

<b>Delivery Mills Ltd.</b> <b>*Custom Cut Lumber*</b>  <b>250-282-3208</b> No Calls or pick ups after 7 pm Please	 specializing in carpet vinyl laminate hardwood INSTALLATIONS <b>GREG VINCENT</b> ph. 250.630.4473 gregvincent1@gmail.com	<b>SAYWARD SEWING &amp; MENDING</b>  <b>Contact Charon</b> 250-850-7144 604-210-0466 email: <a href="mailto:charonrids@hotmail.com">charonrids@hotmail.com</a>
<b>STOWE CREEK AUTO REPAIR</b> 760 Island Hwy. Sayward, B.C. Wayne Ryan 250-282-3846  <b>Certified Auto Technician</b> Repairs and Maintenance for your cars, trucks and motorcycles	 Sayward Genealogy Research Group Finding Our Family History <b>2nd Tuesday of the month</b> <b>@ 1pm Kelsey Centre - Age Friendly Room</b>	 <b>Sayward Valley Communications</b> PO Box 573 Stn A, Campbell River, BC V9W 5T9 <a href="http://www.saywardvalley.com">www.saywardvalley.com</a> <b>250-287-4199</b>
 <b>Straits View Café</b> <b>250-282-0118</b> Catering & Crews, Rooms & RV Sites daily, weekly & monthly <b>Boat Launch &amp; Moorage</b>	 You're at home here <b>CO-OP</b> MID ISLAND Premium, Midgrade & Regular gas, Diesel fuel, Propane Auto & Cylinder Liquor & Convenience Store <b>6 am - 10 pm 250.282.3232</b>	 <b>Susan Mallinson</b> Your Sayward Specialist <b>ROYAL LEPAGE</b> C: 250-203-3545 O: 250-286-3293 <a href="mailto:susanmallinson@royallepage.ca">susanmallinson@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>(250) 282-3204</b>	 <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 Thursday—Monday 11am—2 pm <b>250-282-0018</b> <a href="http://www.saywardfutures.ca">www.saywardfutures.ca</a>	 <b>WILD WINDS FARM</b> Boutique & Gift Shop 832 Island Hwy, Sayward, BC OPEN FROM 11-4 THURSDAY to SATURDAY Give me a Buzz @ 250-282-3262	 <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> General Hauling, Gravel & 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>WHITE TIDE Sports</b> SALES & SERVICE TAOTAO G10 <a href="mailto:whitetidesports@gmail.com">whitetidesports@gmail.com</a> 674 11 <sup>th</sup> Avenue Campbell River, BC V9W 4G6 <b>250.914.5558</b>	 <b>General Welding</b> <b>Red Seal Journeyman Welder</b> General Welding \$60/hr to make an appointment <b>Call 1-250-914-5559</b>	 <b>OJ Realty &amp; Property Management</b> Real Estate Professionals 962 Shoppers Row, Campbell River, B.C. V9W 2C5 PH: 250-286-0110 Toll-free: 1-888-986-0110
 <b>Busy Beaver</b> Asphalt Crack Repair Kerry 250-282-5563 Don 250-282-5565 100% Canadian Owned	 <b>Sayward Christian Fellowship</b> <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>CRS Building Maintenance Services</b> Commercial/Residential Celeste Taylor Sage Owner/Operator <a href="mailto:ctsage30@gmail.com">ctsage30@gmail.com</a> Text 1 250 418 0494 Licensed, Bonded & Insured

August 2019



# SAYWARD NEWS

© Debbie Reusch

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**

Starting June 15 - Aug 30

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

Friday  
9:00 am—12:00 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)



## THE FIRST ANNUAL Salmon Festival

To help fundraise for salmon habitat enhancement on the Salmon River

# JOIN US

**SATURDAY**  
**AUGUST 31, 2019**  
**FROM NOON TILL 4PM**  
**40 SAYWARD RD.**  
**SAYWARD BC**

Live music with local bands

Salmon BBQ by donation

Wood carving

Antique marine engine display

**FREE ADMISSION!**

100% proceed goes to Campbell River Salmon Foundation






**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



**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 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](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)



