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**Shawn Sinclair** 

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**Property** 

250-282-0045

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

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250.287.6985



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### SAYWARD FUTURES SOCIETY **SAYWARD FOOD CENTRE** 250.282.0063

If you, or someone you know is experiencing food insecurity, please register with Sayward Health Clinic ~ 250.282.3815 or Sayward Ambulance Service ~ 250.230.4501





**0** (250) 203-6297



250-709-5234



**Hans Hoepfner** BC Master Electrician FSR B **DBA HIGH Electric** 

RE/MAX MLB

TSBC License# LEL0013603

Tel: 250 201-0612

h.hoepfner84@gmail.com

721 Sayward RD Sayward, B.C.

# SAYWARD NEWS

Special Features of this issue:

February 2023

- **Wounded Warrior Run**
- **Open House: Emergency Social Services**
- Two Mobile Hearing Clinics this month



# **Community Share Shed**

### Open Monday, Wednesday, and Friday 8:00am - 11:00am

After over 2 years being closed, we are happy to announce the newly renovated Share Shed once again open.

For those of you not familiar with the Share Shed, it is a collection of donated items available to the community at no charge. Housewares, sporting equipment, pet supplies and little knick knacks are some of the treasures to be found. We accept most clean items in working order.

Sorry, but we cannot accept any electronics, books or any clothing.

You can drop off any donated items during open hours.

Please DO NOT leave any items outside the Share Shed when it is not open.

The Share Shed is operated by the Sayward Legion and relies on community volunteers to keep it running.



The Legion collects donations inside the Share Shed with all the monies remaining in the community.





The Strathcona Regional District Regional Board Meetings for the year 2023 will held at 12:30 PM on the following dates:

January	Wednesday	11, 25
February	Wednesday	8, 22
March	Wednesday	15, 29
April	Wednesday	12, 26
May	Wednesday	10, 24
June	Wednesday	14, 28
July	Wednesday	19
August	Wednesday	16
September	Wednesday	13
October	Wednesday	11, 25
November	Wednesday	8, 22
December	Wednesday	13* @2pm

Strathcona Regional District Board and Committee meetings are livestreamed and can be viewed in real time on the Strathcona Regional District YouTube Channel.

### **Elected Officials of the SRD**

#### Area A Director

(250) 203-5428 gwhalley@srd.ca Gerald Whalley

#### **Board of Directors Chair:**

Mark Baker (250) 203-5428 mbaker@srd.ca

#### **Board of Directors Vice-Chair:**

(250-)286-5708 rkerr@srd.ca Ron Kerr

### **Village of Sayward**

PO Box 29, 652 H'Kusam Way, Sayward B.C. VOP 1R0

Office hours: 9:00am-4:00pm (closed 12-1pm for lunch

and Statutory Holidays)

Phone: 250-282-5512 Email: village@saywardvalley.ca

Website: www.sayward.ca

### **Strathcona Regional District**

990 Cedar Street, Campbell River, B.C. V9W 7Z8

Office Hours: 8:30am-4:30pm (closed Statutory Holidays)

Phone: 250-830-6700 Email: info@srd.ca

Website: www.srd.ca



The Village of Sayward Regular Council Meetings for the year 2023 will held in Council Chambers at **7:00 PM** on the following dates:

January	Tuesday	3, 24
February	Tuesday	7, 21
March	Tuesday	7, 21
April	Tuesday	4, 18
May	Tuesday	2, 16
June	Tuesday	6, 20
July	Tuesday	18
August	Tuesday	15
September	Tuesday	5, 26
October	Tuesday	3, 17
November	Tuesday	7, 21
December	Tuesday	5, 19

Request virtual attendance through a Teams Meeting link by emailing the village office at village@saywardvalley.ca

### **Elected Officials of the Village of Sayward**

#### Mayor:

(250) 203-5428 mark.baker@saywardvalley.ca Mark Baker

#### **Councillor:**

Scott Burchett (604) 818-5558 scott.burchett@saywardvalley.ca (250) 201-1301 kohen.gilkin@saywardvalley.ca Kohen Gilkin (250) 282-0184 sue.poulsen@saywardvalley.ca Sue Poulsen (250) 898-7067 tom.tinsley@saywardvalley.ca Tom Tinsley



#### Trustee:

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



# Provincial Government Member of Legislative Assembly:

Michele Babchuk 1-866-387-5100 or (250) 287-5100



**Federal Government Member of** Parliament:

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

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www.citywest.ca/dropping-in

For more info, photos & FAQs visit The Connected Coast project (joint venture between Strathcoad Regional District & CityWest) is bringing high-speed fibre-optic internet to 139 communities along BC's coast & Vancouver Island



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This program is funded by the Government of Canada



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- North Island Job Bank
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- Employment Counselling

Call: 250-286-3441 or Toll-free: 1-866-286-6788 today!





and the Province of British Columbia.

