



Government of Canada

Gouvernement du Canada

Version française à l'endos

SERVICES *for You*

PRINCE EDWARD ISLAND Edition



TAX CUTS

Find out how much you're saving

HEALTH CARE

Our number one priority

PLANNING YOUR

RETIREMENT

 2002:
75 years of public pensions in Canada

INVEST IN YOUR KIDS'

EDUCATION

 Check out the Canada Education Savings Grant

INTERNET RESOURCES

Information for school projects, shopping and running your business

Printing and distribution cost: 32¢ per unit

INSIDE



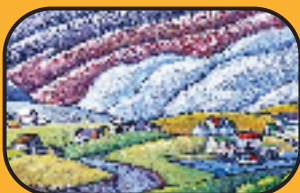
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Find out what we can do for you:

**1 800 O-Canada
canada.gc.ca**



Call
Click
Visit

Canada

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Government of Canada Services for You offers practical information on health, the environment, finances, learning and living. At the end of each story, there is a phone number or a web site where you can go to find out more about what matters to you. You are only a telephone call, a visit or a few clicks of your mouse from using the programs and services that the Government of Canada has developed for you.

Canadians learn at Greenwich

Greenwich is an extraordinary place of rare dunes, plants and animals. You can enjoy it year-round and learn more at the interpretation centre. Its unique “green” design, with wind and solar generators and composting toilets, ensures visitors disrupt as little as possible this special environment. Find out more about this and other initiatives:

 **1 888 773-8888**

 **www.parkscanada.gc.ca/pei**



Hands-on learning at Greenwich.

Tread lightly

Marram grass sends out roots and runners through the sand to stabilize it. Without the grass, the dunes would just blow away. Though marram grass loves to be buried in sand, it cannot tolerate trampling. Protect the dunes by staying off them.





At work in Prince Edward Island

P.E.I. researcher gets the bugs out



Dr. Christine Noronha, an Agriculture and Agri-Food Canada researcher in Charlottetown, spends her days working to protect farmers' crops while reducing the use of pesticides. Working with local farmers, Christine is looking at alternative methods of pest control. One technique is to plant early crops that attract pests before the main crops are up. Another trick is to use slippery, plastic-lined trenches to catch the harmful critters before they reach the plants. Find out more about this and other initiatives:

 www.agr.ca

P.E.I. "D.A.R.E.s" to beat drugs

Saying "no" to drugs means saying "yes" to life. That's what students at Somerset Elementary School in Kinkora learned in the 17-week Drug Abuse Resistance Education (D.A.R.E.) program. RCMP officers came to grade five and six classrooms and helped kids learn ways to build positive self-esteem and develop the skills they need to make sound decisions about drugs like alcohol and tobacco. Find out more about this and other initiatives:

 www.rcmp-grc.gc.ca/das/dare.htm

Did you know?

- The average potato field hosts dozens of types of bugs, about six of which are harmful to the crops.
- Ground beetles, which feed on various pests, are our farmers' natural allies.



Colorado Potato Beetle.

Island students win awards

Seven young Prince Edward Islanders are getting a boost toward a promising future, thanks to awards from the Canada Millennium Scholarship Foundation. With an endowment of \$2.5 billion, the Foundation grants scholarships to students on the basis of financial need and merit. These exceptional students were recognized for their academic achievements, commitment to community service and leadership skills. More than 450 other Islanders received Foundation bursaries averaging approximately \$3,000 to help them with the cost of post-secondary education.

 www.millenniumscholarships.ca



Scholarship recipients jump for joy.

Tignish Harbour project clears the way

For the approximately 100 fishermen of Tignish Harbour, peace of mind is knowing they will not run aground when they head out to sea. The 40-year-old breakwater at the head of the harbour was in a state of such disrepair that it risked becoming unusable. The Government of Canada has replaced the breakwater with an interlocking steel sheet piling structure that will stand the test

of time. This is just one of several wharf and breakwater restoration projects under way in P.E.I. In communities like Tignish, Rustico, Lower Montague and many others, this work is helping protect the welfare of thousands of families whose livelihoods depend on safe passage to the sea. Find out more about this and other initiatives:

 www.pwgsc.gc.ca

P.E.I. seniors bridge medication awareness gap

The Prince Edward Island Senior Citizens Federation is leading Atlantic efforts to make seniors more aware of the medications they are taking. Recognizing that improper use of medications was a concern for its members and seniors throughout the region, the Federation got funding from the Government of Canada to set up an education program for seniors. For more information about programs for seniors:



 www.hc-sc.gc.ca/seniors-aines/pubs/guide

Advice to seniors: know everything you need to know about your medication

- Don't assume your problems result from aging — your medication could be their cause.
- Review all your medication with your doctor or pharmacist on a regular basis.
- Check with your doctor or pharmacist at the first sign of a problem.