**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  
**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](mailto:cathy.luong@hubinternational.com)

**Mid Island HEATING SERVICES LTD.**

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



CELL: (250) 201-0075

HOME: (250) 337-8165



**Mitchell Vincent**

Owner/Operator

250-282-3283 /250-850-7005

[mitchell.vincent07@gmail.com](mailto:mitchell.vincent07@gmail.com)

**New Builds**

**Renovations**

**Home Repair**

**MOUNTVIEW PACIFIC CONSTRUCTION** Mountview Pacific Construction

Serving Campbell River & North Island



**NORTH ISLAND ENTERPRISES INC.**

ELECTRICAL AND WELL SERVICES

**Paul Garry - 250-864-5441**

**Sam Stahnke - 250-203-5428**



**2019 Watering Restrictions Stage 2**

The Village of Sayward is implementing watering restrictions Stage 2. Authority to restrict water usage is set out in Water Regulation Bylaw No. 391. This is necessary because of the work being done at the Dam this August and September and to mitigate possible water interruptions due to this work. Your cooperation is appreciated, please note the times where watering is permitted and use restrictions below.

The following water restrictions are effective from July 31, 2019 to September 30, 2019;

1. Watering is only permitted between the following hours on your designated day:  
8 AM to 10 AM; and  
6 PM to 8 PM
2. Even Numbered Homes, Apartment and Condo Buildings, Mobile Homes, etc.  
Residences with address numbers ending in an even number (e.g. 110 Dyer Dr.), watering is allowed on Tuesday and Saturday.
3. Odd Numbered Homes, Apartment and Condo Buildings, Mobile Homes, etc.  
Residences with address numbers ending in an odd number (e.g. 111 Dyer Dr.), watering is allowed on Wednesday and Sunday.

Water restrictions are intended to ensure that ALL residents receive an adequate supply of water throughout the summer months and that sufficient reserve supplies are available should they be required for emergency fire fighting purposes.

**PLEASE NOTE:** Parking lot, driveway, and car/boat washing is not permitted.  
Your cooperation is appreciated. Should you have any questions please call:

Lisa Clark  
A/Chief Administrative Officer  
(250) 282-5512



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



There will be no meetings of the Sayward Tourism committee in July and August  
Please contact Bob Sampson 282-0134 for more information.



Sayward Futures Society  
Our Community Our Future

## OCEAN VIEW GIFT STORE

AT THE WHARF  
16 Sayward Road, Sayward BC

Open Daily 10:00 to 4:00  
until September 1st

### Come down to the wharf and see what's new for 2019!

Enjoy the view, watch the water and browse the store.  
We have a great selection of gift items, souvenirs, books,  
local art, fishing tackle, new tourism info  
snacks, chocolate bars, ice cream, and beverages.

There is always shelter in Alf's Room if its too windy or rainy

WE ARE HERE TO WELCOME  
YOU TO THE WHARF!!

### 1 DAY SALE

AUGUST 31, 2019  
15% off All Retail Items and Confectionary  
Enter to Win a Gift Basket with purchase

## 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

3<sup>rd</sup> Monday of each month – Heritage Hall 1 pm

Kelsey Center 250-282-5500 Closed for Summer

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

Ocean View Gifts & Gallery 250-282-0018

Thursday—Monday 11am—2 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](mailto: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](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 Sunday of the Month @ 6:00pm, Heritage Hall

Sayward Volunteer Fire Department

Contact Non-Emergency 250-282-5505

Email address: [svfd@saywardvalley.net](mailto: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 (3<sup>rd</sup> Sunday at 3:00 pm)

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

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

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

1<sup>st</sup> & 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



## Village of Sayward

### Municipal Office Summer Hours

Effective June 10, 2019 to August 30, 2019

Monday 9am – 4pm

Tuesday 9am – 4pm

Wednesday 9am – 4pm

Thursday 9am – 4pm

Friday 9am – 12pm

Closed Statutory Holidays



Thanks for a great school year.  
Watch for us at local events this  
summer!

