

U.S. DEPARTMENT OF STATE

STATE

M A G A Z I N E



Jamaica's Jewel

JUNE 2006

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STATE MAGAZINE + JUNE 2006 + NUMBER 502

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One of Jamaica's National Heritage Trust sites, Kingston's Devon House, was built by Jamaica's first black millionaire and is a fine example of 19th-century Jamaican-Georgian architecture.

Photo by Corbis



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Photo by Corbis



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The Rich Variety of U.S. Diplomacy

The Department displays a few of its many diplomatic faces in this month's *State Magazine*.

As Americans watch with growing unease the spread across the globe of a particularly virulent strain of avian influenza that *might* spawn a human influenza pandemic, the Department has taken a leading international role in what could be the most important health initiative of the decade. The Department put together the Avian Influenza Action Group to coordinate the overall international response to avian and a possible pandemic influenza.

The new group ensures that State has the necessary staff, expertise and interagency reach to tackle the huge job and to practice health diplomacy on a global scale.

Meanwhile, the professionals in the Office of International Health Affairs work on the broader global health picture. With a diverse team of Civil Service employees, Foreign Service officers and scientific fellows, this group promotes global health to improve U.S. security and global economic health. The eclectic staff concentrates on infectious diseases, bioterrorism and environmental health.

The Berlin Wall may be history and the Cold War relegated to the academic world, but Russia remains a major world power and is a growing global economic player. U.S. interests still require an intense bilateral relationship with Russia, and the Russian Affairs Office is charged with managing this critical and complicated relationship. While the Soviet Union and its system are dead and buried, the new Russia doesn't hesitate to follow its own course when its interests diverge from U.S. interests. As one

senior officer in the office says, there's never a dull day.

Science and diplomacy may seem strange bedfellows, but Under Secretary for Democracy and Global Affairs Dr. Paula Dobriansky makes a strong case in *The Art of Science Diplomacy* that science and technology can improve the lives of people around the world and build bridges between the U.S. and foreign societies. That sounds like a solid definition of diplomacy at work.



Reaching deep into the spirit of transformation diplomacy, the diplomats at the U.S. Mission in Côte d'Ivoire took advantage of a new embassy complex to change local perceptions, highlight common ground and foster mutual understanding. Working with the professionals at Overseas Buildings Operations, the embassy turned its

spacious atrium into a vast gallery featuring local art and artists alongside other cultural items.

The ambassador also invited traditional chiefs to perform ceremonies asking their ancestors to bless and protect the new embassy. And the embassy staff took diplomacy outside the capital and corridors of power by spending many hours in remote villages across the government-controlled south.

They give local people a real American image to ponder. ■

Rob Wiley

Rob Wiley
Editor-in-Chief

STATE

MAGAZINE

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The submission deadline for the September 2006 issue is June 15. The deadline for the October 2006 issue is July 15.

Noncareer Ambassadors

I send you greetings and admiration for the format and content of *State Magazine's* April issue, "500 Issues and Counting." I especially enjoyed the article on Costa Rica.

Twice I have served in the State Department: first in 1954 as special assistant in the office of Secretary Dulles and much later, in 1976, during the American Bicentennial as ambassador to Sweden.

We all know how much a noncareer ambassador leans on the career staff, without whom he could not function. This sensitive relationship seems always to be reflected sympathetically, but truthfully, in *State Magazine*. I thank you for your tact and understanding treatment of noncareer ambassadors.

David S. Smith
West Palm Beach, Fla.



A Refreshing Change

I noted immediately that something was different (April issue). The cover was a work of art! Congratulations on a refreshing change. The graphics on the Work/Life article were my favorite. You have set the bar high for continuing bold changes in your next issue. Keep up the great work!

Robert E. Miller
Financial Management Officer
U.S. Embassy Dar es Salaam,
Tanzania

Margaret Skinner

Normally, an obituary is the final goodbye. But in the case of the one in the February issue for Miss Margaret Skinner, more beyond that "she worked as a secretary for the Department from 1951 to 1986" is needed.

In the 1960s, Miss Skinner was a most valued aide to me as deputy chief of mission in Malawi in the fast-moving days of political and economic development after the country gained its independence.

No demand was so complex or urgent that it wasn't met by her graciously and most competently.

When ordered to Mauritius to open the post at its independence, I felt most fortunate that the Department agreed to assign her there as well. Her common sense in solving the difficult problems inherent at a new post and her early good working relations with members of the local community considerably moved us ahead in those early days.

William B. Hussey
Retired Foreign Service officer
Laguna Woods, Calif.

Correction

The photo in the middle of page 13 in the April issue should have identified the military personnel carrying a casket as U.S. Army soldiers, not airmen.



Let Us Hear from You

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(NEWS)

DAVID FOY HONORS CONTINUE

The Bureau of Overseas Buildings Operations has renamed its Facilities Manager of the Year award the David E. Foy Memorial Award for Excellence in Facilities Management. Mr. Foy, a facilities manager at the U.S. Consulate in Karachi, Pakistan, was killed March 2 by a suicide bomber who rammed his car into Mr. Foy's vehicle. (See "3 Days in Karachi," May issue, p. 24.)

Mr. Foy, who was 51, was a devoted family man who left a wife and four daughters. They attended the American Foreign Service Association Memorial Plaque Ceremony May 5 presided over by Secretary Condoleezza Rice, where David and three other fallen colleagues were honored.

On April 25, Congressman G.K. Butterfield, representing Mr. Foy's home state of North Carolina, paid tribute to him on the floor of Congress.



Secretary Rice speaks at the AFSA Memorial Plaque Ceremony honoring David Foy and three colleagues who lost their lives overseas in the line of duty.

PLUS >>> Beijing IT Training a Hit + So We Will Never Forget + Green to Go + Senate Confirms Veteran Ambassador as New DG + Sanaa Social Club Races for Yemeni Women + Security and Prosperity Partnership



Taking It On the Road: Beijing IT Training a Hit

In early February, Fred Febo, a computer instructor from the Foreign Service Institute's Information Management Training unit in the School of Applied Information Technology traveled to the U.S. Embassy in Beijing, China, to support the rollout of Microsoft Office 2003 to the embassy staff.

Doug Towns, a member of the Information Management staff in Beijing, worked closely with Mr. Febo and the management of SAIT and IMT in designing customized "just-in-time" training when and where it was needed. The training was

funded locally and open to all Department personnel at post.

The response was overwhelming. Mr. Febo's visit was extended three times to meet the demand. In the end, more than 300 students completed the training. Participants came from three Chinese diplomatic posts: Beijing, Guangzhou and Shanghai.

Applications taught included introductory and intermediate levels of the entire Microsoft Office 2003 Suite: Word, PowerPoint, Access, Excel and Outlook. Two additional weeklong classes—one in Word

and one in Excel—were offered to help office management specialists obtain internationally recognized certification as Microsoft Office Specialists.

Woody Miller, the information management officer in Beijing, said bringing FSI's instructor to post rather than sending employees back to Washington for training resulted in a hundred-fold increase in the number of people benefiting. In addition, since the training was customized for Beijing, examples used in class incorporated real-world, day-to-day issues faced by staff members in their jobs. A local outside vendor could not have provided this type of knowledge.

"There is no way we could have trained the number of people we did without this program," said Doug Towns.

Comments from participants on the class evaluations were overwhelmingly positive.

SO WE WILL NEVER FORGET

One of the first U.S. soldiers to discover and liberate a Nazi concentration camp spoke at the State Department recently, telling employees about the horrors he and his fellow soldiers found when they came upon the Ohrdruf camp in 1945. Retired U.S. Army Colonel Willis B. Scudder, 90, was the keynote speaker at the Department's Holocaust Days of Remembrance event on April 24 at the Harry S Truman building.

As Scudder and the 4th Armored Division approached the camp that day, they saw many people walking the roads, including families and youngsters by themselves, said Scudder. When they came up a gravel road, which was lined by a fence, they could almost immediately detect an odor. They found the gates of the camp open, and went in.

"On our right were bodies—about 50 or so. They had been shot in the head," said Scudder. "People who were members of the camp were in rags and pajama-like concoctions. They didn't know who we were, and we didn't know who they were. They wanted to touch us; they wanted to kiss us. We didn't know what to do."

"We next went to a shack. Inside there were bodies. They were stacked perfectly, stacked like cordwood. There were a couple hundred of them.

"We went to the barracks. The stench there was almost unbearable. On the floor, there were bodies. Living bodies, if you like," said Scudder. "At a field, we saw where the bodies had been burned."

As Scudder spoke, he became emotional several times and briefly had to stop talking.

Years later, Scudder returned to the camp. He questioned several of the townspeople, but everyone said they were unaware that there had been a concentration camp in the area.

Ambassador Edward O'Donnell, U.S. Special Envoy for Holocaust Issues, also spoke at the event.

"An important part of the War on Terror is the struggle against intolerance and hatred," said O'Donnell. To fight against anti-Semitism and to pass this fight on to our sons and daughters, it is important to attend events like this, he said.

More than 50 people attended the observance, which was organized by the Office of Civil Rights.



Retired U.S. Army Colonel Willis B. Scudder, left, describes what he saw as he liberated a Nazi concentration camp in 1945. Ambassador Edward O'Donnell, U.S. Special Envoy for Holocaust Issues, right, also spoke at the Holocaust Days of Remembrance event.

Green to Go

The Department of State achieved "Green" for both status and progress on the President's Management Agenda Federal Real Property Initiative. Secretary Condoleezza Rice announced the achievement during an April 11 tour of the Bureau of Overseas Buildings Operation with Under Secretary for Management Henrietta Fore.

The Office of Management and Budget awarded Green status to OBO two quarters ahead of its published schedule. The Department achieved the coveted status by demonstrating its ability to dispose of surplus assets, maintain assets in the right condition and operate at the right cost. This meant preparing a comprehensive Asset Management Plan, a three-year rolling timeline of initiatives, numerous performance measures and a shared Department-U. S. Agency for International Development real property inventory.

The Department is one of two government agencies to achieve Green for this Initiative.



Project Planning Division Director Alex Kurien introduces General Charles E. Williams as Under Secretary Henrietta Fore and OMB Acting Director Clay Johnson look on at the President's Management Agenda Achievement Award and Recognition Reception.



SENATE CONFIRMS VETERAN AMBASSADOR AS NEW DG

The U.S. Senate has confirmed Ambassador George M. Staples as the new Director General of the Foreign Service and Director of the Bureau of Human Resources.

Ambassador Staples has been a career member of the Foreign Service for 25 years and was most recently political advisor to the Supreme Allied Commander Europe at NATO in Belgium. Before his NATO assignment, ambassador Staples served as ambassador to Rwanda, Cameroon and Equatorial Guinea. He also served as deputy chief of mission in Bahrain and Zimbabwe, senior watch officer in the Operations Center and

senior Turkey desk officer in the Bureau of European Affairs during the first Gulf War. His other overseas assignments include the Bahamas, Uruguay and El Salvador.

Before joining the Department, he served as an officer in the Air Force and a manager in private industry. He speaks French, Spanish and Turkish.

Ambassador Staples was born in Knoxville, Tenn. He received his B.A. in political science from the University of Southern California and an M.A. in business from Central Michigan University.

He and his wife Jo Ann have one daughter, Catherine.

Sanaa Social Club Races for Yemeni Women

A U.S. Embassy in Sanaa social club organized a charity run/walk March 16 that raised more than \$400 for a local organization that helps rural women and families escape domestic abuse.

Some 75 runners and walkers from the embassy and the Sanaa diplomatic community volunteered to participate, generating enough contributions to outfit the Ibb Women's Association with a television, VCR and videotapes to train women in basic professional skills. Armed with these skills, the women will be more able to live on their own.

Association Director Mona Ali said women living in rural areas have difficulty finding help when they most need it.

"When I founded this organization, there was nothing to help women who were getting divorced," she said, adding that some of the most difficult cases were women who tried to leave a relation-



Participants either ran five kilometers or walked two miles.

ship that was abusive for them or their children. For these families, the association provides referrals, home visits and training.

The embassy hopes its modest donation of equipment, resources and cash will allow Ali's group to assist more women and families in rural Yemen who might not even know such resources exist, said Ambassador Thomas Krajewski.

"We respect the good work that the Ibb Women's Association is doing to assist rural women with domestic problems," he said.

Security and Prosperity Partnership

Bureau of Western Hemisphere Affairs Assistant Secretary Tom Shannon presents letters of appreciation from President George W. Bush to Department staff who contributed to the development and implementation of the Security and Prosperity Partnership of North America. From left: Robin Mathewman, Sigrid Emrich, Antoinette Condo, Eugene Aaron, Steve Royster, Assistant Secretary Shannon, Maurice Parker, Evelyn Wheeler, Terry Breese, Mitchell Optican, and Robert Sorenson. Not included: Shaun Donnelly, Tony Wayne, Linda Jewell, Roberta Jacobson, Under Secretary Paula Dobriansky and Roger Noriega.



Ambassador Aubrey Hooks, standing, is crowned honorary chief of the Western Ivoirian village of Aboisso during a ceremony with the King of the Sanwi people, Nana Amon Ndouffou V. Ambassador Hooks was christened "Kakou Andoh" at the ceremony.



Transforming Perceptions

FORGING NEW FRONTIERS ON THE FRONT LINES OF DIPLOMACY **BY BRETT BRUEN**

Properly channeled, changes and challenges often lead to new and improved ways of doing the job. That's been the case for the U.S. Mission in Côte d'Ivoire, which last year faced an unstable political situation and a move to a new Embassy labeled by the Ivoirian press "The Bunker."