# Sayward News Advertising

Contact: saywardnews@gmail.com

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

# **No Parking**

on boulevards between

November 15th to March 15th

to help Public Works in clearing snow and ice to keep you safe.



Village of Sayward

**Promote Your Business Here!** 

**Promote Your Business Here!** 



### VIRL is officially fine free!

Vancouver Island Regional Library is officially fine free.

As of January 1, 2023 VIRL has permanently removed late fees on all adult materials, after previously waiving fines on young adult and children's items.

VIRL will continue to send reminders to borrowers to return their items on time, in the lead up and after the due date.

After 120 days, they will change a replacement cost.



# SAYWARD TOUR DE ROCK IS STILL TAKING EMPTY CANS AND BOTTLES

THE EMPTYS CAN BE DROP OFF AT THE RCMP DETACHMENT AT THE ENCLOSED WIRED COMPOUND. THERE WILL BE A SIGN.





### **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 GREEN BIN.
- THE METAL BIN IS FOR METAL ONLY, PLEASE DO NOT PUT IN WOOD, FURNITURE ETC.

Keep up the great work recycling!



Do you have extra garbage to dispose of?

Residents in the Village of Sayward who wish to dispose of garbage over and above the allowed 2 receptacles per week can purchase a sticker to place on each additional receptacle or bag up to a maximum of 77 liters/25 kgs.

Stickers are \$5 each and can be purchased at the municipal office during normal business hours. For more information on this program, please contact the Village office at 250-250-5512 or e-mail

village@saywardvalley.ca



### **Local Organization Information**

AA Meetings: 250-282-0030

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

Heritage Hall: 250-282-0192

heritagehall@saywardvalley.net

Kelsey Centre: 250-282-5500 kelseycentre@saywardvalley.ca

Mainroad Contracting: 1-877-215-7122 Available 24/7

Ocean View Gifts & Gallery: 250-282-0018

info@saywardfutures.ca

Royal Canadian Legion Branch #147: 250-895-4500

President - Debbie Zeiler

Saturday Farmer's Market: 250-282-3242 Barb 10:00am to 1:00pm Saturdays at Heritage Hall

Sayward Burial Park: 250-282-5512

Sayward Bursary: 250-282-3465 Marilyn Barry Sayward Christian Fellowship: 740 Gentry Road

Sunday Service at 11:00am 250-282-3301 Bruce Fyfe 250-282-3473 Mark Johnson Everyone Welcome!

Sayward Community Health Society: 250-850-7144

Charon Risdale: <a href="mailto:charonrids@gmail.com">charon Risdale: charonrids@gmail.com</a>
Meets - 6:30pm - 2<sup>nd</sup> Monday each month

Sayward Fish & Game

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

Sayward Futures Society: 250-282-0018

info@saywardfutures.ca

Sayward Food Centre: 250-282-0063

info@saywardfutures.ca

Sayward Garden Club: 250-282-3799 Alex Turner

Meets - 1:00pm - 2nd Tuesday each month at Heritage

Hall

**Sayward Harbour Authority** 

250-282-0178 Colin Read Executive Director 250-201-0612 Wharfinger Hans Hoepfner

Meets - 9:30am - 1<sup>st</sup> Sunday each month at Harbour Office

Sayward Health Clinic: 250-282-3815

**Sayward Literacy Now** 

250-282-3851 Jan Bakker: <a href="mailto:bokkie.bakker@gmail.com">bokkie.bakker@gmail.com</a>
250-282-3450 Ann Vansnick: <a href="mailto:annv@saywardvalley.net">annv@saywardvalley.net</a>

