



Useful Web Links

November 7, 2008



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[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,

Until next week.

Shirley

Question of the week:

HOW IMPORTANT IS DIABETES AWARENESS FOR HEALTHY LIVING?

November is Diabetes Awareness Month, and the Province is working to ensure British Columbians are aware of how they may reduce their risk of this often preventable disease. Increased awareness is one of the best ways to address the rising rate of diabetes in our province and around the world. The BC government is committed to helping British Columbians protect themselves from the risk factors that lead to chronic diseases like diabetes.

ActNow BC provides many tools and resources to help empower people to become experts in managing their health. This cross-government initiative supports chronic disease prevention and offers many supports to help British Columbians lead healthier lives. These include tips for healthy eating, eliminating tobacco use, maintaining a healthy weight, and increasing physical activity. Since 2007,

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 ActNow BC Road to Health Community Tour has visited 37 cities across British Columbia, reaching out to more than 255,000 British Columbians with the message of healthy living and prevention of diseases.

The BC Diabetes Care Guideline for family doctors is another resource that describes the care objectives for the prevention, diagnosis and management of diabetes. More than 3,000 family doctors have adopted the guidelines and, to date, more than 141,000 patients with diabetes have benefited from the recommended care and have had fewer health complications.

The Canadian Diabetes Association indicates diabetes is the world's fourth leading cause of death and is increasing daily, affecting an estimated 246 million people globally.

People with diabetes are at higher risk of heart disease and stroke.

Most Canadians don't know that heart disease is a serious complication of diabetes. Today, only one in five people living with diabetes survives heart disease. The good news is that we can all do better. In fact, Canadians can reduce their risk of developing type 2 diabetes by over 50 per cent by getting active, losing weight and eating right.

In addition to costs related to health and quality of life, the estimated direct costs for diabetes to the health-care system in B.C., including hospitalization, Medical Services Plan and PharmaCare costs, were approximately \$1.04 billion in 2003/04. These costs could rise to \$1.9 billion by 2015/2016. If prevention initiatives can lower the incidence of diabetes by just 25 per cent, approximately \$200 million could be saved annually within 12 years. More information on diabetes and self-care can be found in the BC HealthGuide program at www.bchealthguide.org, or by calling the BC NurseLine at 604 215-4700 within Greater Vancouver, toll-free at 1-866-215-4700 elsewhere in B.C. For more information on ActNow BC, visit www.actnowbc.gov.bc.ca.

The Canadian Diabetes Association website also offers information at www.diabetes.ca, or by phone at 604 732-INFO (4636), or Toll Free 1-800-268-4656. The Association also operates North America's only Chinese Diabetes Information Line at 1-888-666-8586.

News Around the Province

HEALTHY LIVING RESOURCES WILL BENEFIT

YOUNG STUDENTS

Elementary school teachers across the province will soon receive another resource to support young students develop knowledge and lifelong skills and help make healthy choices. The Healthy Eating and Physical Activity Learning Resource will help teachers support elementary students in making healthier choices throughout their life, whether they are at school, at home or with friends and family. Teachers are in a unique position during a child's life, and they play an important role in educating and inspiring their students in leading healthier lifestyles.

Launched at the Improving Learning, Health and Literacy conference in Vancouver, the Healthy Eating and Physical Activity Learning resource is a grade-by-grade set of healthy eating and physical activity classroom-based lesson plans for B.C. teachers to use for students in kindergarten to Grade 7. There will be 3,200 copies for each grade distributed to teachers throughout the province.

The resource, supported by ActNow BC, includes lessons that help students plan age appropriate healthy eating and physical activity goals to live healthier lives. Students are supported in learning what health practices they currently have and how to use these new skills in their daily lives. We are working together in government to improve the health of children throughout the province. Providing important resources like this will help ensure that all of our students are learning to make healthier choices that lead to better outcomes, both physically and academically.

In October 2007, government released the learning resource for grades 8, 9 and 10, with more than 2,000 copies of each grade distributed throughout the province. Posted online at the Ministry of Education's Healthy Schools website, the learning resource was developed by the Ministry of Healthy Living and Sport in partnership with the Ministry of Education, with students, teachers and health professionals actively participating.

