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FREE MONTHLY PUBLICATION

TRI-VILLAGE BUZZ

September 2021 ISSUE 243

Visit: www.wasalake.com

Wasa Triathlon Race Announcer History

Steve King, was recently invited on Summit 107 to tell his story in a brief radio interview. His wife Jean accompanies him ALWAYS. (She was the secretary at CIGV in Penticton all the 27 years Dennis Walker was in radio there). His voice is very well known in the international triathlon world. They bring him in as a race announcer every year for the Wasa Triathlon. He has a very interesting triathlon history going back to to 80's when the Ironman Canada Race was just getting a foothold.

In the 80's he formed a running club, hosting the first races, as well as competing in them. After he finished a race he would grab a bull horn and called the remaining runners in.

His voice has taken him around the world. He worked for CBC for many years as a colour commentator which took Steve to Australia, New Zealand, England, Germany, Hawaii, Florida, Wales, etc.

Wasa may have a smaller profile, but it's not smaller in terms of numbers, enthusiasm, or quality of event.

He is now gearing up for the Iron Man event, which is scheduled for September 26, barring any complications.



photos from
Gidgetto Designs
photography

Serving Skookumchuk, Ta Ta Creek and Wasa Lake

WHEN THE MOON HITS YOUR EYE

submitted by Barry Morvai

Hello folks. Here we are rolling into September and hopefully leaving the smoky skies behind us along with some scary days from the wildfire burning on the mountain. I just wanna give a huge shout out to all the firefighters working all over BC and doing their best to keep people and property safe.

As we move into this, the harvest month, I wonder how everyone's garden is doing, considering the smoky skies we've had, not to mention all the extreme heat we've had to deal with but hey in a couple months, wood stoves everywhere will be burning and keeping us warm. 😊

So NASA is looking at sending a manned mission to the sun in 2025. When asked by reporters "How is this possible? Won't they burn up on approach?" NASA replied "We'll send them at night" hahaha sorry, bad joke time.

A few facts about the sun: its 109 times the diameter of earth. In other words, about 1 million earths could fit inside the sun. The surface is about 10,000 degrees Fahrenheit, or 5500 degrees Celsius. That makes for a mighty hot cup o' coffee. The core temperatures are believed to reach about 27 million F, or 15 million C. At least we know why it's been so warm eh? One would need to explode 100 billion tons of dynamite every second to match the sun's energy.

It is believed to be around 4.6 billion years old and is expected to burn out in another 4-5 billion years. Guess that means I still have to go to work for now. 😊

So in the mean time, lets see what's happening in the sky for September, shall we.

Sept 7 - New moon, again, a great time to view other objects in the night sky.

Sept 14 - Neptune will be at its closest approach to earth. Even tho it will be visible all night long, it will only appear as a tiny blue dot in the sky to all but the most extreme telescopes but don't let that stop you from looking for it.

Sept 14 - Mercury will be at its highest point above the horizon in the evening sky. It will low in the western sky just after sunset.

Sept 20 - Full moon. As everyone is familiar with this moon being the harvest moon, it is also known as the corn moon, autumn moon, falling leaves moon and yellow leaf moon. Animal themes include Mating moon, Rutting moon and Child moon.

Sept 22 - Equinox! The sun will be directly on the equator and there will equal amounts of day and night across the globe. It's also the start of our fall season in the northern hemisphere and spring in the southern.



I included 2 pics this issue, the sun and the moon, cause I think they're cool, and I hope you enjoy them as much as I do hopefully your harvest made it thru the summer months and you can enjoy your bounty until next time take care.





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Sheep Creek Adopt-A-Highway

Saturday September 11

10 a.m to Noon

Meet at the corner of Sheep Creek Road
and Premier Lake Bridge

Contact Dwayne Vogel 250 422 9215 or
dkvogel2010@gmail.com



DID YOU KNOW??

Not only does the TriVillage Buzz make every effort to keep you informed of community events, historical trivia, etc. We will also be honoured to publish personal thank you notes, obituaries, etc. free of charge. I cannot stress enough, the Buzz is here to serve the community, keep the community informed of past and upcoming events, and entertain with thought provoking human interest articles.

So send in your poems, your anecdotes, your stories, your events - to trivillagebuzz@gmail.com

Wasa Lions Medical Equipment Loan Cupboard

Have you had a recent injury? or have plans for surgery?