The embassy could have easily retreated into its secure new compound and tried to ride out the war and the criticism. But that wasn't the vision held by a veteran ambassador who knew difficult situations from service in both Congos.

Embracing the spirit of Secretary Rice's vision of transformational diplomacy, Ambassador Aubrey Hooks realized the

American diplomatic corps in Côte d'Ivoire needed to transform the way it reached out to Ivoirian audiences. He realized that if the embassy wanted to change the way Ivoirians looked at us, we had to change the way we engaged them. Embassy staff worked closely with designers from Overseas Buildings Operations to create an aesthetically pleasing and inviting environment, one that embraces both cultural and social diplomacy.

Bless and Protect

In keeping with this objective, the embassy invited traditional chiefs to come and perform a traditional libation ceremony that asked the Ebric ancestors in the land around Abidjan's famous lagoons for

their blessing and protection of the new building.

"Definitely, if despite the presence of Marines, and all the sophisticated surveillance equipment, the Americans need the protection of our ancestors, it is because the Ambassador has understood that the two protections are worth more than just one. Excellency, you can sleep well at night, the ancestors of Ebric watch over you," assured the popular *L'Inter* newspaper, which echoed praise and appreciation for the ceremony across the Ivoirian press.

The libation ceremony, however, represented just the christening of the ground on which the ambassador envisioned a spectacular venue for cultural exchanges and celebrations. The embassy also made



Left: Bottom: Fulbright Scholar Dr. Christine Cynn, center, and Cultural Affairs Specialist Angele Gnako, right, discuss ways to promote exchange programs with Ivoirian leaders during a daylong celebration of the Fulbright Program. Right: Deputy Political/Economic Counselor Andrea Lewis examines musical instruments during the second vernissage of the embassy's Art in the Atrium program.

plans to display its new role as a cultural palace during a gala that filled the grand atrium with the sounds of top Ivoirian musical artists and with fashion and art shows that paid homage to the American and Ivoirian cultures.

Notables from business, culture, politics and government, including the Ivorian president and first lady, attended, and the event was the talk of the town for months. In a single stroke, public perceptions of the embassy changed from visions of secrecy and security to openness, elegance and cultural richness.

The success of the gala encouraged the Public Affairs Section to seek more ways to utilize the embassy as a space for cultural exhibits and performances. Creative ideas flourished, including noontime concerts, conferences, education fairs, receptions and film screenings.

Cultural Evolution

The evolution of the embassy into a thriving cultural center was exemplified by the transformation of its spacious and luminous atrium into a vast art gallery. The collection draws visual and intellectual connections between Côte d'Ivoire traditions and American art forms. Throughout the building, the collection exhibits both contemporary and traditional expression while highlighting the vision, skill and accomplishments of the artists and artisans.

The art program seeks to engage mission personnel and visitors, highlighting common ground and fostering mutual understanding. Rotating expositions displayed Ivoirian art and historical Ivoirian musical instruments and showed Ivoirians and Americans alike the strong influences that exist between the two cultures.

The opening ceremonies, or *vernissages*, launching each show drew a veritable Who's Who of Ivoirian society, ministers and ambassadors. An invitation to these events became one of the hottest tickets in the country.

The transformation isn't limited to the confines of the embassy. At the heart of this aggressive and proactive diplomacy lies an effort to go farther and build deeper connections that will strengthen the ties and bilateral relations between the two coun-

tries. Ambassador Hooks, often accompanied by other mission personnel, spends many weekends well away from Abidjan, in remote villages across the government-controlled south.

The Americans are warmly embraced by small villages whose only previous contact with the United States has been from afar. The Ivoirian media noted the significance of this person-to-person diplomacy. One publication said the ambassador "breaks with the traditional diplomacy of velvet salons, which is based on a lot of protocol, and he goes into a new arena that touches the social realities."

The ambassador also signaled U.S. interest in the Ivoirian peace process with a three-day overland trek from Abidjan to the rebel capital of Bouake in the northern part of the country. Pro-government and opposition proponents both welcomed the visit, the first of its kind that was not linked to the United Nations.

The Ivoirians took particular note of the time and nature of the voyage. Coverage from all sides noted that this hands-on, direct involvement added credibility to the U.S. belief in the power of transformational diplomacy.

The ambassador's trip built on the success of a weeklong HIV/AIDS caravan, led by the public affairs section, throughout the country on the occasion of World AIDS Day. Events at cities and villages across the country drew thousands. A program with 400 faithful at the Grand Mosque in Yamoussoukro marked the first time that AIDS was publicly discussed at the holy site.

For the U.S. Embassy in Abidjan, transformational diplomacy means reaching out beyond traditional practices and venues. Taking its activities outside the capital and corridors of power earns dividends and allows embassy professionals to personally connect with local people who too often know Americans only from a distance and through fictional portrayals on radio, television and film.

These personal and profound connections with Ivoirians from all segments of society make a huge difference in the effectiveness of U.S. diplomacy. ■

The author is the information officer at the U.S. Embassy in Abidjan.



A young artist with his father, Commander David Edwards, assistant naval attaché in the Defense Attaché Office, enjoys the day at the ambassador's residence. Also shown are Ann Stevens, spouse of Captain Jim Stevens, defense and naval attaché, and Ambassador Ben Whitney.

YOUNG AT ART

CHILDREN'S TALENT BINDS EMBASSY COMMUNITY TOGETHER **BY LAURA PAGEAU**

On a bright January afternoon in Oslo, Norway, the ambassador's residence rang with laughter as newly arrived Ambassador Ben Whitney and his wife, Mary, welcomed 32 artists, ages 2 to 14, to a reception in honor of an exhibit of their work titled *What I Like About Norway*.

The Whitneys had proposed the idea for the exhibit during discussions with the community liaison office prior to their arrival in Norway on Jan. 9.

"As Ben and I were selecting paintings to be featured in the residence as part of the ART in Embassies Program, I realized that the period before the new works arrived offered us an opportunity to host an exhibit rather than leave the walls bare," Mrs. Whitney explained. "Ben and I had also been talking about our interest in hosting events that would involve the mission community. The idea for the children's art exhibit was a product of this brainstorming process and was a way for us to

demonstrate just how special the embassy's children are to us."

The CLO took the lead on the project, gathering the necessary art materials and organizing a workshop in the embassy cafeteria led by Christine Hield, a professional artist and spouse of Lieutenant Ronald Gorby from the Defense Attaché Office. After a brainstorming session, the children quickly got to work on their pieces. Many children produced multiple works of art.

The pieces were mounted using frames loaned from embassy offices and the supply room. The CLO wrote a catalog, prepared nametags and customized certificates for the artists.

ICONS AND TRADITIONS

Many of the children's works focused on skiing and other activities commonly associated with Norway. Some used iconic images such as Edvard Munch's *The Scream* as the basis for their work or illustrated lesser-known traditions such as the Norwegian custom of ringing in the New Year with extensive private fireworks displays. Other pieces focused on the Norwegian outdoors and elements unique to Norwegian culture and cuisine.

Mrs. Whitney said she "takes pride in showcasing the works of the talented embassy children. The works of art have been a focal point in our home and the start of some lovely conversations while entertaining."

The exhibit and reception received rave reviews from the young artists and their proud parents.

"I was absolutely amazed at the talent of our mission's kids," said Michele Ledgerwood, a parent of one of the artists. "I don't know why this surprised me. I think that, as an embassy community, we tend to focus on the creative, academic or professional talents of our adults most of the time, and we do not get to witness the prowess of the children in the same way.

"Some drawings were creative, some showed a very keen artistic eye even amongst the toddlers, and some showed a sophisticated sense of humor. I was impressed. I feel that, collectively, the drawings summed up this country better than any book or cultural analysis could."

Maria Silver, head of the Consular Section, said the exhibit was a special treat for her 4- and 2-year-olds.

"The setting wowed the kids, the art dazzled the eyes, and the Whitneys' hospi-



Ambassador Whitney, left, speaks to one of the young artists. Also shown are, from left: Michele Ledgerwood with her spouse, Birger Bergesen from the Defense Attaché Office; and Denise Harris, mother of the artist.

tality exemplified the best of American families," she said.

Fourteen-year-old Kristen Pageau, a contributing artist, appreciated that the embassy community dedicated so much time to the children's work by displaying it in a professional manner.

"The event was really fun and I think everyone really enjoyed it," she said.

FAMILY TOURS

The three Whitney sons gave several of the artists a special tour of the living quarters and attic of the historic residence, Villa

ment and wonder of living overseas. Projects such as this one are very important in meeting our goal of building a strong and family-friendly embassy community."

Another parent, Major Doug Schuetz from the Office of Defense Cooperation, called the Children's Art Exhibit a wonderful idea.

"It was an exciting project for the children and they truly enjoyed seeing their artwork displayed at the ambassador's residence," Major Schuetz said. "The ambassador and his family really made the children feel important and special."

I feel that, collectively, the drawings summed up this country better than any book or cultural analysis could.

Otium, which was built in 1911 and is listed as one of the prominent State Department historic buildings.

"My kids were still talking about that for days afterwards," said Colonel Richard Harris of the Office of Defense Cooperation.

Ambassador Whitney said, "Art provides a wonderful avenue for the children of embassy employees to capture the excite-

The embassy community thanks Ambassador and Mrs. Whitney for their generous spirit in opening their home to the mission's children to display their artwork. It was a unique opportunity for the children and will be a long-lasting memory. ■

The author is the community liaison office coordinator at the U.S. Embassy in Oslo, Norway.



*A rivulet trickles down into
a clear blue-green pool.*

Kingston

Out of Many, One People

By Jennifer J. Schaming-Ronan



“Teach us true respect for all, stir response to duty’s call... Jamaica land we love.”

So goes one refrain of the country’s national anthem. On this colorful and complex Caribbean island of 2.64 million people, these lyrics reflect a spirit inherent in Jamaica’s national motto: “Out of Many, One People.”

Independent since 1962, Jamaica continues to build on this fundamental principle. The country enjoys strong democratic traditions, high literacy rates, a vibrant media and a free-market economy, but major challenges include corruption and high rates of poverty and crime.

Pirates and Plantations

The island’s first residents, a branch of Amerindian Tainos called Arawaks, arrived from South America’s Orinoco region between 650 and 850 A.D. and named the island Xaymaca, “land of wood and water.” In 1494, Christopher Columbus claimed Jamaica for Spain. The British seized the island in 1655 and founded a settlement named King’s Town, which soon became the economic and social center of the fledgling colony.

Known as Kingston today, the city is nestled on the central coast between the

verdant Blue Mountain peaks and the sparkling Caribbean Sea. Its deepwater natural harbor is the world’s seventh largest and continues to attract a diversity of trade, commerce and visitors.

In the 1600s, the island’s natural resources became highly desired commodities. The British colonists encouraged ruthless, marauding seafarers known as buccaneers or pirates to attack nearby Spanish and French Caribbean interests. The pirates found a home near King’s Town in Port Royal, which came to be known as “the wickedest city on earth” for the decadent and lavish lifestyles of its lawless inhabitants.

Residents included Blackbeard and the famed Captain Henry Morgan, whose capture of key outposts on behalf of Britain eventually earned him the governorship of Jamaica. Much of Port Royal and 3,000 of its denizens, however, perished when a massive earthquake and tidal wave swallowed it in 1692.

African slaves were imported by both the Spanish and British from the 1500s to the 1800s. From the seventeenth century on, more than 430 sugar estates producing

77,000 tons of sugar annually operated on the island. Sugar was a highly profitable industry to Britain, but plantation life was characterized by unimaginable cruelty.

Beginning in the 1500s, slaves escaped to freedom in the nation’s mountainous interior. They were called “cimarron,” meaning untamed in Spanish. These “Maroons” founded their own settlements and eventually launched a series of rebellions, which ended in 1793 with a peace treaty guaranteeing full freedom and their own land. More slave uprisings pressured the British to grant emancipation in 1838, freeing some 300,000 Jamaican slaves a generation before the Emancipation Proclamation abolished slavery in the United States in 1863.

The latter half of the 1800s and early 1900s witnessed a decline in the sugar industry, rising unemployment, and white-minority-led government and business institutions. A disastrous earthquake and fire in 1907 caused great financial losses.

Increasing resentment and a heightened sense of nationalism provided a platform for the rise of two major political parties that dominate Jamaican political life

today. Norman Washington Manley's People's National Party and William Alexander Bustamante's Jamaica Labor Party fought for political supremacy in the years leading up to 1962, when Jamaica became the first of Britain's West Indian colonies to gain full independence.

The road since independence has proven rocky for Jamaicans, a diverse population of Africans, Chinese, Indians and Lebanese, among others. Differing viewpoints and a wide array of social problems continue to plague this nation's path toward peace and progress.

U.S. Mission: Committed to Change

The bustling capital city of Kingston, home to the U.S. Mission, is a study in contrasts. American fast-food chains coexist with makeshift roadside stalls selling local dishes such as rice and peas, ackee and salt-fish. Radio stations blare Jamaican dancehall music as well as U.S. light rock favorites from Kenny Rogers and Air Supply. The media, which includes *The Gleaner*, the oldest daily paper in the Western hemisphere, provides a forum for a vibrant exchange of opinions. It is commonplace to hear caustic criticisms of American foreign policy and immigration practices during drive-time radio talk shows.

Despite often-divergent views, Jamaica and the United States enjoy good relations. The United States is Jamaica's largest trading partner and U.S. tourism dollars and remittances total some \$3 billion each year.

