


Delivery Mills Ltd. *Custom Cut Lumber*  250-282-3208 No Calls or pick ups after 7 pm Please	 Janet Scotland Managing Broker/Owner Serving the North Island from two offices, Campbell River and Gold River www.northislandrealestate.ca 1.888.771.2111	 SAYWARD SEWING & MENDING Contact Charon 250-850-7144 604-210-0466 email: charonrids@hotmail.com
STOWE CREEK AUTO REPAIR 760 Island Hwy. Sayward, B.C. Wayne Ryan 250-282-3846  Certified Auto Technician Repairs and Maintenance for your cars, trucks and motorcycles	 Sayward Genealogy Research Group <i>Finding Our Family History</i> 2nd Tuesday of the month @ 1pm Kelsey Centre - Age Friendly Room	 Sayward Valley Communications PO Box 573 Stn A, Campbell River, BC V9W 5T9 250-287-4199
 Straits View Café 250-282-0118 Catering & Crews, Rooms & RV Sites daily, weekly & monthly Boat Launch & Moorage	 You're at home here CO-OP MID ISLAND Premium, Midgrade & Regular gas, Diesel fuel, Propane Auto & Cylinder Liquor & Convenience Store 6 am - 10 pm 250.282.3232	 Susan Mallinson Your Sayward Specialist C: 250-203-3545 O: 250-286-3293 susanmallinson@royallepage.ca www.susanmallinson.com
 Sayward Valley Resort Full Service Campground Cabins, Motel Rooms Grocery Store, Liquor Slushy's & Soft Ice Cream (250) 282-3204	 Shawn Sinclair (250) 282-3726 Email: brh@saywardvalley.net 1004 Sayward Road, Sayward, BC V0P 1R0 We make it beautiful...You make it home	 HANDYMAN FOR HIRE For all your home repairs & renovations, inside and out 250-282-3361 — Joe
 OCEAN VIEW GIFTS ON THE WHARF Tourist information, Artists Gallery Confectionary, Fishing Licenses CLOSED FOR THE SEASON 250-282-0018 www.saywardfutures.ca	 WILD WINDS FARM <i>Boutique & Gift Shop</i> 832 Island Hwy, Sayward, BC OPEN FROM 11-4 THURS. to SATURDAY Give me a Buzz @ 250-282-3262	 Fox's Disposal Services Hauling from North Island Soil, compost, sand, etc. 2—40 yard containers. 250-949-6306
 D.J. Luoma Trucking General Hauling, Gravel & Backhoe Services 250-282-5525	3D Services Design & Drafting Jens Diron 250-282-3695 915 Island Hwy. Sayward B.C. Personal, Reliable, Fast European Precision and Quality Custom House Designs	 Mt H'Kusam View Lodge Hostel and Country Inn 1165 Salmon River Main Julie Olsen & Erik Walsh 250-282-5547 Accommodation & catering for groups, tourists and family retreats www.mthkusamviewlodge.com
 WHITE TIDE sports L-BIKES • SCOOTERS • GOLF BIKES • ATVs SALES & SERVICE TAOTAO whiteidesports@gmail.com 674 11 th Avenue Campbell River, BC V9W 4G6 250.914.5558	 General Welding Red Seal Journeyman Welder General Welding \$60/hr to make an appointment Call 1-250-914-5559	 Real Estate Professionals Realty & Property Management 962 Shoppers Row, Campbell River, B.C. V9W 2C5 PH: 250-286-0110 Toll-free: 1-888-986-0110
 Literacy NOW! Drop in for a coffee. Let us know if we can help you with your computer. No charge! At Sayward School Monday and Thursday 10am to 12pm Jan Bakker at bokkie.bakker@gmail.com 250-282-3851 Ann Vansnick at annv@saywardvalley.net 250-282-3450	 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!	 CRS Building Maintenance Services Commercial/Residential Celeste Taylor Sage Owner/Operator ctsage30@gmail.com Text 1 250 418 0494 Licensed, Bonded & Insured

April 2019



SAYWARD NEWS

© Joyce Ellis

Deadline is the 20th of the month
 Publication is the last day of the month.

ANNUAL EASTER EGG HUNT 2019

WHEN : SUNDAY APRIL 21TH

WHERE: HERITAGE HALL


TIME : 10 AM SHARP

ALL WELCOME TO COME AND BRING KIDS FOR
THE ANNUAL EGG HUNT

FREE FACE PAINTING!

FREE HOT DOGS AND
HOT CHOCOLATE

IF YOU CAN DONATE MONEY OR CHOCOLATE
OR WANT TO HELP WITH HUNT PLEASE
CONTACT BETTY AT 250-282-3719
OR ANN AT 250-282-3450



**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 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



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.



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

PLEASE NOTE TIME CHANGES

The Village of Sayward Regular Council Meetings for the year 2019 will held in the Council Chambers located at 652 H'Kusam Way at 7:00 PM on the following dates:

January	Tuesday	8, 22
February	Tuesday	5, 19
March	Tuesday	5, 19
April	Tuesday	2, 16
May	Tuesday	7, 21
June	Tuesday	4, 18
July	Tuesday	16
August	Tuesday	13
September	Tuesday	3, 17
October	Tuesday	8, 22
November	Tuesday	5, 19
December	Tuesday	3, 17

Elected Officials of the Village of Sayward

Mayor John MacDonald	(250) 282-0184
Councillor Wes Cragg	(250) 282-5512
Councillor Joyce Ellis	(250) 282-3863
Councillor Bill Ives	(250) 204-4012
Councillor Norm Kirschner	(250) 282-3834



Area A Director
Gerald Whalley (250) 282-3787



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 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"



Please report any extreme change in road conditions to Mainroad's 24 hour hotline

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)



Cathy Luong Insurance Advisor

We provide a broad array of Home, Auto, Commercial, Marine, Travel, and Business Insurance with competitive markets and rates for our local communities

