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FREE MONTHLY PUBLICATION

TRI-VILLAGE BUZZ

February 2020 Issue 226

Visit: www.wasalake.com/buzzsu

Wasa Winter Festival

by Nowell Berg

The weather turned fabulous for the 6th Annual Wasa Winter festival hosted by the Wasa & District Lions Club and Fort Steele Heritage Town.

The mostly sunny blue skies and warm temperatures brought out over 400 children, women and men who took in an afternoon of friends, food and community.

Lions members worked the food station offering smokies, wieners, soup and chili along with coffee and hot chocolate. Fort Steele bakery cinnamon buns were also available.



Many people, one who shall remain anonymous, patiently waited 365 days for the annual bannock feast. Thanks to Sherri Shields and friends who kept a steady stream of delicious treats rolling off the fryer.

While there was not enough snow

for sleigh rides, the folks from Fort Steele brought a wagon. A steady stream of young and old people enjoyed a horse drawn ride.

Hundreds more enjoyed the lake ice, frozen smooth and great for skating. A wide ice track, brushed clean of snow courtesy of James Swansberg, is almost 6km long.

It reportedly takes 40-minutes plus to skate around the ice path.



With all the recent snow, the lake is great for cross-country skiing, snowshoeing and sled riding.

Get out and enjoy winter. Only 9 or 10 weeks left.

1. Salt Stains on Leather Boots

Combine 1 C water with 1 Tbsp white vinegar. Use a soft cloth to wipe clean. Let dry naturally – artificial heat could cause leather to fade.

2. Woodstove or Fireplace

To clean the glass on your woodstove or Fireplace. Make sure glass is cool, wet a newspaper dip in ashes then rub the stain on glass. Amazing how clean the glass will turn out. Finish off with a paper towel.

3. Hydrogen Peroxide

Fill a spray bottle with 50/50 mix of peroxide and water and keep it in bathroom to disinfect without harming your septic system like bleach or most other disinfectants.

Clean your counters and tabletops with peroxide to kill germs and leave a fresh smell.

Use peroxide to clean mirrors.

*Love is a game that two can play and both win. ~ Eva Gabor ~
All you need is love. But a little chocolate now and then doesn't hurt.*

Helpful Hints



By Sherry Shields
In Memory of Vi Cockell

~Charles M Schulz~

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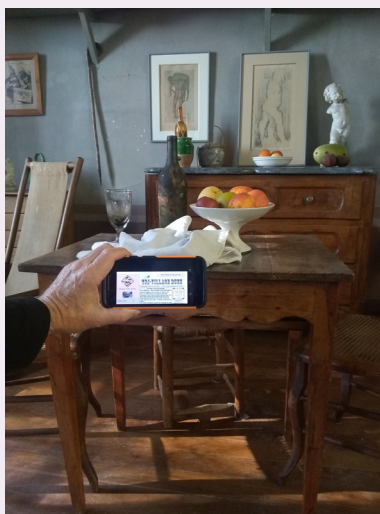
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Where do you take your BUZZ?



*The December Buzz,
downloaded from wasalake.
com, visited the studio of the
impressionist painter Paul
Cezanne in Aix-en-Provence,
France with Clay Tippett!*



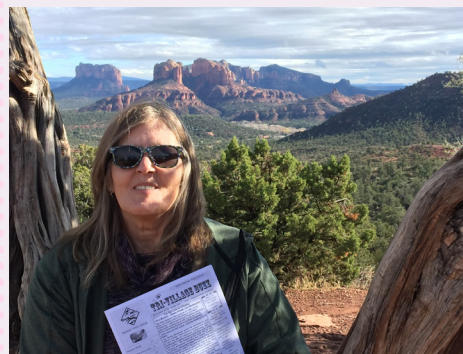
*The Buzz also ended up
in Dubai UAE, with John
Morrison!*



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
**"2020 Where do you take
Your Buzz"** contest.

Email: trivillagebuzz@gmail.com

*Helen & Ged Kelly took their
Buzz to Phoenix, Arizona!*





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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



Wasa & District Historical Assoc. & Memorial Garden Group

submitted by Sherry Shields

*Winter is a time of rest at the garden. A calming peaceful setting to
visit loved ones. Visitors are always welcome.*

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

KOOTENAY RIPPLES

History of Wasa/Ta Ta Creek/
Skookumchuk.

There are a few books still available
for sale.

\$50.00

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

*"And don't think the garden loses its ecstasy in winter. It's quiet, but the
roots are down there riotous." – Rumi*



On behalf of the Wasa & District Lions Club, we
would like to thank the Lions Volunteers and the
Community Volunteers for all their help at our
Annual Xmas Party and Winterfest Celebrations.