Unemployment, however, hovers around 13 percent and the island carries an official debt load of 137 percent of gross domestic product, limiting capital investment in health, education and the environment. In 2004, Hurricane Ivan's severe damage temporarily interrupted growth.

Jamaica is a major transshipment point for South American cocaine and is the Caribbean's largest marijuana producer and exporter. The country has one of the highest per-capita murder rates in the world and Kingston is considered a critical crime threat post. Depressed economic conditions and the drug trade contribute to civil unrest and criminal activity, including significant visa fraud, illegal migration and trafficking in persons, and combined with a formidable HIV/AIDS presence, are factors that adversely affect U.S. strategic interests.

The U.S. Embassy is a mid-sized mission, with representatives from several agencies,

AT A GLANCE



Country name
Jamaica

Capital
Kingston

Government
Constitutional parliamentary democracy

Independence
August 6, 1962 (from the United Kingdom)

Languages
English and patois English

Population
2.64 million

Total area
10,991 square kilometers

Approximate size
Slightly smaller than Connecticut

Currency
Jamaican dollar (JMD)

Per capita income
\$4,200

Unemployment rate
11.5 percent

Population below poverty line
19.1 percent

Imports
Food and consumer goods, industrial supplies and fuel

Exports
Alumina, bauxite, sugar, bananas and rum

Export partners
United States (17.4 percent), Canada (14.8 percent) and France (13 percent)

SOURCE: CIA World Factbook 2006

Below: Embassy officers relax in the crystal blue waters of Port Antonio. Bottom: Employees pose with reggae superstar and Grammy award winner Damian Marley, center, during his visit to the consular section. He is the youngest son of reggae legend Bob Marley. Right: Waves break against a deserted Morant Point. Opposite page: A woman grilling jerk chicken leans away from the smoke as she opens the hood.



including State, the U.S. Agency for International Development, the Department of Homeland Security, the U.S. Marshals Service and the U.S. Southern Command. The Peace Corps has been present since Jamaica's independence.

Homeland security is center stage in terms of the U.S. Mission's work, given Jamaica's close proximity to the United States. Embassy Kingston assists the government of Jamaica in conducting training exercises and provides resources to improve border security, combat the illicit drug trade and bolster counterterrorism measures.

The consular section has a heavy and growing workload from Jamaica and the Cayman Islands, which is part of the consular district. Section officers work shoulder-to-shoulder with staff from the on-site fraud prevention unit and the assistant regional security officer investigator to combat the document fraud and other types of fraud encountered each day.

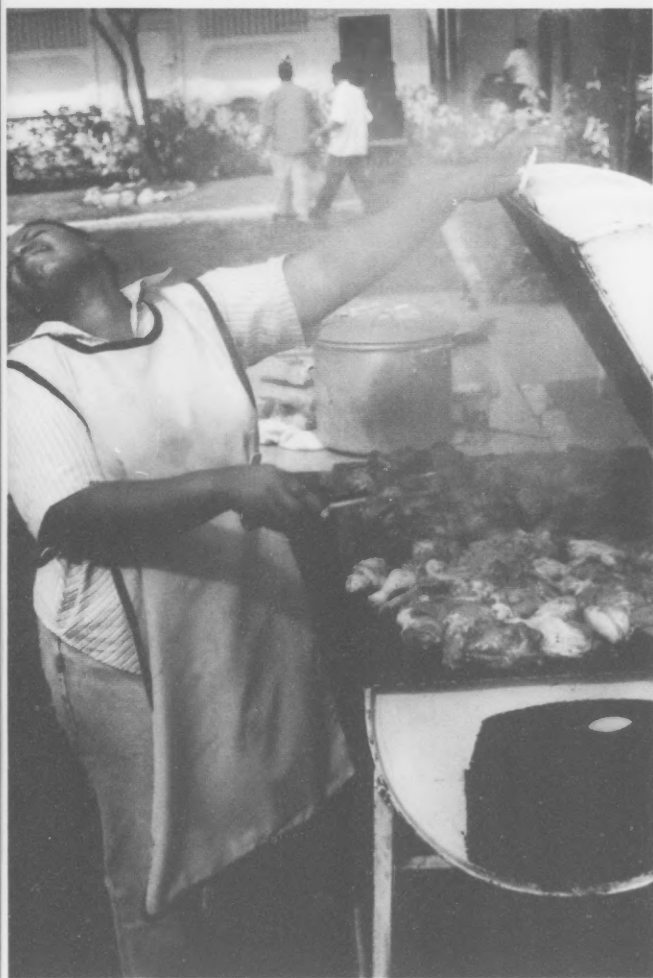
U.S. visa policy represents a significant public affairs issue, and the section's officers combat misperceptions through media interviews and a newspaper column. The U.S. Marshals, cooperating with Jamaican authorities, have successfully found and arrested more than 80 U.S. fugitives from justice since 2000 and have located numerous Jamaican fugitives living in the United States for deportation.

The American citizen services unit assists the more than 15,000 Americans who live in the consular district and the millions of American tourists who visit the islands each year. Consular agents in Montego Bay and George Town, Grand Cayman, allow officers to provide direct services to this diverse constituency.

Key mission offices work with local authorities to combat Jamaica's illicit drug trade. The narcotics affairs section supports the Jamaican Defence Force's Operation Buccaneer by providing donations, including cots, field stoves and bush

cutters for the eradication of marijuana fields. The military liaison office provides equipment and training to the JDF to enhance its mobility and security in the conduct of counterdrug operations. Among other duties, the tactical analysis team supports the ambassador's counter-narcotics program in Jamaica.

Mission agencies cooperate on key endeavors to boost Jamaica's economy, democracy and educational and health services. USAID leveraged a public-private partnership with the local American Chamber of Commerce to enable the construction of a model police station and community services facility in the inner-city Grants Pen community which aims to build positive relationships between community members and police officers. USAID coordinated the Hurricane Ivan rehabilitation program, helping to repair and restore crucial economic and physical infrastructure. Peace Corps volunteers work on several capacity-building projects



related to youth development, environmental awareness, community environmental health, HIV/AIDS prevention, information and communication technology and income generation.

The embassy's office of public affairs awarded a grant through the Ambassador's Fund for HIV/AIDS that funded the tour of a local troupe's musical drama. The musical advocated HIV/AIDS prevention and promotion of healthy lifestyles and tolerance. It reached over 10,000 students at 70 schools.

A new embassy compound is scheduled for occupation this fall and will feature a single, secure site for all U.S. government operations. The Colin Powell Residential Plaza opened to residents last October. Its 34 state-of-the-art high-rise apartments provide stunning views of the Blue Mountains and Caribbean Sea.

The community liaison office coordinates outings and family-friendly events such as the flashlight Easter egg hunt, weekend volleyball and swimming with the dolphins, all of which allow mission personnel to "walk good" in this diverse and vibrant land of wood and water. ■

The author is a vice consul at the U.S. Embassy in Kingston. She was assisted by Paul Bonnick, John Gregg, Mark Powell and Rosalee Strudwick.

Jamaica's Indelible Cultural Footprint

Reggae: Reggae comes from "ska" and "mento," musical forms indigenous to Jamaica. Reggae greats such as Bob Marley, Jimmy Cliff and Peter Tosh helped bring reggae to the world. Their humble upbringings help account for reggae's social messages, which are a hallmark of the style.

Rastafarians: Emerging from Jamaican working classes in the early 1930s, the Rastafari religion accepts Ethiopia's former Emperor Haile Selassie I as Jah (God incarnate), who will lead the world's peoples of African origin to a promised land. Jamaican-born Marcus Garvey, the famous black leader who initiated the "Back to Africa" movement, helped give prominence to the religion through his teachings. Rastafarians encourage pride in black history and culture, and believe in overcoming material desires in search of spiritual enlightenment. One million people worldwide currently practice the religion's tenets.

Roots: "Jerk" marinade, Red Stripe beer and Appleton rum all originate here. "Anansi" tales, in which a crafty spider's adventures carry moral messages about how intelligence can help one triumph over authority, are staples of local life. The patois poems of the celebrated Miss Lou examine rural life and the impact of Jamaican migration to foreign countries. Jamaica's Little Theater Movement is the Caribbean's oldest theatrical group.

Rich and Famous: The nation is home to several Olympians, including the gold medal-winning female track and field stars of the 2004 Olympics in Athens and the renowned "Cool Runnings" bobsled team. Jamaica boasts the renowned Reggae Boyz and Reggae Girlz soccer teams and is one of the venues hosting the 2007 Cricket World Cup. Numerous celebrities visit and have homes on the island. *Island in the Sun*, *Dr. No* and *Cocktail* were filmed on location in Jamaica and author Ian Fleming's "Goldeneye" estate near Ocho Rios is the locale that inspired the creation of gentleman spy James Bond.

Real Patois:

"Every mikkle mek a muckle"	A penny saved is a penny earned.
"Cooyah"	Imagine that.
"Long run, short ketch"	You can run, but you can't hide.
"Soon come"	I will be back soon/something will happen soon.
"Ev'ryting cris and curry"	All is well.
"Walk good"	Go well, farewell.



Joining Under Secretary Dr. Paula Dobriansky at the National Academy of Sciences for the May launch of the Iraqi Virtual Science Library were, from left, Under Secretary of Defense Kenneth J. Krieg; Dr. E. William Colglazer, executive officer of the National Academy of Sciences; and Iraqi Ambassador to the United States Samir Shakir Mahmud Al-Sumaydi.

THE ART OF Science Diplomacy

BY DR. PAULA J. DOBRIANSKY

Science and technology have enormous potential to improve the lives of people around the world, build bridges between the United States and foreign societies and improve awareness of American society and values. Many commentators focus on the role of culture in fostering mutual understanding and showcasing American strengths. Science also offers these opportunities. Diplomats should remember that science has the power to inform decisions and serve as a core instrument of diplomacy.

America leads the world in science and technology. They are critical to American "soft power," the ability to win worldwide respect and support through our ideas and accomplishments. When Americans develop lifesaving vaccines, share spectacular images from the Hubble telescope or use technology to clean polluted rivers, the appeal of America grows. These accomplishments remind people worldwide of what they respect about America: our can-do spirit, our ability to solve problems and our drive to make the world a better place.

The global science community embraces principles Americans cherish: transparency, accountability, the objective evaluation of evidence and broad participation. Scientists test their views and openly share their data and results with the world. A decentralized network of scientists debates, critiques and retests those views in a global marketplace of ideas. Participation is broad, meritocratic and open. Cooperation, on small research projects or massive initiatives like the Human Genome project, is routine and a cornerstone of success. These ideals are the basis of good science. They are also the basis of good governance.

America's commitment to technological progress demonstrates our commitment to help others empower themselves. All countries need scientific research and technological innovation to stay on the cutting edge of innovation and industry. Rich and poor countries alike need science and technology to increase agricultural yields, stop devastating diseases and ensure sustainable access to water and energy.

In July 2005, Secretary of State Condoleezza Rice signed off on a strategy to more fully engage science and technology communities, reach out to youth and women through science and math education and increase collaborative science and

technology activities and exchanges in the Muslim world. In so doing, the Secretary recognized the promise of this approach to advance American national interests and promote the freedom, dignity and empowerment of others. This empowerment gives hope to those who lack it and serves as a natural enemy of extremism.

How It Works

Science, technology and engineering facilitate diplomacy because they open doors for the United States, embody powerful ideals and create opportunities for all. In an era when security and counterterrorism are priorities in many bilateral relationships, science and technology cooperation can build broader partnerships. Other countries keenly want to collaborate with

engineering research, enhance Iraqi science and technology capacities critical to that country's future and reconnect Iraqi scientists with the international science community.

This kind of collaboration facilitates diplomacy. The goodwill generated by working with foreign officials on science and technology opens the door for discussing more contentious matters such as human rights and the role of women in society. Success in one area can yield success in others.

The Department's Office of Science and Technology Cooperation manages bilateral agreements with 29 governments on behalf of the U.S. government. These agreements, on matters such as taxation and intellectual property rights, provide a framework for



Science and technology remain among the most admired aspects of American society.

the United States and feel they can reap tangible benefits for their people.

American scientific, technological and engineering prowess makes a positive contribution to the lives of people around the world. After the December 2004 tsunami, the United States helped launch a \$16.6 million initiative to support the development of an Indian Ocean Tsunami Warning System. It could save thousands of lives.

Another example is the Iraqi Virtual Science Library, created by the U.S. Departments of State and Defense in partnership with the U.S. National Academy of Sciences, leading scientific professional societies and commercial publishers. The library will give Iraqis access to thousands of articles on cutting-edge science and

U.S. federal agencies to collaborate internationally on a wide range of important science and technology issues. In the Muslim world, an area of high priority for U.S. foreign policy, the United States has already entered into agreements with Turkey, Egypt, Bangladesh, Pakistan, Tunisia and Algeria.

During a visit to Egypt in November, I saw exactly the sort of cooperation these agreements are designed to support. Using equipment provided by the Ohio-based firm Fakespace, Egyptian engineers developed three-dimensional imaging technology. With a team from Virginia Tech, the Egyptians will develop applications of the technology in such fields as medicine, engineering and socioeconomic analysis.

Science and technology remain among the most admired aspects of American society around the world. Recent polls indicate that in Morocco, Saudi Arabia, Jordan and Lebanon, people view American science and technology more favorably than other aspects of our society. Young people under 30 find American technology particularly appealing.

