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Slushy's & Soft Ice Cream
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The Crossroads Restaurant & Pub
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THE CROSSROADS
RESTAURANT & PUB
SAYWARD, B.C.
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HOURS: 11am - 7pm DAILY

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Mlkcontracting@hotmail.com



GO Sayward SCOOP
ISSUE #11
NOVEMBER 2026

## Local Business Highlight: Mechanic Nora (and Lainey).



I'm Nora, and I've been under the hood for over 20 years — which is a polite way of saying I can diagnose most cars by sound alone, and my fingernails have given up on ever being clean again. I got my start at Fanshawe College in London, Ontario, where I completed my 4-year apprenticeship and earned my Red Seal as an Automotive Technician. After that, I spent years at an independent shop in Ontario — the kind of place where I learned to fix everything, because if it had wheels, it ended up in my bay.

*(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 November 18th at the Kelsey Centre, hosted by the Sayward Community Health Society.**




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GO

**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

Sayward Historical Society

PRESERVING OUR PAST FOR THE FUTURE

GO

## LOCAL BUSINESS HIGHLIGHT: MECHANIC NORA (AND LAINEY)

Lainey is the voice on the phone, the keeper of the calendar, and the reason anything runs on time around here. She handles all the scheduling and bookings, answers your questions, and will make sure you actually know what's happening with your car — while I'm under it. Basically, I fix the cars, she fixes the chaos.

Because at the end of the rainbow, there's no pot of gold. There's just a mechanic who will listen to your car and to you — and a wife who will make sure you get booked in.

If your ride is clunking, squeaking, or just giving off bad vibes... bring it by. We'll sort it out together.

Nora 250.883.5691 | Lainey 250.252.6368
rainbowsendresort@outlook.com

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GO Sayward .com

**Local Business Directory | News & Events | History**



# 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 Jason Johnson** 604.355.1552
- **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

Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.
**Matthew 6:34**

Take time to evaluate your schedule. Overcommitting creates unnecessary stress and unrealistic expectations. A balanced schedule protects our peace, our health, and our ability to be there for those who love and need us.

**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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PLANNING, AND PERMITTING

GREY ROCK
ENTERPRISES
ESTD 2022

=> Landscape Materials:
50/50 Soil Mix, Aqua Soil

=> Gravel and Pit Run

=> Tractor Services:
Backhoe, Grappler and Forklift

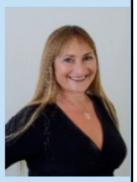
=> Reasonable Rates

=> Located in Sayward

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




ROYAL LEPAGE



A resident of 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: MECHANIC NORA (AND LAINEY)

*(Continued from page 1)*

For the last 6 years before opening my own shop, I was with Kia, where I became a Kia Master Tech. I'm also certified for electric vehicles, and I have a lot of experience with diesels and German cars — which is to say, I am well-versed in vehicles with strong opinions.

I moved from Ontario to Vancouver Island 3 years ago, and recently found my way to Sayward. I fell in love with this little pocket of the world — the trees, the ocean, and the actual rainbows that show up after the rain. What I didn't love? The 45-minute drive to Campbell River every time someone's car made a funny noise. So I did what any witchy mechanic would do: I made my own magic and opened a shop.

Rainbow's End Auto Repair is family-run, heart-led, and a little bit enchanted. Yes, there are crystals on the counter. Yes, the shop occasionally smells more like sage than motor oil. And yes, I will absolutely give your car a little good-energy blessing with its oil change if you want one — no extra charge for the vibes.

But don't let the incense fool you. The work is no joke. I'll tell you what's actually wrong in plain English (not mechanic-ese), charge you fairly, and fix it right the first time. No scare tactics, no upsells, and I promise not to blame your check engine light on Mercury in retrograde unless it really was.

And when you call, you'll meet the other half of the magic: my wife, Lainey.

