



FREE MONTHLY PUBLICATION

TRI-VILLAGE BUZZ

May 2024 ISSUE 271

Visit: www.wasalake.com

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Babies, Babies, Babies

It is that time of year! While we've seen newborn calves and foals for a couple months now, wildlife will be following suit in the next few weeks. And with this we can see a change in wildlife behaviour. DO NOT approach any wildlife young, even if you believe it has been abandoned. Many young are left on their own for hours at a time while mothers forage for food. Check with the local Conservation Officers if you have any concerns - they know what to watch for and how to monitor any given situation.

It is important to acknowledge every wild animal has its place in our ecosystem. Remove one and there is a negative domino effect - a study of the Yellowstone wolves illustrates that!

Mule Deer and White-tail Deer will be giving birth late May into June. They may prefer solitude while giving birth, but are generally herd animals.

Elk typically give birth in late May, early June. Cows prefer solitude for a few weeks after birthing, and then rejoin their herd.

Moose will begin dropping their calves late May and into June. These are very large animals and if threatened, can inflict fatal wounds. They tend to be solitary animals, not running in herds like elk or deer.

Raccoons (yes we do have them in the East Kootenays) will be giving birth to kits in April / May. Like all babies they are as cute as can be! But not to be messed with. Raccoons can become very aggressive and do have a high potential of carrying rabies. This is not stated to cause fear-mongering, but to be aware and not handle them for any reason.

Skunks give birth in late spring / early summer. And while none of us want them taking up residence in our yards, they are very beneficial in taking care of pests like mice, grubs, etc.

Wolves and Coyotes will be giving birth in April / May. They are pack animals with an amazing family structure, looking out for each other. Human interaction is rare.

Cougars have already given birth (February/March) and will be on the lookout for easy prey to keep their families fed. There is a lot of fear generated around the thought of cougars in the area, but they perform a very necessary task in the wild - keeping ungulates herds healthy.

LITTER LASTS THIS LONG

CIGARETTE BUTTS.....1-5 YEARS
ALUMINUM CANS.....80-100 YEARS
ORANGE PEELS.....UP TO 2 YEARS
PLASTIC BAGS.....10-20 YEARS
GLASS BOTTLES.....1 MILLION YEARS
TIN CANS.....50 YEARS
WOOL SOCKS.....1-5 YEARS
PLASTIC BOTTLES.....INDEFINITELY

IF YOU PACK IT IN... PACK IT OUT



Serving Skookumchuk, Ta Ta Creek and Wasa Lake



WASA VOLUNTEER FIRE PREVENTION & SUPPRESSION

submitted by Kathy McCauley

11 am - 2 pm Saturday, May 11 2024

Location: FireSmart™ Demonstration Site on the corner of Wasa Lake Park Drive and School Road (east of gas station)

Please join us for a free community event!

Come and go as you please between 11 am to 2 pm. Members of the FireSmart Board will be on hand dishing out hamburgers, drinks, and cake to celebrate the grand opening of the Demonstration Site. We hope to inform and inspire homeowners to take steps to reduce the fire hazards on their properties in order to mitigate the effects of potential wildfire disaster. Your action now will protect not only your own home, but your neighbours', and the entire community!

The Regional District of East Kootenay has kindly agreed to provide free chipper service on Friday May 17 to chip and dispose of the branches and woody debris you prune from your trees and bushes. To sign up or for more information, email kathyemccauley@gmail.com

We've ordered a sunny day for the event. Hope to see you there! For more general information about FireSmart, check out www.wasafire.weebly.com or www.firesmartbc.ca

Many thanks to our wonderful sponsors over the years: Columbia Basin Trust, BC Hydro, FireSmart Canada, and Regional District of East Kootenay.

FireSmart, Intelli-feu, and associated marks are trademarks of the Canadian Interagency Forest Fire Centre.

The Wasa Community Fire Trailer is up and running for the season! Keep the WHO TO CALL list (in this issue) handy. support and guidance.



**BRITISH COLUMBIA
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

GYM HOURS AND INFO

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

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 250-417-9422

Lyle Zaksauskas 250-421-2650

Sharon Prinz 250-417-7654

Kathy McCauley 250-427-6637

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 water trailer and call others with water trailers to help.

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

The community water trailer is only available mid-April to mid-October. It does not operate during freeze-up months.



