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TRI-VILLAGE BUZZ

June 2019 Issue 219

Visit: www.wasalake.com/buzz

Scraps of our Lives – A Celebration of Quilters

by *Nowell Berg*

Exquisitely made with fabric and thread, quilts have been part of human society since ancient Egypt.

Fabric, patterns and designs, handmade with love and attention to detail, the Wasa Country Quilters Guild held the 5th Quilt show, in 21 years, at the Wasa Community Hall.

On May 10 & 11, seventeen (17) quilters from Wasa, Ta Ta Creek, Premier Lake, Fairmont, Kimberley and Cranbrook submitted over a dozen quilts of all sizes and colours.



Themes from horses, bears and landscapes to African safari, holiday settings and geometric shapes, all sewn from smaller patches of fabric some very tiny and intricate. Add in a multitude of colours, and each one becomes a unique hand-crafted work of art.

A founding member and one of the event organizers, June Clubley said, "It [quilting] is growing and growing." When asked about the craft, she said, "It's easy, people think its not. If you start with a simple quilt you'll have a finished project."

Completing a quilt, of any size and complexity, elicits a sense of accomplishment. "The feeling you get when it's done, it's just an awesome feeling, especially if it's a difficult one," Clubley said.

continued on page 5

REMINDER:

There will not be a Tri-Village Buzz published in July. Your next Buzz will be available August 1st.

Have an awesome summer!!

Area E Volunteer of the Year celebration and Town Hall Meeting on Monday, June 3rd. We will kick things off at 7:00 pm, as we honour one of Area E's outstanding citizens, RDEK: our Area E Volunteer of the Year, **Wendy Davis**. There will be a brief presentation, followed by cake and refreshments.



At 7:30 pm, we will kick off the annual Town Hall Meeting with a Director's Report from Area E Director Jane Walter, followed by several other presentations.

Be a voice, not an echo

The BUZZ needs you!

We are looking for volunteers! How would you like to try your hand at submitting one of the following? Fun page, History Bytes (or similar), Articles of interest.

Email: trivillagebuzz@gmail.com or call Lori @ 250.417.1570



FOLLOWING

THE TRAILS OF

Yesterday

submitted by Judy McPhee

"Life travels upward in spirals. He who takes pains to search the shadows of the past below us, then can better judge the tiny arc up which he climbs, more surely guess the dim curves of the future above him."

Baruch Spinoza, 1632-1677

Amsterdam, Holland

A BRILLIANT IDEA EXPLODES - INTO 18 YEARS OF PANCAKE BREAKFASTS

In 1999, June And Norm Clubley attended a pancake breakfast at Baynes Lake.

"We could do this at Wasa in the Lions Centre," June thought. She met together with Andrea and Don Konschuh and together they formulated a plan to hold Pancake Breakfasts every Saturday during July and August, at the Lions Kitchen and eating area. They also wanted to rent tables to vendors to sell their items. A pancake breakfast committee was formed and has continued to this day.

"We will serve quality food with the best of ingredients, said June."

More couples got on board with them. Sandy and Laurie Kay, Bev and Pat Falkner, Karen Marsters and Brenda and Bev Rauch helped set it up and worked on organizing them and purchasing the food etc.

The first summer, muffins and coffee were served to the vendors who set up in front of the Lions Kitchen and to the public. It was not very successful, so they pursued the idea of holding Pancake Breakfasts as a way of raising money for the community.

June and Andrea were in the Quilters Club and they needed a room in the hall. Money was needed to build the room. Organizations in our area were asked to volunteer their time and talents to run the breakfasts for one or two weeks a summer to raise money for their organization. The profits made were and are shared by each organization who works on an equal basis. No matter how many people attend each one, each organization receives an equal share per breakfast worked.

Thousands of dollars have been made by our volunteers over the years for the organizations. **A special thanks to all volunteers over the years who have helped make our breakfasts' a success.** "The breakfasts have been a great fundraiser for our community" said Orlena Campbell, who with her husband, has worked at them for years and years.

The ultimate goal, besides raising money for our community, is to develop community spirit and friendships and to welcome visitors staying with residents and at the motels and campgrounds in our area. We wish to be noted as the friendliest community in the East Kootenay's. Attending the breakfasts is a great way to meet your neighbours, TVB people and visitors.



For 18 years the Pancake Breakfasts have been a resounding success. It has been a lot of work (shared by the volunteers), as well as fun and comradeship. The interdigitating of people helping out with each others' organizations when needed gives the volunteers serving a sense of belonging to our community and getting to know people from other groups.

