

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: charonrds@hotmail.com
 Sayward Pet Grooming Grooming Services for all Breeds TEXT: 250-418-0494 saywardpetgrooming@gmail.com	 <i>Sayward Genealogy Research Group</i> <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	 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	 Sayward Valley Farms Hamburger: 10-lb. box \$ 60.00 Phone Beth 250-282-3473
 OCEAN VIEW GIFTS ON THE WHARF Tourist information, Artists Gallery Confectionary, Fishing Licenses 7 days a week 10am—4pm 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 SALES & SERVICE TAOTAO G10 whitetidesports@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	 OJ 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

January 2019



© Joyce Ellis

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

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

Happy New Year!

What a way to end 2018!

A big thank you to everyone who helped during the "STORM OF 2018":
 BC Hydro, Davey Tree Service, Vancouver Island Power Lines, Telus, Sayward Valley Communications, Our Emergency Coordinators, Public Works, First Responders, RCMP,
 Kelsey Center Staff, Mid Island Co-op, Sayward Valley Resort,
 Crossroads Restaurant and Pub,
 Many, Many good Samaritans—too many to list!

This event showed the true meaning of 'Community Spirit'



**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

IMPORTANT NOTICE

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.



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"



A Friendly Face

Too many chores?
Firewood, Yardwork
Not enough time?

Call me....Jeff **\$15.00/hr**
250-282-3460
cedarstrobach@gmail.com



Please report any extreme change in road conditions to Mainroad's 24 hour hotline
1.877.215.7122

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



This space for rent

Please contact

saywardnews@gmail.com

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Owner/Operator
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mitchell.vincent07@gmail.com

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Sweet And Savory Baking

Locally made home baked goods.

Breads, Pies, Cakes and everything in between.

Check us out on Facebook,
call **250-282-3468** or email
ninanevman@live.ca





Indoor Market: Saturday Jan. 5 @ 10 am to 1 pm

Helping Hands Sewing Circle: Tuesday Jan. 8, 15, 22 and 29 from 10 am - 2 pm

Sayward Garden Club meeting: Thursday Jan. 10 @ 7:00

Community Potluck: Saturday Jan. 12 @ 5:00

Sayward Valley Folk Music Society presents: the Ever Lovin' Jug Band in concert. Sunday Jan. 13 @ 7 pm

*Doors open @ 6:30 Admission \$10.00 per person Members and children 12 and under are free.

SCRA meeting: Monday Jan. 21 @ 1:00 pm

Fish & Game meeting: Thursday Jan. 31 @ 7:30



SAYWARD VALLEY FARMS

"All-Natural, Grass-Fed Beef"

Hamburger: available 10-pound boxes \$ 60.00 each

Beef quarter orders will be available in January

Phone Beth 250-282-3473

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

7 days a week 10:00am—4:00 pm

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

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 Last Sunday of month, Harbour Office,

11 AM 250-282-0178 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 7:00pm

Council Chambers, all businesses and residents welcome.

Village of Sayward Council Contact at 250-282-5512

1st Tuesday of each month at 2:30 pm, 3rd Tues.@ 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,



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.

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.

January 2019

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

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




CLINIC PH 250-282-3815

PLEASE CALL AHEAD FOR APPOINTMENT
TIMES –thank you!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
	Clinic Closed	New Years Day Clinic Closed	Clinic Closed	No Nurse Dr McFadden 10-3	CLINIC CLOSED	
6	7	8	9	10	11	12
	NP Tracey 9-5 PM Lab Day 9-12:30	NP Tracey 9-5	NP Tracey 9-5 Public Health	NP Tracey 9-4	CLINIC CLOSED	
13	14	15	16	17	18	19
	NP Tracey 9-5 Lab Day 9-11:30	NP Tracey 9-5 Mammogram Van	NP Tracey 9-5	NP Tracey 9-4	CLINIC CLOSED	
20	21	22	23	24	25	26
	NP Tracey 9-5 Lab Day 9-12:30	NP Tracey 9-5	NP Tracey 9-5	NP Tracey 9-4	CLINIC CLOSED	
27	28	29	30	31	1	2
	NP Tracey 9-5 Lab Day 9-11:30	NP Tracey 9-5 Diabetes Self Man- agement Class 6:30-9	NP Tracey 9-5	NP Tracey 9-4	CLINIC CLOSED	

