

# 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)

## Have some fun with Sudoku

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

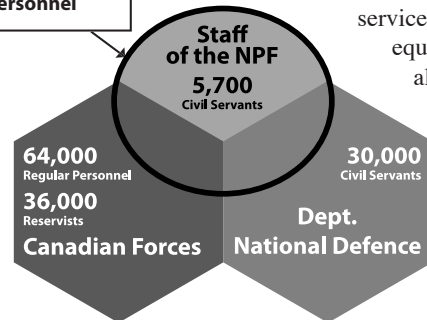
Target time:  
**12 minutes**  
Your Time:

Under 6 minutes: Are you cheating?  
6-10 minutes: You're a Sudoku expert!  
10-15 minutes: Keep it up!  
15-20 minutes: Practice, practice, practice!  
Over 20 minutes: Get back to work!

## Did You Know?

DGPFFSS delivers both Public and Non-Public services and programs through 4 operational entities – CANEX, PSP, SISIP FS and DCSM. Over 5,700 Non-Public Funds (NPF) employees work in partnership with Canadian Forces members and other civil servants on bases, wings, and units, to ensure that CF Regular and Reserve Force members, retired and former CF members, military families and Department of National Defence employees receive the right, relevant, accessible and effective morale and welfare programs, services, and activities equitably available at all CF locations.

Morale and Welfare Personnel



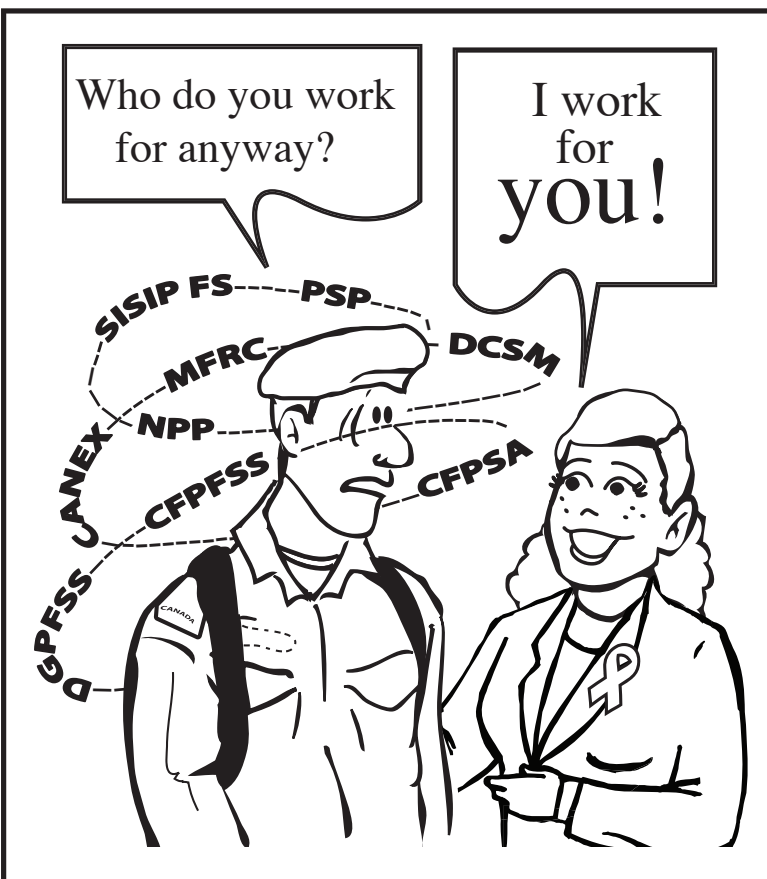
## Interesting Website:


CF Online Exercise Prescription web site is now up and running! Visit [www.CFEXPRES.ca](http://www.CFEXPRES.ca) for a physical training resource for all military personnel regardless of location. This powerful and interactive tool provides fitness recommendations to CF Regular and Reserve Force personnel that have recently completed or will be completing their CF EXPRES evaluation.

## Wanted: Your Questions

### About DGPFFSS

DGPFFSS is a complex organization and at first glance it's difficult to understand the full picture. Is there something you've always wondered about DGPFFSS? Submit it to Stand Easy and you might find it in the next issue!







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