These reactions create a more favorable atmosphere in which to explain other American policies and interests. They create opportunities to promote engagement, exchange, education and empowerment. They are a foundation of international exchange of ideas, scientists, data and students. Science education provides opportunities for upward mobility for boys and girls worldwide, giving them the tools to think critically and understand the world around them. Science and technology also empower individuals to find solutions to pressing problems and develop their economies.

The Benefits to America

Science and technology cooperation helps Americans. International projects give American scientists and researchers access to places, people and ideas that are critical to success. International collaboration gives our scientists access to cutting-edge research conducted by other countries and allows us to bring together the best minds to solve global problems. It allows us to study foreign issues, such as



Poland Minister of Foreign Affairs Stefan Meller joined Under Secretary for Democracy and Global Affairs Dr. Paula Dobriansky at the Blair House in Washington, D.C., in February to sign the U.S.-Poland Science and Technology Cooperation Agreement.

avian influenza, which could become problems at home.

As President George W. Bush stated, "Science and technology have never been more essential to the defense of the nation and the health of our economy."

To remain at the forefront of scientific and technological achievement, America must cooperate globally. Historically, global leadership in science and technology is transitory, and leaders must expend considerable effort to maintain their position.

As Secretary Rice stated, "Today, dynamic advancements in science and technology are transforming the world—making it possible for more and more people to compete equally across all fields of human endeavor. America must remain at the forefront of this new world."

Our economy benefits from collaborative efforts. Science and technology are major drivers of innovation in the United States and an important source of exports. Economists estimate that the increase in American productivity growth that began

>> Not all the innovation behind American excellence is homegrown. Immigrants, foreign students and collaboration with foreign partners help give America its edge. >>

in the mid-1990s is entirely due to technology investments.

Not all the innovation behind American excellence is homegrown. Immigrants, foreign students and collaboration with foreign partners help give America its edge. As a recent report by the National Academy of Sciences makes clear, American leadership in science and technology depends on building our own capacities through high-quality science and math education and on making the United States the most attractive setting in the world to study, perform research and commercialize technological innovation. To do this, we need to develop, recruit and retain the best and brightest minds from around the world. We must continue to improve visa processing for international students and scholars and consider additional measures to facilitate flows of students and scientists.

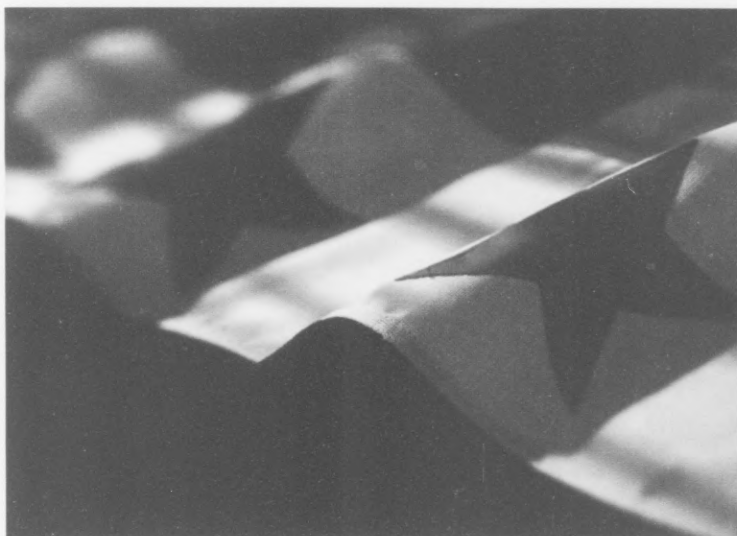
Significantly, we are making progress in the effort to strike the right balance between protecting America and facilitating travel. In January 2006, Secretary Rice and Secretary of Homeland Security Michael Chertoff launched "Secure Borders and Open Doors in the Information Age," which eases visa processing, creates travel documents for the 21st century and uses technology to screen visitors more effectively—all while maintaining border security.

Of course, there are legitimate reasons to protect our science and technology. Enemies want weapons of mass destruction. Terrorists want access to sophisticated encryption. Spies want industrial secrets. Competitors want to evade patent and copyright protections. We must continue to deny their access, through export controls, intelligence, law enforcement and international treaties and partnerships. We must protect American interests without preventing critical international collaboration.

What can diplomats do to support these efforts? They can advocate an enhanced role for science and technology in international relations, remember the appeal of American science and technology for foreign populations and recognize the potential of science, technology and engineering to promote the freedom and dignity of peoples around the world.

I urge you to join me in practicing the art of science diplomacy. ■

The author is Under Secretary of State for Democracy and Global Affairs.



VIRTUAL SCIENCE LIBRARY AN INVESTMENT IN IRAQIS BY TAMARA L. SCOTT

The Iraqi Virtual Science Library, an on-line library that will provide Iraqi scientists, engineers, physicians, researchers and students with access to more than 17,000 journals and millions of articles on science and engineering, was launched May 3 by Under Secretary of State for Democracy and Global Affairs Paula Dobriansky and Under Secretary of Defense for Acquisitions, Technology and Logistics Kenneth J. Krieg.

"This is a groundbreaking event," said Dobriansky. "The Iraqi Virtual Science Library is an investment in the future of Iraq and the Iraqi people. Vibrant scientific, engineering and higher education communities are essential if Iraq is to assume its rightful role in the global economy."

The library was created to counter the deterioration of scientific, technical and educational infrastructure that occurred over the last 30 years of Saddam Hussein's rule.

The library is a public-private partnership involving government agencies, publishers, companies such as Sun Microsystems and the Civilian Research & Development Foundation. The

departments of State and Defense and CRDF made generous contributions and the National Academy of Sciences worked with the publishers who granted access to their journals.

News of the library rapidly spread throughout the Middle East. Iraq's most watched television channel, Al Iraqiya, and the region's second largest channel, Al-Arabiya, ran reports, as did Iraq's three leading daily newspapers and many regional Arabic and English websites.

Iraqi Ambassador Samir Shakir Mahmud Al-Sumaydi expressed his deep appreciation: "This library is so important. It sends a message of hope, support and solidarity to scientists, engineers and teachers who literally risk their lives every day to teach at our universities. It is knowledge for the benefit of the people."

The author is a Presidential Management Fellow and Foreign Affairs officer with the Office of Science and Technology Cooperation in the Bureau of Oceans and International Environmental and Scientific Affairs.



Coming to America?

**STATE'S AVIAN INFLUENZA
ACTION GROUP:
CAN-DO PEOPLE
ACHIEVING
MUST-DO RESULTS**

I

nfluenza in birds is often a mild disease, leaving flocks with no more than a few ruffled feathers. However, when the H5N1 strain of the virus surfaced in Hong Kong in 1997, it quickly proved to be a different matter altogether.

The virus killed domestic fowl, and it began to infect people, as well. Though the virus is not easily transmitted to humans, more than 200 people have been infected worldwide since 2003. More than half of those have died, according to the World Health Organization.

Millions of domestic birds have been slaughtered in an attempt to contain the virus, which has spread through migratory fowl and illegal imports to some 50 countries on three continents, more than half of those since the beginning of 2006. From China to Cameroon, the costly struggle to keep the virus in check continues.

Reaching out to help these nations in their efforts and to plan for the international aspects of a possible human influenza pan-

demtic could be the Department's most important health diplomacy initiative of the decade. It is a huge job, and State's brand-new Avian Influenza Action Group (G/AIAG), in concert with regional and functional bureaus and interagency partners, is leading the way.

Pandemic Planning

Influenza pandemics are nothing new on the international scene. Influenza pandemics in 1957 and 1968 sickened many but resulted in relatively few fatalities.

However, the 1918 influenza pandemic—called the “Spanish flu,” although some research indicates it may have started in Kansas—is estimated to have killed more than 40 million people worldwide. If the current avian influenza virus afflicting Asia, Africa, the Middle East and Europe evolves into a strain that could be transmitted from human to human, pandemic influenza could result. Depending on the virulence of the virus, many millions could die globally, and

BY VIVIAN KELLER



Chairin Ma'Roef, right, explains the process of Immunofluorescence analysis as Ambassador Lange views influenza viruses in the U.S. Naval Medical Research Unit No. 2 Viral Isolation Laboratory in Jakarta.

damage to the world economy could run into hundreds of billions of dollars.

The United States has been planning aggressively to deal with that possibility. In September 2005, President George W. Bush announced at the United Nations General Assembly the formation of the International Partnership on Avian and Pandemic Influenza. On November 1, 2005, the President unveiled his National Strategy for Pandemic Influenza, which rests on three pillars: preparedness and

communication, prevention and surveillance, and response and containment. The National Strategy charges federal departments and agencies with addressing the full range of issues related to a possible pandemic, from vaccines to border security to transportation.

Secretary of State Condoleezza Rice has spoken out on the urgency of the avian influenza issue on many occasions. Deputy Secretary Robert B. Zoellick has closely monitored development of the

international response aspects of the National Strategy.

A central component of the National Strategy is to help nations that might be first affected by a human-to-human influenza to contain and control the virus, thus preventing its spread to other nations. Accordingly, State is in charge of coordinating the U.S. role in the International Partnership and the international efforts of the U.S. agencies involved, which include the U. S. Agency for International Development and the Departments of Health and Human Services, Agriculture and Defense.

To lead this effort, Secretary Rice designated Under Secretary for Democracy and Global Affairs Dr. Paula Dobriansky, who initially directed State's involvement with avian influenza through the Bureau of Oceans and International Environmental and Scientific Affairs' Office of International Health Affairs. Given the rapidly expanding avian influenza portfolio, however, she subsequently established the separate Avian Influenza Action Group to ensure that State had the necessary staff, expertise and interagency reach to carry out the job.

She chose 25-year Foreign Service veteran Ambassador John E. Lange to lead the group and to serve as State's Special Representative on Avian and Pandemic Influenza.

"State is coordinating a significant range of international activity across the

STATE'S AI TEAMS BY VIVIAN KELLER

Although G/AIAG is charged with coordinating the overall international response to avian and pandemic influenza, other State bureaus and offices are responsible for an enormous range of related duties, both international and domestic. All of these activities, however, feed back into G/AIAG to ensure Departmental coordination. Below is a brief synopsis of their efforts.

The Under Secretary for Democracy and Global Affairs oversees all international activities related to avian and pandemic influenza, in coordination with the White House. The Under Secretary actively promotes the avian

influenza agenda through high-level engagement with foreign governments and international organizations. The Under Secretary also chairs the interagency Avian Influenza Group, which provides policy direction for the U.S. government's international efforts.

The Bureau of Oceans and International Environmental and Scientific Affairs, in close coordination with G, R, PA, IIP and G/AIAG, leads a Department Working Group on Public Affairs and Public Diplomacy. The group integrates and expands State's domestic and international strategies for communicating information about

avian and pandemic influenza, including risks, prevention and containment. The OES Executive Office provides administrative support for G/AIAG.

The regional bureau country desks (African Affairs, East Asian and Pacific Affairs, European and Eurasian Affairs, Near Eastern Affairs, South Central Asian Affairs and Western Hemisphere Affairs) track the path of avian influenza through their desks and work actively with missions to provide advice and support to governments of countries where H5N1 has infected domestic birds or humans. The bureaus are instrumental in disseminating informa-



Ambassador Lange (left) and USDA Acting Under Secretary for Marketing and Regulatory Programs Dr. Charles Lambert examine day-old chicks at a private poultry farm near Danang, Vietnam. Ambassador Lange and Dr. Lambert were in Danang as co-leaders of the U.S. delegation to the Asia Pacific Economic Cooperation Ministerial Meeting on Avian and Influenza Pandemics in May.

tion from missions about outbreaks and in promoting bilateral and regional initiatives aimed at preventing the further spread of the disease. They also serve as co-chairs for G/AIAG's inter-agency regional avian influenza networks.

Soon after President Bush's September 2005 speech announcing the International Partnership on Avian and Pandemic Influenza, the Bureau of Economic and Business Affairs established a task force to examine the potential economic policy implications of a pandemic. EB also leads an inter-agency group to anticipate and evaluate the threat a serious pandemic could pose for critical sectors of the global

economy and the danger that some countries would suffer economic damage that could lead to internal instability. EB also works with other bureaus to coordinate outreach to U.S. businesses abroad to help them maintain their overseas operations.

The Under Secretary for Management has an Avian Influenza Coordinator who is responsible for orchestrating State's internal response to avian influenza by covering medical, personnel and funding issues, among others. The Office of Management Policy has been coordinating the preparation of State's agency-specific plan.

The Bureau of Consular Affairs has been urging private American citizens

traveling or residing abroad to prepare for an influenza pandemic. The message has two parts: (1) Although State will do everything possible to assist Americans abroad in the event of a pandemic, its capabilities could be severely limited by factors beyond its control, such as border closures and quarantine requirements; and (2) State has no authority to provide medical treatment, including antiviral medication, to private American citizens. Consular Affairs has also generated an Avian Influenza Fact Sheet and other outreach materials.

Since January, posts around the world have held more than 50 town hall or other public meetings for American citizens abroad and have actively employed

government," Under Secretary Dobriansky said. "We needed a technically sophisticated team that could be dedicated exclusively to this critical endeavor."

No Stranger to Crisis

Ambassador Lange is no stranger to crisis. He gained firsthand experience dealing with catastrophe as chargé d'affaires in Dar es Salaam at the time of the embassy bombing in 1998.

"In circumstances like those," says Lange, "you don't consult Paragraph Three, Section B, of the emergency manual to figure out what to do. You act. But your actions are going to be predicated on the plans that you have made and

internalized in advance. Fighting the avian influenza virus abroad and planning for a pandemic are potentially crucial to our national welfare and security."

