



FREE MONTHLY PUBLICATION

TRI-VILLAGE BUZZ

April 2023 ISSUE 260

Visit: www.wasalake.com

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When the hummers hover

Hummingbirds will soon be making an appearance - always such a treat to see!! They're fascinating to watch as they hover in place over any source of nectar, whether its flowers in your garden, or at a feeder you've provided. Their iridescent plumage brighter than the colours of the rainbow! And their territorial displays will have you ducking for cover as they streak back and forth, emitting their strange whirring sounds.

Hummingbird sounds are not as melodious as other birds. The voice box or scrinz, pronounced (sir'ingks) is extremely small and not capable of complex vocalizations. If you listen while your hummingbirds are zipping from flower to flower, you'll hear them make a single note, called the chip note, sounding like a series of fast chirps. They can create sounds that are both vocal and non-vocal. Vocal sounds are made with the voice box but the non-vocal aerodynamic sounds are made with their wing and tail feathers.

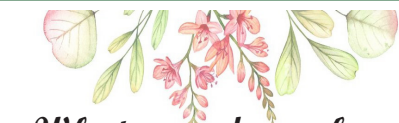
Sometimes male hummers fight for territory by dueling with their beaks and creating the clicking sound you may have heard. The super fast beating of a hummingbird's wings (60 beats per second) does create the humming sound giving this bird its name!

If you put out feeders, there are some guidelines that **MUST** be followed, if you want your hummers to survive the season:

DO NOT USE RED DYE: Many commercial "hummingbird food" preparations contain Red Dye #40, which is an artificial colorant derived from petrochemicals, more specifically coal tar. Red Dye #40 has proven carcinogenic and mutagenic (meaning that it induces tumors). Use 1/4 cup sugar in every cup of water for a basic nectar mix.

KEEP YOUR FEEDERS CLEAN: Getting a bacterial infection from a dirty feeder causes a hummingbird's tongue to swell up and they slowly starve to death. They can also pass that infection on to their babies

POSITION YOUR FEEDER TO AVOID PREDATORS: Place a hummingbird feeder near some sort of tree or bush - within 15 feet of a feeder. When the hummingbird senses danger, it's just a short flight to some cover.



What you do makes a difference, and you have to decide what kind of difference you want to make.

Jane Goodall



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continued pg 4



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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

Let me introduce Tavis from Taylormadeservices. He is a general contractor/handyman/landscaper fairly new to the area, (a year now).

You may have seen his big red truck in the area. Give him a call +1(250) 602 1515 and he'll gladly swing by and help you out on your next project. Because we all know how important it is to shop local!

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SPRING CLEAN UP?

With the weather warming, longer daylight hours and the thought of 'getting away from it all', comes the motivation to spring clean!

Everyone likes to start fresh when the buds are opening on the trees and the bees are starting to buzz. We would ask everyone to adhere to the rules and regulations of the local transfer stations. When you leave a mess like this



we run the risk of losing the privilege of a free access transfer station. And aren't we all taxed enough? There are multiple signs throughout the site that can guide you as to what should go where and what is prohibited.

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EVERYTHING MUST GO IN THE BIN
 This location offers limited opportunities for diversion. For more options visit www.rdek.bc.ca or call 250-489-2791.
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 East Kootenay
 1-888-478-7335 | www.rdek.bc.ca

Please note: All of the local transfer stations are for **residential garbage, residential recycling**.

Commercial dumping of product is **PROHIBITED**. Report infractions to the RDEK at 250-489-6900 or send email to environmentalservicesdept@rdek.bc.ca

A map of regional transfer stations can be found at:

https://www.rdek.bc.ca/departments/environmental-services/garbage_recycling/rural_transfer_stations/

ECOSYSTEM PROJECTS CREATE MEANINGFUL IMPACT



Pine in the Purcell and Rocky Mountains gets solid support
To restore whitebark and limber pine ecosystems in the Purcell and Rocky mountains, the Whitebark Pine Ecosystem Foundation of Canada is doing activities like collecting 4,000 cones to provide seeds and planting 62,000 seedlings that will benefit 150 hectares, plus removing competition from healthy whitebark pine stands. The five-year project is a collaboration with Nupqu Native Plants, owned by the Ktunaxa Nation. In addition, the project is creating a job experience and skills development opportunity for one Basin resident.

“Whitebark pine is a keystone species and its recovery will have benefits beyond the tree itself, including enhancing an important wildlife food source and restoring wildfire areas, which may help with plant community pioneering and soil stabilization,” said Randy Moody, President, Whitebark Pine Ecosystem Foundation of Canada. “This project will also build partnerships to ensure that others have the tools to restore this ecosystem into the future.”



