



# AWCCS Newsletter

## American Women's Club of Central Scotland



Hi!

Welcome to our bi monthly electronic newsletter. **You will receive it through your email as a pdf file you may wish to save it and the calendar on your desktop to view.** There are now some live links to information, other websites, and to club forms and payments. If you would like to submit an article or info for our newsletter, please send it to newsletter@awccs.org by the 15th of the preceding month.

Thank you! Susannah Stout, Newsletter Editor

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Submissions are welcome and should be sent to sus.stout@yahoo.co.uk by the 10th of the month. Please accompany submissions with images if you have any! Contact the Editor by phone or email for details. Late submissions may not be included. Although material may be edited for clarity or space, contributions should be submitted ready for print. Our next 3 month issue shall be published for June 2019. Please submit info early, thank you!

AWCCS reserves the right to refuse any ad and cannot be held responsible for loss or damages incurred as a result of transactions stemming from any advert.  
- Newsletter Editor Susannah Stout

## AWCCS BOARD OF DIRECTORS 2018-19

<b>President</b>	Nancy Lynner	nlynner@gmail.com
<b>Honorary President</b>	U.S. Consul General,	Ellen Wong
<b>Vice President</b>	Open	
<b>Secretary</b>	Kathy McGlew	kathymcglew@aol.com
<b>Treasurer</b>	Susanne Hathon	
<b>Prospective Membership</b>	Kristina B. Royer	kristina.bilonick@gmail.com
<b>Current Membership</b>	Joyce Halsan	j.halsan@blueyonder.co.uk
<b>Advertising/PR</b>	open	
<b>Newsletter Editor</b>	Susannah Stout	sus.stout@yahoo.co.uk
<b>Website Manager</b>	Joyce Halsan	joycehalsan@me.com
<b>FAWCO Representative</b>	Amanda Drollinger	adrollin@pratt.edu
<b>Glasgow Rep</b>	Susan St.Denis	msusan448@aol.com
<b>Charity Chair</b>	Alanna Kibiloski	alannakib@gmail.com
<b>Social Co-Chairs:</b>	Open	

## SPECIAL INTEREST GROUP COORDINATORS

### Edinburgh

<b>Morning Book Group</b>	Dale Finlayson	dka.finlayson@gmail.com
<b>Coffee Plus Edinburgh</b>	Dale Finlayson	dka.finlayson@gmail.com
<b>Voting Coordinator</b>	Dale Finlayson	dka.finlayson@gmail.com

### Glasgow

**Books Beverages and Banter**

### Fife

<b>Fife Dinner Club</b>	Pat Peters	pat.peters39@yahoo.co.uk
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*Remember to check the website for the latest updates: [www.awccs.org](http://www.awccs.org)  
You will need to register in order to log in to the Members Only Section.*

*If you've got a favourite activity and would like others to join, please let  
Nancy Lynner know at [nlynner@gmail.com](mailto:nlynner@gmail.com) and we will start  
a Special Interest Group for you.*

2019 April and May  
AWCCS President's Letter

ROOM AT THE TOP!

Dear Members,

Congratulations to our wee club with the generous volunteers! 23 of our 70 AWCCS Members volunteered with the 2019 Edinburgh FAWCO Biennial Conference and all your names were mentioned both within the conference directory, and out loud at the closing portion of the conference which we hosted. We've never worked so hard on a large project like this and we succeeded in accomplishing an efficient, economical, interesting conference for our umbrella organization. Your hard work was much appreciated. The Dalmahoy Hotel and Country Club was a perfect venue, and I will forever hold it dear to me as I reflect on our top-notch FAWCO Biennial Conference.

FAWCO announced that \$190,000 was raised for the 3 year Target Education project that was just completed. The next year is used to find and confirm a new Health Target charity, which will then be the recipient of the fundraising for the following 2 years.

Moving on—

**EASTER EGG HUNT**— The first club egg hunt that I recall, and it's hosted by our member, *Oksana Olkovy*, who moves back to Pittsburgh in 2 months! What an organizer, that she can manage all this, mom of twins, and can still host an Easter Egg Hunt! I want to see you all there, because you don't need kids to attend.

Put the **ANNUAL GENERAL MEETING** date into your diary—

we're meeting at the US Consulate again, thanks to the welcome from Principal Officer, Ellen Wong, and our date is Tuesday May 14th.

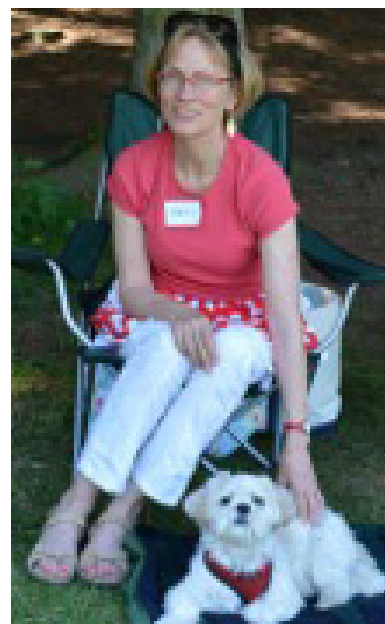
The invitation is elsewhere in the newsletter 6:00 pm- 8:30 pm and you can RSVP to me at [nlynnner@gmail.com](mailto:nlynnner@gmail.com).

There is Room at the Top for each and every one of you. I am speaking of the AWCCS Board. I am stepping aside after 6 years as President and 11 years on the Board. It's been a great deal of fun and has greatly improved my social life—I look forward to planning many more events for our gatherings in the future. It's time, however, for someone else to take the presidency. (There has been no vice president for the past 6 years, but we've managed by sharing the duties of event planning.)

