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New Year, New Newsletter



First of all, a huge THANK YOU! We couldn't have done this without all the amazing support from readers, advertisers, community groups and the SRD.

Launching a new print newsletter with 30 days from concept to print was absolutely crazy, but your enthusiasm was contagious!

Your feedback will help shape future issues of the Go Sayward Scoop to ensure we continue to publish the information you want to see.

We love story ideas! Share yours and we might feature it in future newsletters. Email Hello@GoSayward.com.

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SCAN TO VISIT WEBSITE ->  
or visit  
[SaywardHistoricalSociety.com](http://SaywardHistoricalSociety.com)



# SAYWARD CLINIC COLUMN

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1 CLINIC CLOSED	2 CLINIC CLOSED	3
4 Labs 9-12	5	6	7	8	9 CLINIC CLOSED	10
11	12	13	14 Seniors 55 + Free Lunch 12 at the Kelsey Centre	15	16 CLINIC CLOSED	17
18 Labs 9-12	19	20	21	22	23 CLINIC CLOSED	24
25 Labs 9-11:30 NP	26 NP	27	28 Seniors 55 + Free Lunch 12 at the Kelsey Centre NP	29 NP	30 CLINIC CLOSED	31

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:

Mon to Wed 9AM-5PM, Thu 9AM-4PM

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 250.282.3815 when you can't make your lab or NP appointment. We have very limited spots.

# SAYWARD HISTORICAL HUB

Following the tragic passing of Co-Founder Don Bruce, Sayward Historical Society is working to recognize Don's vision of preserving Sayward's history for future generations.

President and Co-Founder: Jonathan Kervin  
 Vice President: Christopher Marcacinni  
 Secretary Treasurer: Jessica Bennett

SHS has registered as a society with the BC government and set up a non-profit banking account for fundraising. Stay tuned for more info as we move into 2026.



**ABANDONED KOMOKS VILLAGE CIRCA 1917**

See more at [SaywardHistoricalSociety.com](http://SaywardHistoricalSociety.com)

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# SCRA HERITAGE HALL HIGHLIGHTS

January 2026 📍 1257 Sayward Road

**SAYWARD KIDS CLUB** – After-School Fun! First day of the new year is January 14th. Kids ages 5–12 can enjoy: 🍪 crafts, 🎲 games, 🌲 outdoor adventures, 🍷 snack. Wednesdays, Thursdays and Fridays from 2:45PM to 4:45 PM. Cost is \$10 per day. Pre-registration is required. Volunteers welcome! Call 📞 250.830.4116. Email ✉️ saywardcrew@gmail.com.

📺 **INDOOR MARKET** – First Saturday of the month, 10:00 AM to 1:00 PM. Table rentals only \$2. VIHA rules apply. Kitchen open! Vendors — come on down! Shoppers — support local!

**FREE SENIORS VALENTINES LUNCH** – 65 plus. 📅 Saturday, February 14th 🕒 1:00 PM. Must call 📞 250.282.0192 or email ✉️ heritagehallskra@gmail.com to register OR signup at the Sayward Healthcare Clinic or via Barb Bowbrick. (One person of couple has to be 65).

**SAYWARD HELPING HANDS** - Every Tuesday from 10:00 AM to 1:00 PM. Everyone welcome. Bring your sewing, knitting or other project. \$2 drop in fee.

**SCRA MEMBERSHIP** - \$10 per year. Next regular meeting on 📅 January 13th at 7:00 PM.

## CONTACT

Email ✉️ heritagehallskra@gmail.com  
Call 📞 250-282-0192.

\* All dates and events subject to change



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# PAC PULSE

Sayward School PAC wishes to thank all those who supported our 51st Annual Giant Stocking Fundraiser

## Special Thanks To:

Miv Varalta, White Tower Restaurant, Home Hardware, RBC, West Coast Tees, Anchor Inn & Suites, Moxies, Bosleys, Tidemark Theatre, Grieg Seafood, Mowi, Starbucks, Accentz Hair Studio, Stonehouse Teas, Susan Mallinson - Royal LePage Realty, McDonalds, Save On Foods, Angel Mom Creations, Sayward Volunteer Fire Department, Badinotti Net Service, Campbell River Cinemas and WB Bookkeeping!

Happy New Year!



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Apparel



Pens



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# SAYWARD MARKETING MOMENT



As search engines continue to evolve, Search Engine Optimization (SEO) is no longer about isolated tactics or quick wins. Heading into 2026, SEO is a strategic, experience-driven discipline that blends technical excellence, high-quality content, user trust, and brand authority. Businesses that succeed in search will be those that focus on long-term value rather than short-term tricks.

Below are the most important SEO best practices businesses should adopt to stay competitive and visible in 2026.

Focus on search intent, create experience driven content, optimize for AI, design for mobile, strengthen SEO technicals, build brand authority and trust, drive performance through data, optimize for local and personal.



# SRD SPOTLIGHT

Strathcona Regional District - Area 'A'  
Director's Report - Dec. 27, 2025

## Electoral Area Planning

In my September Director's Report, I spoke about Campbell River's desire to have all the municipalities join the Electoral Area Planning Service and thereby take over complete control of all land use planning decisions in the electoral areas. Their only obstacle to doing this is that they would have to assume their share of the \$ 1.24 Million annual costs. Regional District staff is making presentations separately to each municipal council on the benefits and detriments they would incur if they were to join. To date, no municipality has made their decision known to the Board.

