


<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. 250.650.4473 gregvincent11@gmail.com	 <b>SAYWARD SEWING &amp; MENDING</b> Contact Charon 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>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>Sayward Valley Communications</b> PO Box 573 Stn A, Campbell River, BC V9W 5T9 <b>250-287-4199</b>
 <b>Straits View Café</b> <b>250-282-0118</b> <b>Catering &amp; Crews, Rooms &amp; RV Sites</b> <b>daily, weekly &amp; monthly</b> <b>Boat Launch &amp; Moorage</b>	 You're at home here 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 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: brh@saywardvalley.net 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, reopening Spring 2020 <b>250-282-0018</b> <a href="http://www.saywardfutures.ca">www.saywardfutures.ca</a>	 <b>WILD WINDS FARM</b> <i>Boutique &amp; Gift Shop</i> 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> 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, tour- ists and family retreats <a href="http://www.mthkusamviewlodge.com">www.mthkusamviewlodge.com</a>
 <b>NORTH ISLAND ENTERPRISES INC.</b> ELECTRICAL AND WELL SERVICES <b>Paul Garry - 250-864-5441</b> <b>Sam Stahnke - 250-203-5128</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@ojoproperties.ca">info@ojoproperties.ca</a>
 <b>Busy Beaver</b> Asphalt Crack Repair Kerry 250-282-5563 Don 250-282-5565 100% Canadian Owned	 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>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

December 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](mailto:village@saywardvalley.ca)

Village Web Address  
[www.sayward.ca](http://www.sayward.ca)

Sayward News Email  
[saywardnews@gmail.com](mailto:saywardnews@gmail.com)



First 20 people  
win a PRIZE PACK

You're invited to an

# Open House Celebration

at the

## Sayward Library

**December 21, 2019**  
**1 pm**

Join us for entertainment, ribbon cutting,  
cake and refreshments!

(250) 282.5551      674 H'Kusam Way, Sayward, BC

**Strong Libraries . Strong Communities**





## 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 hold 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) 201-0604
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  
[gwhalley@sr.d.ca](mailto:gwhalley@sr.d.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)



## 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"

## STORAGE RENTAL

Vehicles, Boats and RV's

Dry & Secure

Call - 250-282-3465



## 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



## 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

This space for rent

Please contact

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



*The Village of Sayward &  
The Kelsey Center  
wish you Happy Holidays &  
Best Wishes for 2020*

*Mayor, Council, and Staff*





## 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 or come to our weekly meetings every Thursday @ Fire Hall #1 - 7 PM



## Local Organization Information

AA Meetings – 250-282-0030

Carpet Bowling Contact 282-5589

Tuesdays & Thursdays at Kelsey Rec. Centre

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

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

Meets every Tuesday 10-2pm – Heritage Hall 1 pm

Heritage Hall - 250-282-0192

3<sup>rd</sup> Monday of each month – Heritage Hall 7 pm

Kelsey Center 250-282-5500

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

Ocean View Gifts & Gallery 250-282-0018

Closed for the season, reopening Spring 2020

Royal Canadian Legion Branch #147

Hall Rentals: Rosemary Croteau 250-282-3852

Last Tuesday of each month in Legion 6:00 pm (Ex Jul and Aug)

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 Bursary

Contact Marilyn Barry @ 250-282-3465

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 Health Society. Meets 2nd Monday of the month at

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

Sayward Community Potluck Karen—250-282-3667

2nd Saturday of the month, 5pm Heritage Hall

Sayward Emergency Program—[cpc@saywardvalley.net](mailto:cpc@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 First Sunday of month, Harbour Office,

9:30AM Colin Read 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 and 4th Sunday of the month at the Heritage  
Hall. Doors open @ 6:30pm

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 7:00 pm

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> & 3<sup>rd</sup> Tuesday of each month @ 7:00 pm

