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# Parksvillers are satisfied, survey shows

More than 90% of residents are pleased with Parksville's quality of life, according to the 2008 Resident Satisfaction Survey.

As well, 80% give the City top marks for the value of municipal services provided.

In June, a resident satisfaction survey was conducted by an independent research firm, Mustel Group, on behalf of the City of Parksville. Mustel conducts similar surveys for municipal-

ities throughout BC.

A total of 350 telephone interviews were conducted June 18-25 from a random sample of Parksville residents 18 years and older.

"The survey is an important tool for measuring the satisfaction levels with overall services provided by the City," said Mayor Sandy Herle. "The feedback on how the City is doing and where our residents see us doing better

will help us to improve."

It is the City's intention to conduct the surveys on a bi-annual basis to monitor performance.

The highest levels of satisfaction were given for the City's fire department, availability and maintenance of parks and green spaces, and landscaping of public places (all above 76%), followed by quality of drinking water and police services. The service areas identified as opportunities

and important to residents are development services, economic development and downtown revitalization.

Residents said they generally support tax increases to pay for special needs housing, increased policing and affordable accommodations.

City planning and zoning are the most important issues.

Full survey results are available at [www.parksville.ca](http://www.parksville.ca)

## Coach Kim offering training in the Kegel

Kim Switnicki, sex educator and orgasm coach, is encouraging women to bring the Olympic Spirit into the bedroom.

The intense training is her six-week Kegel Exercise Regimen to strengthen



**Kim Switnicki**

the pubococcygeus muscles of the pelvic floor. "Kegel exercises can help prepare women for the Bedroom Olympics, the Birthing Olympics, or the Bathroom Olympics," Switnicki says, "as stronger pelvic floor muscles help prepare women for vaginal childbirth but also help to treat vaginal prolapse, uterine prolapse, urinary incontinence, and can dramatically increase sexual satisfaction for both the woman and her partner."

Switnicki's presenting a free movie and discussion evening on the subject this Tuesday, Aug. 26, 7 p.m., with Lisa Leger at the Pharmasave in Parksville.

To know if you're performing a Kegel exercise properly, or to identify your

current muscle power, try to stop the flow of urine midstream, Switnicki says. Restarting the flow of urine is accomplished by releasing the pelvic floor muscles. Contracting and releasing the pelvic floor muscles should be done independently of controlling urination. Only do this test to locate the muscle, she says, then workout outside the washroom.

### Kim's Olympic Routine:

- **Quick Pumps:** Do 15 reps of quick pumps, pause for 30 seconds and repeat. Start at 15 and work your way up to 100 reps two times a day.

- **Hold and Release:** Contract the muscle slowly and hold for 5 seconds, release slowly and relax for 5 seconds. Work your way to at least 25 reps two times a day.

- **Elevator:** Slowly contract 1/3 of the way, pause, then 2/3 of the way, pause, then all the way. Do 10 reps two times a day.

- **Weight Training:** Ben-Wa Balls have been very effective for challenging yourself further.

*Kim Switnicki is a Sex & Intimacy Coach of Lioness for Lovers, and has been speaking with women and couples about sex and sexuality for over 25 years. To learn more about her Olympic Kegels regimen, contact her at: 1-888-475-2948 or visit <http://www.bladderfreedom.com>*