Delivery Mills Ltd.
Custom Cut Lumber

250-282-3208
No Calls or pick ups after 7 pm please


CRS Building Maintenance Services
Commercial/Residential
Celeste Taylor Sage
Owner/Operator
ctsage30@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.

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Repairs and Maintenance for your cars, trucks and motorcycles

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or 250-287-6985 (text)
www.janetscotland.ca

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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)

You're at home here CO-OP MID ISLAND
Premium, Midgrade & Regular gas, Diesel fuel, Propane Auto & Cylinder
Liquor & Convenience Store
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susanmallinson@royallepage.ca
www.susanmallinson.com

Sayward Valley Resort

Full Service Campground
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Slushy's & Soft Ice Cream
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Bedwell River Homes
Shawn Sinclair
(250) 282-3726
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1004 Sayward Road, Sayward, BC V0P 1R0
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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 of 2020 due to covid-19
250-282-0018
www.saywardfutures.ca

MOUNTVIEW PACIFIC CONSTRUCTION
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mitchell.vincent07@gmail.com
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Renovations
Home Repair
Mountview Pacific Construction
Serving Campbell River & North Island

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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

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Mt H'Kusam View Lodge
Hostel and Country Inn
1165 Salmon River Main
Julie Olsen & Erik Walsh
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Accommodation & catering for groups, tourists and family retreats
www.mthkusamviewlodge.com

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kevin@landquest.com www.landquest.com
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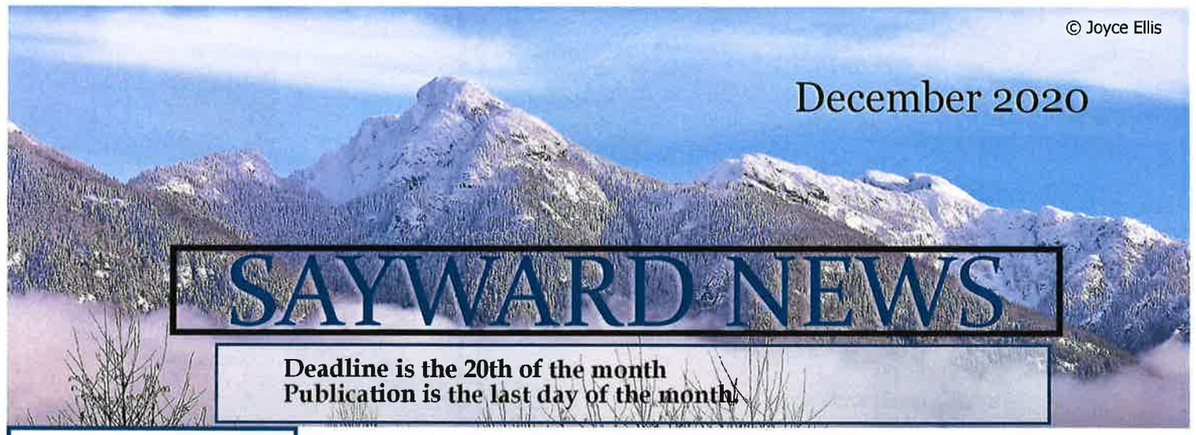
Parallel 50 Realty and Property Management Inc.
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Campbell River, BC
Phone: (250) 286-0110
E-mail: info@ojproperties.ca
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GREG VINCENT
ph. 250.650.4473
gregvincent11@gmail.com

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

HOLIDAZE 2020!

SAYWARDS VIRTUAL ONLINE CHRISTMAS MARKET

THE SAYWARD COMMUNITY RECREATION CENTER IS HOSTING AN ONLINE CHRISTMAS MARKET IN SUPPPORT OF OUR LOCAL VENDORS

CHECK OUT OUR FACEBOOK PAGE AND DO ALL YOUR CHRISTMAS SHOPPING FROM THE COMFORT OF YOUR OWN HOME

STAY TUNED FOR LOTS OF DRAWS AND WIN FREE ITEMS!

