



FREE MONTHLY PUBLICATION

# TRI-VILLAGE BUZZ

February 2024 ISSUE 268

Visit: [www.wasalake.com](http://www.wasalake.com)

## INSIDE THIS ISSUE

WLLID	3
Where Do You Take Your Buzz	6
Wasa Community Church	7
Community Profiles	8
Tops Spot	9
Wasa Memorial Garden	11
RDEK changes	11
Lion's Roar	12
Words of Wisdom - Ashram	13
RDEK	14
February Calendar	16

## Foreshore; do you know the rules?

What is considered foreshore property? Who owns it?

Foreshore is the land between the high and low watermarks of streams, rivers, lakes, and the ocean. Aquatic Crown land is all the land, including the foreshore, from the high water mark out to the limits of provincial jurisdiction.

Because a waterfront owner does not own the foreshore, they need to approach the Province to seek permission to build structures that are on or over the foreshore (i.e. docks) and there are a number of regulatory requirements that will apply. Because the foreshore is owned by the province, it is public land, and is therefore available for casual public use. As a waterfront owner, you must permit access across publicly owned land. Placing fences or other obstructions to keep the public away from the shoreline fronting your property is contrary to this and constitutes a trespass on your part.

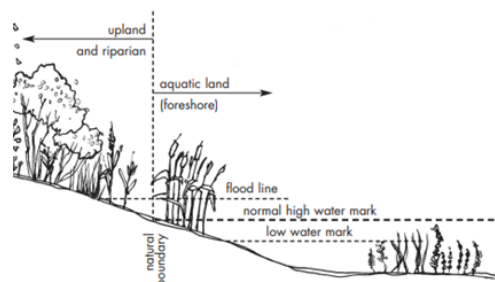
Foreshores cannot be modified. To develop or alter the foreshore, or place structures on it, you require the authorization of the province and DFO. This includes projects such as pilings, docks, and retaining walls. Improvements or fill placed on the foreshore without approval are considered to be in trespass and may be subject to penalties.

## Foreshore; why is it important?

Foreshore areas are significant – for protecting water quality, and for fish and other wildlife habitat. If you propose activities on the foreshore that might harmfully alter, damage or destroy fish habitat, you are at risk of contravening the Fisheries Act. Penalties of \$60,000 can be levied by Land and Water BC for modifying or placing improvements on Crown land without proper authorization.

Modifying a foreshore includes activities such as pulling 'weeds', raking, bringing in sand or other material for aesthetic reasons, planting non-native species, etc.

**We all have a responsibility to protect the natural environment around us.**



Cranbrook♥Kimberley  
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## Happy Belated 90th Birthday Ken Maine. January 11 2024 .

Still tinkering in his workshop. Still enjoying a pint, or a glass of wine... still holding interesting conversations... We all gotta grow older like this. You are an icon in Wasa, and also now a fossil. ha ha We love your sense of humour, and visits. Thank you for all the things you have done for so many here in Wasa, ~ fixing older cars, sharpening chainsaw blades, fixing the quad, sharpening Jim's lawn tractor blade, and just being a great neighbour. Cheers to a good year of 2024.

Love Patti & Jim King ,  
many neighbours & friends



### HELP STARTS HERE ...

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**Contact store for Weekend/Holiday/Winter hours**



### Want to learn to Quilt?

Looking to advance your skills or learn a new one? Join the Wasa Country Quilters Group and learn with a talented group of quilters!

We meet every Tuesday from 10-4 in our own space in the basement of the hall. Drop in any Tuesday! We'd be more than happy to show you the endless possibilities in this creative atmosphere!

No previous experience required.

Call Gayle Andrews  
250-422-3095 for more info

[pageborders.org](http://pageborders.org)





## WLLID Winter Report by WLLID Board (14 Jan 2024)

As winter progresses, the WLLID Board is undertaking regular off-season work and planning for some new projects.

Part of our winter activities is the maintenance of testing equipment used to monitor the state of the water at Wasa.

Two sets of equipment, the Hobo MX Water Level Logger and YSI Pro-Solo handheld recorder along with the dissolved oxygen and temperature sensor, need routine upkeep. The YSI also needs a new optical sensor. This equipment has been sent to Hoskins in Burnaby for this maintenance.

We are entering the last year of a three-year water quality study, undertaken in conjunction with the BC Lake Stewardship Society (BCLSS). This study has been recording weekly dissolved oxygen and temperature readings at a deep location in the SE section of the lake. Once this year is complete, the BCLSS will prepare a report comparing results with a similar study done by the WLLID in 2004 and 2005. When the BCLSS report is received, results will be publicly available at [wasalake.ca](http://wasalake.ca).

