



FREE MONTHLY PUBLICATION

TRI-VILLAGE BUZZ

March 2024 ISSUE 269

Visit: www.wasalake.com

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Old Wives Tales - Truth or Fiction?

Have you ever heard "That's just an old wives tale" to dismiss superstitions, rumors, and home remedies? Well it turns out, there is some truth to many of the 'tales' we've heard over the years.

Chicken Soup: It's long been believed that when you're sick you should eat chicken soup. The soup itself isn't exactly a cure for the common cold, but it can help you quite a bit in the relief of some of your symptoms. Chicken soup has been scientifically proven to reduce inflammation by slowing down the white blood cell activity responsible. Plus, the salt in the soup is very soothing to a raw and scratchy throat.

Chocolate for PMS: It turns out, craving chocolate just before you get your period is more than just a dietary difficulty. Those cravings actually happen for health and physiological reasons. Studies suggest that chocolate can have a calming effect and ease anxiety and moodiness - chocolate is a source of nutrients and antioxidants such as anandamide.

Heartburn During Pregnancy Signals a Hairy Baby: This notion may seem farfetched, but science now supports it. Johns Hopkins University discovered during a 2007 study that a sample of pregnant women who endured painful heartburn surprisingly did give birth to babies with more than the average amount of hair!

Bad Dreams from Cheese: If you've consumed a cheesy dinner and subsequently had unpleasant dreams, then you may have fallen victim to another old wives' tale. But science has now given this idea a bit of credibility. There are some scientific theories that hint that the bacterial and fungal elements in cheese contain psychoactive ingredients which have the potential to affect dreams.

Never Wean a Baby in a Month Without an "R": This is one I heard from my mom - and when you think of it ...months without an "R" are the hottest ones of the year. A time when everyone is at risk of dehydration, especially babies who are used to sucking back 8+ ounces every four hours or so! Learning to drink from a cup reduces a child's fluid intake and puts them at risk of dehydration.

Count Sheep to Fall Asleep: While there hasn't been any specific science to support the counting of actual sheep will work, the concept of visualization or mental imagery can help to distract you from thinking stressful or anxious thoughts that may be keeping you awake.

Hot Baths Decrease Male Fertility: Old wives have said this for ages, and now science has confirmed it. A 2007 study concluded that wet heat exposure, in a hot tub, bath, or Jacuzzi, is actually damaging to short-term male fertility.

https://www.mentalscoop.com/12-old-wives-theses-that-have-been-proven-to-be-true/?fbclid=IwAR0GVi2wjQOvMyyHhZyC1EP8fGCrIFn1puRa3UkOW7NpuG3_Mu7S-_2FHGW



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Wasa Community Church

It's been a little while since we've had Easter Sunday in March. 2016 to be precise. If it hadn't snuck in on the 31st of this month, we would've had April Easters for over 10 consecutive years (as 2027 is the next March Easter). However, when have we celebrated on the actual resurrection day? It's hard to know, as a lot of debate surrounds the year of Jesus' death and resurrection. If you were to go with 30AD, it would be April 9th (last year was the first time Easter happened on that date since 1950), but if you were to go with the other more prominent date of 33AD, it would be April 5th (1953, 2015, 2026).

It can be really interesting to dig into the historical dates of Biblical events, but as we know, it's the events themselves that make the dates special. We may not fully know the exact date of when the resurrection we celebrate happened, but we still celebrate the resurrection. In fact, for the Christian, that's the most important event in history. If Jesus had stayed dead, then we'd be following some great teachings, but have no hope for the future. Since He has risen, He becomes more than just a role model. He becomes a Saviour.

The apostle Paul emphasizes this, showing in his Romans 1:16 statement that this Good News (Gospel) is not just a good story. He says, "... *I am not ashamed of the gospel, for it is the power of God for salvation to everyone who believes...*" The Gospel is powerful. God works through it for saving. The gift of eternal life is not something that we earn through our good deeds, no matter how hard we work. God's standard is impossible for us to reach by our own actions. Instead, it's what we believe that counts. We're granted eternal life by God when we genuinely believe the Gospel: that our Lord Jesus died on the cross for the sins that we committed and that He was raised back to life on the third day.

If the Father doesn't raise Jesus after He dies, how can we expect Him to raise us to heaven after we die? That's what makes the resurrection so crucial to our faith. Without it, the life we live doesn't have any end goal. It's just, "Do whatever you want before you die." With the resurrection, however, there is hope for what's to come in the afterlife, creating motive to serve in this life. If this isn't all there is, then we don't need to live this current life selfishly and materialistically. Rather, we can focus on what the Lord wants us to focus on: serving others. What we have now will pass away, but our reward in heaven will be everlasting. All thanks to God in the death and resurrection of Christ.

