



FREE MONTHLY PUBLICATION

TRI-VILLAGE BUZZ

June 2022 ISSUE 252

Visit: www.wasalake.com

PLEASE NOTE: There will not be a July issue of the Buzz

LARGE-SCALE PROJECTS SUPPORT ECOSYSTEM HEALTH

(Columbia Basin) – Forests, wetlands and riparian areas are among the habitats that will benefit from several projects that are focusing on ensuring healthy, diverse and functioning ecosystems in the Columbia Basin.

“The Trust heard from people living in the Basin that ecosystem enhancement is important to maintain and improve native biodiversity in the wide variety of ecosystems that make up the region,” said Johnny Strilaeff, President and Chief Executive Officer, Columbia Basin Trust. “The efforts seen in these projects reflect those values as they involve hands-on work at a large scale, across entire landscapes, to create lasting effects.”

These six new projects will receive \$1.8 million as part of the Trust’s commitment to ecosystem enhancement. Learn more at ourtrust.org/eep.

Building on Restoration Efforts

Yaqan Nu?kiy has previous experience restoring wetlands, streams and floodplains, and will now use its expertise to restore 517 hectares of aquatic and terrestrial habitat along the Kootenay and Goat rivers during a five-year project. Using 1926 aerial photographs as a guide, it will help the area more resemble its natural state through activities like filling ditches, adding culverts and controlling non-native plants. This will benefit species like northern leopard frog, white sturgeon and western painted turtle.



Yaqan Nu?kiy will enhance habitat along the Kootenay and Goat rivers with support from the Trust, overseen by Norman Allard Jr., Community Planner, seen here. (Photo credit Tom Biebighauser.)

“This project will build on wetland and stream restoration project work that we began in 2018,” said Norman Allard Jr., Community Planner. “In 2021, the Creston Valley experienced a severe drought where all wetlands, ponds and streams dried—except for the ones we had restored, which contained lush growths of native plants and supported large numbers of birds and other

animals. This proved that the techniques we used were successful, and we’ll now use them on the current project.”

continued on pg 6



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WHEN THE MOON HITS YOUR EYE

submitted by Barry Morvai

Hello village people and hello June. I say this all the time " I can't believe its been (insert your own time frame here) already"! Having said that, I can't believe its June already!! The days will start getting shorter at the end of the month, but don't worry, there's plenty of summer left on the schedule I hope.

In the previous issues we were discussing the inner planets, also known as the rocky inner planets, inside the Kuiper Belt. On the far side of this "belt", we have the "gas giants". The largest of these "giants" is Jupiter. So large, in fact, 1300 earths could fit inside. And you thought it was a long drive to Newfoundland

No one actually knows when Jupiter was discovered. Next to Venus, it is the brightest in the night sky and has been observed for thousands of years. Galileo was the first to observe thru a telescope in 1610 and also discovered 4 of its largest moons: Io, Europa, Ganymede and Callisto. Even tho it has 53 named moons, another 26 are still waiting for their names.

The gas giant rotates once every 10 hours, (short workday) but takes 12 earth years to make its journey around the sun (that's a long time to wait for Christmas). The atmosphere is made up of mostly hydrogen and helium, which would make talking on this planet a lot of fun 😊 unfortunately, we will probably never step foot on this planet due to its radiation output and that giant storm, the big red dot, that has been raging for centuries. Yes, the infamous dot is a solar storm that is twice the size of our little blue marble. With the "surface" of the planet being made up of a multitude of gases and layers, its no wonder wind speeds can reach as high as 335 mph try flying a kite in those conditions. 🤔



photo courtesy of NASA

So, as you ponder what the giant planet is up to at this moment, here is what's happening in the night sky for June. I will include July as there is no Buzz for that month as well.

June 14 - Full Moon, Supermoon. This is the first of 3 supermoons for 2022 due to its proximity to earth. It is also known as "Strawberry" moon as it coincides with the peak of strawberry harvesting season. "Rose" moon, "Honey" moon and "Hot" moon are other names for this months moon.

June 16 - Mercury at greatest Western Elongation. Mercury will be at its highest point above the horizon in the eastern sky just before sunrise.

June 21 - June Solstice. The sun will be directly over the Tropic of Cancer, reaching its northern most position before making its way south again. This will be the first day of summer for us and the first day of winter for our neighbors south of the equator.

June 29 - New Moon. No moon in the night sky to interfere with night time viewing, although it does tend to stay light for quite some time and I, for one, need my beauty sleep.... lol

July 13 - Full Moon, Supermoon. This is the second of 3 supermoons this year, again being at its closest approach will make it look bigger and brighter than normal. "Buck" moon, "Thunder" moon and "Hay" moon are other names for this full moon.

