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STOWE CREEK AUTO REPAIR 760 Island Hwy. Sayward, B.C. Wayne Ryan 250-850-3975 Red Seal Certified Auto Mechanic Repairs and Maintenance for your cars, trucks and motorcycles	Sayward Christian Fellowship Morning Service 11:00 AM 740 Gentry Rd. Mark Johnson 250-282-3473 Bruce Fyfe 250-282-3301 Everyone Welcome!	 Shawn Sinclair (250) 282-3726 Email: brh@saywardvalley.net 1004 Sayward Road, Sayward, BC V0P 1R0 We make it beautiful... you make it home!
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 Thursday 250-286-4522 (9am-5pm)	 Premium, Midgrade & Regular gas, Diesel fuel, Propane Auto & Cylinder www.midislandcoop.crs Fuel 6AM - 9PM Liquor 9AM - 9PM Food 10AM - 6PM	 Susan Mallinson Your Sayward Specialist C: 250-203-3545 O: 250-286-3293 susanmallinson@royallepage.ca
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SAYWARD FUTURES SOCIETY SAYWARD FOOD CENTRE 250.282.0018 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	Sweet And Savory Baking Locally made home baked goods. Breads, Pies, Cakes and everything in between. Check us out on Facebook, call 250-830-7933 or email ninanewman@live.ca	 Lisa Jarvie REALTOR® RE/MAX Check Realty Cell: 250.202.2240 Office: 250.286.1187 CRLisaJarvie@gmail.com 950 Island Hwy, Campbell River, BC RE/MAX MDS
 FLAT OUT EXCAVATION & BOBCAT SERVICES 480 Howes Rd Sayward, B.C. V0P 1R0 Michelle Brickwood (250) 203-6297 shellyddavis@hotmail.com	WB BOOKKEEPING Full-Cycle Bookkeeping * Government Remittances * Tax Returns * Business Services * New Businesses * whetungbookkeeping@gmail.com 250-709-5234	 Hans Hoepfner BC Master Electrician FSR B DBA HIGH Electric TSBC License# LEL0013603 Tel: 250 201-0612 h.hoepfner84@gmail.com 721 Sayward RD Sayward, B.C. V0P1R0

SAYWARD NEWS



Special Features of this issue:



March 2023

- Sayward School Family Movie Night March 3
- Claire Coupland plays at the Kelsey Centre March 5
- Seniors Luncheons March 1 & March 15
- Strathcona Food Hub Zoom Meeting March 7
- PAC Meeting March 9
- Garden Club Meeting March 9
- Sayward Families & Children Connect Mini Resource Fair March 13
- Kelsey Centre Spring Break Camps– *too many to count!*



Hello March!

Don't forget to check out:

The book rack at the Sayward Health Clinic

SD72 Parent Portal App

Community Share Shed





The Strathcona Regional District Regional Board Meetings for the year 2023 will be 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

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

Board of Directors Chair:

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

Board of Directors Vice-Chair:

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

Village of Sayward

PO Box 29, 652 H'Kusam Way, Sayward B.C. V0P 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



Village of
Sayward

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	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:

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

Councillor:

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



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

Have you registered for a **FREE*** Fibre Drop Installation to your home or business?



FASTER INTERNET IS COMING TO YOUR COMMUNITY VIA THE CONNECTED COAST PROJECT
To get connected - you must register it first.

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- ✓ **NO COMMITMENT** to sign up for services
- ✓ **AVOID DELAYS** in construction by signing up now

For more info, photos & FAQs visit
www.citywest.ca/dropping-in

The Connected Coast project (joint venture between Strathcona Regional District & CityWest) is bringing high-speed fibre-optic internet to 139 communities along BC's coast & Vancouver Island.



**SIGN UP TODAY FOR A
FREE* FIBRE INSTALLATION TO YOUR HOME!**
www.citywest.ca/dropping-in | 1-800-442-8664



* For fibre-optic drops over 250 metres from the road, there will be an additional charge. If your driveway is over 250 metres, please note this on your dropping in form.

Sayward News Advertising

Contact: saywardnews@gmail.com
Deadline is the 20th of the month
Publication is the last day
of the month

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No matter where you are
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WorkBC Centre-North Island is here to help.



