



TRI-VILLAGE BUZZ

May 2026

ISSUE 291

Visit: www.wasalake.com

FREE MONTHLY PUBLICATION



Basin Stories

A Small, Rural Community Protects Its Assets

Community halls are often at the heart of life in smaller, rural communities whether for recreation, social activities, meetings or celebrations. In Wasa, the community hall and its surrounding grounds and outdoor facilities fill multiple roles for local residents, bringing together neighbours, families and friends each week over coffee, crafts, sports and play. With support from Columbia Basin Trust, including through its Non-profit SMART program, the Wasa Recreation Society and Wasa & District Lions Club are working together to ensure that these community assets remains vital and available for residents into the future by boosting wildfire and climate resilience and helping to reduce operating costs.

Across the Basin, community halls and their parks are often the heart of smaller and rural communities. In Wasa, the Lions Club and Wasa Recreation Society are ensuring their shared facilities remain available for the people who use them each day for recreation, social gatherings and celebrations.

On a summer morning in Wasa, neighbours line up for pancakes topped with berries, with eggs or sausage on the side and coffee close at hand. The pancake breakfast isn't just about food—it's about people coming together in a place they share and care for.

The event reflects how community happens in this small East Kootenay settlement. While it takes place on the grounds of the Wasa & District Lions Club, it's organized by the Wasa Recreation Society, which runs the adjacent Wasa Community Hall. Both groups are run entirely by volunteers, and both are responsible for

spaces that support everyday life in Wasa, from sports and social gatherings to meetings, weddings and community meals.

As wildfire risk increases and energy costs rise, protecting those shared spaces, and keeping them usable and affordable, has become a priority.

Keeping Community Spaces Safe and Usable

For decades, the Lions Club grounds have been a hub of activity. Children play baseball and hockey, residents gather for events and visitors stop in for seasonal celebrations. Ensuring those spaces remain safe and available is increasingly important. **continued on pg 2**



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Serving Skookumchuk, Ta Ta Creek and Wasa Lake

“We want these buildings to still be here for the people who use them,” says Sharon Prinz, Secretary of the Wasa & District Lions Club. “They’re part of everyday life in Wasa.”

Earlier efforts focused on reducing wildfire fuel on the grounds. More recently, attention turned to the buildings themselves, including the kitchen, bathrooms, pump house, Zamboni garage and eating area where the community enjoys its well-known pancake breakfasts.

To better protect people and activities, the club replaced deteriorating vinyl siding with fire-resistant Hardie board, added insulation to improve comfort and efficiency, and installed energy-efficient windows with security shutters in the kitchen.

“In a wildfire, embers can travel a long way,” Prinz says. “The shutters help prevent embers from getting inside. Now it’s sealed up tight.”

A new heat pump in the pump house and garage, along with other upgrades such as LED lighting and weatherstripping, has made the spaces more comfortable to use and less expensive to operate.

A Hall That Stays Comfortable, Affordable and Open

Just steps away, the Wasa Community Hall plays an equally vital role. The hall hosts indoor pickleball, craft fairs, coffee socials and quilting sessions. It’s a popular wedding venue and meeting place, and it houses offices, a small gym and a community library. For many residents, it is where they stay connected.

“With a small community like ours, this building really matters,” says Karen Markus, a member of the Wasa Recreation Society. “It’s where people gather year-round.”

Keeping the hall comfortable and affordable had become increasingly difficult as energy costs continued to rise.

“Heating and cooling costs were huge,” Markus says. “It was getting harder to manage.”

In 2025, the society replaced vinyl siding with fire-resistant Hardie board, added insulation and installed new energy-efficient windows with shutters. The improvements are noticeable.

“It stays cooler in the summer and holds heat better in the winter,” Markus says. “And it just feels better to be in.”

The most significant change came with the installation of 68 solar panels in 2021, which dramatically reduced energy bills and helped keep the hall affordable for community activities.

“Both grants have contributed to a great, all-around successful project,” Markus says. “It helps keep the hall open and accessible.”



Building Resilience Together

The work at both sites was supported by Columbia Basin Trust, primarily through its Non-profit SMART program, which helps non-profits and First Nations in the Columbia Basin improve energy efficiency, generate renewable energy and adapt to a changing climate.

For Wasa’s volunteer-run groups, that support made it possible to act on goals they already shared: protecting community spaces people rely on and planning for an uncertain future.

The benefits extend beyond individual buildings. Ongoing fuel reduction work, a water tanker housed on Lions Club grounds and a relatively new volunteer fire society have strengthened wildfire preparedness across the area. The projects have also sparked interest from neighbours, some of whom followed suite with solar upgrades of their own.

“Our area is now pretty safe and easily defended,” Prinz says. “We feel it’s important to lead by example.”

By investing in safety, efficiency and resilience, these volunteer groups are helping ensure Wasa’s shared spaces remain places where neighbours can gather. That includes pancake breakfasts, pickleball games, celebrations and everyday connection for years to come.

For more photos visit: <https://stories.ourtrust.org/a-small-rural-community-protects-its-assets/>

Hard Work & Dedication!

We have two local Wasa athletes who competed in provincial competitions in their respected sports. Jakob Pearson (15 yrs old) competed in the Ropes Provincials lead climbing competition on April 11, at the Calgary Climbing Centre representing Arq's climbing club. The local climber competed alongside other youth divisions in a provincial event that drew qualified athletes from Saskatchewan, BC and Alberta. In the Male Youth B division, Jakob Pearson finished 29th overall in a strong field, learned more about lead comps and had a great time at his first official competition of this calibre.



