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www.susanmallinson.com

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For all your home repairs & renovations, inside and out
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SAYWARD FUTURES SOCIETY **OCEAN VIEW GIFTS**
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250-282-0018
www.saywardfutures.ca

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Blackandblued@gmail.com
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"Local to Sayward"

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Bruce Fyfe 250-282-3301
Bible Study, Wednesday 7:00 pm
Contact Beth Johnson 250-282-3473
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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 Teen Outdoor Leadership Program



ESCAPE YOUR PARENTS FOR A WEEKEND AND LEARN VALUABLE LEADERSHIP SKILLS OUTDOORS IN STRATHCONA PARK

FOR TEENAGERS GRADE 8 to 12

FRIDAY MARCH 27 TO SUNDAY MARCH 29, 2020

HOW DO I PARTICIPATE?

- **SEND AN EMAIL TO: SAYWARDCOMMUNITYCAPACITY@GMAIL.COM**
- **FILL IN THE YOUTH CONSENT AND MEDICAL FORM**
- **MUST SIGN UP BEFORE MARCH 11, 2020**

FREE EVENT & WILL TAKE PLACE AT THE STRATHCONA PARK LODGE (parents will need to drive the teen to the site on Friday March 27 at 5:30pm)

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

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)

Mitchell Vincent
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mitchell.vincent07@gmail.com
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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"

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cathy.luong@hubinternational.com

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CoViD-19 (Coronavirus) Information

General information

- Island Health, the BC Centre for Disease Control and provincial and federal authorities are closely monitoring the novel coronavirus from China.
- The risk of spread of this virus within British Columbia remains low at this time.
- Precautions are being taken to prevent the spread of infection.
- Travelers arriving in Canada from affected areas are being assessed at their point of entry.
- Island Health and BC are prepared to quickly and accurately detect and respond to serious infectious diseases.

Prevention

- It is not necessary for the general public to take special precautions beyond the usual measures recommended to prevent other common respiratory viruses: regular handwashing, coughing or sneezing into your elbow sleeve, and if one is ill stay home.

Discrimination

- We all play a role in dispelling rumours that may lead to inappropriate discrimination against people. Only people who are experiencing symptoms may transmit an illness, it is not related to race or ethnicity. It is important to check trusted sources for information on coronavirus.

Face masks

- Face masks are beneficial for people experiencing symptoms of respiratory illness, such as a cough, and help reduce the spread of disease. If someone chooses to use a face mask, it doesn't mean they are sick and it isn't a safety issue. Masks are not routinely recommended for people who are well.

More information

- BC Centre for Disease Control website: http://www.bccdc.ca/about/news-stories/stories/2020/information-on-novel-coronavirus
- National coronavirus information line: 1-833-784-4397
- Canadian travel recommendations http://www.travel.gc.ca/
- International information from WHO: https://www.who.int/emergencies/diseases/novel-coronavirus-2019

Additional messages for education institutions with international students

- There is no need to restrict any activities for any students who are well, or to cancel any mass school events or field trips to public spaces or events.
- School trips to China are not recommended at this time.

Additional messages for community groups and others

- There is no need to restrict any group activities or to cancel any group events or field trips to public spaces or events.

the Village of Sayward

island health

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 VOLUNTEER FIRE DEPARTMENT'S ANNUAL RECRUITMENT DAY



WHEN – March 29, 2020

WHERE – Hall #1 – 620 Kelsey Way

TIME – 1pm – 3pm

Please come down and have some chili, bun, salad, tea, coffee.

We will have some of our fire and road rescue equipment out to show you what you could be using while on a call.

Meet some of the members of this great department and get a feel of fire family.

This could be a great start to a new adventure.

We hope to see you there.

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 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
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

Western Forest Products Inc.
DEFINING A HIGHER STANDARD

Please be advised that starting Monday February 24th to Friday March 13th the road to the boat launch (the spit road) will be closed to all traffic from 7:00 am to 4:00 pm 7 days a week. Heavy machinery will be on site to dredge the boom pool and the road must be closed for safety reasons.
Thank you for your understanding and patience.