T-250-287-8819 C-604-720-0196
cathy.luong@hubinternational.com



GREG VINCENT
ph. 250.650.4473
[gregvincent1@gmail.com](mailto:ggregvincent1@gmail.com)

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INSTALLATIONS . SERVICE . REPAIR
GAS & OIL SPECIALISTS . EX BRITISH GAS ENGINEER



Mitchell Vincent

Owner/Operator
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mitchell.vincent07@gmail.com
**New Builds
Renovations
Home Repair**
Mountview Pacific Construction
Serving Campb River & North Island

This space for rent

Please contact

saywardnews@gmail.com

SAYWARD SOLID WASTE 2019 CLEAN-UP SCHEDULE

Household waste items that are too large for regular curbside collection can be discarded or recycled on Sayward Clean-Up Days:

Main Road Yard, 797 Island Highway, Sayward

9:00 am to 4:00 pm

April 13 & 14, 2019

July 20 & 21, 2019

October 19 & 20, 2019

Please come prepared to unload and sort your own items

Accepted household waste items include:

- Large and small household appliances;
- Household furniture;
- Car and truck tires; and
- All car and household batteries.

Not accepted items are:

- Drywall and household hazardous waste (HHW) marked flammable, corrosive and poison or compressed gas (such as aerosols, butane lighters and propane tanks). These should be taken to the Campbell River Waste Management Centre located at 6700 Argonaut Road that is open to the public from 9:30 am - 5:30 pm, Monday's, Tuesdays & 1 Saturday/month.
- "Product Care items", such as paint, pesticides, flammable liquids and electronics. These can be returned to the nearest Return-It depot, located at 1580-F Willow Street, Campbell River.

For more information please, visit the following websites:
www.productcare.org for "Product Care" items and www.return-it.ca for electronics.



ADVANCE CARE PLANNING



Advance Care Planning allows you to have a say in the health care you will receive if you are too sick to speak for yourself.

It's a way to reflect on your values, beliefs and wishes so that you can make your own health care decisions.

By discussing and documenting your wishes with your loved ones and health care providers, they will be able to act on your behalf when needed.

Advance Care Planning promotes peace of mind.

- No Cost
- 3 Workshops dates to choose from
- Location 440 Evergreen Road, Campbell River

APRIL WORKSHOPS

Workshop D - Monday, April 8 & 15 (1pm-3pm)

Workshop E - Wednesday, April 3 & 24 (6:30 pm - 8:00)

Workshop F - Thursday April 4 & 11 (10 am - 12noon)

CHOOSE A WORKSHOP AND REGISTER AT 250-286-1121

The Sayward Volunteer Fire Department is now accepting APPLICATIONS FOR RECUITMENT.

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
- 19 years of age or older
- Healthy, Physically fit
- A good driver with a valid drivers licence and good driving record.
- 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.net or come to our weekly meetings every Thursday @ Fire Hall #1 - 7 PM



Local Organization Information

AA Meetings – 250-282-0030

Carpet Bowling Contact 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 10-2pm – Heritage Hall 1 pm

Heritage Hall - 250-282-0192

3rd Monday of each month – Heritage Hall 1 pm

Kelsey Center 250-282-5500

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

Ocean View Gifts & Gallery 250-282-0018

Closed for the Season

Royal Canadian Legion Branch #147

Hall Rentals: Rosemary Croteau 250-282-3852

Last Tuesday of each month in Legion 6:00 pm

Except July and August

Saturday Market at Heritage Hall—Barb 250-282-3242

Indoor market (Oct-May) 1st Saturday of Month 10-1pm

Outdoor market (May-Oct) Every Saturday 10-1pm

Sayward Ambulance Service Station

Contact Non Emergency 250-282-3600

Sayward Christian Fellowship

Sunday Service at 11:00 am – 740 Gentry Road

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

Bible Study, Wednesday 7:00 pm

Contact Beth Johnson 250-282-3473 Everyone Welcome!

Sayward Community Potluck Karen—250-282-3667

2nd Saturday of the month, 5pm Heritage Hall

Sayward Emergency Program—epc@saywardvalley.net

Bill Ives –250-204-4012

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 Thurs of the month

7:00pm Heritage Hall. Alex—250-282-3799

Sayward Harbour Authority First Sunday of month, Harbour Office,

9:30AM Tom Lavoie Executive Director 250-282-0178 or

Wharfinger Lyall Linklater 250-282-3431

Sayward Health Clinic-250-282-3815

Sayward Literacy Now At Sayward School, Monday and Thursday

10am to 12pm, Drop in for a coffee. Let us know if we can help you with your computer. No charge!

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

Ann Vansnick annv@saywardvalley.net 250-282-3450

Sayward RCMP Contact Non-Emergency 250-282-5522

Sayward Valley Folk Music Society-Contact Bob 250-282-0134

Live concerts 2nd Sunday of the Month @ 6:00pm, Heritage Hall

Sayward Volunteer Fire Department

Contact Non-Emergency 250-282-5505

Email address: svfd@saywardvalley.net

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 10:00 am (3rd Sunday at 3:00 pm)

Tourism Committee Meetings—2nd Wednesday of the month 6:30pm

Council Chambers, all businesses and residents welcome.

Village of Sayward Council Contact at 250-282-5512

1st & 3rd Tuesday of each month @ 7:00 pm

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

VI Regional Library Contact 250-282-5551

Open Tuesday 10-12 & 1-5, Wed. 10-2, Thurs 1-4 & 5-8

Sat 10-2

You're at home here **Mid Island Co-op Gas Bar and Grocery/liquor Store**



MID ISLAND



The staff here at the Sayward Co-op are super friendly. Food, Fishing gear, Lazy Ones PJ's,

Liquor, Gas, Diesel, Propane and much much more...

