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ISSUE #9  
 SEPTEMBER 2026

## Local Business Highlight: Advanced Builders



Advanced Builders is a diversified construction and general contracting company serving residential and commercial projects locally and across the North Island.

The company offers services covering the construction process from pre-construction planning and contract administration to construction, renovation and restoration.

Advanced Builders says its approach allows clients to work with a coordinated team throughout a project, with a focus on timely completion, cost-effective execution and quality control.

(continued on page 17)

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**Free Seniors Luncheon on  
September 21<sup>st</sup> at the Kelsey  
Centre, hosted by the  
Sayward Community Health  
Society.**

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## HERITAGE HALL HAPPENINGS

### What's going on in September 2026

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

**Saturday Market:** Every Saturday from 10am to 1pm. The kitchen will be open for grilled hotdogs, waffles and other yummy food! Table rental is just \$5! Just show up and set up! VIHA rules apply for all vendors. Coordinator can provide copies of rules upon request.

**Sayward Helping Hands:** Every Tuesday at 10am. Bring your sewing, knitting, or other craft projects. Just \$2 to drop-in, everyone welcome.

**Monthly Meeting:** October 13th at 7pm. All events are subject to change. Thanks for supporting Heritage Hall and our community, we hope to see you soon!

**Location:** 1257 Sayward Road

**Phone Number:** 250.282.0192

**Email:** [Heritagehallscra@gmail.com](mailto:Heritagehallscra@gmail.com)



- 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

The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right paths for his name's sake. Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

**Psalm 23:1-4**





## Sayward Valley Resort

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## LOCAL BUSINESS HIGHLIGHT: ADVANCED BUILDERS

*(Continued from page 1)*

The company brings together experienced professionals and specialized teams from across the construction industry, working collaboratively through the design and building process.

For Advanced Builders, construction is about more than the physical structure. The company emphasizes collaboration with employees, clients and local communities, viewing strong working relationships as an important part of every project.

Building trust is also a stated priority, with the company emphasizing honesty, safety and accountability in its relationships with clients and partners.

Advanced Builders also says it looks for intelligent and more sustainable approaches to construction wherever possible.

With experience spanning new construction, renovations and restoration, the company provides services for a range of residential, commercial and historical projects across the North Island.

For property owners, businesses and organizations in communities such as Sayward, the company offers a local option for managing construction projects from planning through completion.

**Visit [www.Advanced-Builders.ca](http://www.Advanced-Builders.ca) for more info.**



## MEDIC MINUTES WITH GREG

If you are interested in learning more, please call, text or email me at:

250-201-7539

CP.Sayward@BCEHS.ca

**Gregory Litschke**

### Recognizing a growing need

Seniors and elders are an important and growing part of our communities, and their active involvement enriches everyone's lives. To ensure that older adults continue to play an active part in our communities, they often need support to live independently in their own homes, surrounded by friends, families and neighbours.

Better at Home helps seniors with simple day-to-day tasks, allowing seniors to maintain their independence and stay connected with their community.

### The United Way role

United Way British Columbia supports seniors to age with dignity and in the comfort of their own homes. With funding provided by the government of B.C., the United Way manages the operation of over 90 Better at Home programs across the province.



Better at Home is funded by the Government of B.C. and is managed by United Way British Columbia.



### A range of non-medical home support services

Better at Home services vary from community to community.

#### The basket of services includes:

- Light Housekeeping
- Transportation to Appointments
- Friendly Visiting
- Grocery Shopping
- Light Yard Work
- Minor Home Repairs
- Snow Shoveling



### How to find out more

Contact Better at Home to find out more and to apply for services:

Better at Home Provincial Office  
c/o United Way British Columbia  
4543 Canada Way  
Burnaby, BC  
V5G 4T4

info@betterathome.ca  
604.268.1312

For more information visit:  
[www.betterathome.ca](http://www.betterathome.ca)



## JOKE OF THE MONTH

Mr. and Mrs. Brown had two sons. One was named Mind Your Own Business & the other was named Trouble.

