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250-282-0018

www.saywardfutures.ca

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250-282-5525

Sweet And Savory Baking

Locally made home baked goods. Breads, Pies, Cakes and everything in between.



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### 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

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Contact Charon

250-850-7144 604-210-0466

email: charonrids@Gmail.com

**4** & MENDING

C: 250-203-3545 O: 250-286-3293

Email: brh@saywardvalley.net 1004 Sayward Road, Sayward, BC V0P 1R0

susanmallinson@royallepage.ca

www.susanmallinson.com

## **STORAGE RENTAL**

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# Mt H'Kusam View Lodge



Hostel and Country Inn 1165 Salmon River Main Julie Olsen & Erik Walsh 250-282-5547

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Jeff Judge Master Electrician 587-298-5333

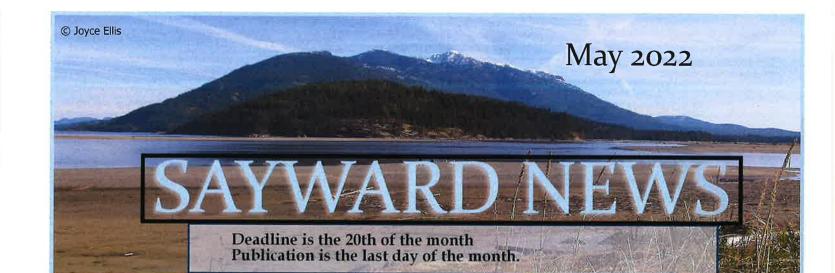
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This space for rent Please contact saywardnews@gmail.com TIMBER SERVICES

1.236.594.5234

This space for rent Please contact saywardnews@gmail.com



## 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



at the Kelsey Centre May 31st & June 14th 12pm

Volunteers needed Please contact Tracey @ Sayward health clinic 250-282-3515 for more information

For more information about this event



please call the Kelsey Centre 250-282-5500





# **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 System**

\*\*\*UPDATE\*\*\*

Starting in May the Village of Sayward and the Strathcona Regional District will be moving to a new Emergency Mass Notification System. This system will also be used in the Village for other non-emergency notifications such as weather alerts, public works notifications, and various other alerts.

If you had an account with the One Call system, or Connect Rocket, your information will be automatically transferred into the Alertable system. If you did not previously have an account, please check the Village of Sayward website after May 2nd for details on how to sign up to Alertable:

https://www.sayward.ca/municipal-services/emergency-services/sayward-emergency-program

More information will be coming soon, stay tuned!







# Village of Notice of Regular Council Meetings

The Village of Sayward
Regular Council Meetings for the
year 2022 will held in Council
Chambers located at 652 H'Kusam
Way at **7:00 PM** on the following
dates:

January	Tuesday	4
January	Tuesday	18
February	Tuesday	1
February	Tuesday	15
March	Tuesday	1
March	Tuesday	15
April	Tuesday	5
April	Tuesday	19
May	Tuesday	3
May	Tuesday	17
June	Tuesday	14
July	Tuesday	19
August	Tuesday	16
September	Tuesday	6
September	Tuesday	20
October	Tuesday	4
October	Tuesday	18
November	Tuesday	1
November	Tuesday	15
December	Tuesday	6

### Elected Officials of the Village of Sayward

Mayor Mark Baker	(250) 203-5428
Councillor Norm Kirschner	(250) 282-3834
Councillor Sue Poulsen	(250) 282-0184
Councillor Tom Tinsley	(250) 898-7067



#### 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

Michele Babchuk 1-866-387-5100



#### Federal Government Member of Parliamen

Rachel Blaney 1-250-287-9388

1-800-667-8404



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

You must be:

Living in the Sayward District Fire protection area, team oriented, healthy/physically fit, and 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 is provided.

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 available for both on and off duty. New friends and acquaintances guaranteed.

And lots of fun!

