FLOOD PREPAREDNESS ON NORTHERN VANCOUVER ISLAND



The purpose of this notice is to provide information on seasonal readiness for flooding to residents in the Sayward area.

Flood Advisories. Watches & Warnings

Flood Warnings and Advisories can be found directly at: http://bcrfc.env.gov.bc.ca/warnings/index.htm Locally, advisories will be communicated via the Strathcona Regional District's and Village of Sayward's social media sites. Warnings will be communicated via Connect Rocket and One Call Now. Residents are also encouraged to monitor weather forecasts and prepare accordingly, particularly if you live in a high-risk area or have frequent issues with flooding. Unsure if you live in a high-risk area? The Salmon River 200-year floodplain map is available at https://strathconard.maps.arcgis.com/apps/PublicInformation/index.html?appid=1731d4b9ab3d4de7bdddb3f3a397d8b1

What Do These Advisories Mean?

1. **High Stream flow Advisory:**
   - River levels are rising or expected to rise rapidly.
   - Minor flooding in low-lying areas is possible.
   - No major flooding is expected.
2. **Flood Watch:**
   - River levels are rising and will be approaching or may exceed bank full levels.
   - Flooding of areas adjacent to affected rivers may occur.
3. **Flood Warning:**
   - River levels have exceeded bank full levels or are expected to exceed bank full levels.
   - Flooding of areas adjacent to the affected rivers should be expected.

Flood Season Preparation

How can I prepare my private property?

Though flooding may be imminent, damage to your property is not. With proper preparation water damage from flooding can be greatly reduced and, in many cases, prevented all together.

How to Safeguard your Home:

- Seal cracks in the foundation and around doors and windows.
- Installing backflow valves on basement floor drains, washing machine drains, toilets and sink drains.
- Move large appliances, furnaces, hot water heaters and electrical panels out of the basement or ground floor when possible.
- Install a sump pump.
- Store valuable and/or important items and documents off the ground or on upper floors when possible.
- Anchor all fuel sources.

Things you can do to the exterior of your home:

- Enhance landscaping so water drains away from the foundation.
- Ensure water from downspouts drains away from your residence.
- Clean your gutters regularly.
- Maintain your perimeter drains regularly.
- Keep nearby storm drains clear of debris.

We've found some useful websites if you think you could be impacted by flooding:

- Report a FLOOD EMERGENCY, contact 911
- Read up on emergency preparedness and flood information https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/preparedbc/know-the-risks/floods
- For rainfall warnings visit https://weather.gc.ca/warnings/index_e.html?prov=bc

Who is Responsible for What?

The Ministry of Transportation and Infrastructure is responsible for:

- ✓ ensuring the adequate drainage of run off from road surfaces in Electoral Areas
- ✓ providing for the passage of water from one side of the road to the other, including passage of natural water courses

The fundamental purpose of drainage systems for our provincial highways is to serve the present and future transportation needs of the province. Ditches are not a storm water system for managing private property surface drainage – they are for managing run off from road surfaces.

The Property Owner is responsible for:

- ✓ checking to make sure your driveway culvert is clear from debris, not blocked or pinched
- ✓ Surface water that falls on private property should be dealt with within the boundaries of the property.
- ✓ not collecting and directing into Ministry of Transportation highway drainage systems.
- ✓ maintenance of their driveway access(es) and culvert(s)
- ✓ or replacement of culvert if necessary

In the Event of a Flood

Building a Sandbag Dike

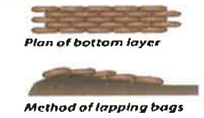
If there is a risk of flooding, sand and sandbags are made available for the public to fill for themselves at the following locations:

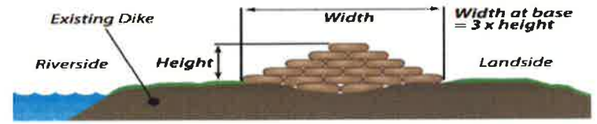
- Village of Sayward – behind the Kelsey Recreation Centre, 652 H'Kusam Way
- Sayward Mainroad Yard – 797 Island Highway

It takes two people approximately one hour to fill and place 100 sandbags, giving you a 1-x-20-foot wall. Make sure you have enough sand, burlap or plastic bags, shovels and time to properly prepare.

BAGS REQUIRED PER 100 LINEAR FEET OF DIKE

Height above dike	Bags required
1/3 metre	600
2/3 metre	2,000
1 metre	3,400





- ➢ Locate the sandbag dike on high ground as close as possible to your home.
- ➢ Dig a bonding trench, one sack deep by two sacks wide.
- ➢ Alternate direction of sacks with bottom layer (e.g. bottom layer length-wise with dike, next layer crosswise.
- ➢ Sacks should be approximately half-filled with clay, silt or sand.
- ➢ Tying or sewing of sacks is not necessary.
- ➢ Lap unfilled portion under next sack.
- ➢ Press firmly in place.