****Mammogram Van is here January 15. Call 1 800 663-9203 to book an appointment****


****Diabetes Self Management Course starts January 29 (every Tuesday evening for 6 weeks) Call 1 604 940-1273 to register****



Family Storytime

EVERY 2ND WEDNESDAY 11:30-12PM
JAN. 9 THROUGH MAR. 20





Media Release

FOR IMMEDIATE RELEASE

Stream Blues to Bhangra with your library card

Monday, August 13, 2018: Grab your library card, kick back in your favourite chair, crank up your speakers, and listen to acclaimed music in different genres and from around the world. From Blues to Bhangra, Iceland to Inuvik, Coltrane to Classical, Vancouver Island Regional Library's (VIRL) newest digital resource opens up the world of music to anyone with a library card.

"The Naxos Music Libraries are a game changer for the many music lovers in our service area," says VIRL's Executive Director Rosemary Bonanno. "With this new service, VIRL cardholders can stream music from 150 countries, access over 100,000 jazz recordings, listen to the world's best classical music, and download more than 35,000 printable music scores. That's just the tip of the iceberg!"

In total, Naxos Music consists of the following four libraries:


- Naxos Music Library:** More than two million tracks of various music genres: classical, blues, jazz, folk, and world music.
- Naxos Music Library – Jazz:** All jazz, all the time. Listen online to an entire album or search for your favourite song or performer.
- Naxos Music Library – World:** Stream a wide range of world music, from legendary historical musical performances to contemporary world music. Almost 10,000 albums available, representing over 32,000 artists, 1,500 cultural groups and 150 countries. Includes the complete Smithsonian Folkways catalogue.
- Naxos Sheet Music Library:** By using the Naxos Sheet Music Library, users can search and download printable scores from the database of over 35,000 works.

The Naxos Music Libraries are a valuable addition to VIRL's existing music resources, which includes Freegal Music, hoopla, and thousands of CDs available in the physical collection.

Apps are available on Android and iOS for the Music and Jazz libraries. To access Naxos and VIRL's complete digital music collection, visit virl.bc.ca/digital-films-music-video-games.

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For more information
David Carson
Director, Corporate Communications and Strategic Initiatives
250.753.1154 ex 248
Cell: 250.327.365
dcarson@virl.bc.ca



Media Release

FOR IMMEDIATE RELEASE

VIRL Library Board innovates and inspires with 2019 Budget

September 22, 2018, Nanaimo, BC – The Vancouver Island Regional Library (VIRL) Board of Trustees is innovating and inspiring with its adopted [2019 – 2023 Financial Plan](#).

At the September 22 meeting, the Board adopted a balanced budget of \$38,139,948 for 2019. Municipal and rural levies will contribute \$23,140,091 to the library budget, an average increase of 4.74% or a per capita increase of \$1.48.

"By adopting this budget, the Board supports VIRL's transition to a library of the 21st century," says Joel Adams, VIRL's Director of Finance. "We look forward to innovating through programming that meets and exceeds the diverse needs of customers, continuing to invest in our digital collections and technology, and updating our facilities to serve our customers well for years to come."


The weighted vote amongst Trustees was 100% in favor of the budget.

"VIRL continues to respond proactively to the push for the latest technologies and advancements, ensuring that our branches are well positioned with the spaces, resources, and expertise to guide our customers now and into the future," says Barry Avis, Chair of the VIRL Board of Trustees. "At the same time, this Budget is responsive to the pull from our communities to maintain core traditional services that libraries have always provided."