For more information, or to apply please contact the Sayward Volunteer Fire Department @ 250-282-5505 or <a href="mailto:svfd@saywardvalley.ca">svfd@saywardvalley.ca</a> or come to our weekly meetings every Monday @ Fire Hall #1 - 7 PM

# Sayward Free Yard Wood Debris Pickup

The SRD and the Village have both received FireSmart grant funding to provide the <u>free curbside wood debris chipping service again this year.</u> The wood-chipping service date is still to-be-determined but we are planning for mid-June, I wanted to let you know about the wood-chipping service confirmation because it's popular amongst residents. The wood-chipping service is anticipated to follow the same rules as last year (below). Another mailout will be sent when more information about this service is available.

#### Rules

- Bring wood debris to the end of your driveway at the pre-determined date/time.
- No rocks, no nails, and no roots.
- Ideally all "butt ends" of branches are pointed the same way so they can be fed efficiently into the chipper.
- Tree trimmings must be under 16cms in diameter and 10m length max.
- · No invasive species.
- The contractor reserves the right not to pick up any piles they feel does not meet these rules; and
- Do no block traffic by piling debris on the road.

For resources on how to better prepare you and your loved ones for a disaster please visit <a href="https://www.srd.ca/services/emergency-preparedness">www.srd.ca/services/emergency-preparedness</a>

Questions or comments, please contact:

Shaun Koopman - SRD Protective Services Coordinator

250-830-6702 | preparedness@srd.ca | www.srd.ca





# **Mothers Day** Tea at the **Firehall**



Please come join your local fire department in celebrating all the wonderful mothers in our town. We will be serving tea, coffee and water as well as some goodie trays for snacking.

# Sunday May 8th/22 from 12-2pm @Hall 1

If you have any questions or concerns, please call: 250-282-5505 Or email: svfd@saywardvallev.ca



Presented to you by

Sayward Elementary PAC and Sayward Volunteer Fire Department

And hosted by Sayward Co-Op Gas Bar

When: Saturday, May 28th 2022 @ 12pm - 3pm

Where: At the parking stalls on the highway side of the Co-Op Gas Bar Why: To raise funds for the both of these organizations that help our

community in so many different ways!

Washes will be by donation (min \$5 please).

The Parent Advisory Committee and The Sayward Volunteer Fire Department will split the proceeds 50/50



With every car wash you will also receive A FREE SLUSHIE COUPON

## **Local Organization Information**

**AA Meetings** 250-282-0030

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

Heritage Hall – Call for rentals 250-282-0192

heritagehall@saywardvalley.net

Kelsey Centre 250-282-5500

kelseycentre@saywardvalley.ca

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

Ocean View Gifts & Gallery 250-282-0018

Royal Canadian Legion Branch #147

President – Debbie Zeiler 250-495-4500

Saturday Market at Heritage Hall Barb 250-282-3242

Sayward Ambulance 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,

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 Emergency Program epc@saywardvalley.ca

Sayward Fish & Game

Meets last Wednesday of each month - Heritage Hall 7:30 pm

Sayward Futures Society Contact 250-282-0018

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

Sayward Garden Club Alex 250-282-3799

Meets 2nd Tuesday of the month 1:00 pm Heritage Hall.

Sayward Harbour Authority Colin Read Executive

Director 250-282-0178 or Wharfinger Lyall

Linklater 250-282-3431

Meets First Sunday of month, Harbour Office. 9:30 am

Sayward Health Clinic 250-282-3815

Sayward Literacy Now

Jan Bakker bokkie.bakker@gmail.com

250-282-3851

Ann Vansnick anny@saywardvallev.net

250-282-3450

Sayward RCMP Contact Non-Emergency 250-282-5522

Sayward Post Office 250-282-3223 Monday - Friday

9am-5pm, Saturdays 830am-1230pm

Sayward Volunteer Fire Department

Contact Non-Emergency 250-282-5505 Email address: svfd@saywardvalley.ca

Meets every Monday @ Fire Hall #1 at 7 pm

St. Bernadette's Catholic Church – 963 Despins Road Sunday Service at 11 am (3<sup>rd</sup> Sunday at 3 pm)

