



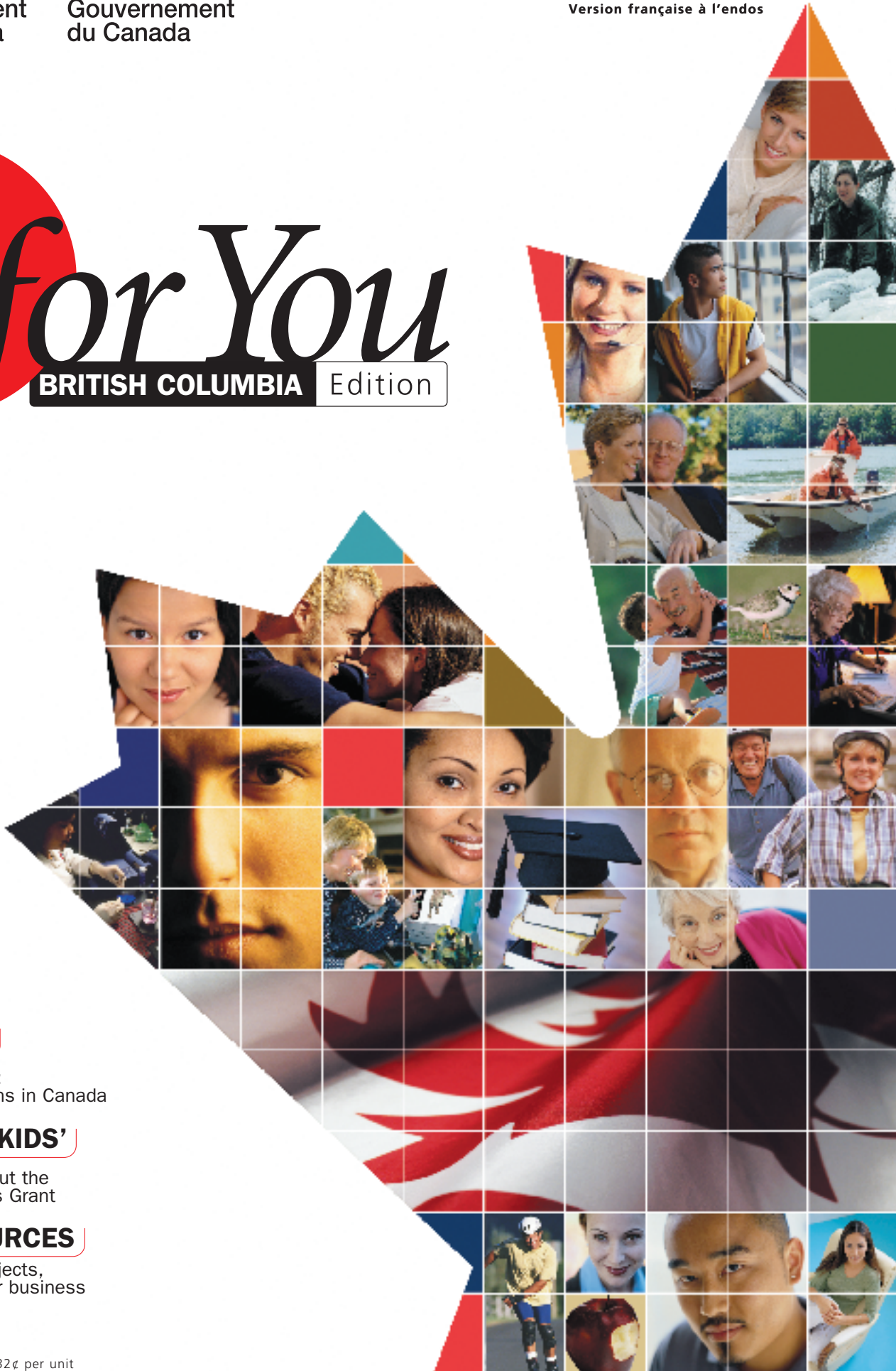
Government of Canada

Gouvernement du Canada

Version française à l'endos

SERVICES *for You*

BRITISH COLUMBIA 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



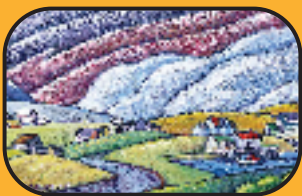
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08 HEALTHY FINANCES



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

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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.

