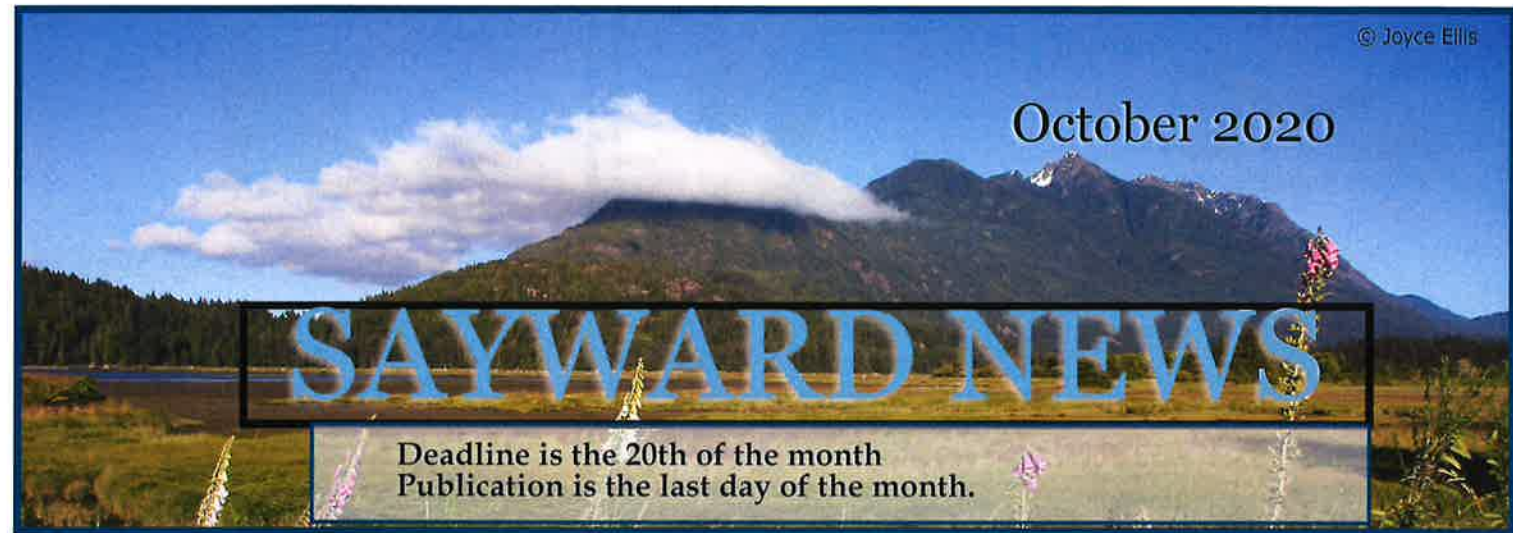


<b>Delivery Mills Ltd.</b> <b>*Custom Cut Lumber*</b>  <b>250-282-3208</b> No Calls or pick ups after 7 pm please	 <b>CRS Building Maintenance Services</b> Commercial/Residential Celeste Taylor Sage Owner/Operator <a href="mailto:ctsage30@gmail.com">ctsage30@gmail.com</a>	 <b>SAYWARD SEWING &amp; MENDING</b> Contact Charon <b>250-850-7144 604-210-0466</b> email: <a href="mailto:charonrids@gmail.com">charonrids@gmail.com</a>
<b>STOWE CREEK AUTO REPAIR</b> 760 Island Hwy. Sayward, B.C. Wayne Ryan <b>250-282-3846</b>  <b>Red Seal Certified Auto Mechanic</b> Repairs and Maintenance for your cars, trucks and motorcycles	 <b>Janet Scotland, RI(BC)</b> Managing Broker   Owner <b>CENTURY 21 Arbutus Realty</b> Direct Line: 250-923-2111 extension 102 or 250-287-6985 (text) <a href="http://www.janetscotland.ca">www.janetscotland.ca</a>	 <b>Mascon</b> Your connection to the world Internet & TV Service Provider <b>1-866-832-6020</b> <a href="mailto:info@mascon.ca">info@mascon.ca</a>
<b>North Island Pharmacy</b> In Campbell River would love your business. We are pleased to offer <b>FREE</b> weekly full prescription delivery service to <b>Sayward</b> <b>Valley Resort</b> in Sayward every Wednesday	 You're at home here Premium, Midgrade & Regular gas, Diesel fuel, Propane Auto & Cylinder <b>MID ISLAND</b> Liquor & Convenience Store <b>6 am - 10 pm 250.282.3232</b>	 <b>Susan Mallinson</b> Your Sayward Specialist C: <b>250-203-3545</b> O: 250-286-3293 <a href="mailto:su-">su-</a> <a href="mailto:sanmallinson@royallepage.ca">sanmallinson@royallepage.ca</a> <a href="http://www.susanmallinson.com">www.susanmallinson.com</a>
 <b>Sayward Valley Resort</b> Full Service Campground Cabins, Motel Rooms Grocery Store, Liquor Slushy's & Soft Ice Cream	 <b>Shawn Sinclair</b> (250) 282-3726 Email: <a href="mailto:brh@saywardvalley.net">brh@saywardvalley.net</a> 1004 Sayward Road, Sayward, BC V0P 1R0 We make it beautiful...You make it home	 <b>HANDYMAN FOR HIRE</b> For all your home repairs & renovations, inside and out <b>250-282-3361 — Joe</b>
 <b>OCEAN VIEW GIFTS</b> <b>ON THE WHARF</b> Tourist information, Artists Gallery, Confectionary, Fishing Licenses Closed for the season of 2020 due to covid-19 <b>250-282-0018</b> <a href="http://www.saywardfutures.ca">www.saywardfutures.ca</a>	 <b>Fletcher 250 850 9956</b> <b>Blackandblued@gmail.com</b> <b>Firearms Buyer</b> <b>"Local to Sayward"</b>	<b>Fox's Disposal Services</b> <b>Hauling from North Island</b> Soil, compost, sand, etc. 2—40 yard containers.  <b>250-949-6306</b>
 <b>D.J. Luoma Trucking</b> Backhoe Services <b>250-282-5525</b>	<b>3D Services Design &amp; Drafting</b> <b>Jens Diron 250-282-3695</b> 915 Island Hwy. Sayward B.C. Personal, Reliable, Fast  European Precision and Quality Custom House Designs	 <b>Mt H'Kusam View Lodge</b> Hostel and Country Inn 1165 Salmon River Main <b>Julie Olsen &amp; Erik Walsh</b> <b>250-282-5547</b> Accommodation & catering for groups, tourists and family retreats <a href="http://www.mthkusamviewlodge.com">www.mthkusamviewlodge.com</a>
 <b>Kevin Kittmer</b> Cell: 250-951-8631 Office: 604-664-7340 <a href="mailto:kevin@landquest.com">kevin@landquest.com</a> <a href="http://www.landquest.com">www.landquest.com</a> <b>"Marketing British Columbia to the World"</b>	 Please report any extreme change in road conditions to Mainroad's 24 hour hotline <b>1.877.215.7122</b>	<b>Parallel 50 Realty and Property Management Inc.</b> 962 Shoppers Row Campbell River, BC Phone: (250) 286-0110 E-mail: <a href="mailto:info@o5properties.ca">info@o5properties.ca</a>
 <b>HOME By 8 DELIVERY</b> WE DRIVE TO TOWN, SO YOU DON'T HAVE TO! 250 201 7888 <b>250 201 7888</b>	 Sayward Christian Fellowship <b>Morning Service 11:00 AM</b> 740 Gentry Rd. Mark Johnson 250-282-3473 Bruce Fyfe 250-282-3301 <b>Bible Study, Wednesday 7:00 pm</b> Contact Beth Johnson 250-282-3473 Everyone Welcome!	<b>STORAGE RENTAL</b> Vehicles, Boats and RV's Dry & Secure  Call – 250-282-3465