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



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
Michelle Babchuk 1-866-387-5100

Federal Government Member of Parliament
Rachel Blaney 1-250-287-9388
1-800-667-8404

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saywardnews@gmail.com

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saywardnews@gmail.com

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This space for rent
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Please contact
saywardnews@gmail.com

EMERGENCY SUPPORT SERVICES

We are still looking for more people to join the ESS team of volunteers. What are we looking for? People 19 years or older to volunteer to help out doing various activities during a disaster or local emergency. We will meet together once per month to do scenarios and upgrades. Most training for now, due to COVID is done on computer, at your pace and not cost to you. Of course as in everything the needs of your family will come first prior to doing anything for others in an emergency. Also this commitment does not require you to 'stay home' just in case something may happen. We have a call out system, to check if you are available. Please we need many more people thru out Sayward to volunteer, step up today, contact Pat Rusch at 250-282-3238 or Andi Cragg at 250-282-0140 for more information.

EXTENDED POWER OUTAGES – Warming station at Kelsey Center

In the past a warming station at the Kelsey Center has been opened by ESS when we have an extended outage. Due to COVID we have more restrictions that we have to follow for us as ESS responders, and the Kelsey Center to open. This is all to make the public safe, with COVID around. We are setting up plans now and when finalized will let everyone know what they are.

IDEAS TO HELP YOURSELF BE PREPARED IN ANY POWER OUTAGE

-If you have cell or internet coverage check out the BC Hydro Power outage site. This will give details about where outage is, if crew is paged out/on scene/and estimated time it will come back on.
-If you have a generator make sure to know how to use it, have gas for it and it is always outside when running. You can kill yourself with carbon monoxide poisoning, an odorless gas, if put inside or near an open window.
-Make sure windows and doors are airtight to reduce drafts.
-Have battery operated light(s) rather than candles, plus some spare batteries
-Have a source to heat food- eg propane stove, BBQ that you will use outside. Plus matches/lighter to start it.
-Have a stock of canned food with a manual can opener eg stew, chunky soup, filling meal in a time.
-Water or source of safe water for drinking/food prep. Boil water for 6 mins if unsure if safe to use.
-Don't open fridge/freeze unless necessary to keep coldness in.
- In cold weather or when it starts to get dark, close all blinds/ curtains on windows to conserve heat.
-Have extra blankets and warm clothes to put on. Cover your head as it will keep you warm longer.
-Leave 1 light on in home so you will know when power comes back on.

These are only a few ideas to get you started on Being Prepared!

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



The Village of Sayward administration staff would like to send out a Thank You to Jackie Lyons, for decorating our windows with a lovely winter scene.

THANK YOU JACKIE, it looks fabulous.



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 Wednesday 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

I would like to thank everyone who supported and voted for me in the By-election. I would like to Congratulate Mark Baker as the new Mayor and Sue Poulsen and Tom Tinsley as the new Councillors. Good luck.

Thank you
Joyce Ellis

Kelsey Centre Job Posting

We are accepting resumes for the postion of Custodian

This is a Casual/Part time position

Qualifications: Custodian experience
Excellent people skills
Enjoy working with others
WHMIS

We are willing to assist in some training for the right applicant

Please drop off your resume at the Kelsey Centre or email

kelseycentre@saywardvalley.ca

Made with PosterMyWall.com

Kelsey Centre Job Posting

We are accepting resumes for the postion of
Front Desk/Clerk Reception
This is a Casual/Part time position

Qualifications: Experience Clerk/Reception,
Excellent people skills
Enjoy working with the public and small children.
Standard first aid/CPR-C/AED and WHMIS

We are willing to assist in some training for the right applicant

Please drop off your resume at the Kelsey Centre or email

kelseycentre@saywardvalley.ca

Telehpone: 250-282-5500 Ask for Darlene

Made with PosterMyWall.com

Kelsey Centre Job Posting

We are accepting resumes for the postion of Life Guard

This is a Casual/Part time position

NLS Certified
Current Criminal check
Excellent people skills
Enjoy working with others

We are willing to assist in some training for the right applicant

Please drop off your resume at the Kelsey Centre or

email: kelseycentre@saywardvalley.ca

Telephone: (250) 282-5500 ask for Darlene

Made with PosterMyWall.com

November Covid-19 update

MASK REQUIRED

To do our part in preventing the spread of COVID-19, masks are required by staff and patrons for entry and must be worn at all times. No masks no entry.