Organizing the schedule for the breakfasts, putting signs out and informing the campers, keeping track of finances, ordering the food and putting it away when it is delivered, cooking, serving and cleaning up are some of the jobs.

ENTERTAINMENT - is provided some weeks by volunteer bands, musicians and singers. They provide joy and atmosphere to the weekly breakfasts which are held the last week in June to Labour Day Weekend.

Please phone Karen Markus at 250-422-3514 for booking if you would like to entertain. You can entertain all or part of the time.

Jim Hill, 2018

continued on page 3



**TRI- VILLAGE BUZZ
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Box 169

Wasa, BC V0B 2K0

PANCAKE BREAKFASTS continued

The early "fleet" of volunteers are getting older and some, due to health, can no longer volunteer anymore. To them, the patrons offer our heartfelt thanks. We are thrilled there are young families and retirees moving into our communities in the TVB area. Your help would be greatly appreciated in any capacity which you feel you are able to help.

Please contact the organization you wish to belong to or phone Karen or most anyone you know and they will direct you.

Special thanks to the "Lions Club" whose members now, and over the years, have kept the Lions grounds and kitchen spruced up and for all the work they do in our community.

All our facilities, including our hall, are the envy of communities around our area.

The pancake breakfasts are a deal!!

SMALL: includes two sausages, two pancakes, scrambled eggs, coffee or freshly made orange juice. Cost is \$5.00

LARGE: includes three sausages, three pancakes, scrambled eggs, coffee or freshly made orange juice. Cost is \$6.00

TIME: Saturdays, last Sat. of June to Labour Day weekend.
8:30 a.m. To 11:00 a.m.

PLACE: Lions Ground Kitchen area, west of the hall.

See you there this summer as a volunteer or customer on this, our 19th. summer of holding Pancake Breakfasts'.

The breakfast committee this year consists of:
Karen Markus, Val Dmytriw and Bonnie Meena.

Ciao

HAY FOR SALE

Please call Mike to make arrangements

250.420.1660



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GEOCACHING - TREASURE HUNTING WITH A TWIST

Have you ever been taking a walk, and run across a strange little container filled with random things? A toy dinosaur, a funny looking coin, marbles, etc.? Chances are, you have discovered someone's geocache! What on earth is a geocache?!



Geocaching is a treasure hunting game where you hide and seek containers with other participants in the activity, using a GPS device. Originally similar to the 160-year old game, Letterboxing (which used clues & references to landmarks embedded in stories), it has evolved over the years, with the availability and accuracy of GPS devices. The first geocache is documented on May 2, 2000. Since then, it has become an international past-time. What you have put in a geocache in Wasa could end up in a geocache in Africa!

There is a website you can log onto, where you build a profile and it will give you the GPS locations of geocaches you can search out. Once a cache is found, typically you exchange one of the items in the cache with something you have brought along specifically for this purpose, log your visit in the notebook provided in the cache, and secure the cache back in it's 'hiding' spot, for the next geocacher. You then log onto Geocaching.com and register your 'find'.



Geocaches can range in size from a simple question about a location you need to answer correctly, to a 'sandwich' container, or larger. The website will give you clues on the size of cache you're looking for, as well as clues to it's specific location. They can be found hanging in a tree, under a pile of rocks, in a gopher burrow, underwater, and the really clever ones are in plain sight. The names of caches are often clues in themselves.

Our Wasa - TaTa Creek - Skookumchuk area has over 50 geocaches that can be found!

So if you're looking for a fun activity, whether it is with your kids, your friends or an individual challenge - I encourage you to check out the geocache world. It's one of those activities you can do in the great outdoors, with minimal cost, abundant fresh air, stimulating your problem solving skills. How observant are you?



It is important to read the rules and regulations about the placement of caches - i.e. Parks Canada has specific guidelines in place, in order to maintain the integrity of protected areas.

<https://www.pc.gc.ca/en/docs/pc/guide/geocache>
www.geocaching.com

<https://en.wikipedia.org/wiki/Geocaching>



Donate your pop cans & liquor bottles (no dairy please), to the Wasa & District Lions Club to help with their scholarship fund. Please call Val @ 250.422.3499 to make arrangements for drop off at the Lions Grounds

HELP STARTS HERE...

VICTIM SERVICES

250.427.5621 Call Anytime 24/7



Wasa Lions Medical Equipment Loan Cupboard

Have you had a recent Injury? or have plans for Surgery? The Lions June be able to assist with a 3-month loan of Medical Equipment.

For loan information or equipment donations to the Cupboard

Contact: Sharon 250.422.3227
or Val 250.422.3499

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Mike Sylvestre
250 342 5105
brunosplumbing@shaw.ca



Serving The Columbia Valley

Scraps of our Lives – A Celebration of Quilters continued

The members have grown to appreciate the group as family.