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

VI Regional Library Contact 250-282-5551

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

Sat 10-2

## DECEMBER 2019 SAYWARD CHILDREN'S HEALTH HUB

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
information please contact Sayward Children's Health Hub	250-203-8107			Heritage Hall 1257 Sayward Rd	Closed	
1	2	3	4	5	6	7
Hub is located at the Sayward School	Strong Start 8:45 -11:45, Hub 10 -1	Strong Start 8:45 -11:45, Hub 10 -1	Parents & Tots Drop in 10 - 1	New "Hub on the Go" at the Heritage Hall 10 - 1 HANNA will be there talking picky eaters!	Closed	
8	9	10	11	12		
	Strong Start 8:45 -11:45, Hub 10 -1	Strong Start 8:45 - 11:45, Hub 10 -1 Hanna OT & Charlotte- RSLP	Parents & Tots Drop in 10 - 1	New "Hub on the Go" at the Heritage Hall 10 - 1	Closed	
15	16	17	18	19		
	Strong Start 8:45 -11:45, Hub 10 -1	Strong Start 8:45 -11:45, Hub 10 -1	Parents & Tots Drop in 10 - 1	New "Hub on the Go" at the Heritage Hall 10 - 1	Closed	
22	23	24	25	26		
	Closed	Closed	Merry Christmas	Closed	Closed	
29	30	31				
Closed	Closed					

**Sayward  
Children's  
Health Hub**  
Family Connections

Proudly Funded by

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



The Sayward Primary Healthcare Clinic would like to send out a Thank you to Jackie Lyons, for decorating our windows with a lovely winter scene. Jackie, it is very much appreciated.



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



# December 2019

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
1	2	3	4	5	6	7
	NP Tracey 9-5 Labs 9-12:30	NP Tracey 9-5	NP Tracey 9-5	NP Tracey 9-4	CLINIC CLOSED	
8	9	10	11	12	13	14
	NP Tracey 9-5 Labs 9-11:30 Dr McFadden 10-3	NP Tracey 9-5	NP Tracey 9-5 Public Health Nurse	NP Tracey 9-4	CLINIC CLOSED	
15	16	17	18	19	20	21
	NP Tracey 9-5 Labs 9-12:30 Dr McFadden 10-3	NP Tracey 9-5	NP Tracey 9-5	NP Tracey 9-4	CLINIC CLOSED	
22	23	24	25	26	27	28
	NP Tracey 9-5 Dr McFadden 10-3 Lab Day 9 – 11:30	NP Tracey 9-5	CHRISTMAS DAY CLINIC CLOSED	BOXING DAY CLINIC CLOSED	CLINIC CLOSED	
29	30	31	1	2	3	4
	NP Tracey 9-5  Lab Day 9-11:30	NP Tracey 9-5	NEW YEARS DAY CLINIC CLOSED	No Nurse	CLINIC CLOSED	

**\*\*Mammography Van will be here January 21, 2020. Call 1 800 663-9203 to book your appointment\*\***



## 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.



## Christmas

### Banquet 2019

Saturday Dec. 7, 2019

Sayward Christian

Fellowship

740 Gentry Road

Catered Turkey

Dinner with all the

Trimmings

Live Music and Mc'd by John & Janet Rainbow

Sing Christmas Carols & Door Prizes!!!

Tickets Are \$22.00 (Age 13 and Up)

Doors open 5:30pm Supper 6:00pm

Tickets Call: Ellen 3301, Bonnie 5566, Lois 1-778-716-8734

## Sayward Christian



## Fellowship

*"Wise men still seek Him."*

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!