Social Distancing will be monitored.

No masks are required in pool.
Life Guard must always wear a mask on deck.

Weight Room:
1 participants per session

Exercise Class:
Maximum 6 Participants per class

Aquacise:
Maximum 6 Participants per class

Reminder: There is NO loitering inside or outside the Kelsey Centre.

For more information Call: 250-282-5500

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

Sayward Literacy NOW!

MERRY CHRISTMAS

Sayward Christian Fellowship

"The Son of God became the son of man so the sons of men might become the sons of God."

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!

Mid Island

HEATING SERVICES

INSTALLATIONS
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GAS & OIL SPECIALIST
EX BRITISH GAS ENGINEER
Fully Insured
30 Years Experience

Mark Harper
Cell: (250) 201-0075
Home: (250) 337-8165

MERRY CHRISTMAS

Children's Health Hub

The physical space of the Hub is closed until further notice. The Family Navigator is working online, email and phone to support families and children

Find us on Facebook for tips, activities and resources

We are offering an ASQ clinic- An Ages and Stages Questionnaire is a simple tool that gives information about your child's development.

Understand my development early. My first 6 years are critical to a healthy mind and body for life.
We are offering online or by telephone!
Email or call

saywardfamilynavigator@gmail.com 250-203-8107.

Sayward Children's Health Hub, Sayward Families Strong and Sayward Rocks 2020



Secret Santa

Every year Secret Santa, with the help of many in our community provides Christmas Hampers and gifts to families in the Village and Valley that could use a bit of help to make Christmas a joy filled holiday. Last year we were able to provide hampers and gifts to approximately 35 families and we expect the number to increase this year.

All donations of cash, toys or food would be greatly appreciated.

If you know members of our community that could use a bit of help this year, please forward a list of the addresses, names of the family members and ages of the children to:

Or if you are able to contribute to this worthy cause, please contact:

Secret Santa's Headquarters C/O the Village Office, 652 H'Kusam Way

250-282-5512 email: **village@ saywardvalley.ca**

Tessa: **250-287-6884** email: **tmballentine@hotmail.com**

All information provided will be kept confidential. All donations are appreciated to the above address.

REGISTRATION CUT-OFF IS DECEMBER 7th 2020

We appreciate your help in working toward a Merry Christmas for all.

WorkBC Employment Services

@ North Island Employment (NIEFS)

- Job Search
- Resumes
- Job Leads
- Interview Skills
- Employment Coaching
- Career Planning
- Training options
- Work Experience
- Self Employment
- Job Sustainment

Talk to an Employment Advisor today
250-286-3441 or Tollfree 1-866-286-6788
info@niefs.net * www.niefs.net

Canada

BRITISH COLUMBIA

This program is funded by the Government of Canada and the Province of British Columbia.

Kelsey Centre

PRE-REGISTERED AQUACISE 5:00-5:45 (8 MAX.) PRE-REGISTERED SWIMS (20 MAX.) 6:15-7:45	PRE-REGISTERED LAP SWIM 1:00-1:45 (4 MAX.) PRE-REGISTERED AQUACISE 2:00-2:45 (8 MAX.) PRE-REGISTERED SWIMS (20 MAX.) 3:00-3:45 4:00-4:45 5:00-5:45 PM 6:15-7:45	PRE-REGISTERED LAP SWIM 1:00-1:45 (4 MAX.) PRE-REGISTERED AQUACISE 2:00-2:45 (8 MAX.) PRE-REGISTERED SWIMS (20 MAX.) 3:00-3:45 4:00-4:45 5:00-5:45 PM 6:15-7:45	PRE-REGISTERED AQUACISE 5:00-5:45 (8 MAX) PRE-REGISTERED SWIMS (20 MAX.) 6:15-7:45

REGISTRATION MUST BE MINIMUM 10 MINUTES BEFORE SESSION. NO DROP-INS PLEASE.

