Delivery Mills Ltd.
Custom Cut Lumber
250-282-3208
No Calls or pick ups after 7 pm please

Remedy FLOORING
specializing in carpet, vinyl, laminate, hardwood INSTALLATIONS
GREG VINCENT
ph. 250.650.4473
gregvincent11@gmail.com

SAYWARD SEWING & MENDING
Contact Charon
250-850-7144 604-210-0466 email: charonrids@Gmail.com

STOWE CREEK AUTO REPAIR
760 Island Hwy. Sayward, B.C. Wayne Ryan 250-282-3846
Red Seal Certified Auto Mechanic
Repairs and Maintenance for your cars, trucks and motorcycles

21 **Janet Scotland, RI(BC)**
Managing Broker|Owner
CENTURY 21 Arbutus Realty
Direct Line: 250-923-2111 extension 102
or 250-287-6985 (text)
www.janetscotland.ca

Sayward Valley Communications
Cable TV and Internet Services
PO Box 573 Stn A, Campbell River, BC V9W 5T9
250-287-4199

Straits View Café
250-282-0118
Catering & Crews, Rooms & RV Sites daily, weekly & monthly
Boat Launch & Moorage

You're at home here. CO-OP MID ISLAND
Premium, Midgrade & Regular gas, Diesel fuel, Propane Auto & Cylinder
Liquor & Convenience Store
6 am - 10 pm *250.282.3232*

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Susan Mallinson
Your Sayward Specialist
C: 250-203-3545 O: 250-286-3293
susanmallinson@royallepage.ca
www.susanmallinson.com

Sayward Valley Resort
Full Service Campground
Cabins, Motel Rooms
Grocery Store, Liquor
Slushy's & Soft Ice Cream
(250) 282-3204

Bedwell River Homes LIMITED
Shawn Sinclair (250) 282-3726
Email: brh@saywardvalley.net
1004 Sayward Road, Sayward, BC V0P 1R0
We make it beautiful...You make it home

HANDYMAN FOR HIRE
For all your home repairs & renovations, inside and out
250-282-3361 — Joe

SAYWARD FUTURES SOCIETY
OCEAN VIEW GIFTS
ON THE WHARF
Tourist information, Artists Gallery, Confectionary, Fishing Licenses
Closed for the season, reopening Spring 2020
250-282-0018
www.saywardfutures.ca

BLACK & BLUED GUNSMITHING
Fletcher 250 850 9956
Blackandblued@gmail.com
Firearms Buyer
"Local to Sayward"

Fox's Disposal Services
Hauling from North Island
Soil, compost, sand, etc.
2—40 yard containers.
250-949-6306

D.J. Luoma Trucking
Backhoe Services
250-282-5525

3D Services Design & Drafting
Jens Diron 250-282-3695
915 Island Hwy. Sayward B.C.
Personal, Reliable, Fast
European Precision and Quality
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Mt H'Kusam View Lodge
Hostel and Country Inn
1165 Salmon River Main
Julie Olsen & Erik Walsh
250-282-5547
Accommodation & catering for groups, tourists and family retreats
www.mthkusamviewlodge.com

