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587-298-5333
j4electricltd@gmail.com | www.j4electric.ca
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250-282-3208
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Mini Excavator & Dump Trailer Services
250-282-0045
Dylan Woodward

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Wayne Ryan
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740 Gentry Rd.
Mark Johnson 250-282-3473
Bruce Fyfe 250-282-3301
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Shawn Sinclair
(250) 282-3726
Email: brh@saywardvalley.net
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shellyddavis@hotmail.com

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Face Book-Barbara Hubbard
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250-709-5234

Hans Hoepfner
BC Master Electrician FSR B
DBA HIGH Electric
TSBC License# LEL0013603
Tel: 250 201-0612
h.hoepfner84@gmail.com
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Sayward, B.C.
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Publication is the last day of the month



SAYWARD NEWS

May 2024

Special Features Inside this Issue:

* PAC Bake Sale
* RCMP Detachment is HIRING
* Spring Vaccines
* Emergency Preparedness Corner
* *Lig*ʷ*ildax*ʷ History Presentation

***

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



Strathcona Regional District

The Strathcona Regional District Regional Board Meetings for the year 2024 will be held at **12:30 PM** on the following dates:

January	Wednesday	24
February	Wednesday	28
March	Wednesday	27
April	Wednesday	24
May	Wednesday	7
June	Wednesday	4
July	Wednesday	24
August	Wednesday	21
September	Wednesday	25
October	Wednesday	23
November	Wednesday	20
December	Wednesday	11

Elected Officials of the SRD

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

Board of Directors Chair:
Mark Baker (250) 203-5428 mbaker@srd.ca

Village of Sayward

PO Box 29, 652 H'Kusam Way, Sayward B.C. V0P 1R0

Office hours: 9:00am-4:00pm (closed 12-1pm for lunch and Statutory Holidays)

Phone: 250-282-5512 Email: village@saywardvalley.ca

Website: www.sayward.ca

Strathcona Regional District

990 Cedar Street, Campbell River, B.C. V9W 7Z8

Office Hours: 8:30am-4:30pm (closed Statutory Holidays)

Phone: 250-830-6700 Email: info@srd.ca

Website: www.srd.ca

Village of Sayward

The Village of Sayward Regular Council Meetings for the year 2024 will held in Council Chambers at **7:00 PM** on the following dates:

January	Tuesday	16
February	Tuesday	6
February	Tuesday	20
March	Tuesday	5
March	Tuesday	19
April	Tuesday	2
April	Tuesday	16
May	Tuesday	7
May	Tuesday	21
June	Tuesday	4
June	Tuesday	18
July	Tuesday	16
August	Tuesday	20
September	Tuesday	3
September	Tuesday	24
October	Tuesday	1
October	Tuesday	15
November	Tuesday	5
November	Tuesday	19
December	Tuesday	3

Elected Officials of the Village of Sayward

Mayor:
Mark Baker (250) 203-5428 mark.baker@saywardvalley.ca

Councillor:
Scott Burchett (604) 818-5558 scott.burchett@saywardvalley.ca
Kohen Gilkin (250) 201-1064 kohen.gilkin@saywardvalley.ca
Sue Poulsen (250) 282-0184 sue.poulsen@saywardvalley.ca
Tom Tinsley (250) 898-7067 tom.tinsley@saywardvalley.ca

CAMPBELL RIVER School District 72

Trustee:
Shannon Briggs (250) 282-3364
shannon.briggs@sd72.bc.ca

Provincial Government Member of Legislative Assembly:

Michele Babchuk 1-866-387-5100 *or* (250) 287-5100

Federal Government Member of Parliament:

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



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Monday, Wednesday, Friday, & Sunday 8:00am-11:00am located beside the Sayward Recycling Depot

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Village of Sayward

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- Info Sessions
- Employer Services
- North Island Job Bank
- Special Events
- Employment Counselling

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Village of Sayward

Strathcona Regional District

Got Extra Garbage?

GARBAGE STICKERS FOR SALE



$5.00 each
Village of Sayward Residents

Each household is allowed two garbage receptacles (cans/bags) per week.

