

Delivery Mills Ltd. *Custom Cut Lumber*  250-282-3208 No Calls or pick ups after 7 pm please	 CRS Building Maintenance Services Commercial/Residential Celeste Taylor Sage Owner/Operator ctsage30@gmail.com	 SAYWARD SEWING & MENDING Contact Charon 250-850-7144 604-210-0466 email: charonrids@gmail.com
STOWE CREEK AUTO REPAIR 760 Island Hwy. Sayward, B.C. Wayne Ryan 250-282-3846  Red Seal Certified Auto Mechanic Repairs and Maintenance for your cars, trucks and motorcycles	 Janet Scotland, RI(BC) Managing Broker Owner CENTURY 21 Arbutus Realty Direct Line: 250-923-2111 extension 102 or 250-287-6985 (text) www.janetscotland.ca	Mascon Your connection to the world Internet & TV Service Provider 1-866-832-6020 info@mascon.ca
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	 You're at home here Premium, Midgrade & Regular gas, Diesel fuel, Propane Auto & Cylinder Liquor & Convenience Store 6 am - 10 pm 250.282.3232	 Susan Mallinson Your Sayward Specialist C: 250-203-3545 O: 250-286-3293 SU- sanmallinson@royallepage.ca www.susanmallinson.com
Sayward Valley Resort Full Service Campground Cabins, Motel Rooms Grocery Store, Liquor Slushy's & Soft Ice Cream	 Shawn Sinclair (250) 282-3726 Email: brh@saywardvalley.net 1004 Sayward Road, Sayward, BC V0P 1R0 We make it beautiful...You make it home	 HANDYMAN FOR HIRE For all your home repairs & renovations, inside and out 250-282-3361 — Joe
 OCEAN VIEW GIFTS ON THE WHARF Tourist information, Artists Gallery, Confectionary, Fishing Licenses Closed for the season of 2020 due to covid-19 250-282-0018 www.saywardfutures.ca	 Mitchell Vincent Owner/Operator 250-282-3283 / 250-850-7005 mitchell.vincent07@gmail.com New Builds Renovations Home Repair Mountview Pacific Construction Serving Campbell River & North Island	Fox's Disposal Services Hauling from North Island Soil, compost, sand, etc. 2—40 yard containers.  250-949-6306
 D.J. Luoma Trucking Backhoe Services 250-282-5525	3D Services Design & Drafting Jens Diron 250-282-3695 915 Island Hwy. Sayward B.C. Personal, Reliable, Fast  European Precision and Quality Custom House Designs	 Mt H'Kusam View Lodge Hostel and Country Inn 1165 Salmon River Main Julie Olsen & Erik Walsh 250-282-5547 Accommodation & catering for groups, tourists and family retreats www.mthkusamviewlodge.com
 Kevin Kittmer Cell: 250-951-8631 Office: 604-664-7340 kevin@landquest.com www.landquest.com "Marketing British Columbia to the World"	 mainroad Please report any extreme change in road conditions to Mainroad's 24 hour hotline 1.877.215.7122	Parallel 50 Realty and Property Management Inc. 962 Shoppers Row Campbell River, BC Phone: (250) 286-0110 E-mail: info@ojproperties.ca 
 Remedy FLOORING specializing in carpet vinyl laminate hardwood INSTALLATIONS GREG VINCENT ph. 250.650.4473 grevincent1@gmail.com	 Sayward Christian Fellowship Morning Service 11:00 AM 740 Gentry Rd. Mark Johnson 250-282-3473 Bruce Fyfe 250-282-3301 Bible Study, Wednesday 7:00 pm Contact Beth Johnson 250-282-3473 Everyone Welcome!	STORAGE RENTAL Vehicles, Boats and RV's Dry & Secure Call – 250-282-3465 

© Joyce Ellis

November 2020

SAYWARD NEWS

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

SPECIAL POINTS OF INTEREST

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

Village of Sayward Office Hours

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

Closed Statutory
Holidays

Phone: (250) 282-5512
Fax: (250) 282-5511

Email Address
village@saywardvalley.ca

Village Web Address
www.sayward.ca

Sayward News Email
saywardnews@gmail.com



THE KELSEY CENTRE

FRI., NOV. 13, 2020
FRI., NOV. 20, 2020
FRI., NOV. 27, 2020

FREE

MUST PRE-REGISTER
250-282-5500

**THIS IS THE LAST PROGRAM OF THE
 SAYWARD COMMUNITY & PHYSICAL WELLNESS PROJECT.**

IN PARTNERSHIP WITH:





Made with PosterMyWall.com



Sayward Recycling Depot

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

Sunday 8:30 am to 5:00 pm

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

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

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



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

Provincial Government Member of Legislative Assembly

Claire Trevena 1-866-387-5100
www.clairetrevena.ca claire.trevena.mla@leg.bc.ca



Federal Government Member of Parliament

Rachel Blaney 1-250-287-9388
1-800-667-8404

Claire Trevena, MLA

(North Island)
908 Island Hwy, Campbell River, B.C. V9W 2C3
Phone: 250-287-5100
866-387-5100 Fax: 240-287-5100
Email: Claire.trevena.mla@leg.bc.ca

This space for rent

Please contact

saywardnews@gmail.com

This space for rent

Please contact

saywardnews@gmail.com

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saywardnews@gmail.com

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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

Tessa: **250-287-6884** email: 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.

Sincerely, Secret Santa and his Elves

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



Legion News

ALL FIREWOOD HAS BEEN SOLD!!

Our new oil tank has been installed and will be filled the end of October.

Thank you to everyone who purchased wood and assisted in processing the timber.

Covid-19 has impacted our legion in ways that are beyond our control. As we move forward its important that we as a community continue to support our Legion the poppy fund is but one example. Not one penny from the poppy fund donations go to the operating expenses within the legion, All money collected goes to the community (Health Clinic, Wounded Warriors etc..) The legion only receives \$7.50 from our memberships and it is used towards operational expenses, that equates to \$352.50 for 2020. Please renew your memberships.

There will be a Ceremony (without public) on November 11th, the exclusion of the public is due to Covid-19, We will make attempts to video the ceremony and post it on our Facebook page.

Bill Ives

President

Branch 147 Legion



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

3rd Monday of each month – Heritage Hall 6 pm
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 Fyfe 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

Sayward Community Potluck Karen—250-282-3667

2nd Saturday of the month, 5 pm Heritage Hall

Sayward Emergency Program—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 250-282-3851

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

Sayward RCMP Contact Non-Emergency 250-282-5522

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

Live concerts 2nd 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

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 – Despina Road

Sunday Service at 10 am (3rd 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 School Pac will be doing Bottle Drives again!

Funds raised will be going towards field trips and

needed school equipment

drop off at 950 Frenchman rd from 9am to 5pm weekdays or arrange a pick up with Joanie Bouliane

Elect Mark Baker for Mayor

For those of you who don't know me, I look forward to getting the chance to introduce myself to you at a meet the candidates forum. I hope you will all come out and get the chance to learn a little more factual information about me.

By voting me in as Mayor, you will be voting for someone who believes in honesty, integrity and transparency. Someone who will go to bat for you, the people, and who believes that this little village of ours is an amazing place to live.

Someone who will stand up for what's right, and fight to maintain accountability. I will not hesitate to answer direct questions, nor admit that I don't know the answer but will find that answer for you. I will not quit when times get tough, but dig in to find viable solutions.

We need a strong government moving forward, that is aware of the recent hardships many are suffering from. Someone who is spending responsibly with every member of the community in mind, not just the ones who can afford it.

I believe I have many assets and experiences that I bring to the table, such as; Former Councilman (Saskatchewan) Former Council Representative Economic Development (Saskatchewan) Former Council Representative Parks and Recreation (Saskatchewan) Former President of the Chamber of Commerce (Alberta) Former Project Manager in Land Development (Saskatchewan) Experience working with Federal and Provincial Government, Engineers, & City Planners (Saskatchewan) Background in Business Management for over 25 years.

I am making myself available if you have any questions or if I can help alleviate any concerns, please call me directly at 250-282-3895.
or I can be reached by email at markb5639@gmail.com

I look forward to the opportunity to represent you as Mayor. Your vote counts !
Mark Baker for Mayor - November 21st

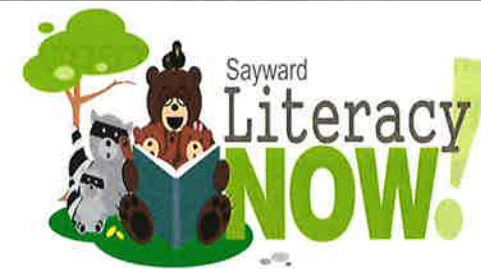
ELECT

JOYCE ELLIS

MAYOR

VILLAGE OF SAYWARD

Authorized and financed by Joyce Ellis 250-282-3863



Need Help with your Computer Needs

No home visits at this time with

pandemic

Give us a call.

