



Government  
of Canada

Gouvernement  
du Canada

Version française à l'endos

SERVICES

# for You

NEWFOUNDLAND & LABRADOR 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

Canada

## INSIDE



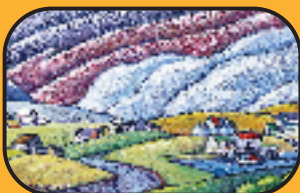
**06 CHILDREN AND FAMILIES**



**08 HEALTHY FINANCES**



**09 INTERNET RESOURCES**



**10 HEALTHY AND SAFE COMMUNITIES**

**Find out what we can do for you:**

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



- Call**
- Click**
- Visit**

**Canada**

# G

*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.

### From seabeds to space stations

Paradise, 1989: Scientist Jacques-Yves Guigné starts his own company with leading-edge ideas and one employee. Paradise, today: Guigné International sells instruments that find and classify underwater land mines and size fish in fish-farming cages. The company also constructs experiments for the international space station. Its annual revenues are steadily climbing and the company now employs more than 60



highly skilled staff. What happened between 1989 and now? Hard work, top-notch research and some help from the Government of Canada. For useful business information, visit:

[www.businessgateway.ca](http://www.businessgateway.ca)

### Spotlight shines on Trinity



*Canadian Heritage*

*Salt Water Moon Productions.*

Trinity has changed since 1993 when “the theatre” came to town. Historically a busy fishing community, Trinity is now at the forefront of cultural tourism in the province with activities that generate about \$4 million each year. With the help of government and the private sector, training and business opportunities have produced positive economic results. Today, the Rising Tide Theatre Company has a winning combination — the Trinity Pageant and Summer in the Bight Theatre Festival. Got a good idea for the economy of your area?

**1 800 668-1010**

[www.acoa-apeca.gc.ca](http://www.acoa-apeca.gc.ca)



# At work in Newfoundland and Labrador

## “Smart Labrador” improves health care

This fall, nurses in Forteau can consult with doctors in St. John's or send X-rays to St. Anthony. The “Smart Labrador” project puts all of Labrador's health centres and nursing stations in instant video contact with each other — and with other provincial health care sites. The result is improved care for Labradorians, particularly those in remote communities. “The new technology reduces the problems of distance,” says Dr. Carl Robbins of TETRA/Telemedicine, a partner with the Government of Canada in the project. Be smart — visit:



*Opening wide to remote health care.*

- 📍 <http://smartcommunities.ic.gc.ca>
- 📍 [www.connect.gc.ca](http://www.connect.gc.ca)

### Want to get connected?

Visit one of Newfoundland and Labrador's 182 public Internet access centres. Each one has computers you can use and people there to help.

- 📞 1 877 929-1829 for their locations
- 📍 [www.nfcap.nf.ca](http://www.nfcap.nf.ca)



## Clareville couple cooks up success

Even if you are a cordon-bleu chef, starting your own business is no piece of cake. But in two years, Chris Sheppard and Stacy Fleming, a husband-and-wife team from Clareville, have seen their bistro grow to include a bakery and an inn. They benefited from the Self-Employment Assistance program, which provided them with income support during the crucial start-up period. This allowed them to put all their resources back into their business, thereby ensuring its



*Stacy Fleming and Chris Sheppard.*

success. Find out more about this and other initiatives:

- 📍 [www.hrhc-drhc.gc.ca](http://www.hrhc-drhc.gc.ca)

### A site for youth

Check this web site to learn more about youth initiatives and job resources such as the Summer Career Placement Program:

- 📍 <http://youth.hrhc-drhc.gc.ca>

## Now available on video...

Newfoundlanders and Labradorians can now learn more about how to practise responsible fishing and protect the marine environment at some of the fisheries video libraries. Nearly 120 films on fisheries and fish habitat-related topics inform fishermen, fish processors, development associations, educators, and students about the fishing industry and the marine environment. By borrowing any of these films, free of charge, viewers can learn more about responsible fishing, conservation technology



and environmental awareness related to our marine and inland resources. To find out which video library is closest to you, contact your local Department of Fisheries and Oceans office or phone:

 **1 709 772-4610**

## Learning is powerful stuff

Parks Canada staff at Gros Morne and Terra Nova national parks put a lot of energy into their educational and interpretation programs. People of all ages are learning about our natural environment.

For example, at Gros Morne, interpreters work with students in an Outdoor Environmental Education Program and a Summer Science Camp. At Terra Nova, staff are working to promote habitat stewardship through initiatives like Adopt-a-Marten and Marten Workshops for Education. Whether you're a student, a researcher or a vacationer, the natural and cultural heritage of national parks offers lifelong learning experiences.

