

Inspiring Women

**Premier Issue:
Rebranded Women**



March 2017, Volume 1, Issue 1

CELEBRATING LIVES ACROSS THE FAWCO WORLD

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FAWCO would like to thank [Esquire Group](#) for underwriting the launch of **Inspiring Women** as our **Premier Sponsor**. Esquire Group provides a full-range of tax consulting services for individuals and businesses.

Their support has enabled FAWCO to bring you this new magazine !

Inspiration from the Editor



Hi everyone, let me wish you a very warm welcome to our new magazine. We are thrilled with how it's come together, after several months of hard work, and really hope you will enjoy the read.

A quick request from me, before we go any further: once you've finished reading, please complete our short online feedback form (see p. 39) so that we can make sure this magazine contains what you, the reader, want to see. Thanks!

Inspiration is a funny old word. Often those who inspire us don't think they count as inspirational. But since the 16th century one of the meanings in English of to inspire is "the drawing of air into the lungs". So actually you could say all of us can be considered inspirational in some way or other if it's about breathing!

As a "card carrying Brit" I watch the Queen's Christmas Message every year on Christmas Day (<https://youtu.be/ouieLx4VryU>). This year she spoke about inspiration, saying:

"to be inspirational you don't have to save lives or win medals. I often draw strength from meeting ordinary people doing extraordinary things They are an inspiration to those who know them, and their lives frequently embody a truth expressed by Mother Teresa. ... She once said "Not all of us can do great things. But we can do small things with great love."

You really don't need to make national headlines to inspire others. Many truly inspirational people go unnoticed by the wider world, only touching those close by.

In the pages of this magazine, you will find the stories of "ordinary" women from across the FAWCO world, who are just like you and me. They too have moved away from their homes across the world to set up life in a foreign land. The women in this our first edition have "rebranded" themselves, sometimes several times, along the way, too.

Like you, our profilees have had to deal with irritations that I am sure will be familiar, such as not being able to get one of your family's staple foods in the new country, not being able to understand the repair man, feelings of loneliness far from friends and family and so on. Like you they have found creative ways to overcome the hurdles and thrive in their new lives.

I hope their stories will in turn inspire you, perhaps to try something new or to keep going with whatever you are trying to achieve, since if they can, why can't you! Remember we are all inspirational to someone (even if we find that hard to believe about ourselves sometimes!).

Please do let us know what you think of the magazine via the survey (see p. 39) and tell your fellow club members about it, so that they can get on the mailing list. FYI The magazine will be published four times a year in an online format only.

Best wishes, *Liz x*

Liz MacNiven
(inspiringwomen.editor@fawco.org)

This year the FAWCO Conference celebrates the “Butterfly Warrior” in all of us; the glory that comes from self-fulfillment and achieved dreams.

In our first issue of *Inspiring Women* we have profiled women who are flourishing on their journeys. The road was neither straight, nor flat — that would be impossible for those of us who lead global lives.

These women started the journey with a “life expected” but the destination has been unexpected. They have chosen to embrace the changes in their lives and draw their strength from the power and energy of their personal transformation.

We believe that all of us have benefited from living and thriving in a multi-cultural world and all of us have evolved in our own way. We invite you to read the stories told by these FAWCO club members, whose personal values, “their brand”, have been transformed and validated by the choices they have made.

Enjoy!



Rebranded Women

Inspiration from France



My name is Grace Wong-Folliet. I'm an American-born Chinese, originally from Chicago, IL, but I live in Paris, France now. In our club I have volunteered to chair a fundraising auction, and I also help at other members' events.

I left Chicago in 1993 and moved to Hong Kong, where I worked in various corporate positions in PR, communications and marketing for multinational companies such as Turner Broadcasting System (parent company of CNN and Cartoon Network) and Leo Burnett Advertising. After marrying a Frenchman and having my second child, I decided to leave the corporate world and become a freelance consultant, as well as dabble in importing children's clothing. Our family moved to Paris in 2009 because of my husband's job. Since arriving in Paris, I have been consulting, selling novelty cakes and cupcakes. In 2015, with two friends, I started an online women's lifestyle magazine for expat women like me www.inspirelle.com. The boys are 9 and 12 years old now.

I have rebranded myself a few times in my life. From corporate businesswoman to full time mom and active volunteer, to entrepreneur and working mom. I've never looked back with regret at my choices, even though sometimes the going has been tough and the direction forward wasn't always clear. What I realize is that I am happy where I am, because I have learned to know my own strengths and weaknesses professionally and personally, so I have been able to apply that knowledge to my life and what I do. For example with INSPIRELLE.com, I'm combining the professional skills I honed while working in the corporate world, with a desire to tap into the more creative side of me (design and graphics), and the desire to write more, and work pretty much on my own schedule so I can balance my family and work life. It is never a perfect balance though!

INSPIRELLE

A woman's guide to life in Paris and beyond

GETTING TO KNOW GRACE

What 5 words would you use to describe you at your best? Creative, dedicated, kind, resourceful, hardworking.

Describe your ideal day. On a beach with a cocktail in hand, with my family nearby, getting ready to go scuba diving in a tropical environment.

If you could start all over again in any city or country, which one would it be and why?

That is too hard to answer! I was glad to really start my career in Hong Kong and I don't think I would have changed that! If I had to move now, I might try a place that's less stressful than the big cities I'm used to working and





Which book that you've read recently would you recommend? *A Woman in Charge: the Life of Hilary Rodham Clinton* by Carl Bernstein. Because it gives fascinating insights into her strengths and weaknesses, what experiences have shaped the character of the woman that could have been the first female president of the United States.

If you became president or leader of either your home country or host country for a day, what would you do/change? That's a tough one. I wish I had an answer for this. Encourage more tolerance and for people to embrace change and differences between people and viewpoints?

If you could do any job in the world for one day, what would it be and why? I would love to be a landscape and wildlife photographer, capturing the beauty of nature.

Of all the people you have met in your life, whom do you admire most? I've had so many great mentors in my life, it would be unfair to name just one. For each stage of my life, I've been lucky to have had family members, bosses, friends, whom I've admired and have given me sound guidance when I've needed help. It is important to ask for help when you need it.

living in though.

If you were moving back to your home country what would you miss most about your host country? I would miss the abundance of and appreciation for arts and culture, and the food here in France.

What things do you miss most about your home country? Before living in Paris I considered both Chicago and Hong Kong my "home". I miss mostly the relationships and the ease of life when you have your family and close friends around. It has taken me longer to establish close friendships in Paris.



Inspiration from India



My name is Mary Kay Hoffman and I am a member of the American Women's Club of Mumbai. I work full time, but try to attend as many events as possible.

This is my 20th year living and working in Asia. Prior to that, I was born and raised in northern California and then moved to southern California for university and to begin my career as a public high school teacher. I eventually moved and worked in international schools in the Philippines, Hong Kong, and now India, where initially I was a classroom teacher. Over time, I moved to administrative roles as a high school associate principal at Hong Kong International School (HKIS) and now the Director of Admissions at the American School of Bombay (ASB).

I met my husband in Hong Kong (we were both working at HKIS) which is where we started our married life. Nearly ten years ago we moved to India to work at ASB and we now have two daughters, aged 8 and 5.

When I began my teaching career more than twenty years ago, I didn't expect to leave the classroom. I have loved working with kids since I was a teenager (giving swim lessons, working at camps) and, once I was in the classroom, teenagers energized me. At the urging of one of my administrators, I transitioned to a vacated associate principal role. Similarly, after I moved to ASB, my head of school encouraged me to take the vacated Director of Admissions role.

When I reflect on these transitions, it becomes clear to me that people recognize capabilities of yourself that you don't necessarily notice. It is important to surround yourself with people who not only want to fill gaps, but see potential in others. I have been fortunate to have colleagues who do just that.

GETTING TO KNOW MARY KAY

What 5 words would you use to describe you at your best and your less than best? Best, according to my husband and close friend: optimistic, funny, fiercely loyal, principled, relationally-connected, and passionate (I know that is more than 5.) **Not best,** according to my husband: Don't even mess with me.

Describe your ideal day. If I am not with my family: I sleep in. I putter around my house in my pajamas. I go for a hike listening to a

podcast. I meet up with some of my girlfriends where we have a massage and then talk about a book we read together (or don't talk about it) over coffee and lunch. We spend the rest of the day together doing whatever we want, wherever we want to be.

If I am with my family, I get to sleep in. We spend the morning either hiking, or swimming in a warm ocean, or kayaking in a lake or river (it doesn't matter, we are just doing something outside). We go out for a leisurely

lunch. We then are transported to a Broadway musical (my girls are obsessed), and then my husband has the time to make one of his delicious meals and someone appears magically to clean up the dishes.

If you could start all over again in any city or country, which one would it be and why?

Well, I am about to start all over again in Eugene, Oregon, where my family and I will be moving in June 2017. We are moving to be closer to both of our families and allow our girls to get to know their grandparents and aunts/uncles/cousins beyond the few weeks each year we currently spend with them. Eugene is a good "in between" location for our families and it is green, and beautiful, and close to the mountains, ocean, and outdoor life.

If you were moving back to your home country, what would you miss most about your host country?

Besides my friends, the vibrant colors everywhere you look and the genuine warmth, smiles, and hospitality of the Indian people. The food!!!!

What things do you miss most about your home country?