G/AIAG is a dedicated team that is expected to expand to more than 20 with the addition of detailees from other federal departments. The group works directly with foreign governments, the UN's Food and Agriculture Organization and World Health Organization and other key international groups. It also works with the International Partnership, which at its first meeting last October attracted representatives from more than 80 nations and nine international organizations.

At the second International Partnership meeting scheduled June 6-7

in Vienna, participants plan to bring further momentum to their original mandate: generating the necessary high-level political will and commitment to fight avian influenza effectively around the world.

They will also review pledges made at an international donors' conference held last January in Beijing. At that time, the U.S. government pledged \$334 million to fight avian and pandemic influenza around the world, the largest amount pledged by any one nation.

In addition to working with the International Partnership, G/AIAG staffers are responsible for ensuring that the international action items contained in the Implementation Plan for the National Strategy are completed. They will coordinate efforts with sister departments that handle animal health, human health, security, border and national emergency issues, such as HHS, USAID, USDA, DOD, and the Departments of the Interior and Homeland Security. The G/AIAG team also coordinates reporting on interagency budgets for assistance abroad and, with guidance from OES, is implementing an interagency communications strategy on U.S. international engagement.

The lifeblood of G/AIAG is its system of regional interagency networks on avian influenza, which it maintains with State's regional bureaus. The networks include crucial U.S. government

Millions of birds have been destroyed globally in an attempt to contain the avian influenza virus.



their warden systems to share information about outbreaks of avian influenza among birds as well as confirmed human cases. Consular Affairs is also an active participant in State planning aimed at identifying ways to maintain continuity of operations both domestically and overseas in the event of a pandemic.

The Office of Medical Services is responsible for protecting all overseas U.S. government employees and their families under the Chief of Mission from the threat of pandemic influenza. Medical Services also advises the Under Secretary for Management's Avian Influenza Coordinator. Medical Services works closely with Health and Human Services/Centers for Disease Control, the UN's World Health Organization and

Food and Agriculture Organization, and the Department of Agriculture to provide up-to-date information about the virus and the best strategies for prevention and treatment. In March 2005, Medical Services established an Avian Influenza Working Group made up of representatives from CA, DS, S/CMS, M, HR, OES, G/AIAG, the regional bureaus and other agencies from the foreign affairs community. The AIWG meets weekly and is a forum for information sharing, discussion, debate and planning to protect State Department staff. Medical Services has procured antiviral medication, personal protective equipment, antibiotics and pneumonia vaccine for global distribution to all overseas health units. Additionally, the office is producing an educational DVD

for worldwide distribution directed at employees and their family members on how to lessen transmission and how to provide care for those who become sick.

The Bureau of Human Resources has been planning how to keep State's vital services running during a possible pandemic, when medical requirements may keep some employees from coming to work. The bureau's Emergency Action Team personnel and State's Mission Critical Team employees are being encouraged to sign telecommuting agreements and establish remote access to e-mail. Human Resources is also examining a range of travel policy issues, including how home leave, rest and relaxation and other travel may be affected by decisions to evacuate posts or shelter in place. The bureau notes

providers of health and development assistance expertise and technical capacity—such as USAID, HHS, USDA and DOD—as well as staff from missions abroad.

Network meetings are invaluable for determining joint responses to avian influenza outbreaks as they occur and for keeping track of what kind of aid is going where. The idea is to avoid duplication of effort and ensure the best possible use of limited aid dollars and expertise.

A World of Partners

Speed and agility are the networks' greatest strengths. When news of Africa's first avian influenza cases, in Nigeria, broke late on a Friday afternoon, G/AIAG International Health Adviser Jeffrey Lutz, as co-chair of the Africa network, called the Centers for Disease Control and Prevention in Atlanta right away. By Saturday morning, he not only had confirmation of the reports from CDC's field office, but was also talking to CDC and USAID about the composition and deployment of a U.S. government team to Nigeria.

"It's gratifying to have such can-do people in our network," says Lutz. "You need can-do people to achieve must-do results."

Lutz co-chairs his avian influenza network with Alexander King, a Jefferson Science Fellow in the Bureau of African Affairs who is a professor and head of the

School of Materials Engineering at Purdue University. Their partnership is emblematic of the avian influenza world, where individuals from very different walks of life and experience find themselves collaborating in what is increasingly becoming an all-hands matter—something that holds true within State as well as in the interagency and global arenas.

As a matter of course, G/AIAG collaborates closely with State's regional bureaus, Management, the Office of Medical Services, the Bureau of Consular Affairs, the Bureau of Economic and Business Affairs, the Executive Secretariat's Operations Center and many others (see sidebar).

Keying in on their different areas of concern, all agencies are united in their determination to ensure that plans are in

place for coping with a possible pandemic. For example, Consular Affairs is urging American citizens overseas to prepare, and M/MED is developing plans to support embassy staff in the event of an outbreak. Economic and Business Affairs wants to help businesses plan for the worst.

"We cannot know where or when a pandemic will happen, but we know that eventually one will occur," says Dr. Daniel A. Singer, a physician on detail from HHS who plays a leading role in the group's international outreach. "It would be irresponsible not to do everything we can to limit its toll on the United States and the entire world." ■

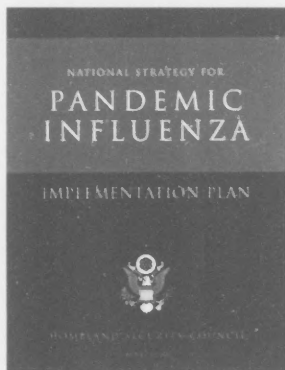
The author is a foreign service officer currently serving in the Avian Influenza Action Group.



The virus has spread through migratory fowl and illegal imports to some 50 countries on three continents.

that overseas, chiefs of mission may use existing authorities to grant excused absence to employees in increments of five days if Medical Services determines certain medical conditions exist. Approval of domestic absence is the province of the Director General, in consultation with Medical Services.

In keeping with its mandate of providing a safe and secure environment for the conduct of U.S. diplomacy, the Bureau of Diplomatic Security is working to ensure that posts' security remains strong during a possible pan-



demic and that possible redeployments of DS staff for pandemic-related security emergencies run smoothly. Diplomatic Security's Overseas Security Advisory Council—with a constituency of more than 2,700 U.S. companies, educational institutions and religious and non-governmental

organizations—helps provide the private sector with the tools necessary to cope with security and health-related issues abroad. Domestically, through its Office of Foreign Missions, Diplomatic Security is charged with providing guid-

ance to foreign diplomatic missions and to federal, state, tribal and local authorities on the inviolability of diplomatic personnel posted in the United States. The bureau also serves as a clearinghouse for security-related information for state and local governments.

The Office of Crisis Management Support in the Executive Secretariat's Operations Center focuses on contingency planning for the protection and preparedness of official and private Americans abroad in the event of a pandemic. The office provides guidance to overseas posts on developing "tripwires" to guide their actions at various stages of avian influenza's progress. The office has also prepared contingency plans for staffing one or more influenza task forces as necessary.



Books and Beaches

EMBASSY VOLUNTEERS PROMOTE LITERACY THROUGHOUT THE BAHAMAS

BY KATHERINE STEWART-GIBSON AND KAREN WIEBELHAUS

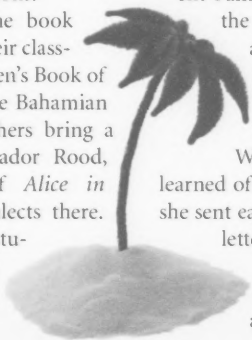
Embassy Nassau Economic Officer Jeff Roter smiled as he tried in vain to mimic the slang and dialect spoken by Anansi, a mischievous spider found in many Caribbean folk tales. But his audience of Bahamian elementary school students didn't seem to mind. Mr. Roter was participating in the embassy's weekly volunteer reading program, part of an effort to promote literacy in The Bahamas.



Opposite page: Locally employed staff member Kasimu Ellis interacts with Woodcock Primary School students. Above: Ambassador John Rood reads to students at Woodcock Primary School.

Each week during the school year, 10 to 12 embassy volunteers visit Woodcock Primary School, located near the embassy in downtown Nassau, to read books to and with the children during their designated reading period. The program was launched by Ambassador John Rood—a frequent reader—in January 2005. Since then, dozens of Bahamian and American employees have participated, representing nearly all the embassy's sections.

The volunteers select the book they would like to read to their classroom. Many use the "Children's Book of the Month" identified by the Bahamian Ministry of Education. Others bring a book from home. Ambassador Rood, for example, is fond of *Alice in Wonderland*—no tough dialects there. Some volunteers get the students to participate by letting them take turns reading out loud.



This school year, the embassy began recruiting celebrity readers to join in the weekly sessions. Prominent Bahamians who have participated so far include an Olympic silver medal track athlete, the minister of education and a legendary calypso singer.

Ambassador Rood makes school reading sessions an integral part of his trips to areas outside of Nassau. He has visited 10 different Family Island schools, often reading the story of Martin Luther King Jr. and the civil rights march on Washington. He also makes a personal donation of children's books to each school he visits.

When First Lady Laura Bush learned of the embassy's reading program, she sent each of the participating schools a letter congratulating it for promoting literacy and encouraging students to keep reading. The ambassador presented the letters

to the schools' principals during a reception at his residence.

The principal at Woodcock Primary School says that since the volunteer program began, she has seen a dramatic increase in her students' enthusiasm for reading. Many came back from their summer break last year excitedly asking when the readers would be returning.

The ambassador's program has been warmly received by the Bahamian community, and local businesses and organizations are now considering adopting their own schools for similar programs. The embassy program supports the mission goal of promoting education and reinforces America's interest in building a prosperous future and closer relations with a close neighbor. ■

Katherine Stewart-Gibson is a public affairs specialist and Karen Wiebelhaus is assistant general services officer at the U.S. Embassy in Nassau.



Russian Affairs staff members (from left): Kim Tuminaro, intern Rhiannon Applegate, Director Mary Warlick, Amy Holman, Marquita Johnson, Damian Leader, Sumona Guha, John Armstrong, Erik Johnson, John Grondelski and Roslyn Blanchard.

The Russian Front

RUSSIAN AFFAIRS OFFICE MANAGES A CRITICAL AND COMPLICATED RELATIONSHIP
BY JOHN M. GRONDELSKI

The Soviet Union may be dead and the Cold War over, but one of America's most important and intense bilateral relationships is still with Russia. The country remains a major power, with political influence and growing economic interests around the world. It's no surprise, then, that U.S.-Russian relations span the globe. The Office of Russian Affairs in the Bureau of European and Eurasian Affairs manages this critical relationship.

This task is not always easy. Washington's and Moscow's interests coincide on a number of issues, but not all. When these

interests diverge, Russia does not shy away from pursuing its own course. Given the many ways in which American and Russian interests intersect, however, engagement is America's only viable option.

The Office of Russian Affairs is composed of three units: Political, Economic and Bilateral.

Hot-Button Issues

The Political Unit covers Russian external and internal politics. "It's a daunting task," noted Senior Political Officer John Armstrong. "Political deals with a horde of hot-button issues: the process of internal Russian democratization, flash points like Chechnya and the North Caucasus, U.S.-Russian relations, and Moscow's ties to the world, from Ukraine and Georgia to the

European Union, Iran, Hamas and China. There's never a dull day on this job."

Russian Foreign Minister Sergei Lavrov's March visit to the United States indicates the wide range of U.S.-Russian interests. The agenda for the visit included discussions on democracy in Russia and Russia's relations with its neighbors; Mideast peace; the Balkans; Iran; Iraq; and Afghanistan.

The Economic Unit

Beyond that, the United States and Russia have bilateral economic interests, such as negotiations on Russia's membership in the World Trade Organization, energy relations, intellectual property rights protection and other broad trade and investment issues.

Mary Warlick, Russian Affairs office director, is optimistic about the untapped potential in U.S.-Russian economic relations.

"The U.S. is committed to support Russia's integration with the global economic community," she said. "Its accession to the WTO will be an important step in that process."

Bilateral Issues

The Bilateral Unit manages a wide range of consular, administrative and management issues. This includes handling the sometimes-maddening process of obtaining Russian visas, which Americans still need when they enter Russia.

"Unfortunately," said Russian Affairs Deputy Director Damian Leader, "some U.S. government officials forget that. You just can't get on a plane and fly off to Moscow."

Government personnel traveling to Russia on official business should submit visa applications to the Russian Affairs office at least 12 working days before a trip.

"Our bilateral agreement gives the Russian Embassy 10 working days to process official visa requests," noted Leader.

Because U.S.-Russian interests span such a broad scope, the office frequently must serve as referee for offices and bureaus—and even other federal agencies—that are competing to have their points raised in a bilateral meeting. Sending out a briefing checklist from Russian Affairs is akin to bringing an appropriations bill to the floor of Congress. Unfortunately, the principal's time will not allow for everything everybody wants to have raised.

"If anything," said Economic Officer Sumona Guha, "Russian Affairs is a great place to learn the art of negotiation."

At a Glance

Office name
Office of Russian Affairs

Symbol
EUR/RUS

Office Director
Mary B. Warlick

Staff size
14

Office Location
Harry S Truman Building

Russia and the G8

Russia's G8 presidency this year casts a special spotlight on the country and, by extension, the Russian Affairs office. For the G8 summit in St. Petersburg from July 15 to 17, Russia has proposed an active agenda focused on education, infectious diseases and energy security. While other organizations have the lead in the Department on G8 issues, the three economists in Russian Affairs are making a contribution as well.

