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

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

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

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

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Managing Broker|Owner
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or 250-287-6985 (text)
www.janetscotland.ca

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info@mascon.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

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www.susanmallinson.com

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

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OCEAN VIEW GIFTS
ON THE WHARF
Tourist information, Artists Gallery, Confectionary, Fishing Licenses
Closed for the season of 2020 due to covid-19
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250-282-5525

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Jens Diron 250-282-3695
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Julie Olsen & Erik Walsh
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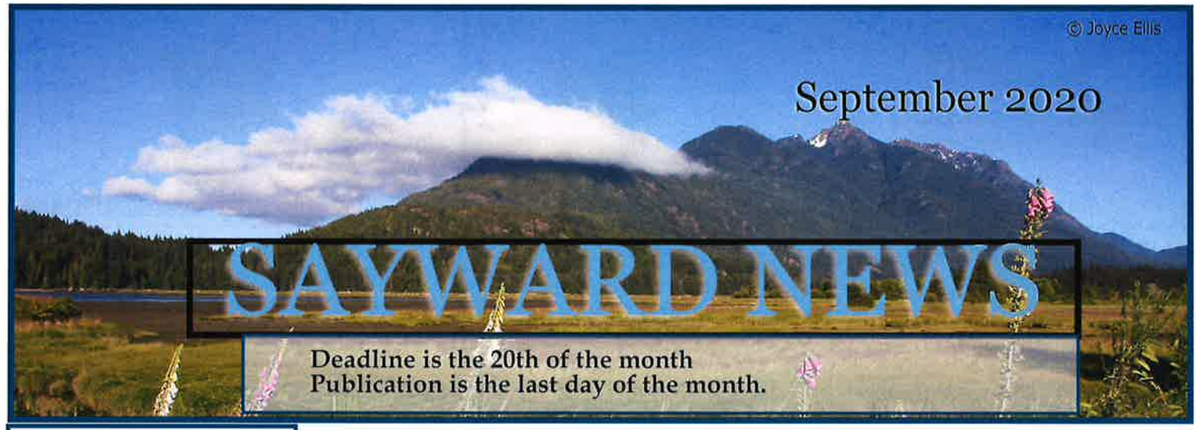
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Please report any extreme change in road conditions to Mainroad's 24 hour hotline
1.877.215.7122

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E-mail: info@ojproperties.ca
Parallel 50 REALTY and PROPERTY MANAGEMENT INC.

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250 201 7888

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!

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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

New name, new internet speeds!

Sayward Valley Communications is now **Mascon**. Experience the difference with three new tiers of fast internet plans: **Internet 20, 60, 120**.

Get the best bundled price on TV and internet with unlimited data for your home.

Home Essentials Bundle $118/mo.[1]
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Learn more at mascon.ca or call 1-866-832-6020 for details.

Mascon

Comox Strathcona Waste Management

Sayward Recycling Depot

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

Sunday 8:30 am to 5:00 pm

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

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

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

THANKS FOR YOUR COOPERATION

Emergency Phone Notification Systems

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

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

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

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

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

Strathcona Regional District

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

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

Notice of Regular Council Meetings

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

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

Elected Officials of the Village of Sayward

Councillor Wes Cragg (250) 201-0604
Councillor Bill Ives (250) 204-4012
Acting Mayor 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

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Owner/Operator
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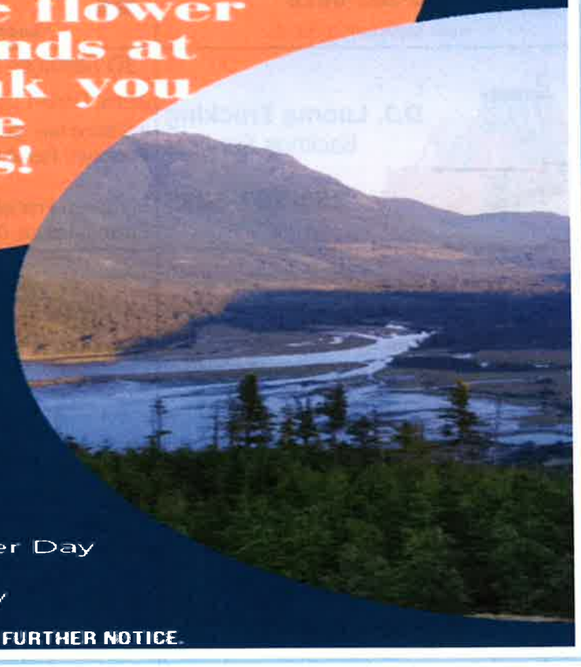
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The Heritage Hall

Would like to thank the Garden Club for the incredible work they did cleaning up the flower beds and grounds at the hall. Thank you to all the volunteers!



