



AWCCS Newsletter

American Women's Club of Central Scotland

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HOW ARE YOU ALL DOING?

Letter from the Board

Dear Fellow AWCCS Members,

So much has happened with COVID-19 coming to visit that we are still in a state of shock I imagine. By now we have come to understand the severity of this virus and hopefully everyone has been able to follow the directive to Stay at Home.

With this Newsletter, we hope to provide some basic information and links you may want to check to keep up to date with the world. The important thing about links is to use trusted sources. List of Fact-checking references: https://en.wikipedia.org/wiki/List_of_fact-checking_websites

We welcome any additions of links you wish to share which will be added to our Home page on the website: www.awccs.org Send them along as a Reply to the newsletter email you have received.

Many of you are doing what you can to help your friends, family and neighbors. If you have some suggestions on how we can help safely, please send them along as well. Social distancing is at the top of our list of directives, so telephone calls, internet calls and videos and personal space talking six feet away is working for many.

Let us know how you are doing. If you wish to add any additional links to the website, please send them along to us.

Take Care and Keep Safe,

Joyce Halsan

[You will need to be logged into your website for AWCCS in order to use the links to our website](#)

[Return to top](#)

Suggested Links



Keep Up to Date on the Virus

- [Centers for Disease Control USA](#): Department of Health and Human Services, USA
- [European Centre for Disease Prevention and Control](#) An agency of the European Union
- [BBC News](#)
- A good [online tracker for the Coronavirus](#), **Johns Hopkins** is excellent .

Keep the Brain and the Children Busy

- **Children art:** [Little Owls Resources free early years printable](#)
- **Art Couchside Collector:** [Curated picks from the online art market](#)
- **Art Collections:** [Google arts & Culture](#)
- Google Earth Has [Virtual Tours](#) of 31 **National Parks in the U.S.**
- Announcing a **National Emergency Library** to [Provide Digitized Books](#) to Students and the Public
- Forty-five places you can **download tens of thousands** [books, plays and other literary texts](#) completely legally for free
- **Seattle Museum of Flight** opens [online doors for new experience](#)
- **JK Rowling** is giving away [audiobooks of her first novel](#).
- **Ten museums** recommended by the Smithsonian that you can [visit virtually](#).

Virus Free Visitation! I thought it might be good to offer some fun ideas for things to do whilst self-isolating. I have used the museum virtual tours before and some of them are really high quality! Alanna Kibiloski

Zoos

- Tons of zoos across the world have live cams set up within their enclosures! Edinburgh currently has a panda cam on their site: <https://www.edinburghzoo.org.uk/webcams/panda-cam/>

Museums and Galleries

Use virtual tours and online collections to view exhibitions and famous works of art. (These are just a few but most major museums offer similar online tools)

- The Louvre: <https://www.louvre.fr/en/visites-en-ligne>
- The Smithsonian Natural History Museum: <https://naturalhistory.si.edu/visit/virtual-tour>
- The Met: <https://www.metmuseum.org/art/online-features>
- The Vatican Museums: <http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.html>
- National Women's History Museum: <https://www.womenshistory.org/womens-history/online-exhibits>

Landmarks

Some of the world's greatest monuments and landmarks also provide virtual tours:

- The Great Wall of China: <https://www.thechinaguide.com/destination/great-wall-of-china>
- Angkor Wat, Cambodia: <https://www.virtualangkor.com/360>
- Machu Picchu: <https://www.youvisit.com/tour/machupicchu>
- Acropolis, Athens: <http://www.yougoculture.com/virtual-tour/athens/myth/acropolis>

Article on Stress and Grief:

- "That Discomfort You're Feeling Is Grief"
An excellent article in the Harvard Business Review describing the feelings we are experiencing right now with the Covid-19 experience. A MUST READ By Scott Berinato March 23, 2020. [Harvard Business Review](#)

How to Make Facemasks:

- [Mask Sewing Instructions](#)—home made mask which can help in protection, not to be considered meeting regulatory guidelines, use at your own risk.
- The New York Times facemask [instructions](#).
- Google Face Masks and you will find many references.

