



FREE MONTHLY PUBLICATION

# TRI-VILLAGE BUZZ

March 2025 ISSUE 279

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

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Have you ever heard of the saying, "March comes in like a Lion and goes out like a Lamb"?

While the saying most likely started as a reference to astronomy, referencing the position of the constellations Leo (a lion) and Aries (a ram, or lamb) in the night sky - it quickly evolved into a

succinct summation of March's changing weather as the seasons change from winter to spring in the Northern Hemisphere.

This well-known proverb means that March is a month in which you can experience a Lion's fierce roar of frigid cold, the long white teeth of biting winds that can cut through flesh; and the gentle softness, the warmth of fluffy white fleece, and the innocent kiss of sunshine like a docile newborn lamb.

It turns out proverbs like this one hold a lot of weight, and are many times accurate. Here is why.

The proverb has stood the test of time. Like many proverbs for the month of March, it can be traced back to Thomas Fuller's 1732 compendium, "Gnomologia; Adagies and Proverbs; Wise Sentences and Witty Sayings, Ancient and Modern, Foreign and British."

Fuller compiled numerous proverbs and studied weather lore across many countries through the late 1600s and early 1700s.

In the beginning, it might not have had anything to do with weather. This proverb may have evolved into the weather saying we have today by first relating to the heavenly stars above. It is believed that this saying has more to do with the month beginning with the constellation Leo. Leo (the lion) rises in the east to start March and ends the month with the constellation Aries (the ram, or lamb) setting in the west.

It is believed that this saying was adapted to include the weather, with its wild swings we generally expect for this transitional month.

In Scotland they say, "March comes in with adders' heads and goes out with peacocks' tails." An Adder is Scotland's sole venomous snake. A timid creature and unlikely to bite unless threatened. Again, showing a feared image of winter, with the beauty and splendor the weather at the end of March can bring.

In the Netherlands, they say: "Maart roert zijn staart," which means "March stirs its tail" - evidence of the variety and extremes that can come day to day this time of year. All the same for the roller coaster of wacky weather we call March.



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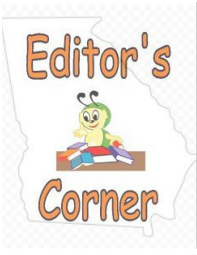
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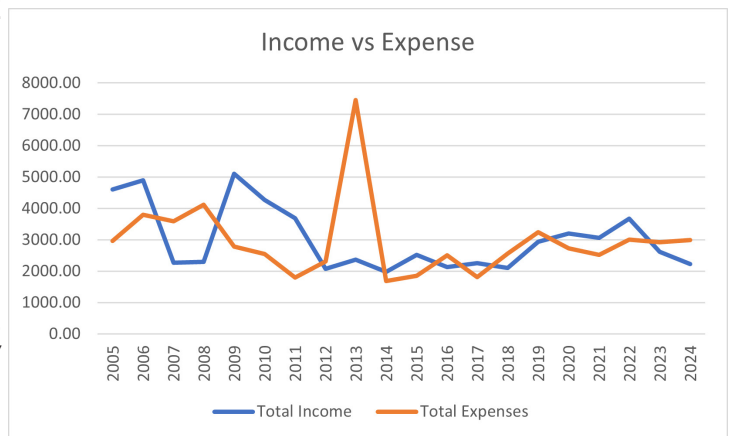
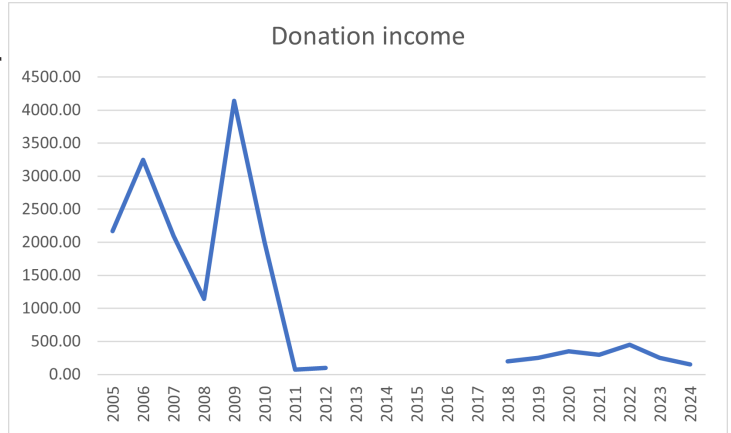
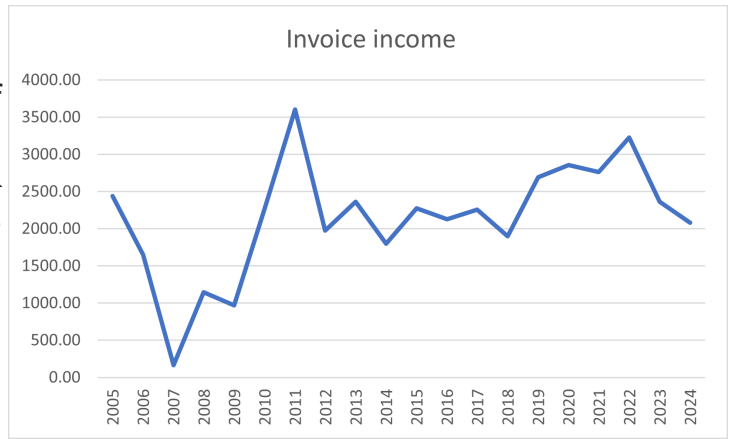
## Future of the Tri-Village Buzz – at Risk?