Additional receptacles (up to 77 liters/25 kgs) must have a garbage sticker on it for pick-up.



$3.50 each
SRD Residents

WHERE TO PURCHASE GARBAGE STICKERS?

Village of Sayward - $5.00 each
- Municipal office
  During business hours

SRD (Sayward Valley) - $3.50 each
- SRD Corporate Office - Campbell River
- Sayward Municipal Office
  During business hours

Village of Sayward
250-282-5512 • village@saywardvalley.ca

Strathcona Regional District
250-830-6700 • engineering@srd.ca

Village of Sayward

Reminder: Fireworks are Prohibited

Reminder to Village of Sayward Residents: Fireworks Regulation Bylaw No. 481, 2022 is in effect and will be enforced at all times.

Please note: *"No individual shall explode, light, activate, fire or discharge Fireworks within the boundaries of the Village unless that individual is authorized to do so under a valid Fireworks Permit issued under this Bylaw."*

Anyone who lights, fuels or uses an open fire when a fire prohibition is in place **or fails to comply with an open fire prohibition** may be issued a ticket in accordance to the Village of Sayward Ticketing Bylaw or, if convicted in court, be fined up to $100,000 and/or sentenced to one year in jail. If the contravention causes or contributes to a wildfire, the person responsible may be subject to a penalty of up to $100,000 and ordered to pay all firefighting and associated costs.

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Sayward Christian Fellowship

For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life.

Morning Service 11:00 AM
740 Gentry Rd.

Mark Johnson 250-282-3473
Bruce Fyfe 250-282-3301

Everyone Welcome!

Garden Club News

Free Mothers' Day Baskets At Plant Sale

Spring is here and everything is growing, including the weeds. With low overnight temperatures it's too early for many tender plants but lettuce and all of the cabbage family: broccoli, Brussels sprouts, and kale thrive in this weather, But you need to watch out for the Golden Crowned Sparrows that can destroy a tender roe in minutes.

The April meeting of the Garden Club was a busy hands-on evening. Connie Kuramoto came from Qualicum to help us with plant propagation. We treated cuttings with rooting hormone and planted them in Pro Mix hoping that they will form roots. We certainly learned a lot about plant propagation during Connie's talk.

May will feature our big event of the year, our Spring plant and seed sale on Saturday May 11 at the Heritage Hall. Members can bring their plant donations to the club meeting on Thursday May 9 or on the morning of the sale. Be sure to label the name of the plant.

At the sale we will feature a special event for children. We will have, at no charge, a basket and plants to make a Mothers' Day gift for kids to give to their mothers. Youngsters of all ages, including teens, are welcome to participate in this fun opportunity. See you there.

Local Organization Information

AA Meetings: 250-282-0030
Crisis Line: 1-888-494-3888 ***Available 24/7***
Heritage Hall: 250-282-0192
heritagehall@saywardvalley.net
Kelsey Centre: 250-282-5500
kelseycentre@saywardvalley.ca
Mainroad Contracting: 1-877-215-7122 ***Available 24/7***
Ocean View Gifts & Gallery: 250-282-0018
info@saywardfutures.ca
Royal Canadian Legion Branch #147: 250-895-4500
President - Debbie Grill
Saturday Farmer's Market: 250-282-3242 Barb
10:00am to 1:00pm Saturdays at Heritage Hall
Sayward Burial Park: 250-282-5512
Sayward Bursary: 250-282-3465 Marilyn Barry
Sayward Christian Fellowship: 740 Gentry Road
Sunday Service at 11:00am
250-282-3301 Bruce Fyfe
250-282-3473 Mark Johnson
Everyone Welcome!
Sayward Community Food Table Society: 250-282-5503
scfts2023@gmail.com
Sayward Community Health Society: 250-850-7144
Charon Risdale: charonrids@gmail.com
Meets - 6:30pm - 2nd Monday each month
Sayward Fish & Game
Meets - 7:30pm - last Wednesday of each month at Heritage Hall
Sayward Valley Folk Music Society: 250-282-0134
Bob Sampson saywardvalleyfolk@outlook.com
Sayward Futures Society: 250-282-0018
info@saywardfutures.ca
Sayward Food Centre: 250-282-0018
info@saywardfutures.ca
Sayward Garden Club: 250-282-3799 Alex Turner
Meets - 7:00pm - 2nd Thursday each month at Heritage Hall
Sayward Harbour Authority
250-282-0178 Colin Read Executive Director
250-201-0612 Wharfinger Hans Hoepfner
Meets - 9:30am - Last Sunday each month at Harbour Office
Sayward Health Clinic: 250-282-3815
Sayward Literacy Now
250-282-3851 Jan Bakker: bokkie.bakker@gmail.com
250-282-3450 Ann Vansnick: annv@saywardvalley.net
Sayward Post Office: 250-282-3223
Monday - Friday: 9:00am-5:00pm
Saturday: 8:30am-12:30pm
St. Bernadette's Catholic Church: 963 Despins Road
Sunday Service at 11 am (3rd Sunday at 3:00pm)
VI Regional Library: 250-282-5551
Monday: Closed
Tuesday - Wednesday: 10:00am to 8:00pm
Thursday - Saturday: 10:00am to 2:00pm
Sunday: 12:00pm to 4:00pm