The Xmas party was amazing with wonderful food, great raffle items and
good party. We had a perfect day for Winterfest with the temperature
of about -3 degrees. Everyone enjoyed the horse and wagon rides
provided by Fort Steele Farms as well as their cinnamon buns. Soup,
hot dogs, and bannock made the day for all who visited with us that
day. Again many thanks to all volunteers and mostly to the community
for supporting our events.

No winter lasts forever;
no spring skips its turn
Hal Borland

Baked Perogy Casserole



1 (16-ounce) package of frozen perogies
1/2 cup chicken broth or milk
2-3 slices bacon, microwaved until golden and beginning to crisp, then
chopped

1/2 cup cream cheese
1/2 cup Cheddar cheese

2 green onions, chopped for garnish

Instructions

Preheat oven to 400 degrees.

Spray a 9 x 13 bake dish with vegetable spray.

Combine the cream cheese and broth or milk in a small saucepan over medium heat, and
stir with a whisk until very smooth. You can also combine well in a mixing bowl. Arrange
perogies in a single layer in the baking dish, and pour the cream cheese mixture over
them.

Sprinkle with the top with cheese, then with bacon.

Bake for about 25 minutes until cheese is melted and perogies are warmed through.
Sprinkle onions or parsley over the top to garnish before serving.

News from the Wasa Quilter's Block

We are a fun, talented group of 12 looking for new members to join our quilting group; no experience necessary! We meet every Tuesday from 10:00am to 4:00 pm at the Wasa Community Hall in the basement quilt room.

A typical day consists of sharing ideas, techniques, and resources plus of course...a lot of social camaraderie! Our quilting group creates quilts using diverse methods stemming from traditional techniques to modern-day computer technology. Because of this, we think our quilting group can appeal to anyone looking to apply their creative side! In addition, every year we collaborate to create a quilt for a charity that is selected by the group. This is a great way to give back to the community!

In January, we demonstrated a technique using freezer paper to create a Twisted Log Cabin Poinsettia, by Emma Galbraith, as well as a colour theory challenge using two colours and three mediums. This will be continued into February.

Stay tuned for more news and activities from the Wasa Quilter's Block in the Monthly Tri-Village Buzz!

For any further information or questions you can contact Judy Peterson - 250 427-5585 Gayle Andrews- 250 422-3095



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The Lions Den

**Wasa and District Lions Club - Serving
Wasa and Area since 1976**
submitted by Terry Marvel

Winter is upon us as of this writing and here's hoping everyone is warm and cozy. As usual, the Lion's Club has not been inactive. We held our annual fundraising dinner and raffle to a packed house, as usual. Once again, the Lion's would like to thank the many people and businesses that donated the wonderful prizes that made evening's raffle such a huge success. We tried a different approach to the seating arrangement that seemed to work well as well as a professional caterer for the delicious meal. A huge shout-out also goes to the many Lion's members that worked so hard to make the evening a good time for all.

The Lion's also held our Christmas Light-up campaign again this year. It really wasn't a competition as there were too many people that seemed to put so much effort into it every year, so this year everyone's name was put in a hat and a draw was made. The names drawn were: Sharon Printz, Shelly Olson and Pat and Bruce Walkey. There were a host of fantastic light shows out there this year!

The Lion's also hosted our 6th annual Winterfest celebration this year on Dec. 29. The weather could not have been better for that time of the year. Fort Steele came through once again with beautiful team of Clydesdales pulling a wagon for all to have rides on due to the lack of snows and the bakery from the Fort supplied us with delicious cinnamon buns. As always, there was Nelly Vershagen's homemade bannock cooked by Sara, Sharon and Sherry. The fires, supplied by Cory Munro kept everyone warm and cozy. The rink was in fine shape and put to good use as well. Once again, thank you to everyone that helped make this day so enjoyable.

Now that the hectic season is behind us and the daylight hours grow longer, we can look forward to taking on new projects.

We would also like to thank the people (?) that keep the Lion's Way trail plowed throughout the winter so that everyone can enjoy it.

Here's looking forward to spring!

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Wasa Road Group

If you would like to have a voice going forward in a group format concerning our road conditions, please email: wasagr422@shaw.ca Send your questions, suggestions, experiences and we will see them forwarded to our elected officials and other appropriate persons.

Wake up in anticipation something great is going to happen today.