#### SPECIAL POINTS OF INTEREST

- \*Kelsey Centre Schedule
- \*Organization Meetings
- \*Elected Officials

#### Village of Sayward Office Hours

Monday-Friday  
9:00 am - 4:00 pm

Closed Statutory  
Holidays

Phone: (250) 282-5512

Fax: (250) 282-5511

#### Email Address

[village@saywardvalley.ca](mailto:village@saywardvalley.ca)

#### Village Web Address

[www.sayward.ca](http://www.sayward.ca)

#### Sayward News Email

[saywardnews@gmail.com](mailto:saywardnews@gmail.com)

## SAYWARD CLEAN-UP DAYS 2020

Household waste that is too large for regular curbside collection & recyclables that normally need to be taken to Campbell River can be discarded on Sayward Clean-Up Days:

**Main Road Yard, 797 Island Highway, Sayward**

OCTOBER 17 & 18, 2020

Hours: 9:00 am to 4:00 pm

Please come prepared to unload and sort your own items.

NEW THIS YEAR: Habitat for Humanity ReStore in Campbell River will be onsite Saturday only, to divert gently used household items to their store.

Visit their website for more information on what they accept  
<https://www.habitatnorthisland.com/restore/donate-materials/>

#### Accepted:

- ✓ Scrap Metal;
- ✓ Household Furniture;
- ✓ Large Appliances [www.MARRBC.ca](http://www.MARRBC.ca) & small appliances [www.electrorecycle.ca](http://www.electrorecycle.ca);
- ✓ Car and Truck Tires;
- ✓ All types of Batteries;
- ✓ \*\* All types of Household Electronics - [www.return-it.ca](http://www.return-it.ca)
- ✓ \*\* All Product Care items including: paint/paint thinners, old gasoline in approved containers, lightbulbs, ballasts and some pesticides - [www.productcare.org](http://www.productcare.org)

#### NOT accepted:

- ✗ Drywall;
- ✗ Unlabelled or unidentifiable Household Hazardous Waste (HHW); (see below for drop off information);
- ✗ Diesel;
- ✗ Motor oil, filters or antifreeze including empty containers (accepted at the Sayward recycling depot);
- ✗ Fertilizers;
- ✗ Compressed Gas cylinders.

This event is sponsored by MARR, the major appliance recycling roundtable.



For a full list of what's accepted,  
please visit the links provided.

Household Hazardous Waste (HHW) collection in Campbell River:

Campbell River Waste Management Centre, located at 6700 Argonaut Road, Campbell River  
 HHW area is open from 9:30 am - 5:30 pm, Tuesdays, Wednesdays & one Saturday per month.

Please visit [www.CSWM.ca](http://www.CSWM.ca) for more information.

For questions please email  
**Stephanie Valdal**  
[svaldal@comoxvalleyrd.ca](mailto:svaldal@comoxvalleyrd.ca)  
 or call (250)792-0026.







## Sayward Recycling Depot

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

Sunday 8:30 am to 5:00 pm

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

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

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



## Emergency Phone Notification Systems

Our **phone notification service** requires your assistance. We need new residents to provide us with your phone number and street address so we can add you to our phone notification system. If you move within the community, please let us know so we can send our notices to the correct people. This system is used by the Village's Public Works staff to let Village residents know of problems with the water, sewer or other systems. **It can be used to notify the entire community of any emergency situations. It is important that we keep our resident list current.** The system only allows for 10 digit phone numbers, no long distance can be used.

