

Stand Easy

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

Comments? Email: StandEasy@cfpsa.com

www.cfpsa.com/StandEasy

Interesting Fact

Recently, DGPFS thanked key partners by presenting a Canadian Flag that had flown above the Kandahar Airfield Memorial. These include The Royal Canadian Legion, Uniglobe Geo Travel and Tim Hortons.



Did you know?

For Canadian Forces personnel, staying fit and healthy is critical to being effective at work, and well-prepared for any task. This is especially true for personnel while on deployment, where the nature of their work could be more physically taxing and less predictable than it is at home in Canada.

To help CF personnel on deployment stay healthy, PSP Fitness, Sports and Recreation Coordinators have been deployed on land-based military missions since 2000.

Enter our April Contest here:



www.cfpsa.com/StandEasy

Answer 3 simple questions before 30 April for a chance to win a \$50 CANEX gift card!

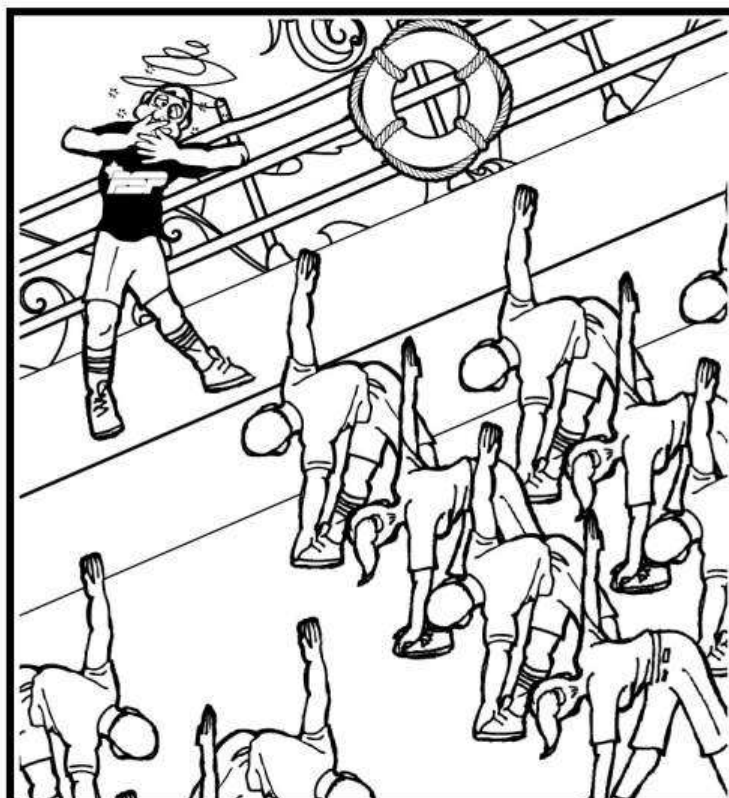
1. When was the first civilian staff deployed to manage and deliver welfare programs for CF personnel overseas?
 - a. 1997
 - b. 2000
 - c. 2002
2. Name the two locations where our civilian staff has been deployed to support our sovereignty in the North since August 2009.
3. Which of the following are not part of the services the PSP team has provided to CF personnel while deployed:
 - a. Travel services
 - b. Fitness
 - c. NPF Accounting
 - d. Barbers
 - e. None of the above

On stands now: **SPRING ACTIVITY GUIDE**


Every possible PSP and MFRC program is listed in a convenient format. Take advantage of the program offerings designed with you in mind.

NAVY 10 K
June 3
8:30 start time
Special military rate of \$15!
Register now.
navy10kesquimalt.ca

CANEX
No Interest Credit Plan
 Your choice of
12 • 24 • 36
 Month terms
Plus
NO MONEY DOWN
NOT EVEN THE TAXES!
O.A.C.
www.canex.ca



Facilitating ship-board fitness is not always easy...

 Please recycle this copy.

Support Our Troops...

...and earn **175 Bonus AIR MILES™** reward miles!*



www.cdcb.ca

*Some conditions apply.

FORMATION FUN DAY

Saturday, July 7
CFB Esquimalt Naden
Everyone welcome!

Summer Camps to thrill your kids!

Nine themed camps for 10-12 years olds, and special fun-seeker camps for 5-9 year olds. Book now, spaces going fast.
250-363-1009



www.sisip.com
1-800-267-6681