During the summer months, there is an Ice cream/Hot dog/ Pizza shop open, run by a group of wonderful ladies. The food is awesome. The ice-cream is cold and comes in many Flavors. The staff are beaming with local knowledge.

Remember that by shopping at the Sayward Co-op, you contribute to your community's economic and social well-being.



2019 Dog Licenses

Please note all dogs living in the Village must have a valid Village of Sayward dog license.

These licenses can be purchased at the Village Municipal Office. The cost is \$15 for spayed or neutered dogs and \$30 for non-spayed or non-neutered dogs.

As a courtesy to your fellow Sayward residents please ensure your dog is not running around on the loose and it is always on a leash when it is with you. Finally, please note it takes up valuable resources (i.e. tax dollars) whenever Village staff have to spend time chasing dogs or dealing with dog owners who do not abide by the bylaws.

April 2019

Carmen- Public Health Nurse 250-850-2110 press 1
Leah – Foot Care Nurse 250 203-3462
Jen Fyfe- Physio 250 203-4047



CLINIC PH 250-282-3815

PLEASE CALL AHEAD FOR APPOINTMENT
TIMES –thank you!

Please call above providers directly to book an appointment. For NPs and Dr McFadden please call clinic to book appointments. Thank you.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	NP Enid 9-5 Labs 9-11:30	NP Enid 9-5	NP Enid 9-5	No Nurse	CLINIC CLOSED	
7	8	9	10	11	12	13
	NP Enid 9-5 PM Lab Day 9-12:30	NP Enid 9-5	NP Enid 9-5 Public Health Nurse	No Nurse	CLINIC CLOSED	
14	15	16	17	18	19	20
	NP Tracey Dr McFadden 10-3 Lab Day 9-11:30	Tracey 9-5	Tracey 9-5	NP Tracey 9-4 Ben –Mental Health	CLINIC CLOSED	
21	22	23	24	25	26	27
	CLINIC CLOSED EASTER MONDAY 	NP Tracey 9-5	NP Tracey 9-5	NP Tracey 9-4	CLINIC CLOSED	
28	29	30	1	2	3	4
	NP Tracey 9-5 Dr McFadden 10-3 Lab Day 9-1130	Tracey 9-5	Tracey 9-5	Tracey 9-4	CLINIC CLOSED	

**DIABETES SELF MANAGEMENT COURSE WILL BE STARTING APRIL 23 – TUESDAY
EVENINGS FOR 6 WEEKS. THIS IS FOR TYPE 1 OR TYPE 2 DIABETICS. CALL CLINIC TO
REGISTER (THIS IS NOT A DROP IN COURSE)**



The Sayward Community Capacity Project Coordinator would like to thank the 23 participants who came together on Monday, March 18 at the Kelsey Recreation Centre for the Blanket Exercise - *a unique, participatory history lesson, that fosters truth, understanding, respect and reconciliation among Indigenous and non-indigenous peoples.*



It was an emotionally strenuous event, but a very important small step towards understanding, reconciliation and healing.

Thank you!
Nuka de Jocas
Sayward Community Capacity Coordinator
250-282-0001 - 438-830-3074



Sayward Valley Communications

has its own web site now
for all your TV and
internet news.

www.saywardvalley.com

Ian Clark



THE MANY BENEFITS OF NATURE PLAY FOR CHILDREN AND FAMILIES



WHERE: KELSEY CENTRE GYMNASIUM

WHEN: FRIDAY, APRIL 5 2019

TIME: 10 AM TO 2 PM

**WHAT ELSE? LUNCH INCLUDED AND
DAYCARE FOR TODDLERS AS WELL**

**TO PARTICIPATE, PLEASE CONTACT
NUKA AT:**
saywardcommunitycapacity@gmail.com
Or call: 250-282-0001

Our Facilitators:

Sharon MacDonnell is an Indigenous Outreach Counselor with Child & Youth Mental Health in Campbell River. She is a Therapist who uses the principles and techniques of eco-therapy with individual clients and groups to foster better well-being and improve mental health outcomes for teens and children.
& Susan Landell who is a retired play and expressive arts therapist and a Metis Elder

**ORGANIZED BY THE SAYWARD COMMUNITY CAPACITY
PROJECT IN COLLABORATION WITH THE SAYWARD
CHILDRENS HUB**



Sayward Valley Folk Music Society News

(promoting music and the arts in Sayward)

Our March concert featuring Doug Cox and Ken Hall received rave reviews from our audience. Thanks to the very talented musicians, our volunteers, the delicious baked goods prepared by Becky Sinclair and the support of our members,

audiences will continue to be presented with live concerts at the Heritage Hall.

Beginning in April we will be expanding our concert series as we feature a talented roster of musicians who have included Sayward on their tour schedule.

On **Sunday, April 14**, Bluegrass fans will be treated to a wonderful musical experience when **Bluegrass Fever** takes the stage at **7:00**. **Bluegrass Fever** was formed in 2010 when Ontario born banjo picker Barrie Hemmings joined forces with guitarist Bob Johns from Chemainus. Soon after, Guy Langlois and Jan Norton joined the group on upright bass and fiddle, respectively.



The lead vocals are handled by both Bob and Barrie, while Jan and Guy provide some outstanding harmonies. This combination allows the group to serve up a truly traditional sound. The band draws from a wide selection of bluegrass music, including tunes penned by the band members themselves.

For a lively and fun evening, join us at the Heritage Hall.

Doors open @ 6:00. Admission \$10 at the door. Members* \$5. Volunteers and Children 12 and under are free.

On **Tuesday evening April 23**, we begin our classical series with renowned **Canadian pianist Madeline Hildebrand** in concert at the Heritage Hall, at **7:00**.

Madeline received her Masters degree from UBC, continuing her piano studies at the University of Manitoba. Her playing has taken her coast to coast in Canada, the US, Italy and Rumania..

