

 J4 ELECTRIC Licensed & Certified Electrical Contractor Jeff Judge Master Electrician 587-298-5333 j4electricltd@gmail.com www.j4electric.ca Residential Commercial	Delivery Mills Ltd. *Custom Cut Lumber* 250-282-3208 No Calls or pick ups after 7 pm please 	 Woodward Property Maintenance Mini Excavator & Dump Trailer Services 250-282-0045 Dylan Woodward
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!
 FLAT OUT EXCAVATION & BOBCAT SERVICES 480 Howes Rd Sayward, B.C. V0P 1R0 Michelle Brickwood (250) 203-6297 shellyddavis@hotmail.com	 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
Sayward Valley Resort Full Service Campground Cabins, Motel Rooms Grocery Store, Liquor Slushy's & Soft Ice Cream (250) 282-3204 	STORAGE RENTAL Vehicles, Boats and RV's Dry & Secure Call-250-282-3465 	 ISLANDS/REMOTE REAL ESTATE/WATERFRONT Stay in the loop / Social @MEGANCENTRONEISLANDREALTOR @MEGANCENTRONEISLANDREALTOR GET IN TOUCH megancentrone.com 250.213.5380
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 D.J. Luoma Trucking Backhoe Services 250-282-5525	 Please report any extreme change in road conditions to Mainroads 24 hour hotline 1.877.215.7122	 Janet Scotland Associate Broker 250.287.6985 janetescotland@gmail.com northislandrealestate.ca RE/MAX ISLAND PROPERTIES Mountains of service for the North Island Now with the power of the RE/MAX brand and network The referral of your friends and family is the greatest compliment I can receive. Thank you for your trust.
 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	 GREY ROCK ENTERPRISES ESTD 2022 Call Milo at 250-282-5577 or greyrock5577@gmail.com	RIVERFRONT CAMPING / RV SAYWARD'S WHITE RIVER Resort 250-282-0117
* Full-Cycle Bookkeeping * Government Remittances * * Tax Returns * * Business Services * New Businesses * WB BOOKKEEPING whetungbookkeeping@gmail.com 250-709-5234	<p style="text-align: center;"><i>Promote your business here!</i></p>	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





Check out the Spring & Summer schedule for the Age Friendly Van!

Special Features inside this issue:

- Sayward Community Food Table Engagement Session - May 5
- Garden Club Plant & Seed Sale - May 13
- Multi Location Garage Sale - May 13
- Last Seniors Luncheon - May 24
- Heritage Hall Spring Clean Up - May 27
- Sayward Harbour Authority AGM - May 28
- SCRA Heritage Hall 100th Birthday - May 31

H A P P Y



her's Day



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) 282-3787 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

It's time for Spring Cleaning!

If you have extra garbage to dispose of, garbage stickers can help!

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 business hours.

For more information on this program, please contact the Village office at 250-250-5512 or village@saywardvalley.ca



Village of
Sayward



Sayward News Advertising

Contact: saywardnews@gmail.com

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



WorkBC Centre
North Island

**No matter where you are
on the journey to employment**

WorkBC Centre-North Island is here to help.



- Career Planning
- Job Search Support
- Training Options
- Work Experience
- Self-Employment
- Info Sessions
- Employer Services
- North Island Job Bank
- Special Events
- Employment Counselling

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.

The MOUHSS is a Mobile Outreach Unit for Health and Support Services.

A mobile unit that provides services like counselling, senior supports, parenting support, financial navigation, mental health practitioner, clothing, snacks/food, harm reduction supplies, access to OAT (Opioid Agonist Therapy), substance use treatment enrollment, victims services, court navigation, & nutrition support



Village (by the Campground)

Mondays 9:30am - 11:00 am

Junction (by the Gas Station)

Mondays 11:30am - 1:00pm.

**For more information call
Leanne McIntee: 250-203-9713**

MONTHS

Thank
You

**Easter Egg Hunt and
Welcome to Spring Block Party**

A HUGE thank you to all for helping and participating in our Annual Easter Egg Hunt and our Welcome to Spring Block Party.