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Kevin Kittmer
Cell: 250-951-8631 Office: 604-664-7340
kevin@landquest.com www.landquest.com
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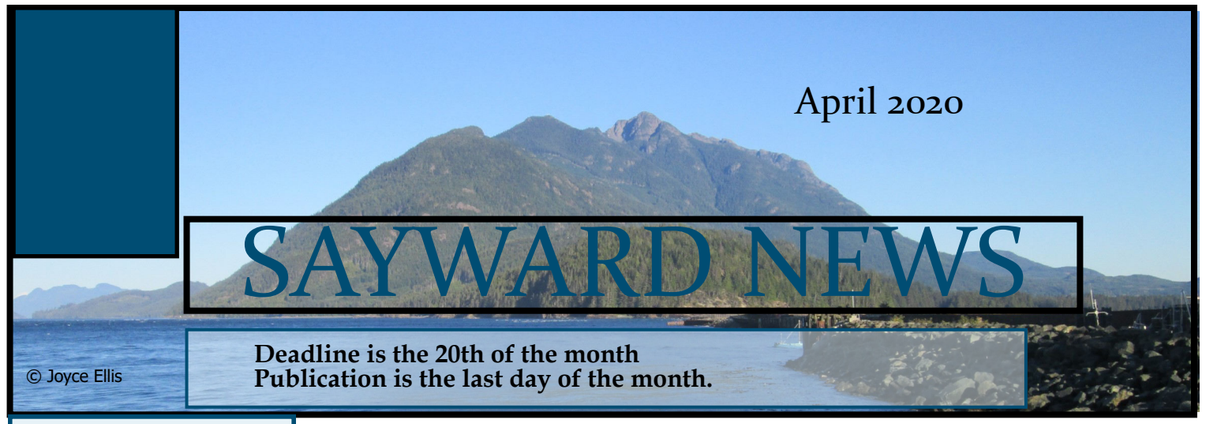
mainroad
Please report any extreme change in road conditions to Mainroad's 24 hour hotline
1.877.215.7122

Parallel 50 Realty and Property Management Inc.
962 Shoppers Row
Campbell River, BC
Phone: (250) 286-0110
E-mail: info@ojproperties.ca
Parallel 50 REALTY AND PROPERTY MANAGEMENT INC.

Busy Beaver Asphalt Crack Repair
Kerry 250-282-5563
Don 250-282-5565
100% Canadian Owned

Sayward Christian Fellowship
Morning Service 11:00 AM
740 Gentry Rd.
Mark Johnson 250-282-3473
Bruce Fyfe 250-282-3301
Bible Study, Wednesday 7:00 pm
Contact Beth Johnson 250-282-3473
Everyone Welcome!

STORAGE RENTAL
Vehicles, Boats and RV's
Dry & Secure
Call – 250-282-3465



SPECIAL POINTS OF INTEREST

*Kelsey Centre Schedule

*Organization Meetings

*Elected Officials

Village of Sayward

Office Hours

Monday-Friday

9:00 am - 4:00 pm

Closed Statutory Holidays

Phone: (250) 282-5512

Fax: (250) 282-5511

Email Address

village@saywardvalley.ca

Village Web Address

www.sayward.ca

Sayward News Email

saywardnews@gmail.com

SAYWARD 2020 CLEAN-UP SCHEDULE

Household waste that is too large for regular curbside collection & recyclables that normally need to be taken to Campbell River can be discarded on Sayward Clean-Up Days:

Main Road Yard, 797 Island Highway, Sayward
from 9:00 am to 4:00 pm

April 18 & 19, 2020

July 18 & 19, 2020

October 17 & 18, 2020

Please come prepared to unload and sort your own items.

NEW THIS YEAR: **Habitat for Humanity** will be onsite **Saturday, April 18th** to divert gently used household items to their store in Campbell River.
Visit their website for more information on what they accept
https://www.habitatnorthisland.com/restore/donate-materials/

** We have expanded recycling collection to include Electronics, small appliances, paint and some HHW. For a full list please visit the links provided below.

Accepted:	**NOT accepted:**
Scrap Metal;	Drywall;
** All types of Household Electronics - www.return-it.ca	Unlabelled or unidentifiable Hazardous Waste (see below for drop off information);
Household Furniture & all types of Appliances;	Diesel;
Car and Truck Tires;	Motor oil (accepted at the Sayward depot);
All types of Batteries;	Fertilizer;
**All Product Care items including; paint/paint thinners, old gasoline, lightbulbs, ballasts and some pesticides - www.productcare.org	Compressed Gas cylinders.

(HHW) collection in Campbell River:
Campbell River Waste Management Centre, located at 6700 Argonaut Road
HHW area is open from 9:30 am - 5:30 pm, Tuesdays, Wednesdays & one Saturday per month.

Please visit CSWM.ca for more information.