Contacts & Additional Information

BC Hydro 1-888-769-3766
Strathcona Regional District's Emergency Program Coordinator preparedness@srd.ca or 250-830-6702
Mainroad North Island Contracting 1-877-215-7122

Want to know more about flood preparedness and managing storm water?

http://www.toolkit.bc.ca/resource/stormwater-planning-guidebook-british-columbia
https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery
https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/preparedbc/know-the-risks/floods

Emergency Notification Systems

One Call Now - This system is used by the Village's Public Works staff to let Village residents know of problems with water, sewer or other systems. It can be used to notify the entire community of any emergency situation. It is important that we keep our resident list current. The system only allows for 10-digit phone numbers, no long-distance numbers be used. To provide us with your information please call the Village Office at 250-282-5512.

Connect Rocket - These emergency notifications are delivered by both text message and voice call to landlines and cellphones. You can sign up to receive notifications at https://strathconard.connectrocket.com

Websites

Village of Sayward www.sayward.ca
Strathcona Regional District www.srd.ca

Social Media

Facebook - Village of Sayward https://www.facebook.com/VillageOfSayward/
Facebook - Strathcona Emergency Program https://www.facebook.com/StrathconaEP/
Twitter - Village of Sayward @SaywardVillage
Twitter - Strathcona Emergency Program @SEP_EPC
Instagram - Strathcona Emergency Program @SEP_EPC

Strathcona Regional District

the Village of Sayward

Mayors Update Jan 2019

All of Council would like to wish everyone a happy and prosperous new year/decade.

Many of our constituents and their families have been directly or indirectly affected by the ongoing WFP strike. Council will have met with the Union prior to release of this Sayward News, our main concern is to support our workers and let the Union know of the devastating effects it has on many citizens in our community. I have also met with the government to voice my concerns, somehow the two sides must come to an agreement soonest. Many of the Vancouver Island Mayors, myself included, have sent letters to the government, Western Forest Products, MOSAIC and the Union urging everyone to resume talks and settle this strike, hopefully our thoughts have not fallen on deaf ears.

I would like to give kudos to our Public Works staff - during the most recent snowfall, I awoke on the morning of 18 Jan, at 0430, looked out my window and Public Works were busy clearing our streets. You cannot ask nor expect any better service from PW staff. Thanks for a job well done.

I have met with our MLA Claire Trevena and have been advised that her office will set up a meeting between the Village and the following: Minister James, Minister Robinson, Minister Trevena and Premier Horgan. The purpose of this meeting is to discuss our dam project and request funding due to the weather-related delay. I am in hopes this meeting will take place soon and I will be able to report back to the Village. We may be required, for financial prudence, to change the scope of the dam project, however this will be decided after our meeting with the provincial government.

Our Committee of the Whole (COW) meeting for budget discussions on 16 January was cancelled due to weather, by time this newsletter is issued we will have had our COW meeting on 28 Jan, I have made the decision that we will not hold any COW for budget discussions unless we have full council participation, as budget (five year financial plan, 2020 budget, tax rate by-law, sewer and water services) is the most important decisions of Council. I am sure we will be having a respectful and strong debate over issues that have been submitted by staff for budget consideration. Again, the COW and regular council meeting dates are posted on our website, I encourage all to attend, there is a question and answer period at the beginning and end of the meetings for public input and consideration by Council. Having received our assessment notices I see that assessments for the Village of Sayward have again increased, an average of 11%. This does not mean that your taxes will increase by 11%. It is important to note that we (the Village) do not have control of requisitions for services coming from outside governments.

As I stated in the last issue of Sayward News I am starting the Mayor's forum (information night) effective 03 Feb at 7:00 p.m. in Council Chambers and the schedule is published on our website and notice board. This forum will give the public an opportunity to voice their concerns (both negative and positive) of happenings/projects within the Village. There will be no minutes taken, this protects the identity of all individuals, myself and one Councillor will be present to discuss issues with the public. Should there be any issues that require follow-up, we will get back to the individual within five working days. This is not a forum for the public to complain about staff. If there is a service that you are not receiving, that would be the issue, not the staff. All Village of Sayward residents still have the right and opportunity to submit written complaints to the CAO.

As everyone is aware, we are back in Council Chambers effective 01 Jan. If your committee or organization requires a meeting room, they can contact the Village office staff to book Council Chambers for your meeting.

On 21 December the grand opening of the new Sayward library was held. What a great addition this is to the community, if you have not been there, I encourage you to drop in and use this facility. They also have a venue for meetings which may be booked with library staff. Congratulations to the Vancouver Island Regional Library Board for your forethought and completion of this fantastic facility.

PROJECTS	UPDATE
Mall	No news from owner
Store	Council/Staff searching for investor
Budget	Council/Staff discussions (COW)ongoing
Dam	Meetings with gov't and engineers
Water Treatment Plant	Complete with exception of generator and fencing
Village Services Admin & Public works	Ongoing
Website	Ongoing

John MacDonald, Mayor

the Village of Sayward

2020-2021 Kindergarten Registration

Kindergarten registration for the 2020-2021 school year is happening soon at all elementary schools!



When: February 3 to February 7, 2020
(Note: Parents are asked to register no later than February 14.)

Where: Your neighbourhood elementary school

What to Bring:

- Child's birth certificate (Canada) or proof of citizenship;
- Child's Care Card; and
- Proof of current residence (Hydro bill, purchase or rental agreement).

Registration forms are available at the schools.

