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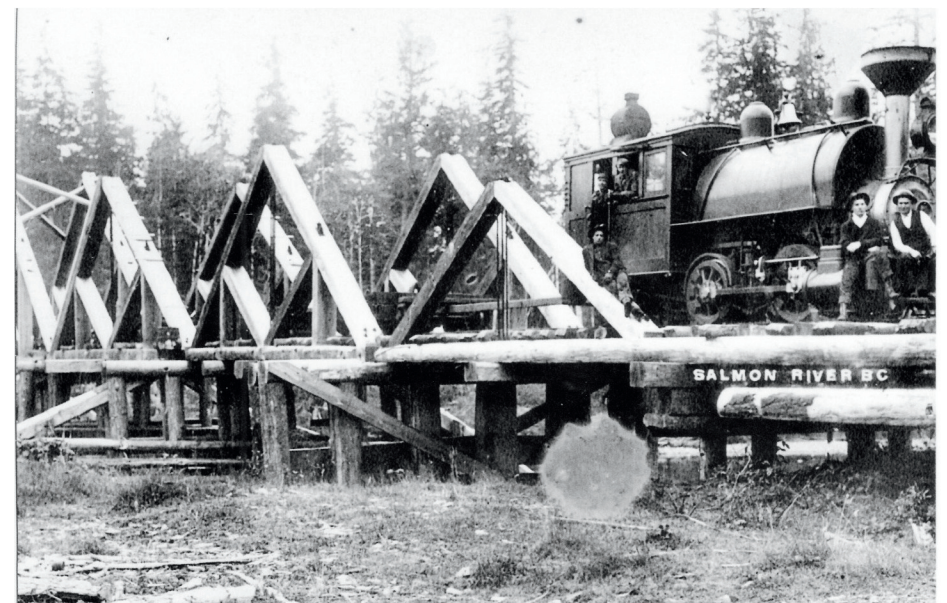
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SAYWARD COMMUNITY FOOD TABLE SOCIETY

Food Sort Dates: May 22, June 19,
July 24, August 21, September 18,
October 16, November 13,
December 11.



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CLOSURE NOTICE

After much consideration, Stowe Creek Auto Repair will be closing its doors.

We would like to extend our sincere gratitude to all of our customers, friends, and community members who supported us throughout our years of operation. It has been an honour to serve you and to be part of this community. Your trust, loyalty, and continued support have meant a great deal to us, and we are truly thankful for the relationships we have built along the way.

Stowe Creek Auto Repair has always taken pride in providing reliable and honest automotive service, and we are grateful for every customer who chose to bring their vehicle to us. Being able to help keep our community safe on the road has been a privilege.

As we close this chapter, we want to say thank you for your business, your encouragement, and your support over the years. We appreciate each and every one of you and wish you all the very best moving forward.

Thank you!

Stowe Creek Auto Repair



- News
- Events
- Jobs
- Tides
- Tourist Info
- Weather

KEY CONTACTS

- **Ambulance / Fire / Police** 9-1-1
- **Area A Director Gerald Whalley** 250.282.3787
- **Clinic** 250.282.3815
- **Community Paramedic** 250.201.7539
- **Elementary School** 250.282.3314
- **Harbour Authority** 250.282.0178
- **Mainroad North Island** 877.215.7122
- **Mayor Mark Baker** 250.203.5428
- **MLA Anna Kindy** 778.902.8544
- **MP Aaron Gunn** 250.434.0300
- **Post Office** 250.282.3223
- **School Trustee Shannon Briggs** 250.282.3364
- **Village Office** 250.282.5512

HOURS OF OPERATION

Library

Tue 10a-230p
Wed & Thu 230p-7p
Fri & Sat 10a-230p

Post Office

Mon-Fri 9a-5p
Sat 830a-1230p

Recycling Depot

Thu-Sun 9a-5p

Share Shed

Tue,Thu,Sat 10a-1p

Village Office

Mon-Fri 8a-4p
Closed 12p-1p

Mens Shed @ Legion

Fri 1pm

WORDS OF WISDOM

My soul is
weary with
sorrow;
strengthen
me
according to
your word.

