

Stand Easy

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

Comments? Email: StandEasy@cfpsa.com ----- www.cfpsa.com/StandEasy

Did you know?



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The Canadian Defence Community Banking (CDCB) program celebrates 3 years of first rate service provided by BMO Bank of Montreal. Thanks to this unique partnership, CDCB offers discounted banking plans, competitive mortgage rates, special benefits such as the Integrated Relocation Program mortgage offer and the BMO Support Our Troops MasterCard which directly benefits Canadian Forces morale and welfare programs and our communities. To learn more about how members can save \$8.50/month on everyday banking please visit www.cdcb.ca.

11 November 2011... We Remember.



Top 3 Bad Habits... that are good for you!

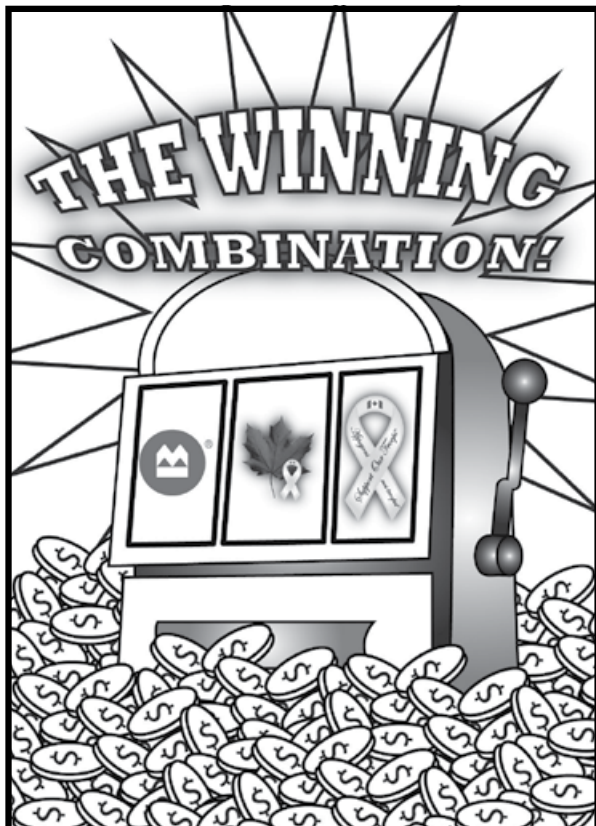
- 1. Chewing gum.** Dental experts say that gum is relaxing, fights stress, and – if it’s sugar-free – is good for your teeth. Chewing gum promotes the flow of saliva, which reduces the amount of cavity-causing bacteria in your mouth. Peppermint chewing gum may also help lessen nausea.
- 2. Venting when you’re upset.** Letting go of anger in a calm, clear way reduces stress, anxiety and high blood pressure. However, you get the exact opposite when you hold in anger or release it by screaming and yelling at others.
- 3. Fidgeting.** People who fidget burn more calories, have better circulation, and increased brain function than those who sit quietly. Fidgeters also have less back and joint pain.

(Source: The Tesh Media Group)

Fun and Games!



Solution (français) : 8 et 10
Cette série est constituée de
deux suites :
2, 4, 6, 8, 10
(on ajoute 2)
. 19, 16, 13, 7
(on retranche 3)



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