



# Comox News

March 2015

*The Town of Comox Community Newsletter*

## Town of Comox election results



*From left to right, Councillor Arnott, Councillor Swift, Councillor Ken Grant, Mayor Ives, Councillor Price, Councillor Marg Grant and Councillor MacKinnon*

### Inside:

- *Public Works and Parks Buildings*
- *2015 Heritage Award*
- *Bicycle safety during winter months*
- *Carbon monoxide safety*
- *Radar speed boards*
- *Marina Centre Project*
- *Comox Recreation "Steps" up to help*
- *Cardio-Pulmonary Program*
- *Another strata switches to metered billing*
- *Pesticide Use Bylaw*

Voter turnout continued to be strong in the Town, with just over 41% of eligible voters casting ballots in the municipal election last November. This compared with an average turnout of approximately 30% for all

municipalities in BC. Congratulations to the new Council, who will now be in office for a four-year period from December 2014 to December 2018, due to a recent change in

provincial legislation. Thanks go to Patti Fletcher and Tom Grant for serving on Council during the past three years, and we welcome new Council members Russ Arnott, who served 2008-2011, and Marg Grant.

## Port Augusta Street storm reconstruction

A very old section of the storm system along Port Augusta Street from Beaufort Avenue to Marina Park was beginning to fail and is now being replaced. The existing storm consists of vitrified clay pipe, which is made of clay that has

been subject to vitrification (a process which fuses the clay particles into a very hard, inert ceramic state). Sections of the pipe have been collapsing during recent storms, leading to localized flooding and

property damage. We regret the inconvenience and traffic delays posed by this project and thank all residents and businesses for their cooperation.

## Public Works and Parks Buildings



Last year, construction began on the new Public Works and Parks buildings at 1390 Guthrie Road. The nearly \$5.0 million project has been financed internally, saving Comox taxpayers over \$200,000 in interest. The new buildings are now nearing completion, so look for an official opening announcement coming soon!

## 2015 Heritage Award

The 2015 Heritage Award was presented to Lewis Bartholomew of The Alberni Project by Councillor Barbara Price. Congratulations Lewis!



## Carbon monoxide safety

Carbon monoxide (CO) is a colourless and odourless gas that is extremely toxic. It is produced when fuels that contain carbon – such as wood, coal, oil and gasoline – burn incompletely.

Many household appliances use these fuels; however,

the risk of CO poisoning is extremely low if they are properly installed and vented.

In an enclosed space (like your home), even a small amount of CO can be dangerous. When inhaled, it interferes with the blood's ability to absorb and transport oxygen.

## Bicycle safety during winter months

Bicycling during winter months is challenging, and even dangerous if you do not take special precautions and give yourself more time. The recent set of bicycling accidents is extremely unfortunate and we would like to provide the following winter cycling tips to help ensure that your ride continues to be safe and enjoyable:

- Give pedestrians and cars more room.
- As most pedestrians and drivers aren't looking for cyclists during the winter months, assume they don't see you. You must be a defensive cyclist and anticipate possible problems.
- Slow down. Plan to add more time to your

commute so you can slow down and ride carefully.

- Good lighting is a must, since in the winter you will often be riding in the dark, and at a time when there are more cars on the road. Short days and falling rain or snow can also drastically limit a driver's visibility. Use a powerful, highly visible front LED light (150-200 lumens) and bright red flashing LED rear lights.



Comox Community Centre's new Krankcycle – see following page for details



Exposure causes headache, nausea, dizziness, drowsiness and confusion. In severe cases, CO poisoning causes, loss of consciousness and death.

If you suspect CO poisoning, leave your home immediately and call

911. If your home uses any of the above fuels, be aware of CO poisoning symptoms and ensure you have a CSA certified CO alarm installed. CO alarms are typically installed adjacent to sleeping areas. Also, don't forget to change the batteries.

## Radar speed boards

You may have noticed a couple of radar speed boards around Town lately. The Town recently purchased two radar speed boards, with assistance from ICBC, in order to obtain traffic data and slow traffic in certain areas. The boards visually display drivers' real-time speeds as they approach, and drivers are able to see how fast they are actually driving compared to the posted speed limit. The boards also have an additional, white flashing LED to grab the attention of

drivers who are travelling at more than 10 km/h over the posted speed limit. Radar speed boards are effective in slowing traffic down. They are somewhat mobile, and the Town will focus primarily on locations within school and playground zones to remind motorists of both the posted speed and their need to slow down if they are going too fast. The speed boards also allow the Town to collect data with respect to vehicle counts and speed.



## Marina Centre Project

The Town has been awarded a \$320,000 grant from the Island Coastal Economic Trust to create new public meeting spaces and marina amenities in Marina Park.

The funding is part of a proposed larger project to boost economic activity in the harbour and downtown areas by creating a central plaza area for locals and visitors alike to enjoy festivals, markets, special events and facilities.

The Town has also committed \$400,000 to the project.

## Comox Recreation "Steps" up to help



**Recumbent NUSTEP**

The Fitness Studio at the Comox Community Centre is pleased to provide two new pieces of equipment, offering adaptive exercise for all users!