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Lister and Kaye Canning –Most Inspirational Player –A,B-Initiation -2018-19

The Lister and Kaye Canning –Most Inspirational Player Award was developed by Cody Canning in the 2017-18 hockey year to recognize the player who has shown the most grit and determination, the most inspiration and a player who has been kind and supportive to his coaches, teammates and parents throughout the hockey season.

The trophy was purchased from proceeds of Christmas trees sold from the Canning family tree farm.

Lister and Kaye Canning were born in the Kootenays and were major hockey fans throughout their life, They had seasons tickets, to both Kootenay Ice and Kimberley Dynamiters games for many years, and went to as many minor hockey games and practices as they could to support their grandchildren and friends of family.

Lister played for a team in the 1930s and 40s called the Sheep Creek Beaver , they played only outdoors on lakes and ponds and would play teams from Cranbrook, Kimberley and Edgewater. Some of the players used actual sticks (tree branches) as they could not afford real hockey sticks, you had to be tough to play back in those days!! When Kaye and Lister moved to the farm on Skookumchuck prairie in the late 50's one of the first things built was the hockey rink. The Sheep Creek Beavers played many games there. When Fred was old enough to play minor hockey in Kimberley, Lister drove him to and from all the practices and the whole family went to watch his games. In later years, Fred's son Cody and Helen's son Tim made sure that Grandad's role as hockey chauffeur continued!

When Lister would take Cody to hockey as young boy, whether it be a game or practice, his usual routine was stopping the car about half a km from the rink and say "jump out and don't forget your gear"!!! Cody would have to pack his bag and jog beside the car- this was to ensure the player developed some grit and was a good leg warmup, was Lister's theory.



~Easton Grainger was the first recipient of the trophy in 2018.

The recipient names are engraved on a plaque on the trophy and the player gets to keep the trophy until the following season.

Congratulations to whomever is awarded the trophy this year and Best of Luck in the future from the Canning Family.. Kaye and Lister would be so proud of that trophy and the kids who win it!

The **Wasa Recreation Society** manages the Wasa Community Hall. The main objective is 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 Wednesday of each month at 7:00 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 Bonnie Meena 250.422.3795
 - Gym-Sonia Blackwell 250.421.3019, Rod 250.422.3253
 - TOPS Fridays 9 am - Susan 778.524.0012
 - Library-Judy McPhee 250.422.3766
 - Quilter's Club Tuesdays 10-4 - Linda Sungaard 778.524.4456
- In addition, BINGO's are held on the **2nd Tuesday of each month** at the Wasa Hall.
 - Early bird starts at 6:30 p.m. and regular at 6:45 p.m.



Granted Letters Patent on August 5th, 1969, 2019 was the fiftieth year that the Wasa Lake Land Improvement District has been looking after the interests of the community.

In 2019, the four trustees contributed just under 300 hours to the community in total, receiving no remuneration for their time or effort. Besides working on projects which vary from year to year, trustees attend regular board meetings and work with other agencies, such as Regional District of East Kootenay and BC Lake Stewardship Society. Although the mandate of the board (see Letters Patent at www.wasalake.ca) is restricted to water, the board often offers support in concept to other community groups, such as the Volunteer Fire Group and the Safety Advocates.

One of the most important activities of the board is to monitor lake and river water quality and quantity. Throughout the summer, water samples are collected at regular intervals and shipped to a lab for testing. Results are posted on our homepage.

The trustees have participated in the annual Great Canadian Shoreline Cleanup for a number of years, and in 2019 took on two new projects to benefit the community: Clean, Drain, and Dry and Adopt a Highway.

All board activities are reported not only to the community through the Buzz and monthly newsletters, but also to the British Columbia Ministry of Community and Cultural Affairs. The board is required to follow protocol determined by the Ministry, and report on its financial affairs annually. If you want to find out more about the Improvement District, go to www.wasalake.ca and attend the Annual General Meeting on April 9 at the Community Hall.

Our next regular board meeting will be held March 2nd at 7:00 PM. Notices are always posted ahead of time and agendas are always available prior to the meetings. Property-owners are encouraged to contact us at any time at admin@wasalake.ca

The trustees look forward to another productive year in 2020!

Safety guidelines and things you need to know:

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



For Gym Schedule Please Contact:

- Sonia Blackwell at 250.421.3019 or
- Rod at 250.422.3253



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

GYM HOURS AND INFO

HAY FOR SALE

Please call Mike to make arrangements

250.420.1660



**LANTZ
FARMS**

Cherry Creek Falls Regional Park

The Regional District of East Kootenay (RDEK) board adopted the Cherry Creek Falls Regional Park Management Plan.