Weather was rain and wind and more rain and wind at both. But so many came out it made it all worth the work put in by all the volunteers.

Thank you and see you all next year!

The SCRA and all our Volunteers



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

1:00 pm Sunday, May 14

1:00 pm Sunday, May 28



Sayward Christian



*"Grace and peace to you from
God our Father and the Lord
Jesus Christ, who gave himself
for our sins to rescue us.."*

Morning Service 11:00 AM
740 Gentry Rd.

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

Everyone Welcome!



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

**THE EMPTIES CAN BE DROPPED
OFF AT THE RCMP DETACHMENT
AT THE ENCLOSED WIRED
COMPOUND. THERE WILL BE A
SIGN .**

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 - Last 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



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





Village of
Sayward

Emergency Preparedness Corner



May the Power of May Flowers be with you as you focus on your emergency preparedness.

Here's some numbered reminders and tips in no priority order.

1. Remember you're #1 for you as you make Emergency Preparedness (EP) a #1 priority for yourself.
2. Encourage your family and friends to make EP a #1 priority as well.
3. If you haven't updated any first aid accreditation you have or are interested in attaining a first aid level certification, St John's Ambulance runs regular monthly courses in Campbell River that are very affordable.
4. Our Sayward Fire Department still has a small number of WASP Kits available for purchase and more information on the kits can be found on their web site. Basically the kit involves sprinklers that can be attached to your roof gutters to water down your house roof in the case of a wild fire where flying sparks can be a risk to starting house fires at the roof of a house even before the fire is very close to that house. Wildfire sparks have been known to travel very long distances in certain wind conditions.
5. The Sayward Village Emergency Evacuation Plan is available on the village website.
6. The Village of Sayward Community Wildfire Protection Plan is available on the village website.
7. Various government funding for community emergency services continues to expand and Sayward will benefit with further improvements in our readiness through equipment expansion of various types.
8. Did you know? Family Radio Service Radios (FRS – Walkie Talkies) can transmit up to 4 KMs in tough conditions but also up to 50 KMs in areas that are flat or have a direct line between the radios. These radios can be very valuable in many situations including emergencies.
9. The Sayward Fire Department is conducting an ongoing fund raiser where you can order some excellent first aid type kits and other useful emergency preparedness items at excellent prices and some of the proceeds of the sales benefit our fire department.
10. The Sayward Emergency Services drone has begun testing and practice with a team of local drone licensed emergency services volunteers. The availability of the drone for use only in emergency situations will prove to be a valuable extra tool in our community preparedness.

Walkie Talkies Wonderful – The Sayward Family Radio Services (FRS, also know as “ Walkie Talkies ”) net is conducted by the Sayward Emergency Program Coordinator (EPC) from the Village Office area each Wednesday evening from 6:30PM to 7:00PM on FRS Channel 4. You are encouraged to check in with the Net Controller using your FRS radio. Checking in with the net allows you to verify your radio is charged up and transmitting properly. Channel 4 is on frequency 462.6375 but you just need to select Channel 4 on these simple radios that require no license. We have had a number of people check in regularly from Village and Valley areas and more are encouraged. If the Net Controller is unavailable at that weekly time slot for any reason you can still broadcast and see who else can hear you and respond. Practice Makes Perfect !

If you 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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&
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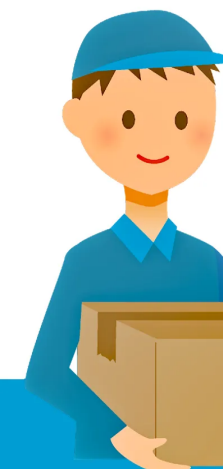
Mark Harper

Cell: (250) 201-0075

Home: (250) 337-8165



Sayward
Delivery



SaywardDelivery@gmail.com
SaywardDelivery.com
250-204-2108

Retail & Restaurant Delivery
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Office: 604-664-7630 • Toll free: 1-866-558-LAND (5263)

www.landquest.com

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.

