



FREE MONTHLY PUBLICATION

TRI-VILLAGE BUZZ

May 2022 ISSUE 251

Visit: www.wasalake.com

PLEASE NOTE: There will not be a July issue of the Buzz

Naked Gardening

Humans have lived close to nature since the beginning of creation. So it makes sense that gardening is a favourite hobby, no matter what your age. Gardening is a hobby that refreshes you, exposes you to beneficial microbes and sunshine – but it can also be profitable when done on a large scale. It is no wonder people have started to celebrate events related to it. And World Naked Gardening Day is one of those events.

Have you always wanted an excuse to shed all of your clothes and head out to your garden to do some work? World Naked Gardening Day may be exactly the excuse you need! On this day, the gardeners and non-gardeners come out of their houses naked and do planting, weeding, trimming, watering, and other activities related to this hobby. This unofficial holiday is celebrated annually on the first Saturday in May. The purpose of this holiday is to help people liberate themselves and help them reconnect with the natural world. And while it's a holiday that promotes the nudists lifestyle, it is one that is considered to be very nonpolitical and all done in good fun.

The tradition started in 2005, and it has gained in popularity every year since. However, different people will tell you various objectives of celebrating this day. Following are some of the objectives of this celebration.

Why is Naked Gardening Day Important?

The importance of naked gardening day changes from person to person and place to place. This is because you would probably get different answers to the questions about its importance.

There are a few common things that make Naked Gardening Day important:

1. Link between Nature and Being Nude

The day illustrates our close link to nature - human beings were created naked and used to live naked about 5000 years ago. This exposure to nature reminds them of the savage days when human beings used to live naked along with animals.:



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WHEN THE MOON HITS YOUR EYE

submitted by Barry Morvai

Well hello and welcome to the wonderful month of May. The time of year when most people load up the camper and head for the great outdoors. The days are getting warmer and the nights are getting longer (sounds like a song eh?) So the last few articles discussed were about the rocky inner planets in our solar system with the last one being Mars. As we move farther out into space past the red planet, there lies what's known as the "asteroid" belt. It rests between Mars and Jupiter and is roughly two and a half times larger than the distance between the earth and the sun. Let's just say it's a long drive from one side to the other.

😊 At one point, astronomers believed the asteroid belt was remnants of a planet that was torn apart from Jupiter's gravity, but as technology progressed, they now believe the belt is just remnants from the formation of our solar system and held in place by Jupiter's gravity. Either way, Jupiter is starting to come across as a big bully. That's not a bad thing as the big gas giant has protected the inner rocky planets from total annihilation from the rocks floating round the belt now if only I could do something about the giant floating around my belt I digress. 😞 Moving right along, let's see what the night sky has to offer for the month of May, shall we.



May 6,7- Eta Aquarids Meteor Shower. This above average shower can produce up to 60 meteors per hour in the southern hemisphere, but only around 30 up here. It is produced from dust particles left behind by Halley's comet and runs annually from April 19 to May 28. It peaks on May 6th. The crescent moon will leave the skies dark for excellent viewing. Enjoy. 😊

May 16 - Full Moon. This moon is known as the Flower Moon as this time of year flowers are blooming which makes the birds and the bees happy. Other names for this month's full moon are Corn Planting Moon and Milk Moon as well as names like Mothers Moon, Bright Moon, Hare Moon and Grass Moon.

Also on May 16th there's a **total lunar eclipse** as the moon passes thru the shadow of the earth. During this type of eclipse the moon will gradually get darker and take on a blood red colour. According to Nasa, it will be visible throughout North America.

May 30 - New Moon. As always, a great time to view what you can in the night sky.

I hope you are able to get out and enjoy everything the night sky has to offer even tho the bugs will be out in full force enjoy 😊



Baby Bird Season Has Officially Begun!

Wildlife Rescue recently admitted the first baby of the season, and shortly after, two more arrived. The first three were orphaned Anna's Hummingbirds. This marks the beginning of our busiest season of the year. Every year, our staff and volunteers provide care for hundreds of orphaned and injured baby birds.

We depend on compassionate wildlife lovers like you to look out for your local wildlife and step in to assist when needed. Learn what you can do to help when you find injured or orphaned baby birds.



Mallard Nesting Season has Begun!

Unlike songbirds, baby ducks leave the nest almost immediately after birth and will follow their mom closely. They already know how to find their own food, but still need their families for warmth and protection. Baby ducks can go in water briefly, but because their feathers are not yet waterproof, they can quickly become hypothermic (chilled) if they remain in the water for more than a few minutes.



If you find a baby duck alone, it is almost certainly just separated from its family.

<https://mailchi.mp/wildliferescue/wild-again-february-308143?e=3c7d314ebf>

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Sprint Duathlon

TriKids

Sunday

Standard Triathlon

Standard Aquabike



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The Invasive Species Council of BC works together with concerned stakeholders to reduce the spread and impact of invasive species in BC.

We saw the volunteers from the Invasive Species Council come through our area back in September. And what an important job they do!! We can help with that, by keeping an eye open for some of the following plants next spring & doing our part by “weeding out the unwelcome”.



Blueweed is a noxious weed throughout BC. It is toxic to horses & cattle & thereby reduces forage quality in rangelands & pastures, resulting in economic losses.

Herbaceous perennial native to Europe, **Common comfrey** is a known problem in the Peace River region. It is very difficult to remove due to its tendency to sprout whole plants from small root fragments.

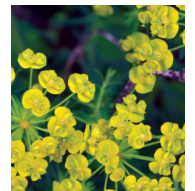


Toxic to livestock & humans.



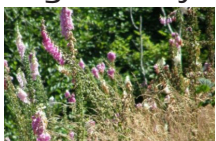
Common tansy is often found growing in sunny, disturbed areas such as roadsides or pastures. It spreads via roots & seeds that can remain viable for up to 25 years. Toxic to humans & livestock.

Cypress spurge was grown as an ornamental but has since escaped into the wild. It grows quickly & aggressively, releasing chemicals from its roots which stop other plants growing near it. This helps it crowd out native species. Toxic to humans, livestock & wildlife when consumed, or when its sap (latex) contacts skin. The sap causes nausea, vomiting & diarrhea when eaten. It can cause blindness if it gets in people's eyes & skin contact causes redness, swelling & blisters.