For questions please email Stephanie Valdal
svaldal@comoxvalleyrd.ca
or call (250) 336-8083 x 223.

Comox Strathcona Waste Management

Comox Strathcona Waste Management

Sayward Recycling Depot

Monday, Wednesday, & Friday 7:30 am to 8:30 pm

Sunday 8:30 am to 5:00 pm

We would like to ask residents to please refrain from putting the following items in the recycling bins:

- Shoes
- Hoses
- Garbage
- Plates and Cups
- Mirrors
- Window glass
- Tin Foil
- Unwashed recycling (plastics, tins etc.)
- Insulating Styrofoam
- Styrofoam meat trays with blood
- Clothing (Material of any kind)

- PLEASE SORT YOUR RECYCLING INTO THE PROPER BINS.
- ALL PAPER AND CARDBOARD PRODUCTS GO IN THE BIG RED BIN.
- THE METAL BIN IS FOR METAL ONLY, PLEASE DO NOT PUT IN WOOD, FURNITURE ETC.

THANKS FOR YOUR COOPERATION

Emergency Phone Notification Systems

Our **phone notification service** requires your assistance. We need new residents to provide us with your phone number and street address so we can add you to our phone notification system. If you move within the community, please let us know so we can send our notices to the correct people.

This system is used by the Village's Public Works staff to let Village residents know of problems with the water, sewer or other systems. **It can be used to notify the entire community of any emergency situations. It is important that we keep our resident list current**.

The system only allows for 10 digit phone numbers, no long distance can be used.

If you have not been receiving calls that you know have been sent out, please let us know.

To provide us with your information call the Village Office at (250) 282-5512.

Strathcona Regional District

SRD notifications are delivered by both text message and/or voice call to those who have signed up to receive notifications. These notifications are intended to inform residents and visitors alike about incidents that could impact them. Working together, we can take proactive steps to build a safer and more resilient community.

Sign up at **https://strathconard.connectrocket.com**

Notice of Regular Council Meetings

The Village of Sayward Regular Council Meetings for the year 2020 will held in Council Chambers located at 652 H'Kusam Way at **7:00 PM** on the following dates:

January	Tuesday	7,21
February	Tuesday	4,18
March	Tuesday	3,17
April	Tuesday	7,21
May	Tuesday	5,19
June	Tuesday	9,23
July	Tuesday	14
August	Tuesday	18
September	Tuesday	1,15
October	Tuesday	6,20
November	Tuesday	3,17
December	Tuesday	1,15

Elected Officials of the Village of Sayward

Councillor Wes Cragg (250) 201-0604
Councillor Bill Ives (250) 204-4012
Councillor Norm Kirschner (250) 282-3834

Strathcona Regional District — **Area A Director** Gerald Whalley (250) 282-3787 gwhalley@srd.ca

School District 72 Campbell River — **Trustee** Shannon Briggs (250) 282-3364 shannon.briggs@sd72.bc.ca

Provincial Government Member of Legislative Assembly

Claire Trevena 1-866-387-5100
www.clairetrevena.ca claire.trevena.mla@leg.bc.ca

Federal Government Member of Parliament

Rachel Blaney 1-250-287-9388
1-800-667-8404

Claire Trevena, MLA
(North Island)
908 Island Hwy, Campbell River, B.C. V9W 2C3
Phone: 250-287-5100
866-387-5100 Fax: 240-287-5100
Email: Claire.trevena.mla@leg.bc.ca

North Island Pharmacy
In Campbell River would love your business.
We are pleased to offer **FREE** weekly full prescription delivery service to **Sayward Valley Resort** in Sayward every Wednesday 250-286-4522 (9am-5pm)

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mitchell.vincent07@gmail.com
New Builds
Renovations
Home Repair
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Serving Campbell River & North Island

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250 201 7888

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Insurance Advisor
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T-250-287-8819 **C**-604-720-0196
cathy.luong@hubinternational.com

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Please contact
saywardnews@gmail.com