This plan includes land acquisition, site planning, facility development, recreation, user groups, access management, public safety, maintenance, control of invasive species, threat from wildfire, funding and partnership agreements.

This plan will help the staff and myself with the future costs and upgrades that the park may need in the future.

TaTa Creek dirt bike trail referral

The Kootenay Dirt Riders Association (KDEA) has submitted an application to formally establish an existing dirt bike trail network (65 km) and to build a designated camping / staging area. This land referral is to designate the Trail network as a British Columbia Recreation Trail.

The proposed recreation trails will provide beginner to intermediate trails for off road motorcycling and promote a family friendly riding opportunity, by designating these informal trails, it will allow for focused management and application of Recreation Sites and Trails BC standards and regulations. As well, the proposed recreation site will formalize the existing uncontrolled camping and provide adequate facilities for camping re pit toilets.

Presently there is motorized biking and camping taking place on the crown land in the TaTa Creek Area and there is no regulations. If this application is approved there will be some controls through signage, encouraging people to stay on the trails and to remove their litter.

There is also concerns about the areas use for agriculture. I understand that - it would be expected that this area could have multiple tenures eg. Crown Range for grazing , bike trails.

This application is a Ministry of Forests, Lands, Natural Resources Operations and Rural Development decision. The RDEK was asked for a referral and the RDEK Board supported the application because they felt that the tenure would help to keep the motorized bikes on the trails and not spread out further.

Julie Kneller was a champion for the Wasa and Area, Julie always had great things to say, to encourage people to come to Wasa. Julie also volunteered to help get the message out about events being held in Wasa. Julie was also the first female Lion in Wasa where she helped in many ways. I will miss her laugh, her smiles and her positiveness. My thoughts and Prayers are with Stan and the family.

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

Thank You, Jane Walter

The earth will not continue to offer its harvest, except with faithful stewardship. We cannot say we love the land and then take steps to destroy it for use by future generations.

Pope John Paul II

"You cannot get through a single day without having an impact on the world around you. What you do makes a difference, and you have to decide what kind of difference you want to make."

Jane Goodall

ARMCHAIR TRAVELLER RETURNS IN 2020!

Presentations begin at 7:30 PM at the Wasa Community Hall.

Feb 27 SAFARI IN TANZANIA by John Przeczek - Surviving boat troubles on croc and hippo infested waters

March 5 YUKON HO! by Cliff and Avy Youngs - The very best images from multiple trips to the land of the midnight sun

March 12 ANTARCTICA by Percy Davies - World traveller Percy's second trip exploring the South Pole

March 19 IRAN by Alex and Heather Jensen - Travel to "the most dangerous place in the world" and "the most interesting"!



Please come out to enjoy the show and visit with friends and neighbours!

Admission by Donation (all proceeds go back to the community)

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From the Tri-Village Kids Club

Greetings Buzz Readers! Hope you are keeping warm this winter!

First of all we would like to send our special thanks to everyone who joined us for our Christmas with Santa and all of the wonderful volunteers who came to help us out! We had a great turnout and it's always a pleasure seeing so many young smiling faces in this community come together to laugh and play.

We also hosted our first "Coffee & Play" at the Community Hall in December, and our second in January. We will continue to host these events monthly for local families to get together, for the kids to enjoy free, unstructured play and build lasting friendships, as well as for parents and families to meet and greet and build relationships within the community as well. Our next "Coffee & Play" will be on Wednesday, February 12, 2020. So please feel free to join us! The more the merrier (and louder!)

Keep posted for details on our Easter Egg Hunt & Pancake Breakfast, which will be hosted in April. This will be our 3rd Annual Event. We will be hosting another planter draw so keep a look out for tickets!

On a final note, we are always looking to add more parent volunteers and board members to our group, and if you would like to join us please feel free to contact us on facebook at facebook.com/trivillagekidsclub, or via email at trivillagekidsclub@yahoo.com

Until next time

From the Tri-Village Kids Club (Katie Cooledge, Jessie Dare, Kacey Day, Lena Diesel, Tanya Munro & all those kids!)

Garden Facts & Fables

GMO & Hybrids:

There is a lot of talk concerning GMOs: what they are and how they affect us.

GMO seeds have had their genetic makeup altered through human intervention.

Genetically modified organisms (GMOs) are organisms that have had their DNA altered through human intervention. There is no doubt that “improving” on nature can benefit the food supply in a number of ways in the short term, but there is much debate about the long-term effects of genetically altering seeds. How will this impact the environment? Will super-bugs evolve to feed on genetically modified plants? What are the long-term effects on human health? The jury is still out on these questions, as well as the question of contamination of non-GMO crops. Wind, insects, plants that escape cultivation and improper handling can lead to the contamination of non-GMO crops.

