



## Useful Web Links

## September 5, 2008



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[My website](#)

[BC Government Caucus](#)

[Ministry of Education](#)

[City of Prince George](#)

[Regional District of Fraser Fort George](#)

[Prince George Public Library](#)

[Two Rivers Gallery](#)

[Act Now! BC](#)

[2010 Commerce Centre](#)

[Spirit of 2010](#)

[Prince George Community Foundation](#)

[Northern Development Initiative Trust](#)

[The Exploration Place](#)

[Railway and Forestry Museum](#)

Hello Everyone,

Well they are back!! Students in Prince George and across the province have returned to school this week - some with a sense of excitement and others with some anxiety. I also "went back to school." On the first day of school, I had the privilege of announcing that the province and BC's WHL teams are expanding the highly successful Read to Succeed program to five new cities including Prince George. This is a great literacy and fitness program that encourages students in grades 4-6 to read and be physically active by rewarding students for their efforts with tickets to WHL hockey games.

If every student in a class reads for 15 minutes day and exercises for 30 minutes after school over a 2 week period, the entire class will get a ticket to watch a Cougars hockey game. WHL players also visit classrooms to encourage students to read and be physically active. I've seen how excited students are to meet these positive role models and I am pleased that the Cougars will be taking part in this program. A special thank you to Cougar Jordie Deagle for attending the launch with me in Vancouver - he did a great job!

Yesterday, we were able to announce an important component of our Cariboo Connector strategy. The provincial and federal governments are jointly providing \$28M to widen 4.6 kilometres of highway 97 to 4 lanes.

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

The lanes will be built south of the Simon Fraser bridge and will improve the flow of goods and traffic in and out of Prince George. I know how important this project is to all of Northern BC and the ability to move forward quickly and in partnership with the Federal government is critical.

The recent floods in our community highlighted the need to prepare for the future and build on our previous investments in flood protection with \$2 million to further improve our city's flood protection systems. This funding will mean that we can tackle some of the challenges we face and should be very welcome news!

As usual there are a number of community events happening this weekend. On Sunday we will be raising funds to combat ovarian cancer. The Winners Walk of Hope will take place at 11am at Fort George park, and at 1pm the PGSO will be performing Pops in the Park at the band shell. Bill and I love to attend the concert in the park and we try to be there every year. Thanks to the Symphony for sharing your music with the community in this special way. We hope to see you there. I look forward to seeing you out and about!

Until next week,  
Shirley

## **Question of the week:**

### **WHAT NEW WEBSITE PROMOTES B.C.?**

A newly redesigned provincial website will allow people anywhere in the world interested in investment, trade, immigration, education or travel in British Columbia to access the information they need from a single "landing pad," Technology, Trade and Economic Development Minister Ida Chong announced.

"B.C. is reaching out to the important markets of the Asia-Pacific region, as well as countries around the world," said Chong. "This multilingual website, Canada's Pacific Gateway, will help build British Columbia's global identity, support investment and trade, and attract people to work and study in our province."

Available at [www.canadaspacificgateway.ca](http://www.canadaspacificgateway.ca), the website

marks the first time the Province has launched a multilingual Internet platform with information on British Columbia presented in five categories: invest/trade, live, work, study and visit. Currently the site is accessible in both simplified and traditional Chinese, as well as French and English. By early 2009, it will also be available in Japanese, Korean, Punjabi, Hindi, Spanish and German. Representing a successful collaboration between organizations and provincial government ministries, the Canada's Pacific Gateway website implements recommendations made by the Asia Pacific Trade Council, the Premier's Technology Council, and the B.C. Competition Council.

The Canada's Pacific Gateway website supports the Province of British Columbia's Asia Pacific Initiative and international marketing efforts.

## **News Around the Province**

### **SURVEY RESULTS SHOW B.C. HAS THE LOWEST SMOKING RATE**

National survey results on tobacco use, just released, indicate British Columbia boasts the lowest smoking rate in the country in a number of categories, especially in young people. "This is great news. By living tobacco-free, British Columbians are demonstrating they are serious about their health and making healthier lifestyle choices," said Healthy Living and Sport Minister Mary Polak. "We have reached our ActNow BC goal of 14.4 per cent and are continuing to build momentum to be the healthiest region ever to host an Olympic and Paralympic Winter Games."

B.C.'s smoking rate for 2007 is listed at 14.4 per cent in the Canadian Tobacco Use Monitoring Survey (CTUMS) annual results on tobacco use and related knowledge, attitudes and behaviour. This is lower than the Province's 2006 rate of 16.4 per cent. By contrast, the national smoking rate for 2007 is 19 per cent. Young British Columbians, aged 15 to 19, are also leading the country in butting out. The survey results show B.C.'s youth smoking rate dropped to single digits for the first time ever at nine per cent, down from 12.4 per cent the year before. The national youth rate is 15 per cent.