Family and friends. The 35-hour journey door-to-door from Mumbai to the

west coast is tiring, but the 12.5 hour time zone difference, and hence jetlag, is the most difficult. The pressure to reconnect with those I love in a short period of time is ever present.

Which film that you've seen recently would you recommend?

Twenty Feet from Stardom is a documentary about backup singers for major bands and musical artists. After seeing this movie, I began listening much more intently for those backup singers and have a deep respect for their talent and contribution to our music world. It is a great message in life as well ... those in front are ALWAYS stronger because of those a few feet behind.

If you became president or leader of either your home country or host country for a day, what would you do/change?

If I became Prime Minister of India and had a magic wand to make a change, I would make education truly mandatory for all boys and girls until the age of 18. I know this would disrupt much of the ecosystem and economic structure of the country because it would also eliminate child labor and provide girls with more (much needed) opportunities. At the same time, I would create school systems that integrate knowledge and understanding with critical thinking and 21st century skills.

If you could do any job in the world for one day, what would it be and why?

I guess this would be a superpower: expose all of those in power whose lies, graft, and corruption are for their personal gain (and their friends' and family's personal gain) all the while protecting those who are vulnerable to such lies, graft, and corruption.

Of all the people you have met in your life, whom do you admire most?

This should go without saying: my mom has had the most impact on me and my life. She enabled me to be independent and pursue my interests, which means I eventually moved overseas and started my family. I know that has been a hardship for her, but she has never expressed this to me. And from when I was young, she was the sole bread earner for our family of 5. Her resilience and positive attitude have always amazed me, especially now that I have my own family in a comfortable expatriate life.



If you could meet one famous or influential woman, alive or dead, who would it be and why? Every time I read anything by Barbara Kingsolver, I wish I could sit down with her and have a nice long visit. *Animal Dreams* is the first book I read as an adult (by choice) that literally hooked me on reading -- I give her credit for my reading life. And her family's year of eating locally and organic (except for coffee and bananas) as documented in *Animal, Vegetable, Miracle* is still one of my favorite reads. She recently wrote an op-ed for *The Guardian* just before the US election that reminded me just how much I like her and wish I could meet her.



Inspiration from the UK



My name is Sharon Bylenga, and I am a member of the American Women of Surrey (AWS), Cobham, UK. I enjoy AWS very much, especially the weekly hiking club, which is led by a team of knowledgeable and enthusiastic women who like to share their passion for the Surrey countryside. I feel welcome and connected on every hike.

In addition to the hiking club, I volunteer at annual events such as the Giff Fayre. I also give my time to a number of special projects. For example, last year I noticed that a monthly AWS meeting was to be held on November 8, the day of our US presidential election. I advocated for the meeting to be held at a lovely but little known castle in my village, and arranged that a local historian, Kathy Atherton, give us a presentation about the Suffragette movement in Surrey. We had a sold-out event, and I think that all participants came away a little more appreciative of our right to vote that day. I enjoy helping to make special things like this happen.

I am an American citizen and so is my husband. My children and I became Swiss citizens in 2013, which means we can live anywhere in the EU. After my husband retired, we chose to move to London. I recently settled in the "green belt" area of the greater London area with my husband and two teenage children. We enjoy the beauty of rural England and also the culture of London, which is just a short train ride away. My husband and children are keen theatre fans, and we

go to London two to three times a week to enjoy plays, restaurants and museums.

I have a master's degree in Agricultural Economics and have worked as a consultant in Rwanda, Turkey, Macedonia, the West Bank and Gaza, Bosnia and Zambia, and as a volunteer in Guinea-Bissau. I am also an experienced American diplomat. I served for a decade as US Agricultural Attaché with the US Foreign Agricultural Service, with postings in Geneva and Rome. I left my diplomatic career after ten years, and after taking a few years out of the workforce while my children were small, I was hired by the Swiss non-profit organization Hironnelle Foundation, which builds and operates public service radio stations in post-conflict and crisis zones. I worked in Timor, Sierra Leone and Liberia, often in partnership with the United Nations.

After five years, I became convinced that there was an alternative, low-cost way to reach "last mile" agricultural communities with public service programming, so I founded Media Matters for Women (MMW), a US non-profit which addresses the unmet information needs of "last mile" women and girls in rural Africa. In two pilot projects in Sierra Leone, we successfully demonstrated a new kind of information network which is inexpensive to build and maintain, especially in comparison to radio.

We have recently expanded our operations into the Democratic Republic of Congo, and last year MMW was selected by the United Nations to present our work at its annual meeting on global women's empowerment and technology. We are funded by the African Women's Development Fund (Ghana), Indigo Trust (UK), and Oak Foundation (Switzerland). I now serve as Chair of MMW's Executive Board. In just a few years we at MMW have proven that there is an inexpensive way to deliver high quality public service programming to the world's poorest women and girls, especially those living in rural areas outside the reach of radio and electricity (<http://www.mediamattersforwomen.org>)

GETTING TO KNOW SHARON

What 5 words would you use to describe you at your best and your less than best?

At my best: adventurous, friendly, networker, resourceful.

Less than best: tenacious.

Describe your ideal day. I recently had my ideal day: it was a day when I had outstanding interactions with family, friends and work, all in the same 24 hours. I had a lovely time with my kids and husband, a fun dinner in London with friends, and before bed I learned that an important grant had been offered to MMW. I went to sleep VERY happy that night!

If you could start all over again in any city or country, which one would it be and why? I was provided this exact opportunity recently when my family and I decided to relocate from our home in a small village near Geneva, Switzerland, to the greater London area in the UK. I was not fully in favor of the move, but I compromised on my family's

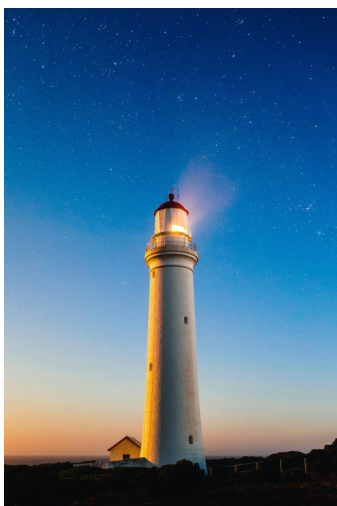


wishes, and now in retrospect it has turned out very well. I can say that the AWS was a big factor in easing my transition and helping me to rebuild my network, which is very important to me. I have made wonderful friends and thoroughly enjoy the monthly meetings, especially the weekly hiking club.

If you were moving back to your home country, what would you miss most about your host country? American Women of Surrey.

What things do you miss most about your home country? My extended family, my friends, the national park system and the *New York Times* delivered to my door in the morning to read over coffee.

Which book that you've read recently would you recommend? *To The Lighthouse* by Virginia Woolf. I took a five week course on



this novel last spring with the London Literary Salon and am now convinced it is one of the best novels ever written. I have had a strong interest in Virginia Woolf and her writings for a long time, and since moving to the UK I have been able to indulge my interest

with visits to her house in East Sussex and to the annual literary festival held every year at her sister Vanessa Bell's house, Charleston.

I had the opportunity recently to meet Hermione Lee, the most important biographer of Virginia Woolf, at the 175th anniversary celebrations of the London Library. I wanted to speak to her and to get her autograph following her talk with London Library President Tom Stoppard, so I dashed to the book stand nearby and grabbed a copy of Hermione Lee's biography of Penelope Fitzgerald. I finished it this summer and it was superb! Fitzgerald had an extraordinary life. She began writing novels at the age of 60. Over the next twenty years she became one of the most influential novelists on the English literary scene, winning the Booker Prize and the US National Book Critics Circle Award. I am now reading all of Fitzgerald's novels, and they are all gems.

If you became president or leader of either

your home country or host country for a day, what would you do/change? I would improve conditions for the poorest and most vulnerable citizens. I think of this as an obligation of all of us.

If you could do any job in the world for one day, what would it be and why? Secretary General of the United Nations. Although it is imperfect at present, I think it is worthwhile making it a truly effective and efficient global organization. The work that the United Nations does is very important, from serving the needs of refugees to feeding people in famines.

Of all the people you have met in your life, whom do you admire most? My mother, Sally, is the most positive, insightful and warm person on the planet. My father was a violent and abusive alcoholic, and despite the heartbreak that his disease inflicted on all of us, my mother built a lovely life for herself and her three daughters. Her example has been a major guidepost in all of our lives. My sister, Carol Phillips, is a successful entrepreneur and owner of Brand Amplitude (<http://www.brandamplitude.com/the-team>), as well as professor of marketing at the business school at Notre Dame University. My other sister, Barbara Bylenga, created a highly successful research business called Outlaw Consulting, and now is the founder and President of SHE-CAN (Supporting Her Education Changes a Nation) <http://www.shecan.global/executive-council.html>. We owe so much to Sally.

If you could meet one famous or influential woman, alive or dead, who would it be and why? Eleanor Roosevelt had an exceptionally impactful life, and has been a source of inspiration to me for all of my life. I would be very happy to discuss with her those important insights she gained as she created a space for herself on the global stage and promoted social and economic reforms to further peace and prosperity for all. I greatly enjoyed the Ken Burns documentary *The Roosevelts* and just bought the new three-part biography *Eleanor Roosevelt* by Blanche Wiesen Cook. I can't wait to start it!