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

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



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



## Notice of Regular Council Meetings

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

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

## Elected Officials of the Village of Sayward

Acting Mayor Norm Kirschner	(250) 282-3834
Councillor Wes Cragg	(250) 201-0604
Councillor Bill Ives	(250) 204-4012



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



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

## Provincial Government Member of Legislative Assembly

Claire Trevena 1-866-387-5100  
[www.clairetrevena.ca](http://www.clairetrevena.ca) [claire.trevena.mla@leg.bc.ca](mailto: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](mailto:Claire.trevena.mla@leg.bc.ca)



## This space for rent

Please contact

[saywardnews@gmail.com](mailto:saywardnews@gmail.com)

## This space for rent

Please contact

[saywardnews@gmail.com](mailto:saywardnews@gmail.com)

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[saywardnews@gmail.com](mailto:saywardnews@gmail.com)

## This space for rent

Please contact

[saywardnews@gmail.com](mailto:saywardnews@gmail.com)



Need help with your computer needs, give us a call!  
Watch for our book houses! Take a book, leave a book!  
Jan Bakker at  
[bokkie.bakker@gmail.com](mailto:bokkie.bakker@gmail.com)  
250-282-3851 or  
Ann Vansnick at  
[annvansnick3@gmail.com](mailto:annvansnick3@gmail.com)  
250-282-3450

## This space for rent

Please contact

[saywardnews@gmail.com](mailto:saywardnews@gmail.com)



## Secret Santa

Every year Secret Santa, with the help of many in our community provides Christmas Hampers and gifts to families in the Village and Valley that could use a bit of help to make Christmas a joy filled holiday. Last year we were able to provide hampers and gifts to approximately 35 families and we expect the number to increase this year.

All donations of cash, toys or food would be greatly appreciated.

If you know members of our community that could use a bit of help this year, please forward a list of the **addresses, names** of the family members and **ages of the children** to:

Or if you are able to contribute to this worthy cause, please contact:

**Secret Santa's Headquarters** C/O the Village Office, 652 H'Kusam Way

**250-282-5512** email: [village@saywardvalley.ca](mailto:village@saywardvalley.ca)

Tessa: **250-287-6884** email: [tmballentine@hotmail.com](mailto:tmballentine@hotmail.com)

All information provided will be kept confidential. All donations are appreciated to the above address.

We appreciate your help in working toward a Merry Christmas for all.



## The Sayward Volunteer Fire Department is now accepting APPLICATIONS FOR RECRUITMENT.

Join our team of dedicated members.

### What we seek:

Community minded and spirited individuals who like to be involved in team efforts and are looking for a challenging, rewarding and life changing experience.

### You must be:

- Living in the Sayward District Fire protection area.
- Team oriented
- Healthy, Physically fit
- Of good character (RCMP security check required)

### We offer:

- Involvement in community activities ranging from fire fighting, rescues, first responder medical service, to public education events.
- Paid training that is progressive at our inhouse and in the field at various training agencies.
- We are flexible to meet your time commitments, we work around our members lives to make it easy as possible for you to be part of our team.
- Insurance plans both on and off duty.
- New friends and acquaintances.
- And lots of fun

For more information or to apply please contact the Sayward Volunteer Fire Department @ 250-282-5505

Or [svfd@saywardvalley.ca](mailto:svfd@saywardvalley.ca) or come to our weekly meetings every Thursday @ Fire Hall #1 - 7 PM



It is with sadness that Jim and Fran will no longer be doing the recycling for the Sayward Tour de Rock. They are retiring and will be finished at the end of September. They have done a wonderful job in sorting and transporting the cans and bottles to Campbell River.

The Sayward Tour de Rock would like to Thank them for all of their hard work and dedication to help raise money for Paediatric Cancer.

**PLEASE DO NOT DROP OFF ANY MORE CANS AND BOTTLES AT JIM AND FRAN'S PLACE AT 670 KELSEY WAY AFTER SEPTEMBER 30<sup>th</sup>. THANK YOU.**

## Local Organization Information

**AA Meetings** – 250-282-0030

**Carpet Bowling** Contact 250-282-5589

Tuesdays & Thursdays at Kelsey Rec. Centre

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

**Helping Hands Sewing Club** - Barb—250-282-3741

Meets every Tuesday 10-2 pm – Heritage Hall

**Heritage Hall –Call for rentals** 250-282-0192

3<sup>rd</sup> Monday of each month – Heritage Hall 6 pm  
[heritagehall@saywardvalley.net](mailto:heritagehall@saywardvalley.net)

**Kelsey Center** 250-282-5500

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

**Ocean View Gifts & Gallery** 250-282-0018

Closed for the season, reopening Spring 2020

**Royal Canadian Legion Branch #147**

President– Bill Ives 250-204-4012

Last Wednesday of each month in Legion 6 pm (Ex Jul and Aug)

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

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

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

**Sayward Ambulance Service Station**

Contact Non Emergency 250-282-3600

**Sayward Bursary**

Contact Marilyn Barry @ 250-282-3465

**Sayward Christian Fellowship**

Sunday Service at 11 am – 740 Gentry Road

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

**Bible Study**, Wednesday 7 pm

Contact Beth Johnson 250-282-3473 Everyone Welcome!

**Sayward Community Health Society** Meets 2nd Monday of the month at

Clinic at 6:30 pm Contact 250-850-7144/[charonrids@gmail.com](mailto:charonrids@gmail.com)

**Sayward Community Potluck** Karen—250-282-3667

2nd Saturday of the month, 5 pm Heritage Hall

**Sayward Emergency Program**—[epc@saywardvalley.ca](mailto:epc@saywardvalley.ca)

**Sayward Fish & Game**

Last Wednesday of each month – Heritage Hall 7:30 pm

**Sayward Futures Society** Contact 250-282-0018

2nd Monday of each month at SFS office at wharf 6:30pm

**Sayward Garden Club** Meets 2nd Thursday of the month

6:30 pm Heritage Hall. Alex—250-282-3799

**Sayward Harbour Authority** First Sunday of month, Harbour Office,

9:30 am Colin Read Executive Director 250-282-0178 or  
Wharfinger Lyall Linklater 250-282-3431

**Sayward Health Clinic** - 250-282-3815

**Sayward Literacy Now**

Jan Bakker [bokkie.bakker@gmail.com](mailto:bokkie.bakker@gmail.com) 250-282-3851

