

Stand Easy

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

Comments? Email: StandEasy@cfpsa.com

www.cfpsa.com/StandEasy

Cryptogram

A word puzzle based on a simple substitution cipher. Each letter in the puzzle has been replaced by another letter.

PS BELHEVB PLB FSNHTB HER XBTQHNB
 SQ PLB FMTMPHNG VSFFCEMPG, PLCK
 VSEPNMUCPMEO PS PLB SJBHNPMSSEHT
 NBHRMEBKK HER BQQBVP MIBEBKK
 SQ PLB VHEHRMHE QSNVBK.

Answer:

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
K	E	U	J	N	M	Y	A	V	P	S	H	I	R	G	T	F	D	O	L	B	C	Z	Q	W	X

Key:

K	E	U	J	N	M	Y	A	V	P	S	H	I	R	G	T	F	D	O	L	B	C	Z	Q	W	X
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Cryptogram solution: To enhance the morale and welfare of the military community, thus contributing to the operational readiness and effectiveness of the Canadian Forces.

Did You Know?

The CF National Sports Program plays a prominent role in promoting fitness and good health within the military community. At every base and wing, there are intersection, intramural and local sporting events for all levels of athletes. DGPFS oversees the CF National Sports Program which holds over 18 National Sports Championships throughout the year.

The CF also participates in international sports as a member of the **Conseil international du sport militaire (CISM)**, a military sports organization with 131 member countries. CISM promotes sport activity and physical education between armed forces as a means to promote world peace.

Canada currently participates in basketball, fencing, golf, running, sailing, shooting, soccer (men's and women's), swimming, taekwondo, triathlon, volleyball (men's and women's), and wrestling.

The 19th World Military Taekwondo Championship is being held at St-Jean sur Richelieu, Quebec from July 15 -19, 2010.

Thank you to Nancy Murray

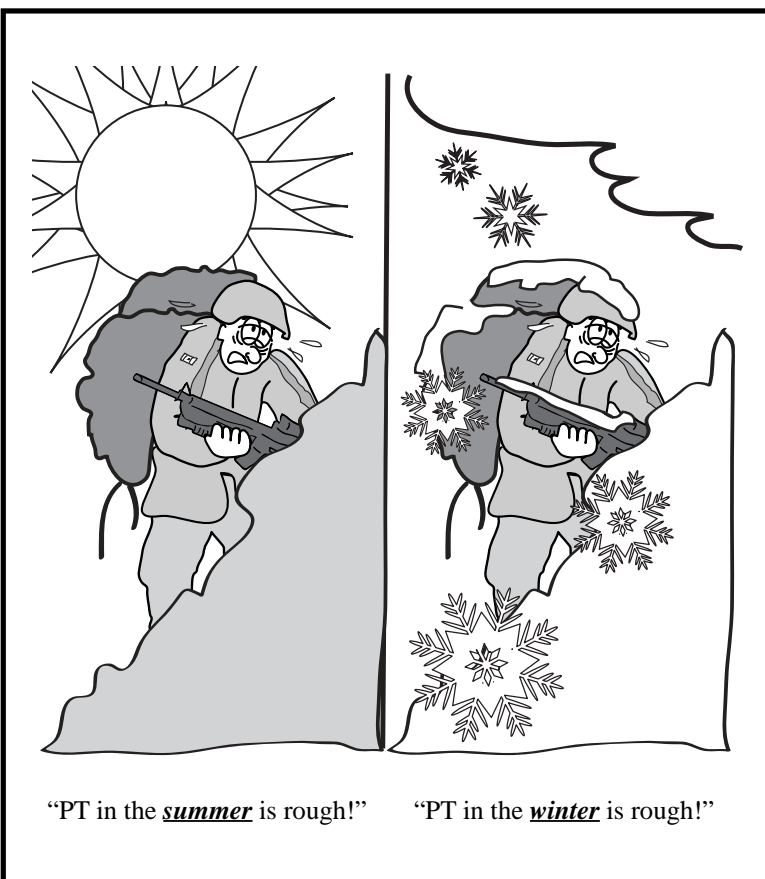
22 Wing WATS WTISS

for answering our request for photo submissions with this delightful picture of her grandson Spencer at the park.



NPP Chuckles

A PSP Fitness Instructor was training a group of men and women. "I want everyone to lie on their back, put their legs in the air, and move them as if you are riding a bicycle," he explained. "Now commence."
 After a short effort one participant stopped. "Why have you stopped Murphy?" asked the instructor. "If you please sir," he answered. "I'm going downhill."




Wanted: Stories

Got a funny story you want to share?

Submit to Stand Easy and you might find it in the next issue!

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