Stay Fit Indoors!

There is a multitude of YouTube channels that offer full-length workouts you can do at home - many that require minimal or no equipment. I've rounded up my favorites below!

Popsugar Fitness:

This channel has a wide variety of classes from boot camps and kickboxing, to barre and yoga. They also have a variety of lengths so you can squeeze in a quick 10min class or do a longer workout.

Yoga with Adrienne:

Whether you're new to yoga or experienced, Adrienne has guided practice sessions for everyone. She also has a 30-day beginners series for anyone looking to incorporate yoga as a daily habit.

Pahla B Fitness:

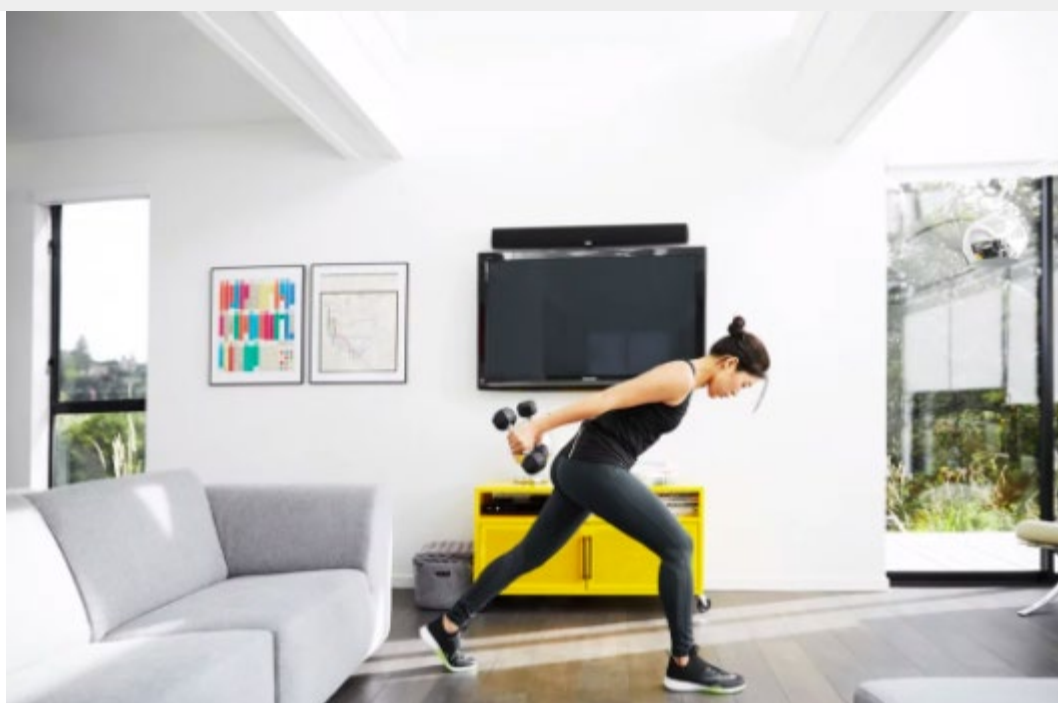
Pahla B offers low-impact workouts that pack a punch! Her videos are aimed at women over 50 and are joint-friendly and don't have too much jumping - perfect for those looking for 'apartment friendly' workouts that won't disturb the neighbors below.

Looking for something for the kids? Try British Fitness guru, Joe Wicks' channel. He recently launched a bunch of workouts for kids called 'P.E. with Joe' in response to the current pandemic:

Want to stay mentally fit with some meditation? Try some beautiful guided sessions from Headspace:

Stay well, everyone!

xo, Kristina Royer



Lately, everything's on, and it's on at home.

by Caroline Graves

Jamie, Maisie and I have now all been home full time since the 18th. We're all still fine tuning the set up, Jamie and I are splitting our working time and caring/supervising time, making sure we don't have conflicting meetings (and if we do, hopefully one of us has a "just listen in" meeting). On top of all that we're trying to find a little time here and there to make up for our now lost 1 hour round trip walking commutes and make a little time for our mental health. Here are some of our favourite resources - mostly for occupying Maisie during "office" hours.