The Lions may be able to assist with a 3-month loan of Medical Equipment. For loan information or equipment donations to the Cupboard, contact:

Sharon @ 250.417.7654 or Trinda @ 250 793-9491

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Wasa and District Historical Assoc. & Memorial Garden Group

submitted by - Sherry Shields

Have you had an opportunity to visit the garden? The summer volunteers have done amazing looking after our little piece of paradise. Has been a challenging summer with heat, bugs and smoky conditions. Your hard work is appreciated, sending a heartfelt and well-deserved THANK YOU to the weekly volunteers.

The Historical/Memorial Garden Group AGM will be held on September 23, 2021 @ 10:00 am upstairs at the Wasa Hall. Everyone is welcome to attend the meeting and we would love to see new members.

A fall clean up will be required; Help is always appreciated. Date not yet determined.

If interested in volunteering at the garden please contact
Sherry Shields @ 250-919-7887 © or email slshields27@gmail.com



It is nice finding that place where you can just go and relax.

Moises Arias

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.

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!



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.

For Gym Schedule
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Sonia Blackwell at
250.421.3019 or
Rod at 250.422.3253

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NOTICE OF ANNUAL GENERAL MEETING

Thursday September 30 at 7 PM

WASA COMMUNITY HALL

Purpose of Annual General Meeting

The purpose of the Annual General Meeting (AGM) is to provide an opportunity for the board to present audited financial statements and report on the activities of the past year, and for land owners to discuss activities and ask questions. There will be an election of trustees to available positions if warranted (ie. If more nominations are received than there are positions available).

Voter Eligibility Requirements

- Canadian citizen over the age of 18
- Property-owner within the Improvement District boundary
(your name must be on the property title)
- BC resident for past 6 months

You will be asked to present your driver's license or health care card for identification when you register for voting.

NOMINATIONS FOR TRUSTEE

Please note that nominations and notice of acceptance for trustee positions must be submitted in writing to admin@wasalake.ca or Box 133 Wasa BC by midnight September 16 (2 weeks before the AGM). People who are eligible to vote are also eligible to run for trustee or to nominate someone for trustee.

The agenda and financial statements will be available at www.wasalake.ca prior to the meeting. For more information, please contact admin@wasalake.ca





The Lions Den

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

submitted by Terry Marvel

It's been a trying time for most of us in the valley with the smoke and the wildfires, but the Lion's Club of Wasa has managed to get a few things accomplished.

We had our annual barbeque and social for the Lion's Club which was a great time. Loads of delicious food and meeting with people we don't get a chance to see much these days.



The Lion's Club also had a garage sale in conjunction with the Rec Society to raise funds. Our Garage Sale room is mostly empty now for the first time in years! Ready for your gently used items for next year.

There was a new twist to the Wasa Lake Triathlon this year. We supplied the breakfasts for the competitors as well as providing parking assistance.

The rink boards have all been delivered and are ready for re-installing. The old rink boards have been sold. Looking forward to a good ice year for the rink!



Huge kudos going out to the wildfire firefighters that kept the fires away from all structures and properties as much as possible. Hopefully the majority of the smoke is a thing of the past.

As the dog days of summer are upon us, we can hope for a fall of bountiful harvest and well being!

GREAT NEWS - YAHOO !!!!



WASA BINGO IS COMING BACK SEPTEMBER 14, OCTOBER 12, NOVEMBER 9 AND DECEMBER 14 2021- Door Open at 5:30pm, Early Bird at 6:30

Bingo will be operated according to the Provincial Covid Guidelines - New guidelines are expected Sept 7 so this might change our procedures.

Indoor organized gatherings

Indoor organized seated gatherings can have a capacity of 50 people or 50% capacity, whichever is greater. For example, if the venue has a normal seated capacity of 500 people, 250 people can attend.

Mask guidance

Masks are recommended in indoor public settings for all people 12 and older who are not yet fully vaccinated.

SEE YOU ALL AT THE WASA COMMUNITY HALL

As this operated under a Gambling License, persons must be 19 years of age or older.