AEROBIC FITNESS SCHEDULE 250-282-5500

MONDAY	WEDNESDAY	FRIDAY
PRE-REGISTERED 1:00-1:45 (8 MAX.) PRE-REGISTERED 6:30-7:15 (8 MAX.)	PRE-REGISTERED 1:00-1:45 (8 MAX.) PRE-REGISTERED 6:30-7:15 (8 MAX.)	PRE-REGISTERED 1:00-1:45 (8 MAX.)

REGISTRATION MUST BE MINIMUM 10 MINUTES BEFORE SESSION. NO DROP-INS PLEASE.

WEIGHT ROOM SCHEDULE 250-282-5500

SUNDAY	MONDAY	WEDNESDAY	FRIDAY
PRE-REGISTERED WEIGHT ROOM (3 MAX.) 5:00-5:45 6:00-6:45 7:00- 7:45	PRE-REGISTERED WEIGHT ROOM (3 MAX.) 1:00-1:45 2:00-2:45 3:00-3:45 4:00-4:45 5:00-5:45 6:00-6:45 7:00-7:45	PRE-REGISTERED WEIGHT ROOM (3 MAX.) 1:00-1:45 2:00-2:45 3:00-3:45 4:00-4:45 5:00-5:45 6:00-6:45 7:00-7:45	PRE-REGISTERED WEIGHT ROOM (3 MAX.) 1:00-1:45 2:00-2:45 3:00-3:45 4:00-4:45 5:00-5:45 6:00-6:45 7:00-7:45

REGISTRATION MUST BE MINIMUM 10 MINUTES BEFORE SESSION. NO DROP-INS PLEASE.







CONDITIONS CHANGE. SO SHOULD YOUR SPEED.

Winter driving can double your risk of being in a crash.
Slow down and increase your following distance.

Learn more at ShiftIntoWinter.ca.

Mainroad North Island Contracting serving Comox Valley, Campbell River, Gold River and Port Hardy.

Report road hazards and share feedback to 24HR Public Info Hotline: 1-877-215-7122

Know before you go | DriveBC.ca | ShiftIntoWinter.ca

put life back in your life

Join a free health program and become an expert self-manager!

Chronic Pain Tool kit + Calls (via Zoom)



Participants in this 6-week online program receive materials from the Chronic Pain *Tool Kit* and participate in a weekly 45 to 60-minute, **small group conference call** with a Program Leader and other participants. The Leader introduces the materials, explains the self-test to participants and teaches Self-Manageemement skills to the group.

This program is open to adults of all ages who are living with one or multiple ongoing health conditions and related chronic pain.

Tool Kit Contents:

- ✓ *Living a Healthy Life with Chronic Pain*
- ✓ *Relaxation for Mind and Body* CD
- ✓ An exercise CD with accompanying booklet
- ✓ A self-test to help decide how to use the materials
- ✓ Tips sheets on the most important self-management tools

Program Features & Benefits:

- ✓ Ideal for those feeling isolated & wish to connect to an online program with small group feedback
- ✓ Weekly guidance provided by a Program Leader
- ✓ Increases confidence, physical and psychological well-being, and motivation to manage challenges associated with chronic diseases & chronic pain.

FOR MORE INFORMATION
Call: **Tracey Payne, Nurse Practitioner** | **#250-282-3815** |
Workshop start date: Tuesday, January 5th, 2021
Workshop Time: 4:00 to 5:00 pm

Also available:
- Better Choices, Better Health Online Program
- Health Coach Program for Participants only
- Tool Kit for Active Living with Chronic Conditions / Chronic Pain / Diabetes

Connect with us @SelfManagementBC @SMPatUVic

Subscribe to our e-newsletter by emailing theloop@uvic.ca

University of Victoria | Institute on Aging & Lifelong Health · Self-Management · British Columbia

Self-Management BC is supported by the Province of British Columbia

A Country Pop-Up Shop CHRISTMAS IN THE Sayward Valley

Nov 27th ~ Dec 24th
421 HOWES ROAD.

Sayward Valley Home
Garden, Décor and Studio

We welcome you to enjoy a retail and online shopping experience at our NEW shop off of Sayward Road!