She has performed, in concert, with *Philip Glass* and the *Winnipeg Symphony Orchestra*, the *Thunder Bay Orchestra*, and on tour with soprano *Sarah Kirsch*..

The program features compositions by *Ravel*, *Haydn*, *Liszt*, *Glass*, *Debussy*, *de Falla*, and *BC composers Coulthard*, *Morlock* and *Randall*.

We invite everyone to come and enjoy our first in a series of classical concerts.

Doors open @ 6:00 Admission \$20 Members* \$10 Volunteers and children 12 and under free. Free refreshment table included with price of admission**

* please note change in admission prices ** this concert only



Clinic Corner News

Only a couple spots are remaining for the Diabetes Self Management course which starts April 23. Register by calling the clinic. This is not a drop in program.

Thinking about quitting smoking? See the Smoking Cessation handout in the newsletter for available resources to help you.

Smoking Cessation

Health benefits begin soon after you smoke your last cigarette:

- Within 20 minutes, your blood pressure drops.
- Within 8 hours, carbon monoxide levels in your blood drop to normal.
- At 24 hours, your risk of a heart attack begins to fall.
- At 2 weeks to 9 months, you can breathe easier as you can get more air into your lungs.
- At 1 year, your risk of heart disease and stroke from smoking drops by 50%.
- At 5 years, your risk of stroke is the same as a non-smoker.
- At 10 years, your risk of dying from lung cancer reduces significantly.
- At 15 years, your risk of heart disease equals that of a non-smoker.

What can you do to quit smoking?

Even though quitting smoking will improve your health, it can be hard to stop. Speak with your primary care provider to discuss the best options for you. Nicotine replacement therapies (NRTs), medicines, and counselling are available to make quitting easier.

- **Nicotine Replacement Therapies (NRTs):** NRTs are available over-the-counter as skin patches, chewing gum, nasal sprays, inhalers, and lozenges. NRTs contain less nicotine than cigarettes. They can help lessen nicotine cravings and withdrawal symptoms.
- **Medicines:** Bupropion (brand name Zyban) and varenicline (brand name Champix) are prescription pills that do not contain nicotine, but have been shown to help people quit smoking. Both of these medicines should be started a week or two before you try to quit. There is also a natural health product called cytosine that is an option to help you quit smoking.



What are some of the side effects of quitting?

Your body gets used to the effects of nicotine, so you will experience withdrawal when you no longer smoke. Symptoms of withdrawal are different for different people, and may include feeling irritable, nervous, jittery, or sleepy. You may have trouble concentrating or feel more hungry than usual. These symptoms are usually worst during the first week after you quit, but it is important to understand that they may last up to a month or longer. Talk with your primary care provider about ways you can manage these symptoms.

Online resources

- The Canadian Cancer Society: www.smokershelpline.ca
 - Information for smokers, quit plans, tips for those not ready to quit, information for young adults and a free app (Break it Off – breakitoff.ca).
- Quit Now: www.quitnow.ca
 - Information on calculating the cost of smoking, the effects of smoking on the body, online forum, coaching, etc.
- Leave the Pack Behind: www.leavethepackbehind.org
 - Personalized support and quitting resources for young adults aged 18-29 in Ontario.
- Health Canada Website: www.canada.ca/en/health-canada/services/smoking-tobacco.html
 - A guide to becoming a non-smoker, 5 stages of quitting, a cost calculator for amount spent on smoking, and resources for youth (Quit4Life).

KELSEY RECREATION CENTRE APRIL SCHEDULE

	SUNDAY	MONDAY	WEDNESDAY	FRIDAY
8:30	 <p>AQUACISE: NOON - 12:45</p> <p>TOONIE SWIM 1:00-3:00PM</p> 			
9:00		NEW WEIGHT ROOM 8:45-11:15	NEW WEIGHT ROOM 8:45-11:15	NEW WEIGHT ROOM 8:45-11:15
9:30		AQUACISE 9:00-10:00	AQUACISE 9:00-10:00	AQUACISE 9:00-10:00
10:00				
10:30		NEW OPEN SWIM 10:15-11:15	NEW PARENT & TOT SWIM 10:15-11:15	NEW OPEN SWIM 10:15-11:15
11:00				
11:30				
12:00				
12:30				
1:00				
1:30				
2:00		AFTER SCHOOL PROGRAM 2:30-4:30 MOVING WET MONDAY In the pool	AFTER SCHOOL PROGRAM 2:30-4:30 WET WEDNESDAY	AFTER SCHOOL PROGRAM 2:30-4:30 FUNKY FRIDAY weather permitting out-doors
2:30				
3:00				
3:30				
4:00				
4:30				
5:00				
6:00		NEW PUBLIC SWIM 6:00-8:00	NEW PUBLIC SWIM 6:00-8:00	NEW PUBLIC SWIM 6:00-8:00
6:30				
7:00		NEW WEIGHT ROOM 6:00-8:00	NEW WEIGHT ROOM 6:00-8:00	WEIGHT ROOM 6:00-8:00
7:30		GYMNASIUM NEW FLOOR HOCKEY 6:00-7:30	OPEN GYMNASIUM 6:00-7:30	GYMNASIUM NEW BASKET BALL 6:30-7:30
8:00				

	SINGLE	10-PACK	MONTHLY
AFTER SCHOOL PROGRAM	7.50	75.00	NA
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

NOTE: There has been some schedule changes. Early Bird Swim & Zumba Canceled

NO AFTER SCHOOL PROGRAM: April 1, 19, 22, 2019

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

HOURS OF OPERATION: AM 8:45-11:15 PM 6-8



With Spring just around the corner, snow is finally melting.....Nothing is stopping the Straits View family from getting ready for a new season.

Straits View is very excited to reopen April 18 2019, to see all our regular customers and to meet new ones.