*Autumn is a second spring,
where every leaf is a flower*
Albert Camus

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Wasa Community Church

Recently, I've been really dwelling on this verse: **"For by a single offering he has perfected for all time those who are being sanctified"** (Hebrews 10:14). This is one of the most meaningful verses to me as it really strengthens my confidence in the work of the Lord on the cross. Let's break it down:

A single offering: The context of this passage invites us to look at how things were done according to the Old Testament Law. Priests would be sacrificing animals continually to atone for sin. Sins would be forgiven, but the forgiveness wouldn't last. Once you sin again, you're in trouble, and another animal needs to be sacrificed. Fortunately, once we get to the New Testament, we do see that there was a sacrifice for sin that only needed to be offered up once.

He: This is speaking of that single offering, Jesus Christ. He wasn't just some animal. He was human like us, except completely innocent. He had never sinned. Therefore, as the only sinless human, He offered up His own life on the cross for every other human, where He died in agony before rising again on the third day.

Perfected: To be made righteous in the eyes of God. He no longer sees you as being guilty of sin, but completely clean and acceptable for heaven.

For all time: The past, the present and the future. All of it.

Those who are being sanctified: When a person commits their life to Christ in faith, believing in Him and what He's done for them on the cross and in His resurrection, they start their journey as a Christian and, with His help, grow to be more and more like Him. This process is called sanctification, therefore making these people 'those who are being sanctified.'

Understanding the separate fragments that piece together this Scripture reference, what we see when it's fully assembled is how sufficient the cleansing blood of Christ is. This isn't the product of some spotless earthly animal. This is the lifeblood of the heavenly Messiah. He only needed to die once for every sin that was or ever will be committed and, through that death, everyone who has placed their faith in Him, who are being sanctified, has been made righteous in the eyes of God because every one of their sins (past, present and even future) has been forgiven. That's the power of this sacrifice. In one go, Christ eradicated the hold that sin and death have over the eternity of the believer. Therefore, if we know Jesus, we should know where we're going. This verse confirms that our eternal security does not depend on our own strength or what works we do. Instead, it depends on the unassailable strength and the unsullied work of Christ the Lord Himself. His single offering was enough to perfect **for all time** those who are being sanctified.

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



Wasa Country Breakfast

The Wasa Recreation Society (non profit Society which operates the Wasa Community Hall) and Wasa and District Lions work together to bring you the Saturday morning Wasa Country Breakfast. Different groups from our community volunteer each Saturday to prepare the breakfasts for locals and visitors.

2022 we hope to bring you the Wasa Country Breakfast back each Saturday throughout the summer.

To get things rolling we are having two Saturday breakfasts this year August 28 and September 4 put on by the volunteers of the Wasa Recreation Society and the Wasa and District Lions Club.

Breakfast served from 8:30 am to 11:00 pm. Includes: Pancakes, sausage, scrambled eggs, coffee (or juice)

Price: Large \$6.00; small \$5.00.

Come out and join us.



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LANTZ FARMS

People are like Potatoes!

Some people never seem motivated to participate, but are content to watch others ... *they are called "Speck Tators."*

Some people are always looking to cause problems and really get under your skin ... *they are called "Aggie Tators."*

There are those who are always saying they will, but somehow, they never get around to doing ... *we call them "Hessie Tators."*

Some folks spent a lot of time sitting peering into their garden ... *they are called "Medi Tators."*

There are those that try to maximize their crop yields while reducing expenses ... *we call them "Compu Tators."*



VOLUNTEER OPPORTUNITIES 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"



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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Wasa Community Library



call Marg Burrin

@ 250-422-3565 or

Rose Smith @ 250-422-3088

We close for summer and

Christmas holidays

submitted by Judy McPhee

Located in our Community Hall, Wasa Community Library will open

Tuesday, September 14, 2021

From 11:00 am - 1:00 pm

We have a wide variety of books for you to browse through and borrow.

The library will be open every Tuesday except holidays.

The Library Volunteers:

Marg Burrin & Rose Smith

Thank you



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 "2021 Where do you take Your Buzz" contest.
Email: trivillagebuzz@gmail.com



Our Pat Walkey and her husband have been busy travellers this past month!!



"I took the Buzz on a hike to Ptarmigan Lake this past June. Our son Dallas, his wife Niki and our 9 year old granddaughter Charlotte joined Bruce and I for the hike. It was a long hike, 15km round trip but it was a great day.

I took my Tri Village Buzz to the Calgary Stampede. My niece was barrel racing in the Stampede this year. It was great to attend a live event again!



