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Tri-Village Buzz

March 2019 Issue 216

Visit: www.wasalake.com/buzz

Honey & Water

by Nowell Berg

He thought bees and honey would be a retirement project.

As the spreading impact of falling oil prices loomed ever larger, Caleb Miller prepared for changes in his work and lifestyle.

Having spent his youth on a farm in northern Alberta, Miller took to keeping bees. At age eleven, he got the bee bug by learning from the bee scientists at the Beaverlodge Research Station, AB. Little did he know how soon those skills and experience would be needed for the newest phase of his life.

A self-proclaimed science nerd, Miller spent 23 years in the oil patch testing oil and gas wells. Preparing for the inevitable oil patch layoff, Miller researched various brewing options landing on the world's oldest known alcoholic beverage.

Fermenting honey with water, along with fruits, flowers, hops and spices can be traced back to 7000 BC in China. Mead has a long and passionate history among a wide range of societies and cultures from back in the day until the present. The Vikings were so enamoured with mead it became an important part of Norse mythology.

With a foundation in beekeeping and honey production, Miller added the brewing of mead to his repertoire.

In 2016, Rebecca Pommier and Miller started Pommier Ranch Meadery and began construction on the mead production building.

Rebecca's great grandparents, Emile and Marie Pommier, homesteaded the property in 1927. Since then, four generations of Pommier's have lived on land adjacent to where Diorite Creek meets the Lussier River, near Premier Lake.

All of the mead Miller brews is hand-crafted small-batch using honey, water and a combination of juniper berries, rosehips, mint and rowan berries taken from the land at Pommier Ranch. "We don't put any preservatives or additives in mead, it's all natural," said Miller. The only thing not sourced in the East Kootenay are the bottles, caps, corks and boxes.

The secret to brewing mead is using a consistent process which leads to a consistent beverage. "If you have a really good process it doesn't take very long, if you don't have a really good process it can take a year or two before your mead is drinkable," said Miller. The other key, "Keep your yeast happy with the right nutrients and oxygen levels."

This past year, Miller harvested 1451.5 kg (3,200 pounds) of honey that produced approximately 4,500 L (litres), almost 1,200 gallons, of mead.

The meadery produces five types of mead-traditional, crabby (crab apple juice), sparkling, juniper berry and hopped. The latter adds hops to the fermenting process for a beer flavoured mead.

Last year was the first time brewing hooped up mead made from golden and nugget hops. "Sales were so good we couldn't keep up with demand," so Miller purchased new equipment to expand production for this upcoming summer.

continued on page 2



Honey & Water continued

He also intends to plant 60 hops plants on the property to stay consistent with the all natural strategy.

This year Miller will start "queen [bee] breeding" with the possibility of "selling queens in the future." Other growth plans include installing solar panels and a micro-hydro electricity generator to off-set power costs.

Pommier Ranch mead is available in thirteen (13) private liquor stores up and down valley from Golden to Fernie with plans "to expand out to Nelson." Throughout the farmers market season, Miller and Pommier will make as many as four stops per week.

"People will always support what we're doing out here. Its all natural, its all local," Miller said with pride and enthusiasm.

If you want to dip into a bit of Norse mythology, take a tour and sample taste mead, contact the Pommier Ranch Meadery through their website to make a booking.

(<http://www.pommierandmeadery.ca/>)



Why take the Seniors Housing Survey?

The purpose of the Seniors Housing Survey is to provide a summary of what choices people in the Tri-Village think they will make, as they age, and their housing needs change. Your individual input is anonymous. The combined results will be shared broadly with the community to promote discussion of the issues of seniors' housing and to strategize on what might be possible in the area. The same summarized data could assist anyone who might want to develop seniors' housing in the area and help them better define the local demand. The more who participate, the better the knowledge base the community will have. It should take less than ten minutes to complete it. Information to explain the differences between the types of seniors' housing can be found in the March 2019 issue of the Buzz.

The Tri-Village Buzz, along with the Wasa District Lions Club, is a sponsor of the Seniors Housing Survey. If you were born before 2001, we hope you will take the time to fill in and send back the survey. You'll find it in an addressed envelope stuffed into this month's Buzz. If you need additional copies for a spouse, friend or neighbour to participate, they are available from any member of the Wasa Lions Club. A link to take the survey online is available at www.wasalake.com/senior.



Dale Gray

Phone: 250.422.3638

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email: dale58@shaw.ca

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Did You Guess?



This lovely young lady is our own Helen Maines

**Don't forget to "spring ahead" on March 10th!
Clocks go forward one hour.**

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Tri-Village Buzz Newsletter

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March Quotes:

"When March comes in like a lion it goes out like a lamb."

"Daffodils, that come before the swallow darts, and take the winds of March with beauty."
- William Shakespeare

"A dry March and a wet May - fill barns and bays with corn and hay."

"As it rains in March so it rains in June."

"March winds and April showers bring forth May flowers."

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Helpful Hints

By Sherry Shields
In Memory of Vi Cockell



1. Clean Stainless Appliance (Vinegar & Olive Oil)

Apply white vinegar directly to a microfiber cloth, or spray directly onto your surface. Let sit for just a moment, and then wipe clean in the direction of the grain. Apply the vinegar as many times as necessary to remove any grime. Then dab a clean towel into some olive oil and polish the freshly-cleaned surface in the direction of the grain. If any extra olive oil residue remains, wipe away with a clean cloth. This method works well because the vinegar gets rid of all the grime, while the olive oil gives it a fresh, shiny polish.

2. Hydrogen Peroxide – So many Benefits

Kitchen - After rinsing your wooden cutting board, pour peroxide on it to kill salmonella and other bacteria.

Bathroom – Disinfectant for cleaning instead of bleach. Will not harm your septic system. Use to clean mirrors (no smears). Use Peroxide in spray bottle around toilet to rid urine odours.

3. Banana

If done daily, a wart can be removed in about 2 weeks by running the inner side of a banana peel onto the infected area.
(hint from: thefactsite.com)

Originally, Martius (March) was the very first month of the Roman calendar. Symbolically, we can make sense of the arrangement. In their geographical region, the grips of winter are just beginning to lose their hold in March. It makes sense that a year should begin as a new season of life begins too.

Have you got a helpful hint you would like to share?
Email: trivillagebuzz@gmail.com Subject: Helpful Hint

Have you filled out and submitted your Senior's Housing Survey?
Available online too: <http://www.wasalake.com/senior>

Safety guidelines and things you need to know:

- ☐ Minimum of 2 people in the Gym at all times
- ☐ All users must sign in with date and time
- ☐ All users must sign a Wasa Recreation Programs User Waiver located at the sign in desk
- ☐ All users are required to wear "gym shoes" - no street shoes permitted
- ☐ All users must use the safety key on the Walking Machines
- ☐ Cost is a loonie or twoonie
- ☐ Have fun and be safe!



For Gym Schedule Please Contact:

- Sonia Blackwell at 250.421.3019 or
- Rod at 250.422.3253

We're open to suggestions, give us a call if you know 2 or more people that would like to attend at a time not indicated.



GYM HOURS AND INFO

Public help needed to monitor for bat disease

WANTED: Reports of dead bats and of bats flying during winter

Date: Feb 6, 2019

BC bats are threatened by disease, and researchers are again asking for the public to help. White Nose Syndrome (WNS), a fungal disease responsible for the death of millions of bats in eastern North America, has moved to the west coast.