“Green” projects improve water systems

Communities across the province — from Souris to Stratford, from Montague to Charlottetown, from Warren Grove to Borden-Carleton, from Summerside to Tignish — are making improvements to their water treatment or wastewater systems, thanks to the Canada-Prince Edward Island Infrastructure Program. The emphasis of this



program is on “green” projects, ones that address drinking water and wastewater systems. Other program priorities focus on areas vital to strong and growing communities, such as local transportation, affordable housing, as well as cultural and recreational facilities. Over the next five years, the Government of Canada will invest more than \$12.8 million to upgrade infrastructure in communities throughout Prince Edward Island.

 **1 800 O-Canada**

 www.tbs-sct.gc.ca/ino-bni
(Click on “Partners”)



Creating and sharing opportunity

Canada

Canada's success in today's world — and our quality of life — depends on the contribution of all of us. The Government of Canada is committed to focussing on our shared priorities: a strong and innovative economy, children, health care, safe communities and a clean environment.

Health care is a priority

Our quality of life depends on a strong health care system that helps us stay well and cares for us when we are ill. The Government of Canada is working with provinces and territories to meet the challenges of ensuring that Canadians have a top-quality health care system. There's also a lot each one of us can do to be healthy.



Eat well, live well

Eating well and staying physically active are essential to good health, disease prevention and getting the most out of life. *Canada's Food Guide to Healthy Eating* offers practical guidelines you can use daily to make healthy food choices.

 **1 800 O-Canada**

Canada's Physical Activity Guide to Healthy Active Living is available to help all Canadians become more physically active.

 **1 888 334-9769**

 **www.hc-sc.gc.ca**



Health information you can trust

The Canadian Health Network links you to some 10,000 Internet-based sources of health information, including more than 700 non-profit organizations, other federal departments, provincial and territorial governments, as well as community-based organizations, libraries and universities.

 **www.canadian-health-network.ca**

Get in the know

How safe is your cellular phone? Can you protect your family from food poisoning?

It's Your Health fact sheets provide you with practical tips and health

advice on a wide variety of important issues —



from safer drinking water to the proper use and storage of household cleaners.

 **www.hc-sc.gc.ca**



Invest in children, invest in the future

One of the best ways to help our children is to start saving for their post-secondary education as soon as possible. The Canada Education Savings Grant is a special grant that is paid into a child's Registered Education Savings Plan (RESP). The Government of Canada will contribute an additional 20% on top of your annual RESP contributions to a maximum of \$400 a year until the child turns 17.

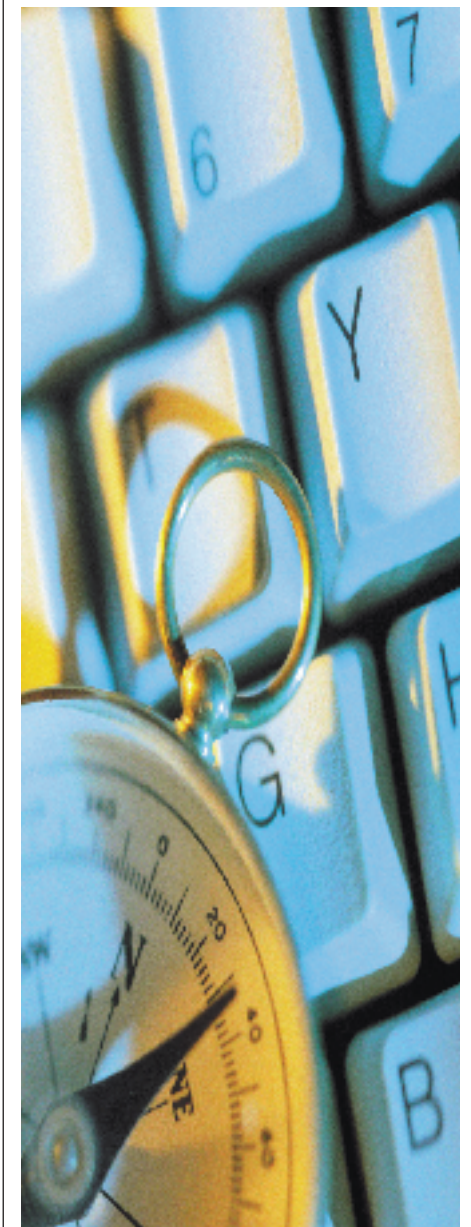
-  **1 800 O-Canada**
-  **www.hrdc-drhc.gc.ca/cesg**



Young Canadians — this tool's for you!