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saywardnews@gmail.com

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Please contact
saywardnews@gmail.com

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Please contact
saywardnews@gmail.com

Kyuquot-Nootka / Sayward News

Strathcona Regional District (Area 'A')

Strathcona Regional District

March 19, 2020

Village of Sayward Recreation Survey

I have had several Valley residents ask me if they should fill out the Village's Recreation Survey. So I asked several Village staff and Council members this same question. The answer is that their survey is intended primarily for Village residents, and it doesn't really make any difference whether Valley residents fill it out or not. Anyway, out of interest I took a look at the Village's survey and found that there are two questions that I consider misleading. They are: #*16. One option to fund the Kelsey Centre operating costs is to make the Centre a regional service. Ownership of the programming, staff and a portion of the operating costs would transfer to the Regional District. Is this something you would agree to if....* (followed by various options); - and - #*17. Do you agree with the statement "The Regional District, Area A (the Valley) should contribute to the operating costs of all recreational facilities in the Sayward area, including the Kelsey Recreation Centre"?*

I believe these questions are misleading because they imply that these options might be possible. They are not! We already examined this exact same scenario last year when someone in the Kelsey Center began circulating a similar petition, and the Valley's answer was an absolute, "No!" So I don't understand how asking the same thing all over again can anticipate a different result. To recap, in the March 2019 issue of the Sayward News I explained that the only legal option that would allow the Valley to contribute any funding to the Kelsey Center would be for the Regional District to take over total ownership of the entire complex. The cost of maintaining and operating the facility is around $220,000 annually. Valley residents also need to know that a tax requisition would be based on property assessment values, which means that Valley residents would pay about 90% of the total cost. Now, divide that by the approximate 225 tax paying properties in the Valley and the result is a whopping big increase in Valley property taxes.

Since a formal referendum for the Valley would cost about $20,000 ($88.00 each), therefore, last March I held an informal survey asking every Valley resident who was interested in this issue to contact me with their opinion. Then in the April 2019 issue of the Sayward News I published the result, which was that out of the approximate 100 respondents, 93% were opposed. Therefore, I and our Regional District CAO met with the Village Mayor and their CAO and informed them that the Valley is not in any way whatsoever interested in financing the Village's Kelsey Center. Period! I had ended that newsletter by saying that I now hoped that we could consider this entire matter to be closed. In a democracy the will of the majority ought to be respected!

If you have any questions on this or any other issues, please do not hesitate to contact me.

Gerald Whalley
Regional Director (Area 'A')\
(250) 282-3787
gdwhalley@srd.ca

The **Sayward Volunteer Fire Department** is now accepting APPLICATIONS FOR RECRUITMENT.

Join our team of dedicated members.



What we seek:

Community minded and spirited individuals who like to be involved in team efforts and are looking for a challenging, rewarding and life changing experience.

You must be:

- Living in the Sayward District Fire protection area.
- Team oriented
- Healthy, Physically fit
- Of good character (RCMP security check required)

We offer:

- Involvement in community activities ranging from fire fighting, rescues, first responder medical service, to public education events.
- Paid training that is progressive at our inhouse and in the field at various training agencies.
- We are flexible to meet your time commitments, we work around our members lives to make it easy as possible for you to be part of our team.
- Insurance plans both on and off duty.
- New friends and acquaintances.
- And lots of fun

For more information or to apply please contact the Sayward Volunteer Fire Department @ 250-282-5505
Or svfd@saywardvalley.ca or come to our weekly meetings every Thursday @ Fire Hall #1 - 7 PM

SAYWARD FUTURES SOCIETY

Our Community Our Future

ACCEPTING BIDS - WHARF REPAIRS

Work to start immediately and be complete by June 28, 2020.

SFS is looking for a contractor to replace railings, curb timbers, barriers, painting etc. at Kelsey Bay/Ocean View Gifts Wharf. Interested contactors may obtain work specifications from Sayward Futures Society. We will give interested applicants a walk through to assess contract.