This club has proven that together our members can find creative solutions to any issues that we encounter. Let's keep our club going from strength to strength. Elsewhere in this newsletter you'll find a page of Tips on how easy it is to be the President, and this was written by me. There is Room at the Top!

Warm Regards,

Nancy Lynner  
AWCCS President



## **American Women's Club of Central Scotland**

*Would you like to be our next AWCCS President (2019-2021)?*

***Tips on being AWCCS President  
by Nancy Lynner***

### **The role of AWCCS President:**

1. Is the contact person for the US Consulate General Edinburgh;
2. Sets the board meeting dates and agenda, by getting action items from other board members a week ahead, and puts own thoughts down in the agenda;
3. Reviews the minutes before the Secretary publishes them by email;
4. Asks for members and board members to plan club events;
5. Writes a President's Letter for the AWCCS Newsletter each issue;
6. Facilitates the delegation of volunteers for members' events, including Thanksgiving, July 4th, Annual General Meeting, and monthly events.

## Charity Raffle Item!

*In Support of the the FAWCO Foundation Target Project for the "Collateral Damage" Program to help women displaced by conflict by providing training and education:*



### ***One night stay with dinner for 2 in a beautiful boutique hotel in the Highlands***

The AWCCS has purchased a Raffle item from the 2019 FAWCO Biennial Conference in Edinburgh to offer to one of our members, the proceeds from which shall be donated to charity chosen by the AWCCS. It is a one-night stay for two at the **exquisite boutique hotel, *The Fife Arms Hotel*** in Braemar, Scotland, which includes dinner for two in the Flying Stag (drinks excluded). We are charging £1 per ticket, and you have an opportunity to purchase 5 tickets for £5.00 using our PayPal link.

*Raffle Opportunity for our AWCCS Members:*

**The Fife Arms Hotel, Braemar**

**One night accommodation**

**with dinner for two people in the Flying Stag (drinks excluded)**

**(Subject to availability & valid until 30 June 2019)**

*Tickets 5 tickets for £5.00*

*May be purchased using PayPal.*

If you wish to buy multiple tickets of 5, just choose the amount next to the payment button. As always there will be a slight charge to you for using PayPal.

Click here: [https://www.paypal.com/cgi-bin/webscr?cmd=s-xclick&hosted\\_button\\_id=RSZVVF2ZHT9W8](https://www.paypal.com/cgi-bin/webscr?cmd=s-xclick&hosted_button_id=RSZVVF2ZHT9W8)

If you wish to buy tickets using a cheque or cash, please contact Joyce at joycehalsan@me.com and I will get them to you.

***DEADLINE:*** We will be choosing the winner at our ***Easter Egg Hunt*** on 20 April, 2019 so we have a very short time to buy tickets.





**MAIL BOXES ETC.®**

## SHIPPING TO THE USA

FedEx overnight\* documents to U.S.A - £38

Weight (Kg)	UPS	Parcelforce
10 (22 lbs)	£120 (£12/kg)	£85
20 (44 lbs)	£147 (7.35/kg)	£110
30 (66 lbs)	£175 (£5.83/kg)	£140
50 (110 lbs)	£227.36 (£4.54/kg)	£234
100 (220 lbs)	£355 (3.55/kg)	£404

\* overnight in most cases.  
Parts of New York and New Jersey may be cheaper than the UPS price quoted.  
Prices correct at time of print.



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**12 South Bridge**, Edinburgh, EH1 1DD  
tel: 0131 652 3672 info@mbeSouthBridge.co.uk

**196 Rose Street**, West End, EH2 4AD  
tel: 0131 220 1999 info@mbeEdinburghWestEnd.co.uk



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

## **A Wee Daunder Down the Canal**

**Tuesday April 16th, 1-2 pm**  
**Meet at Lochrin Basin, Fountainbridge, Edinburgh**

Join me for - A Wee Daunder Down the Canal!

At the FAWCO Biennial Conference last weekend we heard an update on a program called "***Clubs in Motion***". All together FAWCO managed to walk the equivalent of the circumference of the earth over the last year. Knowing I walk 40 miles a week, I got all excited that we could easily beat this goal next year if we tracked all our steps, but, for the distance to qualify, at least 3 members need to join in on the walk - ***Clubs in Motion*** is not only about getting physically healthier, but also about the mental health benefits of being active together.

AWCCS made a good showing last year and I got to thinking, my new office is at Edinburgh Quay and I'd be happy to host a walking event to help us all get out and move just that little bit more in the week.

So I invite you along to join me for a walk down the canal from 1-2pm on Tuesday April 16th. We'll meet at **Lochrin Basin** - behind **Akva**, and walk as far as we get in about half an hour (probably about a mile to **Harrison Park**) before turning back.

Please RSVP to me: [carolinetgraves@gmail.com](mailto:carolinetgraves@gmail.com) so I'll know who to expect!

## **AWCCS April Event : Easter Egg Hunt!**

**Saturday, April 20th 2019**  
**11am-2 pm**

*Easter egg hunt at the home of AWCCS member, Oksana Olkhovyk*



We are delighted to announce that we will be hosting Annual Easter Egg hunt at the backyard of our house at **19 Kirkhill Gardens, Edinburgh EH15 5DF.**

We invite all kids and adults who are kids in their heart to join us.

We will try to do some traditional Easter egg painting at the greenhouse and look for chocolate treats around the garden.

After the event we can organize a walk to <https://www.preston-field.com/> grounds so that kids can enjoy chasing peacocks and admiring Scottish highland cattle munching on grass at the premises.

Please RSVP to Oksana at 07786792816 or [oolkhovy@kent.edu](mailto:oolkhovy@kent.edu) if you would like to come (name and number of adults/kids) .