Ann Vansnick [annv@saywardvalley.net](mailto:annv@saywardvalley.net) 250-282-3450

**Sayward RCMP** Contact Non-Emergency 250-282-5522

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

Live concerts 2nd and 4th Sunday of the month at the Kelsey Rec  
Centre. Doors open @ 6:30 pm

**Sayward Volunteer Fire Department**

Contact Non-Emergency 250-282-5505

Email address: [svfd@saywardvalley.ca](mailto:svfd@saywardvalley.ca)

Meeting every Thursday @ Fire Hall #1 at 7 pm

**Share Shed** – Bryanne Stacey - 250-282-3464

10 - 12 Mon/Wed/Fri Closed stat's

**St. Bernadette's Catholic Church – Despins Road**

Sunday Service at 10 am (3<sup>rd</sup> Sunday at 3 pm)

**Tourism Committee Meetings**— 2nd Wednesday of the month 7 pm

Multi Purpose Room at Kelsey Center, all businesses and residents  
welcome.

**Village of Sayward Council Meetings** Contact at 250-282-5512

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

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

**VI Regional Library** Contact 250-282-5551

Open Tues 10-8, Wed 10-8, Thurs 10-2, Fri 1-5, Sat 10-2, Sun 1-5

Closed Mondays



Sayward RCMP is asking for the public's help in identifying a person or persons connected to a recent break and enter at the Sayward Fish Hatchery.

Between August 13 and 14, 2020 an individual or individuals broke into the Sayward Fish Hatchery and took items belonging to volunteers of the hatchery.

If anyone has any information relating to the break and enter, you are asked to call the local Crime Stoppers or the Sayward RCMP at (250) 287-8477.

**Sayward file #2020-353**



## Hi Everyone! This month's topics are Nutrition, Fitness, and Medication Management at Home

**Nutrition:** First of all, any major changes in your nutritional intake should always be cleared with your doctor or nurse practitioner prior to starting, especially if you have any ongoing medical conditions.

There are several different methods you can use to determine which foods and drinks you should consume regularly. There is the Canada Food Guide that we all learned about in school. It breaks food and drinks down into the four food groups; meats, vegetables, starches, and dairy. We are advised to eat different proportions of each, according to our specific needs. Then there is the method where we are taught to break food and drinks into three categories; proteins, carbohydrates, and fats. We are advised to adjust the amounts of each to meet our specific nutritional goals. Then there is the simple form of 'calories in and calories out' which advises us to only consume as many calories as we burn. While all these methods have merit, they don't always work for everyone. The basics are these: consume as many natural foods and drinks as possible. Try to limit your intake of processed/packaged foods and those with very few nutrients [candy, chips, pop, etc.]. Learning how to read labels on those processed items that you do consume can also be helpful. The percentage of the daily serving is of particular interest. If it has a high percentage of the daily serving recommendation, then it might be advisable to put it back on the shelf or limit further intake of the item in the serving. Certain health conditions complicate what you can consume. Chief amongst them, is diabetes.

If you are diabetic, you are always working hard to balance your blood sugar. If it goes too high, you risk irreparable damage to your organs. Too low and you risk confusion, loss of consciousness, seizures, and even death. Every newly diagnosed diabetic is encouraged to attend a diabetes education session with a professional diabetes educator to learn how to appropriately manage your condition. These resources can be found at Campbell River Hospital.

If you have heart problems or other chronic conditions, your doctor will advise you on what items to include or to limit in your nutritional intake.

For those who have congestive heart failure, limiting sodium is key to successfully managing your condition. You should have regular blood tests to make sure your sodium levels are within optimum range. Your body needs some sodium to function properly, but too much can be catastrophic for those with heart failure. Nutritional concerns would involve reading labels on your packaged foods. If something is high in sodium, limit it or put it back on the shelf. Limit adding salt to your foods. Sodium is one of the main ingredients of table salt. Flavour can be added to your food using spices or lemon juice instead. Diet colas also have high amounts of sodium.

Accessing nutritious food on a budget can be difficult. Rather than burning gas money driving to town to shop at the grocery store, there are several farm stands around the Sayward area that sell seasonal vegetables, eggs, and other items at a reasonable price. Some local ranchers provide meats as well. In addition to this option, there are several local individuals and agencies that can deliver food bank items from Campbell River to your home.

Simply put, for nutrition for the healthy adult, moderation is key. The more natural a food or drink is, the better. For those with chronic conditions, attention must be paid to your intake of certain things. If in doubt, always consult your doctor or nurse practitioner.

**Exercise:** As with nutritional intake changes, any new exercise program should also be vetted through your doctor or nurse practitioner.



**SAYWARD TOUR DE ROCK NEEDS  
VOLUNTEERS TO TAKE OVER THE  
RECYCLING OF CANS AND BOTTLES.  
THEY WILL NEED AN AREA TO TAKE IN,  
SORT, STORE THEM, AND THEN TAKE THEM  
INTO ISLAND RETURN IT IN CAMPBELL RIVER.  
THIS RECYCLING HAS BEEN A GREAT FUND  
RAISER FOR THE SAYWARD TOUR DE ROCK.  
WE WOULD HATE TO LOSE THESE FUNDS.  
IF YOU ARE INTERESTED CONTACT  
JOYCE ELLIS 250-282-3863**

*Mid Island*  
**HEATING SERVICES**  
**INSTALLATIONS**  
**SERVICE**  
**REPAIR**  
**GAS & OIL SPECIALIST**  
**EX BRITISH GAS ENGINEER**  
**Fully Insured**  
**30 Years Experience**



*Mark Harper*  
**Cell: (250) 201-0075**  
**Home: (250) 337-8165**

*Sayward Christian*



*Fellowship*

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

**Morning Service 11:00 AM**  
**740 Gentry Rd.**

**Mark Johnson 250-282-3473**

**Bruce Fyfe 250-282-3301**

**Bible Study, Wednesday 7:00 pm**

**Contact Beth Johnson 250-282-3473**

**Everyone Welcome!**

## Garage/Estate Sale

**October 10 & 11, 2020**

**969 Despins Road**

**9 am until 3 pm both days**

**Please no early birds as set up extensive.**  
**Considerable collection of Housewares, Furniture,**  
**Tools, Fishing Equipment and General items.**

**Also large selection of burls, antlers, concrete and**  
**fire bricks as well as metal roofing**



# New name, new internet speeds!

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

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

## Home Essentials Bundle \$118/mo.<sup>1</sup>

Internet 60  
PLUS  
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Digital Starter TV  
PLUS  
3 Theme Packs

Need more speed for your bundle? Upgrade to Internet 120 for an extra \$10/mo.