Pastor Jon Malpass, Wasa Community Church, (250) 464-4419



To parents of school age children

Do your child(ren) ride the bus to Kimberley? If so, then please take note:

It has been brought to our attention that SD6 is considering drastically changing bussing for our area. Including combining bus 1 and bus 3 (Wasa and Skookum-chuck) as well as the amalgamation of multiple stops. Meaning your stop may be changed or removed all together for the 2024/25 school year.

If bus routes are combined the bus will likely experience overcrowding and much longer rides for our students.

We would ask that parents in the area please express your concerns regarding this to the school district and transportation department (contact info can be found on the SD6 website). Bussing is a necessity for many of the parents and children that live in the tri-village area, and the safety of our children is of utmost importance.

Thank you

Wasa and District Historical Assoc. & Memorial Garden Group

submitted by - Kate Kelly



The Garden is still covered in a blanket of snow but soon spring will be upon us. Once spring has reared her head, we will be looking for volunteers for the Spring Clean. Watch the Wasa Facebook Groups for a date. As well, we are still in need of a couple of volunteers to fill the summer schedule. If you enjoy gardening & have been looking for a way to meet neighbors in the community, please contact Sherry Shields at her email address: slshields27@gmail.com

Springtime is the land awaking.

The March winds are the morning yawn.

~L. Grizzard

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2023 Columbarium Niche & Plaque Costs

UNIT 1 Columbarium

Upper levels - \$1000.00 + engraving
Bottom Row - \$900.00 + engraving

UNIT 2 Columbarium (new)

Niche cost - \$1100.00 + engraving

Niche Engraving - \$275.00

Memorial Plaque - \$300.00

(Engraving costs are subject to change)

Contact info:

Pat Walkey @ 250 422-3530 or
pwalkey@shaw.ca



**Are you interested in
First Aid Training?**

**The Wasa Lions Club
is sponsoring
a 4 hour Basic First Aid
CPR A Course for up to
10 community members**

Date to be determined.

**Contact 250 417-7654
for further information.**

VOLUNTEER WITHIN THE COM- MUNITY

Are you new to the Community? Recently retired and have time on your hands? Want to meet neighbours? Just love to get involved and give back? We might be able to help with that!

Because our Communities are small, we rely very heavily upon Volunteers. And there are so many areas that would benefit from any skills you have to share. I encourage you to take a look at the list below and call existing members to see where you can help out.

Wasa & District Lions Club, Wasa Recreational Society, Tri-Village Buzz Newsletter, Wasa Gym, Wasa Lake Land Improvement, Wasa Pancake Breakfast, Wasa & District Historical Association/ Garden Group are a few of the areas that would welcome new members. Step up, step out, expand your horizons. We would love to see you!

Volunteering is a work of heart."



HELP STARTS HERE ...

VICTIM SERVICES

250-427-5621 Call Anytime 24/7



TOPS SPOT

submitted by - Nicky Popowich

The Mighty Walnut

There is a lot to be said for the walnut, perhaps the most researched of all the tree nuts. A daily one ounce serving of walnuts will provide you with the daily recommended dose of omega fatty acids which are an essential nutrient for heart and brain health. They are chock full of phytonutrients and polyphenols (plant compounds), vitamins, minerals, and fibre.

Walnuts have been found to reduce inflammation and support beneficial bacteria in the gut thereby reducing the risk of breast, prostate and colorectal cancers. Walnuts look like little brains and the healthy fats they contain do support brain health. Regular consumption of walnuts has been proven to lower LDL cholesterol (low-density lipoprotein or bad cholesterol). High levels of LDL raise your risk for heart attack and stroke.

Although walnuts are high in calories (1 oz or 14 halves is 185 calories) not all of the calories seem to be absorbed. Walnuts have actually be found to support weight loss because they are so nutritionally dense that people who eat walnuts as a snack report higher levels of satiety and reduced cravings compared with other snacks of the same amount of calories. A study in which participants drank a daily smoothie containing 48 grams of walnuts lost weight compared with the control group that drank a placebo drink of the same calories.

If this little power house can possibly offer so many health benefits perhaps they are worth adding to your diet.

Walnut Smoothie

1 very ripe banana (frozen is best)

1 oz to 1 1/2 oz walnuts

2-3 pitted medjool dates (optional but provides delicious sweetness)

1 cup milk or almond milk

1/2 tsp cinnamon

Put all ingredients into a blender and blend at high speed until smooth.(If you don't have a high speed blender soaking the walnuts for 15 minutes before blending will stop grittiness)

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Wasa & District Lions Club
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RDEK NEWS

KDEK VEM2



By Area E Director Jane Walter

The Provincial government (NDP) are making several changes throughout the province to try to speed up development for residential opportunities. I will be submitting the changes as the RDEK receives them. The following is the first change mandated by the Provincial government.