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



Sayward Harbour Authority Annual General Meeting

May 28, 2023 at 9:30 am
Location : Sayward Harbour Office
30 Sayward Road, Sayward, BC



Senior's Luncheon

**May 3rd
&
May 24th**



12:00 - 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

May 24th

Will be our Last Luncheon

*Thank you to all volunteers who put
their time and effort into making this
event special for our seniors.*



Clinic Corner News

In case you have not heard, the masking policy with Island
Health has been lifted. Masks are not longer required when you
come into the clinic, unless you are showing signs of respiratory
illness.

Did you know the Clinic's walking group is still running? Every Tuesday and
Thursday at 8:30 am, we leave from the clinic for a 20-30 min walk.
Any ability welcome. Come on out and join us.

May 2023

Public Health Nurse 250-850-2110 press 1

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

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



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

*Masks are no longer mandatory in Island Health Facilities, but if you are having
respiratory symptoms- we ask that you do wear a mask. Thank you*

Cost is by Donation



Spring & Summer Schedule

Bi-Weekly Trips to Campbell River
May 11th (Driver Diane)
May 30th (Driver Wayne)
June 15th (Driver Diane)
June 29th (Driver Wayne)
July 13th (Driver Diane)
July 27th (Driver Wayne)
August 17th & 29th (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 advanced and approved.

Cost is by Donation

Please call the Kelsey Centre the day before by Noon.
For More Info call the Kelsey Centre:
250-282-5500

Subject to Change due to Weather Conditions



EMPLOYMENT OPPORTUNITY

The Village is excited to announce that, through a successful application to the Island Coastal Economic Trust (ICET) Rural Advisory Funding Program, the Village will be soon advertising for a full-time **Economic Development Coordinator** one-year term position.

The purpose for hiring the Sayward Economic Development Coordinator is to have someone act as a liaison and as an advisor on economic development to public officials, the private sector and the public at large. The Economic Development Coordinator will take the lead role in working with Mayor and Council and Village staff, community groups, industry and local businesses to identify and promote business development and diversification opportunities in the Village of Sayward and the portion of Strathcona Regional District (SRD) Area "A" surrounding the Village. The Coordinator will serve as an advocate for local economic development initiatives. Actual economic development will be achieved by banding together, clearly identifying economic development as a priority, working strategically, and holding each other accountable.

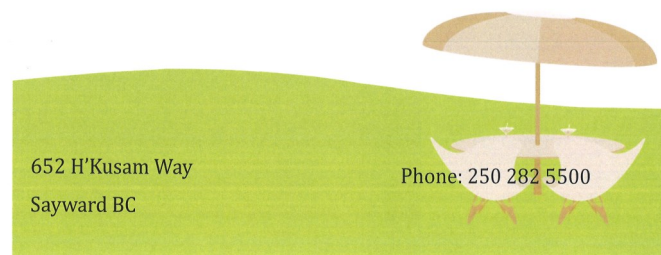
If you would like to learn more about this opportunity, visit the Village of Sayward website where you will find a job posting and job description.

Kelsey Centre Seasonal Closure

The Sayward Kelsey Centre will be closing for the season
Wednesday May 31st 2023 at 7:00pm

We would like to thank everyone who attended our programs and helped make this year special. We look forward to bringing you even more special events and programs this coming fall.

Reopen Monday September 11th 2023.
Stay tuned for our September calendar to find out more.



Sayward Valley Folk Music Society News

On **Sunday evening, May 14**, a couple of veteran folksters will be gracing the stage at the **Kelsey Centre** in a show they call: *Entertainment...Like Mom Used to Make*. This is the perfect theme for our special **Mothers Day concert**. With a combination of rhymestering and songs, wit and wonderment, tenderness and goofiness, **Mark Wonneck and Peter Paul van Camp** will leave you cheered, astonished, and content. We first became aware of this duo from their performances at Char's Landing in Port Alberni and were impressed by their ability to connect with their audience.