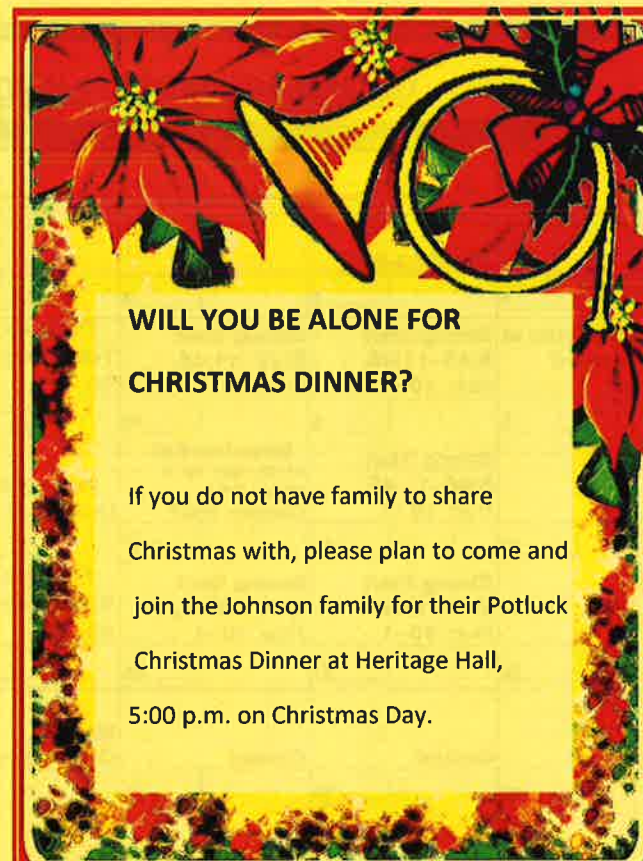
## CHRISTMAS CAROL SING

Monday, December 23 at 7:00 p.m.

Sayward Christian Fellowship Church

740 Gentry Road

Everyone welcome



## WILL YOU BE ALONE FOR CHRISTMAS DINNER?

If you do not have family to share  
Christmas with, please plan to come and  
join the Johnson family for their Potluck  
Christmas Dinner at Heritage Hall,  
5:00 p.m. on Christmas Day.



# Kelsey Centre Annual Children's Christmas Party DECEMBER 14TH 5:30-8pm



**SANTA'S  
COMING  
6:00pm**

**Bring your  
Cameras**



**Bounce-A-Rama**



**Hay Rides  
6:30pm**



**652 H'KUSAM WAY  
SAYWARD, B.C.  
250-282-5500**



The Sayward Community Health Society would like to remind patients registered at the Clinic, that we have two holter monitors available for use locally. We usually have a short wait time. Using the Clinic monitors allows you to avoid taking two trips to Campbell River in a 24-hour period. We also have Telehealth, which allows for follow-up consultations with out-of-town specialists through the system, saving you the time and expense of travelling to Nanaimo, Victoria, or even the Mainland. It's worth asking about your appointment with an out-of-town specialist at the Clinic before planning a medical trip.

Our Nurse Practitioner Tracey Payne carries out drivers' physicals at the bargain price of \$65 for Associate Members and \$75 for non members. This not only saves a trip to town, but is much cheaper than elsewhere. The biggest bonus of using this local service is that the Society receives all monies paid for drivers' physicals, so every penny goes towards the running costs of the Clinic and helps us keep the doors open.

As a Community Clinic, we are not fully funded by any Authority or level of Government, so we are free to spend the money we receive on equipment that most benefits the Sayward community. The Society has concentrated recently on acquiring equipment that helps save patients unnecessary trips to town and on providing the services, such as lab days, that are most needed here. As a Community Clinic, though, we are dependent on the goodwill and help of the local community. For just \$10.00 a year, you can become an Associate Member and greatly support keeping the Clinic doors open. Memberships can be issued at the Clinic. At this time, we would in particular like to thank the following for their valued and continuous support:

Sayward Village Council, Comox Strathcona Regional Hospital District, Strathcona Regional District, The Kusam Klimb Kommittee, Campbell River Community Foundation, Sayward Valley Communications, Sayward Legion Branch 147, our Associate Members, several local residents for their personal donations, Dan Fear for his continuing hard work on doing our renovations purely on a voluntary basis, and Jackie Lyons for once again doing the wonderful decorations on the windows at the Clinic.

We would like to wish everyone a very Merry Christmas and a happy and healthy New Year.

Sayward Community Health Society  
Board of Directors

## Clinic Corner News



Mammogram Van will be coming on

January 21, 2020. More details will be available in the January newsletter.

With the Christmas and New Years Holidays approaching, please see the Clinic Calendar for operating hours. We are closed on Christmas Day, Boxing Day and New Years Day.

Please be safe when walking or driving in the freezing conditions. Roads and side-walks can be very icy.