*(Continued on page 18)*

# OBITUARY - RON MILLER

**In Loving Memory of Ron Miller**

It is with great sadness that we announce the passing of Ron Miller, who passed away from cancer on October 20, 2026, at the age of 83.

Ron spent approximately 20 years living in Sayward before he and his beloved wife, Carol, moved to Campbell River about 15 years ago.

Ron had a true passion for coaching children's sports, including floor hockey, soccer, and more. He dedicated much of his time to helping young athletes learn, grow, and enjoy the game. The children who had the good fortune of having Ron as their coach were truly fortunate to have someone who cared so deeply about them and their experience in sports.

After moving to Campbell River, Ron continued doing what he loved most — coaching kids and sharing his enthusiasm for sports. He loved every minute of it, and his dedication, encouragement, and love of the game left a lasting impression on the many young people he coached.

Ron will be fondly remembered for his commitment to the community, his passion for coaching, and the positive difference he made in so many young lives. He will be deeply missed by all who knew him.



# JOKES OF THE MONTH

I try not to tell dad jokes. But when I do, he thinks they're really funny.

---

There was a newsman Ida Gross, who worked at the New York times last century who always snuck in a pun into his reports. His editor was always on a look out for the pun, which he always excised before sending the story on to be printed.

One day, there was a gas explosion that killed ten people... Ida was the reporter, so the editor looked over the story.

He could not find the pun.

The deadline was getting close, so he called up Ida and asked him what the pun was.

"The story about the gas explosion?" said Ida.
"Yes, what is the pun!"
"No pun in ten dead" said Ida.

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**Email Hello@SaywardDelivery.com**

**Facebook Messenger @SaywardDel**

# HISTORICAL HAPPENINGS



**Yorke Island: Sayward's Wartime Fortress**
*Just off the coast of Sayward, Yorke Island once played an important role in defending Canada's Pacific coastline during the Second World War.*

Military construction began in 1937, and by 1939 the island was home to a Canadian coastal artillery battery. Over the following years, it developed into a fortified installation with approximately 60 buildings, including barracks, ammunition storage, observation posts and searchlight stations.

Following Japan's entry into the war in 1941, Yorke Island's defences were strengthened. In 1942, two original coastal guns were replaced with larger six-inch artillery guns, designed to protect the important shipping route through Johnstone Strait.



# ELECTION RESULTS

## Village of Sayward

Mayor - Jason Johnson
Councillor - Michelle Davis
Councillor - Maureen Haslehurst
Councillor - William Ives
Councillor - Neil MacDougall

## Province of British Columbia

Premiere - Lorne Doerkson
MLA - Anna Kindy

## School District 72

Trustee - Shannon Briggs

---

## AA MEETINGS - TUESDAYS 730PM - HERITAGE HALL

# IN FLANDERS FIELDS

In Flanders fields, the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie,
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

