



Reduce your waste by participating in the Kitchen Green Waste Collection Program or, better yet, by getting a backyard composter (subsidized by the City of Port Coquitlam).

IT'S EASY BEING

GREEN

(in Port Coquitlam)

We're all looking for ways to be more earth-friendly. The City of Port Coquitlam makes it easy for our citizens to "be green" by providing a variety of programs aimed to save energy, conserve resources and protect our environment.

With Port Coquitlam Council proclaiming Waste Reduction Week Oct. 19 to 25, it's a good time to think about ways your family can start living a greener lifestyle.

MANAGING OUR WASTE

- **Kitchen Green Waste Collection** keeps compostable kitchen waste out of the landfill. For details, visit www.portcoquitlam.ca/greenwaste or see the article in this edition of *Update*.

- **Green Waste Collection** ensures proper disposal of yard waste with year-round curbside pickup. The City increased this service to year-round collection this year. For information about green waste collection, visit www.portcoquitlam.ca/greenwaste.
- **Backyard Composting** addresses kitchen and yard waste at the source, therefore using less energy and resources. Composters are available at a subsidized rate of \$25 at the Operations Centre, 1737 Broadway Street (cash or cheque only please). For information, visit www.portcoquitlam.ca/composting or call 604-927-5488 or 604-927-5480.
- **Recycling** pickup is offered year-round to single-family and many multi-family households – visit www.portcoquitlam.ca/recycling for information.

To learn more about strata multi-family recycling programs, contact engineering@portcoquitlam.ca or 604-927-5420.

CONSERVING ENERGY AND RESOURCES

- **Online Services** save paper and energy. Renew your dog or business licence, claim your homeowner grant, visit PoCoMAP and access a variety of information at www.portcoquitlam.ca, and sign up for recreation programs at www.experienceit.ca.
- **E-Updates** save paper and energy by emailing City news straight to your inbox. Sign up by clicking on the red E-Update logo at www.portcoquitlam.ca.
- **Bathroom Fixture Replacement Rebate Program** provides tax incentives to encourage homeowners to switch to water-saving low-flow showerheads and toilets. For information, visit www.portcoquitlam.ca or call 604-927-5420.

PROTECTING THE ENVIRONMENT

- **Natural Lawn Care** is a good way to create an attractive and easy-to-maintain lawn that uses a minimum of resources. Strategies include grasscycling (leaving clippings on your lawn after mowing), fertilizing moderately in early September or mid-late May with organic or slow-release fertilizers, watering thoroughly but infrequently, and avoiding pesticides. For more information, visit www.portcoquitlam.ca/grasscycling.

MESSAGE FROM THE MAYOR

Fall is a great time to get more involved in your community

Families with school-aged children tend to view fall as the beginning of the year. Following the more relaxed days of summer, it's certainly the time of year when our lives – and our community – start to get more active.

Road improvements

Around Port Coquitlam, you might be noticing a lot of activity in the Coast Meridian Overpass construction zone as work continues on the north side. The City recognizes that large construction projects like the CMO can cause inconveniences to residents, and we are working with the contractors to minimize those as much as possible.

Each day brings us closer to when the overpass is completed in January 2010. The increased accessibility the CMO will bring to our community and region will bring services closer, improve emergency response and unify Port Coquitlam.

While we eagerly await its completion, the City is continuing to improve our road infrastructure, including crosswalks and school

zones to keep our children safe on the roads. We can all do our part by being extra careful while driving whenever children are near the roadway.

Get active!

Our parks and trails have also been seeing a lot of activity in the past month, thanks to September's warm days. It's wonderful to see people enjoying our community's beautiful outdoor spaces while incorporating some physical activity into their lives. But as the days get colder, don't turn into a couch potato!

Whether it means bundling up, grabbing an umbrella or heading to a recreation centre, make sure to stay active over the fall and winter months. Perhaps it's time to try out that yoga class, start running or begin lifting weights. Check out the Leisure Guide at www.portcoquitlam.ca for more ideas, or just head outdoors.