If you need help give either one of us a call! We can still do home visits  
this summer!

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



# August 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
28	29	30	31	1	2	3
	NP Tracey 9-5 Labs 9-12:30	NP Tracey 9-5	NP Tracey 9-5	NP Tracey 9-4	CLINIC CLOSED	
4	5	6	7	8	9	10
	BC DAY CLINIC CLOSED	NP Tracey 9-5	NP Tracey 9-5	NP Tracey 9-4	CLINIC CLOSED	
11	12	13	14	15	16	17
	NP Tracey 9-5 Dr McFadden 10-3 Lab Day 9-12:30	NP Tracey 9-5	NP Tracey 9-5 Public Health Nurse	NP Tracey 9-4	CLINIC CLOSED	
18	19	20	21	22	23	24
	NP Tracey 9-5 Lab Day 9 – 11:30	NP Tracey 9-5	NP Tracey 9-5	NP Tracey 9-4	CLINIC CLOSED	
25	26	27	28	29	30	31
	NP Enid 9-5 Dr McFadden 10-3 Lab Day 9-12:30	NP Enid 9-5	NP Enid 9-5	NO NURSE TODAY	CLINIC CLOSED	



## 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.



## Oscar Daze 2019

## Slow Pitch Ball Tournament

### August 2, 3, 4, and 5th

Come on down and watch some ball!

### The “sweet spot”

16 teams Registered

Beer Gardens by the Crossroads

Food by Gwen Prior &  
Jalapeno Grill

Dance Saturday Evening  
by the Sayward School PAC  
from 8 pm to 2 am  
Open to all of Sayward 19+

Please have a little extra patience during  
the tournament with the extra noise.



Proceeds for this tournament go to the Sayward Health Clinic and the Sayward School PAC



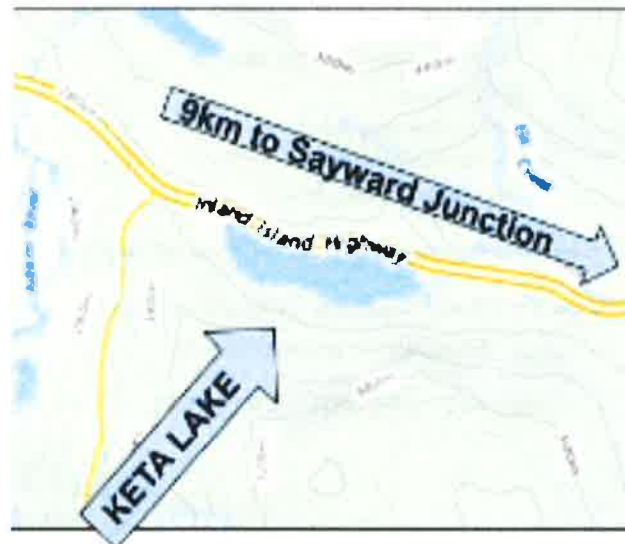
## A Big Heartfelt THANK YOU!

To all the volunteers and businesses who gave their time or  
supported the 15<sup>th</sup> Anniversary Klimb.  
Full write up in the next Sayward News.



## FREE Sayward Paddling Exhibition

Have you ever tried a paddling sport: **canoeing**, **kayaking** or **paddleboarding**? Would you like to try it out? Or you just want an occasion to get out of the house and experience a bit of the Sayward Valley wilderness? Time to come out and play!



**WHEN: SUNDAY AUGUST 11, 2019**  
**FROM 9:00 AM to 12:00 AM**

**WHERE: KETA LAKE (9 KM NORTH OF THE SAYWARD JUNCTION)**

**HOW: TO REGISTER, EMAIL AT**  
[SAYWARDCOMMUNITYCAPACITY@GMAIL.COM](mailto:SAYWARDCOMMUNITYCAPACITY@GMAIL.COM) OR CALL (438) 830-3074 (leave a message for Nuka if there's no answer)

**WHY: NATURE PLAY IS IMPORTANT FOR EVERYONE**

A great opportunity to bring the family and meet up with the community! Can't get any more Canadian than this, eh!!

