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Sayward Valley Resort
 Full Service Campground
 Cabins, Motel Rooms
 Grocery Store, Liquor
 Slushy's & Soft Ice Cream

 (250) 282-3204

The Crossroads Restaurant & Pub

 DINE IN MENU
 PHONE: 250.282.3642
 HOURS: 11am - 7pm DAILY
 f


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ISSUE #10
 OCTOBER 2026

Local Business Highlight: The Crossroads Restaurant



When you're looking for a good meal, a friendly face and a place where the community comes together, The Crossroads Restaurant & Pub has become a familiar part of life in Sayward.

Located at 1582 Sayward Road, just off Highway 19, The Crossroads serves both the local community and travellers passing through North Island. Its philosophy is straightforward: "Good Food. Not Fast Food." The menu reflects that approach, with generous portions and plenty of classic comfort-food favourites.
 (continued on page 17)

**HAVE NEWS OR EVENTS TO ANNOUNCE FOR
 OUR NEXT ISSUE? SEND A FREE
 SUBMISSION TO HELLO@GOSAYWARD.COM.**

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**Free Seniors Luncheon on
October 21st at the Kelsey
Centre, hosted by the
Sayward Community Health
Society.**

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ADVERTISE IN THE GO SAYWARD SCOOP NEWSLETTER AND / OR ON GOSAYWARD.COM

- Reach a Sayward focused audience.
- ~500 print copies distributed monthly to homes and pickup locations in Sayward.
- Growing audience of thousands of digital visitors each month.
- No long term commitments, cancel anytime with no penalty.
- Advertise for one month, or every month.
- Ad sizes: 1/12th page, quarter page, half page, full page, insert or wrap.

GET STARTED:

- Visit GoSayward.com/Advertise
- Leave a voicemail at 250.282.1010
- Email Hello@GoSayward.com



RURAL SERVICE REQUIREMENT STRUCK DOWN

A British Columbia Supreme Court decision has overturned a provincial requirement that medical graduates trained outside Canada commit to working in rural and remote communities as a condition of obtaining residency training in the province.

Justice Matthew Kirchner ruled that the B.C. government did not have the legal authority to impose the mandatory "return to service" requirement on graduates of non-Canadian medical schools seeking residency positions.

The decision, released September 10 in *The Society for Canadians Studying Medicine Abroad v. The College of Physicians and Surgeons of British Columbia*, comes after a lengthy legal challenge involving two Canadian citizens who studied medicine abroad and the Society for Canadians Studying Medicine Abroad (SOCASMA).

The ruling does not, however, eliminate B.C.'s broader two-stream approach to medical residency placements. Several other elements of the legal challenge were dismissed.

Instead, the decision specifically addresses the province's authority to attach mandatory rural or remote service obligations to certain residency positions.

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

Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness. I say to myself, "The Lord is my portion; therefore I will wait for him." The Lord is good to those whose hope is in him, to the one who seeks him; it is good to wait quietly for the salvation of the Lord.

Lamentations 3:22-26



Sayward Valley Resort

Full Service Campground
Cabins, Motel Rooms
Grocery Store, Liquor
Slushy's & Soft Ice Cream

(250) 282-3204

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



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GREY ROCK
ENTERPRISES
ESTD 2022



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50/50 Soil Mix, Aqua Soil

=> Gravel and Pit Run

=> Tractor Services:
Backhoe, Grapppler and Forklift

=> Reasonable Rates

=> Located in Sayward

**Call or Message Milo at 604.220.3432
or
Email greyrock5577@gmail.com**



Susan Mallinson
-Your "Sayward Specialist"

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Sayward for 20
years, filled with
local knowledge.

20 plus year
experience

Susan Mallinson
Royal LePage Advance
Office: 250-286-3293
Cell: 250-203-3545

LOCAL BUSINESS HIGHLIGHT: THE CROSSROADS RESTAURANT

(Continued from page 1)

Breakfast is served alongside burgers, sandwiches, pizza, fish and chips, chicken dishes, poutine, salads and traditional home-style entrées. There are also gluten-free options, as well as take-out for those looking for something to enjoy at home.

But The Crossroads is about more than food. Over the years, the restaurant has become a gathering place for Sayward residents, hosting community events and providing a casual spot to catch up with friends, enjoy a game of pool or relax over a meal. The pub atmosphere, patio and fireplace add to its role as a comfortable place to spend some time.

In 2026, The Crossroads celebrated 10 years in business, marking a decade of serving the Sayward community and the many visitors who travel through the valley.

For a small community like Sayward, local businesses are an important part of what makes the area feel like home. The Crossroads is one of those places where locals can grab a familiar favourite, travellers can stop for a meal, and neighbours can sit down together and catch up.

Visit The Crossroads Restaurant & Pub at 1582 Sayward Road, Sayward, BC or call them at 250-282-3642. Visit thecrossroadsrestaurant.ca or search for The Crossroads Restaurant on Facebook for more info.