One day the two boys decided to play hide and seek. Trouble hid while Mind Your Own Business counted to one hundred.

Mind Your Own Business began looking for his brother behind garbage cans and bushes.

Then he started looking in and under cars until a police man approached him and asked, "What are you doing?"

"Playing a game," the boy replied. "What is your name?" the officer questioned.

"Mind Your Own Business." Furious the policeman inquired, "Are you looking for trouble?!" The boy replied, "Why, yes."



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## HISTORICAL HAPPENINGS



**A Steamer at Kelsey Bay:** This historic photograph captures an early coastal steamer at the Kelsey Bay landing, with Mount H'Kusam rising across Johnstone Strait.

The vessel appears to be the S.S. Cassiar, a Union Steamship Company vessel that served the British Columbia coast in the early 20th century.

Historical records confirm that Cassiar made regular stops at Kelsey Bay, including weekly service documented in 1920.

If correct, the photograph likely dates from the 1910s or early 1920s, when coastal steamships were a vital connection for the isolated Sayward Valley.

But is this really the S.S. Cassiar? We'd love to hear from anyone who can confirm—or dispute—the identification.

## MEDIC MINUTES WITH GREG

Building a Better at Home Community

I'm excited to announce that I have been meeting with the coordinator of a fantastic volunteer-based organization called Better At Home.

This group provides a variety of non-medical home support services to community members. There is no cost to use the service as it is funded by United Way and run by volunteers.

It is my hope that we can start a local Sayward Chapter of Better at Home and so I'm looking for volunteers!

Please consult the Better At Home information in this month's edition of the Go Sayward Scoop to see if you'd be interested in helping with any of the activities listed.

You don't need any particular set of skills, even just the willingness to sit with someone and visit for a while is very valuable. *(continued on page 16)*

# 2027 RENT INCREASES

## BC Gov't Sets 2027 Rent Increase Limit

Renters and landlords in British Columbia will see a slightly lower annual rent increase limit next year.

The provincial government has announced that the 2027 rent increase limit will be 2.2 per cent, down from 2.3 per cent in 2026. The new limit takes effect January 1, 2027. B.C.'s annual rent increase limit is tied to inflation.

Under provincial rules, landlords can increase rent only once every 12 months and cannot exceed the annual limit. They must also provide tenants with at least three months' notice of a rent increase.

The province introduced the current inflation-based system in 2019, replacing the previous formula that allowed increases based on inflation plus an additional two per cent. The government says that change helped limit increases that otherwise could have reached 5.4 per cent in 2023 and 5.6 per cent in 2024.

The 2027 rate was announced several months ahead of January to give landlords enough time to provide the required notice to tenants.

# SAYWORD SEARCH

## Sayward Structures

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

1. KelseyCentre   2. PoliceStation   3. FireHall   4. PostOffice   5. Clinic   6. Wharf
7. VisitorCentre   8. School   9. Cafe   10. Restaurant   11. GasStation   12. Resort
13. GroceryStore   14. Sawmill   15. Church   16. Marina   17. HeritageHall
18. AmbulanceStation   19. Library

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**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.**



## TRAFFIC JAMS IN SAYWARD

There are only two types of traffic jams in Sayward. 1 - A red light at the one lane bridge that seemingly takes 28 minutes to turn green. 2 - Elk hanging out on Sayward Road, usually in a corner where you can't see them until they are panic close.



## SRD SPOTLIGHT

(continued from page 12)

Unfortunately for Quadra Island, the voters in Area 'D' together with Campbell River outnumber Quadra voters by about 30 to 1, so Quadra's opposition will likely be of no effect.

Area 'A' (Sayward Valley) does not in any way contribute to the Strathcona Gardens service.

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



- Local Business Directory
- News & Events
- History

## SRD SPOTLIGHT

**Strathcona Regional District - Area 'A'**  
**Director's Report - August 29, 2026**

### **Local Government Election:**

Elections for the Strathcona Regional District are just around the corner (October) and I hope to continue to have your support as I am running for re-election. I really enjoy representing the residents of the Sayward Valley and will remain focussed on keeping our property taxes as low as possible.