Daphne was a popular ornamental in gardens at one time due to its glossy, rhododendronlike leaves & fragrant flowers. Rapidly takes over native vegetation by forming dense thickets in a range of ecosystems. Its black berries are loved by birds, who spread its seeds. Its toxic sap can cause skin rashes, nausea, swelling of the tongue, & coma.

English holly is known for its shiny red berries & dark green, spiny evergreen leaves. It is commonly used landscape ornamental often used for holiday decorations & floral arrangements. English holly has become a serious invasive because of its adaptability to grow in shade or sun, & how easy its seeds are spread by birds. English holly berries are toxic to humans & pets.



Foxglove is an extremely abundant exotic species that has naturalized throughout the province, leading many to believe this plant is a BC native! Found growing along roadsides, waste areas, & forests, a single foxglove specimen can produce 5,000 seeds each season. Every part of this plant (including the seeds) is extremely poisonous. In fact, the compound digitalis, used in heart medication, was originally sources from the foxglove plant because it has on the cardiac system when ingested.

Originally from the Mediterranean, **Hairy cat's-ear** is a perennial that invades pastures, meadows, roadsides, riverbanks, lawns, & disturbed sites. This plant can grow in a wide range of conditions. It displaces native plants & is a nuisance weed on lawns. Hairy cat's-ear is thought to be poisonous & believed to be the cause of Australian Stringhalt in horses.



Hoary alyssum spreads quickly through a long season of seed production. Seeds are dispersed by vehicles, equipment, footwear, wildlife, & birds. It can also contaminate hay & is considered a noxious weed in the Kootenay-Boundary region. Toxic to horses. Once this plant gets into the hay, it can cause serious harm to the horses that consume it.

Invasive Species continued



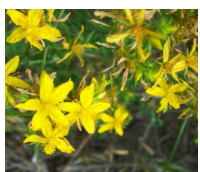
Hound's tongue grows on dry, well-drained sites. Each plant can produce 2,000 – 4,000 barbed seeds per year that cling to clothing, livestock, & wildlife. It is considered a noxious weed throughout the province. Hound's tongue is toxic to cattle, deer, pigs, horses, & goats.

Introduced to BC as a garden plant, **Leafy spurge** is a perennial that has escaped into natural areas. It spreads rapidly by its huge root system, which can grow to 4.5 m horizontally & 9 m vertically (underground). This plant has a secret weapon that helps it spread – it produces a chemical that stops other plants growing nearby. Toxic to humans, livestock & wildlife when consumed, or when latex (sap) contacts skin.



Scotch broom was introduced from the Mediterranean & is an escaped garden plant in Canada. Scotch broom can increase the intensity of wildfires, obstruct sightlines along roads, & crowd out native plants that animals depend on. A mature plant can live up to 25 years & produce seeds that can survive in the soil for 30 years. Scotch broom is toxic to livestock.

Spotted knapweed is a prolific seed producer, with individual plants producing up to 140,000 seeds per square metre. Seeds & plant fragments make their way into hay & the undercarriages of vehicles, allowing for new infestations over great distances. Both knapweeds spread by wind, livestock, & people, preferring open areas & well-drained soils where they establish in grasslands, open forests, & along roadsides. **Spotted & Diffuse knapweed** are able to spread over large areas because of a secret weapon – an ability to release a chemical that kills surrounding plants. They choke out desirable forage for livestock & wildlife & increase soil erosion. Contact with Spotted knapweed can cause skin irritation. Hands & exposed skin should be washed with soap & water following contact with this plant. All knotweeds species in BC can grow through concrete & asphalt, damaging infrastructure. This can result in significant control, management, & repair costs.



This plant is a perennial that grows in dense patches which can crowd out natural plants & reduce the grasses that animals feed on. **St. John's-Wort** is found in most of southern BC. St. John's-Wort spreads by lateral roots & can produce up to 100,000 seeds per plant. St. John's-wort contains a poison that can cause light-coloured farm animals that eat it to have skin burns or blisters when exposed to sunlight.

Tansy ragwort is a biennial to short-lived perennial that grows in pasturelands & disturbed areas. Seeds are easily transported by wind, soils, human activity, & livestock. A single plant can produce 150,000 seeds that can survive in the soil for up to 15 years. Tansy ragwort can cause liver damage in livestock.



Yellow flag iris invades ditches, wetlands, streams, lake shorelines, & shallow ponds. This plant reproduces through seed dispersal, horizontal roots, & when pieces of the roots break off, which can form new plants. The seeds float on the water in spring & fall, causing them to spread quickly. Several hundreds of plants may be connected underwater due to the extensive root system, which creates a thick mat that damages wildlife habitat, reduces water flow, & crowds out native vegetation. Can be toxic to humans & animals & cause human skin irritations.

Yellow loosestrife is a fast-spreading perennial plant native to central Europe & Turkey. It can form dense clumps that spread out over large areas, crowding out native plants. Yellow loosestrife prefers moist soils, & is typically found in wet roadsides, ditches, along shorelines & wetlands. Contact with this plant may cause skin irritation or an allergic reaction.



These are just a FEW of the invasive species we should keep an eye out for!! To read more and get a more complete list, please check out;

<https://bcinvasives.ca/take-action/identify/>

Wasa and District Historical Assoc. & Memorial Garden Group

submitted by - Kate Kelly

April snow showers bring May flowers and we certainly welcome the precipitation! The Memorial Garden would love to welcome your participation, of the volunteering sort! Please contact Sherry Shields at 250-919-7887 or by email, slshields27@gmail.com if interested in joining the Summer Garden Volunteers.

The Memorial Garden is looking forward to a new water system upgrade later this month which will alleviate the need for extra hand-watering throughout those hot, dry summer days!

If interested in volunteering at the garden please contact
Sherry Shields @ 251-919-7887 © or email slshields27@gmail.com



A special thank you to Jim & Louise Welsh who volunteered their pruning services in the Memorial garden last month!