The Board is preparing to conduct a workshop to build a process for evaluating and prioritizing water study projects that have been under consideration for some time. Since funds are limited and projects costly, the Board requires a way to pick a project(s) that would be undertaken this summer and subsequent years.

The WLLID intends to engage the lake community during the 2024 Saturday Lions pancake breakfast season. This will be a chance for all residents to ask questions, make comments, and learn about the WLLID's activities for ensuring a healthy lake.

If you have a concern about the water here at Wasa, or would like to volunteer as part of the water testing group, please contact the Board at [admin@wasalake.ca](mailto:admin@wasalake.ca).

All the best for 2024,

WLLID Board of Trustees

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

- **Hall Rentals & Information:**

Karen Markus 250.422.3514 or  
Jane Gendron 250-421-2535

- **Gym:**

Sonia Blackwell 250.421.3019 or  
Rod 250.422.3253

- **TOPS:**

Heidi Wright 250-919-3675

- **Library:**

Rose Smith 250-422-3088

- **Quilter's Club:**

Gayle Andrews 250-422-3095

### Wasa Lions Grounds Rentals

Contact Person: Linda Gold @ 250 421-6302

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## Hearing More Coyotes Lately?

If you're hearing - or seeing - more coyote activity lately, it is likely because their mating season is upon us. The coyote is a very adaptable creature, native to our area. Humans have altered their natural habitat, resulting in increased contact between the people and coyotes, (as well as other wildlife). It has become common to spot coyotes in the suburbs and cities, so it would be wise to know when coyote mating season is and what their habits are during this time. Here's what you need to know.



Breeding season for coyotes lasts 4-6 weeks and peaks in late February to early March. This is followed by pup raising, and dispersal. A young coyote leaves the group to find its own territory. Their breeding season can vary by about a month based on the coyotes' location. The peak will vary year to year depending on weather, prey quantity, etc.

Coyote attacks on pets can rise during mating, as well as during their pup-raising period. Male coyotes are not usually aggressive, but a pack of coyotes may protect its territory. Territorial attacks are more likely on larger dogs perceived as a threat by coyotes. Attacks may increase if their food source is scarce as well. This may lead to an increase in coyote interaction if coyotes enter urban/suburban areas in search of simpler food. As a result, this can put smaller pets such as cats and small dogs at risk. Even in a fenced yard, don't let tiny dogs alone. attacks can occur while dogs are off-leash in a yard with a 6-10 foot fence. Never leave cats and small dogs alone at night outside - 7 PM-7 AM are the most common times of the night for dog attacks. Most cat assaults occur between 10 PM - 5 AM.

Don't allow dogs to go loose in the woods in the winter or spring. Off-leash, your dog is more likely to run into a pack of coyotes, or get too close to a den. Coyotes will defend their lair or pups during mating season.

As a final note, don't leave food or trash out late at night. Coyotes that eat human or pet food are more likely to attack humans or pets. This is true of any wildlife - once it becomes habituated to human food sources it becomes more dangerous to humans. Whether its a coyote, fox, or even raccoon.



***It is important to note that coyote assaults and violent behavior are rare in most of the US and Canada. Most reports found are simply sightings, not attacks.***

<https://a-z-animals.com/blog/coyote-mating-season-and-habits-what-you-need-to-know/>

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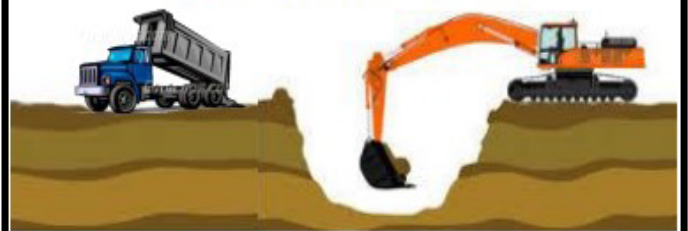
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# **COFFEE SOCIAL**

**Wasa Community Hall**

**Thursday, February 15, 2024**

**Thursday, March 21, 2024**

**1:00 pm to 3:00 pm**



**Come out and enjoy a  
coffee and treats  
with friends and neighbours  
of the community**



Hosted by Wasa Community Hall and Tri-Village Volunteers



Charlie Vereshagen took this photo July 26, 2021, while working near Rankin Inlet Nunavut. It's an October 2020 copy of the Buzz. He brought this copy with him in memory of his Mom, Nellie Vereshagen who passed away October 14, 2020.

