facebook.

The team is currently developing a survey to identify what kinds of information people in the Foreign Service community are looking for online, so that the Dashboard can be developed accordingly. The survey will be sent soon to all members and shared widely. We'll also ask for members' help in identifying all of the relevant resources to be included on the Dashboard.

Congratulations to Nicole Schaefer-McDaniel, Lara Center, Nicole Spiridakis, Lauren Ketchum and Trena Bolden on this successful proposal!

SOSA 25th Anniversary Video

The second successful proposal resulted in a grant for the production of a video to promote and commemorate the 25th anniversary of the Secretary of State Award for Outstanding Volunteerism Abroad (SOSA) in November, 2015.

There will be three different versions of the video, with different aims:

(1) An approximately 30-second "mini-spot," designed to increase awareness of the SOSA awards within the Foreign Service community and to encourage people to submit volunteer nominations.

(2) An approximately 2-minute "commercial" or promotional video, aimed at the broader public in the U.S. and around the world. This version will highlight the fascinating projects and outstanding volunteer work carried out by Foreign Service employees and family members. It will be designed to inspire people to share it with friends and family outside the Foreign Service on social media.

(3) A longer, approximately 3-minute version, to commemorate the 25th anniversary of the award. This video will be shown on at the award ceremony in the Benjamin Franklin Room, Department of State in November, and it will also remain permanently accessible on the AAFSW website for those interested in learning more about the SOSA program.

Continued on page 2.

Grants, from page 1.

AAFSW is currently looking for former SOSA winners who are willing to provide photos or video footage of their projects and/or to be interviewed in the DC area. If you are a former SOSA winner, please contact Lara Center at sosa@aafsw.org. We also hope to interview former Secretary of State James Baker and Susan Baker, who originally suggested the SOSA Award 25 years ago and who continue to financially contribute to the program. Congratulations to Lara and her contracted filmmakers on this exciting project!

Una Chapman Cox Foundation (uccoxfoundation.org) is “dedicated to a strong, professional Foreign Service. In collaboration with the Department of State and foreign affairs non-governmental organizations, it supports excellence in recruitment, professional development and public awareness.”

AAFSW believes that the Dashboard will help strengthen the Foreign Service by helping employees and family members to find support resources more easily. The SOSA video will certainly raise public awareness of the selfless volunteer contributions abroad of so many in our community.

We also hope that both projects will help raise the profile of AAFSW and make more people aware of our terrific organization! Congratulations to all!

*Patricia Linderman
AAFSW President
president@aafsm.org*

Welcome!

New Marketing/ Publicity Volunteer Lauren Budik



As you may know, many in the Foreign Service community have still not heard of AAFSW, or they are not sure what we actually do. Our new dynamic and creative Marketing/Publicity volunteer will help us project a clear, consistent message so that we can serve the community more effectively and attract more members and volunteers.

After growing up in the suburbs of Atlanta and earning a Bachelor of Journalism at the University of Missouri, Lauren Budik moved to the metro Washington, D.C. area in 2009. She and her husband recently completed a two-year tour with the State Department in Helsinki, Finland. They currently live in Reston, VA where they purchased their first home in 2014. Lauren is a real estate agent serving Virginia and D.C.

Email Lauren at publicity@aafsw.org.

Check Out Our New Website

AAFSW's Webmaster and Content Manager have been hard at work organizing and streamlining aafsw.org. The site is now more narrowly focused on AAFSW activities and services, and content has been updated. The site also has a new, cleaner and more modern design.

Stop by to learn more about AAFSW's history, activities, and services to the Foreign Service community!



Writers Wanted!

AAFSW is in search of volunteers to write essays about raising kids in the Foreign Service for our latest book project. We want to hear about your experiences, best practices, and words of advice for newcomers and old-timers who could use a few more tips. We have a wide variety of suggested topics.

For more information, visit aafsw.org or email fskidsbook@aafsw.org.



Executive Board Candidates Still Needed

Keep AAFSW Strong and Useful

Thank you to all who responded to our appeal for AAFSW volunteers! We have a terrific new Marketing/Publicity volunteer, Lauren Budik, introduced in this issue of *Global Link*, and an excellent new Senior Living Representative (and longtime AAFSW volunteer), Susan Lukens, who will start work later this month.

However, we still need more Executive Board candidates, including President (or co-Presidents), First and Second Vice President, Secretary, Treasurer and Assistant Treasurer.

AAFWSW is extremely important. We bring the whole Foreign Service community together, including spouses/partners, employees, and retirees. We are YOUR voice, advocating for Eligible Family Members (EFMS) as an independent organization. As an established non-profit, AAFSW is in a strong position to make exciting things happen: providing information, resources, social networks and events that EFMs want and need.

Foreign Service spouses and partners are fascinating, diverse, talented – and a lot of fun to work with. By volunteering for our Board, 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 or judging the candidates for worldwide awards.