In case of emergency – call 911

Local Emergency Services Contact information for *Non-Emergencies:*

Sayward RCMP
250-282-5522

Sayward Volunteer Fire Department
250-282-5505 svfd@saywardvalley.ca

Sayward Ambulance Station:
250-282-3600

Village of Sayward
Sayward Emergency Program
Emergency Program Coordinator:
Tom Tinsley 250-898-7067
epc@saywardvalley.ca

Strathcona Regional District
SRD Emergency Preparedness Program
Protective Services Coordinator:
Shaun Koopman 250-830-6702
preparedness@srd.ca

Alertable Emergency Phone Notification System

The Village of Sayward in conjunction with the Strathcona Regional District uses **Alertable** as our public emergency mass notification service.

Alertable can notify residents, visitors, and businesses of emergencies in a timely manner to people who subscribe to receive these alerts. It can also be used to notify residents of other non-emergency items such as scheduled road closures, power outages, water and sewer alerts, and much more. This service is free.

The system is compatible with mobile phones, tablets, computers or smart speakers. It can also send alerts via text message, voice calls to land lines, and e-mail.

The link to **sign up** for this system is located on the Village website here: https://www.sayward.ca/municipal-services/emergency-services/alertsnotifications

Village of Sayward

Strathcona Regional District

SAYWARD GOOD FOOD BOX ORDER & PICK-UP DATES

A GREENWAYS LAND TRUST

GOOD FOOD BOX PROGRAM BIWEEKLY ORDER OF FRESH HEALTHY PRODUCE

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SUBSIDIZED BOX IS $15.00



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May 9th Pick up May 16th
May 23rd Pick up May 30th
June 6th Pick up June 13th
June 20th Pick up June 27th
July 4th Pick up July 11th
July 18th Pick up July 25th
Aug 1st Pick up Aug 8th
Aug 15th Pick up Aug 22nd
Aug 29th Pick up Sept 5th
Sept 12th Pick up Sept 19th
Sept 26th Pick up Oct 3rd
Oct 10th Pick up Oct 17th
Oct 24th Pick up Oct 31st
Nov 7th Pick up Nov 14th
Nov 21st Pick up Nov 28th
Dec 5th Pick up Dec 12th

Sayward Community Food Table Society and Our Partners The Sayward Community Health Society are Happy to be Continuing to Offer Donated and Rescued Food Items to Our Community Once a Month

2024 Program Schedule Dates:

April: 19	May: 17
June: 14	July 12
August: 9	September: 6
October: 4	November: 1 & 29
December: 20	



If Someone You Know is Experiencing Food Insecurity and Would Like to Participate in this Valuable Program.
Please Register by Contacting:
BC Ambulance Station: (250) 282-3600
Sayward Health Clinic: (250) 282-3815
SCFTS would like to Acknowledge and Thank, Sayward Community Health Society, as well as our Local Volunteers for their Hard Work and Dedication to keeping this Program available to the Sayward Residents over the last Year and a Half. Without Whom we would not be able to Sustain this Initiative.