"This is an exciting opportunity for us to have a number of Department and National Security Council principals actively



Robert McCutcheon, former political officer on the Russia desk, left, and Russian architect Eugene Izvarin tour Petrodvorets Park in St. Petersburg, Russia.

Russia desk officer Kim Tuminaro and husband John enjoy a warm moment outside Moscow's Cathedral of St. Basil.

“This is not the Soviet Union; let's not overstate the case. I was a Soviet specialist. I can tell you that Russia bears almost no resemblance to the Soviet Union.”

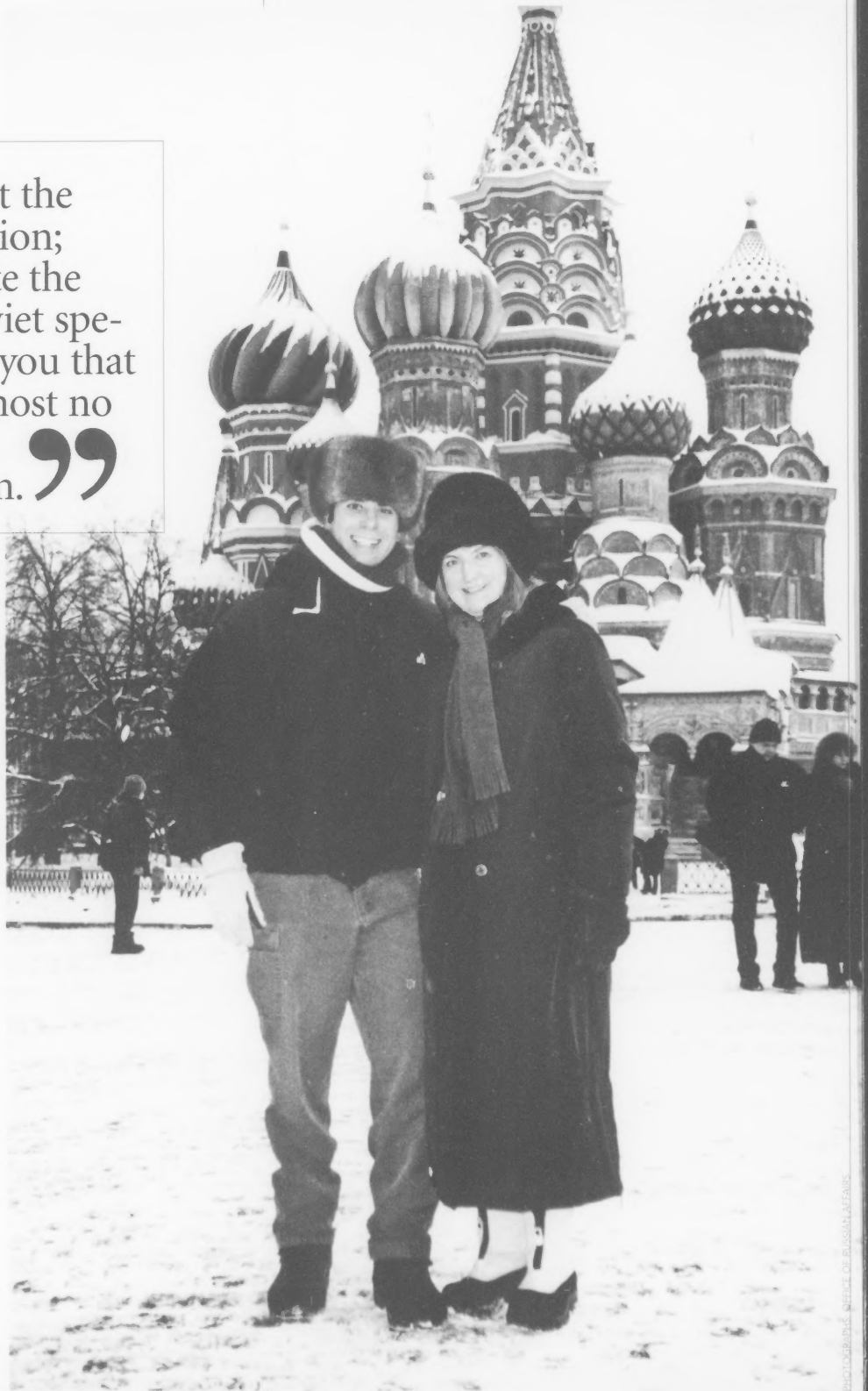
interested in Russia, as well as for us to help them learn about Russia,” noted Senior Economist Amy Holman. “We've also seen increasing interest from the private sector in the G8 process and Russia generally.”

A Country in Transformation

While Russia's democratic evolution may not be occurring as fast as some might like, there's no denying Russia has changed.

As Secretary Condoleezza Rice said on CBS' "Face the Nation" on Feb. 12, "Obviously, we are very concerned, particularly about some of the elements of democratization in Russia that seem to be going in the wrong direction. This is not the Soviet Union; let's not overstate the case. I was a Soviet specialist. I can tell you that Russia bears almost no resemblance to the Soviet Union."

Among the many differences between the Soviet Union and Russia is the dramatic increase in contacts between individuals in America and Russia. Exchanges in all fields are growing. American adoptions of



PHOTOGRAPH BY NICHOLE DE PRASSIN-ALZANIS



Above: Secretary of State Condoleezza Rice with the Russian Federation's minister of Foreign Affairs Sergei Lavrov in March. Left: Former desk officer Robert McCutcheon and a friend visit a Russian observatory.



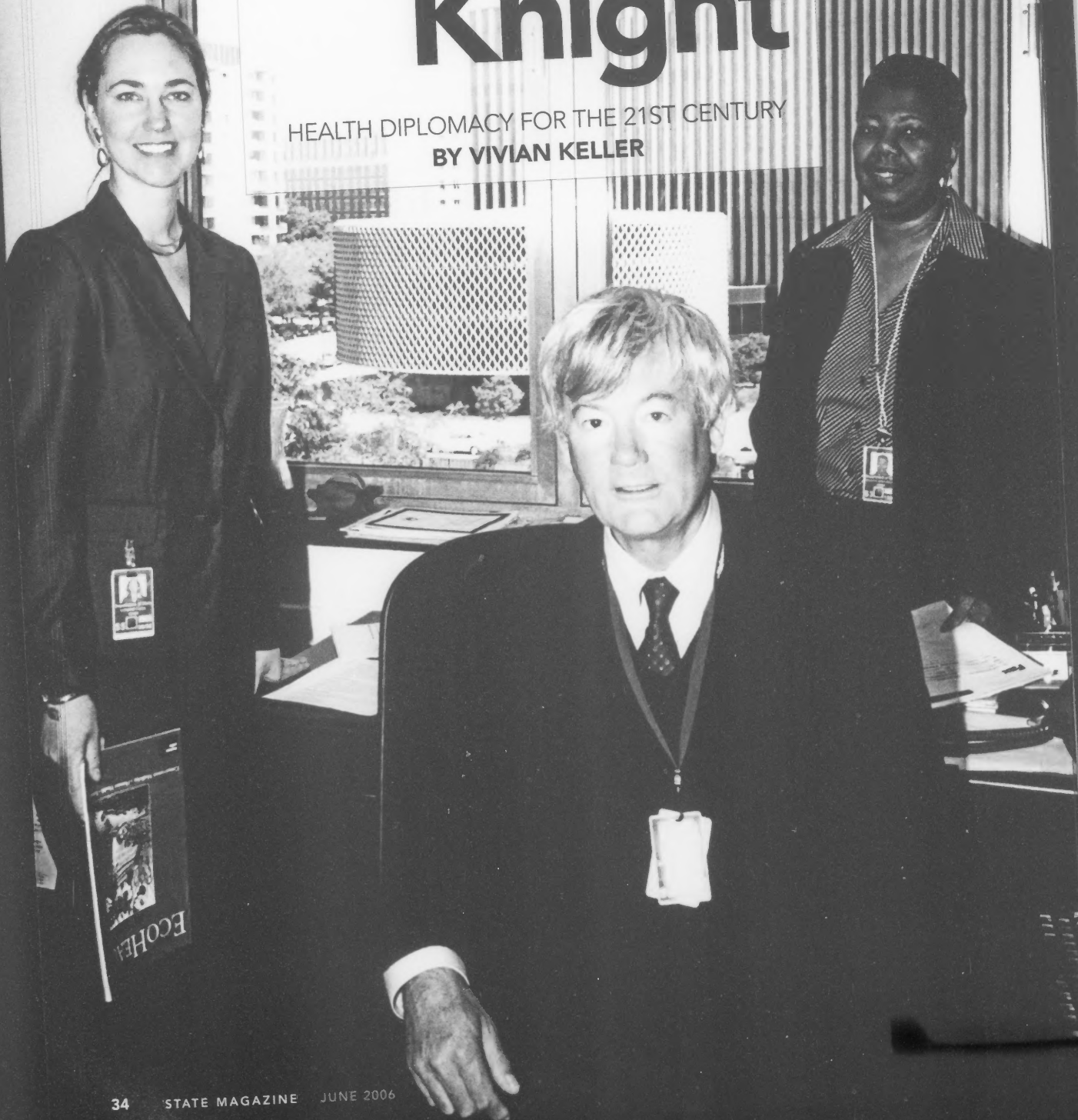
Russian children are increasing. Cooperation on counterterrorism and natural disasters is rising, as well.

However you regard it, Russia is still undergoing a significant transformation. It is reemerging on the world stage with new interests and ambitions that can coincide but sometimes differ from U.S. objectives. Determining how best to craft a strategy of balanced, ongoing and honest engagement is the daily challenge of Russian Affairs. ■

The author is a political officer on the Russia desk.

Shining Knight

HEALTH DIPLOMACY FOR THE 21ST CENTURY
BY VIVIAN KELLER



When it comes to health, most of us think white coats, not blue suits. But as the travel, migration and demographic trends of the 21st century bring the world's populations into ever-closer proximity, international health issues move steadily higher on today's State Department agenda. The Office of International Health Affairs, located in the Bureau of Oceans and International Environmental and Scientific Affairs, represents the point where health and foreign policy intersect. Its mission: Enhance U.S. security and global economic growth through promoting global health.

Disease, whether spread naturally or deliberately through bioterrorism, not only endangers U.S. citizens and U.S. armed forces at home and abroad—it can also magnify national and regional instability. Disease can decimate populations, damage markets and erode public confidence in governments that respond ineffectively to crises. Working with other U.S. government agencies, international organizations, the private sector, non-governmental organizations and foreign governments, IHA promotes policymaking that mitigates the effects of disease outbreaks and potential worldwide spreading.

In doing so, the office often plays the shining knight to America's overseas partners and domestic interests.

"Helping other countries on health issues is always a win-win," says Acting Deputy Assistant Secretary and International Health Affairs Director Jack Croddy. "If we increase other governments' capacity for preventing infectious diseases, we not only help make the world a better place, but we also protect ourselves. It doesn't get much better than that."

Established in 2001 as the Office of Emerging Infectious Diseases, IHA has blossomed into a multidisciplinary team that includes Civil Service employees, Foreign Service officers and scientific fellows. The office also welcomes Presidential Management Fellows on rotation and detailed employees from other agencies and makes extensive use of college interns. Staff expertise is concentrated in three key areas: infectious diseases, bioterrorism/biodefense, and environmental health.

Infectious Diseases

The infectious diseases component focuses on such illnesses as polio, cholera, Ebola and dysentery. Working with other



Above: Part of the IHA team discusses publicity options. From left, health adviser John Blodgett; office management specialist Venessa Holley; policy adviser Dr. Joseph Kowalski; policy adviser Katherine Bliss; IHA director Jack Croddy; and program analyst Quinn Brown Henderson. Opposite page: With the world headquarters of the Pan American Health Organization in the background, IHA director Jack Croddy meets with policy adviser Katherine Bliss, left, and program analyst for international health affairs Quinn Brown Henderson.

Department offices, government agencies and international organizations, staffers support programs designed to bring these diseases under control or, in the best of possible worlds, eliminate them.

In the area of polio eradication, IHA has successfully convened experts from the technical agencies and policy advisers to discuss diplomatic initiatives to support the global campaign to eliminate polio worldwide. Through advocacy and diplomatic support of the global polio eradication initiative, the office was instrumental in helping to raise millions of dollars last year alone from other donors. The much-needed level of financial support ensured that polio campaigns in Africa and Asia could proceed as planned.

International Health Affairs does not cover several other prominent diseases because, as former Deputy Director Harold Foster says, "IHA keeps giving birth to elephants" that generate workloads large enough to merit their own spin offs. For example, in 2003 the ever-growing HIV/AIDS portfolio was moved from IHA to the secretary's office, where it is now handled by the Office of the U.S. Global AIDS Coordinator.

Three years later, IHA's newest "elephant" is a disease that, like HIV/AIDS,

garners unwelcome headlines: avian influenza. As the virus spread through Asia, Europe, Africa and the Middle East, an ever-expanding workload led to the formation of an independent Avian Influenza Action Group in March 2006. Headed by Ambassador John E. Lange, the group operates out of State's SA-22 facility.

Bioterrorism

Although avian influenza has taken center stage in the media, the twin threats of bioterrorism and environmental health still loom large for health experts worldwide.

"With the transboundary nature of disease and of terrorism," says IHA's bioterrorism team leader Marc Ostfield, "bioterrorism represents a truly global issue that requires international cooperation and engagement for prevention and response."