The following weekend his sister Ellianah Pearson (13 yrs old) returned for the third year to the Excel Provincial Gymnastics competition. In the gold category Ellianah earned 5th overall. 3rd on bars and 2nd on floor.

With combined coaching of over 12 hours per week these kids work, train and play hard.

Let's give a shout out to all the tri-village kids and their adults for the time, effort and financial commitment they put in to kids and the love of their sport. "

Becky Knight



Wasa & District 4-H Club



Local 4-H Hosts Rally and Field Day sponsored by Domino's Pizza

*By: Nancy Day

The Wasa and Cranbrook 4-H clubs held a Rally and Field Day on April 18 at Wycliffe. Special thanks to Domino's Pizza in Kimberley for sponsoring our event! All the members had a lot of fun practicing showing and judging. Everyone had their projects on display, and they are looking really great. We learned about all the different projects, and had clinics for



showmanship, grooming and clipping our livestock projects. We also learned how to judge all kinds of things. The members did judging on things like sheep, swine, beef and small engines, crafts, clothing and lots of other projects too! We also had a practice show with our projects. All of our projects look so good! I think everybody will be great at the Show and Sale. Our club has a few more activities planned for May, including our community service project to paint over graffiti in Cranbrook, and our next meeting. Over the next month we will all be working really hard on our projects to get them ready for Show and Sale. Please watch for news about our big Show and Sale coming

up on May 30-31 2026 at the Wycliffe Exhibition Grounds. Come on down to see all of our hard work and support our local 4-H Clubs. There will be a live auction on Sunday, so if you are looking for some local raised meat for your freezer this is a great way to support all the hard-working farm kids in our community. There will be beef, swine and sheep projects for sale at the auction. Thanks again to Domino's for giving us lunch! We all loved their pizza! □. If you want more information about 4-H, the show, auction, or would like to sponsor us, please contact the club at wasa4hclub@gmail.com.



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For Immediate Release

16 April 2026

Wasa, BC:

Wasa resident Nowell Berg announces his intention to run as a candidate for Area E Director in this October's general local elections.



Nowell wishes to thank long-time Area E Director Jane Walter for her significant contributions during her time as Director, and wishes her the best in her upcoming retirement.

Nowell's participation in the local community includes ten years as a Trustee on the Board of the Wasa Lake Land Improvement District (WLLID), along with a variety of local charitable activities.

On making his announcement, Berg said, "I look forward to meeting as many residents over the next months before the election on 17th October. I want to learn what issues and concerns residents have about Area E, what priorities they feel are important to pursue and how I can best serve their interests at the RDEK Board."

Nowell can be reached at rdekareae@gmail.com.

RHUBARB SOUR CREAM COFFEE CAKE

- | | |
|----------------------|-------------------|
| ½ cup butter | 2 cups flour |
| 1 ½ cups brown sugar | ½ tsp salt |
| 1 egg | 1 tsp baking soda |

1 cup sour cream

1 tsp vanilla

2 cups chopped rhubarb

Cream butter & sugar together. Beat in egg. Mix in sour cream & dry ingredients, **alternately**. Add vanilla; stir in rhubarb.

Turn into greased 9" x 13" pan.

Topping

½ cup brown sugar

½ cup chopped walnuts

1 tsp cinnamon

1 Tbsp melted butter

Mix all ingredients together until crumbly. Sprinkle on top of cake.

Bake 350° for 40-50 minutes.



RESIDENTS URGED TO TAKE PROPER PRECAUTIONS WHEN OUTDOOR BURNING

The RDEK's rural fire services are urging residents across the East Kootenay to be prepared and to be safe when it comes to spring burning.

This, after three separate fires across the region within the past 24 hours. "Members of the Edgewater Fire Department responded yesterday afternoon after strong winds caused a small grassfire to quickly spread," explained Columbia Valley Rural Fire & Rescue Chief Drew Sinclair. "Fortunately, our crews were able to quickly contain the fire, but this could have been a much more serious situation."

A few hours later, a separate fire on private property got away in the Brisco area. As it was outside of a fire protection service area, RCMP responded and the BC Wildfire Service was notified. This morning, six members of the Jaffray and Baynes Lake Fire Departments responded to a grassfire in the Baynes Lake area.

"We cannot stress enough the importance of ensuring you have proper equipment, conditions and tools ready and with you before burning. In addition to a shovel and other tools, you must have a water source," stressed Sinclair. "Another important piece of planning prior to doing outdoor burning is checking the weather conditions to ensure you are not burning during windy conditions and then remain on site until the fire has been fully extinguished."

We are just entering the time of year known as the 'spring dip' where snow has melted and temperatures start to warm. During this transition, the dead, dry fuels from last season pose a fire risk due to their low moisture content when the lush, moisture-rich new vegetation has not yet started to grow.

"Prevention and proper planning are key. Fires can get away suddenly and unpredictably, so it is absolutely critical that residents to ensure they are fully prepared and that conditions are safe prior to lighting a fire," added Sinclair.

Additional information and resources are available on the BC Wildfire Service website on www.bcwildfire.ca.