KOOTENAY RIPPLES

There are a few books remaining for sale.
\$50.00/ea
Contact Pat Walkey @ 250 422-3530 or
pwalkey@shaw.ca.

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.

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unknown

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May Night
The spring is fresh and fearless
And every leaf is new,
The world is brimmed with
moonlight,
The lilac brimmed with dew.
Here in the moving shadows
I catch my breath and sing --
My heart is fresh and fearless
And over-brimmed with spring
Sara Teasdale.

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Sharon and Wendy at the Auschwitz-Birkenau site and museum, Poland. And then they are off to the Czech Republic



Sharon & Wendy Prinze have made it to the Acropolis in Greece. Buzz is getting quite battered!



And through the Krakow Poland airport on their way to



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The **Wasa Recreation Society** manages the Wasa Community Hall. The main objective is to have a Community Hall that is viable for events and recreation of the community. Through fund-raising, volunteering and rentals, we are able to have an economical community hall for our community. The Recreation Society meets the last 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 and Information:** Karen Markus 251.422.3514 or Bonnie Meena 251.422.3795
- **Gym:** Sonia Blackwell 251.421.3019 or Rod 251.422.3253
- **TOPS:** Susan 778.524.0012
- **Library:** Marg Burrin 251-422-3565
- **Quilter's Club:** Linda Sundgaard 251.421.0843
- In addition, BINGOs are held the 2nd tuesday of the month - 6 months of the year, at the Wasa Hall. See details in the calendar. Early bird starts at 6:30 p.m. & regular at 6:45 p.m.

Bylaw Enforcement

I often get questions about bylaw enforcement and the role of our RDEK Compliance Officer, so thought this overview may be helpful.

The main drive behind the RDEK's Bylaw Enforcement Program is to seek compliance with our bylaws. Our Compliance Officer is responsible for enforcing Regional District Regulatory Bylaws, including, but not limited to:

- **Nuisances and Unsightly Premises**
- **Noise Control**
- **Zoning**

In addition, she enforces the Building Bylaw in cases of non-compliance.

If you are having a problem that you think falls into one of these categories, the first step is to make a complaint in writing. There are links to complaint forms for Noise and Unsightly Premise/Nuisance on the Bylaw Enforcement page of the RDEK's website at www.rdek.bc.ca, (type Bylaw Enforcement into the search window or look under the Building Services tab in the Development Services department menu). For other complaints, you can submit a letter outlining your concerns and including your contact information. The form or letter can be mailed, faxed, or dropped off to the Compliance Officer at the RDEK or emailed to dpighin@rdek.bc.ca.

Although complaints must be made in writing, complaints are confidential. In the event a complaint goes to court, it would become part of the public record; however, complainants would be contacted in advance regarding their participation. The Compliance Officer requires your contact information to follow up, to get more details, and keep you informed about the progress of a file. If you are concerned about your privacy, they will take you through the process step by step.

Once a complaint has been submitted in writing, you will likely be contacted to confirm details. If the file requires the action of the Compliance Officer, they begin the process of trying to reach a resolution. The most important step in the process is the first step which involves the public writing or faxing to bring the problem to our attention.

Another area I often get questions about is animal control. There is no dog or animal control bylaw in Electoral Area E. Noise from barking dogs falls under the Noise Control Bylaw and you would use a Noise Complaint Form if you wanted to report an issue with a barking dog.

While this is a brief overview of the process, it doesn't capture everything. If you have a problem or concern that you feel would fall under the jurisdiction of the RDEK Compliance Officer, feel free to reach out to the Compliance Officer at 250-489-2791 or 1-888-478-7335 or via email at dpighin@rdek.bc.ca. They are an excellent resource and will be able to help identify whether it is something that would fall under the Compliance Officer's areas of responsibility.

Because the RDEK's bylaw enforcement program is complaint based, the most important thing you can do in the event you are having an issue, is to make the complaint in writing.

If you have more questions about the process please contact the RDEK.

This year's first Pancake Breakfast will be held on May 21. I hope everyone will come out and support all of the groups

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

Jane Walter

2. Pure Enjoyment

Most of the people across the globe take part in celebrations of naked gardening day for pure enjoyment.

3. Decreases the Objectifying of the Human Body

The supporters of this idea say that we all human beings carry shame not only in the shapes of organs in the bodies but also in their functioning. Therefore, we try to hide these organs from one another. This gives birth to sexuality and, therefore, we look at the objects in various advertisements in terms of sexuality. This exposure of organs of body and their functioning decreases such thought in our minds.

4. Protection from Certain Diseases

Medical science has proven that being naked in the sunlight for an extended period of time saves your bodies from certain diseases. Also, the gentle warmth of the sunlight improves the health of the organs that always remain protected otherwise.

History of World Naked Gardening Day

The holiday was created by Mike Storey and Jacob Gabriel as a Body Freedom Collaborative project and introduced in Nude & Natural in 2005. After the idea was introduced to the public, it quickly gained momentum and began to grow outwards in an almost organic manner. Now it is celebrated by nudists all over the world who want to enjoy this holiday.

The first time this unofficial holiday was celebrated was on September 10, 2005. However, it's fall placement wasn't ideal because the best time to nurture plants is during the spring, so it was suggested that it be moved into one of the spring months. Two years later, in 2007, it was moved to the first Saturday of May, when it continues to be celebrated.

Tips For Successful Nude Gardening

Be sure to take precautions. You want to make sure that you don't want to hurt yourself on this holiday, so be sure to take the following precautions: wear sunscreen and/or insect repellent; If you're a male, be careful using a line trimmer or shears; and wear a protective hat or gloves, if necessary.

Show your neighbors some consideration. While it's legal in many areas to tend a home garden in the nude, don't be surprised if some of your neighbors don't appreciate it too much. If your neighbors aren't enlightened, then take the necessary precautions. Also make sure that it's legal to garden in the buff in your locality. Have a good time. Naked gardening is all about freeing yourself from social stigmas and just reconnecting with nature.