For more information about the 2019– 2023 Financial Plan, visit virl.bc.ca/reports-and-plans. To watch a video about the budget and the 2019 – 2023 Financial Plan, [click here](#). An infographic about the 2019 – 2023 budget is [available here](#).

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For more information
David Carson, Director, Corporate Communications and Strategic Initiatives
Direct: 250.753.1154 ex 248
Cell: 250.327.3651
Email: dcarson@virl.bc.ca



E-HELP

Jan. 9, 23 | Feb. 6, 20 | Mar. 6, 20 | 12-2PM
Sayward Library

Call 250.282.5551 for an appointment



Sayward Valley Folk Music Society News

We wish to thank all of our volunteers and the people of Sayward for making our concert series at the Heritage Hall a success.

Although our audience for the December concert with the Campbellton Celts was not as large as we had hoped, the band put on a great show and the music was outstanding. Those in attendance had a very positive experience.

There are several changes that SVFMS will be making for the upcoming 2019 season. We will be continuing our concert presentations on the second Sunday of the month from January thru November. There will be no concert events in December. Also, due to lack of participation, there will no longer be an open mic before the feature. The doors will open at 6:30 pm.

All featured acts will begin at 7:00 pm.

Our first concert of the 2019 season will feature recording artists **the Ever- Lovin' Jug Band**. The duo of Minnie Heart and Bill Howard will be featured trading vocals and playing multiple instruments producing a truly authentic old time sound.

Traveling all over Canada and the US. and performing at such venues as the National Jug Band Jubilee, The Brooklyn Folk Festival, and Mariposa Folk, the duo has scheduled an evening in Sayward as a part of their western Canada tour.

They have released two full length albums of original material and are starting work on their third. While they perform many of the songs, and draw inspiration from the jug bands and string bands of the 1920's and 30's they are proof that the music never went away and has been slowly evolving over the course of a century.

Please help us welcome the **Ever-Lovin Jug Band** to Sayward on **Sunday, January 13, 2019. Show starts at 7:00pm. Doors open @ 6:30. Admission is \$10.00.**

Members, volunteers, and Children under 12 are free. Please note that all of our concerts are family friendly. Children must be supervised however, and encouraged not to run around during the performances.

Annual memberships are available at the door. Individuals are \$85.00. Family is \$130.00 Current members may renew now.

Contact Bob or Karen for more information @ 250 282-0134



Sayward Community Health Society



A look back at 2018.

It's been a busy year again, but we tried to concentrate on getting more equipment, particularly items that mean less trips to town for everyone. We were given an ECG machine unexpectedly by Island Health, which freed up other funds to purchase the much needed equipment.

Apart from many smaller items, the most important are more modern digital scales and thermometer, a 2nd Holter Monitor and an Ambulatory Blood Pressure Monitor. These are very expensive, but much needed in our community. Both the Holter Monitors and the 24hr ABPM mean that patients do not have to travel to Campbell River twice in 24hrs, they simply have to go to the Clinic. We also continue to provide a blood work session on Monday mornings and heavily discounted drivers physicals. The Society receives all the money from the drivers physicals.

As many of you are aware, our Clinic is a Community Clinic, which has many advantages, but also means that we are not fully funded by Island Health or any level of Government, so are currently still dependent on the community, especially for day to day running costs. The Society would gratefully like to thank the following for their continuing support, without which we could not continue:

Sayward Village Council, Strathcona Regional District, the Oscar Daze Committee, Kusam Klimb, Sayward Valley Communications, Sayward Legion, The Campbell River Foundation, Island Health (especially area manager Enid O'Hara), our associate members, local people who have made some quite large personal donations, and Dan Fear for all his continuing hard work on doing our renovations purely on a voluntary basis.

Memberships Due and Fee Increases for Some Clinic Services

Just a friendly reminder that associate memberships are due in January and remain at \$10. You do not have to be an associate member to use the Clinic, but if you do use the Clinic, please consider becoming a member, as all membership money goes directly to paying Clinic bills and helps ensure the continued existence of healthcare services in Sayward.