He just happened to land beside the small Caribou skull you see in the foreground.



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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 "2024 Where Do You Take Your Buzz contest".**

**Email: [trivillagebuzz@gmail.com](mailto:trivillagebuzz@gmail.com)**

## **Hummers Will Soon be on the Way .....**

The birds, not the trucks. 😊 Hummingbird feeders are a great way to observe these beautiful birds while providing them a source of energy! Feeders can be especially important to Anna's Hummingbird, a species that stays throughout the year, and to other species that may be delayed in their migration. While it may seem like a simple thing, hummingbird feeders require more attention than just filling them with sugar water.



1. Choose your feeder wisely: Choose a feeder that you will be willing and able to clean. The size of the feeder you pick should match the hummingbird population in your area. If you do purchase a feeder that is too large, do not fill it completely.

2. The composition of your feeder solution is important:

- Type of sugar: Non-organic, cane, or beet sugars are the only sugars, that should be used for your nectar. The sugars must be pure white to ensure the molasses has been removed. Molasses is high in iron and can be toxic to hummingbirds. Sugar substitutes and honey can be just as dangerous for them.

- Type of water: Like sugar, purity is preferred. Springwater is preferable, but it is also okay to use tap water.

- Solution recipe: The recommended sugar: water ratio is one cup of sugar to four cups of water.



3. Maintaining your feeder: Freshness and purity are important. Therefore, the nectar should not just be topped up but changed every four to five days. The feeder must be washed before it is refilled to prevent bacteria and mold growth. It is recommended that you hang your feeder at least four feet off the ground, away from trees, and in the shade if possible. By following these guidelines, we can ensure that our feeders will safely attract and nourish these beautiful birds.

<https://www.wildliferescue.ca/2020/11/04/maintaining-your-hummingbird-feeder/>



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## Wasa Community Church

“All you need is love,” is a great thought, though not entirely true. However, what is true is that love is of utmost importance. It is a complete necessity for life. One of the more familiar passages in the Bible, often called ‘The Love Chapter,’ is 1 Corinthians 13. Kicking things off, it brings before us this truth about how meaningless everything is without love. Paul the Apostle, who

wrote this text, says in verses 1-3, ***“If I speak in the tongues of men and of angels, but have not love, I am a noisy gong or a clanging cymbal. And if I have prophetic powers, and understand all mysteries and all knowledge, and if I have all faith, so as to remove mountains, but have not love, I am nothing. If I give away all I have, and if I deliver up my body to be burned, but have not love, I gain nothing.”*** No matter what a person has, without love, they gain nothing and they are nothing. After a list of love’s attributes, the chapter finishes by telling us in verse 13, ***“So now faith, hope, and love abide, these three; but the greatest of these is love.”***

What’s interesting about the Greek language (this text’s original language) is that it has different words for different types of love. For example, the Greek word *eros* signifies a more romantic love, while the word *phileó* describes a friendship or brotherly type of love. What kind of love is all throughout 1 Corinthians 13? That would be *agapé* love, which goes deeper than any other. Often described as selfless and unconditional, *agapé* is the most common type of love found in the New Testament, which makes sense when you see it in action. The greatest event that the Bible shares with us is Christ’s death on the cross for our sins, and His resurrection. In the eyes of God, we were not good people. No human met God’s standard of perfection in order to access His heavenly presence until He came down and became human Himself. Paul rightly declares, ***“For one will scarcely die for a righteous person—though perhaps for a good person one would dare even to die— but God shows his love for us in that while we were still sinners, Christ died for us”*** (Romans 5:7-8). What *agapé* that was! Furthermore, accepting that love has been made easy as well. No longer do we imperfect people have to strive in futility to work our way to eternal life with Christ. We’re allowed in once we believe in His death and resurrection, genuinely holding to His Lordship.

The God of all showed the whole world unconditional, selfless love when He went to the cross for everyone. How should we take this truth? With thankfulness, no doubt, but let’s not forget to reflect His *agapé*. Because of the *agapé* Christ showed us, we too should show unconditional love, not only to our family and friends, but even to those we don’t know and those who are our enemies.

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

*Volunteering is a work of heart.”*



## Community Profiles

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

### Letter of Introduction for Darlene and Michael Turner

We're Baaaack!!!