Due to Covid-19, we sadly are open by appointment only, FRIDAYS, SATURDAYS, and SUNDAYS for a private shopping experience with social distancing and masks are mandatory. A virtual shopping experience is on our Facebook Page with more information on pick-up and delivery and payment options.

Our Pop-Up Shop's selection includes décor items, floral arrangements, Christmas ornaments, antiques, some furniture, linens, locally made crafts etc.

If you would like to come for a viewing (alone or with your bubble) or have items you would like to consign pretty please.....
Message on our Facebook page Saywardvalleyhome
Email howesroad421@icloud.com
Call/text 236-854-1189

Be of good cheer, it's been one heck of a year!
Xoxo Sayward Valley Home

1 Time Only - 2 Day Sale - 3 Amigas

Sheila (Wild Winds Farm) 282-3262 * Kathy (Sunbeach Creations) 282-5542

Valerie (Shoreline Treasures) 282-5550

We will be hosting a 2 day craft sale. **Sat/Sun Dec. 12/13 11-5**
Location: 1753 Timber Road: Work Shop. Across the highway from Gentry's Road.
Watch for the Wild Winds Farm sign on the highway and Christmas lights in the window.
Large shop. Masks required. Sanitizer available. Will be cancelled if restrictions are in place.
Cash or shop, e-transfer & pick up later.
Many unique driftwood and bead mobiles/suncatchers. Driftwood Tugboats. Mobiles with antique bells/old fishing lures. Silver teapots pouring bead splashes. Folklore beaded Christmas Spiders. Beaded Stars. Handcrafted toques, necklaces, earrings. Beaded Treasure Sticks for plant pots/flower baskets/fairy garden. And more...
Also, some new and some second hand bargains.
For photos check out: **Holidaze 2020 Sayward's Virtual Christmas Market!**
facebook.com/groups/1265666627134167/



Garden Club News

With so much rain in recent weeks, it's fun to find a sunny afternoon to catch up in the garden. Winter crops give added satisfaction over the coming months with harvests of Brussels sprouts and leeks. Weeding, planting cover crops, composting and mulching are always there to be cared for. There is still time to plant bulbs for spring blooms and they can often be found at half price late in the season. While weeding the flower bed you can get the tulip and daffodil bulbs in good and deep with a little bone meal.

Persistent weeds can be controlled by covering an area with cardboard. By using cardboard with no colored inks, you will eventually feed this organic material to your soil. A layer of leaves on top adds more organic and improves appearance. The leaves can also serve as a mulch around and over more sensitive perennial flowers.

To keep the compost working over the winter it needs to be protected from the rain. Rain leaches out soluble nutrients and cools the pile, slowing down the bacterial action that breaks down the raw materials. The pile should be moist (damp like a wrung -out sponge).

On November 12, the Garden Club had an outdoor, socially distanced meeting in the afternoon. The members enjoyed seeing each other and spending time catching up and talking about gardening. Each member briefly tells what they are doing in the garden. Some have questions that other members can answer or make suggestions. Hopefully in the Spring we will be able to sponsor more safe outdoor events. New members are always welcome. You could be on our phone reminder list to let you know of future meetings. Happy gardening.



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

THANK YOU

Thank you to the people of Sayward who came out in record numbers to vote on November 21, 2020.

I am grateful for your support and look forward to serving as a Councillor on the Village of Sayward Council.

Sincerely,

Sue Poulsen

Clinic Corner News

Sayward Primary Healthcare Clinic

We are going to be offering to Self Management courses soon. These can be done over the telephone or through your computer. You will be provided with resources, including workbooks. To register, please contact the clinic. Don't wait until the last moment to register as courses will be cancelled if we don't have enough participants 2 weeks before the course start.

Living Well with Chronic Pain. A self management program.
Jan 5-Feb 9, 2021. Tuesdays from 4-5 pm.