Please bring chocolate Easter eggs and a drink or brunch item you like for yourself or your kids.

We will provide mimosas for adults and juice and light refreshments for kids.

Oksana Olkhovyk

## Club Event Ideas for Earth Day - April 22

While most FAWCO members agree that the environment is an important issue, very few clubs organize any kind of activity to increase awareness and/or take positive action on an environmental issue. The Environment Team would like to change that by encouraging clubs to plan an event for Earth Day on April 22. (That's right after Easter this year, so if the timing isn't handy for your club, plan the event for a more convenient moment.) We have ideas for a variety of events – from simple to more substantial - so read through the list below and find something that fits your club...



1. Planting trees is a wonderful way to give back to the environment and reduce climate change...plus it's a lot of fun for club members and their families! For tips on how to get started, see [Planning and Organizing a Tree Planting Project](#). For tips on how to actually plant your tree(s), see [Tree Planting for 'Dummies'](#).

2. How about reading a good novel with an environment theme for your club's book discussion group? The novel we recommend, *Prodigal Summer*, is by Barbara Kingsolver and could be read by an existing book discussion group, or a special group could form just to read this book. Information on the novel, as well as a list of discussion questions to start off your conversation can be found at [Prodigal Summer](#). Just add book worms for an enjoyable environmental event at your club!

3. While everybody knows that cutting back on meat in your diet is good for the environment, this can be challenging. Organize a vegetarian cooking workshop to show how tasty a meatless meal can be and provide tips on cooking vegetarian. The best vegetarian/vegan food is made of fresh ingredients that are put together because of their own unique qualities and not as a "substitute" for meat.



4. Have a knowledgeable/willing member prepare a special talk on an environmental issue(s). Climate change would be interesting and timely. Put special emphasis on the environmental challenges in your community and

possible solutions. (Be sure to use up-to-date topics and ones that are relevant for the region's environment.)

5. Work with a local coffee bar to organize a "mini-barista" training to learn how to create latte art. Provide a reusable thermos coffee cup as part of the event and pair this with information on eco-coffee.



6. Organize an afternoon tea tasting and a tea leaf reading as a fun club activity. Provide a reusable thermos cup as part of the event.

7. Invite a speaker to talk about local environmental issues at your club meeting. A good example of this is how garbage removal is handled in your city; how is recycling organized and how members can participate more.

8. Plan a nature walk in a local park or nature preserve area. Have a guide give information on the vegetation and animals, place in the ecosystem chain and any environmental problems faced.

9. Plan a trash or beach clean-up day in your area with members, younger children and students. This will bring home the huge amount of plastic waste in your community and the world in general, while contributing to a cleaner environment close to home.



10. Have reusable shopping bags made with your club's logo and sell them at club events. Not only is a reusable shopping bag a great way to cut down on plastic bag use, it's fun advertising for your club. Bags can be used as speaker gifts or prizes to extend good habits even further.

11. Plan a musical performance event or artist's show. Use part of the admission fee to donate to a (local) environmental cause and include short speeches on the purpose of the event at the beginning.

12. Have a film night and show an environmentally themed movie. Charge admission and use part of the admission fee to donate to a (local) environmental cause. A listing of good environmental films, (such as Deepwater

Horizon, Wall-E, An Inconvenient Truth, The Day After Tomorrow and The Corporation) can be found at The Environment Show. Have some discussion after the film to talk about the issues raised.

13. Show a short environmental film as the event at a club meeting. (Solutions is a 30 minute film on climate change that was made by 17 year old Rosie Keller and presented in a workshop at the 2013 FAWCO Conference. Even though it's not 100% current, the message is good and varied and the compelling film has good ideas for simple personal action.)

14. Organize a "coffee klatsch talk" with an environmental theme.

15. Plan a trip to visit a local environmental facility for a tour. Possible locations include: water purification facility, garbage transfer stations, recycling facility, compost site, etc.



We hope you will include attention for the environment as one of your club activities and would love to hear about anything you do. If the Environment Team can help in any way, don't hesitate to ask us at [environment@fawco.org](mailto:environment@fawco.org). "Sooner or later, we will have to recognize that the Earth has rights, too, to live without pollution. What mankind must know is that human beings cannot live without Mother Earth, but the planet can live without humans."

- Evo Morales  
The FAWCO Environment Team

Photo credits:

- Hands working together
- Vegetarian cooking workshop
- Reusable thermos cup
- Trash clean-up day
- Recycling facility tour

- Article from the FAWCO Global Team



**U.S. Consulate General Edinburgh Principal Officer Ellen Wong**

**and**

**The American Women's Club of Central Scotland**

**cordially invite you to attend the**

**AWCCS Annual General Meeting**

**Tuesday, 14th May, 2019**

**6:00-8:30 p.m.**

**U.S. Consulate General, 3 Regent Terrace, Edinburgh, EH7 5BW**

***New board members for next year are welcome!***

**RSVP to [nlynnner@gmail.com](mailto:nlynnner@gmail.com)**

## Upcoming Event of Interest to our AWCCS Members:

*Photography Exhibit  
by Patricia Ramaer*

**May 3rd - May 15th**

**BREAD Arts Lab,  
58 High Street, Ayr  
KA7 1PA**



### ***Between***

"Between worlds, time, space, matter, air and ice. I stumble about staring indecently at erotic auroras, blindingly blue glaciers, at landscapes so giant I feel curiously dwarfed. Immersed, untethered, unable to absorb. This fragile sacred place makes me weep and warp. Ghostly pioneers and portals appear, I disappear."

