



FREE MONTHLY PUBLICATION

TRI-VILLAGE BUZZ

February 2023 ISSUE 258

Visit: www.wasalake.com

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Another Year!

How many of us have trotted out another year of New Year's Resolutions? Planning another year of family holidays? Maybe a new addition to the family? Looking forward to another year of gardening? Another year of challenges, changes, and commitments. And Wasa Organizations are looking at another year of struggles to attract new volunteers to replace the vacancies due to moving, retiring and passing on. And the struggle is very real - several of the community organizations such as the Pancake Breakfast, the Wasa Library, Wasa Bingo, Wasa Recreation Center all face closure this year because there simply are not enough individuals stepping forward to keep them going. Even the Tri-Village Buzz is suffering from lack of submissions - as you can see from the reduced size of this edition.

- Will you be impacted by the loss of any organizations currently operating in Wasa?
- Will it matter to you, personally, if you cannot attend a Pancake Breakfast every Saturday through the summer?
- Will it matter to you personally if you cannot attend a local Bingo - not have to drive into Cranbrook or Kimberley for the opportunity to socialize and have a bit of fun?
- Will it matter to you personally if you cannot access the Gym, or the Library?
- Will it impact you personally if there is no Hall to rent for special occasions?

So what can we do about it?

Did you know that a lot of these positions only require an hour or two of your time a month? Maybe increased commitment through the summer, but nothing required of you through the winter?

I would like to challenge every resident of Wasa, both full-time and seasonal, to commit to volunteering your time to any one of our community organizations. Contact numbers can be found in every Tri-Village Buzz. Let's keep our community vibrant, engaging, productive and involved!

It's another year to grow personally and what better way than to contribute to the community you call home - whether it is every day of the year, or seasonally.

Who will step forward and take the challenge?



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TOPS SPOT

submitted by - Heide Wright

Here's my healthy recipe for Laksa with shrimp and vegetables from my Jillian Michael recipe book, one of my favourites

- 2 lemongrass stalks
- 3 Brazil nuts or 8 cashews
- 1 fresh red chile, seeded and chopped
(I use Sambalolek, Asian chili paste)
- 3 tbsp chopped fresh ginger
- 2 garlic cloves
- 1 medium shallot
- 1 tbsp olive oil
- 1 tsp turmeric
- 1 tsp ground coriander
- 1/8 tsp ground black pepper
- 3 oz. thin rice noodles

- 1tbsp virgin coconut oil
- 4 C low-sodium chicken or vegetable broth
- 1/4 C coconut milk
- 1 C diagonally cut carrots in 1/2 inch pieces
- 3/4 pound large shrimp, shelled and deveined
(substitute cooked chicken)
- 1 C broccoli florets
- 1 tbsp Asian fish sauce
- 1 tbsp bean sprouts
- 1 C fresh cilantro
- 1 lime cut into wedges

discard the tough outer leaves of the lemongrass and trim the root ends. Thinly slice the lower 6 inches of the stalks. Transfer the sliced lemongrass to the work bowl of a food processor. Add the Brazil or cashew nuts, chiles, ginger, garlic, shallot, olive oil, turmeric coriander and pepper and pulse until a thick paste forms. Cook the noodles according to the package directions. Drain and set aside.

In a medium saucepan, heat the coconut oil over low heat. Add the laksa paste and cook for about 10 minutes. Stir in the broth and coconut milk and simmer for 5 minutes. Add the carrots and simmer for 15 minutes longer. Add the shrimp and broccoli and cook for 5 minutes. Stir in the noodles and cook until warmed through. 1 to 2 minutes. Stir in the fish sauce and remove the pan from the heat. To serve, pour the soup in six bowls and garnish each bowl with bean sprouts, cilantro leaves and lime wedges.

Nutrition per serving: Calories: 240.2, Fat: 12 g, Protein: 15.2 g, Carbs 18.7 g. Sodium 464.8 mg.



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and what lies before us
are but tiny matters compared
to what lies within us.”
Ralph Waldo Emerson



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Wasa and District Historical Assoc. & Memorial Garden Group

submitted by - Kate Kelly



Our garden is still blanketed in snow. Footsteps in the snow show a tale of visitors to the garden.

Thank you to the person who has kept our road ploughed out.

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

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.