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

Ann Vansnick at annvansnick3@gmail.com 250-282-3450



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!



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

EMERGENCY SOCIAL SERVICES

What are we? – We are a community base response program to support you when you are affected by a disaster like a house fire, flooding to calamities involving mass evacuations. ESS helps people begin to re-establish themselves as quickly as possible, by helping meet peoples basic survival needs, reuniting families and providing accurate and up-to-date information.

Diane Mason has been head of this team in Sayward for many years and now has stepped down as the director but will continue to be part of the team. She has worked hard at this and her work has been greatly appreciated by all. She has big shoes to fill. Pat Rusch is the new director with Andi Cragg as alternate.

As the new director I come with experience working with ESS in Sayward prior to being a paramedic/unit chief.

Emergency management has been part of my life for over 25 years. With this I know that emergencies come at the most unexpected time and being prepared is so very important. Therefore I would like the whole community of Sayward to help us get prepared. HOW ???

#1 Need VOLUNTEERS to be on the ESS team. There is a very small current team and in an emergency many hands will be needed. We will provide education, training and practice sessions. This is open to everyone. Contact Pat or Andi for more information.

#2 EMERGENCY NOTIFICATION SYSTEM - There are many new people that have moved into the community and being on this list will help us notify you in a emergency or check on you if it is an extended situation. Being on this list will help us get to you when maybe the emergency responders (fire and police) can't get to you right away, due to large areas they have to cover. Your information will not be shared to others. Please look in the front of the Sayward News for more information.

Stay tuned for more information each month.

Pat Rusch 250-282-3238 or patrusch@outlook.com

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



BRITISH COLUMBIA

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

Mike Marsh for Councillor

Hello my name is Mike Marsh and I am running for the position of Councillor of the village of Sayward in the 2020 by-election. My main beliefs are fiscal restraint and respect for all citizens of Sayward. If you would like to discuss opportunities for resolution of outstanding issues please contact me at (778) 348-4840 or mikemarsh@saywardvalley.net.

Sue Poulsen for Councillor

The current Covid-19 environment restricts the opportunity to campaign in person and participate in All-Candidate Meetings, so I am taking this opportunity to introduce myself as a candidate for a seat as councillor in the 2020 Sayward Municipal By-election.

When I moved to Sayward 5 years ago, I quickly became active in the community, eagerly volunteering at youth, adult, and seniors' events, and being an active member of several service groups.

Getting involved has been a valuable and personally rewarding experience where I have met so many kind and welcoming people that make up the fabric and culture of Sayward.

My decision to step forward as a candidate for Councillor in this 2020 municipal election is based on the priorities I envision for the Village Council and community as a whole:

- 1) "Put Sayward First". I want to be a part of a municipal council that is able to restore a proactive, positive, and open council that will address the needs of the community, make informed decisions, and restore the respected reputation of our municipal governance. A healthy working relationship amongst council, staff, constituents, other municipalities, provincial and federal government, First Nations, and other vital associations with Business and Industry is essential and must be re-established.
- 2) Move forward with priorities and initiatives already in progress. Actively participate in the ongoing development of the Financial Plan, Strategic Plan, Official Community Plan amendments, and contribute to establishing new initiatives.
- 3) Support the decisions of council while adhering to the processes and regulations outlined in the available resources: Community Charter, Local Government Act, Local Bylaws and Resolutions, Meeting Procedural Rules, Conflict of Interest guidelines, Ethical Conduct Rules, and other official documents, as required.

The learning curve toward fulfilling the roles and responsibilities of an active and effective Councillor is steep. I am ready and willing to invest time and energy to increase my knowledge and skill base to best support and represent everyone in Sayward. You are welcome to contact me at 250 282-0184 or espoulsen@shaw.ca to further discuss my platform.

Please make it your civic responsibility and exercise your democratic right to get out and vote.

VOTE
TOM TINSLEY
for
SAYWARD VILLAGE
COUNCILLOR!

T = TEAM PLAYER

Together, we stand; divided, we fall.

O = OPTIMISTIC

Working together in good faith, we can find a solution for every problem.