An installation created in response to a month spent in the High Arctic. The residency included an expedition on a Barquentine tall ship on which Patricia sailed up through the Svalbard Archipelago. They pushed up, avoiding storms and treacherous weather and eventually made it to 400km from the North Pole.

After staying with a local dog musher, Patricia found herself feeling in-between the harsh reality of the present and the ghosts who came before her.

Patricia plays with the state of being 'between' and documents the transient, the unseen. Expect photography, film, artworks and objects that allow you to creep under the skin of the first explorers.

Pure Arctic energy is infused within every inch of this exhibition, revealing the divinity of this unique landscape and capturing its purity before it is lost forever. What is between remains unseen, until now.

Patricia Ramaer  
[www.patriciaramaergallery.com/FINE-ART](http://www.patriciaramaergallery.com/FINE-ART)  
079-43827744

**Upcoming Event of Interest to our AWCCS Members:**  
*From Gerda Stevenson, closing speaker at the FAWCO Conference:*

**Exhibition of paintings at Biggar Museum:**

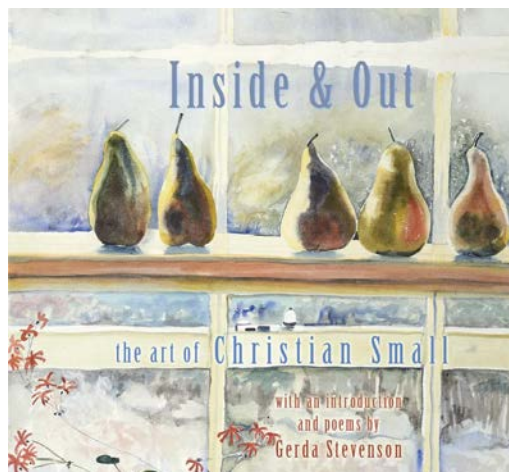
**Friday 19th April – Sunday 26th May: THE ART OF CHRISTIAN SMALL**

With poems by **Gerda Stevenson**, and prose by Christian's daughter, Jenny Alldridge, written in response to the artist's work.

"Truly wonderful watercolours - so much to glory in. Stevenson's marvellous poems, in the imagined voice of the painter, are all full of the 'fierce tang of bitter milk coursing through' them." Liz Lochhead.

"A gifted artist." iSCOT magazine

<http://www.biggarmuseumtrust.co.uk/whats-on/christiansmall.co.uk/>



The book, INSIDE & OUT: the art of Christian Small, is now published in a second edition by Scotland Street Press.

'One of the most beautiful books ever published in Scotland.' The National.

"A perfect Winter book - a real comforter (a very tough and thought-provoking brand of comfort, though). How to winter... how to get older... it might not be as bad as we fear, says this book, if the creativity lasts on us. Every picture tells a story, and this selection tells of lifetime creativity. Still-lives, glowing, domestic, ordinary and marvellous, portrait studies full of the sitter's life and individuality, the intimate landscapes daily walked in. Small things observed, relished. Reading the book from cover to cover knocked me out. Jenny Alldridge, Small's daughter, contributes delicate imaginative prose-pieces in the internal voice of her famously reticent mother. Gerda Stevenson's loving introduction is vigorously studded with telling testimony from the painter's friends, contemporaries and family, scrupulously verbatim, sometimes funny, always vivid, a portrait of a very private character, with some difficult griefs, a principled, peace-loving and courageous, but not always easy woman. Stevenson's marvellous poems, in the imagined voice of the painter, are all full of the 'fierce tang of bitter milk coursing through' them." - LIZ LOCHHEAD.

**AWCCS Writers for the “Edinburgh Edition”,**  
**The 2019 FAWCO Biennial Conference Edinburgh newsletter**

The FAWCO Conference Newsletter was considered a great success with many people complimenting us on the wonderful photography and quality writing by our AWCCS volunteers!

Firstly, I'd like to express my thanks to Amanda Drollinger, our Edinburgh FAWCO Conference Organizer, for helping to plan the newsletter, choosing articles to be written and recommending our writers.

I was particularly impressed to realise that **1 out of every 6 members of the AWCCS** wrote an article for our daily electronic newsletter. I would personally like to thank:  
(in alphabetical order )

Suzette Bell, Dale Finlayson, Suzanne Hathon, Pam Judson, Melissa Kaplan, Amaia Kirkpatrick, Amanda Kirkpatrick, Nancy Lynner, Tahitia McCabe, Kathy McCarthy, Tracey Rosenberg, Kristina Royer, Tara Scott, Michele Wirt, and our Edinburgh US Consulate General Principal Officer, Ellen Wong.

Many thanks to our very dedicated photographer, Patricia Ramaer, of the AWCCS, for the beautifully expressive photography, not only for the newsletter, but also as a FAWCO record of all of the conference groups and gatherings throughout the week. Patricia is a professional photographer who went above and beyond expectations volunteering for the conference, and I must mention that if any club member or friend of a club member requires a truly fantastic photographer for an event, project or personal photo session, I cannot recommend her more highly!

I have been asked to include some of the articles within our AWCCS newsletter, but would also like to attach the pdf copies to the AWCCS Newsletter email for you to have a look at to find out more about the activities and speakers at 'our' FAWCO Conference.

- Sue Stout, AWCCS Newsletter Editor  
“Edinburgh Edition” 2019 FAWCO Conference Newsletter Editor

## **AWCCS Volunteers - Thank you from Joyce Halsan**

To all those volunteers, thank you so much for your help at the FAWCO conference. You were so helpful to those of us at the registration desk answering questions, directing people which included walking visitors to their rooms, handing out name tags and helping them register for Sunday dinners which were so much appreciated by those who attended.

We got so many folks who stopped by to say how much our club members were appreciated and what a good job they did. We had fun meeting everyone and I hope you were able to attend some of the excellent speakers. Well done everyone!!!