<https://electrosawhq.com/naked-gardening-day/>

<https://www.holidayscalendar.com/event/world-naked-gardening-day/#:~:text=History%20of%20World%20Naked%20Gardening%20Day%20This%20holiday,to%20grow%20outwards%20in%20an%20almost%20organic%20manner.>

<https://dayfinders.com/naked-gardening-day/>

Wasa Lions Medical Equipment Loan Cupboard

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

For Loan information or Equipment Donations to the Cupboard

Contact:

**Jocelyn 251 505-4752
or Trinda 251 793-9491**

And all the world is glad with May.
John Burroughs





TOPS SPOT

submitted by - Susan Manahan

Spring is upon us as is some extra poundage that we have accumulated over the last two years. What can we do about that extra weight? A person needs a plan. There are so many plans from which to choose. Count calories, Weight Watchers, Slim Fast, South Beach, Atkins and the list goes on and on.

A very easy plan is called "My Plate". A simple way to eat well. Divide your plate into four quarters. A section each for fruits, grains, vegetables and protein. An extra section for dairy is on the side. Be very skimpy with added fats and sugars.

My Plate is an educational tool developed by the U.S. Department of Agriculture. This is a tool that helps people make healthy choices. This is a tool for all members of the family to have healthy meals.

My Plate daily recommendations for losing weight:

- Fruit—men-2 cups, women-1 ½ cups
- Vegetables—men-3 cups, women-2 ½ cups
- Grains—men-7-8 oz., women-6 oz.
- Protein—men-6 ½ oz., women-5 ½ oz.
- Dairy—men and women-3 cups (low fat or fat free choices)

Sample plates following the above guidelines

Breakfast-1 cup blackberries, 1 egg, 1 slice whole wheat toast, 4 oz. tomato juice, 1 cup plain yogurt, 1 tsp. margarine.

Lunch-1/2 cup of mandarin oranges, Romaine lettuce and 1 slice of tomato, 1 whole wheat Sandwich Thin, 3 oz. chicken strips, 8 oz. low fat chocolate milk.

Dinner-2 halves canned peaches, ½ cup broccoli, ½ cup rice, 3 oz. roast beef, 8 oz. skim milk.

Have a good look at your plate. Losing weight or not ask yourself, "Is this a healthy meal?" My Plate is an easy way to make sure there are healthy, colourful meals being served. It also is very close to Canada's Food Guide.

Extra hints to keep you on track:

1. Keep a food journal. If you bite it, write it.
2. Spray your oils rather than pour.
3. Keep hydrated—make water your drink of choice. A squeeze of lemon in the water is a much better choice than pop.
4. Cut and Burn—cutting 100 calories and burning 100 calories daily will result in a 20 lb. loss over one year.

Did you know that losing just 10 pounds takes 40 pounds of pressure off of your knees!!

Information in this article comes from the TOPS Manual, "Real Life-The Hands On, Pounds off Guide"

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VOLUNTEER WITHIN THE COMMUNITY

Are you new to the Community? Recently retired and have time on your hands? Want to meet neighbours? Just love to get involved and give back? We might be able to help with that!

Because our Communities are small, we rely very heavily upon Volunteers. And there are so many areas that would benefit from any skills you have to share. I encourage you to take a look at the list below and call existing members to see where you can help out.

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

"Volunteering is a work of heart."

WASA COUNTRY BREAKFASTS

**Have Returned to the Wasa Lions Picnic Grounds
For 2022**

First one of the Year

Saturday, May 21

Live Music by the Bunkhouse Boys

And then every Saturday

From July 2 to September 3

Pancake Breakfast

8:30 a.m. to 11:00 a.m.

Coffee on at 8:00 a.m.

Breakfast includes:

Pancakes, Blueberries

Scrambled Eggs, Sausages

Juice or Coffee

Large \$7.00 Small \$6.00

Just Coffee / Juice \$2.00

Vendors set up for free

**Come out and enjoy a great breakfast
served by**

**our local community groups
Entertainment on some weekends**



HOPE TO SEE YOU THERE



WASA VOLUNTEER FIRE PREVENTION & SUPPRESSION

submitted by Kathy McCauley

Wildfire Community Preparedness Day Workshop

Saturday, 9 am – 3 pm, May 7 2022 at the Wasa Community Hall

2021 was another record-breaking year for British Columbia wildfires. Wasa residents dodged the bullet for another year, although the Bill Nye fire, which burned from mid July to mid August, was right at our back doorstep. As the 2022 fire season approaches, **NOW** is the time to prepare your home in case (or when) wildfire threatens again.

Don't miss the opportunity on May 7 to learn more about how to FireSmart your property and why. Members of the Wasa Volunteer Fire Prevention and Suppression will have updates on their activities, including news about the FireSmart Demonstration Site on the corner of Wasa Lake Park Drive and School Road. We are grateful to our funders: Columbia Basin Trust, BC Hydro, BC Wildfire Service, Regional District of East Kootenay (RDEK), and FireSmart BC.

Residents will also be interested to learn about a new initiative to reduce the wildfire risk on crown land adjacent to Wasa that will be carried out over the next several years. The RDEK is co-ordinating the community engagement process for the initiative; other government players involved include representatives from BC Parks, Ministry of Forest Habitat, The Nature Trust, and the Ministry of Forests Wildfire Risk Reduction Program. On May 7th, RDEK's Wildfire Resiliency Supervisor, Terry Balan, will introduce the project and answer your questions.

Following the morning sessions, everyone is invited to complimentary lunch at the Lions Grounds, and the afternoon will be spent at the FireSmart Demonstration Site on the corner of Wasa Lake Park Drive and School Road. Later in the week following the workshop, RDEK will provide free chipper service to haul away and dispose of woody debris from yard cleanups. Pre-registration is required.

For further information, email kathyemccauley@gmail.com or check out local resources and download FireSmart Homeowner's Manual at www.wasafire.weebly.com



Find even more great stuff at www.firesmart.bc.ca and www.engage.rdek.bc.ca/firesmart

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

April showers...
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May 7, 2022 9 am – 3 pm

Wasa Community Hall

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➤ How to FireSmart™
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➤ What does the Wasa
Volunteer Fire
Prevention and
Suppression group
have planned for 2022-
23

➤ What is in the works
to reduce the wildfire
risk on crown land
around Wasa

➤ For more info
Regional District of East
Kootenay
engage.rdek.bc.ca/firesmart

www.wasafire.weebly.com
kathyemccauley@gmail.com

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SPRING CLEAN-UP AND BACKYARD BURNING

Unprocessed natural vegetation such as lawn clippings, leaves and pine needles produce air pollutants when burned. This includes carbon monoxide and fine particulates which when inhaled into the lungs can have serious health impacts.