Sayward Post Office: 250-282-3223

Monday - Friday: 9:00am-5:00pm Saturday: 8:30am-12:30pm

St. Bernadette's Catholic Church: 963 Despins Road Sunday Service at 11 am (3<sup>rd</sup> Sunday at 3:00pm)

VI Regional Library: 250-282-5551

Monday: Closed

Tuesday - Wednesday: 10:00am to 8:00pm Thursday - Saturday: 10:00am to 2:00pm

Sunday: 12:00pm to 4:00pm

### In case of emergency – call 911

Local Emergency Services Contact information for Non-Emergencies:



**Sayward RCMP** 250-282-5522



Sayward Volunteer Fire Department 250-282-5505 svfd@saywardvalley.ca



**Sayward Ambulance Station:** 250-282-3600



Sayward Emergency Program Emergency Program Coordinator:

Tom Tinsley 250-898-7067 epc@saywardvalley.ca



SRD Emergency Preparedness Program Protective Services Coordinator:

Shaun Koopman 250-830-6702 preparedness@strathconard.ca



# **Emergency Phone Notification System**

The Village of Sayward in conjunction with the Strathcona Regional District has switched to **Alertable** as our public emergency mass notification service effective May 2, 2022. The Village of Sayward will no longer be using One Call.

**Alertable** can notify residents, visitors, and businesses of emergencies in a timely manner to people who subscribe to receive these alerts. It can also be used to notify residents of other non-emergency items such as scheduled road closures, power outages, water and sewer alerts, and much more. This service is free.

The system is compatible with mobile phones, tablets, computers or smart speakers. It can also send alerts via text message, voice calls to land lines, and e-mail.

The link to **sign up** for this system is located on the Village website here: <a href="https://www.sayward.ca/municipal-services/emergency-services/alertsnotifications">https://www.sayward.ca/municipal-services/emergency-services/alertsnotifications</a>





## **Emergency Preparedness Corner**



### SAYWARD EMERGENCY SERVICES OPEN HOUSE

#### FREE information and FOOD!

Not an actually emergency, but an Information Open House for folks interested in what Emergency Social Services (ESS) is all about and information on what it means to be an ESS Volunteer in support of people in your community during a time of emergency need.

There will also be Information about our Sayward Emergency Operations Centre (EOC) including its Ham Radio equipment, Evacuation Maps, and other logistical information.

**When:** Tuesday February 28<sup>th</sup> 2023 from 3PM to 9PM. Pop in for as long or as short of a time as you would like.

**Where:** Sayward Village Administration Office – Look for the "ESS INFO HERE" sign on the glass window by the left side entrance door.

Oh yes – the FREE FOOD! – Enjoy a tasty treat and a drink on us during your visit.

**Reminder:** A Family Radio Services (FRS) radio Net is held every Wednesday from 6:30PM to 7PM on FRS Channel 4.

Call in for a brief check that your radio is sending OK to the Sayward EOC.

**Note:** FRS radios transmit for a shorter distance (1 - 2 KMs) but can be a key form of communication to the Sayward EOC if all other forms of communication such as land lines, cellular, and internet are down during a declared emergency.

Ham Radio Operators are also invited to call into this FRS net if they have access to the FRS channel 4.

Help prevent an Emergency from happening at this time of year by.

- Clearing street drains if they appear to be blocked on the surface.
- Ensuring your source of home heat or back up heat is checked and operating properly and always used in a safe appropriate way.
- Checking on Senior Citizen neighbors if temperatures drop significantly.

If you would like to learn more about this program and the opportunity to join our Sayward ESS Volunteers Team, please contact our Sayward Emergency Coordinator Tom Tinsley at 250-898-7067.



# 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 - 7:00pm





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### **Sayward Literacy** Now 2023

If in need of help with your computer let me know! A new year is here. Time to grab a book and enjoy! Books! Check out our book houses. But if you are in need I have books for children 0 to teens.

Watch for us at Family Day 2023 at the **Heritage Hall** 

**Spring is in the Air 2023** 

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



# Sayward Christian



"I believe in Christianity as I believe that the sun has risen: not only because I see it, but because by it I see everything else."

C.S. Lewis

Morning Service 11:00 AM 740 Gentry Rd.