We currently have only 72 members out of over 900 registered users of the Clinic. Memberships can be paid at the Clinic or by e-transfer to schs.clinic@gmail.com. We do understand that some people don't like to join things, and have instead given donations. That is absolutely fine, and is just as much appreciated. As a registered charity, the Society can issue charitable tax receipts for amounts of \$25 and above.

As a Community Clinic, we need to generate income ourselves towards paying running costs, and we do this through various services. We currently receive payments from visiting physicians, drivers' physicals, and associate memberships. The fees for drivers' physicals have remained the same since we began doing them several years ago, so as of January 1st, 2019, the fee will be raised to \$75. Drivers' physicals for associate members will remain at \$65. This is still a huge bargain as charges in Campbell River range from \$100 to \$180.

The new 24hr ambulatory blood pressure monitor will have a minimum loan fee of \$10, or any donation above that, but is free for associate members. This monitor costs \$35 to borrow in Campbell River, where there is a **7 month** waiting list. All money from these fees goes directly to the Society and is spent on Clinic running costs.

The Society would like to thank all who have steadfastly supported us throughout the year—through volunteering, donations, and memberships, and we would like to wish all Saywardians a very happy New Year.

Yours in Health and Wellbeing in 2019,
The Sayward Community Healthcare Society

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Sayward and the surrounding area for
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HOME: (250) 337-8165

Knowledge, Skills & Confidence You CAN live a healthy life with Diabetes

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 January 29 to March 5, 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

Tel: 604-940-1273 | Toll-Free: 1-866-902-3767

www.selfmanagementbc.ca



STRATHCONA
COMMUNITY
HEALTH NETWORK

Upcoming Eyes Wide Open Workshop

“Exploring whether Self Employment is for you”

Tuesday, January 22nd, 2019, 18:30 to 20:30, Heritage Hall

Presented by: North Island Employment Foundation Society (NIEFS), the Sayward Children's Health Navigator and the Sayward Community Capacity Coordinator

Objectives of offering this session to communities include:

- To help individuals explore whether self-employment is possible route for earning an income and to learn more about resources that can help them start a business and/or attain self sufficiency
- To offer a space and time for community members to network and identify possible themes around common interest, opportunities and build capacity
- To increase awareness of NIEFS services in outlying communities and how NIEFS can enhance or support individual and community efforts towards self sufficiency
- Activity/Process – sharing of experience/expertise THREADED THROUGHOUT

For more information, contact **Nuka de Jocas** at saywardcommunitycapacity@gmail.com or call at 250-282-0001



Mammograms Save Lives

Digital Mobile Mammography Coming to Your Community



BC Cancer Breast Screening's digital mobile mammography service will be visiting:

SAYWARD HEALTH CARE CENTRE
JANUARY 15, 2019

To book your appointment call 1-800-663-9203

Mammograms are available for women ages 40 and over. Make an informed decision to screen for breast cancer. Visit www.screeningbc.ca to learn more.

Sayward Christian Fellowship



*"From our Church family to
you: May you have a happy and
meaning-filled New Year"*

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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email mitchell.vincent07@gmail.com

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New Builds
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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.

FREE!

WorkBC
Employment Services Centre

EYES WIDE OPEN SAYWARD

Learn & share about...

* SELF EMPLOYMENT * RESOURCES
* SIDE JOBS * TRAINING OPTIONS



When: Jan 22, 2019

Time: 6:30-8:30 PM

Where: Sayward

Heritage Hall

Register: jenny.evans@niefs.net OR 250-286-3441 OR

www.niefs.net/registration - mention the event name in comments



The Employment Program of British Columbia is funded by
the Government of Canada and the Province of British Columbia.



Garden Club News

Bee Keeping at January Meeting

A rainy December kept gardeners inside planning for the Spring. Making a scale drawing of the garden helps with crop rotations and ensures that there is enough space for all the different varieties. Sorting out old seeds and looking through seed catalogs can while away a long evening.