For tips on outdoor burning safety, visit the BC Wildfire website here: <https://www2.gov.bc.ca/gov/content/safety/wildfire-status/prevention/fire-bans-and-restrictions/open-burning>



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EAST KOOTENAY
INVASIVE SPECIES
COUNCIL

KNOW BEFORE YOU GROW!

Spring is here in the East Kootenay, and you can feel it! Garden plans are being sketched out, seedlings are taking over kitchen tables, and those trips to the garden centre are becoming a regular thing again. It's an exciting time of year, and one small but powerful thing you can do as a gardener is simple: know before you grow. Many invasive plants are still sold in stores and can hide in plain sight on the shelves. Others sneak in through "wildflower" seed mixes that aren't designed with our region in mind. Species like baby's breath, bachelor's button, oxeye daisy, and even hawkweeds can be included in these mixes or sold individually, despite their ability to spread and cause real ecological harm.

That's where the Grow Me Instead guide comes in. It's an easy, go-to resource that helps you spot common invasive plants and offers non-invasive and often native alternatives that are just as beautiful and much better suited to our local environment. Choosing the right plants helps protect biodiversity, supports pollinators and wildlife, and prevents unwanted spread into our forests, grasslands, and waterways. Bringing a guide with you when you shop, reading seed mix ingredients carefully, and asking questions at your local nursery can go a long way. With just a bit of awareness, you can create a thriving garden that not only looks great but also supports the health of the East Kootenay's ecosystems.

https://www.ekisc.com/plantwise?utm_campaign=3225a2e6-3ac8-4871-98ae-bde49e2fd0ef&utm_source=so&utm_medium=mail&cid=41620c91-feb6-48dd-b35c-44561de4ac74

SUDOKU answer on page 23

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8:30 am to 11:00 am

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Scrambled Eggs, Sausages

Juice or Coffee

Large \$10.00 Small \$8.00

Just Coffee/Juice \$2.00

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Vendors set up for free

**Come out and enjoy a great breakfast
served by our local community groups.**



Music Most Weekends





RDEK Board Rescinds Previous Time Change Motion, Will Seek Public Input

The Regional District of East Kootenay will move forward with a regional survey to gather public input after rescinding its previous motion to move to year-round Mountain Standard Time.

The move comes following a formal reconsideration request by Director Fairbairn of Elkford. “Following our meeting last month, we received a significant amount of feedback from people on all sides of the decision, and one of the strongly expressed concerns was the lack of public consultation,” explained RDEK Board Chair, Rob Gay. “We recognize that the issue of time observance affects every person in some way, and we have chosen to take a step back and do a regional survey to help inform future decision making.”

At its Board meeting April 10th, the Board voted 13-2 in favour of rescinding its previous motion and unanimously supported the RDEK coordinating a regional survey. RDEK staff will now reach out to local governments within the East Kootenay along with neighbouring local governments in Golden and Columbia Shuswap Regional District to facilitate a coordinated approach.

The survey will be the formal mechanism for gathering public input. “Our staff will need some time to craft the survey and communications plan in collaboration with the partnering local governments. While we don’t have a timeline yet for when the survey will be released, it will be well communicated and we will allow time for broad participation,” explained Gay.

While the non-binding survey will help inform the Board’s future decision making, other factors will also be considered. The RDEK continues to await direction from the Province on the legislative aspects of potential changes and their implementation as that process is currently unclear.

“I want to thank all those who reached out to share their concerns, support and ideas following our meeting last month. It is clear there is a wide range of opinion and a great deal of passion. Our decision today will give the public an opportunity to provide us with formal feedback through the survey once it is released,” added Gay.

On March 2, the Province announced the end of time changes for most of BC left areas like the East Kootenay that are in the Mountain Time Zone to decide for themselves. In response, on March 10, the RDEK Board voted 8-7 in favour of “falling back” one last time in November to align with the rest of BC year-round. That motion has now been rescinded and any future decisions on the matter will follow the public consultation process.

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Wasa and District Historical Assoc. & Memorial Garden Group

submitted by - Mitsu Oishi



In the garden, spring doesn't rush—it unfolds. One bud, one leaf, one soft morning at a time, reminding us that growth is patient but unstoppable. The garden wakes in whispers—petals unfolding like secrets, sunlight pooling on fresh leaves, and the air carrying the soft hum of things becoming. With warmer days upon us, we look to the dog days of summer in the garden...

Thank you to Sarah Shields and Sharon Demain for taking a load of pine needles to the dump in early April and thank you to Sarah Shields for overseeing our spring clean-up which was

scheduled for the end of April. The covers are now off the benches and it's a beauty time to sit and listen to the birds.

Thank you to the many people who have generously signed up to volunteer to help with the weekly care in and around the garden. We are always in need of volunteers; if you're interested in volunteering, please contact Sherry Shields via email at: slshields27@gmail.com

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



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 twoonie (\$2)
- 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.

2024 Columbarium Niche & Plaque Costs

UNIT 1 Columbarium

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UNIT 2 Columbarium (new)

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Niche Engraving - \$290

Memorial Plaque - \$350

(Engraving costs are subject to change)

Contact info:

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The Lions Den Lions Roar

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

submitted by Terry Marvel

With spring comes the rebirth of all things and so it is with the Wasa and District Lions Club. The work is finalizing on the buildings at the grounds. The siding is complete on the washroom building and the front of the eating area of the Pancake Breakfast eating area and the soffit is almost complete on the remainder of the ceiling. Improvements are also being made to the barbeque area so the sausage grill can be moved outside for better ventilation. A new grill will be installed as well because the old one is outdated and immobile. So look forward to new looks for the old favorite Pancake Breakfasts every Saturday starting in July with the proceeds going to the various non-profit organizations in the area. All work is done by volunteers. So, if you want to be a part of the community, Volunteer! It's a great way to meet your neighbors and socialize with everyone.