Dale Gray

Phone: 250.422.3638

Cell: 250.421.1746

email: dale58@shaw.ca

Box 245 Wasa, BC V0B 2K0

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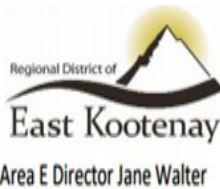
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Email: info@arkangelski.com

Visit: www.arkangelski.com

RDEK NEWS

KDEK MEM2



Fire Responders

I want to thank all of the people that worked on the fires in our area as well. I want to thank the people that went out and delivered the alerts.

I also want to thank the people that worked with the residents that were evacuated.

Boating Issues.

The RDEK asked the Canadian Transport to have a Zoom meeting to explain the two different rules in regards to signs and buoys. Neither one of them responded so I suggest if you have any concerns or questions that you contact them as the RDEK does not have any say.

Wasa and Area Service Tax for the Recreation Society (hall) and the Lion's facilities meeting will be held either in late September or early October. We have been delayed because the Provincial government asked us to change the number to the total amount of money that we would be requesting. The Board has done this and now we are waiting to hear back from them. The RDEK will advertise when the meeting will be held.

If you have any questions please call me 250-427-2577 or email me at s.janewalter@gmail.com. Please Stay Safe and have a good month.

Jane Walter

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Ah, September! You are the doorway to the season that awakens my soul

Peggy T. Horton

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Contact: Rick Tarling - rttarling@gmail.com
6477 Wasa Lake Park Drive - 250-793-7836

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 250.422.3514 or Bonnie Meena 250.422.3795
- **Gym:** Sonia Blackwell 250.421.3019 or Rod 250.422.3253
- **TOPS:** Susan 778.524.0012
- **Library:** Judy McPhee 250.422.3766
- **Quilter's Club:** Linda Sundgaard 250.421.0843
- 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.

Many of you have a story, adventure or life story 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. 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 -- judymcphee9@gmail.com

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WASA COUNTRY BREAKFAST

August 28 & September 4, 2021

**Rain or Shine
at the Wasa Lions Picnic Grounds**

<p>Pancake Breakfast from 8:30 am to 11:00 am</p> <p>Breakfast includes: Pancakes Blueberries Scrambled Eggs Sausages Juice or Coffee</p> <p>Large \$7.00 Small \$6.00</p> <p>Just Coffee/Juice \$1.00</p>	<p>Market from 9:00 am to 11:00 am</p> <p>Come out and visit the vendors</p> <p>Various items</p> <p>Vendor Tables No Charge</p>
---	--



**Come out and enjoy a great breakfast
served up by Wasa & District Lions
& Wasa Recreation Society Committee
(operators of the Wasa Community Hall)**

**Socialize with friends and neighbours
Occasionally Live Entertainment**



HOPE TO SEE YOU THERE



Do you still love? Because Love is essential, vital and capital! – Part 2

To continue the exposé that we previously started about Love, and as a reminder, we stated that love is the most wonderful and overwhelming feeling one can have; that it is so spontaneous, so sudden and natural that the very principle of reflecting on the object of your love destroys the very nature of Love. Thinking about the reason for our Love is to dissect, to shatter into pieces the unified nature of Love which always brings oneness and well-being.

Does Love come from a supernatural dimension? Love is a feeling. Love is sudden. Love is truly unexplainable. You either love or you don't love. You feel it or you don't. It falls on your heart in an unexpected manner, and then you say: "I am in Love". You are in Love because you feel that something strong is surging between you and the one you love. It's like a dense current, a flow of pleasure and excitement in which you want more and more. You don't want it to stop, it is so good! "Wouaah!" is the best way to describe Love!

Does Love come from a spiritual dimension? You cannot measure Love. You cannot prove to anyone how much you love someone. You cannot even really describe what the meaning of "Love" is for you. It is so ambiguous and at the same time so obvious. But something is certain, Love always makes you feel better, lighter and purer. When we refer to Love, we don't talk about the meeting of two people but of the connection between "souls". We are right to make this distinction because the personality is so egoistic; it is what makes us so different from the others. But when we

talk about "souls' connection", we talk about the unification of two parts that become one. These two parts are not composed of separated elements but, through the process of love, they put forth only what makes them one, able to communicate with each other harmoniously. The soul refers to the spirit, which is holy, sanctified and pure without limits.

