



# THE FORUM

SERVING OVERSEAS AMERICANS AND THE INTERNATIONAL COMMUNITY SINCE 1931

Winter 2010 - 2011

## CONTENTS

FAWCO Target Water Project.....	2
U.S. Issues: .....	4
MOVE, Bank Accounts, Passports	
Voter Registration, FAWCO-OVF Website .....	5
UN Millenium Goals Summit.....	6
Eleanor Roosevelt Girls Leadership Workshop.....	7
Global Task Forces: Depression and Aging .....	8
Region 1 Meeting .....	9
Region 4 Meeting .....	9
Region 5 Meeting .....	9
Region 1: FAWCO President Road Tour.....	10
AWOT 20th Anniversary .....	10
FAWCO 40th Biennial Conference: Marrakesh 2011 .....	11
Welcome AWA of Qatar .....	11
2011 Anniversary Clubs.....	11
FAWCO Foundation .....	12



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## FAWCO – a handshake and a smile from a world player



FAWCO President Kathleen Simon "shaking hands" with Kate Hayes, Co-President of AWC Shanghai

**"All of the emails in the world can't do the work of a handshake and a smile..."**

Personal contact. A noble goal, but a daunting challenge for the President of an umbrella organization representing 75 clubs and 15,000 individuals. One of the goals of the 2009-2011 FAWCO Board has been to work towards more opportunities for putting a face to FAWCO – helping reshape and personalize our relationship with our worldwide membership. As this FORUM goes to print, I have just attended regional conferences in The Hague and in Munich and just returned from a trip to visit members of AWC Shanghai. The 2010

FAWCO officers have traveled many kilometers, clocked many hours in meeting face to face with our member clubs.

Personal contact is essential and our annual conferences, regional meetings and special FAWCO supported club events are our platform for promoting this energy. When we connect we get inspired! FAWCO is its member clubs and you and I are members of these clubs. Through FAWCO, you and I have the opportunity to become more involved, to expand our horizons beyond our host country, take part in important international discussions and continue to have an impact on issues in the US as a voice for Americans abroad.

Working with a non-profit organization is also all about talent. How we engage and develop that talent – for the benefit of both the individuals and of FAWCO – is key to our success. Club workshops are one area where members have started sharing their talents, and we must continually engage our members to take on challenging volunteer positions.

### FAWCO... a world player

What does FAWCO offer that an individual club cannot offer? We are a global network with opportunities for you and me, with a voice strong enough to make a difference, we are a significant source of information on global issues including the UN Millennium Development Goals and US citizens' concerns. The Target Program is a unique opportunity to work together towards the goal of clean water worldwide. With our global reach, the Target Program distinguishes FAWCO clubs from other clubs by pooling our efforts for a UN Millennium Goal.

The FAWCO Foundation gives us the chance to change people's lives through the charitable work of our members.

I enjoy being a part of 'something bigger than ourselves' and this wonderful organization champions causes that are important to me. My long career as a volunteer in and out of FAWCO has brought me many exciting opportunities. The friendships made, the knowledge gained and the various accomplishments have not only been rewarding, but each position held has seemed to open another door with new challenges and more exciting possibilities.

But one of the things I have enjoyed the most, one of the challenges I have found the most rewarding has been the personal contact with FAWCO club members – those "handshakes and smiles" all over the globe on behalf of FAWCO, a world player.

*Kathleen Simon, FAWCO President*

By Dolores Cuéllar, VP Programs, The FAWCO Foundation



## Announcing the FAWCO Target Water Project

“The FAWCO Target Water Project is an intense effort on behalf of FAWCO clubs and individuals to educate, raise awareness and fund raise towards improving access to safe drinking water. The FAWCO Target Program is an important part of FAWCO’s commitment as a recognized NGO at the UN to support the UN Millennium Development Goals.”

**Wells for Clean Water (Cambodia)**, nominated by Yolanda Henry for FAUSA, has been chosen by FAWCO Clubs to be the focus of a multi-year fundraising campaign.

Cambodia is a tropical country with abundant rainfall during the wet season (May to October) and almost no rain in the dry season (November to April). In the countryside, families use water from wells for drinking, bathing and washing as well as for animals and to irrigate crops. Unfortunately, during the Pol Pot years, most wells were destroyed

In areas with no safe wells, drinking water is taken from open ponds or rivers which may be polluted with excreta or chemicals. Villagers (and most importantly children) often develop diarrhea, and other serious infectious diseases.

Crops, especially rice, are grown during the wet season. However, it is so dry during the dry season that crops cannot be grown unless extra water is available. Families with wells are able to grow crops year-round. During the dry season they can grow “6-week” vegetables (including “morning glory” peas, beans, lettuce, tomatoes, etc.) greatly increasing food and income security.

“Wells for Clean Water aims to provide potable water to families whose access to safe water was destroyed during the Pol Pot years. FAWCO’s goal is to raise \$80,000 in honor of its 80th anniversary. The project will be carried out by The Tabitha Foundation, a non-profit organization founded in 1994.

Over the fifteen years of its operation, Tabitha has lifted more than half

a million Cambodians out of poverty and despair, into lives of dignity, hope and active participation in their communities through four key programs: a savings program, cottage industry, volunteer house building and water wells.

Tabitha USA is a registered 501(c)3 charity #05-0557891 and has been vetted by GuideStar and Charity Navigator.

Yolanda Henry, the Target Water Project Coordinator, has been involved with helping Tabitha-Cambodia since her first trip to Cambodia in 2000 to build houses.