Due to the rising costs of printing and postage – and the decline in advertisers & reader donations – the Buzz closed the year in the red.

Over \$900 in the red. For the first time in years. The only reason this issue is going out is because of a positive balance carried forward. But this will not last. So we have to face some hard decisions. We do have options and I am very open to suggestions from the community. Or 2025 will be the swan song of our Community Newsletter.

1. The obvious is increased advertisers. But no business can justify spending on advertising if it doesn't garner any extra business – so there's that.
2. Reduce the printed copies and eliminate the mail outs to TaTa Creek. I will implement this immediately.
3. Beg for donations. When the Buzz was first created it survived on a generous one-time grant from Columbia Basin Trust and donations from individuals. The grant money has long since been allocated and donations have dwindled to near zero over the years.
4. Eliminate contests that require a monetary pay out. At this time there is only the "Where Do You Take Your Buzz" which offers a \$50 GC once a year.

What are your suggestions? An ongoing solution must be found asap, or the June 2025 issue will be the final issue of the Tri-Village Buzz.



*For anyone requiring more detail, please contact me. Everything has been tracked on a spreadsheet since 2005.*

### 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. 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."*



February 2nd marked World Wetlands Day, a day to reflect on the beauty and importance of wetlands worldwide—and the growing threats they face. In Canada, up to 70% of wetlands in settled areas have been destroyed or degraded. These fragile ecosystems are nature's superheroes, protecting us from floods and droughts, supporting wildlife, and giving us spaces to play, learn, and explore.

nature's superheroes, protecting us from floods and droughts, supporting wildlife, and giving us spaces to play, learn, and explore.

### ***How You Can Help***

The fight against invasive species doesn't end with surveys. You can play a role in protecting wetlands:

1. Don't Let It Loose: Never release Bullfrogs, Goldfish, or other pets into the wild.
2. Report Sightings: Have you seen or heard a Bullfrog? Report it!
3. Support Native Habitats: Create a welcoming environment for native frogs in your backyard by providing water, shelter, and insects.
4. Spread Awareness: Share the importance of wetlands and the threats they face with friends and family.

### ***Invasive Species of the Month: Yellow Perch***

Yellow perch (American perch, Striped perch) are a fish that have been intentionally released in British Columbia as stock fish and from aquariums and private ponds, and accidentally spread by boats and in bait buckets. They are native and widespread East of the Rocky Mountains, from Alberta to Nova Scotia and North to the Northwest Territories.

Yellow perch are predators of other fish species, insects, and tadpoles. They reproduce quickly and may overwhelm and out compete native predatory fish for food and habitat. They've been shown to impact salmon growth and survival, as well as carriers of parasites. Yellow perch are designated as a Regional Containment/Control species by the BC Provincial Priority Invasive Species List.

#### ***How to Identify:***

Yellow perch are a laterally compressed, oval-shaped fish that typically measure between 10 and 25 cm in length. They can be recognized by the following features:

*Coloration:* Bright green to olive back, yellow-green sides, and a white belly.

*Distinctive Stripes:* Approximately seven dark green-brown vertical bands along their sides.

*Body Shape:* A small hump just behind the head and a forked tail.

*Fins:* two dorsal (back) fins—the one closest to the head is taller and longer, yellow-green dorsal and caudal (tail) fins and yellow-red pelvic fins.



#### ***Impacts:***

Yellow perch can significantly disrupt lake ecosystems due to their predatory nature and rapid reproduction. Their presence may lead to:

*Declining Biodiversity:* They heavily prey on young fish and insects, reducing native populations.

*Competition for Resources:* Yellow perch compete with native fish, including trout and salmon, for food and habitat.

*Threats to Salmonid Species:* They can directly prey on trout and salmon fry, negatively affecting salmon growth and survival, particularly in small BC lakes.

*Disease Transmission:* Yellow perch are known carriers of parasites that can harm other fish species.

#### ***Management Strategies:***

To prevent the spread of yellow perch and protect native ecosystems, follow these guidelines:

Never transfer or release yellow perch into B.C. waters.

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
- **Gym:**  
Sonia Blackwell 250.421.3019  
or Rod 250.422.3253
- **TOPS:**  
Nicky Popowich 250.422.9248
- **Quilter's Club:**  
Gayle Andrews  
250-422-3095



Thank you to the Wasa Lions Club for their generous donation to the operating costs of the Tri-Village Buzz. So very much appreciated!!

**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

**GYM HOURS AND INFO**



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.

Join us

# JUNE 15, 2025



## WASA LAKE Triathlon



**Join us at the beautiful Wasa Lake Provincial Park near Cranbrook, BC, at the base of the Rocky Mountains. The event has been operating for over 30 years, with a variety of events for ALL ages and abilities.**

- Super Sprint (Try-a-Tri)
- Sprint Triathlon
- Standard Triathlon
- Youth 14-15 race Super Sprint
- Aquabike (standard distance)
- Standard Relay Teams
- TriKids 4-13



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rmevents.com



### ***Interrupt the Downward Spiral***

Anxiety is an out of control thought pattern. It settles over the mind like a severe weather system, spewing thunderclouds and casting lightning bolts. Life feels like an airplane in a tailspin. It feeds on what-ifs and worst-case scenarios.

*The economy is sliding into a bear market. I'll lose my health. I'll lose my job. I'll lose it all. How will I survive on unemployment?*

Down. Down. Down. Don't give in to this thought pattern. It's a sinkhole. Don't catastrophize your way into quicksand. Take a deep breath and then...