At this celebration, a memorial for long-time local quilter, Diana Perih, who passed away in March, was set up with photographs and quilts she had made.

Since its inception in 1998, the Quilters have been active contributors to the community raising funds and donating quilts. Clubley said, “Things in our heart, we like to support.”

Following the event, Linda Sundgaard summed up the two days, “absolutely fantastic.” She said almost 200 people from across the East Kootenay and Alberta, turned up to view quilts and have a “great lunch.” The planter draw was won by Sharon Sweet of Calgary.



For decoration or warmth, hanging on a wall or wrapped around you, the comfy glow of knowing someone who loves you took time and effort to create a quilt just for you is a treasure to keep for a lifetime. Maybe even pass along to the next generations.

Cut, stitch and chat, the Country Quilters meet every Tuesday from 10am – 4pm at Wasa Hall.

Back Row Left to Right Lorena Hall, June Clubley, Tannis Cieslikowski, Karin Weir, Elisabeth Forsyth, Muriel Wade, Bev McInnis, Judy Peterson, Gretchen Bryant.

Front Row Left to Right Sharon Sweet, Gayle Andrews, Barb Kadin, Pauline Wodniakowski, Linda Sundgaard
Missing members are Julie Bradford and Sandy Whitney, her Friendship Quilt is the background quilt

Welcome Neighbors & Visitors

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@ Cold Beer @ Wine & Spirits
@ Gas & Diesel @ Premium
@ Propane @ Wash Bay
@ Lotto @ ATM

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Winter: Contact store for hours

www.wasagasandfood.com

The **Wasa Recreation Society** manages the Wasa Community Hall. The main objective is have a Community Hall that is viable for events and recreation of the community. Through fundraising, volunteering and rentals we are able to have an economical community hall for our community. The Recreation Society meets the last Wednesday of each month at 7:00 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 250.422.3514
 Bonnie Meena 250.422.3795
- Gym-Sonia Blackwell 250.421.3019
 - Rod 250.422.3253
- TOPS - Susan 778.524.0012
- Library -Judy McPhee 250.422.3766
- Quilter's Club - Linda Sungaard 778.524.4456
- In addition, BINGO's are held on the **2nd Tuesday of each month** at the Wasa Hall. Early bird starts at 6:30 p.m. and regular at 6:45 p.m.

Wasa Fire

I want to Thank all of the volunteer's that came out to suppress the fire. This is the time to look at your property to see if you can do some clean up to make your properties fire smart.

The Wasa Volunteer Fire Prevention and Suppression Committee is having a event on July 7 at the Wasa Hall. I hope everyone will be able to attend.

Area E Town Hall Meeting

We will be having the meeting at the Centennial Hall in Kimberley on June 3.

- Volunteer of the Year
- Director's Report
- Mosquito Control - Wasa Area
- Solid Waste Management (plan review / recycling)
- Firesmart / emergency preparedness
- 5 Year Financial Report

I have held the Town hall meeting at Wasa for several years so I have decided that we should hold the meeting in Kimberley this year. I hope everyone will come to Kimberley for the meeting.

Grant - In - Aid

Area E has supported the Wasa Recreation Society for two applications. They will receive \$920.00 to cover the costs of having eight individuals of the area to complete Level 1 Food Safe Course. Interior Health has stated that at least one person has the Food Safe certificate at each pancake breakfast. The second application is for \$1,000.00. This is for the replacement of the battery and pads in the Automatic External Defibrillator in the Wasa Community Hall

I have received some questions from some of the applicants of the Columbia Basin Community Initiatives fund. This is a closed item until the June's RDEK Board meeting.

I hope everyone has a great month. If you have any concerns or questions please call me or send me a email (s.janewalter@gmail.com).

Herby Couscous with Roast Chicken



Chicken couscous is a great way to use up leftover roast chicken. Alternatively you can quickly roast

the chicken breast fillets for 12-15 mins - just add to a pan with asparagus for a simple, summery midweek meal.

- | | | |
|--|----------------------------|-----------------------------------|
| 1 bunch asparagus | 150 g (5oz) couscous | 2 tbsp olive oil |
| 1 clove garlic, crushed | 1 courgette, thinly sliced | ½ long red chilli, finely chopped |
| 1 tbsp each flat-leaf parsley, basil and mint, chopped | | |

Method

Heat the oven to 200°C (gas mark 6). Cut each chicken breast into four long strips. Place the chicken and asparagus in a single layer in a roasting tin. Brush with a little oil and season with salt and pepper. Roast for 12-15 mins, or until cooked.