KOOTENAY RIPPLES

There are a few books remaining for sale.
\$50.00/ea

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

*"Memories are the one place we visit those we've lost.
Since memories are portable, we can take our lost loved
ones with us anywhere at any time."*

~unknown~

Wasa Lions Medical Equipment Loan Cupboard

A recent Injury? Plans for Surgery? The Lions
February be able to assist with a 3-month loan
of Medical Equipment.

For Loan information or
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Contact: Jocelyn 250 505-4752
or Trinda 250 793-9491

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LIBRARY OPEN Tuesday is Library day



Second Tuesday of each month
January 10
February 14
March 14

11:00 am to 12:00 Noon
Located in the
Wasa Community Hall Basement

Library contact
Rose Smith 250 422-3088

WINTERFEST

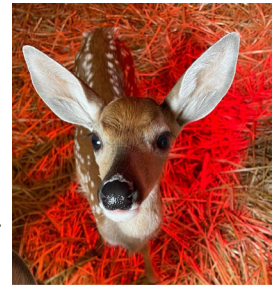




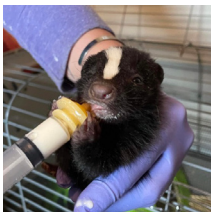
What should you do if you find an animal that appears injured or orphaned?

Before doing anything, call your local wildlife rehabilitator!

Little Mittens Animal Rescue has been rehabilitating wildlife since 2017 and is the only certified wildlife rehabilitation facility in the Kootenays and Columbia Valley. We are able to care for a variety of injured and orphaned animals, including birds, small mammals, and ungulates (ie. deer, elk, moose). In 2023, we took in over 400 animals into our care, which is a lot for a rescue of our size! Our numbers grow every year and with being granted Charitable Status in June of last year we only expect more growth. We work closely with larger rescues such as OWL (Orphaned Wildlife Rehabilitation Society), Critter Care Wildlife Society, and Northern Lights Wildlife Society for advice and sometimes transfers when it comes to animals that we are not set up for yet or don't have as much experience with.



Why call before moving or handling an animal? Sometimes an animal may appear orphaned or injured when it is actually normal behaviour. For example, kill deer parents will pretend to be injured to distract a threat away from their young. As well, most young birds go through a fledgling stage where they are out of the nest but not quite able to fly yet. Although they appear vulnerable, the parents are usually around to protect them and continue feeding them. We receive many calls about cases like this each year, so we work to get the word out and educate the public. Of course, if we determine that the animal does need to come into our care, we will provide advice and direction regarding next steps. It's amazing how many people care for our critters, big and small!



We are always looking for volunteers to work under our guidance and help with triage and transport as we cover such a large area!

If you are interested in volunteering or believe an animal is injured or orphaned, we can be reached by phone at 250-939-8085, via Messenger on Facebook, or through e-mail at littlemittensrescue@gmail.com.

If you change the way you look at things, the things you look at change.

Wayne Dyer



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Recreational Gear
Lotto **ATM**
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I want to thank the Wasa and Area Lions club for the fantastic afternoon everyone had during their Winterfest. The kids had a lot of activities to do. Many of the adults got to visit with their neighbors and friends.

The Bannock, hot dogs and soup were fantastic.

I was able to see residents and friends and learn about differing issues. I also want to thank everyone that volunteered to put on the event. I hope we can get together more often, I for one really missed being able to visit everyone.

Recreational use on Wasa Lake

I am presently working on the format to get a real understanding on what type of recreation activities are taking place on the lake, (what type of watercrafts, swimmers and if there is any signs of shoreline damage).

I hope everyone has a good month.

2022 Mosquito Control Program Year in Review

Before we head into a new mosquito season, I thought it would be helpful for residents to know how the 2022 season went as it was another busy season for our mosquito control contractor.

The 2022 Kootenay River peak was lower than the 2021 peak despite a higher snowpack in the East Kootenay Basin. The prolonged spring melting period (accompanied by higher-than-normal precipitation in May and June) led to prolonged high river water levels, which resulted in the development and expansion of large seepage sites and significant mosquito larval production in the area.

Larval mosquitoes were treated between 7 June and 20 July. The total mosquito habitat treated by ground and air was 2,353 ha in 2022, which (due to prolonged high river levels and the expansion of large seepage sites) was 463 hectares more than in 2021. No known sites were missed in ground-based or aerial treatment efforts. Aerial treatments were conducted on June 16 and 24 following the initial and primary Kootenay River peaks.

While our staff and contractor do their best to forecast and budget for anticipated costs and treatment each year, there are a number of factors that can influence the actual program costs. In 2022, one of the major contributing factors to higher-than-forecasted costs was the increased treatments required at seepage sites.