Children, the elderly and those suffering from chronic respiratory conditions such as asthma, emphysema, and bronchitis are the most vulnerable to poor air quality.

Before you burn talk to your neighbours. Maybe someone in that home has a respiratory condition that is aggravated by the smoke and maybe your neighbour would be willing to help you haul the pine needles or clippings to the dump. If you notice your neighbour has laundry on the clothesline, maybe instead of burning haul your pine needles and clippings to the dump.

As the snow melts, dead grasses can dry out quickly due to increased temperatures and wind. Anyone that chooses to do outdoor burning should pay attention to changing weather conditions and follow all burning regulations in order to reduce the number of preventable fires.

If you choose to burn, backyard burning must be done safely. Homeowners and industry personnel are encouraged to visit the Wildfire Management Branch website - www.bcwildfire.ca/Prevention - consult the B.C. FireSmart manual and take the following precautions:

- Ensure that enough people, water and tools are on hand to control the fire and prevent it from escaping.
- Do not burn during windy conditions. Weather conditions can change quickly and the wind may carry embers to other combustible material and start new fires.
- Create a fireguard at least one metre around the planned fire site by clearing away twigs, grass, leaves and other combustible material.
- If you are planning a large burn, consider conducting smaller burns around the perimeter beforehand to create a fuel break and help stop the fire from spreading beyond its intended size. Each of these fires should be kept small and must be completely extinguished before starting a new fire.
- Never leave a fire unattended. Make sure that your fire is completely extinguished and the ashes are cold to the touch before you leave the area.
- Before conducting a burn, check with your local fire department, municipality and regional district to see if any open burning restrictions or bylaws are in effect.
- Always check the venting conditions before conducting an open burn. If venting conditions are rated "Poor" or "Fair", open burning is restricted. The venting index can be found at: <http://www.bcairquality.ca/readings/ventilation-index.html>

In British Columbia, the Wildfire Act specifies a person's legal obligations when using fire in or within one kilo metre of forest land or grassland. If an outdoor burn escapes and causes a wildfire, the person responsible may be held accountable for damages and fire suppression costs.

Anyone found in contravention of an open fire prohibition may be issued a ticket or, if convicted in court, may be fined up to \$100,000 and sentenced to one year in jail. If the contravention causes or contributes to a wildfire, the person may be subject to a penalty of up to \$10,000 and be ordered to pay all firefighting and associated costs.

Talk to your friends and neighbours, there is an alternative to burning and many folks would rather help you haul your clippings and needles away than smell the smoke.

And there is always the chance that someone in the community will want your clippings for the garden / compost needs!!

reprint from May 2017



The mandate of the WLLID is to monitor several elements concerning the quantity and quality of water. Historical water data can be viewed at <https://data.cbwaterhub.ca/organization/wasa-lake-improvement-district>.

Ice off date was March 28th, 95% of the lake surface was open water. The only area with ice/slush was Ida's Cove. By April 1st, that area was clear of ice. In 2021, the ice off date was 19 March, again Ida's Cove did not see open water until several days later.

The water level on ice off day was higher than in the past 3 to 4 years, high enough to obtain a reading from the lake gauge, 766.48 masl (meters above sea level) which is about 10 to 18 cm higher than last year.

Since late March, the water level has dropped by 10 cm and is now (14 April) at 766.38 masl.

The WLLID is beginning preparations for the impending freshet. Trustees will be on site April 30th to conduct flap gate maintenance at the south end of Cameron Pond. By mid-June the ID hopes to conduct water testing equipment training for an extensive water quality study being conducted this year. This study entails measuring water temperature and dissolved oxygen levels every meter from the surface to the bottom. Secchi readings, to monitor water clarity, will also be taken. At the end of the study, the results will be compared to findings from the same study conducted in 2004 that will allow the ID to determine any change in the water over the last 18 years.

WLLID will also release the first peak water level estimate on June 1st, with a follow-up estimate on the 15th. These peak water estimates are shared with residents and the RDEK so that all parties can prepare for possible flooding.

RDEK flood preparedness information can be found at: <https://www.rdek.bc.ca/departments/protective-services/emergencyinfo/flooding/>

The WLLID meets monthly. The agenda and past meeting minutes are public information and can be found on the website: wasalake.ca. The next Board meeting is 28 April at the Hall.

Look for information posters at the Kiosk, coming soon.

Anyone interested in participating in ID activities is encouraged to contact us: admin@wasalake.ca.

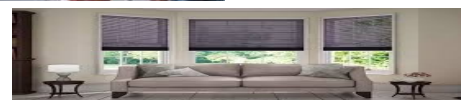
submitted by Nowell Berg



There is a box full of runners from past gym members & we would like to get them back to their owners! Contact Sonia to set up a pick up time.

M's Interiors WINDOW TREATMENTS

- VERTICALS
- SOLAR SHADES
- ROLLER SHADES
- HORIZONTALS
- CELLULAR (INCLUDING BLACKOUT)
- TRANSITION SHADES



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Doug Ross

December 28, 1963 - April 8, 2022

It is with profound sadness, we announce the sudden passing of Doug Ross, of Skookumchuk, BC.

He was born in Comox, BC on December 28, 1963 and then a few years later, the family moved to Alberta. As a young adult, Doug started an oilfield equipment hauling business and continued it till moving to Wasa in 1997, where a sand, gravel and topsoil business was also started. Over the next few years both businesses were in operation till finally he transitioned back to oil and gas full time, where he stayed doing what he loved till his passing.

He touched lives wherever he went, was loved by all, and will be forever missed.

He leaves behind his wife Francine (Fran), mother -Linda Ross, brother Mark Ross and family, sister Lisa Fiselier and family, stepson Michael Carter and family. As well as many many close friends, co-workers and family.

Funeral service arrangements to be announced at a later date.