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



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



Community Share Shed
Open Monday, Wednesday, Friday
8:00am-11:00am

Donations accepted during opening
hours only. No electronics, books, or
clothing please



Village of
Sayward



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Village of
Sayward



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 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



Village of
Sayward

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: charonrids@gmail.com

Meets - 6:30pm - 2nd Monday each month

Sayward Fish & Game

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

Sayward Valley Folk Music Society: 250-282-0134

Bob Sampson rsampson@saywardvalley.net

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 - 1st Sunday each month at Harbour Office

Sayward Health Clinic: 250-282-3815

Sayward Literacy Now

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

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

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 (3rd 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



Village of
Sayward

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 uses **Alertable** as our public emergency mass notification service.

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: <https://www.sayward.ca/municipal-services/emergency-services/alertsnotifications>



Village of
Sayward





Emergency Preparedness Corner



Quote of the Day – Emergencies only happen when they “emerge” and when they “emerge” is never known! People must always be ready with full individual emergency preparedness!

Here's a basic emergency preparedness summary that each individual citizen is personally responsible for and listed in no particular order of priority:

1. Grab and Go Kit/ Back pack ready and stocked. Ideally one in your home, one in your car, and a smaller version on your person always.
2. Have last minute Grab and Go items that are known in advance and ready to add at the last minute to the above kit such as prescription medicines.
3. Batteries charged for all battery run devices and ideally a hand operated battery charging device always available.
4. Battery powered light source readily available at any time.
5. Seasonally appropriate outdoor clothing including footwear readily accessible at any time and particularly by bedside at night.
6. Check all batteries and battery operated receiving and broadcasting devices at least on the first of each month.

Reminder – Every Wednesday from 6:30pm to 7:00pm the Sayward Family Radio Services (FRS) net is operated on FRS Channel 4. This net allows FRS radio owners to check in and test their radio transmission distance and functionality.

The Sayward Emergency Operations Centre (EOC) will monitor the above station during declared emergencies to assist in local radio emergency information transmissions and relay communication needs to ham radio long distance emergency transmission services.

Citizens are encouraged where possible to attain one of the very affordable FRS radios which do not require a radio license. An FRS radio is an additional source of short distance communication (1 to 2 KMs) should all other forms of communication such as internet, cellular phone and land phone communication services not be available in a declared emergency.

Thank you to all who attended our Emergency Social Services (ESS) Open House on Feb 28th, 2023. If you missed this open house and would like to learn more about ESS please contact your Emergency Program Coordinator (EPC), 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 svfd@saywardvalley.ca or come to our weekly meetings every Monday @ Fire Hall #1 - 7:00pm



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Sayward Literacy Now 2023

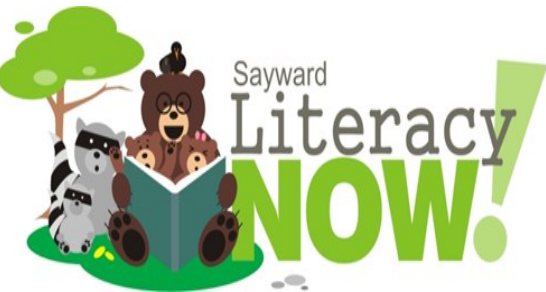
If in need of help with your computer let me know!

Books! Check out our book houses.

If you are in need I have books for children 0 to teens.

Spring is in the air 2023 Block Party April 15 come check out our book selection and take a book home for free!

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



We aim to provide good food to those in need in the community. If you are in need of food, please reach out. No one should go hungry in our community.

We accept in-date food donations and cash donations. We need donations to ensure everyone who needs food has access to it. If you can donate please do.

Sayward Valley Resort

Sayward Christian Fellowship



"Taste and see that the LORD is good; blessed is the one who takes refuge in Him."

Morning Service 11:00 AM
740 Gentry Rd.

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

Everyone Welcome!



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

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



Clinic Corner News

This is a reminder that appointments at the clinic are primarily in-person visits, especially if you have not been seen recently. Occasionally, follow up appointments to labs or diagnostics will be telephone appointments. Prescription refills are in-person visits. Please do not ask your pharmacy to fax a refill request. It will be returned, stating that you have to make an appointment.

Our Seniors Community Lunches at the Kelsey Center continue to be a success. Thank you all for your support. We are growing in numbers!! If you haven't had a chance to join us for lunch, please come out and socialize. It is open to anyone 55 years and up and there is no charge.