To learn more about these other kindergarten offerings:

Homeschool / eBlend Information	Call (250) 923.4918
Liq'wala/Kwak'wala language and culture experience kindergarten program	Register at your neighbourhood catchment school and then submit an expression of interest to Ripple Rock Elementary School.

CONNECT WITH US

www.facebook.com/crsd72 @CRSD72

Website: www.sd72.bc.ca **Phone:** 250.830.2300 **Email:** info@sd72.bc.ca

CAMPBELL RIVER School District 72

SAYWARD SCHOOL PAC

Valentines Chili, Hotdog and Bake sale

February 11th

11:30am

Sayward School

Come and buy that special someone a treat for Valentine's Day

Thank you for all your community support!

Campbell River Caregivers Support Group

You are welcome to join us for the Campbell River Caregivers Support group, to share your experiences, concerns and thoughts. You can also get help navigating the healthcare system and get your questions answered. Free resources and information are available. Confidentiality assured.

LOCATION
Campbell River Hospice Society
440 Evergreen Road, Campbell River

DAYTIME MEETINGS
10AM - 12 NOON
2nd Tuesday of each month

EVENING MEETINGS
6:30PM - 8:00PM
2nd Tuesday of each month

More information at 250-286-1121
www.crhospice.ca

ALL NEW EVENT AT THE

LEGION

PUB NIGHT

EVERY SATURDAY

Starting on February 8th

5:00 p.m. - 10:00 p.m.

SERVING UP BURGERS & SALAD

10% OF MONEY RECEIVED FROM BURGER SALES WILL GO TO THOSE LOGGERS DISPLACED FROM WORK DUE TO THE STRIKE.

"Come On Out An Have Some Fun"

LEGION

FEBRUARY 2020

Calendar of Events

Sunday - February 9th
BINGO & MEAT DRAWS
1:00 P.M.

Thursday - February 13th
VALENTINES LUNCHEON
11:30A.M.

Sunday - February 23rd
BINGO & MEAT DRAWS
1:00 P.M.

Wednesday - February 26th
LEGION MEETING
"Voting in new executives"
ALL MEMBERS SHOULD ATTEND
6:00 P.M.

MOUNT CAIN

Back Country Fest (external affiliation) February 8-9th

Lower Mountain- General Public & School Group February 10th

Family Day (Monday Full Mountain) February 17th

Lower Mountain- General Public & School Group February 24th

Lower Mountain- General Public & School Group March 2nd

Viking Fest/ TeleFest and Blueberry Jam March 7th

Director's Meeting Feb 29 or March 7th, 4 pm Ticket Booth

Lower Mountain- General Public & School Group March 9th

Spring Break March 16-23rd Full Mountain

Kid's Fest March 21st

Friday Open Full Mountain March 27th

Lower Mountain- General Public & School Group March 30th

Cyprus Cup Race April 4th

Lower Mountain- General Public & School Group April 6th

Last Full Day of Operation April 11th

Staff Appreciation and Close Down (volunteers welcome) April 12th

As the only fully Canadian-owned and operated ski resort left on Vancouver Island, we know all about bacon, maple syrup, walking uphill both ways to school in the snow, and getting your tongue stuck to metal posts on a dare. We also know about bottomless powder, and low-to-no lift lineups.

Accommodations 1-888-668-6622

Snow School 778-989-1579

Information 1-888-668-6622

http://www.mountcain.com/



Children's Health Hub

Open Tuesday to Thursday from 10 am to 1 pm

Wednesday's are Parent and Tot drop in. A light lunch will be served! On Story time days we will be doing a walk over to the library!

ASQ Clinic is being held on Feb. 25 from 10 am to 11:30 am at the Hub. Please drop in or you can pre-register.

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

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

Hub on the Go

Every Thursday from 11 am to 12 noon at the Sayward School. Come down for playtime, crafts and stories.

Check us out on Facebook – Sayward Children's Health Hub and Sayward hub-on-the-go



Sayward Tourism Announcement

The Sayward Tourism Committee will be meeting on Wednesday February 12, at 6:30 in the Kelsey Centre. We will be discussing the setting up of our new website and the printing of our new Sayward brochure, business directory, and map for 2020. All operators are encouraged to attend. Your input is vital to attracting visitors to our community and to promoting your business.

For more information please contact Charon Ridsdale (charonrids@gmail.com),

Joyce Ellis (250 282-3863) or me at 250 282-0134.

Thank you for your participation,

Bob Sampson, Coordinator

Sayward Tourism

Tourism Sayward Valley

Sayward Martial Arts Exhibition

Building confidence by participating. You are the perfect beginner. Two FREE events for kids!



Where: Kelsey Centre Gymnasium

1 For KIDS 4 to 7 years old
Sunday, February 9, 2020
From 10am to 11am

2 For KIDS 8 to 12 years old
Sunday, February 23, 2020
From 10am to 11:15am



IN PARTNERSHIP WITH: the Village of Sayward · island health

For additional information or for any questions, please contact Nuka de Jocas at saywardcommunitycapacity@gmail.com ; or call at (438) 830-3074

Kelsey Recreation Centre Presents:

WORKOUT Class

WITH LAUREN



WOMEN OF ALL AGES WELCOME!

MOM & TOT FRIENDLY!

A DVD-LED BLEND OF STRETCHING, RESISTANCE WORK AND AEROBICS

DROP-IN!

