

<b>Delivery Mills Ltd.</b> <b>*Custom Cut Lumber*</b> <b>250-282-3208</b> No Calls or pick ups after 7 pm Please	 <b>Janet Scotland</b> Managing Broker/Owner Serving the North Island from two offices, Campbell River and Gold River <a href="http://www.northislandrealestate.ca">www.northislandrealestate.ca</a> <b>1.888.771.2111</b>	 <b>SAYWARD SEWING &amp; MENDING</b> <b>Contact Charon</b> <b>250-850-7144 604-210-0466</b> email: <a href="mailto:charonrids@hotmail.com">charonrids@hotmail.com</a>
 <b>Sayward Pet Grooming</b> <b>Grooming Services</b> <b>for all Breeds</b> <b>TEXT:250-418-0494</b> <a href="mailto:saywardpetgrooming@gmail.com">saywardpetgrooming@gmail.com</a>	 <b>Sayward Genealogy</b> <b>Research Group</b> <i>Finding Our Family History</i> <b>2nd Tuesday of the month</b> <b>@ 1pm Kelsey Centre - Age Friendly Room</b>	 <b>Sayward Valley</b> <b>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>	 <b>CO-OP</b> <b>MID ISLAND</b> 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>C: 250-203-3545 O: 250-286-3293</b> <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 <b>CLOSED FOR THE SEASON</b> <b>250-282-0018</b> <a href="http://www.saywardfutures.ca">www.saywardfutures.ca</a>	 <b>WILD WINDS FARM</b> <b>Boutique &amp; Gift Shop</b> 832 Island Hwy, Sayward, BC OPEN FROM 11-4 THURS. 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</b> <b>sports</b> E-BIKES • SCOOTERS • DIRT BIKES • ATV'S SALES & SERVICE <b>TAOTAO</b> <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>Real Estate Professionals</b> <b>OJ Realty &amp; Property Management</b> 962 Shoppers Row, Campbell River, B.C. V9W 2C5 PH: 250-286-0110 Toll-free: 1-888-986-0110
 <b>Literacy NOW!</b> Drop in for a coffee. Let us know if we can help you with your computer. No charge! <b>At Sayward School</b> <b>Monday and Thursday 10am to 12pm</b> Jan Bakker at <a href="mailto:bokkie.bakker@gmail.com">bokkie.bakker@gmail.com</a> 250-282-3851 Ann Vansnick at <a href="mailto:annv@saywardvalley.net">annv@saywardvalley.net</a> 250-282-3450	 <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</b> <b>Maintenance Services</b> Commercial/Residential Celeste Taylor Sage Owner/Operator <a href="mailto:ctsage30@gmail.com">ctsage30@gmail.com</a> <b>Text 1 250 418 0494</b> Licensed, Bonded & Insured

March 2019



# SAYWARD NEWS

© 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)

## Fundraising

## with



## West Coast Seeds

Untreated seeds for organic growing, non-GMO

### Sayward Elementary School PAC

is hosting a **West Coast Seeds** fundraiser

40% of money raised from this fundraiser goes to our schools free hot lunch program, field trips, and our growing playground fund!

Order deadline is March 21st, seeds will arrive the first week of April.  
 Order forms will be going home with students soon,  
 or contact Sayward School for more information.

Online catalogue and order forms:  
<https://www.westcoastseeds.com/pages/participants-page>




Photo credit  
Angela Lee



**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



**Notice of Regular Council Meetings**

**PLEASE NOTE TIME CHANGES**

The Village of Sayward Regular Council Meetings for the year 2019 will held in the Council Chambers located at 652 H'Kusam Way at 7:00 PM on the following dates:

January	Tuesday	8, 22
February	Tuesday	5, 19
March	Tuesday	5, 19
April	Tuesday	2, 16
May	Tuesday	7, 21
June	Tuesday	4, 18
July	Tuesday	16
August	Tuesday	13
September	Tuesday	3, 17
October	Tuesday	8, 22
November	Tuesday	5, 19
December	Tuesday	3, 17

**Elected Officials of the  
Village of Sayward**

<b>Mayor</b> John MacDonald	(250) 282-0184
<b>Councillor</b> Wes Cragg	(250) 282-5512
<b>Councillor</b> Joyce Ellis	(250) 282-3863
<b>Councillor</b> Bill Ives	(250) 204-4012
<b>Councillor</b> 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

**This space for rent**

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

**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)



specializing in carpet vinyl laminate hardwood INSTALLATIONS  
**GREG VINCENT**  
ph. 250.650.4473  
[gregvincent1@gmail.com](mailto:ggregvincent1@gmail.com)

**This space for rent**

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

**Mid Island HEATING SERVICES LTD.**

INSTALLATIONS . SERVICE . REPAIR  
GAS & OIL SPECIALISTS . EX BRITISH GAS ENGINEER  
Fully Insured 30 Years Experience  
Mark Harper  
CELL: (250) 201-0075  
HOME: (250) 337-8165

**STOWE CREEK AUTO REPAIR**

760 Island Hwy. Sayward, B.C.  
Wayne Ryan  
250-282-3846  
**Certified Auto Technician**  
Repairs and Maintenance for your cars, trucks and motorcycles



**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  
Serving Campbell River & North Island

**This space for rent**

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



**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>

**Sayward Pet Grooming**



**Grooming Services  
for all Breeds**

**TEXT: 250-418-0494**

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



PO Box 573 Stn A,  
Campbell River, BC  
V9W 5T9

Sayward Valley Communication offers cable television and internet services to the Sayward area.