Village of Sayward Council Meetings 250-282-5512

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

Village of Sayward Office 250-282-5512

Office hours: Mon-Fri 9am-4 pm

VI Regional Library 250-282-5551

For Sit Down Service: Mon/Thurs/Fri/Sat 10am-2pm

Tues/Wed 10am-8pm

Sayward Burial Park Contact the Village of Sayward office at 250-282-5512 for info



# Sayward Harbour Authority Annual General Meeting

Date: May 29, 2022

Time : 9:30 am

Location: Harbour Authority Office,

30 Sayward Road, Sayward, BC

# **SCRA Heritage Hall**

Meeting May 16th at the hall 7:00pm

Community Garage Sale May 7th. \$10 registration fee to be added to the map and receive signs and balloons. Contact the Hall at 250-282-0192 or Karen 250-282-3667 Outdoor space is available at the hall for \$5 a table The concession will be open.

## Summer Market

Every Saturday from 10am to 1pm starting June 4th. Table and booth space is available for \$4 per vender. The kitchen is available to non-profit for fund raising. Must have proof of Food Safe.

we would like to thank our Easter Egg hunt sponsors for your generous donations. The Campbell family, Sayward Valley Resort/ Fisherboys, SCRA Heritage Hall, Sayward literacy now, Sayward children's health hub. Thank you to the Sayward Garden Club for cleaning up our flower beds.

1257 Sayward Rd 250-282-0192

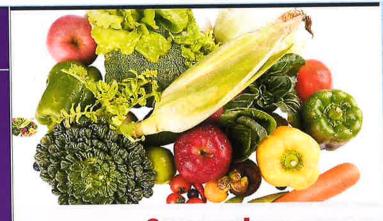


# Shawn Sinclair

(250) 282-3726

Email: brh@saywardvalley.net
1004 Sayward Road,
Sayward, BC
VOP 1R0

We make it beautiful...you make it home!



# Sayward Farmers Market

Every Saturday Starting June 4th. 10am to 1pm

Table and booths space \$4.00 per vender. Kitchen is available to non-profit groups for fundraising. Must have proof of Food Safe

Heritage Hall 250-282-0192, 1257 Sayward Rd



480 Howes Rd Sayward, B.C. VOP 1RO Michelle Brickwood

0 (250) 203-6297

shellyddavis@hotmail.com

# Sayward Christian



"Sin is a short word, with a long sentence."

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!

# WorkBC Employment Services







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

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# We're Dropping In!

SIGN UP FOR A FREE FIBRE-OPTIC CONNECTION TO YOUR HOME OR BUSINESS TODAY!

THERE IS NO OBLIGATION TO SIGN UP FOR INTERNET SERVICES & INSTALL IS FREE WHILE CONSTRUCTION CREWS ARE ON SITE. CityWest has partnered with the Strathcona Regional District to bring fibre-optic services to many SRD communities via the Connected Coast undersea fibre optic project.

# For More Info

See FAQs at citywest.ca/dropping-in or please call 1-800-442-8664





SIGN UP at citywest.ca/dropping-in

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



April 20, 2022

#### Just Like Home:

The Strathcona Regional District has announced that it will build and operate a safe and welcoming lodge for regionally based patients and loved ones needing to travel to Campbell River for specialized medical care or procedures that are not available in their communities. Whether patients need accommodation for services scheduled early in the morning or are discharged from the hospital in the late evening, or need to stay for multiple days, the Just Like Home Lodge will provide a safe, healthy environment. This 10-bedroom lodge will be built on vacant lands adjacent to the Campbell River Hospital and will feature separate sleeping rooms with private washrooms, a communal living space, shared kitchen, and laundry facilities. The plans include spaces for Recreational Vehicles with hook-ups and a walkway with easy access to the hospital. In partnership with the Campbell River Hospital Foundation, fundraising efforts have begun to cover the capital costs estimated at \$2 million.

