

## **Appendix 15: Public Input Process**



**Copy of public advertisement of SFMP# 3.**

Following is the notice of SFMP# 3 public review printed in the December 17 and 24, 2015 and January 21, 2016 editions of the Northeast News and the December 17 and 21, 2015 and January 21, 2016 editions of the Alaska Highway News.

**NOTICE OF PUBLIC REVIEW OF SUSTAINABLE FOREST MANAGEMENT PLAN# 3**

The Participants in the Fort St. John Pilot Project, which include the major forest licensees and BC Timber Sales, who operate in the Fort St. John Timber Supply Area, have developed Sustainable Forest Management Plan #3 (SFMP# 3). The SFMP will provide strategic direction to future forestry operations in the Fort St. John Timber Supply Area. This SFMP has been developed with input from a Public Advisory Group representing interests from a wide variety of sectors. The SFMP includes landscape level strategies that will be implemented by the Participants to address resource issues that may be impacted by their activities.

The SFMP is available for public review and comment from December 21<sup>st</sup>, 2015 until March 30<sup>th</sup>, 2016. Copies of the SFMP are available for review between 8:30 a.m. and 4:00 p.m., Monday to Friday, until March 30<sup>th</sup>, 2016 at the following locations:

B.C. Timber sales: 9000 -17<sup>th</sup> Street, Dawson Creek, B.C.

Canfor: 9312 - 259 Road, Fort St. John, B.C.

A copy of the SFMP is also available at <http://www.fsjpilotproject.com/>

Revisions may be made to the SFMP as a result of comments received during the review period. Written submissions received prior to 4 pm March 30<sup>th</sup>, 2016 are welcome, and should be sent to:

Darrell Regimbald RPF

(250) 787-3651

Planning Coordinator  
Forest Management Group

Canadian Forest Products Ltd.

RR# 1, Site 13, Compartment 2, Fort St. John B.C. V1J 4M6

Email: [darrell.regimbald@canfor.com](mailto:darrell.regimbald@canfor.com)





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NOTICE

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B.C. Timber sales, 9000 -17th Street, Dawson Creek, B.C.  
Cantor, 3612 - 259 Road, Fort St. John, B.C.

A copy of the SFMP is also available at <http://www.ispilotproject.com/>. Revisions may be made to the SFMP as a result of comments received during the review period. Written submissions received prior to 4 pm March 30<sup>th</sup>, 2016 are welcome, and should be sent to:

Darrell Reynolds pop  
2501 797-3651  
Planning Coordinator  
Forest Management Group  
Canadian Forest Products Ltd.  
RR# 1, Site 13, Compartment 2, Fort St. John B.C. V1J 4M6  
Email: [darrell.reynolds@canfor.com](mailto:darrell.reynolds@canfor.com)



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## Counselor uses nightmare technique to help clients

LCA

not while in a dream-like state. When the client's heart is trying to figure out what they first seek, may not be as active and much more regarding the dream state, that men from a time in their out for years. According to solved, they are likely to

ing in who were having nightmares and while their parents were trying to console them, they were not treating the causal issues such as stress or trauma and the bad dreams kept coming back.

During the waking hours, the children would do other things to keep from thinking about the dreams such as reading, playing a game or watching a movie but in the night, the dreams reoccurred.

"In essence what we do is...we face the nightmares, so we talk about them. We don't talk about them in a way that causes them more stress," he said.

For example instead of saying "that must be terrible," which can give the nightmare more power, they talk about it in mundane terms as though they were discussing the weather.

"People with nightmares want to normally be around people who feel they have a strength and a capability and not somebody who succumbs to the same terror," said Martens.

According to Trobak, there are certain themes within the nightmares that are universal: dreams of running from something, falling or even teeth falling out, are all anxiety based.

"When we have someone who's gone through lots of trauma, especially as a child,

along with other problems, what generally happens is that people learn coping mechanisms such as meditation and breathing exercises but not necessarily curing the problem.

"If you have anger, you can cope with the anger but the anger's not going to go away, it stays there. What we say is 'there's something else here,' there's something that's feeding all of these things (for example: anxiety or addiction)," she said.

Trobak explained that for people with alcohol issues, alcohol is not the real problem but rather a symptom of some underlying, unresolved issue.

"Alcoholics Anonymous (AA) success rate for AA, 2 per cent...if we just deal with the alcohol, we're missing

Continued on Page 22.



Ilia Lovett  
for uses the MRI  
scans.

means that a general con- or us to try to sort out and minds haven't been able who have suffered from ill be more susceptible to sis she sees are there for mazes are symptoms of a its own, who do have nightmares, shortly after a person falls 3. nscience and aware even under someone like from

when we grow up, that trauma, if we don't resolve it, it's still there," she said.

The trauma, she explained, sits more in the sub-conscious and can thus come out at night. For people who have drug problems, relationship issues, anger issues,

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B.C. Timber sales: 0000 - 17th Street, Dawson Creek, B.C.

Canfor: 8312 - 259 Road, Fort St. John, B.C.

A copy of the SFMP is also available at <http://www.fsjpiotproject.com/>

Revisions may be made to the SFMP as a result of comments received during the review period. Written submissions received prior to 4 pm March 30th, 2016 are welcome, and should be sent to:

Darrell Regimbald RPF

(250) 787-3651

Planning Coordinator

Forest Management Group

Canadian Forest Products Ltd.

RR# 1, Site 13, Compartment 2, Fort St. John B.C. V1J 4M6

Email: [darrell.regimbald@canfor.com](mailto:darrell.regimbald@canfor.com)





## Website Notice of SFMP# 3 Public Review

Copy of public advertisement of SFMP# 3, posted on FSJ Now website December 18, 2015.

1) Welcome: darrell.regimbald, center

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### Review Sustainable Forest Mgmt Plan 3

**Description:** The Participants in the Fort St. John Plan Project, which include the major forest businesses and BC Timber Sales, who operate in the Fort St. John Timber Supply Area, have developed Sustainable Forest Management Plan #3 (SFMP #3). The SFMP will provide detailed direction to future forestry operations in the Fort St. John Timber Supply Area. This SFMP has been developed with input from a Public Advisory Group representing interests from a wide variety of sectors. The SFMP includes landscape level strategies that will be implemented by the Participants to address resource issues that may be impacted by their activities.

The SFMP is available for public review and comment from December 21st, 2015 until March 20th, 2016.

Copies of the SFMP are available for review between 9:30 a.m. and 4:55 p.m., Monday to Friday, until March 30th, 2016 at the following locations:

- S.C. Timber sales: 5655 - 57th Street, Dawson Creek, B.C.
- Cariboo: 9315 - 250 Road, Fort St. John, B.C.

A copy of the SFMP is also available at <http://www.fsjnowproject.com/>

Requests may be made to the SFMP as a result of comments received during the review period. Written submissions received prior to 4 pm March 30th, 2016 are welcome, and should be sent to:

Darrell Regimbald RPR  
(250) 787-3655  
Planning Coordinator  
Forest Management Group  
Canadian Forest Products Ltd.  
Site 1, Site 13, Compartment 2, Fort St. John B.C. V1J 4W0  
Email: darrell.regimbald@cpfd.ca

**Important Information on SCAMS**

General Details

Posted by: darrell.regimbald, center

Contact Ad Provider (You must be logged in to use the contact form.)

It is NOT acceptable to contact this poster with services or other commercial interests.

Email: 250.787.3655

Phone: 250.787.3655

City: Fort St. John