

## Moving and Your Expenses • By Gwyneth James

Moving is a pain, but there is one possible upside when it's time to file your tax return for the year: moving expenses can be claimed as an income deduction if you moved during the year and established a new home to start a new job or business. This deduction is also available to post-secondary students, but only if they are studying full-time and only if they received an amount from a scholarship, bursary, fellowship or research grant in the year which was required to be included in income.



For all taxpayers, the main test is whether they moved at least 40 kilometers closer to the new place of employment or business. This would be roughly equivalent to moving from Havelock to Peterborough. The deduction is also available if you were to move to or from a location outside of Canada.

The moving expenses can only be deducted from the employment, self-employment, scholarship etc. income earned at the new location after the moving date, not from any other type of income.

Common questions about this deduction relate to timing. If you move near the end of the calendar year and do not have any income earned in the new location to deduct the moving expenses against they can be carried forward to the following tax return. If your old house has not sold before you file your tax return you can file a T1 Adjustment Request when it does sell.

You must be diligent about keeping receipts in case CRA asks to see them. You can deduct transportation and storage costs for household effects, travel expenses (gas, meals and accommodation) to move, meals and accommodation for up to 15 days maximum when displaced between homes, and all the costs involved in selling your old residence (or to break the lease).

There are alternate methods available for claiming meals and vehicle expenses. If you choose the simplified method for meals, you claim \$17/meal to a maximum of \$51/day per person. The simplified method for vehicle expenses is \$0.55/km in Ontario. Do try to keep any documentation that may support your claim.

—Gwyneth James MBA CGA is the owner of TCP Accounting & Tax Services which has been providing accounting services for over 20 years to individuals and small businesses throughout Peterborough City and County. (705) 876-6011 or [www.tcpaccounting.ca](http://www.tcpaccounting.ca)

  
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## October is Breast Cancer Awareness Month

### Your best partner in the fight against breast cancer

Breast cancer is the most frequently diagnosed cancer in Canadian women. We estimate 23,200 women in Canada will be diagnosed with breast cancer and 5,300 women will die from the disease in 2011.

The Canadian Cancer Society fights back against cancer by leading breast cancer prevention initiatives, offering information and support services for breast cancer patients and their families, funding world-class breast cancer research and advocating for cancer-related issues.

### Prevention

We fight breast cancer by doing everything we can to prevent cancer from ever happening in the first place. As part of our mission work, we create awareness of the Ontario Breast Screening Program and educate women about breast screening through our *Thingamaboob* tool.

**Take action!** Did you know mammograms save lives by detecting the disease early when it's most treatable? If you're a woman 50 to 69 years old, fight back against breast cancer by getting a mammogram every two years. Talk to your healthcare professional or call the Ontario Breast Screening Program today at 1 800 668-9304 to book your own appointment.

### Services

The Society cares about women living with breast cancer and their families. Our information and support services have been proven to decrease anxiety and increase people's ability to cope with cancer. If you know someone who is living with breast cancer, either as a patient or caregiver be sure to tell them about our free information and support services.

### Research

This year, the Canadian Cancer Society is investing \$2.7 million to support world-class breast cancer research. Recently, two of our ground-breaking breast cancer clinical trials made news headlines because they will change how breast cancer is prevented and treated around the world.

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# What colour is the view from your treadmill?



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