FIRST CLASS:

FEB. 3

MONDAY, WEDNESDAY & FRIDAY - 1-2 PM

Made with PosterMyWall.com

Cardmaking Technique Class

Once a month, there will be a class to demonstrate new techniques with cardmaking. All supplies provided. Projects will vary, depending on the technique being demonstrated.

$10

Date: Tues., Feb. 11, 2020

Time: 7pm

Place: Kelsey Centre Multi-purpose room

Please register by Sat., Feb. 8, 2020

papercraftingwithtracey@gmail.com

Made with PosterMyWall.com

CAMPBELL RIVER HOSPICE SOCIETY

Your Life... Your Wish

ADVANCE CARE PLANNING

Advance Care Planning is making decisions about the healthcare you want to receive if you become unable to speak for yourself. These are your decisions to make, regardless of what you choose for your care, and the decisions are based on your personal values, preferences, and discussions with your loved ones.

You can join a free Advance Care Workshop that will help you understand the options and complete the paperwork. Each month we will host a two-day session.

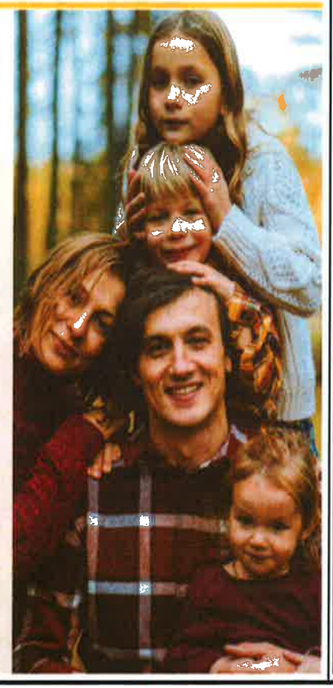
Saturday, January 11 & 25
10 am - 12 noon

Friday, January 31 & February 7
10 am - 12 noon

Saturday, February 1 & 8
10 am - 12 noon

Thursday, March 19 & 26
2 pm - 4 pm

To register call us at 250-286-1121



Age Friendly Drop-In Presents

Crib Night



Adults Only

Thursday Evenings

7pm

Kelsey Centre Multipurpose Room

SAYWARD FUTURES SOCIETY

Our Community Our Future

SEEKING A DIRECTOR

Sayward Futures Society is a non profit society with a mandate to support economic development in the Sayward Village and the Valley.

As part of this mandate SFS owns and operates the wharf at Kelsey Bay. We have a gift store, an opportunity for sports fishing and a destination for tourists. The Board of Directors of SFS is responsible for the management and maintenance of the wharf.

The society sponsors many public events such as Canada Day and music at the Kelsey Centre.

One director has recently moved from the community. Sayward Futures is looking to fill the position of Director Treasurer. The board meets once a month and is supported by an executive administrator. If you are interested in applying for this position please contact Michelle Bridge 250 898-4313 or via email

Sayward Community Kitchen



WE HOPE TO CREATE A THRIVING PLACE WHERE PEOPLE CAN COME TOGETHER TO LEARN TO HELP EACH OTHER.

OUR VISION IS TO HELP SAYWARD BE A HEALTHY AND CARING COMMUNITY. LOTS CAN HAPPEN AROUND FOOD.

WE INVITE YOU TO JOIN OTHERS AT OUR BI- MONTHLY LUNCHEON.

OUR NEXT LUNCH WILL BE HELD FEB 13 & 27th AT NOON AT THE KELSEY CENTRE.

ALL SENIORS(55+) ARE WELCOME TO COME

Kelsey Centre Senior Drop-In Centre Carpet Bowling

Every
Tuesday & Thursday
9:30 AM - 12PM

Made with PosterMyWall.com

Join In The Fun

55+

Kelsey Centre
652 H'Kusam Way
Sayward BC
PH# 250-282-5500



Garden Club News

If you think gardening ends with the fall harvest, you do not know the Sayward gardeners. Our January meeting began with a lively discussion of the various tasks we have been completing in our gardens. Most of us are studying the new seed catalogues at this time of year and dreaming of bigger and better gardens to come while ordering old favourites and perhaps a new variety or two to try in our climate. We are also busy making newsprint pots to prepare for those first sowings in February, sorting saved seeds and testing their viability, gathering materials to make new raised vegetable beds, pruning our raspberries, and weeding that pernicious bishop's weed and creeping buttercup.

The round robin was followed by Jeannie Martin sharing her experiences with crop rotation and no-dig gardening, two strategies for building well-balanced, nutrient-rich soil. Focusing on the microbial health of the soil, no-dig gradening encourages good bacteria as the best defence against harmful pathogens, by disturbing the soil as little as possible. Crop rotation is a second protection against harmful pathogens, and while it is not necessary to rotate all your crops annually, it is a good idea to rotate the carrot (to prevent rust fly), potato (to prevent scab), onion (to prevent white rot), and cabbage (to prevent clubroot) families on a regular basis.

Our next meeting will be at the Heritage Hall on Thursday, February 13th, at 6:30 p.m. Everyone is welcome!