Confirmed in Washington State just 150 km south of the BC-US border, the presence of the fungus is very worrisome for the health of our bat populations. The disease has near 100% mortality for some species of bats exposed to the fungus, including the familiar Little Brown Bat. Although devastating for bats, WNS does not affect humans.

The Kootenay Community Bat Project (KCBP) in collaboration with the BC government is requesting the public's help in monitoring the spread of this disease. "We believe that our bats hibernate in relatively small groups across the province" says Leigh Anne Isaac, KCBP Coordinating Biologist. "Detecting WNS in our province will require many eyes on the ground". The typical first sign of this disease is bats flying during the winter, an unusual sighting at a time of year when bats should be hibernating. Another sign of the presence of WNS is the appearance of dead bats outdoors as they succumb to the effects of WNS.

"We are encouraging the public to report dead bats or any sightings of winter bat activity to the KCBP toll-free phone number, website, or email (see below). Bat carcasses will be submitted for testing for White Nose Syndrome and would provide the earliest indication of the presence of the disease in BC" says Isaac. Reports of winter bat activity will help focus research, monitoring and protection efforts.



If you find a dead bat, report it to KCBP as soon as possible for further information. Never touch a dead bat with your bare hands. Please note that if you or your pet has been in direct contact with the bat you will need further information regarding the risk of rabies to you and your pet.

Currently there are no treatments for WNS. However, mitigating other threats to bat populations and preserving and restoring bat habitat may provide bat populations with the resilience to rebound. This is where the KCBP and the general public can help.

Funded by the Columbia Basin Trust, the Regional District of the East and Central Kootenays, Habitat Conservation Trust Foundation, Forest Enhancement Society of BC, Province of BC, and the Habitat Stewardship Program, the KCBP works with the government and others on public outreach activities, public reports of roosting bats in buildings, and our citizen-science bat monitoring program.

To contact KCBP, see www.bcbats.ca, email kootenay@bcbats.ca or call 1-855-922-2287 ext. 14.

Contact:

Leigh Anne Isaac, Coordinating Biologist, Kootenay Community Bat Project (information above)

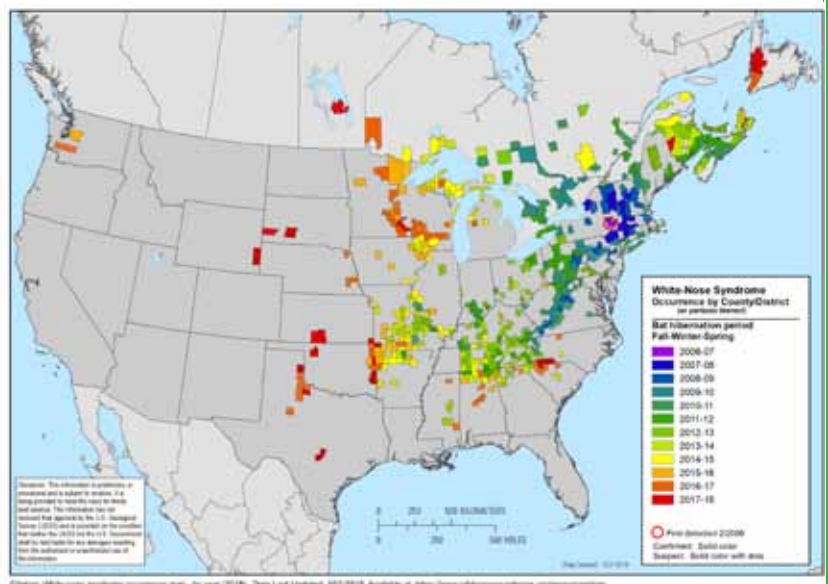
Photos:

Pseudogymnoascus destructans
Raudabaugh- photo by DB Raudabaugh,
Wikipedia. Culture of Pd, the fungus
responsible for WNS and more than 6 million
bat deaths in North America.

Little brown bat with WNS – photo by
Alan Hicks, New York State Department of
Environmental Conservation - A hibernating
Little Brown Bat showing visible signs of the
fungus.

Hibernating little brown bats - photo by
Alan Hicks, New York State Department of
Environmental Conservation – Little Brown
Bats hibernating in a cave, showing signs of
WNS

Map: White-nose syndrome occurrence
map – by year (2018). Data last uploaded
10/1/2018. Available at <https://www.whitenosesyndrom.org/resources/map>





FOLLOWING

THE TRAILS OF

Yesterday

A HISTORY OF THE NINE SPRINGS RANCH NEAR TA TA CREEK, B.C.

By: Bob Jamieson

The two ranch properties at the end of Miller Road, south of Ta Ta Creek, B.C. are two of the oldest occupied lands in the East Kootenay. Their history goes a long way back, beginning with a flint scrapper I found on one of the fields, dating from who knows how far back. The first European to see this area was David Thompson. On April 24, 1807 Thompson and his party camped somewhere just above Bummer Flats and the St. Mary's River, in the vicinity of Wasa Lake. In his journal he recorded:

"April 24nd, Friday. Morning a little cloudy, but clear in the afternoon. The River in general has a very smooth, easy current with sufficient depth of water and where we are camped is a point of fine meadows and the first ground I have seen that I think has sufficient moisture to farm a garden of herbs." (Jack Nisbet 1994. Sources of the River. Sasquatch Books, Seattle.).

The next day he floated past Bummer's Flats and noted the inflow of the St. Mary's River. I have often wondered if that meadow, his "garden of herbs" was where the ranch is now located. The quiet of centuries ended however, in 1898. A Crown Grant was issued to John Levett, an Australian, in Sept 1898. He paid \$305.00 for the 305 acres in Lot 706; \$1.00 per acre. It was one of the earliest "free holds" granted in the area. He built a cabin that summer. Charley Stevens, who built the Steven's Ranch on Wasa/Lewis Creek, now owned by Lloyd Jones, has tea with him that year when the logs on the house were half up. That building is the central part of the ranch house today. The present ranch house is one of the few buildings that has been continuously occupied for over 100 years in the East Kootenays.

In 1909 the property was sold to J. Tabert, and then to J. McDonald in 1911. We know little of either of these owners. The property was then sold to Andy Miller in 1920 for \$2,000.00. Daisy Fiorentino (nee Miller), who lives in Cranbrook, was born on the place and grew up here. Daisy remembers a cherry tree that grew in the yard. (I am trying to get another growing, after hearing her stories about the cherries!) They often caught ling cod or burbot in the river. There was another farm across the river in those days and Daisy's mother would go down to the river to where she had a 45 gal barrel. She would beat on the barrel as a signal to her friend across the river and the housewife across the river would come out and they would gossip back and forth, shouting across the river.

Daisy's father built a big dairy barn and ran a large herd of dairy cows. He used ditch irrigation to water the fields. He ran a dairy and a blacksmith shop. Sometime in the 30's the Miller Family built an addition to the house (what is now the kitchen on the present house) and put the entire building on a concrete foundation and basement.