****Changes to when a public hearing can be held for bylaw amendments of a residential nature came into effect at the end of November 2023. The changes are a result of new legislation introduced by the Province. *The RDEK is now prohibited from holding a public hearing for future rezoning applications that meet the following 3 criteria:***

1. If the new proposed zone is consistent with a OCP
2. The zoning change is in whole or in part to accommodate residential development (e.g. more houses)
3. The residential component is at least ½ of the proposed development

Instead of a public hearing notice, the RDEK will issue a bylaw amendment notice before the Board considers the Bylaw. Staff will follow the usual notice procedures of mailing notice to everyone within 100 m of the subject property. They will be sent not later than 21 days before the Board will consider the Bylaw. The time before the Board meeting is the opportunity for those who feel they may be impacted, in support or opposition, to provide written comments for Board consideration.

Those are the basics. Based on the preliminary legal advice the consistency with the OCP should be a fairly broad interpretation of the OCP policies as a whole and it should be determined by staff.

Spring is coming so remember to check your yards.

- Remember to remove any combustible material in your yards especially around your buildings. (pine needles, juniper and dried grass are some examples)
- Check for standing water to lesson breeding areas for mosquitoes
- Check your yards for invasive weeds.

I hope everyone has a good month. If you have any questions or concerns call me at 250-427-2577 or email me at s.janewalter@gmail.com

Thank You, Jane Walter

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The Lions Den Lions Roar

Wasa & District Lions Club – Serving Wasa & Area since 1976

submitted by Terry Marvel

Here's hoping the worst of the winter weather is over and we can start looking forward to doing spring things. Hope it turns out to be a little more moist for the summer than the predictions. We don't need another year of forest fires and campfire bans.

The Wasa Lions, along with everyone else that used the rink this winter, thank everyone that helped keep the rink in such fantastic shape for skating this year. It takes a lot of work and dedication to maintain the rink. So, thank you to all the volunteers in the community that make our rink so wonderfully usable.

Once again, the Lions thank everyone for their contributions to the recycle program. We continue to use the money collected for our various projects and programs. We do ask that you don't include household garbage (cream containers etc.) in with the recycling.

We had a number of trees removed from the grounds to improve the sunshine and hasten cleanup time in the spring. The pine needles were getting to be tedious. We employed Kootenay Tree Experts to remove the trees and they did an excellent job of cleaning up. We would recommend them.

The Lions are also looking to host a basic First Aid Course later this spring. It will be a 4 hour course dealing mainly with CPR. A very worthwhile course. You could save someone's life! Contact 250-417-7654 for more information and to register.

There will be more Firesmart happenings in the spring. Stay tuned to the Buzz for information regarding this matter.

I'm hoping the next issue of the Buzz will find us with no snow and some green showing. Have a great early spring and may the bluebird (or whatever) of happiness invest itself upon your soul with the help of sunshine.

The **Wasa Recreation Society** manages the Wasa Community Hall. The main objective is to have a Community Hall that is viable for events & recreation of the community. Thru fund-raising, volunteering & rentals, we're able to have an economical community hall for our community. The Recreation Society meets the last Tuesday of each month at 7:00 p.m., in the basement. The meetings are open for anyone wanting to attend with new ideas or becoming part of the Society committee.

- **Hall Rentals & Information:**

Karen Markus 250.422.3514 or
Jane Gendron 250-421-2535

- **Gym:**

Sonia Blackwell 250.421.3019 or
Rod 250.422.3253

- **TOPS:**

Heidi Wright 250-919-3675

- **Library:**

Rose Smith 250-422-3088

- **Quilter's Club:**

Gayle Andrews 250-422-3095

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WLLID Board Report

(Feb 2024)