March 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
1	2 NP Tracey 9-5 Labs 9-11:30	3 NP Tracey 9-5 Chronic Pain Workshop 2:30-5PM	4 NP Tracey 9-5	5 NP Tracey 9-4 Mental Health 10-2	6 CLINIC CLOSED	7
8	9 NP Tracey 9-5 Labs 9-12:30	10 NP Tracey 9-5 Dr McFadden 10-3 Chronic Pain Workshop 2:30-5	11 No Nurse Practitioner Public Health Nurse	12 No Nurse Practitioner	13 CLINIC CLOSED	14
15	16 NP Tracey 9-5 Labs 9-11:30	17 NP Tracey 9-5 Chronic Pain Workshop 2:30-5	18 NP Tracey 9-5	19 NP Trace 9-4 Mental Health 10-2	20 CLINIC CLOSED	21
22	23 NP Tracey 9-5 Lab Day 9 – 12:30	24 NP Tracey 9-5 Dr McFadden 10-3 Chronic Pain Workshop 2:30-5	25 NP Tracey 9-5	26 NP Tracey 9-4	27 CLINIC CLOSED	28
29	30 NP Tracey 9-5 Labs 9-11:30	31 NP Tracey 9-5 Chronic Pain Workshop 2:30-5	1 NP Tracey 9-5	2 NP Tracey 9-4	3 CLINIC CLOSED	4

Chronic Pain Workshop starts March 3 on Tuesday afternoons 2:30- 5 PM for 6 weeks. Please note that we will be unable to book appointments in the clinic during the workshop hours as Tracey is teaching the course. Thank you

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.

BLACK & BLUED GUNSMITHING

Fletcher 250 850 9956

Blackandblued@gmail.com

Firearms Buyer

"Local to Sayward"

Sayward Christian Fellowship

Fellowship

"Feeling like no one cares? Give us a chance to prove you wrong."

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

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Tuesday-Saturday.
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Sayward Valley Folk Music Society News

This Month at the folk we are presenting 3 Sunday night concerts. On Sunday March 8, our guests will be West My Friend.

In the modern musical landscape it is rare to hear something as put together as this 3 piece Cascadian folk outfit. Steeped in the visual styles of Western Canada, Eden Oliver, Alex Rempel and Jeff Poynter are veterans of the Victoria music scene. After 10 years together, they recently released their fourth Album In Constellation. West My Friend continues to refine the art of creating achingly poignant folk music, mingling grassroots guitar, mandolin and accordion with lush vocal harmonies.

On Sunday March 22, the Ever Lovin Jug Band returns to our stage. For those who missed them last year, be sure to catch them this time around. Minnie Heart and Bill Howard have played festivals and venues across Canada, the US and Europe and always go over like gangbusters. There are only two people on stage but you hear a full band: two lead singers, the interplay of fiddle, jug, kazoo, guitar, Banjolin, and foot operated bass. Here to promote their new album, How To Make A Pretty Good Sauce, The Ever Lovin Jug Band combines the skill, fun and spectacle of two one man bands with a vast repertoire of 1920's and 30's Jug band music (think Jim Kweskin, Maria Muldaur)



Kevin Mitchell will be our featured artist on Sunday March 29. The songs that Kevin plays and sings have the feel of a far off Woody Guthrie era., mixed with roots vibe and betraying just a little bit of his prairie heritage. His unique style, rhythms and subject matter, combine to create an exciting new and original voice in the Canadian folk music scene. With a style that conjures up Fred Eaglesmith, Bob Dylan or Greg Brown, his original songs have a message of positive vibrations and honest introspection.



All concerts are at the Kelsey Centre and 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 Centre 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 concert 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.

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

The Chronic Pain Self Management program is definitely running this month. Start date is Tuesday, March 3 from 2:30-5 at the Kelsey Center and it runs for 6 consecutive weeks. Last date is April 7. This is the perfect course to learn various techniques to help manage chronic pain. You will receive a manual (or one per family). The cost: FREE! Please call the clinic to register.