- 1. Pray about it.** At the first hint of an anxious thought, Take the thought captive. Don't tolerate the devil, not even for a second. Lasso the anxious thought with a word of prayer. *Lord, there is an intruder at the door! Please take over!*
- 2. Identify the culprit.** Generalities are not permitted. None of this: "I'm worried." Get specific: *Lord, I'm worried about the layoffs at work.* Now, that's better. But even more detailed: *I'm worried that I will lose my job. Will I be able to find more work? Will we have to move?* Specificity disarms anxiety.
- 3. Take a reality check.** Is this a legitimate concern? Or is this a vague, ill-defined, rumor-fed possibility? *They say layoffs are inevitable. Who are they?*
- 4. Take an action step.** Assuming the concern is legitimate, what can you do? Make a list of two or three steps you can Resist the urge to try to solve everything immediately.
- 5. Ask:** "Can God solve this?" Is this challenge within his skill set? Is he overwhelmed by this setback? Are the angels pounding on the door of heaven trying to convince him to come out of hiding? Is he resisting?

*I can't handle this challenge It is too great. I don't know what to do! I'm stumped, stuck, and stalled out.*

No...I don't think so either. God is never baffled or belittled. Take the problem to him.

Reflect on this verse: "No weapon formed against you shall prosper, and every tongue which rises against you in judgment, You shall condemn. This is the heritage of the servants of the Lord, and their righteousness is from Me, says the Lord" (Isaiah 54:17).

And, pray it through:

*Lord,*

*Thank you that "before a word is on my tongue you, Lord, know it completely" (Psalm 139:4). Thank you that there are no surprises with you. Help me find deep comfort in the fact that you are unshockable and nothing is too great, too terrible, too large, or too heavy for you. Help me see the problems that I face today in light of how big you are. Amen.*

<https://maxlucado.com/interrupt-the-downward-spiral/>

#### **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. If there is room, others can ride this bus. phone 250.427.7400 to book your ride.

#### **Wasa Lions Grounds Rentals**

**Contact Person: Linda Gold @ 250 421-6302**

#### **BOTTLE & CAN RECYCLING**

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

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Get your submissions in for your chance to win a \$50 gift certificate to one of our amazing Tri-Village Buzz advertisers!  
**Where do you take your Buzz?**

Take a photo of you with the Buzz and email your travel stories to me. Your picture will be featured in the current issue of the Buzz "2025 Where Do You Take Your Buzz contest"

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

### AN OPPORTUNITY TO SERVE YOUR COMMUNITY

Wasa Lions is a fun way to give back to your community.

#### It's About Fundraising

- Annual Christmas Dinner/Dance/Raffle
- Yard Sale/ Pancake Breakfasts
- Bottle Recycling
- 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



Wasa & District Lions Club  
Recycling program  
250 417-7654

### HELP STARTS HERE ...



**VICTIM SERVICES**  
250-427-5621  
Call Anytime 24/7

### WASA LIONS VALENTINE RAFFLE WINNERS:

- 1st place \$1000 - Darren Krell
- 2nd place \$250 - Darren Krell
- 3rd place \$100 - Diane Flanders

# Wasa and District Historical Assoc. & Memorial Garden Group

submitted by - Kate Kelly

As winter slowly melts away, the anticipation of spring fills our hearts with warmth and hope. We await the first signs of new life — the buds on the trees and the softening of the days. The season of renewal holds the promise of brighter days ahead and the thought of the sun shining a little longer, flowers beginning to bloom and the gentle spring breeze replacing the winter chill fills us with a sense of possibility and joy.

Please watch for information on the Wasa Community Facebook pages regarding our “spring clean” of the Memorial Garden. New volunteers always welcome and encourage for this and our weekly summertime maintenance. If you enjoy gardening & have been looking for a way to connect with neighbors in the community volunteering in the Memorial Garden is a great place to start! If you’re interested in volunteering for the spring & summer seasons, please contact Sherry Shields via email at: slshields27@gmail.com



### 2024 Columbarium Niche & Plaque Costs

#### UNIT 1 Columbarium

Upper levels - \$1,000 + engraving  
Bottom Row - \$900 + engraving

#### UNIT 2 Columbarium (new)

Niche cost - \$1,100 + engraving

Niche Engraving - \$290

Memorial Plaque - \$350

(Engraving costs are subject to change)

#### Contact info:

Pat Walkey @ 250.422.3530 or  
pwalkey@shaw.ca

We continue to look for new members. Did you know that it’s only \$5/per person for a lifetime membership? Having a large ‘membership’ helps us apply for government grant monies which keep our garden looking great. We kindly ask that Wasa residents (both recreational & permanent) to consider a \$5/per person lifetime membership. Please contact Judy Reimer at mjreimer@shaw.ca or by phone 250-422-3343 to join. Thank you for your consideration!

**KOOTENAY RIPPLES**

**HISTORICAL BOOKS**

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*Though snow-flakes might linger, March whispers, 'Don't despair, I hold the seeds of rebirth, a sun-kissed world to share.'*



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Trinda 250 793-9491

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



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or Northern Lights:

250.877.1181

or Kim Balcom: 250.602.9693



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The Wasa Recreation Society library has many books we are prepared to lend out 10 at a time to Tri Village residents. Send us a message and we'll arrange a time for you to come around.

[missmitsu@gmail.com](mailto:missmitsu@gmail.com)



**The Lions Den  
Lions Roar**

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

submitted by Terry Marvel

Hopefully spring will have peeked its head out by the time of this printing. It's been a trying February with the cold temperatures and the lasting snow.