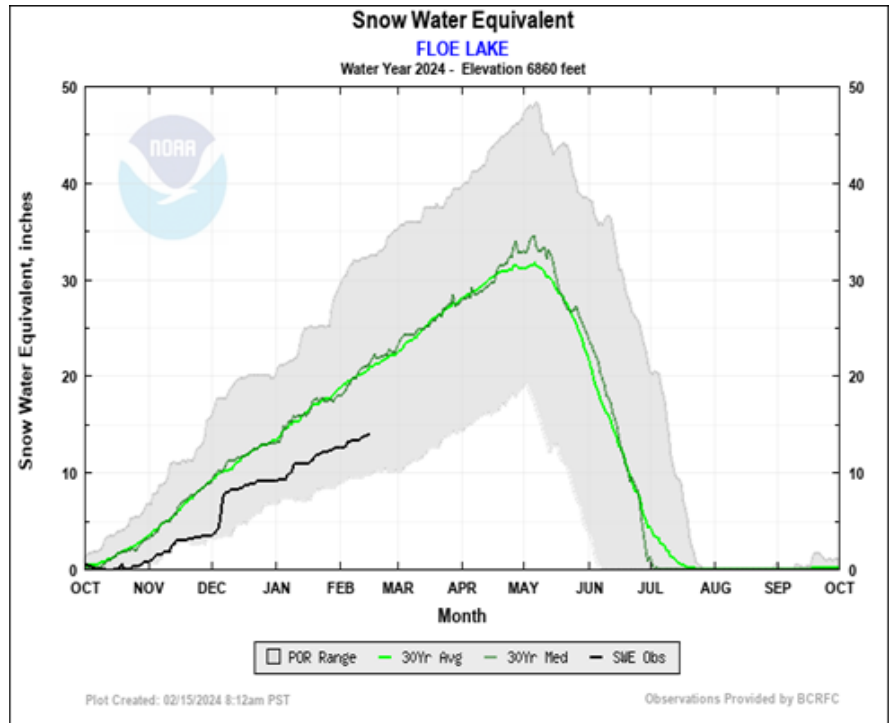
People may be thinking, where is the snow.

The Wasa Lake Land Improvement District (WLLID) Board is also concerned about the impact low snow pack will have on the water level here at Wasa, and the surrounding aquifer.

As of February 1st, the BC Government River Forecast Centre reported the snow pillow at Floe Lake is 68% of normal. By Feb 15th, it had dropped to 67%.

The amount of snow at Flow Lake is vital to the water level at Wasa. Statistical analysis of water level data (1996 to 2023) shows that the amount of Floe Lake snow directly correlates with the level of water during the summer months. In fact, its the single most import driver of water levels here at Wasa. The WLLID Board's concern about low water levels is the direct impact on the quality of water. Low water levels causes warmer water which in turn facilitates the growth of algae and other aquatic plant life which can have a negative impact on recreational activities.

Low water also contributes to the destruction of the soft lake bottom which kills plants and spreads clay and sediment to other areas of the lake.



Now onto everyone's favourite topic, taxes.

The WLLID Board would like to encourage all residents to make sure their mailing and email addresses are up to date. A number of properties with outstanding and over-due parcel taxes have contact information that is out of date. Please email admin@wasalake.ca with your current mailing address so that tax notifications are being sent to the correct address.

WLLID 2024 tax notices will be sent out in June, and will remain at \$50/parcel. Funds raised are used support Board efforts to maintain a healthy lake for residents, property owners and tourists.


As a friendly reminder, all over-due WLLID taxes are subject to a penalty and interest charges as established by the Provincial government. In 2024, they have set the interest at 10.20% on all outstanding tax balances. Please make an effort to have your WLLID parcel tax paid promptly.

If you want to volunteer for the up-coming water testing season, please express you interest by email, to: admin@wasalake.ca.


Training sessions will take place in late May or early June depending on water level.

Enjoy the remnants of winter.

1 - https://www2.gov.bc.ca/assets/gov/environment/air-land-water/water/river-forecast/asp_summary_2023-24.pdf



WILDLIFE IN DISTRESS? Call
Little Mittens Rescue: 250.939.8085 or
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or Kim Balcom: 250.602.9693



*March, a dance of seasons –
where winter gracefully bows out,
and spring takes the stage,
painting the world in hues of hope.*



December 12, 1962 - January 21, 2024

In Loving Memory ~

Mark Allen Bartko, age 61, passed away on Sunday, January 21, 2024. Born December 12, 1962, to Raymond and Frances Bartko, Mark, oldest brother to Shane and Kris Bartko, spent his formative years in Skookumchuck BC.

Mark loved two things more than anything else, his family and skiing. Frequently skipping high school at the first sign of good powder, Mark took every opportunity to strap on a pair of skis.

After Graduating from Selkirk Secondary School in 1980, he worked at the Skookumchuck pulp mill for two years before landing a better job at Mardis Lumber Mill. On December 9, 1988, Mark entered fatherhood with the birth of his oldest daughter, Kandace, and on June 3, 1991, he wel-

comed his oldest son, Braydon into the family. With two young children, Mark moved on from the lumber mill and got a job as a backwoods logger.

In the Spring of 1997, Mark began dating his long-time crush, Roxanne McCaig. On September 15, 2001, Mark married Roxanne and became the adoring father of her seven-year-old child, Roger. In the fall of 2002, Mark and his family moved to Calgary, and on October 28th of that same year, Ann-Frances McCaig, his youngest daughter, was born.

Even before Ann-Frances could walk, Mark ferried his family to the ski hill every weekend. In 2007, he chose to take his passion for skiing to the next level by becoming a volunteer ski patroller at Norquay.

