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Historic Cable House Reopens as New Café



A new gathering place has opened its doors in the Sayward Valley as the historic Cable House begins its next chapter as the Cable House Cafe. Following six months of restoration and preparation, the café is now welcoming customers inside one of the community's most recognizable heritage buildings. *(Continued on page 17)*

To advertise visit GoSayward.com and click on the 'Advertise' menu. To suggest a story, joke or verse idea, contact Hello@GoSayward.com. Thank you to our advertisers, contributors & SRD for making this newsletter possible.

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SAYWARD COMMUNITY FOOD TABLE SOCIETY

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



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ENCOURAGING ECONOMIC INDICATORS

2026 has been a whirlwind of business activity in Sayward, with several significant business expansions and new businesses.

The Cable House Cafe - Congrats to Peter and family for opening a coffee shop and bakery in the historic Cable House!

The Crossroads Restaurant - After hitting the 10 year milestone, Laura and her team are still going strong. Way to go!

North Island BBQ - Mark Fisher and family have launched a food truck at the junction, featuring a selection of grilled proteins and tasty sides. Best of luck for your new venture!

Mid-Island Co-op - A much need expansion and redesign to the gas bar has summer traffic flowing much better.

Muckers Farm - This dynamic duo never seems to stop working! Between new structures and animals, to an expansive hay operation, this is one of the Valley's most ambitious farms. Enjoy some of the freshest meat, eggs, vegetables and more!



- News
- Happenings
- History
- Artisans
- 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

“Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.

Psalm 51:10-12



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HISTORIC CABLE HOUSE REOPENS AS NEW CAFÉ

(Continued from page 1)

Visitors can enjoy specialty coffee brewed with locally roasted beans alongside a selection of baked goods made fresh in-house. The menu currently includes homemade sourdough bread, sourdough croissants, cookies, muffins, cheesecake, carrot cake and other seasonal treats.

In addition to coffee and baking, the café has been designed as a comfortable community space where guests can relax, play board games and browse artwork created by local artists while taking in the character of the restored historic building.

The owners say the current menu is only the beginning, with breakfast and lunch offerings expected to be introduced in the coming months as the café continues to grow.

The Cable House Cafe is currently open Thursday, Friday, Sunday and Monday from 10 a.m. to 4 p.m.

The opening adds another locally owned business to the Sayward Valley and offers residents and visitors a new destination to enjoy fresh baking, specialty coffee and a piece of the community's history.

NORTH ISLAND BBQ INC

Residents looking for a new local dining option have another reason to stop by Sayward Junction, where North Island BBQ Inc. has begun its soft opening ahead of a full launch.

The family-owned mobile food trailer specializes in freshly grilled proteins and is operating with a deliberately small daily menu, allowing the team to focus on quality and quick service. Rather than offering an extensive selection, the business rotates a handful of items each day to ensure every meal is prepared fresh.

Among the menu's signature offerings are barbecue beef and cheddar sandwiches, grilled pork, and chicken featuring flavours such as Caribbean barbecue. Customers can also add house-made sides including dill pickle salad and coleslaw. For those with a little extra time, the trailer also serves salted Picanha steak, grilled to order.

North Island BBQ is currently using its soft opening to fine-tune operations and train staff before expanding service. The trailer can be found at Sayward Junction and will also be appearing at special events throughout the community.

Customers can follow the business online by scanning its QR code for updates on operating hours, locations, and daily menu offerings.



@NORTHISLANDBBQ

JOKE OF THE MONTH

A man died and went to Heaven. St Peter says to him "Before you meet with God, I should tell you ,we've looked over your life, and to be honest you really didn't do anything particularly good or bad. We're not really sure what to do with you. Can you tell us anything you did that can help us make a decision?" The newly arrived soul thought for a moment and replied, "Yeah, once I was driving along and came upon a little old lady who was being harassed by a group of thugs. So I pulled over and went up to the leader of the thugs. He was a big, muscular guy with a ring pierced through his lip. Well, I tore the ring out of his lip, and told him he and his gang had better stop bothering this lady or they would have to deal with me!" "Wow that's impressive, "When did this happen?" "About three minutes ago," came the reply.

KONGRATS KLIMBERS!

Shout out to all the Sayward locals who finished the Klimb. You are tough enough!