PASSING OF THE TORCH

After years of service to the community, Sayward Volunteer Fire Rescue Chief Frank Morgan has retired from the department.

Morgan thanked fellow firefighters and the community for their continued support, saying it had been an "honour and privilege" to serve Sayward.

Taking over as the department's new chief is Anthony Reynolds, the successful applicant for the position. Reynolds joins Sayward after serving as a fully trained firefighter with Campbell River Fire Service.



JOKES OF THE MONTH

"If there are any idiots in the room, will they please stand up", said the sarcastic teacher. After a long silence, one freshman rose to his feet. "Now then mister, why do you consider yourself an idiot?", inquired the teacher with a sneer. "Well, actually I don't," said the student, "but I hate to see you standing up there all by yourself."

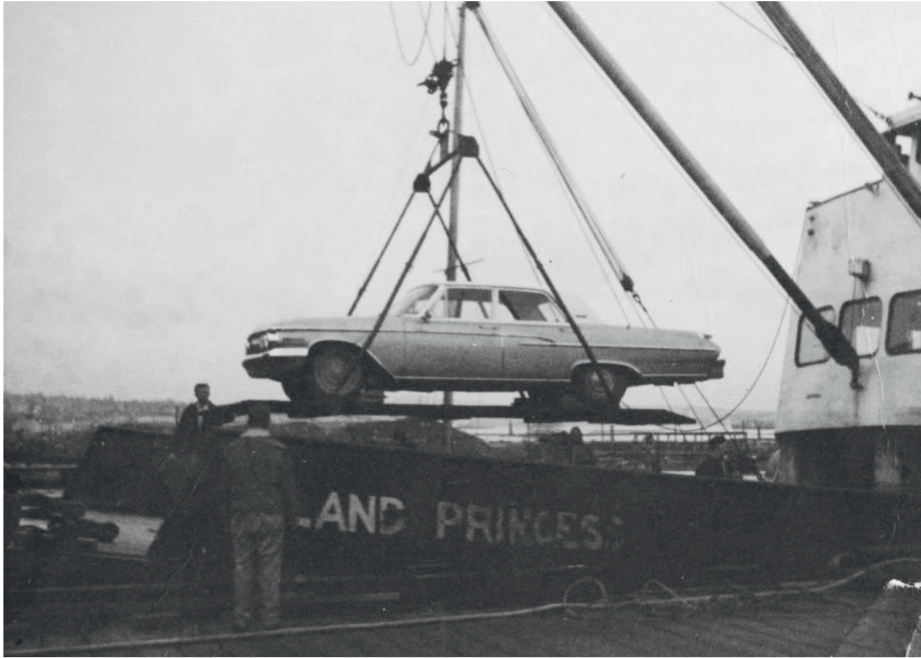
A young boy enters a barber shop and the barber whispers to his customer, "This is the dumbest kid in the world. Watch while I prove it to you." The barber puts a dollar bill in one hand and two quarters in the other, then calls the boy over and asks, "Which do you want, son?" The boy takes the quarters and leaves. "What did I tell you?" said the barber. "That kid never learns!" Later, when the customer leaves, he sees the same young boy coming out of the ice cream parlor. "Hey, son! May I ask you a question? Why did you take the quarters instead of the dollar bill?" The boy licked his cone and replied: "Because the day I take the dollar the game is over!"



Email Hello@
SaywardDelivery.com

Facebook Messenger
@SaywardDel

HISTORICAL HAPPENINGS



M.V. Island Princess loading a car at Kelsey Bay, likely in the 1960s. Before the ferry was converted to a roll-on/roll-off configuration in 1971, automobiles were loaded one at a time using a pallet and the vessel's derricks while it was alongside the government dock. The Island Princess provided an important marine connection between Kelsey Bay and the remote communities of northern Vancouver Island, including Beaver Cove, Alert Bay and Sointula, at a time when road connections were still limited. The vessel would later undergo a major reconstruction and emerge as the M.V. North Island Princess.

UPCOMING ELECTIONS

Village of Sayward
municipal election early
voting is on Wednesday,
October 7th at the Kelsey
Centre, from 8am to 8pm.

Village of Sayward
municipal election
general voting is on
Saturday, October 17th at
the Kelsey Centre, from
8am to 8pm.

British Columbia
provincial election
general voting is on
Saturday, October 24th at
the Kelsey Centre, from
8am to 8pm.



The Sayward Community Food Table Society

Good Food • Stronger Community • A Healthier Tomorrow

RECIPE CONTEST



What is your favourite
no-fail go-to recipe?



Send your recipe to the
**SAYWARD COMMUNITY
FOOD TABLE SOCIETY**
(executive@saywardfoodtable.ca)



12 recipes will be chosen
from the entries received to be
featured in our fundraising calendar!