## **High-Speed Internet:**

The Strathcona Regional District (SRD) has reported that to date Sayward has only had about 30% of our people sign up for an optical fiber "drop". A "drop" is a free fibre-to-home installation for high-speed internet, TV and telephone that will be delivered through our partnership with CityWest. Although the underground cable to your home will be completed this summer, it is necessary to sign up now so that construction crews can be retained in advance. There are a limited number of available qualified crews in our area, and scheduling will be an issue if we don't retain them now. We are hoping to hook up everyone, but in order to commit to hiring as much crew time as will be needed for an area as large as the entire Sayward Valley, we need confirmation now that your home wants to be connected. There is no obligation to sign up for any service, but if now or later on you decide to, you will find that pricing is competitive and that for a much improved service. For example, currently I pay monthly \$34 for Telus phone with 200 min. long distance cap, plus \$46 for very basic Shaw TV, plus \$56 for Mascon Internet with download speed of 20 Mbps and a 60 GB cap for a total of \$136. CityWest's bundle for phone with 500 min long distance, plus TV (choose from 300 channels), plus internet with no data cap and at 1000 Mbps (which is 20x faster than what I now have) is \$131. Plus, the first two months are free if you sign up for services now. Pricing for these and other options is found at <a href="https://www.citywest.ca">www.citywest.ca</a>

This installation of the drop is completely free up to a distance of 250 meters from the street and there is absolutely no obligation afterwards to purchase any of their services at any time. (Beyond 250 meters there will be a small cost to the homeowner.) To give permission to City West and its contractors to install this "drop", please go to <a href="www.citywest.ca/dropping-in">www.citywest.ca/dropping-in</a> and fill in the form. If you have any questions, you can contact these two top City West executives: Stefan Woloyszyn CEO of City West <a href="stefan.woloszyn@cwct.ca">stefan.woloszyn@cwct.ca</a> or Tanya Jenkins VP of Sales and Marketing <a href="marketing@cwct.ca">marketing@cwct.ca</a>. If you don't have internet access, or just want to phone, they can both be reached at 1-800-442-8664.

If you have any questions on these or any other issues, please do not hesitate to contact me.

Gerald Whalley
Regional Director (Area 'A')
(250) 282-3787
gdwhalley@srd.ca

#### **CAO Corner**



May 2022

Another month already behind us! The Municipality has been busy this month and delighted to share some updates.

#### **Kelsey Centre**

Our Recreation Manager, Michelle Davis successfully applied for a grant from Indigenous Sport, Physical Activity and Recreation Council (ISPARC) allowing for some new equipment to be purchased for the centre. Well done, Michelle!

As mentioned, the Kindling Community Kindness Grant (Plan H) had to be revised as we ran into a few barriers with execution to original plan. I am happy to report that the grant has been approved by the funder to be redirected to the Kelsey Centre allowing for a Seniors Dinner Series. More to come on this series of events!

The Kelsey Centre is actively recruiting lifeguards. Please contact the centre directly to enquire about this exciting position. As mentioned, having trained and certified Lifeguards is another requirement allowing the pool to reopen. There are also life saving courses being offered through the Kelsey Centre (pending sufficient sign up for these programs)-see the recreation staff for more details.

#### Council

Councillor Wes Cragg has resigned from Council due to relocation and we wish him well in his future endeavours. There is no need for a By-Election in an election year so this will not be scheduled as a result.

#### **Bylaw Enforcement**

The office has received a series of complaints this past month on a couple of key themes:

- Unlicensed vehicle(s) on municipal property/ roadways. While complaints received are specific to a certain vehicle, RV, or trailer, it is not an isolated issue for the community. Just a friendly reminder that vehicles need to be licenced or moved to private property.
- Dogs unleashed/ unlicensed. A reminder to please have your furry friends licensed in the Village of Sayward. It is inexpensive to get a licence and having one for your dog can assist the municipality in returning your dog in the event it goes missing and is found. Please adhere to all regulations around community spaces and respectful of others as we all enjoy the warming weather!