Here, we easily understand that the Force of Love is both supernatural and spiritual in nature and that the intellect has no place there. You do not decide to fall in love... it just happens. You may argue that it is only a chemical (*pheromones*) and physical attraction between two people. But remember that love survives even when pheromones decrease, and death occurs. Then, just the loving spiritual connection, which is supernatural in nature, remains.

If you think about it, love is a state of bliss. Where there is love, there is happiness, friendship, harmony, kindness and absence of conflict. There is no opposition nor rejection. In love, everything is perfect as it is. In love, there is not me on one side and the rest of the world on the other side. There is only being at ease with everything. When you are in Love with someone, you suddenly feel good enough to be kind with everyone because you are fulfilled. You don't care about what would normally be a problem or cause of frustration because you love, and you also feel that the love of someone else is connected to yours. The Force of Love is so strong that it can embrace all dimensions of your life. Love smooths everything out. Love gives rise to the perfect solution to everything and, if there is no solution,

we don't care, as we are in love! In love, there is no longer the need to be worried, as everything will be okay!... Okay, because we experience something wonderful, something powerful, overwhelming and uplifting.

There is something though that must be noticed. For the Force of Love to produce all these beautiful effects, it needs to remain untouched by any criticism coming from one's personal mind. As soon as you scratch love even in the slightest, it diminishes, starts disappearing and is reduced to a skin of sorrows. Love must be experienced without the destructive impact of our judgments. As soon as you try to give rules or to qualify the free Nature of Love according to your personal points of view, love disappears. Love is spiritual and does not coexist with the demands of your ego.

To experience Love, you must seek oneness. When you aspire to Love, you need to activate its presence within you and share it with your surroundings with abnegation. For if you have activated the Flow of Love in your heart, then it can penetrate all other opened hearts. This is what we try to do at the Ashram: allow for the Flow of the Force of Love to follow its own course in order to transform us and unite all beings on all dimensions of life.

May the Force of Love always be with you!

Believe it! Activate it! Give it! Share it everywhere with everyone, as it is the only way for you to feel really, really, really good and happy!

With Love and Blessing in the Lord.

Warmly yours

H. H. Gurudev Hamsah Nandatha
Adi Vajra Shambhasalem Ashram

The Fascinating Cycles of Bear Hibernation

It's that time, the bears are getting ready to den up for the winter. While known, bear hibernation is not fully understood by many. Hibernation preparation begins immediately when they awake in the spring. There are five distinctive steps to this.



First Stage

The spring until midsummer or fall is the time when the bear are in their normal activity. If food and water are available, the bear will consume about 5,000 to 8,000 calories each day. If they are unable to consumer enough food and water during this time, they will be unable to successfully hibernate in the winter.

Second Stage

This stage is known as hyperphagia. During this stage, bears eat and drink excessively as they build up fat stores for hibernation. When food and water are plentiful, black bears have been known to eat as many as 15,000 to 20,000 calories a day. They need large amounts of water to process the food and flush nitrogenous waste from their bodies.



Third Stage

After they go through hyperphagia, it is time for their fall transition. During this time, their metabolic processes change as they prepare to hibernate. Their heart rate slows from the normal 80-100 beats per minute to about 50-60 beats per minute. During sleep, their rate is about 22 beats per minute. The normal beats of a sleeping bear are between 66-80 per minute. The bear continue to drink, but will start to eat less. As they prepare to hibernate, they can rest as much as 22 hours a day.

Fourth Stage

Hibernation begins. The bears' breathing slows to about half of their normal rate. They take a breath only once every 45 seconds. Their heart rates slows even more. It can drop periodically to between eight and 21 beats per minute. They burn about 4,000 calories per day. They do not eat, drink, urinate or defecate during hibernation.

Fifth Stage

This stage is known as walking hibernation. During the first two to three weeks after the bears leave their hibernation den, their metabolic processes return to normal levels. During this time, they will continue to eat and drink less than they do in the summer months. Their bodily waste processes are also reduced. Once this time is past, the bears resume their normal summer activity.

Bears that are in hibernation can be hard to wake if they are disturbed. The bears that are in warmer climates may not be in as deep hibernation as bears in colder areas. Female bears often give birth in the den during the winter months. The mother bear tends to be in a lighter state of hibernation as they awaken to care for their young.