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international tax

ADVISORY

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Tax Treaties Mostly Useless to Americans Abroad!

A week rarely goes by that I don't receive a phone call from someone in a complete panic because of bad tax advice they received. Sometimes the advice came from a friend or a family member, but sadly, it most often comes from a tax advisor who, like most, don't know much about international tax.

Well, this week was no different than most in that respect. A U.S. citizen, let's call him Hans, who is a retired UN employee residing in Austria, where he lived and worked his entire adult life, contacted us with questions about how the U.S.-Austria tax treaty applied to him. Hans had been told by his tax advisor that he didn't have to pay U.S. or Austrian income tax on his UN pension; i.e. his UN pension was tax-free! The reason for this, Hans had been told, was that pursuant to the U.S.-Austria tax treaty he only had to pay income tax on his UN pension in his country of residence, Austria. And, since UN pensions are tax-free in Austria, he wouldn't have to pay any income tax on his UN pension. Sound too good to be true? It might be.

Almost every U.S. tax treaty contains a "Savings Clause." Simply put, the savings clause states that each country retains its right to tax its citizens and residents as if the treaty didn't exist, which totally undermines the effectiveness of the treaty.

In this case, for example, by invoking the savings clause the U.S. could tax Hans' UN pension, despite the treaty. This is because, through the savings clause, the U.S. retained its right to tax its citi-

zens and residents as if the treaty didn't exist; and, if the treaty didn't exist, Hans would have to pay U.S. income tax on his UN pension.

The savings clause doesn't prevent Hans from claiming his UN pension is tax-free pursuant to the treaty, but is it worth the risk? If the U.S. invokes the savings clause, Hans could be subject not only to U.S. tax on his pension, but also penalties and interest!

The moral of the story is, make sure your tax advisor understands the intricacies of international tax. If not, you pay the price (in this case the tax, interest, and penalties), not the advisor!



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President, Jimmy Sexton, LL.M., consults as an expert in the field of international taxation, with an emphasis on expat tax issues. He has presented to American expats at groups that include: American Women's Clubs throughout Europe, eBay, UN Vienna, AmCham, Austro-American Society, and the American German Business Club Stuttgart. In addition he has been interviewed and quoted by several news organization, most notably, CNN and the Washington Post.

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Regional Inspiration



There are eight clubs in German-speaking Region 5, which covers both Germany and Austria: Augsburg, Berlin, Cologne, Düsseldorf, Hamburg, Munich, Frankfurt and Vienna.

If you were to visit us, you would start in the north in Hamburg, which is Germany's second largest city and the second largest port in

Europe. Then you should drive three hours east and slightly south, to the capital city of Germany, Berlin, which today is probably most famous for the wall which divided the city in two from 1961 –1989. Next stop, six hours drive south to the picturesque town of Augsburg in Bavaria. Then, if you time your trip for the fall, you could drive another hour south and take in Oktoberfest in Munich, Germany's third largest city. Next drive east for four or five hours to the culture and history that await you in Vienna, Austria. A seven hour drive northwest would then get you to Frankfurt, a hub for global business (especially financial). The final two cities on your journey round our region are about two hours north of Frankfurt: Cologne and Düsseldorf. As with many German cities they are great to visit for the Christmas Markets but they are also both well known for the Karneval season festivities.



My name is Angelika McLarren, and I come from Berlin, Germany, where I have lived most of my life. I am married to an American who came to Berlin with the US Army a long time ago. We met through Scottish Country Dancing - and still dance. We have two children, now 31 and 33 years old, who were raised bilingually and bi-culturally.

I spent six months in the USA with my then fiancé and my future in-laws, which was an eye-opening experience. I have since travelled extensively round the USA, including 48 of the 50 states.

I am a translator, English teacher for adults, relocater and communicator, but as my son once said, too busy volunteering to have a regular eight-hour job. For my generation there wasn't such a big choice of jobs as there is now, so I chose the path as educator. Over the years though, so many other fascinating opportunities came along my way. For over 40 years I have been involved with (German-)American volunteer organizations. I have seen how much one gets back from giving a little to others. It is very enriching to try to make the world a little better.

I am a member of the AWC Berlin, and have been the Regional Coordinator since 2013. Before becoming Regional Coordinator, I was President of the AWC Berlin for many years. I have also been part of the FAWCO Nominating Committee twice, been on the Rebranding Committee and hosted two FAWCO conferences (Berlin 2006 and Vilnius 2009). Additionally I co-hosted the Interim Meeting in Frankfurt 2016, have been part of the Sites Selection Committee, and now am on the Events Planning Committee.

As Regional Coordinator, I keep the regional clubs informed of FAWCO requirements by updating info on the website and creating the annual reports. I work hard to "keep the region rocking" by encouraging regional meetings and attending special functions of individual clubs. Recently I went to Augsburg to tell their members about FAWCO, and I also attended Hamburg's 60th Anniversary celebrations.



FAWCO fever has never ceased in our region. We really feel like sister clubs that can work together. A lot of personal friendships have developed over the years, and several members on the FAWCO and Foundation Board live in Region 5.

Region 5 has been holding regional meetings for at least 20 years always in the beginning of November. The last one was held in Berlin, November 11-13, 2016, with a record-breaking attendance of 51 ladies from 16 clubs and eight countries. The meetings dedicate a lot of time to FAWCO and Foundation matters. The agenda is varied from current issues (this year the refugee crisis), to how to improve club life (e.g. social media) to members' own lives (e.g. aging gracefully). Another important aspect of the meetings are regional issues like taxes, laws and citizenship. Time is always made to include the history, sights and sounds of the host city.

GETTING TO KNOW ANGELIKA

Describe your ideal day. Having a nice leisurely brunch with a couple of close friends in a castle in Scotland.

If you were moving to another country, what would you miss most about your current country? The people, the food and the social benefits.

If you could start all over again in any city or country, which one would it be and why? I can't think of a better place to live than Berlin.

Which book or film that you've seen recently would you recommend? Book: *Big Little Lies* by Liane Moriarty - quite moving, about bullying, domestic violence and guilt. Film: *Florence Foster Jenkins* - a movie that makes you feel good.

Of all the people you have met in your life, whom do you admire most? Women who manage their lives against great odds, but don't complain and haven't lost their sense of humor and their empathy for others.



If you could meet one famous or influential woman, alive or dead, who would it be and why? Angela Merkel. She has done a tremendous job as a leader in the Western world, shown courage in the present refugee crisis ("Wir schaffen das." - "we can do that.") and doesn't care what the media says about her hairdo or her outfits.

If you could do any job in the world for one day, what would it be and why? Minister of Health. I would ban smoking, drugs and hard liquor.



Two Recipes to Inspire You from Region 5

BLAUBEERSTREUSSELKUCHEN/BLUEBERRY STREUSSEL CAKE

Blueberries (at least 1 kg)

250 g sugar

10 g baking powder

1 egg

Almonds—to taste, approx. 50 g

500 g flour

250 g butter (not too soft)

5 ml vanilla extract

Bread crumbs—to taste, approx. 50 g

Mix flour, sugar, butter, vanilla extract and the egg with a dough hook into a crumbly dough. Spread 2/3 of it on a baking tray. Then sprinkle bread crumbs and almonds on top of it. Now add the washed blueberries generously. The last 1/3 of the dough will then be spread on top as streussel. Bake at 190°C for 30 min. Enjoy served with whipped cream.



TRADITIONAL GERMAN BEEF ROULADEN

1.25 kg lean high-quality beef round steak, cut into 8 equal rectangular sections and pounded flat

120 ml yellow mustard

Salt and pepper, to taste

4 slices bacon

Medium white onion, chopped

50 g dill pickle, finely chopped (may use dill relish)

60 ml oil, for frying

850 ml hot water, to cover (or hot beef broth)

1 bay leaf

42 g flour

42 g fresh parsley, minced (for serving)

Wooden toothpick (or may use cooking twine or white thread for securing the Rouladen)

Spread 15 ml mustard evenly on one side of each pounded steak. Sprinkle salt and pepper over mustard. Evenly sprinkle chopped bacon, onion, and pickles over mustard side of each steak.

Roll up firmly jelly roll fashion (with filling to inside, starting at narrow end), and secure each Rouladen shut (so filling stays in) with wooden toothpicks, cooking twine or white sewing thread.

In a large dutch oven, heat the cooking oil over medium-high heat. When hot, carefully add the Rouladen rolls. Fry until nicely browned, turning once (about 7 minutes per side).

Add enough hot water or broth to almost cover the Rouladen. Add bay leaf. Increase heat to high and bring to a boil. Then cover and reduce heat to low simmering, covered, for 1 1/2 hours on low heat, checking once halfway through to give a stir and see that meat is covered with sufficient liquid (you may add a little hot water at this point, if necessary).

With a large slotted spoon, carefully remove the Rouladen from the hot broth to an oven-proof dish; cover with foil and keep warm in the oven while making the gravy.

To Make Gravy:

Add the flour to 250 ml of water in a large measuring cup, whisking briskly with a fork to blend. Pour the flour mixture all at once into some hot broth, using a wire whisk to blend. Use a wooden spoon to scrape up any brown bits from the bottom of the pan, and stir them into the gravy.

Increase heat to medium-high, and bring gravy mixture to a boil, whisking constantly. Continue to whisk and boil for two to three minutes, until gravy thickens. Reduce heat to low, and remove the bay leaf. Adjust seasoning to taste.