Bylaw Enforcement will be in the area in the months of May and June.

#### Oscar Daze Returns!

While the Pandemic has caused barriers to many events, I am pleased to announce that Council has approved Oscar Daze to return to our community for August Long Weekend. Thank you to the organizers of this event!

#### High Speed Internet is coming

"It is such an advantage to be able to provide high-speed reliable internet that people and businesses can count on. For too long, rural, remote, and Indigenous communities have not had reliable high-speed internet... This is a great project to help bridge that digital divide and help bridge that socioeconomic gap without connectivity."

~Honourable Lisa Beare

Minister of Citizens' Services

Signing up for fiber connection to your home is free through Connected Coast! Yes, the connect to your house is free. There is no obligation to start the service once lines are run to your home. Like anything there is a catch though. You must sign up for the connection online or by phone so that work can take place when crews are already in the area. One more catch is that we need the benefit of residents to sign up for work to begin and between the Village and Valley, we are currently we are at just shy of 40% of residents signed up. Let us push this up so that high speed internet become reality for our community.

Find out more:

https://connectedcoast.ca/

Please contact their project team at 1-877-830-2990 ext. 2, then press 3 or info@connectedcoast.ca

Con't next page

# Clinic Corner News



We are looking at getting the Seniors Community Kitchen lunches up and running again. However, in order for this to succeed, we need some volunteers. Please contact the clinic if you are interested in helping out.

Please note on the calendar that the Clinic will be closed for a couple days in the month of May.

We have a small amount of COVID 19 rapid Antigen Tests Home test kits available. Preference will be given to those living with chronic conditions. Those with school aged children, can get kits through the schools.

# May 2022



Public Health Nurse

250-850-2110 press 1

Please call above provider directly to book an appointment. For NP Tracey 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 9-11:30	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	NP Tracey 9-5	NP Tracey 9-5	NP Tracey 9-4	CLINIC CLOSED	
15	16	17	18	19	20	21
	No Nurse Labs 9-11:30	NP Tracey 9-5	NP Tracey 9-5	NP Tracey 9-4	CLINIC CLOSED	
22	23	24	25	26	27	28
53	Victoria Day Clinic Closed	NP Tracey 9-5	No Nurse Clinic Closed	No Nurse Clinic Closed	CLINIC CLOSED	
29	30	31	1	2	3	4
	NP Tracey 9-5 Labs 9-11:30	NP Tracey 9-5	NP Tracey 9-5	NP Tracey 9-4	CLINIC CLOSED	

Please Note- Calendar subject to change

Masks remain mandatory at all Island Health Sites. Thank you

# Garden Club News

Early plantings of onion sets, broccoli, lettuce, and spinach will fare well even with continuous rain. Some varieties like peas can be attacked by hungry birds and can be protected with remay cloth that lets in rain and sufficient sunlight. By the middle of May, with suitable weather, later varieties like beans, corn and zucchinis can be started. Cucumbers can wait for some warm sunny weeks.

A great turnout of the Garden Club led a clean-up of the flower beds at the Heritage Hall a few weeks ago. The club will soon be buying flower plants for the beds at the Heritage Hall. Anyone who has plants to contribute like forsythia, hydrangeas, rhododendrons, or other perennials can bring them to the club meeting on the second Thursday of the month or on the morning of our plant sale.

The club will be holding our annual plant and seed sale at the Heritage Hall on Saturday, May 14, 10:00 - 1:00. Members and others can bring contributions of plants on the morning of the sale or to the regular meeting of the club held outdoors at the hall at 1:00 Thursday, May 12. Please be sure to identify the plant name and characteristics such as size and colour.

Hope to see you there and 'till then, Happy Gardening.