**Wells for Clean Water will enable Cambodian families to grow crops year-round thus enabling them to increase their income from \$50 a month to \$250.**

**A project providing potable water.**



In the words of FAWCO President Kathleen Simon, "The FAWCO Target Program is a unique opportunity for FAWCO member clubs to work together towards the goal of clean water worldwide. In addition to raising awareness about the importance of clean water in all the countries where we are represented, we are now asking our member clubs to fundraise specifically for "Wells for Clean Water", Cambodia. With FAWCO's global reach, the Target Program distinguishes FAWCO clubs from other international clubs by giving them the opportunity to pool their efforts and contribute together to a UN Millenium goal. We ask our member clubs for their support in whatever ways are open to them. Together we can make a huge impact on clean water worldwide."

### Selection Process

It was the responsibility of the Target Issue Selection Committee to select three project finalists to present to the FAWCO Clubs for a vote.

This arduous task was carried out by: Emily van Eerten (FAWCO Counselor); Diana Smith Walsh (AWC Shanghai); Mary Kent (AWC Moscow); Kirstan Böettger (AWC Hamburg); Monica Jubayli (AWC Dubai); Kelly Al Nashmi (AW Eastern Province) and Suzanne Wheeler (AWC Brussels). Pam Perraud (UN NGO Director) served as an advisor to the Committee.

In addition to the Wells for Clean Water project the finalists included:

#### ■ The Rainwater Harvesting, Sanitation and Health Promotion Initiative for the Himalayas (Nepal)

Submitted by Sara van Moos (on behalf of the AWC Bern), to provide rainwater harvesting jars and sanitary latrines to 175 households living in four villages in the districts of Salyan and Pyuthan.

#### ■ Katosi Women's Rain Water Harvesting and Filtration Project (Uganda)

Submitted by Sara Crabtree (on behalf of the AWC The Hague). The project intends to improve the quality of life for HIV-infected and -affected women, the widowed, the elderly and their family members by improving their access to safe water.

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By Lucy Stensland Laederich (AAWE Paris) U.S. Liaison

## Voting for a New Congress

Two years ago, we heard of military and overseas voters who received their ballots the day after the election, if at all, and of ballots cast but not counted because they were improperly completed or returned too late. FAWCO partner Overseas Vote Foundation found, in a post-election survey, that more than one in five respondents (22%) did not receive the official ballot they expected and nearly one-third (31%) of experienced overseas voters still had questions or problems when registering to vote.

### And then came MOVE

One year ago, in October 2009, President Obama signed into law the Military and Overseas Voter Empowerment (MOVE) Act, a widely supported bipartisan effort to turn that situation around (see article in the FAWCO Forum for Winter 2009). Two of its provisions of particular importance to civilian and military overseas voters were mandating at least one form of electronic transmission

for registration and ballot requests (halving the time needed for the voting process) and requiring that states send out ballots at least 45 days before the election.

### Run-up to November 2, 2010

This election season has been a roller-coaster, as we have seen some states move their primary forward to make it possible to meet the 45-day requirement, five states granted waivers on condition they provide a plan to respect the requirements before the next election, growing numbers of states allowing online or email voter registration, and the U.S. Department of Justice stepping in and suing and/or reaching agreements with a number of states on extending ballot receipt deadlines.

FAWCO was fortunate to be able, once again, to offer visitors to its home page direct access to a dedicated FAWCO-OVF voter registration and ballot request website, thanks to our partnership with Overseas Vote Foundation. As in 2008, we were proud to offer this service and facilitate voting for as many as possible. Now, voters and non-voters alike are encouraged to click

on the OVF post-election survey ([www.fawco.org](http://www.fawco.org)), online immediately after the November 2 election.

In the aftermath of MOVE and the many changes it has triggered, it is essential for voting rights advocates to learn as quickly as possible of all good, bad, encouraging and disappointing voting experiences, well in time to make the necessary tweaks before 2012!

### Lost a bank account lately?

FAWCO continues to learn of legitimate law-abiding businesses and individuals who are losing access to private banking systems, both in the United States and abroad. With our Overseas Americans Week partner ACA (Geneva-based American Citizens Abroad), we are gathering first-hand information on these instances in preparation for hearings we hope will be organized early in the next U.S. Congress.

- If you or someone you know has been informed by a foreign bank that you may not maintain or open an account because you are a U.S. citizen;
- If you or someone you know has been refused services by a U.S. bank because you live abroad;
- If increased IRS reporting requirements have caused a business or an association with which you are affiliated to remove you as an officer or partner;
- If those same requirements have led you and/or your spouse to modify your bank and/or estate arrangements or even your citizenship, please let us know. ACA has a dedicated page for your comments where your confidentiality is guaranteed – all comments will be submitted in standardized form to the heads of the Americans Abroad Caucus in preparation for the hearings.
- Please help by telling your story at: <http://www.aca.ch/persexp.php>

### Don't leave home without it!

Travelers to the U.S. from the 36 “visa waiver” countries have known for some time that non-U.S. citizens have been required, since January 2009, to obtain approval under the ESTA program (Electronic System for Travel Authorization). The information required is essentially the same as most airlines now request for online ticket purchases. ESTA authorization is valid for 2 years and application must be made online: <https://esta.cbp.dhs.gov/>

Non-U.S. citizen travelers note: in September 2010, however, a \$14 fee was introduced for ESTA applications.

