

## GETTING IN SHAPE FOR 2007 BY LOSING WEIGHT?

The Competition Bureau is warning consumers that there are no miracle cures or magic wands. Beware of weight-loss scams and fitness products that advertise false hope and incredible results...all you may lose is your money.

#### Watch for scams like:

- Eat your favourite foods and lose two pounds a day!
- Dissolve fat with diet pills!
- Lose weight and tone muscles without exercising!
- Absorb fat with flab fighter gel!

If it sounds too good to be true, it probably is. There are no quick solutions. Eating sensibly and exercising regularly are healthy ways to lose weight.



If you believe you've been misled by bogus weight-loss or fitness claims, please contact the Competition Bureau toll-free at 1-800-348-5358 or visit www.competitionbureau.gc.ca



Competition Bureau Canada

Bureau de la concurrence Canada



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	NEW YEAR'S DAY	2	3 full moon	4	5	6
7	8	9	16	11	12	13
14	15	16	17	18	19 Onew moon	26
21	22	23	24	25	26	27
28	29	36	31		DECEMBER         2006           S         M         TU         W         TH         F         S           1         2         3         4         5         6         7         8         9           10         11         12         13         14         15         16           17         18         19         20         21         22         23           24         25         26         27         28         29         30           31	FEBRUARY 2007  S M TU W TH F S  1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28

## BE FINANCIALLY RESPONSIBLE

Did you know that 90 per cent of all women will be entirely responsible for their own finances at some point in their lives? There are things you can do to reduce the stress of managing your own financial affairs:

- Plan for your future create a budget and put a financial plan in place, now.
- Educate yourself read books, magazines, newspapers that discuss finances.
- Learn about your family's finances find out what investments, pension plans, benefit packages and insurance policies you have.
- Deal with qualified financial professionals when setting your financial goals and putting them in place.



The Manitoba Securities Commission can tell you if your financial adviser is registered to sell securities or has been the subject of any disciplinary actions. Contact the commission at (204) 945-2548 in Winnipeg; 1-800-655-5244 toll free or visit www.msc.gov.mb.ca for information and resources.





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JANUARY 2007  S M TU W TH F S  1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	MARCH 2007  S M TU W TH F S  1 2 3  4 5 6 7 8 9 10  11 12 13 14 15 16 17  18 19 20 21 22 23 24  25 26 27 28 29 30 31			1	2 full moon	3
4	5	6	7	8	9	16
11	12	13	14  VALENTINE'S DAY	15	16	17  new moon
18	19	26	21 ASH WEDNESDAY	22	23	24
25	26	27	28			

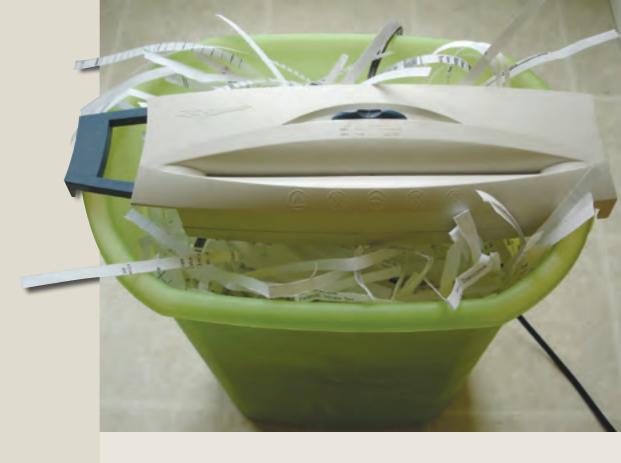
## MARCH IS FRAUD PREVENTION MONTH

Identity theft steals your good name, your money and even your self-respect.

Never give out personal information over the phone or Internet to any business that cannot prove it's legitimate. Crooks use the information to steal your money and commit crimes in your name.

Shred unwanted personal information and check your credit report every year.

If a scam artist contacts you, or if you've been defrauded, call PhoneBusters at 1-888-495-8501.



### Fraud: Recognize it. Report it. Stop it.

Brought to you by the Competition Bureau, on behalf of the Fraud Prevention Forum.



Competition Bureau Canada

Bureau de la concurrence Canada



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FEBRUARY 2007  S M TU W TH F S  1 2 3  4 5 6 7 8 9 10  11 12 13 14 15 16 17  18 19 20 21 22 23 24  25 26 27 28	APRIL 2007  S M TU W TH F S  1 2 3 4 5 6 7  8 9 10 11 12 13 14  15 16 17 18 19 20 21  22 23 24 25 26 27 28  29 30		Fraud Pre	1 evention M	2 onth	3 full moon
4	5	6	7	8	9	16
11	12	13	14	15	16	17 ST. PATRICK'S DAY
18	19 Onew moon	26	21	22	23	24
25	26	27	28	29	36	31

## LOTTERY SCAMS – BUYER BEWARE

If it sounds too good to be true – it probably is.