We have been fortunate to have some education materials available to you at no cost. There are self management books on Diabetes, Chronic Pain and Chronic Conditions (such as COPD, Hypertension, Depression, Asthma or other chronic conditions). Please check out our book rack in the clinic and take what interests you. We have lots right now.

March 2023

Public Health Nurse 250-850-2110 press 1

Clinic Phone (250) 282-3815
Fax (250) 282-0040



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

Masks remain mandatory at all Island Health Sites.
Thank you

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 NP Tracey 9-5 Labs 9-11:30	31 NP Tracey 9-5	1 NP Tracey 9-5 Seniors Lunch at Kelsey Centre	2 NP Tracey 9-4	3 CLINIC CLOSED	4
5	6 NP Tracey Off Labs 9-11:30	7 NP Tracey 9-5	8 NP Tracey 9-5	9 NP Tracey 9-4	10 CLINIC CLOSED	11
12	13 NP Tracey 9-5 Labs 9-11:30	14 NP Tracey 9-5	15 NP Tracey 9-5 Seniors Lunch at Kelsey Centre	16 NP Tracey 9-4	17 CLINIC CLOSED	18
19	20 NP Tracey 9-5 First Day of Spring ☺	21 NP Tracey 9-5	22 NP Tracey 9-5	23 NP Tracey 9-4	24 CLINIC CLOSED	25
26	27 NP Tracey 9-5 Labs 9-11:30	28 NP Tracey 9-5	1 NP Tracey 9-5	2 NP Tracey 9-4	3 CLINIC CLOSED	4

This Calendar is subject to change.

Mammogram Van will be here April 11-12th 2023. Call 1 800 663-9203 to book an appointment.

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



February 19, 2023

Taxes: The budget has not yet been finalized, but property taxes are going to rise significantly this year for Area A. The main reason for this is that the Village of Sayward has increased the cost of our fire fighting contract with them by 40% for health and safety equipment that had been neglected in the past. We have no control or vote on this, nor any verifiable knowledge of how they spend our money, which is 60% of their total operating costs. This unfair arrangement, and sudden demand for a lot more money is one more reason why the SRD needs to run the Fire Department by making it a shared service between the Village and the Valley with one equal vote each. Therefore, I have authorized only a three-month extension to that contract while we work out the details for this transition.

More Trouble Brewing: You may recall that in the recent local government election, a councillor from Tahsis ran against me attempting to take control of Area A in order to advance her platform of 'Transportation for Small Communities'. Tahsis wanted all the Strathcona Regional District (SRD) taxpayers to create a bus line from Tahsis to Campbell River. Losing that election has not deterred Tahsis from pursuing this service at the SRD Board. Now they are joined by the Village of Sayward, Zeballos, Kyuquot First Nations, Gold River and two Directors from Campbell River in advancing this plan for the SRD to create two bus lines and that Area A be taxed to subsidize this service. One line would run between Tahsis and Campbell River and the other between Fair Harbour (beyond Zeballos) and Campbell River. I made a motion at the Board, supported by all of the Electoral Areas, to have us removed from this proposed service, but the municipalities defeated my motion. In response I will initiate a provincial government statutory service review to allow us to not participate. One of the greatest problems with any joint service with municipalities is that once they enroll us, it is virtually impossible to ever get out. Typically, a service such as this in its conception is presented as being a low-cost benefit to everyone. However, once you are in, they often evolve into very costly, inefficient services. Even Greyhound couldn't make it work, and that with paying passengers. The same thing happened at our Solid Waste Board. All waste disposal used to be paid for entirely by tipping fees. Then the Board forced everyone into subsidizing the service with a tax requisition. It was presented as a modest, "only \$10 annually per household", they said. Now in 2023 it has ballooned into a \$6 million property tax requisition.

The next initiative proposed by the municipalities is a Regional Fire Administration Service that would oversee various aspects of every fire department in the SRD. Once again, it will be presented as an innocent little service at a modest cost to property taxpayers for coordinating purchases of equipment. But what is conveniently left unsaid is that the scope of its future control over every local fire department is unpredictable. All of the Electoral Areas (EA) have told the SRD that they will not participate, but once again the municipalities have the majority vote and appear determined to force us into this service as well. This has always been a constant fight at the SRD.

