



## Useful Web Links

August 15, 2008



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[Ministry of Education](#)

[City of Prince George](#)

[Regional District of Fraser Fort George](#)

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[2010 Commerce Centre](#)

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[Prince George Community Foundation](#)

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[The Exploration Place](#)

[Railway and Forestry Museum](#)

Hello Everyone,

Well I don't know about you but we managed to log some hours this week cheering on our Canadian Olympic athletes. It continues to amaze me that the next time the flame is lit - it will be in Vancouver!! While our team doesn't have any medals to count yet, there certainly have been some memorable moments - and I am sure the medals are on the way!

As the summer winds down, many of us are getting our children ready for school. Government, teachers, administrators, trustees and support staff are all working hard together to help our students be successful, but there's a lot that we can do as parents to prepare our children for the first day of school. Having your child shift to their school bedtime and wake up routine will ensure that they are awake and ready to learn from the first day of school. Setting up an assignment calendar on the fridge for quick reference of due dates or exams will help your child stay organized.

You can also help your child stay healthy by ensuring that their backpacks are no more than 10 to 20 per cent of the student's bodyweight and that your student uses both shoulder straps. It is also important to make sure that your child knows safe routes to and from school.

A good news announcement recently that 84 students will

Capital Report: [Sign up](#) to find out what is happening in government.

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### **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

share \$200,000 in BC Art Council scholarships to support students that are studying to be professional artists. These scholarships are being funded through the BC150 Cultural Fund, and will provide a great opportunity for all of our aspiring artists to get the education they need to pursue their chosen career. If you know anyone who may meet these criteria please encourage them to apply. They can also contact our office for more information.

Our government continues working hard to lead the world in sustainable environmental management, and that work is paying off. British Columbia received an 'A' on the latest report card from the Canadian Energy Efficiency Alliance for our efforts to combat climate change. We have all seen the effects of climate change with the spread of the Mountain Pine Beetle, and it is important that we continue to make progress in the reduction of greenhouse gas emissions to ensure that we leave the best environment that we can for our children and grandchildren. I look forward to hearing from you about what steps we can take to reach our targets.

This weekend, I'm looking forward to the 2nd Annual Pamper Me Day golf tournament at Ness Woods where we'll play golf to raise funds to combat breast cancer. Now as you know I am not a golfer so you can imagine that this is a pretty important event for me to even consider using a golf club. Last year was wonderful and Dorothy, Cristina, Lia and I are looking forward to a terrific afternoon. Congratulations to organizers Charmaine Dokuchie and Brenda Lothrop for a job very well done.

It has been a glorious summer week around the province, but the hot weather creates enormous risk in our tinder dry forests. If you are out enjoying the great outdoors please be FireSmart!

I wish you all a happy summer weekend, since there aren't many left before Fall arrives! I look forward to seeing you out and about!

Until next week,

Shirley

## **Question of the week:**

### **What is Northern Health urging local citizens to be aware of?**

Northern Health's north west health service delivery area (HSDA) continues to experience new cases of HIV infection among at-risk people, particularly those involved directly or indirectly with the sex trade, and/or injection drug use. Northern Health has issued a public advisory, encouraging anyone who may have been at risk to be tested for HIV (which causes AIDS).

Behaviours such as injection drug use or participation in the sex trade increase a person's risk of becoming infected with HIV. The risk increases whether they take place in a large city, in a First Nations community, or in any other town or village.

There is no indication that rates of HIV infection have recently increased in the Northwest HSDA, but public health officials have observed a clear link between new cases and ongoing high-risk behaviours. Public health officials recording nine new HIV positive tests in the region in 2006, four in 2007, and four more so far in 2008.

People contract HIV and other blood-borne diseases through contact with an infected person's blood or body fluids (such as semen or vaginal secretions). Some of the ways people become infected include:

- Unprotected sex and sexual contact with multiple partners or sex-trade workers
- Sharing needles for injecting drugs or sharing crack pipes

Many people with HIV are unaware of their HIV-positive status. They may not have any symptoms, but are still capable of transmitting the disease to others.

Testing for HIV is free and confidential. People seeking testing can visit a family physician, or arrange a test through their local public health unit.

## **News Around the Province**

### **PROVINCE SUBSIDIZING ASSISTED LIVING RESIDENCES IN WILLIAMS LAKE**

The Province is providing more than \$148,000 annually for an additional six subsidized assisted living units at Williams Lake Seniors Village, announced Rich Coleman, Minister of Housing and Social Development.