Please contact

Sayward Futures Society 250 282-0018/Michelle 250-898-4313

or email sfs@saywardvalley.net

Located at 16 Sayward Rd., Sayward BC

Local Organization Information

AA Meetings – 250-282-0030

Carpet Bowling Contact 250-282-5589
Tuesdays & Thursdays at Kelsey Rec. Centre

Crisis Line Available 24/7 1-888-494-3888

Helping Hands Sewing Club - Barb—250-282-3741
Meets every Tuesday 10-2 pm – Heritage Hall

Heritage Hall –Call for rentals 250-282-0192
3rd Monday of each month – Heritage Hall 6 pm
heritagehall@saywardvalley.net

Kelsey Center 250-282-5500

Mainroad Contracting 24hr hotline 1-877-215-7122

Ocean View Gifts & Gallery 250-282-0018
Closed for the season, reopening Spring 2020

Royal Canadian Legion Branch #147
President– Bill Ives 250-204-4012
Last Wednesday of each month in Legion 6 pm (Ex Jul and Aug)

Saturday Market at Heritage Hall—Barb 250-282-3242
Indoor market (Oct-May) 1st Saturday of Month 10-1 pm
Outdoor market (May-Oct) Every Saturday 10-1 pm

Sayward Ambulance Service Station
Contact Non Emergency 250-282-3600

Sayward Bursary
Contact Marilyn Barry @ 250-282-3465

Sayward Christian Fellowship
Sunday Service at 11 am – 740 Gentry Road
Mark Johnson 250-282-3473 Bruce Fyfe 250-282-3301
Bible Study, Wednesday 7 pm
Contact Beth Johnson 250-282-3473 Everyone Welcome!

Sayward Community Health Society Meets 2nd Monday of the month at Clinic at 6:30 pm Contact 250-850-7144/charonrids@gmail.com

Sayward Community Potluck Karen—250-282-3667
2nd Saturday of the month, 5 pm Heritage Hall

Sayward Emergency Program– epc@saywardvalley.ca

Sayward Fish & Game
Last Thursday of each month – Heritage Hall 7:30 pm

Sayward Futures Society Contact 250-282-0018
2nd Monday of each month at SFS office at wharf 6:30pm

Sayward Garden Club Meets 2nd Thursday of the month
6:30 pm Heritage Hall. Alex—250-282-3799

Sayward Harbour Authority First Sunday of month, Harbour Office,
9:30 am Colin Read Executive Director 250-282-0178 or Wharfinger Lyall Linklater 250-282-3431

Sayward Health Clinic - 250-282-3815

Sayward Literacy Now
Jan Bakker bokkie.bakker@gmail.com 250-282-3851
Ann Vansnick annv@saywardvalley.net 250-282-3450

Sayward RCMP Contact Non-Emergency 250-282-5522

Sayward Valley Folk Music Society - Contact Bob 250-282-0134
Live concerts 2nd and 4th Sunday of the month at the Kelsey Rec Centre. Doors open @ 6:30 pm

Sayward Volunteer Fire Department
Contact Non-Emergency 250-282-5505
Email address: svfd@saywardvalley.ca
Meeting every Thursday @ Fire Hall #1 at 7 pm

Share Shed – Bryanne Stacey - 250-282-3464
10 - 12 Mon/Wed/Fri Closed stat's

St. Bernadette's Catholic Church – Despins Road
Sunday Service at 10 am (3rd Sunday at 3 pm)

Tourism Committee Meetings– 2nd Wednesday of the month 7 pm
Multi Purpose Room at Kelsey Center, all businesses and residents welcome.

Village of Sayward Council Meetings Contact at 250-282-5512
1st & 3rd Tuesday of each month @ 7 pm

Village of Sayward Office 250-282-5512 Mon—Fri 9am-4 pm

VI Regional Library Contact 250-282-5551
Open Tues 10-8, Wed 10-8, Thurs 10-2, Fri 1-5, Sat 10-2, Sun 1-5
Closed Mondays



Family Games Nights Cancelled until Pandemic is over

Need Help with your Computer Needs

No home visits at this time with pandemic

Give us a call.