Here are some of the comments we got on FaceBook. They are talking about YOU!

### **Judy F.**

"Joyce, you, Amanda and all of your volunteers did a fabulous job. So sorry I wasn't able to say good-bye in person - you saved me so many times!"

### **Kristin Haanaes**

"Totally agree! All the volunteers were wonderful! Kudos on a job well done and a terrific conference!"

### **Emily**

"Thank you, Joyce and everyone! It was a wonderful conference!"

### **Sallie C.**

"Bravo, Joyce, for your patience and your incredible work as conference Registrar! And thanks again to all the lovely AWC Central Scotland volunteers who pitched in to make the conference the smashing success that it was."

### **Maggie Palu**

"My first conference was as a volunteer in Lyon, and I know what it's like. I can't say thanks enough to all you volunteers. Merci beaucoup."

### **Ann de Simoni**

"Thank you one and all. It was one of my most favourites so far."

### **Laurie Brooks**

"You guys were the best!! Many, many thanks!"

### **Tricia Saur**

"Thank you to all the volunteers from AWC Central Scotland! You gave so much time and care to welcome your FAWCO sisters. From the lovely bags to the very

special charms to tending to unexpected needs. Thanks!"

### ***Ellie Badanes***

"Hi Everyone, What a fantastic week together! Each day was packed with the perfect mix of content, collaboration and coffee. Our nights were so fun and festive too. It was wonderful to see old friends and as always, amazing, to meet new friends. I love the photos here and wonder if you all would be happy for me to use them on our twitter and instagram platforms? I'm interested in the group pics especially!"

### ***Liza Riddell***

"I just wanted to say thank you to everyone who had a part in organising this conference and everyone I crossed paths with on the days I was there. It was a truly warm welcome to FAWCO and I left feeling hugely inspired to start my first year as FAWCO rep back in Aberdeen"

### ***From Laurie Brooks, Communication Team***

"I want to give tremendous and heartfelt thanks to our photographer Patricia Ramaer, our newsletter editor Susannah Stout, and every person who contributed to The Edinburgh Edition over the past 5 days. These newsletters were not only informative and fun, but will also provide a great historical record for FAWCO. I'd also like to thank the rest of my awesome Communications Team, Susanne Hathon and Caroline Graves, who kept us all on track and worked their magic behind the scenes. Many, many thanks to the AWCCS and their wonderful volunteers!"

### ***Melissa Mash***

"To Amanda and all the volunteers - The organization of the conference and the volunteers were AMAZING! I loved the personal touches that the club provided - hand screened conference bags, unique conference charms, and a goodie bag with a taste of Scotland! Everyone was so helpful and friendly. A wonderful conference - thank you all!"

### ***Aurora Silverstein***

"A BIG thank to Tara Scott, Amanda Drollinger, Joyce Halsan and all the volunteers from AWC Central Scotland from pre conference tour to conference to all the questions & answers provided. (My apologies that I cannot name each one of you) it was spectacular !!!"

### ***Christine Humphries***

"I just want to echo what Melissa said. The conference was well organised and appreciated by all. A special thanks to the Edinburgh conference team! Great start for Region 1!!"

***Thank you to our musicians at the FAWCO Conference!***

Many thanks to our musicians, ***Thunderdog Ceilidh Band*** and ***The Okefenokee Reunion*** for the Blue Grass night. People loved dancing to them and it really made our conference a most memorable one for all of our FAWCO visitors from around the world!

***Volunteer Appreciation Party to be held in May - Stay tuned for details.***

Please pat yourselves on the back, everyone did a super job and you are all appreciated. What a crazy few days. Hope you enjoyed yourselves in the middle of really hard work. If you didn't have a melt-down sometime during the conference, you were doing something wrong...but hopefully the good outweighed the bad for you and you enjoyed meeting some wonderful people. I personally enjoyed working with you all and was just as impressed as everyone else that you jumped in and took charge wherever you were called. Party to come in May!!!!

- Joyce Halsan



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**We are an award-winning U.S. law practice providing strategic immigration law advice and support for businesses wishing to establish or strengthen a U.S. presence and individuals interested in visiting, working in or immigrating to the United States of America.**

About Olivia McLaren: A U.S. qualified attorney admitted to the bar of the State of New York, who worked in U.S. immigration and nationality law in New York City for a decade before opening Olivia McLaren, Ltd. in Edinburgh in 2014. Listed in *Who's Who in Corporate Immigration* (2015-2016). Co-columnist for the *New York Law Journal* bimonthly immigration law column between 2012 and 2014. Also selected as a Rising Star by Super Lawyers in NY Metro in 2013 and 2014, as published in *NY Times Magazine*. Graduated with a J.D. and LL.M. in International & Comparative Law from Duke University in 2004.

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## ***American Citizens Abroad - submitted by Dale Finlayson***

### ***Taxes***

The April 15th tax deadline for filing 2018 tax returns is looming. Expat filers get an automatic extension to June 15th – but if you owe any tax, you must pay by the April deadline or face a late-payment penalty. And under the new tax legislation (I learned at the FAWCO conference), anyone earning more than \$5 – yes, you read that right, FIVE DOLLARS! – during the tax year must file a return. And “earnings” includes bank interest. So in effect, every expat must file. A further extension to October 15th must be submitted by June 15th by filing IRS Form 4868. Once filed, you’ll automatically be granted an extension to October 15th. The deadline for filing the FBAR (Form FinCEN 114 via the BSA e-filing system) is automatically extended to October 15th and no extra forms need to be filed. But keep in mind that interest will continue to accrue on any money you owe the IRS.