The weather is starting to get nicer. Just a friendly reminder that there is a walking group every Tuesday and Thursday morning, leaving the Clinic at 8:30. We welcome all levels, so don't be shy. We walk rain or shine!

KELSEY RECREATION CENTRE
MARCH 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				
11:30	PARENT & TOT 11:30-12:30	NEW TIME: ADULT SWIM 1:00-3:00	CHILDREN'S DROP-IN 2:30-4:30	CHILDREN'S DROP-IN 2:30-4:30
12:00				
12:30	ADULT SWIM 12:30-1:30			
1:00		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
1:30	PUBLIC SWIM 1:30-3:30PM			
2:00				
2:30		PARENT & TOT SWIM NEW TIME: 5:00-6:00	ADULT SWIM	ADULT SWIM 5:00-6:00
3:00				
3:30				
4:00				
4:30		PUBLIC SWIM 6:00-8:00	PUBLIC SWIM 6:00-8:00	PUBLIC SWIM 6:00-8:00
5:00				
6:00		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
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 $5.00

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

NOTE: NO POOL WEDNESDAY, MARCH 4 AND FRIDAY MARCH 6, 2020



HERITAGE HALL HAPPENINGS

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

MARCH 2020

HELP NEEDED APRIL 4TH

We are looking for volunteers to help clean up the Heritage Hall grounds in preparation for our upcoming Annual Easter Egg Hunt. Bring the whole family and enjoy a free lunch on us.

Helping Hands

March 3, 10, 17, 24, 31
Bring your lunch and your project and join us. It's free!
All are welcome!

Thinking of getting a membership? It's only $5.00!

Family Game Night

March 10, 24 5pm-7pm
Join us for a fun night. Bring your favorite board game, cards or dice

Indoor Market

March 7 Saturday 10am-1pm. Join us at the indoor market and enjoy some great food. Check out our incredible vendors featuring local products from the Sayward Valley as well as homemade items and gifts. New vendors welcome!

Multi Garage Sale

We are planning for the upcoming Multi Garage sale on May 9. Cut off day to sign up is May 4. Please contact Karen 282- 3667

Community Potluck Dinner

March 14 5pm sharp
Join us for a potluck dinner and get to know your community. Bring the family and meet new people. Bring your favorite dish.

March 7 5pm
Farmers Institute Potluck

March 12 6:30pm
Garden Club Meeting

March 26 7:30pm
Fish and Game Club Meeting

Sayward Community Recreation Monthly Meeting

March 16 6pm
Everyone welcome! Join us at a meeting and help plan events and activities. Share ideas and be a part of a growing community!



Sayward Garden Club

With spring just around the corner, we might be itching to get planting outdoors, but it is still too early for most things as plants set out in cold soil are susceptible to rot and slug attacks. Indoors, though, tomatoes, leeks, and onions and seeds that need eight weeks of growth before the last frost can be started now.

If you don't have a greenhouse or grow light system, late February to mid-March is the perfect time to "winter sow" in mini-greenhouses. Start hardy seeds like kale, broccoli, and onions in well-labeled milk jugs and simply set them outdoors to brave the weather. The beauty of starting plants this way is that there is no need later to harden seedlings off for transplanting. Tender plants can be started this way in mid-March to early April.

What else can we be doing in March? Some of us are busy repairing outdoor structures and still cleaning up shrubs and limbs damaged during the last heavy snowfall. But if you haven't already done so, we are fast losing the window—before bud break—to spray fruit trees and roses with a classic organic mixture of dormant oil and lime sulfur. This mixture helps control bacteria and fungi like powdery mildew, leaf curl, and scab and kills harmful overwintering insects like mites, scales, and aphids. Spray on a warm, sunny day with no rain in the forecast for 24 hours. Now is also the time to prune grapes, roses, and fruit trees.

One of the tips we learned during our February Round Robin is that, while dormant oil should be sprayed just once, we can spray lime-sulfur several times, provided it is not on a hot, sunny day. Mix up to 1 Tbsp lime-sulfur per gallon of water and saturate rose and berry bushes, fruits trees, dogwoods, rudbeckia, and phlox in early morning or on a cloudy day to kill off troublesome fungal spores. Allow the spray to sit on the plants for 15 minutes and then thoroughly rinse with clear water.