### **Protect yourself:**

- Beware of promises of lottery winnings through unsolicited phone calls, letters or e-mail. These promises are scams to steal your money and/or your identity.
- Don't send cash or cheques for administration or handling fees – legitimate lottery and raffle operators don't charge fees to deliver a prize.
- Don't give bank account, credit card, personal or other financial information to strangers.
- Remember, payment to purchase a ticket is always required before the draw, not after the draw.





To report suspected scams, contact your local police or the Anti-fraud Call Centre, PhoneBusters at 1-888-495-8501 or www.phonebusters.com

For more information on lottery scams, contact the Manitoba Gaming Control Commission at 1-800-782-0363 or 954-9400 or www.mgcc.mb.ca



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 PALM SUNDAY	2	<b>3</b> PASSOVER	4	5	GOOD FRIDAY	7
8 EASTER SUNDAY	9	16	11	12	13	14
15	16	17 Onew moon	18	19	26	21
22 EARTH DAY	23	24	25	26	27	28
29	36				MARCH 2007           S         M         TU         W         TH         F         S           1         2         3           4         5         6         7         8         9         10           11         12         13         14         15         16         17           18         19         20         21         22         23         24           25         26         27         28         29         30         31	MAY 2007  S M TU W TH F S  1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

# CITIZENS ON PATROL PROGRAM (COPP)

### **We're Looking for You**

Citizens on Patrol is a crime prevention program where community members act as extra "eyes and ears" of the community and local police to help deter crime in the community.

Join us today and help make your community safer.

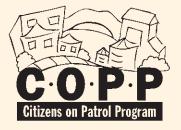


For more information, call: 985-8849

toll-free: 1-866-326-7792

or visit: www.citizensonpatrol.mb.ca





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
APRIL 2007  S M TU W TH F S  1 2 3 4 5 6 7  8 9 10 11 12 13 14  15 16 17 18 19 20 21  22 23 24 25 26 27 28  29 30	S M TU W TH F S  1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	1	2 full moon	3	4	5
6	7	8	9	16	11	12
13  MOTHER'S DAY	14	15	16  new moon	17	18	19
26	21 VICTORIA DAY	22	23	24	25	26
27	28	29	36	31		

## **BEFORE YOU RENT**

### Some things to ask:

- How much is the rent and when is it due?
- What is included in the rent? (For example: utilities, parking, cable TV)
- Is this month-to-month or for a fixed term?
- How much notice do I have to give to move out?

### Things to know:

- Security deposit must not be more than half a month's rent.
- After you pay a security deposit or sign a lease it will probably be too late to change your mind about living there.
- Ask the landlord to do a condition report before you move your things in, and give you a copy.
- If you have concerns, contact the Branch.





#### **Residential Tenancies Branch**

302-254 Edmonton Street Winnipeg MB R3C 3Y4

Phone: In Winnipeg 945-2476 or toll-free 1-800-782-8403

In Brandon **726-6230** or toll-free **1-800-656-8481**In Thompson **677-6496** or toll-free **1-800-229-0639** 

Website: www.residentialtenancies.mb.ca

E-mail: rtb@gov.mb.ca



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAY 2007  S M TU W TH F S  1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	JULY 2007  S M TU W TH F S  1 2 3 4 5 6 7  8 9 10 11 12 13 14  15 16 17 18 19 20 21  22 23 24 25 26 27 28  29 30 31				1 full moon	2
3	4	5	6	7	8	9
16	11	12	13	14	WORLD ELDER ABUSE AWARENESS DAY	16
17  FATHER'S DAY	18	19	26	21	22	23
24	25	26	27	28	29	36 full moon

## **GAMBLING HAS A PRICE**

Lots of fun things cost money and gambling does, too. If you like gambling, you should know how much it costs to play.

### Let's say you:

- play VLTs
- bet maximum credits of \$1.25 each play
- play at an average speed

You'll spend an average of \$66 an hour playing VLTs. If you play for two hours, twice a month, you could spend as much as \$1,584 a year. Remember, any gambling can result in some wins or even greater losses.