The Classic:

Sesame street has great videos, games and ebooks online. The ebooks are free and downloadable to devices (apple books, google play books, nook and kobo formats). If you have a printer - they have pages for colouring in too!

<https://www.sesamestreet.org/caring>

"Home Schooling":

Khan Academy Kids has a great app for kids 2-7 years old <https://learn.khanacademy.org/khan-academy-kids/> Maisie loves it. The app has books it reads to kids, games, songs, all kinds of little "pop quizzes" throughout, they even have little dances "time to put the device down and dance along!". We're really impressed with it.

Cincinnati Zoo Home Safaris: https://www.youtube.com/results?search_query=cincinnati+zoo+home+safari

Languages: Amanda Drollinger turned me on to Mini Spanish and Mini French. This is an Edinburgh local program where kids are introduced to languages through childrens songs and games. As a response to the COVID-19 lock down, they've started putting workshops online. It's about £15, but we've been lamenting not being able to go to the in-person sessions (they're held on weekdays) so well worth it to us. <http://www.minilanguagesforkids.com/online-learning/> it comes with lyric books, videos, downloadable/printable colouring pages, and vocab sheets.

My sister's just recommended this one to me, **Save with Stories** is an instagram account featuring famous folks reading children's books. It appeals to us because there are some Spanish language ones mixed in (and probably other languages too!)

<https://www.instagram.com/savewithstories/>

Exercise for the wee one: Joe Wick's kids work outs are a hit in our house, especially episodes with Betsy - Maisie loves shouting back "You can do it!" whenever Betsy shouts out encouragement. I like these works outs too, when I can squeeze in 5 minutes to get my heart rate up before trying to get some work done. https://www.youtube.com/watch?v=u0_1QBQ8Syk&t=2s he's got workouts from 5 minutes to 30 minutes long, for all ages.

Cosmic Yoga for Kids - this woman is brilliant and Maisie is enchanted. She has a Roku channel, and there's free content available there. She also has a ton of videos on YouTube: <https://www.youtube.com/user/CosmicKidsYoga>

Exercise for me: Leslie Sansone's Walk at Home work outs - I have to say, with a toddler, they're pretty great, there's only 4 different steps, the main thing is - keep moving to the beat, so it's possible to get a work out in with Maisie around, even if I can't do the exact work out, and sometimes I end up carrying Maisie when she wants a cuddle. I might get a better work out from these than I did from actually walking to work!

https://www.youtube.com/results?search_query=Leslie+Sansone+walk

Skyping with a toddler: I had a lovely dream where we could Skype with family and other toddlers and they would keep each other entertained a bit and we might get some work done. In reality, we end up chasing her with a device or laptop to make sure her antics are on camera. We found a table activity for her is key for Skype dates - playdough or painting tend to keep her attention pretty well so we can all enjoy the visit, she likes to show off whatever she makes to her Granny and Grumps.

Mental Health: Locally, I like Mindfulness At Lunchtime - held at St Mark's Unitarian Church on Tuesdays at noon, that's naturally for now no longer being held, but there are plans to hold it online, possibly starting next week. You can also access recordings of a couple previous sessions on the Church's website - <http://www.edinburgh-unitarians.org.uk/podcast> you can also find details for the lives sessions that will be held online here: <https://www.facebook.com/mindfulnessatlunchtime/> they've been posting meditation scripts lately on their facebook page too, I've found them lovely.

