

# 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)

## Vacation Plans

Not sure how will you spend Winter holidays?

Take advantage of the CANEX DISCOUNT PROGRAM (CDP) and save on travel, hotel and entertainment expenses:

- Between 10% and 25% discount on more than 15 resorts and 120 hotels and motels such as Bear Country Lodging and Heffley Boutique Inn in BC, Digby Pines in Nova Scotia, Great Wolf Lodge in ON.
- Price reductions for accommodations in ski resorts, ski day tickets, lessons and equipment rentals.
- Discounts or complimentary admissions to Amusement Centers such as SeaWorld, Orlando, FL and Adventure Island, Tampa, FL.

For a complete list of all the companies participating in CDP visit <https://www3.cfpsa.com/canexdiscounts/Default.aspx>

## Did You Know?

In September 2000, Canadian Forces Personnel and Family Support Services (CFPFSS) deployed its first 30 civilian staff to manage and deliver welfare programs for CF personnel serving as part of the NATO Stabilization Force (SFOR) in Bosnia-Herzegovina.

In August 2003, CFPFSS deployed a team of 40 employees to Operation ATHENA in Kabul, Afghanistan. Currently, more than 70 CFPFSS civilian personnel serve CF members in Joint Task Force Afghanistan.

Have some fun with Sudoku

	6	5		4	7			
9	7	5		1		6		
	8	1		2				
	2		9		5			
1	4			5		9	6	
		6					2	
			4		6	1		
	3			7		2	4	8
	1	4						3

## Base Profile

**Canadian Forces Base Halifax (CFB Halifax)** is Canada's East Coast naval base and home port to the Atlantic Fleet.

CFB Halifax is the largest military base in Canada in terms of the number of posted personnel with almost 10,000 CF members.

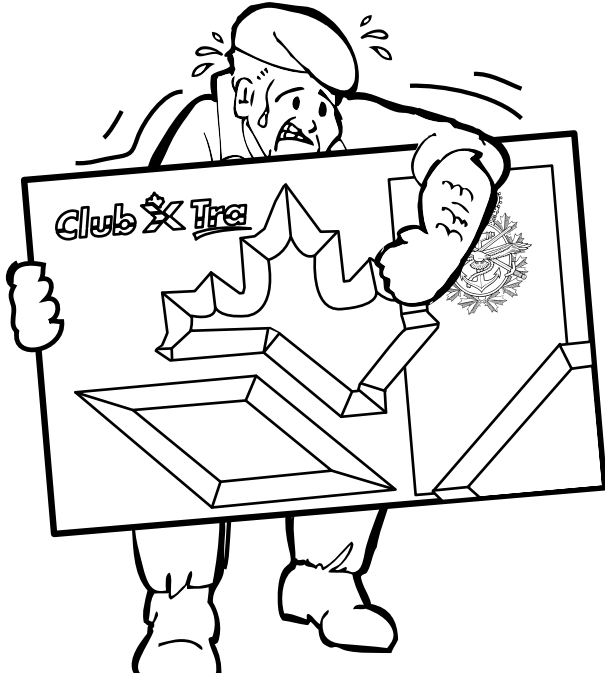
**Personnel and Family Support Services employs almost 400 people to serve and support Canadian Forces in Halifax.**

## WANTED: Your Funny MW Stories REWARD: \$50 CANEX gift certificate!

Got a funny, unusual or interesting story that happened to you or a member of your family while using a Morale and Welfare program or service? Then we want to hear it! Send your story – maximum 100 words – to [StandEasy@cfpsa.com](mailto:StandEasy@cfpsa.com) and if your story runs in *Stand Easy*, you'll receive a \$50 CANEX gift certificate. Let the chuckles begin!

## Interesting Website

Use this interactive worksheet as a tool to assist you in creating a budget that supports your personal and financial goals: [www.sisip.com/en/Downloads\\_e/BUDGET.xls](http://www.sisip.com/en/Downloads_e/BUDGET.xls)



"I didn't realize that I had accumulated so many points."

### Trim our Tree to support MPFBC

From November 11<sup>th</sup> to December 24<sup>th</sup>, CANEX outlets will run the annual Trim Our Tree for a Toonie fundraising campaign. With a \$2 donation, customers may decorate the tree and help raise money for the Military Police Fund for Blind Children (MPFBC).

**Visit CANEX during the event to help this worthy cause!**

Banking that serves your needs!  
BMO is pleased to be the official bank for the Canadian Defence Community.

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

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