We inducted a new member at our April general meeting performed by Zone Chairman Lynda Devenish and more to come. If you're interested in becoming a Lions Member, contact any member today.

There has been extensive Firesmart mitigation being done on the Lion's property to reduce the wildfire threat. We encourage everyone in the area to do their part as well. Lion Mike Gall was project manager for the fuel reduction project and we thank him for a job well done.

The recycling program has been, and still is a major fund raising effort for the Lions. We accept any and all recyclable containers that do not contain oil products. Drop off at the pole building next to the Wasa Fire Society building. Thanks again to the volunteers that sort the containers and transport them to the recycle depot.

The book sale will be ongoing all summer with books for sale by donation. And don't forget the annual Garage Sale to be held July 4th this summer. All kinds of goodies and treasures are sure to be found at very reasonable prices. Donations for the sale can be dropped off at the pole building or contact Sharon Prinz.

In closing, I would like to wish everyone a very proliferous Spring. Ha Ha Look that one up!



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Remove branches that hang over the roof.



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How FireSmart Is Your Home?

Use this quick assessment to see how at risk your home would be during a wildfire.

Circle the image/description that best describes your home and add the numbers to find your Hazard Level.

1.	What is your roof made of?	Asphalt Shingles 1 	Tile Shingles 0 	Wood Shake 2 	Metal Roof 0 
2.	What is the outside of your house made from?	Vinyl Siding 2 	Wood Siding 2 	Stucco/Cement Board 0 	Metal Siding 0 
3.	What is your deck made from? Does it have a skirt?	Fire Resistant Material 0 	Wood Closed In 0 	Wood Open Bottom 1 	
4.	Are your eaves open or closed? *eaves are the underside of your roof overhang		Open Eaves 2		Closed Eaves 0
5.	Is your roof clean? Are the eavestroughs cleared?		Eavestrough filled with leaves 2		Clean roof with no debris 0

Where in the world have you Been?



Wendy and Sharon Prinz are in Bali reading the Dec Buzz online!

Penny Flegel with the Buzz in Panama!



*Kate Kelly from the land of Kiwi
Kia Ora from Waikato Region, New Zealand*



Photo of Nowell Berg was taken 24.4 meters (80 feet) below the Caribbean Sea at Secreto Canyon, San Pedro, Belize on 18 March 2026

Travel in your future? Take a copy of the latest Tri-Village Buzz for a chance to win a \$50 gift certificate from a Tri-Village Advertiser of your choice! Send in a picture of yourself holding up the Buzz for publication in a follow-up issue! What have you got to lose? Email trivillagebuzz@gmail.com

Just
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SPORTS

Wasa Lake TRIATHLON

JUNE 14th

The Wasa Lake Triathlon is an annual event (over 30 years!) held at the stunning Wasa Lake Provincial Park in the East Kootenay, British Columbia.

Our events include Trikids, Standard Triathlon, Sprint Triathlon, Super Sprint Triathlon, Standard Team, Aquabike (1500m swim+40km bike).



**PROUD TO BE THE 2026
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Hints by Vi

I had the privilege of meeting Vi only a few times before she passed away in May 2016. Vi contributed monthly to the Tri Village Buzz and her column was always one of my favourites. I hope I can do this sweet and lively little lady justice.



- 1. How to Remove Highlighter Stains.** Cut a lemon in half and get some juice on a cotton swab. Run the swab over the highlighted text and watch the color fade.
- 2. Easy Sticker Removal Trick.** Peel off stickers using a putty knife in combination with hair dryer, to soften the adhesive.
- 3. Healthy Plant Hydration.** Water settling at the bottom of pots can lead to root rot. To combat this problem, cut up old sponges and put them in the bottom of the pot. The sponges retain moisture and create necessary air space. They also help prevent water from flushing out the bottom. The sponge acts as a water reserve and keep soil moist longer.
- 4. Instant Picture Frame Bumpers.** Stop wall frames from slipping out of place and scratching the wall paint by putting small dots of hot glue on the back corners of the frame. The hot glue not only prevents movement, it also holds the picture away from the wall to prevent scratches and nicks.
- 5. To bring your permanent marker back to life,** simply remove the back from the marker. This will be different for each brand of permanent marker, for Sharpies simply remove the back nib. Next, deposit a few drops of isopropyl "rubbing" alcohol onto the felt material inside. Shake the marker a bit to ensure the rubbing alcohol is absorbed. It's the solvent that the ink is mixed with that dries out first, making the pigment unable to flow. Once the felt absorbs the rubbing alcohol for a couple of minutes the marker will be practically good as new!
- 6. Over-scrubbing cast iron** with metal scouring pads can remove the seasoning from your trusty skillet. To restore the finish, use a scrub sponge to remove any rust, clean with a bit of mild dish soap, then rinse and dry well. Coat the inside and outside with vegetable oil, then bake upside down at 350 degrees for 1 hour. Let cool and remove excess grease with a paper towel.