Place the couscous in a large heatproof bowl. Pour on 300 ml (9½ fl oz) boiling water, cover tightly with cling film and set aside for 5 mins.

Meanwhile, heat the oil in a large frying pan over medium heat and cook the garlic, courgette and chilli, stirring, for about 5 mins or until the courgettes are just tender.

Stir the cooked vegetables through the couscous, then add the herbs, tossing well to fluff up the couscous.

Season to taste. Serve warm with the chicken and asparagus.

Top Tips

Serve the herby couscous (minus chicken) as an accompaniment to grilled fish or roast lamb, or alone for a tasty, meat-free dish.



Once again the Wasa Lion's held our annual Highway clean-up in conjunction with Mainroads Contracting and Adopt-a-Highway. There was a very impressive turnout from the Lion's members as well as community members. A big shout-out goes to the volunteers for performing such a beautification for our region. Thanks to Hughie for co-ordinating the event and providing drinking water. And the day would not have been such a success without the "garbage truck" driver Clay. Thanks so much for everyone's participation.

With summer roaring it's way toward us we would like to remind the community of our annual Garage Sale and prize draws. We will have some very nice planters constructed by Lion's and community members alike, which will be drawn for on this day as well as our popular 250 draw. Tickets are on sale at the local businesses as well as Lion's members. The fun day will be held on the Father's Day weekend, June 15th starting at 9:00 A.M. There will be a pancake breakfast that day as well, starting at 9:00 A.M.

It should also be noted that the Wasa Slowpitch ball club should be recognized for their untiring efforts to keep the ball field in spectacular condition. Their work there makes the ball field one of the most desirable in the area to play on. Hugs to Murray for all the work you and your team do!

Also, we have finally got a Memorial stone donated by Barry Minor in memory of his son, Marty, installed on the grounds. It memorializes all past and present Lion's members. It was a long time coming, but thank you Barry!

The Lion's will also hold a meet and greet with the whole community at the Lion's Grounds on July 21, 2019. The purpose of the meet and greet is to get to know your neighbours and the other members of the community. There will be information tables set up by the various other volunteer organizations from the area as well. There will be free hot dogs and pop and coffee provided by the Lion's while supplies last. So come and get to know your neighbour and other community members!



May you have the best of everything the summer has to offer!

Wasa & District Historical Assoc. & Memorial Garden Group

submitted by Sherry Shields

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

Contact info:

Pat Walkey @ 250 422-3530 or

pwalkey@shaw.ca.

We are looking for volunteers to help with weekly summer maintenance at the garden. Weekly maintenance schedule begins July 1 and carries through to after long weekend in September. If you are able to donate time please contact Sandy Kay @ 250-422-3288

Missing acknowledgments from May clean up:
Thank you Heather and Romi.

~ Green was the silence, wet was the light, the month of June trembled like a butterfly. ~ Pablo Neruda

"The beauty of that June day was almost staggering. After the wet spring, everything that could turn green had outdone itself in greenness and everything that could even dream of blooming or blossoming was in bloom and blossom. The sunlight was a benediction. The breezes were so caressingly soft and intimate on the skin as to be embarrassing."

Dan Simmons

Garage Sale at 6386 Adams Road, Ta Ta Creek @ Hugh and Orlena Campbells



**Saturday, June 8th
Sunday, June 9th
9:00 - 4:00**



Bookshelves, Books and Cookbooks, Dishes and Glassware; Turntable, Vinyl LP's (100), double cassette player, table and chairs, treadmill, old Treadle Singer Sewing Machine, butter churn, washboard, ski jackets, hiking boots, and snow boots, fabric and sewing motions, plastic irrigation pipe, tools and hardware, pots and pans, tablecloths, etc..etc....
too much to list.

Wasa Fire Suppression a Success

by Nowell Berg (photos by Nowell Berg)

Around 4pm (MDT) on April 29th, 2019, a holiday trailer and outbuilding burned to the ground on Aspen Road at Wasa Lake.



The Wasa Volunteer Fire Prevention and Suppression committee responded with 25 people working hoses and dousing flames. Three water trailers along with support pumps and water fire. One witness reported seeing flames shooting above the treeline from the other side of the lake. The exterior vinyl siding of an adjacent two-story house melted from heat exposure.

One rumour had the fire starting in the trailer. A witness claimed to have heard someone say, "The trailer went poof."

Long-time resident and Committee member, Bill Walkley said the response from volunteers was "great" with lots of young people in the area responding and "were willing to pitch-in." He added, "What a nice thing to see."