Oceanview, licensed café offering delicious, home cooked meals. Did you know our seafood is labelled "Ocean-Wise"? So, you can be assured you're making an ocean-friendly seafood choice, and ensuring the health of our oceans for generations to come.

Another great perk, we have licensed patio seating, so you can soak up as much sun as you like as you're dining with your family & friends at our café. Don't forget your sunglasses!

You want to experience camping while exploring what the area has to offer? We have camping sites (some with hookups), so you can park and head out!

Don't have a camper? No problem, come check out our nicely appointed oceanside rooms!

Plan on exploring the area by boat? We have our own boat launch & dock!

Family trip? We have you covered. Bring your kids to come experience nature in Sayward. Great trails just a few minutes walk from your room, H'Kusam mountain, Salmon River estuary for hiking and bird watching or just getting in touch with mother nature. Oh and be sure to keep your eyes out for whales swimming by as well as lots of other marine life.

Come experience for yourself, give us a call at 250-282-0118 and book your stay today.



Help Wanted

The Tourism Visitors Center, at the junction, will be opening for the season on May 21.

We are looking for people who would like to volunteer a few hours each month from May to September.

This is a great opportunity to meet people and share information about Sayward.

Skills required: knowledge of the area, and an ability to work with others. Training provided.

Please contact Bob Sampson 282-0134 for more information.



SAYWARD TOUR DE ROCK 2019

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.



Garden Club News

Seed Swap in April

Suddenly Spring is here and gardeners are enjoying sunscreen and fast warming soil. Experience teaches us when to plant different varieties (lettuce now, beans later). Seedlings started under lights or in the greenhouse can be safely planted out, some under protective domes. By germinating seeds inside, some like peas can be got off to an early start.

The Garden Club exists to promote and support gardening in the Sayward village and valley. More people are coming to believe that the best food to eat is grown right here locally. While large scale industrial farms have to use various chemicals to fight the pests that invade their mono culture crops, small scale mixed gardens can grow vegetables successfully without the use of pesticides, herbicides or chemical fertilizers. But starting gardening for the first time can be challenging and that is where the Garden Club can help.

Our members include many new gardeners as well as many with years of experience. Each meeting includes a question and answer round table where useful techniques and problem solutions are discussed. Even our "old hands" pick a new tip here and there. As well, members bring seedling starts, divisions and cuttings to our "opportunity table" to share with other members.

Free Seeds at April Meeting

The main feature of the April meeting will be a big seed swap. Members will bring in seeds that they have collected from their gardens. These locally adapted seeds always seem to germinate. As well, many of us have seed packages that we have purchased and are willing to share a few seeds from the package to give others an opportunity to try a new variety. There will be small envelopes available to package and label the seeds. Members bringing in seeds are asked to try to mark the date of the seeds on the package. There will be over a hundred seed varieties available, so please come and join us and share in the seed bonanza. The meeting is Thursday, April 11 at 7:00 at the Heritage Hall. Please join us.

SAYWARD CHILDREN'S HEALTH HUB

Many have asked what the Hub is. At the Hub you will find information about services for children in our area. Our Navigator can help you find answers to your questions or direct you to someone who can help!

Hub is open Monday through Thursday 10 am to 1 pm, located in the Sayward School.

Drop in for a tea or coffee. We have books and play area for your little ones.

Free Parent and tot drop in every Wednesday 10 am to 1 pm!

Free Family gym every Thursday 9:30 am to 11 am!

Contact Ann for more info 250-203-8332 Saywardfamilynavigator@gmail.com

Sayward Children's Health Hub

Family Connections

Proudly Funded by

Children's Health Foundation of Vancouver Island and School District 72



Sayward Age Friendly Van Schedule April 2019 19+

MONDAY	TUESDAY	THURSDAY
1, 8, 15, 29	2, 9, 16, 23, 30	4, 11, 18, 25
Sayward Clinic 9am-12pm	Kelsey Centre 9am-12pm	Kelsey Centre 9am-12pm

Wednesday April 17

Wednesday May 1

Weather Permitting

Shopping in Campbell River
We leave for town approximately 9 am

Please phone the day before by noon

Clinic days the Friday before noon

For more Info:

Contact: Darlene 250-282-5500 or

Diane 250-282-3760

email: kelseycentre@saywardvalley.ca



Age Friendly Drop-In Schedule (Seniors)

Tuesday	Thursday	Saturday
Drop-In 9:30 am - 12pm	Drop-In 9:30 am-12 pm	
Open Computer's 10:30 am -12 pm	Open Computer's 10:30 am - 12 pm	
Carpet Bowling 9:30 am	Carpet Bowling 9:30 am	
Domino's 10:30 am	Domino's 10:30 am	Domino's 10:30 am
	Crib 7pm	

Cardmaking Technique Class

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

\$10

Date: Sunday, April 14

Time: 7pm

Place: Kelsey Centre

Multi-purpose room

papercraftingwithtracey@gmail.com

PosterMyWall.com



Thank You

JOHN PRINGLE
FOR YOUR
GENEROUS
DONATION

THE STAFF OF THE
KELSEY CENTRE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
For more information please contact Sayward Children's Health Hub.	saywardfamilynavigation@gmail.com 250-203-8107					
	1	2	3	4	5	6
	CLOSED S	Strong Start 8:45 - 11:45, Hub 10-1	NUTRITION DAY with Kim, Puss & Boots Parents & Tots Drop in 10-11	Family Gym 9:30 - 11, Hub open 10-11	Closed	
7	8	9	10	11	12	13
	Strong Start 8:45 - 11:45, Hub 10-1	Strong Start 8:45 - 11:45, Hub 10-1	Hub 10-1, Parent & tot swim 10:15 - 11	Family Gym 9:30 - 11, Hub open 10-11	Closed	
14	15	16	17	18		
	Strong Start 8:45 - 11:45, Hub 10-1	Strong Start 8:45 - 11:45, Hub 10-1	Hub 10-1, Parent & tot swim 10:15 - 11	Family Gym 9:30 - 11, Hub 10-1	Closed	
21	22	23	24	25		
	CLOSED EASTER	Strong Start 8:45 - 11:45, Hub 10-1	Hub 10-1, Parent & tot swim 10:15 - 11	TRIPLE P SEMINAR 10-12, Family Gym 9:30 - 11	Closed	
28	29	30				
	Strong Start 8:45 - 11:45, Hub 10-1	Strong Start 8:45 - 11:45, Hub 10-1 Smiles First Clinic				