### ***Voting***

ACA advises US citizens living overseas that voter suppression (including purges of the voter rolls) in about half of the states makes registering to vote each year more important than ever before. Preserve your right to vote! State primaries will be starting soon and you can vote from overseas for national office-bearers. Don’t miss out – 2020 will be an important election year!

As the AWCCS is a member of FAWCO, we ask our members to register to vote through their website. The US (formerly Overseas) Vote Foundation is withdrawing support for the link to the FAWCO website (an alternative is being sought), because so few members linked to it register to vote. For the moment, it is still available on the FAWCO website and the more FAWCO members who register via the website, the greater FAWCO’s credibility when lobbying in Washington during the annual Washington Week.

### ***ACA and Tax reform***

American Citizens Abroad was asked to contribute to the US Government Accountability Office’s (GAO) report on the implementation of the Foreign Account Tax Compliance Act (FATCA) and its effects on US persons living overseas. Important summary conclusions were that close to 75% of taxpayers reporting foreign assets to the IRS also reported them separately to the Treasury – indicating potential unnecessary duplication; and that some Americans living abroad can’t get services from foreign banks that find the law too burdensome.

*I would like to encourage you to take a look at the articles like this about the very interesting FAWCO Conference speakers written by our members and with beautiful accompanying photography by Patricia Ramaer which are combined on the pdf sent out with this APRIL/MAY AWCCS newsletter.*

*- Sue Stout, Newsletter Editor*

*FAWCO 2019 Conference "Edinburgh Edition" article:*

### ***Opening Keynote Speaker, Alice Thompson, of Social Bite***

Social enterprises are inherently innovative. Social Bite is a Scottish social enterprise and one of the cofounders, Alice Thompson, was our Keynote speaker Thursday morning. Social Bite started out as a café chain, employing 1 in 4 of their staff from homeless backgrounds, feeding and supporting the homeless community every day. Now, in 2019, Social Bite is also a national scale charity with a much wider mission than the café.



*Alice Thompson from Social Bite. Photograph by Patricia Ramaer.*

- It is on a mission to end homelessness in Scotland by being a thought-leader and positive disruptive force in the industry.
- So far Social Bite have done this by creating an alternative to temporary accommodation through the Social Bite Village which houses and supports up to 20 people in the community at a time in low-cost yet dignified accommodation, and

- Using the Housing First model by funding the UK's largest ever Housing First programme (The 830 Homes Campaign), and working with the Scottish Government to implement this.
- This year Alice plans to continue her Wee Sleep Out programme engaging young people in creating their own fundraising sleep outs for Social Bite's charity while educating them with workshops throughout Scotland on how to use social enterprise to tackle the world's problems.

Alice spoke of the specific issues that come with hiring and depending upon staff who are, or have been, homeless. If you've ever had to manage staff, you might imagine the standard operation procedure will not suffice. A job offer is not enough – they need:

- Help into employment
- Support throughout their employment: counselling; practical support with benefits; how to budget and pay bills; placement experiences outside of Social Bite
- A Social Impact Team

Social Bite has grown steadily and quickly, and has gained international notice from attracting President Bill Clinton, George Clooney and many other celebrities to their Edinburgh fundraising events, and just last week they welcomed Malala Yousafzai, Nobel prize winner, to their event.

If you want to find out more, the website is [www.social-bite.co.uk](http://www.social-bite.co.uk)

## ***Getting Older: Osteoarthritis*** ***By Blandina Steinhauslin, ALO Florence***

Arthritis is very common; however, it is not one single disease. Rather, it is an informal way of referring to joint pain or joint disease. There are more than 100 different types of arthritis and related conditions.

Of these, osteoarthritis is a condition that usually appears in people over 40 years of age and affects the joints that bear most of our weight, such as the knees and feet, or those that we use a lot in everyday life, such as the joints of the hand.

In a healthy joint, a coating of tough but smooth and slippery tissue, called cartilage, covers the surface of the bones and helps them to move freely against each other. When a joint develops osteoarthritis, part of the cartilage thins and the surface becomes rougher. This means the joint doesn't move as smoothly as it should. When cartilage becomes worn or damaged, the body tries to repair the damage. These repair processes may change the structure of the joint, but will often allow the joint to work normally and without any pain and stiffness. Almost all of us will develop osteoarthritis in some of our joints as we get older, although we may not even be aware of it.

However, the repair processes don't always work this well, and changes to the joint structure can sometimes cause or contribute to symptoms such as pain, swelling or difficulty in moving the joint normally. For example, extra bone may form at the edge of a joint. Especially in the finger joints, this may be visible in the form of firm, knobby swellings. The lining of the joint capsule (called the synovium) may also thicken and produce more fluid than normal, causing the joint to swell.

### **Symptoms**

The main symptoms of osteoarthritis are pain and sometimes stiffness in the affected joints. The pain tends to be worse when you move the joint, or at the end of the day. Your joints may feel stiff after rest, but this usually wears off fairly quickly once you get moving. Symptoms may vary for no obvious reason - or you may

find that your symptoms vary depending on what you're doing. The affected joint may sometimes be swollen or may not move as freely or as far as normal, and it may make grating or crackling sounds as you move it, a phenomenon known as crepitus.

### **Risk Factors**

Factors that may increase your risk of osteoarthritis include:

- Older age: the risk of osteoarthritis increases with age.
  - Gender: women are more likely to develop osteoarthritis, although the reasons for this are not clear.
  - Obesity: carrying extra body weight contributes to osteoarthritis in several ways, and the more you weigh, the greater your risk. Increased weight puts added stress on weight-bearing joints, such as your hips and knees. In addition, fat tissue produces proteins that may cause harmful inflammation in and around your joints.
  - Joint injuries: injuries, such as those that occur when playing sports or from an accident, may increase the risk of osteoarthritis. Even injuries that occurred many years ago and seemingly healed can increase your risk of osteoarthritis.
  - Certain occupations: if your job includes tasks that place repetitive stress on a particular joint, that joint may eventually develop osteoarthritis.
  - Genetics: some people inherit a tendency to develop osteoarthritis.
  - Bone deformities: some people are born with malformed joints or defective cartilage, which can increase the risk of osteoarthritis.
- Treatment.