## 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, October 29 to December 3, 2019  
6:00pm to 8:30pm

**LOCATION:** Kelsey Recreation Centre  
652 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 [Instagram](https://www.instagram.com/SMPatUVic) @SMPatUVic

\*\*Self-Management BC program follows a scent-free policy. For the health and consideration of other participants, please refrain from wearing fragrances in our workshops. Thank you!\*\*



Institute on Aging  
& Lifelong Health


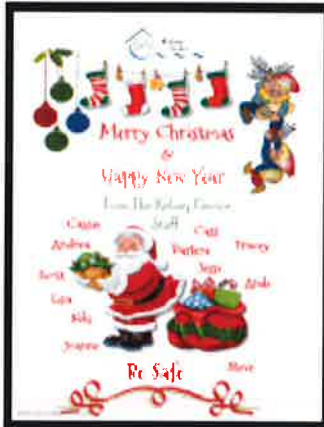
Self-Management  
British Columbia



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



## KELSEY RECREATION CENTRE DECEMBER SCHEDULE

	SUNDAY	MONDAY	WEDNESDAY	FRIDAY	
					
8:30		WEIGHT ROOM 9:00-11:00	WEIGHT ROOM 9:00-11:00	WEIGHT ROOM 9:00-11:00	
9:00					
9:30		OPEN SWIM 9:00-11:00	OPEN SWIM 9:00-11:00	OPEN SWIM 9:00-11:00	
10:00					
10:30					
11:00					
11:30					
12:00					
12:30					
1:00	<b>TOONIE SWIM</b> <b>12:30-3:30PM</b> 				
1:30					
2:00					
2:30		<b>AFTER SCHOOL PROGRAM</b> 2:30-4:30 MOVING <b>WET</b> MONDAY (POOL)	<b>AFTER SCHOOL PROGRAM</b> 2:30-4:30 WILD <b>WET</b> WEDNESDAY (POOL)	<b>AFTER SCHOOL PROGRAM</b> 2:30-4:30 FUNKY FRIDAY weather permitting out-doors	
3:00					
3:30					
4:00		<b>PUBLIC SWIM</b> 6:00-8:00	<b>PUBLIC SWIM</b> 6:00-8:00	<b>PUBLIC SWIM</b> 6:00-8:00	
4:30					
5:00					
6:00					
6:30					
7:00					
7:30					
8:00					
			<b>SINGLE</b>	<b>10-PACK</b>	<b>MONTHLY</b>
	<b>AFTER SCHOOL PROGRAM</b>		7.50	75.00	NA
	<b>CHILD/YOUTH</b>		3.00	27.00	36.00
	<b>ADULT</b>		5.00	45.00	60.00
	<b>SENIOR</b>		4.00	36.00	48.00
	<b>FAMILY (Immediate)</b>		15.00	135.00	180.00
	<b>NEW:</b> All children less than 7 years of age must be accompanied by a responsible person 16 years or older in the pool within arms reach at ALL TIMES. Maximum of 2 or 3 children. (Discretion of Life Guard) No exceptions.				
	<b>NO AFTER SCHOOL PROGRAM:</b> December 23, 2019 - January 3, 2020				
	<b>Christmas Closure:</b> The Kelsey Centre will be closed December 23-28, 2019 and January 1, 2020				
	<b>REMINDER:</b> The Kelsey Centre will be closed for all Statutory Holidays.				
	The facility schedule is subject to change. For daily schedule please call 250-282-5500				



**Merry Christmas to all from the SCRA**

The annual AGM was held November 18<sup>th</sup>, 2019. Thank you to all that came out to be part of our meeting. Also a big thank you to all that ran to be a director. The Board of Directors is as follows:  
President – Ann Vansnick, Vice President – Frank Clark, Secretary – Andie Lawson, Treasurer – Nancy Critchley, Director – Barb Bowbrick, Director – Karen Knudson, Director - Mark Johnson, Past President – Bob Sampson  
A very big thank you to last year's Executive Bob Sampson and Barb Bowbrick and directors Karen Knudson and Dorothy Johnson. Was a busy year at the hall.

**Indoor Market Saturday Dec 7<sup>th</sup>, 10 am to 1 pm**

First Saturday of the month. Vendors welcomed.

**Sayward's Annual 2019 Seniors Christmas Dinner Dec. 12th at 1 pm**

**Thursday** December 12th, 2019 at 1pm at the Heritage Hall

Please register for dinner by calling Betty at 282- 3719 you have to be 65 (one of the couple can be 65 and other younger) register as soon as possible so we know how much food we will need. Home deliveries for shut in's too! If you would like to volunteer or donate anything please contact Betty 282-3719 or Ann 282-3450

Free rides are available to and from the dinner. Let us know if you need a ride!