Sayward Children's Health Hub

Family Connections

Proudly Funded by

Children's Health Foundation of Vancouver Island and School District 72



Mount H'Kusam, Sayward, BC.
Saturday 22nd. June 2019, 7:00 a.m. Start

23KM Backcountry Endurance Event

Bill's Trail, Views over famous Johnstone Strait, Creek Crossings, Alpine Lake, Old Growth Forests. Did we mention STEEP?

REGISTRATION

Sweetheart Deal Until Feb. 15th.	Until May 31st.	Until June 19th.*	June 21st. & 22nd.*
\$50.00	\$60.00	\$80.00	\$100.00
Includes free cotton T-Shirt			

*Online registration closes Wednesday June 19th. 2019 at Midnight.

FOR MORE INFORMATION & REGISTRATION
www.kusamklimb.com



Run or Hike, the choice is yours.



Sayward, BC. - 75km. North of Campbell River on Highway 19 north.

Sayward Christian Fellowship



"Is prayer your steering wheel, or your spare tire?"

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!



WANT TO PLAY SOME BASKETBALL OR VOLLEYBALL?

THE KELSEY CENTRE IS HOSTING DROP IN VOLLEYBALL EVERY WEDNESDAY FROM 6:30-7:30 PM AND BASKETBALL EVERY FRIDAY FROM 6:30-7:30 PM, FOR ADULTS AND TEENS.

COME AND JOIN US!

ALL GENDERS WELCOME- AGES 13 AND UP



Golden Goodies

OUR GOLDEN GOODIES PROGRAM IS A COOKING PROGRAM WHERE THE YOUNG KIDS ARE MENTORED BY THEIR ELDERS IN THE KITCHEN, AFTER LUNCH IS PREPARED EVERYONE EATS TOGETHER! IT IS A GREAT WAY TO BUILD RELATIONSHIPS BETWEEN DIFFERENT GENERATIONS. WE INVITE ANY SENIORS TO COME AND JOIN US AT 10:30 WITH THE KIDS AND HELP US PREPARE A MEAL.

WHEN: THURSDAY
APRIL 18, 2019

WHERE: KELSEY RECREATION CENTRE KITCHEN

TIME: MEAL PREP STARTS AT 10:30AM;
LUNCH IS SERVED AT 12:15PM



Sayward Futures Society
Our Community Our Future

Better Together Seminar and Trade Show

Co hosted by The Sayward Futures Society and The Sayward Tourism Committee



Small Business Owners
13 April 19 - Kelsey Centre

What's In It For You?

An opportunity to expand your business reach and develop a vital network of support.

Agenda

1-2pm—Vendor table set-up
2-5pm—Better Together Seminar
5-6:30pm—Trade Show

Investment

Free. Light refreshments available.

Register

Register by 10 April for this exciting event by emailing Sue Poulsen at sfp@sawwardvalley.net



Family Caregivers
of British Columbia

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

LOCATION: Campbell River Hospice Society
440 Evergreen Road, Campbell River

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

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

RSVP IS APPRECIATED BUT NOT REQUIRED
Contact: campbellrivercaregivers@gmail.com or
Toll-Free 1-877-520-3267
More information at www.crhospice.ca





Kelsey Centre Job Posting

We are accepting resumes for the position of Life Guard

This is a Casual/Part time position
NLS Certified
Current Criminal check
Excellent people skills
Enjoy working with others

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

Please drop off your resume at the Kelsey Centre or
email: kelseycentre@saywardvalley.net
Telephone: (250) 282-5500 ask for Darlene



KNOWLEDGE + SKILLS + CONFIDENCE

put life back in your life

Diabetes Self-Management Program



- ✓ Enhance daily activities
- ✓ Learn to balance activity, nutrition and medication to better manage symptoms
- ✓ Communicate effectively with your health care team
- ✓ Take action and live a healthy life!

FREE Six-Session Workshop for Adults with Diabetes

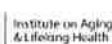
Family Members and Friends Welcome

Kelsey Recreation Centre
652 Hkusam Way, Sayward

Tuesdays from April 23 to May 28, 2019, 6:30pm to 9:00pm

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!

SPACE IS LIMITED – TO REGISTER PLEASE CALL



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



The
Kelsey Centre
will be Closed

June 1– Sept. 8, 2019

Thank you for your patience.

We are sorry for any
inconvenience this may cause.

**For more information
Contact
Kelsey Centre
250-282-5500**



Sayward Community Recreation Association
1257 Sayward Rd, Sayward
250-282-0192 or heritagehall@saywardvalley.net

Heritage Hall Happenings

Indoor Market: Saturday April 6 from 10 am to 1 pm

Helping Hands Sewing Circle: Tuesday April 2, 9, 16, 23, 30 @ 10 - 2

Garden Club: Thursday April 11 @ 7:00 pm

Community Potluck: Saturday April 13 @ 5:00 pm

Sayward Valley Folk Music Society Presents:

An evening of Bluegrass with **Bluegrass Fever in concert**
Sunday April 14 @ 7:00 pm. Doors open @ 6:00
Admission \$10.00 per person. Members and children 12 and under are free.