Hmm, where's my paddle?

There will be snacks, participation prizes and a whole lot of fun!



IN PARTNERSHIP WITH:



the Village of  
Sayward



## Clinic Corner News

There is a support group for any living with Chronic Conditions and/or Chronic Pain starting in Campbell River. It is called Chronic Connections. Meeting the last Monday of every month at 6:30 pm. Meeting occurs at the Wellness Center (Centre for Spiritual Living), 516 S. Dogwood Street. The first meeting starts on July 29, 2019.

The next Chronic Pain Self Management program will be starting September 10 and run until October 15, 2019. This is a 6 week program, which is free to attend for anyone who is living in chronic pain. Family and friends are welcome as well. The program is most effective if you attend all 6 weeks. Space is limited. Please see the separate poster for more details. You can register at the clinic.

We are getting more and more people who are walking in to the clinic to be seen, without an appointment. The clinic is getting busier. Please remember to try and make an appointment. We might not be able to accommodate you at that time if you walk in. Patients with appointments will take priority over walk in patients, unless it is an emergency. None of this applies to emergencies.

Join us August 21, 2019 from 1-2pm for an information session presented by the Positive Wellness North Island and North Island Liver Services & HIV services. Topics will include HIV and Hepatitis C. This information session will be held at the clinic.



### Position Available:

The Sayward Community Health Society is looking for a back-up Computer Tech Support person to assist with the Clinic computer system, which is now Windows based and no longer a MAC system.

This is a paid position, and is an on-demand only position, and services will only be required occasionally.

The ideal candidate will have previous experience with supporting multiple computers running Windows 10, Ethernet Networking, Printing and Internet set-up. Microsoft accreditation would be advantageous.

A Police Criminal Record Check will be required, and an Island Health Patient Confidentiality Agreement will need to be signed.

Please apply in writing with CV and previous experience level by 31st August 2019 to:  
Sayward Community Health Society  
PO Box 33  
Sayward BC  
V0P1R0  
Or drop it into the Clinic marked Confidential for SCHS.

## KNOWLEDGE+SKILLS+CONFIDENCE

*put life back in your life*

### Chronic Pain Self-Management Program



- ✓ Understand and manage symptoms
- ✓ Deal with stress and difficult emotions
- ✓ Learn to safely maintain physical activity and improve flexibility
- ✓ Communicate effectively with your health care team

### FREE Six-Session Workshop for Adults with Any Kind of Ongoing Pain

*Family Members and Friends Welcome*

**DATES/TIME:** Tuesdays, September 10 to October 15, 2019  
6:30pm to 9:00pm

**LOCATION:** Kelsey Recreation Centre  
662 H'Kusam Way, Sayward, BC

**REGISTER:** 604-940-1273 or 1-866-902-3767 (toll-free)  
[www.selfmanagementbc.ca](http://www.selfmanagementbc.ca)

Connect with us: [Facebook](https://www.facebook.com/SelfManagementBC) @SelfManagementBC [Twitter](https://twitter.com/SMPatUVic) @SMPatUVic

\*\*Self Management BC programs follow a health fair policy. No fee registration and no consideration of other participants. We do not accept funding from government or private organizations. Thank you!



Institute on Aging  
& Lifelong Health

Self-Management  
Program



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





## Garden Club News

Weeds, weeds, weeds !

The rains make the garden grow, specially the weeds. Of course it's always best to get them when they are small, but turn your back for a few days and the weeds overtop your plantings. Mature weeds can go in the compost even if they have seeds if you can get your compost hot enough to cook all the contents.

The secret to getting the compost hot enough is the size. A compost four feet by four feet by four feet will retain the heat. Turning every two weeks, (getting the outside to the inside and the inside to the outside) incorporates air. Watering in the dry times keeps the bacteria working. Nitrogen is the element that the bacteria need to multiply. Grass clippings, green weeds, chicken and other animal manures, and blood meal are all good sources of nitrogen. The carbon needed to balance the nitrogen can come from sawdust, shavings and other brown organic material. Plants like comfrey can be harvested several times a year to feed the compost.