To Serve: (Note: Remove toothpicks and twine or thread before serving).

Using a large slotted spoon, carefully place the Rouladen into the hot gravy; cover, and warm through for a few minutes. Remove from heat and serve. Good sides are boiled new potatoes or potato dumplings sprinkled with fresh snipped parsley and German Rotkohl (red cabbage) or country green beans with bacon and onion.



Inspiration from Germany

My name is Susanne Ollmann and I'm a member of AWC Berlin. I was delighted to discover that I had automatic membership in FAWCO as an AWC member, and I recently attended my first major FAWCO event, the Region 5 Meeting in Berlin in November 2016. I presented at the meeting on using social media ads to promote club goals.

I was born and raised in Massachusetts, but currently live in Berlin with my nine-year-old daughter, Elise. We moved here about 3 years ago so that she could become fluent in the language in honor of my late German father, and so that she could get to know the culture and our relatives. This goal became even more important when her own German-American father passed away from cancer, as the circle of people who love and care for her had expanded to include a large group of German cousins, aunts and uncles.



Prior to relocating to Germany, I'd worked as Assistant VP at a large DC-based trade association, representing industry concerns to US and foreign governments in Europe and Asia, and as Chief Strategist for the International Department of AARP, where I helped launch the brand in Asia. I'd earned my Master's in International Business Diplomacy from Georgetown's School of Foreign Service, and had received fellowships to research trade and geopolitical issues at the German Ministry of Economics, the German Parliament, and the European Commission.

But while some of these positions were interesting, and I loved the international travel, I found that I was growing increasingly frustrated because I wasn't using all of my creative skills. As a kid, I'd won lots of drawing contests, and by age nine, I was hooked on photography. My dad fostered this interest by giving me photography-related birthday gifts over the years – an SLR camera, and then a flash, and then a beautiful macro lens, and the like. By the time I reached high school, I was shooting for the school paper, monopolizing the darkroom, and interning with wedding photographers. So, after my daughter was born and I needed a job with much greater flexibility, I became a full-time freelance photographer at ollmannfoto.com, with clients ranging from families to models to US Senators. But what was really exciting at the time was that digital photography made it possible to turn a good portrait of a person into a great one, and to easily integrate images into graphic design – so I went completely digital, taught myself Photoshop, and added graphic design to my offerings. Along the way, I earned a degree in graphic design to formalize my knowledge of the craft.

The next episode of rebranding occurred after I'd relocated to Berlin. Just as I'd discovered that photography and graphic design were great complements, I realized that these tools

integrated exceptionally well into social media marketing, as posts with eye-catching graphics are 90% more likely to be read and shared than text-only posts, and as brands benefit from consistent design across social media channels. So, during my first year in Berlin, I earned certification in social media strategy (SMMU) and then launched OllmannCreative.com, offering social media strategy, graphic and web design, and professional photography. The business is still growing, but I'm delighted to count healthcare professionals, law firms, designers, brides and grooms, and consultants among my clients.

In the meantime, I'm working towards a lifelong dream of becoming a published travel writer. Next summer, in honor of her father's memory, Elise and I are embarking upon a one year, round-the-world journey. We will visit the countries in South America where he spent his childhood so that she may appreciate the cultures that shaped him, and then travel throughout Africa, Asia, and Oceania, so that she gains a broad understanding of this beautiful and complex world. I will homeschool her as we go, incorporating the geography, architecture, art, culture and other aspects of the places we're visiting into her lessons. To prepare for the trip, I'm researching itineraries, health and safety issues, budgeting strategies and the like.



To increase my chances of publishing our story, I am taking writing courses and have launched a blog, WorldTravelMama.com (please follow us!), to develop the discipline of distilling our experiences to their essence and capturing them in language that, I hope, entertains and informs.

One of the beautiful things about being in FAWCO is the ability to connect with women around the globe. I hope to meet many of you as we travel, and hear your own travel stories! I would also be grateful to any families willing to host us when we arrive in a new city so that we may safely get our bearings and learn what to see and what to avoid. But be forewarned! As an obsessive photographer, I will want to offer you a professional family photo shoot at your home – or even, if you'd be up for it, making creative use of your city's unique landmarks or geography so that we might share something of our adopted cities with other FAWCO members.

GETTING TO KNOW SUSANNE

What 5 words would you use to describe you at your best and your less than best? Creative, artistic, helpful, internationally-minded, health-minded.

OCD, stressed, anxious, tardy, shy.

Describe your ideal day. My ideal day would be spent with my daughter exploring a gloriously beautiful island with epic beaches, great museums and bead shops, and dining

on delicious local cuisine under the stars in the charming Old Town.

If you could start all over again in any city or country, which one would it be and why? Paris, to learn the language and enjoy the culture and food.

If you were moving back to your home country, what would you miss most about your



host country? I would miss my friends from the AWC, as well as Berlin's incredibly vibrant neighborhoods.

What things do you miss most about your home country? My family, especially lovely, long afternoons with my sister, talking, hiking, swimming, and hanging around in her airy home, feasting on her amazing food.

I also miss Whole Foods' organic greens (compare the majestic, mist-dusted heads of kale you get there with the shriveled individual stalks available here!), as well the great sales on everything from clothes to electronics to art supplies.

Which book that you've read recently would you recommend? For those interested in travel, religion, the road not taken, and the mother-daughter bond, I would recommend *The Book of Wanderings: A Mother-Daughter Pilgrimage* by Kimberly Meyer.

If you became president of your home country for a day, what would you do/change? As president of the US, I would create the conditions to make healthcare and free education work in the US as well as it

does in Germany, address ways to dramatically reduce environmental toxins, and attempt to soothe recent tensions with a message of goodwill to others.

If you could do any job in the world for one day, what would it be and why? I would love to be an undersea photographer for *National Geographic* for a day to experience the magic of a world I've only glimpsed from the shallows.

Of all the people you have met in your life, whom do you admire most? I most admire my Dad, who lived true to his convictions. He was socially-minded, fair, even-tempered, highly disciplined, thrifty, quietly charming, and sweet. If, at the end of the day, I can say that I managed to live up to his example, then my life will have been well lived.

If you could meet one famous or influential woman, alive or dead, who would it be and why? I would like to meet Angela Merkel to congratulate her on her compassionate response to the refugee crisis and to learn how she's overcome challenges to lead her country as a woman.



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More Inspiration from Germany



My name is Ve Mellinghaus and I'm from Dallas, Texas. I am a member of AWC Düsseldorf and I live in Heiligenhaus, NRW, Germany. In our club I am currently Charity Liaison, Webmaster, International Couples Activity Leader, and Ruhr Girls Who Lunch & Brunch Activity Leader. I have always been active within the AWCD and have previously served in the roles of Membership Chair, Events Chair, 1st Vice President, Asst. Webmaster and Tennis Activity Leader.

My father was in the military, so we moved around quite often when I was a child. We lived in Bavaria for many years, and I moved back to Germany at 32. My husband is German, and we decided that living in Germany would be the best fit for us. Before I moved to Germany I worked in the clinical laboratory field. My last position was as an account executive with Quest Diagnostics. I have worked in property management since I arrived in Germany 14 years ago, managing the properties we own in Germany. Like so many Americans before me, I have also taught English as a way to keep busy. I started my own business at the beginning of 2016, so now I am the proud owner of Vin

de Ve. I specialize in French wines and personal service. It has been an exciting time, and I am looking forward to what 2017 has to offer.

I have a 26-year-old son from my first marriage, who moved to Germany with me when he was 12. He currently lives in Dortmund, about a hour from our home. I also have an eleven-year-old daughter who is currently attending Goethe Schule, a Gymnasium (high school) in Essen. My husband is a lawyer and works as an Executive Director at a leading technology company in Düsseldorf.

I worked in a laboratory for over 15 years, so my move to Germany meant I had to reconsider all my options. The industry in which I worked does not exist in Germany, so I had to start over. At the time my degree wasn't recognized, and going back to university at 32 didn't seem like an option for me. But I've kept myself busy with our family's properties, teaching English and volunteering for the American Women's Club. It is my work with the AWCD as Charity Liaison that has given me the greatest joy. I was nervous about starting my own business, but I have been humbled by the amount of support that I've encountered. It could help that I have amazing wines, too.

GETTING TO KNOW VE

What 5 words would you use to describe you at your best and your less than best? Exacting, precise, rigorous, particular, a bit OCD.

Organized, trustworthy, detailed, reliable, helpful.

Describe your ideal day. Spending a day in

Paris with my daughter! We would have lunch at our favorite restaurant, after having spent a morning visiting a couple of the smaller museums. Once lunch was finished, we would spend some time shopping in the city before heading back to our rented apartment to spend an evening playing board games.

If you could start all over again in any city or country, which one would it be and why? I wouldn't want to start over again; I am happy with my here and now.

If you were moving back to your home country, what would you miss most about your host country? I would miss everything about Germany: the food, the people, the culture, the freedom.

What things do you miss most about your home country? I miss my parents.

Which book that you've read recently would you recommend? I would recommend reading *The Reluctant Fundamentalist*. It is a book that, if you let it, shows you how it feels to have your entire world ripped from under your feet, for things that are beyond your control. We should treat one another better and remember that people are individuals.