<https://ourtrust.org/ecosystem-projects-create-meaningful-impact/>

Bookkeeping
Quickbooks software

Lori Vandette
250.417.1570
lorivandette@hotmail.com

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 250.422.3260
- **TOPS:**
Susan 778.524.0012
- **Library:**
Rose Smith 250-422-3088
- **Quilter's Club:**
Gayle Andrews 250-422-3095

Dale Gray
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Who can we expect to see

Anna's Hummingbirds

Anna's Hummingbirds are tiny birds that are primarily green and gray. The male's head and throat are iridescent reddish-pink. The female's throat is grayish with bits of red spotting.

Length: 3.9 in (10 cm) Weight: 0.1-0.2 oz (3-6 g) Wingspan: 4.7 in (12 cm)

Anna's Hummingbirds are the most common hummingbird along the Pacific Coast and they do not migrate, which is unusual for hummingbirds. Habitats of Anna's hummingbirds are often backyards and parks with large colorful blooms and nectar feeders, but they are also found in scrub and savannah. The diet of Anna's Hummingbirds includes nectar, tree sap, and small insects and spiders. Anna's Hummingbirds' nests are high up in trees at around 6 – 20 ft, and they often have 2-3 broods a year, and female hummingbirds do all of the work! During courtship, they make dramatic dive displays as the males climb up to 130 feet into the air before diving back to the ground with a burst of noise from their tail feathers.

Rufous Hummingbird

Although considered near-threatened species, Rufous Hummingbirds are the most frequently spotted hummingbirds in British Columbia during summer. Rufous Hummingbirds are bright orange on the back and belly, a white patch below the throat, and an iridescent red throat in the males. The females are greenish-brown on the back, and rusty colored on the sides with a whitish belly.

Length: 2.8-3.5 in (7-9 cm) Weight: 0.1-0.2 oz (2-5 g) Wingspan: 4.3 in (11 cm)

Rufous Hummingbirds feed primarily on nectar from colorful tubular flowers and insects such as gnats, midges, and flies. They build a nest high up in trees using soft down from plants and spider webs to hold it together. They lay 2-3 tiny white eggs about 0.5 in (1.3 cm) long. Their habitat is mountain meadows and coniferous forests.

Calliope Hummingbird

Male Calliope Hummingbirds have bright magenta throats (known as the gorget), glossy green backs and flanks, and a dark tail. Females lack the iridescent throats and are more pinkish-white underneath rather than white in the males.

Length: 3.1-3.5 in (8-9 cm) Weight: 0.1-0.1 oz (2.3-3.4 g) Wingspan: 4.1-4.3 in (10.5-11 cm)

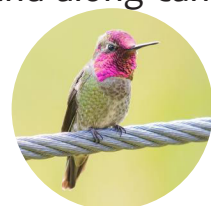
Nests are usually on evergreen trees, and they may reuse them or build on top of an old nest.

Black-chinned Hummingbird

Black-chinned Hummingbirds are dull metallic green on the back and grayish-white underneath. The males have a black throat with a thin iridescent purple base, and the females have a pale throat and white tips on the tail feathers.

Length: 3.5 in (9 cm) Weight: 0.1-0.2 oz (2.3-4.9 g) Wingspan: 4.3 in (11 cm)

They eat nectar, small insects, and spiders, and their tongues can lick 13-17 times per second when feeding on nectar. Nests of Black-chinned Hummingbirds are made of plant down and spider silk to hold them together, and they lay two tiny white eggs that are only 0.6 in (1.3 cm) Black-chinned Hummingbirds can often be seen sitting at the top of dead trees on tiny bare branches and often return to a favorite perch. They can be found along canyons and rivers or by shady oaks.



<https://www.hummingbird-guide.com/hummingbird-sounds.html>

<https://www.birdadvisors.com/hummingbirds-british-columbia/>

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TOPS SPOT

submitted by - Heide Wright

Ever wonder why those extra few pounds will not go away?

Some blame their weight on a slow metabolism. They believe their metabolism is too slow; or blame is put on a medical condition. Rarely does this slow the metabolism enough to cause a lot of weight gain. There are, however a couple of rare conditions that do cause the metabolism to slow including Cushing syndrome or an underactive thyroid gland (both are uncommon).

Is it possible to speed up the process? Maybe you just need to kickstart your metabolism. There are many guidelines out there to kickstart your metabolism, I prefer Jillian Michaels' 7 day kickstart your metabolism; but what is metabolism and how does it affect our bodies?

Metabolism is the process by which the body converts food & drink into energy. Even at rest (basal metabolism), the body needs energy for all it does such as breathing, sending blood through the body, keeping hormone levels even and maintaining cells. Muscle mass is the main factor in basal metabolic rate a rate that also depends on: 1) body size and composition – those who are larger or have more muscle burn more calories, even at rest; 2) sex – men usually have less body fat and more muscle than women at the same age and weight, which means they burn more calories (not fair, I know); 3) age – with aging, people tend to lose muscle, more of our weight is from fat, which slows calorie burning.

Besides the aforementioned, two other things decide how many calories a body burns each day: 1) how the body uses food – digestion, absorbing, moving and storing food burn calories. About 10% of calories eaten are used for digesting food and taking in nutrients. This can't be changed much; and 2) how much the body moves – any movement such as playing a sport, walking or exercising, makes up the rest of the calories a body burns each day. This can be changed a lot, both by doing more exercise and just moving more during the day.