Be bear aware

Fall is also the time of year when bears get more active, as they try to fatten up for their winter hibernation. Now more than ever, it's important to be "bear aware" to make sure you don't get any unwanted dinner guests at your home.

You may also come across bears on trails and in parks this fall as they forage for food. See the article in this edition of *Update* to learn how to prevent bear encounters at home and outdoors.

Get involved

How involved are you in your community? Fall is a good time to reassess our lives, and maybe you're ready to become more active in the place where you live. Try volunteering, attending community events or the City's public input sessions, or joining a community group.

Read this edition of *Update* for some ideas, and remember: the more you put into your community, the more you get out of it.

Scott Young
 Mayor Scott Young

FIRE PREVENTION WEEK – OCT. 5-11

Practice your fire plan

Once again Port Coquitlam Fire and Emergency Services will be reaching out to elementary children during Fire Prevention Week Oct. 5-11, using activities to educate children and parents in steps to prevent home fires.

It is important to not only have a fire plan, but also to practice the plan.

The department asks that parents spend some time with their children to review the *Fire Safety Starts with You!* activity booklet that they will bring home from their elementary school.

Pay special attention to the Parent Fire Safety Tips written especially for parents.

Once your child has completed the booklet, fill out the entry form for a chance:

- to win a home computer system,
- to be a school's Captain for the Day, or
- to be the fire department's Fire Chief for the Day.

To be eligible for the draws, the children must return the completed draw form to their school by Oct. 3.

Each school's Captain for the Day recognition will be conducted on the same day as their scheduled fire drill. Your school will have information about the scheduled date and time.

Port Coquitlam Fire and Emergency Services would like to wish good luck to all



Grade 1 student Tiana Zerr from James Park Elementary School was Fire Chief for the Day in 2007.

the draw entrants, and thank them for making fire safety a priority.

Look online for fire information

Families can also find a variety of fire prevention information – including tips for creating a fire escape plan, games, activities and statistics – at www.portcoquitlam.ca/fire.

Make sure to have your say on Nov. 15

Local residents might be feeling a bit of voter fatigue this fall, with looming federal and municipal elections and even talk about the provincial election next spring.

However, of all the elections in the works, the results of the municipal election on Nov. 15 will hit the closest to home.

That's because cities and school boards are the closest level of government to the people, making the decisions that affect our property taxes, development in our community, the City services we use and our child's school.

How will that lot across the street be developed? Will the school down the street be closed? How often will the garbage be picked up? These and many other decisions are made by the mayor, city councillors and school board trustees you'll be voting for on Nov. 15.

For more details about the municipal election, visit www.portcoquitlam.ca/elections.



CAROLYN DITTRICH PHOTO

A bungee cord can help keep bears out of your garbage cart – but remove all securing devices before putting the carts out on collection day because they impede automated pickup.

How to avoid unwanted dinner guests this fall

Port Coquitlam residents may encounter bears on trails, in parks and in their own backyards.

Sadly, bears and cubs are being destroyed because some residents aren't managing their waste.

It's particularly important to be "bear aware" in the fall, when bears gorge themselves in preparation for their winter hibernation. They're driven by a powerful hunger, and easily become habituated to human food sources.

To keep bears away from your home:

- Store garbage in a secure building or a bear-proof container.
- Put out garbage on the morning of pickup only.
- Clean barbecues of food and grease residue, and do not leave food unattended.
- Remove bird feeders between April to November, and use thin piano wire to hang feeders higher than 10 feet.
- Pick berries and fruit frequently and remove fallen fruit.

- Put away all petroleum products, which attract bears (including rubber, paint, kerosene and charcoal fluid).
- Feed pets indoors.
- Remove outdoor freezers.
- Sprinkle your compost with lime to decrease odours.

You may also encounter bears while enjoying Port Coquitlam's trails and parks.