Psalm 19:28



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Grocery Store, Liquor
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SCRA HERITAGE HALL HIGHLIGHTS

What's on in May 2026

Indoor Market Saturday, May 2nd from
10am-1pm (*last indoor market*)

Sayward Helping Hands Tuesdays 10am
Bring your sewing, knitting, or craft
projects. \$2 drop-in fee, everyone
welcome.

Kids Club Wednesdays to 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 fee —
everyone welcome.

Saturday Outdoor Market Starts June
6th and will be every Saturday
throughout the summer months and
into the fall. VIHA rules to be followed.

All events are subject to change.
Thanks for supporting Heritage Hall
and our
community

SCRA - Heritage Hall
heritagehallscra@gmail.com
250-282-0192

SAYWARD Taxpayers ALLIANCE

(Continued from page 13)

I am not willing to sit by and watch Sayward be dismantled by mismanagement while the people's concerns are ignored. If this municipality is to survive, it cannot be continued under the same leadership that seeks to stifle its own citizens.

I am writing today to officially notify council and our community that I will be seeking the position of Mayor in the upcoming October election. My mission has not changed; it is simply evolved. Whether the ultimate path for Sayward is a fair and transparent dissolution or a complete overhaul of how this Village operates. That choice belongs to you not a divided Council behind closed doors. If elected, I will bring an end to the "closed-door" games, stop the hemorrhaging of tax dollars on petty legal battles, and finally open the books so you can see exactly where your money is going.

The era of being silenced is over. It is time to bring Sayward back to the people, and I am ready to lead that charge.

With respect and determination,

Jessica Bennett

Leader of the Sayward Taxpayers Alliance
Mayoral Candidate 2026

JOKE OF THE MONTH

A faller is walking through the forest and a tree yells, "Stop! You can't cut me down, I'm a talking tree!" The forester responds, "Yeah, and you'll dialogue."



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MARKETING MOMENT

The Psychology of Action-Driven Copy

If you've ever wondered why some headlines make you *immediately* click while others fade into the background, the answer is simple: words trigger action.

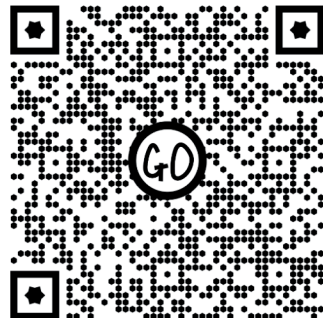
In marketing, product design, and conversion optimization, the right words can transform passive readers into active users. A single word in a button, headline, or call-to-action can dramatically increase engagement, signups, and sales.

Why Certain Words Trigger Action

Human decision-making is emotional first and logical second. Words that work well usually tap into one of these psychological triggers:

- **Urgency** - pushes users to act now
- **Curiosity** - makes people want to learn more
- **Security** - reduces fear or risk
- **Reward** - promises benefit or gain
- **Ease** - makes the action feel simple

**SCAN TO READ
FULL ARTICLE AND
LEARN THE 57
WORDS THAT
MAKE PEOPLE
CLICK**



SRD SPOTLIGHT (CONTINUED)

(Continued from page 12)

Strathcona Gardens Expansion - Now that the joint owners of the Strathcona Gardens Recreation Complex, Campbell River and Electoral Area 'D', have borrowed \$122 million to rebuild this facility, they are anxious to find additional revenue sources to fund the facility and their long-term debt. A bylaw was drawn up to force Quadra Island to join this service and pay for it against their will. This bylaw was before the SRD Board yesterday and was expected to have been defeated. Unfortunately, one of the Directors who was online lost internet connection before the vote occurred which gave the voting block of Campbell River, Area 'D', and the Mayor of Sayward enough votes to pass third reading of the bylaw and to seek elector support of the entire service area by referendum concurrent with the elections in October. Such a vote is meaningless to Quadra Islanders because they are outnumbered by the voters in Campbell River and Area 'D' by a ratio of twenty to one. Now the bylaw will be sent to the provincial Inspector of Municipalities for approval. Quadra Islanders are hoping to convince the province that this tax grab is inappropriate and that at the least they should be given the right to have a meaningful vote independent of those who want their money.