Many things affect weight gain: genes, hormones (isn't it grand being female?) diet and lifestyle, including sleep, physical activity and stress.

One gains weight when one eats more calories than one burns....seems simple?

Some seem to lose weight more quickly and easily than others, But everyone loses weight by burning more calories than are eaten.

You can't easily control the speed of your basal metabolic rate, but you can control how many calories you burn through physical activity. **There is no easy way to lose weight, begin by taking in fewer calories and moving more.** Everyone loses weight by burning more calories than are eaten. Everyone!!

A big shoutout to my friend Karen!

(My info is from the Mayo Clinic: www.mayoclinic.org/healthy-lifestyle)



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Boxelder bugs - what are they? And should you squash them?



It's not a beetle, not a cockroach, and not something you should squash, no matter how many squeeze their way into your home. They are native to North America and get their name from the boxelder tree, also known as Manitoba maples, whose seeds are an important food source for the insects. In some areas, they're called maple bugs. One of the less destructive agricultural pests, boxelder bugs do infrequent damage to apples, peaches, grapes, strawberries, plums, and non-fruiting trees including maple and ash.

Adults are sometimes mistakenly identified as stink bugs, which they generally resemble, as well as squash bugs, and the red-shoulder bug. The three lengthwise red lines on the pronotum distinguish boxelder bugs from these other species.

There are a lot of social media posts and online inquires asking about this bug turning up inside homes. It's black with red edges, almond-shaped and about two centimetres long. The adult's abdomen is also orange.

Antonia Guidotti is an entomology technician at the Royal Ontario Museum in Toronto. She says these are likely boxelder bugs. Guidotti says boxelder bugs aren't technically classified as beetles because they don't have mandibles to chew up food. Instead they have "mouth-sucking parts" for slurping up juices from plant secretions and seeds. They also have wings and can fly short distances. Although boxelder bugs are not known to bite, their piercing-sucking mouthparts have been known to puncture the skin on rare occasions, causing a slight itch and leaving a red spot resembling a mosquito bite.

Like a house cat, boxelder bugs love to seek out the sun. They often mass on the south and west-facing exterior walls of buildings as they try to stay warm when the weather cools in the fall. As the weather gets cooler, boxelders often find ways to come indoors.

Indoors, the bugs can be a major problem. After amassing in large numbers, these insects migrate to nearby structures or homes to overwinter. Most of the time, these pests hide in small cracks and crevices in walls to keep warm during the winter.

While they don't normally cause structural damage to homes or contaminate food sources (individuals will occasionally show up in dried beans and flour if not stored in tightly sealed containers), they can be a source of filth, odor, and displeasure due to their sheer numbers.

Their fecal matter leaves a red stain on curtains, drapes, clothing, etc. Warm weather or an increase in home heating may convince individual boxelder bugs that spring has arrived and they will enter a family's living space in search of a way outside.

Don't squish them! Their red guts are stinky and can leave permanent stains, particularly on light-coloured walls, curtains or linen. They can also emit the stink when they're under stress. They will release a really smelly compound if they get upset so you don't want to disturb them if you can avoid it.

Can we avoid them? Make sure your doors and windows are well sealed with screens and caulking so the heat-seeking bugs can't get inside, in the fall. If you find them in your home, sweep them up and toss them back outside, or use a vacuum..

<https://www.cbc.ca/news/canada/london/what-are-boxelder-bugs-also-why-you-should-never-squash-them-1.6777278>
<https://www.planetnatural.com/pest-problem-solver/household-pests/boxelder-bug-control/>



squash bug



red shoulder
bug



box elder
bug



Want to learn to Quilt?

Looking to advance your skills or learn a new one? Consider joining 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 to see what we're about!!

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 information.

pageborder.org

MARILYN BOWEN

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*Not all math puns are terrible. Just sum.
Where are your Arnold Schwarzenegger
actions figurs? Aisle B, Back.*

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Spring too, very soon! They are setting the scene for it ~ plum tree and moon.

Haiku
by
Basho

FIRE in Wasa!

WHO DO YOU CALL?

In a fire emergency, first call BC Wildfire 1-800-663-5555 or *5555 on a cell phone.

Then call these Wasa volunteers until someone answers.

- Mike Gall 250-417-9122
- Lyle Zaksauskas 250-421-2650
- Bill Walkley 250-427-1049
- Sharon Prinz 250-417-7654
- Darcy Tagg 250-417-6617
- Kathy McCauley 250-427-6637
- Debbie Waterer 250-426-9791

The people listed are members of the Wasa Volunteer Fire Prevention and Suppression committee. In the event of fire, they will arrange to activate the community fire suppression trailer and call others with water trailers to help.