Phone: 250-287-4199  
(Answering Service)

Toll-Free: 866-549-4468  
(Internet Tech Support)



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

Join our team of dedicated members.

### What we seek:

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

### You must be:

- Living in the Sayward District Fire protection area.
- Team oriented
- 19 years of age or older
- Healthy, Physically fit
- A good driver with a valid drivers licence and good driving record.
- Of good character (RCMP security check required)

### We offer:

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

For more information or to apply please contact the Sayward Volunteer Fire Department @ 250-282-5505  
Or [svfd@saywardvalley.net](mailto: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 1 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

**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 7:00pm

Council Chambers, all businesses and residents welcome.

**Village of Sayward Council** 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

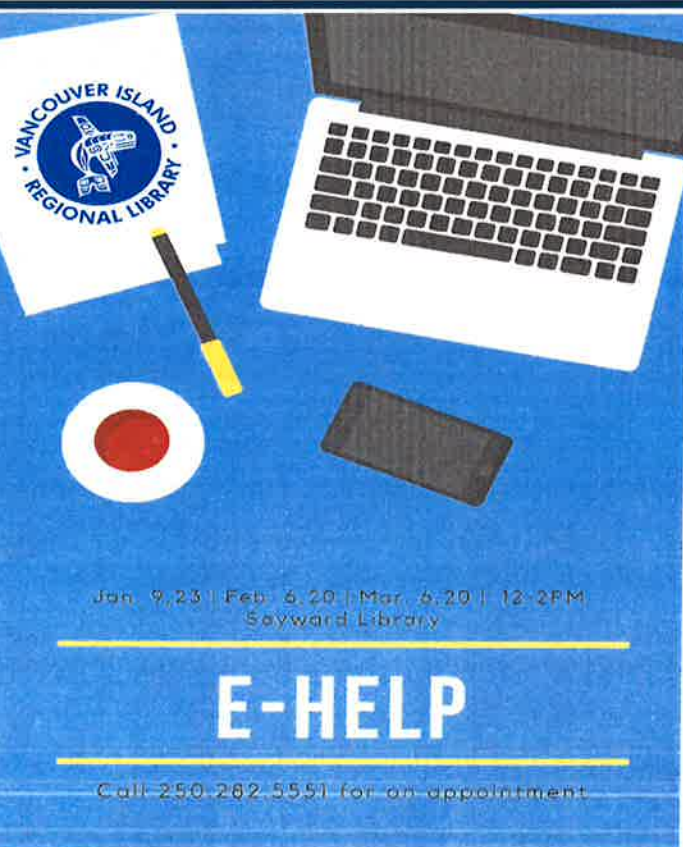
Open Tuesday 10-12 & 1-5, Wed. 10-2, Thurs 1-4 & 5-8

Sat 10-2

SAYWARD LIBRARY

**Family  
Storytime**

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



## 2019 Dog Licenses

**Please note all dogs living in the Village must have a valid Village of Sayward dog license.**

These licenses can be purchased at the Village Municipal Office. The cost is \$15 for spayed or neutered dogs and \$30 for non-spayed or non-neutered dogs.

As a courtesy to your fellow Sayward residents please ensure your dog is not running around on the loose and it is always on a leash when it is with you. Finally, please note it takes up valuable resources (i.e. tax dollars) whenever Village staff have to spend time chasing dogs or dealing with dog owners who do not abide by the bylaws.



# March 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
24	25	26	27	28	1	2
	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	
3	4	5	6	7	8	9
	NP Tracey 9-5 PM Lab Day 9-11:30	NP Tracey 9-5	NP Tracey 9-5	NP Tracey 9-4	CLINIC CLOSED	
10	11	12	13	14	15	16
	NP Tracey Away Dr McFadden 10-3 Lab Day 9-12:30	Tracey Away No NP	Tracey Away No NP Public Health Nurse	NP Tracey 9-5 Ben –Mental Health	NP Tracey 9-4	
17	18	19	20	21	22	23
	NP Tracey 9-5 Labs 9-11:30	NP Tracey 9-5	NP Tracey 9-5	NP Tracey 9-4	CLINIC CLOSED	
24	25	26	27	28	1	2
	NP Tracey 9-5 Dr McFadden 10-3 Lab Day 9-12:30	Tracey away- unconfirmed NP coverage- check with clinic	Tracey away- unconfirmed NP coverage- check with clinic	Tracey away- unconfirmed NP coverage- check with clinic	CLINIC CLOSED	

*\*Note- Tracey is away March 11-13 with no replacement NP, but she will be available Thursday the 14<sup>th</sup> and Friday the 15<sup>th</sup> to see patients \**

## Cultural Safety Training Blanket Exercise

The Blanket Exercise is an experiential activity that explores the 500-year relationship between Indigenous and non-Indigenous Peoples. During the activity, you will be guided through a narrative of many of the policies and events that have shaped Canada as it relates to the treatment of Indigenous Peoples of these lands. The exercise creates a condition that lends itself to you approximating an empathetic sense of the loss of land, and ways of life, which impact Indigenous Peoples today.