We are Very Fortunate to have these Dedicated Individuals and Societies to Help Provide Nutritional Support in these challenging times.

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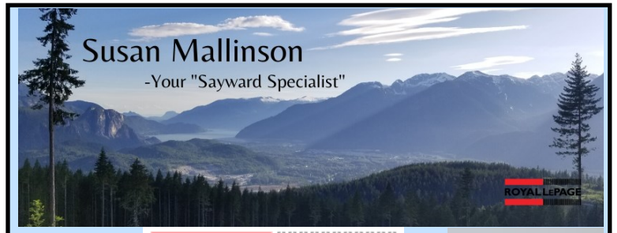
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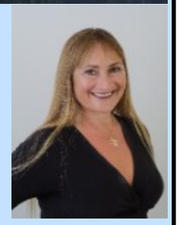
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Sayward Literacy Now 2024

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Books! Check out our book houses. If you are in need I have books for children 0 to teens.

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

Legion
BRITISH COLUMBIA/YUKON COMMAND

Join us at the Sayward Royal Canadian Legion #147, 699 Sayward Road for BINGO:

1 pm Sunday May 12

1 pm Sunday May 26



SPRING COVID-19 VACCINES IN SAYWARD

Island Health will be returning to your community to offer XBB.1.5 COVID-19 vaccines.

Once you receive your invite via email, text, or phone call, book your appointment at:
www.getvaccinated.gov.bc.ca
or call 1-833-838-2323.



May 23
Kelsey Recreation Centre

island health

May 2024

Clinic Phone (250) 282-3815
Fax (250) 282-0040

Clinic Hours 9-5 Monday to Wednesday, 9-4 Thursday

Sayward Primary Healthcare Clinic

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29 Labs 9-12	30	1 SENIORS LUNCH AT KELSEY CENTRE	2	3 CLINIC CLOSED	4
5	6 Labs 9-11:30	7	8	9	10 CLINIC CLOSED	11
12	13 Labs 9-12	14	15 SENIORS LUNCH AT KELSEY CENTRE	16	17 CLINIC CLOSED	18
19	20 CLINIC CLOSED	21	22	23	24 CLINIC CLOSED	25
26	27 Labs 9-12	28	29 SENIORS LUNCH AT KELSEY CENTRE	30	31 CLINIC CLOSED	1

This Schedule is subject to change… Masks are once again mandatory at Island Health Sites

SCRA – Heritage Hall

1257 Sayward Rd. 250-282-0192 heritagehallscra@gmail.com

Monthly meeting Tuesday May 14th at 7 pm

All Welcome. Membership is $5 a year

May Event's

Annual Community Garage Sale
May 11th

Tables will be rented inside and outside at hall at $5 per table.

Concession will also be open 9 am to 1pm

Every Tuesday

Sayward Helping Hands 10am to 2pm

$2 drop in fee

3rd Thursday

Music Night 7pm $2 drop in fee

Upcoming Event's

Saturday Summer Market

Working on Starting June 8th

Watch Facebook for updates

All events are subject to change

Village of Sayward

May 15th 2024

10:00am start time

Village of Sayward

Water Plant Tour

Village of Sayward Public Works will be holding a tour of the water plant Wednesday May 15th at 10am lead by Colin Read.

The water plant is located up M Branch Main (active logging road) behind the Village. This will be a full tour of the water system, explaining how the system works, followed by a Q & A period.

- Must take your own vehicle as transportation is not provided.
- No sign ups required, but a minimum of 4 people needed for the tour to go forward.
- Must sign a waiver before entering the water plant.

This is a wonderful opportunity to learn about the Village water system, and is free of charge.

Colin Read, Public Works
560 Kelsey Way
Sayward, BC, V0P 1R0
Email: publicworks@saywardvalley.ca
Phone: 250-282-5509

The Sayward Volunteer Fire Department is accepting

APPLICATIONS FOR RECRUITMENT

You must be:

Living in the Sayward District Fire protection area, team oriented, healthy/physically fit, and 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 is provided.