Dr. Lawrence St. Leger of Australia, who has developed international guidelines for healthy schools and is a keynote speaker at the health and learning conference, congratulated B.C. on releasing healthy school guides that will benefit students in kindergarten to Grade 7.

Research shows that promoting health and wellness in the classrooms improves learning outcomes as well as building protective health factors for students.

The conference was hosted by the Directorate of Agencies for School Health (DASH) and celebrates the progress

made by B.C. schools that have been working to implement healthy school initiatives that make a positive impact on students' academic achievement and their attitude towards school and learning.

Learning resources for kindergarten to Grade 7 will soon be available on the Ministry of Education's website at:

http://www.bced.gov.bc.ca/health/active_living/physical_activity_learning.htm

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

Kathy Nadalin and Agnes Leslie

Congratulations on the release of your book

"Memoirs of Our Members"

Book is available at Elders Citizen Recreation

Centre on November 14 from 10-2pm.

Community Announcements

Remembrance Day

Service in the Civic Centre

Seated by 9:00 AM

Colour Party Advances At 9:20AM

Remembrance Program & Wreath

Laying

Get your tickets for the Awards night

Friday November 8th - 6pm

For more info call

Special Events Creators

250-564-3737

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**Coats for Kids Campaign**

**Spotless Cleaners is asking the public to bring in winter outwear to 15<sup>th</sup> Ave,**

**fifth Ave, or Spruce St. locations**

**For more info call Fran 250-563-3966**

**Mark your calendar...**

- ❖ November 7 – Healthier You Expo, Forum & Awards – Banquet and Awards.
- ❖ November 7-9<sup>th</sup> – **ECRA Drama show** – Friday at 7pm, Saturday at 2pm and Sunday at 2pm- come out to ECRA on 10<sup>th</sup> Ave.
- ❖ November 8 – **Wine Festival** – Come out and support theatre North West while enjoying a fun evening of delicious wine tasting, appetizers, silent auction and new for 2008- mini wine tasting lessons. 7:30 pm to 10:30 pm Tickets \$35 available at Books and Co. and TNW office.
- ❖ November 8-9 – **DP Todd school Craft Fair** at 4444 Hill Ave. for info call 562-9525
- ❖ November 10 – Grand opening of **Highland Community Centre** and YMCA Family Development Centre from 12 – 1:30pm – 155 McDermid Dr - RSVP to Criss Turner by Nov. 1 at 250-562-9341
- ❖ November 11 – Family Day -\$39 **Free Skate with the Cougars** following the game.
- ❖ November 14 – **Ducks Unlimited Banquet & Auction** for Tickets call Lucia at Art Knapps 250-964-6056
- ❖ November 15 & 16 – **AIMHi Christmas Craft Fair**, 10Am -4pm each day, AiMHi Gym – 950 Kerry St for info call 250-564-6408
- ❖ November 16 - **“The Group of Six”** Open show and sale at Direct Art on George Street. 10am to 5pm. Percentage of sales will be donated to The Spirit of the North Foundation.
- ❖ November 16 - **Back Street Boys** with Guest Divine Brown at the CN Centre- call ticket master for info
- ❖ November 17 – **Festival of Trees** at the Civic Centre
- ❖ November 19 – **Kenny Rogers Christmas tour** at the CN Centre for tickets call Ticket Master
- ❖ November 20 - Theatre Northwest’s presentation of “A Christmas Carol” Tickets on Sale at Books and Company, \$28 for Adults, \$22 for youth, for info call 250-614-0039
- ❖ December 6 – **Disney High School Musical**; the Ice Tour at the CN Centre – tickets go on sale call Ticket master
- ❖ December 13 – Gospel concert at Prince George Playhouse – **Sacred songs of Elvis Presley-**

- tickets at Studio 2880 for info call 250-563-2880
- ❖ January 24 to Feb 1 – The **Coldsnap Festival**; six mainstage events are \$25 or three for \$60. Tickets go on sale Nov15 at Studio 2880, Books and Co, and Meow Records.

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

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@leg.bc.ca). 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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