Wasa Community Church



Spring is the season that I enjoy the most. The temperature gradually rising to what is usually the best degree, the variety of colours that meet the eye, the lengthening of evening light and the return of many different animals all contribute to the greatness of spring and emphasize that there is such beauty in the world. This is the season of life and growth – the greenest season.

Back in my Sunday School days, I remember learning the Gospel in five different colours. The colour black would be used to talk about our sinfulness as humans. After that, red was used to represent the blood of Jesus that was shed on the cross on our behalf. Next was white, which represented new life in Christ who rose from the dead. The final colour was yellow, and due to its closeness with gold, represented the afterlife – eternal life in heaven with the Lord. What you had was this way of illustrating that we, as sinners, can be forgiven of our sin and allowed into heaven after we pass away because of what Jesus did for us on the cross and in His resurrection. Through placing a repentant faith in Christ and His work, a person's story follows the colours of black to red to white to, eventually, yellow. However, there was another colour between the white and the yellow, and that was green: the colour of growth. It's purpose for those teaching me as a kid was to represent the sanctification process, which, in more understandable terms, was Christian spiritual growth.

Every Christian needs to grow in some capacity. You'll never find a perfect Christian on earth. There's always room for a Christian to improve – to improve in showing love to God and to other people (including our enemies), to improve in knowing and applying the Bible, to improve in trusting the Lord. Of course, this process isn't always easy. There are such things as growing pains. Sometimes there needs to be pruning for growth to result. Hardships help strengthen us, and can give us better insight on how to help others. The greenest season of life may throw difficulties our way, but much like the greenest season in the year, there is so much beauty that comes from the growth.

Pastor Jon Malpass, Wasa Community Church, (251) 464-4419

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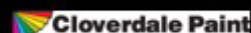
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CHURCH**

SATURDAY MAY 7TH

1pm - 3pm

Suggested Donation:

\$5.00 per person

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& Goodies**

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528

Arla

I'm set! My adrenaline is pumping! I am number 528 in the Wasa Lake Triathlon Short Course - 750 meter swim, 20 kilometre cycle, and 5 kilometre run. Participating for the first time at the age of 60, I found that I had added challenges and concerns. It wasn't going to be just a "run in the park". Oh noooo...! I don't like running! I made a call, and was told that I could crawl if I wanted and I replied, "I just might be by the end!"

The swim is going to be my biggest challenge. The water tends to be very cold in June. So for Christmas my husband gave me a gift certificate for a wetsuit. He then took me to the shop to choose one. After struggling for some time to put it on, I walked out of the change room and said, "It doesn't fit very good." The salesman, and my husband, had strange looks on their faces. They burst out laughing and told me that I had it on backwards! The wetsuit will not only keep me warm and make me more buoyant but it will provide the added benefit of smoothing out my wrinkles.

Training is important and I practised for months. I even went south where I swam in the Sea of Cortez, enduring the stings from jellyfish. I cycled around the lake. Three times around is approximately 20 kilometres. Every morning, I walked briskly up the road and back down. Some mornings more briskly than others if I thought about a bear being in the bush.

I practised transitioning which is changing from swimming to cycling to running (in my case walking) gear. I planned the layout of my changes to facilitate doing it quickly. I was warned that my balance could be off after swimming in the cold water. I'm off balance at the best of times, especially on one foot. I included a camp stool on which to sit.

The big day arrives! I've checked in and picked up my timing chip. The body markers were put to the test making numbers legible over and around my varicose veins.

There are over 700 athletes. So, I parked my bike near a big sign to make it easier for me to find when I came out of the water. I laid out my changes as planned. As we were waiting, a fellow competitor remarked, "Isn't it wonderful, standing among all these healthy people!"

Time for the swim. The buoys are big and orange-coloured. That is good because I don't see very well at a distance without my glasses. I made it to the first buoy. I am doing good. Around the 2nd buoy, I start feeling very lonely out there. Then someone in a boat says, "How are you two doing?" TWO?! There was actually someone behind me. I came out of the water. I need to start taking off the wetsuit. Where is that zipper strap? Now if I could have worn it the way I put it on the first time, this wouldn't have been a problem. Hey! How about that! I didn't need to worry about finding my bike. It was only one of two left in the lot.

I am off on my bike. In the cycling rules, one is warned against drafting. The only draft I had to worry about was the one made by other cyclists as they were passing me. I am just completing my second round and they are trying to wave me in to the transition area. Sorry fellas, but I have one more to go. I had the road and cheering sections to myself. I felt like a celebrity.

Back to transition and on to walking. Halfway through, not crawling yet, I hear behind me, "Man, you walk fast! I've been trying to catch up with you since transition." I see the fellow's markings as he went by me. He was 40 and jogging. I am 60 and walking. I felt great and picked up my pace and even streaked passed my husband who nearly does himself in getting a picture of me coming through the finish line!

At the awards presentation I hear "Honouring Arla Monteith!" What?! I got a medal for my age category. Number 528 was the best out of one!

(I would like to give a shoutout to the Wasa TOPS who helped me develop a healthier lifestyle and lose 50 pounds, thus gaining the freedom to be able to participate and have this amazing experience.)



Voyage to our possible Future

Part 1: When Democracy is replaced by Sophocracy

We can be spiritual men and women with big hearts without being blind to the betrayals and lies imposed on us by the leaders of globalization at all costs.

It has long been believed that democracy represents the pinnacle of our civilization, but when a democratic organization is plagued by corruption, greed and the desire to robotize minds by stealing their freedom through the promotion of fear, then democracy comes to an end and displays all of its limitations. A minority of well-organized world political leaders have decided to lead the world, no matter the cost, in a spirit of forced globalization in which individuals will be both branded slaves and turned into robots within a framework of permitted thoughts and others prohibited and therefore punishable.

We have all witnessed the Prime Minister of Canada, Mr. Trudeau, using unconstitutional dictatorial means, by force, to prevent the legitimate uprising of citizens who are fed up with the senseless management of this health crisis forcing repeated injections of vaccines that are nearly ineffective and entirely unpredictable regarding short and long-term side effects, having been used on populations serving as guinea pigs in this great laboratory of Humanity... that was unheard of since the dark period of WWII. *Blocking the bank accounts of individuals because they speak out against the madness of their leaders... dismissing nurses and doctors who don't want to be vac-*

inated... telling us that this vaccine will stop the pandemic knowing very well that it will not; does all of this look like a democracy when it is a minority of leaders who use force and the media to compel us to do the opposite of what we would do by ourselves?