If you became president of your home country for a day, what would you do/change? If I became president of the US for one day and could actually change anything I wanted, I would get rid of Citizens United and the Electoral College, and make it illegal to disseminate misinformation and label it as news.

If you could do any job in the world for one day, what would it be and why? I would want to be Neil deGrasse Tyson's sound guy. I think Mr. Tyson is smart and funny and I am sure it would make for an informative and hysterical day.

Of all the people you have met in your life, whom do you admire most? My son. He decided to move to Germany and promised to make the best of his situation. My son has dyslexia and dyscalculia, so learning a second language was frustrating on our best days. He never gave up and he never stopped smiling.

He has always maintained a "can do" attitude and doesn't let anything hold him back. I am impressed with him as a person and in awe of all that he has managed to achieve.

If you could meet one famous or influential woman alive or dead, who would it be and why? Dr. Chanda Prescod-Weinstein. She is an inspiration and is doing her best to support young physicists. You don't get too many female astrophysicists, so when you find one who has not only made a mark in her field but also attempts to help those up and coming, it is rather inspirational.



Inspiration from Finland



My name is Bella Paola Guerrero de Cohen, but my friends call me Paola! I am an active member of the AWC Finland, where I attend meetings, events and help with fundraising activities. We live in Espoo, Finland, which is about a thirty minute drive from Helsinki.

I was born in Ecuador to a working class family. My parents grew up poor and had to work to survive from a very early age; their lives were not easy. My father had only finished elementary school when he suffered the loss of his mother in an earthquake. My mother was born in the countryside and was sent to the city to live with an older sibling, but did not have the opportunity to finish elementary school. As they set up a life together and had children of their own, they wanted a better future for them. They realized the importance of education and worked very hard to make that possible for us. Therefore, my siblings and I were the first ones in our extended family to attend university and in my case, the first one to study at a university in the United States.

What I will always remember is that no matter how much work my father had – and he worked three different jobs at a time – Sundays was our sacred day. We started our mornings with some old time classics my mother used to play in her LP player. Our day continued with a nice brunch of shrimp or clam ceviche, and then off to the countryside to play volleyball, basketball, tennis, swimming, etc. My life was carefree through the end of high school, when I moved to the United States.

I love my family, and having to be separated from them took such a big toll on me that for many years I resented my parents for having sent me away. Of course, they knew what they were doing. They were also hurt by my absence, but nothing hurt them more than when I said I would not be coming back, as I had found the love of my life. A month and a half after arriving in Boston, I met David. We became friends and soon after, a couple. I married him a year later.

While we were a young couple I worked in a few different jobs – from receptionist to dental assistant to legal assistant. I enrolled at Bentley University to study finance. My dream of studying in the US came true. After graduation, I left to work at a bank. Thereafter, I worked for a financial institution, in healthcare, and then for an NGO. What a rewarding experience – from managing a \$5B fund to helping set up an NGO whose main purpose is to serve underprivileged children in Ecuador. The salary was great, but the most satisfaction I received was when we delivered much-needed medical equipment to a hospital in need in my home country.

My life up to that point was fast-paced until we moved to Finland for David's job. Since our move was meant to be temporary, I took this opportunity to make the best of it. What a country Finland is! There are open parks in every corner for children to play in outside; there are indoor facilities for families to come together and play, have coffee, chat and listen to



music; there is pure nature (forests, sea, walking trails) right in the urban areas. Our children were 3 and 1 years old at the time, and having the opportunity to enjoy my time with them was precious! Maternity leave in Finland is up to 3 years! I was only able to take 12 weeks off in the US when I had both of them, so I made the most of it. Finland is the best place for families. I fell in love with Finland without even knowing it!

Our temporary assignment kept extending, and now we're in our ninth year! I've learned the language and had a third child. Our children have grown, and without knowing it, they've gone to school and become part of our trilingual, multicultural, multi-religion family household. We decided to stay and set up a business of our own.

Why winemaking? Winemaking was a hobby for many years in the US and

coming to Finland, we could not find grapes, but found amazing delicious berries. Our hobby and passion continued, and we get to give back to our new home country by creating wines that are proudly Finnish. Between the abundance of Finnish berries, the pure natural environment and long summer days, we were able to create wines with strong, exceptional flavors. And so our wine is not made in a vineyard, but to reword a common saying in the US, "great wine is made in the wilderness."

And so I look to change perceptions that Finland cannot produce good wines, but inspire Finnish people to be proud of its unique *terroir* and fabulous berries!

GETTING TO KNOW PAOLA

What 5 words would you use to describe you at your best and your less than best? Caring, involved, active, generous, warm. Demanding, perfectionist (to a fault), overworked, caring too much.

Describe your ideal day. Spending more time playing with my children and husband, traveling around the world and experiencing new cultures, seeing new places and tasting savory dishes.



If you could start all over again in any city or country, which one would it be and why?

Espoo, Finland. It is a great place for all the right reasons: beautiful environment, values education, physical activity, work-life balance, human and animal rights.

If you were moving back to your home country, what would you miss most about your host country? The peacefulness and quietness.

What things do you miss most about your home country? Having family get together, plus hugging and kissing everyone!

Which book that you've read recently would you recommend? *Lean In* by Sheryl Sandberg. It reflects on women's roles in this society and how in order to integrate fully, we need to lean in to others for help. It was such an affirmation of what I already knew, and it helped me realize that my full potential has not yet been met. I would always hold myself back, sit at the side of the table and be afraid to ask questions. The book reflects on everyone's role in achieving a better society and equal rights not only for women but for all – and how we all lean in to make this happen.

If you became leader of your host country for a day, what would you do? In Finland, try to

create a culture of more open communication and less shyness.

If you could do any job in the world for one day, what would it be and why? A clown, to make people laugh and forget their worries. I would visit hospitals, hospices, nursing homes, day care centers, schools, government buildings, malls, prisons, slums, everywhere - just to see smiles.

Of all the people you have met in your life, whom do you admire most? My mother is the person who I admire the most because she has demonstrated throughout her life that everything is possible. She is auto-educated and gave a better life to her children; she became a US citizen by passing the citizenship exam with only broken English, is learning Finnish – you will soon hear her speaking Finnish fluently – and you can even find her on Facebook!

The person who has had the most impact in my life has been my husband. He has been my rock and support from the day we met – he is the person who I can lean on.

If you could meet one famous or influential woman, alive or dead, who would it be and why? It would be an honor to meet many of the great influential women. But simply for her courage to stand up to the biggest threat

to society, I would love to sit down and talk to Malala Yousafzai about her plans for the future. The biggest threat is an uneducated population, and I admire her fight for education for all - especially women - in her home country. Her inspiring life is one that I think many of us would like to emulate.



Home and Away: Everyone Here Speaks English



Home & Away columnist Robin Meloy Goldsby reinvents herself, one umlaut at a time.

When my husband and I arrived in Germany, we spoke only a few words of German, taught to us by a chain-smoking Manhattanite named Brünhilde. She had instructed us to say “*Hier kommt Otto! Otto Schmidt!*” and insisted we learn to count to 100. For weeks I wandered city streets, pushing Curtis in his baby buggy, counting my steps in German, counting the days until we could, at last, meet Otto Schmidt. A new life, a new culture, a new me.

“Don’t worry about the language,” our friends and relatives told us. “Everyone there speaks English.” I needed to believe them.

“Moving to a foreign country is like falling in love,” said my therapist. “It’s a chance to reinvent yourself, a chance to see the world with new eyes, a chance to feel like a kid again.”

She didn’t mention the ö. Nor did she say anything about spending the first five years

feeling like an idiot.

At the post office in our old New York City neighborhood, I used to wait in line behind foreigners—Mexican mothers, old men from Serbia, beautiful Korean women—and listen, impatiently, as they struggled to buy a stamp. *Why don’t they learn English?* I would think. *It would make their lives so much easier.*

Well. I arrived in Germany and turned into the foreigner at the post office, my ears growing warm with shame, sensing the annoyance of the people behind me as I attempted to buy airmail stickers by stretching my arms out to the side and making airplane noises.

“Oh,” said the postal clerk. “You mean *Luftpost.*”

“*Danke,*” I said, grateful to the clerk for not laughing. Maybe this was like falling in love, but I didn’t think so at the time.

Brigitte Schweiger, a warmhearted woman I met at a supermarket while trying to decipher the ingredients on a box of cereal, invited me to join a *Krabbelgruppe*, a playgroup for toddlers and their mothers. Twice a week I wheeled Curtis to a neighborhood church where he played and fought with five little boys. The mothers chattered, the boys yelled, and the avalanche of unfamiliar words nearly smothered me. But I kept attending and listening and, eventually, started to identify phrases and understand simple conversations.

We hired a German teacher named Liselotte Lux. She arrived at our house one evening at the designated time and rang the bell. But when we opened the front door, she was not there. We discovered her on her hands and knees in the side garden, emoting over a very large mushroom.

In perfect English she said, "Are you going



to eat this?"

"No!" said my husband, horrified.

"Well," she said, "if you don't mind, I'll just take it with me. It will make a delicious dinner!" And with that Liselotte Lux pulled out a pocketknife, lopped off the mushroom at the stem, and plopped it into her handbag.

"You know," I said, "that could be lethal."