**When: March 18 2019**

**Where: Kelsey Centre Gymnasium**

**Time: 11:30 to 14:30**

**Schedule:**

**11:30 - 12:30 - Free Lunch**

**12:30 - 14:30 - Blanket Exercise**

The blanket you bring will be placed on the floor and walked on. For the exercise you will be removing your shoes to stand on the blankets. We ask that you **bring a blanket** with you that you are comfortable being placed on the floor and stood upon. Wear socks that you are comfortable walking around in.

Please confirm your presence at [saywardcommunitycapacity@gmail.com](mailto:saywardcommunitycapacity@gmail.com) or call at (250) 282-0001 - Ask for Nuka



**STRATHCONA  
COMMUNITY  
HEALTH NETWORK**

### Eyes Wide Open Workshop

On January 22, the North Island Employment Foundation Society (NIEFS), in collaboration with Sayward Literacy Now and the Sayward Community Capacity Project held the Eyes Wide Open workshop. This workshop was intended to share and teach on the realities of self-employment in our present day.

Thirty-four citizens of the Municipality of Sayward and the Sayward Valley came together and exchanged information. As well, five panelist from our community were there to answer question and talk about their strategies in their respective fields of work.

The information gathered during this workshop will be handed to Sayward Futures Society for future business and self-employment development.

On the behalf of the whole organizational team, we would like to thank all participants and panelist for attending and making this event a real success.

Nuka de Jocas-McCrae  
[saywardcommunitycapacity@gmail.com](mailto:saywardcommunitycapacity@gmail.com)  
250-282-0001







## Sayward Valley Folk Music Society News

(promoting music and the arts in Sayward)

There are world musicians, and there are musicians of the world. In the case of Alberta born **Doug Cox**, this extremely talented six string player happens to be both.

As a gifted guitarist, Doug's talent and passion proves nearly boundless. He has played and recorded with the likes of Ellen McIlwaine, David Essig, Long John Baldry, Amos Garrett, and The Mighty Popo.

Doug has earned innumerable raves from the BBC and *Guitar Player* magazine. He has long been an in demand session musician on the Dobro, mandolin and national steel guitar. His music has been featured on many film and TV soundtracks. He was the first featured Dobro player ever booked by the *Montreal Jazz Festival*.

Either as a solo performer or as a guest artist, Doug embodies inventiveness and breathtaking musicality.

Aside from regular teaching at music camps in Alaska, Texas, and England, he is also the producer and artistic director of *Vancouver Island Musicfest*.

In 2017, Doug was inducted into the BC Music Hall of Fame for his enormous body of work as a musician and producer. Doug has worked hard on his art and his craft and you can hear it when he plays. You can also see it in the names of the artists he is making music with and the places he has played. When you read between those lines, you know he has earned the respect of his peers and a lot of happy listeners.

Join us on **Sunday March 10** at the Heritage Hall as we present **Doug Cox, live and in concert**. The concert begins at **7:00**. Admission is **\$10 per person** at the door. Members, Volunteers and Children 12 and under are free. **Doors open @ 6:00**. A special thank you to Mt Kusam Lodge for providing accommodation, to Becky Sinclair for the wonderful desserts at our food table, and to all the volunteers who help to make events like these possible.

**Coming April 14 Bluegrass Fever**

**Coming April 23 We begin our Classical series with Winnipeg Pianist**

**Madeline Hildebrand**

SVFMS continues to bring live music to the community of Sayward. We encourage people to become members.. More info: 250 282-0134



### SAYWARD CHILDREN'S HEALTH HUB

Many have asked what the Hub is. At the Hub you will find information about services for children in our area. Our Navigator can help you find answers to your questions or direct you to someone who can help!

Hub is open Monday through Thursday 10 am to 1 pm, located in the Sayward School.

Drop in for a tea or coffee. We have books and play area for your little ones.

Free Parent and tot drop in every Wednesday 10 am to 1 pm!

Free Family gym every Thursday 9:30 am to 11 am!