Our staff are currently gearing up for the 2023 program and one of the changes that we will be seeing is a new face with the program as our long-time contractor Kendra Lewis is moving on to other opportunities. She will be assisting the new person during the transition so you may see her in the community still this spring. I'd like to thank Kendra for her many years of service and dedication to our mosquito control program!

If you have any questions, please call me 250-427-2577 or email s.janewalter@gmail.com

Thank You

Jane Walter

Wasa & District Lions Club &
Wasa Recreation Society



SPAGHETTI NIGHT

WASA COMMUNITY HALL



MARCH 11/23 5PM - 8PM

Tickets: Adults \$15

Seniors 65 years & up \$12

Children 6 - 12 years \$10

Children 5 years & under ***Free***

Contact: Marilyn @ 250.489.9586 or

Heidi @ 250.919.3675

Tickets available at Wasa Post Office



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

- **Hall Rentals & Information:** Karen Markus 250.422.3514 or Bonnie Meena 250.422.3795
- **Gym:** Sonia Blackwell 250.421.3019 or Rod 250.422.3258
- **TOPS:** Susan 778.524.0012
- **Library:** Rose Smith 250-422-3088
- **Quilter's Club:**
- 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.



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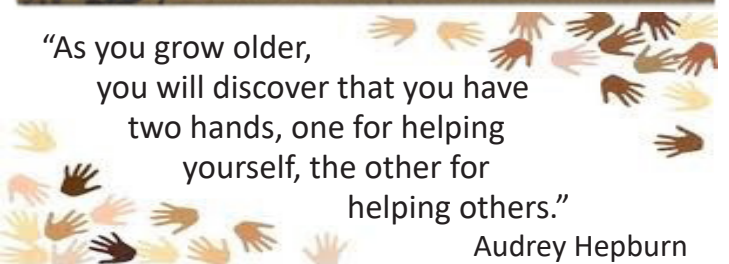
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“As you grow older,
you will discover that you have
two hands, one for helping
yourself, the other for
helping others.”
Audrey Hepburn



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Help Us Identify Water Concerns In Your Community

Living Lakes Canada is seeking public input to understand community concerns and priorities around freshwater. Your feedback will help inform the selection of water monitoring sites for a project that's tracking climate impacts on water. Everyone is welcome to contribute!

ATTEND A COMMUNITY MEETING

- Wasa Lake - February 8, 7-8:30 pm
- Cranbrook - February 9, 2-3:30 pm
- Jaffray - February 21, 7-8:30 pm
- Online (Zoom) - March 8, 2-3:30 pm

MachHydro Photo

To register for a meeting or provide your feedback directly: **SCAN THE QR CODE**

Or email Nowell Berg, Upper Kootenay Local Reference Group Coordinator:
uk.lrg@livinglakescanada.ca

Or visit: www.livinglakescanada.ca/cbwmf



Wasa Lions Peter Vereshagen Memorial Rink

IF THE RINK IS TO OPERATE, WE MUST ALL CO-OPERATE

Public Skate Times (no hockey)
Tuesday and Thursday 5-8pm
Saturday 10-1pm & Sunday 1-5 pm

For the rink to remain open we must all abide by the above times

There is to be no organized hockey or reserved use by groups or teams
without approval of the club

It's up to us all

SAFETY AND HEALTH ARE NUMBER ONE
KNOW The Rules and Regulations
ABIDE BY THE RULES
THE FUTURE USE IS UP TO EVERYONE
ENJOY AND CO-OPERATE

GETTING THE GARDENER'S ITCH

Every avid gardener knows, gardening doesn't start in April or May - it starts months before with the planning!! I am already looking at how my living room can be rearranged to accommodate my two indoor greenhouses, lol.

Here's a few tasks that you should consider in February, to get a jump start on the 2023 gardening season.



#1. MAP YOUR GARDEN

The easiest thing you can do before you start planting is to map out your garden. This way, you'll know exactly what to plant where and when. Draw a simple map of your garden and divide it into square feet, so you'll know how many seeds you can plant in that square foot. You should also pay special attention to companion plants: which plants can be planted together and which cannot.

#2. ORDER OR BUY SEEDS

If you haven't already done so, get your seed orders in! Certain types of seeds sell out really quickly, so it's better to buy what you need as soon as the racks are up in the local stores. To be honest, I have been ordering since last summer - but I also don't just order from Canadian sources, so I need to allow for that. Now is the time to plan what you'll want to grow and how much of it.