M = MANAGEMENT EXPERIENCE

42 years management experience in the real estate and financial sectors.

MY VISION for SAYWARD VILLAGE:

Moving forward within the democratic process, we need unity, clear communication, clear and open discussion of issues, and transparent decision-making in a culture of civility and mutual respect.

DEMOCRATIC PROCESS - TRANSPARENCY - CIVILITY

ALL CANDIDATES MEETING

Please come out its important to hear each candidates platform

50 people max capacity

Masks are MANDATORY

Kelsey Centre

November 7th 2020

7:00pm

Respectfully

Bill Ives

Clinic Corner News



As the number of COVID positive cases provincially continues to rise, we are still doing our part at the clinic to keep our patients and staff safe. Please do not drop into the clinic without an appointment. We are doing many of the appointments over the telephone and seeing patients in person when the need arises. We are trying to schedule patients in the clinic in such a way that it reduces contact with other people. Masks are mandatory when visiting the clinic. Thank you for doing your part in keeping our community safe and healthy!



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

**** Labs will done by appointment 9:30-11:30 ****

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

Sayward Primary Health Clinic

601 Kelsey Way, Sayward, BC, V0P 1R0 Fax: 250-282-0040 Phone: 250-282-3815

I want to announce that I will be unable to continue in Family Practice in Sayward after mid December, 2020. I will be continuing to work in Campbell River. I have a new appointment at the Campbell River hospital and will be starting a new referral practice to help those with depression/anxiety. I want to let you know that it has truly been my privilege to practice in this lovely town and valley and thank you for the confidence you have invested in me. I encourage any who have seen me as their family doctor to phone the SPHC to ensure their care is transferred entirely to the resident NP. If you choose to seek healthcare elsewhere, the staff at the clinic will forward your files to the physician/NP of your choice once a transfer of records form is received from your new clinician's office. This pandemic has been such a challenge for everyone at a global level. I wish you all good health as we await prevention and definitive treatment.
Dr. Kathleen McFadden



VILLAGE OF SAYWARD NOTICE OF ELECTION BY VOTING

PUBLIC NOTICE is given to the electors of the Village of Sayward that an election by voting is necessary to elect one (1) Mayor and two (2) Councillors. The following nominated candidates are eligible to receive votes:

MAYOR - One (1) to be elected

Surname	Usual Names	Residential Address
Baker	Mark	Sayward, BC
Ellis	Joyce	Sayward, BC

COUNCILLOR - Two (2) to be elected

Surname	Usual Names	Residential Address
Marsh	Mike	Sayward, BC
Poulsen	Sue	Sayward, BC
Tinsley	Tom	Sayward, BC

GENERAL VOTING DAY will be open to qualified electors of the Village of Sayward on **Saturday, November 21, 2020** between the hours of **8:00 am and 8:00 pm** at the Kelsey Centre, 652 H'Kusam Way, Sayward.

ADVANCE VOTING: Wednesday November 11, 2020 8:00 am to 8:00 pm at the Kelsey Centre, 652 H'Kusam Way, Sayward.

MAIL-IN BALLOT: Qualified electors may vote by mail by completing an 'Application to Vote by Mail' available from the village office and deliver via hand, mail or fax (250-282-5511) to Sayward Village Office, 652 H'Kusam Way, Sayward, BC, V0P 1R0. Mail ballot packages will be available the first week of November 2020. To be counted, your mail ballot must be received by the Chief Election Officer no later than 8 pm on Saturday, November 21, 2020.

Elector Registration (voting day only registration)

There is no need to pre-register to vote as the registration of all electors for this election will take place at the time of voting. You will be required to make a solemn declaration that you meet the following requirements:

- be 18 years of age or older on voting day
- be a Canadian citizen
- be a resident of BC for at least 6 months immediately preceding voting day (since May 20, 2020)
- be a resident of OR registered owner of real property in the Village of Sayward for at least 30 days immediately preceding registration (since October 20, 2020), and
- not be disqualified by any enactment from voting in an election or otherwise disqualified by law.

Resident electors will also be required to produce **2 pieces of identification confirming your identity and place of residence** (at least one with a signature) or 2 pieces of identification confirming your identity one of which must contain your signature and you will be required to make a solemn declaration as to your place of residence. Picture identification is not necessary.

