

# Stand Easy

*Stand Easy* is a monthly publication produced by DGPFS for CF members everywhere.

Comments? Email: [StandEasy@cfpsa.com](mailto:StandEasy@cfpsa.com)

[www.cfpsa.com/StandEasy](http://www.cfpsa.com/StandEasy)

## What's new!

Are you in search of reliable information and support? Give us a call! You can access the **Family Information Line (FIL)** and get the help that you need to deal with the unique challenges that come with military life. The FIL offers confidential, personal and bilingual assistance. FIL counsellors provide supportive counselling from Monday to Friday, 8 am to midnight (Eastern Standard Time) except on statutory holidays.



The **FamilyForce** website is here to connect you with your local C/MFRC through one central, easy-to-use directory. This "one-stop-shop" site also links you to national information and resources and provides general information about the Military Family Services Program.

## Top 5 Things to Do Before the Summer Ends

Summer is quickly coming to an end and before you know it you will be wishing you could have done more before the cold weather arrived.



1. **Geocaching** – Organize a family hike and go geocaching.



2. **Picnic** – Pack up your basket with some fresh produce, cheese, bread and cold meats, or whatever you fancy, grab a blanket and enjoy the outdoors.



3. Attend a **Fair/Festival or Community Outdoor Event** – If you think you missed these, it's never too late! There are several that are still going on, check your local newspaper.



4. **Swimming** – If you haven't gone swimming yet, find a splash park, an outdoor pool, a lake or a water park and enjoy being out in the sun while the weather is still nice!

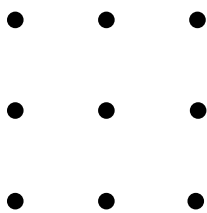


5. **Go outside!** Enjoy the outdoors before summer is over. Take your family on a hike, go to a park, go camping, go boating, go for a bike ride, or just take a walk.

*No matter what activity you do, take advantage of the beautiful summer weather: get outside and enjoy it!*

## Fun and Games!

How many different squares can be made using these points as their corners?



Response (Français) :

You've asked to be connected?

I was hoping for a wireless connection...

Stay connected thanks to the Military Family Services.

Please recycle this copy.



Call or click for your home and auto insurance quote:

**1-888-476-8737**  
[canex.thepersonal.com](http://canex.thepersonal.com)

**CANEX** **thePersonal**  
 Home and Auto Group Insurance

™ Trademark of The Personal Insurance Company.

Earn 1,000 Bonus AIR MILES™ = reward miles with the BMO® Support Our Troops Gold AIR MasterCard™

[www.cdc.ca](http://www.cdc.ca)

Financial Services  
**SISIP RARM**  
 Services financiers

[www.sisip.com](http://www.sisip.com)  
**1-800-267-6681**