There is no cure for osteoarthritis; the degenerative process can not be reversed. Nevertheless, symptoms can usually be managed effectively through lifestyle changes, physical and other therapies, medications, and surgery (for these, please consult your physician). Lifestyle changes include losing weight: obesity, or even being somewhat overweight, increases the stress on your weight-bearing joints, such as your knees and hips. Even a small amount of weight loss can relieve some pressure and reduce your pain. Talk to a dietitian about healthy ways to lose weight. Most people combine changes in their diets with increased exercise.

Exercise can increase your endurance and strengthen the muscles around the affected joint, making the joint more stable. Try walking, biking or swimming. If you feel new joint pain, stop. New pain that lasts for hours after you exercise probably means you've overdone it, but it doesn't mean you have done any significant damage or that you should stop exercising. Simply resume a day or two later at a slightly lower level of intensity. Another major component to treatment is your own outlook on life. Your ability to cope despite the pain and disability caused by osteoarthritis often determines how much of an impact osteoarthritis will have on your everyday life.

Self-management is about making positive and healthy lifestyle choices, and acknowledging and addressing the physical and emotional effects of arthritis. Having arthritis affects everyone differently, so it's up to you to learn and practice what helps you to live well and thrive.

Bibliography:

<https://www.mayoclinic.org/diseases-conditions/osteoarthritis/symptoms-causes/syc-20351925>

<https://www.arthritis.org/about-arthritis/types/osteoarthritis/>

<https://www.versusarthritis.org/about-arthritis/conditions/osteoarthritis/>

- Article from the FAWCO Health Team

## Edinburgh Morning Book Group



**Friday, 12 April**

**10:15 am**

Home of Marily Macvicar  
marilymacvicar@gmail.com

***Things Fall Apart***  
**by Chinua Achebe**

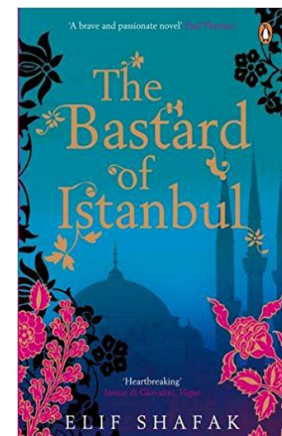


**Friday, 17 May**

**10:15 am**

Home of Nancy Lynner  
nlynnner@gmail.com

***The Bastard of Istanbul***  
**by Elif Shafak**

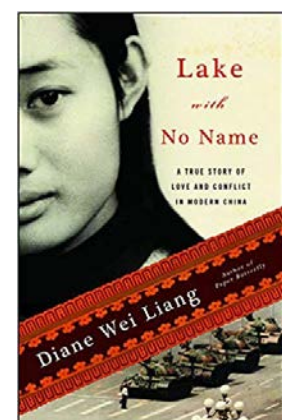


**Friday, 14 June**

**10:15 am**

Home of Susan Elliott  
susan1929@btinternet.com

***The Lake with No Name: A True Story of Love and Conflict in Modern China***  
**by Diane Wei Liang**



## AWCCS Glasgow Books, Banter and Beverages (BBB)

In recent months, we've enjoyed a trip out for an American breakfast together and have even gone to the Ballet!

Although we do not have definite plans for April at this moment, Monica Huckins may plan an event for April and Suzy St. Denis has suggested an event on either Wednesday May 22nd or on Wednesday May 29th.

Please look out for our usual email correspondence for details!

Thanks,

All your fantastic Glasgow AWCCS Friends!



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## **BIRTHDAYS:**

**Happy Birthday to the following members for April and May:**

### **April**

Amanda Kirkpatrick	13th
Sue Stout	28th
Lise Tole	29th
Diana Easley Montador	30th

### **May**

Kate Pearson	6th
Kristina Royer	7th
Pam Judson,	10th
Karen MacCormick	12th
Amanda Drollinger,	17th
Oksana Olkhovyk	29th



**Have a fantastic Birthday, gals!**

## American Women's Club of Central Scotland Birthday Bash

*Join us for a drink, even if it's not your birthday month.*

### April Birthday Bash

**COME PARTY AT ANOTHER NEW LOCATION**

WHEN: Thursday 18th APRIL  
TIME: 6:00 – 8:00 PM  
WHERE: **TIGERLILY** [www.tigerlily.co.uk](http://www.tigerlily.co.uk)

125b George Street, Edinburgh EH2 4JN  
Tel: 0131 225 5005

RSVP – Nancy Lynner [nlynner@gmail.com](mailto:nlynner@gmail.com)



### May Birthday Bash

WHEN: Thursday May 23rd  
TIME: 6:00 – 8:00  
WHERE : WHIGHAM'S WINE CELLARS  
13 Hope St, Edinburgh EH2 4EL

RSVP – Nancy Lynner [nlynner@gmail.com](mailto:nlynner@gmail.com)

### June Birthday Bash

WHEN: Thursday 13th June  
TIME: 6:00 – 8:00  
WHERE: Waldorf Astoria Peacock Lounge

RSVP – Nancy Lynner [nlynner@gmail.com](mailto:nlynner@gmail.com)