Mark quickly fell in love with patrolling, and taking only one year off, Mark patrolled for the rest of his life. His devotion to first aid, genuine concern for people, and fifty years of technical skiing experience made him a favourite among the Norquay community.

Mark's work ethic and reputation earned him a volunteer patrolling position for the 2009 Men's World Cup downhill at Lake Louise. The event organizers and staff liked him so much he was invited back every time they held the event.

In 2014, Mark and Roxanne would make the tough decision to separate. On September 19th, 2015, Mark became a grandfather with the birth of his first grandchild, Oliver, and would be blessed with his second grandchild, Theodore, on June 28, 2018.

Mark landed a dream job at the Chinook Valley Ranch in 2021 and would spend his days hay baling, chasing off intrusive bears, stocking the fishing pond, and doing various other outdoor jobs. It was the same work environment he grew up in, and Mark loved every minute of it.

Mark was a kindhearted man who cared deeply for the people around him. He will be missed by his children Kandace Bartko, Braydon (Virginia) Bartko, Roger McCaig, and Ann-Frances McCaig; grandchildren, Oliver and Theodore; father, Raymond; brothers, Shane (Paula) and Kris (Lisa); friend and former wife, Roxanne McCaig; along with his many nieces, nephews, cousins, and friends.

He deeply enriched our lives and is now at rest with his mother, Frances Bartko, whom he loved dearly. A Celebration of Life will be held in mid-March.

Photos, memories, and condolences may be shared with Mark's family through www.evanjstrong.com



Buzz Goes Everywhere with Karen Markus and Diora Marsters
In January Karen and Diora visited El Pinacate and Gran Desierto de Altar Biosphere Reserve, a designated World Unesco Site in the Sonoran Desert, east of the Gulf of California and just north of the city of Puerto Penasco in Sonora, Mexico.



Get your submissions in for your chance to win a \$50 gift certificate to one of our amazing Tri-Village Buzz advertisers!

Where do you take your Buzz?

Take a photo of you with the Buzz and email your travel stories to me. Your picture will be featured in the current issue of the Buzz "2024 Where Do You Take Your Buzz contest".

Email: trivillagebuzz@gmail.com

GREAT NEWS - WASA LAKE IS BACK ON THE MAP!!

The Community Connector Bus Will Now Pick Up Wasa Residents bound for Cranbrook Tuesdays and Thursdays at 10:30 at Gas Station - Return from Cranbrook Hospital, 3 pm Tuesdays and Thursdays stopping at the Gas station 3:30. This bus continues up to Golden if you need. **Price is \$2.50 each way.** Medical patients have first priority. If there is room, others can ride this bus.

Phone 250.427.7400 to Book your ride.

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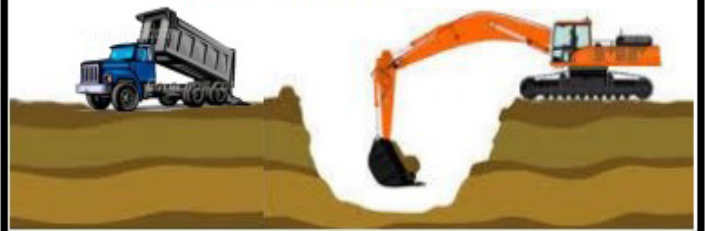
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Just LIQUID SPORTS WASA LAKE Triathlon

JUNE 9th

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PROUD SPONSORS



Register @ www.rmevents.com

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 & 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

Let's get the most out of our gym. If a group of at least 3 people are interested in using the gym other than Mon-Wed-Fri 8-9 am, when a group already goes, or evenings, & willing to commit for at least 3 months, contact Sonia with the time & she will arrange a key & let others know the time for more to be able to go too.

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If you are new to the community and would like to let us know who you are, please feel free to send an article into the Tri-Village Buzz (with or without pics). We would love to hear from you! And it gives us an opportunity to welcome you to our little 'village.'

Michael Turner T'ai Chi why...

My entire life was one of avoiding confrontation, absolute fear when voices raised and a feeling of being unsafe constantly.

I began training in 1988 after a near miss altercation with a gang from another city. They had circled and were beating a guy I didn't know. After a few moments of this a girl stepped into the circle to stop them beating the guy and one of them hit her so hard with a spinning backfist that my voice came out loud and untrembling "you can't do that"!!! Immediately after a boy broke off from the group and began backing me out of the circle saying "you want some too" I had been smoking so I put the smoke in my lips and put up my hands to defend myself and he immediately took my smoke with a spinning roundhouse kick. I was very scared and even more so when he pulled a billy bat out of his pants and began moving towards me to brain me. At that moment the welcome sound of police sirens enveloped the scene and the aggressors departed immediately.