Deadline for entries:

October 5, 2026

SAYWORD SEARCH

Autumn

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

1. HARVEST
2. RAIN
3. COAT
4. BOOTS
5. LEAVES
6. PUMPKIN
7. ACORN
8. MUSHROOM
9. CAMPFIRE
10. FOG
11. TURKEY
12. CRANBERRIES
13. WOODSTOVE
14. PRUNING
15. THANKSGIVING
16. HALLOWEEN

**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.**

SAYWARD CLEAN UP DAYS OCTOBER 17TH & 18TH



797 Island Highway at the
Mainroad Yard from 9am to 4pm
each day.

Accepted

- Appliances - large and small
- Batteries
- Electric outdoor power equipment
- Household
 - electronics
 - furniture
 - waste too big for curbside collection
- ProductCare items
- Scrap metal
- Tires

Not Accepted

- Drywall
- Hazardous waste
- Motor oil, filters or antifreeze
- Single use packaging such as:
 - cardboard
 - foam
 - hard and soft plastics
 - tin

This material is prohibited from going into the garbage, please bring it to the Sayward Recycling Depot.

Habitat for Humanity will be on site to collect gently used donations.



The Sayward Community Food Table Society

Good Food • Stronger Community • A Healthier Tomorrow



WHO:

We are the Sayward Community Food Table Society and we work with dedicated individuals and agency partners to provide nutritional support to community members in these challenging times.



WHAT:

We offer a Monthly **FREE** Market Sort, where **REGISTERED** Recipients choose from a variety of fruits, vegetables, meat, fish and items too varied to list.



WHEN:

Our next **FREE** Market Sort dates are:
October 16,
November 13 and December 11
between **10am and 11:30am**



WHERE:

Kelsey Centre
652 H'Kusam Way,
Sayward, BC V0P 1R0



WHO CAN USE THIS SERVICE:

Anyone in need. To register come to one of the **FREE** Market Sorts on the dates and time listed above. Bring your reusable bags and one piece of government issued ID.



Bring
your
reusable
bags!

Healthy People • Stronger Community • A Brighter Sayward

October Events!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	Chair Fitness 10:00-11:00 Kelsey Centre	2
4	Blood Pressure Checks 9:00-12:00 Clinic	5	6	7	8	9
11	Blood Pressure Checks 9:00-12:00 Clinic	12	13	14	15	16
18	Blood Pressure Checks 9:00-12:00 Clinic	19	20	21	22	23
25	26	27	28	29	30	

SPECIAL EVENT THIS MONTH

Better At Home Info Session:
Friday October 9th - 11:00-12:00
Kelsey Centre Multi-Purpose Room

250-201-7539
CP.Sayward@BCEHS.ca



- Local Business Directory
- News & Events
- History

SAYWARD CLINIC COLUMN

Foot Care Nurse Appointments Available

Book directly with the nurses, not through the clinic.

Upcoming Foot Care Dates

October 20th - 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	Labs 9 - 12	6	7	8	CLINIC CLOSED	10
11	Closed	13	Public Health Nurse	14	15	16
18	Labs 9 - 12	20	21	22	23	24
25	Labs 9 - 12	27	28	29	30	31

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



United Way helping seniors
remain independent.



What is Better at Home?

United Way's Better at Home program helps B.C.'s older adults continue living independently in their own homes by providing simple, non-medical home support services. Its unique 'seniors planning for seniors' approach means older adults contribute to the design, operation, and evaluation of their local program.

Who delivers the services?

In each community, local non-profit organizations deliver Better at Home services. Services are provided by volunteers, contractors and/or paid staff.

Am I eligible and how do I apply?

If you are a senior or elder living in a community that has a Better at Home program, you can apply by calling **604.268.1312**, or see the back page of this pamphlet for contact details.

Who pays for Better at Home?

The Government of B.C., through the Ministry of Health, provides funding to the United Way British Columbia to manage the Better at Home program across B.C. Individual community organizations will also accept donations, raise funds, and encourage volunteer participation.

Seniors who receive Better at Home services will pay a fee based on their income. Some services may be free. The fees-for-service are fed back into the local program in order to serve more seniors.

Which communities does Better at Home currently serve?

United Way manages the operation of over 90 Better at Home programs across the province.

You can find a list of all Better at Home communities by calling **604.268.1312**, or see the back page of this pamphlet for contact details.

Get Involved!

The huge hearts of volunteers throughout the province ensure that Better at Home, United Way, and our partner agencies can provide much-needed and accessible services to B.C.'s older adults.

Thousands of volunteers are currently engaged with Better at Home across B.C., but we are always looking for more! Your help supports a diverse, inclusive and vibrant neighbourhood for everyone.

To volunteer, donate, or get involved with your local Better at Home program, see the back page of this pamphlet for your local program contact details.