GMO garden seeds that are available now are for agricultural crops such as alfalfa, sugar beets, field corn used for animal feed and processed foods and soybeans.

Hybrids are plants that are a cross between two varieties.

This type of modification is achieved by pollinating the flowers of one type with the pollen of another. It is only possible in very closely related species. The seeds collected from plants grown from hybrid seeds may have the characteristics of either of the hybrid’s parent plants, but don’t generally have the characteristics of the hybrid.

Examples of hybrids in our gardens are the orange carrot (originally purple, yellow, white), many varieties of tomatoes (originally small & yellow), peas & corn (originally white).

Heirloom seeds — the word “heirloom” is interpreted different ways by different folks — are plants that give seeds that produce true. To be heirloom, the plant must have been around as is for at least 50 years, others say 100 years.

<https://www.gardeningknowhow.com/garden-how-to/propagation/seeds/what-are-gmo-seeds.htm>

<https://www.planetnatural.com/hybrid-seed/>

February Garden Tasks:

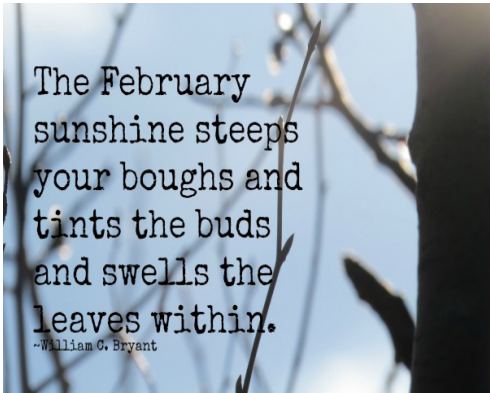
Pruning your roses, fruit trees, etc.

Keep your birdfeeders stocked

Get your catalogue orders in to ensure your seeds arrive on time

Start your tomatoes, peppers, etc indoors, if you can

Clean up your garden tools - what needs replacing?



The February
sunshine steep
your boughs and
tints the buds
and swells the
leaves within.

~William G. Bryant

Every gardener knows that under the cloak of winter lies a miracle...A seed waiting to sprout, a bulb opening to the light, a bud straining to unfurl. And the anticipation nurtures our dream.

~Barbara Winkler



Wasa Community Library

The library is open Tuesdays. 11:00 - 1:00 or by appointment
(call Marg Burrin @ 250-422-3565 or Rose Smith @ 250-422-3088)



We close for summer and Christmas holidays

submitted by Judy McPhee

THOREAU said it best when he said: "*IN WILDERNESS IS THE PRESERVATION OF THE WORLD.*"

Each of us owe it to our children, our grandchildren and extended generations to leave this world a better place. An earth with clean water, air and futile soil. We want an unpolluted earth capable of producing crops, an unpolluted sea swarming with fish and other sea creatures, creeks not fished out, an earth able to sustain future generations. We want our stewardship to reflect our love and concern for our planet.

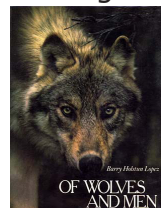
I have been concerned with the decrease of wild animals in our area-- deer in particular. It is said that wolves are one of the causes and so I have been reading a number of books on wolves which I have found informative and interesting. They have been losing habitat to agriculture and urban sprawl. They have not been popular in elk hunting territory and cattle ranching country.



They have been killed by bounty hunters, trappers for their pelts and big game hunters. They have been killed for sport and for fear as to what they might do.

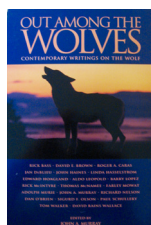
We have two informative books on wolves, their habits, social structure, breeding, hunting and feeding. As well, these books are very informative on all aspects of this extraordinary animal---the wolf!

On a walk along the Bow River in Lake Louise, this New Years, I just missed a pack of six wolves coming down to the river for a drink.



OF WOLVES AND MEN by Barry Holstun Lopez - The wolf is a hunter. All aspects of a wolf's life is found in this most informative book.

OUT AMONG THE WOLVES edited by John A. Murray - This book is an anthology of wolf writings from 20 different people who have studied wolves over the years. Included in this book is an amazing collection of these 20 people's experiences with wolves over the years. Also included in the book are life experiences of Farley Mowat and Rick McIntyre. Rick followed wolves for about 20 years in Yellowstone National Park.