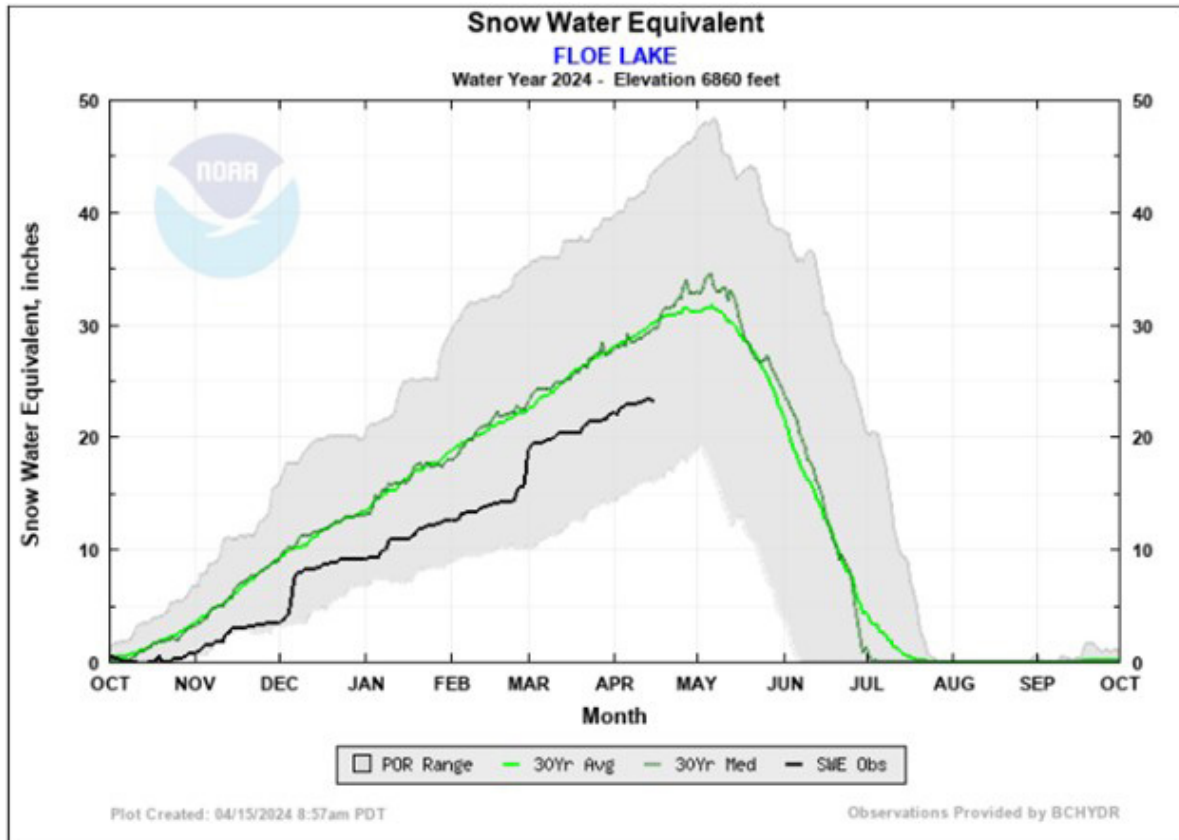
WLLID Spring Clean-up

Spring is well underway here at Wasa.

The WLLID is gearing up for another water monitoring season. We are looking for volunteers to help test the water quality from June to September. Training provided and you will be part of a crew dedicat-

ed to keeping the water safe for all people and aquatic life. Please send an email to admin@wasalake.ca.

As of April 15 th , the Flow Lake snow pillow is 77% of average which is higher than the provincial average (63%). The chart shows the water equivalent is substantially below historic levels which potentially means a low water level this summer.



In preparation for the spring freshet, WLLID urges residents to examine their property to be sure there are no toxic substances that can get into the lake water by the surface or underground. Lake front properties should make sure all loose non-natural material is removed from the land adjacent to the foreshore so that it doesn't end up in the water.

Residents should also ensure that culverts are cleaned out to allow water to flow and not pool up in ditches and roadways, and potentially drain into the lake.

Another spring time chore is examining your septic system to be sure it is operating properly and that no sewage is seeping into the ground where it can travel into the lake water.

HELP STARTS HERE ...