The Lion's have gained two more new members, Diane and Ken Flanders who moved back to the area from Pontix Saskatchewan. We are looking forward to a productive year of projects getting done. Our grant for Firesmarting two of our buildings is going well. The Lion's have to come up with 25% of the total grant amount, which we are very close to.

The Tri Village Buzz is in need of operating funds. The Lion Club has decided to donate \$200 for now and see how it goes. We need this newsletter for the community to keep in touch with each other and for the interesting articles it contains.

The Annual Garage Sale is scheduled for June 28th. Any gently used items that you don't have any use for anymore are greatly appreciated and can be dropped off at Lion Sharon's or the Lion's grounds. Space is available to vendors as well. Contact Sharon for details.

Our executive is seeking persons to fill the positions of President, Vice-President, and two Directors. The election will be at the April general meeting.

In conclusion, let's welcome spring and get those bedding plants started. Think positively! And remember, the recycle program we do is always happy to take your cans and bottles for our Scholarship program and to help with the general maintenance of the Lions Grounds.

To quote George Carlin:

"I am" is reportedly the shortest sentence in the English language. Could it be true that "I do" is the longest sentence?

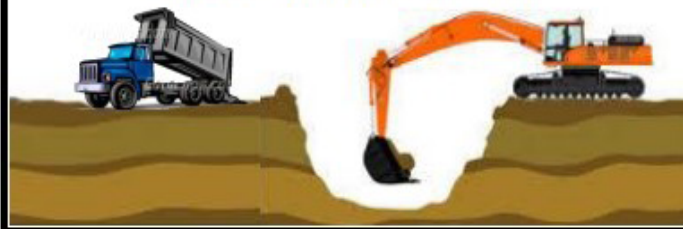
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## Tribute

NAOMI JOAN MILLER

February 22, 1927 – February 15, 2025

After a long and active life, Naomi Miller passed away one week short of her 98th birthday on February 15, 2025. She is survived by her 6 children (Verle, Heather, Barbara, Joy, Murray, and Ruth), 12 grandchildren, and 6 great-grandchildren. Her husband, Peter Miller, passed away in 2009.

She was born Naomi Allsebrook, daughter of Alan and Lucy Allsebrook. She grew up on the shores of Kootenay Lake near Kaslo, BC. Living out of town in Shubby Bench and doing some of her high school studies by correspondence, she developed independence and strength. She

studied nursing at Vancouver General Hospital and UBC. She worked in tuberculosis care in Vancouver before marrying Peter Miller and starting her family.

Naomi and Peter lived in Alberta, Saskatchewan and Ontario while Peter was an engineer. They returned to BC where Peter earned his teaching degree, and he spent the rest of his career as a high school teacher in British Columbia. They lived in Salmo, Riondel, and Terrace before moving to Golden where they spent the last 15 years before Peter's retirement. After retirement they became long-term residents of Wasa where Naomi was a valued member of the community. When the drive into Cranbrook for shopping and appointments became difficult, she moved into town. Her last home in Cranbrook was in the Kootenay Street Village Retirement Community in Cranbrook. In January 2025 she needed long term care and was moved to Crest View Care Village in Creston, BC, and she passed away here.

Naomi was a Kootenay Historian. Active as a storyteller in costume at Fort Steele, she researched the history and authored the book, 'Fort Steele: Gold Rush to Boom Town' and she co-edited the book, 'The Forgotten Side of the Border' with Wayne Norton. She was active with the BC Historical Federation as Vice-President, President, and Editor of the 'British Columbia Historical News'. She wrote articles for the BC History of Nursing Newsletter, and was the author of 'History Bytes' for the Tri-Village Buzz.

Naomi was active in the Girl Guides for much of her life. She was a Guide as a girl, and became a leader, then a trainer, and in her retirement she was active with the Trefoil Guild.

Naomi received many awards during her lifetime. She was awarded Honorary Lifetime memberships by Girl Guides of Canada, the BC Historical Federation, BC History of Nursing Society, and the Friends of Fort Steele Society. Some of her other awards included the BC Heritage Award, an Award of Merit from the BC Museums Association for her and Peter's role in developing the Golden Museum, and a UBC Nursing Award of Distinction. She was recognized as an East Kootenay Volunteer of the Year for her service and commitment to the community.

Naomi loved the outdoors, continuing to cycle and swim and cross-country ski into her 90s. She made many friends along the way, and will be missed by the community.

For more information about Naomi's history view the article, 'History's Historian: The Story of Naomi Miller' by Nowell Berg : <https://www.e-know.ca/regions/east-kootenay/historys-historian-story-naomi-miller/>

[https://www.markmemorial.com/obituary/naomi-miller/?fbclid=IwY2xjawIiMdBleHRuA2F1bQixMQABHbg1FGWJUlp\\_3fsIEw02XuSZ-pWhzk\\_jUo\\_HevuqnqHEMMe7l1dBHdghQw\\_aem\\_E6W5AsUAW9gd3GddexfeNg](https://www.markmemorial.com/obituary/naomi-miller/?fbclid=IwY2xjawIiMdBleHRuA2F1bQixMQABHbg1FGWJUlp_3fsIEw02XuSZ-pWhzk_jUo_HevuqnqHEMMe7l1dBHdghQw_aem_E6W5AsUAW9gd3GddexfeNg)



# HISTORY BYTES

BY NAOMI MILLER

Naomi wrote articles for the Buzz for over 7 years, rarely missing a publication. She wrote about historical people and events from all over the Kootenays. Some of these articles can be found on-line where each month's edition can be found since 2011. Check out [wasalake.com](http://wasalake.com)