Ostfield's team leads State's work on that mission by bringing together a range of U.S. government and international partners that collaborate on effective strategies for combating bioterrorism, strengthening biodefense and improving global health security. Its ongoing work includes establishing the G-8 Bioterrorism Experts Group, providing support for the Global Health Security Action Group and plan-



Policy adviser Dr. Joseph Kowalski, left, runs through a PowerPoint presentation for IHA director Jack Croddy. Dr. Kowalski is on assignment at the State Department through an American Association for the Advancement of Science fellowship funded by the Nuclear Threat Initiative.

ning U.S. and international bioterrorism exercises.

The bioterrorism team has also led State's involvement in developing presidential directives to defend U.S. agriculture and the country's food supply. The team

By working together internationally, we can help make environmental health a priority in policy and action.

encourages individual initiative. For example, during a February Asia Pacific Economic Cooperation meeting, policy

adviser Natalia Comella introduced an original strategy for helping to protect APEC economies' food supplies against deliberate terrorist contamination.

Environmental Health

International Health Affairs also deals on a daily basis with issues that normally don't make headlines. According to World Health Organization estimates, unsafe water and urban air pollution alone account for 4.5 percent of all deaths globally, making environmental health a crucial focus for IHA.

Katherine Bliss handles the office's environmental health issues, focusing on multilateral and bilateral action to promote policies and programs that improve access to safe drinking water at the household and community levels. She supports international partnerships that raise the political profile of environmental health issues. She also coordinates interagency dialogues on the links between

animal disease and public health. These dialogues ensure broader cooperation among international health, environment, wildlife and agriculture interests.

The prevalence of environmental issues makes Bliss' job particularly challenging. New and potentially lethal diseases cause international outcries and create a sense of crisis, but people throughout the world confront contaminated air and water on a daily basis. These are genuine crises, too, Bliss says—particularly for children, who are overwhelmingly affected.

"Our children are our future, and we need to protect them," says Bliss. "Ideally, by working together internationally we can help make environmental health a priority in terms of policy and action, and make the health problems associated with environmental conditions a relic of the past." ■

The author is a Foreign Service officer currently serving in the Avian Influenza Action Group.

EDUCATION + TRAINING

Student Records Online

Need your class schedule or an unofficial transcript of training taken through FSI? Visit the FSI Registrar's Office web page on the Department of State OpenNet at <http://fsi.state.gov/admin/reg>.

Mandatory Leadership Training

Leadership training is mandatory for Foreign Service and Civil Service employees at the FS-03/GS-13 levels and above to ensure that they have the necessary preparation for increasing levels of responsibility. FSI's Leadership and Management School offers the required courses to meet these mandatory training requirements, and other leadership courses for all FS and GS employees.

Mandatory Courses

FS-3/GS-13

PK245 Basic Leadership Skills

FS-2/GS-14

PT207 Intermediate Leadership Skills

FS-1/GS-15

PT210 Advanced Leadership Skills

Managers and Supervisors

PT107 EEO Diversity Awareness for Managers and Supervisors

Newly promoted FS-OC/SES

PT133 Senior Executive Threshold Seminar

FasTrac Distance Learning: Learn at Your Own Pace, When and Where You Want!

All State Department employees, FSNs and EFMs are eligible. With your FasTrac password, you may access the entire FasTrac catalog of more than 3,000 courses, from home or office (Intranet or Internet). Courses cover numerous topics, such as project management, computer skills and grammar and writing skills, as

well as soft skills such as leadership. To view the FasTrac catalog, visit the FasTrac web site at <http://fsi.state.gov/fastrac>.

FSI Distance Learning Program

An extensive menu of FSI-developed distance learning courses is also available to eligible participants on the FSI learning management system. See (U) State 009772 dated January 14, 2005, or the FSI web page (Distance Learning) for information.

Dates for FSI Transition Center Courses are shown below. For information on all the courses available at FSI, visit the Schedule of Courses on the Department of State's OpenNet at <http://fsi.state.gov>. See Department Notices for announcements of new courses and new course dates and periodic announcements of external training opportunities sponsored by FSI. For additional information, please contact the Office of the Registrar at (703) 302-7144/7137.

Security

	July	August	Length
MQ911 SOS: Security Overseas Seminar	10, 17, 31	14, 28	2 D
MQ912 ASOS: Advanced Security Overseas Seminar	5, 24	8	1 D
MQ914 YSOS: Youth Security Overseas Seminar	11, 18, 24	1, 8, 15	1 D

Foreign Service Life Skills

	July	August	Length
MQ110 Deputy Chief of Mission Spouse	17	7	3 D
MQ115 Explaining America	8		1 D
MQ116 Protocol and U.S. Representation Abroad	15	19	1 D
MQ250 Young Diplomats Day	10, 17, 31	14	1 D
MQ703 Post Options for Employment and Training		17	1 D
MQ704 Targeting the Job Market		31	2.5 D
MQ802 Communicating Across Cultures		12	1 D
MQ803 Realities of Foreign Service Life	29		1 D
MQ915 Emergency Medical Care and Trauma Workshop		9	1 D

Career Transition Center

	July	August	Length
RV101 Retirement Planning Seminar	25		4 D
RV102 Job Search Program	31		8 W
RV103 Financial Management and Estate Planning	27		1 D
RV104 Annuities, Benefits and Social Security	26		1 D

Length: H = Hours, D = Days, W = Weeks

Senior Policy Seminars

FSI's Leadership and Management School offers professional development and policy seminars for senior-level executives of the Department and the foreign affairs/national security community.

For more information, contact FSI's Leadership and Management School at (703) 302-6743, FSILMS@state.gov or <http://fsiweb.fsi.state.gov/fsi/lms>.

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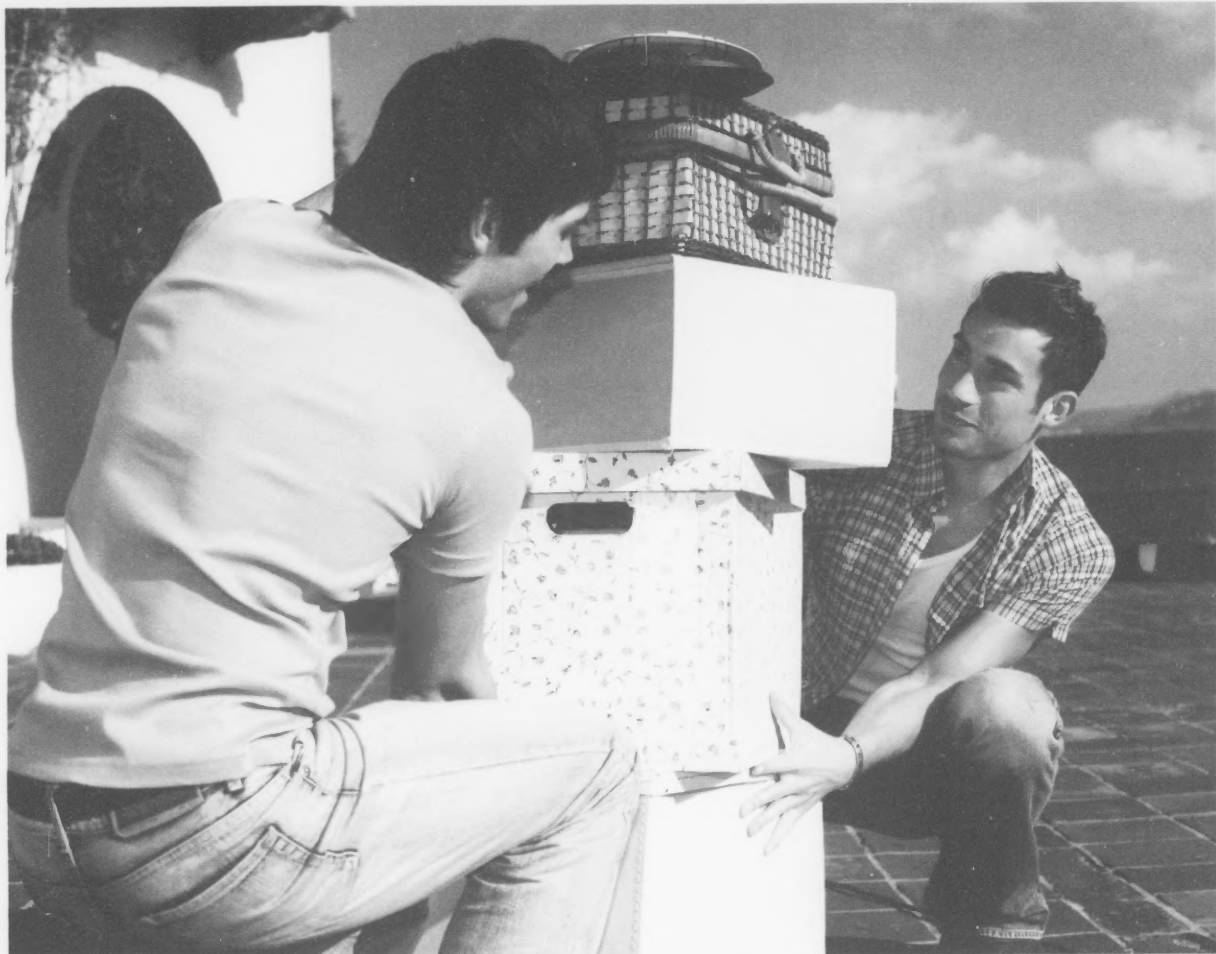
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MOVING DAY

USE YOUR LEGS AND SAVE YOUR BACK **BY REGINA McCLELLAND**

Are you planning to move your home or office soon? Are you concerned about the twinges and mild pain you may be experiencing in your back? Even if you are planning to hire professional movers, you may still need to pack and carry plenty. If you have ever moved, you know that packing and lifting heavy items can wreak havoc on your back.

Fortunately, most back pain and injury can be prevented by understanding how the back functions and how to lift safely.

The back consists of 33 vertebrae and six groups of muscles. The vertebrae make up the spinal column, which bears the weight of the body and houses the spinal cord. Between each vertebra are spongy pads, called discs, that act as cushions. Healthy discs are elastic and springy. Nerves or nerve roots from the spinal cord pass through small openings through the vertebrae. When the

discs lose elasticity, they collapse and the nerve roots get compressed.

The spine has three natural curves: the neck or cervical spine, the trunk or thoracic spine and the lower back region or lumbar spine. The muscles and associated tendons support the back, move the spine and play an important role in bending backward, forward and sideways. Strong back and abdominal muscles support the back and help maintain the curvatures of the spine. When these curves are in alignment, the weight of the body and what we carry is distributed evenly among the vertebrae, rendering us less vulnerable to strain and injury.

Regular exercise and proper body weight will help maintain good posture, keep your muscles strong and your back in good condition for work.

Since moving can give your back a workout, follow the guidance below on proper bending, lifting and carrying techniques.

- To prepare for the move, get rid of things you no longer need. This purging means less to move.
- Obtain sturdy boxes that won't collapse under the weight of the contents. If possible, use boxes with cutouts for handles.
- Wear sturdy shoes with low heels and nonslip soles to avoid slipping.
- Don't bother with back belts. Even though some professionals use them, they are not protective. Proper lifting and carrying techniques will protect you.
- Place the box on a low table rather than on the floor when filling it to avoid repeated stooping and bending.
- Don't overload boxes. Filled boxes should not exceed 35 to 55 pounds. Don't lift over your head boxes that weigh more than 35 pounds. As a frame of reference, boxes of office copier paper typically weigh in this range and have the weight clearly written on the box.
- Use packing materials to prevent the load from shifting in the box during lifting and carrying, not just to protect fragile items.
- Know where you are going and where the load will be placed before you lift. Make sure there's enough room in the immediate area of the item to be moved and a clear path to its destination. Are there stairs?
- Keep your back straight and bend your knees to lift with your legs rather than your back.
- Lift light objects from the floor by leaning over the object, slightly bending one knee and extending the other leg behind you. Hold on to a nearby chair or table for support as you reach down to the object.
- Lift boxes the size of a laundry basket by getting close to the object. Then, bending at the knees rather than at the waist, lift the box using your leg muscles.
- Face your body toward the object to be lifted and use slow, smooth movements. Do not twist the body during lifting.
- Luggage requires a different technique. Stand beside the suitcase. Bending at the knees, grasp the handle and straighten up as you raise the luggage. Preferably, get luggage with wheels to reduce the need for lifting and carrying.
- Don't lift boxes that are too heavy for you or objects weighing more than 55 pounds. Get assistance from another person or use a hand truck. Leave the piano to professional movers.
- Carry the load close to your body, between shoulder and waist level.
- Stack boxes no higher than shoulder height.
- Pace yourself. Don't overdo it. Take frequent short breaks and listen to your body. If your back hurts, stop the activities that aggravate it.

Moving can be emotionally draining as well as physically demanding. Following this guidance will help the move go smoothly and help you avoid the pain and suffering of a back injury. Enjoy your new location! ■

The author is a safety specialist with the Division of Safety, Health and Environmental Management.

HEALTHY HERO



The 2,000-mile man: Dr. Conrad Schmitt now walks more than four miles a day.

Doctor Takes the Walk of Life

Conrad Schmitt, a regional medical officer-psychiatrist in Frankfurt, Germany, started exercising late in life. At 56, he realized how out of shape he was.

"I was battling both hypertension and high cholesterol," he says. "I decided it was time to take the bull by the horns and make some changes."

Dr. Schmitt joined the "Healthier Feds Challenge" in the fall of 2003 and has earned the Bronze, Silver and Gold Presidential Awards.

For approximately four months in 2003 he was on the Atkins diet and then moved on to a general healthy, nutritious diet. In the 21 months he was stationed in Ghana, he walked more than 2,000 miles.