VICTIM SERVICES

250-427-5621

Call Anytime 24/7



Wasa & District Lions Club
Recycling program
250 417-7654

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

The Community Connector Bus Will Now Pick Up Wasa Residents bound for Cranbrook Tuesdays and Thursdays at 10:30 at Gas Station - Return from Cranbrook Hospital, 3 pm Tuesdays and Thursdays stopping at the Gas station 3:30. This bus continues up to Golden if you need. **Price is \$2.50 each way.** Medical patients have first priority. If there is room, others can ride this bus.

Phone 250.427.7400 to Book your ride.

The JC McPhee Memorial Swim 11:00 AM - Saturday May 25 - Horseshoe Beach

Last fall our community lost a tireless and endlessly cheerful volunteer. Every year in late May, John Crosbie MCPhee happily plunged into Wasa Lake to go for a bracing swim.

His friends and family invite you to join the inaugural JC McPhee Memorial Swim. Jump into your swimsuit and fearlessly charge into the welcoming waters of Wasa Lake at Horseshoe Beach at 11:00 AM, Saturday, May 25th. We'll provide coffee and cookies for the shivering brave and for those who just want to come along and say cheers to the memory of JC.

Plant Sale - 10:00 AM - Saturday May 18 - South Garage at 6595 Wasa Lake Park Drive
Offering two varieties of local greenhouse raised Roma tomato plants, some Beefsteak tomato and Tasty Emperor cucumber plants, a limited choice of Asters, Pansies and Zinnias along with other locally donated plants. Proceeds are in support of the Tri-Village Volunteers.



Want to learn to Quilt?

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

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

No previous experience required.

Call Gayle Andrews
250-422-3095 for more info

pagebordertips.org



Are you interested in First Aid Training?

May 5/24 noon to 4 pm
@ Wasa Lions Grounds

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

Contact 250.417.7654
for further information and registration



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BOTTLE & CAN RECYCLING

Donate your Clean Liquor, Pop, Water, Milk & Juice Containers to the Wasa & District Lions Club

Support Local Scholarships & Lions Grounds Maintenance





TOPS SPOT

submitted by - Heide Wright

As leader of the Wasa TOPS group I have to say that I am proud of our members, we are off to a healthy start for 2024 and we hope to maintain this trajectory. We are all about motivation and support for each other and encourage healthful lifestyle choices. We have access to TOPS.org where we not only find inspiration or ideas for our meetings or contests, we get delicious healthful recipes. Here is the recipe of the month for May:

Jumpin' Jambalaya

(This is an easy, one-pot, slow cooked meal--made with brown rice, chicken, turkey kielbasa, onions, tomatoes, peppers and spices)

Prep and cook time: 1 hr., 25 min. Servings: 9 (Serving size: 1 cup)

Ingredients

14 oz. low-fat turkey kielbasa	1 14 1/2 oz. can of diced tomatoes, no salt added
1 lb. boneless, skinless chicken breast	1 1/2 cups uncooked brown rice
cooking spray	4 cups water
1 medium celery stalk, chopped	2 cubes, low-sodium chicken bouillon
2 small onions, chopped	1 bay leaf
4 cloves garlic, chopped	1 1/2 tsp. cayenne pepper
1 small bunch green onions, chopped	3 T. parsley, finely chopped
1 medium green bell pepper, chopped	

Directions:

1. Was chicken and pat dry. Cut the chicken breast and kielbasa into 1-in. chunks.
2. Spray a medium-sized pot with cooking spray. Brown the sausage and chicken over medium heat and remove from the pot.
3. Add the next 6 ingredients to the same pot and cook over medium heat for 10 min.
4. Put the cooked meat back into the pot. Add the rice, water, chicken bouillon cubes, bay leaf, and cayenne pepper. Bring to a boil. Cover, reduce heat and let simmer for about 50 minutes. * or until the water evaporates.
5. Stir in parsley and serve warm.

*Instant brown rice will take less time.

Nutrition information

Per Serving: 250 calories (36 from fat), 4 g total fat (1 g saturated fat), 53 mg cholesterol, 531 mg sodium, 31 g carbohydrates, 5 g fiber, 5 g sugar, 22 g protein.

(For our TOPS members on the Exchanges system: 1 1/2 starch, 3 protein, 1 vegetable)

*This recipe is from TOPS.org, TOPS obtained this recipe from Delicious Heart Healthy Latino Recipes cookbook.

For those who see our bulletin board downstairs in the community hall, I will print a few copies of this recipe and place them there for you to help yourself.

Enjoy!



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

Where do you take your Buzz?

Take a photo of you with the Buzz and email your travel stories to me. Your picture will be featured in the current issue of the Buzz "2024 Where Do You Take Your Buzz contest".