This is a good time of year to begin experiments to extend the growing season into the fall and winter. Hoops of plastic pipe can be slipped over stakes of steel rebar and covered with clear plastic, either ultraviolet resistant greenhouse plastic or common vapour barrier plastic will work. Keeping the ends of the tunnel open will provide the needed ventilation. You can be harvesting lettuce and spinach even after the snow comes! Tips on how to grow year-round can be had at the garden club meetings.

The club will be having the summer "movable garden party" on the 18th of August. The day concludes with a pot luck feast at Alex's starting at 4:30. Details will be available to members by phone.



## Vacation Bible Camp

Sayward Christian Fellowship  
740 Gentry Rd.

**August 14, 15 & 16**  
**Ages 5- 12 9am—Noon**



**Day Camp for Kids**

**Singing, Crafts, Stories & Games**

**Family BBQ Aug. 16 @ noon**

For more information contact

Ellen—282-3301 Bonnie—282-5566 Eve—282-3269

## Sayward Christian Fellowship



*"Praying will give you a 'calmplex'"*

**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!



## Sayward Age Friendly Van

Schedule August 2019

19+

**Wednesday August 14**

**Friday August 30**

**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](mailto:kelseycentre@saywardvalley.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.ca](mailto:kelseycentre@saywardvalley.ca)

Telephone: (250) 282-5500 ask for Darlene



## Kelsey Centre Job Posting

We are accepting resumes for the position of

Front Desk/Clerk Reception

This is a Casual/Part time position

Qualifications: Experience Clerk/Reception,

Excellent people skills

Enjoy working with the public and small children.

Standard first aid/CPR-C/AED and WHMIS

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.ca](mailto:kelseycentre@saywardvalley.ca)

Telephone: 250-282-5500 Ask for Darlene



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



## Computer Repair

any brand, any problem



Computers  
Laptops  
Mobile Phones  
Tablets  
Printers  
Scanners  
CCTV Equipment  
Televisions  
Internet Issues  
Modem/Routers  
Networking  
Home Cinema  
GPS  
Solar Setups  
Virus Removal  
General  
Clean/Speedup

## Computer/Electronics Training & Help

Want to know how to do certain things on your computer or electronic devices but don't want to waste your time learning additional useless information that is not important or relevant to your situation then I'M HERE TO HELP. Write your list of the things you want to be able to do with ease and have a better understanding of and I will give you a straight forward lesson to cover just what you want and nothing else.

**Call or Message today to have a no obligation chat and see if I can assist you. Enjoy the convenience of having your repair done without having to unplug a single cord full in home service, or drop off available. Training in your own home so relax and call (778) 765-8674**

Call today and get an obligation free estimate. Get things working stress and hassle free, at your place or drop off at Sayward townsite

***Special Offer: For all of August get 2 hours expert repair or training for \$50***



Sayward Futures Society  
**Our Community Our Future**

We are writing to personally thank all the participants in the parade, all community residents and visitors for coming out to enjoy the 2019 Canada Day Festival hosted by Sayward Futures Society.

We would also like to give special thanks all the volunteers, vendors, everyone who gave their time and donations. Everyone enjoyed a fun day and left with full tummies and smiling faces.

We hope with community support and other generous vendor donation we will be able to continue this traditional event for years to come.

We appreciate and thank the Department of Canadian Heritage,  
Government of Canada, for their financial support to fund this event.

**Canada**

*We acknowledge the financial support of the Government of Canada*



Sayward Community Recreation Association  
1257 Sayward Rd, Sayward  
250-282-0192 or [heritagehall@saywardvalley.net](mailto:heritagehall@saywardvalley.net)

## Heritage Hall Happenings

### August 2019 Happenings

**Saturday Market:** Every Saturday from 10am-1pm

**Community Potluck:** Saturday August 10 @ 5:00

**Sayward Valley Folk Music Society presents:**

**Kim June Johnson in concert: Sunday August 11 @7:00** Doors open

@6:30 Admission \$15 per person.

SVFMS Members \$5. Children 12 and under are free.