Mark Wonneck has been described as a master when it comes to songwriting and he is the perfect compliment to **Peter Paul van Camp**- the gentleman rhymester. Both have been performing for over 50 years in just about every major folk festival around the world.

This Mother's Day, celebrate with us as we present an evening of music and fun for the entire family to enjoy.

The show begins at 7:00. Doors open at 6:30. Advanced tickets are \$20.00 and are available at the Kelsey Centre, Fisherboy Store, and the Music Plant in Campbell River. Admission at the door is \$25.00. Children under 16 are admitted free when accompanied by an adult. Season passes are available.

For more information contact Bob @ 250 282-0134.



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!**



COMMUNITY SHARE SHED

**Monday, Wednesday, Friday, &
Sunday 8:00am-11:00am
located beside the Sayward
Recycling Depot**

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

Garden Club News

Regular Meeting

7:00pm

**Thursday, May 11
at the Heritage Hall**

Plant and Seed Sale

plants & seeds by donation

10:00am-2:00pm

**Saturday, May 13
at the Heritage Hall**

*Gardening Column
discontinued- Sorry*

K'usam Klimb June 24th, 2023

The Kusam Klimb Committee is pleased to announce that Coastline Endurance Running will be partnering with us and the people of Sayward to bring the 2023 Kusam Klimb back to our community on Saturday, June 24th.

The Kusam Klimb Committee have the experts from Coastline Endurance Running to bring the 2023 Kusam Klimb to life. Coastline Endurance Running brings years of expertise in bringing the Finlayson Arm 100k, 50k and 28k along with the Vancouver Island Trail Running Series. We couldn't have asked for a better team of people to put this event together and support our community.

Having the support of the community through our volunteers is what makes this an event that attracts participants from all over the world. If you are interested in volunteering on Klimb weekend, please email our volunteer Coordinator Lori at lori@coastlineendurancerunning.com.



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. 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.

GARAGE SALE AT THE WHARF

SATURDAY, MAY 13TH, 2023

9:00AM TO 3:00PM

Free Item Table!

A \$2 Table!

Puzzles & Vintage Books!

Chairs & More!

Something for Everyone!

And Everything Goes!

FREE Hot Chocolate!

AND...

SIGN UP!!

For your FREE Sayward Future Society Membership

DON'T MISS OUT ON THE COMMUNITY GARAGE SALE



SCRA – Heritage Hall Happenings

1257 Sayward Rd

250-282-0192 heritagehall@saywardvalley.net

May 15th, 2023 Monthly meeting at 6pm.

All Welcome



SCRA is celebrating its

100th Birthday –

Open House



May 31st at 12 noon to 7pm at the Heritage Hall

1257 Sayward Rd.

Light lunch, snacks and refreshments

Anyone wanting to display any memories please let us know!

Please share with anyone you can think of that has been part of the community in the last 100 years!

Upcoming Events

Music Trivia with Lyle May 6th – 6:00pm doors open

Annual Community Garage Sale May 13th

Spring clean up of the halls grounds! May 27th 10:00am

SCRA 100th Birthday Celebration May 31st 12 noon to 7 pm



Spring **Clean Up**

At the Heritage Hall 1257 Sayward Rd.

May 27th at 10am to 1pm

A light lunch will be provided.

Bring your tools and if you have any plants to share.

Any questions call the hall 250-282-0192 or email heritagehall@saywardvalley.net

Annual **Multi Location** **Community** **Garage Sale!**



When - May 13, 2023

To register to get on the map and your package of balloons & garage sale sign for \$10, contact hall at 250-282-0192 or Karen at 250-282-3667

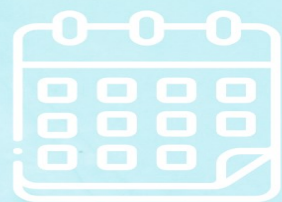
Maps will be out at local businesses or can be picked up at the Heritage Hall.

Tables will be available to rent at hall inside or outside. \$5 per table!

Concession will be open with coffee, tea, hot dogs and chili and a bun!

Please register by May 7th.