For more information, call the Responsible Gaming Information Centre in Winnipeg at:

Club Regent Casino: 204-957-2500 ext. 8419

McPhillips Street Station: 204-957-2500 ext. 1240





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CANADA DAY	2	3	4	5	6	7
8	9	16	11	12	13	14  new moon
15	16	17	18	19	26	21
22	23	24	25	26	27	28
29	36 full moon	31				AUGUST 2007  S M TU W TH F S  1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

## IMMOBILIZERS REDUCE VEHICLE THEFT

Many newer cars and trucks have electronic immobilizers built in to prevent them from being stolen. If your vehicle doesn't have an electronic immobilizer, you can have one installed.

- Manitoba Public Insurance can help you buy one. For just \$140, you can protect your vehicle with an electronic immobilizer. That's 50 per cent off the regular price of \$280. Manitoba Public Insurance pays the rest!
- Any extra charges for special installations
   (For example: remote starters) can be financed
   through Manitoba Public Insurance with no
   interest.
- Installing an immobilizer means a discount of \$40 on your insurance each year. The savings on your insurance premiums will pay for the immobilizer in just three years.



For more details on Manitoba Public Insurance's immobilizer program, call **985-7000** in Winnipeg; toll free at **1-800-665-2410**; or visit www.mpi.mb.ca





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JULY 2007  S M TU W TH F S  1 2 3 4 5 6 7  8 9 10 11 12 13 14  15 16 17 18 19 20 21  22 23 24 25 26 27 28  29 30 31	SEPTEMBER 2007  S M TU W TH F S  1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30		1	2	3	4
5	6 CIVIC HOLIDAY	7	8	9	16	11
12  Onew moon	13	14	15	16	17	18
19	26	21	22	23	24	25
26	27	28 full moon	29	36	31	

## BE CAUTIOUS WHEN HIRING HOME RENOVATORS

- If a renovator comes to your door, ask to see his or her direct seller's licence. If no licence is produced, write down the name of the seller and the company and contact the Consumers' Bureau.
- Get at least three detailed written estimates.
- Ask for and check references.
- Read and understand the contract fully before signing, and get a copy of it.
- Under *The Builders' Liens Act*, consumers can hold back 7.5 per cent of the total cost of renovations for 40 days after the work is completed.

The Consumers' Bureau investigates complaints about unlicensed direct sellers, high-pressure sales, poor quality products and workmanship, contracts for unnecessary work, excessive prices and scams.



For more information: call Consumers' Bureau at **945-3800** in Winnipeg; toll free at **1-800-782-0067**; or visit the website at www.gov.mb.ca/finance/cca/consumb/





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AUGUST 2007  S M TU W TH F S  1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	OCTOBER 2007  S M TU W TH F S  1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31					1
2	3 LABOUR DAY	4	5	6	7	8
9	16	11  new moon	12	13 ROSH HASHANAH	14	15
16	17	18	19	26	21	22 YOM KIPPUR
23/30	24	25	26  full moon	27	28	29

## MONEY MATTERS AND SENIORS

Financial abuse is the illegal or inappropriate use of another person's money or property. It includes pressure, threats and intimidation to give property or sign legal documents.

### To protect yourself:

- Have cheques (pension and other benefits) deposited directly into your account.
- Discuss your financial plans with trusted professional advisors.
- Keep accurate records of accounts and lists of property and assets.
- Only give up control of property and assets when you decide you can no longer manage them.



For a copy of the Legal Information Guide for Seniors, which details financial planning, call the Seniors Information Line at 1-800-665-6565 or 945-6565 in Winnipeg or visit the Manitoba Seniors and Healthy Aging Secretariat's website at www.gov.mb.ca/shas. For information about elder abuse, call the Seniors Abuse Line at 1-888-896-7183 or 945-1884 in Winnipeg.





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 INTERNATIONAL DAY OF OLDER PERSONS	2 Seniors'	3 and Elder	4 s' Month	5	6
7	8 THANKSGIVING DAY	9	16	11  Onew moon	12	13
14	15	16	17	18	19	26
21	22	23	24	25	26	27
28	29	36	31  HALLOWEEN		1 2 3 4 5 6 7 8 9 10 11 12 13 14 15	NOVEMBER 2007  S M TU W TH F S  1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

## **RESIDENTIAL HOME SECURITY**

- 70 per cent of break and enter crimes are done through the front or back doors. A good quality deadbolt with a slip ring will reinforce the safety of these areas. Ensure the striker plate is attached to the door frame with a minimum of two, three-inch screws.
- Automatic timers plugged into table lamps give the impression that someone is home in the evenings, even if you're out.
- Ensure your house numbers are illuminated at night, in case emergency workers need to find your home.
- If you come home to find you have been broken into, don't go inside. Go to a safe place and call the local police.
- The police need your help reporting suspicious vehicles or people in your neighbourhood. Join Neighbourhood Watch/Rural Crime Watch or Citizens on Patrol in your area.