July 28 - New Moon. I think you know what this means yes? 🤔

July 28,29 - Delta Aquarids Meteor Shower. This average shower can produce up to 20 meteors per hours at its peak and runs annually from July 12 to August 23. It is produced from particles left behind from comets Marsden and Kracht. And because it's a new moon, viewing will be best after midnight.

Just LIQUID
SPORTS

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Saturday

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Great white clouds are floating by;
All the world is dressed in green;
Many happy birds are seen,
Roses bright and sunshine clear,
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— F. G. Sanders



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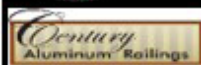
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Wasa and District Historical Assoc. & Memorial Garden Group

submitted by - Sherry Shields

Volunteers
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necessarily
have the time,
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just have
the **Heart**

Spring Clean Up at the Garden was held April 28th. A fun group of volunteers pack blew, raked, weeded and tidied the garden and surrounding area. After 2 years of COVID protocol working alone it sure was enjoyable to get together. Thank you to spring clean volunteers: Sherry Walkley, Mitsu Oishi, Sandi & Phil Lamb, Ken and Della Boechler, Sonia Blackwell, Richard Elissio & Ron Hrisook. Thank you to Sarah Shields for the loan of her trailer for all the needles and cones.

If interested in volunteering at the garden please contact

Sherry Shields @ 252-919-7887 ©

or email slshields27@gmail.com

KOOTENAY RIPPLES

There are a few books remaining for sale.

\$50.00/ea

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

2019 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.



VOLUNTEER WITHIN THE COMMUNITY

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, Bingo, Wasa Recreational Society, Armchair Traveler, Tri-Village Buzz Newsletter, Wasa Gym, Wasa Community Library, 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."



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FIRE IN WASA!

WHO DO YOU CALL?

In a fire emergency, first call BC Wildfire 1-800-663-5555 or *5555 from a cell.

Then call these Wasa volunteers until someone answers:

Bill Walkley 250-427-1049

Lyle Zaksauskas 250-421-2650

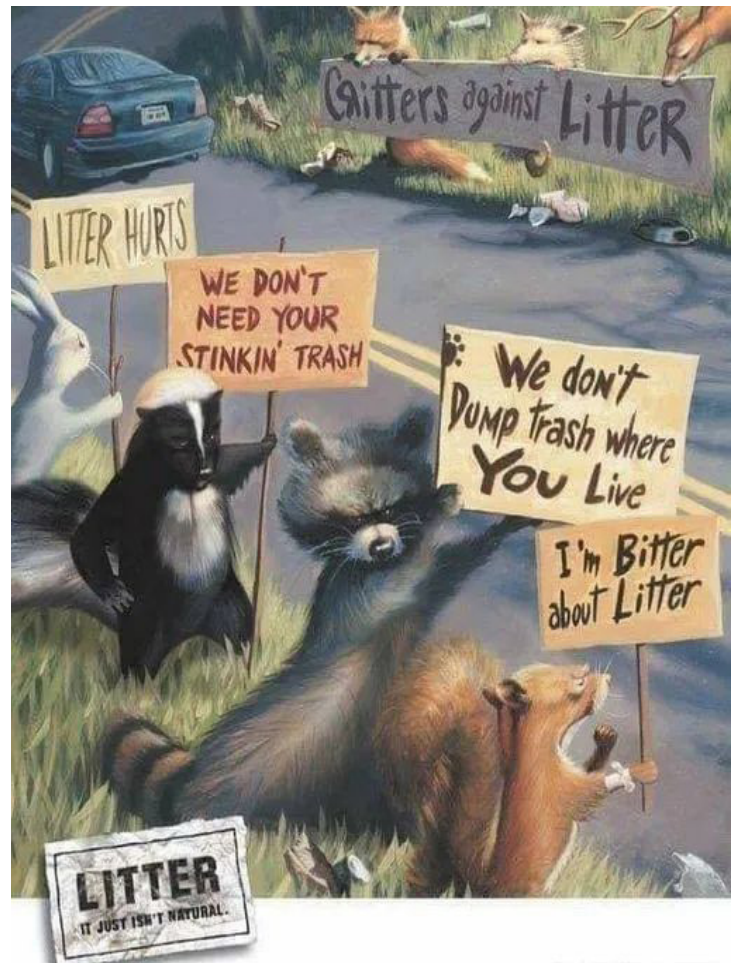
Sharon Prinz 250-417-7654

Darcy Tagg 250-417-6617

Debbie Waterer 250-426-9791

Mike Gall 250-417-9422

Kathy McCauley 250-427-6637



The Lions Den Lions Roar

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

submitted by Terry Marvel

The Lion's Club has been quite busy this last little while and will continue to be busy for the next while. There are projects ongoing and new ones to come. Due to the aging of our grounds, there are always things that need upgrading and replacing. The ceiling of the kitchen eating area is getting new soffits and lighting. Thanks to many volunteers of the community, the huge task is coming along nicely. Members and non-members alike are giving time to accomplish this. It's definitely not a one-man job!

