



Government
of Canada

Gouvernement
du Canada

Version française à l'endos

SERVICES *for You*

NEW BRUNSWICK 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



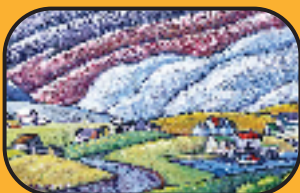
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10 HEALTHY AND SAFE COMMUNITIES

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.

Connecting Acadia to the world

Collectivité ingénieuse de la Péninsule Acadienne inc. will soon make new technology available through a network of 30 community access centres located in schools, libraries, seniors' homes, hospitals and health care centres across the region. People will have easier access to Internet resources. Schoolwork, health care, business and travel... The whole world is at our fingertips.

www.connect.gc.ca



Dreaming of the circus

Nicole Breau had a dream: to build an organization that would help young people through the circus arts. Participants in the *Carnaval de*



Giant papier-mâché figure from Carnaval de l'Acadie.

l'Acadie's activities are now learning from some of the best instructors the world has to offer, creating giant papier-mâché figures and learning to juggle and ride the unicycle. *Carnaval de l'Acadie inc.* received its first boost from Youth Internship Canada and Summer Career Placements. Things are off to a promising start, several interns originally hired on a part-time basis are now on board full time. For more information on these programs:

1 800 935-5555

www.youth.gc.ca



At work in New Brunswick

Big plans for “greening” New Brunswick

Paquetville will soon enjoy a new multipurpose community centre. A new sports complex in Florenceville is being rebuilt to replace one that burned to the ground. All over New Brunswick, from Bas-Caraquet to Saint-John and from Grand Falls to Sussex,



water and sewer systems are being improved. The Canada-New Brunswick Infrastructure Program is placing a special emphasis on green projects that address drinking water and wastewater systems, solid waste management and recycling. Over the next five years, the Government of Canada will invest over \$54 million in the province's communities.

☎ **1 800 O-Canada**

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

Technology is good for you

Did you know that New Brunswick — together with the United States and Australia — is one of the only places in the world where you can undergo remote

kidney dialysis? Project Telenephro allows patients who need these treatments (which last four hours and are administered three times a week) to receive them at home or in a satellite centre in Miramichi. Patients' quality of life is dramatically improved as a result. Telehealth also makes it easier to detect cancer: a first project will pave the way for the creation of a centralized call centre to help screen for cervical cancer in New Brunswick. These projects are part of Canada's Health Infostructure, a national health information highway that uses the newest information and communication technologies to improve and strengthen our health care system.



Long-distance health care in action.

🖱 **www.hc-sc.gc.ca/ohih-bsi**

Entrepreneurs: looking for some answers?



Would you like to start a business or expand your own company? Where can you get funding? What sort of government programs can help you? The Canada/New Brunswick Business Service Centre has answers for you.

☎ **1 800 668-1010**

🖱 **www.cbbsc.org/nb**

An ounce of prevention

Helping young people avoid the pitfalls of drugs and violence is the overall goal behind Partners for Youth, a program that promotes personal growth through social activities and summer camps. The D.A.R.E. program educates parents and students — from kindergarten right through high school — about the risks and dangers of drugs.



Where to find information

Partners for Youth

 **1 506 452-3961**

 **www.crime-prevention.org**

D.A.R.E. :

 **1 506 452-2034**

 **www.rcmp-grc.gc.ca**

Help for students



In 1999-2000, more than 2,500 post-secondary students in New Brunswick received Millennium Scholarship bursaries worth \$2,000-\$4,000. Why not apply too? Contact New Brunswick Student Financial Services. The provincial government will look at your application and submit the names of eligible candidates to the Canadian Millennium Scholarship Foundation.

 **www.millenniumscholarships.ca**

The show must go on

The *Festival de théâtre jeunesse en Acadie* allows young people to participate in theatre workshops and prepare for this festival. Each year, some 250 students, representing a dozen schools, produce their own shows. The festival gives them a chance to work closely with professional artists. For the April 2002 season, the festival is open to all Atlantic provinces. Find out about this and other initiatives:

 **www.canadianheritage.gc.ca/offlangoff**
(Click on “Our Programs”, then on “Support for Official-Language Communities”)



On stage: La Poupée de Pélopie.



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.

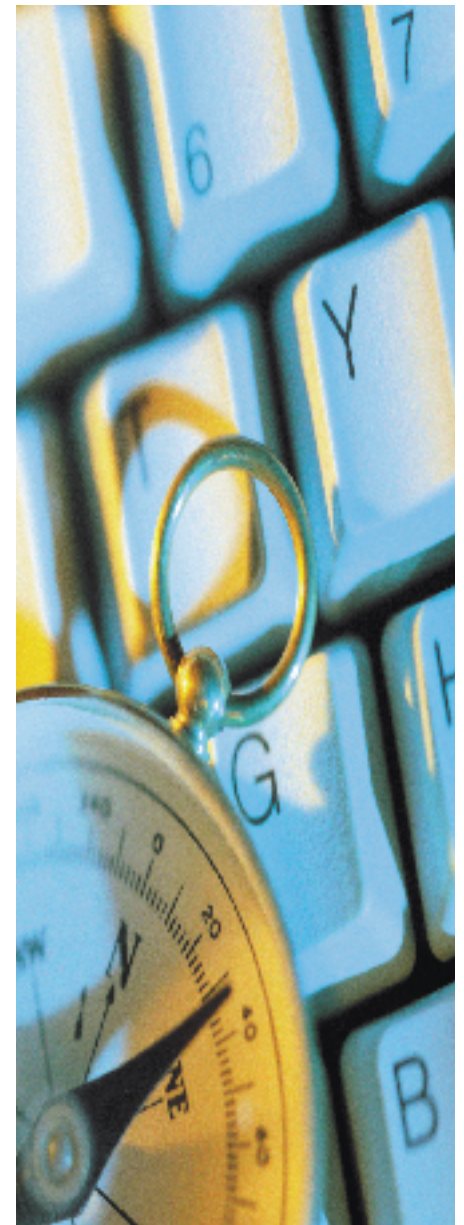
-  **1 800 O-Canada**
-  **www.hrdc-drhc.gc.ca/cesg**



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



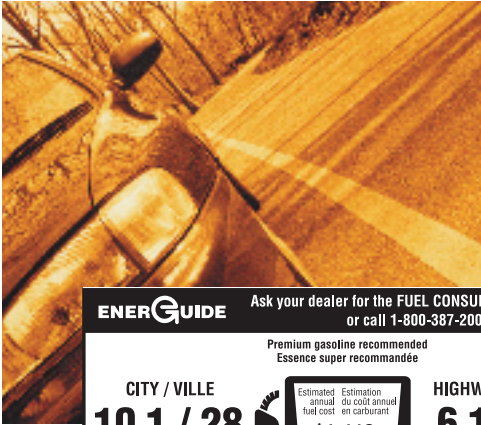
Tips for shopping online

- 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](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")

