



JULY 2024

COMMUNITY UPDATE

An electronic version of the Community Update is also emailed (via Constant Contact) to those who subscribe. We encourage you to sign up to receive the Update electronically, as distribution will be fully electronic starting January 2025. Visit lantzville.ca to sign up to receive updates by email.

Curbside Collection Calendar

| July 2024 | | | | | | |
|-----------|----|----|----|----|----|----|
| S | M | T | W | T | F | S |
| 30 | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |

The Regional District of Nanaimo manages the contract for garbage, recycling and food waste collection in the region. For questions or concerns regarding your Curbside Collection contact the Regional District of Nanaimo at:

P: 250.390.6501 or **E: curbside@rdn.bc.ca**

◆ Garbage & Organics ● Recycling & Organics

The Lantzville Mental Fitness Trail Grand Opening!

The District of Lantzville partnered with the Rotary Club of Lantzville and the Canadian Mental Health Association to create a Mental Fitness Trail in Lantzville.

Mental Fitness Trail

Welcome

We invite you to participate in mental health activities as you enjoy the natural beauty of these surroundings.

Reflections to ponder

- I want to share this mental fitness experience with others
- How is my mood at this moment?
- Do I feel empowered to create change for myself?
- It's okay to reach out if I need support
- It's okay not to feel good at this time
- I appreciate this trail and can use it as a mental fitness tool
- Walking in nature can help increase wellness

Use the QR code to reach out for support from Vancouver Island Crisis Society or dial 1.888.494.3888 (24/7)

Canadian Mental Health Association British Columbia Mental health for all

Rotary Club of Lantzville

Lantzville

A first of its kind in Canada, and possibly North America, this 2km trail includes 10 signs that offer mental fitness exercises. The trail was created in memory of a Lantzville resident to encourage users of the trail to think about their mental health needs, which are as important as physical health.

There are various places along the trail where the signage refers users to various supports that are available, and it also provides tips on maintaining and improving mental health.

The Grand Opening is being held on July 12th at 11:00 am, but the signs are already installed for public use, and are located on Clark Drive at the end of the trail [corner of Clark Drive and Aulds Road]. At each end of the trail, we invite trail walkers to reflect upon their current feelings. QR codes have been placed on each sign providing immediate access to the Vancouver Island Crisis Line and other services.

Upcoming Dates

July 10th @ 6:00pm
Regular Council Meeting

July 17th @ 6:00pm
Committee of the Whole Meeting
(If required)

July 24th @ 6:00pm
Regular Council Meeting

Council Meetings

Visit lantzville.ca and click on the meeting date on the calendar to access Council agendas, minutes, link to livestream, Zoom registration and video recordings. The start time of open meetings may vary if a closed portion is required at the beginning of the meeting.

Municipal Hall Hours

Monday-Friday
(except holidays)
By phone or email:
8:00am-4:00pm

In-person payment & document drop-off:
8:30am-4:00pm

After-hours Public Works emergency call:
1.888.826.8271

All other emergencies call:
911

District of Lantzville

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P: 250.390.4006

F: 250.390.5188

district@lantzville.ca
lantzville.ca

[@DOLantzville](https://www.instagram.com/DOLantzville)



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Recreation Opportunities

District of Lantzville

- The Lantzville Mental Fitness Trail is open, so please check it out and exercise your brain as well as your body.

City of Nanaimo

- Concerts in the Park are happening throughout the summer at various parks. They are free and feature a variety of local musicians. For more information, see the City of Nanaimo website. [Concerts in the Park 2024 \(nanaimo.ca\)](https://www.nanaimo.ca/concerts-in-the-park-2024)
- The water parks are open daily from 9 am-8 pm at Departure Bay Kiwanis Park, Deverill Square Park, Harewood Centennial Park and Mansfield Park. These are free and are a great way to cool off during the summer months.
- There are lifeguards at First Beach at Westwood Lake daily from June 28th until September 2nd, 11:30 am-5:30 pm, including statutory holidays.
- The City of Nanaimo Playground Program runs July 2nd to August 30th. Visit Deverill Square Park, Monday to Friday, 9:30 am-4 pm for free fun with our playground leaders. Other locations will rotate throughout the summer. See our Spring and Summer Activity Guide for more information. [Spring Summer 2024 Activity Guide \(nanaimo.ca\)](https://www.nanaimo.ca/spring-summer-2024-activity-guide)
- Join us at our Family Fun Night on Wednesday, July 31st, 4:30-7:30 pm at Harewood Centennial Park where we will have games, entertainment and a variety of community booths. Free fun for all!

Regional District of Nanaimo (RDN)

- The RDN offers a variety of fitness classes at a price of \$6 to \$10 a session. Ongoing pro-rated registration is available if space allows. Most of the fitness classes offer a drop-in option at \$12 a session. Pick up your drop-in pass today at either Ravensong Aquatic Centre or Oceanside Place Arena. www.bit.ly/rdnfitness
- RDN Camps: build friendships, skills and memories that last a lifetime. Register today at www.rdn.bc.ca/recreation.

essential. For those who need relief from the heat, several locations with cooling spaces throughout the Regional District of Nanaimo are regularly open to the public including libraries, shopping centres and recreational facilities. To learn more, visit rdn.bc.ca/extreme-weather.

How to prepare for and manage the heat

- Tune in to local weather forecasts and alerts so you know when to take extra care.
- Stay hydrated, drink plenty of cool liquids (especially water) before you feel thirsty to decrease your risk of dehydration.
- Plan where you can go to cool down.
- Dress for the weather. For example, wear loose-fitting, light-coloured clothing and a hat.
- Take breaks from the heat to give your body time to recover from its effects.
- Keep your home cool. Avoid cooking in the oven and use an air conditioner if you have one.

To report a fire: Call 9.1.1.

To report a beach fire: 250.390.2811

To report a forest fire: 1.800.663.5555 OR *5555 on a cell

Call RAPP (1.877.952.7277) to report provincial environmental protection law offences, including burning waste, burning industrial or construction waste, burning prohibited materials and smoke related issues.

Minetown Day: Keep the Date Saved!

The Seaside Community Society is continuing to prepare for the annual Minetown Day event, which will be taking place at Huddleston Park on August 17, 2024.

- If you would like to become a vendor or lend a hand during the day, please contact the Society at: LantzvilleMTD@gmail.com

Lantzville Trunk Sale!

Bring your Junk in the trunk!

July 28th 9am-1pm



-34 spaces available on a first-come, first-served basis

-Reserve your spot, lantzvilletrunksale@gmail.com

-Costin Hall Parking Lot

Declutter - Find new treasures - Keep reusable items out of the landfill!

BEAT THE HEAT!

Emergency Planning - Beat the heat this summer!

During heat waves, having a place to keep cool is