Winnipeg Police Service, Community Relations: **986-6322** 

Citizens on Patrol: 1-866-326-7792

RCMP – Contact your local detachment



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OCTOBER 2007  S M TU W TH F S  1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	DECEMBER 2007  S M TU W TH F S  1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	<b>C</b> 1	rime <b>P</b> reve	1 ntion Mont	2 :h	3
4	5	6	7	8	9  new moon	16
11 REMEMBRANCE DAY	12	13	14	15	16	17
18	19	26	21	22	23	24  full moon
25	26	27	28	29	36	

## **BE AN INFORMED DONOR**

• In 2004, Canadians donated close to 6 billion dollars to registered charities.

#### What You Need To Know

- The Canada Revenue Agency's Web site includes a searchable list of the 82,000 charities registered under the *Income Tax Act* in Canada.
- Donors can research whether an organization is a registered charity and view its most recent reports to the CRA. These reports include information about the registered charities' spending, revenue and salaries.
- Charities registered under the *Income Tax Act* can issue official donation receipts.
- Make informed decisions to prevent misuse of charity funds.
- Be confident your donation will serve those who need it!



cra.gc.ca/charities 1-800-267-2384 (toll free)



Canada Revenue Agency Agence du revenu du Canada





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NOVEMBER 2007  S M TU W TH F S  1 2 3  4 5 6 7 8 9 10  11 12 13 14 15 16 17  18 19 20 21 22 23 24  25 26 27 28 29 30	JANUARY 2008  S M TU W TH F S  1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31					1
2	3	4	<b>5</b>	6	7	8
9  new moon	16	11	12	13	14	15
16	17	18	19	26	21	22
23/30	24/31  CHRISTMAS EVE/ NEW YEAR'S EVE	25 CHRISTMAS DAY	26 BOXING DAY	27	28	29

## Important Contacts

Organization/Website address	Phone #	Toll-free #
Addictions Foundation of Manitoba www.afm.mb.ca	944-6200	1-800-463-1554
Age & Opportunity Centre www.ageopportunity.mb.ca	956-6440	
Canada Revenue Agency cra.gc.ca/charities		1-800-267-2384
Financial Services OmbudsNetwork www.cfson-crcsf.ca		1-866-538-3766
City of Winnipeg Fire Prevention Branch	986-6358	
Competition Bureau Canada www.competitionbureau.gc.ca		1-800-348-5358
Consumer Information Gateway www.consumerinformation.ca		
Consumers' Association www.consumermanitoba.ca	452-2572	1-888-596-0900
Consumers' Bureau www.gov.mb.ca/finance/cca/consumb/	945-3800	1-800-782-0067
Crisis Line www.klinic.mb.ca	786-8686	1-888-322-3019
Manitoba Gaming Control Commission www.mgcc.mb.ca	954-9400	1-800-782-0363
Manitoba Public Insurance www.mpi.mb.ca	985-7000	1-800-665-2410
Manitoba Securities Commission www.msc.gov.mb.ca	945-2548	1-800-655-5244
Manitoba Society of Seniors www.msos.mb.ca	942-3147	1-800-561-6767
Office of the Fire Commissioner www.firecomm.gov.mb.ca	945-3322	1-800-282-8069



Residential Tenancies Branch www.residentialtenancies.mb.ca	945-2476 1-800-782-8403
Royal Canadian Mounted Police www.rcmp-grc.gc.ca/	(check local detachment listing)
Seniors Abuse Line	945-1884 1-888-896-7183
Seniors Information Line www.gov.mb.ca/shas/	945-6565 1-800-665-6565
Vital Statistics web2.gov.mb.ca/cca/vital/	945-3701 1-800-282-8069
Winnipeg Police Service	986-6322

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### Protect Yourself Calendar 2007

Please help us to improve next year's version of this calendar by taking a few minutes to complete and return this postage paid questionnaire.

<ul> <li>The topics included in this calendar are:</li> <li>(a) very interesting</li> <li>(b) interesting</li> <li>(c) not interesting</li> <li>(d) suggested topics for next year's calendar:</li> </ul>	3. The calendar design is:  (a) attractive  Yes  No  (b) useful  Yes  No  (c) easy to read  Yes  No  (d) could be improved by:
2. The information contained in this calendar is:  (a) new to me  Yes  No (b) useful  Yes  No	4. Do you refer to the list of contacts?  Yes No  No  1. I received my calendar from

#### Consumers' Bureau

302-258 Portage Avenue Winnipeg, Manitoba R3C 0B6 163



1000013566-R3C0C6-BR01

CONSUMERS' BUREAU
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