As the days get longer it is possible to start seeds under lights for later transplanting. Tomatoes like a good head start and, if grown out in one gallon pots, can live in an unheated greenhouse once the danger of serious frost is past. If there is lots of nutrition in the pot, the plant can feed on that once it is transplanted and will reach out with longer roots only for water. Seeds will germinate better if they are given a few weeks of cold in the refrigerator sealed up in a plastic bag.

The rain can cool off and leach out your compost pile. It is essential to keep it covered so that the bacteria can continue their work of breaking down the materials. On a nice day you can turn over the pile, putting the outside layer to the inside and the inside to the outside, watering to keep the pile slightly moist.

Colin Speaks On Bees

The January 10 meeting of the club will feature a presentation on keeping honey bees by Colin Read of Silverfern Farm. If you have ever had an urge to try bee keeping or would just like to know more about these interesting little creatures, please join us at 7:00 at the Heritage Hall.

Delivery Mills Ltd.

Custom Cut Lumber



250-282-3208

No Calls or pick ups after 7 pm Please



Janet Scotland

Broker/Owner

CENTURY 21 Arbutus Realty



PHONE NUMBER 888-771-2111 ext 102

E-MAIL ADDRESS janet.scotland@century21.ca

Serving the North Island from two offices,

Campbell River and Gold River

KELSEY RECREATION CENTRE
JANUARY SCHEDULE

	SUNDAY	MONDAY	WEDNESDAY	FRIDAY
7:30	<div> AQUACISE: NOON -12:45 TOONIE SWIM 1:00-3:00PM </div>	EARLY BIRD SWIM 7:30-9:00	EARLY BIRD SWIM 7:30-9:00	EARLY BIRD SWIM 7:30-9:00
8:00				
8:30		WEIGHT ROOM 7:30-11:30	WEIGHT ROOM 7:30-11:30	WEIGHT ROOM 7:30-11:30
9:00				
9:30		AQUACISE 9:00-10:00	AQUACISE 9:00-10:00	AQUACISE 9:00-10:00
10:00				
10:30		OPEN SWIM 10:30-11:30	PARENT & TOT SWIM 10:15-11:00	OPEN SWIM 10:30-11:30
11:00			OPEN SWIM 11:00 - 11:45	
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		NO AQUACISE PUBLIC SWIM NEW 6:00-8:30	NO AQUACISE PUBLIC SWIM NEW 6:00-8:30	GYM CLOSED XMAS CLEAN UP
6:00				
6:30		WEIGHT ROOM 6:00-8:30 ZUMBA 6:00-7:00	WEIGHT ROOM 6:00-8:30 ZUMBA 6:00-7:00	WEIGHT ROOM 6:00-8:30
7:00				
7:30				
8:00		GYM CLOSED XMAS CLEAN UP	GYM CLOSED XMAS CLEAN UP	PUBLIC SWIM 600-8:00 TEEN SWIM 8:00-8:30
8:30				
FEE INCREASE STARTING FEBRUARY 1 ST , 2019		SINGLE	10-PACK	MONTHLY
AFTER SCHOOL PROGRAM		NEW 7.50	NEW 75.00	NA
CHILD/YOUTH		NEW 3.00	NEW 27.00	NEW 33.00
ADULT		NEW 5.00	NEW 45.00	NEW 60.00
SENIOR		NEW 4.00	NEW 36.00	NEW 48.00
FAMILY (Immediate)		NEW 15.00	NEW 135.00	NEW 180.00
Note: Monday, Wednesday and Friday's The Kelsey Centre front doors will be locked during the AFTER SCHOOL PROGRAM. Only Parents or Guardians are permitted to enter. Reminder: No School No AFTER SCHOOL PROGRAM.				
NO AFTER SCHOOL PROGRAM JANUARY 2 & 4				
GYMNASIUM CLOSURE: DECEMBER 1 - JANUARY 13. FOR CHRISTMAS DECORATING AND CLEAN-UP.				
The facility schedule is subject to change. For daily schedule please call 250-282-5500				

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
- 19 years of age
- 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



BC Parks, West Coast Region, Hən̓λəmd̓'i Məkola/Yorke Island Conservancy

February 1st to 3rd, 2019, BC Parks will be hosting a community outreach event in Sayward to discuss the Hən̓λəmd̓'i Məkola/Yorke Island Conservancy.