***The aim is to prevent fire from spreading,
NOT to put out house fires.***

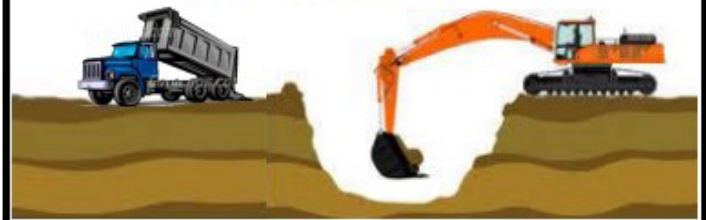
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RDEK Adopts 2023-2027 Five Year Financial Plan(submitted on behalf of Director Walter)

The RDEK Board has adopted the 2023-2027 Financial Plan.

Increases in the 2023 operating budget will result in an increase of \$30 on an average \$536,000 residential assessment in the RDEK. This includes a 2% increase for the HR Implementation Plan, a 3% increase in the building reserve fund (both of which were approved by the RDEK Board in 2022) and a 4.3% increase for operational changes and inflationary increases.

Unlike in a municipality where there is one boundary and one set of taxpayers, in the regional district model in BC, municipalities and electoral areas are all affected differently depending on which services they receive. So the average increase for shared services affects only the one RDEK line item on tax notices, not the overall tax bill.

In Electoral Area E, it works out to a \$19 increase on an average \$536,000 residential assessment for shared services.

Some of the other budget highlights for Area E include:

- \$17.67 parcel tax increase for Wasa/Ta Ta Creek, Skookumchuk Mosquito Control to replenish and increase treatment stock after higher than normal mosquito activity in 2022.
- No tax increase for Lazy Lake Water Level Control in 2023 with assistance from Discretionary Grant in Aid of \$4,157, however, increases are expected in 2024.
- Tax decrease of \$11 per parcel for Wasa Recreation Contribution Service. Grants to recipient Wasa organizations are increasing to a total of \$20,000 in 2023.
- Fuel reduction project at Cherry Creek Falls Regional Park (grant funded).
- Erosion control in an upper parking area and parking delineators at St. Mary Lake Regional Park.

In addition, the Board approved \$85,000 in funding for a proposed Community Development Coordinator to be based out of the City of Cranbrook and focused on homelessness; \$15,000 for the East Kootenay Divisions of Family Practice for physician recruitment; and, the construction of a new composting facility in each of the RDEK's three subregions.

The total 2023 capital budget is just over \$17 million

The adopted 5-Year Financial Plan will be posted early the week March 20th along with an updated "Snapshot" of budget highlights on <https://engage.rdek.bc.ca/budget>. For more information, contact the Financial Services team at the RDEK.

Postscript from Jane: Spring is coming and it is time to make sure that you have everything put away in case of flooding. Remember to pick up and put away anything that holds water (mosquito larva). Also remember to fire smart your properties. I hope everyone has a good month. If you have any questions or concerns please call me 250-427-2577 or email me at s.janewalter@gmail.com
Thanks - Jane Walter

Wasa Lions Grounds Rentals

Contact Person:
Linda Gold @
250 421-6302



Thank you to the community for supporting the Spaghetti Dinner sponsored by the Wasa Lions and the Wasa Recreation Society. An enjoyable eventing was had by all.

Gardening For Wildlife

Now that spring is well on its way, many of us are looking to get started on the season's gardening so that we can enjoy a beautiful outdoor space all summer. You can get your backyard ready for yourself and help wildlife at the same time this spring with these simple tips from the Wildlife Rescue team!



First, this weekend is looking like a great time to start trimming hedges and shrubs. Few species will have started nesting at this point, so you're less at risk of disturbing a nest. Hummingbirds do settle down early, so be on the lookout for their little nests. Any cut branches you've left behind might then be snatched up to help build a comfortable home for other birds.

You may be tempted to keep going and start raking all those fallen leaves, but here's a great excuse to put it off a little longer! Pollinators like bees and butterflies will overwinter under piles of insulating leaves. Wait until temperatures are consistently 10 degrees Celsius or higher before cleaning up to give these beneficial insects time to wake up for spring.

When it's time to get planting, focus on native species for your balcony or yard. These species help feed hummingbirds and berry eaters, so your greenspace can support their foraging. As an added bonus, you'll attract more wildlife visitors to your yard without needing to maintain a feeder.

In BC, plant native species, like...

White Fawn Lily
Salmonberry
Osoberry
Red-Flowering Currant
Native Columbines
Lupines
Pacific Bleeding Heart



As always, thank you for looking out for your local wildlife!

Linda Bakker, Wildlife Rescue Association

Why is this Important?

Your home's yard, garden, or even balcony have the potential to provide essential habitat for plants and animals. Natural spaces that you create near your home can increase biodiversity and support healthy ecosystems. There are many benefits of gardening with biodiversity in mind:

- Conserve local biodiversity
- Create and maintain habitat and corridors for wildlife
- Attract wildlife that can help control potential pests in your yard
- Pollination for food and beautiful flowers in our region
- Return nutrients to the soil through decomposition
- Support physical and mental health by caring for the environment, providing visual interest and safer spaces that attract wildlife to view



To help make your backyard a haven for local biodiversity, provide food, water and shelter for local species and use natural gardening techniques.