Rachel Boulton - 5:04:55
Cassie Schmidt - 5:04:59
Alanna Johnson - 5:24:57
Fleur Reijm - 5:25:31



Crew Car in front of buildings
at Camp 2



This photograph captures a crew car standing in front of the main buildings at Alice Lake Logging Camp No. 2, one of the bustling railway camps that supported logging operations in the Sayward Valley. Operated by Salmon River Logging Co. Ltd., the self-propelled rail car was an essential part of daily camp life, transporting workers, supervisors, supplies, and visitors along the company's extensive network of logging railways. Before roads reached many of these remote camps, rail was the primary means of travel, making crew cars like this an indispensable link between the woods, camps, and the booming waterfront at Kelsey Bay.

(continued from page 13)

- Learn more about services to help you manage your health and prevent hospital visits on Island Health's need care now web page at <https://www.islandhealth.ca/find-care>
- Vancouver Island Crisis Line - 1-888-494-3888
- Access Central - 1-888-885-8824 for connection to mental health and substance use services
- Chronic illness support - 1-866-928-4988
- Virtual care options:
 - 121 Clinicians
 - Rocket Doctor
 - Telus Health MyCare
 - Tia Health
 - Ubiquity Health
 - Viva Care Telehealth
 - Walkin.ca

We appreciate your patience as we continue to work to improve primary care in Sayward and across Island Health.

Sincerely,

Gaylene Jacobson
Rural Health Service Manager



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SRD SPOTLIGHT

(continued from page 12)

However, the Comox Strathcona Regional Hospital District Board voted to have property taxpayers fund 40% of this capital cost in order to get the project underway, since the province had no immediate plans to begin construction. Then recently, Island health announced that the project had been paused indefinitely.

Therefore, on July 25th, the Hospital Board further voted "THAT staff be directed to work with the Province of British Columbia and Island Health to further explore the concept of frontloading the Regional Hospital District's contribution to enable advancement of the Campbell River Long Term Care Project."

This scenario would mean that our approx. \$54 Million share would be spent through 2027-2028 allowing the province to contribute their share in later years. I will keep you posted on how this proposal turns out.

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

SAYWORD SEARCH

Islands Near Sayward

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

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1. BERRY
2. CLARENCE
3. COMPTON
4. CRACROFT
5. DORMAN
6. FARQUAHARSON
7. HANSON
8. HARBLEDOWN
9. HARDWICKE
10. HELMCKEN
11. HULL
12. JUMBLE
13. MAURELLE
14. MIDSUMMER
15. MINSTREL
16. MISTAKE
17. MOUND
18. OWL
19. PARSON
20. PLUMPER
21. QUADRA
22. REED
23. ROUND
24. SONARA
25. STUART
26. SWANSON
27. THURLOW
28. TRIANGLE
29. TURNOUR
30. TWIST
31. VILLAGE
32. WEDGE
33. WHIRL
34. YORKE

**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.**

SRD SPOTLIGHT

This Year's Election for Area 'A' Director

October 17, 2026, is election day to vote for municipal, regional district and school district candidates. I intend to run again for the next term, as I have very much enjoyed representing Area 'A' as your Regional Director at the Strathcona Regional District (SRD). I wish to thank everyone for your faithful support. If you choose to re-elect me, my focus will remain, as always, to protect Sayward Valley residents from the relentless attempts of other jurisdictions to download their own infrastructure costs onto us. *(continued on page 9)*

 <p>Retail Delivery Restaurant Delivery Courier Delivery Personal Shopping</p> <p>250.282.1010 Hello@SaywardDelivery.com</p>	 <p>Sayward Literacy Now 2026</p> <p>If in need of help with your computer/phone let us know!</p> <p>Books! Check out our book houses. If you are in need, I have books for children 0 to teens.</p> <p>Ann Vansnick at annvansnick3@gmail.com 250-203-8332</p>
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SAYWARD CLINIC COLUMN

(continued from page 10)

<https://www2.gov.bc.ca/gov/content/health/health-drug-coverage/pharmacare-for-bc-residents/what-we-cover/macs>. Testing such as MRIs, CTs, ultrasounds and X-rays will remain active.

Please take note of the following resources also available to you:

- **Emergencies:** As always, for emergencies, please dial 9-1-1 or go to your nearest emergency department.
- **Non-emergency health advice:** If you have non-emergency health questions or concerns, you can call 8-1-1 for expert advice on a variety of topics.
- **Campbell River Primary Care Access Clinic:** Open 8 a.m. to 8 p.m. Monday to Friday with same day access to appointments by calling 1-833-688-8722.
- **Urgent prescription renewals:** For urgent prescription renewals, please contact your pharmacist directly. Pharmacists can also assist with minor ailments. You can find more information at [gov.bc.ca/seeapharmacist](https://www.gov.bc.ca/seeapharmacist)
- **You can access blood work results collected at Lifelabs by registering through the following link:**
<https://www.bc.mycarecompass.lifelabs.com/?province=BC#/> (if you are 16 years or older)
- **You can access blood work or imaging completed through Island Health locations by enrolling in MyHealth:**
<https://www.islandhealth.ca/our-services/virtual-care-services/myhealth> or by calling 1-844-844-2219 M-F 830am-430pm or in-person at Island Health Laboratory and Medical Imaging locations, or the central admitting desk at any of our main hospitals. *(cont'd on page 15)*