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

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

Sayward Valley Folk Music Society News



Village of
Sayward



SAYWARD FUTURES SOCIETY
Our Community, Our Future



Please join us as we welcome Canadian singer/songwriter **Claire Coupland** in concert on **Sunday, March 5, at 7:00 PM**, at the **Kelsey Centre**. There is a pureness to Claire's voice that can silence a room. A moving songwriter and compelling guitarist, Claire combines smooth folk fingerpicking, jazz influenced progressions, and soaring melodies effortlessly pulling her audience into her personal world of life experiences- bringing a graceful contemporary feel to indie folk music. We have invited Claire to perform in Sayward as part of her tour promoting her latest CD. This is a great time to 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 **clairecoupland.com**

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 John Michael Lind on Sunday April 16, 2023

Garden Club News

Speaker on Edible Superfood Landscaping

The Garden Club is returning to our regular meeting schedule at 7:00 pm on Thursday, March 9 with an exciting speaker, Lucretia Shanfarber. An experienced presenter, she is the host of a weekly radio show, Gabbing About Gardening. Lu invites us to "learn to grow delicious foods that heal and nurture our bodies and our soil". She will show how to use natural plant canopies to protect plants, soil and habitats while providing abundant and nutritious food. There is bound to be something for everyone from the experienced gardener to the growing novice.

March is a good time to divide many perennial plants. Members are encouraged to bring plants to share on our opportunity table. We will also have on hand our collection of collected seeds. Most of these are locally grown seeds that seem to have a natural advantage in our special climate.

Please join us at the Heritage Hall at 7:00 pm March 9. Please bring your own cup to share refreshments. We have no membership fee and all are welcome.





Sayward Age Friendly Van

March Schedule

Weekly Trips to Campbell River

March 2nd (Driver Diane)
March 9th (Driver Wayne)
March 14th (Driver Michelle)
March 23rd (Driver Diane)
March 30th (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 than 5pm unless arrangements are discussed in advance and approved.

Cost is by Donation

Please call the Kelsey Centre the day before by Noon

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



Subject to Change due to Weather Conditions

Senior's Luncheon

March 1st
&
March 15th



12:00 pm - 1:00pm

Come enjoy a social gathering at the Kelsey Centre.
Lunch, dessert and refreshments provided. This is
a free event. Rides available upon request.

652 H'Kusam Way
Sayward, BC
Phone: **250-282-5500**

Volunteers needed!

Please contact Tracy @ Sayward Health Clinic
250-282-3815



Village of
Sayward

Notice to Village Residents

Village of Sayward staff continue to work on a new Nuisance Bylaw to bring forward to Council that, in-part, will address impacts relating to the operation of backup generators. The recent and unexpected hydro outages have enhanced our awareness of both the benefits backup generators produce as well as negative impacts they can have on neighbours due to the noise impacts stemming from operating a generator. The Village office continues to receive comments/complaints on noise from generators.

Council recognizes that given our frequent power interruptions, generators are a convenience to some and a medical necessity to others. Residents are asked to keep generator operation to the minimum necessary for your circumstance while also taking steps to minimize generator noise. There are lots of noise quieting tips available on the web, here are a few suggestions:

- Purchase a Generator That Fits Your Needs
- Face The Exhaust Pipes Up or Away from you and your neighbours as much as possible
- Move Your Generator Further Away from homes
- Place The Generator on a Soft Surface
- Use Sound Deflectors to Quiet Your Generator
- Build An Acoustic Enclosure or Muffle Box
- Replace The Muffler
- Use Water as A Muffler

Again, Council appreciates generators are a necessity, but we do ask that residents respect noise level limits by reducing their noise level footprint. Your neighbours will appreciate it!

Sayward Families and Children Connect

for young children and their parents and caregivers

Monday, March 6
Free and Fun Drop In
10:00 am - 1:00 pm



Join us for
Crafts, Snacks
and a Hot Lunch



Monday, March 13
10:00 am - 1:00 pm

Join us for our
Free and Fun
Mini Resource Fair

Meet service providers!
Enjoy crafts, toys, food!
Gift Bags! Door Prizes!

For more information contact Ann Vansnick

saywardfamilynavigator@gmail.com or phone/text 250-203-8332

Children must be accompanied by an adult.

Supported by a grant from

United Way British Columbia Central and Northern Vancouver Island

SPRING IS IN THE AIR 2023



Celebrating Spring arriving in Sayward!
April 15, 2023 from 11:30 to 2:30 at the
Heritage Hall 1257 Sayward Rd

Communities block party! Bring your neighbour,
family, and friends or just come yourself. All welcome!
Live music by Marshall!