Have a great month everyone!

*"May, a month that whispers promises of sunshine and dreams fulfilled.
Hello, and welcome to the magic you bring."*

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Discouraged? Your Heavenly Father has Something to Say

Some years ago I passed through a time of discouragement. I can't remember the source of the struggle, but I recall the fruit. I created a tool for divine encouragement. I collected God's words of affirmation in one place and turned them into a letter. Next time you are feeling low, read these thoughts and let God lift your spirit.— Max

Dear child of mine,

I am one who comforts you. I bought you and complete you. I delight in you and claim you as my own, rejoicing over you as a bridegroom rejoices over his bride. I will never fail you or forsake you.[i]

You are worried and troubled about many things; trust me with all your heart. I know how to rescue godly people from their trials. Let me strengthen you with my glorious power. I did not spare my Son but gave him up for you. Won't I give you everything else? [ii]

When you go through deep waters and great trouble, I will be with you. When you go through rivers of difficulty, you will not drown! When you walk through the fire of oppression, you will not be burned up; the flames will not consume you.[iii]

So, don't worry. I never tire or sleep. I stand beside you. The angel of the LORD encamps around you. I hide you in the shelter of my presence. I will go ahead of you, directing your steps and delighting in every detail of your life. If you stumble, you will not fall, for I hold you by the hand. I will guide you along the best pathway for your life.[iv]

I will make you fruitful in the land of suffering, trading beauty for ashes, joy for mourning, praise for despair. I live with the low spirited and spirit crushed. I put new spirit in you and get you on your feet again. Weeping may go on all night, but joy comes with the morning. If I am for you, who can ever be against you?[v]

You sometimes say, "The Lord has deserted me; the Lord has forgotten me." But can a mother forget her nursing child? Can she feel no love for a child she has borne? Even if that were possible, I would not forget you! I paid for you with the precious lifeblood of Christ, my sinless, spotless Lamb. No one will snatch you away from me. See, I have written your name on my hand. I call you my friend. Why, the very hairs on your head are all numbered. So don't be afraid; you are valuable to me.[vi]

Give me your burdens; I will take care of you.[vii]

Your Maker, your Father,

God

[i] Is.51:12;1 Cor.6:20;Col.2:10;Is.62:4-5;Heb.13:5

[ii] Lk.10:41;Prov.3:5;Rom.8:26;Col.1:11;Rom.8:32;Judg.5:21

[iii] Is.43:2

[iv] Mt.6:34;Ps.121:4-5;Ps.34:7;Ps.31:20;Deut.31:6;Ps.37:23-24;Ps.32:8

[v] Gen.41:52;Is.61:3;Is.57:15;Ps.30:5;Rom.8:31

[vi] Is.49:14-15;1 Pet.1:19;John 10:28;Is.49:16;John15:15;Mt.10:30-31

[vii] Ps.55:22

<https://maxlucado.com/discouraged-heavenly-father-something-say/>

Golden – Cranbrook Route

Runs: Tuesdays and Thursdays. The bus leaves Golden at 8:00 am, Invermere (hospital) at 9:20 am, Invermere (Chamber of Commerce) at 9:25 am, and arrives in Cranbrook at approximately 11:15 am with stops at a number of health facilities by request. The return schedule departs the East Kootenay Regional Hospital at 3:00 pm and arrives in Invermere at 5:00 pm and Golden at 6:30 pm.

To book your space: Contact 1-877-343-2461 Option 1 or direct 250-364-3262 at least 24 hours in advance to book your seat.



TOPS SPOT

submitted by - Nicky Popowich

We all know how important breakfast is and yet we often skip the most important meal of the day for any number of reasons. All reasons are valid, no judgement here, but these breakfast bars may offer a solution so you and your family are not skipping breakfast and it may be healthier for you and a saving to boot.

This recipe is from Thug Kitchen — Eat Like You Give a F**k. (The Official Cookbook)

This cookbook uses a lot of tough language, but it is a vegetarian cookbook that promotes very healthy eating, whole grains, and from scratch recipes. The recipes are simple to follow and full of healthy swaps so that you can make each recipe to fit your taste. The book is endorsed by Jamie Oliver so what's not love (except the indecent language).

These bars would pack beautifully into anyone's lunch box.

To Go Breakfast Bars (Makes about 10 Bars) (page 16 Thug Kitchen)

2 Cups rolled oats

1/4 Cup uncooked quinoa (if you don't have quinoa add some more rolled oats)

1/4 Cup millet (if you don't have millet can add more oatmeal or quinoa or chia or hemp hearts)

1 1/4 Cups chopped mixed nuts or seeds *

1/2 Cup dried cranberries or raisins

1/4 tsp salt

1/2 Cup maple syrup

1/2 Cup peanut butter or almond butter

1/4 Cup refined coconut oil or olive oil

2 tbsps. Brown or white sugar

1 tsp vanilla

Method

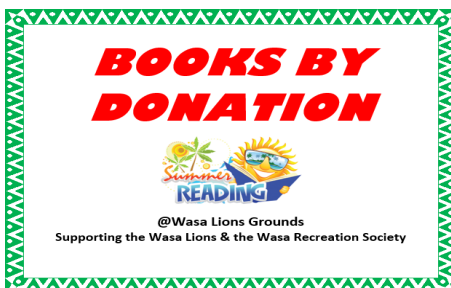
Heat your oven to 350 F. Grab a 9 X 13 inch baking pan and line it with some parchment paper. Use enough paper so it sticks up the sides. This will make it much easier to remove the bars.