A new stove for the kitchen is in the works, awaiting grant monies from the CBT. This will be a great addition to our kitchen owing to the age of the old one as parts are not available for the one we now use.

Our bottle recycling program has produced hugely for our scholarship fund and grounds maintenance. We thank the many people that donate cans and bottles for this purpose. Just a note: the empties are to be left near the green door under the roof next to the FireSmart storage building.

Once again, the Lion's will be assisting in the Wasa Lake Triathlon. This is a big undertaking for the Lion's, as we will be providing lunch and breakfast for the athletes as well as parking assistance. The Triathlon takes place June 10, 11 and 12.

The annual Adopt-a-Highway campaign will take place the last Saturday in May pending availability of signage etc. Everyone 19 years and older are welcome to help. Start at the Lion's Grounds at 10:00 AM.

Until the August issue, we hope everyone has a great summer!

The Wide-reaching Benefits of Cottonwood

A healthy cottonwood forest, and the streams within it, benefit a range of British Columbian species, including grizzly bears, blue herons, rubber boas and west-slope cutthroat trout. The Elk River Watershed Alliance is undertaking a four-year project on 47 hectares along the Elk River to plant around 20,000 cottonwood live stakes and 8,000 native understory seedlings. It will also install animal-exclusion fencing to keep out animals like elk and cattle and allow young vegetation to grow.

“The goal is to improve the value of cottonwood habitat, connect floodplain cottonwood ecosystems and mitigate floods in the Elk Valley,” said Chad Hughes, Executive Director. “The project also aims to indirectly improve the functioning of aquatic ecosystems by creating shade to reduce stream temperature, reducing erosion and naturally introducing large woody debris to provide habitat for fish and aquatic wildlife, plus food and building materials for beavers.”



The Elk River Watershed Alliance will enhance a cottonwood forest along the Elk River with support from the Trust, including by live-staking cottonwood trees like these volunteers did on a previous project.

Reinvigorating a Shore

Located on the western edge of Cranbrook, the Elizabeth Lake bird and wildlife sanctuary is a local biodiversity hotspot. The Rocky Mountain Naturalists are undertaking a five-year project on 14 hectares at the north end of the lake to revegetate the shoreline, improving bird nesting habitat, providing anti-predator cover for young western painted turtles and minimizing invasive weeds and grasses. It is also installing basking habitat for the turtles, which additionally provides perches for water birds.

“The revegetating project will improve the foraging and nesting habitat for songbirds, shorebirds and others, plus benefit a broader range of wildlife,” said Marianne Nahm, President. “Our project also aims to support the community of Cranbrook in accessing and connecting with nature and increasing opportunities to view, experience and learn about these fascinating species.”

Zeroing in on Wetlands

Wetlands in the Canoe Valley, near Valemount, are the target of a project of Simpcw First Nation. Over five years, the project will restore existing wetlands or construct new ones. For example, it will transform a sedge meadow into a functional shallow-water wetland that will benefit species like the at-risk western toad, plus provide a new stepping-stone habitat that links to Valemount Peatland, the largest wetland complex at the northern end of the reservoir.

“Valley-bottom wetland and riparian areas serve numerous important ecological functions, including providing habitat for many fish and wildlife species, and targeted physical works can help restore these critical habitats and connectivity corridors,” said Caroline Feischl, Environmental Professional with Simpcw Resources Group, which is overseeing the project on behalf of Simpcw First Nation, in collaboration with LGL Limited. “This project will also engage members of the Simpcw First Nation, plus incorporate cultural and ecological knowledge, particularly by focusing on adding and locating plant species of cultural significance.”



Building Homes for Bats

The Columbia Basin boasts 12 known species of bats, such as the big brown bat and little brown myotis. To help these animals have the roosting habitats they need, Wildlife Conservation Society Canada is working alongside many partners to implement a four-year project to add three types of bat homes in various places throughout the Basin: bat condos, bark installations on trees or poles that mimic natural old-growth trees, and chainsaw cuts in trees that

Wildlife Conservation Society Canada will add roosting habitats for bats—such as pole roosts like these, which mimic old-growth trees—with support from the Trust. (Photo credit Heather Gates.)

create crevices for bats. The tree modifications are expected to provide habitat for several decades, and are intended to bridge the gap until natural tree roosts can develop. “Bats fill an important function in ecosystems and provide direct benefits to local citizens through pest control services,” said Cori Lausen, Director of Bat Conservation. “Our goal is to encourage abundance and diversity of these nocturnal aerial insectivores by restoring roosting habitat in strategic areas. We will then monitor the effectiveness to learn which species select which types of roost creations and how well the bats do in these structures.”

