

# Stand Easy

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

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

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

## Did You Know?

Military life is often synonymous with **relocation**, a reality wrought with challenges for the immediate circle. Fortunately, the Canadian Forces Personnel and Family Support Services (CFPFSS) are there to make the transition easier and help family members adapt to their new environment. Take advantage of the various services that the CFPFSS has to offer.

## An Interesting Website...

Visit [www.cfcommunitygateway.com](http://www.cfcommunitygateway.com) and start mapping out your new life!

## Fun and Games!

Solve the enigma...

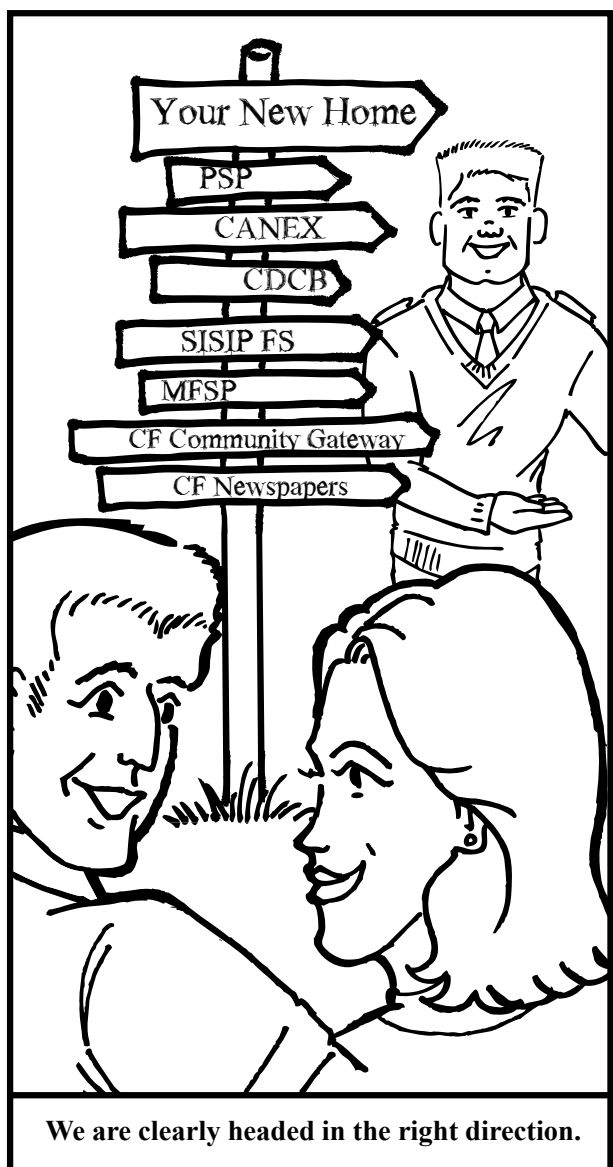
It is nighttime. A man calls someone.  
When this person answers, the man immediately hangs up  
and feels much better.  
Why?

Indice : L'homme s'est arrêté dans un hôtel pour la nuit.

The answer is revealed at [www.cfpsa.com/StandEasy!](http://www.cfpsa.com/StandEasy!)

## 8 Essential Resources When You're Being Posted...

1. Get to know your new base/wing:  
**[www.CFCommunityGateway.ca](http://www.CFCommunityGateway.ca)**
2. Secure a mortgage that suits your military lifestyle and get enhanced banking services designed to alleviate the financial turmoil of moving: **Canadian Defence Community Banking**
3. Buy new supplies with an easy credit plan: **CANEX**
4. Make the transition to your new community easier and learn about community centers, pools and other facilities at your disposal: **the PSP team**
5. Get competitively priced insurance products tailored to your travels: **The Personal** in partnership with **CANEX**
6. Receive sound financial planning advice that will ensure a stress-free move: **SISIP Financial Services**
7. Learn about job opportunities for military families and children's programs: **Military Family Services Program**
8. Discover all there is to know about your new community: **Canadian Forces newspapers**



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