



POSTING SERVICES CENTRE

Many foreign service families will soon be preparing for new postings. The Posting Services Centre is ready to assist them, especially by facilitating a smooth transition. A recent review has been conducted of the training and information workshops offered to help foreign service staff and their families adapt to the administrative posting process and their new living conditions. While the titles remain the same, the content and delivery of the workshops and information sessions have been updated and tailored to meet the staff's special needs.

The sessions cover a wide range of topics from Protocol to Stress Management. You can learn to budget adequately, improve your ability to deal with the cultural shock of a new posting, ensure that your property is well-managed during your posting, or come to understand the concept of stress and improve your ability to deal with it. The schedule of workshops is designed to accommodate your training

needs, so please register early. Following is a list of the workshops/information sessions planned for this year. Please contact Jules Mailhot at (613) 995-9347 if you have a special training need.

WORKSHOP/INFORMATION SESSIONS

Locations and scheduling will be advertised.

- Wills, Estate Planning
- Financial Planning
- Taxation and the Foreign Service Employee Abroad
- Protocol
- Cross-Cultural Communication
- Area Briefings
- Your First Posting
- Stress Management
- Coping with the Needs of the Elderly

Family Quiz

Reprinted from Parents, August 1986

For four-to-six-year-olds

- (1) What did Little Miss Muffet sit on?
- (2) What geometric shape has three sides?
- (3) What animal does wool come from?
- (4) What is an abacus used for?
- (5) What does a thermometer measure?

For seven-to-nine-year-olds

- (6) What sport did the expression "par for the course" come from?
- (7) What does nocturnal mean?
- (8) What's the symbol of the astrological sign Leo?
- (9) What's a shuttlecock?
- (10) Hot and lazy days of summer are called ___ days.

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For ten-to-thirteen-year olds

- (11) What does "love" mean in a tennis score?
 - (12) Lobster and shrimp are both a kind of shellfish called _____.
 - (13) In golf, what's even better than a birdie?
 - (14) What's a young female horse called?
 - (15) Who was the month of August named after?
- For parents**
- (16) What's a word for majestic and dignified?
 - (17) The character of Conrad Birdie in "Bye Bye Birdie" was modelled after Elvis Presley, but the name was a spoof of whom?
 - (18) What tournaments must a tennis player win to make a Grand Slam?
 - (19) What did Nikita Khrushchev pound to make a point at the United Nations in 1961?
 - (20) Scuba in scuba diving stands for?