



## Useful Web Links

**April 11, 2008**



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Hello Everyone,

Big Brothers and Big Sisters of Canada members from all across B.C. were in Victoria this week to meet with MLAs and Ministers to increase their awareness of the organization's strategic focus of increasing the number of children in BC with a mentor, increasing its in-school teen mentorship program and developing new literacy and numeracy programs. The B.C. members run a program called Mentoring Excellence B.C. Tim Bennett was here representing Prince George and the North. It was great to see Tim again. The last time I saw Tim was at the Bowl For Kids Sake early in March and what a success that was – we raised even more than last year and hit an all time high! It was nice to end the day on Wednesday by attending the Big Brothers and Big Sisters of Canada reception in Victoria with many of my colleagues to celebrate their success and progress over the past year and to look ahead at their plans for the year ahead.

This week I was pleased to announce that a \$6.3 million contract has been awarded for another paving project on Highway 16. Dawson Construction has been awarded the contract to repave 34 kilometres of Highway 16 from Lee Road to Tete Jaune. The great thing about these repaving projects along Highway 16 is that they end up saving money in the long term by

government.

Ask Your MLA Archive: [Click here](#) to read past editions of Ask Your MLA.

### **Useful Phone numbers**

BC Nurse line: 24 hour,  
Toll free 1-866-215-4700

Pharma Net Hotline: Mon-Fri  
(8:30-4:30pm) 1-800-387-4700

Health Info Line: Mon-Fri  
(8:30-4:30pm) 1-800-465-4911

Victim Link: 7 days a week,  
24 hours, 1-800-563-0808

not having to constantly do costly and time consuming patchwork. We are able to pass these savings along to other very important transportation projects, which will benefit and help further diversify our economy in Prince George and the Robson Valley. We will all need to be patient this summer as this and a lot of other transportation projects proceed.

This week our government passed a great deal of important health legislation. My colleague George Abbott, Minister of Health, introduced a series of bills focussed on patients' needs and the wishes expressed by British Columbians through the Conversation on Health.

We introduced a new Public Health Act to replace outdated legislation and set the groundwork for a modernization of public health. The new act will tackle global infectious disease, provide stronger tools to address the growing burden of chronic diseases and ensure communities fulfill their role as a partner in treating and housing residents with mental health and addiction challenges.

We also introduced legislation that makes British Columbia the first province in Canada to define and enshrine in legislation the principles of the Canada Health Act and add a sixth principle of sustainability to strengthen B.C.'s health system today and secure it for future generations. On the same day we introduced the Health Care Costs Recovery Act, which will provide government with the legal tools necessary to recover millions of dollars annually in health-care costs from third party wrongdoers and their insurers. So we will be very busy in the weeks to come reviewing, debating and voting on that legislation in Victoria. For more information on our health care legislation visit [www.gov.bc.ca](http://www.gov.bc.ca).

Today was a very busy day indeed. I was pleased to be able to make my regular trip to the Robson Valley this week and boy did we make the most of it! I started the morning by visiting McBride Secondary and McBride Elementary Schools. It was great to be able to see the students, teachers and principals again. I look forward to seeing the grade 12 students

again soon for their graduation this year! After that we had a series of meetings with constituents and then it was off to Valemount. I visited Valemount Elementary and Valemount Secondary Schools this afternoon. Both schools were buzzing with activity today in preparation for the Missoula Children's Theatre that will be held tonight at Valemount Secondary. It was great to see the students working together and excited about their presentation, what a display of teamwork! I then got the chance to meet with Mayor Townsend and discuss a number of important Valley issues. I was also pleased to be able to present a \$20,000 cheque for the Valemount Air Quality Enhancement Committee to support air quality management programs.

This weekend will also be another one full of meetings, announcements and events. I get to end the day on Saturday by spending "A Night at the Movies" with the PG Symphony Orchestra! I encourage you all to come out and spend 'a night at the movies' with Bill and I and the PGSO on Saturday April 12. Another great event I'll be attending this weekend is Spring Slapsticks a performance put on by the ECRA drama club. This is always a lot of fun and a lot of laughs. I love spending time at ECRA!

I hope everyone enjoys their weekend and is thankful that we will finally hit double digits this weekend with an expected high of 14 degrees! Dare I say it – Spring Has Sprung in the North!

Until next week,  
Shirley

### Question of the week:

What New Reference Guide Provides Parenting Tips and Child Health Fair and Wellness Information?

B.C. today released a new edition of Toddler's First Steps, a handy reference guide that provides parents and caregivers of children between the ages of six months and three years of age with the most up-to-

date parenting tips and child health and wellness information. With this new edition of *Toddler's First Steps*, the province is recognizing the importance of providing parents and caregivers with the resources they need to ensure that all children in this province are given the best start in life. Children under the age of three are at a key stage in their development and we have updated the content of this guide, with the help of health and early childhood experts, to ensure those caring for young children have access to the most current and relevant information possible.

*Toddler's First Steps: A Best Chance Guide to Parenting Your Six- to Thirty-Six-Month-Old* was first released in 2002 and covers a wide range of topics on caring for a toddler in an easy to read, accessible format. The latest version was updated with assistance from health-care providers, early childhood educators and child development specialists and includes recommendations from the World Health Organization, Dietitians of Canada, Health Canada and the Canadian Pediatric Association.

New to this edition is a revised nutrition section, which includes up-to-date information from the *Canada Food Guide*.

The early years of a child's life can profoundly impact their health and well-being. We are committed to ensuring that parents, grandparents and other caregivers have access to a variety of tools to assist them as they guide their child through these critical years. This revised edition of *Toddler's First Steps* provides a number of useful tools and resources to help B.C. parents and caregivers give children a healthy and happy start in life.

