



Government of Canada

Gouvernement du Canada

Version française à l'endos

# SERVICES *for You*

MANITOBA 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



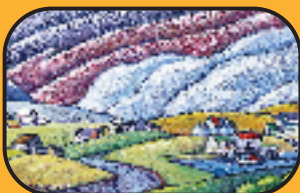
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**10 HEALTHY AND SAFE COMMUNITIES**

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.

### Homegrown blanket slows erosion

Mark Myrowich covers a lot of ground with his new product, the erosion control blanket. The biodegradable blanket protects freshly seeded construction sites from erosion until the new grassroot system develops. Tired of having to import straw and coconut fibre blankets, Mark decided to create his own product using Manitoba straw and hemp fibre. With help from one of

Manitoba's 16 Community Futures Development Corporations, he received financing for his plant in Riverton and now exports much of his product to contractors in the United States.

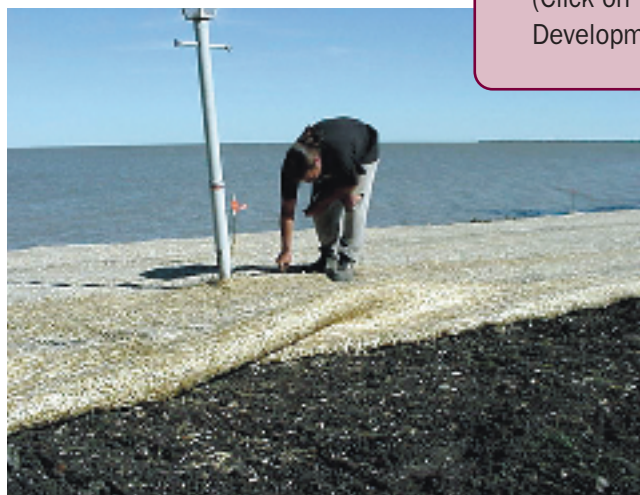
#### For help starting your small business

Western Economic  
Diversification Canada

**1 888 338-9378**

**www.wd.gc.ca**

(Click on "Community Futures Development")



*Installing erosion blanket.*



## At work in Manitoba

### “Smart” network connects WestMan

Minnedosa, Carberry, Souris and Neepawa have joined Brandon to form the Manitoba Smart Network, one of 12 pilot projects across Canada. High-speed Internet access brings residents of the WestMan region closer together, and also gives an innovative boost to our health care system. X-rays and other information will be sent electronically from rural areas to specialists in major centres, allowing rural residents to get the health care services they need without leaving their communities. Find out more about the Smart Communities program:



☎ 1 800 575-9200    🌐 <http://smartcommunities.ic.gc.ca>

### Be prepared

We may not be able to prevent disasters, but we can prepare for them. The 1997 Red River flood taught us all the importance of being prepared. Today, a federal-provincial partnership is helping provide better flood protection for Manitoba communities.

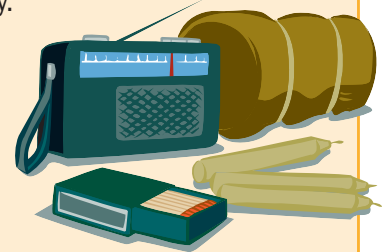


☎ 1 800 830-3118  
🌐 [www.ocipep-bpiepc.gc.ca](http://www.ocipep-bpiepc.gc.ca)

1997 flood sandbagger Pte. Erica Jacobson.

### How you can prepare for an emergency

- Set up a family meeting to discuss how you can best prepare for an emergency.
- Have emergency kits in your home, cottage and car, with water, food, blankets, candles, matches and a battery-operated radio.
- Develop a list of emergency numbers, family contacts and relatives.
- If there's an immediate danger of a flood, shut off all power to the house.



### Infrastructure program upgrades water treatment

Across Manitoba, dozens of communities — like Brandon, Balmoral, Lynn Lake and Hamiota — are improving their water treatment and wastewater systems. Crystal City, Pilot Mound and the regional municipality of Louise are working together to build a new solid waste management facility to protect the environment that surrounds these communities. The Canada-Manitoba Infrastructure Program funds projects like these with an



aim to improve Canadians' quality of life, support long-term economic growth, and ensure a healthy

environment. It places special emphasis on “green” municipal projects, ones that address drinking water and wastewater systems, solid waste management and recycling. Over the next five years, the Government of Canada will invest over \$60 million in Manitoban communities.

☎ 1 800 O-Canada  
🌐 [www.tbs-sct.gc.ca/ino-bni](http://www.tbs-sct.gc.ca/ino-bni)  
(Click on “Partners”)

## Diabetes: meeting the challenge



Approximately one out of every 20 Manitobans has diabetes, and the rate is even higher for seniors and Aboriginal people. Manitoba is emerging as a leader in the research and treatment of diabetes and long-term studies in our province will make treatments more effective and may even lead to a cure some day.