Jan Bakker at bokkie.bakker@gmail.com 250-282-3851 or

Ann Vansnick at annvansnick3@gmail.com 250-282-3450

April 2020

Public Health Nurse 250-850-2110 press 1

Please call above provider directly to book an appointment. For NP Tracey and Dr. McFadden please call clinic to book appointments. Thank you.

Sayward Primary Healthcare Clinic

CLINIC PH 250 282-3815
Fax 250- 282-0040

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	30 NP Tracey 9-5 Labs 9-11:30	31 NP Tracey 9-5	1 NP Tracey 9-5	2 NP Tracey 9-4	3 CLINIC CLOSED	4
5	6 NP Tracey 9-5 Labs 9-12:30	7 NP Tracey 9-5	8 NP Tracey 9-5 Public Health Nurse	9 NP Tracey 9-4	10 GOOD FRIDAY CLINIC CLOSED	11
12	13 EASTER MONDAY CLINIC CLOSED	14 NP Tracey 9-5	15 NP Tracey 9-5	16 NP Trace 9-4	17 CLINIC CLOSED	18
19	20 NP Tracey 9-5 Practitioner Lab Day 9 – 12:30	21 NP Tracey 9-5 Dr McFadden 10-3	22 NP Tracey 9-5	23 NP Tracey 9-4	24 CLINIC CLOSED	25
26	27 NP Tracey 9-5 Dr McFadden 10-3 Labs 9-11:30	28 NP Tracey 9-5	29 No Nurse Practitioner	30 No Nurse Practitioner	1 CLINIC CLOSED	2

** Mammogram Van will be here on Tuesday May 5th . Call 1 800 663-9203 to book your appointment**

SAYWARD TOUR DE ROCK 2020

Tour de Rock

Canadian Cancer Society
BRITISH COLUMBIA AND YUKON

We are still collecting bottles and cans for recycling.

You can drop off recycling at 670 Kelsey Way (at back door) at any time.
If you need to have your recycling picked up please give us a call at 282-3210.

All our volunteers handling the recycling really appreciate it if you rinse your bottles & cans and remove the caps.

CANCELLED UNTIL FURTHER NOTICE.

Guardian | I·D·A

North Island Pharmacy

We are pleased to offer FREE weekly full prescription delivery service to Sayward Valley Resort in Sayward every Wednesday

250-286-4522

(9am-5pm)

Sayward Christian Fellowship

Fellowship

"Math lesson: 3 nails + 1 cross = 4 given"

Morning Service 11:00 AM
740 Gentry Rd.
Mark Johnson 250-282-3473
Bruce Fyfe 250-282-3301
Bible Study, Wednesday 7:00 pm
Contact Beth Johnson 250-282-3473
Everyone Welcome!

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Mark Harper
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Home: (250) 337-8165



Sayward Valley Folk Music Society News

For us at SVFMS, the health and well being of our performers, audiences and the community are top priorities.

Given the evolving concerns around COVID-19 and to help support community health management efforts, we are temporarily suspending our Sunday night concert series until further notice. All current memberships will be placed on hold and resume once again at their present status when our concerts begin again.

If you have any questions or concerns please do not hesitate to contact me at 250-282-0134

Thank You, Bob Sampson

Clinic Corner News

Sayward Primary Healthcare Clinic

Due to COVID-19 precautions, services available in the clinic could be affected. This includes Mental Health, Public Health, Mammogram Van, etc. Please contact the clinic if you have any questions. At present, the clinic itself remains open, however we are doing what we can for patient's over the phone to help do our part with social distancing. Staff still remain available at the clinic.

If you come into the clinic with a fever and respiratory symptoms, please ask for a mask and use the hand sanitizer at the front desk.

Sayward Children's Health Hub
Family Connections
Proudly Funded by
Children's Health Foundation of Vancouver Island and School District 72

Children's Health Hub

Closed until further notice

Watch our Facebook page for tips, activities and resources as I will be active on it.