Non-Resident Property Electors will be required to fill out an application for registration by providing proof of ownership of the property (title certificate or current title search); 2 pieces of identification confirming your identity (one of which must contain your signature), and a non-resident property elector consent form of a majority of the registered owners, if there is more than one owner. If there is more than one registered owner of the property, only one of those individuals may, with the written consent of the majority of the owners, register as a non-resident property elector. Non-Resident Property Electors are encouraged to fill out the application and produce the required documentation at the Village Office prior to 4:00 p.m. on November 20, 2020.

Identifying documents that may be accepted for registration purposes

BC Driver's License
ICBC Owner's Certificate of Insurance & Vehicle License
Birth Certificate
Citizenship Card
Credit or Debit Card issued by Financial Institution

BC Identification Card
BC Care Card or BC Gold Care Card
Social Insurance Card
Village of Sayward Real Property Tax Notice
Utility Bill

Eileen Lovestrom, Chief Election Officer

Obesity Defined

Obesity, in its simplest form, is defined as a medical condition in which excess body has a negative effect on health. Anyone with a body mass index (BMI) of more than 30 is considered to be obese.

BMI is determined by dividing weight (in kilograms) by height squared (in metres). A 1.82m [6 foot] person who weights 100kgs [220lbs] would have a body mass index of 30.21 and would be considered obese. The body mass index does not consider frame size and musculature and its why health care providers are starting to move away from a strict reliance on BMI as a determinant of overall health.

Addressing obesity is far more complex than “eat less, move more.” If it were that simple, the whole world would be an ideal weight. Factors in obesity include genetic predisposition, medications, disordered eating, endocrine system disorders, socioeconomic factors [access to nutritious food, sedentary jobs], some mental disorders, some diseases and chemical exposures.

Some health conditions are complicated by obesity, such as plaque blocking your arteries, or high blood pressure. It can also be a cause of joint pain and arthritis. Obesity is also associated with depression and some mental health issues. Some endocrine disorders such as diabetes and polycystic ovarian syndrome are also associated with obesity.

Obesity Bias

People may still hear the advice “eat less, move more” even if it isn’t relevant – i.e., every person in your family going back generations has carried “extra” weight, or chronic pain makes it impossible to exercise. Also, a conversation about other health issues can immediately turn to weight loss -- even if there is no correlation between the issue you went in for and your weight. The advice usually comes out as “lose x pounds and come back.” Quite often, this advice comes with no instructions on why it’s necessary or how it’s done.

We are also, often, our own worst critic. We may criticize our body size and berate ourselves for not being able to lose weight. It’s important to remember that obesity is a medical condition and NOT a character flaw. It’s better to think about why it is we beat ourselves up and start putting the energy into addressing our overall health.

Managing Obesity

Any plan to manage obesity should look at overall health. Some questions to consider:

Am I carrying extra weight? If yes, by whose standards?

What is causing me to carry extra weight? Do I have any illnesses that might cause weight gain? How about medications I’m taking?

Genetics? If I am eating too much, what’s causing me to do that? If I am not moving my body and exercising, what factors are stopping me?

Can I learn to address my internal biases and be comfortable with my body weight?

If I need to address my weight, how will I go about doing this?

What other ways can I determine my overall health without considering weight?

The bottom line is looking at the whole picture in terms of your health, not just the snapshot covered by your body size.

If you’re interested in developing a plan that allows the whole health picture to come into focus, please reach out to me as the community paramedic. You can request a referral to a community paramedic via your health care provider, or email the community paramedic program.

Resources:

1] Aggie Pringle, Community Paramedic. CP.Coordinators@bcehs.ca 1-855-353-5116

2] Sayward Primary Health Clinic. 250-282-3815

3] Nurse Practitioner Tracey Payne. 250-282-3815

4] Obesity Canada. www.obesitycanada.ca

5] North Island Eating Disorders Program 250-850-2620, Marilyn.ackerman@viha.ca

6] Vancouver Island Bariatrics. 250-370-8641

7] Kelsey Centre Recreation Centre. 250-282-5500

8] Strathcona Gardens Recreation Centre. 250-830-6777, www.strathconagardens.com

9] Sportsplex 250-923-7911

10] CBI Health Centre [Physiotherapy and occupational therapy] 250-923-3773

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 ✉ cp.sayward@bcehs.ca

Happy Halloween from The SCRA

We hope all our Sayward families had a great Halloween!