*Remember to Rsvp so Nancy can book the right size table*



## Coffee Plus (Edinburgh)

**Wednesday, 24 April, from 10am**  
**Venue: Coffee and chat at *Le Bistrot***  
**followed by a visit to *The Writers' Museum***

A visit with a difference this month. We'll start by meeting for coffee and chat at Le Bistrot, the French Institute's new restaurant/café just down from the Royal Mile on George IV Bridge (the website gives its address as West Parliament Square, but the entrance is on George IV Bridge). Around 11am we'll cross the road to the Writers' Museum to view a somewhat unusual exhibition:

### ***Storyworlds: Paper Sculptures by Edinburgh Young Artists***

Storyworlds is an exhibition to celebrate the Year of Young People. The exhibition of paper sculptures was completed by senior students of art from a variety of Edinburgh Secondary Schools. Students took inspiration from the Writers' Museum and Scottish Literature and worked with artist Tessa Asquith Lamb and our Learning and Programmes Team to develop artwork inspired by the diverse legacy of Scottish Literature. The result is a magical group of sculptures showing tiny enchanted storyworlds under glass domes.



The exhibition also includes work by ***Tessa Asquith Lamb***, an Edinburgh printmaker whose etchings are gleaned from sources such as battered old Victorian fairytale books, those cases at the back of museums that are rarely seen, carvings in corners of old churches, and the things you see on a blustery day in Edinburgh that no one else has noticed.



Contact: Dale Finlayson – [dka.finlayson@gmail.com](mailto:dka.finlayson@gmail.com)  
0131 667 9369 / 07962 010 944 (mobile)

## American Women's Club of Central Scotland September Event

**Save the Date: Saturday September 14th, 2019**

What historic Royal Burgh between Glasgow and Edinburgh is the site of the next AWCCS Walking Tour?

Birthplace of Mary Queen of Scots  
-but what was it that made Linlithgow  
a centre for trade and manufacture?

***Join us on a Walking Tour of  
Linlithgow!***

Led by our AWCCS member, Karen  
MacCormick

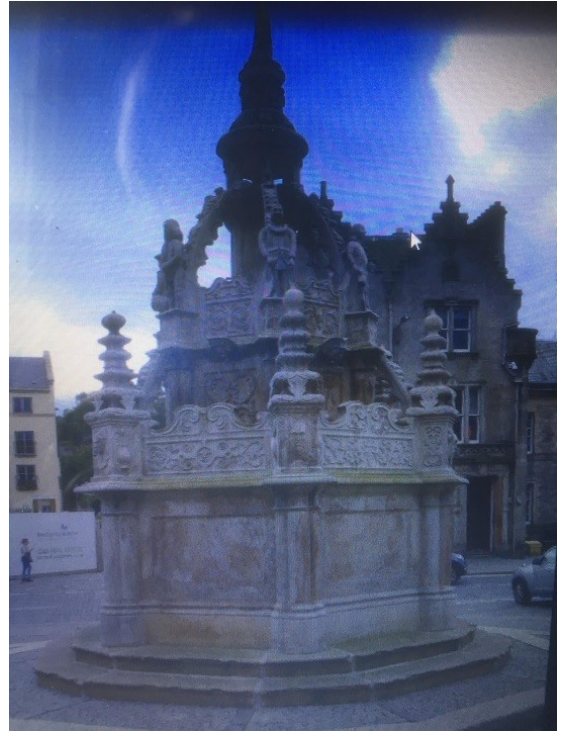
Date: Saturday, 14th September 2019

Time: 10:30 AM – 12:00 noon

Meeting location: Linlithgow Cross Well,  
on the High Street & Kirkgate

Other details: To be determined

Rsvp: [nlynnner@gmail.com](mailto:nlynnner@gmail.com)



## Calendar of Upcoming Events

### April

**Saturday, 13th April, 10:30 am**, **Board Meeting** at at the home of Susanne Hathon

**Friday, 12th April, 10:15 am**, **Edinburgh Morning Book Group**, Home of Marily Macvicar

**Thursday, 18th April, 6:00-8:00 pm**, **Birthday Bash**, Tiger Lily, 125b George Street, Edinburgh EH2 4JN

**Friday, 19th April – Sunday 26th May**, **THE ART OF CHRISTIAN SMALL**, Exhibition of paintings featuring poetry by Gerda Stevenson. Biggar Museum, 156 High St, Biggar, ML12 6DH

**Saturday, 20th April, 11am-2 pm**

**Easter Egg Hunt at the home of AWCCS member Oksana Olkhovyk**

**Wednesday, 24th April, 10 am** **Coffee Plus (Edinburgh)**, Coffee and chat at Le Bistrot followed by a visit to *The Writers' Museum*

### May

**May 3rd - May 15th**, **Photography Exhibit by AWCCS member, Patricia Ramaer**, BREAD Arts Lab, 58 High Street, Ayr KA7 1PA (South of Glasgow)

**Tuesday, 14th May, 6:00 pm– 8:30 pm**, **AWCCS Annual General Meeting**, US Consulate Edinburgh

**Friday, 17th May, 10:15 am**, **Edinburgh Morning Book Group**, Home of Nancy Lynner

**Thursday, 23rd May, 6:00-8:00 pm**, **Birthday Bash**, Whighams Wine Cellars, Edinburgh

### June

**Thursday, 13th June, 6:00-8:00 pm**, **Birthday Bash**, Waldorf Astoria Peacock Lounge Edinburgh

**Friday, 14th June, 10:15 am**, **Edinburgh Morning Book Group**, Home of Susan Elliott

### September

**Saturday, 14th September, 10:30 am**, **Walking Tour of Linlithgow**, meet at Linlithgow Cross Well, on the High Street & Kirkgate