Heat a large skillet or wok over a medium heat and add the oats, millet, and quinoa. Stir often until mixture starts to smell toasted.(about 3 minutes). While that is toasting combine the nuts and cranberries in a bowl. Pour in the toasted mix and the salt and mix all of this together.

In a small saucepan combine the maple syrup, peanut butter, coconut oil and brown sugar and vanilla together and heat until warm and everything is melted. Pour this mixture over the Oats and nuts and stir until everything is well coated.

Now put everything into the prepared baking dish. Throw it in the oven and bake until it looks nicely toasted. About 20-30 minutes. Cool to room temperature and then chill in the fridge. It's easier to cut into bars when it's cold. Store bars in the fridge.

* We like 1/2 cup pumpkin seeds, 1/2 cup sunflower seeds, 1/2 cup sliced almonds. But mix it up however you like best.



**Wasa Lions
Grounds Rentals**

Contact Person:

**Danielle @
778.877.2201**



The third annual JC McPhee Memorial Swim will be held at
Horseshoe Beach on May 23rd 11:00 AM.

Hot coffee and cookies will be supplied to both the brave swimmers
and other folk who drop by to raise a coffee cup in memory of our
friend and tireless volunteer JC.

I wanted to highlight two key items in this month's article.

The much-loved pancake breakfasts will be starting back up on the May long weekend. The St. Mary Lake Rural Residents Association will be hosting the kick off breakfast, and I hope to see a great turnout not only for this breakfast, but for all of them throughout the season. Funds raised through the pancake breakfasts are split between all the volunteer groups who host them and are used to help them offset operational costs and for the purchase of required insurance.

As you may have heard, at its April Board Meeting, the Board rescinded its previous motion regarding the time change and has voted in favour of moving forward with a regional survey to gather public input to help inform any future decision making on the matter. The survey will be the formal mechanism for gathering public input, so I strongly encourage everyone to watch for it when it comes out and to take part in it so that we have broad participation and gather as many perspectives as possible.

It will take some time for staff to craft the survey and communications plan in collaboration with all the partnering local governments, so at this time, we don't have a date for when the survey will be released, but it will be communicated via the RDEK's email group, on the website, through local media, and through social media.

Have a wonderful month, everyone. I hope to see you at the pancake breakfast!

Jane

"RUSTY" Memories

by Rusty Brewer

Here is a bit more history for you! Sort of - with a little help from my friends.

Wasa and area used to have a hockey team.

They were called the Sheep Creek Beavers.

I can't remember a whole lot about them but maybe others can.

They used to play against teams from Cranbrook and Kimberley.

If I remember right, Lister Canning built a hockey rink at his place. It likely became his roping arena later.

I remember Bert Webber "suing up" to play. We taped Simpson Sears Christmas catalogues around his shins. This was very much needed protection. He played a game prior to this and received some pretty nasty bruises.

I can't remember who was the goalie. But Simpson's catalogues could have been involved there as well.

The only other thing I can remember is the talk about the town guys - grumbling about how rough Lister Canning was to play against. Knowing Lister ... he was there to win.

Anybody else have anymore info about our famous (well nearly) Sheep Creek Beavers?



WASA LIONS MEDICAL LOAN CUPBOARD

BOX 10 WASA, BC, V0B 2K0

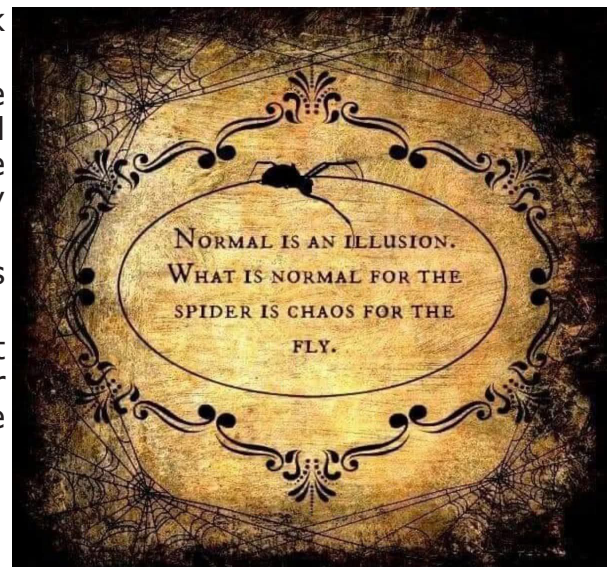
Medical Equipment Loan Service

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.



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 50.421.3019 or Rod 250.422.3253
- **TOPS:** Nicky Popowich (250) 422-9248 or Sonia Blackwell (250) 421-3019
- **Quilter's Club:** Gayle Andrews 250-422-3095

What did Spring say when it was in trouble?
May Day.

Please *join us* for a
Spring Tea
and *Bake Sale*

Wasa Community Church
Saturday, May 2nd, 2026

12:00 pm – 3:00 pm

Admission \$10.00 per person

Everyone Welcome

Put your name in for a gift basket / door prize!