# SAYWARD FUTURES SOCIETY Our Community Our Future

# Sayward Tourism Meeting Hosted by Bob Sampson May 11th 7pm at The Cable Cook House

Business owners and residents of both the Village and the Valley are invited to promote tourism in our area

# Sayward Futures will be hosting Canada Day!!

Sayward Futures is looking for volunteers for the following committees

Canada Day

Wharf Upkeep

The Food Table

Contact Info: Phone 1 250 282-0018 Email sfs@saywardvalley.net Website www.saywardfutures.ca

#### **CAO Corner Con't**

#### Sayward is on it!



Its official, "Sayward volumes of recycling are the highest in the region." This was the feedback from Comox Valley Regional district. Something to be immensely proud of for sure and congratulations to all for a highly successful program. Being a leader in this regard does have its price however and we are looking at ways of addressing added volumes, keeping the area neat and tidy and thinking about future expansion. Please ensure you are sorting recycling, working within operational hours, and not dropping anything off that does not meet requirements for recycling.

Our yard waste area is a service we are wanting to keep in place but needs your assistance. The area is for light yard branches and trimmings and not meant to handle major tree falling or brush cut. There is limited space in this area. Residents need to ensure invasive species like giant hogweed, broom, bamboo, and others are not contaminating the material and these species cannot go to the community yard waste area.

#### Share Shed is getting a face lift!

Council has approved grant funding for the revitalization of the Share Shed and this work will happen in the coming weeks. Look for announcements soon about this service returning to the community after these much-needed repairs are completed.

#### **Crack Sealing coming this summer!**

Council has approved a modest budget for crack sealing. This is an important process to keep the top layer of our roads sealed and resilient to water. This will allow more time for longer term solutions to be sought for some key roads in the community. More to come when dates are finalized for the work.

#### **Major Projects**

The Village as applied for grant funding for the Drainage Project (MacMillan) with work slated for 2023. We are awaiting response from funder on this grant, but full engineering study is completed. There are three phases to this multi-year project proposed.

The Village will also be looking to do a Master Water Study and Sewage Capacity Study soon to ensure expansion and current requirements are met.

#### **Call to Action-Sayward Fire Department**

I had the pleasure of touring both fire halls recently with Chief John Hanson and had the opportunity to meet some other staff keeping our community safe during this tour. The purpose was to better understand the service, some challenges, opportunities and planning in place. Thank you for all you do! **What was immediately apparent is we need more volunteers!** Please reach out to our incredible department directly to find out more about volunteering, and the provided training and practices with this rewarding position. Do not rule yourself out of this dynamic role until talking with the team!

#### **Community Garden**

The Sayward Community Garden will serve as a learning tool for students at our very own Sayward Elementary School for 2022! Students will have stewardship over the community gardens for the 2022 season. Thank you to Madison Stewart with Strathcona Community Food Hub and Alison Howard for making this happen.

#### **Dollars for Ukraine**

Challenge Accepted! The City of Nelson challenged our community to donate to the Red Cross Ukraine Humanitarian Crisis campaign. While we are a small community, \$1.00 for every citizen in the village was pledged.

#### **Guardian Watchmen**

The K'omoks First Nation Guardian Watchmen program works toward restoration work in the Sayward Estuary and the Village of Sayward is proud to help support this work, committing to a 4-year agreement.

Again, I thank the community for your continued support.

#### Jason Johnson, CAO



# Village of Sayward Kelsey Recreation Centre



The Village of Sayward will be offering the Lifesaving Society Courses along with the Level One Pool Operators Course. We are extending our invitation to other Northern Communities who can benefit from having these courses offered on the North end of the Island.

### Courses require at least 50% fill rate to proceed

Call to Register today 250-282-5500

## Bronze Medallion Course May 13,14,15th

Challenge Exam 5-9pm Cost \$170.00

Prerequisites: Minimum 13 years of Age

STRONG SWIMMING SKILLS REQUIRED

Bronze Medallion, as our flagship certification, teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgement, knowledge, skill, and fitness.

## Cancelled due to lack of registrants

## Bronze Cross Course June 3,4,5th

Challenge exam 5-9pm Cost \$170.00

Prerequisites: Completion of Bronze Medallion

Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities.