In 1942 the property was transferred to Daisy Miller when her father died. In 1948 she sold the ranch to Charles and Betty Gatine for \$6,000.00. They in turn sold it to Jack Brown in the same year. Jack and his wife arrived in 1948, the year of the biggest flood in recorded history. He remembers seeing mud marks on the fence posts and trees and wondering what it was from. He and his wife made a living catching and training wild horse of the range, tried raising sheep (the coyotes and milk vetch got them all) and then in later years developed a herd of Charlois cattle. Jack's wife died and several years later Jack met Irene through a pen pal relationship. She lived on a dairy farm in Quebec. She came to live on the ranch with Jack. They had many adventures. One winter after a big snow fall, the old barn fell down, only a few minutes after Jack had gone into the barn, heard the support timbers groaning and had moved his cow, and himself out of the building. He cleared larger fields and developed a herd of 100 Charlois cows. Jack lived on the place from 1948 until 1989. In all those years he and Irene lived old style, without power or running water or an indoor toilet. For many years the only access was via an old road along the river, running north and south, or by saddle horse up to Ta Ta Creek. Harold Brown grew up on the ranch and used to ride to school every day, in Ta Ta Creek. Finally in the 1960's, Millar Road was built, providing access to the ranch from the Kimberley Highway. In 1989, Jack and Irene sold the ranch to Bob Jamieson and Penny Ohanjanian. Jack and Irene moved to Penticton and bought a place there. Irene died in 1997, Jack followed a few years later.

Bob and Penny are biologists and had outfitted together in the far north, at Toad River, north and west of Fort Nelson. When they took over the ranch, they installed running water, (from a spring on the hillside above the house, a toilet, sewage system and an independent power system, running a turbine off three of the small creek that tumble down the slope above the ranch. They also installed gravity irrigation for the main fields. They ran 200 yearlings on the ranch and on the benches above. Bob and Penny ran the ranch for 5 years together, then divorced. In 2000, Laurie Stewart, from Kimberley and her two kids, Luke and Annie, moved out to the ranch. Bob put a major addition on the old ranch house so there was more room. Laurie is a school teacher in Kimberley and with school trips and the kid's friend's, suddenly there were kids on the place again. In 2005 the ranch was sold to Todd Axelrod, with Bob staying on to manage the ranch. So it remains today, on a place with a history dating to the very first human settlement in the Wasa area.

Wasa Community Church



"Those who trust in the Lord are like Mount Zion, which cannot be moved, but abides forever. As the mountains surround Jerusalem, so the Lord surrounds his people, from this time forth and forevermore" (Psalm 125:1-2).

It's such a great thing to have people, friends or family, who have your back. People you can trust and depend on. Even when the rest of the world seems to be against you, they're there for you. When you face the toughest of circumstances, or get struck with tragedy, you can go to them. They stay with you through thick and thin. They're loyal. Perhaps you have those kinds of people in your life. Perhaps you don't.

When I was in Red Deer in January, I heard a speaker from Québec use the illustration of a president who, after a tiring, busy day, takes to some well needed sleep. Now if he's asleep, who is allowed to wake him up? Perhaps someone of great importance, such as the secretary of defence if there's a big emergency. However, one who is certainly allowed to wake him up for any reason, maybe because of a bad dream, maybe just to talk about something, is his child. His child has that kind of access. Now, I don't know what it's like at the White House, or how real presidents have been to their children, but I really like that thought. The one who can go to one of the most powerful people in the entire world for any reason is his child.

Some presidents do well, but even the best have their weaknesses and shortcomings like everyone else. Weaknesses and shortcomings that God doesn't have. When you acknowledge you are a sinner, choose to turn from that sin and believe in Jesus and what He's done, dying for your sin on the cross and rising from the dead, not only are you forgiven. Not only are you allowed into heaven once you pass away. You are counted as His child. Any burden you have, any request, any hardship, you can take to Him at any time. He is your protector. He loves you. He will listen.

Sure, He might not grant everything you desire or ask for, but He knows what's best. If you trust in Him, He is loyal to you. He's got your back through thick and thin. When you have the God who created everything, who has power over all things that exist, surrounding you like mountains, protecting your soul for all time, you don't have to fear anything. As His child, you are safe in His arms for eternity. Even if you have nobody else, you have Him.

- Pastor Jon Malpass, Wasa Community Church
(service Sundays @ 10:30am), (250) 464-4419



The Wasa Recreation Society would like to give a big thank you to TOPs and the Wasa Gym for their donation to the Community Hall.



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Wasa & District Historical Assoc. & Memorial Garden Group

submitted by Sherry Shields

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Reminder:

When visiting the garden please keep gate closed.

2019 Columbarium Niche & Plaque Costs

UNIT 1 Columbarium

Upper levels \$1000.00 + engraving

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UNIT 2 Columbarium (new)

Niche cost - \$1100.00 + engraving

Niche engraving - \$275.00

Memorial Plaque - \$300.00

Contact info:

Pat Walkley @ 250.422.3530 or
pwalkley@shaw.ca



*~ Walking with a friend in the dark is
better than walking alone in the light.*

Helen Keller ~



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The WLLID is again asking the residents of Wasa to send us their email addresses. Email is a simple and cost effective way for the WLLID to communicate with property owners in a timely manner. Contact the WLLID secretary at admin@wasalake.ca

Mark your calendars for:

- The Annual General Meeting of the Wasa Lake Land Improvement District on Sunday April 11th, 2019 at 7:00pm at the Wasa Community Hall.

*The Trustees of the Wasa Lake
Land Improvement District*

STORIES, STORIES, STORIES

Many of you have a story, adventure or life stories about people you know in our area that happened in years past and you are eager to share so that the history is not lost.

The Kootenay Ripples History Book, published in 2002 is an excellent resource for the life, people and places in our area. Copies are still available from Pat Walkey. She can be reached at 250- 422-3530.

I am appealing to you for help as there are probably many more historical happenings and a need to write on the history of places not recorded in the history book. I would like to include them in the "Following the Trails of Yesterday" page.

Please phone me if you would like to contribute to the column at 250-422-3766 or email me at -- judymcph9@gmail.com

Thank you, Judy

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Val 250.422.3499

*"No matter how long the winter,
spring is sure to follow"*

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Irish Nachos



- 1 1/2 pounds russet potatoes (cleaned, and sliced 1/4 inch thick)
- 2 tablespoons olive oil
- 1/2 teaspoon dried rosemary (crushed)
- 1/2 teaspoon dried thyme leaves (crushed)
- sea salt and black pepper (to taste)
- 1 cup shredded sharp cheddar cheese
- 5 slices uncured bacon (cooked and chopped)
- 1/4 cup sour cream or Greek yogurt (plus more for serving)
- 1/4 cup pico de gallo style salsa (plus more for serving)
- 2 minced green onions
- 1 Tablespoon chopped cilantro leaves

Preheat oven to 450 degrees.

Wash and dry potatoes, leaving skin on.

Slice potatoes into 1/4 inch rounds and place in a large bowl.

Drizzle olive oil, rosemary, and thyme over potatoes. Stir to combine.

Place potatoes, in a single layer, on a greased baking sheet. Bake for 20 minutes, turn over, and continue baking for an additional 20 minutes.

Remove potatoes from baking sheet and place on a flat-sided cast iron skillet, slightly overlapping the edges.

Sprinkle with cheese and bacon, and return to the oven for 3 to 4 minutes, or until cheese is completely melted.

Sprinkle with green onions and cilantro, and serve with Greek yogurt or sour cream and salsa.

Where do you take your BUZZ?



