

MEDIA RELEASE
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Eleven hundred kick off Spirit of BC Week 2009

Quesnel, B.C. (February 9, 2009) - The Quesnel Spirit of BC Committee and the Active Communities Committee are pleased to announce Spirit of BC Week 2009 is off to a great start after the Quesnel Winter Carnival on Feb. 7 at West Fraser Timber Park.

"More than 1,100 people came out to enjoy skating, snowshoeing, nature booths, the Quesnel Sports Hall of Fame, a torchlight parade, fireworks and other activities, which is terrific," said Mayor Mary Sjostrom, chair of the Quesnel Spirit of BC Committee. "Spirit of BC Week is about celebrating our community, and it's also about staying healthy and having fun. Enjoying our Quesnel winter is a great way to stay active with family and friends."

In addition to skating on the pond, participants were able to take part in a range of activities, including cross-country skiing, snowshoeing, sledding and learning about nature. There was also plenty of free bannock, chili, s'mores and hot drinks to add some warmth to the festive atmosphere.

The Quesnel Spirit of BC Committee is promoting or has planned a number of events to take place during Spirit of BC Week, which runs Feb 6 to 14, including:

- **Pictures of Literacy** - Wednesday Feb. 11 from 2:30 p.m. to 4 p.m. at the Quesnel Twin Arenas & the Arts and Recreation Centre
- **Remembering Quesnel in the 1950s** - Friday Feb. 13 from 1p.m. to 3 p.m. at the Quesnel and District Museum and Archives
- **Hallis Lake Ski Elementary School Races** - Saturday Feb. 14 from 9:30 a.m. - 12:30 p.m.
- **South Quesnel Photo Mural Project** - Saturday Feb. 14 from 1p.m. to 4 p.m. at the Quesnel and District Arts and Recreation Centre.

"We hope to see people of all ages at Spirit of BC Week events this week, to help us celebrate what's unique about our province and our community, and to help us celebrate the one-year countdown to the 2010 Winter Games," added Sjostrom.

Spirit of BC® is a 2010 Legacies Now program in partnership with the Province of B.C. This province-wide initiative promotes community innovation, pride and excellence, and involves British Columbians in the opportunities arising from the 2010 Olympic and Paralympic Winter Games. For more information please visit www.SpiritofBC.com.

Spirit of BC Week 2009 partners include the Province of B.C., BC Hydro and the BC Recreation and Parks Association through its Active Communities Initiative.

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