Another favourite of mine is my Jack Kornfeld Guided Meditation audiobook. You can find his guided meditations on YouTube too: <https://www.facebook.com/mindfulnessatlunchtime/>

We're mixing all this with outside time, imaginative play time, and other activities - especially over the weekends, but these are great resources for keeping her busy so we can get some work done. I'm hoping to get her to help us bake bread sticks for her week days snacks one of these weekends, if I can do it, I'll feel like "Martha Stewart of the Lockdown".

BLACKWELL'S
Social Media
EVENTS

The line-up for the second week of our first ever online book festival can now be revealed.

All events take place on our Twitter page - we would love to see you there!

[View collection](#)

	MONDAY 6 TH APRIL AT 1PM Patience Agbabi / The Infinite
	MONDAY 6 TH APRIL AT 4PM Alex Edmans / Grow the Pie
	TUESDAY 7 TH APRIL AT 7PM Ilan Kelman / Disaster by Choice
	WEDNESDAY 8 TH APRIL AT 1PM Chris Lintott / The Crowd and the Cosmos
	WEDNESDAY 8 TH APRIL AT 4PM James Naughtie / On the Road
	THURSDAY 9 TH APRIL AT 4PM Sophie Walker / Five Rules for Rebellion
	FRIDAY 10 TH APRIL AT 4PM David Hepworth / A Fabulous Creation

[Twitter.com/BlackwellBooks](https://twitter.com/BlackwellBooks)

NEWS FOR AMERICANS ABROAD

Coronavirus Aid Relief and Economic Security Act (CARES)

Congress has passed the [Coronavirus Aid Relief and Economic Security \(CARES\) Act](#) and the president has signed it into law.

Americans abroad will be interested in understanding the law's aid provisions and how we can access them. This is a summary of key aid provisions that are or may be relevant to Americans abroad –

- Americans abroad who meet the income eligibility criteria (income under \$99,000) are entitled to the Recovery Rebate (up to \$1,200 payment plus \$500 per child).
- Taxpayers who have provided bank account details with their 2018 or 2019 tax filing will likely be receiving payments via direct debit in the next 2-3 weeks, with others likely to be sent checks or debit cards through the mail.
- Under the Act, Treasury has been provided with flexibility in establishing the aid payment

delivery mechanisms. We will be working with our friends on Capitol Hill to understand how the distribution of aid will progress. We will send information to members as soon as we have it.

[CLICK HERE TO READ MORE](#)

Democrats Abroad Expat Tax 101 Webinar can be watched on-demand

Available online until April 22, 2020

If you missed the Expat Tax 101 Webinar last month, you can still buy the on-demand video to watch at any time until April 22. The webinar covers the basics of U.S. tax filing requirements for Americans living abroad. And we'll look at commonly asked questions including filing deadlines (extended this year to 15 July due to COVID-19), earning thresholds for filing, the streamlined filing process for years you did not file your taxes, and much more. Note: DA does not give personal tax advice. Tickets are £10 and £5 concession. Buy them at: <https://www.eventbrite.co.uk/e/dauk-tax-committee-presents-expat-tax-101-on-demand-video-tickets-100631244762>

Email taxcom@democratsabroad.org.uk if you have any questions or want to be added to the Tax Committee Mailing List for future webinars and events.

information provided by Dale Finlayson and:

DEMOCRATS ABROAD TAXATION TASK FORCE

<http://www.democratsabroad.org/>

Note from Joyce: WATCH FOR NEW SCAM If you get an email asking you for your details so this check can be deposited to your account, it is very likely a scam. As always don't send personal details via the email. The check will be sent to you using your Federal Income Tax return details

From the U.S. Consulate in Edinburgh

Dear Friends,

Our E-newsletter aims to keep you up to date with any news and events which may affect Americans. Feel free to forward this e-mail to friends or co-workers. Please follow us on Twitter @USAinScotland to learn more about our work here.

COVID-19 Update

We hope you are keeping safe and well during the COVID-19 outbreak.