Avoid pesticides. Pesticides damage non-target plants, pets, beneficial insects and wildlife. They pollute local waterways and the ocean, and contaminate soil and groundwater.

Remove invasive species from your yard and avoid planting them. Watch for invasive plants in wild-flower mixes and labels that say "vigorous self-seeders" or "rapid spreaders."

<https://www.crd.bc.ca/education/natural-gardening/gardening-for-wildlife>



As you read this the ice on the main lake is likely gone, perhaps there is a little left in Ida's Bay, if previous years are anything to go on. The waterfowl will be enjoying the open water, the spring wildflowers will be starting to bloom, and we will be watching the lake slowly filling. It appears from the snowpack in the Rockies

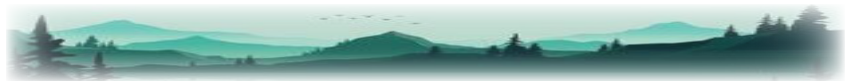
(which is 75% of average as I write) that we won't be experiencing very high water. Although we should still be ready for high water if we get unusual weather (which seems to be getting more usual as the world warms) and watch for updates on flooding from the Regional District.

Spring yard cleaning will be well underway. Yard cleaning for lakeshore residents, however, doesn't extend to the altering the foreshore. The vegetation on the foreshore serves a vital purpose of anchoring the soil against wave erosion and providing habitat for fish and other aquatic wildlife. The foreshore belongs to all British Columbians and altering it requires a permit under the Water Sustainability Act.

Further to WLLID's lack of people power that was alluded to in the last Buzz -the hoped for community interest in becoming a trustee hasn't materialized (apart from one resident volunteering to help with water monitoring, and one who might consider running) and we have notified the RDEK of our situation. We are down one trustee and struggle to get a quorum of three for our board meetings. In the fall we will be losing at least one trustee and have no indication that we will have a full slate of trustees running for election. We have approached Ducks Unlimited, the Nature Trust of BC, and the Provincial government to see if they might take over maintaining the flood mitigation gates on Cameron Pond. Unfortunately, none of them are interested. We are still hopeful local residents will come forward to help keep WLLID functioning but barring that we will keep you posted on how having the RDEK take over from us may affect you.

If you have an interest in becoming a trustee or assisting with the summer water monitoring, please contact admin@wasalake.ca.

Enjoy the reawakening lake!



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Wasa and District Historical Assoc. & Memorial Garden Group

submitted by - Kate Kelly

As the days of spring grow longer, we look forward to seeing the end of the cold and snow. With that, we will be looking to invite volunteers to help with our yearly spring clean of the Memorial Garden. Please watch Facebook for an announcement for the clean-up date.

The Wasa Memorial Garden relies on its many, generous volunteers and is always happy to welcome new members. If you've been looking for a way to meet neighbors in the community, please contact Sherry Shields at our new email address: wasamemorialgarden@gmail.com to have your name added to next summer's gardening maintenance schedule.

- Many hands make light work -



KOOTENAY RIPPLES
HISTORICAL BOOKS
NOW SOLD-OUT



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

What to Watch for in Wildlife:

Spring brings new life, not only to our gardens, but to our local wildlife as well. Here are some 'events' to be aware of:

Fox pups are born from March through May. Litter size may range from one to 10 pups, but the average is five. The young are blind at birth, their eyes opening during their second week.

Baby skunks are typically born in May and June and remain in their dens for eight weeks.

Deer may give birth from late March to early August, but most fawns are born during the last week of May or the first week of June.

Bears gives birth in January, typically to one or two cubs. The cubs nurse while she continues to doze periodically, and when they all emerge in April or May, the cubs have grown to weigh around five pounds each.

All of the new life could mean increased wildlife encounters. And like any mother anywhere, wildlife will be aggressive if they believe their young are threatened. Please keep your distance - as cute as babies are, parents can be deadly.

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Tech Support for Adults

Times: Tuesday 12 - 2 pm

Location: Wasa Community Hall (in the Library)

Tech Support for Adults provides FREE 1-1 help with using digital devices (smart phone, tablet, laptop). If you don't know where to start, or need help with something specific – we can help.

Registration is required.

To register, kwilson@cbal.org or call (250) 687-4681.

Learning
TOGETHER



TO LEARN MORE, CONTACT:

Kayla Wilson, Community Literacy Coordinator



kwilson@cbal.org



(250) 687-4681



www.cbal.org



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The Lions Den Lions Roar

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

submitted by Terry Marvel

Hello Tri Village Community. I write of the Lion’s happenings with a slightly lighter “spring” in my step, as I feel that this past winter is finally coming to a close. Many areas are still experiencing a considerable snow amount but it is slowly receding. I suppose we should be grateful for the snowpack. Hopefully, we aren’t facing another extremely dry summer. A slow melt would be nice too!