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

GREG'S MEDIC MINUTES



May Event Schedule

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|--|-----------|----------|---|----------|
| | | | | | 1 Chair Fitness 10:00-11:00 Kelsey Centre | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 BP Checks 9:00-12:00 Sauntering Around Sayward 12:00-1:00 | 12 "Ask a Community Medic" 9:00-12:00 Sayward Clinic | 13 | 14 | 15 Chair Fitness 10:00-11:00 Kelsey Centre | 16 |
| 17 | 18 BP Checks 9:00-12:00 Sauntering Around Sayward 12:00-1:00 | 19 "Ask a Community Medic" 9:00-12:00 Sayward Clinic | 20 | 21 | 22 Chair Fitness 10:00-11:00 Kelsey Centre | 23 |
| 24 | 25 BP Checks 9:00-12:00 Sauntering Around Sayward 12:00-1:00 | 26 Foot Care Nurse @ the clinic Contact me for more info | 27 | 28 | 29 Chair Fitness 1:00-2:00PM Kelsey Centre | 30 |

Phone: 250-201-7539

E-Mail: CP.Sayward@BCEHS.ca

MEN'S SHED SOCIETY

Calling All Men
Join the Men's
Shed Society of
Sayward every
Friday at 1pm at
the Legion.



SAYWORD SEARCH

Around Sayward

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

1. ClarendIsland
2. Estuary
3. FannyIsland
4. HaihteLake
5. HardwickIsland
6. HelmckenIsland
7. IslandHighway
8. JohnstoneStrait
9. KelseyBay
10. LogSort
11. MBranch
12. MountKusam
13. NewcastleRidge
14. PortNeville
15. SalmonRiver
16. WhiteRiver
17. YorkIsland

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.

SAUNTERING AROUND SAYWARD IS BACK!

A walking group for all ages and mobility levels. Meet at the Kelsey Centre Mondays at 12pm for a leisurely 30-45 minute walk to the totem pole and back. Well behaved dogs welcome.



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250-203-8332

SAYWARD Taxpayers ALLIANCE

To My Friends & Neighbours In The Sayward Village,

For months, I have stood with many of you as the leader of the Sayward Taxpayers Alliance. My goal has always been simple to ensure the people of this village have a voice and that our hard-earned tax dollars are treated with respect. I've done my part; the documents are in the government's hands and the legal path for the community to decide its own future has been set in motion.

However, we have all watched what has happened since. Instead of listening, our current Council has retreated into a cycle of dysfunction that is draining our community dry. We are watching staggering portion of our village revenue that should be fixing our roads and supporting our community spaces be funneled into endless legal fees and internal squabbles. We've seen attempts to silence public input, tax hikes that offer no return, and a general lack of accountability that would never be tolerated in any business or household.

(Continued on page 16)



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

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SRD SPOTLIGHT

SRD Area 'A' Director's Report – Apr. 30, 2026

Village of Sayward Dissolution - The cost implications of the potential dissolution of the Village of Sayward is as much a concern for Valley residents as it is for the Village. To see clarity on this matter, yesterday's Strathcona Regional District (SRD) board agenda included an item originating from the Electoral Area Services Committee entitled, "Dissolution Petition - Village of Sayward". The proposed motion stated, "THAT the Chair write to the Province of BC regarding the next steps and timing of its response to a petition regarding the dissolution of the Village of Sayward". The first order of business is always the Adoption of the Agenda, at which point the Mayor of Sayward argued that this item be deleted from the agenda. Therefore, I responded that a strategic priority for good governance of the SRD is public transparency, and I also called a point of order reminding the chair that our Procedure Bylaw forbids the chair from debating any motion. Nevertheless, the item was deleted so that there could be no further discussion on this issue. Therefore, it now it appears that we will have to wait for the province's response for a reliable investigation into the potential pros and cons of dissolution for both the Valley and Village.