Mark Johnson 250-282-3473 Bruce Fyfe 250-282-3301

**Everyone Welcome!** 

Bookkeeping & Business Services

# WB BOOKKEEPING



Sayward, BC \* All Services Can Be Provided Virtually



Join us at the Sayward Royal Canadian Legion #147, 699 Sayward Road for BINGO:

1:00 pm Sunday, February 12 1:00 pm Sunday, February 26





### **Clinic Corner News**

Just a friendly reminder that it is still cold and flu season. Please be mindful to wash your hands frequently and not attend work, school or other social gatherings when you are not feeling well. COVID is not the only virus that can be spread. Influenza, cold viruses and gastrointestinal viruses are here as well.

The next seniors lunches are February 1 and 15 at noon. Anyone ages 55 years and up are welcome to attend. We are always seeking more volunteers, so if you have a couple hours to spare, please consider joining us. You do get lunch as well:)

# February 2023

Public Health Nurse

250-850-2110 press 1

**CLINIC PH (250) 282-3815** Fax (250) 282-0040



Please call above provider directly to book an appointment. For NP Tracey please call clinic to book appointments. Thank you.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Masks remain mandatory at all Island Health Sites. Thank you	29	30 NP Tracey 9-5 Labs 9-11:30	31 NP Tracey 9-5	NP Tracey 9-5 Seniors Lunch @ Kelsey Centre	2 NP Tracey 9-4	CLINIC CLOSED	4
	5	6 NP Tracey 9-5 Labs 9-11:30	7 NP Tracey 9-5	NP Tracey 9-5	9 NP Tracey 9-4	CLINIC CLOSED	11
	12	NP Tracey 9-5 Labs 9-11:30	NP Tracey 9-5	NP Tracey 9-5 Seniors Lunch @ Kelsey Centre	16 NP Tracey 9-4	CLINIC CLOSED 17	18
	19	Family Day Clinic Closed	NP Tracey 9-5	22 NP Tracey 9-5	23 NP Tracey 9-4	CLINIC CLOSED	25
	26	27 NP Tracey 9-5 Labs 9-11:30	28 NP Tracey 9-5	NP Tracey 9-5	NP Tracey 9-4	CLINIC CLOSED	4



Indoor Garage Sale

Start your spring cleaning early!

Feb 25th from 9am to 2pm

at the Heritage Hall 1257 Sayward Rd

Table rentals \$5 per table Limited Space

Kitchen will be open grilling
Hotdogs

Call the Hall to book: 250-282-0192

## **Music Trivia with Lyle**





### Feb 11 at the Heritage Hall

1257 Sayward Rd - Doors open at 6 pm Trivia will start at 6:30 pm. \$5 per person. Maximum 4 per team

Have to be 15 yrs and up to join. Bring a team or join a team!

Prizes Prizes !!!!

FREE ALL YOU CAN EAT SUNDAE BAR!!
SNACKS AND BEVERAGES!!





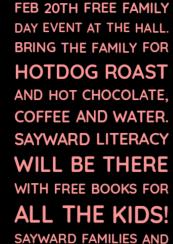
Bring your knowledge! Challenge yourself - Challenge others!!

### Laugh and have a fun night out!!!

For more information call hall 250-282-0192 (*Treats may not be as shown*)

# SCRA HERITAGE HALL NEXT MEETING FEBRUARY 15TH DUE TO BC FAMILY DAY

FEB 11TH, MUSIC TRIVIA WITH LYLE! \$5.00 PER PERSON BRING YOUR OWN TEAM OF FOUR OR JOIN A TEAM. DOORS OPEN AT 6:00 TRIVIA STARTS AT 6:30



CHILDREN CONNECTS WILL BE

THERE WITH CRAFTS!

FEB 25TH,
INDOOR GARAGE
SALE- \$5 PER
TABLE. LIMITED
ROOM. BOOK
NOW! CALL HALL.