When the police interviewed me I couldn't tell them very much about my attacker, I had been blind with fear, - all I could remember was the lines and grooves on the billy bat. Three days later I was enrolled in the best taekwondo school in the area with an Olympic Champion coach -I had begun my life as a martial artist.

There were many schools and styles over the next 7 years, nothing really seemed to fit my style though. It wasn't until I met my last Sifu, Frank Boshard that I found my style. It was the Cheng Man Ching; a shortened version of the long Yang form. This version of the form was the form taught to the Chinese army in world war II for hand to hand combat. Not only is the form one of the best I found for self defence but it's affects on health and well being have been unsurpassed in any of the styles or forms I had been taught.

Jump ahead to 2009, I had been training with Frank for 15 years. My younger sister was in hospital dying from liver disease, my occupation was at an end with the automotive crash and my health and wellbeing at the lowest it had ever been. I was a prime candidate for early heart problems and high blood pressure. I began spending time with myself. Even before the loss of occupation I had started a healthy habit of turning off the computer and the phone for an hour every midday to go for a walk, practice t'ai chi and meditating every day.

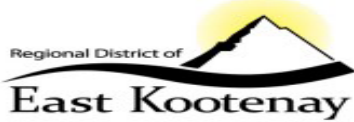
With the extra time I now had, (most of it spent with my sister at bedside) I began to get in touch with my inner feelings, what did make me happy, what was it I was here to do and what in my life could I let go of that would allow what I really wanted to appear?

I'd spend hours everyday getting in touch with me, my innermost self and my life began to turn in a way I had never expected or even knew I desired. Daily practice of my forms, meditation and a new "I am love-able" lifestyle had me in the best shape of my life, no longer 300+ pounds or a couch potato. The idea of leaving the city with my children and living in the country away from everything and everyone I thought I needed became a reality and life began anew.

I give T'ai Chi and the lifestyle it has brought me to all the credit for my renewed life. It has given me a structure to allow my body and mind to calm, the fluid movements give a full body exercise, the breath a much needed balm and the confidence when interacting in a confrontation, amazing. In the 30+ years I've been training I have experienced only 1 instance of confrontation that resulted in a physical altercation. The 20+ years previous I would find myself in confrontations on a regular basis.

Since 2011 I have been given the honour of being called Master and authorized to teaching the form. I've never felt comfortable with the title Master so I prefer to be called Michael or Sempai. Sempai means "one who has gone before or older brother" and this feels more true to me and how I wish to share.

If you would like to learn more, please e-mail DarleneandMichaelTurner@gmail.com or call 778-889-9060



East Kootenay FireSmart Program to Host Upcoming Workshop

We would like to invite you to an educational workshop being hosted by the East Kootenay FireSmart Program next month.

The workshop will be split into two parts:

- An open session in the morning for anyone in the region interested in learning more about FireSmart and how to help make their home and property more resilient to wildfire; and,
- An afternoon workshop for current Neighbourhood Champions, that will focus on our new FireSmart Guidebook, successes and challenges, and what lies ahead for the future of FireSmart.

This gives us a chance to welcome those who are interested in the program and maybe not yet involved and provide a learning opportunity for those who have been active in the program already.

The morning session will run 10 am – 12 pm, with lunch and a guest speaker to follow, and the afternoon attendees are invited to join for lunch at noon and the guest speaker, then stay for the afternoon session until 5 pm.

All residents are welcome to attend, and any participant can stay for the entire day if they wish, but if you are very familiar with the program you may not want to attend the introductory portion of the workshop and if you're new to the program, may not want to get into heavy specifics in the afternoon.

The guest speaker this year is Christina Hanger, who will be joining us via Zoom, from Australia. Christina is a certified and multi-award-winning engagement specialist with an extensive background in emergency management and fire safety education.

When: March 23, 2024

AM session: 10 am – 2 pm (10-12 introductory session then lunch & guest speaker)

PM session: 12 pm – 5 pm (12-2 lunch and guest speaker, 2-5 Champions session)

Where: Prestige Rocky Mountain Resort (209 Van Horne St S, Cranbrook)

Who: All welcome

Cost: The workshop is free, but spots are limited, and advance registration is required.

To register, visit engage.rdek.bc.ca/firesmart by March 8th.

We look forward to another engaging and informative day with a great group of people working together to make our region more resilient to wildfire.

Thank you,

Lindsay & The East Kootenay FireSmart Program Team

Wasa Lions Grounds Rentals

Contact Person: Linda Gold @ 250 421-6302



Want to learn to Quilt?

Looking to advance your skills or learn a new one? Join the Wasa Country Quilters Group and learn with a talented group of quilters! We meet every Tuesday from 10-4 in our own space in the basement of the hall. Drop in any Tuesday!