To avoid bear encounters while outdoors:

- Keep dogs leashed and in control.
- Make noise and/or wear a bear bell or keys on a string.
- NEVER feed a bear.
- Travel as part of a group and keep children close.
- Avoid wearing strong perfumes.

Bear sightings can be reported to the Provincial Conservation Officer Service 24 hours a day at 1-877-952-RAPP or online at www.rapp.bc.ca.

For more tips, visit www.portcoquitlam.ca/bears.

Beyond the Bell keeps kids active after school

Local elementary schools are working with Port Coquitlam Parks and Recreation to offer students a chance to have fun and enjoy sports and games after school.

Beyond the Bell – part of Parks and Recreation's Kids Get Active Program – runs after school one day a week for one hour in the school's gym, in five-week sessions.

Programs are divided into Grades 3 to 5 and Kindergarten to Grade 2, and run on days and times chosen by the school, based on instructor availability. There will be one instructor for every 15 children.

As a fun way of keeping track of activity levels, participants will be given pedometers to use during the program to record their steps on a weekly basis, and will be encouraged to beat their previous week's score.

Teams are changed up every week, and the focus of the programs is simply to keep kids moving and having fun. The goal of Beyond the Bell is to offer a supervised, easily-accessible and age-appropriate recreation program, where school-aged

children can make friends, have equal participation time and develop their own unique skills in a fun, active and safe environment.

Schools or parent advisory councils pay \$275 per program, or payment may be made on an individual basis at \$22.50 per student for five classes.

Beyond the Bell has five programs, divided into seasons:

Fall:

- Afterschool Active (floor hockey, street dance, California kickball, soccer and children's choice)
- In Motion – Moving to Music (with trained Kinderdance instructors)

Fall or Spring:

- Indoor/outdoor cooperative playground games

Winter:

- Indoor floor hockey
- Indoor soccer

For more information, contact program coordinator Janis Kulhanek at 604-927-7977 or kulhanekj@portcoquitlam.ca.

Take part in the Active Communities survey

Organizers with the Active Communities initiative are gearing up to get Port Coquitlam residents more active and excited about physical activity and healthy lifestyles.

But they need your help! They want to hear what you think about different aspects related to physical activity and healthy lifestyles in your community. Your input will help improve the delivery of future programs and events – and you'll be entered into a draw for a prize package including five Hyde Creek Recreation Centre passes and a pedometer.

To take part or learn more, go to www.portcoquitlam.ca/active.

Steady progress for Coast Meridian Overpass

Construction of the CMO's four piers is in progress in the CP Rail yard.



Construction of the Coast Meridian Overpass Project continues, with activities this fall focused on the north side of the project area and in the CP Rail yard.

When completed in January 2010, the overpass will provide a critical new transportation link between north and south Port Coquitlam and for the entire region.

Site preparation and road construction work on the east side of Coast Meridian Road began in September, including the installation of safety fencing and privacy screens for adjacent residential properties.

Planned Stage 3 works, from September to spring 2009, include:

- construction of a watermain on the east side of Coast Meridian Road,
- construction of acoustic fences,
- construction of new curb, gutter, pavement and sidewalks, and
- construction of bridge foundations and retaining walls.

The south-side construction works will take place during 2009. Details about staging, construction management and traffic management will be provided to the public prior to the start of the works.

Public consultation remains a top priority, and an open house was held Sept. 9 at Terry Fox Secondary School to provide the public with further details about the project construction and phases, traffic management and other project background. About 70 people attended.

The project website, www.portcoquitlam.ca/cmo, is a comprehensive source of information about the project, including the latest construction and traffic information.

To receive construction and traffic updates by email, contact info@coastmeridian.ca. Information is also available through the CMO Construction Information Line at 604-648-6415.

BAIT LOCKERS REDUCE BREAK-INS AT HYDE CREEK

Program to receive award Oct. 4

The introduction of bait lockers this spring has made the changerooms at Hyde Creek Recreation Centre safer, and has also attracted attention from B.C.'s crime prevention community.

