

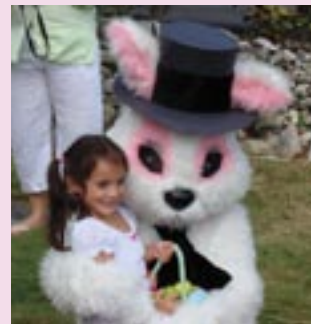
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Easter Fun



A big "Thank You" to Alicia Arnold for stepping into the Easter Bunny suit and also putting together the children's Easter Party in Jeanne's absence.





Easter Fun

The children had a wonderful time hunting eggs...



and petting live bunnies!





"Bloom where you are planted"
- Mary Engelbreit



For more information about items on this page,
please contact Jeanne Dennis at 322-1181 Ext. 4254
or DennisJA@state.gov

Jeanne Dennis will be out of the office on leave until approximately April 23. For CLO related matters, please contact David Elmo at 322-1181 Ext.4285 or Debbie Newbold at 322-1181 Ext.4284 or NewboldDR@state.gov

Career Information For Foreign Service Spouses

Global Employment Connections

This quarterly newsletter from the Family Liaison Office covers information, resources, and job search strategies to help build a global career within a mobile lifestyle. It features real-life success stories and employment advice from family members in the global workforce. To receive this publication via email, log on to www.state.gov/m/dghr/flo/c21631.htm

Employment and Business Website for Trailing Spouses

Global Employment Connections recently spoke with Jeff Porter, the creator of the website www.TrailingSpouse.NET. Jeff relocated to Prague with his FS wife, Lori, in January, 2007. Jeff talked to GEC about the process of creating the website, as well as his reasons for doing so.

Jeff created the Trailing Spouse Network website about a year ago with the goal of improving the communication between Foreign Service spouses on the subject of employment and business matters. He introduced his idea to the Family Liaison Office; they loved it and encouraged him to continue with his creation.

"Despite all of the great FLO programs, there is still a lack of communication directly between spouses," Jeff said. "The only way for us to get together is through networking. It's not always easy for FS spouses to network face-to-face, so I wanted to create a virtual community for spouses to network and swap ideas in a trusted and understanding environment." Visitors to the website will find two areas. The main body of the site is a collection of information and articles on subjects such as Trailing Spouses, Teleworking, homebased businesses and so forth. The other area is the Networking Forum. It is here that Jeff sees the greatest potential for Family Members to provide information to assist others, and in turn receive assistance regarding employment and business matters.

GEC readers are encouraged to visit Jeff's website at www.TrailingSpouse.NET. He is very interested to hear from family members at all Posts who maybe interested in establishing a networking presence on the site for their city.

For questions, comments, suggestions and to make sure you are included in the appropriate Foreign Service sections of the site, please click the "Contact Us" page on the website and introduce yourself.

Professional Development Fellowships for Foreign Service Family Members

The Family Liaison Office (FLO) has just received the unexpected good news that the Una Chapman Cox Foundation has approved funding for a third year of the Professional Development Fellowship Program for Foreign Service Eligible Family Members and Members of Household. This is a pilot program to maintain, enhance and/or develop professional skills for Foreign Service Eligible Family Members and Members of Household who are not in a position to pursue their career path overseas. Fellowships of up to \$2,000 will be granted on a reimbursable basis for enrichment activities. The selected applicant must fund 25% of the cost of the proposed activities and the granted Fellowship will cover the additional 75% of the costs. Activities can include, but are not limited to, continuing education, distance learning, professional development, participation in professional conferences, dues for membership in professional organizations, and small business start-up costs.

Management News



CORNER

Housing Keys - How Many Sets Will Be Issued?

Over the past few weeks, GSO/Housing has received a number of questions regarding how many sets of keys each tenant should receive. Upon arrival, you will be provided with two sets of keys. You are financially responsible for these sets of keys and they must be returned before departure from Post.

For security reasons, you are not authorized to obtain your own sets of keys. If you need additional sets of keys (for housekeeper and guests), you will have to request them through GSO and pay for them. Fill out a procurement request using procurement request form. Procurement will order additional sets on your behalf and inform you of the price of each set. Once you have paid the Embassy cashier, Procurement will issue the additional sets of keys based on presentation of the official receipt (OF-158). All of these additional sets of keys must be returned to GSO Housing at the end of your tour.