*Toddler's First Steps* includes information for parents and caregivers on early childhood development; nutrition, including the importance of breastfeeding toddlers; healthy growth; parenting; physical activity and play; toddler safety; and tips for recognizing potential health problems. The guide also contains a resource section for parents, which includes information specific to the health and wellbeing of Aboriginal children.

The toddler years are an exciting time in the development of a child, and this guide provides parents and caregivers with a wealth of practical information on how to best meet the challenges and joys associated with caring for a toddler. Children go through rapid developmental changes in their first few years of life, and this handbook presents parents with the information they need to understand these changes and to celebrate with their toddlers as they achieve these early milestones.

The new edition of Toddler's First Steps is available free of charge at public health units across the province or online at [www.health.gov.bc.ca/children/initiatives/parent.html](http://www.health.gov.bc.ca/children/initiatives/parent.html).

Toddler's First Steps is the companion book to Baby's Best Chance, a reference guide for pregnancy, birth and the care of babies six months of age or under. Baby's Best Chance is also available at public health units or at [www.health.gov.bc.ca/children/initiatives/parent.html](http://www.health.gov.bc.ca/children/initiatives/parent.html) online.

## **News Around the Province**

### **BILL PRESERVES RURAL SEATS AND INCREASES URBAN RIDINGS**

The Electoral Districts Act 2008, introduced this week will preserve rural representation in the 2009 election, while increasing British Columbia's electoral districts to 85, up from the current 79 seats.

The bill sets out proposed boundaries for the next general election. It would adopt most of the recommendations made in the Feb. 14 final report of the Electoral Boundaries Commission, along with the alternate scenario for the North and Cariboo-Thompson regions also contained in that report. These boundaries were endorsed by the legislative assembly March 13.

The report recommended 83 electoral districts, removing two from rural British Columbia, while

increasing the number of urban districts. Under this new legislation, MLA representation in rural districts will be maintained. Six urban seats will be added to address population growth in those areas, for a total of 85 seats.

To view the electoral districts proposed for 2009, visit the commission website at:

[http://www.bc-ebc.ca/final\\_report/province\\_smp](http://www.bc-ebc.ca/final_report/province_smp)

The Electoral Boundaries Commission Act requires that a new commission be appointed after every second provincial election. The commission reviews electoral boundaries, taking into account population, geography, history and community interests, as well as to ensure each MLA represents approximately the same number of people.

### **This week's bouquet of recognition goes to...**

*Christal Capostinsky*

*Congratulations on receiving the Bridget Moran Advancement of Social work Award.*

*We appreciate all the work you do and the difference you make.*

*Keep up the great Work!*

### **Community Announcements**

*ECRA Drama Club, Spring Slapsticks.*

*1692 - 10<sup>th</sup> Avenue*

*Spring Slapsticks.*

*Fri April 11 at 7pm,*

*Sat April 12 at 7pm*

*Sun, April 13 at 2pm.*

### **Mark your calendar...**

❖ Apr11-13 - ECRA drama Club is presenting

Spring Slapsticks. Fri April 11 at 7pm, Sat April 12 at 7pm and Sun, April 13 at 2pm.

- ❖ Apr 13- Prince George Youth Soccer Association is hosting a Shoe Swap at 965 Winnipeg St. Bring soccer cleats to the office by March 31 to receive a ticket that will allow you to swap shoes during the event. Those with no shoes to offer can participate by a cash donation. Adult cleats are also welcome For more info call Ron Polillo at 960-1367
- ❖ April 18- Celebrate the Museum Society's 50<sup>th</sup> Birthday at reunion and AGM at the Canfor Atrium, Exploration Place. Lacey at 562-1612
- ❖ April 18 – Prince George Volunteer Fair at the Pine Centre Mall. Member agencies will display information about programs and volunteer opportunities.
- ❖ April 19 - Rummage Sale put on by the Good Cheer Club at Moose Hall on Douglas Street from 9am to 1pm. For more info call Ann at 564-6751
- ❖ April 25- Chamber of Commerce Luncheon at the Ramada Hotel- Guest Speaker Minister of Education, Shirley Bond. Tickets available at the Chamber 562-2454
- ❖ April 26- ECRA - Garage Sale and bake Sale at 1692 – 10 Ave 9am to 2 pm
- ❖ **Apr 27 – May 3 – National Volunteer Week**
- ❖ May 10-11 – 24 Hr Relay for Life & Team Autism, Registration forms & info can be obtained from Dave at 981-8384,
- ❖ May 10- Mothers Day Tea at ECRA, 1692 10<sup>th</sup> Ave. 2pm to 4pm Cost \$5.00 per person.
- ❖ May 29<sup>th</sup> – CNIB 7<sup>th</sup> Annual Drive Thru Breakfast at Costco Wholesale. 7 am to 9 am
- ❖ June 13<sup>th</sup> - Visions Luncheon at the Treasure Cove Casino show lounge with blind comedian Gord Paynter. Gord has been featured on Yuk Yuks circuit and at the Just for Laughs Festival. Tickets are \$50 each or \$400 for table of eight. Silent auction for more info call Brad or Jeff at 563-1702

***If you are a non profit organization and would like to advertise an upcoming event or share a story please email [Shirley](#)***

Thank you for taking the time to read my newsletter. If you would like to see something specific in the next edition of Ask Your MLA, please [email me](#). If you know someone who would like to receive our newsletter, email their name so we can add them to our list.



**My second e-newsletter, People, Places & Projects showcases great people and projects in our area. To subscribe to People, Places & Projects, [click here](#). To read past editions to go: [People, Places & Projects online](#).**

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