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 available for both on and off duty. New friends and acquaintances guaranteed. **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 Monday @ Fire Hall #1 - 7:00pm



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SAYWARD KAYAK RENTAL

250.204.2108

SaywardKayakRental@gmail.com



Sayward School Parent Advisory Council

May Meeting

Date: Thursday, May 16th

Time: 2:45pm

Place: Sayward School Library, 690 Kelsey Way



Everyone Welcome!

Come and see what we are planning this Spring!

Meeting Schedule:

Annual General Meeting – Election of executives
Thursday, June 13th at 5:00pm in the School Library



Lig̓wil̓dax̓w̓ History | WITH DR. DEIDRE CULLON

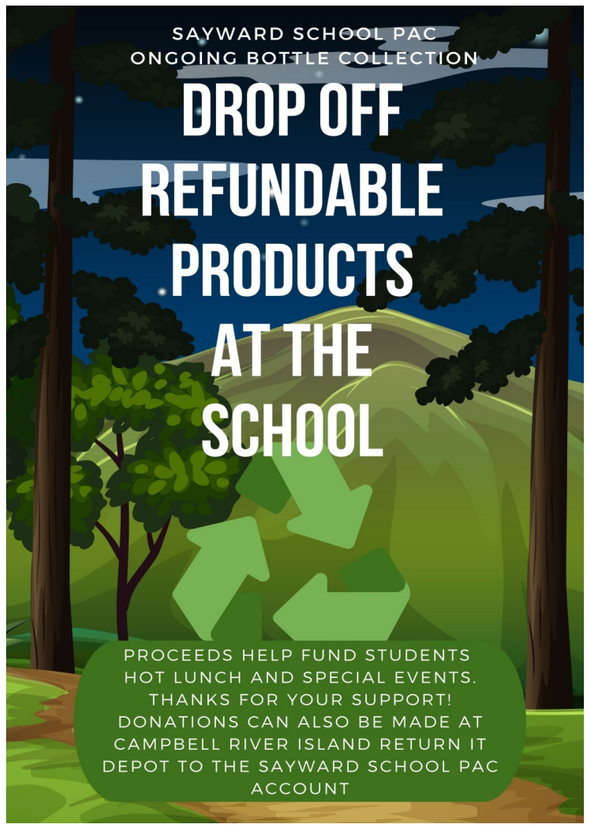


Kelsey Centre Gymnasium
652 K'Husum Way, Sayward

May 9th, 2024
6PM - 7:30PM

FOR MORE INFORMATION, PLEASE CONTACT KEIR GERVAIS:

250-282-5512 Ext. 2 cao@saywardvalley.ca



Emergency Preparedness Corner

The Sayward Neighbourhood Emergency Preparedness Program (NEPP) moves to a new format!

Due to a lack of turnout of people willing to attend monthly in person meetings relative to this program, your Emergency Program Coordinator (EPC) is moving the program to a new format as follows and I have numbered these items for ease of back reference or questioning and they are in no priority order.

1. Information will be delivered online as much as possible.
2. Online output of information will most likely appear on the Sayward Village Website in the Sayward Emergency Services Program section and/or on the Face Book Group called 'Around Sayward'.
3. The goal of the NEPP program in connecting people and helping everyone be better prepared to help each other in a declared emergency continues.
4. WANTED ! – The EPC is looking for a Sayward area person who is skilled in creating online / electronic mapping graphics.

If you meet the above 'WANTED' criteria and are willing to volunteer some of your time to help your community then – This EPC WANTS YOU ! (It's always nice to be WANTED !)

Call your EPC direct at 250-898-7067 with any questions about this WANTING to be WANTED opportunity.

Other general reminders:

-ESS - To learn about becoming an (ESS) Volunteer, email your Emergency Program Coordinator at epc@saywardvalley.ca and I will email you a PowerPoint presentation with more information for your potential consideration of this opportunity. Don't forget the new online one day course as mentioned above for those that prefer that type of program as it is designed to get many more people skilled in this area of potential help.

-- WALKIE TALKIE WEDNESDAYS - Sayward Walkie Talkie Wednesday – 6:30PM to 7:00PM each Wednesday. Continue to test your Walkie Talkie radio on channel 4 in that time slot and see who you can connect with. Thanks to all those who have 'Walked on over to Walkie Talkie ' radio ownership and use as another took in their emergency preparedness.