#3. START SEEDLINGS INDOORS

February is the perfect time to start seedlings indoors so they will be strong enough to harden off and plant outside once it's warm enough. You may think this is too early - and for a few things it may be. But if you're starting any flowers from seed, or fruit bushes, they will need longer to germinate. Hot peppers also require a longer germination, while sweet peppers tend to pop up quicker. Research germination times to help you plan your planting schedule.

Provided they get enough water and strong sunlight, your seedlings should be strong enough within the next 2-3 months to go outside. I use heat mats and grow lights - but I start a lot of seeds! And providing some kind of air current to help strengthen the stalks is more vital than you might realize.

#4. GET YOUR SHED IN ORDER

Go over your tools. Sharpen blades, oil hinges, and think about expanding or upgrading your collection. Use a mill file to sharpen blades, then add penetrating oil to remove and prevent corrosion. You would be surprised how much easier it is to dig or cut with a sharp, well-oiled implement; the right tools will make the whole season much easier!

You should also take this opportunity to replenish your supplies. Make sure you have enough fertilizer and soil amendments on hand. Replenish your supply of plant supports, and pre-assemble any structures like tomato cages that you want to make for yourself. It is a lot easier to do get this work done in your shed while the weather is still icky than to have to worry about it later in spring when there is plenty of things you would rather be doing outside.

#5. PRUNE

Many trees or shrubs can use a good pruning this time of year, especially those that bloom on new wood. Late winter/early spring is the perfect time to prune back old wood because you can see the branch structure well and you can shape the plant before the buds break dormancy and the plant starts investing energy in its branches. Some of the plants you want to prune at this time of year are: Butterfly Bush, Flowering Dogwood, Honeysuckle, Hydrangea paniculata, Redbud, summer-blooming Spirea, Crepe Myrtle, Rose, and Wisteria. Early spring is also the perfect time to prune and shape woody ornamentals.

Before you go snip-happy, though, there are a couple of things to consider. First you should use a clean rag and some isopropyl alcohol to sterilize your pruners before each cut. This precaution keeps you from inadvertently spreading plant disease all around the garden. You wouldn't want a surgeon cutting into you without sterilizing the blade first, would you? Secondly, there are many plants that you should NOT prune at this time of year because they bloom on old wood. Plants that you should wait until after the bloom season to prune include: spring-blooming Spirea, Camellia, Rhododendron (including Azalea), Forsythia, Hydrangea Macrophylla (Bigleaf), Lilac, Magnolia, Mountain Laurel, and Weigela.

https://www.waysidegardens.com/spring-garden-preparation-checklist/a/wg_spring_garden_preparation/

<https://gardening soul.com/do-6-of-these-things-in-february-to-have-a-great-garden-in-spring/>



The Lions Den Lions Roar

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

submitted by Terry Marvel

Here it is the middle of another nasty winter (at least it seems that way to me). And I'm still not ready for it! The firewood is getting low and I'm being lulled into a false sense of spring with the warmer temperatures. It won't be long before the real spring will be here.

The Lion's held our annual Winterfest on December 31st to a nice crowd of mostly locals with hot dogs and bratwurst, hot chocolate, coffee and of course, the Versha-gen family's famous bannock. The day was a hit for the youngsters as well with a sliding hill and other games. The rink(s) were in top shape for everyone to use, along with redneck curling and a tug of war on the ball field. It was a great day to gather around the bonfires and visit with old friends.

The Lion's also held our Christmas Light-up judging for the area with the winners being: Ken and Gina Johnson, Brad and Sheila Rinaldi and Heffernan's from TaTaCreek. There were a lot of nicely lit up properties in the community. Way to go TriVillage area!

The Lion's have a number of projects on the go this year, including a replacement of the storage room floor at the back of the country kitchen and other maintenance concerns. The community is reminded that you need not be a Lion's member to assist on any work projects we do. Contact any Lion's member if you would like to be of help.

Thanks to Mother Nature, we have had one of the best years for rink usage. The weather cooperated for some of the best ice in years. Also, thanks to the many volunteers that put in countless hours maintaining the ice on the rink!

And so, with some winter still ahead of us, We wish you much health and happiness until the next issue of the TriVillage Buzz!



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Where do you take your Buzz?

Take a photo of you with the Buzz and email your travel stories to me. Your picture will be featured in the current issue of the Buzz "2023 Where Do You Take Your Buzz contest".