Gibsons cleans up with SCRAPS

One sunshine coast community is a lot cleaner thanks to three women who decided Gibsons' garbage was getting out of hand. A bake sale to raise funds and



awareness led to the creation of the Sunshine Coast Recycling and Processing Society (SCRAPS) and the opening of a recycling depot in the local shopping centre. Next, SCRAPS went on to keep 700 tonnes of garbage out of the community's landfill every year. SCRAPS is one of many projects that have received funding through Environment Canada's EcoAction

Did you know?

B.C. has:

- 675 parks and protected areas
- 14% of Canada's forests
- 2.4% of Canada's water



Community Funding Program, which helps locally-based, non-profit organizations take action for cleaner air and water, reduced greenhouse gas emissions and the protection of species at risk. Find out more about this and other initiatives:

 www.ec.gc.ca/eco

The sky's the limit for B.C. kids

Neither snow nor rain will keep B.C.'s grades 4 to 7 students from learning about the weather. Through the interactive Sky Watchers program, kids are learning meteorology, mathematics and geography. And they're having fun too. Check out their daily weather observations.



 www.weatheroffice.ec.gc.ca
(Click on "Skywatchers")



At work in British Columbia

New park protects island ecosystems

The beautiful southern Gulf Islands will mark the location of the newest national park in B.C. Once established, the new Gulf Islands National Park Reserve of Canada will protect one of the most threatened and fragmented ecosystems in Canada, spread out over a dozen locations on several islands in the Strait of Georgia lowlands. Find out more about this and other initiatives:



Shadows and light play on Gulf Islands.

 www.parkscanada.gc.ca

“Green” projects improve water systems



Communities across British Columbia are making improvements to their water treatment or waste-water systems. The Canada-British Columbia Infrastructure Program funds projects with an aim to improve British Columbians' quality of life. It places special emphasis on “green” projects that address water, solid waste management and recycling. Over the next five years, the Government of Canada — working with municipalities and the province — will invest over \$268 million to improve infrastructures in British Columbia communities.

 1 800 O-Canada  www.tbs-sct.gc.ca/ino-bni
(Click on “Partners”)

The wild, wireless West: Internet access 10 times faster

A B.C.-based high-tech company helps Canadians access the Internet no matter where they live at 10 times current speeds. The company — with an investment of \$9.4 million through Technology Partnerships Canada — is working on the next-generation technology for satellite-interactive terminals which will send out data faster than today's slower landlines. Find out about this and other initiatives:

 www.strategis.gc.ca



Government of Canada takes lots of hits

More than three out of four British Columbians say that online services improve their interactions with the Government of Canada. The most frequent online contact is to:

- Express an opinion
- File income taxes
- Participate in a survey
- Download a passport application
- Apply for a job at the Public Service Commission
- Get an application for Canada Pension Plan Benefits

 canada.gc.ca

Get down to business

Small businesses people can get the latest information on programs, products, services and regulations from the Canada-B.C. Business Service Centre. User-friendly, timely information is available by phone, fax, mail, Internet or in person — 24 hours a day, seven days a week.

 1 800 667-2272

 www.sb.gov.bc.ca/smallbus

Health care initiative reaches rural B.C.



Making sure Canadians — wherever they are — have access to quality health care services is one of the principles of our medicare system. The Rural and Community Health initiative will help ensure that people living in rural and remote parts of B.C. get the health care they need, with a focus on home and community care and access to affordable drugs.

www.hc-sc.gc.ca/ruralhealth

Community development projects create jobs

One out of 10 jobs in rural B.C. is created or maintained thanks to the support of 34 different Community Futures Development Corporations. Volunteers and staff work together to put in place local community economic development plans that result in about 1,300 loans totalling close to \$35 million.