- **HAM RADIO OPERATORS – FYI** – The Sayward EOC has a call sign of VA7 SRU and makes every effort to participate in the EMCR Wed Evening net that starts at 7:15PM on each Wednesday on the Island Trunk System. After EOCs (Emergency Operation Centre) from Vancouver Island have checked in then check ins are taken by the Net Controller from all other HAMs by regional area from North to South. Sayward EOC hopes to hear you on the net at sometime and thanks for your radio skills as always.

Also – The BC Public Services Net is another good net available to all HAMS and EOC operators and covers an even larger area of Net participants. The Sayward EOC makes every effort to participate in this Net also on Wednesday nights.

Here's a motto to end off this month and our heating up season generally - " It's COOL to be prepared to be HOT ! "

Emergency Preparedness Corner

Village of Sayward

Reminder – This Spring and Summer Season is predicted to be a hot and dangerous one. Here's some points of consideration for all –

1. Have your stocked Grab & Go Bag ready at all times.

2. Make sure you have signed up for the ***Alertable*** service so you can receive emergency notices directly to your personal electronic device.

3. Keep an up to date back up supply of drinking water.

4. Be prepared to evacuate any domestic pet animals that you have along with yourself by having for example, a pet carrier for each animal, grab and go animal food and dishes, animal medicines, and leashes and collars.

5. Be very cautious with fire and always follow all fire restrictions as they are imposed.

6. Use water sparingly even before water restrictions are imposed such as by, having shorter showers or smaller baths, washing anything only if it absolutely necessary, and if washing is needed then use the most water conserving method available.

7. **Call 1 800 663-5555 or *411 on a cell phone to report a wildfire or irresponsible activity that could cause a wildfire.**

8. Review the evacuation routes for our area which are available on the Sayward Village Web site.

9. Only act on or pass on information received from reliable sources such as government agencies and emergency services.

10. Review the vast amount of preparedness information available on the Emergency Management & Climate Readiness (EMCR) BC website.

11. Consider taking the now streamlined, one day on-line free course, that allows you to gain the skills to assist as an Emergency Support Services (ESS) Volunteer if needed. Information on this new program is available on the EMCR website and it has been streamlined to this format to make it easier for more people to gain the skills needed in this important area of preparedness and community support.

https://ess.gov.bc.ca/

EMERGENCY SUPPORT SERVICES

Sayward Harbour Authority Notice for AGM

Date: May 26, 2024 at 9:30 am

Location: Sayward Harbour Authority Office

30 Sayward Rd., Sayward, BC



COMMISSIONAIRES
VICTORIA, THE ISLANDS AND YUKON

Become an RCMP Detention Guard & make a difference

Do you take pride in keeping people safe? Are you interested in assisting RCMP Officer? Come work with one of Canada's largest Security Organizations and support your local RCMP Detachment

We're Hiring at your local RCMP Detachment!

Seeking a casual employment opportunity? Commissionaires Victoria, the Islands and Yukon is looking for candidates that have the commitment and flexibility to fill casual positions as an RCMP Detention Cell Guard. This position has no fixed work schedule and candidates are called in to work on an as-needed basis. To qualify for the position, you must:

- Be 19 years of age or older
- Undergo and pass an RCMP Reliability Clearance and Criminal Record Checks
- Possess a valid First Aid Certification or willing to obtain one once hired
- Live within 30 minutes traveling to you local RCMP Detachment

NOTE: Physical handling of prisoners is not a job requirement for Detention Guards. Any movement of prisoners is conducted by the RCMP.

Why Work for Commissionaires?

- You will join a not-for-profit organization that ensures the maximum return to its employees
- You will join a team of dedicated individuals that help make a difference in your community
- You will receive a competitive pay package which includes:

  (Paid Sick, Vacation and Personal needs time off) + RRSP contributions + Shift Premiums)

Application Procedures:

Please apply using one of the following methods:

- Apply online https://commissionairesvictoriatheislandsandyukon.applytojob.com/
- Email your resume to terry.walsh@cviy.ca
- By dropping off your resume at your Local Detachment.
- Fax to 250-727-7355 (attn. RCMP Guard Manager)

Commissionairesviy.ca
250.727.7755

COMMISSIONAIRES COMMISSIONNAIRES

Sayward Futures Society

Our Community, Our Future

VOLUNTEERS NEEDED

Your Community Needs You...