We'd be more than happy to show you the endless possibilities in this creative atmosphere!

No previous experience required.

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250-422-3095 for more info

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BC Bat Study Requests Homeowners to Report Bats Using Exterior Window Shades and Power Awnings

Kootenays, British Columbia. Bats are getting injured or even squished by roll up blinds and power awnings that provide shade to homes in the summer. The BC Community Bat Program is actively seeking assistance to assess how common this is and address it accordingly.

Bats are important wildlife that provide natural insect pest control. “Most people install exterior roll up blinds and power awnings on the south or west side of their house to help create shade and cool their house. The last thing they want to do is harm bats as a result of their action,” says Elodie Kuhnert, Kootenay Community Bat Project regional coordinator. “However, over the last few years, we’ve been getting reports in southern BC of bats being attracted to the shutter housing or box into which the blinds or awnings roll into. Bats are accidentally and unintentionally getting squished or injured when the blinds are rolled up and then they fall out dead when the blinds get rolled down”.



The BC Community Bat Program aims to collect additional reports to assess the prevalence of this issue. According to Kuhnert, if it is determined that such incidents are frequent, the program intends to engage with manufacturers. The goal is to explore potential design changes, ensuring that awnings and blinds no longer pose a threat to these important animals, turning them into unintentional hazards.

Nine of the 15 species that live in British Columbia are listed as at risk of disappearing. “We only have insect eating bats in BC. They control nocturnal insect populations and help cycle nutrients from wetlands to forests,” says Kuhnert.

Bats differ from mice in their behavior; they do not construct nests, nor do they chew or scratch to access buildings, as rodents often do. According to Kuhnert, some bats are drawn to small, secure spaces in human-made structures, making awning or shade boxes appealing to them. To address this, a potential solution involves modifying the awning box design by incorporating features like broom bristles or a cap to seal the entry gap, effectively preventing bats from entering.

If you have seen bats roosting in your summer roll up blinds, shades, or awnings in the past years, please contact the BC Community Bat Program at <https://bcbats.ca/got-bats/dontsquishbats/>, email info@bcbats.ca or call 1-855-922-2287. To report dead bats this winter, please visit www.bcbats.ca. The BC Community Bat Program is funded by Environment and Climate Change Canada, Habitat Conservation Trust Foundation, Habitat Stewardship Program, and administered by the BC Conservation Foundation.

White-nose Syndrome Bat Monitoring Continues - Report Dead Bats

Kootenays, BC - Last year, the fungus that causes white-nose syndrome (WNS) in bats was detected in Grand Forks, BC. This winter and spring, the BC Community Bat Program, in collaboration with the Province of BC, is asking the public for help in the effort to detect and prevent the spread of WNS. Residents are urged to report any bat activity observed in winter and any sick or dead bats found before May 31st.

There have not been any bats with WNS found to date in BC, but the detection of Pd, the fungus that causes it, was confirmed last year. Biologists are concerned that the arrival of WNS is imminent. “Increasing the number of bat reports from the public is the best chance to understand how WNS might spread and affect local bat populations,” says Elodie Kuhnert, Kootenay coordinator for the BC Community Bat Program. First detected in New York State in 2006, the disease continues to spread, with detections in western and central Washington and in south-central Alberta.

The fungus does not cause disease in humans and pets, but white-nose syndrome has devastated North American bat populations. The fungus attacks bats while they are hibernating, growing on their faces to give an appearance of a white nose. Bats often wake to clean the fungus from their skin. This uses valuable energy, and eventually the bats die from starvation.

If you find a dead bat or have sightings of winter bat activity, please report to the B.C. Community Bat Program online at www.bcbats.ca, via email at kootenay@bcbats.ca or call 1-855-922-2287 ext.14.

All live bats should be left alone — keep your distance, snap a photo and report it to the B.C. Community Bat Program. If you must move a bat, visit www.bcbats.ca for advice and never touch a 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. Please contact the BC Community Bat Program for more information.



The Risks of Propagandized Lies in the Media

A Call for Truth and Responsibility

The media plays a crucial role in shaping public opinion and disseminating information. However, with the power of this influence comes the responsibility to report ethically and accurately. Unfortunately, in many cases, the media has been accused of spreading lies and propaganda, compromising their integrity and reliability. A truth seeker has a duty to explore the dangers of propagandized lies in the media and the harmful consequences they can have on society.

The Nature of Propagandized Lies: Propagandized lies in the media can take various forms, ranging from manipulating facts to deliberately spread false information to serving a particular agenda, such as the globalist agenda of a handful of the world's biggest financiers.

Here are some commonly used tactics:

Disinformation: The deliberate dissemination of false or misleading information to manipulate public opinion. We've seen this in the Covid propaganda and in the marketing of "pro-wokist" ideas that have played on people's credulity.