SCRA General Meeting: Monday April 15 @ 1:00 pm

Free Easter Coloring Afternoon: Saturday April 20, 2-4
Color an Easter Picture/Bag. All welcome

ANNUAL EASTER EGG HUNT 2019: Sunday April 21, 10 am

Sayward Valley Folk Music Society Presents:

An evening of classical music with renowned Canadian pianist
Madeline Hildebrand in Concert.
Tuesday April 23 @ 7:00 pm. Doors open @ 6:00
Admission is \$20.00 per person and includes refreshments.
Members \$10.00, Children 12 and under are free.

FREE EASTER COLOURING AFTERNOON

COME DOWN TO THE HERITAGE
HALL

APRIL 20, 2019
FROM 2 PM TO 4 PM

COLOUR A EASTER
PICTURE/BAG

ALL WELCOME



Monday and Thursday

10 am to 12 noon

At the Sayward School!

Drop in for a coffee and let us know if we can help you with your literacy needs!

Struggling with your computer drop in!

Need a book? Lots of free books for all ages!! Come down and check out our selection!

If you need help give either one of us a call!

Jan Bakker at bokkie.bakker@gmail.com 250-282-3851 or Ann Vansnick at annvansnick3@gmail.com 250-282-3450

Yorke Island Update April 2019

Have you always wanted to visit Yorke Island, but had no opportunity?

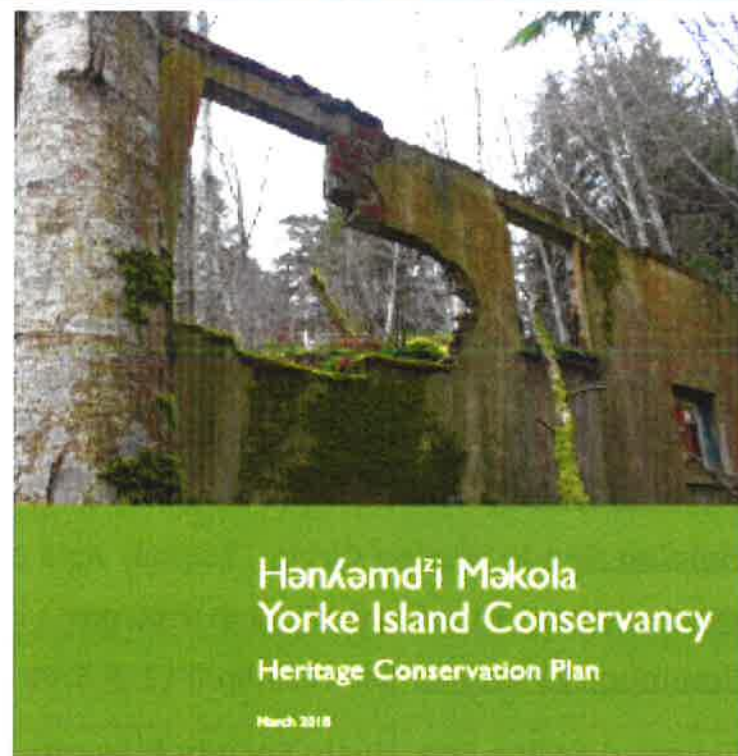
Here is your opportunity to sign up as a volunteer with the 85VICS, led by Ross Keller. Search for 85VICS on FaceBook or e-mail Ross Keller at

treetraveler@hotmail.com for more information.

No FaceBook account? No e-mail? No problem!

Call Ross at 250 203-0586

The next volunteer work bee on Yorke Island is scheduled for April 19th. Register with Ross now so you don't miss the boat!



Calling Anyone with a Big Heart and Willingness to Lend a Little Spare Time!

The Sayward Healthcare Clinic has identified a need in our community for a Community Kitchen program for our senior population. Our goal is to provide a hot lunch once every two weeks at the Kelsey Centre. This program will be financially managed by the Sayward Community Health Society, but we cannot do this without you!

If you have a few free hours once every two weeks and would feel great knowing you are looking after the health and welfare of our senior population, please join us for an information session at the Sayward Primary Healthcare Clinic at 6:30 p.m., Wednesday, April 17th.

Seniors' Luncheon: Calling All Sayward Community Seniors,

If you would like a chance to socialize on a regular basis while sharing a hot lunch at the Kelsey Centre, the Sayward Community Health Society would like you to register, so we know how many to expect, either at the Kelsey Centre or at the Sayward Primary Healthcare Clinic. We are looking forward to serving you!

Sayward Community Health Society



Sayward Futures Society
Our Community Our Future

Sayward Futures Society is a not-for-profit organization that explores, promotes, and supports economic opportunities, growth, and diversity in the Sayward area.

Sayward Futures owns and operates the Wharf at Kelsey Bay (including the Sayward Tourist Centre, Ocean View Gifts, and Al's Room). It also sponsors Canada Day celebrations and operates as an umbrella organization for other area groups, including the Kusam Klimb, Sayward Tourism Committee, and RCMP Bike Rodeo. We currently have the following job opportunity:

EXECUTIVE DIRECTOR

SFS intends to hire an Executive Director to be responsible for the day-to-day operation and management of a busy not-for-profit organization. During winter months, much of the work may be conducted remotely but spring, summer and fall activities require the successful candidate to attend at the office on the Wharf at Kelsey Bay on a regular basis. This is a part-time position, with a budgeted salary of \$7200 Per Annum.

Responsibilities:

- Develop and implement strategic plans that meet the goals and objectives of the society.
- Support and promote membership growth and activities in SFS.
- Create and implement policies in conjunction with the SFS board of directors
- Submit a monthly report to the Board of Directors.
- Apply for and manage the requirements of various grants, funding, stipends etc.
- Liaise with the representatives from our sub-committees, umbrella organizations, local government, RCMP, DFO, Coast Guard and our stakeholders.
- Manage SFS online presence.
- Encourage a culture of transparency and open communication throughout the organization.
- Ensure SFS and its activities are as safe as possible for all staff, visitors, users and volunteers. Maintain a WorkSafe BC Environment.