For more information call
Trinda: 250.793.9491

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Road building

Landscaping

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GUY WINKLEMAN

Bus: 250.422.3694

Cell: 250.417.9728

Box 181 Wasa, BC V0B 2K0

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

WILDLIFE IN DISTRESS? Call



Little Mittens Rescue:

250.939.8085

or Northern Lights:

250.877.1181 or

Kim Balcom:

250.602.9693





Water Season Fast Approaching

On April 8th, the WLLID Board met for its regular monthly meeting. Heavy rains in the mountains during March and April kept the Kootenay River higher than normal for this time of year, which in turn keeps the water at Wasa from dropping to its usual late April and early May lowest level.

As of 16 April, the snow pack at Floe Lake was 129% of normal with 39.17 inches (995 mm) of snow water equivalent.

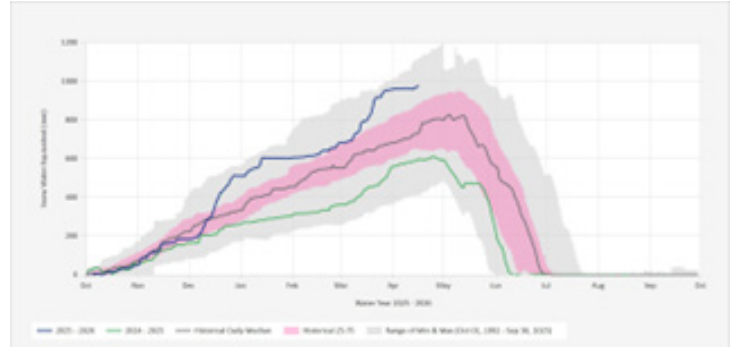
Floe Lake is a key source of water for the Kootenay River which drives the level of water here at Wasa.

This level of snow pack suggests that water levels at Wasa should be higher than last year.

WLLID will issue a peak water level estimate on June 1 st. It will be available at www.wasalake.ca.

In preparation for the upcoming water season, several Trustee's participated in a BCLSS (Lake Stewardship Society) refresher webinar on water testing. A review of procedures and equipment (the YSI Pro-solo) maintenance will make sure all water testing volunteers are ready for activities starting in late May.

Any residents who would like to volunteer for weekly on-water testing can reach out to admin@wasalake.ca. Other early season preparations include examining two flood control flap gates, two water level gauges and a ground water level sensor. The flap gates are located at the south end of Cameron Pond and the west side of Highway 93/95 at Hanson's channel. Water level gauges are located at the north end of Ponderosa Road and at the Kootenay River.



Source: BC Hydro – SW.Daily@2C14P Location: Floe Lake



This year the WLLID is looking to purchase a new electric boat motor to replace the one that was damaged, beyond repair, last summer. In addition, a solar battery charger will be added.

Plenty of swans, geese and ducks were still on the water in mid-April.

The next WLLID Board meeting will be May 13th, 7pm at the Community Hall, lower level. All residents welcome to attend.

If you wish to make a presentation to the Board, please notify the Corporate Officer at least one week in advance of the meeting by emailing admin@wasalake.ca.



Save the Date!

🌱 The 3rd Annual Tri-Village Volunteers Plant Sale 🌱

Please Help Support Local Community Projects!

Saturday, May 9th, 2026 | 8:00 AM Sharp!

📍 **South Garage – 6595 Wasa Lake Park Drive**

Get your garden ready for the season with
our high-quality, homegrown plants!

✿ FEATURING: ✿

- **Tomatoes:** Beefsteak, Roma, and Cherry
- **Cucumbers:** Long, skinny English and Japanese varieties
- **Peppers:** Red Bell and Green Bell, Cayenne
- **Plus:** Celery, Romaine Lettuce, and Everbearing Strawberry plants

All proceeds to be split between:

🏡 **TVV Wasa Elementary School Project**

👶 **Little Pines Day Care**

AN OPPORTUNITY TO SERVE YOUR COMMUNITY

**Wasa Lions is a fun way to give back to
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It's About Fundraising

- Annual Christmas Dinner/Dance/
Raffle
- Yard Sale/ Pancake
Breakfasts
- Bottle Recycling
- Gran Fondo/ Triathlon
- Lions Grounds Rental

It's About Giving

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- Pickleball Courts
- Ball Diamond •
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community funding
- Medical Loan Cupboard
- Eyeglass & Hearing Aid Recycling

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For Information call 250 422-3210



I WANDERED LONELY'
AS A CLOUD
THAT FLOATS ON HIGH
O'ER VALES AND HILLS,
WHEN ALL AT ONCE
I SAW A CROWD,
A HOST OF GOLDEN
DAFFODILS;
BESIDE THE LAKE,
BENEATH THE TREES,
FLUTTERING AND DANCING
IN THE BREEZE.

-WILLIAM WORDSWORTH-
DAFFODILS



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Wasa BC



Emotion as a Tool for Manipulation

In any authentic spiritual tradition, and particularly in the practice of the Dharma, one of the first disciplines taught is the recognition and mastery of emotions. This does not mean suppressing what is felt but rather discerning with clarity what stems from right perception and what stems from distortion. In this context, emotions are regarded as afflictions of human nature, known as “Kleshas.” They cloud perception, distort judgment, and obscure reality as it truly is. Conversely, genuine feelings are perceptions of reality that are not distorted by past conditioning, accumulated fears, or mental projections. Practitioners thus learn very early on to observe themselves internally in order to recognize whether they are acting under the influence of an emotion or whether they remain in a state of clarity. The moment an emotion takes hold of someone, objectivity disappears, and they become, without realizing it, the unconscious vehicle of an incorrectly perceived reality. They no longer see the world as it is, but as their emotions present it to them, causing them to enter a form of virtual reality constructed by inner reactions.