Darlene and Michael Turner have rejoined our community after 4 years away in the Shuswap/Okanagan

"We're so happy to be back in the heart of a warm and versatile community"

Darlene lived in the area for over 16 years, her last 6 years of that on Cameron Pond for her 'Buddah up the mountain' time. Where she reconnected with her true spirit of BEing. This was the beginning of the healing journey of the body, mind and Spirit after having a very dysfunctional past. Through her innerwork Darlene is gifted with intuitive connection with the body. Using massage and energy work she is able to shift old stuck energy thus assisting natural balance and energy to flow once again. She empowers her clients to build a healthy relationship with their body through at home exercises and workshop offerings.

Living in community the past few years Darlene and Michael realised the value of community, creating a passion towards Unity in the Community. This is about caring and sharing and coming together not in separation but in unity. We all have something to offer as well to be able to receive the help. This is the way forward, all life matters!

Michael has been training in Martial arts for over 35 years, 25 of those in daily practice of a shortened version of the long Yang Tai Chi form called the Cheng Man Ching. Through the practice he became aware of the movement of energy, the ability to self heal, heal others and the silent meditative practice taught to him through a connection to nature. Michael has already started sharing the Tai Chi form with students in the Wasa area and is looking to start twice weekly group classes for those interested. Morning and evening classes will be available. Over the last ten years Michael has been studying and working with Sarah Bradshaw, the Garden Guru. Through this connection Michael has created and edited 100's of hours gardening, wildcrafting and medicinal plant teaching videos.

Together Michael and Darlene have a firm commitment to overcoming division and recognizing our similarities in the direction of creating unity within the community. "We believe the needs of the individual are met by the collective, and in return the individual feeds the aspirations of the community. May we all strive to collaborate with one another, combining our gifts and enhancing our efforts, while remaining clear and lucid in the grace of our autonomy."

"As new members of the community, we're not looking to change anything beyond what the community desires. We're very interested in bringing the community together in a shared vision of what community is. The plan is to create a survey and to have the community respond to which ideas or tasks they would like to bring forth or to put their efforts into. Keep an eye out for the survey, copies will be available around town ie; Wasa Gas Station etc... If you would like to have input to the survey or to connect regarding upcoming classes email Michael at [wide.eyed.video@gmail.com](mailto:wide.eyed.video@gmail.com) or DarleneTLCHealinghands@gmail.com



**Wasa Community!!** We are looking for volunteers to help this winter in snow clearing the path around the lake and skating ovals on the lake itself. If you'd like to help, even if all you own is a snow shovel, please let me know at [ctippett@telus.net](mailto:ctippett@telus.net).







## TOPS SPOT

submitted by - Heide Wright

For me, one of the “perks” of being a TOPS member is our TOPS News magazine. This magazine is informative and a valuable tool that keeps me thinking about health and wellbeing and how to get there with support from a strong community. There are also some great recipes for healthy eating. Here is a bit of information that I got from the January/February 2024 issue. From resolutions to routines, all movements can supercharge your health.

The science behind this is called NEAT – **Non-Exercise Activity Thermogenesis**. NEAT refers to energy spent on everything that is not sleeping, eating or intentional exercise. NEAT calories are burned through movement such as housework, yard work, a labour-intensive job like construction, running errands, playing with children or walking a pet. Physical activity is a broad term for any type of movement such as NEAT and/or exercise. NEAT calories burned are unlike exercise which is a more deliberate form of physical activity (planned and structured such as aerobics, circuit training, jogging or a sport). Your NEAT “score” is a measurement of physical activity, that is not deliberate exercise. You want to aim for a high NEAT score for better health.

Think about daily routines and slowly include more activities ie., taking the stairs instead of an elevator, parking further away from the entrance to a store, walking or biking if possible or simply taking two to three minute walks every half hour or hour.

Research suggests that high amounts of sitting time, or low NEAT, can increase the chances of developing metabolic syndrome which is a cluster of conditions that occur together such as increased blood pressure, high blood sugar, excess body fat and abnormal cholesterol, therefore increasing your risk of heart disease, stroke and type 2 diabetes.

So, keeping your body moving counts for a lot when it comes to weight management and health. Keep in mind that while NEAT is vital to overall health, increasing movement throughout the day will not provide the same health benefits of including intentional exercise along with a high NEAT score. Building muscle mass can help with your overall health goals.

Get moving and good health to you all!!

A big thank you to my TOPS group. I really appreciate each one of you and the support that you give me on my journey to improved health.

### **WASA LIONS** **MEDICAL LOAN** **CUPBOARD**

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Medical Equipment Loan Service  
Contacts?

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Trinda 250 793-9491  
Jocelyn 250 505-4752

Equipment is loaned free of charge on a temporary basis for up to 3 months.