Frau Lux laughed. "Oh, I always forget how paranoid Americans are about wild mushrooms." She gave us our first German lesson—about mushrooms—without ever speaking a word of German. Mainly, she wanted to speak English with us. It was a big problem, but we couldn't bring ourselves to fire her. We kept thinking she would die of mushroom poisoning, but every week she returned. After a few months we realized we hadn't gotten past "*Hier kommt Otto Schmidt!*" and started looking for a new teacher.

We blundered through our daily lives,

dealing with bankers, auto mechanics, and bakery cashiers who rattled us with rapid-fire responses to our hesitant questions.

"Please," I learned to say in German. "Please speak slowly." With a sympathetic nod, they did.

John hired a teacher named Frau Ernst. The word *ernst* means serious in German, and the name suited her. Frau Ernst showed up twice a week for the next eighteen months. She didn't rummage through our garden looking for fungi, nor did she speak English with us. Instead, with gracious efficiency, she explained German sentence structure, taught us about accusative and dative cases, and encouraged us to converse with her. Never once did she mention Otto Schmidt. I gained a working knowledge of German just as I was ready to give birth to our second child.

Note: The German word for Caesarian Section is *Kaiserschnitt*.

I recently read that learning the last twenty percent of a language takes just as long as the first eighty percent. The final part, which includes the ability to speak spontaneously when emotional, seems to take forever. Even though I'll always have my American accent, I'm fine in calm situations. I can hang out with friends for four or five hours and never speak a word of English. I can have a conversation with my children's teachers, negotiate a tricky purchase at a shoe store, book a vacation, or make small talk while I'm playing the piano at a fancy cocktail party. I can even understand our insurance guy when he comes calling, and keep up with our friendly lawyer's legalese. But the minute I get angry or frustrated, my German words, bouncing back and forth

from left brain to right, collide with one another and render me unable to form a proper sentence. It's the ultimate disadvantage: I sound stupid when I'm upset.

Here is a story from 2008: I'm in my car driving in circles, looking for my teenage son, who hasn't shown up at the pickup point outside his school. We are very late for his orthodontist appointment, and after the third pass around the parking lot, over the bridge, and onto the highway, I'm pretty annoyed. It's only four thirty, but it's getting dark. In Germany it's illegal to make a phone call while driving, so I pull into the bus stop, leave the motor running, grab my phone, and call Curtis. I get his voicemail, so I begin to type a text message.

Rap, rap, rap.



Startled, I look up and see a senior citizen with a cane. He's wearing a pressed jogging suit with neon rainbow stripes on the sleeves, which seems to be the uniform of choice for retired men around here. He raps his cane again on the passenger-side window. Not such a nice thing to do, but I guess he needs directions or help, so I lower the window.

"*MOTOR ABSTELLEN!!!!*" he screams at me. Turn off your motor. "*UMWELTVERSCHMUTZUNG!!!*" You're polluting the environment.

I glare at him and quickly raise the window. On principle I do not turn off the motor. I take a deep breath. No need to get upset. The sun sinks early on winter days and old men do silly things. I will not lose my temper. I won't.

Rap, rap, rap.

I ignore him and continue writing my text message, although I'm so steamed I've forgotten what I want to write. So I type xxxxxxxx and hit SEND.

Rap, rap, rap. Now he's banging my windshield with his cane. I pretend to type another message. xxxxxxxx—SEND.

"*MOTOR ABSTELLEN!!!! MOTOR ABSTELLEN!!!! MOTOR ABSTELLEN!!!! UMWELTVERSCHMUTZUNG!!!*" He keeps rapping.

I turn on the windshield wipers and keep texting. What I really want to do is step out of the car and tell him—in elegant but firm German—that I'm a stressed-out mom, I'm truly sorry to have left the motor running, but I've spent the last thirty minutes searching for my son, I'm not only angry but a little concerned about his safety, and that *You, sir—even though you are a senior citizen and wearing a freshly laundered Adidas ensemble—you have no frigging right to whack my car with your frigging cane.* But, because I'm angry, my German skills will elude me. I know from experience if I attempt to say any of this in German, he'll make fun of my *Ausländerin* status, laugh at me, and possibly provoke me into doing something with that cane that could get me arrested, deported, or worse.

At first I smile politely. Then I take a deep breath and screech like a warrior, "ARRRRRRRRGGGGGGGGGGGHHHHHHHHH!!!" It's a foreigner's primal scream, and it

scares the creases right out of his jogging pants. His face almost blue with rage, he jumps back from my car and scampers away.

I experience a fleeting moment of triumph as I watch him in my rearview mirror. I wait until he's out of sight and turn off my motor. My son comes around the corner, cell phone in hand, and gets in the car.

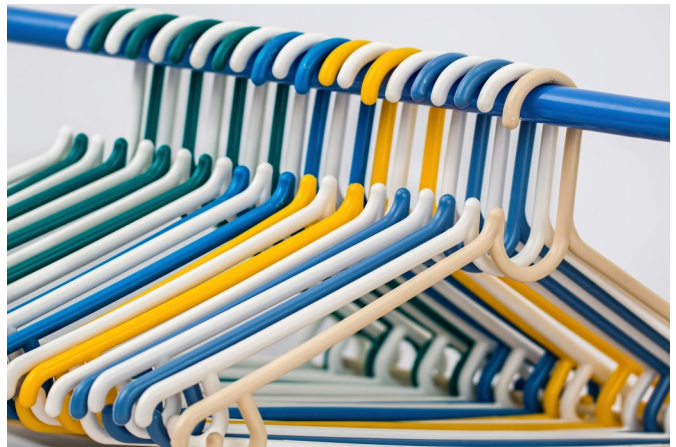
"What's with the xxxxxx?" he says.

I may have won this round, but I feel like a loser. Oh, how I miss my own language. Right now, as my brain bursts with the many things I should've would've could've said to the man with the cane, I think there would be nothing better than moving back to New York City, Pittsburgh, or even Nantucket. I'm homesick for a place where the right words are there for the taking, where familiar phrases hang in front of my mind's eye like perfect pieces of ripened fruit, ready to be plucked and polished, savored, shared, and understood by those who deserve to hear them.

English has always been my protection,

my armor, my waterproof layer of textured wool that keeps me comfortable and dry. German, in spite of all my years of practice, still feels more like an ill-fitting coat from a secondhand store, purchased for me by someone who wasn't sure of my size. Have I rebranded myself by learning a foreign language? Maybe not. But I've discovered a childlike resourcefulness that zaps me back to a time when the smallest accomplishment seemed large, and the largest part of myself felt small.

Someday the coat will fit. I'll grow into it.



Robin Meloy Goldsby (AIWC Cologne) is the author of *Piano Girl; Rhythm; Waltz of the Asparagus People; and Manhattan Road Trip. Goldsby's career as a pianist has taken her from roadside dives to posh New York City venues and exclusive resorts, and on to the European castles and concert stages where she now performs. Robin has seven solo piano recordings to her name and has appeared in the USA on National Public Radio's All Things Considered and Piano Jazz with Marian McPartland. Robin is a Steinway Artist. She lives in Cologne, Germany, with her husband and two adult children. She still refuses to pick her own mushrooms.*

Inspiration from a FAWCO Committee Member



My name is Judith K. (Judy) Furukawa and I'm from Sunnyside, Washington (the Yakima Valley in south central Washington State). Currently I live in Dubai, United Arab Emirates.

I have had several careers. After college, I remained in Oregon (except for teaching English as a Second Language in Guadalajara, Mexico for six months) and I have worked in various capacities with migrant farm worker education – day care, elementary school and secondary school, for a total of almost ten years. I also taught junior high Spanish for a year.

I went to law school at the Washington College of Law at the American University in Washington, DC. I worked in the admissions office my first year and later was a legal assistant with Migrant Legal Action and a

Legal Aid office on the Maryland Eastern Shore for a little more than two years.

After law school, I worked for a private immigration attorney in Minneapolis, Minnesota for a year, and then returned to Washington, DC in 1990. I practiced immigration law in DC for two different small private practices. I am a member of the DC bar.

My husband's law firm transferred him to Belgium in early 2000. Our three to five year stay ended up being just over fourteen years. I was still working in the beginning, finishing up a couple of cases long distance with the help of my former office colleagues. I started volunteering with my daughter's Montessori school and organized the parent group. When she transferred to a Belgian school, this was more difficult, so I started volunteering more at the American Women's Club of Brussels. We moved to Dubai, the United Arab Emirates (UAE) in early April 2014 and are still here.

My husband, Richard King, and I met in law school and were married in August 1990. He practices International Trade law. We have one daughter, Sarah. She graduated from a French-speaking Belgian secondary school June 2013. She is now a senior at Lewis and Clark College in Portland, Oregon. Her major is Foreign Languages (Japanese and Spanish), and she will graduate in May 2017.

The UAE government restricts fundraising activities for clubs in the country: any charitable monies raised must remain inside the country. Accordingly, the Dubai American



Women's Association was disbanded shortly before I arrived. While I have the option to be an individual member of FAWCO, I decided to be a non-resident/+ten year member of the AWC Brussels.

During our more than 14 years in Belgium, I volunteered a lot at the AWC Brussels. I volunteered and chaired the Café for many years. I went to on-site visits and activities to local Belgian charities with their charity group, HOPE and organized some small fund raising projects/events. I also served on the Executive Board as President, 1 year; 1st Vice-President, 2 ½ years; Secretary, 1 year; and at-large Board member for 1 year.

