

Island Westcoast Developments' new home



NANAIMO - **Island Westcoast Developments Ltd.** is taking the LEED® in their latest project, and they're "going for gold."

Greg Constable and his team is building a new 6,500 square foot home for their company at 2214 McCullough Road, just off Northfield Road and a half block from their current location.

Island Westcoast Developments has built many outstanding commercial buildings on Vancouver Island, but Constable is building this one with a decided purpose. It will be the first Gold LEED® (Leadership in Energy and Environmental Design) project in Nanaimo, and Constable wants this building to set new standards in environmental construction, and be a showcase of the company's capabilities.

"I believe in this type of construction, and want to showcase it for different clients," says Constable. "They can come and touch and feel the different systems we're putting into it, so they can see how they can have their project built."

"We felt we had to show our clients and the community what

energy efficient buildings can look like, and so we decided to design one," Constable says.

Working on this project are designers **Will and Cherine Melville** of **Delinea Design**; architect **Raymond DeBeeld**, a LEED Coordinating Professional; **Les Brown** of **R&B Engineering**; **Steve McNicholls** of **Rocky Point Engineering**; civil engineer **Richard Cave** of **Koers & Associates**; structural engineering by **Robin Chapman** of **Bayview Engineering**, and landscaping by **Victoria Drakeford**.

"We've outgrown the other office over the past two years, and it was to the point where we couldn't add any more people until we moved," says Constable.

The new offices are being "overbuilt", as Constable says they'll include five more offices than they currently need. "I don't want to have to build another office for us again," he says.

"We've been planning this for two years, and we designed it over six months with our team, and it took a lot of coordination and consulting, as we covered environmental



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Project Manager Reid Longstaffe and Island Westcoast Developments president Greg Constable at the site of their new building

consulting and the consumption of power, calculating heat loss, and a lot of other aspects," he says. "We should end up with the most energy efficient and environmentally conscious building in Nanaimo."

The new home for Island Westcoast Developments got underway in February, and is scheduled to be completed by the end of September.

"It will be a great working environment, with superior air quality and natural lighting.

2214 McCullough will have a green roof, designed by Drakeford, that will include vegetable gardens for employees to grow some of their own food.

Vancouver Island University will be conducting a two year study of Carbon Sequestration on the roof.

Constable estimates that 30 per cent of green house gases are caused by buildings, and with the green roof, it will "knock all the heat transfer down, and retain storm water under the roof itself. It will also put oxygen back into the atmosphere, instead of cooking a bunch of asphalt on top of the roof that produces off-gassing."

The property will include a "rain garden", a pond at the end of a series of bio-swales (ditches with hills) that will run around the perimeter of property to collect water and channel

it to the pond at the back of the property. Enroute to the pond, a variety of selected grasses will naturally filter and clean the water.

The design will mean no water will leave the property and run into a storm sewer.

"Silt is the worst thing for fish," Constable notes. "We plan to maintain our own silt and sediment on the property by not putting water into the storm sewer, which will be great."

"Our goal is to have none of our water go into a (storm sewer) pipe."

The building will feature reclaimed brick from Washington state, and 110 gluelam beams, comprised of Pine Beetle wood.

A Geo-thermal heat exchange system will be installed underground, and both heating and cooling will be through the concrete floor slabs within the building.

"We're using as much recyclable content as we can. The building uses 40 per cent less energy," he says. "Every room will be automated to control the lighting and temperature, so that nothing is wasted."

The building will also use 30 per cent less water than an average building of similar size.

The building's metal cladding has all been recycled. 85 per cent of any garbage and waste on the site is being recy-

cled, meaning no more than 15 per cent will reach the landfill.

Even the site itself is being "recycled", as it's the former home of the Nanaimo Recycling Exchange.

"We've told our team, this is just about changing ways, and thought patterns in how things are done," says Constable. "It's a pretty simple statement, but a powerful one." Island Westcoast Developments recently picked up two awards in the Commercial/Retail category of the **Vancouver Island Real Estate Board's Commercial Building Awards**. They earned an Award of Merit for **Country Grocer** in Nanaimo, and a finalist award for **Courtenay Toyota**. They also earned an Honorable Mention in the Affordable Housing category for the **Tin Wis Staff Housing** in Tofino.

In last year's awards, they won three, for the **Inland Kenworth** building in Nanaimo, **Lantzville & District Offices** and the **Boston Pizza** in Parksville.

Island Westcoast Developments always has several jobs on the go at one time, it seems. Besides building a 17,000 square foot facility for **Squamish Toyota**, the company will soon complete 70,000 square feet of space at the **WestShore Mall** in Langford, that will include



Mark's Work Wearhouse, Best Buy and CIBC.

They've also just finished their second makeover of the **Island Kia** dealership.

Dave Bare, General Manager of Island Kia, said "The quality and the end result has been excellent. He brought in the right guys and trades to get the job done, and I'm pleased with the overall result, which was due to good quality planning and execution.

"The good plan has given us a good product, and Greg

worked with us 100 per cent," he adds. "We went from being a good facility to a great facility."

Other dealerships that Island Westcoast Developments has worked on include **Courtenay Toyota** and **Parksville Chrysler**.

"I firmly believe that every project we do can win some type of award or another," Constable says. "And we have fun doing it."

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