"What started out as 15 minutes on the treadmill has grown, with the help of a pedometer, to an almost daily ritual of walking about an hour per day to a distance of about four and one half miles," he says. "The exercise has been a tremendous benefit and now is one of the most enjoyable parts of the day."

Dr. Schmitt reports that his waist size has dropped from 42 to 38 during these 2 1/2 years. He hopes to keep walking and encourages anyone else who wants to start: "The longest journey begins with a single step."

Are you, or do you know of, a Healthy Hero in the Department of State? Someone who has made significant progress toward becoming healthier and is willing to share the experience? If so, please contact The Healthier State program through callinansg@state.gov.



A Man for All Seasons

FROM THE SKI SLOPES
TO THE FIREHOUSE
TO THE GREEN ZONE

BY MEREDITH HIEMSTRA

Frank Jones believes in giving back to the community. He has found a way to do so by combining his love for skiing with his love for helping people.

Mr. Jones joined the Department in 1994 as an information management specialist. He grew up in Connecticut with a love for the mountains and started skiing at a young age. He earned money with a paper route to fund his hobby. When he was 16, he got a part-time job pumping gas at his uncle's station and continued his pursuit of the perfect ski run.

He started giving back to the community by becoming a member of the National

Ski Patrol while serving at the U.S. Embassy in Seoul.

"It takes about four months of classroom training and two months of 'on the hill' training to become a ski patroller," he says. "You are trained in cardiopulmonary resuscitation, basic life support, ski skills and toboggan handling."

Mr. Jones spent every winter weekend patrolling at Yeoung Peong, Korea's largest ski area. The patrol is unusual in that most of its members are in the U.S. military. American patrollers partnered with Korean patrollers to assist injured skiers and promote ski safety.



Opposite page: Frank Jones participates in a toboggan-handling drill on the ski slopes. Above: Frank Jones, wearing his emergency medical technician hat, poses with an ambulance in Prince George's County.

"The language barrier was probably the hardest obstacle to overcome," he says.

Naturally, Mr. Jones wanted to continue patrolling when he transferred from Seoul to D.C. in 2003. He contacted the Wisp ski area in Garrett County, Md., which welcomed him. Driving the three hours to Wisp, he patrolled every weekend for three winters.

Patrolling motivated Mr. Jones to sharpen his emergency medical skills. He attended the six-month University of Maryland Emergency Medical Technician course and joined the Bowie Volunteer Fire Department as an emergency medical technician. He lived less than a mile from the firehouse, so when an urgent call came in, he would throw on his gear and be off. He even spent his Thursday nights at the firehouse and ran ambulance calls in Prince George's County. On many Fridays, he would go straight to work after running ambulance calls throughout the night.

He has never been paid a day working as a ski patroller or EMT. Last year alone, he volunteered more than 1,000 hours. Over the

“If, at the end of the day, I can make a difference in one person’s life, I consider it a great day.”

past several years, Mr. Jones has helped hundreds of people both on the ski slopes and in Bowie.

"If, at the end of the day, I can make a difference in one person's life, I consider it a great day," he says.

"Having the skills to help another person is a wonderful feeling."

Last September, Mr. Jones volunteered to serve at the U.S. Embassy in Baghdad, where he works in the Information Programs Center. His colleagues are glad to have someone with medical skills in the office. He's also a great guy to have around for his positive outlook on life and constant jokes. He can frequently be found on stage Wednesday nights in the Green Zone performing karaoke.

Frank is married to Lita Jones, who retired from the Army in January. They and their three dogs will be moving to Ljubljana, Slovenia, in October, where he will be the information management officer. He'll be just 30 minutes from the slopes, so he plans to contact the European division of the National Ski Patrol and continue patrolling. ■

The author is an information management specialist at the U.S. Embassy in Baghdad.

HOW TO GET INVOLVED

If you would like to know more about the National Ski Patrol, visit www.NSP.org and click on "How to Join." Not only is it an opportunity to hone your emergency care skills, but it's also a great opportunity to improve your skiing or snowboarding technique and meet new people.

To become a volunteer emergency medical technician or firefighter, contact your local fire department or volunteer rescue squad.



U.S. Representative on the Council of the International Civil Aviation Organization

Donald T. Bliss of Maryland, an attorney, is the new U.S. Representative on the Council of the International Civil Aviation Organization. Since 1977, he has been engaged in the practice of transportation law in the Washington office of O'Melveny & Myers. From 1999 to 2001, he served as chair of the American Bar Association's Air and Space Law Forum. He is married and has two sons.



U.S. Ambassador to the Asia-Pacific Economic Cooperation Forum

Michael W. Michalak of Michigan, a career member of the Senior Foreign Service, class of Minister-Counselor, has been accorded the rank of Ambassador to the Asia-Pacific Economic Cooperation Forum, where he has served as U.S. Senior Official since 2005. Previously, he was deputy chief of mission in Tokyo. His other overseas assignments include Sydney, Islamabad and Beijing. He is married and has three daughters.



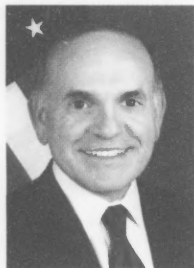
U.S. Ambassador to Bangladesh

Patricia A. Butenis of Virginia, a career member of the Senior Foreign Service, class of Minister-Counselor, is the new U.S. Ambassador to the People's Republic of Bangladesh. Prior to this assignment, she was deputy chief of mission in Islamabad. Her other overseas assignments include Karachi, San Salvador, New Delhi, Bogotá and Warsaw.



U.S. Representative to the United Nations for U.N. Management and Reform

Mark D. Wallace of Florida, an attorney, is the new U.S. Representative to the United Nations for U.N. Management and Reform. In private practice, he specialized in commercial and civil litigation. He also worked in the departments of Justice and Homeland Security. He was deputy campaign manager for Bush-Cheney '04 and was active in the 2000 campaign.



U.S. Ambassador to Oman

Gary A. Grappo of Virginia, a career member of the Senior Foreign Service, class of Counselor, is the new U.S. Ambassador to the Sultanate of Oman. Previously, he was deputy chief of mission in Riyadh. His other overseas assignments include Managua, Lisbon, Amman and a previous tour in Muscat as DCM. He is married and has three children.



U.S. Ambassador to the Republic of Congo

Robert Weisberg of Maryland, a career member of the Senior Foreign Service, class of Minister-Counselor, is the new U.S. Ambassador to the Republic of Congo. Previously, he was deputy chief of mission in Helsinki. His other overseas postings include Mumbai, Moscow, Milan, Geneva, Bishkek, Oslo, Warsaw, Caracas and Jakarta, where he oversaw the opening of the U.S. Embassy in East Timor. He is married and has one son.

***retirements**

Foreign Service >>>

Allison, Kristin Labarre
Breuer, Marvin L.
Cardone, Anthony F.
Cassman, Joel F.
Clayton, Rachel D.
Cleverley, J. Michael
Dibble, Philo L.
Evans, Charles W.
Hovanec, Susan Crais
Jackson, Mark Hansley
Jeffries, Maxine

Lima, Robert Joel
Limbert, John W.
Milroy, Michael
Santoro, Eugene Charles
Steinmetz, Ingeborg B.
Straub, W. David
Williams, Morris L.
Zabriskie, Peggy Sue
Zapp, Terrance
Zimmerman, Lillian

Civil Service >>>

Abdulmalik, April B.
Alphin Jr., Thomas H.
Briggs, Zelma White
Carroll III, Alfred Q.
Clausselle, Richard L.
Cobb, Essie
Dal Porto, Leroy G.
Dean Jr., Daniel J.
Dehart, Odell

Fisher, Joel L.
Gustafson, Carole A.
Harris, Thelma Martin
Hughes, Corinne L.
Knarich, Gilbert P.
Larson, Vincent Hughes
Lee II, Edward L.
Middleton-Kidwell,
Barbara

Mitchell, Dennis Clayton
Nowak, Elisabeth M.
Patierno, Donald F.
Pianka, Kathleen A.
Pool, Rosanne
Roberts Jr., Kenneth Earl
Sandlin Jr., James W.
Tufo, Sara Jane



<<< **Thomas W. Ainsworth**, 84, a retired Foreign Service officer, died April 1 in Chambersburg, Pa. He served in the Navy in the Pacific in World War II before joining the Department. His overseas postings included Fukuoka, Kobe, Osaka and Tokyo, Japan; Saigon; and Hong Kong.



<<< **Jerry Calhoun**, 58, a personnel security specialist with the Bureau of Diplomatic Security, died April 18 of a heart attack in Camp Springs, Md. He served in the Army in Vietnam. He enjoyed church, cooking and coaching softball.



<<< **Lillian S. Davies**, 87, widow of Foreign Service officer Archie Davies, died Jan. 12 in Fairfax, Va., after an extended illness. She accompanied her husband on overseas postings with the U.S. Information Agency to Egypt, Greece, Turkey and Bangladesh before his retirement in 1974. She was active in her church and community.



<<< **David B. Durtschi**, a Foreign Service construction engineer, died Oct. 13 of complications of a brain tumor in Washington, D.C. He joined the Department in 1996 and served overseas on embassy construction projects in Nairobi, Kampala and Abidjan. Prior to that, he accompanied his wife, Jeri Lockman, to postings in Lilongwe and Jakarta.

Richard Baker Phillips, 91, a retired Foreign Service officer, died July 29 in Grand Junction, Colo. He served in the military in World War II. His overseas postings with the U.S. Information Agency included Sao Paulo, Guatemala City, Madrid and Mexico City. After his retirement in 1974, he enjoyed tutoring Spanish-speaking immigrant children in English and hosting overseas visitors.



<<< **Anthony "Tony" Starcevic**, 94, a retired Foreign Service officer, died March 12 of cancer in Glendale, Calif. He joined the Department in 1944 and served overseas in Brazil, Ecuador, Jamaica, Mexico, Panama, Poland and Spain. He retired in 1971. He was known for his culinary skills and also enjoyed archaeology, geology, literature and numismatics.



<<< **Helen Cole Stewart**, 92, a retired Foreign Service officer, died March 10 of natural causes in Bradenton, Fla. She joined the Department in 1947. Italy was her favorite country and she served in Rome and Naples. She also served in Belgrade, Bonn, Morocco, Turkey, Saudi Arabia, Pakistan and France. She retired in 1973.

Eugene Stanley Szopa, 80, a retired Foreign Service officer, died April 15 of pneumonia in Rockport, Maine. He served with the Navy in World War II. His overseas postings included Jerusalem, Amsterdam, Tehran, Palermo, Munich, Warsaw, Mozambique and Singapore. After retiring, he worked as the administrator of the Smithsonian's Resident Associates Program.

In the Event of a Death

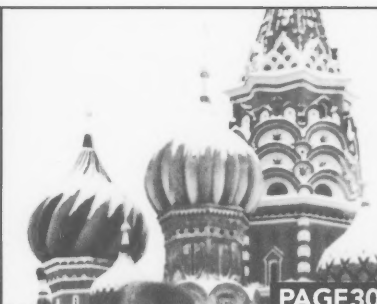
Questions concerning employee deaths should be directed to the Office of Casualty Assistance at (202) 736-4302. Inquiries concerning deaths of retired employees should be directed to the Office of Retirement at (202) 261-8960.



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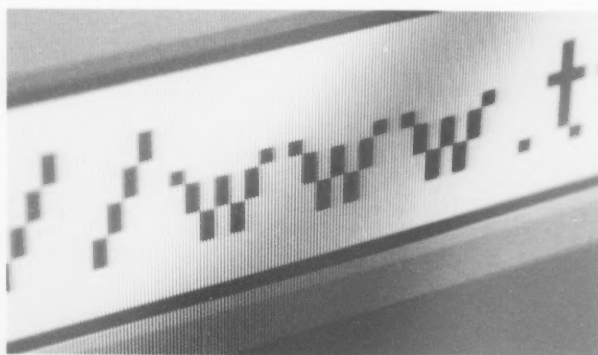
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“ Bioterrorism represents a truly global issue that requires international cooperation and engagement for prevention and response. ”

*Marc Ostfield
“Shining Knight”
Page 35*



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COMING IN JULY/AUGUST

College Seniors
Pick State in Top 3

New Office Faces
a “Re-Mapped”
Central Asia

State Family Comes
Home for Foreign
Affairs Day

... and much more!

LYING IN STATE : COULD BE A CROC !

SO HERE'S THE SCENARIO:
WILD ALLIGATORS HAVE
GOTTEN INTO AMBASSADOR
BLUESTONE'S OFFICE -
WHAT DO YOU DO?

DO THE ALLIGATORS HAVE
CLEARANCES, OR DID SOMEBODY
ESCORT THEM IN THERE?

WE HAVE TO RESCUE AMBASSADOR
BLUESTONE - IF THE ALLIGATORS EAT HIM
I'LL NEVER GET MY MEMO
SIGNED!

MAYBE IF WE
HAD SOME KIND
OF BAIT...

WELL, HE DOES LOVE TO
MAKE POLICY STATEMENTS -
PERHAPS A TRAIL OF
TALKING POINTS...

NO, NO - TO LURE THE ALLIGATORS OUT!
LIKE WITH A POODLE ON A POLE OR SOMETHING...

AND REMEMBER : THE
KEY IS PREPARATION!

USEFUL TRAINING
SESSION?

WATCH YOUR STEP WHEN
YOU GO IN YOUR OFFICE -
THERE'S A BIG STEEL TRAP
NEXT TO YOUR
DESK...



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