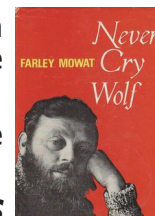
THE WOLF---OBSESSION IN THE WOLF by Nate Blaheslee - A wonderful read about wolves in the Lamar Valley in Montana and Yellowstone National Park.

A book about wolves and a wolf named O6. It is a book centred around O6's life, his descendants and his pack until his death by a hunter during an open hunting season on wolves. The stories of Rick McIntyre's 20 plus years following the wolves including O6 are fascinating and informative.

Rick's compassion for O6 and his offspring after following them for years was brought to the forefront when Rick cried when O6 was killed. He was given the opportunity of interviewing the man who killed him.

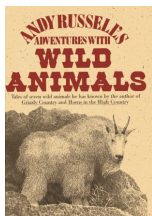
Most interesting is Wasa's, Barry Minor who helped relocate wolves to Yellowstone National Park.

NEVER CRY WOLF by Farley Mowat - An old book. Farley's excellent knowledge on wolves makes for a great read.



Other books on wild animals available in our library

ANDY RUSSELL'S ADVENTURES WITH WILD ANIMALS



ELK HUNTING IN THE NORTHERN ROCKIES By Ed Wolff

THE GRIZZLY BEAR - portraits from Life edited by Bessie D. Haynes and Edgar Haynes with drawings by Mary Baker

"THE WOLF IS A SYMBOL OF GUARDIANSHIP, INSTINCT, LOYALTY, AND SPIRIT. THE WOLF REPRESENTS STRONG CONNECTIONS WITH INSTINCTS AND INTUITION, HIGH INTELLIGENCE AND COMMUNICATION--QUALITIES WE SHOULD ALL ASPIRE TO". Author unknown

There is a very good article on wolves in the Nov./Dec. 2019 edition of Canadian Geographic Magazine. **Mike Gall informed me that there are many wolves in our valley.**



Plans to protect air and water, wilderness and wildlife are in fact plans to protect man.

Stewart Udall

The continued existence of wildlife and wilderness is important to the quality of life of humans.

Jim Fowler

Why Add a Leap Day?

Leap days are needed to keep our calendar in alignment with the Earth's revolutions around the Sun.

It takes the Earth approximately 365.242189 days – or 365 days, 5 hours, 48 minutes, and 45 seconds – to circle once around the Sun. This is called a tropical year.

Without an extra, or intercalary, day on February 29 nearly every four years, we would lose almost six hours every year. After only 100 years, a calendar without leap years would be off by approximately 24 days in relation to fixed seasonal days such as the vernal equinox or the winter solstice.

Caesar Introduced Leap Years

Roman general Julius Caesar implemented the first leap day in his Julian Calendar, which he introduced in 45 BCE. A leap day was added every four years. At the time, leap day was February 24, and February was the last month of the year.

Too Many Leap Years

However, adding a leap day every four years was too often and eventually, in 1582, Pope Gregory XIII introduced the Gregorian Calendar. This calendar, which we still use today, has a more precise formula for calculation of leap years, also known as bissextile years.

Traditions & Folklore

Leap day as a concept has existed for more than 2000 years and it is still associated with age-old customs, folklore, and superstition. One of the most well-known traditions is that women propose to their boyfriends, instead of the other way around.

Leap Months

The ancient Roman Calendar added an extra month every few years to maintain the correct seasonal changes, similar to the Chinese leap month.

Leap Year Fun Facts

Women Propose to Their Men

According to an old Irish legend, or possibly history, St Brigid struck a deal with St Patrick to allow women to propose to men – and not just the other way around – every four years.

This is believed to have been introduced to balance the traditional roles of men and women in a similar way to how leap day balances the calendar. propose to their boyfriends, instead of the other way around.

12 Pairs of Gloves

In some places, leap day has been known as “Bachelors’ Day” for the same reason. A man was expected to pay a penalty, such as a gown or money, if he refused a marriage proposal from a woman on Leap Day.

In many European countries, especially in the upper classes of society, tradition dictates that any man who refuses a woman's proposal on February 29 has to buy her 12 pairs of gloves. The intention is that the woman can wear the gloves to hide the embarrassment of not having an engagement ring. During the middle ages there were laws governing this tradition.

Unlucky in Love

In Scotland, it used to be considered unlucky for someone to be born on leap day, just as Friday 13th is considered an unlucky day by many. Greeks consider it unlucky for couples to marry during a leap year, and especially on Leap Day.

St Oswald’s Day

Leap day is also St Oswald’s Day, named after the archbishop of York who died on February 29, 992. His memorial is celebrated on February 29 during leap years and on February 28 during common years.