Some of the more notable articles Naomi wrote can be found in the following editions:

- May 2011; Letters from the Front: letters written from the front in 1917
- June 2011; Up Wolf Creek Road: some background on the Nature Conservancy
- September 2011; The Perry Creek Steam Shovel: and the link to Fort Steele
- April 2012; The Cameron's Arrival: Bertha Cameron's story can be found in the Kootenay Ripples
- June 2012; Place Names: the origins of familiar places
- July 2012; Settlers and Their Water Supply
- May 2013; the Pilot Point Story
- September 2013; Humphreys Ranch on Wolf Creek
- June 2014; Sheriff Stephen Redgrave: sheriff of the Kootenay for 20 years
- February 2015; Prohibition in Our Corner of the World
- March 2015; Albert Homes
- April 2015; A Pioneer Pharmacist
- May 2015; A Fruit Growers Cooperative
- October 2015; Place Names in BC: expanding on the 2012 article
- October 2016; Swiss Guides and the CPR



Naomi Miller was officially recognized as the 2017 Electoral Area E Volunteer of the Year at a Town Hall Meeting in Wasa, BC

- April 2017; Study the Past – Planning for a Final Resting Place
- June 2017; The Sleeping Nun and the Lady's Leg

August 2017; Nowell Berg wrote up a wonderful article for the Tri-Village Buzz on Naomi's life.

Her final article for the Buzz was a tribute to Terry Fox:

- April 2018; Rick Hansen – 30 Years After Man in Motion Tour

## TIMELESS TIPS FOR GROWING TOMATOES - truth or fiction?

- Basil is said to improve the flavour and vigor of tomatoes and to deter insects such as whiteflies; plant close by.
- Lay red plastic mulch around tomato plants to hold in the soil's heat and increase productivity.
- Pinching off the suckers from tomato plants will delay the first yield and result in slightly fewer fruit. However, the size of the tomatoes will be larger and the overall weight of fruit per plant will be greater.
- For delicious tomatoes, pour a cup of beer around the roots after the plant blossoms. Repeat once a week until fruit are ripe.
- For better flavour, withhold water from tomatoes for 3 days before harvesting.

-Almanac editors

*I have always planted basil around my garden; the fact that it is a beneficial companion plant has been proven from numerous sources. As for red plastic mulch - I prefer organic products in my yard/garden. Plastic is not organic; but the red bark mulch may be an option. I do pinch suckers off, but with over a hundred varieties planted each year, it is hard to keep up, lol. Pouring beer? I would go broke buying enough to do this! But if someone does do this, please let me know how it turns out!*

*Happy gardening everyone! Peppers are started for this season and tomatoes will be shortly. Looking forward to 'playing in the dirt' soon.*

At the end of the 18th century, tomatoes were believed to be poisonous, as noblemen were poisoned and died after eating them. The real reason was that they ate from tin plates, which have a high lead content, and since the tomato has a high acidity, it absorbed the lead, giving people lead poisoning.

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## RDEK SEEKING INPUT ON FIVE-YEAR FINANCIAL PLAN

The RDEK Board of Directors has completed its first review of the draft 2025-2029 Financial Plan, which is now open for public review and comment.

The budget process takes about six months from the beginning stages to the Board receiving the Draft Plan. Receiving public input on the Draft Plan is an important step in the process.

The Financial Plan lays out how tax dollars are being spent on the more than 100 services offered in the RDEK. The Plan includes \$11,972,782 in capital projects for 2025 for projects such as the final completion of the Cold Spring Creek Debris Flow Mitigation Project, Fernie Pathway, Jaffray Trail, Edgewater Connectivity Project, Fire Engine Replacements in Panorama, Hosmer and Baynes Lake, Wycliffe Park Campground, Hosmer Fire Hall, and Elko Fire Hall Expansion.

The draft 2025 operating budget for shared services is \$29,505,225 and proposes an increase of \$41 over last year on the average residential property in Electoral Area E valued at \$596,000. In the RDEK model, municipalities and electoral areas are all affected differently depending which RDEK services they receive and RDEK taxes are captured only on the RDEK line items on tax notices, not the overall tax bill. Some other budget highlights for Area E include:

- \$20 parcel tax decrease (\$20,000) for Wasa/Ta Ta Creek, Skookumchuk Mosquito Control due to a decrease in mosquito activity in 2024.
- \$7.50 parcel tax increase (\$315) for Lazy Lake Water Level Control. Carry forward of \$3,011 deficit resulting from time dedicated to initial phases of elector assent process in 2024 that did not receive community support.
- Tax increase of \$8 per parcel for Wasa Recreation Contribution Service, bringing parcel tax to \$40. Grants to recipient Wasa organizations increasing 2% in each year of the financial plan including \$20,808 in 2025. Additional grant payment of \$10,000 in each year 2025 and 2026 to assist with Wasa Community Hall FireSmart Project (80% funding from Columbia Basin Trust).
- No change to taxation for Area E Parks. Staff is working with Greenways, funded by a CBT grant, for the planning and cost estimation for repaving of the 6.5km loop trail in Wasa.

Copies of the full draft Five-Year Financial Plan, a budget “snapshot” that provides a condensed overview, and the online comment form are available on [engage.rdek.bc.ca/budget](https://engage.rdek.bc.ca/budget) and by request through the RDEK’s Cranbrook and Columbia Valley offices. The public comment period will be open **Wednesday, February 19 until Noon on Monday, March 10, 2025.**

The 5-Year Financial Plan will be reviewed by the RDEK Board at the Committee Meetings on March 13 and is expected to be adopted at the March 14 Board Meeting.