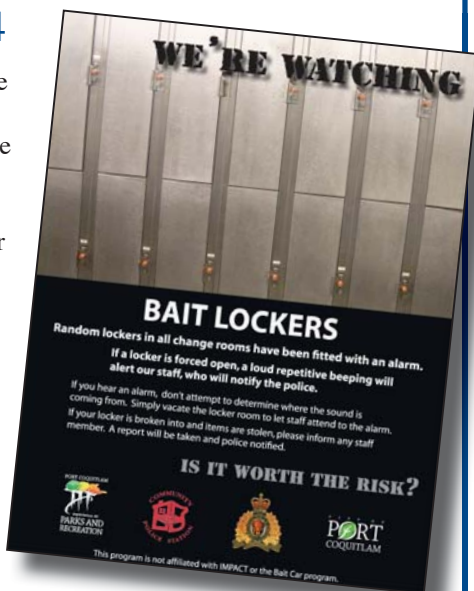
"The program has been going well. We know there has been a significant decrease in the number of locker break-ins at Hyde Creek," noted Glenn Mitzel, Area Recreation Manager for the City of Port Coquitlam.

The Parks and Recreation Department worked with the Community Police Office to start the program this spring. Bait lockers are equipped with a loud alarm that immediately alerts staff if someone tries to break into a locker.

The program uses existing lockers in the facility's changerooms, so any locker could be a bait locker. Posters alert would-be thieves of the program, and the location of the bait locker alarms is changed on a regular basis.

The program's success has prompted other communities to look at similar programs, and has also earned it a Solicitor General's Community Safety and Crime Prevention Award.

The award will be handed out at the BC Crime Prevention Association luncheon in Richmond on Oct. 4. Local Community Policing volunteers Brianne Thauvutte and Ryan Keefe, who were instrumental in setting up the program, will also be acknowledged at an upcoming Port Coquitlam City Council meeting.



Posters warn would-be thieves.

Residents tossing out 11.6% less garbage, thanks to new program

After less than three months, the City of Port Coquitlam's new Kitchen Green Waste Collection Program is having a marked impact on how much garbage local residents are throwing away.

PORT COQUITLAM
Kitchen Green Waste
COLLECTION PROGRAM

On July 14, Port Coquitlam became the first city in Metro Vancouver to offer curbside pickup of kitchen green waste such as vegetable and fruit scraps, coffee grounds and other compostable items. The service is available to all households with green waste carts, which are now being picked up year-round.

The main aim of the program is to reduce the amount of garbage being sent to the landfills – and the initial results show that goal is already being achieved. City figures reveal an 11.6% drop in garbage weights being collected since kitchen green waste pickup was introduced, compared to the previous two years.

The early positive results are an indication of how easy it is to take part in the program. Residents simply collect their kitchen waste in a lidded pail in their kitchen and then empty it out into their green waste carts.

Kitchen waste that is accepted in green waste carts include fruit and vegetable scraps, cooked fruits/vegetables (no sauces/dressings/oils), coffee grounds and filters, tea leaves and bags, and cut flowers.

Kitchen waste that is not accepted includes dairy products, meats, fish, eggshells, bones, grease, oil, butter or sauces.

Studies show between 16-26% of residential garbage is kitchen waste suitable for composting. Aside from sending less garbage to the landfill, the new program will reduce garbage disposal costs for taxpayers. It costs \$68/tonne – and rising – to dispose of garbage, compared to \$50/tonne to dispose of green kitchen and yard waste. In addition, the City hopes the program will reduce the use of in-sink garbage disposals, which add significantly to the cost of treating wastewater.

For more information, visit www.portcoquitlam.ca/greenwaste.

Community events are fun for the whole family

Port Coquitlam loves to celebrate! Once again this fall, a number of free or low-cost public events will be hosted by the City and local community organizations.