Contact Ann for more info 250-203-8332 [Saywardfamilynavigator@gmail.com](mailto:Saywardfamilynavigator@gmail.com)

### Sayward Children's Health Hub

Family Connections

Proudly Funded by

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



## Clinic Corner News

Diabetes Self Management Workshop has been rescheduled to April 23 – May 28, 2019 from 6:30 pm – 9 pm. It will be held at the Kelsey Center. This is not a drop in workshop. You must pre-register and there are limited seats available. Please contact the clinic to register.

Cardiovascular Disease Risk Reduction. Please see the posting on how you can lower your Cardiovascular Risk. This handout is courtesy of Foundation for Medical Practice Education. Thank you very much from your Board of Directors.



PATIENT HANDOUT – PLEASE FEEL FREE TO COPY THIS PAGE

### What Can I Do to Lower My Cardiovascular Risk? Self-management

#### How can I prevent having a heart attack or stroke?

The best thing you can do is to live a healthy lifestyle. The following can help to reduce your chance for developing cardiovascular disease. Any lifestyle change is a good start. It is important to continue with these healthy lifestyle choices even if your health care provider recommends that you start taking a medication as well.

#### 1) Stop Smoking:

If you currently smoke, think about whether you are ready to try stopping. Your health care provider can help with options, including medications to support you. To get started visit:

- Break It Off: <http://breakitoff.ca/>
- What is the Single Best Thing You Can Do to Quit Smoking? (12 min video) <https://www.youtube.com/watch?v=z16vhtjWKL0>

#### 2) Physical Activity:

Try to aim for 150 minutes of moderate aerobic activity per week (e.g., brisk walking). Start slowly and build up to 30 minutes, at least 5 times a week. It is also recommended that you avoid long periods (> 1 – 2 hours) of “sitting” or not moving.

To review the benefits of being physically active, watch these videos to learn more:

- 23 and ½ hours (5 min): <https://www.youtube.com/watch?v=3F5Sly9JQao>
- Make Your Day Harder (4 min): <http://www.makeyourdayharder.com/>

#### 3) Healthy Eating:

Following what is called a Mediterranean type of eating pattern has been shown to lower your risk of having a heart attack or stroke. This type of diet includes the following: a high intake of olive oil, fruit, vegetables, whole grains, nuts and legumes; moderate intake of fish and poultry; low intake of full-fat dairy products, red meat, processed meats and sweets. Learn more about the Mediterranean diet (including recipes):

- Oldways: <https://oldwayspt.org/traditional-diets/mediterranean-diet>
- Mayo Clinic: <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/mediterranean-diet-recipes/art-20046682>
- What's the Best Diet? Healthy Eating 101 (15 min video): <https://www.youtube.com/watch?v=fqhYBTg73fw>

#### 4) Alcohol:

If you drink, limit how much you have as any amount of alcohol can increase your health risks. Men: aim to have no more than 1 to 2 drinks per day. Women: no more than one drink per day. **Challenge yourself to have one drink free day a week if you can.** Visit the following for more information:

- Rethink Your Drinking: <http://www.rethinkyourdrinking.ca/>
- A Re-Think of the Way We Drink (10 min video): <https://www.youtube.com/watch?v=tbKbq2lytC4>

#### DID YOU KNOW

**...that being physically active or following a Mediterranean type of eating plan can reduce your risk of heart attack and stroke by 30%.**

#### Every Step You Take to Improve your Health Counts!

Be sure to ask your health care provider about supports available in your community to help you make the changes you are ready for.

#### My Community Resources to Consider:

- ☐ Stop Smoking \_\_\_\_\_
- ☐ Physical Activity \_\_\_\_\_
- ☐ Healthy Eating \_\_\_\_\_
- ☐ How to Reduce My Stress and Worry? \_\_\_\_\_

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November 2018



**ADVANCE CARE PLANNING**

CAMPBELL RIVER HOSPICE SOCIETY

Advance Care Planning allows you to have a say in the health care you will receive if you are too sick to speak for yourself.

It's a way to reflect on your values, beliefs and wishes so that you can make your own health care decisions.

By discussing and documenting your wishes with your loved ones and health care providers, they will be able to act on your behalf when needed.

Advance Care Planning promotes peace of mind.

- No Cost
- 3 Workshops dates to choose from
- Location: 440 Evergreen Road, Campbell River

**MARCH WORKSHOPS**

Workshop A - Monday, March 11 & 18 (1pm-3pm)

Workshop B - Wednesday, March 6 & 20 (6:30 pm - 8:30)

Workshop C - Thursday March 7 & 14 (10 am - 12noon)

**CHOOSE A WORKSHOP AND REGISTER AT 250-286-1121**

**Family Caregivers of British Columbia**

You are welcome to join us for the Campbell River Caregivers Support group, to share your experiences, concerns and thoughts. You can also get help navigating the healthcare system and get your questions answered. Free resources and information are available. Confidentiality assured.