# Standard First Aid June 25,26th

9-6pm 8-5pm Cost \$ 165.00

### NLS July 9-13th

Everyday 9-630pm Cost \$ 325.00

Prerequisites: Minimum age 15 Completion Bronze Cross & SFA

National Lifeguard is Canada's only nationally recognized lifeguard certification program.

National Lifeguard is a legal certificate for lifeguarding throughout the country.

Prerequisite: Minimum age 15 current Bronze Cross & Standard First Aid

# Recycling Center Update

Due to frequent misuse and DUMPING at the share shed/recycling center we would like to remind all users of the following rules.



## SHARE SHED

The Share Shed is currently CLOSED

Please DO NOT drop items off at this time.

#### RECYCLING CENTER

- ONLY recyclable items will be accepted and only during operating hours ( Mon, Wed, Fri 7:30am –8:30pm Sunday 8:30 am – 5:30 pm)
- NO PLASTIC BUCKETS OR GARBAGE CANS
- NO BROKEN PLASTIC FURNITURE (Lawn chairs etc.)
- NO PLASTICS WITHOUT RECYCLING SYMBOL
- NO MASKS OR GLOVES



## YARD WASTE DROP OFF AREA

 ONLY brush clippings, grass clippings, branches, and leaves are accepted. NO KITCHEN WASTE OR COMPOST.

Please ensure when dropping off materials they are as far to the back of the bins as possible.

- NO PLYWOOD
- NO LUMBER
- NO PARTICLE BOARD

NO INVASIVE SPECIES ( Hogweed, broom or bamboo )

Questions? Please contact the Village of Sayward at village@saywardvalley.ca or 250-282-5512









# **Public Alerts**

# Stay Informed

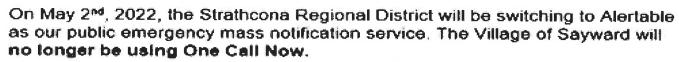












If you had an account with our previous system Connect Rocket, your information will be transferred into Alertable. If you did not previously have an account, then please set one up at <a href="https://www.srd.ca/alerts-notifications">www.srd.ca/alerts-notifications</a> after May 2<sup>nd</sup>.

## What do you have to do?

There is one action required by residents. On May 2<sup>nd</sup> everyone who had an account with our previous system will receive a welcome message from Alertable. **PLEASE SAVE THAT NUMBER** in your phone under SRD Emergency Notifications.

# Why are we using Alertable?

Our previous system would call landlines, call cellphones and text cellphones. That feature will not change, however, Alertable provides additional ways to notify you when protective actions need to be taken.

For example, alerts can also be sent via a mobile app with an "Override Silent Mode" feature for critical alerts, via the following methods -------->
The Alertable apps are free and can be downloaded from your mobile phone, tablet, computer, or smart speaker. Downloading the app is not mandatory though, even



without the app you will still receive phone calls and text messages. Alertable will cover every community in the SRD, precisely the same way Connect Rocket did.