### **Safety guidelines and things you need to know:**

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



**For Gym Schedule  
please contact:  
Sonia Blackwell at  
250.421.3019 or  
Rod at 250.422.3253**



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

**GYM HOURS AND INFO**

# TAI CHI QIGONG LIGHT ON YOUR PATH

## MICHAEL TURNER

Michael has been training in martial arts for 35+ years. In his time one of the biggest self discoveries was the ability to sense and move energy. Early in his martial arts journey he met a Sifu (teacher) named Frank Boshard. Among the many gifts from Frank he learned the art of the iChing. An ancient form of self inquiry. Jump forward 20 years or so. Michael was introduced to the modality known as Bars. Through the structure offered by this modality Michael could allow his natural gifts of presence and openness to flow freely through a client. Through a very old means of divining your path, the iChing and a very new way of removing old belief patterns and thought forms, the Michael Affect, I will assist you in bringing the light to your path that you seek.

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- Gran Fondo/ Triathlon
- Lions Grounds Rental



### It's About Giving

- Wasa Lions Path/Skating Rink
- Tennis & Basketball Courts
- Pickleball Courts
- Ball Diamond
- Scholarships
- We Care We Serve community funding
- Medical Loan Cupboard
- Eyeglass & Hearing Aid Recycling



### It's About Fun & Socializing

A Great Reason to become a Lion!  
For Information call 250 422-3210

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



The Community Connector Bus Will  
Now Pick Up Wasa Residents  
bound for Cranbrook

Tuesdays and Thursdays at 10:30 at Gas Station  
Return from Cranbrook Hospital, 3 pm Tuesdays  
and Thursdays stopping at the Gas station 3:30.

This bus continues up to Golden if you need.

**Price is \$2.50 each way.**

Medical patients have first priority.  
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to Book your ride.



### BOTTLE & CAN RECYCLING

Donate your Clean Liquor, Pop, Water, Milk & Juice Containers to the Wasa & District Lions Club  
Support Local Scholarships &  
Lions Grounds Maintenance





# Wasa and District Historical Assoc. & Memorial Garden Group

submitted by - Kate Kelly

The cold and quiet days of winter are upon us. The garden may be frozen but yet, still filled with beauty...

Are you looking for a unique gift for Valentine's Day? Why not consider purchasing a \$5/per person lifetime membership to our District Historical Assoc. & Memorial Garden Group. A great way to support the growth of this group!! A large 'membership' helps us apply for government grant monies which keep our garden looking great. Please contact Judy Reimer at [mjlreimer@shaw.ca](mailto:mjlreimer@shaw.ca) or by phone 250-422-3343 to join. Thank you for your consideration!

Volunteers are always welcome. If you enjoy gardening & have been looking for a way to meet neighbors in the community, please contact Sherry Shields at her email address: [slshields27@gmail.com](mailto:slshields27@gmail.com)

## 2023 Columbarium Niche & Plaque Costs

### UNIT 1 Columbarium

Upper levels - \$1000.00 + engraving

Bottom Row - \$900.00 + engraving

### UNIT 2 Columbarium (new)

Niche cost - \$1100.00 + engraving

Niche Engraving - \$275.00

Memorial Plaque - \$300.00

(Engraving costs are subject to change)

### Contact info:

Pat Walkey @ 250 422-3530 or

[pwalkey@shaw.ca](mailto:pwalkey@shaw.ca)

## KOOTENAY

### RIPPLE

### HISTORICAL BOOKS

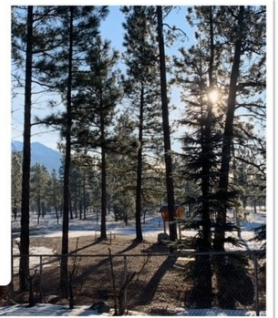
**NOW SOLD-OUT**

*Love is  
something  
eternal:  
the aspect  
may change,  
but not the  
essence.*

*~Van Gogh*

Happy Valentine's Day

February 14



## RDEK NEWS

### Legislative Changes by Province of BC

We wanted to share some important information with you about some recent legislative changes by the Province of BC that are going to impact the

public hearing process and the way some Bylaw Amendments are considered by the RDEK.

The Province has introduced significant changes to the Local Government Act (The Act) that now PROHIBIT regional districts from holding public hearings when a proposed zoning amendment application is consistent with an Official Community Plan (OCP) and when the residential portion of the development accounts for 50% or more of the total development area.

In these circumstances, the RDEK will provide a Notice under the requirements of The Act prior to the Board Meeting where the application will be considered. These Notices will be posted on our website on the Meetings & Notices page under the "Bylaw Amendment Notices - NOT Requiring Public Hearing" section.