Living Well with Diabetes. A self management program.
Feb 16-March 23, 2021. Tuesdays from 4-5 pm

December 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
29	30	1	2	3	4	5
	NP Tracey 9-5 Labs 9-11:30	NP Tracey 9-5	NP Tracey 9-5	No Nurse	CLINIC CLOSED	
6	7	8	9	10	11	12
	NP Tracey 9-5 Labs 9-11:30	NP Tracey 9-5 Dr Mc Fadden 10-3	NP Tracey 9-5 Public Health Nurse	NP Tracey 9-4	CLINIC CLOSED	
13	14	15	16	17	18	19
	NP Tracey 9-5 Labs 9-11:30	NP Tracey 9-5	NP Tracey 9-5	NP Tracey 9-4	CLINIC CLOSED	
20	21	22	23	24	25	26
	NP Tracey 9-5 Labs 9:30-11:30	NP Tracey 9-5	NP Tracey 9-5	CLINIC CLOSED	CHRISTMAS DAY CLINIC CLOSED	
27	28	29	30	31	1	2
	CLINIC CLOSED	NP Tracey 9-5	NP Tracey 9-5	NP Tracey 9-4	NEW YEARS DAY CLINIC CLOSED	

*** Labs will done by appointment 9:30-11:30 ****

Due to COVID precautions -Please call to book all appointments and avoid coming in to the clinic without an appointment. Thank you. (Masks are mandatory)

What is a stroke?

The brain has two halves, each operating the opposite side of the body. An injury on one side of the brain will cause symptoms on the other side of the body.

Through a series of blood vessels, the brain is fed oxygen. An injury to any incoming blood vessels causes a stroke, or cerebral vascular accident.

There are two types of stroke: A hemorrhagic stroke and an ischemic stroke

A hemorrhagic stroke is relatively rare (about 13% of all strokes). It happens when a blood vessel bursts at a weak spot and leaks blood inside the brain.

An ischemic stroke is when a blood clot or plaque deposit blocks the oxygen carrying blood vessel. During a stroke – both types - anything that's down stream of the blockage or leak is deprived of oxygen and begins to die.

Symptoms of a stroke

Symptoms for each type of stroke differ.

The symptoms of a **hemorrhagic stroke** are typically very dramatic, and it's unmistakable that something is seriously wrong with the person. It is often characterized by a sudden, very severe headache. Then, typically a rapid decline in a person's condition. They may vomit, become paralyzed, lose their ability to speak, and may lose consciousness or have a seizure.

An **ischemic stroke** is often not as dramatic, and the symptoms are more varied. The first symptom may be a slight difficulty in speaking, or a visual disturbance, or some drooping on one side of the mouth. This might be followed by weakness or paralysis in a limb.

Strokes can be fatal for both types, but death is more likely with a hemorrhagic stroke.

Risk factors for a stroke

The risk factors for ischemic stroke are like those for heart disease: high blood pressure, high blood sugar, high cholesterol. Or put another way, high cholesterol, poor diet, diabetes, high blood pressure, or smoking. If you have a heart arrythmia you are at a higher risk for ischemic stroke.

The risk factors for a hemorrhagic stroke are similar, but there is the added problem of malformed or weakened blood vessels. The cause for this is usually genetic but there can be some diseases that cause weakening of the blood vessels as well.

A stroke can happen at any age. Here are some sobering statistics:

Stroke is the most significant cause of brain disability and death worldwide.

In B.C., stroke is the number one cause of long-term disability and third leading cause of death.

If you suspect a stroke

If you have any symptoms or suspect a loved one may be experiencing a stroke, **call 9-1-1 right away**.

There are medications to help reverse a stroke, but they need to be given within six hours of the first symptoms. Ideally, they should be given within three hours of any onset of symptoms.

When you arrive at the hospital, a CT scan will determine the type of stroke that is occurring. This is critical because the treatment for one type will worsen the other type. Once the type and location are determined, a doctor will discuss treatment options. The sooner you get to the hospital, the more options you have and the better the outcome.

Reach out to the community paramedic

For more information about strokes, or for help decreasing your stroke risk, the community paramedic program can help. You can be referred through your doctor or nurse practitioner, or you can call 1-855-353-5116 or email CP.Coordinators@bcehs.ca

Aggie Pringle
A/ Unit Chief, Station 131 | North Island District
BC Ambulance Service - BCEHS
Provincial Health Services Authority
250-230-4501
Agnes.Pringle@bcehs.ca cp.sayward@bcehs.ca



The Village of Sayward &
The Kelsey Center
wish you
Happy Holidays &
Best Wishes for 2021

Mayor, Council, and Staff



The SRD and the Village of Sayward recently each submitted a grant application to the UBCM Community Resiliency Investment grant which would provide approximately $100,000 to undertake wildfire risk reduction activities in your community. We will find out if / how many of our items (see below) will be successfully funded in January 2021. Wish us luck.