6-8 PM

TEEN NIGHTS IN

May

Friday
5

TEENS & ADULTS DODGEBALL

We invite teens and their families to come play dodgeball in our gym!

Snacks provided. 2\$ admission for adults, teens play for free!

TYE DYE PARTY

Teens come to the centre to tie dye shirts. All supplies provided. 15 spots available. Ft. Make your own sundaes!

Friday
12

Friday
19

BOUNCY CASTLE LASER TAG

Teens can bounce around in our gym in a rented bouncy castle followed by a game of Lazer tag! Make your own burgers and poutine for dinner.

YEAR END PARTY

Teens will make their own pizzas, participate in 3 Legged races, duct tape one lucky teen to the wall Snap photos in our photo booth! Prizes, Pics & Pizza!!! 12:00 - 3:30pm

Saturday
27



652 H'KUSAM WAY
SAYWARD, BC
250-282-5500

Music Trivia with Lyle

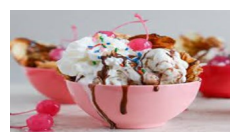
May 6th at the Heritage Hall -1257 Sayward Rd
Doors open at 6 pm.

Come out again for another fun night!

Trivia will start at 6:30 pm \$5 per person Maximum 6 per team

OPTIONAL for extra points! Dress up as your favorite Musician or wear your favorite band t-shirt and earn extra points!

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



Prizes 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)



May 2023

250-282-5500



KELSEY CENTRE GYM & WEIGHT ROOM SCHEDULE

MONDAY	WEDNESDAY	FRIDAY
10:30am - 5:30pm	12:00pm - 7:00pm	12:00pm - 8:00pm
WEIGHT ROOM OPEN 10:30am - 5:30pm	WEIGHT ROOM OPEN 12:00pm - 7:00pm	WEIGHT ROOM OPEN 12:00pm - 8:00pm
AEROBICS ALL FITNESS LEVELS 10:30am - 11:30am DROP IN	SENIORS LUNCHEON 12:00pm - 2:00pm May 3rd & May 24th	SENIORS SOCIAL GROUP 12:00pm - 2:00pm Cost \$ 4.00
PARENT & TOT GYM TIME 11:30am - 2:00pm SNACK PROVIDED	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	YOGA 6:00pm - 7:00pm VINYASA BEGINNER LEVEL Cost \$12.00	AEROBICS ALL FITNESS LEVELS 5:00pm - 6:00pm DROP IN
		TEEN NIGHT 11 YEARS & UP 6:00pm - 8:00pm

MAY SPECIAL EVENTS:

TEEN NIGHTS: Friday Nights 6pm - 8pm (FREE)

DROP-IN BEGINNER YOGA: Wednesdays 6pm - 7pm (\$12.00)

SENIOR'S LUNCH: May 3rd & 24th 12pm - 2pm (FREE)

FOLK MUSIC CONCERT: May 14th (Mark Wonneck and Peter Paul van Camp)

ISLAND HEALTH COVID CLINIC: May 17th 10am - 12pm

VICTORIA DAY CLOSURE: May 22nd

SEASONAL CLOSURE: MAY 31st

Themed Birthday
Party Rentals
available, contact
the Kelsey Centre for
more information!
250-282-5500