And a note to the American members of the family: remember that it is against the law for a U.S. citizen to travel to the United States on anything other than an American passport. Do not think that, because you (or your child) are a dual-national, this does not apply to you. It does!

Be sure to plan ahead! For more information contact U.S. Liaison, Lucy Stensland Laederich

### Who is the FAWCO Liaison?

The FAWCO U.S. Liaison helps to coordinate FAWCO's work with other overseas advocacy organizations and represents FAWCO's positions in Washington during Overseas Americans Week, for example, or when legislation is drafted or introduced that directly affects Americans living and working overseas. Since 2001, the Liaison's major focus has been the election reform legislation successively introduced in Congress to facilitate and harmonize voting procedures for “UOCAVA” voters (both the military and overseas civilians). Since 2007, FAWCO has worked with the Americans Abroad Caucus, first to increase its membership and second to inform Caucus members of issues (the inability for overseas Americans to communicate with their legislators, support for important voting and tax legislation, etc.) important to overseas Americans. At the present time, the U.S. Liaison is a member of the Advisory Board of Overseas Vote Foundation, and Co-Vice Chair of the newly formed Alliance for Military and Overseas Voting Rights (AMOVR).

For more information contact U.S. Liaison, Lucy Stensland Laederich [usliaison@fawco.org](mailto:usliaison@fawco.org)

# Voter Registration Over the FAWCO-OVF Website

FAWCO was delighted to be able once again to offer visitors to its website the ease and convenience of “one-click voter registration” via a dedicated website designed and hosted by our partner Overseas Vote Foundation.

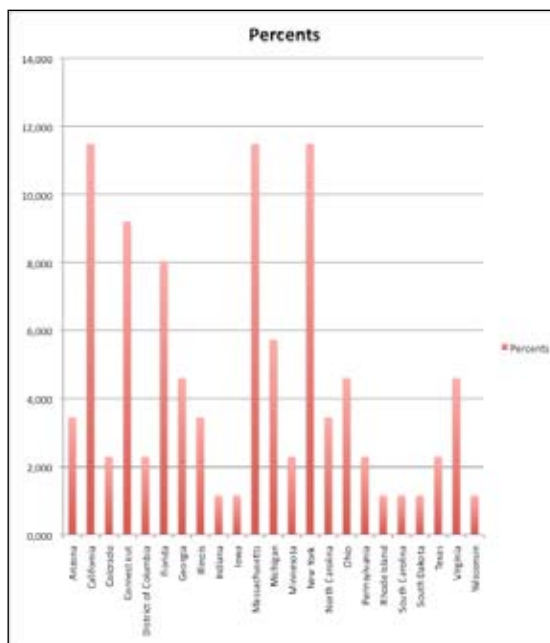
Fewer voters registered on the site in 2010 than in 2008, an unfortunate sign that the public still needs to be convinced of the importance of “mid-term elections”. Allowing for the smaller-than-usual sample, we nonetheless find three definite trends:

The three states with the most voters (CA, MA, NY) are indeed part of the “big ten” found on all voting surveys, though others traditionally found to have the most overseas voters like Pennsylvania and Texas are far less well represented while Connecticut appears to have more than its generally accepted share.

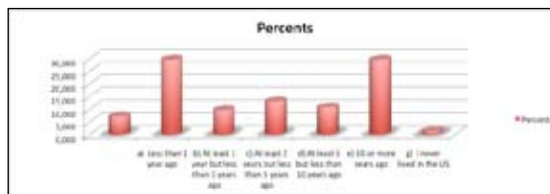
Secondly, it will surprise no one who studies the overseas population that 60% of our voters have been abroad either for less than one year or for more than 10 (30% in both cases). We also note the presence of some of the voters for whom we continue to fight in Congress, the young people who have never lived in the United States and are actually disenfranchised by some states due to their lack of a “last state of residence”.

Our third chart shows results that are uniquely FAWCO-specific. Without casting doubt on the real numbers of Americans living in various parts of the world, no one familiar with FAWCO would doubt that the apparently disproportionate numbers of voters living in Sweden and Colombia, for example, is actually proof of the enthusiasm and persistence of FAWCO’s voting advocates in those countries!

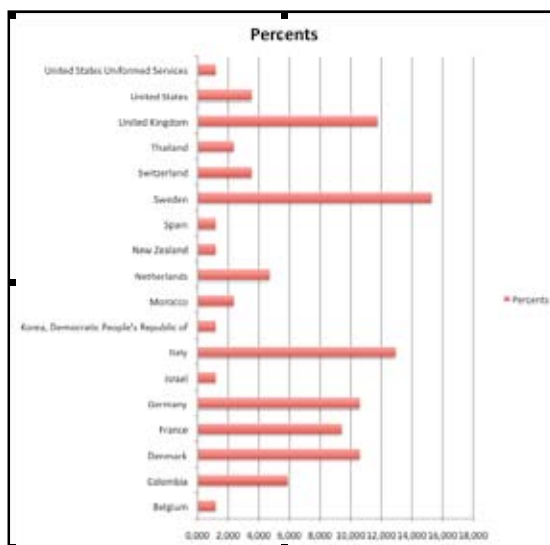
We look forward to the far larger and more statistically significant post-election surveys soon to be published both by Overseas Vote Foundation and by the U.S. government department responsible for overseas civilian and military voters, the Federal Voting Assistance Program. And we remind readers that under the new MOVE legislation, voters must request ballots in each election year, so that filing a ballot request every year is a safe way to ensure the ability to vote in the event of a special election in an “off” year.