Public hearings will still be required when proposed amendment applications are not consistent with an existing OCP or do not meet the 50% residential coverage guidelines listed above. These notices will be posted prior to the Public Hearing (the same way they have traditionally been) under the requirements of The Act and will be listed on the Meetings & Notices page on our website under the "Bylaw Amendment Public Hearing Notices" section.

**If you have questions about the new legislation, please contact Planning Supervisor Karen MacLeod at [kmacleod@rdek.bc.ca](mailto:kmacleod@rdek.bc.ca) or by phone at 1-888-478-7335 or 250-489-2791.**



## The Lions Den Lions Roar

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

submitted by Terry Marvel

The Wasa Lions would like to extend a hearty Happy New Year wish to everyone in the TriVillage area. It started out quite nice and then got a little brrrry. BUT, spring is on the way! It is still winter, after all.

We did our annual light up and display contest again this year and our judges say that it was very well done by all. As usual, it was very hard to decide amongst the contestants so the best were picked from a hat by random draw. The winners were as follows:

Sarah Canning      Kerri McMillan      Andrew Keiver

And again, thanks to everyone that made the season brighter!

The Lion's Dinner and Dance was a huge success this year, as we haven't had one for the



last few years. The money raised is used for the scholarship fund, maintenance on the grounds, our We Care We Serve program and many other uses. A huge thank you to all who attended and the many donors of raffle prizes, delicious catering and Lily the DJ for the music.

The annual Winterfest was held December 31st at the Lion's Grounds with soup, hot dogs, bratwurst, hot chocolate, and the best Bannock in the country served up by the Vershagen family. Our thanks go out to the

many volunteers who made this such a success. Members and non-members. It was a great way to visit with our neighbors, both old and new.

We hope you all have survived the cold snap and have a wonderful February.

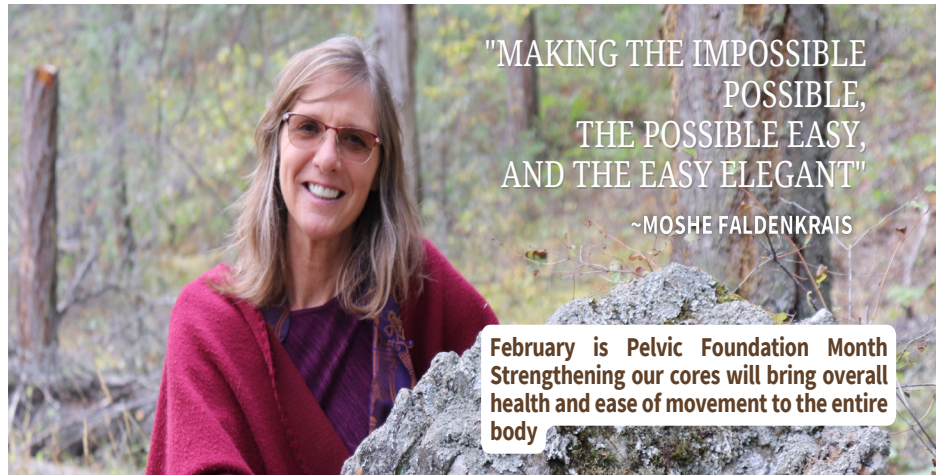
### Are you interested in First Aid Training?

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

Contact 250 417-7654  
for further info.



Wasa & District Lions Club  
Recycling program  
250 417-7654



**Communicating with the Body**  
Free Seminar by Darlene and  
Michael Turner

**A seminar on aligning your  
body to move through held  
stress and trauma**

Feb. 10th 2:00pm to 4:00pm  
Feb. 14th 6:30pm to 8:30pm  
at the Wasa Community Hall

### One on One Sessions with Darlene

Intuitive Energy Massage Sessions:

- Bring the body back "online"
- Reduced Pain & Discomfort
- More energy
- More Connected & Grounded
- Elevated Mood & Deeper Sleep
- Fuller Breathing & Relaxation
- More Flexibility & Coordination

email: DarleneTLChealinghands@gmail.com phone: 778-866-8477





## What synchronicities tell us about God

### Last part: 2- We are not alone!

In our last article, we studied the phenomena of synchronicity which often guide us when we are lost. Let's now examine how to recognize these synchronicities, which possess that unmistakable stamp of emotional stupefaction and wonder.

Synchronicity acts as a guide. Synchronicity is an unconscious awareness of life. It's a set of messages that accompany you when you need them in order to make necessary decisions. Your mind transmits a strong message of what you want, and the universe (the Divine Force) listens. No force on your part is required. You simply have to be in tune with what you're seeking.