### Prevention is the answer

The Canadian Diabetes Strategy has one word of advice to prevent diabetes: vitality — healthy eating and active living are key to preventing diabetes.

[www.diabetes.gc.ca](http://www.diabetes.gc.ca)

## Working for Manitobans

- Manitoba will receive about \$2.3 billion in transfer payments this year, almost one-third of the provincial government's annual budget.
- The federal government is one of Manitoba's largest employers with more than 15,000 full- and part-time jobs, including the military.
- Manitoba is home to some major Government of Canada institutions, including the Canadian Wheat Board, the National Research Council's Institute for Biodiagnostics, the Royal Canadian Mint, and the Canadian Science Centre for Human and Animal Health.

## Scholarships plus jobs help Aboriginal youth

Aboriginal young people in college or university will find the transition from school to work easier thanks to awards that may also come with jobs. With help from federal and provincial governments and the Business Council of Manitoba, students will receive assistance with their tuition and books and the possibility of a summer or part-time job. Application forms for the Business Council of Manitoba Aboriginal Education Awards are available through the financial aid or awards offices of all post-secondary institutions.



### For more information on programs for Aboriginal people

Urban Aboriginal Strategy

[1 204 983-8279](tel:12049838279)

[www.uas.mb.ca](http://www.uas.mb.ca)

The Aboriginal Canada site

[1 888 399-0111](tel:18883990111)

[www.aboriginalcanada.gc.ca](http://www.aboriginalcanada.gc.ca)



## 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.

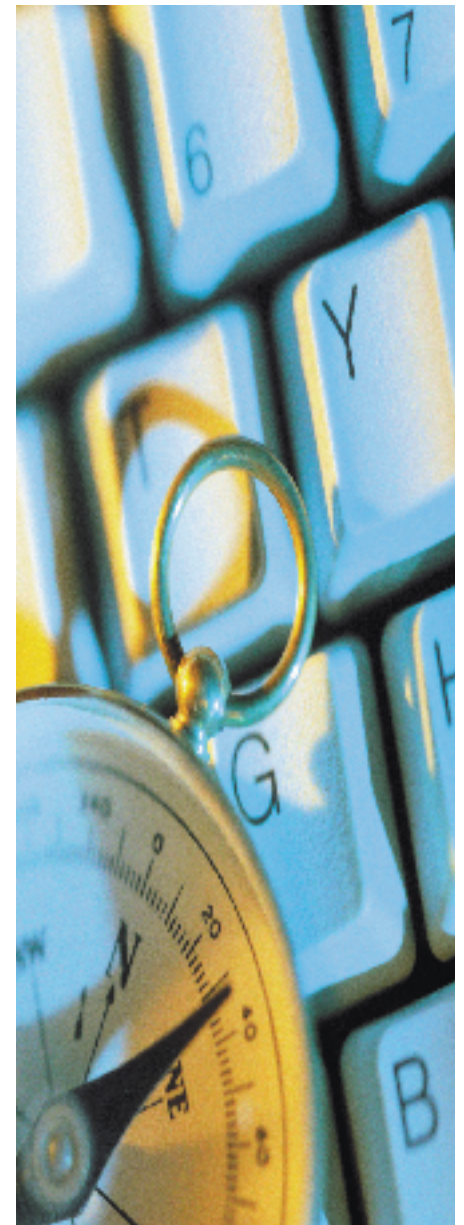
-  **1 800 O-Canada**
-  **[www.hrdc-drhc.gc.ca/cesg](http://www.hrdc-drhc.gc.ca/cesg)**



## 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.

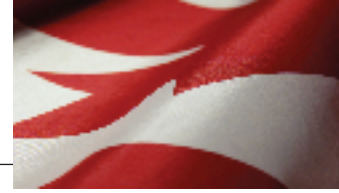
-  **[www.canada.justice.gc.ca](http://www.canada.justice.gc.ca)**  
(Click on "Programs and Services")

### 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)



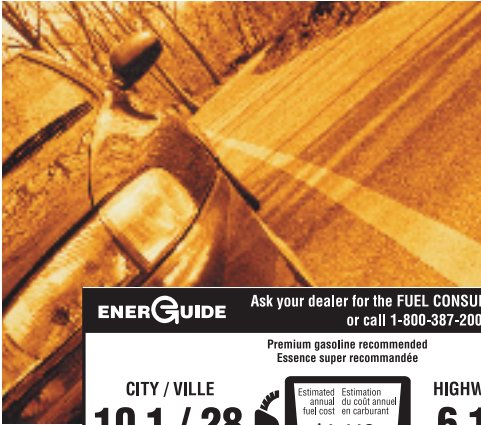
## Tips for shopping online

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