I am available through email and phone if you need me.

saywardfamilynavigator@gmail.com or call 250-203-8107

Hub on the Go

Closed until further notice.



Sayward Community Kitchen



I HAVE CONSULTED WITH OUR NURSE

PRACTITIONER AND HAVE DECIDED THAT IN AN EFFORT TO BE PROACTIVE REGARDING THE CORONA VIRUS WE WILL BE SUSPENDING THE COMMUNITY KITCHEN FOR SENIOR'S LUNCHEON PROGRAM FOR THE TIME BEING.

THIS IS AFTER SOME CAREFUL CONSIDERATION, SINCE IT IS A PUBLIC FOOD SERVICE AND OUT OF CONCERN FOR OUR SENIORS AND COMMUNITY KITCHEN

VOLUNTEERS.



APRIL 2020

EVENTS ARE PENDING

HERITAGE HALL HAPPENINGS

SAYWARD COMMUNITY RECREATION ASSOCIATION
1257 SAYWARD ROAD, SAYWARD
250-282-0192 *heritagehall@saywardvalley.net*

PENDING THE RE-OPENING OF HALL

At this time the SCRA is following suit with the attempt to stop the spread of Covid 19. The Heritage Hall is closed until further notice. The events listed below will be pending the re-opening of the hall. Thank you for your understanding.

Helping Hands

April 7, 14, 21, and 28th
Bring your lunch and your project and join us. It's free!
All are welcome!

Family Game Night

April 7th and 21st 5pm-7pm
Join us for a fun night. Bring your favorite board game, cards or dice

Indoor Market

April 4th Saturday 10am-1pm. Join us at the indoor market and enjoy some great food. Check out our incredible vendors featuring local products from the Sayward Valley as well as homemade items and gifts. New vendors welcome!

Coming Soon
May 31 Seniors Spring Luncheon
May 9 Multi Garage Sale.
Call Karen to sign up 282-3667

April 9th 6:30pm
Garden Club Meeting

April 30th 7:30pm
Fish and Game Club Meeting

Music Trivia With Lyle

April 10th 7pm
Come and enjoy a night of music trivia and enjoy some hot dogs and hot chocolate on us!

Community Potluck Dinner

April 11th 5pm sharp
Join us for a potluck dinner and get to know your community. Bring the family and meet new people. Bring your favorite dish.

Sayward Community Recreation Monthly Meeting

April 20th 6pm
Everyone welcome! Join us at a meeting and help plan events and activities. Share ideas and be a part of a growing community!

The Village of Sayward regretfully announces the resignation of Mayor John MacDonald effective March 13, 2020

In his resignation letter, MacDonald cited personal circumstances, and a need to focus on family and health as his reasons for the resignation. “The Village of Sayward is in reasonably good shape having secured funding for the water diversion project and the new water treatment plant; I feel it is now time to move on to enjoying my retirement with my family and friends. I will of course, continue to be an active member of our great little community”, MacDonald said.

Mayor MacDonald was first elected to Mayor in 2008 and has served 12 years in that position, he was first elected to Council in 2005. MacDonald was proclaimed Mayor by acclamation in 2008 and 2018 and he is the longest serving member of Council since the Village’s incorporation in 1968. “Building a strong community both within itself and with other jurisdictions, especially with our First Nation neighbours, was always an important issue for me, and I believe I have left Sayward in a good position moving into the future” Mayor MacDonald said. “I wish to thank all our wonderful staff and Council, past and present, for all their support and efforts over the last 15 years”.

Mayor MacDonald also served on the Strathcona Regional District Board for 15 years and was Board Chair for 2 years. “Mayor MacDonald was a very valuable member of the SRD Board and he will be greatly missed. On behalf of the Board, I wish him the best of luck in all his future endeavours”, Chair Michele Babchuk said.