Parks Canada invites you to come and enjoy learning about the Newfoundland and Labrador




*Outdoor learning at Gros Morne National Park.*

environment that is such an important part of our national heritage. The tablelands of Gros Morne and the spectacular boreal and marine environment of Terra Nova are outdoor classrooms that are bound to make learning fun. To learn more about national parks in Newfoundland and Labrador, visit:

 **[www.parkscanada.gc.ca](http://www.parkscanada.gc.ca)**

## "Green" projects improve water systems

Fogo is upgrading its water chlorination system to provide residents with clean water. St. Anthony is modernizing and expanding the town's water supply. Bishop's Falls is extending its water and waste disposal systems. Across Newfoundland and Labrador — from Labrador City/Wabush to Grand Bank — over 100 other towns and communities are making similar improvements to their infrastructures. The Canada-Newfoundland Infrastructure Program places special emphasis on "green" projects that address drinking water and wastewater systems, solid waste management and recycling. Working with municipalities and the province, the Government of Canada will invest more than \$51 million over the next five years to upgrade infrastructure in communities across Newfoundland.

 **1 800 O-Canada**

 **[www.tbs-sct.gc.ca/ino-bni](http://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.

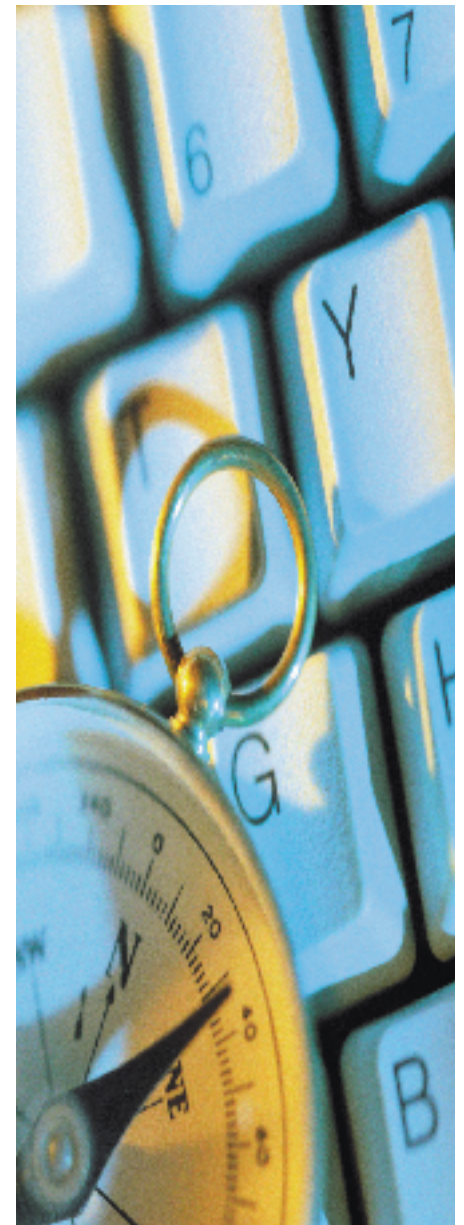
-  **1 800 O-Canada**
-  **[www.hrdc-drhc.gc.ca/cesg](http://www.hrdc-drhc.gc.ca/cesg)**



## 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](http://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.

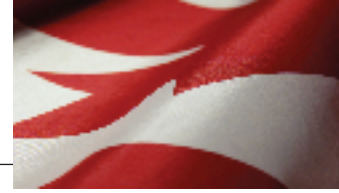
-  **[www.canada.justice.gc.ca](http://www.canada.justice.gc.ca)**  
(Click on "Programs and Services")

### 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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.nserc.ca)  [www.sshrc.ca](http://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](http://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](http://www.consumerinformation.ca)



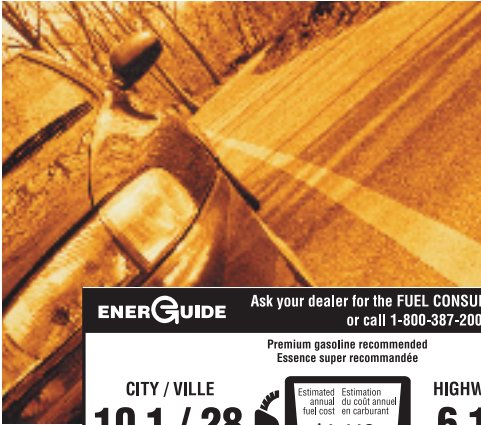
## Tips for shopping online

- 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](http://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

|  |   |  |
|--|---|--|
| <b>CITY / VILLE</b><br><b>10.1 / 28</b><br>L/100 km mi/gal | <p>Estimated annual fuel cost<br/>Estimation du coût annuel en carburant<br/><b>\$1,112</b></p> | <b>HIGHWAY / ROUTE</b><br><b>6.1 / 46</b><br>L/100 km mi/gal |
|--|---|--|

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](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](tel:18008568488)

[www.forces.ca](http://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](tel:1800OCANADA) [www.rural.gc.ca](http://www.rural.gc.ca)

(Click on "Publications")