Please note that the Consulate is now operating a reduced service under essential/critical staffing, providing only emergency American Citizen Services. Please email us at Edinburgh-info@state.gov for emergency assistance. Emergency passports will only be issued to citizens with confirmed travel within 7 days.

For U.S. citizens in Scotland please adhere to the following guidance:

- Register via STEP to receive timely health and security updates
- Follow NHS Scotland healthcare instructions for overseas visitors
- Decide to shelter in place for an indefinite period of time or fly home to the U.S. NOW. Commercial flight options are still available from Heathrow and there are still some commercial flight options from airports in Scotland to Heathrow and some European destinations for connecting flights to the U.S.
- This is what the U.S. Department of State can and can't do in a crisis.

- Extend your visa if you are currently unable to return home due to COVID-19 and must remain in the U.K.
- For UK citizens visiting the U.S. please adhere to the following guidance:
- Continue to check our website for updates
- Continue to check the Foreign & Commonwealth Office USA travel advice website

Internet Scams

Be alert to possible fraud in any emails, texts or phone-calls you may receive requesting financial assistance. Defend yourself against this by following the advice on the National Cyber Security Awareness website, <https://www.us-cert.gov/ncas/current-activity/2020/03/06/defending-against-covid-19-cyber-scams>.

Contact Details

Email Edinburgh-Info@state.gov

Website <https://uk.usembassy.gov/embassy-consulates/edinburgh/>

Twitter [@USAinScotland](https://twitter.com/USAinScotland)

After Hours Contact:

- From the UK - 020 7499 9000 (Embassy switchboard)
- From the U.S. - 011 44 20 7499 9000
- International dialing code +44 20 7499 9000

General Inquiries

If you have any inquiries regarding information in our newsletter, or any other issues we may be able to address, please contact us via our information email address: Edinburgh-info@state.gov. It is monitored regularly, and we strive to respond to all requests promptly.

SBU -PRIVACY OR PII



AMERICAN CITIZENS ABROAD
EDUCATE, ADVOCATE AND INFORM

News from American Citizens Abroad

ACA has launched the American Citizens Abroad podcast. Starting last November, every second Tuesday of each month ACA will produce podcasts discussing issues concerning Americans residing abroad, from taxation to finances to culture shock to trailing spouses and everything in-between.

Although ACA is primarily known for its tax reform advocacy efforts, the organization also advocates on other community interests, including access to Medicare, Social Security benefits, Voting from abroad, and representation. ACA also provides the community with valuable resources to help them manage their lives while living overseas with products such as the [ACA-Member/SDFCU account](#) and the [ACA tax preparer directory](#). ACA hopes the podcasts will provide the American overseas community with updates on its work and provide resources and practical information.

The ACA podcast can be found here: <https://www.americansabroad.org/aca->

[podcast/](#) The community can message the podcast team at: podcast@americansabroad.org. ACA looks forward to providing the community with valuable information and also hearing from the community with their suggestions on topics they would like to see addressed.

Dale Finlayson

ACA Submitted by Dale Finlayson



In the Election year 2020 Americans will be going to the poles on 3 November or mailing in their postal votes or absentee ballots in advance of that date. Americans abroad are eligible to vote for Federal offices (president, vice president, senators, representatives) in primaries and the general election, but Federal law requires overseas voters to (re)register in every year in which they mean to vote. **Although some states do not erase their overseas voter lists, don't take the risk: register to vote now.** You can make sure you are registered for the Presidential/Congressional and Primary elections by using FAWCO's dedicated [website](https://www.usvotefoundation.org/) (<https://www.usvotefoundation.org/>) to register as soon as you can. You should vote from your last address (or the last address from which you voted) in the United States.