Registration through FAWCO according to voting state.



Registration through FAWCO according to time spent living abroad.



Registration over the FAWCO-OVF website according to country of residence (see article).

# We Can End Poverty by 2015

## UN Millenium Development Goals Summit

New York, Sept. 20-22, 2010

By Sara von Moos, FAWCO UN NGO Rep.

### In 1997,

FAWCO was granted special consultative status with the Economic and Social Council of the United Nations (ECOSOC) and as such we are required to file a report every four years on our activities. In 2000, we joined the Conference of Non-Governmental Organizations in Consultative Relations with the UN (CONGO). This is an independent not-for-profit membership association that facilitates our participation in UN debates and decisions giving us a stronger voice at UN meetings.

For further information contact: [ngo@fawco.org](mailto:ngo@fawco.org)

NGO Director, Pam Perraud

In a historic gathering, more than 170 world leaders came together at the UN Headquarters in New York to reaffirm their commitment to the Millenium Development Goals (MDGs) and to reinvigorate their efforts in order to meet the 2015 target.

In his opening statement, UN Secretary-General, Ban-Ki-moon, acknowledged the setbacks made by the global economic crisis but emphasized that significant progress has been made in the last ten years and that the MDGs are still achievable by 2015. He suggested rethinking conventional wisdom and investing resources where they have the greatest effect – education, decent work, health, smallholder agriculture, infrastructure, green energy, and above all, women and girls, whom he said were critical to the achievement of the MDGs.

### "Every Woman, Every Child": Global Strategy for Women's and Children's Health

The Secretary-General went on to announce this new program which could save the lives of more than 16 million women and children, including 3 million newborns and 570,000 women who would otherwise die from pregnancy and childbirth related complications. It would also protect children from pneumonia and malnutrition, work to advance the control of malaria and HIV/AIDS, train 3.5 million health workers and open 85,000 medical facilities.

Governments, the private sector, foundations, international organizations, civil society and research organizations responded generously to the Secretary-General's push to accelerate women's and children's health, pledging over \$40 billion in resources over the next five years.

The United States committed to scale up its efforts on maternal and child mortality under President Obama's \$65 billion Global Health Initiative, pledging to help partner countries reduce maternal mortality by 30%, child mortality by 35%,



"...a season for pulling together, for consolidating progress, for putting our shoulder to the wheel and delivering results."

– Secretary-General Ban-Ki-moon

under-nutrition by 30% and to double the number of at-risk babies born HIV-free\*.

### Water and Sanitation:

#### Human right and key to MDGs

The Secretary-General singled out water and sanitation as key to the achievement of the MDGs, saying that we must "urgently work towards a world in which every person has access to clean and safe water every day." At present, almost a billion people do not have access to water; 2 to 3 billion people do not have access to safe drinking water; and 2.6 billion people lack sanitation.

Access to water would particularly benefit the millions of women who currently spend many hours of the day securing water.

### MDG Advocacy Group:

#### "Superheroes in defeating poverty"

To help galvanize support, the Secretary-General established an MDG Advocacy Group comprised of eminent personalities including Noble Peace Prize laureates Muhammad Yunus and Wangari Maathai, UN Women head Michelle Bachelet, former Mozambican first lady Graça Machel, Bill Gates, Bob Geldof, Prof. Jeffrey Sachs and UN Foundation Chairman Ted Turner.

*Continued on next page.*

\*For a full listing of commitments made to the Global Strategy for Women's and Children's Health, go to: [www.un.org/sg/globalstrategy](http://www.un.org/sg/globalstrategy)



*Continued from previous page.*

### Keeping the Promise:

#### United to Achieve the Millennium Development Goals

The 192 UN Member States embraced the Secretary-General's call for solidarity and action and sealed their commitment through the adoption of a Summit outcome document called "Keeping the Promise." Some examples of resulting commitments and pledges are:

- **World Bank:** \$6 to 8 billion per year over next three years in agriculture support.
- **Japan:** \$3.5 billion over five years for education in developing countries.
- **Dell:** \$10 million towards education technology initiatives.
- **UPS Int'l:** \$2 million to the World Assn of Girl Guides and Girl Scouts to empower women.
- **France** \$1.4 billion to fight AIDS, TB and malaria.
- **USA:** \$50 million to install clean-burning stoves.
- **Asian Development Bank:** \$2 billion in financing for clean energy.
- **PepsiCo:** ensure access to clean water for 3 million people around the world.
- **European Union:** funding of €1 billion for the most needy and committed countries.

### Conclusion:

**"Women must lead the way, because by empowering women we empower societies."** – Secretary-General Ban-Ki-moon  
While there are some skeptics who say the MDGs will not be met by the target date, no one can argue the remarkable outcome of the Summit. It inspired and unified countries; and mobilized a global action plan to once and for all eradicate extreme poverty, hunger and disease. Most notably, the Summit put women at the forefront, recognizing that investment in women is essential for economic and social development and indispensable for the achievement of the MDGs.

On a FAWCO level, the Summit confirmed that we are clearly on the right track in our efforts to help achieve the MDGs with our Water Target Project and continuous support of maternal and child health issues.

\*\*To read the Summit outcome document, go to: [www.un.org](http://www.un.org); then search: A/65/L.1

## Eleanor Roosevelt Girls' Leadership Workshop

# My experience at the ERGLW 2010

By Alexandra von Moos

Since 2008, FAWCO has been a scholarship sponsor of the ERGLW, a special leadership workshop to encourage young women to become involved in social justice issues. The workshop, supported in honor of Eleanor Roosevelt's work on the UN Universal Declaration of Human Rights is held each summer at Eleanor Roosevelt's private residence in Val Kill, New York.