Email: trivillagebuzz@gmail.com

"There is no power for change greater than a community discovering what it cares about."
 Margaret J. Wheatley

We would like to thank our friends, neighbours and relatives for all the kind words and gestures we received while we were in Kelowna and when we got home. We live in an awesome place with awesome people! Thank you so much!

Bruce & Pat

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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!

GYM HOURS AND INFO

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.



Wasa Community Church

Thus says the Lord: "Let not the wise man boast in his wisdom, let not the mighty man boast in his might, let not the rich man boast in his riches, but let him who boasts boast in this, that he understands and knows me, that I am the Lord who practices steadfast love, justice, and righteousness in the earth. For in these things I delight, declares the Lord" (Jeremiah 9:23-24

ESV). We may be wise, but we're not wiser than God. Some of us have some impressive strength, but nobody is mightier than God. Living in this country, we're wealthier than most of the world, but even if a person were to have all the money in the world, they wouldn't be richer than God. When it comes to God, nobody has anything they can legitimately boast about. You walked on the moon? That's nice. God created it. With this Bible passage in mind, the apostle Paul says, *"Let the one who boasts, boast in the Lord"* (1 Corinthians 1:31b ESV). If you're going to boast at all, don't boast in yourself. Rather, boast about how great your God is.

This theme is highlighted again in Ephesians when Paul talks about how salvation cannot be achieved through good deeds. *"For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast"* (Ephesians 2:8-9 ESV). This might make God look like He's taking away options of getting to heaven. He doesn't want us to boast, therefore He makes it so we can't get there as a result of our own works. However, He actually makes it easier on us, since our sin holds us back from ever being capable of entering on our own strength. He made it harder on Himself, coming down to earth in human form and being crucified for our wrongdoing. Through His death and resurrection, He made it possible for us to be forgiven through belief. Faith in Christ being the requirement rather than never doing anything wrong is a great burden taken off of us. We might be able to secure a wonderful life on earth by ourselves, but none of us have the capability of securing a wonderful eternity on our own.

People call Him God. They call Him the Creator, the Ruler of All and the Almighty. Those things are definitely worthy of praise, as He can take anything on and come out on top. One name, however, makes Him even more worthy of our boasting: Saviour. He's not just power. He is love.

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

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."

FULL MOONS 2023



STAY HOME MOON
January 6th



SNOW MOON
February 5th



STORM MOON
March 7th



BUDDING MOON
April 6th



HARE MOON
May 5th



FLOWER MOON
June 4th



HAY MOON
July 3rd



GRAIN MOON
FRUIT MOON
August 1st and 31st



HARVEST MOON
September 29th



HUNTER'S MOON
October 28th



DARKEST DEPTHS MOON
November 27th



OAK MOON
December 27th



How to let go while preparing for the future at the same time

How do I prepare for the future?... Put money aside, make sure my roof doesn't collapse, provide food for my children?... all without projecting myself in the future?

Letting go is the opposite of clinging. We suffer because we're attached to a way of seeing, of thinking or, through an atavistic obstinacy, by wanting things to happen our way... and very often we end up disappointed and tense. This is why the Integral Yoga that I teach at the Ashram proposes the practice of letting go, called detachment (*Vairagya*).

Where does attachment come from?

The desire to take, possess or control is linked to the memory of pleasure. Desire = memory = ideological programming. As soon as a satisfaction is reached, new desires create a lack or dissatisfaction. Wanting something to happen in a preconceived way often equates to the wish to reproduce a pleasant past experience. But we can never reproduce the same experience, as change is permanent.

Why let go?

Letting go prevents our attachment to the illusion of objects perceived by the senses and therefore prevents the pain caused by this attachment. When there is no more attachment, then there is a cessation in the mind's disturbances. The Samadhi (resorption in the Sat-Purusha or Pure Consciousness), as well as Liberation, is obtained by stopping the

disturbances of the mind.

Not actualizing what the mind produces avoids the dispersion of Consciousness. Actualizing what the mind produces and demands creates cycles of karmic interdependence. Another advantage of letting go is therefore to reduce the dispersion of consciousness.

The great Master Patanjali (8th century) explained that all obstacles on the Path of Light appear as sickness, heaviness, doubt, frenzy, laziness, impatience, misjudgment, or difficulty in achieving and maintaining our goals. These obstacles cause mental turmoil and set in motion cycles of often inextricable karmic interdependence. Letting go is therefore a tool toward stopping the disturbances of the mind caused by these obstacles. Letting go is in fact a necessity to reach your true Nature as Pure Consciousness.