Email your photos with "The Buzz". Your picture will be featured in the current issue of the Buzz and your name will go into a draw for the **"2019 Where do you take Your Buzz"** contest. Email: trivillagebuzz@gmail.com

Sonia and Rick Blackwell took the buzz on a week long holiday to **Puerto Vallarta** February 3-10, 2019



HELP STARTS HERE... HELP STARTS HERE....

VICTIM SERVICES

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The WASA RECREATION

SOCIETY's main objective is to generate funds to keep the Wasa Hall running. Wasa Recreation Society members meet in the basement of the Wasa Hall in the Quilters Room on the last Tuesday of each month. Everyone is invited to attend.

Listed below are some of the user groups and contacts:

- Hall Rentals and Information
Karen Markus 250.422.3514
Bonnie Meena 250.422.3795
- Gym - Sonia Blackwell 250.422.9201
Rod 250.422.3253
- TOPS - Susan 250.422.3510
- Library - Judy McPhee 250.422.3766

In addition, BINGO's are held on the **2nd Tuesday of each month** at the Wasa Hall. Early bird starts at 6:30 p.m. and regular at 6:45 p.m.

By Area E Director Jane Walter

Grant - in - Aid

The Wasa Recreation Society applied for a Grant of \$1068.00. This grant was approved by the RDEK Board. This will provide the new editor for the Tri-Village Buzz new software. This software will ensure the quality of the Buzz will be maintained.

Health Connections Bus

I understand that some of the residents are not aware of the Health Connections Bus. This bus travels from Golden, past Wasa, along the highway and into Cranbrook on Monday and Friday.

****People do need to call at least 24 hours in advance to book their seat. Medical appointments have priority. The bus arrives in Cranbrook at about 11:15 a.m. and leaves Cranbrook at 3:00 p.m. *The cost is \$2.50 one way and exact change is required. The phone number is 1-877-343-2461***

For more information: <https://www.bctransit.com/columbia-valley/schedules-and-maps/health-connections/golden-cranbrook>

****A few years ago I had discussed with some community members about putting a list at the businesses, letting people know who was willing to drive residents to Cranbrook or Kimberley, but many of the residents had concerns about insurance coverage. If there are some residents willing to drive we could make up a list. Please call me if you are willing.**

Volunteer of the Year for Area E

This year Area E had 8 residents nominated for the Area E Volunteer of the Year. The volunteer chosen for this year will be recognized at the Area E Town Hall meeting. (no date at this time).

I want to Thank everyone that took the time to submit their choice of the Volunteer.

I also want to Thank everyone that volunteers, I believe that volunteering is one of our best assets.

I hope everyone has a great month. Please call me or email me if you have any questions or concerns.

Jane Walters: 250.427.2577 or director.walter@rdek.bc.ca



WASA LAKE LAND IMPROVEMENT DISTRICT

by Kathy Mccauley

ADDRESS UPDATES

It is the responsibility of each homeowner to notify us if their mailing address changes. Unfortunately, sometimes people forget and their annual tax bill goes to an old address; consequently, it is never received by the homeowner, and their account accrues penalties and interest charges for unpaid taxes. If your address changes, please try to remember to send an email to admin@wasalake.ca

ANNUAL GENERAL MEETING

The Wasa Lake Land Improvement District is required to hold an Annual General Meeting (AGM) between January 1st and May 1st of each year. The purpose of the AGM is to provide the opportunity for trustees to report on their activities over the past year and for property-owners to ask questions and to comment. The previous year's Financial Statements, thoroughly audited by the Cranbrook firm, Adams Wooly, Chartered Professional Accountants, will be available for public scrutiny. It is also the time when new trustees are elected to fill vacant positions on the board. Please mark Thursday, April 11th at 7:00 PM on your calendar to attend at the Wasa Community Hall. Everyone is welcome!

The next regular board meeting will be held Tuesday, March 12th at 7 PM at the Wasa Community Hall. Everyone is welcome to attend but because last minute changes do sometimes occur, please check the website www.wasalake.ca to confirm the schedule and download the agenda. If you wish to address the board, please notify the secretary at admin@wasalake.ca

WLLID TRUSTEES

Please contact the secretary at admin@wasalake.ca with any questions or concerns.

What do we mean by Seniors Housing?

By Clay Tippet – February 25, 2019

This is the third in a series of articles on how our housing needs can change as we age. They were written as background for a survey on senior's housing sponsored jointly by the Tri-Village Buzz and the Wasa District Lions. The purpose of the survey is to try to determine if there is a need for creation of some type of senior's housing in the Tri-Village area.

Independent Living

Not being a health professional, I was surprised to learn I have first-hand experience on the topic I've been writing about. When I was on the road travelling for business, I often stayed in a full service hotel, generally one with: a nice warm room, a comfortable bed, an attached restaurant where you could join with others to have food served to you, and sometimes a sports bar with a pool and foosball tables and big-screen TV for recreation. If in the morning I left my laundry in a labeled plastic bag provided by the hotel, it would be clean and hanging in my closet that evening. If I needed anything 24/7, all I had to do was call the front desk. This wonderful collection of, in the jargon of senior's housing legislation, "hospitality services", can also be known as supportive housing, independent living or in shiny corporate brochures, retirement homes.

Beyond that simple hotel model requiring neither registration nor licensing with the health authorities, it gets more complicated. The granddaddy BC legislation governing seniors and other care residences is *The Community Care and Assisted Living Act* and its regulations. Depending on the types of services offered, the act creates a framework that allows flexibility in how a facility can be designed.

The act defines "prescribed services" that a facility can provide:

- Regular assistance with activities of daily living: including eating, mobility, dressing, grooming, bathing or personal hygiene
- Central storage of medication, distribution of medication, administering medication or monitoring the taking of medicine
- Maintenance or management of the cash resources or other property of a person in care
- Monitoring of food intake or adherence to therapeutic diets
- Structured behaviour management and intervention
- Psychosocial rehabilitative therapy or intense rehabilitative therapy

The number of services offered is the dividing line between Independent Living, Assisted Living and a Care Home

Assisted Living

If a facility provides "hospitality services" plus at least one but not more than two of the "prescribed services" it's designated as an "assisted living" facility and is required to be registered under the act. If a facility offers hospitality plus three or more services, it's a "care home" and required to be licensed.

An operator can avoid even the more limited requirements of registration by offering only a "Support" version of the prescribed services. For example, if an aide, instead of physically helping you bathe, merely gently reminds you it's time for the evening bath, draws it for you and lays out your night garments, that's "support". It's simply an annoying version of independent living - the "nanny" hotel model.

To quote from a BC government publication: *"Assisted living residences are intended for persons who are independent and require day-to-day assistance in one or two areas (e.g., medications, bathing or life skills). Persons in licensed residential care typically require a greater level of assistance on a daily basis and have more complex health care needs."* They emphasize elsewhere that "independent" means having the ability to think and make decisions for oneself.

The less onerous registration process allows the developer of an assisted living facility to match its physical features to the needs of the clientele it plans to attract. For example, other than widths required under the building code, there's no requirement that doors be wide enough to accommodate a wheelchair, unless the intent is to house folks in wheelchairs.