**Community Potluck Saturday Dec. 14th @ 5 pm**

**5 pm sharp. All welcome. Bring your favourite dish!**

Helping Hands Sewing Circle every Tuesday 10 am to 2 pm

Free to join! Bring your project and your lunch! All welcome.

**SCRA General Meeting Monday Dec.16th @ 7 pm**

All are welcome to come out to our monthly meeting. Become a member and be part of our hall. Want events to happen. Have ideas. Come out bring your ideas and be part of our team.







## SAYWARD GARDEN CLUB

The Sayward Garden Club's November meeting saw a lively sharing of ideas for winter gardening. Anticipating this discussion, Alex Turner brought in a West Coast Seeds' Fall and Winter Planting Guide, which is free online. While this guide is useful for choosing winter hardy varieties and provides a rough guide for fall and winter garden planting dates, we do need to keep our more northerly island climate in mind and plant a little earlier for fall and winter than West Coast Seeds indicates. This observation led to an exciting new project that Sheila Archer has volunteered to undertake. Having recently moved to Sayward from Saskatchewan, Sheila is keen to learn best planting dates for our area. Drawing on her background in genetic research, Sheila intends to map out our growing terrain and determine frost dates for the different microclimates throughout the village and valley. This will eventually be shared with all.

Another ongoing, if less organized, project by garden club members is saving seed from year to year to develop seed acclimated to our growing conditions. On our monthly meeting Opportunity Table, you might find, for example, some three-year-old spring onion seed or, if lucky, some eight-year old early tomato seed, some highly prized heritage drying beans, or some newly-split hardy perennial plants. For a small donation, which helps pay for an annual speaker, you can pick up any of the table's special offers.

Jeannie Martin discussed her success over several years with winter sowing seeds in milk jug "greenhouses." Even if you have a grow light setup and/or a greenhouse, you might find you prefer to start seeds following this simple outdoor sowing method. A good set of instructions can be found at Winter-Sowing 101 by Kevin Lee Jacobs

<https://www.agardenforthehouse.com/2012/11/winter-sowing-101-6/> The best part of this method is that there is no need to harden off new plants before setting them out. Hardy plants like kale, broccoli, arugula, leeks, and spinach can be started in January, while tender plants like impatiens, cosmos, beets, basil, parsley, and marigolds can be milk-jug sown in March.

In addition to winter gardening, November saw us discussing how to repot Christmas cactuses and how to control buttercup, a pernicious weed in our damp acidic soil.

Our next meeting on December 12th will begin at 5:30. This will be our annual Christmas potluck at which we hope to see new faces as we are always hoping new gardeners will join our small but enthusiastic and informative group. In January, we will be starting meetings at a new time, 6:30 rather than 7:00 p.m., hoping this earlier time will make coming out in the evening a little more accommodating.



### Sayward's Annual 2019 Seniors Christmas Dinner.

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**Rides will be available to and from hall. Let us know if you are in need!**

If you would like to volunteer or donate anything please contact

Betty 282-3719 or Ann 282-3450

Thank you the Sayward Community Recreation Association.



**Please be advised the speed limit has been reduced from 70 km/h to 50 km/h on Sayward Rd. from Kelsey Way North to the Wharf.**



**Thank You**  
**To All who donated treats to our Halloween Party**

Berlette Williams  
Lee and Kareen Bauer  
Alannah, Ashley, Chris and many who didn't leave a name.

The Kelsey Centre



### Sayward Age Friendly Van

Schedule **December** 2019

MONDAY	TUESDAY	THURSDAY
Sayward Clinic 9am-12pm	Kelsey Centre 9am-12pm	Kelsey Centre 9am-12pm

**Wednesday, December 11, 2019**

**Monday, December 23, 2019**

Shopping in Campbell River  
We leave for town approximately 9 am  
Weather Permitting