Youth Link is an excellent tool to help youth find the program that fits their needs. There are over 230 programs, services and resources to help you plan your career, find work experience, get a summer job, and select the perfect training opportunity.

-  **1 800 935-5555**
-  **www.youth.gc.ca**





Children first

Family breakdown is never easy, but you can reduce conflict and tension if you know what to expect. The Government of Canada has several publications about divorce law and child support.

-  **www.canada.justice.gc.ca**
(Click on "Programs and Services")

Services for children

Order your guide to more than 100 services for children and their families, from financial benefits to information on nutrition and safety.

-  **1 800 O-Canada**
-  **canada.gc.ca**
(Click on "Publications")





SchoolNet makes the grade

SchoolNet is a one-stop-shop for students writing reports, teachers looking for resources, and parents wanting to be involved in their children's education.

- 📞 1 800 575-9200
- 🌐 www.schoolnet.ca



Surf safely

- Ask your kids to use a nickname when they chat online.
- Make sure they know they should never arrange to meet a friend they have made on the Internet without your involvement.
- Make a list of fun web sites and kid-friendly search engines and keep it next to the computer.

Illegal and Offensive Content on the Internet: The Canadian Strategy to Promote Safe, Wise and Responsible Internet Use has lots of tips to help you surf safely and wisely.

- 🌐 www.connect.gc.ca/cyberwise

Have you applied for the Canada Child Tax Benefit?

The Canada Child Tax Benefit is a tax-free monthly payment to help families with the cost of raising children under 18. To receive it, you must apply to the Canada Customs and Revenue Agency, and both spouses have to file income tax returns. Don't forget to tell us if you move so we can keep the payments coming, even if you use direct deposit.

- 📞 1 800 387-1193
- 🌐 www.cra.gc.ca/benefits



Fighting terrorism and acting to protect Canadians

As a result of the tragic events of September 11, 2001, the Government of Canada has undertaken further measures to fight terrorism and better protect Canadians. You may be affected. For example, if you plan to travel, you should be prepared for longer waits and more thorough security checks at airports and border points because officers are exercising extra vigilance. Other measures include new laws to fight terrorism, more funding for law enforcement and intelligence gathering, and working internationally and militarily with other governments. If you would like to know more:

- 📞 1 800 O-Canada
- 🌐 canada.gc.ca

Tax cuts for Canadians



The Government of Canada has introduced a \$100-billion five-year tax reduction plan — the largest tax cut in Canada's history.

In 2001 alone:

- A single-earner family of four with an income of \$40,000 is saving about \$1,100.

- A two-earner family of four earning \$60,000 is saving about \$1,000.

By the time the plan is fully in place in 2004, personal income taxes will be down by an average of 21%. Families with children will save even more — about 27% on average.

How much money are you saving?

Find out using the online tax calculator.

 www.fin.gc.ca
(Click on "Taxes and Tariffs")



Are you missing out on your GST/HST credit?

If you have a modest income, you can offset all or part of the Goods and Services Tax (GST) you pay. You can receive credit payments for GST or Harmonized Sales Tax (HST) for yourself, your spouse and your children, but first, you have to file a tax return, whether or not you have any income. Make sure you complete the GST/HST credit application section of the return.

 **1 800 959-1953**

 www.ccra.gc.ca/benefits

Plan for your best years

Canada's Old Age Security program provides most seniors with a secure base of retirement income. It also provides additional benefits to eligible low-income pensioners and their spouses or common-law partners in the form of the Guaranteed Income Supplement and the Allowance. The Canada Pension Plan (CPP) pays a monthly retirement pension to people who have worked and contributed to the CPP. It also protects workers and their families against loss of income due to disability and death.



Did you know?

- 2002 marks 75 years of public pensions in Canada.
- Canada's public pension system extends benefits and obligations to same-sex common-law partners.
- Your Canada Pension Plan and Old Age Security benefits are not started automatically. You must apply for them.

 **1 800 277-9914 or 1 800 255-4786** (TTY/TDD)

 www.hrdc-drhc.gc.ca (Click on "Seniors")



Online information helps businesses



The business gateway is a site for smart entrepreneurs to bookmark. How to launch a business, get financing, keep books, pay taxes, export goods, hire and manage staff — it's all there.