CELEBRATING THE SCRA'S 100 TH YEAR MAY 31, 2023 WATCH FOR MORE DETAILS. IF YOU HAVE ANY ITEMS/PHOTOS YOU WOULD LIKE TO DISPLAY TO SHOW THE COMMUNITY OUR HISTORY PLEASE CONTACT HALL AT 250-282-0192 OR EMAIL HERITAGEHALL@SAYWARDVALLEY.NET

## Sayward Valley Folk Music Society News







On **Sunday, February 12** at **7:00 PM**, we welcome Guitarist **Don Alder** back to our stage. Don's 2018 concert in Sayward impressed the audience with his amazing acoustic guitar style. He plays with a passion that has earned him the reputation as one of the best guitarists in Canada. He has won all of the top modern guitar competitions in the world. His CD, *Armed and Dangerous* received the 2016 nomination for Instrumental Artist of The Year at the Canadian Folk Music Awards. Come join us **at the Kelsey Centre** and enjoy an evening of music with friends and family.



Advance tickets are \$20, available at the **Fisherboy Store**, at the **Kelsey Centre**, and the **Music Plant** in Campbell River. **Admission at the door is \$25.00/person**.

Concert passes for the 2023 season are \$140.00/person. These allow you to attend every concert in our series plus bonus concerts for under \$13.00 per concert. This can be a real savings and there is no additional cost. Children under 16 are free when accompanied and supervised by an adult.For more information phone Bob at 250 282-0134 or go to the Don Alder website: <a href="https://www.donalder.com">www.donalder.com</a>

Don will be giving a guitar workshop before the concert from 1:00 to 3:00. The cost is \$25 per person. For more information and to register for this workshop, please contact Bob @ 282-0134.

A big thank you goes out to all of the people who attend our events, and to our volunteers. Without community support, programs like this concert series would not be possible.

Our next concert features singer/songwriter Claire Coupland on March 5, 2023

# Garden Club News

Hopefully we have seen the last of the snow and we will be able to return to our gardens and repair the damage to our fruit trees, shrubs and berry plants.

It is still possible to garden in our greenhouses in different ways. If you work directly in the ground in your greenhouse it is a good time to plant seeds of lettuce and spinach directly or to transplant seedlings that have been started under lights indoors. Another approach is to do either of the above but in large pots of soil that can be moved outdoors when the weather improves or when space is needed for other projects. Once they are up and away the plants only need watering to thrive. Using slightly warm water will help maintain soil temperature.

The Garden Club will meet again in March with a guest speaker. We are always happy to receive suggestions for speaker topics. As well, if anyone has a subject that they could speak on, we would welcome their participation.

Last year presented discouraging conditions for novice gardeners. Let's hope that this year we will have a better spring with favorable growing conditions for all of us.



# Kindergarten 2023-2024 **REGISTRATION OPENS JANUARY 30**



# Register Online or at Your Neighbourhood School!

Children who are turning 5 in 2023 can register for kindergarten the week of January 30 to February 3.

Visit www.sd72.bc.ca, complete the fillable PDF form and email it along with the required identification documents. For those that don't have computer access you can register in person at your neighbourhood school.

To register you will need:

- the child's birth certificate (Canadian) or proof of citizenship;
- the child's Care Card:
- proof of current residence (hydro bill, completed purchase/rental agreement or property tax
- custody agreement, if applicable.

Families interested in learning at home with eBlend, our distributed learning program, should call (250) 923.4918 for more information. Those interested in Liq'wala/Kwak'wala kindergarten need to register at their catchment school first and then submit an expression of interest online or at Ripple Rock Elementary School.

CONNECT WITH US

www.facebook.com/crsd72 @CRSD72

Website: www.sd72.bc.ca

Email: info@sd72.bc.ca

School District 72



### **2023 Dog Licences**

Please note all dogs living in the Village are required to have a valid Village of Sayward dog licence as per Bylaw #418 - Animal Control

These licences can be purchased at the Village Municipal Office. The cost is \$20 for neutered/spayed dogs, and \$30 for non-neutered/non-spayed dogs.

The Village keeps a dog tag register on file with your contact info, this helps if your dog goes missing and someone finds it - a quick call to the office will indicate the dog's home.



As a courtesy to your fellow Sayward residents please ensure your dog is not running loose and it is always on a leash.



### **CAO Corner**

Hello Sayward News readers! It's my pleasure to introduce myself as the Village Chief Administrative Officer (CAO). I joined the Team on January 16 and have been busy transitioning into the role with the help of Council and staff, and I've already met several residents as part of my involvement with various files and initiatives.