Patanjali further affirmed that "*when the desire to take disappears, the jewels appear.*" Meaning that to release the desire to take or egoistically grasp is to let go, and to let go is to release the will to seize life egocentrically, thereby mastering the impulse to own by letting go of controlling and making mine that which is not mine nor me. Therein, by remaining open and available, without the desire for possession as a person, one can receive clarity (*Viveka*) and contentment (*Santosha*). Things then become simple and beautiful in their fleeting nature.

Letting go (*Vairagya*) is the absence of passion, of attachment. It's about not getting emotionally involved, not identifying to some-

thing or someone. It's a supra-personal state of perception, of availability, open to what is. It is to have no more doubts, to accept what is, so finally to let go! It means accepting changes of direction in what has been planned, in relation to an "expected" continuity of events. It's being open to change. It is, for example, not being upset when someone arrives late for an appointment.

Letting go is an openness to what is without attachment to consequences, that is to say, without projection or anticipation. It is therefore not to be continually waiting for something... not being constantly doing something so that it will bear fruit in the future. As soon as we say, "I must" or "I want", a feeling of incompleteness is created. The thought is created that there is something to be seized... to be gripped... *Vairagya* is to never be expecting or lacking something in particular; rather, it is to keep alive in oneself an opening for the unexpected.

May this new year bring you peace of mind through a natural letting go of what cannot be changed, controlled or expected the way your mind wants it. Letting go is to accompany and adapt to any upcoming change in your life. All will be OK in the end, go with the Flow of Life, do your duty one step at a time and often breathe deeply to quiet your mind.

Warmly, with Blessings and Love
OM OM OM

H.H. Gurudev Hamsah Nandatha





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Roses are Red, Violets are Blue... Valentine's Day is a great time, for Veterans to hear from you!

If you would like to send a valentine contain-
ing a personal message of appreciation to a
Veteran, please send it by February 1 to:

Valentines for Vets
Veterans Affairs Canada
Commemoration, Distribution Unit
125 Maple Hills Ave.
Charlottetown, PE C1C 0B6

Veterans Affairs Canada will keep Valentine's
Day cards that arrive after the deadline to dis-
tribute next year.

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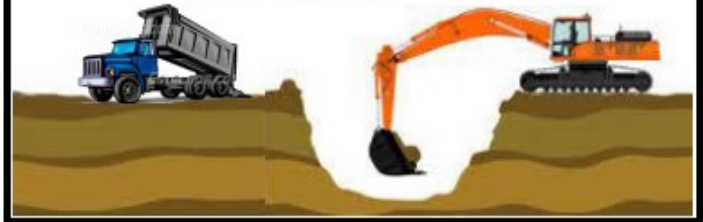
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Columbia
Basin **trust**

BASIN RESIDENTS IN- VITED TO SHARE INPUT ON FUTURE OF REGION

Columbia Basin Trust (the Trust) is inviting you to have your say about the future of the Columbia Basin region. You will soon be able to share your ideas as the Trust travels throughout the region to meet with you, listen to your input, & plan together for the future.

The Trust was established in 1995 to support efforts by the people of the Basin to create a legacy of social, economic & environmental well-being in this region. Its activities are guided by the Columbia Basin Management Plan, developed based on public input from residents.

"This is an opportunity for everyone who lives in the Basin to share your perspective on how we can realize an even better future for this incredible region," said Johnny Strilaeff, Columbia Basin Trust President & Chief Executive Officer.

The Trust is offering many ways for residents to provide input, including in-person open houses & facilitated conversations in more than 20 communities. These events in April & May are opportunities to explore your vision for your community & the region as a whole, with your family, friends, neighbours & Trust Board & staff. There will also be virtual meetings & an online survey available.

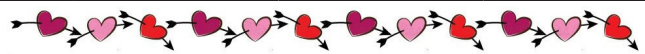
<https://future.ourtrust.org/>

February 2023

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				

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.



NUMBERS AT A GLANCE

- Ashram Meditation & Yoga.....250.422.9327
- BC Wildfire..... *5555.....or1.800.663.5555
- Catamount Contracting.....250.422.3694
- Conservation - Emergency.....1.877.952.7277
- Cranbrook/Kimberley Hospice.....250.417.2023
- 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

SPECIAL EVENTS

and Days Down the Road

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

*"February is the border
 between winter and spring."
 Terri Guillemets*