**LOCATION:** Campbell River Hospice Society  
440 Evergreen Road, Campbell River

**DAYTIME MEETINGS:** 10AM - 12 NOON / Every 2nd Tuesday of each month

**EVENING MEETINGS:** 6:30PM - 8:00PM / Every 2nd Tuesday of each month

RSVP IS APPRECIATED BUT NOT REQUIRED  
Contact: [campbellrivercaregivers@gmail.com](mailto:campbellrivercaregivers@gmail.com) or  
Toll-Free 1-877-520-3267  
More information at [www.crhospice.ca](http://www.crhospice.ca)



<b>KELSEY RECREATION CENTRE MARCH SCHEDULE</b>					
	SUNDAY	MONDAY	WEDNESDAY	FRIDAY	
8:30	AQUACISE:  NOON -12:45  TOONIE SWIM  1:00-3:00PM	NEW WEIGHT ROOM 8:45-11:15	NEW WEIGHT ROOM 8:45-11:15	NEW WEIGHT ROOM 8:45-11:15	
9:00		AQUACISE 9:00-10:00	AQUACISE 9:00-10:00	AQUACISE 9:00-10:00	
9:30		NEW OPEN SWIM 10:15-11:15	NEW PARENT & TOT SWIM 10:15-11:15	NEW OPEN SWIM 10:15-11:15	
10:00					
10:30					
11:00					
11:30					
12:00					
12:30					
1:00					
1:30					
2:00			AFTER SCHOOL PROGRAM 2:30-4:30 MOVING WET MONDAY In the pool	AFTER SCHOOL PROGRAM 2:30-4:30 WET WEDNESDAY	AFTER SCHOOL PROGRAM 2:30-4:30 FUNKY FRIDAY weather permitting out-doors
2:30					
3:00					
3:30					
4:00					
4:30					
5:00					
6:00		NEW PUBLIC SWIM 6:00-8:00	NEW PUBLIC SWIM 6:00-8:00	NEW PUBLIC SWIM 6:00-8:00	
6:30					
7:00		NEW WEIGHT ROOM 6:00-8:00	NEW WEIGHT ROOM 6:00-8:00	WEIGHT ROOM 6:00-8:00	
7:30					
8:00		GYMNASIUUM NEW FLOOR HOCKEY 6:00-7:30	OPEN GYMNASIUM 6:00-7:30	GYMNASIUM NEW BASKET BALL 6:30-7:30	
			SINGLE	10-PACK	MONTHLY
AFTER SCHOOL PROGRAM			7.50	75.00	NA
CHILD/YOUTH			3.00	27.00	36.00
ADULT			5.00	45.00	60.00
SENIOR			4.00	36.00	48.00
FAMILY (Immediate)			15.00	135.00	180.00
NOTE: There has been some schedule changes. Early Bird Swim & Zumba Canceled					
NO AFTER SCHOOL PROGRAM: March 22-April 1, 2019					
The facility schedule is subject to change. For daily schedule please call 250-282-5500					

All our volunteers handling the recycling really appreciate it if you rinse your bottles & cans and remove the caps.





# Garden Club News

## Leslie Cox - Duchess of Dirt At Meeting

Some Februaries are warm and spring starts early. But with snow on the ground there isn't much for gardeners to do but take care of the fruit trees and the compost. Keeping a cover on the compost and occasional watering and turning keeps the pile working and ready for use in the spring. March is when the fun begins. Early plantings of spinach, lettuce and other greens are possible and will grow well under plastic cover. Peas can start early if they are pre-germinated in the house on wet paper towels inside a plastic bag. They can be planted as soon as the little root appears. These early plantings are delicious to birds and need to be covered with a light weight crop cover like remay cloth. Hold down the cover with strips of wood or rocks, leaving sufficient slack for the plants to lift the cover, providing enough space for them to grow. Weeding of flower beds is easiest at this time of year before the perennials begin to leaf out. The small newly germinated weeds and the persistent grasses can be spotted and eliminated before they get big and well rooted.

### The Duchess Demonstrates

The Garden Club raises its funds through the "dollar a meeting" dues, plant sales and donations. This allows us to bring in an out-of-town speaker a few times a year. At the March 14<sup>th</sup> meeting we will have a demonstration of how to grow a **Biodiverse and Productive Garden** by Leslie Cox from the Comox Valley. Leslie, the Duchess of Dirt, will illustrate her talk with slides from her show garden in Black Creek. Leslie was a long time president of the Comox Valley Garden Club and is an experienced professional presenter. We hope that non-members will come to hear this excellent speaker.

Admission is by donation. Doors open at 6:30 and we begin at 7:00.

## Leslie Cox - Duchess of Dirt

Slide Presentation: *Growing a Biodiverse and Productive Garden*

Biodiversity means "the variety of life in a particular habitat or ecosystem". It is the very essence of growing a healthy, productive garden.

But much is changing in our climate patterns and water... a necessity of all life on our planet...is getting scarce. We are battling new pest species from across the globe without the help from their natural predators and many diseases are becoming more virulent.

In this presentation you will learn what is needed to create a biodiverse garden...a garden rich in wildlife habitat, beneficial insects and healthy plant species...even in our "new" climate conditions.

