

Stand Easy

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

Comments? Email: StandEasy@cfpsa.com

www.cfpsa.com/StandEasy



Did You Know?

For centuries, the yellow ribbon has symbolized devotion towards a loved one who is away and the desire for their safe return home. Over the years, it has inspired numerous songs and it has most recently come to be associated with support for the men and women in uniform, particularly those posted abroad.

Through its CANEX operations, Non-Public Property adopted the yellow ribbon in May 2005 as a means to allow Canadians to show their support for the Canadian Forces (CF) and as a mechanism for raising additional funds for the good of the troops. Support is expressed mainly through the purchase of official CANEX Support Our Troops merchandise and proceeds from sales are reinvested directly into morale and welfare programs for CF members and their families. These programs, activities and services are provided to enhance their quality of life, both at home and overseas.

Fun and games!
The yellow ribbon...

SVZI GDZINRMT

ZMW NFXS

ZKKIVXRZGVW

HFKKLIG

Solution (Français) : A=V, B=U, C=T, D=S, E=R...

5 winter bike riding tips

1. No need to get a new bike. For winter riding, the simpler the bike, the better. Ideally, the changer will have been removed.
2. Improve traction by reducing tire pressure or better yet, install studded tires.
3. Choose cold resistant metal mudguards that are wide enough to contain any mud and snow that accumulates onto the tires.
4. Dress accordingly and in thin, multiple layers. Sporting ski goggles is an ideal way to protect your eyes from blizzards and cold air.
5. Be careful, and adapt your driving to winter conditions, taking temperature, snow drifts and the inevitable ice patches into account.


How about you?
Do you proudly wear
the yellow ribbon?

Interesting Fact

When authentic "Support Our Troops" merchandise is purchased from a CANEX retail outlet, contributions are made to local Base/Wing funds. To date, this Yellow Ribbon merchandise has generated well over \$1 million in proceeds.



Please recycle this copy.




No Interest Credit Plan

The CANEX "Do Not Pay Until March 2011" Credit Plan event will launch on October 1st 2010 and will continue until the end of 2010. This is your chance to purchase merchandise on the CANEX No Interest Credit Plan and pay no money down, not even the taxes, until March 2010 (OAC)...and as well, you can take up to 36 months to pay, interest free!

it's a WIN/WIN Situation

Posted? Are you aware of the Canadian Defence Community Banking (CDCB) and BMO® Bank of Montreal mortgage features benefits designed for IRP moves? Visit your local BMO Branch, review your mortgage and banking options and receive 150 AIR MILES. For more information visit www.cdcb.ca/bmo



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