**Summer Family Fun Day:** August 13 and 27. 1:00- 3:00

**Sayward Valley Folk Music Society presents:**

**BC Old Time Fiddlers in concert:**

**Sunday August 25 @ 7:00**

Doors Open @ 6:30. Admission \$10, SVFMS members \$5.00.

Children 12 and under are free



### "Summertime Family Fun" at the Heritage Hall 2019

**Where** - Heritage Hall - 1257 Sayward Rd

**When**- August 13 and 27<sup>th</sup> 1 pm to 3 pm

Come hang out , do activities and play with your kids (For ages 0 to 12)  
**Free** snacks. Bring your water bottles, we will have cold water to refill!  
Play fun games, free books, resources etc.

Children must be accompanied by an adult.

For more info contact Ann at 250-203-8107,

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

Aug 3 and 4<sup>th</sup> at Oscar Daze!







## Sayward Valley Folk Music Society News

*Promoting music and the arts in Sayward*

First, a big thank you to all who attended the Sugar Brown Concert.

Things were a bit hectic for awhile and the patience our audience demonstrated while waiting for the band to arrive was much appreciated. A special thank you to Dan Johnson and Frank Clark for lending their talents on stage before the band arrived.

A reminder that community working together can generate a truly positive experience.

On Sunday, **August 11**, we will be featuring folk artist **Kim June Johnson** in concert, at the Heritage Hall.

First and foremost, **Kim June Johnson** is a Canadian singer/songwriter and poet. Her live shows combine song, story telling and poetry.

Critics have long praised her moving, angelic vocals and her craftsmanship as a song writer. Written with a maturity that calls to mind the classic works of Vashti Bunyan, Carole King and kd lang, her songs are universal and timeless- sung with an intimacy and openness that are unmistakably her own.



Recognized for her outstanding song writing ability, Kim was nominated by the music industry for two Vancouver Island music awards for Album ( *Canvas and Clay*) and Vocalist of the year..

Kim has performed and recorded with Chic Garmine, Blackie and the Rodeo Kings, Colin Linden, Daniel Lapp, Shari Ulrich, Kevin Mitchell, and Marc Atkinson. Her recently released album, *A Thousand Things*, produced by Marc Atkinson, contains a collection of folk based songs that are filled with coastal images and people.

Accompanying Kim will be cellist Jordie Robinson.

Admission to this concert is \$15/person at the door. Members \$5. Children 12 and under are free. Doors open at 6:30. Concert at 7:00

On Sunday **August 25**, **The BC Old Time Fiddlers** return to Sayward. We will clear some floor space for those who wish to bring their dancing shoes. This will be the Fiddlers second visit to Sayward as guests of the Folk and it is guaranteed to be a fun evening for the whole family.

Admission is \$10/person at the door. Members \$5. Children 12 and under are free

Doors open at 6:30. Concert at 7:00

For more info contact Bob or Karen @ 282 0134

## APPLICATION FORM SAYWARD COMMUNITY BURSARY

**Please submit your application by August 17th, prior to beginning your post secondary courses. Your application should be accompanied by a letter of recommendation from a teacher or employer, along with a copy of grade 11 and 12 transcripts.**

**First name:** \_\_\_\_\_ **Last name:** \_\_\_\_\_

**Date of birth:** \_\_\_\_\_ **Female** \_\_\_\_ **Male** \_\_\_\_

**Address:** \_\_\_\_\_

**Occupation:** \_\_\_\_\_

**Name of institution to be attended:** \_\_\_\_\_

**Name of parent or guardian:** \_\_\_\_\_

**Address of parent or guardian:** \_\_\_\_\_

**Please list and describe your extra curricular activities:**

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**Please list and describe your community/volunteer activities:**

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SAYWARD COMMUNITY BURSARY  
INFORMATION, REQUIREMENTS & APPLICATION

The purpose of the Sayward Community Bursary is to reward deserving, well-rounded students and to assist them in their post secondary education.