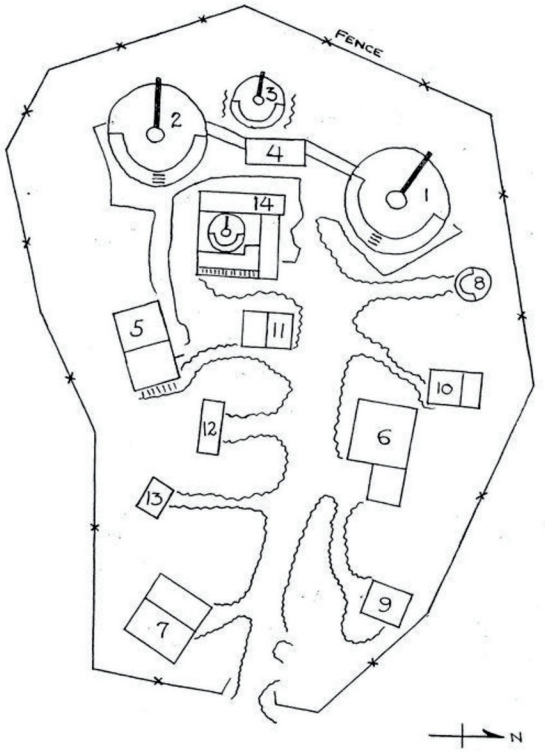
~Colonel John McRae





# HISTORICAL HAPPENINGS

**YORKE ISLAND - FORT AREA**




1. No.1 Gun 6"
2. No.2 Gun 6"
3. 6-Pounder 8-Hundredweight
4. War Shelter
5. Magazine
6. N.C.O.'s Quarters and
   Battery Observation Post
   Sleeping Quarters
7. Machine Gun Stores
8. Emplacement for .50 Calibre Browning
9. Ablution Hut
10. Old Magazine Used for Grenades
11. Gun Stores and Workshops
12. Fort Fire Extinguisher
13. Oil Stores
14. Battery Observation Post Cell
    Signal Cell
    Bofors
    Searchlight Directing Station

Life on the remote island was challenging, particularly when it came to obtaining fresh water and supplies. Its isolation earned it the nickname "Little Alcatraz."

Although the guns never engaged in a major enemy attack, Yorke Island remained an important part of Canada's Pacific coastal defence network. The last military personnel departed in October 1945.

Today, concrete gun emplacements and other remnants remain as reminders of the island's military past. For Sayward, Yorke Island represents a remarkable piece of Canadian wartime history, right in our own backyard.

# SECRET SANTA

Secret Santa with the help of many volunteers in our community, provides Christmas hampers and gifts to families in the Village and Valley who could use a little help to make Christmas a joy-filled holiday.

Last year we were able to provide 34 hampers to local families, and we expect that number to increase this year.

If you know of members in our community who could use a little help this year, please forward the NAMES and AGES of all family members, ADDRESS information, and any special DIETARY NEEDS to dbgrill@gmail.com BEFORE December 10, 2026. This program would not exist without the generous donations from our community. All donations of cash, toys and food are all gratefully accepted.

Donations can also be dropped off at the Village of Sayward office. All information is kept strictly confidential





# SAYWORD SEARCH

**Lest We Forget**

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

**1.** ARMISTICE **2.** CANADA **3.** CENOTAPH **4.** DIEPPE **5.** FALLEN **6.** FREEDOM
**7.** JUNOBEACH **8.** LEGION **9.** LIBERTY **10.** NOVEMBER **11.** POPPY
**12.** REMEMBRANCE **13.** SACRIFICE **14.** SILVERCROSS **15.** SOLDIER
**16.** VETERAN **17.** VIMYRIDGE **18.** WORLDWAR

**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 CLINIC COLUMN

(continued from page 11)

## Services Not Provided

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

You can book an appointment to meet with the nurse and discuss your health care needs. Walk-in visits are also welcome and will be accommodated when the nurse is available.

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

**Clinic Hours Mon-Thu 9am-4pm.**
**Closed Weekends & Stat Holidays.**



# SAYWARD CLINIC COLUMN

## Registered Nurse with 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.

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

*(continued on page 12)*

# Strathcona Regional District - Area 'A' Director's Report – October 29, 2026

**Local Government Election:**
I would like to thank all the residents of Area ‘A’ for giving me the honour of serving you for another term as your director at the Strathcona Regional District. I will ensure that our area’s best interests are always my top priority on this board.

**Strathcona Gardens Recreation Complex:**
Everyone will know that for a long time Campbell River together with Area ‘D’ have been attempting to force Quadra Islanders to pay for Strathcona Gardens. This initiative would never have advanced if the full fourteen Strathcona Regional District board members had been present to vote the various times that this item was on the agenda. However, on the last and final vote to adopt the authorizing bylaw, the full board was in attendance and the motion was defeated. All through this process, Quadra Island was willing to negotiate a reasonable contribution, but Campbell River and Area ‘D’ refused.

I would also like to clarify one more time that the Sayward Valley does not and never has contributed to the Strathcona Gardens complex.

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