Date: **March 14, 2019** Time: 7:00 – 9:00 p.m.  
Place: **Heritage Hall** Admission: by donation

Leslie Cox is an enthusiastic educator and former president of the Comox Valley Horticultural Society. She has published articles for numerous magazines, writes a regular column for the Comox Valley Record and co-owns Growing Concern Cottage Garden in Black Creek.



## Sayward Age Friendly Van Schedule March 2019 19+

MONDAY 4, 11, 25	TUESDAY 5, 12, 19, 26	THURSDAY 7, 14, 21, 28,
Sayward Clinic 9am-12pm	Kelsey Centre 9am-12pm	Kelsey Centre 9am-12pm

**Wednesday March 13**

**Friday March 29**

**Weather Permitting**

**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)



## Age Friendly Drop-In Schedule (Seniors)

Tuesday	Thursday	Saturday
Drop-In 9:30 am - 12pm	Drop-In 9:30 am-12 pm	
Open Computer's 10:30 am -12 pm	Open Computer's 10:30 am - 12 pm	
Carpet Bowling 9:30 am	Carpet Bowling 9:30 am	
Domino's 10:30 am	Domino's 10:30 am	Domino's 10:30 am
	Crib 7pm	

## Golden Goodies

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

PLEASE CONTACT ANDREA AT THE RECREATION CENTRE IF YOU WOULD LIKE TO VOLUNTEER.

**WHEN: TUESDAY  
MARCH 12, 2019**

**WHERE: KELSEY  
RECREATION CENTRE  
KITCHEN**

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



## Cardmaking Technique Class

Once a month, there will be a class to demonstrate new techniques with cardmaking. All supplies provided. Projects will vary, depending on the technique being demonstrated.

**\$10**

**Date: Tues., Mar. 5, 2019**

**Time: 7pm**

**Place: Kelsey Centre**

**Multi-purpose room**

Please register by Sat.. Mar. 2 , 2019  
[papercraftingwithtracey@gmail.com](mailto:papercraftingwithtracey@gmail.com)



March 2019

Sayward Children's Health Hub and activities for parents tots.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					1	2
For more information please contact Sayward Children's Health Hub. saywardfamilynavigator@gmail.com 250-203-8332					Closed	
3	4	5	6	7	8	9
	Strong Start 8:45 -11:45, Hub 10 -1	Strong Start 8:45 -11:45, Hub 10 -1	Puss & Boots Parents & Tots Drop in 10 - 1 , Par- ent & tot swim 10:15 - 11	Family Gym 9:30 - 11, Hub open 10 - 1	Closed	
10	11	12	13	14	15	17
	Strong Start 8:45 -11:45, Hub 10 -1	Strong Start 8:45 -11:45, Hub 10 -1	Hub 10- 1 , Parent & tot swim 10:15 - 11	Family Gym 9:30 - 11, Hub open 10 - 1	Closed	
	18	19	20	21	22	24
	Strong Start 8:45 -11:45, Hub 10 -1	Strong Start 8:45 -11:45, Hub 10 -1	Hub 10- 1 , Parent & tot swim 10:15 - 11	Family Gym 9:30 - 11, Hub open 10 - 1	Closed	
	25	26	27	28	29	
	CLOSED SPRING BREAK	FAMILY FUN DAY, Heritage Hall 2:30 to 4:30, Treasure Hunt	CLOSED SPRING BREAK	CLOSED SPRING BREAK	Closed	

Sayward  
Children's  
Health Hub

Family Connections

Proudly Funded by

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



**WANT TO PLAY SOME BASKETBALL?**

**THE KELSEY CENTRE IS HOSTING DROP IN  
BASKETBALL FOR TEENS AND ADULTS EVERY  
FRIDAY FROM 6:30-7:30 PM.**

**COME AND JOIN US!**

**\*ALL GENDERS WELCOME- AGES 13 AND UP\***



**DATES:**

**Monday, March 25, 2019**

**Wednesday, March 27, 2019**

**Friday, March 29, 2019**

**TIME: 11AM-3PM**

**LUNCH WILL BE PROVIDED**

**COST: \$50 (ALL 3 DAYS)**

**MUST REGISTER BY: MAR. 20, 2019**

**250-282-5500**

**Signup Now!**



*Sayward Genealogy*

*Research Group*

**2nd Tuesday of the month**

**@ 1pm Kelsey Centre**

*Finding Our Family History*

*Sayward Christian  
Fellowship*



*"Eternity is a long time to think  
about where you went wrong"*

**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!**

A heart-felt "Thank You" to everyone who came out to remember my Mom, Joyce Despins, on Saturday, February 2<sup>nd</sup> and those who sent lovely messages, many recalling special moments. Also, my sincere appreciation towards the entire community of Sayward who helped my Mom fulfill her wish to remain in her home, which gave us many wonderful extra years together. Blair, you were incredible at keeping Mom actively engaged by taking her to the cruise ships, making her famous trifle for potlucks, cheering on the Kusam Klimb runners and Tour de Rock riders and attending all the events with your signature kindness and endless patience. Thank you so very much for being there, Blair!

