



New Year's Resolutions that Aren't Phony

We're just a few weeks into the new year, and your vows to lose weight and get your finances in order are about to end in disaster.

You couldn't bring yourself to pitch all the holiday leftovers, and those shortbread cookies have been calling to you from the back of the freezer.

On top of that, you stumbled across a great winter coat at a clearance sale, and you're slowly convincing yourself to buy it in spite of the new budget you've sworn to stick to.

Take the pressure off

Need a little something to boost your will power and get motivated to stay the course? If you also resolved to learn something new this year, here's an easy one. It's nothing as complex as learning a new language, but it's extremely practical. It even ties in to keeping your money in check—it's checking your cash.

Verifying the security features in your bills is a good habit to adopt. If you check your bills you'll be in control, and able to prevent fakes from ending up in your wallet.

See, you are committed to making changes for the better! And so is the Bank of Canada. A new series of polymer bank notes will hit the street late this year. These new notes speak to the Bank's resolve to stay ahead of counterfeiting. Wait until you see the innovation and security the Bank has in store for Canadians.

How to verify a bank note (the current notes with the metallic stripe)

Touch the front of the bill. The ink feels thicker on the large number and the words BANK OF CANADA • BANQUE DU CANADA along the left edge.

Tilt the bill. Check the colour shifts in the metallic stripe on the front and the gold-to-green dashes on the back.

(see over)

Other Ways to Safeguard Your Money

Debit and credit transactions:

- Protect your PIN.
- Check your financial and credit card statements regularly.
- Immediately report any unauthorized activity to your financial institution or creditor.

Online transactions:

Ensure that you are in a secure environment when carrying out financial transactions online. Look for the closed-lock or unbroken-key icon on your web browser.

Look through the bill. Hold it up to the light to check the ghost image, puzzle number, and dashes forming a solid line.

Look at the appearance and action of each security feature carefully.

For more information and free training tools:
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For story ideas or to get more information on Canadian bank notes, please contact media relations at 613 782-8782 or email communications@bankofcanada.ca