The first is a recumbent NUSTEP, which will be used by both the St Joseph's Hospital rehabilitation unit and the Comox Recreation Department to work with patients recovering from injury, surgery or stroke. It offers stabilization gloves and extra bracing for added support and stability. The comfortable 360° swivel

seat allows easy access when transferring from a wheelchair or when using mobility aides, such as walkers and crutches.

The second is an upper body ergometer or "Krankcycle", focusing on the upper body as a way to build cardio fitness. It offers a cardio/strength option for those with limited lower body function. And, because it uses the upper body instead of the legs, it represents a unique cross-training opportunity for athletes of all types.

## Cardio-Pulmonary Program

A new Cardio-Pulmonary Wellness Program, offered in partnership with St. Joseph's General Hospital, is now available at the Comox Community Centre. The Program will be led by a certified exercise physiologist, and is designed for participants who have heart and lung conditions. While there are many healthy heart

programs throughout BC, this is the first combined cardio-pulmonary program.

For more information on this program, which runs twice weekly, contact exercise physiologist Sarah Wright at [cvcppwp@gmail.com](mailto:cvcppwp@gmail.com) or the Comox Community Centre. Note that a physician's referral is required.

## Town of Comox

1809 Beaufort Avenue  
Comox, BC V9M 1R9

PHONE:  
(250) 339-2202

FAX:  
(250) 339-7110

E-MAIL:  
town@comox.ca

### Staff Contacts

Richard Kanigan  
Chief Administrative Officer

Shelley Ashfield  
Municipal Engineer

Al Fraser  
Parks Superintendent

Don Jacquest  
Treasurer

Mandy Johns  
Recreation Director

Marvin Kamenz  
Municipal Planner

Shelly Russwurm  
Deputy Corporate Administrator

Gord Schreiner  
Fire Chief

### Council

Paul Ives  
Mayor

Russ Arnott  
Councillor

Ken Grant  
Councillor

Marg Grant  
Councillor

Hugh MacKinnon  
Councillor

Barbara Price  
Councillor

Maureen Swift  
Councillor

We're on the Web!

See us at:  
[comox.ca](http://comox.ca)

## Another strata switches to metered billing

More than half of all residential strata developments in the Town are metered, and some are making the switch from flat rate to metered billing, saving thousands of dollars per year for customers who conserve water.

Residential strata customers can save up to \$147 per year when their strata development switches. In 2014, we had four strata developments that had switched to metered billing, creating a combined annual savings of almost \$16,000. Starting this year, the Capistrano building at 1902 Comox Avenue will also switch to metered billing, and could save as much as \$1,764 per year for the owners of its 12 units.

Could your strata be saving money too? If your strata has a water meter and is currently paying the flat rate for water, the answer is probably yes. Visit our water webpage (<http://comox.ca/water>) to find monthly meter readings and information on switching to metered billing. You can also contact the staff at Town Hall for more information.

## Notices

### Business licence renewal

Business licences must be renewed each year your business is operating in the Town. Business licence fees for 2015 can be paid at any time after January 31, 2015.

### Dog Licences

Just a reminder that all dogs in the Town must have a valid dog licence, which must be renewed each year. Dog licences can be purchased anytime at Town hall or at the SPCA on Ryan Road.

### School Zones

The Town would like to remind parents that school zones are very busy areas during times that parents are dropping off and picking up

students, and can be unsafe if the following parking and driving practices are not adhered to:

#### No parking

- on sidewalks or boulevards
- in front of or within 5 metres of fire hydrants
- across or within 6 metres of crosswalks
- across or within 6 metres of intersections and public entranceways
- in loading zones or bus zones, except as permitted by sign
- across or within 2 metres of private driveways
- within 6 metres of stop signs

**Maximum speed limit of 30 kilometres**

**No U-turns where prohibited by sign**

## Pesticide Use Bylaw

Since spring has sprung early, many are now starting to think about their lawns and gardens. We would like to remind residents that the Town of Comox has a bylaw regulating the non-essential use of pesticides (also referred to as the 'cosmetic' use). The Comox Pesticide Use Bylaw states that no person shall apply a pesticide on private or public land within the Town for the purpose of maintaining outdoor trees, shrubs, flowers, other ornamental plants and turf. Pesticides are defined as anything used to prevent, destroy, repel or mitigate a pest, which is an injurious, noxious or troublesome living organism. Traditional chemical-based products, such as herbicides, insecticides and fungicides, are all considered pesticides under the Bylaw.

"Nature Works" is an education and awareness program by the CVRD that encourages the use of pesticide alternatives for member municipalities with pesticide bylaws, and for electoral areas that simply want to know more about creating pesticide-free lawns and gardens. To learn more about the use of pesticide alternatives visit [www.comoxvalleyrd.ca/pesticidealternatives](http://www.comoxvalleyrd.ca/pesticidealternatives).

To view the Comox Pesticide Use Bylaw, see <http://comox.ca/hall/bylaws/pesticide-use-bylaw/>.



*This newsletter is a result of Council's initiative to increase communication with residents. If you have any comments or suggestions, or would like to see anything in particular in upcoming editions, please contact us.*