Should you stumble upon a hibernating bear, the best thing to do is to quietly leave the area.

<https://wawanghunting.com/2015/07/08/the-fascinating-cycles-of-bear-hibernation/>

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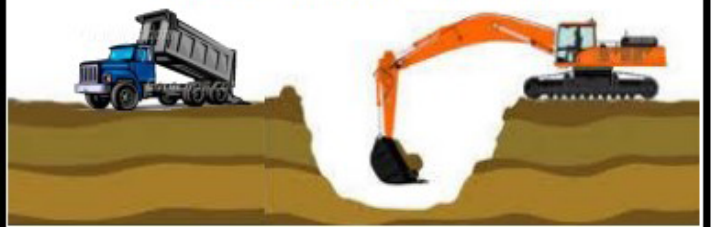
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The first many of us heard about an organization called "Adam's Army", was at a recent ball tournament held in Wasa, where the Flanders' were donating home-cooked pulled pork sandwiches as one of the concession's menu items. All proceeds to go to Adam's Army.



"Adams Army began in 2013 when a special person into the lives of the founders - Adam Cripps, who was diagnosed with his final battle with cancer; the definition of inspiration. When Adam Cripps was diagnosed with terminal cancer in 2015, after spending a large portion of his life battling other childhood cancers, we knew that the only way to get through it all was to have an army of support. Adam's Army is committed to helping families undergoing the same ordeal by relieving some of the financial burden that comes along with the already exhausting fight against cancer."

Adam Cripps was Peanuts and Roxanne Blundell's grandson, which is where Troy and Cyndi first met him. He was one of the bravest and strongest young men that they have ever had the pleasure of meeting and as such, they like to support Adam's legacy whenever possible. Fast forward to the planning of the ball tournament where Adam's Army learned of a 9 year old little girl in Kimberley named Anna Bayes that had recently been diagnosed with leukemia. When the Flanders learned that Adam's Army would be hosting the concession with all the proceeds going to the family, they decided that they would like to donate and cook a pulled pork for the concession.

To read more about Adam's Journey and how Adam's Army started, please go to their website at <https://adamsarmy2015.com/>

Coping with the Loss of a Pet

For anyone who has owned a pet; whether it was four-legged or two, feathered or scaled, or furred, we have had to experience the loss of that pet. Sometimes its from natural causes and sometimes tragedy has struck unexpectedly. Grief is grief and it hits hard, at unexpected times Many of us look on these household members as very real members of our family, our babies, our companions. And they cannot be readily replaced. The grief process is as individual as the person, lasting days for one person, years for another.



The stages of grief: There are specific stages of grief. They reflect common reactions people have as they try to make sense of a loss. The common stages are:

1. Denial, numbness, and shock: Numbness is a normal reaction to a death or loss and should never be confused with "not caring."
2. Bargaining: This stage of grief may be marked by persistent thoughts about what "could have been done" to prevent the death or loss.
3. Depression: In this stage, we begin to realize and feel the true extent of the death or loss.
4. Anger: This stage is common. It usually happens when we feel helpless and powerless. Anger can stem from a feeling of abandonment because of a death or loss.
5. Acceptance: In time, we can come to terms with all the emotions and feelings we experienced when the death or loss happened.

What things might help resolve grief?: Acknowledge and accept both positive and negative feelings; allow plenty of time to experience thoughts and feelings; confide in a trusted person about the loss; express feelings openly or write journal entries about them; find bereavement groups in which there are other people who've had similar losses; remember that crying can provide a release; seek professional help if feelings are overwhelming.

September 2021

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		

LEGEND

Church Service 10:30 am
Rec Society 7 pm
Library; tuesdays 11 - 1
Armchair Traveller 7:30 pm
Tops; friday 9 am

Lions 7 pm
Quilters 10 - 4
Bingo 6:30 pm

SPECIAL EVENTS

and Days Down the Road

- Aug. 28 - Pancake Breakfast
- Sept. 4 - Pancake Breakfast
- Sept 14 - Library opens!!
- Sept. 23 - 10 a.m.
Historical/Memorial Garden
Group AGM
- Sept. 30 - 7 p.m.
WLLID AGM

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.....250.417.2021
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.....422.3686
Wasa Country Pub & Grill250.422.3381
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