In addition to Board candidates, we need a Scholarships Chair, a Podcast Coordinator, and Art&BookFair Volunteer Coordinator, and more.

If you're not ready to take charge of a whole area, we're also looking for the following, among others:

- Book volunteers to work in our BookStore in the Department, pricing books, and/or work at our Art&BookFair in October.
- AAFSW Post Representatives at posts abroad.

Please step up and help keep AAFSW a strong advocacy and support organization for EFMs and the entire Foreign Service community.

Or, nominate someone you know who would be a great candidate!

Contact us at office@aafsw.org to volunteer or to find out more. Thank you!

Patricia Linderman
AAFWSW President
president@aafsw.org



Foreign Service Commentary

Unaccompanied Baggage is a new blog project managed by four Foreign Service community volunteers. UAB will feature commentaries by members of the Foreign Service community as well as reblogs of commentaries on other FS blogs.

Check it out at fsbaggage.wordpress.com.

Subscribe via email RSS, Facebook or Twitter to read the best of Foreign Service commentary! The editors welcome your comments, opinions, editorials, and reblog requests at fsbaggage@gmail.com.



Scholarship Fund

The AAFSW Scholarship Fund offers college scholarships for children of Foreign Service employees. Financial aid scholarships for 4 years of undergraduate college study are offered, as well as a merit award for a high school senior who is the child of an AAFSW member.

Donating to the Fund is now easier than ever! We have a new donation app on our Facebook page that you can use to contribute using Paypal or a credit card. Just click the "Donate to AAFSW" button at the top of our Facebook page.

The AAFSW Scholarship Fund directly benefits our Foreign Service community. We thank you for your donation!

AAFSW Program News



Mother's Day Luncheon

The AAFSW Foreign Born Spouses Group cordially invite you to a Mother's Day potluck luncheon at the home of one of our members in Annandale, VA on **Monday, May 18th** at 11:30 am. Please bring a poem in honor of your mother, and your favorite dish to share.

RSVP by Saturday, May 16 to office@aafsw.org or 703-820-5420 to receive the address and directions.



Save the Date!

Volunteer Luncheon

AAFSW's annual Volunteer Luncheon will be held on **Tuesday, June 9** in Arlington, VA.

More details will follow in an emailed invitation to AAFSW volunteers.

Hail and Farewell

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

This event will take place on **Saturday, June 27** at 7:00 p.m. at the residence of an AAFSW member in Springfield, VA. More details to follow soon. Please RSVP by Monday, June 22 to office@aafsw.org or 703-820-5420. We look forward to seeing you!

Weekend at a Coastal B&B



AAFSW member Troella Tyznik cordially invites her fellow members (ladies only) to spend a memorable weekend at her lovely My Fair Lady Bed and Breakfast. This event will take place on the weekend of **Saturday, May 30**, in Crisfield, MD, with arrival planned for about **11:30 a.m.**

This is a **FREE** invitation. Please bring your own towels and sleeping bags. Contributions for breakfast are suggested.

Saturday will include a Chesapeake Bay cruise to Tangier Island where the natives speak Elizabethan English. The cost of the cruise is \$25 per person, departing at 12:30 P.M. and returning at 5:15 P.M.

Following the cruise we will enjoy all-you-can-eat crabs, corn on the cob, fried oysters, hush puppies and other local delicacies at the Red Roost, for \$37.00 per person.

On Sunday, we will wake up early to a healthy breakfast, then go to Chincoteague Island to see the wild ponies, walk the beach, and even go for a swim if you like.

There is limited space, so please RSVP to office@aafsw.org or call 703-820-5420 no later than Friday, May 15. If you would like to stay an extra night, this will also be free, but please let us know so that arrangements can be made.

More information and directions to the My Fair Lady B&B can be found at myfairladybandb.com.

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. 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.

Please RSVP by Friday, June 19 to 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

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 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. Not a member yet? Join AAFSW at aafsw.org.

Attention: Post Newsletter Editors

Associates of the American Foreign Service Worldwide (AAFSW) is a non-profit organization advocating for Foreign Service spouses, partners, and family members. Our newsletters, *Global Link* and *Global Link Express*, packed with articles of interest to the Foreign Service community, are sent by email to Community Liaison Office Coordinators (CLOs) and post newsletter editors worldwide.

We love it when you share our content! Please feel free to reprint or otherwise share the articles on our website. We ask that you credit the original author of the article, and include the following:

“This article was originally published by AAFSW, a non-profit organization connecting and advocating for the American diplomatic community. Find more articles and resources at www.aafsw.org.”

If you are a post newsletter editor and would like to receive the *Global Link Express*, please email newsletter@aafsw.org with your name, post, and the email address at which you receive newsletter submissions.