Currently within FAWCO, I am on the US Issues Committee, serving as Chair of the US Citizenship Issues Committee, and have been Resolutions and Recommendations Committee Chair for 2015-2017.

One of our most recent duties as part of the Resolutions and Recommendations (R&Rs) Committee has been to make the R&Rs coordinate with the new Mission Statement.



I really enjoy keeping up with immigration and citizenship issues and writing up the pertinent ones for the FAWCO website.

The new US administration promises to have an effect on how immigrants and citizens are being treated. I need to stay up on new regulations and the possible ramifications for FAWCO members and their families.

I consider the people I've met an extremely interesting group of women who provide perspective and insights through their experiences - and I've made some lovely friendships.

GETTING TO KNOW JUDY

Describe your ideal day. My favorite place on the planet is the Galapagos Islands. It was our first vacation after our daughter was born and then we went back with her once we were convinced she was old enough not to upset the progress of evolution. Walking around, snorkling and taking as many photos of the animals as I want is a pretty darn perfect way to spend a day.

more time. The summer I spent as a student in Valencia was really wonderful. I still have friends there. The city is much nicer now than it was lo those many years ago. I would get to speak Spanish on a regular basis and could start a new language, Catalan, and the food is fabulous. Santiago de Chile and Guadalajara, Mexico are also on the list for pretty much the same reasons.

If you could start all over again in any city or country, which one would it be and why? Spain is a place that I would like to spend

If you were moving back to your home country, what would you miss most about your host country? The personal security is



something that I would miss. I feel safe walking around at any hour in the UAE and am not concerned about being mugged or pick-pocketed.

Which film that you've seen recently would you recommend? My current movie of choice is *Brooklyn*. I haven't read the book, but enjoyed the film immensely. It's about an Irish immigrant and the adjustments to a new country and also going home. Also, it was shown in theatres here and it was a nice change from the mostly action/block buster movies that are shown.

I was a much better reader in my youth. Current favorite author is Patti Smith. *M Train* gives you the feeling that she is talking to you over one of her many cups of coffee (which I also relate to). I'm working my way through *A Choice of Weapons* the autobiography of Gordon Parks, the African-American photographer. It's not long, but he's (justifiably) angry in many parts, so it takes a while to digest.

Of all the people you have met in your life, whom do you admire most? Sorry, I can't pick one. Of my contemporaries, I have two friends that I'd want to be if and when I ever grow up. They didn't/don't just walk the walk; they set goals and accomplished great things for a certain target population. Shelley Davis practiced farm worker law helping to establish health and safety work standards until she succumbed to breast cancer. Melissa Juneau took a small hearing and speech center in Baton Rouge and raised funds for a new center that serves many more children and families.

I also admire my parents, Hiroshi and Marion Furukawa. I didn't think about it much when I was growing up – your family is your normal because your parents are your parents. When I grew older, I realized that in many ways their lives were hard – immigrant parents who didn't speak English well. Each was the oldest of several siblings. As Japanese-Americans they had to live through World War II and the prejudices that

went with it. My father died when I was starting high school, so my mom ended up being a single parent. I had a sister who died of leukemia – a parent should never have a child precede them. Again, it's just the way it was, but when I realized how matter-of-fact they were about everything, I'm really proud.

If you could meet one famous or influential woman, alive or dead, who would it be and why? That's hard – I think I would like to tell Hillary Clinton how much I relate to her. The *Humans of New York* piece about taking the LSATs really struck home – and I would thank her for all of her years of public service.

If you became president or leader of your host country for a day, what would you do/change? The United Arab Emirates are seven kingdoms run independently with “united” being useful for international and economic issues; each is different. I would just try to run Dubai for the day. I'd work on filling up the buildings that are always being constructed, instead of the continuous building with no tenants – making the rents more affordable would be part of this.



A Club Inspires

The American Women's Club of Toronto was founded in 1917 with fifteen women. Now in its centenary year, it has 130 members who include active, life members, and non-resident members. The age range of membership is large: from a member who has reached her 100th birthday to a new member who is attending university. Our longest active member has been with the club for 67 years and attended our Thanksgiving luncheon in November.

Our Board is composed of 13 members, each elected for a term of one year; they may be re-elected. In 2015-2016, we began with half of our members brand-new to the Board. Thanks to the help of FAWCO, we had a team-building workshop and set our goals for the year. We had a great year and are very happy to report that in this, our 100th year, every single one of those members renewed for another year.



We follow the objectives of our club, founded in our Constitution. Two of the four objectives are: contributing to the welfare of the community in all ways consistent with the ideals of womanhood and cooperating with other local organizations in supporting improvement, civic and philanthropic. Two of our service projects are aiming for the 100 number this year. One is collecting children's books for a book bank that helps open the world of reading to families in need; the second is knitting or making fleece blankets for people in shelters or hospitals in partnership with Linus Project Canada. We are close to hitting that 100 number! We are also pleased to support Sleeping Children Around the World by providing needed bed kits so that more children can have a place to sleep.



AWCT has also been affiliated with the General Federation of



Women's Clubs since 1918. This organization has its headquarters in Washington DC and is dedicated to community improvement by enhancing the lives of others through volunteer service. We were most grateful to be recognized at the 2016 Annual Convention by receiving the International Award for outstanding dedication, volunteer service and community improvement. It is wonderful to have officers and committee chairs, active and supportive members, and wonderful affiliate groups to help us carry out the programs, events and activities with the 100th theme in mind.

We rent a venue where we hold our general and business meetings each month except for November and January. Our programs include service fundraisers, Holiday Happenings, speakers, an American Thanksgiving luncheon, an end of year Spring Luncheon and celebrations for our club's birthday on March 15th. We hold elections at the annual business meeting in May. This year at our October meeting, we reconnected with talented actor, artist and set designer, Julian Mulock, who told us stories about his great grandfather, Sir William Mulock, who was well known in the area. Sir William was adopted as the "Great Uncle" of our club at the Thanksgiving dinner in 1933. He commented that he liked the friendliness of our club because we were like the pumpkin pie being served...without an upper crust.

The club also has a selection of interest groups which are held at members' homes or various venues. One of the most active groups has been the HERSTORY group which has been telling the story of our club by researching through our own archives of minutes, photo albums, newspaper clippings and more. We are hard at work getting together a Centenary Memory Book which will tell a story of our club...fulfilling a vision.

The thread that keeps this club together all these years runs through those who care for others, who are the ambassadors to our adopted country, and whose persistence, hard work and dedication have no limits. We keep in touch with those who are homebound or ill through our visiting chair and we communicate through our (literary worthy) newsletter, a new updated website (www.awcto.com), social media, phone calls and visits.





We currently are planning for our 100th Celebration which will be held on Sunday, May 7th at the beautiful Fairmont Royal York Hotel in Toronto. Information about our event can be found on our website at www.awcto.com. Come and help us celebrate!

Mary Lou Piazza Laramie, AWCT President and Chair of the 100th Committee

Inspiration from Canada



My name is Lorna Blumen and I have been a member of the American Women's Club of Toronto (AWCT), Canada, for 13 years. Juggling a busy work, travel and family life, I attend as many club functions as possible. In addition to events or functions, I try to make new (and maintain and nurture old) friendships I've made with American women living in Toronto, both in and outside of the club. I have so much in common with these "transplanted" women, in ways that span across our ages, our work lives and our family histories.

I was born in Boston, MA. I have also lived in Washington, DC, Palo Alto, CA, and, briefly, in Pittsburgh, PA. However surprisingly (to me), my husband, daughter and I have lived in Toronto for over 25 years! We moved to Toronto intending to stay for five years and here we still are!

My formal education: I have an undergraduate degree in Chemistry, a master's degree in Biostatistics and an MBA. I never worked a paid day as a chemist. I guess I was on to the rebranding thing early! After college (or university, as it's called in most other parts of the world), I was incredibly fortunate to stumble into an amazing "first serious job"; I spent 6 years doing computer modelling in underwater acoustics and oceanography, primarily as a consultant to various Navy departments in Washington, DC.

Following that I went to business school in Palo Alto, California. My husband and I were classmates. He calls it "the most expensive dating service ever." Peter's a Canadian. I convinced him that Bethesda, MD was the financial capital of the US, and he moved to Washington, DC! Several years later, we got married, several more years and our daughter was born. We moved to Toronto shortly after.

After moving to Toronto and as a new mother, I became focused on children's issues. I sat on the Board of Directors of a local community service agency delivering parent education. From that dual perspective of parent and board member, I could see a real need for teaching conflict resolution skills to children when they were young, *before* the children and the problems got big.

I developed a drama class for elementary school children, with the conflict resolution skills "hidden" inside (conflict is what makes drama interesting, but it's all in how you handle it!). Before long, I was training the adults who work with children – parents, teachers, coaches, camp counsellors, mental health professionals, etc. The topic of bullying prevention kept coming up. At the time, 25 years ago, almost nobody was focused on bullying. Soon, bullying prevention became my sole focus.

I've now been a bullying prevention specialist for over 20 years. My focus is on children's bullying prevention, although, I also consult and speak at conferences on adult workplace bullying. I've written five books on children's bullying prevention and girls' respect issues. My Girls' Respect Groups program (GRG), an after-school program for girls 10-18, is now being used in 130 countries.