Care Home Living

Care homes for seniors can also be known as "nursing", "long-term care", "residential care" and "memory care" homes. Persons in licensed residential care typically require a greater level of assistance on a daily basis and have more complex health care needs. The word "supervision" is prominent in the definition in the act of "care". To slightly abridge the definition: *"'Care' means supervision of an adult who is vulnerable because of family circumstances, age, disability, illness or frailty and dependent on care givers for continuing assistance or*

continued on page 12

Words of Wisdom



In the Pursuit of the true Self *"An adventure to be followed"*

You, the observer, the witness of creation, cannot be denied, and even if you don't believe in an intelligent purpose in the creation, you cannot negate the fact that **you are**.

In yoga, this "**you are**" or "**I am**" that everyone can experience as a person is the basis of spiritual inquiry, seeking the Nature of the "**One**" that **you are**, who is able to observe creation.

Therefore, like a scientist or meticulous researcher, in order to find the true Nature of his own Presence, the true Yogi must use a great deal of logic and pragmatism in order to eliminate what he **is not**.

Finding and experiencing the Self (the **Atman**) is not self-evident, and yet since we cannot deny the fact that we are, right now, as a **Presence**, then the **Atman** must be hidden and made invisible to our eyes and perceptions by elements that need to be uncovered... thus posing the question: *What is covering the Self?* ... And what is covering the Self cannot be the Self!

This is why a platform for Inner Research, called the Adi Vajra Shambhasalem Ashram, was created in Wasa, British Columbia, to foster a better understanding and experience of what is covering the Self (which is not the Self), as we are mistaking the covering of the Self for the true Self.

Since we call our Presence "the Self" or "the Atman" and since we are looking for the very nature of our Ultimate Presence, we need to eliminate one by one, within ourselves, all

the elements which cannot be the Self.

This Atman has been described in thousands of Hindu Sacred Scriptures, such as the Vedanta, as being limitless, infinite, sizeless, immeasurable, bigger than the biggest, smaller than the smallest, indestructible, indivisible, untouched, and outside the reach of all determination and relativity.

The Atman is comparable to the white screen on which we can project any kind of movie. No matter the movie, the screen remains unaffected. At the end of a movie riddled with cowboys with guns having lasted for two hours, there will be no scratches or bullet holes left on the screen. In the same way, the Atman that we all are, is never affected by the vicissitudes of life.

The Atman as Pure and unlimited Consciousness is covered by five main layers or sheaths.

From the most exterior moving in, the coverings of the Self we find are as follows:

1-The Physical, 2- The Emotions, 3- The Mind, 4- The Superior Mind, and 5- The Supramental Consciousness (Pure awareness)

For the purpose of being more concrete, you can imagine these five coverings of the Self as different layers of clothing covering your body. For example, a coat doesn't allow anyone to see the shape of the human body, and a jacket not much more. And a jacket, for example, is more external than a shirt and also, a shirt is more external than an undershirt, and so on.

In the same way, when progressively, the consciousness (as being conscious of being) lets go of its different coverings and stops identifying itself with these different layers, then little by little, the Atman (which is pure Consciousness, pure Intelligence, pure Awareness, and pure Light) starts allowing itself to be perceived as a part of oneself, vaster than the limited body-mind perception.

But as long as these coverings remain, there is a veil maintaining us in confusion.

In order to help you, the seeker, find your own Self, we are going to study each of these five coverings: 1-The Physical, 2- The Emotions, 3- The Mind, 4- The Superior Mind, 5- The Supramental Consciousness (Pure awareness), to demonstrate that you are not what you think you are in this physical life.

So, this special Teaching is to be continued. I hope that you will enjoy our progressive climbing toward the Self. May all of you "Inner Mountain Climbers" be Divinely Protected during your Ascent toward your own Self, the Atman.

Warmly yours on the Path of Light.

OM OM OM

**Venerable Gurudev Hamsah
Nandatha
Adi Vajra Shambhasalem
Ashram, Wasa, BC, Canada**

Venerable Gurudev Hamsah Nandatha has withdrawn from regular public teachings to intensify his prayers and meditations for the world. However, you can be notified of occasional lectures by requesting to be on our emailing list. Visits of the Ashram are by appointment only.

For more information, please contact the Ashram at ashram@adivajra.ca or (250) 422-9327.

What do we mean by Seniors Housing?continued

Gone is the necessity of being able to think for yourself and, perhaps institutionally accompanying it, the freedom to do so. Illustrating how the act recognizes the vulnerability of those it is legislating for and protecting, the word "must" appears 72 times. The specifications and rules governing how the care homes shall be constructed and operated and the process for licensing and maintaining a licence make them much more costly than the simpler forms of seniors housing.

What this means for the Tri-Village area

The 2018 Report of the Seniors Advocate states that the average age in a long term care facility is 85, with 59% of the residents being 85 or older. The average stay is 871 days or just under 2 years and 5 months. Which means, for example, a home with 100 beds loses 7 customers every 60 days and would need to find steady replacements to stay fully occupied. A prospective investor might require a much larger market area to draw from than the 800 or so residents of the Tri-Village area.

In a recent quarterly report, projections from Sienna Senior Living, a large operator of both retirement communities and care homes indicate that of their target market of people over 75, the percentage people in the 85+ bracket is declining, from 30% today, to 27% in 2025 and only back up to 28% in 2030. Although the absolute numbers of the 85+ folks are relatively steady in the short run, they eventually get larger as the baby boomer bulge ages. While current industry numbers indicate a waiting list for long term care, construction currently underway may lower somewhat the wait.

The immediate growth in demand is for independent living facilities. Sienna seems quite optimistic about the recent uptake in occupancy for their retirement (independent living) homes. In spite of their active construction program for this type of housing, their vacancy rate in BC has dropped from 7.2% in 2013 to 2.5% in 2018. This makes sense in that retirement homes attract the younger and healthier customer that represents the bulk of the expected new entrants of over a million people into the 75 and older category between now and 2025.

For years, there's been talk in the Tri-Village community about converting the vacant Wasa School to residential seniors' use. Others have suggested the community could support a simpler type of seniors' housing. Counter to those ideas, others have suggested the community is too small and we are too far away from needed medical support services.

If you were born in the 20th century and live or own a vacation property in the Wasa Lake, Premier Lake, Lazy Lake, Ta Ta Creek or Skookumchuck please use your control button + click the link below and take the survey. Your participation will help to form a solid factual basis for local discussion of the issue of safe housing for seniors. It should also be helpful to anyone thinking of developing seniors housing in the Tri-Village area.

https://www.surveymonkey.com/r/Seniors_Housing_Survey

If you are reading this in the paper version in the March Buzz and your postal code is V0B 2H0, you received a paper version of the survey in an envelope with your March Buzz. The survey envelope was included with the paper version of the Buzz in the Buzz Box outside the Wasa Post Office. Please fill it out and either mail it back in the envelope it came in (sorry, it needs a stamp) or drop it off at no charge at Wasa Hardware. Additional copies of the Tri-Village Seniors Housing Survey are available at Wasa Hardware.



Donate your pop cans & liquor bottles (no dairy please), to the Wasa & District Lions Club to help with their scholarship fund. Please call Val @ 250.422.3499 to make arrangements for drop off at the Lions Grounds



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Did You Know?

A 2x Olympic Champion will be joining this year's Wasa Triathlon:

Catriona Le May Doan is choosing the 2019 Wasa Lake Triathlon on June 8-9 to mark her debut in the sport. She will be joined by family and friends on an adventurous camping get-away.