Please phone the day before by noon

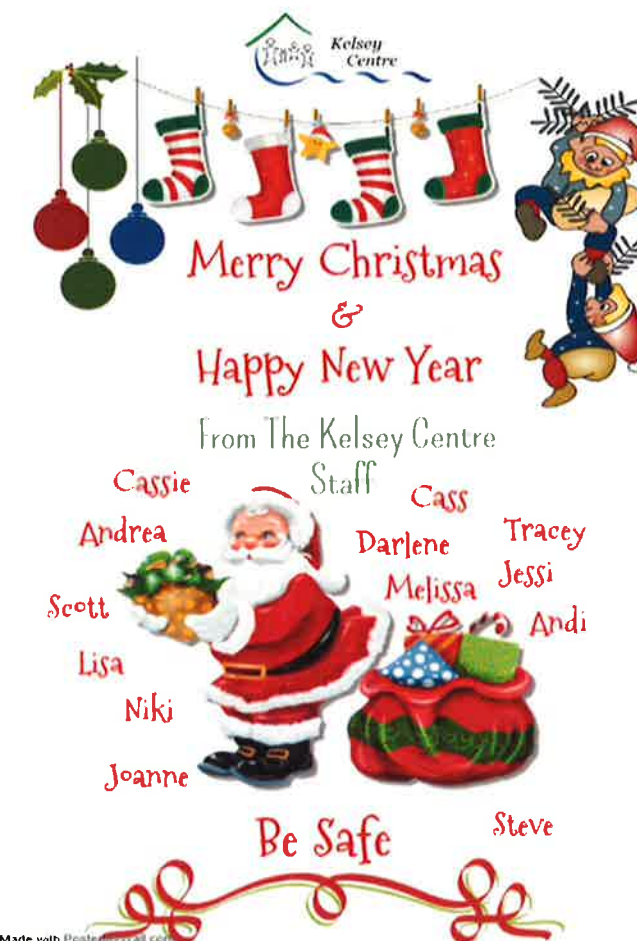
Clinic days the Friday before noon

For more Info:

Contact: Darlene 250-282-5500 or

Diane Mason 250-282-3760

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



**Merry Christmas & Happy New Year**

From The Kelsey Centre

Cassie  
Andrea  
Scott  
Lisa  
Niki  
Joanne  
Cass  
Darlene  
Melissa  
Tracey  
Jessi  
Andi  
Steve

**Be Safe**



**Age Friendly Drop-In Presents Crib Night**



**Adults Only**

**Thursday Evenings 7pm**

**Kelsey Centre Multipurpose Room**





## 45<sup>TH</sup> ANNUAL GIANT STOCKING RAFFLE

TICKETS \$2 EACH OR 3 FOR \$5

TICKETS BEING SOLD AT SAYWARD  
SCHOOL, SAYWARD VALLEY RESORT AND  
CROSSROADS

DRAW DATE DECEMBER 12<sup>TH</sup>



## Christmas

*Bake Sale  
Hot Dog and Chili  
Fundraiser!*

*December 12<sup>th</sup> 2019*

Come on out and get your  
homemade Christmas Baking..

Sayward School  
Time: 10:30am

Giant stocking ticket will be  
pulled at 1:30pm



## Age Friendly Drop-In Schedule

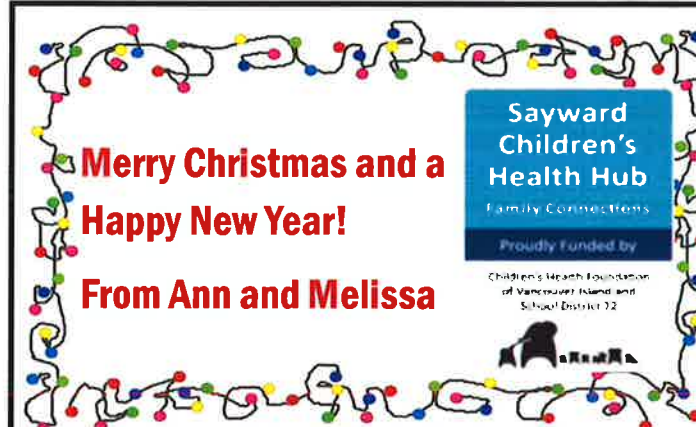


**Tuesday**  
Drop-In  
9:30 am - 12pm  
Open Computer's  
10:30 am - 12 pm  
Carpet Bowling  
9:30 am  
Domino's  
10:30 am

**Thursday**  
Drop-In  
9:30 am - 12 pm  
Open Computer's  
10:30 am - 12 pm  
Carpet Bowling  
9:30 am  
Domino's  
10:30 am

**Saturday**  
  
  
  
  
Domino's  
10:30 am

Crib 7pm



## Norm and Gail's 50<sup>th</sup> Wedding Anniversary

Open house from 12-4 pm

December 14th

250 Kelsey way

Stop in enjoy some snacks and share our day.