CTUMS data also show a dramatic drop in young female smokers aged 15 to 24 – only 11.6 per cent now smoke compared to 19.2 per cent the year before. The national 2007 rate for young female smokers stands at 19 per cent. “Addictions can form in children from a very young age,” said provincial health officer Dr. Perry Kendall. “That’s why it’s important we continue to encourage healthy lifestyles while discouraging harmful behaviours such as smoking.” That plan is working, as survey results indicate only 4.3 per cent of children from birth to age 17 are exposed to second-hand smoke in their homes in B.C., compared with 9.5 per cent in homes nationally. British Columbia’s tobacco control strategy aims to further reduce B.C.’s smoking rates and to improve the health of British Columbians. In April 2008, government introduced amendments to the Motor Vehicle Act that protects children under the age of 16 from second-hand smoke in motor vehicles. Other recent initiatives include legislation that bans smoking in indoor public spaces and workplaces and the use of tobacco at schools, restricts the way tobacco is displayed and sold, and the introduction of a province wide policy that will see all health authority facilities in B.C. smoke-free by October 2008.

The Ministry of Healthy Living and Sport also funds QuitNow.ca and QuitNow by Phone, free smoking cessation programs that are available 24 hours a day, seven days a week to all British Columbians. QuitNow by Phone offers translation services in more than 130 languages. ActNow BC is the government’s healthy living initiative to encourage British Columbians to lead healthier lives through increased physical activity, healthy eating, eliminating tobacco use and healthy pregnancies. For more information and to take the ActNow BC Healthy Living Pledge, visit [www.actnowbc.ca](http://www.actnowbc.ca).

For more information on tobacco control in B.C., please visit the Tobacco Control Program’s website at [www.health.gov.bc.ca/tobacco](http://www.health.gov.bc.ca/tobacco).

To view the Canadian Tobacco Use Monitoring Survey, please visit [www.hc-sc.gc.ca/hl-vs/tobac-tabac/index-eng.php](http://www.hc-sc.gc.ca/hl-vs/tobac-tabac/index-eng.php).

**This week’s bouquet of recognition goes  
to...**

Justine Russell, congratulations on winning the competition for the Simon Fraser Bridge mural. We look forward to seeing the finish product on the new bridge!

## Community Announcements

### Pops in the Park

September 7<sup>th</sup> ~2:00 pm

Fort George Park Band Shell

Enjoy an afternoon in Fort George Park with food, exhibits and a live performance including many old and new favorites from film musicals, TV and popular recordings.

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## Mark your calendar...

- ❖ 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 9<sup>th</sup> – **International FASD Awareness Day** – International Fetal Alcohol Spectrum Disorder Awareness day is Sept 9<sup>th</sup>. The Northern Family Health Fair Society and Structured for Success program are hosting a variety of activities and presentation for the Public from 12 to 3 pm. Call Stephanie Curtis at 250-561-2689 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 14<sup>th</sup> – **Paws for a Cause** – Go to Forests for the World park to register and walk through the Greenway to the UNBC parking lot. Begins at noon.
- ❖ September 14<sup>th</sup> - 28<sup>th</sup> **Annual Terry Fox Run** – From his statue in Community foundation Park on 7<sup>th</sup> Ave participants can run, walk jog or wheel as far as they wish, travel 5km loop that brings them back to the start line. Run goes from 10am to 2pm, registration begins at 9am. Pledge forms available at the Citizen, Four Seasons pool; Gold's Gym or can be downloaded from the [www.terryfoxrun.org](http://www.terryfoxrun.org).
- ❖ 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)

- ❖ September 21 – **Book sale** – Save –on-foods College heights – hosted by Kiwanis Clubs. For info call Glenn: 250-564-7138
- ❖ September 20 – **Breakfast of Champions** – Come and support UNBC athletics at this breakfast held in the Ramada Hotel. The speaker will be Randy Gregg, five time Stanley Cup winner and orthopedic doctor. Call Kelly Sharp (sharpk@unbc.ca) at (250) 960-5335 for more tickets and information.
- ❖ September 27<sup>th</sup> – **Mennonite Fair** – at the Civic Centre from 10am to 4pm. Wood crafts, baking, used books, clothes, and lunch. For more info call Wendy at 250-963-9276
- ❖ September 27<sup>th</sup> – BC Rivers Day Music Festival. Check out the line up of entertainment at [www.riversdaymusic.org](http://www.riversdaymusic.org). or for more info call Pattie at 250-961-9667

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