My top focus areas include: Staff; Operational Excellence; Council's Strategic Plan; Financial Best Practices; Project

Mgmt.; Asset Mgmt.; First Nations Engagement; Governance; Regional Work; and Understanding Our Community.

I look forward to meeting more of you as I become more and more involved.









### February 2023

250-282-5500



### KELSEY CENTRE GYM & WEIGHT ROOM SCHEDULE

MONDAY	WEDNESDAY	FRIDAY	SATURDAY
WEIGHT ROOM OPEN 9:00am - 7:00pm	WEIGHT ROOM OPEN 9:00am - 7:00pm	WEIGHT ROOM OPEN 9:00am - 8:00pm	WEIGHT ROOM OPEN 12:00pm - 4:00pm
AEROBICS ALL FITNESS LEVELS 10:30am - 11:30am DROP IN	SENIORS CARPET BOWLING 9:30am - 11:30am	AEROBICS ALL FITNESS LEVELS 10:30am - 11:30am DROP IN	INDOOR WALKING GYM 12:00pm - 2:00pm WEEKLY CHALLENGES
PARENT & TOT GYM TIME 12:30pm - 2:00pm SNACK PROVIDED	AEROBICS  ALL FITNESS LEVELS  1:15pm - 2:15pm  DROP IN	SENIORS SOCIAL GROUP 11:00am - 2:00pm CRIB & CRAFTS & SNACKS NEW CRAFTS NEW	FAMILY OPEN GYM 2:00pm - 4:00pm
AFTER SCHOOL PROGRAM 5-10 years 2:30pm - 4:30pm	AFTER SCHOOL PROGRAM 5-10 years 2:30pm - 4:30pm	AFTER SCHOOL PROGRAM 5-10 years 2:30pm - 4:30pm	Facility Bookings Available
AEROBICS ALL FITNESS LEVELS 5:00pm - 6:00pm DROP IN	OPEN GYM ALL AGES 4:30pm - 6:00pm	AEROBICS ALL FITNESS LEVELS 5:00pm - 6:00pm DROP IN	Themed Birthday Party Rentals
INDOOR WALKING GYM 6:00pm - 7:00pm WEEKLY CHALLENGES	YOGA 6:00pm - 7:00pm 6wk Registered Program Feb 22 - Mar 29	TEEN NIGHT 11 YEARS & UP 6:00pm - 8:00pm <u>NEW</u>	- Call for more details

### FEBRUARY SPECIAL EVENTS:

Teen Nights: Friday Nights 6pm - 8pm (FREE)

Registered Beginner Yoga Class: 6wk program \$70.00

Seniors Lunch: Feb. 1st & 15th 12pm - 2pm

Folk Music Concert: Feb. 12th 7pm - 9pm (DON ALDER)

FEBRUARY 20TH CLOSED FOR FAMILY DAY

#### Open Gym ALL Ages

Open gym is unstructured activity time where the gymnasium is available to youth, families and community members. Basketball, Volleyball, Hockey or any activity that promotes physical movement is encouraged

Family gym is a non-instructional drop-in program. There are no age restrictions for family gym and parents are encouraged to participate with their children in free play. There is access to a variety of different sports equipment to make it a fun active environment

The **MOUHSS** (pronounced Moose) The MOUHSS is a **M**obile **O**utreach Unit for Health and Support Services.

> We will be at the Village Monday mornings from 9:30am - 11:00 am & at the Junction (by the gas station) from 11:30am - 1:00pm. Look for us in the RV, come say hi, and let us know what your community would like to see.

Counselling Senior supports Parenting support Financial navigation Mental Health practitioner Clothina Snacks/food

Access to OAT (Opioid Agonist Therapy) Substance use Victims service **Court Navigation** 

treatment enrollment **Nutrition** support

Leanne McIntee BSW

# **Mobile Hearing Clinics:**

WHEN:

Friday, February 3 Monday February 27

**WHERE:** 

Sayward Village Campground

Hearing testing and aids available

By appointment only contact Leanne @ 250-203-9713



Mobile Outreach Coordinator; Counsellor Cell: 250-203-9713

Savward Secret Santa would like to thank the Village & Valley for the continual support. The generosity of this community is overwhelming. We provided assistance for 32

families this year.

