

# Stand Easy

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

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

## Word Search

- MFF
- Non Public
- SISIP FS
- PSP
- CANEX
- Morale
- ClubXTRA
- Recreation
- CDCB

A	E	Q	M	F	F	T	K	X	I	L
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## Did You Know?

Operation Santa Claus (OSC) began in 1991, when a group of Montreal housewives organized sending Christmas packages to their serving spouses on Peacekeeping duties. The packages consisted of cards and greetings from family and friends from all across Canada. In addition, donated items from local businesses were obtained and included with the gifts.

On 30 Dec 1997, Canadian Forces Personnel and Family Support Services (CFPFSS) was tasked with the support for OSC. Today, OSC receives donations to serve up to 4,000 deployed members across Canada and abroad.

## December in Canadian Military History

The first Canadian troops depart for Britain on December 10, 1939 after war was declared against Germany in September. Over one million Canadians served in the Second World War and approximately 45,000 gave their lives.

## Top 5 Gifts



Are you short of gift ideas for the upcoming Holidays? You can't go wrong with these:

- Digital Camera
- Game Console
- Mobile phone
- Universal Remote
- Hannah Montana Merchandise

**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

Physical fitness standards, which reflect the physical demands of the job, are required for many unique CF occupations. Brief information on current task-specific evaluations is provided here: [http://www.cfpsa.com/en/psp/fitness/tasks\\_e.asp](http://www.cfpsa.com/en/psp/fitness/tasks_e.asp)

### Past

### Future

The new Health and Fitness Strategy is bringing lots of changes to the CF diet. The choice is yours!

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](http://WWW.CANEX.CA) for all the details!

Banking that serves your needs!

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www.cdcb.ca

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