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MON: CLOSED
TUE: 12PM-6PM
WED: 12PM-6PM
THU: 11AM-7PM
FRI: 11AM-7PM
SAT: 11AM-7PM
SUN: 11AM-7PM



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SAYWARD FUTURES SOCIETY
Our Community, Our Future

OCEANVIEW Gallery & Cafe
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THE CROSSROADS
RESTAURANT & PUB
SAYWARD, B.C.

Closed February 2nd - 12th
For a winter reset, deep cleaning and maintenance.

We're pressing pause to freshen things up behind the scenes — so we can come back better than ever.
Reopening February 13th ready to serve you again.
Thanks for your patience and continued support!

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ISSUE #2
FEBRUARY
2026

Thank you for all of the feedback following our first issue! We have made some changes based on your feedback, including: 4 more pages of content, borders around the ads for visual clarity and larger font sizes. To advertise, or to suggest a story idea, contact Hello@GoSayward.com. This newsletter is made possible by advertiser support.

SAYWARD HISTORICAL HUB



Right's Store . . . there were no cars in valley in 1920.

Settlers for Salmon River

New Farmers — 1920 Style

The end of March, 1920, and snow began falling as the Union Steamship Cheakamus berthed alongside the small wharf at Salmon River. We, the J. B. Howes family from Victoria, disembarked and were welcomed by the lone man on the scene. Dad introduced us to Knobby Clark, another veteran lately back from the First World War, whom Dad had become acquainted with on his first trip into the valley. Mother and I waited while our settlers' effects were being unloaded.
(Read More on Page 10)

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SAYWARD COMMUNITY FOOD TABLE SOCIETY

Food Sort Dates:

February 27, March 27, April 24, May 22, June 19, July 24, August 21, September 18, October 16, November 13, December 11.



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SAYWARD CLINIC COLUMN

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Labs 9-11:30 NP Phone Calls	3 NP Phone Calls	4 NP Phone Calls	5 CLINIC CLOSED	6 CLINIC CLOSED	7
8 Labs 9-11:30	9	10	11 Public Health	12	13 CLINIC CLOSED	14
15 CLOSED Family Day	16	17	18	19	20 CLINIC CLOSED	21
22 Labs 9-11:30	23 NP Phone Calls	24 NP Phone Calls	25 NP Phone Calls	26 NP Phone Calls	27 CLINIC CLOSED	28
March 1 Labs 9-11:30 NP	2 NP	3 NP	4 NP	5 NP	6 CLINIC CLOSED	7

This Schedule is subject to change.

The clinic remains open for patients of the clinic, with Nurse Practitioner Enid O'Hara covering some shifts.

Clinic hours remain the same:

Monday to Wednesday: 9:00 AM – 5:00 PM

Thursday: 9:00 AM – 4:00 PM

 Call 250-282-3815

The following services are available to everyone, you do not need to be a clinic patient: Lab, ECGs, 24-hour Holter monitoring, Injections, Wound and dressing care.

Please call when you can't make your lab or NP appointment. We have very limited spots.

SAYWARD COMMUNITY HEALTH SOCIETY

We have recently heard that some people are a bit confused about the membership scheme, so I will try and clarify things a bit.

The Sayward Community Health Society (SCHS) raises the money and pays the bills to keep the building going, provides equipment, computer systems, propane, hydro, custodian etc. to give the staff a place to work. Staff are provided by Island Health, and while we can exert a bit of pressure, SCHS has absolutely no say in staffing, regulations, or anything Island Health related. **YOU DO NOT NEED TO BE A MEMBER OF SCHS TO USE THE CLINIC.**

The membership scheme is to support SCHS, and as a registered charity, members are a necessity and are vital to our continued existence, as it proves that the community is supporting us, and we are providing something people want. We also facilitate and apply for the grants for the seniors lunches.

This is a community Clinic, and was created from the ground up in 2011 by local people, and has evolved massively over the years, to the facility it now is.

We appreciate that things are difficult currently with no NP, and can confirm that Island Health are trying very hard to find a replacement. In the meantime, the Clinic remains open for labs, use of Holter monitors (purchased by us) to avoid patients having to travel to CR wherever possible, and SCHS are looking at ways we can help to provide more services. Stay tuned. **(Read more on page 16)**



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**Store open 7 days a week
9am to 8pm**

Calling all farmers and
would-be farmers:

SAYWARD FARMERS' INSTITUTE

Will be holding their AGM &
Potluck.

Saturday, February 28th
5:00 p.m.

At the Heritage Hall.

For information: call Beth at
250-282-3473.

Bring something to eat that you
enjoy making.

Y'all come now!