Village of Sayward

- Obtaining a fuel management prescription for 6 hectares of Village owned forest adjacent to the water treatment plan;
- Offering FireSmart Rebates to 30 households in the Village;
- Review how the Village of Sayward's Official Community Plan and land use policies to incorporate wildfire risk reduction principles;
- Provide a free curbside wood debris chipping for the residents of the Village of Sayward; and
- Provide wildfire fighter training to the members of the Sayward Fire Department.

Strathcona Regional District – Electoral Area A

- Obtain fuel management prescriptions (2) for Regional District owned lands (Sayward Valley Firehall and Walter's Island Community Centre;
- Provide free curbside wood debris chipping for Sayward Valley;
- Assess community wildfire fighting water delivery ability for Sayward Valley; and
- Conduct a FireSmart Building Assessments on the Sayward Valley Firehall and Walter's Island Community Centre.

For more information, the full SRD staff report is available at the link below.

https://agenda.strathconard.ca/SRDAttachments/SRDBoard/Open/BRD/07-Oct-20/20200925-Community-Resiliency-Investment-COMBINED.pdf?fbclid=IwAR10zcGWLZe3Ejw8aIMP5ek-QqkkVMgpkyiGy8ZwmROQFnUR3Tbd5xDrAFY

Kyuquot-Nootka / Sayward News

Strathcona Regional District (Area 'A') November 20, 2020

Strathcona Regional District Budget:

Deliberations have begun for the Strathcona Regional District 2021 budget. The good news is that we have accumulated a financial surplus now at the end of our 2020 fiscal year. This was mostly due to the pandemic which caused various projects to be delayed leaving these monies unspent, as well as causing our general operating expenses to be less than normal. We are still early in the budget cycle, but this is a very good position for us to be in.

Regional Hospital District Budget:

At our Nov. 12, board meeting we passed a motion to reduce the requisition amount by roughly $4.4 million from the usual annual tax requisition of $17 million. The budget is not finalized until March 2021, but if this remains in place it would mean a decrease in our local tax requisitions. This $4.4M would normally be put into reserves for future capital projects, such as the future expansion of the two hospitals (Comox and Campbell River). It does not affect our plan to pay off the debt on these two new hospitals over the next ten years. There is, however, one challenge that this board continues to face which is the desire by various Directors to assume new financial responsibility for health care in areas that are currently the full responsibility of the provincial government. An example of this is non-acute care facilities such as nursing homes. This notion was previously defeated at a Strategic Priorities meeting last year, but these advocates are planning to bring it back again to the table this coming spring. The problem is that the province intentionally underfunds non-acute care, attempting to pressure hospital boards (meaning property taxpayers) to contribute more money. If we were to give into this strategy, then the province would likely begin to underfund another area of health care in order to obtain the same result. This would be a never-ending cycle of continual significant increases to property taxes. The province has been quite successful in doing this in other jurisdictions. I will continue to oppose it.

High Speed Internet:

To further the SRD Connected Coast project, we have initiated a partnership with CityWest (a Northern B.C. telecommunications company) to help deliver high speed internet connectivity for our rural and remote communities. This project will build and operate a subsea fibre optic network from Prince Rupert to Vancouver and completely encircle Vancouver Island. Sayward will be one of the landing points. As construction progresses it is expected that points of connectivity will begin to go live as the first group of communities are connected in 2021. The last ones should be completed in 2023. I do not yet have a prospective date for Sayward.

If anyone has any comments or concerns don't hesitate to contact me.

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

The Sayward School PAC presents the

46th Annual Giant Stocking Raffle!

TWO Stockings will be WON this year, valued over $1000 each!