Anytime is a good time to weed but while the ground is damp and weeds are relatively easy to pull is the time to work on hairy bitter-cress, that pesky weed that shoots seeds madly off in all directions upon the slightest touch. Hairy bittercress seeds surprisingly early, so weeding now will prevent a serious infestation later.

Our next meeting at the Heritage Hall—Thursday, March 12th, at 6:30 p.m.—will feature designer Corrine Matheson of Mystic Woods Landscape Design. Corinne will be talking about how to draw beneficial birds, butterflies, and insects to the garden. Everyone is welcome!

MARCH 2020

GARDEN CLUB

The Garden Club will be at the Indoor Market Saturday March 7th

We will have seeds available by donation

GARDEN CLUB MEETING
THURSDAY MARCH 12 6:30PM

Join us for guest speaker Corinne Matheson of Mystic Woods Landscape design. Corinne's talk will focus on attracting beneficial birds, butterflies, and insects to our gardens.





EAT AND ENJOY

Farmers Institute Potluck Dinner

Join us at the Heritage Hall

March 7th Saturday 5pm

Bring your family and your favorite dish!

March 2020 Kelsey Centre Age Friendly Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Community Dinner 5:30pm	2	3	4	5	6	7 Dominoes 10:30
8 Folk Music Fest West My Friend	9	10 Carpet Bowling 9:30 am Dominoes 10:30 am Pain Management 2:30-5:00	11 Van to town Shopping Weather permitting	12 Carpet Bowling 9:30 am Dominoes 10:30 am Crib 7 pm	13	14 Dominoes 10:30
15	16	17 Carpet Bowling 9:30 am Dominoes 10:30 am Pain Management 2:30-5:00	18	19 Carpet Bowling 9:30 am Dominoes 10:30 am Crib 7 pm	20	21 Dominoes 10:30 am
22 Folk Music Fest Ever Lovin Jug Band	23	24 Carpet Bowling 9:30 am Dominoes 10:30 am Pain Management 2:30-5:00	25 Van to town Shopping Weather permitting	26 Carpet Bowling 9:30 am Dominoes 10:30 am Crib 7 pm	27	28 Dominoes 10:30
29 Folk Music Fest Kevin Mitchel	30	31 Carpet Bowling 9:30 am Dominoes 10:30 am Pain Management 2:30-5:00	**Note:** Van serviced by volunteers and funded by donations. Reminders: ➢ Senior luncheon March 12 & 26, 2020 ➢ Community Dinner: March 1, 2020 ➢ Pain Management: Tuesday's 2:30-5:00			

Kelsey Centre Senior Drop-In Centre Carpet Bowling

Every Tuesday & Thursday 9:30 AM - 12PM

Join In The Fun

55+

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

Age Friendly Drop-In Presents Crib Night



Adults Only

Thursday Evenings

7pm

Kelsey Centre Multipurpose Room

SAYWARD COMMUNITY DINNER #3

Do we really need a reason to eat a meal together?

WHEN : SUNDAY, MARCH 1, 2020

WHERE: KELSEY CENTRE GYMNASIUM

TIME : 5:00 pm, 'till the food is gone.

FREE FOR ALL!

Menu

Hot Beef Dip,
Salad & desserts

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

IN PARTNERSHIP WITH: the Village of Sayward, island health

Free Sayward Skating Event

A great opportunity to skate for FREE with the family! (Or on your own)

Where: Strathcona Garden Recreation Complex, Campbell River

For everyone from Sayward and the Sayward Valley on SATURDAY MARCH 21, 2020, from 1:30pm to 3:30pm

No Skates ? Doesn't matter!
You can rent them on site for free - Just tell them you are from the Sayward group!

A whole rink just for us.

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

SAYWARD COMMUNITY DINNER #4

Do we really need a reason to eat a meal together?