Qualifications and Experience:

- A proven track record of leadership
- Demonstrate an ability with MS Windows, communication, organization and administrative skills with the capacity to maintain a well-organized filing system and work environment
- Knowledge of not-for-profit community-based programs and services
- Comfortable and demonstrated familiarity with business environments

To apply, please email sfs@saywardvalley.net with the following information:

- A current resume with details of previous experience and qualifications along with a cover letter detailing why you are suitable for this position
- Contact details for at least two prior employer references

Closing date: April 15, 2019.





Kyuquot-Nootka / Sayward News

Strathcona Regional District (Area 'A')

March 20, 2019

I need your advice:

It has always been one of my priorities to keep our taxes as low as possible. Another priority I have is to bring anything that could affect the Sayward Valley to your attention as soon as I am aware of it. Shortly before I took office, the Sayward Valley was requested to help financially support the Village's Kelsey Recreation Centre. A referendum was held at that time and the initiative was defeated. Eleven or twelve years have gone by since then, but this week I have discovered that a petition is in progress to reactivate this request. The only legal option available to do this would be for the Strathcona Regional District (SRD) to take over ownership of the entire complex, which I understand costs about \$250,000.00 annually to maintain and operate.

If the SRD does not take over the Kelsey Recreation Centre it will likely continue to operate. If the SRD did take ownership of the Kelsey Rec. Centre it would become a "forever" undertaking and it would mean a significant increase to Valley property taxes. Remember that your taxes are based on assessed property values, and Valley properties on the average are assessed considerably higher than Village properties. Additionally, before any agreement could be made with the Village, there would have to be another referendum once the exact costs were calculated and publicized. It costs about \$20,000.00 to hold a referendum which equates to about \$70.00 per Valley household, so if you wanted that to ever happen it would be the final step in the process.

Regardless, before I agree to formally discuss this with the Village, or do anything at all on this issue, I would like to know what the majority of Valley residents really want. Therefore, I am asking all Valley residents to informally let me know as soon as possible whether you are supportive or opposed to me entering into talks on this request. Whatever you folks want, that is what I will do. It is your money! Feel free to phone, email, or visit me in person.

Gerald Whalley

Regional Director (Area 'A')

(250) 282-3787

gdwhalley@saywardvalley.net

Sayward Elementary PAC

will be selling
Chocolate Almonds



Gourmet Jelly Beans

\$3 per package (80g per pack).

This is a direct sales fundraiser,
so there is no end date.



Free Seniors Spring lunch in memory of Joyce Despins



May 26, 2019 at 1 pm at the Heritage Hall

Free to all 65 plus

If you would like to attend please register by

calling Betty 250-282-3719

If you want to donate or volunteer

contact Ann 250-282-3450

or Betty 250-282-3719



Mayors Update March 2019

At the March 19th Council Meeting our Auditors, Chan Nowosad Boates Chartered Professional Accountants, presented the Audited Financial Statements for the year ending Dec 31, 2018. Council posed a few questions for clarification on accounting procedures. There were no errors with procedures or financial accountability. The auditors stated there was only one recommendation in regards to the current system used for payment of bills on line, which the village has now instituted. Council would like to officially thank our staff for keeping our books in order, and the Village of Sayward receiving an excellent report for year end 2018.

Council approved the Financial Plan and has given the first three reading to the Five Year Financial Plan Bylaw. Council also adopted the Business License Bylaw, asking for amendments to come back to council for the Fees and Services Bylaw at a future date.

I would like to say a little on Economic Development for the Sayward Community. Councillor Ives attended the BCEDA (British Columbia Economic Development Association) summit in Richmond 3 – 6 March. At the summit he held several meetings which included Gerry Gabinet ED Association Canada, Dale Wheeldon CEO BCEDA, and Ben Kennedy Ministry of jobs Trades and Technology. From this summit through networking, Councillor Ives has presented council with many ED initiatives, which council has received and given their blessing to move forward on. One of the most important parts of these initiatives is to have a non-partisan, apolitical, Economic Development Committee; to this extent Councillor Ives will be canvassing VOS residents and will be asking for individuals to support and be members of the Committee. I am well aware that the norm is to have the same individuals volunteer for most committees, we are in hopes of having new volunteers who will bring a different prospective and vision to this Committee. This is your chance to be part of the solution for Sayward to move forward.

We have had several enquiries in regard to parking at the harbour, we will be working with the owners of the property where the ice plant is situated on Kelsey Road, to arrange for a parking lot for long term parking. We are also working with Minister of Transportation and Infrastructure to decrease the speed limit on Sayward Road running alongside the Working Waterfront Trail.

Projects:

1. Water Treatment Plant -- construction complete by end March, Commissioning TBA
2. Damn Decommissioning – possible change in scope to meet allocated funds, tenders to be submitted by Mid April
3. Working Waterfront Trail – work in progress, viewing platforms & interpretive centre.
4. Parking at Harbour – meetings with owners of Hub City TBA
5. New Library – Mayor & CAO meeting with VIRL CEO April 2nd.

Continued on following page...



Mayors Update March 2019 continued....

At the request of a few citizens in the village, council meetings were changed to 7:00 pm permanently to meet the needs of those who are employed. The turnout has been very disappointing. The last two meetings had a total of 7 (4&3) in the gallery. I am in hopes that attendance at Council meetings will soon increase to justify staff being requested to work overtime to attend.

John MacDonald

Mayor



Are you interested in purchasing a Memorial Bench? 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.



Add a Personalized
Bronze Plaque, See
BarcoProducts.ca



Beautiful, Black Powder-Coated
Cast Aluminum Frame Design

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