I am extremely grateful for the generosity and warm compassion shown by Rosemary and the Sayward Legion members, including Lisa, Alvina and Tessa, hosting a beautiful send-off that would have made Mom proud. Thank you also to Mark, Beth and Dan Johnson for your kind words and beautiful songs.

There are many people who provided Mom with exemplary comfort and care especially Cheryl W., Tracey, Fran and Crystal at the Health Clinic, Pat with BC Ambulance, Brenda and Shonna, Cheryl and Diana, Shawna, Christie and Karen and all the VIHA nurses, Fran, Diane and Sherry, and Anne. I thank each of you from the bottom of my heart.

Wonderful neighbors have helped in many ways and I'd especially like to thank Bob and Louise, Becky and Sean, the Milliken family, and Kevin, Shae, Joanie and the kids.

Thank you for your understanding if due to the huge outpouring of support you were unable to get into the Legion hall right away or receive my personal thank you for attending, which I now extend.

For those I haven't recognized but who also contributed to my Mom's well-being, please accept my gratitude and apology.

May my Mom live on forever in Sayward's beautiful community spirit.

Many thanks,

Marvelee

P.S. Thank you Debbie Reusch for your hard work on this newsletter that was a monthly highlight for my Mom and is a valuable community resource.







Kyuquot-Nootka / Sayward News  
Strathcona Regional District (Area 'A')

February 20, 2019

### Capital Expenditures

The Heritage Hall has developed some leaks in the roof and it appears that the entire roof will need to be removed in order to do a proper repair. The building is owned by the Strathcona Regional District and whenever government undertakes a project, although they are not very fast, they tend to do a thorough job. I have set aside \$35,000.00 from reserves for this capital expense repair. Any money that is not used will be returned to the reserve fund. By using reserves instead of tax requisition it means that this amount will not be all taxed back in one year. In addition, last year the Valley Fire Hall had a \$15,000.00 repair to its foundation which was also taken out of capital reserves. These are good examples of why we set some money aside every year into reserve funds. Whenever Community Works Funds (Gas Tax) or any other grants are available I take advantage of them; however, these kinds of repairs are usually not eligible.

### Solid Waste

One of the largest increases in taxes is for solid waste disposal. What used to be paid entirely by tipping fees until 2013, has for 2019 mushroomed to a \$6 Million tax requisition. Provincial legislation now requires garbage dumps to install impermeable liners, effluent collection and treatment plants, methane gas flaring, organic composting, and extensive capping of each cell when it becomes full. These are all environmentally good practices but extremely expensive, and the provincial standards just keep on increasing. Tipping fees have also been increased as much as the market can bear, and this is why our annual bill for our weekly curbside garbage pickup in the Sayward Valley keeps going up every year. One of the problems in trying to address this situation is that at the Solid Waste Board every vote is a weighted vote, which effectively gives the Comox Valley total control of every decision. With so many new Directors on the Solid Waste Board it appears that there is now little interest in pursuing any waste to energy technology any time soon.

If you have any questions on these or any other issues, please don't hesitate to phone me at home.

Gerald Whalley

Regional Director (Area 'A')\n(250) 282-3787  
[gdwhalley@saywardvalley.net](mailto:gdwhalley@saywardvalley.net)



Monday and Thursday

10 am to 12 noon

At the Sayward School!

Drop in for a coffee and let us know if we can help you with your literacy needs!

**Struggling with your computer drop in!**

**Need a book? Lots of free books for all ages!! Come down and check out our selection!**

If you need help give either one of us a call!

Jan Bakker at [bokkie.bakker@gmail.com](mailto:bokkie.bakker@gmail.com) 250-282-3851 or Ann Vansnick at [annvansnick3@gmail.com](mailto:annvansnick3@gmail.com) 250-282-3450



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

## Heritage Hall Happenings

**Indoor Market** Saturday, March 2 from 10 am to 1 pm

**Farmer's Institute Potluck** Saturday, March 2 @ 5:30 pm

**Dog Training Course** Monday, March 4, 11, 18 @ 1:30 pm

**Helping Hands Sewing Circle** Tuesday, March 5, 12, 19, 26 @10am-2pm

**Maker's Market** Saturday,, March 9 12 pm-2 pm

**Community Potluck** Saturday, March 9 @ 5:00 pm

**Sayward Valley Folk Music Society Presents:**

**Doug Cox in Concert. Sunday, March 10 @ 7:00 pm Doors open @ 6:00**  
Admission \$10 per person. Members and Children under 12 are free

**Garden Club** Thursday, March 14 @ 7:00 pm

**P.A.L. Gun Course** Saturday, March 16 from 9 am - 3 pm

**SCRA Meeting** Monday, March 18 @ 1:00 pm

**Easter Spring Clean Up** Saturday, March 23rd, 2019 @ 10 to 2pm

**Family Fun Day** Tuesday, March 26 at 2:30 to 4:30

**Fish & Game** Thursday, March 28 @ 7:30 pm



**Easter Spring Clean Up** March 23rd,

2019 at 10 to 2pm At the Heritage

Hall Lunch will be provided for all!