Everyone Welcome

*50<sup>th</sup>  
Anniversary*

## SAYWARD FUTURES SOCIETY

Our Community Our Future

## Sayward Futures Christmas Events Calendar

House Decorating Contest

Deck Out Your House - Register Up To Dec 1st

Come Down To The Wharf To Vote For Your  
Favorite House

The Gift Store Will Be Open

Dec 5 From 6-8pm

Dec 12 From 6-8pm

Dec 14 From 10-2pm

Dec 19 From 6-8pm

Dec 21 SANTA AT THE WHARF 10-2pm



## DECEMBER

### Calendar of Events

**Sunday - December - 1<sup>st</sup>**  
**BINGO AND TURKEY MEAT DRAWS**  
1:00 P.M.

**Saturday - December - 14<sup>th</sup>**  
**B.C. Ambulance (private party)**

**Sunday - December - 15<sup>th</sup>**  
**BINGO AND MEAT DRAWS**  
1:00 P.M.

**Sunday - December - 15<sup>th</sup>**  
**"AFTER BINGO HAS ENDED"**  
**YEAR END**  
**LEGION MEETING**

THE LEGION AND ALL OF IT'S MEMBERS  
WOULD LIKE TO WISH EVERYONE A  
**MERRY CHRISTMAS**  
and a **HAPPY NEW YEAR**

## STORAGE RENTAL

- Vehicles
- Boats
- RV's



**DRY & SECURE**  
**Call - 250-282-3465**

## Kelsey Centre Senior Drop-In Centre Carpet Bowling

Every  
**Tuesday & Thursday**  
**9:30 AM - 12PM**

**Join In The Fun**

**55+**

Kelsey Centre  
652 H'Kusam Way  
Sayward BC  
PH# 250-282-5500



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Strathcona Regional District (Area 'A')

November 20, 2019

Over the summer there have been no significance issues at the SRD Board table that affect the Sayward Valley. Much of the Board's time was spent on the censure of Electoral Area B (Cortes Island) Director Noba Anderson for releasing confidential in-camera information in violation of the Community Charter, SRD Bylaw No. 330, and the Directors Oath of Office.

Currently we have begun budget deliberations for 2020. I do not see a need for any tax increases for those services that I have control over, such as the Heritage Hall Service. For the other services that I do not have any control over, for example: Solid Waste, Hospital, Electoral Area Planning, and General Administration; I will continue to fight to maintain reasonable costs. I am proud of our low tax rate and I intend to keep it that way.

#### **Solid Waste Board:**

This service is run jointly with the Comox Valley Regional District and is the most frustrating Board that I sit on. They are determined to continue to dig pits and bury our garbage which has been seeping toxins into our soil and polluting our air and water tables. Several years ago garbage disposal was entirely paid for by tipping fees without any tax requisition. Now it costs us \$6Million in property taxes plus steadily increasing tipping fees. This is the main reason why the annual bill that we each are mailed for curbside garbage collection goes up and up every year. The main problem is that staff and most Directors refuse to seriously consider modern technology that could drastically reduce these costs. For example, I had proposed that we look at a firm called UBQ Materials Ltd. This company uses advanced technology to convert unsorted household waste into a recyclable plastic substitute. The process is energy efficient, uses no water and produces zero effluents or fumes. It accepts everything from banana peels to dirty diapers to used yogurt containers, paper, mixed plastics and cardboard. Every ton of UBQ Material produced diverts the equivalent of 12 tons of CO<sub>2</sub>, and is the most climate-positive thermoplastic material on the planet. But simply asking staff to give the Board a report on this process was met with complaints from staff that they are overworked, and opposition from other Board members. After I strongly argued for this report at the Solid Waste Board last week, this motion narrowly passed the final vote. I will continue to do whatever I can to get our solid waste costs back on track. (If you are interested, Google 'UBQ'.)