All prices exclude applicable taxes. One-time install fee of \$75 applies.<sup>2</sup>

Learn more at [mascon.ca](https://mascon.ca) or  
call **1-866-832-6020** for details.

Mascon

(1) Final eligibility for the services will be determined by a Mascon representative. Mascon reserves the right to make changes to or withdraw services, pricing, and duration of discount offered for each bundle at any time without notice. Mascon reserves the right to modify channel lineups and packaging, and regular pricing of TV packages, without notice. Digital Starter is required for all Mascon TV subscriptions. Cancellation of any service within a bundle will result in removal of unlimited data and regular pricing applies to service kept, currently \$90/month for Internet 60 with 600GB monthly data and \$46/month for TV + 3 Theme Packs. Applicable taxes not included. Regular price is subject to change. Rental equipment must be returned in good condition upon cancellation of service, otherwise the replacement cost will be charged to the account. (2) Install fee includes the first 150' of cable from the road and 1 outlet in your home. Charges apply for additional cable and outlets. 20-1060

One simple exercise that most folks can do is to walk, even if its just a few laps around your living room with a walker or cane. If you are able, walk a little bit each day. Walking improves your heart and lung health, improves circulation, and helps build muscle strength. Weight bearing exercises like walking can also increase bone density. If you are able, get out into your yard or even out onto the road or a path for a short walk. If you are going to be walking for any distance, please let someone know where you are going and when you expect to be back. That way, someone can check on you in case something goes wrong.

If you have mobility problems that limit walking, you can do several exercises in a seated position. For lower body, with your legs bent you can lift each foot a little off the ground. Hold it for a few seconds, then put it down. Then try the other foot. Alternate feet until you start to feel it in your muscles. You can also try this with your leg out straight. For arms, you can stretch to the left or right. Reach out to the side as far as you can without unbalancing yourself, hold for a few seconds, then sit upright. You can also put your arms out to the side, or cross them across your chest, and gently twist at the waist. This will help keep back and core muscles limber.

There are several small exercise machines that you can get that can be used in your chair. These can be mini bikes, or mini steppers. Fitness Etc in Campbell River has several such items.

You can exercise on a budget too though. In addition to walking and chair exercises, you can exercise by lifting house hold items. For instance, you can hold a large can of soup in your hand while sitting or standing. Straighten your arm out, then bend the elbow and curl the soup up toward your body keeping your elbow still. Hold for a few seconds, and then straighten your arm again, lowering the soup can. Do this slowly for maximum benefit and stop when you start to feel it in your muscles. As your strength builds, you can graduate to heavier items like a bag of apples or increase your repetitions. If you are more mobile and have good balance, you can do step ups on your stairs or a change in your house floor

level. Simply step up onto the bottom stair with your right leg and then join it with your left so that you are now standing on the step. Then step down with the right leg and then step down with the left, so you are back on the floor. Then switch legs and start with the left. Alternate legs until you feel it in your muscles. The goal should be to do one or two more repetitions each day.

The bottom line is, do whatever you can to move your body. It doesn't need to be expensive, time consuming, or fancy. And if you can only do something once, or not at all, keep trying or try something different to keep moving your body!

Medication: Getting your medications in Sayward can be a bit of a hassle. North Island Pharmacy does deliver, however. If you have an existing prescription that simply needs to be refilled, this can be done over the phone by calling your doctor or nurse practitioner. Most will do phone consultations to limit in person appointments. They can then phone your prescription in to the pharmacy and have it delivered to the Sayward Valley Resort for pick up. Most doctors and nurse practitioners will require you to go for an office visit if you need a new medication. If you ever cannot afford your prescription, please discuss this with your health care provider or the pharmacist. There are several options open to you. Please don't go without your medication because of financial concerns.

If you have multiple medications, or are unsure of when to take them, you can have the pharmacist pack them in blister packs. They come in a sheet, and you simply open one blister at the time of day that it indicates, and take the medication the blister contains. You can set an alarm on your watch, clock, or phone, to remind you of when its time to take your medication.

If you take non-prescription medications or supplements, please make sure that these do not have poor interactions with your prescription medication or with each other. Again, you can ask your pharmacist or health care provider if its ok to take the two things together. Sometimes medication interactions can have very serious consequences.

Allergies are another concern. If you are taking a new medication[or consuming any new substance], watch carefully for signs of an allergy. Hives and rashes are sign of this. Let your doctor or nurse practitioner know right away if you have such a reaction. If you find yourself with swelling of your face, tongue, neck, or throat, call 911 right away as this is a life-threatening medical emergency known as anaphylaxis. Be careful if you have an allergy to something as it can turn into anaphylaxis over time.