Our February round robin will focus on preparing for spring. What do you do to get ready for planting? When do you plant? Have you noticed any changes to your gardening patterns? Although we often think of May 24th as a safe frost-free date, for example, in the last two years, the last spring frosts have been a full month earlier, in the third week of April. Come and share your experiences in the garden or come and ask your gardening questions. We all come away from a meeting having learned something new and feeling inspired.

Kyuquot-Nootka / Sayward News
Strathcona Regional District (Area 'A')

January 20, 2020

Property taxes:

It is budget time at the Strathcona Regional District and this year I had planned to be able to announce a reduction in everyone's property taxes. Then our Provincial 2020 Property Assessment Notices arrived which have changed everything. We have been targeted this year by the Provincial Government for substantial increases to our Assessed Property Values. As justification the province cites some of the recent sales in the Sayward Valley, including one property recently selling for $1.1 Million. If you are interested in looking at some recent local sale prices you can find them online at bcassessment.ca. Type in your address, then scroll down to the bottom and click on "Sample sold properties".

The total amount of tax requisitioned by the Regional District does not change, but the proportion of that total amount that each one of us pays is totally dependent on our provincially assessed property value. What has transpired, for example, is that the property assessments for Electoral Area B (Cortes Is.) have an average increase of 4.3%; Area D (Oyster Bay) 2.2%; Gold River 6.1%; Campbell River 9.9%; but Area A (Sayward Valley & Kyuquot) 12.2%. This means that we will all pay a greater proportion of the total requisition then we did last year. (So will the Village of Sayward with an average increase of 11.7%.) The estimated average increase in our Area A property taxes for Regional District services should be about $11.29 per $100,000 of our assessed property value. Unfortunately for me personally, my own property assessment went up way more than 12.2%; therefore my taxes will increase considerably more than the average, and I know that lots of you are in the same situation. Also, remember that the above calculations are only for Strathcona Regional District services. All the other things we are taxed for such as: Hospital, Library, Solid Waste, etc. are all over and above this calculation. Regardless, when all is said and done, here in the Sayward Valley we will still be paying far less property taxes than any other Electoral Area in the Regional District, and I intend to keep it that way.

I suppose that if there is any good news in all of this, it might be that your property may be worth more than you thought it was. If anyone has any thoughts or concerns on this or any other Regional District matters I would appreciate hearing from you.

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

February 2020 — Kelsey Centre Age Friendly Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Reminder: Senior luncheon February 13 & 27, 2020 Note: Van serviced by volunteers and funded by donations. Unscheduled trips to town are available for Doctors appointments and hospital drop off and pickup.						1 Dominoes 10:30
2	3	4 Carpet Bowling 9:30 am Dominoes 10:30 am	5	6 Carpet Bowling 9:30 am Dominoes 10:30 am Crib 7 pm	7	8 Dominoes 10:30
9	10	11 Carpet Bowling 9:30 am Dominoes 10:30 am Card Making w/Tracey 7pm	12 Van to town Shopping Weather permitting	Luncheon 13 Carpet Bowling 9:30 am Dominoes 10:30 am Crib 7 pm	14	15 Dominoes 10:30 am Nutrition Class All ages welcome 2-4
16 Nutrition Class All ages welcome 2-4	17	18 Carpet Bowling 9:30 am Dominoes 10:30 am	19	20 Carpet Bowling 9:30 am Dominoes 10:30 am Crib 7 pm	21	22 Dominoes 10:30
23	24	25 Carpet Bowling 9:30 am Dominoes 10:30 am	26 Van to town Shopping Weather permitting	Luncheon 27 Carpet Bowling 9:30 am Dominoes 10:30 am Crib 7 pm	28	29 Dominoes 10:30

Kelsey Centre

Sayward Age Friendly Van

Schedule February 2020

MONDAY	TUESDAY	THURSDAY
Sayward Clinic 9am-12pm	Kelsey Centre 9am-12pm	Kelsey Centre 9am-12pm

Wednesday, February 12, 2020
Wednesday, February 26, 2020
Shopping in Campbell River
We leave for town approximately 9 am
(Weather Permitting)

Please phone the day before by noon
Clinic days the Friday before noon
For more Info:
Contact: Kelsey Centre 250-282-5500



KELSEY RECREATION CENTRE
FEBRUARY 2020 SCHEDULE

	SUNDAY	MONDAY	WEDNESDAY	FRIDAY
		WEIGHT ROOM 1:00PM-8:00 PM	WEIGHT ROOM 1:00PM-8:00 PM	WEIGHT ROOM 1:00PM-8:00 PM
9:00		NEW 1:00 – 2:00 DVD-LEAD WORK OUT MOM & TOT FRIENDLY	NEW 1:00 – 2:00 DVD-LEAD WORK OUT MOM & TOT FRIENDLY	NEW 1:00 – 2:00 DVD-LEAD WORK OUT MOM & TOT FRIENDLY
9:30				
10:00	TOONIE SWIM	MONDAY'S ONLY		
10:30				
11:00		NEW TIME: ADULT SWIM 1:00-3:00	CHILDREN'S DROP-IN 2:30-4:30	CHILDREN'S DROP-IN 2:30-4:30
11:30	PARENT & TOT 11:30-12:30			
12:00		CHILDREN'S DROP-IN 2:30-4:30 (POOL AVAILABLE 3-4:30)	PARENT & TOT SWIM 4:30-5:00	PARENT & TOT SWIM 4:30-5:00
12:30	ADULT SWIM 12:30-1:30			
1:00		PARENT & TOT SWIM NEW TIME: 5:00-6:00	ADULT SWIM 5:00-6:00	ADULT SWIM 5:00-6:00
1:30	PUBLIC SWIM 1:30-3:30PM			
2:00				
2:30				
3:00		PUBLIC SWIM 6:00-8:00	PUBLIC SWIM 6:00-8:00	PUBLIC SWIM 6:00-8:00
3:30				
4:00		GYM 6:00-8:00 HOCKEY NITE IN SAYWARD (FLOOR)	GYM 6:00-8:00 BASKET BALL	GYM 6:00-8:00 ROLLER BLADES OR ROLLING SKATE (BRING YOUR OWN SKATES) WAIVERS ARE MANITORY
4:30				
5:00				
6:00				
6:30				
7:00				
7:30				
8.00				