## 2026 Budget

Each year from now until March 15, regional districts prepare their annual budgets. As always, I will focus on keeping Area 'A' property taxes as low as possible. There is one new factor however, and I will be opposing this one, which if adopted would increase our costs. It stems from Campbell River's change to their city's Financial Assistance Policy. They have decided to limit the city's historical support for their nonprofit arts and culture groups. Instead have directed city staff to request that the Strathcona Regional District consider establishing a grant program and policy to financially support these non-profit organizations. I suspect this would include such groups as their Art Gallery, Art Council, C.R. Museum, Maritime Heritage Society, Tidemark Theatre and who knows what else. This would obviously decrease Campbell River's taxes by downloading the costs of operating infrastructure that the city owns onto us. We will have to wait and see how this turns out.

## Potential New Services

Back in April, the municipalities had used their majority vote at the Board to move ahead with the preliminary steps to consider the establishment of a new Regional Arts and Culture Service and a new Regional Tourism Service. Electoral Areas A, B, & C had moved to change these to Subregional Services which would therefore only involve the municipalities. These motions were defeated by the municipalities. So far, these two initiatives have not yet come back to the Board for further discussion.

Wishing everyone good health and a Happy New Year. 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 - Email: [gwhalley@srd.ca](mailto:gwhalley@srd.ca)

# GREG'S MEDIC MINUTES

There is a difference between “physical activity” and “exercise”.

- Physical activity is any movement of your body
- Exercise is physical activity with a specific intensity and duration to improve or maintain fitness. Doing a combination of both can help you achieve these benefits

**Exercise is important for people of all ages! Exercising provides a myriad of benefits for your physical health, mental health and lifestyle:**

- Physical health:
  - Feel stronger and more athletic
  - Prevent and manage many health problems that come with age
  - Maintain and improve brain health and a healthy weight
- Mental health:
  - Improve the quality of your sleep
  - Manage stress and improve mental health
  - Improve overall feelings of wellbeing
- Lifestyle
  - Maintain your mobility and independence
  - Reduce your risk of falling by maintaining and improving your balance
  - Continue to enjoy your leisure activities

To help you achieve your fitness goals and improve your health, I'm happy to announce that I will be offering a FREE chair exercise class every Friday starting this month! This class is completely free and operates on a drop-in basis, so no need to register or commit to several classes. Please see below for more details.

## Sayward Chair Fitness

Date: Every Friday  
(starting January 9th, 2026)

Time: 10:00-11:00  
Location: Kelsey Centre  
(652 H'Kusam Way)



# SAYWORD SEARCH

## Sayward Activities

O H R A A M F J W L S E V I O P W N Q H  
 E R U A A A G A O A C H H G G K D W E I  
 O I N N X L L B C F J O U N N A I D P M  
 B D N M W W S J N E X V I N G I A Z U K  
 I I I G Z I Q O U I B K M O T U H U M C  
 R N N S N B Q I A K I O Y I J I V S E O  
 D G G T Z I K O F H A B O R K U N S I A  
 I X V A E K K D V C I Y Q K B M U G V F  
 N W T R K H I I A T P W A S I X N O O J  
 G S C G Y E P N B D Z X E K O N U D L G  
 S H W A P H O T O G R A P H I N G H U O  
 W O H Z F E G O G N I G G O J N J N N S  
 A P F I I C N I C M V T F U G U G C T S  
 U P Q N K V I D G X H N M N Z G S G E I  
 P I G G O S N J X M M K I R Y E N B E P  
 X N O H E D E Y Z F P K D Q M I S M R I  
 U G A K O V D A V W L F U G N T E D I N  
 P V S D E E R T N A E O K N Q W F Z N G  
 O Q T O F S A B W I V B A F K Z E X G Y  
 O U E G A Y G J F O L C S V M I G K M W

1. Biking
2. Birding
3. Canning
4. Canoeing
5. Facebooking
6. Fishing
7. Gardening
8. Gossiping
9. Hiking
10. Hunting
11. Jogging
12. Kayaking
13. Photographing
14. Riding
15. Running
16. Shopping
17. Stargazing
18. Volunteering
19. Walking
20. Yoga



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# WOUNDED WARRIORS WORD

Wounded Warrior Run BC started with two Victoria veterans discussing a rash of recent veteran suicides. They wanted to do something about it. Both were athletes so they decided to recruit some friends and do a fund-raising run from Port Hardy to Victoria, stopping in each community along the way, and donating the money to Wounded Warriors Canada. It has now grown to a team of 8 runners and 8 support staff who raised over \$250,000 in 2025.

WWC is a national organization that provides life-changing support for military members, first responders, veterans of those services, and their families, facing PTSD or other Operational Stress Injuries. Please visit [woundedwarriors.ca](http://woundedwarriors.ca) to see a list of programs and services. Because of fundraising initiatives these programs are at no cost to the participant.

I am member of a proud military family. Someone from every generation has served. I grew up hearing the stories of how my grandfather came back from WW1 wounded in body and mind and the effect it had on my family. It gave me an understanding of what traumatic stress does to the human psyche. If my grandfather had something like WW to turn to when he came home, maybe the multigenerational fall out could have been avoided. I have taken two programs through Wounded Warrior and me, my family, and my staff are better for it.

I learned of the Wounded Warrior Run when it came through Sayward in its second year. I wanted to help but I'm not a runner, so I offered my first aid skills. I started participating in 2018 as paramedic support. Each year, I follow the run all the way down island and care for the team when they are sick or injured. I also speak at some stops to help raise awareness and assist wherever else I am needed. In 2024, I also started raising funds by doing an annual walk from Ucluelet to Tofino that has raised \$4100 for Wounded Warrior Run BC to date. The more money we raise, the more people will be helped. The more awareness we raise, the fewer people will lose their battle with stress injuries.

~ **Aggie Pringle**