Mayor MacDonald’s tenure saw many exciting things happen in Sayward, most notably the Newscastle Creek water diversion project, and the Village of Sayward water treatment plant. Other significant accomplishments include:

- The Kelly’s bridge project in the Salmon River Estuary area
- Greatly improved relationships with the K’omoks First Nation, including several interactive events and community feasts
- Successfully applying for grants to promote seniors’ programs at the Kelsey Centre
- The Age-Friendly community van acquisition to assist residents in getting to and from Campbell River
- Supporting the community’s efforts in securing a new health clinic and library
- Enhancing and upgrading the municipal campground area and establishing the Working Waterfront trail
- Maintaining a strong working relationship with the Strathcona Regional District during his many years on the Board.

“Mayor MacDonald has represented and guided the community of Sayward through many trials and tribulations during his tenure. His steady hand regarding policy, bylaws and procedures, his dedicated attention to local governance, and his diplomacy at the Council table will be sorely missed. On behalf of Council and Staff, I would like to thank John for all his hard work and contributions to the betterment of the
Village. We wish him all the best in his future endeavours,” Acting Mayor Joyce Ellis said.

the Village of Sayward
"Friend of Nature"

The Village of Sayward regretfully announces the resignation of Acting Mayor/Councillor Joyce Ellis effective March 19, 2020. In her resignation letter, Ellis cited personal circumstances, and a need to focus on family and health as her reasons for the resignation.

Councillor Ellis was first elected to Council in 2014 and has served 6 years in that position. She has been involved with a number of projects during her tenure including:
- The new DAF water treatment plant
- The Kelly’s bridge project in the Salmon River Estuary area
- The Age-Friendly community van acquisition to assist residents in getting to and from Campbell River
- Supporting the community’s efforts in securing a new library
- Enhancing and upgrading the municipal campground area and establishing the Working Waterfront trail
- The Newcastle Dam project

“Councillor Ellis has supported many community initiatives during her tenure with the Village of Sayward. She has served on the Boards of both the Vancouver Island Regional Library and the Sayward Community Health Society. She also attended Strathcona Regional District Board meetings in her role of Deputy Mayor. She continues to volunteer her time in Sayward including the Cops for Cancer Tour de Rock events, participating in many initiatives with the Tourism Committee, and contributing her time to Sayward Futures Society events. Joyce was a very valuable member of the Village of Sayward Council and she will be greatly missed”, CAO/CFO Lisa Clark said.

the Village of Sayward
"Friend of Nature"

GARDEN CLUB

Gardeners often note that tending their plots is both meditative and therapeutic, and science backs this up. Gardening is a perfect activity in this time of social isolation. As we are busy sanitizing surfaces and washing our hands multiple times a day during this global pandemic, we are unfortunately killing the good bugs in our system as well as the bad. But the good news is that while gardening connects us with the simple pleasures of the natural world, of, say, gazing at worlds within a world, it also helps restore balance to our microbiomes.

The bacteria Bacterium Vaccae, which is freely available in rich, healthy soil, has immune-boosting properties that increase our levels of serotonin. As we dig our fingers into the warming soil planting early spinach and fragrant sweet peas, M. Vaccae enters our bodies through the skin. As we pause to inhale the fresh spring air, M. Vaccae enters our system by inhalation. By gardening, our levels of serotonin increase, our moods elevate, our anxieties diminish. As we nurture the garden, the garden in turn nurtures us.

Gardening also offers an opportunity to exercise our creative impulse and improve our cognitive functions. Our March meeting saw a good turnout to hear landscape designer Corinne Matheson speak on designs that follow systems found in the natural world. Corinne begins her plantings with trees, and works down to variously sized shrubs, and then to smaller perennials. Some of her spaces are filled with ornamental grasses to achieve a natural look that requires low maintenance. Corrine’s power point presentation introduced hundreds of varieties of plants, many of which are specifically chosen to at attract birds and beneficial insects.

Drawing from Corinne’s inspiration, we might now be encouraged to plant a healing garden, a space full of green plants that instill a positive sense of well-being. A healing garden can be anything from a few pots on the deck filled with pungent