Strathcona



# May 2022



Monday	Wednesday	Friday	EVENTS
Adult & Toddler Play Gym 9:15 – 11:15 DROP IN	SENIOR'S CARPET BOWLING 9:15- 11:45	Adult & Toddler PLAY GYM 9:15 – 11:15am DROP IN	CLOSED MAY 23rd Victoria Day
WEIGHT ROOM OPEN 9AM-7PM	WEIGHT ROOM OPEN 9AM -7PM	WEIGHT ROOM OPEN 9AM-7PM	
LAND AEROBIC'S  12-1PM BEG/MODERATE STRETCH & STRENGHTEN  1:10-1:50PM CROSS FIT	LAND AEROBIC'S  12-1PM BEG/MODERATE STRETCH & STRENGHTEN  1:10-1:50PM CROSS FIT	LAND AEROBIC'S  12-1PM BEG/MODERATE STRETCH & STRENGHTEN  1:10-1:50PM CROSS FIT	Family Movie Night SING 2 May 6th 5:30pm-7:00pm
AFTER SCHOOL PROGRAM 5-10yrs 2:30-430PM	AFTER SCHOOL PROGRAM 5-10yrs 2:30-4:30PM	AFTER SCHOOL PROGRAM 5-10yrs 2:30-4:30PM	Tiny Tots Tee-ball May 11th & 25th 3-3:45 Registration Required
OPEN GYM COME ENJOY OUR GYMNASIUM 4:45-5:45PM	NEW  Everyone welcome  VOLLEYBALL  4:45-5:45PM	OPEN GYM COME ENJOY OUR GYMNASIUM 4:45-5:45PM	Concession OPEN Every Monday, Wednesday & Friday 9am-7pm
LAND AREOBIC'S ALL FITNESS LEVELS 6-7PM	LAND AREOBIC'S ALL FITNESS LEVELS 6-7PM	LAND AREOBIC'S ALL FITNESS LEVELS 6-7PM  NEW Teen Night 5:30-7 pm Call to Register	Jr. Chef Compition With Nina May 27th 5:30-7PM Ages 10-15
	· · · · · · · · · · · · · · · · · · ·		Registration required

All patrons using the facility will be required to pay a drop-in fee for all programs.

# Junior Chef Competition with Chef Nina Newman



May 27th from 5:30-7 pm Ages 10-15

Each participant will receive a cook book from Literacy Now and prizes will be available for Best Tasting and Best Presentation.

Limited spots, please call to register!

652 H Kusam Way Sayward, BC

Phone: 250-282-5500



# Tiny Tots Tee-Ball

May 11 & 25 3-3:45 pm

Ages 3-5

Bring water and indoor/outdoor shoes, weather permitted.

Must be accompanied by parent or guardian.

652 H Kusam Way Sayward, BC

Phone: 250-282-5500





#### Benefits for your child

- . Improves fitness
- . Buikls social skills
- . Teaches coordination and balance
- . Promotes teansvork and sharing
- Helps to increase skills in concentration, persistence and self-discipline
- . And so much more.

Please call to register!

# **Kelsey Centre Happenings**



# **Family Movie Night**

ADMISSION Kids \$4.00 Adults \$5.00

> May 6th show starts at 5:30 pm

CONCESSION

IS OPEN!



Sayward, BC

hone: 230 282 550



Sayward Age Friendly Van

April - May 2022

Winter Schedule
Age 19+

**Shopping in Campbell River** 

We leave for town approximately 9 am

SUBJECT TO CHANGE DUE TO WEATHER

CONDITIONS

Thursday, April 14, 2022

Thursday, April 28, 2022

Thursday, May 12, 2022

Thursday May 26, 2022

Please phone the day before by noon

For more Info:

Contact: Kelsey Centre 250-282-5500

# CrossFit Classes at the Kelsey Centre M-W-F from 1:10 to 1:50 pm

CrossFit classes are 40 minutes
Monday, Wednesday, and Friday from 1:10 to 1:50 pm



CrossFit is described as a strength and conditioning program with "constantly varied functional movements, building on all components of fitness: aiming to develop fitness drawing on categories and exercises such as calisthenics, weightiffting, plyometrics, bodyweight exercises, aerobic exercise, with "Workout of the Day" (or WOD), and a period of individual or group stretching".

CrossFit classes use equipment from multiple disciplines, that may include: dumbbells, jump ropes, kettlebells, medicine balls, plyometric boxes, resistance bands, and mats.

Using the 10 components of physical fitness: cardiovascular/tespiratory endurance, stamina, strength, flexibility power, speed, coordination, agility, balance, accuracy.

Suitable for beginners to high intensity individuals



Call 250-282-5500 to book your party!



Register (250) 282-5500



Enjoy-Healthy-Workout

Safe Social Interaction



Fitness CLASSES - Please Pre-Register

Aerobics M-W-F 12:00-1:00 PM & M-W-F 6:00-7:00 PM Cross-fit (Lunch Hour) M-W-F 1:10-1:50 PM

\* Social Distancing in Effect