"We have had no practice or training, and it went textbook in my opinion," said Walkley, whose had years of experience working with BC Wildfire. Had the fire not been contained, he suggested it would have done more damage and spread further.

The volunteer response is a tremendous showing of community spirit and good will. **Thank you volunteers.** Great job in stopping the fire from causing further destruction.

Numerous neighborhoods within Wasa have banded together acquiring equipment, pumps and hoses to protect their homes and buildings from human caused fire and wildfire.



The Wasa Volunteer Fire Prevention and Suppression committee will hold a community FireSmart day on July 7th at the Community Hall. The day includes information on how to FireSmart your property, equipment demonstrations and volunteer recruitment.

What can you do to keep your property safe?

Most fires are human caused. Put out your cigarettes, campfires, etc. Evaluate whether fireworks is a good idea - or is it too dry to risk?

Are you looking at a new roof? or siding? Consider fire resistant, or fire retardant product.

Pay attention to any combustible materials near your home. Clean up dead/dry bushes etc. If you have a pine tree that has shed its needles on any of your roofs, clean those off. Remove debris from your gutters, under your deck and stairs, in windblown corners.

Plant low-density, fire-resistant plants and shrubs around your home.

Wood piled against a house is a major fire hazard. Moving your firewood pile may be a key factor that allows your home to survive a wildfire. Clean up any such areas regularly, since easily ignited debris often collects here.

Have readily accessible shovels, rakes, axes, garden hoses, sprinklers and ladders to assist in suppressing wildfires.

<https://firesmartbc.ca/wp-content/uploads/2019/01/FireSmart-Homeowners-Manual.pdf>



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Can you tell the location and history of this spot? Email the trivillagebuzz@gmail.com I would love to know the details!





Dale Gray

Phone: 250.422.3638
 Cell: 250.421.1746
 email: dale58@shaw.ca
 Box 245 Wasa, BC V0B 2K0

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I have a fear of elevators. So I'm taking steps to avoid them.
I have a chicken-proof lawn - it's impeccable.
What button is it impossible to unbutton? The belly button!
Why did the bird have to go to the hospital? He was scheduled for a tweetment.

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
- All users 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

We're open to suggestions, give us a call if you know 2 or more people that would like to attend at a time not indicated.

GYM HOURS AND INFO

Wasa Lions Family Event

Saturday June 15

Pancake
Breakfast



8:30-11 am



**Community
Yard
Sale**

8:30-1:00 pm

**Planter Raffle
& 250 Draw**

11:00 am





Results

The Tri-Village Buzz / Wasa Lions Seniors' Housing Survey



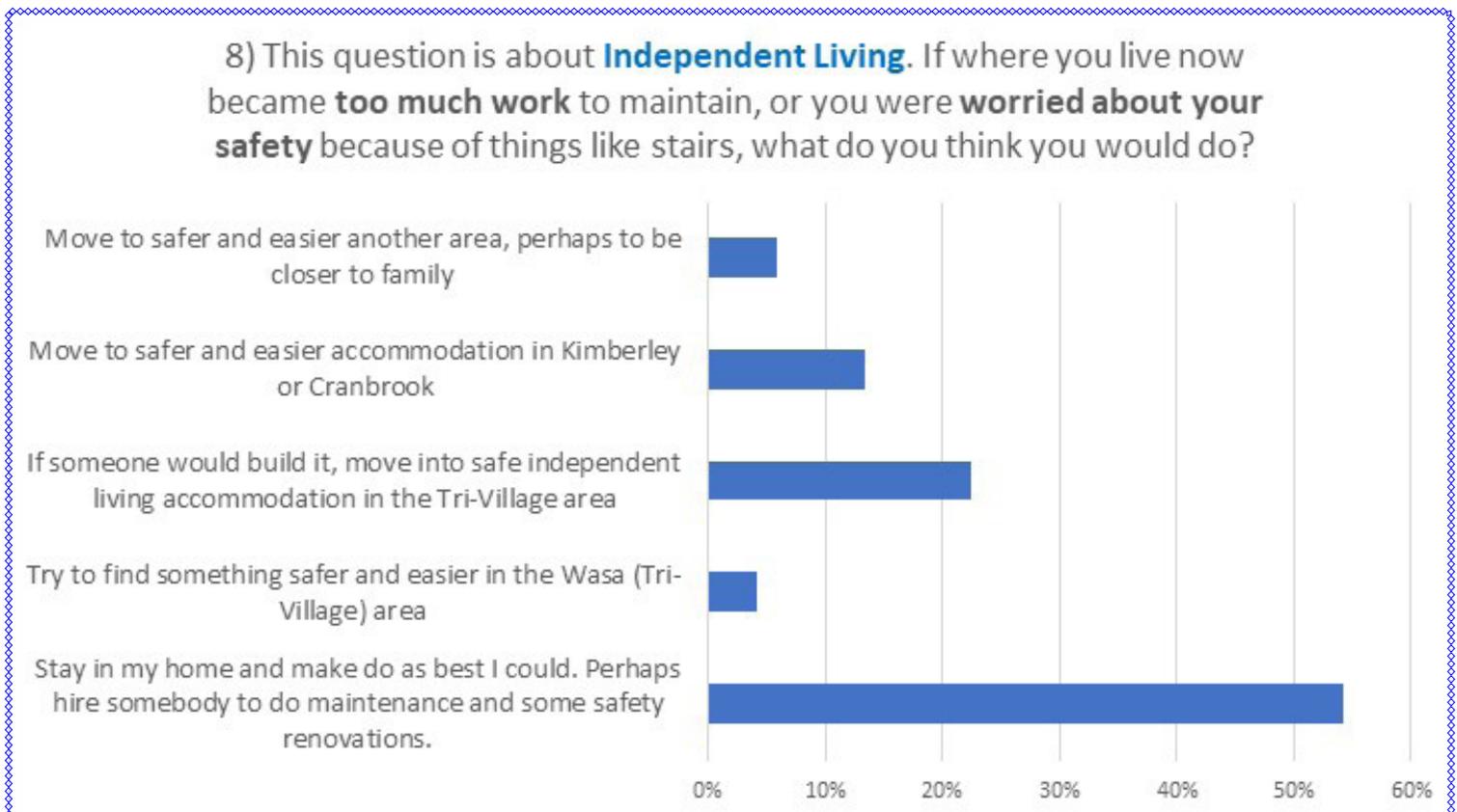
The purpose of the survey was to get an idea of the kinds of decisions people in the Tri-Village might make as they age and their housing needs change.