If a set of keys is missing, please notify RSO immediately.

If locked out of your apartment during business hours contact the Housing Office at 322-1181 Ext.4275 or Ext.4276; after hours, contact Post 1. Generally, the Housing Office will arrange with you to pick up a set of keys at the Embassy, to be returned the next business day.

If you have any questions or require further information, please contact GSO Housing Officer Bel Vanderploeg.



Earth Day Project

The Embassy is participating in the Earth Day Grocery Bag Project, an internet based project to raise awareness on environmental issues on Earth Day, April 22. We would like you to participate in Earth Day Awareness on Wednesday, April 18, at WOODCOCK PRIMARY SCHOOL from 12:45-1:45 pm. This will be done in lieu of the reading program for that week only. The children will be given an age appropriate presentation on conservation and the environment earlier in the week. The volunteers will then help students color brown paper bags interpreting what they have learned. Volunteers depart the embassy via embassy vehicle at 12:30p.m. Please contact Marilu Gaspar at GasparML@state.gov or 322-1181 Ext.4276 if you plan to attend.

Regional HR Officer, Kathy Gaseor, will visit Nassau from April 16-20. For an appointment, please call Ruth Fernander at 322-1181 Ext.2488.



Facilities Management Section

Energy Conservation

We have begun installing motion sensor lights in offices on the second floor Chancery. These lights will also be installed in periodically-used functional spaces like Generator/UPS, and Mechanical rooms. This is part of the proposed Energy Conservation Plan. The final plan will be publicized once it is properly vetted.

We are also due to replace all regular incandescent light bulbs in U.S. Government-owned properties with the energy efficient light bulbs. These energy efficient light bulbs consume about 15-Watts and are equivalent to 75-Watt incandescent light bulbs. In other words, they operate at about 20% of the power of the normal bulb and also last longer. Since they cost about \$6.00 each, there is more long term return on overall investment but an immediate reduction on environmental toll.

If you would like to have these sensors installed in your office or have suggestions on energy conservation in your surroundings please contact Jeffrey Davis at DavisJA1@state.gov or 322-1181 Ext. 4101.



A Note from the Nurse:

April is Alcohol Awareness Month

Alcoholism

Alcoholism, also known as “alcohol dependence”, is a disease that includes four symptoms:

Craving: A strong need or compulsion to drink.

Loss of control: The inability to limit one’s drinking on any given occasion.

Physical dependence: Withdrawal symptoms, such as nausea, sweating, shakiness and anxiety, occur when alcohol use is stopped after a period of heavy drinking.

Tolerance: The need to drink greater amounts of alcohol in order to “get high”.

People who are not alcoholic sometimes do not understand why an alcoholic can’t just “use a little willpower” to stop drinking. However, alcoholism has little to do with willpower. Alcoholics are in the grip of a powerful “craving”, or uncontrollable need, for alcohol that overrides their ability to stop drinking. This need can be as strong as the need for food or water.

Although some people are able to recover from alcoholism without help, the majority of alcoholics need assistance. With treatment and support, many individuals are able to stop drinking and rebuild their lives.

Many people wonder why some individuals can use alcohol without problems but others cannot. One important reason has to do with genetics. Scientists have found that having an alcoholic family member makes it more likely that if you choose to drink, you too may develop alcoholism. Genes, however, are not the whole story. In fact, scientists now believe that certain factors in a person’s environment influence whether a person with a genetic risk for alcoholism ever develops the disease. A person’s risk for developing alcoholism can increase based on the person’s environment, including where and how he or she lives; family, friends and culture; peer pressure; and even how easy it is to get alcohol.

Source: U.S. Department of Health and Human Services. National Institute on Alcohol Abuse and Alcoholism. (2001, January 1)

COMMUNITYEVENTS

Until April 15 - Circus Maximus At R.M. Bailey Park

Famous performing elephants and dogs, acrobats, giant space wheel, world class clowns and human cannonball. Mon – Fri 7 pm and 9 pm. Sat and Sun 5 pm, 7 pm and 9:30 pm. General admission \$15 adults, \$10 children. VIP \$20 per person. Receive 50% off coupon with purchase from Burger King.