Thank you to:

Oscar Daze, Michele Smith, Paul Stanke, Liz Conway, Sayward Futures, Karen & Tom Tinsley, D. J. Luoma Trucking, Lee Bauer, Village of Sayward, Crossroads Restaurant, Sayward Fire Department, Rachelle Le Roy, Kusam Klimb, Julie March, Woodlands Lodge, Karen Henderson, Tommy Mutch, Glenn Moffat, Sue Wilson, Barry Hartfield, Sayward Valley Resort, Rebecca Sinclair, Cassie Soderman, Don Jones, Ann Vasnick, Jens & C Diron, Heritage Hall, Strathcona Regional District, Adele Skogan, Co-op, Patricia Van Der Heide, Sayward Delivery, Terry Kluytmans, Judy McCarthy, Garnett Underwood, North Island Denturist

Also, many thanks to the delivery ELVES: Debbie Zeiler, Mike Leggat, Frank Morgan, Steve Houghton, & Geoffrey Batley



Celebrate with BC Girl Guides as we shine our Guiding lights in support of girl empowerment.

Local landmarks across the province (like stadiums, bridges, structures, and buildings) will help the Girl Guides celebrate by lighting up in "Guiding blue" after dark on the evening of February 22, 2023.

You can admire the blue Guiding lights shining at the Sayward Gazebo.

Learn more: https://www.girlguides.ca





### February 2023



250-282-5500

### **KELSEY CENTRE POOL SCHEDULE**

MONDAY	WEDNESDAY	FRIDAY	SATURDAY
LANE & LEISURE SWIM 9:30am – 11:30am ALL FITNESS LEVELS	LANE & LEISURE SWIM 9:30am – 11:30am ALL FITNESS LEVELS	AQUA FIT  SHALLOW WATER CLASS  9:30am – 10:15am  ONE LANE OPEN FOR LEISURE  SWIM & HOT TUB  9:30am - 10:15am 16+	EVERYONE WELCOME SWIM 1:00pm - 3:00pm
	PARENT & TOT SWIM 11:30am - 12:30pm	ADAPTIVE  10:30am - 11:15am  SHALLOW WATER CLASS STABILTIY/RANGE OF MOTION  DOCTORS NOTE REQUIRED  INSTRUCTOR: Michelle	Under 7 years of age MUST be accompanied by an Adult (16 years+)
CLOSED 11:30am - 3:00pm	CLOSED 12:30pm - 3:00pm	CLOSED 11:30pm - 3:00pm	
SWIM LESSONS: Levels 1-6 6-12yrs 3:00pm - 5:15pm January 9th - February 13th February 15th - March 22nd	SWIM LESSONS: Levels 1-6 6-12yrs 3:00pm - 5:00pm January 9th - February 13th February 15th - March 22nd	SWIM LESSONS:  Pre School  3-5yrs  3:00pm - 4:30pm  January 13th - February 24th  March 3rd - April 23rd	LANE & LEISURE SWIM ADULT SWIM 16+ 3:00pm - 4:00pm Pool, Hot Tub & Saunas ALL FITNESS LEVELS
LANE & LEISURE SWIM  ADULT SWIM 16+ 5:00pm-6:00pm Pool, Hot Tub & Saunas ALL FITNESS LEVELS	EVERYONE WELCOME 5:00pm – 6:00pm Under 7 years of age MUST be accompanied by an Adult (16 years+)	EVERYONE WELCOME 4:30pm - 6:00pm Under 7 years of age MUST be accompanied by an Adult (16 years+) TEEN ONLY SWIM FEBRUARY 10TH CLOSED TO PUBLIC	
AQUA FIT  DEEP WATER CLASS  6:00pm – 6:45pm  ONE LANE OPEN FOR LEISURE SWIM 6:00– 7:00PM 16+ HOT TUB AVAILABLE No Class Feb 6th	LANE & LEISURE SWIM  ADULT SWIM 16+ 6:00pm - 7:00pm Pool, Hot Tub & Saunas  ALL FITNESS LEVELS No Swim Feb 8th	AQUA FIT  DEEP WATER CLASS  6:30pm – 7:30pm  ONE LANE OPEN FOR LEISURE SWIM 6:30pm – 8:00pm 16+  HOT TUB AVAILABLE	

# Seniors Social Group



Fridays from 11:00am-2:00pm Join us for our Seniors social group for afternoons filled with crib, cards, and crafts!

