

CVRD Update

Weekly News & Information

April 8, 2026

Celebrate Recreation: Friendly Waters at the Pool

Judy Cowan always loved swimming as a child – and she knew when she retired, she'd want to spend more time in the water.

"You know, your muscles change and you need to get out and do something in retirement and so we tried the pool one day," said Judy about she and her husband Steve.

In the water, she met a 92-year-old swimmer named Patricia, who introduced her to others and made her feel welcome. More than 12 years later, Judy and Steve are still swimming seven days a week. She didn't realize what a lifeline that pool time would become – for her physical health, and her mental health.

Their exercise in the water has helped with health issues. Judy recovered from knee surgery with the pool and no longer takes arthritis medication. She's 73 years old and moves well. But – the real draw is the community she gets to be a part of.

"That's what continues to bring us to the pool – it's not just the exercise, it's the camaraderie."

Celebrate recreation and tell us your story at:
engagecomoxvalley.ca/reccustomerservice



Upcoming Meetings

Comox Strathcona Regional Hospital District Board

Thursday, April 9 | 9:30 am

Black Creek-Oyster Bay Services Committee

Monday, April 13 | 9 am

Electoral Areas Services Committee

Monday, April 13 | 10 am

Start times can vary, visit the website on Friday to review agendas. All events and meetings are subject to change. Please consult the calendar at: comoxvalleyrd.ca/calendar



Upcoming Events

Beach Splash Bash (ages 7-12)

Pizza & Swimming Party
Comox Valley Aquatic Centre
Friday, April 10 | 6 - 8 pm

Cost: \$10.60 Registration starts at 7 am day of event online or call in to 250-334-9622

Egg-Cited Goo Zone (all ages)

Comox Valley Aquatic Centre
Saturday, April 18 | 2 - 4 pm
Cost: Regular Admission

More info: comoxvalleyrd.ca/events



Community Highlights



Summer Recreation Guide Registration Opens April 27

Registration for Summer programs and classes can be done online, by phone or in person.

comoxvalleyrd.ca/registration



Dog Leashing Enforcement

To review leashing requirements and fines associated with being off-leash in designated areas, visit:

comoxvalleyrd.ca/dogsinparks



Take advantage of Comox Valley Water System Rebates

By improving irrigation efficiency and soil water retention at your home, you can help save water, and money!

comoxvalleyrd.ca/conservation



Recycling: Did You Know?

Paper party decor, gift bags and cards are recyclable, but please remove plastic, fabric or glitter.

cswm.ca/recycling



Comox Strathcona
Waste Management

Weigh in on Waste!

The Draft Solid Waste Management Plan is ready to share. Read the plan, watch a video, and share your feedback:

cswm.ca/swmp



Celebrate Recreation

Share your recreation story at:

engagecomoxvalley.ca/reccustomerservice



WORK 

Check out career opportunities and learn more about the CVRD at: comoxvalleyrd.ca or call: 250-334-6000.