IMPORTANT DATES

Sept 7 Labour Day
Sept 12 National Chocolate Milkshake Day
Sept 13 Grandparents Day
Sept 18 National Cheeseburger Day
Sept 19 Talk Like a Pirate Day
Sept 26 National Pancake Day

THE HERITAGE HALL WILL REMAIN CLOSED UNTIL FURTHER NOTICE.

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



Garden Club Plant Sale

Date: Saturday September 12th

Place: Heritage Hall

Time: 10:00 a.m. – 2:00 p.m.

Mark your calendars for the Sayward Garden Club's Perennial Plant Sale. Fall is the perfect time for planting hostas, lavender, dahlias, daylilies, primula, phlox, strawberries, raspberries, and a host of other perennials so come out and see what we have to offer. If you have plants to donate, please drop them off on Friday afternoon, September 11th, either to White River Farm, 1727 Sayward Road, or 958 Frenchman Road. The sale will be held outdoors and hand sanitizer will be available. Please bring your own bags and/or boxes for taking plants home.

Local Organization Information

AA Meetings – 250-282-0030

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

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

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

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

Kelsey Center 250-282-5500

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

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

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

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

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

Sayward Bursary
Contact Marilyn Barry @ 250-282-3465

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

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

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

Sayward Emergency Program– epc@saywardvalley.ca

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

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

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

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

Sayward Health Clinic - 250-282-3815

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

Sayward RCMP Contact Non-Emergency 250-282-5522

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

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

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

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

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

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

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

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

Sayward RCMP are reminding the public that all motorcycle's operating on public roads require registration and the applicable insurance. The applicable drivers licence is also required along with safety equipment. Motorcycle's operating on Private Property, require the expressed permission of the land owner.

Cpl Chris MCMILLAN

Detachment Commander
Sayward RCMP / Government of Canada

Box 100, 610 Kelsey Way

Sayward BC, V0P 1R0

christopher.mcmillan@rcmp-grc.gc.ca / Tel: 250-282-5522 / Fax: 250-282-3879

Cell: 250-895-1523

September 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
	31 NP Tracey 9-5 Labs 9-11:30	1 NP Tracey 9-5	2 NP Tracey 9-5	3 Np Tracey 9-4	4 CLINIC CLOSED	5
6	7 LABOUR DAY CLINIC CLOSED	8 NP Tracey 9-5	9 NP Tracey 9-5 Public Health Nurse	10 NP Tracey 9-4	11 CLINIC CLOSED	12
13	14 NP Tracey Labs 9:30-11:30	15 NP Tracey 9-5	16 NP Tracey 9-5	17 NP Tracey 9-4	18 CLINIC CLOSED	19
20	21 NP Tracey 9-5 Labs 9:30-11:30	22 NP Tracey 9-5	23 NP Tracey 9-5	24 NP Tracey 9-5	25 CLINIC CLOSED	26
27	28 NP Tracey 9-5 Labs 9:30-11:30	29 NP Tracey 9-5 Dr McFadden 10-3	30 NP Tracey 9-5	1 NP Tracey 9-4	2 CLINIC CLOSED	3

LABS WILL BE DONE BY APPOINTMENT ONLY 9:30-11:30 FOR THE DURATION OF THE COVID 19 PANDEMIC

SAYWARD TOUR DE ROCK 2020

Tour de Rock

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.

Canadian Cancer Society
BRITISH COLUMBIA AND YUKON

Sayward Literacy NOW!

Need Help with your

Computer Needs

No home visits at this time with pandemic

Give us a call.

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

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

Sayward Christian Fellowship

Start your day with gratitude...End your day with thanksgiving.

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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V9W 2C5

Phone: 250-286-0110

Fax: 1-250-914-0110

Toll Free: 1-888-986-0110

Email: info@parallel50realty.ca

Cal's Rental



Might not be new! But works!

Contact Dominique 403-998-9566
sunsetmhp1527@gmail.com

Opening October 1st but please call anytime for availability

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Tree pruner Manual
Wheel Barrel
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Hedge Trimmer
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Pressure Washer
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Stud Finder
Stove pipe Crimper

Electrical

Wire Cutters
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Extension cords
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Plumbing

Coil snake
Pipe cutter
pipe crimper
pipr wrench
Pex cutter

Drills

Hilti Cordless Drill
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Impact screw guns Cordless
Drywall Drill
3/8 and 1/2 cordless screw guns
Decking and Floor screw gun up too 3" screws
Drill Bits – wood, metal, spade, tile, Hole saw

Hoist of Jacks Trailer

Floor Jake
Jake All
Bottle Jake
Come Along
Utility Trailer- Deck 7x12 6x12

Few more listes to come

Try before you buy
Automotive
Sporting

Hi Everyone!