My goal: I want to inspire others to work with me to keep kids (both boys and girls) grounded in respect for themselves and others, help them build the skills of positive friendships, and teach them to stand up for one another. When kids – and adults – are grounded in respect, bullying prevention takes care of itself!

I've truly enjoyed each chapter of life and the previous chapters prepared me for the next. I've been inspired and guided by many women who came before me. I can never repay them. I've tried to pay it forward, especially to girls and young women, helping them find their feet underneath them through some of life's challenging chapters.

I've been married for 28 years to my wonderful husband, Peter. He is in the financial services industry. He's been an avid cyclist, a fitness enthusiast, a reader, and a man whose curiosity about how



things work has paved the way to interesting work and an interesting life! He's fun to travel with too (hmmm, talk to me about the zippered outhouse with a dirt pile and a shovel in the Serengeti last year...)!

Our daughter, 26, is an investment analyst who's currently taking a year (plus) to live and work in Tanzania, initially for a charity developing a social impact investment fund. She is now working for a heavy equipment leasing company with offices around Tanzania. She spends some of her time traveling through banana plantations and brick-making factories, providing financial and business coaching to the company's clients and new lease applicants. As she puts it, "It's clearly because I know SO much about farming...!" She's seen gorillas in Rwanda, hippos in Kenya, giant tortoises in Zanzibar, and specially-trained Tanzanian rats that can sniff out land mines and identify tuberculosis from patient lab samples ("It's really amazing, once you get over the "eeeuw" factor!").

Although we are very proud of her, we miss her very much and wish she were closer to home. We talk frequently on WhatsApp and FaceTime. We visited her for four weeks in Tanzania in December 2015. She's been back to Toronto a few times and she and my husband climbed Mount Kilimanjaro last August!

Interestingly, when I first sat down to write, this I thought I wasn't really rebranded. I now see I'm the poster child for rebranding. I did it before the word was invented! It's a common thing for women to do, *especially* in response to the interesting challenges of moving to another country and parenthood. I think women are, in general, wonderfully flexible, creative and adaptable. Men are too, but women tend to be thrown more curves in life, even when we choose them (like becoming a parent!!).



I have tried hard to become a good parent, to learn and grow at each chapter. Like everyone, I made mistakes every day. I think I have become a kinder, more open-hearted human being through being a parent, although many of the skills I had to grow into or improve were not comfortable or easy. I wasn't unkind or thoughtless before, but I have deeper layers, more knowledge, and more empathy now. Some of that's just age and life, but I know that being a parent guided me down growth pathways I may not have otherwise taken.

I am (we are) very proud of our daughter, although I don't consider her one of my "achievements." She gets credit for becoming herself, a young woman of strength, intelligence, curiosity, and integrity.

I am also very happy with the work I've done in bullying prevention and in creating a supportive, respect-based program for girls and young women. I have learned as much from them as they have learned from me! I get text messages and emails from young women who have graduated from my GRG Program, saying "*....such and such happened to me today, and I know I handled it this way because of GRG.*" Those girls always had that strength inside them – standing up for others, making respectful choices in their own lives, and having the anchored self-esteem to challenge themselves and try new things. The protective and nurturing environment of GRG allowed them to find those qualities within themselves and to create networks of supportive and respectful girlfriends (and boy friends) who "get it." Their spheres of influence are expanding out into the world as they bring the message and actions of respect with them. I'm very proud to have been part of that.

For those interested in learning more, please feel free to check out:

BullyingEpidemic.com, GirlsRespectGroups.com, and IGYBBook.com for info on my most recent book, *I've Got Your Back: Help Children Say Hello to Friends & Goodbye to Bullies* (co-author Staci Schwartz, MD).

GETTING TO KNOW LORNA

What 5 words would you use to describe you at your best and your less than best? I asked my friend and co-author, (or should I say co-author and STILL friend!) Staci Schwartz, for her assessment. She responded by describing me at my best as: idealistic, compassionate, energetic, curious, innovative and intelligent. At my less-than-best, I am overextended (guilty!), realistic and a (recovering) perfectionist.

Describe your ideal day. I have many versions of an ideal day: traveling with my family (Barcelona!), travelling with my girlfriends, finishing a great book, writing a great book, dinner with friends and family, the desert, the beach. Any perfect day must include dark chocolate!

If you could start all over again in any city or country, which one would it be and why? I would be very happy to approach the horizon-expanding challenge of moving to almost any city or country for a short time – 6-12 months. That said, I am happily rooted in North America and would eventually return.

If you were moving back to your home country, what would you miss most about your host country? I have loved living in Canada – gorgeous geography, kind people, an incredibly diverse population and don't forget the salmon!!! Even though Canada and the US are different in many ways, there is a lot of congruency of values, traditions and goals (yes, I still believe that).

What things do you miss most about your home country? I miss having my family nearby, especially our daughter in Tanzania. I'm a happy traveller but I miss the easy companionship of stopping in for a quick visit with my family, most of which is in the US I am so grateful for the technology that lets us keep in touch!

Which book that you've read recently would you recommend? I loved the book *The Brain that Changes Itself* by Norman Doidge. It's a fascinating look at our current knowledge of neural plasticity - the ability of brain cells to remodel and recreate, even, and perhaps especially, after damage or loss. The very concept contradicts our prior knowledge. Every chapter describes the groundbreaking

work of scientists and practitioners who have brought back life, ability and hope. As I round the bend into my senior years, there's even hope for keeping my brain cells and possibly even finding my misplaced keys!



If you became president or leader of either your home country or host country for a day, what would you do/change? I would use my magic wand to firmly reground everyone in respect for self and others, especially during conflict. We WANT people to have diverse opinions and groundbreaking, new, creative ideas. That's how we grow, as individuals and societies. Having different views should not make us enemies; it should open the doors to discussion, learning, compromise and improved solutions.

If you could do any job in the world for one day, what would it be and why? I'd love the job of being an obstetrician or a doula for a day. It would be such a privilege to help escort children into this world.

Of all the people you have met in your life, whom do you admire most? Too many to single out. They've all contributed to who I am today and I'm deeply grateful for their gifts of friendship and knowledge.

If you could meet one famous or influential woman, alive or dead, who would it be and why? I really admire Nancy Grace Roman. She's known for being "the mother of the Hubble telescope." She was a Ph.D. astronomer at a time when there were virtually no other women in the field. Finding it tough (impossible) to be hired for a tenured university position, she worked for the US Naval Research Lab; she later became the first Chief of Astronomy and Relativity for NASA (great job title), where she spent the rest of her career. She's currently 91 and still lecturing occasionally.



How can you get involved?

The next Inspiring Women will be available in June. The theme of our summer edition will be Designing Women - women in the world of design, engineering, architecture, fashion, graphic design, landscaping or floral design, etc.

As in this edition, we would like to feature profiles of some of the wonderful women across the FAWCO world. If you know anyone in this field who has done something of particular interest and would make a good profile please contact the editor by **April 10th, 2017**.

We would also like to feature cover photos taken by FAWCO members - that means you! The photo theme should be Designing Women

Photos must be :

PORTRAIT orientation (landscape photos cannot be accepted),

Digital and Color, 150-300 dpi quality and 5-10 MB max.,

Taken by a FAWCO member with details of where and when the photo was taken.

Deadline for submission: April 10th, 2017

N.B. Photos will be credited but no payment for their use is possible.

MAGAZINE FEEDBACK

We want this magazine to be interesting for all FAWCO members. In an effort to provide articles of interest to all of our readers, we have created an online feedback questionnaire. It should only take a few minutes of your time to complete and will be a great help us!

Please click on the link or paste it into your browser
to complete the survey.

<https://surveyplanet.com/586fa1f7f057d523df017f2a>

Thanks very much indeed!

Inspiring You

Founded in 1931, FAWCO is a global women's NGO (Non-Governmental Organization), an international network of independent volunteer clubs and associations comprising 64 member clubs in 34 countries worldwide, with a total membership of around 12,000. FAWCO serves as a resource and a voice for its members; seeks to improve the lives of women and girls worldwide, especially in the areas of human rights, health, education and the environment; advocates for the rights of US citizens overseas; contributes to the global community through its Task Forces and The FAWCO Foundation, which provides development grants and education awards. Since 1997, FAWCO has held special consultative status to the UN Economic and Social Council.

OUR MISSION STATEMENT

FAWCO is an international federation of independent organizations whose mission is

- **to build strong support networks for its American and international membership;**
- **to improve the lives of women and girls worldwide;**
- **to advocate for the rights of US citizens overseas; and**
- **to mobilize the skills of its membership in support of global initiatives for education, the environment, health and human rights.**

For more information about this magazine please contact:

Inspiring Women Editor in Chief: Liz MacNiven inspiringwomen.editor@fawco.org

For more information on how to advertise in this magazine please contact:

FAWCO Advertising and Sponsorship Manager: Elsie Bose advertising@fawco.org

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Thanks also to the cover photo artist, Suzanne Wheeler (AAWE Paris). Suzanne says "This image was taken on Benguerra Island, Mozambique. Surrounded by intense sunlight, it was that picture perfect moment when all the elements combined to form a last memory. The sharply delineated colors and soft movement of my daughter's skirt with the breeze caught my imagination and my camera lens, as she cavorted on the pristine sand. I loved her uninhibited play. It reminded me of the little girl she used to be. It is inspiring to watch her grow, to mature, yet still retain an enchanted wonder for life."