These events are a good way to have some fun with your family, learn more about your City, meet your neighbours and feel some PoCo Pride.

Please mark your calendar with these dates:

- **Harvest Festival** – Oct. 4, 11 a.m. to 4 p.m. in Lions Park. Hosted by the Business Improvement Association, this free event features a main stage with entertainment, food, arts and crafts, amusement rides for the children, clowns,

dog agility demonstrations, pumpkin decorating and more.

- **Halloween Howl** – Oct. 25, 1 to 7 p.m. at Hyde Creek Recreation Centre (1379 Laurier Ave.). All-day fun for children and adults, including a haunted house and carnival. Tickets are \$5 (kids under age three are free) and available at Hyde Creek. Information: 604-927-7946.
- **Hyde Creek Salmon Festival** – Nov. 16, 11 a.m. to 3 p.m. at Hyde Creek Recreation Centre (1379 Laurier Ave.) and Hyde Creek Education Centre (3636 Coast Meridian Rd.). This free event, hosted by the City and Hyde Creek Watershed Society, celebrates the salmon as they return

to their spawning grounds. Enjoy activities for all ages, including nature walks, educational displays, hatchery information, site tours, children's activities and a first-hand look at the salmon in Hyde Creek.

- **Christmas in Leigh Square** – Dec. 6 at Leigh Square (next to City Hall off Shaughnessy Street). Hosted by the City, this free family event includes music, hot chocolate and treats, kids crafts and the annual lighting of City Hall.
- **Christmas events** – visit www.portcoquitlam.ca/events in the weeks leading up to the holidays to learn about other fun seasonal events.

Why do you love your city?

To adults, Port Coquitlam may just be our city, but to children, it may seem like the whole world. The annual I Love My City – Port Coquitlam essay contest Oct. 4-11 will once again show us our community through a child's eyes.

To enter, children in Grades 1-8 submit an essay 200 words or less on what it is they love about their city.



Entry forms and buttons will be delivered to schools for distribution by the first week of October, and entry forms are also available at Port Coquitlam City Hall.

Winners will receive a term deposit in these categories:

	1st	2nd	3rd	
Grade 1	\$250	\$150	\$100	term deposit
Grades 2-3	\$250	\$150	\$100	term deposit
Grades 4-5	\$250	\$150	\$100	term deposit
Grades 6-8	\$500	\$300	\$200	term deposit

The contest entry deadline is Oct. 19. Winners will be announced and prizes will be awarded in November at a Port Coquitlam City Council meeting. For more information, contact Ralph Banni at 604-942-7300 or visit www.portcoquitlam.ca/ilovemycity.

New green building requirements

Building permit applications in Port Coquitlam must now follow Green Building Code requirements introduced Sept. 5 to increase building energy and water efficiency.

The code changes were the first step towards meeting the province's Throne Speech commitments to reduce greenhouse gas emissions related to buildings and construction.

Developed in consultation with industry, local governments and the public, the new requirements as of Sept. 5 include:

Energy efficiency:

- New insulation standards for houses and multi-family buildings under five stories, as well as small commercial and industrial buildings. For housing, builders can choose the option of achieving an EnerGuide rating of 77.
- Larger high-rise multi-family, industrial, commercial and institutional buildings must meet the internationally-recognized standard for energy efficiency in buildings: ASHRAE 90.1 [American Society of Heating, Refrigeration and Air-Conditioning Engineers 90.1 (2004)].

Water efficiency:

- Ultra low-flow toilets (6 L) and other water-saving plumbing fixtures and fittings are mandatory in new construction and renovations.

Details about the new requirements are available in the Summary and Text of Code Changes. Call the City of Port Coquitlam Building Inspection Division at 604-927-5444 to review your application or discuss the Green Building Code requirements.



A group of Port Coquitlam firefighters took part in the Great Canadian Head Shave on Sept. 12 and raised over \$3,500 for the Terry Fox Foundation.