In the face of this sad observation, in front of so much global injustice and contempt, I had no other choice but to enter into another future through consciousness. Through an opened state of meditation, I allowed myself to travel to a possible future in which the individuals of each population woke up from the imposed terror and torpor and said "No!", once and for all, to cooperating with the dictate of this pseudo "well-righteousness" of globalization and to the use of fear by politicians as a means of controlling people in order to better exploit them.

To my great surprise, one of our possible futures in this world is that, having put an end to the lies of politicians, citizens have realized that since democracy always gives power to the most skillful, the most manipulative, and the most cunning, then it is replaced by the law of the wiser, of the more worthy of respect and trust, and accordingly they elect wise men and wise women without partisan or personal interests; they elect true servants of their nations and of the world.

These beloved wise leaders have created **Sophocracies** everywhere in order to forever replace the corrupt and corruptible democracies. **Sophocracy** (from the Greek Sophos [wisdom] and Kratos [power]) means **"the Power of wisdom"**. In this possible future which is ours,

Sophocracy is a method of governance and collective wisdom that makes the organization efficient and agile by freeing it from the power of egos that always oppose each other and create social insecurity and chaos.

So, I asked these inhabitants of our possible future what the values of their Sophocracy rested upon, and their answer was cheerfully unanimous and straight forward: **"God, Freedom and Unity"**. As a spiritual teacher who shares Dharma Wisdom to my fellow human brothers and sisters at the Ashram, I was decided to hear more about this elevating news of a possible Sophocracy in our supposedly democratic world. So, I asked about the reason for the ordonnance of these three notions of **God, Freedom and Unity** and how they had become so evident for the entire Human Race to allow that the world live by them. Before detailing the very meaning of each value, they insisted on the fact that these three values are all related to the ability to perceive reality *as it is* and to let go of the mental habit of making reality a personal and emotional affair.

I will continue to describe this voyage into our possible future in the next article, hoping it will inspire many of you and hold your hope for a better and happier world at the highest.

With Love and Blessing.

The best is yet to come, if we really wish for it!

OM OM OM

H.H. Gurudev Hamsah Nandatha
Adi Vajra Shambhasalem Ashram
Wasa, BC Canada



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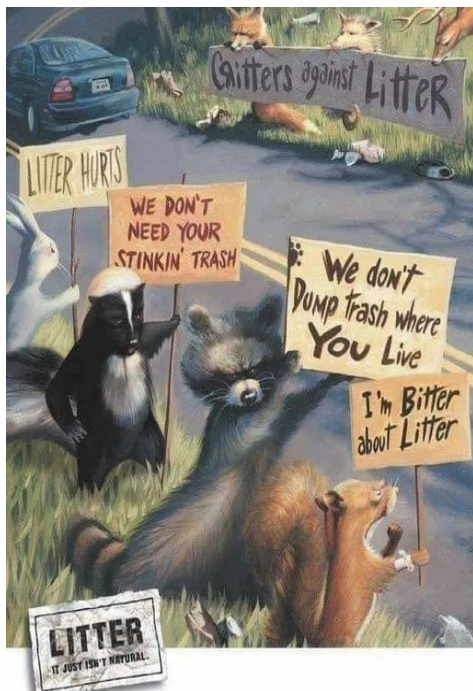
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Field of Knowledge Called Phenology



For centuries, gardeners took their cues for planting times from nature—a field of knowledge called phenology.

What is it, though? Phenology is the study of cyclical natural phenomena and events—from bud burst to bird migration—and then letting nature's timing help you understand when to plant and harvest. Native and ornamental plants act as nature's "alarm clock" by signaling that temperatures and precipitation are optimal for planting.

Since average frost dates are just an estimate, observing the plant and animal activity can be very helpful. While not totally foolproof, following nature's clock helps us tune in to the rhythm of life around us.

Nature's "signs" are different in every region; however, you should still relate to these examples:

- Plant potatoes when the first dandelion blooms.
- Blooming crocus are your cue to plant radishes, parsnips, and spinach.
- When the forsythia is in bloom, it is safe to plant peas, onion sets, and lettuce.
- Half-hardy vegetables, including beets, carrots, and chard, can be planted when the daffodils blossom.
- Perennial flowers can be planted when the maple trees begin to leaf out.
- When quince is blossoming, transplant cabbage and broccoli.
- Wait for apple trees to bloom before planting bush beans.
- When the apple blossoms fall, plant pole beans and cucumbers.
- By the time the lilacs are in full bloom, it will be safe to plant tender annual flowers and squashes.
- Transfer tomato transplants to the garden when lily-of-the-valley is in full flower.
- Full-sized maple leaves signal time to plant morning glory seeds.
- Peppers and eggplant can be transplanted when the bearded iris are blooming.
- When peonies blossom, it is safe to plant heat-loving melons, such as cantaloupe.



What are the seasonal cues where you live? Observe the connection between "firsts" and what's happening in the yard and garden:

- ✕ First bud (of various plants)
- ✕ First bloom (of various plants)
- ✕ First animal migration
- ✕ First appearance of different insects
- ✕ First emergence of hibernating animals
- ✕ First amphibian (like spring peepers)



Other natural phenomena, such as bird migrations and the emergence of insects and amphibians, also signify the coming of spring. It only makes sense to use these events as indicators of when the weather is right for planting. Observations made over many years have led to some fairly reliable conclusions!

<https://www.almanac.com/phenology-garden-planting-natures-signs>



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Visit: www.arkangelski.com

Wasa Community Library

call Marg Burrin
@ 251-422-3565 or
Rose Smith @ 251-422-3088

We close for summer
and Christmas holidays

Located in our Community Hall,
Wasa Community Library
will open

Tuesdays in May

From 11:00 am - 12:00 p.m.

We have a wide variety of books for you to
browse through and borrow.