📍 businessgateway.ca

Your Internet Business: Earning Consumer Trust tells you how to build a consumer-friendly web site to sell your goods or services.

📍 <http://strategis.gc.ca>

(Click on "Using Electronic Commerce")

E-Commerce training is available from the Student Connection Program — a great way to help your business and a student.

📍 scp-ebb.com

Tomorrow's innovators find support

University students and graduates in a wide variety of fields can find financial support through scholarships, fellowships and awards offered by the Natural Sciences and Engineering Research Council and the Social Sciences and Humanities Research Council.

📍 www.nserc.ca 📍 www.sshrc.ca

Canadians click: our Internet advantage

By early 2001, more than one in two Canadians were using the Internet. We go online from our homes, our schools and libraries, and our workplaces. We talk to each other, we learn, we get information, and we buy goods and services — all at the click of a mouse. Through the Community Access Program, almost 10,000 sites across Canada get you online at no (or nominal) charge.



📞 1 800 575-9200 to find the centre near you or visit

📍 cap.ic.gc.ca (Click on "CAP communities")

Smart consumers click to know

Shoppers can go online to get the information they need to make smart decisions. Find out what you need to know before you renovate your house, clear ice from your roof, plan an overseas vacation, or buy a car seat for your child.

📍 www.consumerinformation.ca



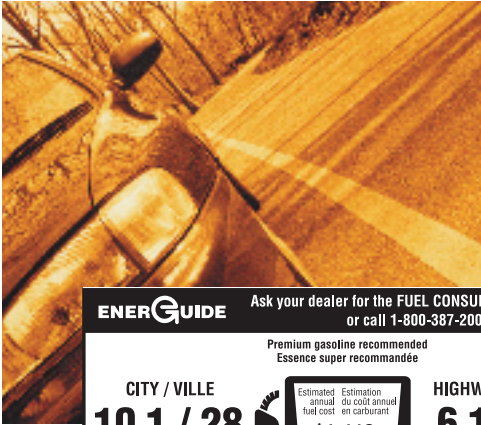
Tips for shopping online

- Get detailed product information.
- Read and print out terms and conditions of sale.
- Make sure the merchant has a secure transaction system to protect your personal and financial information.

This is just some of the advice available for cybershoppers in *Shopping on the Internet: Get Informed*.

📍 strategis.gc.ca/pics/ca/consumer.pdf

Canadian action clears the air



ENERGUIDE Ask your dealer for the FUEL CONSUMPTION GUIDE or call 1-800-387-2000.

Premium gasoline recommended
Essence super recommandée

CITY / VILLE	10.1 / 28	HIGHWAY / ROUTE	6.1 / 46
L/100 km	mi/gal	L/100 km	mi/gal

Estimated annual fuel cost: **\$1,112**

These estimates are based on the Government of Canada's approved criteria and testing methods. The actual fuel consumption of this vehicle may vary. Refer to the Fuel Consumption Guide.

Données obtenues selon les critères et méthodes d'essais approuvés par le Gouvernement du Canada. La consommation réelle de carburant de ce véhicule peut varier. Consultez le Guide de consommation de carburant.

Canada

Demandez le GUIDE DE CONSOMMATION DE CARBURANT à votre concessionnaire ou composez le 1-800-387-2000.

Cleaner air makes for better health — especially for seniors, children and people with lung and heart problems. The Government of Canada has a 10-year, \$120 million action plan

to reduce pollution from cars and track pollutants and polluters.

What you can do: read the label

The *EnerGuide* label on new vehicles helps

you choose wheels that save you money and pollute less. The *Fuel Consumption Guide* can also help you choose an environmentally friendly car.

http://autosmart.nrcan.gc.ca/home_e.htm



Think about today's Canadian Forces

Looking for a full-time or part-time job that will get you out of the nine to five routine and into a real adventure?

You'll find more than 100 job choices in the Canadian military — from dental technician to information technology specialist to infantry soldier to engineer. You'll learn a lot. And you'll discover even more about yourself. Think about us.

1 800 856-8488

www.forces.ca



Calling rural Canadians

Whether you're looking for business advice, a cultural exchange experience or a boating safety program, the Pocket Directory of Rural Programs and Services was designed for you. The directory lists about 200 federal programs and services for individuals and businesses.

1 800 O-Canada www.rural.gc.ca

(Click on "Publications")

