

# Stand Easy

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

Comments? Email: [StandEasy@cfpsa.com](mailto:StandEasy@cfpsa.com)

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

## Did you know?

The **Canadian Forces Hospital Comforts Program** provides care and comfort for Canadian Forces members confined to hospital from injury, illness, accident or surgery.

The program was created in 2006 to ensure that Canadian Forces members who find themselves hospitalized for longer than 48 hours will have access to telephone, television, internet services and basic necessities and toiletries for the duration of their stay in hospital. The program provides a flexible system of service delivery to meet the needs of those hospitalized in civilian hospitals across Canada, in overseas hospitals, such as the Landstuhl Regional Medical Centre in Germany, and in the Kandahar Role 3 Medical Facility Mission.

For more information or to make a contribution online or by email, visit [www.cfpsa.com/en/corporate/HospitalComfortsFund](http://www.cfpsa.com/en/corporate/HospitalComfortsFund).

## Interesting fact...

The **Hospital Comforts Fund** is by far the most used among all the programs offered to the CF community! This Fund exists solely through the donations of Canadians.

Winter is drawing to a close, but many people are still fighting the flu...

## 3 tips to protect yourself from the flu in the workplace

1. Use antibacterial wipes and periodically clean keyboards, printers, photocopiers, work surfaces and door knobs.
2. Air out your office, which will dilute airborne viruses and reduce the risk of contamination. Ten minutes are enough.
3. Wash your hands regularly with soap or an alcohol-based gel.

## Fun and games!

### KAKURO

Fill the rows and columns with the specified sums using the numbers from 1 to 9 and without repeating a number in that column or row.

	16	9			12	4
14			10	12		
25						
			6			
	12	9	4		4	11
27						
4				11		

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Solution (français) : De gauche à droite -  
8-6-7 : 1-9-2-3-8 : 1-3-1-2 : 9-7-7-9-7 ;  
8-9-6-8 : 2-9-4-1-3 : 8-6-7



Feel at home thanks to the Hospital Comforts Program.

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