	SINGLE	10-PACK	MONTHLY
CHILD/YOUTH	3.00	27.00	36.00
ADULT	5.00	45.00	60.00
SENIOR	4.00	36.00	48.00
FAMILY (Immediate)	15.00	135.00	180.00

REMINDER: All children less than 7 years of age must be accompanied by a responsible person 16 years or older in the POOL within arms reach at ALL TIMES. Maximum of 2 or 3 children. (Discretion of Life Guard) No exceptions.

NEW: Mom & Tot Friendly DVD Lead Work Out. Monday, Wednesday & Friday 1:00 – 2:00

REMINDER: The Kelsey Centre will be closed for all Statutory Holidays.

The facility schedule is subject to change. For daily schedule please call 250-282-5500

NO AFTER SCHOOL PROGRAM: THE AFTER SCHOOL PROGRAM IS CANCELED UNTIL FURTHER NOTICE



February 2020

1st - Indoor Market 10 am to 1 pm – First Saturday of the month. Vendors welcome.
4th, 11th, 18th and 25th –Sew....It's Tuesday! Sewing Club from 10 am to 2 pm – Free to join. Bring your project and your lunch. All welcome!
8th - Community Potluck – 5 pm sharp! All welcome. Bring your favourite dish!
11th and 25th NEW Family Game Night – 5 pm to 7 pm. Bring your favorite board game, dice game or card game. Bring snacks if you want! Some snacks will be provided by Sayward Literacy Now
13th- Garden Club – NEW time 6:30 pm
15th – NEW Music Trivia Night with Lyle 7 pm to 9 pm. Come down and join the fun. $5 per person. Team's will be picked at random. Come out for a night of fun. A few snacks will be provided. Coffee and tea by donation. Pop and water $1. Prizes to be won!
17th – Family Fun Day- Come down to the hall for a fun day! 12 to 2 pm. Roast a hot dog, have hot chocolate. Scavenger hunt. Rain or Shine or Snow! All children to be accompanied by adult.
17th - SCRA Monthly Meeting at 7 pm – All are welcome to come out to our monthly meeting. Become a member and be part of our hall. Want events to happen? Have Ideas? Come out, bring your ideas and be part of our team.
27th -Fish and Game at 7:30 pm

HELP NEEDED- April 4th will be clean up day for the upcoming Annual Easter Egg Hunt. We need some young strong people to come out and help clean up the grounds. Lets make this a great event for the kids. Free lunch will be given to all helpers. Bring your family and make it a family event.

Summer Market will be starting up **May 16th** outside. We are looking to see if any groups/ personal people would like to take turns to run the Concession. If you or your group would like to take a turn or have questions please contact Barb Bowbrick 250-282-3741

SCRA memberships are $5 per year. Become a member and be part of our hall. Memberships are due for 2020!
For rentals please call the hall and leave message and rental person will get back to you.
Any questions call or email the SCRA.

Sayward Valley Folk Music Society News

In spite of bad weather, our first concert for 2020, at the Kelsey Centre, was well attended. Valdy presented a great show to a very receptive audience. Unfortunately, the same weather resulted in the cancellation of our Jonathan Stuchbery concert.



Our concert on Sunday, February 9 features Vancouver Island singer/ songwriter and finger style guitarist Matthew J. Benedict. Matthew appeals to his audiences with his unabashed acoustic storytelling. A sort of whirling dervish, in live performance, his rich voice and brilliant guitar skills provide an experience that is truly memorable.

Our concert series features some of best musicians from Canada and beyond it's borders. Aimed as a fun, social, cultural evening, we continue to present several Sunday night concerts a month. It is an opportunity for old friends and new to get together to share and experience some of the best acoustic music available today.



From Traditional Folk, Classical, Jazz, World Music and Blues, we feature music that will appeal to a wide audience from only a few feet away.

Sunday, February 23, we welcome Tania Opland and Mike Freeman to our concert stage. This duo is rather astonishing- Tania is from Alaska and Mike is from England. Between them, they sing and play a variety of acoustic instruments.

Their concerts feature traditional and contemporary material from many cultures, all presented with wit and style. Simply one of the most original and interesting duo's touring today.

All concerts begin at 7:00 with the doors opening at 6:30.