There will be a new craft each week, as well as coffee/tea and snacks provided! \$4.00 drop in fee, ages 50+ welcome

# Senior's Luncheon

February 1st 12-2pm February 15th 12-2pm

Come enjoy a social gathering at the Kelsey Centre. Lunch, coffee and tea provided. This event is free.

Volunteers needed! Please contact Tracy @ Sayward Health Clinic 250-282-3815



652 H'Kusam Way Sayward, B.C.

Phone: 250-282-5500



652 H'Kusam Way Sayward, BC 250 282 5500



# **Sayward Age Friendly Van**

Weekly Trips to Campbell River

### February Schedule

February 2nd (Driver Michelle)

February 9th (Driver Wayne)

February 16th (Driver Diane)

February 24th (Driver Wayne)





The Age Friendly Van is for anyone over the age of 19 years. The van will pick you up and drop you off at your home. Pick up time after 9am at your location.

The driver will take you to appointments, shopping or any other destinations required.

Return time to Sayward may vary from trip to trip, depending on the riders needs.

Sayward Van will arrive back in Sayward no later then 5pm unless arrangements are discussed in advance and approved.

Please call the Kelsey Centre to the day before by Noon

For More Information Contact the Kelsey Centre 250-282-5500

Subject to Change due to Weather Conditions





### **Wounded Warrior Run**

leaves Port Hardy on February 26th, overnights in Woss, and then on to Sayward on the 27th. The team will arrive at the Junction at 3pm, take a break, and then leave at 4pm to run into the Legion.

Dinner, raffles, speeches, flag signing, and swag sales at the Legion, starting at 5pm.

Come out and meet the team,

cheer on the runners, and learn about what Wounded Warriors does! All funds raised stay on Vancouver Island for the benefit of our serving military, veterans, and first responders.

Go to www.woundedwarriors.ca for information on programs.

# Sayward Families and Children Connect

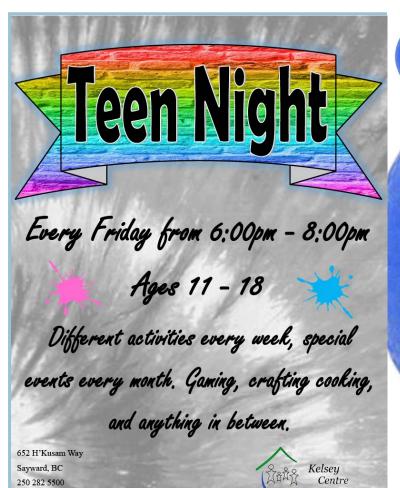
## IT'S FREE and ITS FUN! for young children and their parents and caregivers

Check our Facebook page for February drop-in dates and activities!

> For more information contact Ann Vansnick phone/text 250-203-8332

Supported by a grant from United Way British Columbia Central and Northern Vancouver Island





DATE: February 3rd TIME: 6:30 - 7:30

# **DODGEBALL**

Dodge, Duck, Dip, Dive and... Dodge

### **Adults VS Teens**

Do you have a teenager? Do you have unresolved issues with your teen or parents?

Come on down to Teen Night February 3rd and work it out by hurling large rubber balls at each other!

Adults \$2.00 - Teens FREE

652 H'Kusam Way Sayward, BC 250 282 5500



# TIBIBN NIGHT GLOW SWIM

Friday February 10th from 4:30pm ~ 6:00pm there will be a TEEN ONLY glow swim!

Ages 11 ~ 18!

From 6:00pm ~ 8:00pm the rest of Teen Night will be a relaxing hangout with video games, crafting, and snacks.

> ayward, BC 250-282-5500



### Special event on a Saturday!

February 18th, 2:00pm - 7:00pm

# BOWLING

The Teen Night activity this week will be a town trip to the bowling alley!

- Kids can be dropped off at the Kelsey Centre at 1:45pm, or be picked up at about 2:00pm.
- Bowling from 3:30pm 5:30pm
- Dinner from 5:30pm 6:00pm
- Back in Sayward for 7:00pm

Only 10 spots available, must call and pre register! 250-282-5500

652 H'Kusam Way Sayward, BC 250 282 5500