Last July, I was one of 31 lucky girls chosen to attend the Eleanor Roosevelt Girls' Leadership Workshop (ERGLW) in Hyde Park, New York.

The ERGLW is a 9-day program which is based on Eleanor Roosevelt's beliefs and principles and her many actions to establish and further universal human rights.

The girls who attended this program came from all walks of life, representing many different social issues but all with the common goal of trying to make a difference in their communities and the world. Their social issues ranged from the rights of migrant farm workers, to female genital mutilation, to society and self-image, to global warming and on to my personal social justice issue which was teenage suicide.

Everyday, we had a series of workshops, experiences and activities on topics such as leadership skills, women's human rights, cultural diversity, feminism, beauty myths and self-expression. Our days were spent at Eleanor Roosevelt's residence at Val-Kill and our evenings at Vassar College.



Along with 30 other lucky girls, Alexandra attended this nine day program based on Eleanor Roosevelt's beliefs and principles.

We also spent two days in New York City, which was an unforgettable experience. While there, we visited the United Nations, the US Mission and had dinner one evening with women leaders in the fields of academia, journalism, publishing, activism and social empowerment. Given the chance to spend time in small groups with one of these amazing women, I was fortunate enough to be able to spend the afternoon at CNN with news anchor Deborah Feyerick.

At the ERGLW, I learned something new every day which was relevant to me as a person and which I could put into practice in my everyday life. The ERGLW also enabled me to meet interesting people who have inspired me and to make new friends who have touched my life forever. I went to the ERGLW thinking that I couldn't possibly achieve much in only nine days, but already by the end of the first workshop, I was proven wrong.

The Eleanor Roosevelt Girls' Leadership Workshop is one of the best experiences that I have had. It opened my eyes to the many important issues of this world and has given me the tools to get involved in social justice work and inspire real change. The ERGLW transformed my life and I could only hope that all girls my age could have this same opportunity of a lifetime.

By Alison Weihofen, LCSW, MPH

# Global Aging

*Editor's note: This Task Force addresses life, and its particular issues as one grows older. It will take a holistic approach to help safeguard and nurture the body, as well as enrich our mind and spirit. contact [globalaging@fawco.org](mailto:globalaging@fawco.org) for more information.*



## Surprisingly Good News About Depression and Aging

“Good news” and “depression” are not usually found in the same sentence. However, here’s the first piece of good news: The vast majority of adults aged 65 and over is not depressed. The United States Centers for Disease Control (CDC) estimates that only 1% - 5% of older adults living independently in the community suffer from depression. The numbers are less encouraging for those requiring home healthcare (13.5%) and for older hospital patients (11.5%). Still, the fact remains, depression is not a normal part of aging. Despite the relatively small percentages, mental health remains a salient issue. Members of this age group are at increased risk when compared to other age groups. Additionally, older adults may be undiagnosed and, as a result, the CDC numbers may be an underestimate. Regardless, depression is a serious condition that can have serious effects on an older adult’s health. This condition is also relatively treatable, and older adults can improve with time and professional treatment.

### What Causes Depression in Older Adults?

Recent studies suggest depression may be associated with lower concentrations of folate in the blood and nervous system. Additionally, new studies explore a possible link between depression in late life and Alzheimer’s disease. The American Psychiatric Society reports that depression is more common in older adults with chronic health conditions, as well as other illnesses such as heart disease and cancer. In other words, being sick can make you depressed, and being depressed can make you sick.

Older adults whose parents also suffered from depression are at an increased risk, and people who suffered from depression when they were younger are more likely to experience a recurrence later in life. It is difficult and important for healthcare providers to assess the difference between an older adult’s normal life reaction and a person who is actually depressed. In addition, older adults’ belief that their suffering is normal often prevents them from seeking help.

### How Can We Prevent and Treat Depression?

More good news: more treatment options exist for older adults with depression than ever before. Prevention

methods for older adults are similar to methods individuals can take throughout their lifetime. According to the National Institute on Aging, maintaining close friendships for support and companionship is extremely important. Friends can help during times of sickness, or following the loss of a spouse. It is also important to maintain a regular exercise schedule. Local organizations may offer classes specifically geared towards aging clients. Scientists have found that any physical activity like walking, gardening or playing with children provide mental and physical benefits. It is also good to switch activities to avoid boredom, and remember that even 15 minutes a day can make a difference. Along with physical fitness, maintaining a healthy diet, finding a fulfilling hobby, and maintaining contact with family are also important.

Many older adults will only experience short bouts of depression. They may exhibit depressive symptoms in relation to a life change, but slowly recover with time. However, a small number will suffer from chronic depression, which rarely goes away on its own and can have grave physical and mental consequences. If symptoms persist and do not get better with time, it is important to consult with a mental health professional for a proper screening. There is no reason to suffer alone when so many solutions exist. Finally, as the stigma around seeking mental health care eases slightly, older adults may be encouraged to access much needed care.