Bring your extra starters to share or your gardening
tips! A time for families and community members to
get together to welcome the warmer weather!

We have a covered area to stay dry need be.

So this is rain or shine!

Sponsored by SCRA-Heritage Hall, Sayward Literacy
Now, Campbell River Community Foundation and the
Neighbourhood Small Grants!

SCRA – Heritage Hall Happenings

1257 Sayward Rd

250-282-0192 heritagehall@saywardvalley.net

March 20th 2023 Monthly meeting at 6pm.

All Welcome

Thank you! What a fun evening of Music Trivia with Lyle!

There were 46 of us out. Lots of laughs. Even had a birthday boy
there to sing to! Thank you to everyone that stayed and helped put
away everything.

Thank you to all that donated to make this happen: The Crossroads
Pub and Restaurant, Ann Vansnick, Ron Yoshida, Sheelagh Forsythe.
Especially the SCRA-Heritage Hall for sponsoring this event.

If you have any door prizes or anything to donate for the next one
Connect with Ann Vansnick or Ron Yoshida.

Thank you to all that came out and enjoyed **Family Day!** There
were 50 plus that braved the weather. Ended up being not a bad day
for weather.

Great live music provided by Marshal and Jeff! Thank you to all that
helped out: Janice Williams, Shirley Williams, Anne Marrs and David
Gee for the firewood. Thrifty Foods for their donation for the kids
activity! I am sure others helped out too so thank you to them too!

Upcoming Events

Annual Easter Hunt - April 9th

Welcome to Spring 2023

Block Party - April 15th

Music Trivia with Lyle -
May 6th

Annual Community Garage
Sale - May 13th

SCRA 100th Birthday
Celebration - May 31st

Spring Break @ the Kelsey Centre

Call to Register 250-282-5500

Date/Time	Event	Program Information
March 27th 3:00pm - 5:00pm	Glow in the dark Swim (all ages) Cost \$ Drop-In Fee	Enjoy a fun swim for all ages. Staff will break out glow sticks, neckless, bracelets and glow in the dark toys. Games and prizes will be won.
March 27,29,31 10:00am - 11:00am	Soccer Stars Ages (5 - 8yrs) Cost \$15.00 3days	Enjoy a fun, outdoor soccer lesson. Our goal is to teach children soccer skills in a fun non-competitive environment. Children will build self-confidence and develop teamwork skills while developing socialization skills. Each age group will work on improving fundamental motor skills through drills, warm up activities, and fun games.
March 27, 3 12:00pm - 12:45pm	Soccer Tots Ages (2-5yrs) Cost \$8.00 2days	
April 3, 5 10:00am - 11:30am	Soccer Stars Ages (9- up) Cost \$15.00 2days	
March 27th 12:00pm - 3:00pm	Outdoor Adventure Camp Ages (5-11yrs) Cost \$12.00	Children will enjoy exploring nature in a safe & fun outdoor environment. Scavenger hunt, crafts & lunch provided.
March 29,31,3,5 3:00pm - 5:15pm	Junior Lifeguard Club (Ages 8- up) Cost \$45.00 Students MUST be Proficient in deep water. Swim 2 lengths of the pool in order to enroll.	Children will practice lifesaving techniques, including first aid skills, and water rescues. Your child will leave with a foundation of lifeguard skills while working on teamwork and leadership skills. A portion of this camp will focus on their stroke correction and areas seen by the instructor that need attention.
March 29th 2:00pm - 5:00pm	Fort Building & Lazer Tag Camp Ages (5- 11yrs) Cost \$12.00	Children will explore safe wooded areas around the village. Imaginations are fostered while building and creating fortresses and playing lazer tag. Snacks provided.
March 29th 12:00pm - 12:45pm	Teddy Bear Picnic & Story Ages (0 - 4yrs) Cost \$4.00	Toddlers and caregivers will bring their favorite stuffy to an outdoor picnic and story time. Parachute games will be played and picnic snacks provided.
March 31st 1:30pm - 4:30pm	Art Creation Camp Ages (5- 11yrs) Cost \$12.00	Children will have the opportunity to use their creative minds to build art creations that will spark creativity, build confidence and self-esteem. Snacks provided.
April 3rd 1:30pm - 4:30pm	Outdoor Field Games Camp Ages (5-11yrs) Cost \$12.00	Children will play a variety of outdoor field games, Capture the Flag, Freeze Tag, Man Tracker and Kick Ball. This a fun non-competitive camp. Snacks provided.