In the functioning of modern society, this fundamental principle, known for millennia in yogic traditions, is now being exploited at an unprecedented scale. The media, in close interaction with political, economic, and financial powers, systematically use emotions as a lever of influence. The goal is no longer to simply inform, but to guide, provoke, and elicit immediate reactions that bypass the process of reflection. Among all of the provoked emotions, three in particular dominate: **fear, outrage, and a sense of urgency.**

Fear is undoubtedly the most powerful tool. It acts directly on the human survival instinct. When an individual feels fear, they no longer seek to understand;

they seek to protect themselves. Their field of awareness narrows, their capacity for analysis diminishes, and they become much more receptive to the solutions offered to them, even if these solutions restrict their freedom or do not truly address the situation. Fear creates dependency and makes the individual malleable, as they are ready to accept what they would have refused in a state of calm and lucidity.

Outrage triggers another type of reaction. It gives the individual a sense of moral righteousness, while trapping them in a partial and often oversimplified view of reality. When information provokes indignation, it creates an immediate divide between what is perceived as good and what is perceived as evil. This mechanism prevents any nuance or depth of analysis. The individual reacts without truly understanding and takes a stance without having examined the facts in their complexity. Indignation gives the illusion of clarity while trapping one in a conditioned reaction.

The feeling of urgency acts as an accelerator that prevents stepping back, reflection, and inner maturation. Everything seems to require immediate understanding, instant judgment, and a swift reaction. Yet true understanding requires time, silence, and a certain inner distance. By creating a climate of constant urgency, the flow of information prevents this maturation. The individual is kept in a state of constant reaction, unable to pause long enough to discern accurately.

These three vectors—fear, outrage, and urgency—share a fundamental commonality: they trigger an immediate reaction. The more a piece of information provokes a rapid reaction, the less it is examined in depth. The mechanism of manipulation lies precisely at this level. A consciousness that reacts is no longer a consciousness that observes. It becomes an instrument, a conduit,

an extension of the message received. It no longer constructs its own understanding; it reproduces a perception that has been suggested to it. In this context, the modern reader faces a major challenge. It is no longer merely a matter of accessing information, but of preserving one's inner integrity in the face of it. This requirement involves a practice of mindfulness similar to that taught in the Dharma. It becomes necessary to observe one's reactions, to recognize the emotion that arises, and to refuse to identify with it immediately. One should give oneself time to see rather than react, and to withdraw inwardly from the impulse in order to regain a space of clarity.

It is only in this space that perception becomes accurate again. Information in and of itself is not the primary danger; it is the state of consciousness in which it is received that determines its impact. Emotionally charged information can be perceived with clarity if the observer remains internally stable. Conversely, seemingly neutral information can become a source of confusion when interpreted through an emotional filter. True freedom, therefore, does not lie in being informed, but in the ability not to be dominated by what one perceives. It is here that inner practice meets civic responsibility. A person who has learned to recognize their emotions and not to submit to them naturally becomes harder to influence. They no longer react mechanically; they see. To see clearly in a world saturated with emotional stimuli is already an act of profound transformation.

May these reflections enable everyone to remain lucid, free from influences, and deeply rooted in the peace of the heart.

With love and blessings in the Supreme Lord.

OM OM OM

Gurudev Hamsah Nandatha



TRI-VILLAGE BUZZ NEWS TEAM

Editor

Lori Vandette - 250.417.1570
trivillagebuzz@gmail.com

Treasurer/Invoice Coordinator

Website Coordinator

Clay Tippet

Article Submitters

Jane Walter Nowell Berg
Terry Marvel Nancy Day
Nicky Popowich Kate Kelly
Wendy Davis Kathy McCauley
Kim Koswan Becky Knight
Ven. Gurudev Hamsah Nandatha

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3 column width\$44.55

Full page.....\$55

For more information or to place
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Tri-Village Buzz Newsletter

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2	3	1	8	9	7	5	6	4
7	5	4	6	2	1	3	9	8
9	8	6	4	5	3	1	2	7

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

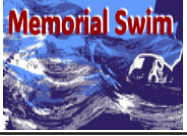
Kathy McCauley 250-427-6637

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.

May 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 	2 
3 Church 10:30	4 	5 Wasa Lion's Mtg 7 pm	6	7	8	9 
10 Church 10:30 am	11	12	13 WLLID Mtg 7 pm	14	15 June submissions due!	16 
17 Church 10:30 am 	18  Victoria Day	19	20	21	22	23 
24/31 Church 10:30 am  	25	26	27 	28	29	30

LEGEND

Church Service 10:30 a.m. Lions 7 p.m.
Quilters 10 - 4 Tops; Friday 9 a.m.
Lion's meetings 1st 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, Community Hall
- Next WLLID Board mtg May 13th
- Plant Sale! May 9th
- JC McPhee swim May 23rd

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Glenn Johnson 250.489.4213
www.kootenaykwikprint.com

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.....250.417.2026
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
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Wasa Lake Gas & Food.....250.422.9271
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Wasa Memorial Garden (Sherri Shields).....email-
Wasa Post Office.....250.422.3122