Please consider volunteering for any one of these fabulous community initiatives...

Kusam Klimb 2024 — Saturday, June 22, 2024
Volunteers will be needed in the days leading up to, during and after.
Email: lori@coastlineendurancerunning.com or Call 250-893-8817

Canada Day Celebration 2024 — Monday, July 1, 2024
Volunteers are needed in the week leading up to Canada Day, as well as during the day and after for clean-up. It's a wonderful way to get to know your neighbours!

Sayward Visitors Centre — May through October
If you enjoy speaking about this amazing place we call home with visitors from throughout BC and from around the globe, please reach out.

Trail Maintenance — Potentially year round weather permitting
If you enjoy working outside with your hands please reach out.

Connect through Email: info@saywardfutures.ca or Call 250-282-0018

We look forward to hearing from you and seeing you down at the Kelsey Bay Wharf!!

OCEANVIEW GALLERY & CAFE

OPENS MAY 17TH

Kelsey Centre

Sayward Valley Folk Music Society News

Village of Sayward



On **Sunday, May 19 @ 7:00 Ryder Bachman appears with his band.** Their previous appearance at the folk was so successful that we have invited them back for an encore performance. Whether you are a fan of the blues, folk, or rock, you will appreciate this group of excellent musicians led by Ryder Bachman, whose family name is well known in the music business. Following Tim, Robbie, and Randy, it is obvious that he carries on their legacy.

This will be a night of electric music; different from our usual acoustic sets. Not only is the music listenable but it is great to dance to. With that in mind, in addition to our usual seating, we have opened up the floor for dancing. We encourage all to attend and to enjoy the show.

Advance tickets to this concert are $20 per person. Admission at the door is $25.00. Children 16 and under are admitted free when accompanied by an adult.

Tickets are available at the Fisherboy Store and the Kelsey Centre.

We wish to thank those who have attended our concerts and shown continued support for the work that we do to put these shows together. This includes our volunteers and the Sayward Village Council, without whom these events would not be possible.

If anyone has questions regarding our up coming concerts, if you wish to become a volunteer or would like to host our future performers, please contact Bob Sampson 250 282-0134; saywardvalleyfolk@outlook.com.

Coming in June: Kevin Mitchell



Sayward Age friendly Van

May Schedule
Weekly Trips to Campbell River
May 9th (Driver Julie
May 30th Driver Wayne)

Kelsey Centre

The Age Friendly Van is for anyone over the age of 19 years.
The van will pick you up and drop you off at your home. Pick up time after 9am at your location.
The driver will take you to appointments, shopping or any other destinations required.
Return time to Sayward may vary from trip to trip, depending on the riders needs. Sayward Van will
arrive back in Sayward no later then 5pm unless
arrangements are discussed in advanced and approved.
Cost is by Donation

Please call the Kelsey Centre the day before by Noon
For More Info Contact the Kelsey Centre 250-282-5500

Subject to Change due to Weather Conditions

Senior's Luncheon

May 1, 15, 29



12:00 - 1:00pm

Come enjoy a social gathering at the Kelsey Centre. Lunch, dessert and refreshments provided. This is a free event. Rides available upon request.

652 H'Kusam Way
Sayward, BC
Phone: **250-282-5500**

Thank you to all volunteers who put their time and effort into making this event special for our community.

