



## Useful Web Links

**November 14, 2008**



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[City of Prince George](#)

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[Act Now! BC](#)

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[Railway and Forestry Museum](#)

Hello Everyone,

It was an eye opener to drive around the city and see ever increasing numbers of Christmas lights and decorations! Where did November go...already half over! I am trying not to panic as the countdown to Christmas picks up!

The 'Healthier You' Expo and Forum was held last week. The successful three day event saw fantastic speakers such as Dr. Larry Ohlhauser and Silken Laumann inspire those in attendance, as well as many great workshops and forums. One personal highlight was co-emceeing 'A Healthier You' Awards with fellow Prince George MLA and cabinet minister Pat Bell. Recognizing residents of Prince George and surrounding communities for the hard work they do to promote healthier lifestyles in Northern BC was truly rewarding. As usually, co-emceeing with Minister Bell was a lot of fun and many laughs were shared between us and the audience. I was also proud to have George Abbott, Minister of Health Services, Mary Polak, Minister of Healthy Living and Sport and Attorney General Wally Oppal meet with members of the community and listen to health-related concerns from those in the multicultural community and other northern residents. I would like to thank all of those who worked on and at the event, as well as the communities of Prince George for making the event a success, and in particular Baljit Sethi. Partnering with the IMSS for this year's event made the event that much more of a success. Baljit's hard work and dedication to 'Healthier You' Expo and

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

Forum are truly appreciated.

Despite the success of the 'Healthier You' Expo and Forum, I know health issues are not the only issues on the minds of residents of Prince George. On Nov. 12, the fourth timber supply review for the Prince George Timber supply area (TSA) began. An information report and technical data are available at [www.for.gov.bc.ca/tsa/tsa24](http://www.for.gov.bc.ca/tsa/tsa24) for public comment. This is the first of two opportunities for input during the timber supply review process. The second will be when the timber supply analysis report and an accompanying public discussion paper are completed next summer. As part of the review process, a socio-economic analysis will be done to help assess the impacts and implications of the decline in timber supply, including diminishing supplies due to the pine beetle epidemic. I know that the forest sector has faced difficult times. This is a great opportunity for your voice to be heard on how our forests are managed and governed in the future so that we maintain a healthy and vibrant forest industry.

Not only are we looking at how we manage our forests, we are also creating many new opportunities for the forest sector and forest workers. My colleague, the Minister of Forests and Range Pat Bell is also currently in China promoting BC wood and wood products. BC is also signing a memorandum of understanding (MOU) with China to help rebuild community facilities destroyed by last May's devastating Wenchuan earthquake. China provides an amazing opportunity as a growing market for BC forest products. Our exports to China are increasing each year and it is trade missions like these that will keep our forest sector strong in the future. On Monday we saw the announcement of \$166,411 to improve the safety on the Cranbrook Hill Greenway trails through the Job Opportunities Program. This project is specifically designed to keep forest workers employed and to keep these skilled workers in Prince George. It is projects such as these that will keep our forest-dependant communities healthy and maintain a skilled forestry workforce in Prince George for future upturns in the market.

Lastly, I would like to congratulate the University of Northern British Columbia on its substantial increase in research dollars – growing 144.5 percent this past year. This increase helped propel UNBC to a second place ranking for schools

classified as “Primarily Undergraduate” in the recent university issue of MacLean’s magazine. As a relatively new institution and one with a small student body, achieving such a high-ranking and increase in research funding is truly remarkable. Congratulations UNBC! Today is an important day for Prince George as the Can West members are in our community assessing whether or not UNBC will be accepted for play in the CIS league. Please come out to the games tonight and support our T-wolves and the bid! This would be another important addition to UNBC. Bill and I will be there cheering!

Don’t forget to support two important events this weekend, the AimHi Christmas Craft Fair and the HandyCircle Loonie Auction. I’m looking forward to some great shopping opportunities.

Until next week.

Shirley

### **Question of the week:**

#### **HOW CAN THE GENERAL PUBLIC COMMENT ON PROPOSED CHANGES TO THE BUILDING CODE?**

Changes to the B.C. Building Code that will raise the roof on residential wood-frame construction to six storeys are now available online for public input.

The Province is increasing the limit on wood-frame residential construction from four to six storeys, effective January 2009. Raising the roof on wood-frame construction will open opportunities for construction of mid-rise, medium-density housing. This type of building provides an option for communities that want to take advantage of the environmental benefits of density while preserving the character of their communities.