As many of you know, I'm the new Community Paramedic for the Sayward area. My role is to assist people in staying healthy in their own home and OUT of the hospital. I offer support in managing illnesses like diabetes, lung disease, and congestive heart failure, as well as assistance in fall prevention. I can take vital signs and do other assessments and education that your primary healthcare provider requests. Although I work closely with your care team, my approach is patient centred and YOU will decide what defines successful management of your condition.
Another aspect of my role is doing some presentations for the community at large. I plan on presenting on a different topic each month. If there is anything specific you would like to hear about, please let me know.
In these pandemic times, I can't do in-person presentations for the time being. For the next couple of months, I will do presentations online and in the Sayward News. For this month, I'd like to talk about safety when you live alone.
To access community paramedic services:

Call 1-855-353-5116, email CP.Coordinators@bcehs.ca, or ask your healthcare provider.

Safety at Home
1] Fall prevention. Falls are a leading cause of injury for older adults. They can be particularly dangerous if you live alone or spend much of your day alone.
What you can do to reduce the risk:
First, when getting up from bed, sit on the side of the bed for a moment before standing up. When standing up from a seated position, rise slowly to allow for your circulation to catch up with your movements. This lessens feelings of dizziness or blacking out when standing up. If you frequently find yourself dizzy upon standing, have something to hold onto near your bed or chair in order to steady yourself, or make it easy to sit back down and try again after a few minutes. Move your bed or chair away from heat sources to prevent burns in the case of a fall. Reduce the amount of fragile or sharp objects near you.
Second, reduce tripping hazards that you may encounter around your home. For instance, power cords should be kept under furniture, or up out of the way. Furniture should not be so close together that it is difficult to navigate around it. Area rugs should have non-skid backing and edges should be as flush as possible to the surrounding flooring.

Third, if you have uneven floors in your home, make sure that the uneven area is clearly visible and unobstructed. Use a cane, walker, or walking stick for stability, if necessary.
Fourth, if a light switch is not close to the room entrance point and there is little natural light, consider having lights that come on automatically upon entering room. Never enter a dark room, even if you know its layout well. You might also consider installing handrails and grab bars in locations where visibility is limited, or the walking surface is uneven.
Lastly, it can be sometimes difficult to walk around a pet that is happily bouncing at your feet. It might be feasible to have pets confined outside of areas that are already tricky to navigate.

2] Setting up a check-in system. If something happens to you in your home, would anyone know? Is there anyone who checks on you daily?
If you answered 'no' to either of these questions, it might be time to consider setting up a check-in plan.
There are a couple of ways to do this. You can get a Medic Alert type system. To use these, you would wear a wrist band or necklace with a button on it. If you have a fall, or any other emergency, you press the button to summon help. Several companies offer this service that you can access through your primary care provider [doctor or nurse practitioner].
You could also set up a plan where you phone a friend or family member at a certain time of day. If that call doesn't come, the person you choose can then attempt to call you, check on you in person, or summon help.
Another way is to simply have a signal that is visible outside your home. For instance, you could tell a friend or neighbour that; if your front curtains are not opened by a certain time of day, then something is wrong and they need to check on you. Or you could put an item on your front porch or windowsill each morning to signal that you are ok.
If you have no one to check in with, as a community paramedic, I can check in with you via phone or email. Access the community paramedic program by the contacts provided.
Make sure that someone knows if something is wrong in your home!
Also, make sure that someone has a key to your home in case of emergency. If there is no one that can be a key holder, one suggestion would be a key lock box that is outside your door. The code could then be provided to emergency services.

Aggie Pringle
A/ Unit Chief, Station 131 | North Island District
BC Ambulance Service - BCEHS
Provincial Health Services Authority
250-230-4501

BCEHS | BC Emergency Health Services
Provincial Health Services Authority

THE SAYWARD HERITAGE HALL WOULD LIKE TO INVITE OUR COMMUNITY TO ATTEND

The AGM

The meeting will be held outside and will be limited to 50 people maximum. Chairs will be provided but the hall will remain closed to the public. We will continue to practice social distancing.

SEPTEMBER 21 AT 6PM





Children's Health Hub & Hub on the Go

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

Find us on Facebook for tips, activities and resources

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

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

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Greg Fox
email foxsdisposal@shaw.ca
Tel: 250-949-6306
Fax: 250-949-6320
Len Tobin - Operations Manager

Hours of Operation
Office
Monday to Friday
9:00am to 4:30pm

Transfer Station
Tuesday, Friday, Saturday, Sunday
1:00pm to 4:00pm