Want to hang out with firefighters? Here's your chance

Port Coquitlam Fire and Emergency Services is raffling off an Ultimate Firefighting Experience this month to raise funds for United Way.

For just \$5, or five tickets for \$20, you could win a three-hour visit to the fire hall for up to six people, including lunch with the crews and events such as a smoke-house entry, fire hose operations, high-angle rescue and more. Gift baskets will be awarded as second and third prizes.

Tickets go on sale starting Oct. 9 at the City Hall tax counter, the Operations Centre at 1737 Broadway Street, Hyde Creek Recreation Centre, Port Coquitlam Recreation Complex and the Outlet in Leigh Square. The draw will take place on Oct. 16.

The event is part of the City of Port Coquitlam's annual United Way campaign, which last year raised approximately \$15,500. Funds from the campaign directly benefit local organizations.

It's fall: time to clean those catchbasins

The combination of falling leaves and falling rain can lead to clogged catchbasins – which can create flooding.

Property owners in Port Coquitlam can help prevent flooding by regularly cleaning leaves and other debris from their catchbasin grates.

Did you know that many of the City's catchbasins are connected to drainage systems that discharge into environmentally sensitive fish-bearing streams?

That's a good reason to keep oil, paint and other contaminants away from catchbasins.

Please report any damaged catchbasins to the Operations Division by calling 604-927-5488 or 604-927-5480.



WATCH FOR YOUR CALENDAR

The 2009 Waste Collection Schedule and Calendar of Community Events will be delivered on Dec. 3 in the *Tri-City News* to Port Coquitlam residents who receive City waste collection services.

This free full-sized calendar includes garbage and recycling pickup zone information, important phone numbers for homeowners, and a handy pull-out garbage schedule. Each month features zone pickup information as well as beautiful images of the community, important dates and information about City services, programs and events.

The City improved the 2009 calendar based on feedback from an online survey. Changes include larger boxes to accommodate more appointments and a greater variety of waste disposal options.

If you do not receive your calendar or require an extra copy for a secondary suite, contact 604-927-5420 or engineering@portcoquitlam.ca.

The free calendars will also be available at City Hall and recreation facilities after Dec. 3, while supplies last.

CITY CONTACTS

AFTER HOURS EMERGENCY CONTACT	604-543-6700
BUILDING PERMITS & INSPECTIONS	604-927-5444
24-Hour Request Line	604-927-5445
BUSINESS LICENCES	604-927-5238
BYLAW ENFORCEMENT	604-927-5440
CEMETERY	604-927-5251
COMMUNITY POLICE STATIONS	
3312 Coast Meridian	604-927-5451
2581 Mary Hill Road	604-927-2383
DOG LICENCES	604-927-5425
EMPLOYMENT INQUIRIES	604-927-5479
EMERGENCY PREPAREDNESS COORDINATOR	604-927-5466
FACILITY BOOKINGS	604-927-7903
FIELD CLOSURES	604-927-5455

FIRE & EMERGENCY SERVICES	604-927-5466
<i>Emergency Calls Only</i>	9-1-1
GARBAGE/RECYCLING COLLECTION	604-927-5488
HYDE CREEK RECREATION CENTRE	604-927-7946
LEIGH SQUARE COMMUNITY ARTS VILLAGE	604-927-8400
MAYOR & COUNCILLORS	604-927-5410
OPERATIONS (Drainage/flood control; roads & lanes; sanitary, sewer; sidewalks, street lighting & traffic; signal outages, traffic inquiries, water system)	604-927-5488
<i>Emergency – After Hours</i>	604-543-6700
POLICE (RCMP)	604-945-1550
<i>Emergency Calls Only</i>	9-1-1
PORT COQUITLAM RECREATION COMPLEX	604-927-7970
PROPERTY TAXES & UTILITY PAYMENTS	604-927-5425
VECTOR CONTROL (Pest Control)	604-927-5447
WILSON CENTRE (Seniors Centre)	604-927-7970