If you are a CLO, and have not been receiving the *Global Link* for some reason, please email newsletter@aafsw.org to add or correct your email address on AAFSW's mailing list.



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, or going directly to facebook.com/aafsw. We thank you for your support!

Welcome To Our New And Returning Members

Samantha Abels
William D. Baker
Elizabeth P. Conrad
Carolyn N. Cooley
Charles P. Copeland
Angela R. Dickey
Sue Mei Gibbons
Cherie Griffith
Anne E. Grimes
Kristina Hayden

Thania D. Holt
Penny S. McMurtry
Karen M. Mehring
JoAnn C. Sparacino
Patricia M. Wagner
David B. Wharton
William Walls
Peter A. Wiebler

Thank You To This Generous Donor

Cecil "Cy" Richardson

Mentors Wanted

AAFSW has a program of one-on-one spouse mentoring, created primarily for new A-100 spouses and first-tour spouses. We are trying to match mentoring volunteers from our AAFSW membership with mentoring requests from the "newbies" based on as many points in common as possible: ages of children, languages spoken, areas of professional interest, and the like.

We have already paired 26 new trailing spouses/partners with enthusiastic mentors and we are eagerly awaiting feedback from those involved. Of course, we need lots more volunteers, especially those whose spouses are still active duty, and are still likely to be serving overseas.

This program has the potential to do two wonderful and worthwhile things - help people who are new to the Foreign Service with their many life challenges, and create the next generation of AAFSW leaders.

If you know of anyone who might want or need mentoring, or if you are interested in becoming a mentor yourself, please send an email to mentor@aafsw.org. Thanks!

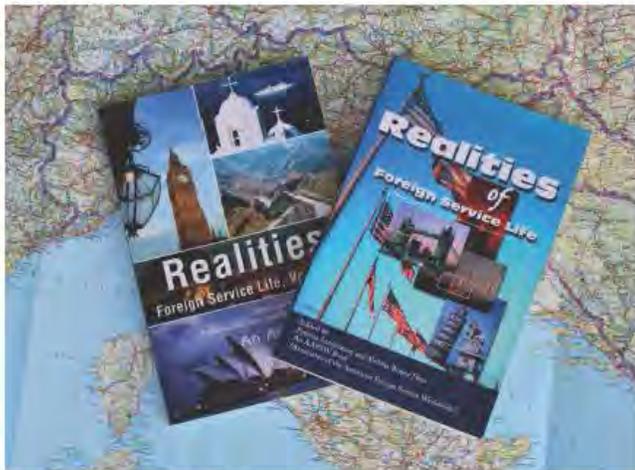
New Neighborhood Sponsor Database

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!

AAFSW Publications

All of the publications shown are available for purchase at aafsw.org.



Realities of Foreign Service Life

Volumes 1 and 2

These books provide reflections and perspectives on the realities of Foreign Service life as experienced by members of the Foreign Service community around the world. Topics include:

Maintaining long-distance relationships

Raising teens abroad

Schooling and housing abroad

Dealing with depression

Employment for accompanying partners

Coping with medical and other types of evacuations

Unaccompanied assignments

Readjusting to life in the United States

Volume 1 available in paperback. Volume 2 now available in both paperback and e-book format.

Our **Global Link Express** newsletter is distributed monthly to our members and Community Liaison Office Coordinators (CLOs) worldwide.

Global Link, published in PDF and print format is distributed by mail and email to AAFSW members only.

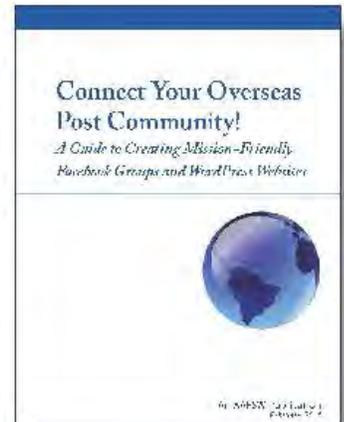
These companion publications include AAFSW news and events, as well as news of interest to the Foreign Service community.

Connect Your Overseas Post Community!

A Guide to Creating Mission-Friendly Facebook Groups and WordPress Websites

Written by two AAFSW members, this FREE guidebook will help you get your post community online!

Download it for FREE at aafsw.org.



The Foreign Service Companion

Moving Your Household Without Losing Your Mind

Every day, somewhere in the world, Foreign Service community members are in the midst of moving. Some have moved a dozen times or more, and lived to tell about it! They tell their tales in this book, a collection of advice, stories and entertaining anecdotes to serve as your "companion" along the way.

Whether you are a veteran of many Foreign Service moves or a brand-new officer or family member preparing for your first packout, there is surely something in this book that you can use—or at that will at least give you a laugh when you most need one!

Available in paperback or e-book format.

How to Contact AAFSW

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