Restoring to a Natural State



The British Columbia Conservation Foundation will enhance the Lake Ranch (Von Unruh) Conservation Property in Lardeau Valley with support from the Trust.

The British Columbia Conservation Foundation (BCCF) will enhance the Lake Ranch (Von Unruh) Conservation Property, owned by The Nature Trust of BC. Over the next five years, BCCF will undertake several steps on about 51 hectares of the Lardeau Valley property, including planting trees, shrubs and flower meadows and adding wood structures for small animals and insects.

“The condition of the property will be more structurally and biologically diverse than at present, contributing more to the surrounding landscape, in terms of habitat health and function, from its pivotal valley-bottom position,” said Ashley Ekelund, Regional Coordinator, BCCF. “It will be on its way to supporting significant patches of deciduous and coniferous forest, which will add tremendously to the property’s ability to support amphibians, songbirds, small mammals, insects and larger mammals.”

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.

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BC Annual Bat Count seeks bat roosts and volunteers

Bat Count helps monitor endangered wildlife

Spring is here, with rain, flowers, insects, and – bats! Our BC bats are now returning to summer roost sites. One of our more familiar species in buildings and bat boxes is the Little Brown Myotis. Like all BC bats, the Little Brown Myotis is an essential part of our ecology, consuming many insect pests each night. Unfortunately, the Little Brown Myotis is now endangered in Canada. In fact, bats in BC suffer from many threats, and almost half of our 15 species are ‘at-risk’.

A simple way to support bats is to participate in the BC Annual Bat Count this June. The BC Community Bat Program is requesting colony reports and volunteer assistance for this citizen-science initiative that encourages residents to count bats at local roost sites.

The BC Annual Bat Count is easy, fun, and safe, not to mention vital for monitoring bat populations. “The counts are a wonderful way for people to get outside, learn about bats, and be involved in collecting important scientific information” says Elodie Kuhnert coordinator of the Kootenay Community Bat Program. Volunteers wait outside a known roost site, such as a bat-box, barn, or attic, and count bats as they fly out at twilight. A guano sample can also be sent in to identify the species of bat at the roost site. Find more information at <https://bcbats.ca/get-involved/counting-bats/>.

The count data helps biologists understand bat distribution and monitor for impacts of the devastating bat disease called white-nose syndrome. White-nose syndrome is an introduced fungal disease, fatal for bats but not for other animals or humans. Not yet found in BC, the disease continues to spread in Washington State, less than 100 km from our border. Results from the Bat Count may help prioritize areas in BC for research into treatment options and recovery actions.



Funded by the Habitat Conservation Trust Foundation, the Forest Enhancement Society of BC, the Habitat Stewardship Program, the Columbia Basin Trust, The Kootenay Lake local fund and the Columbia Valley local fund, and with support of the Wildlife Conservancy Society, the BC Conservation Foundation, and the Province of BC, the BC Community Bat Program provides information for people dealing with bat issues on their property or who have questions about how to attract bats. To find out more about bat counts or white-nose syndrome, to report a dead bat, or to get advice on managing bats in buildings, visit www.bcbats.ca or call 1-855-9BC-BATS.



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Water Safety

The Wasa Area Safety Advocates (WASA) made a presentation to the Electoral Area Services Committee this month to provide an update on their efforts to secure a Vessel Operations Restriction Regulation (VORR) on a small portion of Wasa Lake (in the areas known as North Bay and Ida's Bay) to restrict motorized speeds in these areas to 10km/hr. Following the overview of the work undertaken to date to complete the requirements of a VORR application, the WASA delegation formally requested the RDEK submit a VORR application to Transport Canada's Office of Boating Safety. The Board passed a motion to refer the request to the next strategic priority setting process because of the amount of work that would be required to support an application. The VORR process requires significant public consultation. Should the initiative be added to the Strategic Priorities list, further discussion and consultation would be part of the process. If you have any questions or concerns please call me 250 427 2577 or email me at s.janewalter@gmail.com I hope everyone has a great month.

Jane Walter

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June is a tune that jumps on a stair.
June is a rose in a little girl's hair.
June is a bumble of one small bee.
June is a hug from the sunshine to me.

Sarah Wilson

Wasa Lake Guest House

Lakefront Accommodations

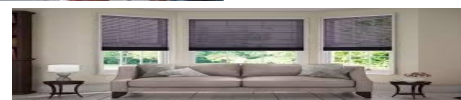
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For Loan information or Equipment Donations to the Cupboard

Contact:

Jocelyn 252 505-4752
or Trinda 252 793-9491

Gluten Free Dandelion Pancakes

Makes 12 small pancakes

*3/4 c favorite gluten-free flour blend; if you don't eat gf, feel free to use all-purpose flour

*1/4 cup organic cornmeal

*1/2 cup milk or milk substitute (you can use up to 1 cup if you want a looser batter)

*1 egg

*about 30 dandelion flower heads

*pinch of sea salt

*organic coconut oil for frying

Mix flour and cornmeal, then add the milk and egg. Whisk to combine.