Teen Program

April 5th 4:30pm- 7:00pm	Spa Day (11 and up) Cost \$12.00	This fun program will start off with yummy smoothies & healthy snacks, followed by facials, mini manicures & pedicures. Everyone will go home with a spa goodie bag.
March 31st 4:30pm - 8:00pm	Teen Swim & Nacho Party (11 and up) Cost \$ Free	Teens will swim during the Everyone Welcome Swim, followed by Create your own Nacho's and relaxing in the MPR with friends.
April 5th 2:00pm - 5:00pm	Teens & Littles Cooking (5 and up) Cost \$12.00	Teens will be buddy up with a Little to create a fun meal to share. Prizes to be won.



March 2023

250-282-5500



KELSEY CENTRE GYM & WEIGHT 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	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 Themed Birthday Party Rentals Call for more details
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	
INDOOR WALKING GYM 6:00pm—7:00PM WEEKLY CHALLENGES	YOGA 6:00pm - 7:00pm Vinyasa Beginner level Drop In \$12.00	TEEN NIGHT 11 YEARS & UP 6:00pm - 8:00pm	

MARCH SPECIAL EVENTS:

TEEN NIGHTS: Fridays 6pm—8pm (FREE)	PRO D-DAY: March 6th & March 15th
DROP-IN BEGINNER YOGA: Wednesdays 6pm-7pm (\$12.00)	SPRING BREAK: March 27th – April 10th
SENIOR'S LUNCH: March 1st & 15th 12pm-2pm (FREE)	FOLK MUSIC CONCERT: March 5th (Claire Coupland)



MARCH 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	EVERYONE WELCOME SWIM 1:00pm – 3:00pm
PARENT & TOT SWIM LESSON March 6th - April 24th 11:30 - 12:00pm Ages 4months - 3years Call to Register	PARENT & TOT SWIM 11:30am-12:30pm	PARENT & TOT SWIM 10:15am - 11:15am	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	LANE & LEISURE SWIM ADULT SWIM 16+ 3:00pm-4:00pm Pool, Hot Tub & Saunas ALL FITNESS LEVELS
SWIM LESSONS: Swimmer levels 1-6 LESSONS 6-12yrs 3:00pm - 5:15pm February 15th - March 22nd	SWIM LESSONS: Swimmer Levels 1-6 LESONS 6-12yrs 3:00pm - 5:00pm February 15th - March 22nd	SWIM LESSONS: Pre School LESSONS 3-5yrs 3:00pm - 4:30pm March 3 - April 23rd	
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+)	
AQUA FIT DEEP WATER CLASs 6:00pm – 6:45pm ONE LANE OPEN FOR LEISURE SWIM 6:00– 7:00PM HOT TUB AVAILABLE No Class Mar 6th	LANE & LEISURE SWIM ADULT SWIM 16+ 6:00pm-7:00pm Pool, Hot Tub & Saunas ALL FITNESS LEVELS No Swim Mar 8th	AQUA FIT DEEP WATER CLASS MODERATE 6:30pm – 7:30pm ONE LANE OPEN FOR LEISURE SWIM 6:30pm– 8:00pm HOT TUB AVAILABLE	

Thank you,

The Kelsey Centre would like to thank all who have donated to our Teen program over the last few months. Your generous donations have allowed us to provide fun and exciting activities for our Sayward youth at no cost to them. We are still accepting donations towards our youth programs, if this interests you please contact the Recreation Manager at 250-282-5500.

Special thanks to:

- Sayward Valley Resort
- Delivery Mills
- Flatout Welding
- Susan Mallinson
- Nomad Tattoo
- Al & Sons Backhoe and Excavating
- Anonymous Donor
- Boss Lady Hair & Lashes

652 H'Kusam Way
Sayward, BC
250-282-5500



SAYWARD FUTURES SOCIETY

Our Community, Our Future

SAYWARD FOOD CENTRE

Sayward Futures Society continues to support food insecurity through our partnership with Loaves and Fishes Community Food Bank every month. Our next delivery is Friday, March 10.

As you know the astronomical rise in food costs is having a terrible impact on people. If you or someone you know is experiencing food insecurity, please register, with complete anonymity, with either the Sayward Health Clinic ~ 250.282.3815 or the Sayward Ambulance Service ~ 250.230.4501. When you register you can indicate whether you wish to pick up your box or you can request to have it delivered right to your door.