*Alison Weihofen is a Licensed Certified Social Worker in the State of Massachusetts. She has an additional degree in Public Health. She lives in Zürich with her Swiss husband and currently works as a Scientific Assistant at the Swiss School of Public Health at the University of Zürich.*

## FAWCO GLOBAL ISSUES TASK FORCES

FAWCO will focus its UN involvement on the traditional FAWCO issues that mirror the FAWCO task forces; education, environment, literacy, women’s health and aging along with human rights in general and women’s and children’s rights in particular. Just as importantly, our Global Issues Task Forces serve as an important resource for our members. For more information contact 3rd Vice President for Task Forces, Sallie Chaballier: [vp-committees@fawco.org](mailto:vp-committees@fawco.org)

Illustration: Jim Serfass



## Region 1: Meeting in Marlow, England



FAWCO First VP My-Linh Kunst (center) offered participants a photographic workshop on water.

Changing the Flow, a Photographic Workshop on Water was the theme of the Region 1 “Funday”, held in the lovely old town of Marlow conveniently situated by the river Thames. This one day regional get-together and workshop packed in an ambitious schedule combining FAWCO and FAWCO Foundation reports, a presentation of the FAWCO Target Water Project and a FAWCO Photographic Workshop thematically linked with this year’s FAWCO Target Water Project, along with a pub lunch and a late afternoon Thames photo cruise.

Twenty-two FAWCO members, friends, presenters and events leaders

gathered at St Peter’s Church New Hall for morning coffee and refreshments. Regional Coordinator for Region 1, Sunny Eades, warmly welcomed everyone and opened the proceedings. FAWCO President Kathleen Simon followed with an overview/introduction of FAWCO before Anne van Oorschot for the Target Water Project.

For the next two hours, Photographic Workshop leader and FAWCO First VP, My-Linh Kunst held everyone’s attention as she guided the group through “What makes a good picture?”, “Composition” and “Technical Control”. Using lots of visuals illustrating both good and bad photographs the group absorbed information useful both to beginners and more advanced snappers!

Then the Two Brewers Pub, a short stroll away, beckoned for lunch before the afternoon session began with presentations by FAWCO Foundation President Melissa Mash and FAWCO Second VP Janelle Mason. On board Salter’s Steamers, a very contented group drifted along the river in the golden, late afternoon sunshine – a perfect photo opportunity and finale to a wonderful regional workshop “funday”. – Madeline Morrow

## Region 4: Meeting in The Hague

This year’s FAWCO Region 4 Meeting was hosted by AWC The Hague in their lovely old clubhouse in Scheveningen. Twenty-five women attended the conference on October 29-31, travelling from within the region and beyond – including representatives from clubs as far away as Lagos, Nigeria.

Participants were welcomed on Friday evening, and enjoyed a delicious rijsttafel dinner together. On Saturday morning we got down to business, with Janelle Mason, FAWCO 2nd VP, providing an informative overview of FAWCO’s activities and Melissa Mash, FAWCO Foundation President, describing the foundation’s programs, including the Development Grant Program and Education Awards. In keeping with FAWCO’s Target Project on clean water, guest speaker Christine van Wijk-Sijbesma from the IRC provided an enlightening view of the sometimes complex relationships between water, sanitation and gender issues.

On Saturday afternoon Leslie Collingridge informed attendees about the global campaign to reach out to and empower Overseas Americans who are experiencing domestic violence.

Eric Way with the American Club of Lyon gave an inspiring talk based on Jim Collins’ book “Good to Great” – he encouraged us to pursue BHAGs – “Big Hairy Audacious Goals” to turn our clubs’ visions into reality. We split into two groups for intimate workshops on “Finding Your Passion” and “Sharing Cultures through Food”.

Our appreciation goes out to Elizabeth Kennedy and Rachel McNally who conceived and delivered this highly professional and successful Region 4 conference while they were both “under the influence” of early motherhood.



## Region 5: “FAWCO and FUN” Meeting in Munich, Germany

The Region 5 “FAWCO and Fun” meeting, hosted by Munich IWC, brought together 36 participants from eight clubs, our FAWCO President and 2nd VP, plus guests from Ireland, Netherlands and Switzerland.

The FAWCO Water Target Project dominated the meeting with the announcement of the chosen target project “Wells for Clean Water” in Cambodia. Anne van Oorschot, AWC The Hague presented the plan to install 800 wells in 12 project areas providing families with potable water. Anne demonstrated the worldwide water supply situation using a simple water-bucket-sample and left instructions for all participants to repeat this demonstration to their club members.

Tracy Moede from the AWC Hamburg presented the (additional) local water project ITWDP (Integrated Tribal and Watershed Development Program) in India and Max Koch, Stern Steward Co. Munich gave a report on the ongoing Burkina Faso project which the IWC Munich supports and the FAWCO Foundation funded.

Professor Peter Rutschmann of the Water Management & Hydraulic Engineering, Munich, gave an overview of the worldwide use of water and the increasing water shortage due to production demand.

Professor Rutschmann researches alternate water supplies which do not have much impact on ground water levels, such as horizontal water collection and utilizing moisture collection by trees.

Susanne Taylor, MIWC, prepared a workshop on “Understanding Cultural Diversity” together with instructional samples which can be used to repeat the workshop in the local clubs.

Susanne Hirschberg, AWC Duesseldorf, together with Laurie Richardson, AWA Vienna, and Janelle Mason, AWC Basel, collected issues, questions and experiences from the clubs moderating the workshop “Club Issues and Q&As”. A follow-up report will be forwarded to all clubs.



Welcome by Margaret Hilditch, MIWC

FAWCO's annual  
global conferences  
and regional meetings  
provide an opportunity  
for Club presidents,  
Club FAWCO  
representatives and  
other interested  
members to meet and  
exchange ideas, as  
well as learning and  
developing themselves  
and their Clubs.