There were 141 individual responses with 122 from those living in the Tri-Village area. The following graphs and commentary relate to the Tri-Village respondents.

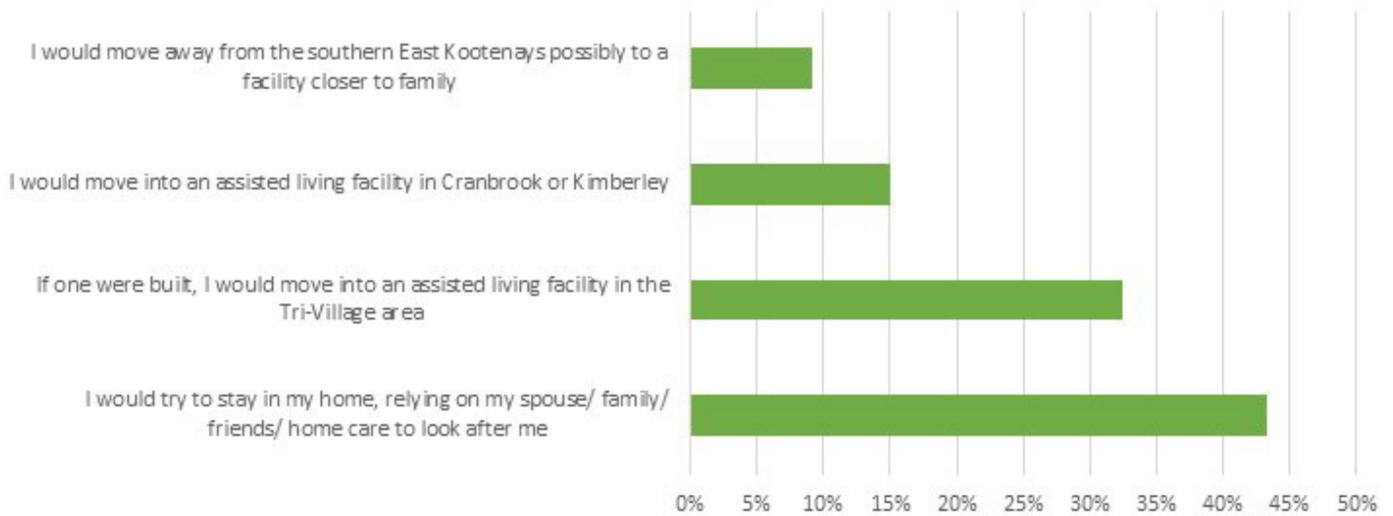
Some highlights are:

- Two-thirds of people responding want to permanently stay in the Tri-Village area as they age.
- There is strong majority support for construction of a range senior's housing options in the Tri-Village area.
- Almost 80% of people responding called their financial situation good or better and 95% are homeowners, suggesting that they have the financial resources to choose to move to appropriate seniors' housing.
- Over half of the people indicated that if the time came to move to a care home their first choice would be to move into one in the Tri-Village area.