The event is to be held at the **Sayward Heritage Hall** (1257 Sayward Road, Sayward).

Friday, February 1st (6pm – 9pm): Open House and evening presentations from the Heritage Branch of the Province of BC, the Vancouver Artillery Association, and more.

Saturday, February 2nd (1pm – 4pm): Open House

Sunday, February 3rd (9am – 3pm): Potential Yorke Island field visits

For further information or to confirm your attendance please contact –

Craig Meding

Community Liaison Officer, West Coast Region
BC Parks, Ministry of Environment
1240 Rath Road, Parksville BC V9P 2E2
Phone: 250 954-4606
Cell: 250 228-4541
Craig.Meding@gov.bc.ca

David Jack, RPF

Area Supervisor, Cape Scott and South Central Coast
BC Parks | Ministry of Environment and Climate
Change Strategy
Telephone: 250-956-5017
Mobile: 250-230-1172
David.Jack@gov.bc.ca



Volunteers Wanted

The Sayward Tourism Committee is forming a technical support committee to assist the Tourism committee and local operators with photographic, video and computer applications.

Enhancement of the Sayward Tourism web site and mail merge letter distribution are two of the important tasks. Skills needed are photography, video shooting and editing, spreadsheet, mail merge, and general computer skills.

This position could be very rewarding for the right person(s) and an opportunity to work along side some really fine people.

Please contact Bob Sampson 250 282-0134.



Sayward Age Friendly Van

Schedule January 2019

MONDAY 7, 14, 28	TUESDAY 8, 15, 22, 29	THURSDAY 10, 17, 24, 31
Sayward Clinic 9am-12pm	Kelsey Centre 9am-12pm	Kelsey Centre 9am-12pm

Wed., January 9, & 30, 2019

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: Tues., Jan. 15, 2019

Time: 7pm

Place: Kelsey Centre

Please register by Fri. Jan. 11, 2019
papercraftingwithtracey@gmail.ca



Golden Goodies

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

WHEN: TUESDAY
JANUARY 15TH, 2019

WHERE:
KELSEY RECREATION
CENTRE KITCHEN

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

SPONSORED BY:
PAC AND THE KELSEY CENTRE





Message from Council 2019

My first opportunity to step up as acting Mayor has been Interesting to say the least. I would like to take this opportunity to offer a few words.

The power outage in December didn't present itself without its challenges. With that in mind I would first and foremost like to acknowledge a number of key people and organizations.

I would like to thank:

Diane Mason who is our "Emergency Program Coordinator"; Diane was instrumental in providing guidance and controlling the legislative side of this event. She committed a significant amount of time at the Kelsey Centre and managed the information flow between the Control Centre and the villagers.

IMPORTANT NOTE – If you did not receive notifications: it could be that you haven't registered in our "phone notification service". These notifications send important messages and updates to Sayward residents i.e. the Kelsey Centre was open for showers, had cooking facilities available and updates from B.C. Hydro. To register refer to the notice in the SAYWARD NEWS. Please take time to ask your neighbours if they are registered as many have elected to not receive this printed publication.

Lisa Clark from the council office. Lisa sent the notifications in the Phone Notification Service, Around Sayward and Sayward Rants and Raves. Well done Lisa!

To the **RCMP Constables** who knocked on doors of those more vulnerable during these times. They went door to door in the hardest affected areas and dealt tirelessly with those who saw fit to cross barriers to see what was happening.