Applicants:

- Must have resided at least one year in Sayward
- Must have a parent residing in Sayward at the time of the application
- Must show proof of acceptance in a post secondary program
- May apply annually for five years following secondary school completion

Applications should include:

- A letter of introduction written by the applicant, including some personal history
- A list of community activities and/or volunteer services, along with letters or reference
- A transcript of marks for grades 11 and 12
- An indication of future education plans
- Any other pertinent information

Please submit applications to the Sayward Community Bursary Committee by August 17<sup>th</sup> of the school year in which you will be taking post secondary courses.

**Please note:** Students are encouraged to update their applications by August 17<sup>th</sup> each following year, with transcripts of marks, indication of future education plans and any other pertinent information, in order to qualify for further monies should they become available.

Should you require further information, please contact Marilyn Barry at [250-282-3465](tel:250-282-3465) or [silvergill@gmail.com](mailto:silvergill@gmail.com)

**Sayward Community Bursary Committee**

The Sayward Bursary Committee shall be composed of one representative from each of the contributing organizations or households. A representative from a contributing youth organization must be an adult. A person with a direct relationship with an applicant may not sit as a representative on the Committee. Contributors are requested to deposit their donations with the Sayward Community Bursary Committee by September 1<sup>st</sup> in order to facilitate planning.



Asphalt Crack Repair

Kerry 250-282-5563  
Don 250-282-5565

100% Canadian Owned

Does your driveway have a  
crack problem?

Busy Beaver can help you fill in  
all your cracks.



**SAYWARD FISH & GAME**

We wish to remind everyone that all fish from the Salmon River are **CATCH and RELEASE**.

There is **NO FISHING** allowed from the mouth of Salmon River up to the first bridge from **June 1st to December 31st**.

Please respect the fishing regulations and let's all protect our wild fish stocks.

**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.

Starting up first week in April.

**Sat. Aug. 3**  
**OSCAR DAZE**  
**Dance**



**\$5** PER PERSON

Doors Open 8pm

19+





## Sayward Futures Society

### Our Community Our Future

Sayward Futures Society (SFS) has a mandate to encourage suitable economic development in the Sayward Village and Valley. The Board of Directors at SFS is made up of unpaid volunteers. We need the help of others in the community to provide expertise, experience and suggestions. We are forming two committees to assist us in our planning.

#### ECONOMIC DEVELOPMENT COMMITTEE

##### We plan to include representation from

Directors of SFS  
Village of Sayward and Electoral Area A  
Tourism Committee  
Heritage Hall  
Other interested businesses and individuals

#### WHARF MAINTAINANCE COMMITTEE

Sayward Futures Society (SFS) owns the big wharf at Kelsey Bar. This aging wharf requires long term repairs to ensure continued use for local businesses, our gift shop and sports fishers. We need the help of any who has experience with wharfs, construction and maintenance. We will be developing a long term plan for the wharf based on our engineers report.

#### DIRECTORS OF SAYWARD FUTURES SOCIETY

A special thank you to new and returning directors

Sue Poulsen - Chair  
Alex Turner - Vice Chair  
Steve Emery - Treasurer  
Karen Tinsley - Secretary  
Bob Sampson - Director at Large  
Andi Cragg - Director at Large

PLEASE CONTACT

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

**[sfs@saywardvalley.net](mailto:sfs@saywardvalley.net)**



**Sunday**  
September 1<sup>st</sup>, 2019

2:30- 5:00 pm  
**At the Kelsey Center**

Co-hosted by the Mayor of Sayward  
and Sayward Futures Society

**Help raise funds for Tour De Rock!**



Join us for an afternoon of chili tasting, delicious food, silent and live auctions,  
music and fun activities.

Prizes for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place Peoples' Choice Awards!

Chili taste-testing by donation (suggested minimum \$5.00 per person)



**Contestants Please Register by August 28<sup>th</sup> with Sayward Futures Society at (250) 282-0018 or [sfs@saywardvalley.net](mailto:sfs@saywardvalley.net) or in person at Ocean View Gifts**



Check the website for updated channel Listings

[www.saywardvalley.com](http://www.saywardvalley.com)

PO Box 573 Stn A, Campbell River, BC V9W 5T9  
**250-287-4199**