Mix in the dandelion flowers and the salt into the batter.

Heat 2-3 tblsp of oil in a skillet. When it's nice and hot, drop rounded spoonfuls of the dandelion batter into the oil (I made my pancakes pretty small).

Cook the pancakes on one side until brown, then flip over and cook on the other side. When they're brown on both sides remove them from the skillet and drain the excess oil on a paper towel.

Serve drizzled with maple syrup, honey, or all-natural jam. They are also good topped with some Greek yogurt. If you want them to be savory, try mixing herbs or spices into the batter and forgoing the sweet topping.



Dale Gray

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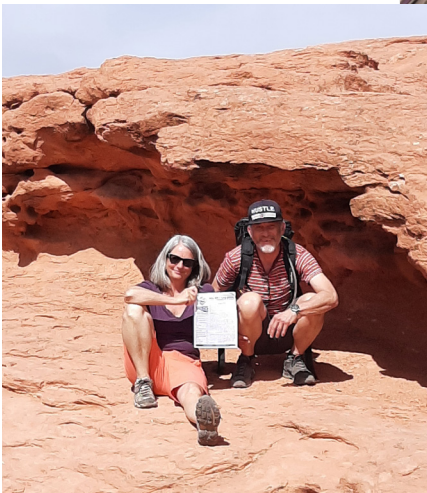
Where Do You



Sharon and Wendy enjoying Amsterdam, Netherlands - amazing!



Sharon and Wendy - last stop in Europe before heading home. View from the top of the Eiffel Tour was amazing. Arc de Triumph in Center.



Jocelyne Martin and Tom Braumandl spending Easter with family hiking and biking in South West Utah.



Helen & Ged Kelly enjoying some R&R in Tijuana, Mexico and San Diego!!

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 story to me. Get your travel photos in!! Let's make it a real competition for this amazing prize!! Your picture will be featured in the current issue of the Buzz "2022 Where do you take Your Buzz" contest.

Email: trivillagebuzz@gmail.com

Take Your Buzz?

WASA COUNTRY BREAKFASTS

Have Returned to the Wasa Lions Picnic Grounds

For 2022

Every Saturday

From July 2 to September 3

Pancake Breakfast
8:30 a.m. to 11:00 a.m.
Coffee on at 8:00 a.m.

Breakfast includes:
Pancakes, Blueberries
Scrambled Eggs, Sausages
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WASA VOLUNTEER FIRE PREVENTION & SUPPRESSION

submitted by Kathy McCauley

Wasa Volunteer Fire Prevention and Suppression (WVFPS) held their annual FireSmart day on May 7th 2022. As part of the national Wildfire Community Preparedness Day, WVFPS hosted an open community meeting at the Wasa Hall.



The all day event presented a wide range of information on how to FireSmart your property. After a lunch prepared by the Wasa Lions Club, participants assisted the WVFPS in developing their demonstration site at the corner of School Road and Wasa Lake Park Drive. The site contains an information kiosk, and signs for FireSmart Community Recognition and forest fire danger rating. Future plans for the site include

a walking trail with information stations containing before and after photos and explanations about how the property was altered according to FireSmart guidelines. Volunteers performed the first steps by trimming and thinning trees, then hauled the debris to the road side for Chipper Day on May 12.

The main focus on the WVFPS is to educate local residents on the need to FireSmart their properties. The group is not a fire department and will not put out house fires; instead they will call out community volun-



teers to assist with stopping the spread of fire beyond the initial hot spot. Wasa has been a FireSmart community since 2019.

Representatives from the Regional District of East Kootenay and other government agencies presented information on the Wildfire Risk Reduction (WRR) project that is being planned for the Wasa area. Two forested sections have been targeted where work will be undertaken over the next couple of years to thin the forest of fuels to reduce the risk of wildfire spreading into the community. This work will be undertaken in a forested area to the north-north-

east and to the south of Wasa. May 7 was the first stage in the community engagement process, which will be coordinated by the RDEK.

Complete FireSmart information can be found on the WVFPS website (www.wasa-fire.weebly.com) or the provincial website www.firesmartbc.ca. The BC Wildfire number is 1-800-663-5555.



WASA DEMONSTRATION SITE

This crown lot will be developed into a demonstration site to show what FireSmart™ can look like. The initial thinning and trimming of trees took place May 7, 2022. Volunteers will be working here until the end of October 2023 to further develop the site, which will include interpretive signage and a path.