There will be no monthly meeting for November

If you have concerns, ideas or would like to get in touch with us please email heritagehall@saywardvalley.net

THE SAYWARD HERITAGE HALL IS

CALLING ALL CHRISTMAS CRAFT VENDORS

This year we will be holding a virtual Christmas market!

HOW WILL IT WORK YOU ASK?

EACH VENDOR WILL RECIEVE A CUSTOMIZED AD, FEATURING DETAILS, PICTURES AND PRICES OF THEIR UNIQUE WARES. CHOOSE HOW AND WHEN YOU WOULD LIKE TO BE CONTACTED BY YOUR CUSTOMERS.

Contact Andie Lawson on Facebook Messenger or at 250.282.5560 to sign up and get all the details!

Children’s Health Hub

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

We are offering an ASQ clinic- An Ages and Stages Questionnaire is a simple tool that gives information about your child’s development.

Understand my development early. My first 6 years are critical to a healthy mind and body for life. We are offering online or by telephone! Email or call

saywardfamilynavigator@gmail.com 250-203-8107.

Sayward Children’s Health Hub, Sayward Families Strong and Sayward Rocks 2020



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



Garden Club News



This is a very busy time of year for gardeners. Besides getting in the last of the year's bounty before the frost hits there are numerous Fall tasks to complete. Building compost for next year, weeding flower beds, pruning raspberries, gathering leaves for mulch can fill the days when it doesn't rain. When dead heading the perennial flowers we can leave some of the seeds for the birds. This is also the last chance to plant garlic cloves, taking care to only use those with intact skin coverings.

The Garden Club is continuing to sponsor socially distanced community events. The plant sale in September was a great success. The vendors all wore masks and the buyers stayed two meters apart. The funds raised will help us to keep up the flower planters at the mail boxes.

The club will continue to sponsor safe events in November. The first is a “cider fest” where we will be juicing apples at the home of Bob and Karen Sampson at 595 Sabre Road. You can bring your washed apples in any quantity between 1:00 and 4:00 pm on Saturday, November 7. Please bring your containers for the juice produced. We will also be holding an outdoor afternoon meeting of the club in the pavilion at the Heritage Hall at 2:00 pm on Thursday, November 12. As the hall will not be open please bring your chair and a cup and know that washrooms will not be available. This will be our usual round-robin of our gardening triumphs and problems. Please join us with your questions and suggestions.

2020 Winter Order Form

SAYWARD SCHOOL

Growing Smiles



6.5" Premium Poinsettias
A holiday favourite! Brighten up any room this winter with a vibrant poinsettia. Available in red, white, and pink, the 6.5" poinsettias are perfect for your home, hotels, restaurants and banks over the holidays.



10" Premium RED Poinsettias
Make a statement! These 10" red poinsettias are the center of attention due to their size. Just like the 6.5" poinsettias, they arrive ready to display and include a colour-coordinated pot cover. Available in RED only.



Indoor Tropical Planter
Add a festive look to your table with a mixed tropical planter. There are four different live plant varieties included with holiday decor in a rectangular tin. Planter container designs do vary and cannot be requested.



Holiday Wreath
The popular wreath is getting an upgrade! A large, plaid bow is featured in the middle of fresh noble, cedar and juniper. Frosted pinecones and red berries complete the new look - ready to welcome guests at your door!



Succulent Bowl
A beautiful, ceramic, patterned bowl is 9" in diameter - perfect for your coffee table or as a housewarming gift. An assortment of popular succulents are planted with a flowering kalanchoe in the center.



Table Top Trio
Add a touch of festivity anywhere in your home with this holiday pack! The decorative pot covers, and decorations included. There are three different 4" plants in this tray: Gaultheria, Frosty Fern, and Mini Cypress.



Hanging Greenery Bough
Celebrate with a merry bough of greenery! A fun, vintage, burlap bag holds premium greens, red holly berry branches and an array of novelty decorations. This hangs outside on your front door or leans on the patio.



Outdoor Greenery Arrangement
Welcome guests to your home in-style with a deluxe greenery arrangement. This large, outdoor planter stands over 2 feet tall with beautiful, premium holiday greens, red holly berry branches and decorations.

* All items may not be exactly as shown. We have a variety of plant/greenery mixes, containers, and holiday features. *

Beautiful Poinsettias and Seasonal arrangements are available again! Get in touch with any of your favourite Sayward Students to place your orders! Orders must be in by November 10th. Poinsettias and arrangements will arrive on November 25th.

