

□ RE-ENTRY WORKSHOP □

Last fall I participated in the first Re-Entry Workshop offered by the Posting Services and Community Liaison Division. This 4 hour session was available to all foreign service employees and their families and was directed by Michael Miner of International Business Associates along with two assistants.

The objective of the workshop was to provide a means through which rotational foreign service staff and their families could ensure that their re-entry to Canada was as successful as possible. The leaders gave full recognition to the stress of continuous geographical movement, but offered a medium whereby we could gain a healthy perspective on our feelings.

They used many methods and techniques, including videos, handouts, short lectures, lots of group discussion and sharing of experiences. The American film *Welcome Home Stranger* provided an excellent introduction to the session. Exercises in drawing

life plan and life line charts, describing feelings during the various phases of our moves, proved useful in gaining self awareness.

My 8 year-old daughter participated in the children's group, and was particularly pleased to meet other children who move a lot. She can't remember living in Canada before; consequently re-entry and "coming home" were confusing terms for her. Looking at relationships and activities, and how they change when we move, helped her understand some of her feelings of confusion and ambivalence about our return to Ottawa.

Recommendations from the participants included more variety in the timing and structure, but with similar content for subsequent re-entry workshops. Follow-up sessions were also suggested.

After seven years abroad, I personally found it a useful experience and highly recommend similar future ses-

sions run periodically through the year for new "re-enterers" or people ready to deal with the issues □

Pearl Jutzi

DIRECT COMMUNICATION WITH SPOUSES

Since the last issue of *Liaison*, the following items have been sent out to spouses on the Direct Communication list:

February 11, 1987 — Distribution: National Capital Region (1986-87/07)

— A notice of workshops for spouses which will be offered this spring.

February 25, 1987 — Distribution: National Capital Region (1986-87/08)

— A notice of pre-posting workshops which will be offered this spring □

CIRCULAR DOCUMENTS OF INTEREST TO EMPLOYEES AND THEIR FAMILIES

MEDICAL CARE INSURANCE REMUNERATION SUPPLEMENT FOR 1986

Administrative Notices No. 3, January 1987

In Ontario, Alberta, British Columbia and the Yukon, the federal government contributes a portion of the provincial medicare premium on behalf of its employees. These provinces levy a health insurance premium and it is paid by each employee by salary deduction to the provincial authorities.

When an employee has resided in a province that does not levy health insurance premiums (Newfoundland, Prince Edward Island, Nova Scotia, New Brunswick, Quebec, Saskatchewan, Manitoba and the Northwest Territories) the government contributions are payable directly to the employee, upon application, as a remuneration supplement. A refund will be made by a single payment.

Personnel eligible for this remuneration supplement are advised to apply for it. The required application forms

may be obtained from the Health Plan Section (ABMP) in Ottawa.

The expiry date for submission of these applications is June 30, 1987 □