Email: trivillagebuzz@gmail.com



Tracy Eriksen traveled to Hualtuco, Oaxaca with a friend on a cultural adventure. They were learning about Mezcal, took a cooking class, snorkeled and did some bird watching.



In Loving Memory Margret Rose Menasse

March 8th, 1941 – March 17th, 2024

Margret passed away peacefully at the Cranbrook Hospital on March 17, 2024, with her loving husband by her side.

Margret was a loving wife and mother who dedicated her life to her family and friends. Full of love and kindness she was adored by all.

She is survived by her husband, Gil Menasse; son, Matt (Carley) Menasse; grandson, Cooper Menasse; brother,

Don (Lena) MacEachern; nieces, Susan Sigurdson, and Shelly (Roger) Burns; Nephews, Ralph MacEachern, Rick (Jane) Bissonnette, Lonnie (Ivy) Bissonnette, Bradley (Line) Bissonnette.

No service by request.



WASA LAKE Triathlon



JUNE 9th

Join us at the beautiful Wasa Lake Provincial Park in Cranbrook, B.C. at the base of Rocky Mountains, in June for the Wasa Lake Triathlon & Events, powered by Just Liquid Sports. This event is held annually on the 2nd weekend in June. This year, we're proud to be a Youth BC Games Qualifier Event.



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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.



Register @ www.rmevents.com

Wasa and District Historical Assoc. & Memorial Garden Group

submitted by - Kate Kelly



The Wasa Memorial Garden Spring Garden clean-up took place under clear and sun-shiny skies on Saturday 13 April but started with a with a pine needle 'blow-out' by Mike Blackburn on Friday. Thank you to ALL the volunteers for the generous donation of your time and talents: Heather Jensen, Sherry Walkley, Charlie Vereshagen, Linda Plested, Linda Sogz, Kathy McSwan, Ken and Della Boechler, Mitsu Oishi, Wendy Prinz, Wendy Davis and Sherry Shields! Thank you to Sara Shields for your trailer and to Ron Hrisook for attending to the maintenance of the pack-blower. We are hoping for lots of spring rain to bring-in another beautiful Memorial gardening year.

If you enjoy gardening & have been looking for a way to connect with neighbors in the community, please contact Sherry Shields at her email address: slshields27@gmail.com

2023 Columbarium Niche & Plaque Costs

UNIT 1 Columbarium

Upper levels - \$1000.00 + engraving

Bottom Row - \$900.00 + engraving

UNIT 2 Columbarium (new)

Niche cost - \$1100.00 + engraving

Niche Engraving - \$275.00

Memorial Plaque - \$300.00

(Engraving costs are subject to change)

Contact info:

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

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Connect to your local lake: Join the 4th Annual National Lake Blitz

Lakes are integral to communities, providing essential resources and serving as recreational and cultural hubs. We live along their shores, explore their fresh waters and admire the diverse wildlife. Yet, increasing climate and other impacts highlight the need to monitor and protect these vital ecosystems. This summer, Living Lakes Canada invites you to dive into volunteer lake monitoring with the National Lake Blitz.

Starting March 1, 2024, anyone interested in deepening their connection to their favourite lake can register as a Lake Blitz volunteer. Join hundreds of people across Canada in measuring air and water temperature, and documenting shoreline habitat, wildlife, invasive species and environmental concerns at their chosen lakes between May and September.

"I was starting to think about climate change and how I needed to take some personal action, and I didn't really know what to do," said Teresa Wright, a Lake Blitz volunteer who monitors Kootenay Lake, B.C. "Being a Lake Blitz volunteer made me feel happy to be part of a community that was also taking care of our lakes."

Each volunteer receives a free Lake Blitz Standard Kit containing a thermometer, tape measure, field guide, and datasheets. Living Lakes Canada will provide free online training on how to monitor your local lake, from data collection to data entry.

The Lake Blitz Level 2 Kit is available for purchase, allowing enthusiastic volunteers to measure additional parameters including pH and water clarity. Volunteers will also be invited to join the Lake Blitz Speaker Series featuring experts from various water-focused fields including Ross Reid, a popular online science educator also known as Nerdy About Nature.

All the lake data that you'll help to collect this year can be viewed on the Lake Blitz Observation Map or downloaded from the Living Lakes Canada Water Hub, an open access database for water and water-related data. The Lake Blitz data is also available from DataStream.