## FAWCO Road Tour Round Up of Region 1

**Our UK "Road Tour" was a great success!**

For a week I travelled with Melissa Mash, The FAWCO Foundation President, and Sunny Eades, the Region 1 FAWCO Regional Coordinator visiting nine of our UK member clubs: AWC of Dublin, Chilterns AWC, AWC of London, AC of Hertfordshire, AW of Surrey, AW of Berkshire & Surrey, AWA Bristol, North American Connection, AWC Central Scotland. (Non-FAWCO clubs included Kensington & Chelsea Women's Club and St. Johns Wood Women's Club.)

One of the FAWCO Board's goals is to "support member clubs" and personal visits to our member clubs is a terrific way to fulfill this aspiration. Here was our chance to put a face to FAWCO. Following on the September 25th Region 1 "Photographic Workshop on Water", the three of us set

out to visit the clubs.

It was important for me to be able to personally thank each of the Club Presidents, their Boards and members for their continued support of FAWCO. It is their club's investment in FAWCO which contributes to our success. It also represents value for money by providing member clubs with networking opportunities, access to impressive information resources, maintaining a stronger voice in Washington and, as a recognized NGO, a say at the UN. Melissa was able to stress the extent and achievements of The Foundation guiding our charitable work.

In summary, each club talked of a rapid turnover in membership which necessitated investing time in volunteer recruiting; increasingly more diverse memberships which encourage a wider selection of activities; and keeping attendance high by offering unusual meeting venues and shared board positions to ensure everything is covered. Women and men today are busy and volunteers are hard to find, but they are there and the clubs were positive about securing the future of their volunteer base.

### Member club visits

Visiting our clubs brings FAWCO alive and refreshes our friendship and connection. In January, Vice President for Member Clubs Janelle Mason will be visiting AWC Dublin while I will visit the Spanish clubs. If any of you would like to have an officer visit, please contact me at: [president@fawco.org](mailto:president@fawco.org).  
– Kathleen Simon, President, FAWCO



FAWCO President Kathleen Simon with Sunny Eades (back row) and members of AW of Surrey.

## AWOT 20th Anniversary Gala in Lugano, Switzerland

Celebrated in Style! That describes the memorable evening when 78 people came together to salute the 20th Anniversary of the American Women of Ticino. The Gala was held at the Villa Sassa on Friday, September 10th. Lake Lugano was the backdrop while guests mingled on the terrace enjoying an apero and viewing photos from AWOT's first 20 years.

Dinner commenced after the dedication to Holly Steiger, Tally Trentini, Susan Santric and Phyllis Serianni, four women who have passed away, but are not forgotten because of their contributions to AWOT.

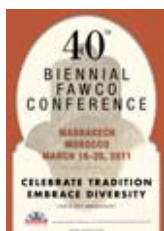
There were special guests who came to celebrate from the American Citizens Abroad and the U.S. Embassy. Sprinkled between the Italian gourmet dinner courses were several presentations and a drawing for the stunning table arrangements donated by TESIS in memory of M. Crist Fleming.



AWOT member  
Jonsi Andrews received  
her FAWCO Rep  
Appreciation Award.



## Marrakech 2011: Celebrate Tradition, Embrace Diversity



FAWCO will be celebrating our 80th anniversary with the 40th Biennial Conference in Marrakech, Morocco in March 2011. The theme will be "Celebrate Tradition, Embrace Diversity". In addition to the conference being our annual general meeting with reports

from all facets of FAWCO business, delegates will elect a new FAWCO Board and approve new Resolutions and Recommendations.

Among our confirmed speakers are keynote speaker Stephanie Willman Bordat, Global Rights' Maghreb Regional Director. Ms. Bordat is responsible for projects with local NGOs and lawyers across Morocco, Algeria, and Tunisia to enhance knowledge of legal and human rights among illiterate and semi-literate women ([www.globalrights.org](http://www.globalrights.org)). Our keynote speaker on water is Dr. Houria Tazi Sadeq, co-chair of two university programmes as Holder of the Interdisciplinary UNESCO Chair for Sustainable Management of Water. Dr. Tazi Sadeq is an expert on Environment Law and on water issues at the national and international level. US Ambassador to Morocco Sam Kaplan and his wife Sylvia will be giving a workshop on "Teamwork: personal lessons about partnering in life, politics, and diplomacy". Andrea Martins, founder of [www.expatwomen.com](http://www.expatwomen.com), will be speaking about "Inspiring your Success Abroad".

In addition to presentations, delegates will have interactive time to discuss common issues with fellow FAWCO clubs. We look forward to you joining us in this beautiful oasis and leaving with some inspiration for yourself and your club.

### 2011

#### ANNIVERSARY CLUBS:

AWC Stockholm	1911
AWA Melbourne	1931
AWC Berlin	1931
AWC Zürich	1931
AAWE Paris	1961
AIWC Cologne	1961
AWC Taunus	1971
AWC Aarhus	1991

## FAWCO Welcomes American Women's Association of Qatar

Founded as a non-profit organization in 1979, the American Women's Association of Qatar, based in Doha, is a vibrant and active women's group welcoming women of all nationalities. The purpose of the AWA Qatar is for the members to meet in fellowship, to exchange ideas and interests, to be of service to the community and to become acquainted with the customs and culture of their Arab host country. With a membership of approximately 200, AWA accomplishes these goals through monthly meetings with guest speakers, monthly coffees, a monthly new member coffee, monthly dinners which include spouses, small interest group activities, and field trips to museums, mosques and the greater community.