April 18 -

Battle In The Bahamas

The Bahamas' top fighters box against US opponents, viewed by 90 million + viewers on ESPN Live Wednesday Fight Nights, televised for the first time in the Bahamas. Bouts include: Bahamian Heavyweight Sherman 'The Tank' Williams vs Ronald Bellamy; Super Middleweight Jermaine 'Choo Choo' Mackey vs Julius Fogle; Light Flyweight Stephanie Dobbs vs Treasure Saunders and American Heavyweights 'Rapid Fire' Chris Byrd vs 'Italian Hitman' Paul Marinaccio and possibly Cruiserweight Rob Calloway. Come out and support our world-class stars! Held at Clifford Park, Fort Charlotte starting at 7pm. Tickets from The Juke Box or First Class Promotions. T:393-4891 or 356-5312.



Commissary News

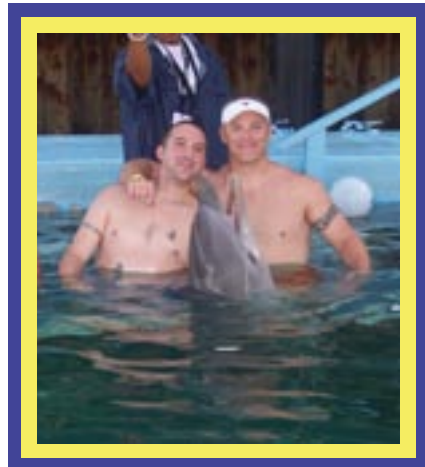
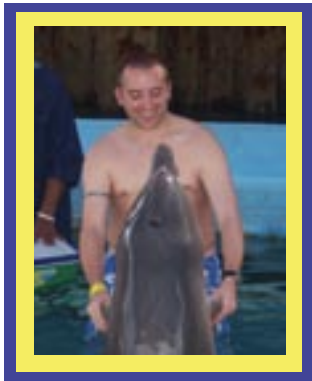
Hours of Operation
Wednesday 10:00am-2:00pm
Thursday 2:00pm-6:00pm

To suggest items for future commissary orders,
email nassaucommissary@state.gov

PHOTO GALLERY

Dolphin Encounters

A great time was had by all!



.....
Fishing season started this Easter weekend with our own world class, world renowned fisherman Mark M., catching two dolphin over 50lbs and four others weighing 20 to 40 lbs.



Advertisements



Announcements



Is your child interested in playing baseball on the Western end of the island?

If so, you are invited to come participate in forming a recreational baseball league. The league will include boys and girls ages 5 to 12 and games will be played at the field at St. Paul's Church. A baseball clinic is planned for May 19th - a flyer will be out soon with more details. There will be a meeting on April 17th to discuss the clinic and the league. If you are interested in attending the meeting and helping or if you would like additional information, please contact Mark and Roxy Greer at mrng4@hotmail.com or call 327-7065.

Mission Family Book Group



Just a reminder for those who want to attend, the group will meet on Thursday, April 26th, around 6:30/7:00pm to discuss the book "Notes on a Scandal" by Zoe Heller.

Our host for this discussion will be Pat Wielkie. Anyone interested in joining this discussion or for directions, please contact Pat Wielkie at rpkailani@coralwave.com or 394-4575.

It's A Girl!

Joe and Judy Klinger welcomed Olivia Katherine Klinger to the world on April 5. She weighed 8lb. 6oz. and was 21" long. Everyone in the family is doing well and getting to know their new addition; so far, Meghan is very excited to be a big sister!



MOPS Bahamas welcomes all Mothers of Preschool Children to join us every First and Third Thursday of the month from 9:30am to 11:30am at New Providence Community Center on Blade Road.

Membership - \$40.00 per year & MOPPET fee \$5-\$10 per meeting. Your MOPS membership and MOPPET fee includes: child care for your preschooler during meetings, refreshments, crafts, materials, bi-monthly subscription to MOPS magazine, Mom Emails, books, and much more. Children ages 0-5 years welcome!

For more information please call Nancy Evelyn 327-4055 pnevelyn@coralwave.com
To learn more visit www.MOPS.org

Submission Guidelines

Submissions are to be made by email to Sue Minor at junkanoonews@yahoo.com or by phone at 327-1631. The Junkanoo Journal will be published on Fridays, every other week and all submissions must be made by COB on the Tuesday before distribution. Some

file, please do. Submissions may be edited for length, clarity, or security. All content will be reviewed and approved by the Community Liaison Officer.