The Sayward School PAC presents the 46th Annual Giant Stocking Raffle!

TWO Stockings will be WON this year, valued over \$1000 each!

A live streaming of the draws will be held on the Sayward School page on Facebook at 1:30pm, December 17th, 2020

Tickets are \$2 each or 3 for \$5

Gifts are donated from all kinds of local businesses. Each Stocking will contain gifts for all members of the family, including, but not limited to:

- Toys
- Kitchen gadgets
- local art
- tablets
- fishing/outdoor gear
- Gift certificates
- and SO MUCH more!

All proceeds go to School field trips and extracurricular activities

Tickets can be purchased from:
Sayward Valley Resort, The Crossroads Restaurant
and any parent of Sayward School Students



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 SWIMS (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 SWIMS (20 MAX.) 6:15-7:45

REGISTRATION MUST BE **MINIMUM** 10 MINUTES BEFORE SESSION.
NO DROP-INS PLEASE.

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.)

REGISTRATION MUST BE **MINIMUM** 10 MINUTES BEFORE SESSION.
NO DROP-INS PLEASE.

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

REGISTRATION MUST BE **MINIMUM** 10 MINUTES BEFORE SESSION.
NO DROP-INS PLEASE.



Age Friendly Van: Serviced by Donations

Shopping in Campbell River. We leave for town approximately 9 am
Must Register 24 hours before departure. 250-282-5500 19+

Thursday, November 5, 12, 19 & 26, 2020

Age-Friendly VAN COVID-19 PLAN

During this unusual period, we will be taking the following precautions:

You will be asked by your driver the night before you depart, if you have:

- A fever
- A Cough
- Nausea
- Cold or Flu-like symptoms (pain etc.)

You will be asked again before entering the van.

Cleaning Protocols:

- The van will be sanitized in the morning before the trip and again after arrival at your destinations, then again at the end of the day.
- Hand sanitizer is available onboard

Seating Configuration:

- We will have a maximum of 2 passengers from separate households with the driver
- Driver with no front passenger
- 1 passenger in the middle row of seats
- 1 passenger in the back row of seats
- Family groups/same household passengers can have up to 4 guests, with no other passengers on board

Necessary medical Equipment:

- Walkers/canes etc must be sanitized prior to getting in the van
- All equipment must be stowed by the owner in order to avoid cross-contamination
- Please only bring equipment that is absolutely necessary.

Purchases:

- All personal bags and store purchases must be loaded and handled only by the owner of the item to avoid cross-contamination

Required Personal Protective Equipment:

- masks must always be worn by all vehicle occupants .
- Masks will not be provided and must be put on prior to getting in the van.

Sayward RCMP alerting public after potent opioid carfentanil confirmed in community

Sayward

2020-10-21 15:02 PDT

The Sayward RCMP is alerting the local community after an analogue of fentanyl, called carfentanil recently surfaced in the local illicit drug market.

Carfentanil has 100 times the toxicity of Fentanyl and 10,000 times that of morphine. Due to its lethal level of potency, there is virtually no way, even in a controlled laboratory setting, to safely cut and dilute carfentanil for use in the illicit drug trade. The effects of fentanyl and carfentanil are unpredictable and users have no idea of the level of purity or the potency of what they take. "An amount as small as grain of sand could be fatal," says Corporal Chris Manseau, BC media relations officer.

Medical experts have informed us that Naloxone can be effective for an exposure to carfentanil along with first aid protocols, however, a much greater dosage of Naloxone is required.

If you think someone is overdosing on fentanyl or any other opioid:

- Call 911 immediately for emergency medical assistance
- Use naloxone, a drug that can temporarily reverse the effects of an opioid overdose
- Naloxone wears off in 20 to 90 minutes, so it is important to seek further medical attention
- Give the person another dose of naloxone if signs and symptoms do not disappear or if they reappear
- Stay until emergency services arrive

The RCMP supports all efforts to ensure that an overdose emergency is dealt with as a health/medical emergency and continues to work with our partners to monitor, detect and test for the presence of toxic and/or lethal substances entering the illicit drug market, in an effort to intercept and remove them before they hit the streets.

Information on overdose prevention and a listing of overdose prevention sites on Vancouver Island can be found on the Island Health website at <http://www.viha.ca/mho/overdose.htm>

Released by

Cpl. Chris Manseau

Division Media Relations Officer
BC RCMP Communication Services
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