Do you have any interesting trivia to share? Something silly? outrageous? never heard of? Submit your "brain bits" to the Buzz for everyone to enjoy :)



WASA COMMUNITY LIBRARY

Open Tuesday 11:00 am to 1:00 pm
or by appointment (call Marg Burrin @ 250.422.3565)

submitted by Judy McPhee

Located in the basement of the Wasa Hall

Open Tuesdays. 11:00 a.m.-1:00 p.m.

or by appointment

(call Marg Burrin at 250-422-3565)

"If you plan for a year, plant grain, if you plan for 10 years, plant a tree; if you plan for a hundred years, plant men."

Chinese proverb

ATTENTION PARENTS OF YOUNG CHILDREN

The importance of reading to a child from a young age and introducing them to libraries is a worthy expenditure.

It will entertain them, educate them and provide life long joy—maybe for a hundred years?

We have a special area in our library containing many, many children's books and puzzles to capture their interest. Many are wonderfully illustrated.

A new generation of families with young children are moving into our area.

Parents of young children, would you be interested in a story time and craft time at our library?? It is an excellent way to meet other parents and maybe organize play dates for your children, plus meeting other parents.

Would you be interested in running story time at our library with one or two other parents?? Pick your day of the week.

We have a computer specialist who has access to used computers and would donate one. He will load it with children's games, etc. Parents can browse the adult section while the children have their own experience. Would you be interested in this??

For many, many years we ran, very successfully, "Story and Craft Time" These children are now in high school and beyond.

We are looking for new volunteers to help "man" the library.

Would you like to donate time to this??

FOR ADULTS

We have a new book in our library:

DREAMS FROM MY FATHER

By Barack Obama

An incisive book, extremely thought provoking on race and inheritance.

Incidentally, Michelle Obama's book " Becoming" has over a thousand people in the Calgary Public Library system reserving her book. Fortunately they have a few copies of the book. □ Every one I have talked to and have read her book have enjoyed it.

The Obama's are superb authors!

For those of you interested, you can google:

THE NEW YORK TIMES BOOK LISTS

They sometimes have a special on children's books.

BEST CHILDREN'S BOOKS 2018

Will give you many websites

- the guardian.com
 - smithsonianmag.com
- are two of them.*

Marg Burrin (250-422-3565) and I, (250-422-3766) are waiting for your calls to find out how you can contribute to our community library or if you would like Story and Craft time and/or interested in running it with other interested people. Thank you.



Wasa and District Lions Club
Serving Wasa and Area since 1976

By Laurie Kay

Outdoor Rinks

The warm weather has made it difficult to have the rink always available for use. We flood for a few nights and lose the ice a few days later. Hats off to the maintenance teams who have worked hard to give us ice to date. Let's have some colder weather, but not too cold. A plan to upgrade the rink lighting system is in the works. There are some safety issues that must be addressed and more energy and cost efficient lights will be installed.

Wasa Volunteer Fire Protection

The Lions have approved the use of part of the old kids games area for the storage of the fire wagon and equipment. It is a central place, with great water supply and will be secured. You can't say no the fire safety.

Work in Progress.

The kitchen floor after many years with B. C. Parks and nearly 40 with the Lions has to be replaced, probably following the last pancake breakfast this Fall. The kitchen is a valuable facility for Wasa and beyond that needs to be always available for use. Col. Basin Trust Community Grants have been submitted.

The section of torn weathered netting on the ball field will also be replaced this spring. Thanks to the Ball Team for installing.

Membership

It has been difficult to coordinate a Lions induction meeting with the schedule of our prospective new members. They are busy and love to travel, but we will get together.

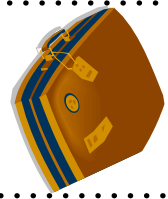
Meetings

The Wasa Pub is willing to open for us on the third Tues. of each month for a private dinner meeting. They are usually closed on Tuesdays. Thanks for the offer.



BE AN ARMCHAIR TRAVELLER

By Kathy Mccauley



THE ARMCHAIR TRAVELLER IS BACK AGAIN IN 2019!

All presentations begin at 7:30 PM at the Wasa Community Hall.

March 14th THURSDAY

ZIHUATANEJO by Nowell Berg

Lots to see in Pacific coastal old town of Zihuatanejo, Mexico

March 28th THURSDAY

ADVENTURES IN TRUMLAND by Gerry Warner

MARCH 14th THURSDAY

SCOTLAND by Cliff Youngs

On the Whisky Trail through Islay, Highlands, and Speyside

MARCH 28th THURSDAY

A TASTE OF ASIA by Sharon Prinz

From Singapore to Hong Kong with Thailand, Cambodia, Vietnam and China in between.

Please join us for great shows, a visit with your neighbours and refreshments! Admission by Donation - All proceeds donated to the upkeep of the Community Hall.



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www.wasagasandfood.com



More copies of the Seniors Housing Survey are available from any member of the Wasa Lions Club.

HAY FOR SALE

Please call Mike to make arrangements

250.420.1660



**LANTZ
FARMS**



Dale Salway Tagg was born in Cardston, Alberta on April 21st, 1925 to Eva and Robert Tagg.

Dale was an honourable man of faith and family. Everyone who met him was left with a lasting impression of kindness and caring this man shared.

Dale grew up in Cardston, Alberta and met the love of his life and eternal partner Rea Joyce Butler whom he married in the Cardston

Temple on April 12th, 1950. Those lovebirds created a wonderful and still growing legacy of five children-Corey (wife Debbie), Mona Rea (Husband Bart), Robert (Bob) (Wife Fiona), Darcy (Wife Ruby), Tammy (Husband Steve). They had 19 grandchildren and 39 great grandchildren (with 2 more arriving this year).

Dale was an upstanding and devoted member of The Church of Jesus Christ of Latter-Day Saints and served his mission calling in Virginia, West Virginia and Tennessee. Dale worked most of his career as a manager of IGA. He had the pleasure of retiring and moving to Wasa permanently at the age of 70. Dale and his wife loved everything about Wasa. They built a beautiful log house (constructed by their two sons, Bob and Darcy) on their lot in 1984 and continued to share family fun and tradition with everyone who could make it to Wasa Lake. Dale enjoyed the outdoors and hiked many a mile with his family. Dale and Rea loved to travel and had many adventures abroad with Hawaii receiving the most visits. They were even able to travel to Rea's birthplace of Samoa which held many special memories for them both.

To say this man was everything to his family does not even scratch the surface. He guided, loved, laughed, comforted, participated and shared with all his heart and soul. Dale left this earth to join his Heavenly Father on February 23rd, 2019. On the day of his passing it was snowing which we said was confetti from Heaven as they celebrated this wonderful man.

Dale was predeceased by his parents Eva and Robert Tagg, his brother Lyndon and his sisters Carol, Velma and Barbara.

He is survived by his wife Rea of almost 69 years, his children Corey, Mona Rea, Robert (Bob), Darcy and Tammy along with their spouses, brothers Melvin and Howard, grandchildren and great grandchildren, several relatives and friends who will miss him dearly.

The funeral for Dale is on Wednesday, February 27th, 2019 at 12:00 pm at The Church of Jesus Christ of Latter-Day Saints in Cranbrook, BC. Viewing from 10:30 am to 11:30 am. Burial will be at the Cardston Cemetery in Cardston, Alberta on Thursday, February 28th, 2019 at 3:00 pm.