If you have any questions on any Regional District issue, please don't hesitate to contact me.

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



#### **Feeding a School**

*November 20, 2019, Sayward-* A \$12,000 grant from Island Health has been received by the Sayward Parents Advisory Committee (PAC) and the Sayward Children's Health Hub. The funds will support students to create a school cookbook and to purchase nutritious food for the free weekly school lunch program and the Hub drop in program.

The cookbook project, in partnership with Sayward Literacy Now, will allow each child to design a cover and submit their favourite healthy recipes. Once complete, families and community members can purchase the cookbooks, each with a unique cover designed by a different student. Each week, one student's recipe will be chosen for the lunch program and served to the 45 children that make up the entire student population. Profits raised from the sale of the cookbooks will cover much needed kitchen supplies for the PAC to continue the popular lunch program.

The project provides the opportunity for families to see what other families are eating at home, validate student's healthy food choices and starts positive discussions. The volunteer PAC coordinated free lunch program normally operates solely through fundraising, food discounts and donations and is heavily supplemented with volunteers own personal funds. The grant will provide an estimated 2200+ meals to students.

For the cookbook project, please send 1-2 recipes per child to [saywardschoolpac@gmail.com](mailto:saywardschoolpac@gmail.com) or drop off at Sayward School front desk and include your child's name on the recipe. For more information, please contact Children's Hub coordinator, Ann Vansnick at 250-203-8332. Sayward's home schooled children up to grade 6 are also encouraged to participate.

###

**Photo:** Kids enjoying a healthy snack at Sayward Children's Health Hub

**Contact:**  
Shannon Briggs, SD72 School Trustee- Sayward  
(250) 282-3364  
[shannon.briggs@sd72.bc.ca](mailto:shannon.briggs@sd72.bc.ca)





## 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 27 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: **250-282-5564** 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.



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

**1.877.215.7122**

**"Your roads — your team,  
linking communities and families."**



**Parallel 50 Realty & Property  
Management Inc.**

**962 Shoppers Row Campbell  
River B.C. V9W 2C5**

**Phone: 250-286-0110**

**Fax: 1-250-914-0110**

**Toll Free: 1-888-986-0110**

**Email: [info@parallel50realty.ca](mailto:info@parallel50realty.ca)**



**SAYWARD FUTURES SOCIETY**

*Our Community Our Future*

## Economic Development Committee

The Economic Development Committee of Sayward Futures Society is establishing a process of community consultation regarding economic development for the Village of Sayward and the Sayward valley. The committee has met three times on the first Wednesday of the month at the Kelsey Centre discussing suggestions for business opportunities in this area.

The difficulties of relying on a single industry for employment have become recently more evident. We hope to find strategies that can result in more regular, well paid jobs here. With better jobs we can attract families with children which will secure our school and make a store economically viable.

At our December meeting we will be discussing Parts 6 and 7 of the 2013 Sayward Economic Development Strategy report from VanStruth consultants. This part of the report contains the eighteen strategies suggested by the consultant. We will review each strategy to see what has and has not been done as well as what further opportunities still exist.

The next meeting will be 7:00 pm Wednesday, December 4 at the Kelsey Centre. Any with interest in the economic future of this area are welcome to attend. We particularly wish for the participation of local business operators.



## Huge opportunity Awaits

Huge opportunity awaits the entrepreneur wishing to open a grocery store in your community of Sayward. Located in the heart of town, this building offers 5255 square feet of store space with all shelving included, a produce cooler, fully equipped deli, three modern tills and office space. In the back there are two coolers, one freezer, another office space and two washrooms including a washer and dryer. There is a loading ramp with a loading bay totaling 451 sq ft; new roof and electrical done in 2017. Lessor willing to assist with a liquor license one year after business establishment. Lessor willing to negotiate some financing if needed. Lease rate \$10/sq ft with 5 yr lease with renewal option. 1-2 yrs \$10/sq ft, 3-5 yrs \$12/sq ft..

For more details contact:

**Candi Drath  
REALTOR®  
Pemberton Holmes Ltd**  
Phone: 250-650-9708  
103-6996 Island Highway  
[www.candidrath.com](http://www.candidrath.com)