SRD SPOTLIGHT

(continued from page 9)

Therefore, the July 24 SRD staff report offered three options:

Option A - THAT the SRD retain a consultant to study the cost of extending natural gas to the Village of Sayward. I argued against this very expensive venture as a misuse of our property tax revenue.

Option B - THAT the SRD appeal to the BC Utilities Commission regarding Fortis BC's unwillingness to conduct their own study. I argued against this option since it would be Village Council's responsibility to appeal if the so wished, not the SRD's.

Then I moved **Option C** - THAT the matter of extending the natural gas system to serve the Village of Sayward not be pursued at this time. This motion passed and I anticipate this will be the end of this proposal.

New 153 Bed Long Term Care Facility in Campbell River

This approx. \$135 Million construction of a 153 bed Long Term Care Facility ought to be funded entirely by the province.

(continued on page)

Free Seniors Luncheons will resume in the fall. Thanks to everyone who participated! ~Sayward Community Health Society.

SRD SPOTLIGHT

(Continued from page 8)

This keeps our property taxes as low as possible and the envy of every other jurisdiction in the SRD. Also, I will continue to keep us free from bureaucratic bylaws and rules that are designed to restrict the use and enjoyment of your own private property.

Village of Sayward's Natural Gas Pipeline

The fanciful notion to have FortisBC extend their natural gas pipeline from Campbell River to the Village of Sayward was back on the table at our SRD Board meeting on July 24th.

The Board had previously asked FortisBC whether they were interested in extending a natural gas pipeline to the Village of Sayward.

FortisBC replied saying, "Developing a preliminary estimate for a project of this scale would require extensive engineering, and system planning studies, including route evaluation, upstream system impact analysis, and potential compression or reinforcement requirements.

These studies typically take a year or more to complete and represent significant investment." *(continued on page 12)*

SAYWARD CLINIC COLUMN

Dear Patients of the Sayward Primary Care Clinic,

We are writing to inform you of some important updates regarding the Island Health nurse practitioner (NP) services provided at the Sayward Primary Health Care Clinic.

Nurse practitioner Enid O’Hara will no longer be providing coverage in Sayward, effective immediately. We wish to thank NP O’Hara for her dedication to providing excellent care for the community and stepping in with temporary coverage while recruitment of a permanent NP continues.

Island Health is actively recruiting for a full time, permanent practitioner at the clinic and are hopeful that we will fill the position as quickly as possible. When a new practitioner begins working at the clinic, we will work with you to transfer your care to the new practitioner. In the interim, there will be no availability for appointments at the clinic and you will need to seek alternate options temporarily for any emergent primary care needs.

We understand this can be concerning for people and acknowledge this is not an ideal situation for the community. Our local teams are also working hard to explore interim, short-term solutions while recruitment continues.

All outstanding labs, diagnostics and referrals will be followed, and you will be notified in the event that follow up is needed. Prescriptions provided by NP O’Hara will be valid and existing refill prescriptions valid. Any new prescription renewals will need to be arranged through another provider or through accessing the expanded pharmacy services portal.

(continued on page 13)

Foot nurse appointments are available. Book directly with the nurses, not through the Sayward medical clinic.

Upcoming clinic dates:

- July 28, Conny Agarwal, \$65/hr 416.399.8123
- August 25, Tanya Cullen, \$70/hr 250.202.3802
- September 29th - Conny
- October 20th - Tanya
- November TBA - Conny (weather dependant)

Payment can be made by cash, cheque, or e-transfer. Credit and debit cards will not be accepted. This service will help locals access foot care without travelling.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
	Labs 9 – 12		CLOSED CANADA DAY		CLINIC CLOSED	
5	6 Labs 9 – 12	7	8	9	10 CLINIC CLOSED	11
12	13 Labs 9 – 12	14	15	16	17 CLINIC CLOSED	18
19	20 Labs 9 – 12	21	22	23	24 CLINIC CLOSED	25
26	27 Labs 9 – 12	28	29	30	CLINIC CLOSED	31