FireSmart, Intelli-feu and other associated marks are trademarks of the Canadian Interagency Forest Fire Centre.



Being a TOPS member for 8 years has taught me a lot about being healthy. How to choose healthy foods, exercise regularly and how important it is to have an encouraging support group. We share recipes, health tips and do fun challenges to help us reach our goals.

Doing research for a TOPS program I found that many spices are beneficial to our health. Cinnamon for one is amazing. It is rich in antioxidants, more than garlic and oregano. Reduces risk of heart disease, reduces LDL cholesterol and triglycerides, helping good HDL cholesterol, reduces blood pressure, improves insulin resistance and boosts immunity. Perhaps the most astounding and exciting benefit of a daily dose of cinnamon is its impact on type 2 diabetes. It can help manage this condition by reducing blood pressure and improving insulin sensitivity. Certain compounds in cinnamon can imitate the effects of insulin and help regulate blood sugar, a function which is crucial for those with diabetes.

Cinnamaldehyde is the incredible compound that gives cinnamon its odor and flavor, and it can also ease swelling and prevent blood platelets from clumping together. Its anti-inflammatory qualities don't stop there, it can also block certain substances associated with abnormal cell growth and thereby lower the risk of disease, like cancer. Bacteria fighting properties can inhibit cancerous tumor growth. Promotes self-destruction of cancer cells. Particularly potent in treating colon cancer. Improves metabolism which can help the pancreas work better. Cinnamon protects against bacterial and viral infections, but fungal ones too.

Alzheimer's and Parkinson's disease are two neurological disorders that occur through cell mutation. Compounds in cinnamon may stop the build up of tau, a protein that is a staple in Alzheimer's. Cinnamon improves motor functions in people with Parkinson's. Cinnamon can freshen your breathe and prevent tooth decay. It can promote healthy skin when added to coconut oil, can decrease rashes, irritations and allergic reactions. This oil helps reduce inflammation, pain, redness and swelling.

Mixed with honey, cinnamon can be used as a face mask to fight acne and rosacea. It is sweet without adding sugar. I take a glass of warm water, add 1 tsp of cinnamon, 2 tbsp lemon juice and 1 tsp of honey, stir well and drink it every morning. It tastes great and is suppose to help with weight loss.

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Lotto!

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There is a box full of runners from past gym members &

we would like to get them back to their owners! Contact Sonia to set up a pick up time.



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Toll Free: 1.855.417.2019

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Wasa Community Church



One of the big examples of Jesus' forgiveness that we find in the Bible is when the Pharisees try to set a trap for Him to speak out against the Law of Moses. We read in John that, *"The scribes and the Pharisees brought a woman who had been caught in adultery, and placing her in the midst they said to him, 'Teacher, this woman has been caught in the act of adultery. Now in the Law, Moses commanded us to stone such women. So what do you say?'"* This they said to test him, that they might have some charge to bring against him. Jesus bent down and wrote with his finger on the ground. And as they continued to ask him, he stood up and said to them, *"Let him who is without sin among you be the first to throw a stone at her."* And once more he bent down and wrote on the ground. But when they heard it, they went away one by one, beginning with the older ones, and Jesus was left alone with the woman standing before him. Jesus stood up and said to her, *"Woman, where are they? Has no one condemned you?"* She said, *"No one, Lord."* And Jesus said, *"Neither do I condemn you; go, and from now on sin no more"* (John 8:3-11 ESV).

When it comes to spiritual matters, none of us have a stone to throw. There is no one without sin. Though many may try, no one apart from Jesus Himself can truly claim that they are better than anyone else. He's the only one who has the right to cast the rock, yet to this woman who was caught in adultery, a sin in the eyes of the Lord, He still says, "Neither do I condemn you."

We've all got something that can be held against us. It's a delusion to prop ourselves up on the pedestal, looking down on others that we think as beneath us, when we ourselves have our own shortcomings. We're better than no one. The only person with any authority to judge sin is the sinless man Himself – Christ Jesus. I'm sure glad He doesn't act like the rest of us often do. To the sinner, He says, "I will make a way for you." To His enemies, He says, "I will give my life for you." To the unworthy, He says, "To Me, you are worth dying for." Almost 2000 years ago, He backed that up by going to the cross, exchanging His innocent life for our guilty ones. Rising again, He broke open a path to eternal life for all who place a genuine repentant faith in Him and what He's done, where those words will be heard: "Where are they? Has no one condemned you?" To which we may answer by way of Romans 8:1, *"There is therefore now no condemnation for those who are in Christ Jesus."*

Pastor Jon Malpass, Wasa Community Church, (252) 464-4419

The **Wasa Recreation Society** manages the Wasa Community Hall. The main objective is to have a Community Hall that is viable for events and recreation of the community. Through fund-raising, volunteering and rentals, we are 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 and Information:** Karen Markus 252.422.3514 or Bonnie Meena 252.422.3795
- **Gym:** Sonia Blackwell 252.421.3019 or Rod 252.422.3253
- **TOPS:** Susan 778.524.0012
- **Library:** Marg Burrin 252-422-3565
- **Quilter's Club:** Linda Sundgaard 252.421.0843
- In addition, BINGOs are held the 2nd tuesday of the month - 6 months of the year, at the Wasa Hall. See details in the calendar. Early bird starts at 6:30 p.m. & regular at 6:45 p.m.