The Lion’s continue our recycle program with the money made with empties donated by you, the community. The funds raised go toward our scholarship fund and for general maintenance and repairs on our grounds and buildings. We have increased our scholarship to two scholarships and upped the amount in keeping with the economy.

With the warmer weather, we hope to have the new floor in place soon in the store-room at the back of the country kitchen. No more springy floor! We also have the rest of the soffiting to finish in the eating area of the kitchen building.

The spaghetti dinner that was held on the 11th of March was well received with at least 100 hungry mouths fed. The food was delicious.

News flash! The Wasa Lions Dinner and Dance and raffle will take place this year on the 2nd of December. Stay tuned for more updates on this exciting event. Jane Walters has kindly agreed to chair the event. Contact any Lion’s member for more info as the date approaches. It’s sure to be a stomping good time with good food and good friends and lots of chances to win great donated prizes.

As usual, the Lion’s are always looking for new members and volunteers for the club. Contact any Lion’s member for information about joining the greatest Service Club in the world!

Here’s hoping that between this issue and the next one, we will be seeing things without white on it!

Have an amazing April!



Not all bees have hives as their homes! So it is important to watch for the emergence of our extremely vital link in the food chain:

Miner bees create nests in the ground. Leaf cutter bees typically burrow several centimetres into soft or rotting wood. Sweat bees also tend to nest in rotting wood, typically in burrows underground. The bumblebee makes nests similar to the hive-like constructions of the honeybee, while carpenter bees nest in soft woods, including manmade structures.



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.”

WASA LIONS
MEDICAL LOAN
CUPBOARD

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Contacts?

Sharon 250 417-7654
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!

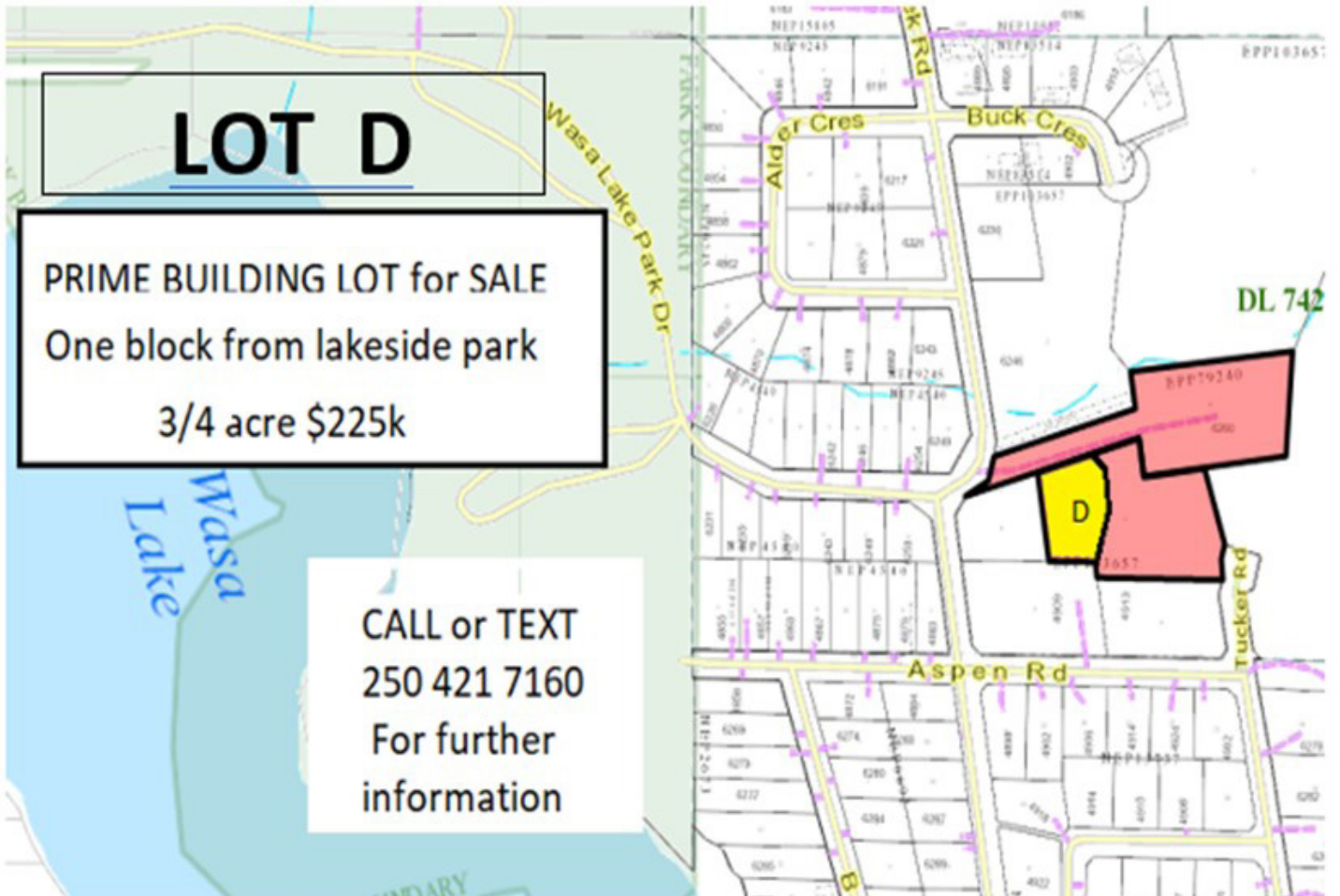


For Gym Schedule please contact:
Sonia Blackwell at 250.421.3019 or Rod at 250.422.3253