### **August Board Meeting:**

At our August 26 Strathcona Regional District board meeting, there was nothing passed that negatively affects the Sayward Valley.

### **Item of Interest:**

The Board passed a motion, which I opposed, to hold a referendum for the residents of Campbell River, Area 'D' (Oyster Bay), and Area 'C' (Quadra Island) to determine if these voters want to expand the Strathcona Gardens Service to force Quadra Island to pay.

*(continued on page 13)*

## SAYWARD COMMUNITY FOOD TABLE SOCIETY

### **Market-Style Food Pick-Up Program**

The Sayward Community Food Table Society and its partners are moving to a market-style food program, where participants can choose their own groceries.

Pick-up is from 10:00am to 11:30am at the Kelsey Centre.

**2026 Food Sort Dates:** September 18, October 16, November 13, December 11.

If you or someone you know is experiencing food insecurity and would like to participate, registration is available through:

**BC Ambulance Station:** 250-282-3600

**Sayward Health Clinic:** 250-282-3815

**Email:** Executive@saywardfoodtable.ca

### **How It Works:**

Bring ID, register, take a number, and wait to be called in order of arrival. You can then select your own food. Please bring reusable bags.

If you cannot attend in person, a designated alternate may register and pick up groceries for you with a copy of your ID. Specialty foods, such as gluten-free products, may not always be available.

The Society thanks the community, volunteers, and partners supporting this evolving donated and rescued food program.

# SAYWARD CLINIC COLUMN

## Registered Nurse w/ Remote Certified Practice Coverage

Island Health is pleased to announce the addition of Registered Nurses with Remote Certified Practice coverage at the Sayward Primary Care Clinic beginning Monday, October 5.

These nurses work autonomously within a defined scope of practice and collaborate with physicians and nurse practitioners to provide primary health care services. They can assess and treat certain acute illnesses and injuries, support health promotion and disease prevention, and use specialized Decision Support Tools approved by the BC College of Nurses and Midwives to diagnose specific conditions, order select laboratory tests, and prescribe certain medications without a physician's order.

## Services Provided

- Chronic disease management, counselling, and education to support self-management skills
- General health and wellness education
- Assessment and treatment of non-emergency health concerns within scope
- Health system navigation and support
- Assistance with medical supplies and equipment
- Referrals to and collaboration with other health care providers
- Wound care and skin assessments

## Services Not Provided

- Renew prescriptions
- Prescribe narcotics or controlled substances
- Diagnose, treat, or prescribe outside authorized scope of practice

You can book an appointment or walk-in when available to meet with the nurse and discuss your health care needs.

## Foot Care Nurse Appointments Available

Book directly with the nurses, not through the clinic.

## Upcoming Foot Care Dates

September 29<sup>th</sup> - Conny Agarwal, \$65/hr, **416.399.8123**  
October 20<sup>th</sup> - Tanya Cullen, \$70/hr, **250.202.3802**  
November TBA - Conny (weather permitting)

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

| Sunday | Monday                 | Tuesday                      | Wednesday | Thursday | Friday                 | Saturday |
|--------|------------------------|------------------------------|-----------|----------|------------------------|----------|
|        |                        | 1                            | 2         | 3        | 4<br>CLINIC<br>CLOSED  | 5        |
| 6      | 7<br>CLOSED<br>HOLIDAY | 8                            | 9         | 10       | 11<br>CLINIC<br>CLOSED | 12       |
| 13     | 14                     | 15                           | 16        | 17       | 18<br>CLINIC<br>CLOSED | 19       |
| 20     | 21                     | 22<br>BC<br>MAMMOGRAM<br>VAN | 23        | 24       | 25<br>CLINIC<br>CLOSED | 26       |
| 27     | 28                     | 29<br>RN-CONNY<br>FOOTCARE   | 30        |          | CLINIC<br>CLOSED       |          |

Clinic Hours: Monday to Thursday 9:00am - 4:30pm, closed weekends & stat holidays. Subject to change.