Please drop in and take part in our annual Easter clean up and get grounds ready for our Annual Easter Egg Hunt. Bring your own tools as hall has very limited tools. Any questions please call Heritage Hall at 250-282-0192 Or Bob 250-282-0134



**FAMILY FUN DAY** at the Heritage Hall

March 26 at 2:30 to 4:30

Come down with the family for a TREASURE HUNT!

We will have a fire going and can roast hotdogs, marshmallows and drink hot chocolate!

Please sign up! So we have enough for all.

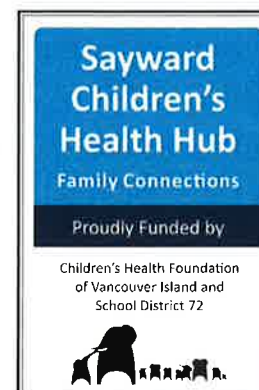
Brought to you by

The SCRA, Sayward Children's Health Hub and Sayward Literacy Now!

Any questions please contact

Ann 250-203-8332

[annvansnick3@gmail.com](mailto:annvansnick3@gmail.com)







## Mayors Update February 2019

Congratulations Councillor Ives, Councillor Craig and Councillor Kirschner on successful completion of the Newly Elected and Re-elected Forum, and to Lisa Clark on her promotion to Chief Financial Officer.

My update in January 2019, inferred that Director Whalley and Electoral Area A supports no services in the Village. This was incorrect. Electoral Area A cost-shares in at least two services, Solid Waste and Fire Department. Director Whalley has also given Grants-in-Aid to Sayward Community Health Society, Sayward Futures and RCMP Bike Rodeo. These groups serve both the Village and Electoral Area A.

### Clarification of Governance

The Village of Sayward Municipal Government has five elected members; four Councillors and a Mayor. When Council votes on a motion, I am ONE vote. A majority of Council is required to pass a motion. I hope this clarifies the misconception that the Mayor has final authority on decisions made at the Council Table. Any application sent to Council for review is voted on and the majority vote rules. Governance of Electoral Area A is the responsibility of the single Director.

Recent innuendo on Social Media about my input to not supporting a cannabis store at the Crossroads was an expressed personal opinion. I did receive a courtesy call from Electoral Area A Director Whalley regarding this application and advised him that personally, I would not support it. I saw Electoral Area A Director Whalley later that day and reiterated that should an application for a Cannabis Store within the Village boundaries be submitted, a vote of Council to accept or reject the application would be required.

Any resident of the Village who would like to discuss a concern or issue that is within the Village, is always welcome to make an appointment to meet with me. I have an "open door" policy and I believe that it is more effective to meet face-to-face and speak openly and honestly.

Council and staff have held two very interesting budget meetings and I encourage Village residents to attend the remaining meetings. We received notable input from the citizens who have attended. Make your voice heard and join us at these meetings. Ask questions, provide input. These are your tax dollars. The Village is legislated by law to have our Financial Plan and Tax Rate Bylaw adopted by May 15<sup>th</sup>. We hope to have this process completed by mid-April. Council is also legislated by law to have a balanced budget. We must not have a deficit budget.

### Projects

Water Treatment Plant - Work is continuing on the new water treatment plant and above ground reservoir. Within the next few weeks there will more traffic and equipment going to and from the site.

Dam Decommissioning - An RFP for decommissioning the dam has been issued.

Mall - No further communication with mall owner. Present status for a grocery store is unknown.

Working Waterfront Project: Trail component is complete. Construction of the two structures is expected to start in March.

Library – Unknown date for completion.

Snow Removal and Public Works – Ongoing.

John MacDonald, Mayor



**Are you interested in purchasing a Memorial Bench?** The cost to the sponsor of the bench, including a plaque no larger than 3' x 5" in size, is \$1500.00. Installation of the bench is provided by the Village. Contact the Village for more information.



Add a Personalized  
Bronze Plaque, See  
[BarcoProducts.ca](http://BarcoProducts.ca)



Beautiful, Black Powder-Coated  
Cast Aluminum Frame Design

### **Sterling Bench**

**Best Selling Design - An Excellent Choice to Enrich Your Location**

- Perfect for parks, streetscapes, business campuses, and more
- Smoothly contoured seat and backrest
- High grade, recycled plastic slats are long lasting and maintenance-free
- Cast aluminum frame, powder-coated Black



### **BACKYARD COMPOSTERS**



Are you interested in purchasing one? These composters retail in Campbell River for \$90 +.

The Village has a few of these for sale. **New!** At the reduced rate of **\$45.00. We will deliver!**

Contact the Village to purchase one. 250-282-5512