In lieu of flowers the family is requesting a donation towards a grave site head stone. Donations can be sent to a fund account that has been set up at the TD bank in Cranbrook, BC.

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So far no
guesses
Who can tell
me where this
gem is found?

The BUZZ needs you!

The new year brings a lot of new changes and we are looking for volunteers!

How would you like to try your hand at submitting one of the following?

- Fun page
- History Bytes (or similar)
- Articles of interest

Or would you rather
be "on staff" as our
Item Coordinator?

Email:
trivillagebuzz@gmail.com
or call Lori @ 250.417.1570

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Serving The Columbia Valley

There is Life in Winter

adapted from the Edmonton & Area Land Trust blog
submitted by Lori

Who doesn't love taking a stroll when the crocuses are erupting thru the dead grass of last year? Or when the heat of a summer sun brings out the aroma of pine needles? And when the colours of the changing season in fall are almost too much for the eyes to take in? But then we tend to sit back in the winter season to 'wait'.

Winter has its charms, hidden and readily evident to the searching eye. Of course, there are the chickadees, with their musical calls. The occasional pileated woodpecker, or magpie. And in this beautiful area we call home, we can usually spot our beloved eagles (something that never grows old for me).



If you pay attention to the details, however, you will see the opposite of a winter wasteland after the osprey leave and the snow falls. Birds that summer north of us, in the Arctic, actually winter around us - snowy owls and redpolls, nuthatches and juncos, to name a few. Anyone with a birdfeeder will be entertained from dawn till dusk.

Don't just watch the skies, though. Next time it snows, take a walk and you may be surprised by the variety of tracks you will see - secret lives revealed. We have all seen the trails of the elk and deer that frequent our yards when we're asleep. Have you also seen our neighbourhood bandit's tracks? What about rabbit, or even mouse tracks?



I remember a few years ago, while taking a walk along a river with Barry, how we were able to piece together a piece of wildlife drama, from the tracks we saw in the snow. We had spotted eagles and ravens feasting on a deer carcass and walked closer - more to get better pics of the eagles than anything else. But there was a story there. We noticed several wolf tracks around, and as we retraced their steps, we came across cougar tracks. We believe, from the evidence we saw, that a cougar was the original stalker of the deer, but had been chased off by a pack of wolves, who then made the kill. Now, we are not professional trackers by any means - and we could be totally wrong about the sequence of events. But what a fun way to spend an afternoon, playing Sherlock Holmes in the wilderness!

As you take your winter strolls, watch for evidence of our pileated woodpeckers drilling for larvae - the telltale sawdust in the snow at the base of trees. Take note of nests up high that are usually camouflaged by leaves through the summer - you may catch a glimpse of someone's parenting skills next summer.

You see, even in winter, there is so much to observe and enjoy. I challenge you to see something out of the ordinary on your next walk. And send me a pic of what you have seen.

Please take the Seniors Housing Survey

A link to the Senior's Housing Survey is available online at www.wasalake.com/senior

**COLUMBIA BASIN TRUST
ANNOUNCES BOARD CHANGES**

Jensen reappointed Chair, Carver new Vice-Chair, plus three new and returning directors

Columbia Basin Trust is announcing changes to its Board of Directors. Rick Jensen has been reappointed to the role of Chair while Jocelyn Carver, who joined the Board in 2018, has been appointed Vice-Chair.

"I am so pleased to be able to continue in the role of Chair and to work with Jocelyn in her new role in what promises to be a very busy year," said Rick Jensen, Board Chair. "As the Trust's work continues to evolve to better support the needs of Basin communities, our Board of Directors brings a wonderful mix of perspectives, experience and a great deal of energy to help shape how we serve Basin residents."

Rick Jensen joined the Trust Board in 2013, served as Vice-Chair in 2015 and was appointed Chair in 2016. He is the Chair of New Dawn Developments, a director of New Dawn Restorations and a director of Columbia Power Corporation. He has also served as a three-term Mayor of Cranbrook and as President and CEO of Panorama Mountain Village.



Jocelyn Carver has lived and worked in the West Kootenay for the past 20 years. She is the Executive Director of Kootenay Career Development Society and has served on multiple boards and advisory committees including the Kootenay Cooperative Radio, the Nelson & Area Economic Development Partnership Advisory Committee, the City of Nelson's Cultural Advisory Committee and the 'Nelson at its Best' Poverty Reduction Initiative.



MLA Katrine Conroy, Minister responsible for Columbia Basin Trust, wanted to thank both the departing and new directors: "I'm happy to see directors Don McCormick, Ron Oszust and Krista Turcasso join the Board. They all have a vast amount of community and leadership experience and will add a lot of knowledge to the Board of Directors. I also want to recognize the hard work and commitment that departing directors Wendy Booth, Am Naqvi, Loni Parker and Jeannette Townsend have displayed."



Don McCormick, current Mayor of Kimberley, has joined the Board along with current Mayor of Golden and returning Trust director Ron Oszust, as well as business woman and community volunteer Krista Turcasso from Fernie.

The Trust also wishes the best to departing directors Wendy Booth, Am Naqvi, Loni Parker and Jeannette Townsend.

"Wendy, Jeannette, Am and Loni have each played an indelible role in helping the Trust in its work to support the social, economic and environmental well-being of the Basin and its residents," said Jensen. "We thank them for their time, dedication, unflagging passion and contributions and know that they will continue to make better their communities and this region."

Other Board members include: Carol Andrews (Castlegar), Larry Binks (Creston), Corky Evans (Winlaw), Murray McConnachie (Trail), David Raven (Revelstoke) and Vickie Thomas (□aq□am). The nominee from the Regional District of Fraser-Fort George is expected to be appointed this spring.

The Trust is governed by a 12-member Board of Directors. The five regional districts in the Basin and Ktunaxa Nation Council each nominate a director, and the Province of BC nominates the remaining six directors. All directors must reside in the Basin.

For director biographies and terms, and to read highlights and minutes from Board meetings, visit ourtrust.org/board.

Columbia Basin Trust supports the ideas and efforts of the people in the Columbia Basin. To learn more about the Trust's programs and initiatives, and how it helps deliver social, economic and environmental benefits to the Basin, visit ourtrust.org or call 1.800.505.8998.



2019 Board of Directors:
(Back row from left to right) Murray McConnachie, Don McCormick, Corky Evans, Carol Andrews, Jocelyn Carver (Front row from left to right) Ron Oszust, Rick Jensen, Jane Medlar (Corporate Secretary), Larry Binks, Krista Turcasso, David Raven, Johnny Strilaeff (President & CEO). Vickie Thomas not pictured.



Find the Differences!



Scrambled St. Patrick's Day



How many of these St. Patrick's Day words and phrases can you unscramble?

ahMcr	_____	rogaen	_____
dogo kucl	_____	iswh	_____
oabrnw	_____	eadcn	_____
enrge	_____	aurnclepeeh	_____
cmhrakos	_____	gpsrni	_____
pto fo dglo	_____	tasni	_____
evlorc	_____	igj	_____
rpha	_____	cramh	_____
leardnl	_____	aapedr	_____
camgi	_____	reBnaly otnSe	_____



How many words did you unscramble?

1 - 5 words - Lucky the Leprechaun outsmarted you!
 6 - 10 words - You're a chip off the old Blarney Stone!
 11 - 15 words - You're clever as a leprechaun!
 16 - 19 words - You've won a four-leaf clover!
 20 words - You win all the gold at the end of the rainbow!