WHEN : SUNDAY, APRIL 5 2020

WHERE: KELSEY CENTRE GYMNASIUM

TIME : 5:00 pm, 'till the food is gone.

FREE FOR ALL!

Menu

Chicken Meal
Sides,
& Desserts

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

IN PARTNERSHIP WITH: the Village of Sayward, island health

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

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.

Sayward Futures is looking to fill two Director positions. 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 sfs@saywardvalley.

COPS FOR CANCER

It's hard to believe that 3 years has gone by since Cpl. Kim GRAHAM and Tim have been here. It's been great but, the RCMP have told us that it's time for Kim to move on. We're just going down the street to Campbell River.

So, we need someone new to take over the Tour de Rock committee. It's a rewarding experience and there is a lot of support from this fantastic village. Anyone interested can contact Kim at the detachment 250- 282-5522. We will show you all you need to know and help in any way you need.

Thank you to all that supported us the last 2 years of doing this. It is greatly appreciated and it was a lot of fun.

Kim and Tim

To: Village of Sayward and Community

"At the Council meeting on 18 February 2020, Mayor and Council received and accepted (by resolution) the resignation of our Chief Administrative Officer, Lisa Clark effective 17 April 2020.

Council has and still appreciates the dedication, work ethics, and Love for our community Lisa has shown and continues to demonstrate."

Thank you Lisa for your continued support and a job well done, we wish you well in all your future endeavours.

John MacDonald
Mayor

the Village of Sayward

We want to hear from you!

Have your say

Village of Sayward residents are invited to participate in a Recreation Needs Assessment survey to gather input on recreational opportunities and facilities in Sayward. The survey will be open from March 1, 2020 until April 30, 2020 and can be found at the following link:

https://www.surveymonkey.com/r/73QBHYX

The survey can also be found on the Village website under "Latest News". If you do not have the internet and cannot complete the survey online, please stop by the Village office for a paper copy. All surveys need to be returned by April 30, 2020.
Questions regarding the survey can be directed to the CAO at cao@saywardvalley.ca.

Special thanks to Sheila Archer and Steve Cross for their work on this project!

the Village of Sayward

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

Children's Health Hub

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!

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

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



Dogwood Place Child and Youth Development Centre
Occupational Therapy Program
Toileting

Is your child ready to be toilet trained? Want some tips on how to be successful?

Some ideas will be shared about how to help your child be toilet trained when they are ready and how to troubleshoot when things don't go as planned! You can ask the OT (Occupational Therapist), Hanna your child's pee and poo related questions.



Thursday, March 12
10:00—11:00
at
Sayward Children's Health Hub Sayward School
Contact Ann Vansnick with questions:
saywardfamilynavigator@gmail.com



Councillors Update Feb 2020

The Mayor and I attended the 2020 LGLA Leadership Forum Feb 5-7th. We attended as many presentations as possible. Here are the presentations that I attended and what I learned at each one.

1. Plenary Workshop — Panel Talking About "What It Means to be an Inclusive Leader In Your Community" Encompass everyone, share with others so everyone is comfortable, let go of your ego, have empathy, listen, and be understanding of people's concerns. Respect differences in opinions, work together and open up a conservation and get the person's perspective. Teach the next generation about government, say you are wrong when you are wrong. "Me, Me, Me" is not good, engage everyone, acquire the wisdom and skill set of long-term residents, and inspire people to put their name forward.
2. Women in Leadership — of the 144 councillors in BC government only 40 of them are women. Men and women look at things differently, there needs to be more equality, everything you do matters. Have more communication with the community about what is happening and ask what they have to say about the issues, and mentor and network in your community.
3. Opportunities for Civil Discourse — Discussion about bullying, harassment, rude comments, and attitude/tone. A Code of Conduct must be in the Bylaws and presented occasionally as a reminder of the Code. Council and Mayor must show integrity, accountability, and respect. Legal Tools are available to assist.
4. Candor, Conflict and Creativity— How to Make Decisions in an Environment of Ambiguity and Competing Interests. A Council that is Inclusive makes better decisions 87% of the time, are twice as likely to meet or surpass financial goals, are innovative, are able to voice diverse points of view and find a sense of connection to others. Acknowledge your biases. Watch your wording.