Advance Tickets to each separate concert are available at The Music Plant in Campbell River, The Kelsey Centr,e and The Sayward Valley Store The ticket price is $20 /person. Tickets will also be available at the door the night of each concert. SVFMS member's admission is $10/person at the door. Children 16 and under are free when accompanied by an adult.

Annual Memberships are available for $85/single and $130/family.. These will allow you into each venue for half the general admission price for the entire series of 22-24 concerts, help support music and the arts in the community,, and to receive our newsletter.

These are family friendly events, there is no alcohol allowed. Children must be supervised and observe proper etiquette. Refreshment table with desserts and beverages is provided.

If you are interested in hosting our performers or becoming a volunteer at our events, please contact Bob of Karen Sampson @ 250 282-0134

Sayward Community Health Society

Welcome to the Sayward Primary Healthcare Clinic!

Did you know that the Sayward Clinic offers a full range of primary healthcare services, which means you do not have to drive to Campbell River for essential healthcare needs?

Our resident Nurse Practitioner and Visiting Practitioners – including a family doctor, public-health nurse, mental health counsellor, and lab technicians – provide blood testing, well baby clinics, Immunizations, and drivers' medical exams, as well as medical consultations, diagnoses, prescriptions, and referrals to specialists when necessary. Twice per year, BC Cancer Agency sends the mammography van to Sayward.

If you have recently moved to the area, are having difficulty finding a General Practitioner, and/or prefer not to drive, especially in inclement weather, the Sayward Clinic is here to look after your healthcare needs. Nurse Practitioner Tracey Payne works both independently and collaboratively with other health professionals to provide patient assessments, manage chronic disease, order and interpret diagnostic tests, make referrals, and prescribe medications. And the Clinic now has Telehealth, which means you can sometimes make follow-up appointments with out-of-town specialists without the expense of leaving the community.

Lab work is done every Monday, Dr. McFadden visits the Clinic twice monthly, and the Public Health Nurse visits once a month. For more information and a complete monthly schedule please consult our website (**http://saywardclinic.com/**) or the print calendar in the *Sayward News* bulletin.

The Sayward Primary Healthcare Clinic was founded by a dedicated group of local volunteers, and has been providing quality health care to the residents and visitors of the Sayward District since 2011. While the Clinic is community owned and operated by the Sayward Community Health Society, the Society works in partnership with Island Health to offer fully professional healthcare services.

You can support your local Clinic by becoming a member of the **Sayward Community Health Society.** The Society depends on memberships, donations, and grants to pay for such running expenses as janitorial services, computer upgrades, and purchases of new equipment.

We need and welcome your support! For just $10 annually, you will be contributing to keeping Sayward a healthy place to live for all. New memberships are available from Monday to Thursday at the Clinic or by e-transfer to schs.clinic@gmail.com

Yours in Health and Well Being,

Sayward Community Health Society



- ✓ Understand and manage symptoms
- ✓ Deal with stress and difficult emotions
- ✓ Learn to safely maintain physical activity and improve flexibility
- ✓ Communicate effectively with your health care team

FREE Six-Session Workshop for Adults with Any Kind of Ongoing Pain

Family Members and Friends Welcome

DATES/TIME:	Tuesdays, March 3 to April 7, 2020 2:30pm to 5:00pm
LOCATION:	Kelsey Recreation Centre 652 Hkusam Way, Sayward BC V0P 1R0
TO REGISTER:	1-866-902-3767 or www.selfmanagementbc.ca

***Register for this program and be eligible for a Healthy Living 1-month trial membership!**
(New members only - please contact the View Royal Y for more information)

Connect with us: @SelfManagementBC @SMPatUVic

*Self-Management BC programs follow a scent-free policy. For the health and consideration of other participants, please refrain from wearing fragrances in our workshops. Thank you!**

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

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

Clinic Corner News

Sayward Primary Healthcare Clinic

Chronic Pain Self Management Program will once again be offered. Dates are Tuesdays March 3 – April 7, 2020 from 2:30-5 pm at the Kelsey Center. Please register at the clinic.

We have a limited amount of flu shots still available. If you still need one, please book an appointment at the clinic.

February 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
2	3 NP Tracey 9-5 Labs 9-11:30 Dr McFadden 10-3	4 NP Tracey 9-5	5 NP Tracey 9-5	6 NP Tracey 9-4 Mental Health 10-2	7 CLINIC CLOSED	8
9	10 NP Tracey 9-5 Labs 9-12:30	11 NP Tracey 9-5	12 NP Tracey 9-5 Public Health Nurse	13 NP Tracey 9-4	14 CLINIC CLOSED	15
16	17 FAMILY DAY CLINIC CLOSED	18 NP Tracey 9-5	19 NP Tracey 9-5	20 No Nurse Mental Health 10-2	21 CLINIC CLOSED	22
23	24 NP Tracey 9-5 Dr McFadden 10-3 Lab Day 9 – 12:30	25 NP Tracey 9-5	26 NP Tracey 9-5	27 NP Tracey 9-4	28 CLINIC CLOSED	29

Chronic Pain Workshop will begin Tuesday March 3rd in the afternoons for 6 weeks. Call the clinic to sign up

Mental Health Worker will be coming every other Thursday. Appointments can be booked through Campbell River Mental Health 250 850-2620

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.