Additionally, the AWA sponsors activities to raise funds for local charities. Each year AWA hosts a Holiday Bazaar which provides a venue for many local artists and vendors to showcase their merchandise in a convenient location for Holiday shoppers. It is their hope and goal that they are active, contributing members of their diverse international community in Qatar. – By Terri Knudsen, Co-Chair, FAWCO Membership Committee, [membership@fawco.org](mailto:membership@fawco.org)



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By Melissa Mash

# The FAWCO Foundation

The Foundation's sole purpose is to aid charitable, educational and scientific programs that are the passion of FAWCO and its member clubs.

## 2011 FAWCO Foundation Programs

The 2011 Foundation Program will feature \$25,000 in Education Awards and \$32,500 in Development Grants.

The Education Awards include three Academic Studies Awards for \$3,000, for children of FAWCO members studying in the fields of Arts, Science and Humanities. Two Awards are open to FAWCO members pursuing degree-based studies (for \$5,000) and skills-enhancement programs (\$3,000)

We will continue to offer The Dual Cultural award for children or grandchildren of FAWCO members wishing to undertake high school programs or specialized summer programs in the United States in 2011 and the Special Challenges Award for parents of children between the ages of 5 and 15 in need of special training or therapy.

New to our 2011 Awards program is the Shirley van Ooijen Teachers Award for teachers or graduating university students who wish to upgrade their teaching qualifications. This award is made possible by a generous donation from former FAWCO President and Circle of Honor Recipient Shirley van Ooijen.

The Development Grants Fund includes grants in seven categories, each of which targets an area of global concern in keeping with the UN Millennium Development Goals. For 2011, the Development Grant targeting HIV/Aids has been expanded to include education, prevention and treatment of Malaria and Tuberculosis. The Development Grant program is open to all FAWCO clubs and to FAUSA each of which can propose two of their charitable projects. These \$4,500 grants can provide immediate financial relief in a difficult economic situation for organizations dedicated to helping underprivileged populations throughout the world.

Guidelines, eligibility information, applications and nominating forms can be found on The Foundation's website [www.fawcofoundation.org](http://www.fawcofoundation.org). Please make sure your clubs and your members submit their applications. Someone has to win them and the odds are much better than the lottery!

The Foundation is continuing the NEEDED Scholarship Program for girls in Burkina Faso. The first scholarships have been awarded high school graduates beginning studies in Nursing and Teaching.

### 2011 DEVELOPMENT GRANTS (\$4,500 each):

Critical Health Concerns • AIWC of Cologne 50th Anniversary Right to Food and Water • AW of Surrey Pam Dahlgren Hope Through Education • A Place to Learn, sponsored in part by AWC Denmark • American Women of the Eastern Province Skills for Life, sponsored in part by AILO Florence • Around the Corner, A World Away, sponsored in part by AWC The Hague • The Coughlan Foundation Prevention and Treatment of HIV/Aids, Malaria and Tuberculosis

### THE 2011 EDUCATION AWARDS PROGRAM:

Academic Awards (\$3,000) • Arts Award • Sciences Award sponsored in part by AIWC Genoa in memory of Frieda Bacigalupo Natali • Humanities Award sponsored in part by AAWF Paris in memory of Gertrude de Gallaix

### FAWCO MEMBERS AWARDS:

AWC Basel Members Award For University Degree Programs sponsored by Shirley Kearney (\$5,000) • FAWCO Members Skills Enhancement Award sponsored by Marathon des Sables runners Cynthia Smith-Ayed and Gwen Dellar (AIWC Casablanca) (\$3,000)

### OTHER AWARDS:

Dual Cultural Award (\$3,000), in memory of Suzanne Erismann, sponsored in part by Donna Erismann and AWC Bern • The Special Challenges Fund (\$3,000) • The Shirley Van Ooijen Award for Teachers, Open to FAWCO Members and their children (\$5,000)



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The FAWCO Foundation is the philanthropic arm of FAWCO. It is a 501(c)(3) not for profit organization registered in the State of Missouri. Direct donations to The Foundation are tax exempt to the fullest extent allowed by law.

For more information please contact:  
[info@fawcofoundation.org](mailto:info@fawcofoundation.org)

[www.iGive.com](http://www.iGive.com)

The FAWCO Foundation is now registered as a cause on i-give. Go to [www.iGive.com](http://www.iGive.com), register, and enter us as your cause. We will then get a % of your shopping expenditures on iGive."

## What better way to celebrate a significant anniversary of your club than to support a Development Grant (DG)?

To be named as a co-sponsor, you need to make a contribution of \$1,000. To have your name in the title, the contribution is \$4,500. However, ANY size donation gets us closer to our goal of fully funding all the DGs your clubs want. The DGs still available for sponsorship are: Critical Health Concerns, A Place to Learn (partially funded by AWC Denmark) and Around the Corner A World Away (partially funded by AWC of The Hague).

## Or how about supporting an Education Award?

Does your club's interest lie more in the educational arena? We also have our Education Awards: Arts, Science (partially funded by AIWC Genoa), Humanities (partially funded by AAWF Paris) and the Dual Cultural Award (partially funded by AWC Bern). These awards are fully funded for \$3,000 each.

So please send us your donation via our website or contact Melissa Mash on [foundationpres@gmail.com](mailto:foundationpres@gmail.com).