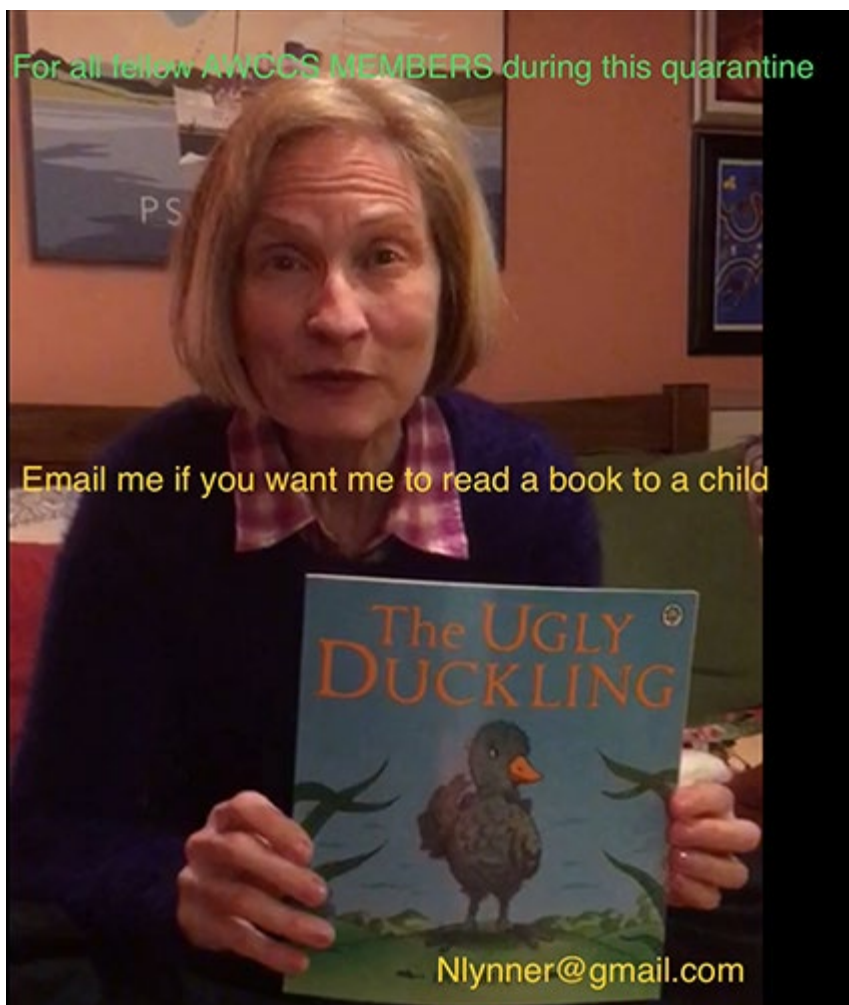
MEMBER NEWS

Members In Action

Members Willing to Help: *If you wish to be added here, let [Joyce](#) know.*

[Alanna Kibiloski Brady](#) can drop off things to anyone in need. "I don't have a car but happy to walk long distances to bring people essentials who have self quarantined. :) I am working from home but my hours can be fairly flexible. "

[Nancy Lynner](#) is offering to read a book to a child online:



Thanks Nan, you'll be hearing from lots of friends, I am sure. Email Nan [here](#)



Coffee Plus

Since we can't meet for Coffee Plus, here's something to fill the culture void. And you can take your cup of coffee with you!.

Hope everyone is keeping well,
Dale

<https://www.rct.uk/collection>

Upcoming events

Most of our events planned for Spring and Summer have been cancelled until further notice. If we see an opportunity to stay within the virus guidelines, you will receive a notice of that event.

We will still be holding the FAWCO Interim meeting re-cap on the 14th of April online, you can register for it here (<https://awccs.wildapricot.org/event-3792921>).

We plan to have some Zoom get togethers, so we can communicate with our friends online. We will send out the information as they are planned. Hopefully you will join us.

Stay in touch, and let me know if you need help working with your computer to set up zoom.

Caroline Graves and Joyce Halsan

Member Contributions to lighten your day

Submitted by Dale Finlayson: Pamela Blackley sent this to our book group.

Tae a virus

Twa months ago, we didna ken
yer name or ocht about ye.
But lots of things have changed since then,
I really must salute ye.