Tuesday, March 7th at 4:00pm ~ Virtual ZOOM Meeting
Email: strathconafoodhub@gmail.com to receive the ZOOM Link



The Sayward Community Food Table

Tuesday,
March 7th
@ 4PM

Reach out to
strathconafoodhub@gmail.com
for the Zoom link!

What is...

The Sayward Community Food Table??

The Strathcona Community Food Hub is a coalition of agencies and individuals interested in *Food Sovereignty* and long term *Food Security* throughout the Strathcona region. Since 2021, the group has been meeting monthly and collaborating on Food Security initiatives across First Nations and settler communities in the region. We have supported the development of community gardens, food banking, food literacy workshops and much more!

We acknowledge the distinct barriers for rural and remote communities to access healthy and affordable food and have helped facilitate assessments on the core food needs for these populations.

In Sayward, we would love to hear from you! Whether you're a farmer, a jam maker, a chef, a business owner, or simply an individual trying to feed themselves.

Join us on March 7th on a virtual ZOOM meeting to discuss what you think are the specific challenges in Sayward and what the solutions might be!



Teen Muay Thai Class



- Improves Physical Fitness
- Boost Confidence
- Self Defense
- Builds Mental Awareness
- Develops Social Skills
- Teaches Mindfulness
- Self Esteem by Learning Discipline
- Team Work

March 11th @ 12pm

**Heart & Soul Muay Thai Club
in Campbell River**

Heart and Soul Muay Thai Academy will do an introductory class into Muay Thai. What is Muay Thai? It is the National Sport of Thailand and consists of punches, kicks, knee's and elbows. It is referred to as the king of Martial Arts. Participants will learn all the basics in this one hour class, taught by 2 time world Muay Thai Champion, Kru (teacher) Sandra Bastian.

Call to Register 250-282-5500
Transportation from Kelsey Centre
Leave 10:30am, Return Approx. 3:00pm
Lunch provided



CAMPBELL RIVER
School District 72

Are YOU a parent/Guardian of an SD72 Student?
Check out our NEW Parent Portal APP to stay in the loop!

Highlights:

- school and district news relevant to your child(ren),
- emergency contact information on file at the school,
- upcoming events,
- your child's absences and report new absences/lates,
- report cards, and more!

Search for CRSD72 Parent App in the App Store or Google Play. The app allows us to deliver classroom, school, and district news right to a cell phone, if you have one. With notifications enabled, you'll be able to receive up-to-date information for everything from events to bus delays in real time. Teachers will also have the option to share assignments and other class messages with you through the parent portal and mobile app.

Watch this short video to learn more!



Sayward School

is excited to present.

FAMILY MOVIE NIGHT!

March 3rd

Doors open @ 5:30pm

Movie Starts @ 6pm

Come join us in the
School gym!

Please bring a lawn
chair or blanket to sit

on

**Non-perishable food donations
welcome upon entry**

Concession will be open!

Cash only please



Upcoming Events at School:



MARCH 2023

Mar 1~ Kindergarten + Strong Start dental screening visit by Vancouver Island Health

Mar 3~ Movie Night! Puss in Boots: The Last Wish-doors open @ 5:30pm, 6pm start

Mar 6~ Pro D day. No School

Mar 9~ PAC meeting in school library. 2:45pm

Mar 10~ Field trip to Ripple Rock for Cultural performance, then Swimming at Strathcona Gardens pool in afternoon.

Mar 15~ Student led Conferences. No Classes

Mar 27-Apr 10~ Spring and Easter Break!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 	2	3 	4
5	6 NO SCHOOL 	7	8	9 = hot = 	10 	11
12	13	14	15 NO CLASS 	16 = hot = 	17	18
19	20	21	22	23 = hot = 	24	25
26	27	28 	29 	30 	31 	

"Do you have a student in our school? To stay in the loop, we encourage and welcome you to Like our Sayward School Page and join our Sayward School PAC group on Facebook!"

Sayward School PAC Meetings 2023

Thursday, March 9th at 2:45pm

Tuesday, April 11th at 5pm

Thursday, May 11th at 2:45pm



Sayward School PAC Bottle Collecting!

We are accepting donations at the
school

How does it work?

Call the school 282-3314 to let us
know that you'll be dropping them off
at the front door and we will take it
from there!

All funds collected go towards field
trips. Thank you for your generous
donations!