Building on last year's success, where 223 active volunteers monitored 209 lakes, collecting 1,613 data points, the National Lake Blitz is seeking more volunteers across the Prairies, Atlantic Canada and the Territories in 2024.

Registration closes April 26th or when the supply of standard Lake Blitz Kits runs out. Don't miss out! Join Living Lakes Canada in getting outside this summer and help protect the lake you love.

To learn more and to register, visit LakeBlitz.LivingLakesCanada.ca or contact the Lake Blitz team at LakeBlitz@LivingLakesCanada.ca.

<https://livinglakescanada.ca/2024/02/29/connect-to-your-local-lake-join-the-4th-annual-national-lake-blitz/>

VOLUNTEER WITHIN THE COMMUNITY

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

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

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

Volunteering is a work of heart"

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Promises of Light
- Thomas Kinkade

Come Grow With Me

I'm not the only one who thinks so. Got knows - there's just something special about gardens. It was His earliest picture of perfection - the place where He once walked and fellowshiped with man face-to-face. Though I wasn't there at that beautiful beginning, I only have to wander into nature where I hear and see His heart in the quiet of His creation. And I rejoice because, in Christ, we still have that place of perfect peace with God.

That's why I love to plant gardens. Some of them you see in my paintings - only my canvas is the soil, my brush the hoe, and paint the wellspring of life that makes the picture thrive. As I work in my studio (or preferably on the deck behind my house), I can't help but think of the similar joy God must feel in cultivating for Himself a people destined to bloom and grow under His care. We, His children, are His garden of love - God's own masterpiece.

But I have not forgotten that this isn't Eden. As long as we live on this earth, we struggle under the searing heat of sin. We wrestle with the weeds that would choke out our faith. We chase away - again and again - the enemies that would devour the precious seed of hope Christ has sown in us. But do not be dismayed. God knows. And He has made provision. We have His promise.

Though we feel the threat of death, we fling ourselves fully on Christ, God's lifeline given in His Word. His Scripture nurtures our souls like the richest soil, and feeds us nutrients we need to grown in Him. Each promise of God to complete the work He has begun in us builds another strand of strength as our roots wrap ever deeper, ever tighter around His grace. The result? A beautiful creation of God, firmly rooted in truth so that the fragrant petals of faith and love can flourish in even the harshest environment.

So come grow with me as we dig deeply into God's garden of unfailing promises. And rejoice as our face-to-face fellowship with Him brings forth fruit in its season.

He shall be like a tree planted by the rivers of water, that brings forth its fruit in its season, whose leaf also shall not wither; and whatever he does shall prosper.

Psalm 1:3 NKJV

Promises of Light by Thomas Kinkade copyright 2001 Thomas Nelson, Inc. Book Introduction and Reflections copyright Thomas Kinkade, Media Arts Group, Inc. San Jose, CA



**Wasa Lake Land Improvement District (WLLID)
response to RDEK Bylaw
3245 & 3246**

The Board of Trustees for the WLLID thanks the RDEK for the opportunity to provide feedback on the proposed OCP and zoning changes requested by the proponent.

The WLLID Board believes the current OCP and Zoning designations are appropriate for this property. Bylaw 3245 and 3246 should not be approved.

We have significant concerns with these OCP and re-zoning requests due to their impact on water quality and quantity. WLLID would reserve any endorsement of these two Bylaws until further studies are carried out to remove all doubt about the impact on water quality & quantity.

The proposal calls for a potential of 24 new homes or duplexes, 24 new water wells, 24 septic systems, a potential of up to 48 trailers, a potential of 24 more boats, and a potential of over 150 people. All these factors could have a significant negative impact on the aquifer and lake water quality.

This type of density has been vetoed previously on the Ford sub-division-Wolf Creek Rd.

Based on this rejection, Interior Health has recommended that any future sub-division parcels should be **no smaller than 1 Hectare**.

The Wasa community **does not** have a potable water distribution system, **nor** a wastewater collection, treatment, and disposal system.

The WLLID Board points out that BC Government Groundwater Observation well #363, which is located at Wasa, shows that the local aquifer level is currently less than the 10-year average, and has been at that level for the past year. Our concern is that over the long term, this sub-division will only exacerbate future water shortages, if climate change predictions are accurate.

The WLLID Board reiterates its concern regarding these Bylaw changes and believes the proponent has not provided sufficient evidence to warrant passing the requested OCP and zoning changes.



