

To: WHOM IT MAY CONCERN ,

From: Commanding Officer
116 Air Transport Unit
CFPO 5002
KOK 3RO

Don *

These are a few do's and don'ts which may help you readjust to living as a human being again on his return from his tour of duty in the Middle East with the United Nations Emergency Force.

Do not be surprised if he wants to sleep out on the lawn at first. Be patient and coax him in with a piece of Canadian white bread.

Do not worry if he pulls the shower curtain around him when he goes to the bathroom, after a few days take the curtain down.

Do have a lot of toilet paper handy, as he will keep running to the toilet with a roll in his hand at first.

Do not let him take a taxi anywhere for the first month as he will only ride in the back seat and put his hands over his eyes and pray a lot.

Do not be worried if he takes his dishes and washes them in three separate tubs of water. You can break him of this habit by immediately after eating, give him a fly swatter and tell him you saw a fly in the front room. We have no quick method of getting the fly swatter back from him.

Be patient at night when he has his mosquito net strung up above the bed and insists on putting it down at night. We have no cure for this, but believe you can make him forget all about it in a very short time.

You will find that he will carry his water bottle at all times when going to the store or visiting friends. We believe that time alone will cure this. Also let him keep it in the fridge at all times.

Have lots of ice cubes made up as he will go through an average of five or six trays a day.

Do not mention the word ants to him as he will immediately spray the whole area. It is also advisable to have some other way of speaking about his or your ant for a time. We can not be responsible for her safety.

You will find that he will do his laundry in a bucket in the basement for a while. You can break him of this by taking some of his laundry each time and doing it in the wash machine. Gradually he will have none to do - then hide the bucket.

He will hang his blankets out on the clothes line at first and will be very fussy to make sure they do not hang near the ground, as he does not want any bugs or animals on them. Humour him for a time.

Do not be surprised or worried if he waves his arm violently at meal time while he eats. He is used to keeping the flies off his plate. Do not put any kind of object in his hand at this time as it could become quite hazardous for anyone in the general vicinity.

Have a double order of milk on hand at all times, for his body craves ice cold milk.

When he is going to the local store, he will call it the empty shelf store. After a few times there he will notice that the shelves are full and cease this practise.

When he wants to go for a shower, he will ask if anyone else is going. It is suggested that maybe you could shower with him a couple times. Remember humour him.

He will keep saying that he thinks he is getting Gypo Gut or that he has it. Just give him some small white candy pills and some milk with peppermint flavouring.

We hope some of these little hints will help you prepare yourself and family for the returning vet from the Middle East. He will require your sympathy and assistance in order to once again enjoy the good Canadian life.

J.D. Tupper
J.D. Tupper
Lieutenant-Colonel
Commanding Officer
116 Air Transport Unit

P.S. Best of luck!

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*Sorry about the ~~sticker~~ error on the name but
didn't have a spare copy,*
Jup