As always, I can help with any of these things as your community paramedic. Very shortly, I will be able to make house calls but will phone you, in the mean time. I can help with managing your health conditions. Keep your eyes open for community clinics being held at the ambulance station. The one is If you would like to access the community paramedic program, you or your health care provider can call;

### Aggie Pringle

**A/ Unit Chief, Station 131 | North Island District**

BC Ambulance Service - BCEHS

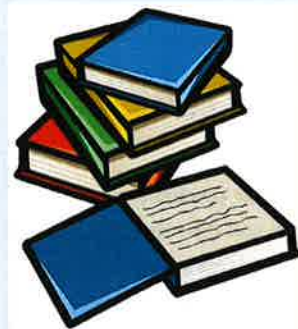
Provincial Health Services Authority

250-230-4501

✉ [Agnes.Pringle@bcehs.ca](mailto:Agnes.Pringle@bcehs.ca) ✉ [cp.sayward@bcehs.ca](mailto:cp.sayward@bcehs.ca)

**BCEHS** | BC Emergency  
Provincial Health Services Authority Health Services





Monday - Thursday 10-4pm

**E-HELP PHONE  
APPOINTMENTS**

Leave your number with staff or email  
mjames@virl.bc.ca

Sayward Library  
Is Open For

**TAKE OUT  
SERVICE**

**Branch Hours**  
Monday Closed  
Tuesday Closed  
Wednesday 2-3 & 5-6  
Thursday 11-12 & 2-3  
Friday 11-12 & 2-3  
Saturday 11-12 & 2-3  
Sunday Closed

**What you can expect**  
Accessing our entire collection at  
search.virl.bc.ca or by calling  
1.877.415.8475  
Picking up your materials without any  
contact with staff or other customers  
Return library materials during  
Takeout Service hours



## Clinic Corner News



In recent weeks, the clinic has been getting much busier. We cannot always accommodate same day appointments. It might be 1-2 days before you can be seen. Please plan ahead with prescriptions and book an appointment to renew when you still have 1-2 weeks left of medications.

The number of COVID cases provincially is rising. Please remember to continue to social distance and to stay home if you are showing any signs of illness. Even if you are not COVID positive, you could be carrying another illness so frequent hand washing and staying away from others when you are sick is important. To help protect the community and staff, the clinic will continue to do many of our appointments over the phone. This will still required a designated booked appointment time.

This fall, there will be 2 different nurse practitioner students working with Tracey at various times. Please welcome Olivia and Alex to the community.

Many of you have been asking about the Flu Shot Clinic. The date has finally been set - October 14, 2020. More details to come and this will be a booked appointment clinic only. There will be NO WALK IN PATIENTS allowed. Please do not call the clinic at this time to book. More details will be available to you once we receive it from Campbell River Public Health.

*put life back in your life*

Join a free health program and become an expert self-manager!



**Chronic Pain Tool kit + Calls (via Zoom)**

Participants in this 6-week online program receive materials from the Chronic Pain Tool Kit and participate in a weekly 60-minute, **small group conference call** with a Program Leader and other participants. The Leader introduces the materials, explains the self-test to participants, and teaches self-management skills to the group.



**This program is open to adults of all ages who are living with one or multiple ongoing health conditions and related chronic pain.**

### Tool Kit Contents:

- ✓ Living a Healthy Life with Chronic Pain, 4th Edition book
- ✓ Relaxation for Mind and Body CD
- ✓ An exercise CD with accompanying booklet
- ✓ A self-test to help decide how to use the materials
- ✓ Tips sheets on the most important self-management tools

### Program Features & Benefits:

- ✓ Ideal for those feeling isolated & wish to connect to an online program with small group feedback
- ✓ Weekly guidance provided by a Program Leader
- ✓ Increases confidence, physical and psychological well-being, and motivation to manage challenges associated with chronic diseases & chronic pain.

## FOR MORE INFORMATION

Call: Tracey Payne, Nurse Practitioner | #250-282-3815

**[Workshop start date: Tuesday, October 20th, 2020**

**Workshop Time: 4:00 to 5:00 pm**

### Also available:

- Better Choices, Better Health Online Program
- Health Coach Program for Participants only
- Tool Kit for Active Living with Chronic Conditions / Chronic Pain / Diabetes

### Connect with us:



@SelfManagementBC



@SMPatUVic

Subscribe to our e-newsletter by emailing: theloop@uvic.ca



University  
of Victoria

Institute on Aging  
& Lifelong Health

**Self-Management**  
British Columbia



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



# October 2020



Public Health Nurse 250-850-2110 press 1

Please call above provider directly to book an appointment. For NP Tracey and Dr. McFadden please call clinic to book appointments. Thank you.

CLINIC PH 250 282-3815  
Fax 250-282-0040

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	28 NP Tracey 9-5 Labs 9-11:30	29 NP Tracey 9-5 Dr McFadden 10-3	30 NP Tracey 9-5	1 No Nurse	2 CLINIC CLOSED	3
4	5 NP Becky Labs 9-12:30	6 NP Becky 9-5	7 No Nurse Public Health Nurse	8 No Nurse	9 CLINIC CLOSED	10
11	12 Thanksgiving Day Clinic Closed	13 NP Tracey 9-5 Dr McFadden 10-3	14 NP Tracey 9-5 Public Health Nurse	15 NP Tracey 9-4	16 CLINIC CLOSED	17
18	19 NP Tracey 9-5 Labs 9:30-12:30	20 NP Tracey 9-5 Dr McFadden 10-3	21 NP Tracey 9-5	22 NP Tracey 9-5	23 CLINIC CLOSED	24
25	26 NP Tracey 9-5 Labs 9:30-11:30	27 NP Tracey 9-5	28 NP Tracey 9-5	29 No Nurse	30 CLINIC CLOSED	31

**\*\* Labs will done by appointment 9:30-11:30 for the duration of the COVID 19 Pandemic\*\***

**Masks must be worn when entering the clinic. Please bring your own mask.**

# WorkBC Employment Services

## @ North Island Employment (NIEFS)

- Job Search
- Resumes
- Job Leads
- Interview Skills
- Employment Coaching
- Career Planning
- Training options
- Work Experience
- Self Employment
- Job Sustainment

Talk to an Employment Advisor today  
250-286-3441 or Tollfree 1-866-286-6788  
Info@niefs.net \* www.niefs.net

Canada



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



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

**Find us on Facebook for tips, activities and resources**

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

[saywardfamilynavigator@gmail.com](mailto:saywardfamilynavigator@gmail.com) or call 250-203-8107.