WILDLIFE IN DISTRESS? Call
Little Mittens Rescue: 250.939.8085 or-
Northern Lights:
250.877.1181
or Kim Balcom:
250.602.9693





You are Welcome to

Join Us

for a

Spring Tea and Bake Sale

@ WASA COMMUNITY CHURCH

Saturday May 4, 2024

1:00 pm - 3:00 pm

suggested donation of \$5.00 per person

Everyone Welcome



Wasa Lions Grounds Rentals

Contact Person: Linda Gold @ 250 421-6302



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The Lions Den Lions Roar

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

submitted by Terry Marvel

It's been a quiet month for the Lions. Except for a few days of nice spring weather, we haven't had a chance to do much cleaning at the grounds. The water has been turned on for the use of the grounds for the upcoming season. A few rentals have been reserved with lots of times still left to rent.

The Highway Clean-up was postponed due to the Celebration of Life for long-time Lion's Member Wayne Meena. Wayne was an enthusiastic member and always willing to lend a hand at all work parties and functions. He was also responsible for the making of some of the wood signs around the grounds as well as many Provincial Parks signs. The Highway clean-up has been moved up to May 4th at 10:00. We meet at the Lion's Grounds. Garbage bags and safety vests and pickers are provided. Wear sensible shoes and gloves. Everyone is welcome to help us keep Wasa beautiful. Ages twelve to nineteen welcome with an adult present.

Once again, we thank the generous support the community has shown for our recycle program which allows us funds for our scholarship program and general maintenance on the grounds. We would like to remind everyone that cans and bottles are gratefully accepted at the building next to the Wasa Fire Suppression building. No garbage please!

As usual, a hearty welcome is extended to all potential and new members to join the biggest non-profit organization in the world. Contact any Lion's member for information on joining.

In conclusion I would urge everyone in the community to get ready to get your hands dirty and start getting your gardens ready for planting and the yards ready for mowing etc. Beautify our little corner of Heaven on Earth!

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

- **Hall Rentals & Information:**
Karen Markus 250.422.3514
- **Gym:**
Sonia Blackwell 250.421.3019
or Rod 250.422.3253
- **TOPS:**
Heidi Wright 250-919-3675
- **Library:**
Rose Smith 250-422-3088
- **Quilter's Club:**
Gayle Andrews 250-422-3095

Welcome Neighbours & Visitors

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Lotto ↗ ATM
Gas & Diesel ↗ Propane**

Open Daily 6 a.m. – 9 p.m.

Contact store for Weekend/Holiday/Winter hours

REGIONAL EVACUATION NOTIFICATION SYSTEM UPDATE

There will be a test of the Regional Evacuation Notification System (ENS) on Friday, May 10 at 2:00pm. If you have not yet registered for the ENS, now is the time! And, if you have already registered, this is a great opportunity to login and check that your address is correctly “pinned”.

Over the past few weeks, the team from the RDEK has been visiting communities around the region as part of a registration drive to get residents signed up for the system. They have found that many people have incorrectly marked their location, which can be critically important in an emergency and can make the difference between being notified about an alert or order that affects their property or location.

The ENS system is specific to the property or locations each user “pins” and outside of the annual test, you will only receive a notification if the location(s) you’ve pinned are the subject of an evacuation order or alert. You can choose to receive a phone call to a landline, cellphone or text message (or all three). You choose how you would like to be notified by this system.

Both the registration process and the address verification steps are simple and easy to do. There is more information on the Emergency Information page on www.rdek.bc.ca. In addition, the Communications Department team is happy to assist any residents with the registration or verification. You can reach them anytime at the RDEK office in Cranbrook.

All residents of the East Kootenay are urged to register for the Regional ENS system. While many people think of wildfire, we live in an area where emergencies can happen at any time - whether it is flooding, fire, hazardous materials incidents or more.

It is important to note that the Regional ENS system is powered by Voyent Alert and is TOTALLY separate from the Provincial Alert Ready system, which sends notifications to cellphones (you’d recently have received an Amber Alert through this Provincial system) within a geographic area. May 5-11 is National Emergency Preparedness Week. In addition to the RDEK’s test of its ENS, we expect the Province will also be doing a test of its Alert Ready system earlier that same week.

If you have questions or would like to have a hand registering, please contact the RDEK’s Communications team at 250-489-2791 or email lduczek@rdek.bc.ca.