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SCRA HERITAGE HALL HIGHLIGHTS

📌 Heritage Hall - What's On in February 2026

Hello everyone! Here's what's happening at Heritage Hall this February — we'd love to see you there.

❤️ FREE Seniors (65+) Valentine's Lunch
Saturday, Feb 14 | 1pm

Registration is required. Last day to register
is Feb 7th

Please call Barb at 250-282-3741 to register
or for more info.

🛍️ Indoor Market Saturday, Feb 7 | 10am-1pm
🧶 Sayward Helping Hands Every Tuesday |
10am

Bring your sewing, knitting, or craft projects.
\$2 drop-in — everyone welcome. 🧡🧡

🧒 Kids Club. Wednesdays, Thursdays &
Fridays

Registration required.

Email: saywardcrew@gmail.com

🎵 Music Night First Thursday of the month
Bring your instrument or your voice and join
in. \$2 drop-in — everyone welcome.

📅 Monthly Meeting. Tuesday, Feb 10 | 7pm
All events are subject to change.

Thanks for supporting Heritage Hall and our
community — hope to see you soon! 😊

GREG'S MEDIC MINUTE

(CONTINUED FROM PAGE 14)

Congenital Heart Disease – These are conditions that a person is born with, and they affect the structure of the heart. I won't go into much detail as there are many types and if you have one of these diseases you probably know more about it than I do.

Heart Failure – A chronic condition, usually caused by high blood pressure. Prolonged periods of high blood pressure enlarge the muscles of the heart which lowers its ability to pump properly.

As with most things, the way to maintain a healthy heart is through proper diet and regular exercise. A good example of proper diet that is varied and easy to follow is the Mediterranean Diet, which you can easily google for more details. As for physical activity, the World Health Organization recommends 2.5-5 hours of moderate intensity physical activity per week for adults 65+. That's only 45 minutes per day!

SCHS (CONTINUED FROM PAGE 3)

So, to recap, you do not need to be a member of SCHS to use the Clinic, but by joining as a member, you help to keep it open and your support is truly appreciated. Membership is only \$10 per person per year, and members receive a discount on our already very cheap drivers medicals, so please consider joining us. Membership forms are available at the Clinic, and dues can be paid there, or e-transfer to schs.clinic@gmail.com.

Thank you.

Angie Hibbert
 Director/Treasurer
 Sayward Community Health Society
 Registered Charity Number: 84707 8706 RR0001



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SAYWARD MARKETING MOMENT



SCAN TO READ
FULL ARTICLE

Digital marketing is entering a new era, and two forces are shaping the landscape more than anything else: AI-powered personalization and human-first content. Brands that blend intelligent automation with authentic storytelling are seeing higher engagement, stronger conversions, and deeper customer loyalty. This overview breaks down the strategies dominating 2026 and how businesses can use them to stay ahead in an increasingly competitive digital world.

Artificial intelligence has evolved far beyond simple automation. In 2026, it plays a central role in strategic marketing, helping brands interpret behavior, anticipate intent, and deliver hyper-relevant content across every touchpoint. AI-driven marketing enables predictive analytics, real-time personalization, smarter ad targeting, and more accurate performance insights. *(Read more online)*

SRD SPOTLIGHT (CONTINUED)

In my supporting arguments I reminded the Board that that not that many years ago, the entire service was paid for by tipping fees exclusively and there was no tax requisition at all. That is a “user-pay” system where costs are attributed directly according to how much waste a company or person contributes to the landfill.

Obviously, in this way, building demolition, or renovations, which generate a large amount of waste would pay more and not be subsidized by property tax requisition. These companies will then simply pass those cost increases on to their customers. That is the way it used to be.

The whole system of tax requisition for our solid waste system was introduced at a very low rate several years ago when an up-front amount of capitol was need for a special project. It was promoted as a temporary measure, but once in place the tax requisition portion began to climb every year until where we are today at \$5.5 million.

Unfortunately, the other Directors who supported my motion failed to achieve a majority and my motion was defeated this time around, however I will continue to pursue this fairer system for the future.

If you have any questions on these or any other issues, please do not hesitate to contact me. My door is always open.

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



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GREG'S MEDIC MINUTES



February is Heart Health Month. We all know that our hearts are important organs, but what makes a heart healthy vs unhealthy anyways? The Canadian Heart and Stroke Foundation defines heart disease as: "An umbrella term for any condition that affects the structure or function of the heart. A heart disease can be any one of a group of related conditions with many different root causes." There are many types of heart disease which can be grouped together according to how they affect the heart. Here are some examples below:

Coronary Artery Disease – the narrowing or complete blockage of the arteries that supply blood to your heart. These blockages are created by a fatty/cholesterol-based plaque called atherosclerosis. Coronary Artery disease is the most common form of heart disease and the most likely to cause heart attacks

Vascular Disease – While not directly related to the heart, vascular disease includes problems with the blood vessels (arteries or veins) and can happen anywhere in the body. Vascular disease affects the heart's ability to pump blood to your organs and tissues and can cause the heart to work harder than it's meant to in order to circulate blood around your body.