# **KELSEY CENTRE**

## **POOL SCHEDULE 250-282-5500**

SUNDAY	MONDAY	WEDNESDAY	FRIDAY
	PRE-REGISTERED LAP SWIM 1:00-1:45 (4 MAX.)	PRE-REGISTERED LAP SWIM 1:00-1:45 (4 MAX.)	
PRE-REGISTERED AQUACISE 5:00-5:45 (8 MAX.)	PRE-REGISTERED AQUACISE 2:00-2:45 (8 MAX.)	PRE-REGISTERED AQUACISE 2:00-2:45 (8 MAX.)	PRE-REGISTERED AQUACISE 5:00-5:45 (8 MAX.)
PRE-REGISTERED SWIM (20 MAX.) 6:15-7:45	PRE-REGISTERED SWIMS (20 MAX.) 3:00-3:45 4:00-4:45 5:00-5:45  PM 6:15-7:45	PRE-REGISTERED SWIMS (20 MAX.) 3:00-3:45 4:00-4:45 5:00-5:45  PM 6:15-7:45	PRE-REGISTERED SWIM (20 MAX.) 6:15-7:45

## **AEROBIC FITNESS SCHEDULE 250-282-5500**

MONDAY	WEDNESDAY	FRIDAY
PRE-REGISTERED 1:00-1:45 (8 MAX.) PRE-REGISTERED 6:30-7:15 (8 MAX.)	PRE-REGISTERED 1:00-1:45 (8 MAX.) PRE-REGISTERED 6:30-7:15 (8 MAX.)	PRE-REGISTERED 1:00-1:45 (8 MAX.)

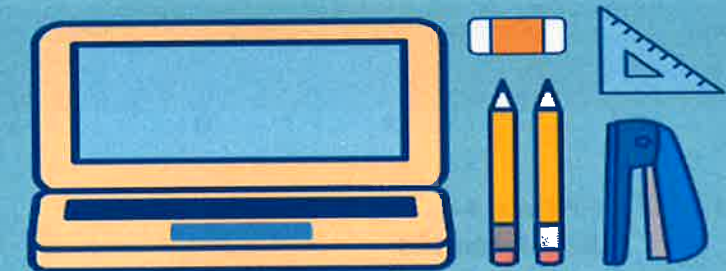
## **WEIGHT ROOM SCHEDULE 250-282-5500**

SUNDAY	MONDAY	WEDNESDAY	FRIDAY
PRE-REGISTERED WEIGHT ROOM (3 MAX.) 5:00-5:45 6:00-6:45 7:00-7:45	PRE-REGISTERED WEIGHT ROOM (3 MAX.) 1:00-1:45 2:00-2:45 3:00-3:45 4:00-4:45 5:00-5:45 6:00-6:45 7:00-7:45	PRE-REGISTERED WEIGHT ROOM (3 MAX.) 1:00-1:45 2:00-2:45 3:00-3:45 4:00-4:45 5:00-5:45 6:00-6:45 7:00-7:45	PRE-REGISTERED WEIGHT ROOM (3 MAX.) 1:00-1:45 2:00-2:45 3:00-3:45 4:00-4:45 5:00-5:45 6:00-6:45 7:00-7:45

THE SAYWARD HERITAGE HALL  
WOULD LIKE TO CONGRATULATE ALL  
OUR KIDS WHO ARE BACK TO SCHOOL  
OR DOING HOMESCHOOLING!

# **BACK TO SCHOOL!**

AND TO ALL THE PARENTS, TEACHERS,  
BUS DRIVERS, SCHOOL STAFF AND  
FAMILY MEMBERS SUPPORTING  
THEM.....WE SALUTE YOU!



THE GREATNESS OF A COMMUNITY IS MOST  
ACCURATELY MEASURED BY THE COMPASSIONATE  
ACTIONS OF ITS MEMBERS.

Coretta Scott King



THE SAYWARD FISH AND  
GAME CLUB WOULD LIKE  
TO RECOGNIZE

## **Bill West-Sells**

FOR HIS VOLUNTEER WORK  
MAINTAINING SEVERAL  
HIKING TRAILS IN THE  
SAYWARD AREA.  
THANK YOU BILL!



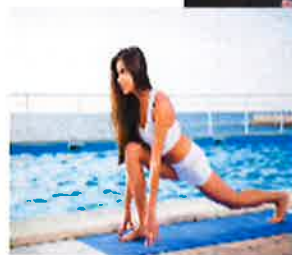


**REGISTER NOW @ KELSEY CENTRE 282-5500**  
**Starting September 25-2020 @ 1:PM**

### ***Aerobic Fitness Classes - Gym & Pool***



**KELSEY CENTRE FITNESS**



*Classes Include a Variety of Equipment: Weights, Steps, as well as Mat Work all geared toward Strength, Flexibility & Balance \*Maximum 8 People Per Class \* Social Distancing in Effect*

### **ACCESS TO THIS FACILITY**

Is by way of advanced registration, reservation or booking by telephone. 250-282-5500 please leave a message if call is not answered and someone will get back to you. ASAP  
No Drop-ins permitted. Our top priority is to health and safety of our staff and patrons.

- ♦ No water stations will be available. Please bring your own water bottle for use on site.
- ♦ On arrival everyone must use the hand sanitizer that is available before admittance.
- ♦ No congregation in any open spaces including clustering outside the facility entrance .
- ♦ At the point of entry, screening for COVID-19 symptoms will be conducted by asking some questions and by a Infrared Forehead Thermometer.

E.g.: Do you have

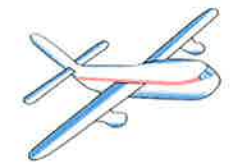
a Fever

a Cough

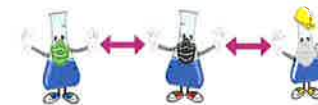
Nausea

Cold or Flu-like symptoms (pain etc.)