***Foreshore Integrated Management Planning (FIMP — previously known as Sensitive Habitat Inventory Mapping or SHIM) maps shoreline habitats, assesses habitat value and establishes Shoreline Development Guidelines to conserve ecosystems, support climate resiliency and protect species of conservation concern

In 2019, Living Lakes Canada entered a four-year Contribution Agreement with Fisheries and Oceans Canada (DFO) and their Canada Nature Fund for Aquatic Species at Risk Program. The overarching goal of this Living Lakes Canada Project was to improve the quality and quantity of information about lake foreshore habitat integrity and species at risk in the Upper Columbia Basin.

Key Findings and Recommendations

During the past four years of lake surveys and re-surveys in the Columbia Basin, some key findings emerged. Observations indicated that disturbed foreshores tended to be concentrated in private land use areas and that lakes with the least pressure on natural foreshores tended to have the most protected conservation areas. The foreshore rate of change/trends were similar in the Central Okanagan Regional District, East Kootenay Regional District, and Central Kootenay Regional District despite differing land use planning efforts and policies.

Overall, it was found that in order to protect foreshore values, the environmental ethics and values of many lakeshore property owners must change. Because site specific impacts can and do affect our common resources, in order to have healthy lakes better cooperation on land use plans and policies, a higher standard for development, better monitoring and compliance, increased conservation lands, and the protection and restoration of sensitive habitats is necessary.

<https://livinglakescanada.ca/project/foreshore-integrated-management-planning/>

Spring Cleaning time!



Wasa Lions Club is accepting Clean, Gently
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For the Upcoming Yard Sale.



Please contact
Sharon @ 250 417-7654
prinzsharon@gmail.com

No clothing or TVs accepted

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phacelia, western columbine ... and more!

Check out the following websites for more info:

<https://davidsuzuki.org/living-green/what-native-plants-attract-pollinators-in-british-columbia/>

<https://premierpacificseeds.ca/products/bc-natives-species/>

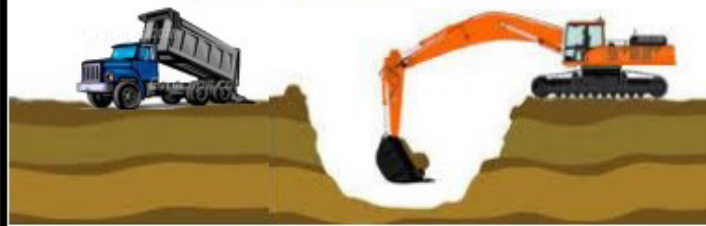
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Fear is an Illusion:

17 Keys to Exterminating it from Your Mind

Fear is a powerful emotion, often felt as an instinctive reaction to dangerous or threatening situations. Yet, despite its evolutionary role in human survival, fear can sometimes become overwhelming and paralyze our rational thinking. In this article, we will explore the notion that fear is an illusion and provide 17 keys to overcoming and eradicating it from your mind.

1. Understand the Nature of Fear: Fear is often based on subjective perceptions and misconceptions of reality. Becoming aware of this helps demystify its power.

2. Identify Your Fears: Make a list of what frightens you. Identifying your fears makes them less intangible and more manageable.

3. Confront Your Fears: The best way to overcome fear is to confront it. Take gradual steps to face what scares you.

4. Practice Mindfulness: Mindfulness allows you to observe your thoughts and emotions without judgment. This can help defuse fear.

5. Visualize Success: Imagine yourself successfully overcoming your fears. Visualization can help reprogram your brain to respond differently to fear stimuli.

6. Change Your Internal Dialogue: Replace negative thoughts with positive affirmations. Cultivate an attitude of confidence and optimism.

7. Practice Gratitude: Focus on what is going well in your life rather than what could go wrong. Gratitude

can neutralize feelings of fear.

8. Adopt an Attitude of Curiosity: Explore what scares you with curiosity rather than apprehension. This can turn fear into an opportunity for growth.

9. Avoid Information Overload: Limit your exposure to media and information that fuels your fears. Maintain a healthy distance from sources of stress.

10. Practice Deep Breathing: Deep breathing calms the nervous system and helps you to remain calm in the face of fear.

11. Practice Risk Tolerance: Learn to be comfortable with uncertainty and risk. This can reduce your reactivity to fear of the unknown.

12. Seek Support: Share your fears with friends, family, or a therapist. Social support can help you overcome them.

13. Set Achievable Goals: Break your goals down into achievable steps. This will make the process of overcoming your fears less daunting.