The secret of synchronicity is to be "aware".

If you are aware of something, you can immediately see and feel what others cannot. Most of the knowledge in your subconscious mind can never be conveyed to your conscious mind – it would be too vast. So, your subconscious reveals just enough to help you understand your world and guide you in making the right choices. But you must be open to receiving this knowledge. You must "pick up" these messages.

We have a very limited understanding of coincidences. Science says that if something can't be quantified or calculated, then it's not true. This is called "the experimental method". But science can't explain everything,

and our minds see beyond the five senses. Just because you can't see the connection or the reason for something happening doesn't mean there isn't a connection. There's always a connection, a reason. We're all connected by our unconscious minds.

The Divine Force of the Universe is speaking to you; are you listening?

A significant coincidence is a sign that the universe is speaking to you. When this happens, calm your mind and listen. But in reality, most of us don't know why these amazing circumstances occur and simply refuse to pay attention.

Synchronicities manifest themselves when you need them most.

Put your logic on hold, concentrate on these synchronicities and watch what happens. You have nothing to lose and everything to gain. Your life will never again be at the mercy of chance. Believing is the hardest part. But if you can overcome it, you become invincible.

Always trust your intuition.

Intuition is not expectation! Intuition is an internal synchronicity, where you feel an overwhelming change through a synchronistic situation. It arises suddenly and seems so real. Always trust your intuition. Intuition happens when the universe sends you a message. Intuition plays a significant role in your destiny. It gives you a glimpse of life, a clue into certain situations.

Again, when this happens, let

down your guard, silence your emotions and your logic so you can understand precisely what these synchronicities are trying to tell you. Very often they are there to save you from making a mistake.

There can be a happy ending to every situation! You can create a new beginning, and synchronicities are there to help you understand it. The true "You", called "Atman" in Sanskrit, is at work, guiding you along the shortest path to your own Realization of the true Self within your Consciousness. In truth, through synchronistic situations, you'll discover that it's you who's watching over and guiding yourself from a distant future already realized, but that's another truth we can't go into here.

So, again, remember: when a synchronicity occurs, don't judge it, don't denigrate it, especially if it concerns something trivial, don't try at all costs to explain it or to fit it into a box. Simply receive it, observe it, and feel how it resonates with you.

Synchronicity can't be created nor invented; it's experienced on a personal level when you're in a situation of indecision, confusion or chaos. It always helps and informs you about the right choice to make. You are not alone, the Divine within takes care of you, so open your eyes and see!

Warmly yours in the Lord!

OM OM OM

H.H. Gurudev Hamsah Nandatha  
Adi Vajra Shambhasalem Ashram

# RDEK NEWS

RDEK NEWS



## Nominate An Amazing Area E Volunteer Today!

The search is on for the 2024 RDEK Electoral Area Volunteers of the Year. If you know an amazing individual or couple from Electoral Area E that makes our community stronger, who gives selflessly, or who enriches the lives of others through their volunteerism and kindness, nominate them today.

Area E is full of amazing volunteers, and it is such an honour for me to present the Area E Volunteer of the Year award annually. Nomination forms are now available and can be filled out online here: <https://engage.rdek.bc.ca/volunteer>. Anyone without access to a computer, or who prefers a hard copy, can request a form from the RDEK.

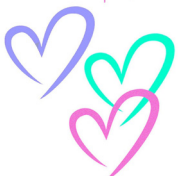
Nominees must be a resident of Electoral Area E and make voluntary contributions to the spirit, culture, or people of the community.

Whether it's shovelling snow for a neighbour in need, flipping pancakes at a community breakfast, participating in events that improve the safety in our community or donating years to a community group or organization, there are so many incredible volunteers who make a lasting impact in our community. On the website (linked above), you can see a full list of past Area E Volunteers of the Year, but recipients for the past few years include: Kathy McCauley & Mike Gall, Stan Yawney, Sharon Prinz, Larry Gould, Wendy Davis, Pat Walkley, Naomi Miller, Karen Markus & Jim Hill, JC McPhee, and Barry & Greta Garland.

The nomination process is simple, although we do encourage you to provide as much detail as possible about the nominee's contributions. The deadline for nominations is **4:30pm on February 7, 2024.**

For more information, you can contact Loree Duczek at the RDEK's Cranbrook office or [lduczek@rdek.bc.ca](mailto:lduczek@rdek.bc.ca).