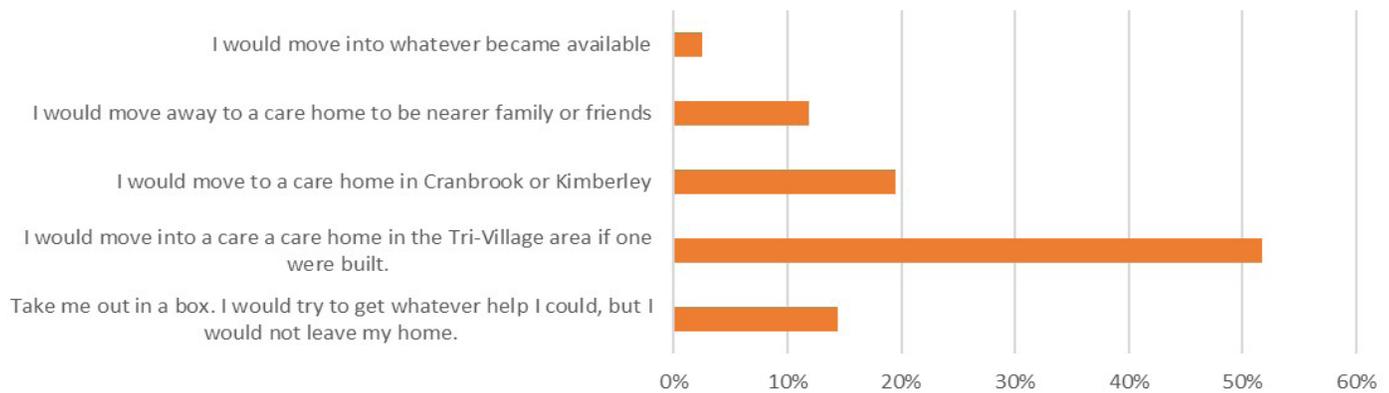
The following graphs show responses to the questions on housing choices and support for seniors' housing:



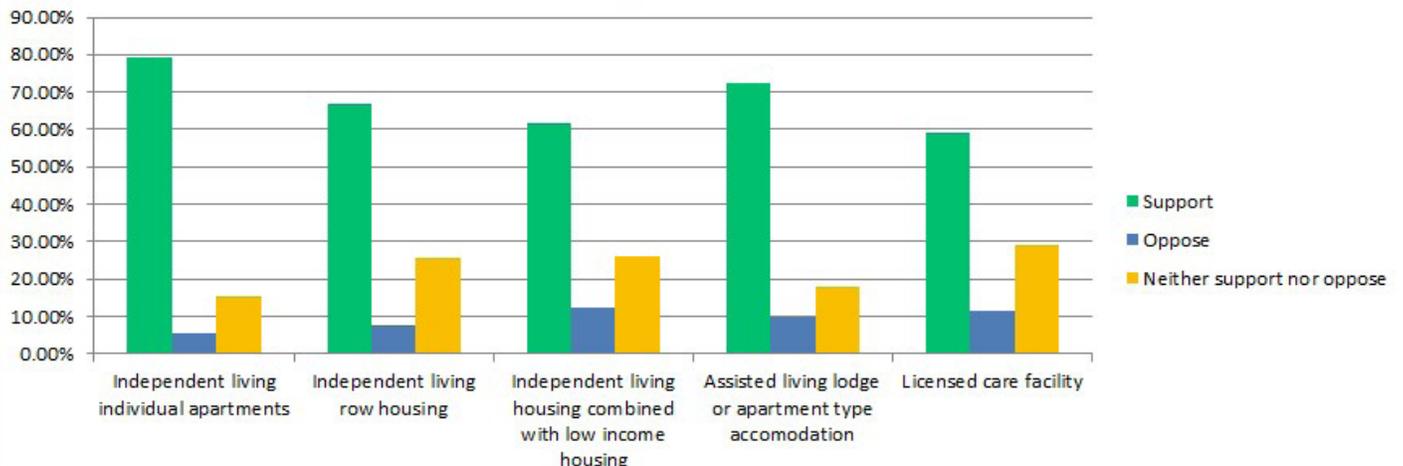
9) This question is about **Assisted Living**. If you found your circumstances changed and you would **need help with daily living into the foreseeable future**, what would you first choice be?



10) This question is about **moving into a Care Home**. If you were no longer able to take care of yourself and **needed 24/7 care**, what would your first choice be?