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## **Weight Loss: by Mayo Clinic staff**

submitted by - Sonia Blackwell

Hundreds of fad diets, weight loss programs and outright scams promise quick and easy weight loss. But the best way to lose weight and keep it off is to make lasting lifestyle changes. These healthy changes include eating a balanced diet and moving

more each day.

Here are the first three of six tips to start your weight loss journey.

### **Make sure you're ready**

Long-term weight loss takes time and effort. So be sure that you're ready to eat healthy foods and become more active. Ask yourself the following questions:

- Do I have a strong desire to change habits to help me lose weight?
- Am I too distracted by other pressures?
- Do I use food to cope with stress?
- Am I ready to learn new ways to cope with stress?
- Do I need other support – either from friends or healthcare professionals – to manage stress?
- Am I willing to change my eating habits?
- Am I willing to change my physical activity and exercise habits?
- Can I spend the time it takes to make these changes?

Talk with your healthcare professional if you need help taking charge of stress. Lowering stress can help you make long-term healthy lifestyle changes.

### **Find your inner drive**

No one else can make you lose weight. You need to make diet and physical activity changes to help yourself. What will give you the burning desire to stick to your weight-loss plan?

Make a list of reasons why weight loss is important to you. The list can help you stay inspired and focused. Maybe you want to boost your health or get in shape for a vacation. Think of your goals on days when you don't feel like eating healthy foods or moving more. Find other ways to stay on track too. For instance, you could post an uplifting note to yourself on the refrigerator or the pantry door.

It's up to you to make the changes that lead to long-term weight loss. But it helps to have support from others. Pick people who will inspire you. They should never shame you or get in the way of your progress. It's best to find people who will:

- Listen to your concerns and feelings.
- Share your goal to lead a healthy lifestyle.
- Do active hobbies with you or help you make healthy menus.

Your support group can help you stick to your healthy changes.

If you prefer to keep your weight-loss efforts private, take some steps to stay on course. Track your diet and exercise in a journal or an app. Also track your weight. Review your progress and make changes as needed.

### **Set goals you can reach**

Aim to lose 1 to 2 pounds (0.5 to 1 kilogram) a week over the long term. To do that, you'll need to burn about 500 to 750 calories more than you take in each day.

Losing 5% of your current weight may be a good goal to start with. If you weigh 180 pounds (82 kilograms), that's 9 pounds (4 kilograms). Even this amount of weight loss can lower your risk of some long-term health conditions. Those conditions include heart disease and type 2 diabetes.

It can help to set two types of goals. The first type is called an action goal. You can list a healthy action that you'll use to lose weight. For instance, "Walk every day for 30 minutes" is an action goal. The second type is called an outcome goal. You can list a healthy outcome that you aim to have. "Lose 10 pounds (4.5 kilograms)" is an example of an outcome goal. An outcome goal is what you want to achieve. But it doesn't tell you how to get there. An action goal does. You set action goals so that you can make healthy changes.

## Hitting the Back Country - What are the Consequences?

In British Columbia, motorized trail users, like snowmobilers and ATV riders, can significantly impact the environment by causing soil erosion, disturbing wildlife habitats, damaging vegetation, compacting sensitive terrain, contributing to noise pollution, and potentially introducing invasive species through their vehicles and tracks, particularly in areas with fragile ecosystems like high-elevation alpine regions.

### Key impacts of motorized trail users on the environment in BC:

**Habitat disruption:** Noise from motorized vehicles can disturb wildlife, causing them to flee or alter their behavior, especially sensitive species like mountain caribou.

**Soil erosion:** The repeated passage of motorized vehicles can erode soil on trails, leading to increased sediment runoff into waterways.

**Vegetation damage:** Tire tracks can damage vegetation along trails, impacting plant growth and biodiversity.

**Trail widening:** Frequent use by motorized vehicles can widen trails, leading to further disruption of the natural landscape.

**Water quality impacts:** Sediment from eroded trails can pollute water sources, affecting aquatic ecosystems.

**Invasive species introduction:** Motorized vehicles can inadvertently transport invasive plant seeds on their tires, allowing them to establish in new areas.

**Noise pollution:** The noise generated by motorized vehicles can disturb other recreational users and wildlife in the area.

### Solutions?

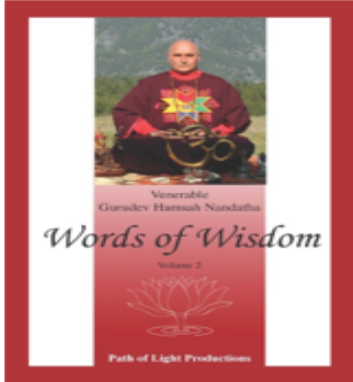
- Properly designed and maintained trails can minimize environmental impacts. Implementing designated motorized trail areas and limiting access to sensitive ecosystems.
- Avoid wet or snowy conditions that can exacerbate soil erosion caused by motorized vehicles. Regular monitoring and maintenance of trails to address erosion and vegetation damage.
- Following designated trails and adhering to responsible riding practices can significantly reduce environmental impacts. Educating motorized trail users about best practices to minimize their environmental impact. Working with user groups, land managers, and conservation organizations to develop sustainable trail management strategies.