Volunteering is  
a work of heart



# LANTZ FARMS



## SOLD OUT OF HAY

Thank you for another great season!  
[www.lantz farms.ca](http://www.lantz farms.ca) | @lantz farms



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250.422.3414  
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Cell 250.342.7656





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### Advertising Rates Per Issue

1 column width .....\$16  
or \$80 / 5 issues  
\$144 / 10 issues

(1 column width = 2.5")

business card .....\$8

2 column width .....\$26

3 column width .....\$37

Full page.....\$49.50

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

250.417.1570 or email

trivillagebuzz@gmail.com

Tri-Village Buzz Newsletter

Box 169 Wasa, BC V0B 2K0



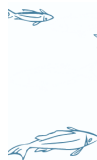
## Bookkeeping

Quickbooks software

Lori Vandette

250.417.1570

lorivandette@hotmail.com



## 4TH ANNUAL CHARITY ICE FISHING DERBY

**Saturday, Feb 24/24**

**06.00 AM - 04.00 PM**

**PRIZES FOR 1ST, 2ND, 3RD PLACE  
IN MENS, WOMENS, CHILDRENS  
1ST FOR BEST OVERALL  
1ST FOR COMBINED WEIGHT FOR  
COUPLES**

**\$15/ADULT**

**\$5/UNDER 12**

**100 KM RADIUS OF  
WASA LAKE**

**\*\*must be present to  
win prizes\*\***



**HALF PROCEEDS TO SUPPORT  
OLIVIA POTORTI**

**Registration:**

**BY TELEPHONE:**

**780-668-5977**

**IN PERSON: WASA GAS  
STATION FROM 6 AM- 9  
AM ON FEB 24/24**

**WEIGH IN NO LATER  
THAN 4 PM AT THE  
WASA LIONS GROUNDS**

**CHARITY BBQ  
AT WEIGH IN**



## healthwithin

**Health Within Family Chiropractic**

**Dr. Elizabeth K. Jacob D.C.**

**www.healthwithin.net**

**Now offering chiropractic care in Wasa,  
at the Community Hall.**

**Appointment scheduling:**

**[hwfamilychiro.janeapp.com](http://hwfamilychiro.janeapp.com)**

**Or call 250.427.6315**

**Direct billing offered for most insurance companies.**

**Accepting new patients**

# February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2  Groundhog Day	3
4 Church 10:30 am	5	6  Wasa Lion's Mtg 7 pm	7  WLLID Board mtg 7 pm	8	9 	10  NATIONAL UMBRELLA DAY
11 Church 10:30 am	12	13	14  Happy Valentine's Day	15  Coffee Social! 1-3 pm	16 	17
18 Church 10:30 am	19  HAPPY FAMILY DAY	20  Wasa Lion's Mtg 7 pm	21	22	23  Happy National Tootsie Roll® Day	24 
25 Church 10:30 am	26	27	28	29  National Time Refund Day		

## LEGEND

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



**SPECIAL  
EVENTS**

*and Days Down the Road*

- TOPS every Friday morning at the Wasa Hall. Weigh in at 9 - 9:30 AM - mtg 9:30 to 10:30
- Pickleball - every Monday & Wednesday 9 - 12, in the Community Hall
- WLLID board mtg Feb. 7th

**THANK  
YOU**

Thank you to the Local Businesses and Community for their support of our successful Lions Christmas Event & Raffle. We couldn't do it without you!



 **Happy Valentine's Day**

## NUMBERS AT A GLANCE

Ashram Meditation & Yoga.....250.422.9327  
BC Wildfire..... \*5555.....or .....1.800.663.5555  
Catamount Contracting.....250.422.3694  
Conservation - Emergency.....1.877.952.7277  
Cranbrook/Kimberley Hospice.....250.417.2024  
Econobuilt.....250.421.7813  
**EMERGENCY.....1.800.663.5555 (\*5555)**  
Hi Heat Insulating.....250.422.3457  
HD Railings.....250.422.3457  
Kootenay Kwik Print.....250.489.4213  
Kootenay Monument Installations.....422.3414  
Lantz Farm (Hay).....250.420.1660  
Rascal Dock Systems.....250.421.1746  
TOPS.....250.919.3675  
Wasa Country Pub & Grill .....250.422.3381  
Wasa Hall.....250.422.3514.....422.3795  
Wasa Hardware & Building Ctr.....250.422.3123  
Wasa Lake Gas & Food.....250.422.9271  
Wasa Lions Med Eqp...250.417-7654.....793.9491  
Wasa Lions Trail Donations.....250.417-7654  
Wasa Memorial Garden (Pat Walkey).....422.3530  
Wasa Post Office.....250.422.3122