It's June and the lake is finally rising. With the cool spring, the melt has been delayed and hopefully we will see the snowpack melt slowly. Up to mid-May, as I write this article, this year's snowpack has increased slightly from the start of the month while normally the snowpack should be diminishing. The snowpack is at 143% of normal, so let's hope we don't see very hot

temperatures lead to a quick melt. Prepare yourselves for high water- clear out your culverts and ditches on your property, check your sump pumps if you have, and prepare to move things that might get damaged by high water. Check the RDEK website for flood preparedness information.

Be sure to check the WLLID website, wasalake.ca, for peak water estimates on June 1 and 15th.

WLLID has begun a water testing program to gather dissolved oxygen, temperature and Secchi reading from the deep basin location at the south end of the lake.

A few months back we asked if any lakefront property owners might be interested in hosting a demonstration ecosystem restoration project on the foreshore in front of your property. We've had interest expressed by a few people and have assessed a couple of properties to choose the best candidate site. What we have in mind is trying to re-establish native vegetation on foreshore that has had vegetation removed and sand placed. These sandy, altered beach fronts, especially those with steeper slopes have experienced erosion of the unstable sand. Longer term residents have noted significant increases in the size of some of the sandbars around the lake and we would like to see this process slowed and the improvement of habitat for fish and other wildlife in and on the lake. We envisage placing natural structures to keep the sand in place, planting native grasses and sedges in the foreshore zone that see the most wave action and planting flowering native plants in the upper foreshore just below the high-water mark. We are looking into permitting to carry out this work and hope to start to gather some of the plants for our planting later this fall. We'll keep you posted on our progress.

On another note about the foreshore, while we aren't allowed to remove native vegetation from the foreshore, removing weeds such as knapweed from the foreshore will help keep the lake healthy. Knapweed has been spotted on the foreshore, which could lead to a big problem if we let it spread. So, keep your eyes peeled for this and other foreshore weeds and remove them as soon as you can. If you have vegetation on your foreshore that you are unsure if it is a weed, please send us an email at admin@wasalake.ca or contact us through our website wasalake.ca. The photo below shows a young knapweed plant.



submitted by Tom Braumandl

We have also maintained the flap and fish gates at the end of Cameron Pond and removed a large log that might have potentially blocked the flap gate. These gates function to keep river water from flowing through the slough and directly into Wasa Lake.

Janitorial Position Available



Wasa Lions is looking for reliable person for intermittent janitorial work (Weekly) on Lions Grounds.

Variable hours. Salary negotiable. Contact Bonnie @ 250 422-3795 for information. Applications to Box 10 Wasa, BC V0B2K0

LISA WINKELMAN

Scentsy Independent Consultant

252-421-8143

lisam1020@gmail.com

<https://zardworks.scentsy.ca>

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.

GYM HOURS AND INFO



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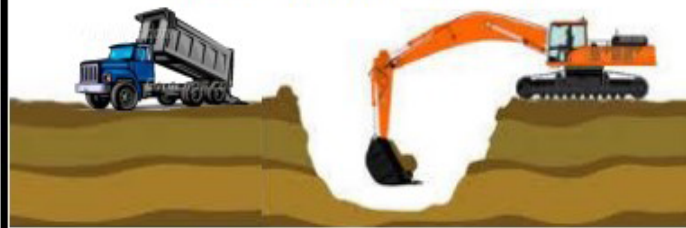
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Tuesdays

June 14

July 12

August 9

September 13

December 13



Wasa Community Hall

Doors Open at 5:30

Early Bird 6:30

Regular Bingo 6:45

Concession



Voyage to our possible Future

Part 2: When Democracy is replaced by Sophocracy

Let's make our spiritual life serve Humanity

In the last article, we started a journey into a possible wiser future. We discovered that since we are witnessing the ineffectiveness of political party ideologies leading them to their demise, something never seen before in our era is about to emerge. It is not a new ideology nor a new political system; it is a new necessity which better suits the reality of our world... that of Democracy being replaced by Sophocracy.