I love getting out into the bush, enjoying the silence of nature, exploring areas I have not been before. I understand others' need for the same. But we all need to remember this is not our backyard - it is the home of indigenous and often endangered wildlife, native flora, bird species not seen in towns and cities. Show some respect for the areas you like to visit. As humans we like to think its all about us - but it is not. Enjoy the beautiful area we live in and/or visit; with respect and consideration. Or we won't have these areas to visit for long.

Know the rules and abide by them; report destruction and improper use of an area; accept our responsibility to keep it wild and free and untouched as much as possible.

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## How Sincere are You?

Sincerity is much more than just a moral quality. It is a lever for inner transformation and a path to a more fulfilling life. Whether toward oneself or others, sincerity is a key to liberation, enabling us to shed the masks imposed by social pressures and self-delusions. But we still need to understand what it means and learn to detect the subtle forms of insincerity that prevent us from being fully happy.

Being true to yourself is a courageous step. It means facing up to our thoughts, emotions, shortcomings and aspirations, without trying to embellish or minimize them. All too often, we hide behind justifications or mistaken beliefs to avoid acknowledging what bothers us about ourselves. Yet it is by accepting our inner reality, even when it's uncomfortable, that we can initiate real change.

Inner sincerity allows us to become aware of our blockages, our true desires, and our deepest aspirations. It's liberating because it puts an end to the inner conflict between who we really are and who we pretend to be. When we stop lying to ourselves, we stop carrying an invisible burden that exhausts us emotionally and prevents us from evolving.

Sincerity toward others is just as essential to harmonious, authentic relationships. This doesn't mean saying everything we think without a filter but, rather, expressing our thoughts and feelings in a respectful and constructive way. Sincerity creates a climate of trust, strengthens bonds and

avoids the misunderstandings that often arise from unspoken words or lies.

However, being sincere with others requires courage, as it exposes our vulnerability. Sometimes we have to accept disappointment or confrontation in order to remain true to ourselves. But this authenticity is always more beneficial in the long term than a relationship based on pretense.

### ***How can we detect insincerity in ourselves and in others?***

Insincerity is often subtle. It can manifest itself in the form of small justifications, repeated excuses or speeches that are not aligned with actions. To detect insincerity in yourself, it's helpful to pay attention to signs of inner discomfort: a feeling of conflict, unexplained tension, or a sense of "playing a role" are all signals that something isn't aligned with your truth.

In others, insincerity can be spotted through inconsistencies between words and deeds, a lack of spontaneity or constant hesitation in speech. However, it's important not to judge too quickly, and to give the other person the chance to express themselves fully, so as to understand their true intentions.

### ***From insincerity to sincerity:***

This is first and foremost a process of transformation, because becoming sincere doesn't happen overnight. It requires vigilance, introspection and, above all, kindness toward yourself. Here are a few steps to get you started:

- 1. Recognize your own areas of insincerity:** Make an honest assessment of your thoughts and behaviors.
- 2. Accept imperfections:** Sincerity doesn't imply perfection, but acceptance of who you are.
- 3. Express your truths with kindness:** Whether toward yourself or others, sincerity must always be accompanied by respect.
- 4. Be consistent between your words and actions:** It's by aligning what you say and what you do that you become fully authentic.

### ***Liberation through sincerity:***

Sincerity is an act of courage, but in return it offers profound freedom. By being sincere with ourselves, we free ourselves from the weight of illusions and inner conflicts. Being sincere with others creates relationships based on trust and transparency. This authenticity, far from being a weakness, is a strength that enables you to live in accordance with your values and find true fulfillment.

So, how sincere are you? Take the time to question yourself, as this could be the key to your happiness.

Warmly yours, with Love and Blessings

OM OM OM

H.H. Gurudev Hamsah Nandatha





## TRI-VILLAGE BUZZ NEWS TEAM

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Recent reports of Whirling Disease in fish from Kootenay Lake are raising alarms for water users across the region. This disease, caused by the parasite *Myxobolus cerebralis*, attacks juvenile fish like trout and salmon, damaging their brain and spinal cord. It leads to erratic swimming, deformities, and often devastating mortality rates in fish populations.

While the disease poses no risk to humans or pets, it spreads easily through spores carried in water, mud, fish (alive or dead), and even plant material. This means every boat, paddle, fishing rod, or muddy boot has the potential to introduce whirling disease to new areas if not properly cleaned.

Prevention is Key! Because there's no treatment for whirling disease, prevention is the only defense. EKISC urges everyone to follow these simple but crucial steps:

#### Clean, Drain, Dry:

- Clean all mud, sand, and plant material from boats, gear, and equipment.
- Drain water from all compartments, including bilges, live wells, and coolers.
- Dry everything thoroughly, ideally for at least 24 hours before moving to another waterbody.

Handle Fish Properly: Never move fish or fish parts between waterbodies. Dispose of fish waste in the garbage or at designated fish-cleaning stations.

Winter Reminder: Even during ice fishing season, Clean, Drain, Dry is essential! Ice fishing gear, sleds, and augers can carry invasive species like Whirling Disease spores in mud or plant material stuck to equipment.

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Reporting Suspected Cases: If you see fish displaying unusual behavior, such as swimming in circles, darkened tails, spinal deformities, or stunted growth, please report it:

Email: WhirlingDisease@gov.bc.ca

Call the RAPP Line: 1-877-952-RAPP (7277)

By staying vigilant and adopting these preventative practices, we can work together to safeguard the health of East Kootenay lakes and rivers.