Yer spreading rate is quite intense,
yer feeding like a gannet.
Disruption caused is so immense,
ye've shaken oor wee planet.

Corona used tae be a beer,
they garnished it wae limes,
But noo it's filled us awe wae fear,
These days are scary times.

Nae shakin hawns or peckin lips,
it's whit they awe advise,
But scrub them weel, richt tae the tips,
that's how we'll awe survive.

Just stay inside the hoose, ye bide.
Nae sneakin oot for strolls.
Just check the lavvy every hoor
And stock-take your loo rolls.

Our holidays have been pit aff,
Noo that's the Jet2 patter.
Pit oan yer thermals, have a laugh,
And paddle 'doon the waater'.

Canary isles, no for a while,
Nae need for suntan cream,

And awe because o this wee bug
We ken tae be ...19

The boredom surely will set in,
But have a read, or doodle,
Or plan yer menu for the month
Wi 95 pot noodles.

When these run oot, just look about,
A change, it would be nice.
We've beans and pasta by the ton
and twenty stane o rice.

So dinny think ye'll wipe us oot,
Aye true, a few have died.
Bubonic, bird flu, and TB,
They came, they left, they tried.

Ye might be gallus noo ma freen
As ye jump fae cup tae cup,
But when we get oor vaccine made
Yer number will be up.

Willie Sinclair, March 2020

If you don't know what a word means, look it up here: <https://stooryduster.co.uk/scottish-words-glossary/>

I imagine if Dr. Seuss were alive today, he'd write something like this:
(read with Dr. Seuss book rhythm)

The buildings were big and people would smile
And travel they would mile by mile.
But sick they become, in numbers it grew
Businesses worried, communities too.
Things stopped for a bit, the world slowed its roll
The virus has certainly taken its toll.
But what they then saw from slowing things down,
Is in fact they now had less reasons to frown.
Families now gathered, what game shall we play?
Pass me the blue crayon, give mommy the grey.
Dad's home guys! He'll read us a book
Then all of us together will cook.
The lungs of the planet caught a small break
Less travel meant less pollution to make.
People did realize they'd all be ok
They don't need so much to get through the day.
Maybe this virus that causes so much stress
Showed the whole world that more can mean less.

Written by XXXXXX
Inspired by Dr. Seuss

A helpful message on FaceBook on your gas and electricity bills.

Don't stress about gas / electricity.

Phone them if you have a prepay meter tell them your self isolating and they will send you out 2 weeks worth of gas / electricity or if you have a smart meter they will top you up.

BRITISH GAS 0333 202 9802

EDF 0333 200 5100

EON 0345 052 000

N POWER 0800 073 3000

SCOTTISH POWER 0800 027 0072

SSE 0345 026 2658

Please pass on to those who may need it 🙏

17:58

Games and Toys to keep you Entertained

Susanne Hathon sent this along as a game her family enjoys. Try it.



Object

The player with the highest score above 10,000 points on the final round of play wins!

How to Play

Each player takes turns rolling the dice. When it's your turn, you roll all six dice at the same time. Points are earned every time you roll a 1 or 5, three of a kind, three pairs, a six-dice straight (1,2,3,4,5,6), or two triplets.

If none of your dice earned points, that's a Farkle! Since you earned no points, you pass the dice to the next player.

If you rolled at least one scoring die, you can bank your points and pass the dice to the next player, or risk the points you just earned during this round by putting some or all of the winning die (dice) aside and rolling the remaining dice. The remaining dice may earn you additional points, but if you Farkle, you lose everything you earned during the round.

Scoring is based only on the dice in each roll. You cannot earn points by combining dice from different rolls. You can continue rolling the dice until you either Pass or Farkle. Then the next player rolls the six dice until they Pass or Farkle. Play continues until it is your turn again.

The final round starts as soon as any player reaches 10,000 or more points.