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





Wasa Community Church

This is the month where Jesus' primary mission on earth is most celebrated. A mission that initially looked like it ended in violent failure opened the way for the most glorious success history can ever boast about happening. Necessary resurrection triumphed over a necessary death; a death that was no easy task to complete even for God Himself. As Jesus, He was so stressed about what was going to happen to Him that He was sweating drops of blood the night before He was crucified. Nevertheless, He still went through with it.

In the Old Testament, sins were paid for by sacrificing specific animals, such as lambs, goats or bulls. However, that would never completely absolve someone from the guilt of their sin. The writer in Hebrews 10:4 informs us, "***For it is impossible for the blood of bulls and goats to take away sins.***" A different kind of sacrifice was needed. Not simply any lamb without blemish, but the one who was called the Lamb of God. A representative of humankind, but the only one innocent of any sin. One that stood before every other human, declaring with His sacrifice, "The guilt of your every sin, I will take upon myself and bear its punishment for you." That same writer tells us, "***And every priest stands daily at his service, offering repeatedly the same sacrifices, which can never take away sins. But when Christ had offered for all time a single sacrifice for sins, he sat down at the right hand of God, waiting from that time until his enemies should be made a footstool for his feet. For by a single offering he has perfected for all time those who are being sanctified***" (Hebrews 10:11-14 ESV). As this passage mentions twice, the single offering of Christ's life on the cross was effective for all time, meaning it was good for pardoning sins of the past, sins in the present and sins in the future. Every sin from creation to the end of the world was paid for by Jesus' death. Furthermore, this was secured through Jesus' body not staying dead. Christ rose from the dead, confirming the power of God that is able to raise us to eternal life after we pass away.

The most unbelievable forgiveness was bought for us by the blood of Jesus and offered to us through His resurrection. We accept this gift when we decide to hold Him as our Lord, and genuinely believe in His death and resurrection. In that moment, we are secured in Christ, as again, His work was effective for all time. In God's eyes, your past is no longer held against you. The verdict on your life is 'Not Guilty.' While we do want to be as loving as we can, and keep ourselves from sin, we will have future mess ups and shortcomings. However, even that has been covered in Christ. Our fate is sealed, and it is a wonderful fate.

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

The Meaning of Easter

Coloured eggs and chocolate bunnies,

A rainbow of jelly beans.

But how many people truly know,

What Easter really means?

Easter is a time of promise,

That God has given to man.

It's the culmination

Of His redemption plan.



The Power of the Prayer taught by Jesus of Nazareth Part 1

The Prayer of the Son to the Father

The Sermon on the Mount contains the most important of all prayers, the Lord's Prayer. In accordance with Essene traditions, prayer is the moment when one puts oneself in phase with the spiritual and cosmic energies, in order to let oneself be bathed by all sources of energy, harmony and knowledge. In the sixth chapter of the Gospel according to Matthew, Jesus first tells His disciples how not to pray:

“And when you pray, you must not do as the hypocrites do: these like to pray standing in the synagogues and on the corners of the streets, so that they may be seen by men. Truly I tell you, they get what they deserve. But you, to pray, enter your room, and when you have closed the door, pray to your Father in secret, and your Father who sees in secret will reward you in the light.”

Elsewhere in the Gospel, Jesus says that God will also be present where two or three men come together in His Name. The spiritual unity of man and his Creator is the act of a single person or of a small group of people between whom there is an affinity of thought, word and action turned toward God. The Master rejects with these words all written formulas, rituals and formal prayers, and their automatic repetition. In accordance with Essene traditions, all these things tend to bridle the mind and make static and formal what is dynamic and immaterial. Anything that comes between the creator and man, between the Father and the son, and

separates them from each other, must be rejected.

Jesus said: “Do not be like them, for your Father knows what you need before you ask Him.”

The above is a further warning: we should not ask for specific things in our prayers, because we can ask for the *totality* of what we need; we can ask for the Kingdom – the inheritance that is ours and given to us by the Father. We don't have to limit our request to some sort of need of the moment, “for your Father knows what you need before you ask Him.” Our Father knows that what we need is the Kingdom of Heaven; He knows that this is the dearest treasure, the one need that contains all the rest. This is what He is going to give us, and it is something far greater than anything we can ask for.