Why do people wear shamrocks on St. Patrick's Day?
 Because regular rocks are too heavy!



St. Patrick's Day Word Search Puzzle

Word List

SAINT
 PATRICK
 IRISH
 BLARNEY
 BLESSING
 EMERALD
 LEPRECHAUN
 GOLD
 GREEN
 IRELAND
 LIMERICK
 MAGIC
 PARADE
 RAINBOW
 SHAMROCK
 LUCKY
 WISH
 FAIRY
 MARCH
 PARTY
 CLOVER
 POT
 SNAKES

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

Search the puzzle for the words shown in the word list. Circle each word that you find until you find all of the words in the whole puzzle!



Want something fun to do with your spare time?
 We are looking for a new "Fun Page" submitter!



Garden Facts & Fables

I love gardening - as do so many others in our communities. And I love learning new things about old favourites. So with garden season fast approaching, I thought I would share some tidbits. I invite everyone to submit their own experiences and wisdom.

"Cool as a Cucumber" isn't just a catchy phrase. The inner temperature of a cucumber can be up to 20 degrees cooler than the outside air.

Milkweed:

- Sap from milkweed was used by pioneers as a cure for warts.
- The dried-out, empty seed pods were used to decorate Christmas trees by the early pioneers.
- The American Indians used the fluffy parachute of the seed to insulate moccasins, helping them to keep their feet warm.
- During World War II, school children from Wisconsin collected 283,000 bags of milkweed fluff for use in military life jackets.
- Monarch butterflies use milkweed as a self defense for survival. As caterpillars grow they eat milkweed leaves. These leaves contain toxins and poisonous chemicals. The toxins do not harm the caterpillar, however they do make the caterpillar poisonous to most predators. Because it eats milkweed leaves as a caterpillar, the monarch butterfly is also poisonous.
- It is used as an indicator of ground-level ozone air pollution.



A sunflower is not just one flower. Both the fuzzy brown center and the classic yellow petals are actually 1,000 – 2,000 individual flowers, held together on a single stalk.



When bees feel the rise in humidity, they will return to their hives to avoid the coming rain.

Some of your favorite fruits are actually in the rose family. Apples, pears, peaches, cherries, raspberries, strawberries, and more are rosaceae, making them cousins to the long-stemmed Valentine's Day variety.



SAVE THE BEES
PLANT THESE

Annuals

Aster
Calendula
Clover
Dandelion
Poppy
Sunflower
Sweet alyssum
Zinnia

Perennials

Allium
Anemone
Clematis
Crocus
Dahlia
Echinacea
Geraniums
Globe thistle
Hollyhock
Monarda
Penstemon
Sedum

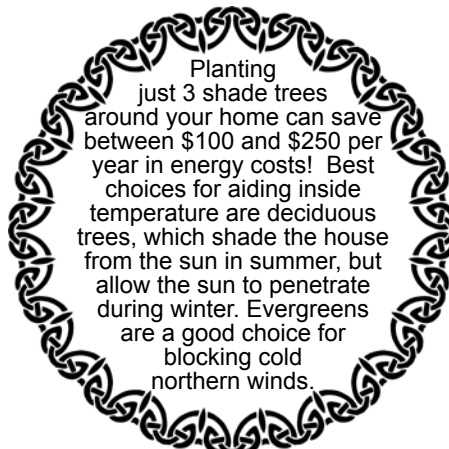
Herbs

Borage
Catmint
Fennel
Lavender
Mint
Oregano
Rosemary
Sage
Thyme
Salvia

Dragonflies can fly up to 20 miles per hour! They also hover and fly backwards. These insect-devouring hunters should be a welcome sight in any garden, consuming gnats, midges, beetles, moths, and mosquitoes. More than 400 dragonfly and damselfly species inhabit North America.

The Bee

Away in the meadow,
Amid the red clover,
The funniest music
Goes over and over:
The honey bee singing
His song to the clover
The words, they are set
To a rhythmical tune,
A rumble, and bumble,
And
zoom!
zoom!
zoom!
Zoom! goes the honey bee, over and over,
Humming his tune to the blossoming clover.



Planting just 3 shade trees around your home can save between \$100 and \$250 per year in energy costs! Best choices for aiding inside temperature are deciduous trees, which shade the house from the sun in summer, but allow the sun to penetrate during winter. Evergreens are a good choice for blocking cold northern winds.

Plants really do respond to sound.

Talking to plants to help them grow is a well-known old wives' tale, but studies have shown vibration (like music, or perhaps even the sweet sound of your voice) can affect plant growth. Plus, the Myth Busters (in an admittedly not-so-scientific study), compared a silent greenhouse to one where they piped in a voice soundtrack, and found that plants in the latter grew more.

March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3 Church 10:30 a.m.	4	5 Wasa Lions Mtg 7 p.m. Wasa Hall	6 National Frozen Food Day 	7	8	9
10 Church 10:30 a.m. Turn clocks 1 hr ahead	11	12 BINGO 6:30 Early 6:45 Regular	13	14 Armchair Traveller	15	16
17 Church 10:30 a.m. St Patricks Day 	18 WLLID mtg 7 p.m.	19 Wasa Lions Mtg 7 p.m. Wasa Hall	20 Spring is in The Air 	21	22	23
24 /31 Church 10:30 a.m.	25	26	27 Wasa Recreation Society Meeting 7 pm	28 Armchair Traveller	29	30 Take a Walk in the Park Day 

- LEGEND**
- Church Service 10:45 am
 - Rec Society 7:00 p.m.
 - Quilters 10am - 4pm
 - Library Tuesdays 11am - 1 pm
 - TOPS Fri 8:30 a.m. Weigh in & Mtg. 9 -10 a.m.
 - Armchair Traveller 7:30 pm

BINGO 6:30 p.m.
Lions 7:00 p.m.

NUMBERS AT A GLANCE

Ashram Meditation & Yoga.....250.422.9327
 Brunos Plumbing.....250.342.5105
 Catamount Contracting.....250.422.3694
 Cranbrook/Kimberley Hospice.....250.417.2019
 Econobuilt.....250.421.7813
EMERGENCY.....1.800.663.5555 (*5555)
 Hi Heat Insulating.....250.422.3457
 HD Railings.....250.422.3457
 Kootenay Kwik Print.....250.489.4213
 Kootenay Monument Installations.....422.3414
 Lantz Farm (Hay).....250.420.1660
 Rascal Dock Systems.....250.421.1746
 TOPS.....778.524.0012.....421.3019
 Wasa Hall.....250.422.3514.....422.3795
 Wasa Hardware & Building Ctr.....250.422.3123
 Wasa Lake Gas & Food.....250.422.9271
 Wasa Lions Med Eqp...250.422.3227..422.3499
 Wasa Lions Trail Donations.....250.422.3773
 Wasa Memorial Garden (Pat Walkey)...422.3530
 Wasa Post Office.....250.422.3122

Special Events and Days Down the Road.

- March 10th - Spring clocks ahead
- March 14th - Armchair Traveller
• Scotland by Cliff Youngs
- March 27th - Wasa Recreation
Society (last wed of each month)
- March 28th - Armchair Traveller
• A Taste of Asia by Sharon Prinz
- April 11th - WLLID AGM
- June 8-9th Wasa Triatholon