**Please monitor self-care such as  
hand washing and personal hygiene.**



Social distance, please



**Reminder: If you have just returned from out of the country you cannot enter this facility and you must self-isolate for 14 days.**

**(two metres or six feet)**

**Follow patron flow signage**

**If patrons do not follow the new protocols while on Kelsey Centre property they will be asked to leave, and their participation privileges will be suspended. No refunds will be awarded.**

We will revisit our protocols regularly; closely monitor the guidance of the Health Authority; make changes as needed and inform our staff and patrons in a timely fashion.





## ACCESS TO WEIGHT ROOM AREA

Is by way of advanced registration, reservation or booking by telephone. 250-282-5500  
Please leave a message if call is not answered and someone will get back to you. ASAP No Drop-ins permitted. Our top priority is to health and safety to our staff and patrons.

- ◆ No water stations will be available. Please bring your own water bottle for use on site.
- ◆ On arrival everyone must sign-in and use the hand sanitizer that is available before admittance.
- ◆ No congregation in any open spaces including clustering outside the facility entrance
- ◆ At the point of entry, screening for COVID-19 symptoms will be conducted by asking some questions and by a Infrared Forehead Thermometer.

Non-stationary equipment (free weights, stability balls, mats etc.) may be requested from the weight room monitor (staff)  
**Sharing or trading of equipment is strictly prohibited.** Please ensure all equipment is returned to the weight room used equipment area when you have finished using it (not at the end of your workout, as others may be waiting)

KELSEY RECREATION CENTRE			
SUNDAY	MONDAY	WEDNESDAY	FRIDAY
PRE-REGISTERED WEIGHT ROOM (3 MAX.) 5:00-5:45 6:00-6:45 7:00- 7:45	PRE-REGISTERED WEIGHT ROOM (3 MAX.) 1:00-1:45 2:00-2:45 3:00-3:45 4:00-4:45 5:00-5:45 6:00-6:45 7:00-7:45	PRE-REGISTERED WEIGHT ROOM (3 MAX.) 1:00-1:45 2:00-2:45 3:00-3:45 4:00-4:45 5:00-5:45 6:00-6:45 7:00-7:45	PRE-REGISTERED WEIGHT ROOM (3 MAX.) 1:00-1:45 2:00-2:45 3:00-3:45 4:00-4:45 5:00-5:45 6:00-6:45 7:00-7:45
<b>NOTE:</b> If patrons do not follow the new protocols while on Kelsey Centre's property they will be asked to leave, and their participation privileges will be suspended. No refunds will be awarded.			

**Reminder: If you have just returned from out of the country, you cannot enter this facility and you must self-isolate for 14 days.**



We will revisit our protocols regularly; closely monitor the guidance of the Health Authority; make changes as needed and inform our staff and patrons in a timely fashion.



## ACCESS TO THIS POOL

is by way of advanced registration, reservation or booking by telephone. 250-282-5500 Please leave a message if call is not answered, and someone will get back to you. ASAP No Drop-ins permitted. Our top priority is to health and safety of our staff and patrons.

- ◆ Wearing a mask is not required however we are asking patrons (for the pool) to come dressed in a robe ready for the session. Change rooms will have limited availability.
- ◆ No towels will be available. Please bring your own towel.
- ◆ No water stations will be available. Please bring your own filled water bottle.
- ◆ On arrival everyone must sign-in and use the hand sanitizer that is available before admittance.
- ◆ No congregation in any open spaces including clustering outside the facility entrance .
- ◆ At the point of entry, screening for COVID-19 symptoms will be conducted by asking some questions and by a Infrared Forehead Thermometer.  
E.g.: do you have a Fever, a Cough, Nausea, Cold or Flu-like symptoms (pain etc.)
- ◆ Before entering the pool everyone must have a shower. No exceptions
- ◆ Once your swim session is completed, we ask that you follow the direction of exiting the facility so staff can do a thorough cleaning for next swim session.

KELSEY RECREATION CENTRE			
SUNDAY	MONDAY	WEDNESDAY	FRIDAY
PRE-REGISTERED AQUACISE 5:00-5:45 (8 MAX.)  PRE-REGISTERED SWIM (20 MAX.) 6:15-7:45	PRE-REGISTERED LAP SWIM 1:00-1:45 (4 MAX.)  PRE-REGISTERED AQUACISE 2:00-2:45 (8 MAX.)  PRE-REGISTERED SWIMS (20 MAX.) 3:00-3:45 4:00-4:45 5:00-5:45  PM 6:15-7:45	PRE-REGISTERED LAP SWIM 1:00-1:45 (4 MAX.)  PRE-REGISTERED AQUACISE 2:00-2:45 (8 MAX.)  PRE-REGISTERED SWIMS (20 MAX.) 3:00-3:45 4:00-4:45 5:00-5:45  PM	PRE-REGISTERED AQUACISE 5:00-5:45 (8 MAX.)  PRE-REGISTERED SWIM (20 MAX.) 6:15-7:45
<b>NOTE:</b> If patrons do not follow the new protocols while on Kelsey Centre's property they will be asked to leave, and their participation privileges will be suspended. No refunds will be awarded.			

ADMISSION	SINGLE	NEW 5-PACK	10-PACK	MONTHLY
CHILD/YOUTH	3.00	15.00	27.00	36.00
ADULT	5.00	25.00	45.00	60.00
SENIOR	4.00	20.00	36.00	48.00
FAMILY(IMMEDIATE)	15.00	75.00	135.00	180.00

### Important Points to Remember

There is no evidence that COVID-19 can be spread to humans through the pool water. Proper operation, maintenance, and disinfection of pools and hot tubs with chlorine or bromine, should inactivate the virus that causes COVID-19. Nevertheless, appropriate care must still be taken both in and outside the pool, to protect yourself and others.