Kelsey Centre

May 2024

KELSEY RECREATION CENTRE SCHEDULE

250-282-5500

MONDAY 9:00am - 6:30pm	WEDNESDAY 9:00am - 6:30pm	FRIDAY 12:00pm - 8:00pm	SUNDAY 1:00pm-5:00pm
WEIGHT ROOM 9:00AM - 6:00PM	WEIGHT ROOM 9:00AM – 6:00PM	WEIGHT ROOM 12:00PM - 8:00PM	WEIGHT ROOM 1:00PM - 5:00PM
AEROBICS *ALL FITNESS LEVELS* 9:30AM - 10:30AM *DROP IN*	SENIORS CARPET BOWLING 9:15AM –11:45AM *FREE PROGRAM*	55+ SOCIAL *CARDS & COFFEE* 12:00PM - 2:00PM *$2.00 DROP IN FEE*	
PARENT & TOT GYM TIME 10:45AM - 1:45PM *DROP IN $2.00*	AEROBICS *OUT-DOOR GET FIT* *FITNESS CLASS* *9:30—10:30AM*	AFTER SCHOOL PROGRAM *5-11 years* 2:30PM - 4:30PM	55+ SOCIAL 1:00PM - 3:00PM *PING PONG & BADMONTON* *$2.00 DROP IN FEE*
AFTER SCHOOL PROGRAM 5-11 years 2:30pm - 4:30pm	AFTER SCHOOL PROGRAM 5-11 YEARS 2:30PM - 4:30PM	AEROBICS *ALL FITNESS LEVELS* 5:30PM - 6:30PM *DROP IN*	FAMILY GYM 3:00 - 5:00PM *ADULT MUST* *ACCOMPANY CHILD* *FAMILY RATE $5.00*
AEROBICS *ALL FITNESS LEVELS* 5:30PM – 6:30PM *DROP IN*	AEROBICS *ALL FITNESS LEVELS* 5:30PM - 6:30PM *DROP IN*	TEEN NIGHT *11 YEARS & UP* 6:00PM - 8:00PM *FREE PROGRAM*	

KELSEY CENTRE POOL SCHEDULE

MONDAY 9:00am - 6:00pm	WEDNESDAY 9:00am -6:00pm	FRIDAY 4:30pm - 8:00pm	SUNDAY 1:00pm -5:00pm
LANE & LEISURE SWIM 9:00AM – 11:00AM *ALL FITNESS LEVELS*	LANE & LEISURE SWIM 9:00AM – 11:00AM *ALL FITNESS LEVELS*	EVERYONE WELCOME 4:30PM - 7:00PM *UNDER 7 YRS WITH ADULT*	AQUA FIT *MODERATE* 1:15pm-2:00pm *LANE OPEN & HOT TUB*
PARENT & TOT SWIM 11:00PM - 12:00PM *DROP IN*	SAYWARD SCHOOL PROGRAM 1:15PM - 2:15PM	*16 +* ADULT ONLY SWIM 7:00pm-8:00pm	16 + ADULT ONLY SWIM 2:00PM - 3:00PM
SWIM LESSONS 2:35PM — 4:50PM APRIL 10— MAY 6TH May 8th —June 5th	SWIM LESSONS 2:35PM — 4:50PM APRIL 10— MAY 6TH May 8th—June 5th	CALL TO BOOK YOUR PRIVATE SWIM LESSON $40 HR $20 FOR 1/2	TOONIE SWIM EVERY SUNDAY 3:00PM - 5:00PM *UNDER 7 YRS WITH ADULT*
EVERYONE WELCOME 4:30PM - 6:00PM *UNDER 7 YRS WITH ADULT*	EVERYONE WELCOME 4:30PM - 6:00PM *UNDER 7 YRS WITH ADULT*		



SPRING COVID-19 VACCINES IN SAYWARD

A community immunization clinic for COVID-19 vaccines is coming to:

- Kelsey Recreation Centre
- 652 h'Kusam Way
- May 23

Once you receive your invite via email, text, or phone call, book your appointment at:

www.getvaccinated.gov.bc.ca
or 1-833-838-2323
or open your phone's camera/QR reader to scan the code

island health

A dose of the XBB.1.5 COVID-19 vaccine is recommended for:

- adults 65 and older
- Indigenous adults 55 and older
- adults in long-term care homes & assisted-living facilities (including people waiting placement)
- individuals 6 months of age and older who are moderately to severely immunocompromised
- anyone who did not receive an XBB.1.5 COVID-19 vaccine from October 2023 to March 2024

If you feel you would benefit from an additional dose of vaccine, contact the call centre at 1-833-838-2323 to book an appointment