As our population ages, it's vital that we provide B.C.'s seniors with more independent living options. These additional units at Williams Lake Seniors Village will allow more low income seniors to stay in their community and maintain their independent lifestyle.

Twenty-one assisted living units, including the six additional units, at Williams Lake Seniors Village are funded through the Independent Living BC Program (ILBC). ILBC provides a middle option to bridge the gap between home care and residential care for those who need some assistance, but do not want or need 24-hour professional nursing care.

The Interior Health Authority will provide \$104,000 for personal care services and part of the hospitality services provided to tenants.

The goal of assisted living and developments like this is to promote greater independence and support long-term care needs.

Williams Lake Seniors Village is owned and operated by Retirement Concepts Seniors Services Ltd., an established provider of seniors' housing in British Columbia and Quebec. The development provides a range of quality housing services and care options for seniors in a home-like environment.

Williams Lake Seniors Village provides the community with 146 homes and another 85 units are in construction for its older citizens. The development is an innovative and progressive model of housing.

The Province has exceeded its commitment in providing

more than 4,000 affordable assisted living apartments for B.C. seniors and persons with disabilities. Budget 2008 increased the amount the Province invests in affordable housing and shelters to more than \$400 million a year, more than three times as much as in 2001.

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

Izabella Roderick, for her outstanding efforts to fundraise for the BCSPCA. At five years old, she is one of the youngest fundraisers in the province for Paws for a Cause. Great work Izabella!

## **Community Announcements**

### **BC 150 Awards Banquet**

August 21<sup>st</sup> at 6:00pm

Ramada Hotel

Come with Friends and Family

Take part in a multicultural event that includes diverse cultural foods and entertainment.

Dinner tickets: Adults \$20; Children \$9.95

For more info:250-562-2900

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

- ❖ August 16 – **P.G. Firefighters Car Wash** – From 10 -2 pm Prince George Firefighters will be washing cars by donation at the Real Canadian Superstore to fundraise for the BC Professional Firefighters Burn Fund. Bring the kids to check out the fire truck that will be there and let them have a try at hitting a target with a fire hose to dunk the firefighters into a tank.
- ❖ August 17 – **Pamper Me Golf Tournament** – 2<sup>nd</sup> Annual Tournament held at Ness Wood Golf Course. Funds raised will go to equipment and

education for women's cancer issues in our community. For info call Brenda Lothrop (562-4433)

- ❖ August 21-IMSS BC 150 Awards Banquet at the Ramada Hotel. Tickets \$20 for more info -562-2900
- ❖ August 23- Carefree Society Seniors Fashion show & Luncheon, 1-4pm at 950 Kerry Street – Help raise funds for new bus. Entertainment, door prizes. Admin \$20, Srs-\$15
- ❖ August 24 – A Summer Night of Seasonal Delights-join local food producers, chef and food artisan for a taste of summer. Afternoon Tastings and Explorations 4pm to 6pm -\$25. Dinner at 6:15pm -\$55. Community Garden 1540 Milburn Ave. Info-564-3859
- ❖ August 24 – BC 150 Rivermania - Come celebrate the culture and Peoples of the Fraser River. Every BC community is invited to take part in this event. The launch in Prince George takes place August 24. Visit <http://www.bcrivermania.com/index.html> to find out what's going on in Prince George and to see how you can be part of the flotilla
- ❖ August 29<sup>th</sup> – Fun Day – Hart Pioneer Recreation Centre. All seniors over the age of 50 are welcome to attend. All games free and lunch only \$4. 250-962-6712 for information.
- ❖ September 5<sup>th</sup> - Cops for Cancer-Tour de North Starting Line Event at Re/Max Centre City, 1679 15<sup>th</sup> Avenue, Prince George. Event is on Friday, Sept 5<sup>th</sup> starting with a Pancake Breakfast by donation at 8:00 AM hosted by Re/Max Realtors. Everyone invited to come out and meet the RCMP Tour de North Riders and see them off as they begin the 7 day cycling tour to Prince Rupert.
- ❖ September 6<sup>th</sup> – ECRA Garage Sale – Fall garage sale and bake sale. 1692 10<sup>th</sup> Ave. Call 250-964-1118 or ECRA 250-561-9381 for info.
- ❖ September 12<sup>th</sup> – Spirit of the North Radiothon – Join 101.3 the River during a full day broadcast fundraiser in the atrium of PGRH. Come and make a donation to generate much needed funds for our hospital. Contact Debie Byl at 565-2522 for info.
- ❖ September 20 – Evening of Pink – A community fundraiser to support education and equipment in

our community for the fight against breast cancer.  
For info call Monica Peacock (552-4114)

***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.



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