Destroying the weight of your past, the true poison of your life – Part 3

To continue our adventure toward the True Self, which is always present behind our mind, thoughts and emotions, we will go on with some practical knowledge that will help you experience a life free from the despotism of the thought process. I would like you to realize how life has nothing to do with what is happening in your brain and that there is a direct, superior, higher way of living Life, without the intermediary of the mind. For thousands of years, the goal of all great Yogis and Spiritual Masters has been to experience life beyond the mind. This is exactly what I am trying to offer you through these articles. Are you going to doubt or are you going to pragmatically engage yourself in the practice? It is up to you!

The inner work of a Yogi is pragmatically organized and doesn't leave room for dreams and imaginations. It involves three processes listed as follows:

1- Samskarakshaya: destruction of all emotions, replacing them by a direct perception called "sentiment".

2- Vasanakshaya: destruction of all expectations about the future by constantly acting according to the necessity of the present moment.

3- Manokshaya: destruction of the thought process of the reflective mind in order to give rise to the highest Consciousness called: "Vijnana Maya Kosha" (superior mind) or "Budhi" (direct perception), which has nothing to do with a higher level of intellectualism; quite the contrary.

This inner work of transformation, which cannot be avoided, is done according to four principles:

1- Vigilance (Jagarti): Constant awareness of oneself in the present surroundings.

2- Constant conscious effort (Tapasya): Working hard, without interruption, in daily life to achieve the

goal of Self-Realization through the conscious practice.

3- Being completely at peace with the present as it is (Samatha), no matter the situation or surroundings you find yourself in.

4- Mantra repetition (Mantra Davhana): Destroying the vibratory residues of Samskaras and Vasanas by the "burning action" of the repetition of specific Mantras composed of Bijas, directly transmitted from Master to Disciple.

Let's first study this notion of destroying Samskaras or emotional states of mind.

Understanding what an emotion is, which we call "Samskaras"

A "Samskara" is an active emotional memory. Emotions are made of ancient impressions coming from your more or less recent past, meaning this life, or from previous lives. Your body of flesh will die, but your emotions and desires always survive, following you from life to life. These impressions are still actively alive within you no matter how old they are. They come from all kinds of experiences you have had in your past according to the way you perceived these situations at the time they occurred. They have left traces in your subtle body, called "Pranamaya Kosha." Pranamaya Kosha is often referred as the "body of suffering", as it is an accumulation of all the sensations of pain and pleasure specific to your very own personal way of being in contact with you and what is not you.

Your physical body is bathed in Pranamaya Kosha. Most people who are attracted by the yogic tradition think that they constantly breathe prana, but in fact they more often breathe their own emotions and desires. In a non-purified mind, which is not free from the unconscious, made of

Vasanas (desires, expectations) and Samskaras (emotions), there is no such thing as pure prana; there is only a karmic suffocating breathing process.

Most people ignorantly breathe their own past, day and night, through their which deform and poison Pranamaya Kosha. Through an emotion, you can get the feeling of "being more" or "being less", depending on whether the emotion is fulfilling or diminishing. This is why behind all emotions reside the fears of being less, of being diminished and in

the end, of dying and disappearing forever. You want to be at peace with all your emotions because you don't want to die. You don't want and certainly don't like negative emotions, again because you don't want to die. The fear of dying is caused by the ignorance of who you really are beyond your name and your body of flesh.

In the term "Samskarakshaya", "Kshaya" means destruction or erosion until nothing is left. The destruction of emotions (Samskarakshaya) doesn't mean that one will become as cold as a robot, without feelings or consideration for others. **Samskarakshaya becomes a necessity for those who want to stop being the suffering puppet of the unconscious (Chitta) in order to live in unity with reality as it is. The state of pure harmony and oneness with the objective reality is called: "Sattva", balance, equilibrium. We will go further on this topic in our next article.**