Heart Rhythm Disorders (Arrhythmias) – These conditions cause disruptions to the electrical current that controls the beating of your heart. A healthy heart should beat in a regular, normal rhythm. Heart rhythm disorders come in various forms; some cause the heart to beat too slowly; others cause the heart to beat too fast, and still others cause the heart to beat irregularly or erratically.

SAYWORD SEARCH

Sayward Streets

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B L Z A S N F F S O G Q W O B N I A R S
Q G A P R L A C N H T V U O X I V L E F
E E F R F S E T Q P L V Z L G E R B A S
Q N I R M N R Y H S B O E B P A W K E S
Y T Z I E I T C M A P E L Z R J R A P S
K R O G T N S R H B N Z E I K F H D A M
K Y Q S Y W C H T C O M M U N I T Y K A
M U V G D D R H A C K E L S E Y K X M C
O S K O G A N T M W S T H C A S O C R M
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F K U P T N P G O M M P H F M K G N G P
R Y A N S S H D E S C P A K I M J U B S
  
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1. AMBLESIDE 2. ARMISHAW 3. BALSAM 4. COMMUNITY 5. DESPINS 6. DYER
7. FRENCHMAN 8. GENTRY 9. GLENROY 10. HERN 11. HOWES 12. KELSEY
13. LAWRENSON 14. NATHAN 15. MACMILLAN 16. MOUNTVIEW 17. RAINBOW
18. RYANS 19. SABRE 20. SACTH 21. SEAVIEW 22. SKOGAN 23. SPAR

**SAYWARD FISH AND GAME MEETS AT
THE HERITAGE HALL, 730PM ON THE
LAST WEDNESDAY OF THE MONTH.
THERE ARE NO MEETINGS IN JULY,
AUGUST AND DECEMBER.**



The Sayward Futures Society invites members and the community to attend our Annual General Meeting.

Saturday, February 7 | 1:00 PM
Multi-Purpose Room, Kelsey Centre

Come and hear what we have been up to over the past year and learn more about upcoming projects and how local ideas are helping to shape the future. We are always looking for volunteers and community members who want to get involved. Whether you have time, skills, ideas, or just curiosity, there are many meaningful opportunities to contribute and make a difference. This is your chance to connect, learn more, and help shape the future of Sayward with Sayward Futures. Everyone welcome.

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

Ann Vansnick at
 annvansnick3@gmail.com
 250-203-8332

PAC PULSE

February 2026

SUN	MON	TUE	WED	THU	FRI	SAT
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

2nd~ PAC meeting in school library, 2:45pm
 7th & 8th~Filming at School
 12th~Rock Climbing & Gymnastics Field Trip
 13th~ PAC Bake Sale in kitchen, 12:30-2:30pm
 16th~ Family Day- NO SCHOOL!
 17th~ Pro D Day- NO SCHOOL!
 25th~ Pink Shirt Day

Hot lunches TBD

Join us for our
Valentine's Bake Sale

Hosted by the
 Sayward School PAC

Friday February 13th
 12:30pm - 2:30pm
 Sayward School
 Kitchen
 See you there!

- Business Cards
- Brochures
- Flyers
- T-Shirts
- Pens
- and more!

HELLO@SAYWARDMARKETING.COM

SRD SPOTLIGHT (CONTINUED)

Strathcona Regional District - Area 'A' Director's Report –
Jan. 29, 2026

Comox-Strathcona Solid Waste Budget

The Comox Valley Regional District (CVRD) and the Strathcona Regional District are joint Board members in this region's solid waste service, although all the staff is exclusively from the CVRD. On Jan. 8, the Board approved the 2026 solid waste budget of approximately \$22 million which is an increase of \$1.3 million (6.5%) over the 2025 budget of \$20.6 million. Staff forecasts that this cost will increase to almost \$24 million by 2030.

Property tax requisition has not been increased, but instead maintained at \$5.5 million for 2026 through to 2030. Therefore, even though the cost of operating this service will increase over the next five years, the tax requisition will not. Although this in itself is good news, the overall budget allocations fall short of what I believe they should be.