A live streaming of the draws will be held on the Sayward School page on Facebook at 1:30pm, December 17th, 2020



Tickets are $2 each or 3 for $5

Gifts are donated from all kinds of local businesses. Each Stocking will contain gifts for all members of the family, including, but not limited to:

- Toys
- Kitchen gadgets
- local art
- tablets
- fishing/outdoor gear
- Gift certificates
- and SO MUCH more!



All proceeds go to School field trips and extracurricular activities

Tickets can be purchased from:
Sayward Valley Resort, The Crossroads Restaurant
and any parent of Sayward School Students

Dear Sayward community members,

Greenways Land Trust is in the preliminary stages of designing a Good Food Box Program for a number of communities in the North Island, including Sayward!

In August of this year, Greenways Land Trust was approached by North Island United Way to see whether we could run a Good Food Box Programs for North Island communities. A Good Food Box Program is a produce bulk buying program—fresh produce is bought in bulk, delivered to the community, and repackaged into individual boxes. Boxes are pre-ordered by individuals/ households and then picked up locally. Because this system eliminates most middlemen, the produce is significantly cheaper than many alternatives (30-50% off city grocery store pricing). This may also eliminate the cost of having to drive to town for fresh produce. Sayward is a bit different than some of the other participating communities, as there is a multitude of wonderful local farmers. We have had the pleasure of meeting with some of them, and hope to include local produce in the boxes when possible.

The goal of this program is to provide an easy and affordable way for North Island communities to get fresh and healthy produce.

To optimize the project, we hope to tailor the program to individual community needs. I have attached the link to a survey below. If you have time to fill it out, it would be greatly appreciated. The more people fill it out, the better idea I can get for what the community wants or needs. Your opinions on the program are pertinent in making the project as accessible and well-suited to community members as possible.

All questions are optional. Any and all information is helpful.

If find yourself with additional questions or comments, please do not hesitate to call or email me (info below). Additionally, feel free to contact me if you'd like to get involved in any running of the program (volunteering, community coordination, etc.).

Thank you very much for your time.

Best,

Katie Lavoie

Survey: https://forms.office.com/Pages/ResponsePage.aspx?id=Evgu0fI5Z06X4tDUFO7eYg6vyZd9e_9PqU1FhHKnX1JUMkNPT1lNUkZMQUlQUFdSMUg3ODJPQ0NURy4u

Good Food Box and Conservation Projects Coordinator

Greenways Land Trust

204-470-1379
250-287-3785
katharine@greenwaystrust.ca
www.greenwaystrust.ca
1195 Fir St. • Campbell River, BC

STRATHCONA Good Food Box

Greenways Land Trust

Age Friendly Van: Serviced by Donations

Shopping in Campbell River. We leave for town approximately 9 am

Must Register 24 hours before departure. 250-282-5500 19+

Thursday, December 3, 10 & 17, 2020

Weather Permitting

Age-Friendly VAN COVID-19 PLAN

During this unusual period, we will be taking the following precautions:

You will be asked by your driver the night before you depart, if you have:

- -A fever
- -A Cough
- -Nausea
- -Cold or Flu-like symptoms (pain etc.)

You will be asked again before entering the van.

Cleaning Protocols:

- -The van will be sanitized in the morning before the trip and again after arrval at your destinations, then again at the end of the day.
- -Hand sanitizer is available onboard

Seating Configuration:

- -We will have a maximum of **2** passengers from separate households with the driver
- -Driver with no front passenger
- -1 passenger in the middle row of seats
- -1 passenger in the back row of seats
- -Family groups/same household passengers can have up to **3** guests, with no other passengers on board

Necessary medical Equipment:

- -Walkers/canes etc must be sanitized prior to getting in the van (by owner)
- -All equipment must be stowed by the owner in order to avoid cross-contamination
- -Please only bring equipment that is absolutely necessary.

Purchases:

- -All personal bags and store purchases must be loaded and handled only by the owner of the item to avoid cross-contamination

Required Personal Protective Equipment:

- -hand sanitizer must be used before entering the vehicle (Provided)
- -masks must always be worn by all vehicle occupants. (Not Provided)
- -masks must be put on prior to getting in the van.