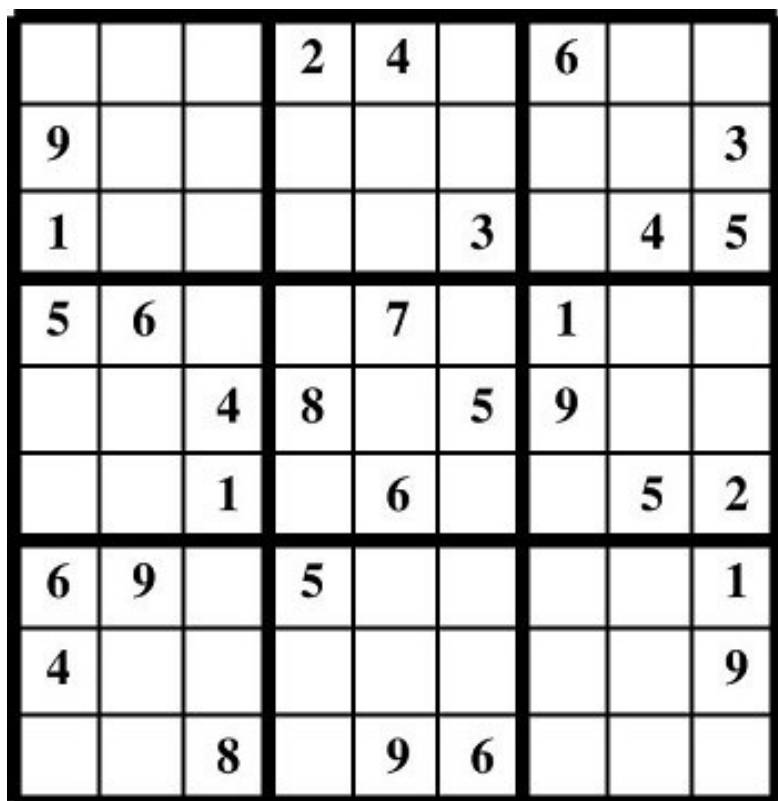
May the best be always with each of you.

Warmly, with Love and Blessings.

OM OM OM

**Venerable Gurudev Hamsah Nandatha
Adi Vajra Shambhasalem Ashram**

The Venerable Gurudev Hamsah Nandatha has withdrawn from regular public teachings to intensify his prayers and meditations for the world. However, you can be notified of occasional lectures by requesting to be added to our emailing list. Visits of the Ashram are by appointment only. For more information, please contact the Ashram at ashram@adivajra.ca or (250) 422-9327.



What do you get when you kiss a dragon on Valentine's Day?

Burnt lips.

Why didn't the skeleton want to send any Valentine's day cards?

His heart wasn't in it.

Valentines Day Word Search

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

ARROW
BOW
CANDY
CARD

CUPID
HEART
HUGS
KISS

LOVE
PINK
RED
ROSES

Want something fun to do with your spare time?

We are looking for a new "Fun Page" submitter

Can you find these hidden objects?

Hidden Pictures®

Looks Yummy!

By Marilee Harrahd-Pliz



In this big picture, find the envelope, boot, broccoli, lock, butterfly, pennant, potato, piece of candy, heart, banana, hockey stick, pencil, bell, wedge of cheese, carrot, mushroom, olive, insect, musical note, and otter.

Highlights

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February

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

AMETHYST
COMMON YEARS
FEBRUARY
HELMIKUU
KALEMONATH
LEAP YEARS
PISCES
SECOND MONTH
SOLMONATH
TWENTY EIGHT DAYS
VIOLET

AQUARIUS
FEBRU
FEBRUUM
HORNUNG
LEAP DAY
MUD MONTH
PURIFICATION
SHORTEST MONTH
SUMMER
TWENTY NINE DAYS
WINTER

CALENDARS
FEBRUARIUS
GREGORIAN
JULIAN



February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 
2 Church 10:30 a.m.	3	4  Quilters 10-4	5	6	7 Tops 9 a.m.	8
9  Church 10:30 a.m.	10	11 Quilters 10-4 BINGO 6:30 Early 6:45 Regular	12  Coffee & Play	13	14  Valentine's Day Tops 9 a.m.	15 
16 Church 10:30 a.m.	17	18 Quilters 10-4	19 	20 Armchair Traveller	21 Tops 9 a.m.	22
23  Church 10:30 a.m.	24	25 Quilters 10-4	26	27  Armchair Traveller	28 Tops 9 a.m.	29 

LEGEND.

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

BINGO 6:30 pm
Lions 7:00 pm

Special Events and Days Down the Road

- Second Tuesday - Bingo
- Second Wednesday - Coffee & Play
- Thursdays - Armchair Traveller
- March 2nd - WLLID regular mtg 7 pm
- April 9th - WLLID AGM

NUMBERS AT A GLANCE

Ashram Meditation & Yoga.....	250.422.9327
BC Wildfire*	5555 ...or.. 1.800.663.5555
Brunos Plumbing.....	250.342.5105
Catamount Contracting.....	250.422.3694
Cranbrook/Kimberley Hospice...	250.417.2020
Conservation - Emergency ...	1.877.952.7277
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 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..422.3499
Wasa Lions Trail Donations.....	250.422.3773
Wasa Memorial Garden (Pat Walkey)	422.3530
Wasa Post Office.....	250.422.3122