SAYWARD SEWING & MENDING

Contact Charon
250-850-7144 604-210-0466
email: charonrids@gmail.com

Sayward Christian Fellowship

Fellowship

"A parent's life is a child's guidebook."

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!



Susan Mallinson

Your Sayward Specialist

C: 250-203-3545

O: 250-286-3293

susanmallinson@royallepage.ca

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Mid Island HEATING SERVICES

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30 Years Experience

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

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 COMMUNITY FOOD BANK DELIVERY SERVICE

A Food Bank delivery service is being setup in Sayward. We are striving for a confidential and efficient community-minded service. The service will be **FREE** for people registered with the Campbell River Food Bank.

The criteria to receive this service is as follows:

Step 1. You must register with the Campbell River Food Bank. To register you must appear in person at the CR Food Bank with Identification.
Adults must present 2 pieces of ID and if there are children in the family they must have 1 piece of ID.

Campbell River Food Bank Society
1393 Marwalk Crescent
Campbell River

2. To order a food hamper, after you have registered, you are to call Joyce at 250-282-3863. You must speak to Joyce personally or leave a message for her to call you back. We will need for you to sign a Letter of Authorization which states that our driver is allowed to pick up your hamper.

3. Deliveries will be the First and Second Friday of each month. Orders, for a hamper, must be received by Joyce the previous Wednesday before 4pm. We will pick up your hamper on the Friday and then deliver it to your door.

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 - 250-282-0192
3rd Monday of each month – Heritage Hall 6 pm

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 Tuesday 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 At Sayward School, Monday and Thursday
10 am to 12 pm, Drop in for a coffee. Let us know if we can help you with your computer. No charge!
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 9 am-4 pm

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

Sayward Literacy NOW!

Need help with your computer needs,
give us a call!
Watch for our book houses! Take a book, leave a book!
Jan Bakker at bokkie.bakker@gmail.com 250-282-3851 or
Ann Vansnick at annvansnick3@gmail.com 250-282-3450

JOIN US AT THE HERITAGE HALL

INSANELY FUN FAMILY GAMES NIGHT

BRING YOUR FAVOURITE BOARD GAME, DICE OR CARDS

A FEW SNACKS PROVIDED OR BRING YOUR OWN!

FEBRUARY 11TH AND 25TH FROM 5PM-7PM

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

Mayor John MacDonald	(250) 282-0184
Councillor Wes Cragg	(250) 201-0604
Councillor Joyce Ellis	(250) 282-3863
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)

Mountview Pacific Construction
Mitchell Vincent
Owner/Operator
250-282-3283 /250-850-7005
mitchell.vincent07@gmail.com
New Builds
Renovations
Home Repair
Mountview Pacific Construction
Serving Campbell River & North Island

North Island Survivor's Healing Society
Trauma and Abuse Counseling Centre
Call: 250-287-3325
Professional counseling by appointment
"The society gratefully acknowledges financial assistance from the Province of BC & the United Way"

HUB
Cathy Luong
Insurance Advisor
We provide a broad array of Home, Auto, Commercial, Marine, Travel, and Business Insurance with competitive markets and rates for our local communities
T-250-287-8819 C-604-720-0196
cathy.luong@hubinternational.com

This space for rent
Please contact
saywardnews@gmail.com

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saywardnews@gmail.com

This space for rent
Please contact
saywardnews@gmail.com



Secret Santa

Secret Santa wishes to thank the community of Sayward for their generosity this past Christmas season. We were able to contribute to just over 35 families.

Thanks to:

The Co-Op, Kusam Klimb, Sayward Futures, Legion, Mavis, Michelle and Paul Stanke, Sayward Valley Resort, Jacki and Daryll Lyons, The Bauers, Heritage Hall, John Hanson, Glenn Moffat, Sid and Val Hadley, The Carpet Bowlers, Sayward Fire Department, The Hendersons, Sayward Valley Communications, The Tinsleys, Regional District, Joyce Ellis, Leslie Moxam, Julie March, North Island Denturists, Bekins Moving and Storage, Kelsey Center, Lee Ettinger, Tom Mutch and Nuka de Jocas.

Special Thanks to the delivery elves Tessa, Ann, Paul and Frank

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
gregvincentlt@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
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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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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 LTD.
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
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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
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Personal, Reliable, Fast
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Campbell River, BC
Phone: (250) 286-0110
E-mail: info@ojproperties.ca
Parallel 50 REALTY AND PROPERTY MANAGEMENT

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 Health & Nutrition Workshop

Come join Catherine May* and take part in a FREE workshop that focuses on the essentials of eating well.

- **Healthful meals on a budget**
- **Nutritional needs individuals need to meet**
- **Recipes and snacks easy to make with a time restraint**

After participating, there will be an opportunity to schedule a "one on one" with individual families to explore in detail and follow up with some exercise programs.

We are offering two of the same workshops for your convenience

Saturday February 15, 2020 from 2pm to 4pm

Sunday February 16, 2020 from 2pm to 4pm

Where: Kelsey Centre Multipurpose Room



*Catherine May is a registered nutritionist and personal trainer with 32 years of experience.



IN PARTNERSHIP WITH: the Village of Sayward island health

For additional information or for any questions, please contact Nuka de Jocas at saywardcommunitycapacity@gmail.com ; or call at (438) 830-3074