Scoring Dice (in a single roll):

= 50 pts	= 1500 pts
= 100 pts	= 1500 pts
= 1000 pts	3 Pairs = 1500 pts
= 200 pts	2 Triplets = 2500 pts
= 300 pts	4 of a Kind = 1000 pts
= 400 pts	5 of a Kind = 2000 pts
= 500 pts	6 of a Kind = 3000 pts
= 600 pts	3 Farkles in a Row = Lose 1000 pts

www.elversonpuzzle.com

Bridge Club Live

An online bridge club site which is part of Edinburgh Melville Bridge Club. Cost is minimal right now of £1 for a month. Take a look at the [Melville Bridge Club](#) page and also the link to tour how to use [Bridge Club Live](#). Thanks to Dale for sending this along.

FAWCO Interim Meeting in Luxembourg was cancelled.

FAWCO cancelled the originally planned meeting and workshops for March 21, but held an online meeting in it's place, as well as an online charity auction to replace the planned Foundation Night Gala dinner. Last weekend, FAWCO hosted a laughter Yoga session. More information on this interim

meeting will be presented in an online event on 14 April, and further information will be in upcoming newsletters. You can register for the event here: <https://awccs.wildapricot.org/event-3792921>

Notes from the Website

By Joyce Halsan.

Thank you for your comments and help refining our new website.

We are still learning the new website system, hosted by Wild Apricot. Just a note to let you know that this company is constantly upgrading their system, which means our learning is constant. Thanks for being so patient as we learn.

We encourage you to check out our website for some general links to information on COVID-19. If you have a link you would like to add, please send it along to me and I will add it to the list.

Member Birthdays

April

- 7: Kristina Royer
- 13: Amanda Kirkpatrick
- 28: Sue Stout
- 29: Hanna Brace-Thompson & Lise Tole



May

- 6: Kate Pearson
- 10: Pam Judson
- 12: Karen MacCormick
- 17: Amanda Drollinger
- 26: Allison Murray

New Members Welcome



Welcome new members! (since Dec 1, 2019)

- Rebecca Dunlop
- Maeve Gillies
- Jessica Goeller
- Alexandra Harrington

- Myra Hollie Nielsen

Our New Charity for 2020-2022



If you have any questions about the charity, please contact Alanna Brady, Charity Chair



AWCCS Board Officers

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Alanna Kibiloski Brady,

Social Chair

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Website Manager

Joyce Halsan

FAWCO Representative

Caroline Graves

Glasgow Representative

Susan St. Denis

Special Interest Group Coordinators


Edinburgh: Dale Finlayson for Morning Book Group, Coffee Plus Edinburgh and Voting Coordinator

Glasgow: Books Beverages and Banter hosted by various individuals.

Fife: Pat Peters for Fife Dinner Club

Please Support our Advertisers

If you know of a business that might benefit from being an AWCCS advertiser, let me know and I will make an approach



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Going Home Soon?

FAUSA

Are you returning to the US any time soon? Whether you are being dragged back kicking and screaming or if you can hardly wait to return home, you will probably find that as a “repat” you and your family members are different sorts of Americans from those who stayed behind.

This can be a jolt, but there is help out there for you. Membership in the FAWCO Alumnae, USA, better known as FAUSA keeps you in touch with others who understand the life changing experience of living in other cultures.

Besides the pure psychological support of being a part of this network, there are other benefits, too. The Quarterly magazine carries articles of interest to “repats,” and you may apply for the FAUSA Education Award for yourself or a child. In addition, FAUSA members may attend the FAWCO conferences overseas and the FAUSA Annual Meeting, which is in a different part of the US every fall. Learn all about FAUSA, contact someone in your region, and download an application at www.fausa.org. We would love to hear from you.

Jane IndrelandPresident, FAUSA

www.FAUSA.org

**Are you returning
to the USA soon?
Maintain your
international
connections
with other "repats"
by joining FAUSA.**

**For information,
speak to your
FAWCO Rep
or visit
www.FAUSA.org**

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