



From the Foreign Service Community Association

From The Executive

Bienvenue! Welcome! We are glad to have you with us and are delighted to see you back. Although the summer is hectic for those on the move, it is a quiet time for the FSCA. It is a time for assessment and the planning of new directions and projects.

The office staff has been kept busy with housekeeping details and providing a communication centre for members of the executive. It was also those same office volunteers who disseminated the re-entry information on "where", "when", "how" and "who" requested by members in transition. They responded to questions about housing, schooling, baby sitting, medical and dental care, community and departmental services and living in Ottawa in 1984.

We hope that by now most of you have settled into the new year. Even though the calendar year runs from January to January, life in External seems to begin anew each September. Thus, with vacations over and our resolve renewed, we have resumed our normal routines and the FSCA turns its attention from welcoming activities to other new and perennial concerns.

Activities

The costs of being a rotational family in terms of education, health, money and careers for dependants has always been a focus of FSCA concern. Under consideration is the feasibility of a session on Financial Planning Options for Women which would explore the problems, possibilities and potential for women to manage their own financial resources more effectively. This often poses a special problem for women involved with the nomadic lifestyle of External either through interrupted employment, no employment or living abroad. Topics under consideration include forward averaging of incomes, investment opportunities, RRSP's, guaranteed investment certificates, stocks and bonds, starting your own business, pensions, the pros and cons of contract work and getting the most out of banking options.

In the area of pre-school, nursery and day care, several of our members would like to organize a panel discussion with some of Ottawa's experts in these fields.

Before either idea can be pursued, we must be certain of an adequate attendance. If you would be interested in participating in sessions on either of these topics, con-

tact the office. When enough people indicate interest, plans will be finalized.

The state of pensions for spouses in Canada is beginning to receive attention. The plight of widowed or divorced dependent spouses is the most serious. Do you know your pension rights or those of your dependent children upon divorce or widowhood? What happens if you remarry? If this is an area that concerns you, come forward. The FSCA has lost its pension activists due to postings and would like to pursue this issue.

The FSCA Education Committee does excellent work and, in conjunction with the Posting Services Centre, is a comprehensive source of information and advice. The Working Spouses Committee has available in the office a copy of its aims, functions, progress and areas requiring more work.

Do you have young children? Be sure to get a Child Health Record for every child and keep it up to date. As of June, 570 booklets had been distributed and we hope that soon all dependants of rotational staff will have their personal record. This is very important as our children move from school to school, especially the "baby shots". If you have not received yours, please apply to ADTB. It is an invaluable reference for children who have chronic or prolonged medical conditions that require medication. Accurate records make it easier and quicker for a doctor to find the correct diagnosis and treatment.

We know that many of you who joined the department or returned to Ottawa this summer still feel unsettled and a stranger to the city. Please give us a call so that we can put you in touch with other families in your neighbourhood who have experienced the same thing. The department does not inform us of your existence, you must do that. You are not alone. Call us.

A Plea

The FSCA makes every effort to produce all publications in both French and English, and to staff the office with bilingual persons. At the moment we need translators. Often the items are short and would take little time. If you feel the desire to participate more closely with the organizational side of the FSCA, stop by the office or call the office manager and she will help you find the most suitable outlet for your particular talents. Tel: 593-5729.

ADMISSION TO CANADIAN UNIVERSITIES

A REMINDER: March 1st is usually the deadline for admission to various departments and faculties at Canadian universities. Some, however, particularly medicine and dentistry, may set deadlines as early as November 15. Please note that for admission to Ontario Universities, you do **not** write directly to the universities, but rather to the Ontario University Application Centre (OUAC), Box 1328, Guelph, Ontario F1H 7P4, telephone (519) 823-1940.

Only three choices may be given and a check of \$9.00, if you live in Canada and \$14.00, if you live abroad, must be sent.

For all the other provinces, you apply directly to the specific universities.

KINDERGARTENS, NURSERY SCHOOLS AND DAY CARE RESOURCES

Should you be returning to, or living in, Ottawa and interested in knowing what facilities are available for the care and education of your young ones, the Posting Services Centre has up-to-date (1984) lists of all public and private schools offering kindergarten in the region, plus lists of all licensed Day Care Centres, Nursery Schools and Family Day Care Agencies. Write, phone or drop into the Centre for further information about what is available for your young ones when you are posted back home.

DID YOU KNOW?

- that 25% of the Canadian population is already awake at 6:00 a.m.
- that 25% of "us" are also still up and about at 1:00 a.m.
- that sleep accounts for 8.4 hours of each day, with Friday being the day we sleep least (7.8 hours) and Sunday being the day we sleep most (9.6 hours.)
- that 13% of our free time, meaning 13% of 22% or .03% of our total time, is spent at "working up a sweat".

MURPHY'S LAWS

- The solving of a problem lies in finding the solvers.
- The first place to look for anything is the last place you would expect to find it.
- When there are sufficient funds in the chequing account, cheques take two weeks to clear. When there are insufficient funds, cheques clear overnight.