14. Practice Gratitude: Make it a habit to take note of what you are grateful for each day. This can help you maintain a positive perspective.

15. Step Out of Your Comfort Zone: Regularly do things that make you uncomfortable. This will help you develop resilience in the face of fear.

16. Embrace Imperfection: You don't need to be perfect. Accept your mistakes and flaws with kindness.

17. Remember that Fear is an Illusion: Ultimately, remember that fear is often based on imaginary

scenarios and distorted perceptions of reality. By keeping this in mind, you can reduce its grip on you.

Bonus Key: Seek Divine Guidance: Many find solace and strength in their faith during times of fear and uncertainty. Turning to your spiritual beliefs can offer comfort and guidance as you face your fears. Whether through prayer, meditation, or seeking counsel from religious leaders, connecting with the Divine can provide a sense of peace and assurance that you are not alone in your struggles. Trusting in a higher Power can help you find the courage to confront your fears with faith and resilience, knowing that you are supported and guided every step of the way. Ultimately, integrating your spiritual beliefs into your journey of overcoming fear can bring a deeper sense of purpose and inner peace, allowing you to transcend fear and embrace life with a newfound sense of strength and conviction. Face Whatever Comes, It Will Pass: No matter what happens, remind yourself that you will face it and it will undoubtedly pass. This acknowledgment can provide strength and perspective in moments of fear and uncertainty.

Remember, you have the power to choose how you react to fear – make it a strength rather than a weakness.

May the Force of the Divine be always with you.

Warmly yours in the Lord.
OM OM OM

**H.H. Gurudev Hamsah Nandatha
Adi Vajra Shambhasalem Ashram**





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For more information or to
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Upcoming Emergency Preparedness Fair

May 5th - 11th is National Emergency Preparedness Week, and we encourage residents to focus on being prepared and knowing the risks.

To kick off the week, the East Kootenay Emergency Management Program will be hosting an Emergency Preparedness Fair on May 4th. This fair will include information booths from the East Kootenay Emergency Management Program, East Kootenay FireSmart™ Program, BC Wildfire Service, East Kootenay Amateur Radio Club, Cranbrook Fire Rescue, Canadian Red Cross, Cranbrook Search and Rescue, The Salvation Army, Cranbrook RCMP, Ministry of Transportation and Infrastructure, and Mainroad East Kootenay Contracting. The RDEK will also be helping those wanting to sign up for the Regional Evacuation Notification System.

When: May 4th, 10 AM – 2 PM

Where: Western Financial Place parking lot (1777 2 St N, Cranbrook)

Bring the family to learn more about how you can prepare for emergencies, check out emergency response apparatus, games for the kids, and more.

The fair is FREE, and all are welcome to attend.

We hope to see you there.

Lindsay



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May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 	2 	3	4 Wasa Lion's Hwy Clean up 10 am
5 Church 10:30 am	6	7  Wasa Lion's Mtg 7 pm	8 WLLID Board Mtg 7 pm	9	10	11 
12 Church 10:30 am 	13	14 BINGO 6:30 pm	15 	16	17	18
19 Church 10:30 am	20 	21 Wasa Lion's Mtg 7 pm	22	23 	24	25 JC McPhee Memorial Swim 11 a.m.
26 Church 10:30 am	27	28	29 	30 	31	

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 May 3rd 7 p.m.
- Lion's Highway Cleanup, May 4th 10 a.m.
- Lion's First Aid Course May 5th
- Community Wildfire Preparedness Day May 11th
- Bingo - May 14th 5:30 doors open, 6:30 start
- JC McPhee memorial swim 11a.m.

NUMBERS AT A GLANCE

Ashram Meditation & Yoga.....250.422.9327
BC Wildfire..... *5555.....or1.800.663.5555
Catamount Contracting.....250.422.3694
Conservation - Emergency.....1.877.952.7277
Cranbrook/Kimberley Hospice.....250.417.2024
Econobuilt.....250.421.7813
EMERGENCY.....1.800.663.5555 (*5555)
Hi Heat Insulating.....250.422.3457
HD Railings.....250.422.3457
Kootenay Kwik Print.....250.489.4213
Kootenay Monument Installations.....422.3414
Lantz Farm (Hay).....250.420.1660
Rascal Dock Systems.....250.421.1746
TOPS.....250.919.3675
Wasa Country Pub & 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 (Sherri Shields).....email-
Wasa Post Office.....250.422.3122