(Continued on page 15)

Free Seniors Luncheon May 13th and 19th at the Kelsey Centre from 12pm to 1pm. Hosted by the Sayward Community Health Society.

GARDEN CLUB NEWS

Late frosts in April caught some of us by surprise but now nights are finally warming. But it is still important to know the sequence of planting seeds and setting out plants. For example, peas can be planted early and will survive and germinate when the temperature is right. At the other extreme, cucumbers are very sensitive to cold and corn and beans also need the warmth. Cabbage, broccoli and lettuce plants are in between and can deal with a bit of frost. Early plantings can be protected by plastic caps or bottomless 4 litre milk jugs. These have to be removed on sunny days to avoid "cooking" the plant.

The Garden Club had an entertaining March meeting with our special guests Helen Gazdik who spoke on plants that encourage pollinating insects. Helen is very knowledgeable about bees and knows the habits of the numerous wild bees we have in our gardens. Her power point presentation illustrated various plants that can feed bees through the seasons. Thanks to Ron's help the technical difficulties were overcome and show was great.

The Garden Club will host our annual plant sale on Saturday, May 16 at the Heritage Hall starting at 10:00. This event is timed to provide starter plants for flowers and vegetables for setting out in the coming week. A wide assortment of unpriced plants will be available in return for a "what you can afford" donation to the club. Members are encouraged to make divisions of established plants like hostas and irises. Berry plants and any spare vegetable or flower starts can be brought to the regular club meeting on Thursday May 14 or to the sale on Saturday. See you there.

SAYWARD CLINIC COLUMN

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.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|-------------------------------------|---|---|---|---------------------|----------|
| | | | | | 1 CLINIC CLOSED | 2 |
| 3 | 4 Labs 9 – 11:30 | 5 | 6 | 7 | 8 CLINIC CLOSED | 9 |
| 10 | 11 Labs 9 – 11:30 | 12 | 13 | 14 | 15 CLINIC CLOSED | 16 |
| 17 | 18 CLOSED VICTORIA DAY | 19 NP Enid O’Hara Phone Appointments | 20 NP Enid O’Hara Phone Appointments | 21 NP Enid O’Hara Phone Appointments | 22 CLINIC CLOSED | 23 |
| 24 | 25 Labs 9 – 11:30 NP Enid O’Hara | 26 NP Enid O’Hara Foot Nurse Conny 1-416-399-8123 to book | 27 NP Enid O’Hara | 28 NP Enid O’Hara | 29 CLINIC CLOSED | 30 |

This Schedule is subject to change.

COVID spring booster clinic coming to Sayward in May, those that are eligible will receive an invitation to book, and if you don’t receive an invitation but would like a booster, call the Get Vaccinated line to [book 1-833-838-2323](tel:1-833-838-2323)

Two experienced foot care nurses will be coming to Sayward each month. They will offer appointments at the local medical clinic on an alternating schedule. Clinics are currently confirmed through August, and organizers hope to continue the service into the fall.

The nurses operate as private providers, which is standard for specialized foot care services. Fees are affordable, and patients will receive receipts that may be used for extended health insurance claims or income tax purposes. To help keep costs down, the Sayward Community Health Society is covering part of the nurses' travel expenses.

Appointments must be booked directly with the nurses, not through the Sayward medical clinic. For the April clinic, priority will be given to patients currently receiving foot care from the community paramedic.

Upcoming clinic dates:

- April 28 – Tanya Cullen (\$70/hour) 250-202-3802
- May 26 – Conny Agarwal (\$65/hour) 416-399-8123
- June 24 – Tanya Cullen
- July 28 – Conny Agarwal
- August 25 – Tanya Cullen

Payment can be made by cash, cheque, or e-transfer. Credit and debit cards will not be accepted. This new service will help local residents access regular foot care without having to travel out of town. Organizers hope strong community support will help keep the program running well beyond the summer.