My concern is that our arbitrarily low tipping fees do not cover the cost of operating the service and therefore the shortfall is paid for through taxation. This means that property taxpayers are subsidizing industrial and business operators who contribute a large portion of the total waste to our landfill. To correct this problem, I made the following motion:

THAT we amend the financial plan to increase the tipping fees by an additional ten dollars beginning in 2027, and each succeeding year, until the requisition is eliminated.
(Read more on page 15)

Free Seniors Luncheon February 11th and 25th at the Kelsey Centre from 12pm to 1pm. Hosted by the Sayward Community Health Society.

GARDEN CLUB NEWS

With the ground frozen up there isn't much for gardeners to do. But if the micro-organisms are working in the compost, there will be enough heat to keep it from freezing. Keeping the pile covered keeps the heat in and keeps off the heavy rain, The pile can be turned bringing the outside material to the inside and the inside material to the outside of the pile. The kitchen scraps can be buried in the middle. The turning incorporates the air needed to keep the micro-organisms alive. If the pile is dry, sprinkle with (warm) water until the pile is like a wrung-out sponge.

Winter is the time to prune fruit trees for limb direction and tree shape. Pruning back limits limb length and shapes by pruning back to a bud that is going in the desired direction. This also the season for spraying to avoid scab and other unwanted organisms. More on this subject next month.

The club will be resuming the regular meeting schedule starting with Thursday, February 12th. We meet regularly on the second Thursday of the month at 7:00 pm at the Heritage Hall. There is no membership fee and we are always looking for new gardeners. At each meeting we have a round table where members tell what they are presently up to and questions are asked and answers provided by the more experienced members.

Members are invited to bring their seed collections to the meeting for seed swapping. You can also bring along any seed catalogs that you have, even ones from past years. Please bring catalogs from lesser known seed companies. How to see you then.

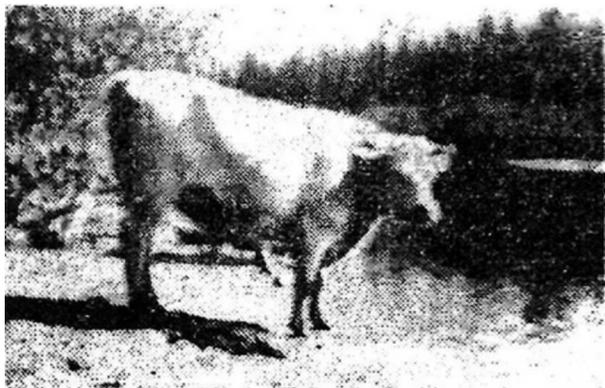
SAYWARD HISTORICAL HUB (CONTINUED FROM COVER)

Mother and I waited while our settlers' effects were being unloaded. All along the boats rail men peered down with evident curiosity. Now a horse and wagon clattered on to the pier and we were introduced to the driver, Jim Hearn, from whom dad had lately purchased a farm, which we were about to take over. Hearn was a handsome man, tall and ramrod straight despite his years. He had come to take us to our new home. Knobby and his partner, Ed Gark, had also come to help with the moving.

They informed us their wagon and team were hidden in the trees where Hans Otto Sacht had a cabin. Everyone used the cabin in poor weather, or when the boat was overdue, which happened when freight or passengers had to be taken to out-of-the-way places, or when fish canneries were operating; there being a number of canneries along the coast at that time.

A horse and trap arrived next, driven by the postman, Herbert Armishaw. Herb was a disabled veteran who still looked poorly from long months spent in overseas hospitals. Standing on the wharf proved cold, so Dad asked Herb to take Mother and me as far as the post office. He picked up the mail sack and off we went, with old Mack, our dog, running behind. We went around a narrow rock-cut which in one place was precariously overhung by a large log. I wondered what might happen if we should meet another vehicle, there being only one passing place, but Herb assured us anyone going on the rock-cut knew who to look for as far as the wharf, other than himself and Mr. Sacht, the valley storekeeper.

The present Kelsey Bay Ferry terminal, with its built-up parking area and breakwater, is a far cry from the setup in 1920. Once off the rock-cut the road wound through standing timber. We soon passed a couple of shacks and a small logging outfit. Another couple of miles and we came upon two more homes, then a stump-filled clearing beyond which a bridge loomed up. The road passed between Sacht's barns; his small red store stood on the riverbank along with several outbuildings and house. We rattled over the high bridge and on the other side stood the post office, a rough shack with a small porch on which one could stand while waiting for the mail to arrive.



Steer that put run on author.

**Article written by
Rene Harding for the Times
Colonist in 1920 and preserved
by Sayward Historical Society.**

SHS gratefully accepts donations
of artifacts or e-transfers to
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**SCAN TO READ
FULL ARTICLE**