Media dissemination of subjective moral condemnation: Through the propaganda of forcing everyone into a singular 'group-think', those who revolt and do not comply are ostracized through a means of societal oppression.

Selective omission: The de-

liberate suppression of facts or relevant information to present a biased view of history or events.

Visual manipulation: The use of editing and retouching techniques to alter images or videos to present a distorted reality.

Propagation of fear regarding those who do not think as the media commands.

Forbidding freedom of public expression, separating people into ideological clans.

Invitation to denounce and report so-called "dissidents" to the authorities to bring them before the courts and punish them with new, iniquitous laws.

The Consequences of Propagandized Lies

Propagandized lies in the media can have serious and lasting consequences for society. Some negative effects include:

Social division: The spread of false information can divide people by creating divisions and conflicts based on erroneous beliefs.

Loss of trust: When the media is perceived as unreliable due to the spread of lies and propaganda, it can lead to a loss of public trust in the entire media sector.

Manipulation of public opinion: Propagandized lies influence public opinion and steer political, economic, and social decisions in a direction not based on facts, but always to reinforce the agenda of the elite globalist financiers.

Remedies for Media Lies: Promoting Truth and Responsibility

It is imperative that the media fulfill their social responsibility by

reporting ethically and truthfully. To do so, they must:

Resist the coercive power of the media: The media must fight internally to put an end to the obligation to lie imposed by the world of finance and do everything possible to witness events without bias.

Engage in factual journalism: Journalists must strive to fact-check and present an accurate and unbiased image of events.

Promote transparency: The media must be transparent about their sources of information and their methods of news gathering.

Encourage critical skepticism: Media consumers should be encouraged to question information and seek out multiple reliable sources in order to thwart the plans of those who would like to lead us like sheep on their unequal globalist chessboard.

Encouraging critical skepticism will be the topic of my next article because it's important to never let yourself be programmed by ready-made ideas that only lead to division, chaos, and the destruction of the moral values of a so-called "evolved" society.

Propagandized lies in the media pose a serious threat to democracy and to society as a whole. By recognizing the dangers of misinformation and promoting truth and responsibility, we can work together to preserve the integrity of the media and protect the value of truth as a fundamental pillar of modern society.

Warmly with you all.

With Love and Blessing

H.H. Gurudev Hamsah Nandatha
Adi Vajra Shambhasalem Ashram



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3 column width\$37

Full page.....\$49.50

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Wasa Community Hall
Thursday, March 21, 2024
1:00 pm to 3:00 pm



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of the community**



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March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 	2
3 Church 10:30 am 	4	5 Wasa Lion's Mtg 7 pm	6	7 	8	9
10 Church 10:30 am 	11	12 	13	14	15	16 
17 Church 10:30 am 	18	19 Wasa Lion's Mtg 7 pm	20	21 Coffee Social! 1-3 pm	22	23 
24/31 Church 10:30 am  <i>Easter Sunday</i> March 31	25 	26	27	28	29  GOOD FRIDAY	30

LEGEND

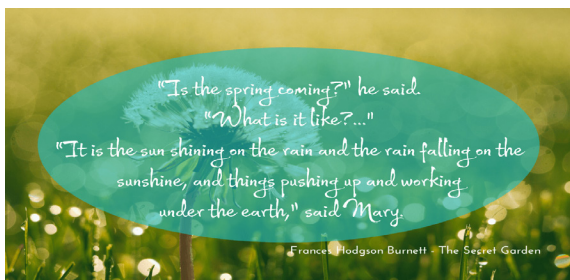
Church Service 10:30 a.m. Lions 7 p.m.
Quilters 10 - 4 Tops; friday 9 a.m.
Lion's meetings 1st & 3rd Tuesday of every month



SPECIAL EVENTS

and Days Down the Road

- TOPS every Friday morning at the Wasa Hall. Weigh in at 9 - 9:30 AM - mtg 9:30 to 10:30
- Pickleball - every Monday & Wednesday 9 - 12, in the Community Hall
- WLLID board mtg April 3rd



NUMBERS AT A GLANCE

Ashram Meditation & Yoga.....	250.422.9327
BC Wildfire..... *5555.....or	1.800.663.5555
Catamount Contracting.....	250.422.3694
Conservation - Emergency.....	1.877.952.7277
Cranbrook/Kimberley Hospice.....	250.417.2024
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.....	250.919.3675
Wasa Country Pub & Grill	250.422.3381
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...250.417-7654.....	793.9491
Wasa Lions Trail Donations.....	250.417-7654
Wasa Memorial Garden (Pat Walkey).....	422.3530
Wasa Post Office.....	250.422.3122