Societies as we've known them historically for centuries have tried all kinds of intellectual systems in an attempt to create social harmony. They have tried these systems again and again in cycles, only changing their names but, in the end, all have failed due to lack of objectivity. They have also failed because when an ideology becomes a rigid political doctrine or a definitive line of conduct, it cannot adapt to the necessity of the moment, thereby creating more opposition and division than adhesion.

A researcher to discover: Mr. Shawn Rosenberg

Democracy is neither the pinnacle of Human Society nor destined to survive its own decline. Amidst the academics who gathered in Lisbon in summer 2021 for the International Society of Political Psychologists' annual meeting, Mr. Shawn Rosenberg, a Canadian author, academic and researcher, declared: *"In well-established democracies like the United States, demo-*

cratic governance will continue its inexorable decline and will eventually fail." Mr. Rosenberg is a Professor of Political Science & Psychological Science at University of California, Irvine. His research focuses on cognition and political ideology, candidate image-making, the decline of democracy and the rise of populism. With the rise of populism, Mr. Rosenberg has deployed his political psychological approach to assess the attractiveness of illiberal populism and the concomitant weakness of democracy in the US and Europe. In his book *Democracy Devouring Itself*, he argues that liberal democracy is overly complicated and abstract and is thus alienating for most citizens. In contrast, populism, with its clear categories of 'us' and 'them' and its simple authoritarian view of power, offers a vision that is more readily understood and thus more comfortably embraced. Consequently, when free to make the choice, people reject liberal democratic concepts and institutions in favor of the populist alternative.

We may be witnessing the true birth of the popular choice. What do the people choose if not one of *their own* who inspires them the most. The elected representative of the people must represent what the people are and what the people embody. We see in such growing choice that the power or ideology of political parties no longer represents the central interest of citizens when choice by vote must be exercised.

There will first be popular vote choices corresponding to anger and reprisal in a desire to punish the political class. But seeing

that this repressive choice does not improve the living conditions of the people, then this same people will end up voting for the one who represents the real and the need for immediate actions for the happiness of the greatest number. Only a Sage, an Enlightened One, can act in this good way. This Sage, this Awakened One elected by the people will have to analyze and think truly, without detour, and he or she will especially have to act really and quickly, without compromise, in agreement with the people who support him or her.

When democracy will have to be replaced by Sophocracy, then the people will no longer elect a party or political ideology, but a Man or Woman for his or her correctness, pragmatism, lucidity and wisdom. (*Sophocracy - from the Greek **Sophos** [wisdom] and **Kratos** [power] - means "the power of wisdom"*).

So, here we are, at a crucial moment, at the point where our Humanity emancipates itself from its past or collapses with it; either it tears itself apart and destroys itself or it survives through its awakening, its lucidity and its wisdom.

We will see in the rest of our adventure what Wisdom is in comparison to social and political ideologies. To be continued...

May all that is wise and objective lead your choices in your everyday life.

Warmly with you all!

With Blessings and Love

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



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Hiking Tips & Tricks

Carry enough water!! Nothing saps your energy faster than being dehydrated.

Have navigational tools with you, compass, gps, etc.

Eat before you go and bring snacks - **DO NOT** leave your trash on the trail. Pack it in - pack it out!!

Proper footwear for the terrain.

Dress for the weather - dressing in layers can help when faced with changing weather.

Essential safety items; flashlight, firestarter, multi purpose tool, and/or knife and a whistle. Being prepared for the unexpected may save your life.

Bring a personalized first aid kit.

Its the season for enjoying our wonderful surroundings - the safer you are, the more fun you will have!!



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For more information or to place an ad, please contact Lori Vandette

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June 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 	4
5 Church 10:30 am	6 	7 	8	9	10	11
12 Church 10:30 am	13	14 	15	16	17 	18
19 Church 10:30 am 	20 	21	22	23	24	25
26 Church 10:30 am	27	28 	29	30 		

July 2022

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

LEGEND

Church Service 10:30 a.m. Lions 7 p.m.
 Rec Society 7 p.m. Quilters 10 - 4
 Library; tuesdays 11 - 12 Bingo 6:30 p.m.
 Armchair Traveller 7:30 p.m.
 Tops; friday 9 a.m.

SPECIAL EVENTS

and Days Down the Road

- Lions highway cleanup!! Last saturday in May!
- TOPS every Friday morning at the Wasa Hall. Weigh in at 9 - 9:30 AM - mtg 9:30 to 10:30
- July 2 - Sept 3 Pancake Breakfast every saturday
- Wasa Bingo returns!! June 14, July 12, August 9, September 12, December 13

NUMBERS AT A GLANCE

Ashram Meditation & Yoga.....252.422.9327
 BC Wildfire..... *5555.....or1.800.663.5555
 Catamount Contracting.....252.422.3694
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 Kootenay Monument Installations.....422.3414
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