[1 888 338-9378](tel:18883389378) www.communityfutures.ca

Partnerships create safe havens



Renovation of a rooming house to provide shelter to young women who have been victims of sexual exploitation is just one of many community projects the Government of Canada is supporting in an effort to combat homelessness. Through the National Homelessness Initiative, organizations like Vancouver's Prostitution Alternatives Counselling and Education Society are working with B.C. communities to tackle the many issues that can lead to homelessness.

www.hrhc-drhc.gc.ca/nsh-snsa

Markets crave B.C. organic food



Organic food producers in B.C. will get a boost from Government of Canada's support for the Organic Accreditation Assistance Program. The global market for organic products is enjoying a 20% annual growth rate and product certification standards are vital for Canadian producers competing in that market. Find out more about this and other initiatives:

www.agr.ca

www.scc.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.

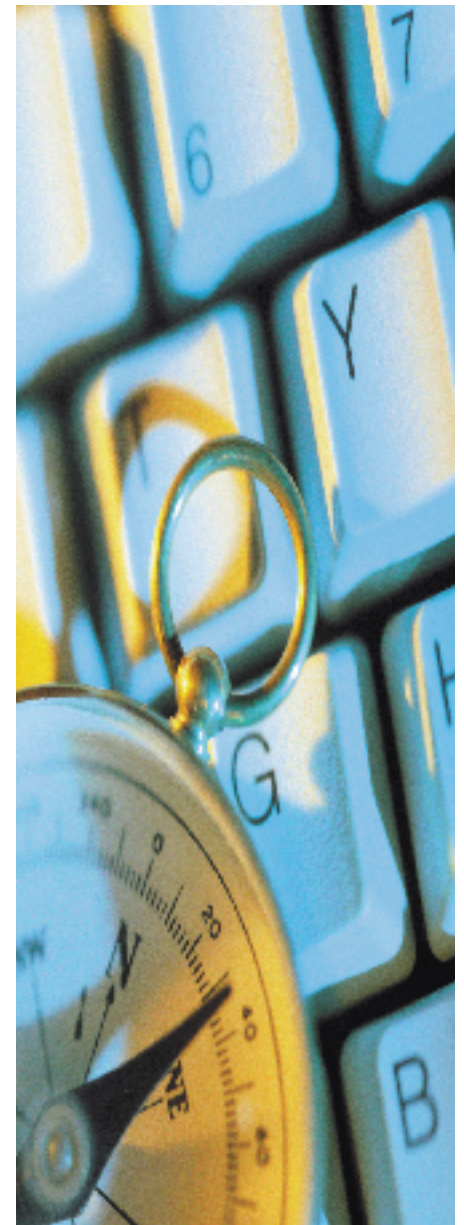
-  **1 800 O-Canada**
-  **www.hrdc-drhc.gc.ca/cesg**



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.cra.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



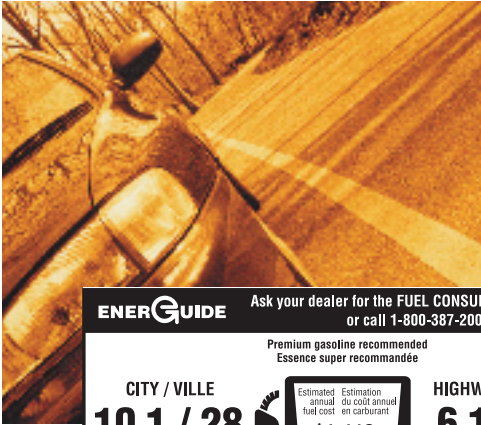
Tips for shopping online

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



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



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

(Click on "Publications")