The Mayor's forum (information night) will be held Mar 8th & 29th.

Joyce Ellis, Councillor

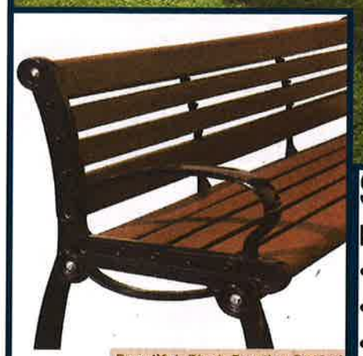
the Village of Sayward

Are you interested in purchasing a Memorial Bench?

the Village of Sayward "Trend of Nature"

The cost to the sponsor of the bench, including a plaque no larger than 3' x 5" in size, is $1500.00. Installation of the bench is provided by the Village. Contact the Village for more information.





Sterling Bench

Best Selling Design - An Excellent Choice to Enrich Your Location

- Perfect for parks, streetscapes, business campuses, and more
- Smoothly contoured seat and backrest
- High grade, recycled plastic slats are long lasting and maintenance-free
- Cast aluminum frame, powder-coated Black

Legion

MARCH 2020
Calendar of Events

Sunday - March 8th
BINGO & MEAT DRAWS
1:00 P.M.

Tuesday - March 17th
ST. PATRICK'S LUNCHEON
11:30A.M.

Sunday - March 22nd
BINGO & MEAT DRAWS
1:00 P.M.

Wednesday - March 25th
LEGION MEETING
6:00 P.M.

Thank You to Everyone

I wish to thank everyone who sent me cards, emails, wishes in person and messages on facebook about my retirement. They were wonderful and I didn't realize I impacted so many people.

Thank you to all those who put together and attended the fantastic retirement party at the Legion. It was a surprise to see the number of people attending both from BC Ambulance, the community and out of town. The stories about me were quite funny.

Sorry I can't respond to those who sent comments on facebook, as I am not on it, but I have read most of these and seen the pictures. Thank you to Joyce and Aggie for sending me copies. Once again THANK YOU TO EVERYONE.

Pat Rusch

THANK YOU

Family Day 2020

Family Day was a great success. A very big thank you to all that came out and took part in our day at the Heritage Hall. Over 80 came out and roasted hot dogs and marshmallows. There was chili, fruit and chips. Also there were 4 treasure hunts to do! Thank you to all that helped out in so many ways to make this day such a big success!

Sponsored by SCRA – Heritage Hall, Sayward Children's Health Hub and Sayward Literacy Now.

See you next year!

JOIN US AT THE HERITAGE HALL
APRIL 4TH 10AM

GROUNDS CLEAN UP DAY

WE ARE LOOKING FOR VOLUNTEERS TO HELP WITH A CLEAN UP DAY IN PREPERATION FOR OUR UPCOMING ANNUAL EASTER EGG HUNT.

BRING THE WHOLE FAMILY AND ENJOY A FREE LUNCH

LET'S MAKE THIS CELEBRATION GREAT FOR THE KIDS!

WorkBC Centre





GET READY FOR SAYWARD JOB FAIR
MARCH 23
10 AM
SAYWARD SCHOOL

To register please contact Jenny at jenny.evans@niefs.net or 250-286-3441

Canada

BRITISH COLUMBIA

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

WorkBC Centre

March 30
Sayward Job Fair
Meet & Greet



11 am @ Sayward Heritage Hall
Hosted by North Island Employment (NIEFS) and Sayward Literacy - Family Navigator

For more info and to sign up - contact:
- Jenny Evans - NIEFS - 1-866-286-6788 or 250-286-3441
- info@niefs.net or jenny.evans@niefs.net
- Ann Vansnick - saywardfamilynavigator@gmail.com

Canada

BRITISH COLUMBIA

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

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 LUNCHES WILL BE HELD MAR 12&26th AT NOON AT THE KELSEY CENTRE.

ALL SENIORS(55+) ARE WELCOME TO COME