Jesus continued and said: “Therefore, if you bring your offering to the altar, and if at that time you remember that your brother has offended you: Then leave your offering before the altar; first go and reconcile with your brother and then come back and make your offering.”

Here is the most important advice that Jesus gives us: when we pray, our thinking and sensitive (emotional) bodies must not be in disharmony, and we must eliminate all that is negative and limiting. It is then that we will attain the perfection of spiritual peace, and harmony in the thinking and feeling bodies. Here, no lower current of thought or feeling will approach us, and this is how the possible consequences of negative thoughts and feelings that we have had in the past will be eliminated. In complete balance (*Sattva*), at peace with ourselves and with our neighbors, we will be

ready to receive the highest powers and sources of energy, harmony and knowledge. We will be able to vibrate in complete harmony with the law of evolution toward God.

To achieve this result – and this is the hidden meaning of this verse – every moment of our life must be a prayer, not only on the seventh day of the week or at certain times of the day; it is in every second and every minute of our existence that we must be in tune with infinity. Peace and balance will accompany us throughout our lives, and we will be permanently receptive to all the Higher Powers – the spiritual, cosmic and eternal Powers. It is then that we will be in a situation of real union with our Father and real harmony with our Brothers and Sisters. This is the true meaning of prayer: how to live and work in accordance with the Law of Selection and the Law of Evolution of Souls, how to establish peace and harmony with ourselves, with the Universal Laws – the Creator – and with all Sentient Beings.

After teaching us how not to pray, Jesus gives us the most classic prayer in the history of mankind. In the Essene Books it is called: **“The Prayer of the Son to the Father”**, not the Lord's Prayer. What is the Essene interpretation?

In the next article, we will answer this question in continuing the study of the Prayer of Jesus: **“The Prayer of the Son to the Father.”**

May the Divine Grace flow into the heart of all beings in all directions of space, to the North, to the South, to the East, to the West, to the Zenith and to the Nadir.

Very warmly with everyone.

Warmly yours

H.H. Gurudev Hamsah Nandatha

Celebration of Life for John Smith

Friends and family will be able to come together with stories, pictures, and a light snack while we reflect.



**Please join us
at the
Wasa
Community
Hall**

**on
Saturday April
22nd**

**at 11:00 am -
3:00 pm**

*Please come join us in celebration to remember John Smith
and a life well lived.*



WASA VOLUNTEER FIRE PREVENTION & SUPPRESSION

submitted by Kathy McCauley

By the time you read this, spring will surely have sprung and it will be high time to think about Firesmartering your property for the upcoming wildfire season. Remember that wildfire spreads mostly by flying embers that land on combustible materials in your yard, including dry vegetation. Replace those highly flammable junipers and cedars with fire resistant deciduous shrubs, substitute decorative rocks or gravel for wood chips on pathways, and trim your lawn and plantings so they stay healthy and green, not dry and overgrown. Check out FireSmart BC's "Landscaping Hub" for an extensive list of fire-resistant plants, tips on how to create a FireSmart landscape, and a list of local gardening centres where you can purchase suitable plants.

The Wasa Firesmart board has already met for the second time in 2023 on March 22, where we discussed the upcoming year. We have big and small projects in varied stages of completion and we'll be sharing news about them as decisions are made and our progress evolves.

For the 4th year in a row, Firesmart Canada has renewed Wasa's FireSmart Community Recognition Status and provided us with a grant to hold an educational event. Watch for the date and details. If you have ideas about what kind of an event you would like to see, such as another RDEK sponsored Chipper Day, please contact kathyemccauley@gmail.com

Our FireSmart board's most urgent mission at this time is to prepare the community water trailer for action by mid-April. Expect to see further info on Facebook and posters, and "Who To Call" brochures up at the Wasa Post Office by then.

Download the FireSmart BC Homeowner's Manual from FireSmart BC or our website for a very easy to understand introduction to FireSmart principles and practices.

Happy Spring

from Wasa Volunteer Fire Prevention and Suppression!



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@ Wasa Community Church

Saturday, May 6th, 2023
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Suggested Donation of \$5.00 per person

Everyone Welcome



TRI-VILLAGE BUZZ NEWS TEAM

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Website Coordinator

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For more information or to place an ad,
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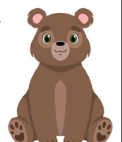
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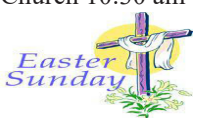





Northern Lights: 250.877.1181

or

Kim Balcom: 250.602.9693



April 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 Church 10:30 am	3	4	5 	6	7 	8
9 Church 10:30 am 	10	11	12	13 	14	15
16 Church 10:30 am	17	18	19  	20	21	22
23/30 Church 10:30 am	24	25	26	27 	28	29 

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 - April 5th @ 7pm in the WLLID office (basement of Community Hall)
 - Wasa Rec Society AGM: May 30, 2022; 7:00 pm
- Positions available: Treasurer, Vice President, President, Secretary



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)**
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- 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