The library will be open every Tuesday
except holidays.

The Library Volunteers:
Marg Burrin & Rose Smith
Thank you

PLEASE NOTE

**There will NOT be a TriVillage
Buzz issue for July.**

**If you have any announcements,
articles, etc. that have a July
relevance, these HAVE to be submitted
to trivillagebuzz@gmail.com
by May 15th, to make it into the
June issue of the Buzz.**

**The Buzz resumes publication
with the August issue.**

LISA WINKELMAN

Scentsy Independent Consultant

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lisam1020@gmail.com

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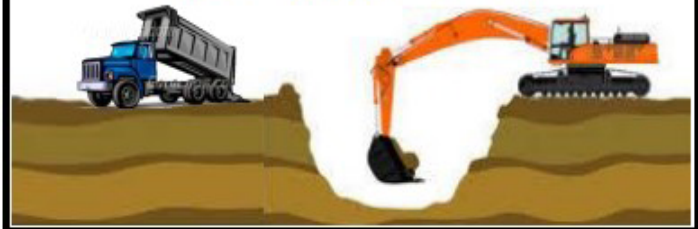
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FIRE IN WASA!

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Wildfire 1-800-663-5555 or *5555
from a cell.

Then call these Wasa volunteers
until someone answers:

Bill Walkley 250-427-1049

Lyle Zaksauskas 250-421-2650

Sharon Prinz 250-417-7654

Darcy Tagg 250-417-6617

Debbie Waterer 250-426-9791

Mike Gall 250-417-9422

Kathy McCauley 250-427-6637

What's Happening at the Wasa Community Hall



The Library

Learning Together 11:00 am to 12 Noon

Tuesdays: May 3, 17, 31; and June 7.

Story Time for Kids

1 on 1 Tech Support for everyone

Inter Library Loan Requests

For more information contact Kayla Wilson, Community Literacy Coordinator

kwilson@cbal.org or 250-687-4681



Wasa Fire Suppression Group Event

May 7, 9 am to 4 pm

includes complimentary lunch at Wasa Lions Grounds.

B I N G O				
1	27	33	48	75
8	19	45	56	61
3	18	FREE SPACE	49	69
15	26	41	53	66
2	21	37	46	65

Bingo

The Wasa Recreation Society is holding bingo at the Community Hall on the following **Tuesday dates:**

May 10, June 14, July 12, August 9, September 13, and December 13.

Early bird 6:30 pm and regular bingo 6:45. Concession

Yard Sale-



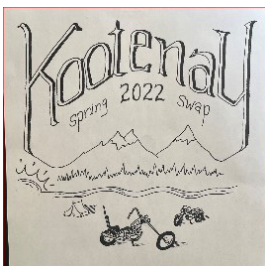
The Wasa Recreation Society will be holding a fundraising yard sale in the Wasa Community Hall on

Saturday, May 21 (long weekend) from 9:00 am to 1:00 pm.

Sale of items will be by donation.

If you have items to contribute they can be dropped off at the Wasa Community Hall front door (or if hall is open for other reasons items can be left inside) or contact Karen Markus at 250 422-3514 for other arrangements.

We are not accepting any clothing items.



Kootenay Spring 2022 Swap

Motorcycle Show & Shine

Saturday, May 28, 10:00 am to 10:00 pm.

Sponsored event.

Contact John for more information 250-464-5093

Vendor tables \$20.00.



TRI-VILLAGE BUZZ NEWS TEAM

Editor

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251.417.1570
trivillagebuzz@gmail.com

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Website Coordinator
Clay Tippet

Article Submitters

Barry Morvai
Kate Kelly
Jane Walter
Susan Manahan
Kathy McCauley
Arla Monteith
Nowell Berg
Jon Malpass
Ven. Gurudev Hamsah Nandatha



Clean out and Downsize time!



**Wasa Lions Club is accepting Clean,
Gently Used Donations
For the Spring Yard Sale**



Please contact Lois @ 403.478.4450
wasagrandad@gmail.com
or
Sharon @ 250.417.7654
prinzsharon@gmail.com

No clothing or TVs accepted

Advertising Rates Per Issue

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May 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 	5	6	7
8 Church 10:30 am 	9	10	11	12	13	14
15 Church 10:30 am 	16	17	18	19	20	21
22 Church 10:30 am 	23	24	25 	26	27	28
29 Church 10:30 am	30	31 				

LEGEND

Church Service 10:30 a.m. Lions 7 p.m.
 Rec Society 7 p.m. Quilters 10 - 4
 Library; tuesdays 11 - 12 Bingo 6:30 p.m.
 Armchair Traveller 7:30 p.m.
 Tops; friday 9 a.m.

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
- May 7 - Fire Suppression Event
- May 7th Wasa Community Church Tea & Bake Sale
- Wasa Bingo returns!! May 10, June 14, July 12, August 9, September 12, December 13
- May 21 - Wasa Yard Sale
- May 28 - Kootenay Spring 2022 Swap

NUMBERS AT A GLANCE

Ashram Meditation & Yoga.....251.422.9327
 BC Wildfire.....*5555.....or1.800.663.5555
 Catamount Contracting.....251.422.3694
 Conservation - Emergency.....1.877.952.7277
 Cranbrook/Kimberley Hospice.....251.417.2022
 Econobuilt.....251.421.7813
EMERGENCY.....1.800.663.5555 (*5555)
 Hi Heat Insulating.....251.422.3457
 HD Railings.....251.422.3457
 Kootenay Kwik Print.....251.489.4213
 Kootenay Monument Installations.....422.3414
 Lantz Farm (Hay).....251.420.1660
 Rascal Dock Systems.....251.421.1746
 TOPS.....778.524.0012.....422.3686
 Wasa Country Pub & Grill251.422.3381
 Wasa Hall.....251.422.3514.....422.3795
 Wasa Hardware & Building Ctr.....251.422.3123
 Wasa Lake Gas & Food.....251.422.9271
 Wasa Lions Med Eqp...251.417-7654.....793.9491
 Wasa Lions Trail Donations.....251.417-7654
 Wasa Memorial Garden (Pat Walkey).....422.3530
 Wasa Post Office.....251.422.3122