May 2023

250-282-5500



KELSEY CENTRE POOL SCHEDULE

MONDAY	WEDNESDAY	FRIDAY
OPEN 10:30am - 5:30pm	OPEN 12:00pm - 7:00pm	OPEN 1:00pm - 8:00pm
LANE & LEISURE SWIM 10:30am - 12:00pm ALL FITNESS LEVELS	PARENT & TOT SWIM Drop In 12:00pm-1:00pm	SWIM to SURVIVE SCHOOL April 21st - May 26th 1:00pm-2:00pm GRADE 4-6
PARENT & TOT SWIM LESSON May 1st - May 29th 12:00pm - 12:30pm	SWIM TO SURVIVE SCHOOL April 19th - May 24th 1:00pm-2:00pm GRADE 2-3	LANE & LEISURE SWIM 2:00pm - 3:00pm ALL FITNESS LEVELS
SWIM TO SURVIVE SCHOOL April 17th - May 29th 1:00pm-2:00pm K-1	LANE & LEISURE SWIM 2:00pm - 3:00pm ALL FITNESS LEVELS	SWIM LESSONS Pre School 3-5yrs 3:00pm - 4:30pm March 3rd - May 26th EVERYONE WELCOME
LANE & LEISURE SWIM 2:00pm - 3:00pm ALL FITNESS LEVELS	SWIM LESSONS Swimmer Levels 1-6 6-12yrs 3:00pm - 5:15pm April 12th - May 24th	4:30pm - 7:00pm Under 7 years of age MUST be accompanied by an Adult (16 years+)
SWIM LESSONS Swimmer levels 1-6 6-12yrs 3:00pm - 5:15pm April 12th - May 24th	EVERYONE WELCOME 5:00pm - 7:00pm Under 7 years of age MUST be accompanied by an Adult (16 years+)	AQUA FIT DEEP WATER CLASS 7:00pm - 8:00pm ONE LANE OPEN FOR LEISURE SWIM 7:00pm- 8:00pm HOT TUB AVAILABLE

SEASONAL CLOSURE: May 31st

Sayward School PAC Bottle Sorting

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!

"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, May 11th at 2:45pm
Thursday, June 22nd at 5pm AGM



Upcoming Dates:

May 1, 8, 15, 29- Kindy/Grade 1 class Swim to Survive Lessons 1-2pm
May 3, 10, 17, 24- Grades 2/3 Swim to Survive Lessons 1-2pm
May 5, 12, 19, 26- Grades 4-6 Swim to Survive Lessons 1-2pm
May 18- Filed Trip: Bowling then Ripple Rock School for Rainbow Theatre
May 22- Victoria Day, No School
May 23- Field Trip: Willow Point Reef Tour
May 25- PAC hosting Spring Fair! 4:30pm-7:30pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 	2	3 	4	5 	6
7	8 	9	10 	11	12 	13
14	15 	16	17 	18 	19 	20
21	22 	23 	24 	25 	26 	27
28	29 	30	31			

May 5th
2023

1 to 3pm
@ CABLEHOUSE

ENGAGEMENT SESSION

SAYWARD COMMUNITY FOOD TABLE

What is... The Sayward Community Food Table??

We are a group of citizens interested in **Food Sovereignty** and long term **Food Security** throughout the Strathcona region. We are working toward creating a board of directors so the **Sayward Community Food Table** can become a registered BC Society. Once we are a registered society we can access grant funding to support food security initiatives such as the development of community gardens, workshops for food literacy, food gardening, food processing and food preservation. Whether you're a farmer, a jam maker, a chef, a business owner, or simply an individual trying to feed your family, please join us in the creation of this vital community asset that will benefit our whole community! See you on May 5th!

For More Information Call Sheri Braun: 250.282.5503 or email: info@saywardfutures.ca



Village of
Sayward

Sayward, Think Before You Throw

Have you ever found yourself 'wishcycling'?

Unfortunately, we can't recycle everything. What seems like a helpful habit can actually negatively impact the recycling process.

Comox Strathcona
Waste Management



Please refresh yourself on the do's and don'ts of recycling in Sayward

GENERAL TIPS

You can help ensure that more materials are recycled by following these steps:

1. Please carefully follow sorting instructions at the depot.
2. Empty and rinse containers.
3. Contain shredded paper inside a paper bag or box.
4. Flatten cardboard and remove plastic wrap from cardboard flats (staples and tape are OK).



RECYCLING CENTER

ONLY recyclable items will be accepted and only during operating hours
(Mon., Wed., Fri. 7:30am - 8:30pm, Sun. 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.
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 KITCHEN WASTE OR COMPOST
- NO DIRT, ROCKS, OR SOD.

Questions? Check out the Comox Strathcona
Waste Management website: www.cswm.ca
or contact the Village office: 250-282-5512 or
village@saywardvalley.ca