

Stand Easy

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

Comments? Email: StandEasy@cfpsa.com

www.cfpsa.com/StandEasy

Serving Those Who Serve... the Unique Nature of DGPFFS

Due to the collaborative nature of Director General Personnel and Family Support Services (DGPFFS), proceeds from business and service operations are reinvested into national and local Morale and Welfare programs in support of the Canadian Forces (CF).

DGPFFS demonstrates **creativity and innovation through its unique activities and programs** offered as a complement to services designed to meet the needs of the CF community and their families. Operation Santa Claus, whereby deployed CF members receive a gift package at Christmas, is an original way of offering support.

This ensures the delivery of products and services tailored to meet specific needs resulting from the unique lifestyle of CF members and their families. One of many **programs uniquely suited to the realities of military life** is the Canadian Defence Community Banking Program, which eases transition during postings.

Non-Public Property suppliers benefit from **great flexibility**, thereby ensuring a **quick and efficient delivery** of a broad range of goods and services and an easy access to recreation facilities.

Fun and games!

Fun and Games!

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Upcoming Event...

This year, the 22nd Annual Canadian Forces Sports Awards Ceremony will take place on November 6, 2010, at the National Arts Centre in Ottawa. www.CFSportsAwardsCeremony.ca

A Year Old Already! Tell Us What You Think!

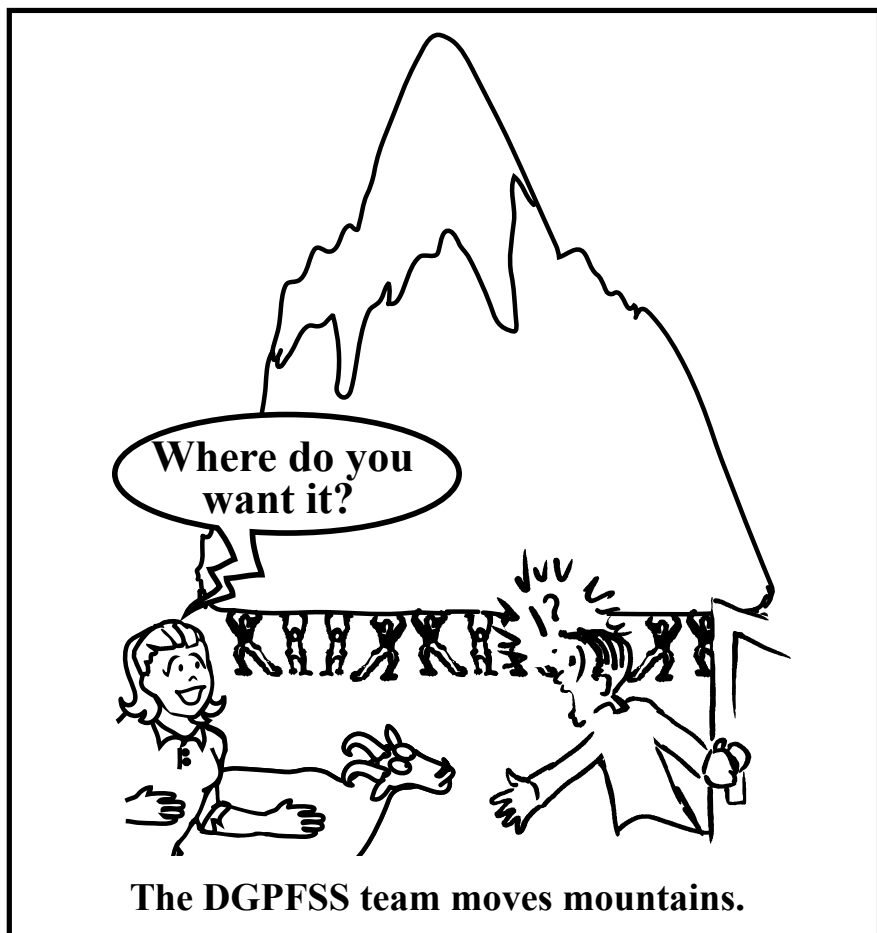
One year after launching the Stand Easy, we want to ensure that this newsletter distributed on your base/wing meets your needs. That's where you come in! Fill out the questionnaire BEFORE NOVEMBER 15, and you could win an iPod nano™, courtesy of CANEX! Go to www.cfpsa.com/StandEasy to access the survey.

iPod nano is a registered trademark of Apple Inc., registered in the United States and other countries.


6 Tips to Avoid Seasonal Allergy Symptoms and enjoy all that fall has to offer

1. Sleep with the windows closed, since pollen counts are highest in the morning.
2. Install a good-quality air purifier.
3. Avoid the clothes line: dry clothes indoors.
4. Manage stress and exercise to balance your immune system.
5. Relieve your symptoms by finding a treatment specific to your condition, the most popular being nasal steroids.
6. Stay up-to-date with your local pollen forecast, which will give you all the latest pollen alerts.

Source: www.besthealthmag.ca




CANEX Supports the Canadian Naval Centennial



Celebrate the Navy's 100th anniversary in style! CANEX, in partnership with the Navy, has designed & introduced a wide range of official merchandise to commemorate the Canadian Naval Centennial. The full selection is available online and in select stores.

Visit WWW.CANEX.CA for all the details!

Posted? Are you aware of the Canadian Defence Community Banking (CDCB) and BMO® Bank of Montreal mortgage features benefits designed for IRP moves? Visit your local BMO Branch, review your mortgage and banking options and receive 150 AIR MILES. For more information visit www.cdc.ca/bmo



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