Note - Barriers are there for a reason, please respect that they are there for your protection and stay out. Some officers went the extra mile and assisted in opening the road to the water filtration plant. Bravo Zulu to you all.

The **Village Public Works Department** who behind the scenes managed to keep power supplied to the Kelsey Centre and the Septic Sucking System. Without their dedication the showers might have been cold and we might have had a messier situation in our homes. You guys suck in a good way!

To the **Volunteers** who brought in food to the Kelsey Centre and hauled a generator from home to home in an effort that fridge and freezer stocks could be saved. Thank you!

To **Councillor Cragg and his wife** who knocked on doors in the village apartment building and advised people of the services available at the Kelsey Centre, posted notices and slipped info sheets under the doors, I thank you!

B.C. Hydro who assessed the situation and recognized the severity of the situation here. They along with other communication suppliers provided a stellar service.

To those others who made the coffee or managed the process in any way please let me thank you for all who appreciated your application.

All this being said, it is critical during times like this that we look out for our neighbours. I'm aware most feel this way by what I witnessed first hand. Still there are those neighbours out there that are reluctant to reach out. Possibly they don't have a phone or it is inoperable because it is in need of charging. Your neighbour may have a new medical condition you are unaware of. They may be new to country life and not prepared for extended outages. Its important to look out for each other. BE PREPARED.

There will be an Operational Debrief on this incident after Mayor MacDonald returns from his holiday. Generally, I feel the approach by the Village was good. That being said there is always room for improvement and I will present my recommendations during this debrief.

I encourage you to present you concerns and ideas in writing to the council office by the 10th Jan 2019. Each submission will be reviewed and due consideration given to ways we can improve our approach/process during these critical events.

Respectfully

Bill Ives

Sayward Councillor



The Kelsey Centre would like to give a **Gigantic 2 Thumbs Up**

For all the Donations and Volunteers who helped with our
Annual Children's Christmas Party

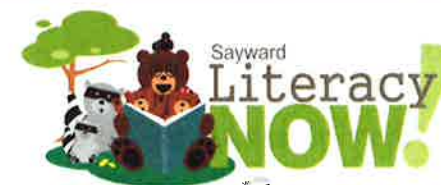
Mayor John Macdonald (donation) H'Kusam Climb Committee (donation) Sayward Valley Communications (Ian Clark donation) Mark & Beth Johnson (donation) Georgina McLain, (volunteer) Carol Skogan, (volunteer) Cheryl Lavoie, (volunteer) Joyce Ellis (volunteer & photography) Tony Leggat (donation) John France and Lynda White, (donation) Dyer Logging (donation) Nuka de Jocas (volunteer) Ben Kirschner (volunteer), Hannah Kirschner (volunteer), Luna Piper (volunteer) Don Zapp (donation and volunteer), Delivery Mills (donation), Susan Mallinson (donation), Sayward Valley Resort (Fisher Boy, Faith and Frank) Paul Carver (donation), Wes Cragg (donation and volunteer), Lisa Clark (volunteer), Kirk Cehak (donation), Bill Ives (donation and volunteer), Diane Mason (volunteer) Tavis McGinn (volunteer) Gerald and Cheryl Whalley, (donation) DJ Luoma Trucking, (donation) Commercial Aquatics DB Perks & Associates LTD.(donation) Winfal Enterprises, (donation) Trophy West Guide Outfitters LTD. (donation) Brad Henderson (donation and volunteer), Bill and Gwen Prior (volunteer) Marine Harvest, (donation) Grieg Seafood, (donation) Co-Op Mid Island Consumers Co-Operative (donation) Thank you to all who stayed behind to help clean up.

Last but Not Least, Cass, Rita, Lisa, Andi, Ryan, Mo and Andrea. Thank you for all you extra time decorating and setting up. Joanna and Cindy for all the last-minute clean ups. Tony and Mike for last minute maintenance.

Without your time and donations this special event would not be Possible.



A Heartfelt Thank-you
Darlene



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

Happy New Year

Classes resume week of January 7th