Local governments, builders, designers, and others involved in the construction process helped guide development of the changes to the Building Code through a series of advisory groups and consultation sessions. The online public consultation is being launched to gain feedback on the specific technical changes to the Building Code and provide the general public a chance to comment.

The proposed changes are available online for review and

comment at [www.housing.gov.bc.ca](http://www.housing.gov.bc.ca) by clicking on the Mid-Rise Wood Frame Construction button. The deadline for comments on the proposed changes is Dec. 15, 2008.

## **News Around the Province**

### **ACTNOW BC HEALTH TOUR TO VISIT ABORIGINAL COMMUNITIES**

A health program to reach some of B.C.'s more remote communities will provide valuable testing, screening services and tools for healthy living for Aboriginal people. We're providing new ways to help close the health gap between Aboriginal people and other

British Columbians. Increased awareness is vital to helping British Columbians reduce their risk of diabetes and other preventable chronic health conditions such as high blood pressure and cancer.

The pilot ActNow BC Road to Health Aboriginal Community Tour was held in June this year and visited three communities in northern B.C. More than 300 people were screened for heart health and many high risk individuals were identified, counseled and provided with personal medical assistance they had never received before.

The tour is being led by Diabetes and My Nation, a non-profit organization that will plan community events tailored to the traditions and cultures of B.C.'s Aboriginal people. Working closely with the regional health authorities and health-care professionals, the organization will provide information about healthy living to community members. It will also provide screening to determine factors for chronic diseases and provide feedback on how to begin leading healthier lives.

There will be activities at each tour stop run by the ActNow BC team, who will provide information on healthy eating and physical activity to promote the importance of healthier lifestyles.

Following each tour visit, Diabetes and My Nation will provide a workshop for a health-care team in each community on how to establish a program for diabetes prevention and management, which includes materials and resources to support the workshop. This timely community engagement initiative by ActNow BC is a welcome addition to Diabetes and My Nation. This program will be important in helping to improve the health of B.C.'s First Nations.

The tour will visit Gold River on Nov. 13; Klemtu on Nov. 22 and 23; Penticton on Nov. 25; Terrace on Nov. 27 and 28;

Quesnel on Dec. 3; Kitimat on Dec. 5, 6 and 7; and Lilwat on Dec. 10. The target is to reach approximately 2,400 First Nation individual participants or 300 per community. ActNow BC is government's healthy living initiative aimed at encouraging British Columbians to eat more healthfully, increase physical activity, eliminate tobacco use and make healthy choices in pregnancy. Join thousands of British Columbians in taking the ActNow BC Healthy Living Pledge and visit the ActNow BC website at [www.actnowbc.ca](http://www.actnowbc.ca).

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

*Dale Arnet- 50 year old mother of six won Gold and Silver medals at the Alberta-BC provincial championships in taekwon-do competition  
Congratulations Dale!*

**Community Announcements**

***AimHi Christmas Craft Fair***

***Sat & Sun***

***10AM to 4PM***

***950 Kerry Street***

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**Handy Circle Promotions Society**

**Annual Loonie Auction**

**Sat. Nov 15 - Moose Hall**

**663 Douglas Street, 12 -2pm**

**Mark your calendar...**

- ❖ **November 15 & 16 – AiMHi Christmas Craft Fair**, 10Am -4pm each day, AiMHi Gym – 950 Kerry St for info call 250-564-6408
- ❖ **November 15 – Legion Bake Sale** – Legion Auditorium on 7<sup>th</sup> Ave, from 11am – 3pm
- ❖ **November 15 – CNC Doggie Fashion Show** – CNC Atrium at 1pm, general admission by donation, call 250-562-78 for info
- ❖ **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 – **Pineview Christmas and Business Fair**- 10am to 4pm at the Pineview Hall on Bendixon Rd, \$5 entry fee, for more info call 250-963-7047
- ❖ 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
- ❖ November 21 – **Spa Night** – Northern Women's Centre at UNBC is holding a fundraising event. 7-10pm. Tickets are \$25 ea. available at 250-960-5632
- ❖ November 21 – **Festival of Trees Gala Auction Evening** – Tickets calls Debie Byl, 250-565-2522
- ❖ November 29 – **Kelly Rd Craft Fair** – 250-962-6887 for more info.
- ❖ November 29-30 -**Blackburn Christmas Craft Fair** – call Claudia at 250-963-3292
- ❖ 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)***

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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