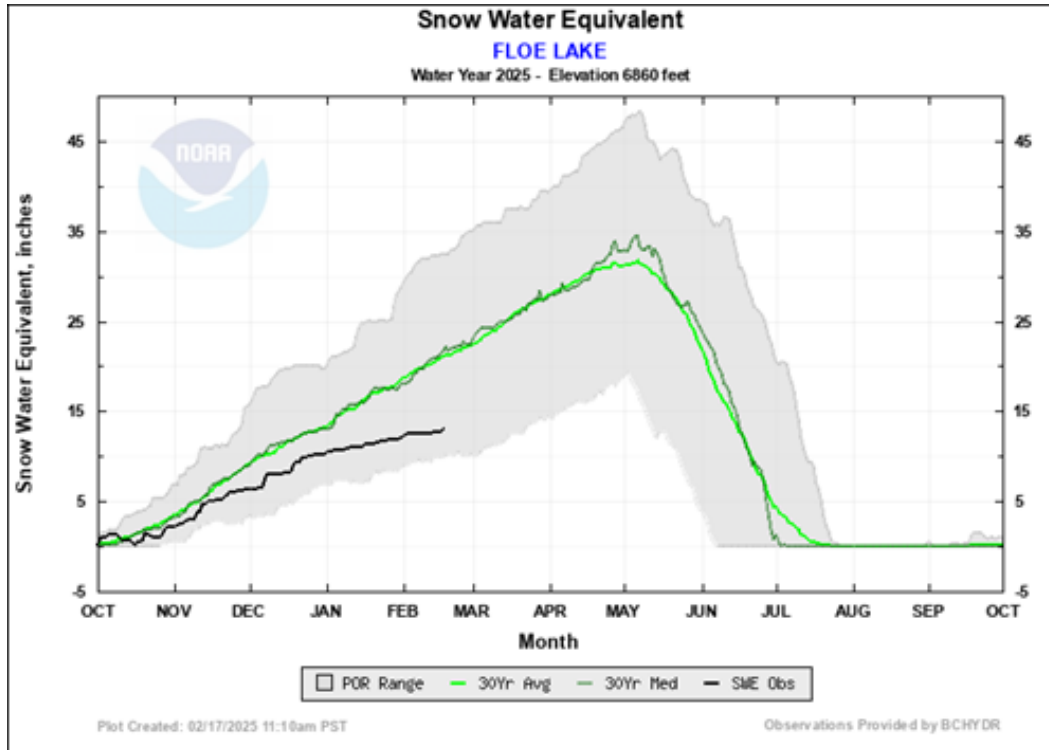
As winter recedes and spring rises, the WLLID’s attention turns toward the snow pack and what it might portend for freshet and water levels at Wasa.

As reported by the BC River Forecast Centre , on 1 February the average provincial snow-pack was 72% of normal across all regions.

Here in the East Kootenay, the snow-pack is also at 72% of normal (1 Feb).

Past water data analysis conducted by WLLID shows that over 80% of the water level at Wasa is driven by the snow-pack at Floe Lake, which is in the upper Kootenay National Park not far from the Alberta border.

On 17 February, the Floe Lake snow-pillow was at 62% of normal. The 12.99 inches of snow-water equivalent is 8 inches lower than the 30-year average, 21.0 inches.



What does this mean for summer water levels at Wasa?

If the snow-water equivalent continues at its current level, then drought might be more of a concern than flooding. On June 1, WLLID will release its water level forecast which can be found at [www.wasalake.ca](http://www.wasalake.ca).

Low summer water levels impact water temperature, clarity, algae growth and aquatic life. Lake vegetation can be disturbed and spread to other areas. The soft lake-bottom can be scarred from boat traffic in shallow areas.

On Feb 17th, WLLID volunteers Adam and Nowell conducted the second winter water testing. On that day, the air temperature was -3oC and the ice thickness equaled 14 inches, which is twice as thick as it was on Dec 31, 2024 (the last measurement). Water temperature just below ice level was 1.5oC. At 15 meters, the temperature was 5.1oC. Dissolved oxygen levels were 6.92 mg/L at the surface and 5.1 mg/L at 15 meters deep.

WLLID is shaking off winter hibernation and gearing up for another water season. Once freshet starts, we will be conducting workshops to train local volunteers to assist with water testing and level monitoring.

Do you have comments or questions? Do you want to volunteer for the water testing crew? Please contact WLLID, [admin@wasalake.ca](mailto:admin@wasalake.ca).

[https://www2.gov.bc.ca/assets/gov/environment/air-land-water/water/river-forecast/2025\\_feb1.pdf](https://www2.gov.bc.ca/assets/gov/environment/air-land-water/water/river-forecast/2025_feb1.pdf)

# March 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> 
<b>2</b> Church 10:30 am	<b>3</b>	<b>4</b>  Wasa Lion's Mtg 7 pm	<b>5</b>	<b>6</b> 	<b>7</b> 	<b>8</b>
<b>9</b> Church 10:30 am  Spring Ahead 	<b>10</b>	<b>11</b> 	<b>12</b>  WLLID Board- Mtg 7 pm	<b>13</b>	<b>14</b> 	<b>15</b>
<b>16</b> Church 10:30 am	<b>17</b> 	<b>18</b>  Wasa Lion's Mtg 7 pm	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b> 
<b>23/30</b> Church 10:30 am	<b>24/31</b>	<b>25</b>	<b>26</b> 	<b>27</b>	<b>28</b>	<b>29</b> 

## 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
- Wasa Yoga, every Thursday at 6 pm
- BINGO March 10th
- WLLID board mtg Feb 12th @ 7pm

  
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you don't want to press your luck.  


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