Would you support or oppose the construction of multi-family senior's housing in the Tri-Village area?



What about other questions in the survey about friends, family and activities?

These questions were asked to see if it's possible to make useful predictions about how people will make choices about housing, given their activities and relationships in the Tri-Village area. Some of these correlations between responses make common sense; others can provide a bit of trivia.

Involvement in "social and service" activities such as TOPS, Highway cleanup, WLLID shoreline cleanup, columbarium, Recreation Society, bridge club and poker night could indicate that such folk could have a deeper involvement in the community. There were 59 of 122 respondents who fit that category. Could this explain why this group was more than 10% more likely to want to move into assisted living or a care home in the Tri-Village area than those who weren't?

If these socially involved people had children within 50 km, they were 17% more likely to want to move into an assisted living facility in the Tri-Village area. Additionally, they were 24% more inclined to move to a care home in the Tri-Village area than other residents. This combined group was smaller at 22 people.

An Interesting finding: none of the 20 people, who say their doctor would consider their health "excellent", want to stay in their own home if the time came for them to move into care home, compared to 14% of all the Tri-Village area respondents.

And for totally useless trivia: people who checked "hunting" as an activity are twice as likely to attend garage sales when compared to average, 23% more likely to buy building materials than average but 19% less likely to go to the pub or restaurant. They are slightly more likely to help out a neighbor.

What about folks responding not from the Tri-Village area?

Not surprisingly they are far less likely to want to stay in the Tri-Village area when their housing needs change. For example, only 19% of the 16 people responding would want to move into a care home in the Tri-Village area compared to the 52% response from Tri-Village area residents. 50% would move away to be closer to family and 25% would find a care home in Cranbrook or Kimberley.

Where to from here?

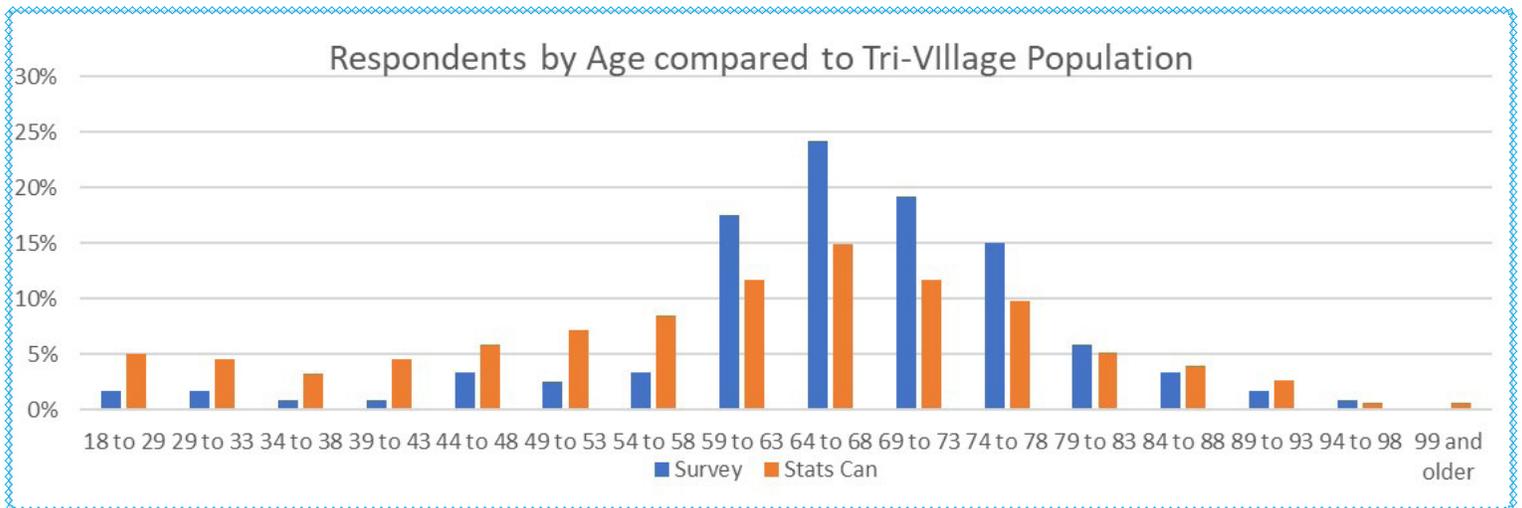
We are grateful for the participation of a significant number of full-time and seasonal residents of the Tri-Village area in filling out the survey and the help of volunteers in its distribution. The survey was successful in that it met its purpose of showing how and where residents might want to live as they age. It may spur some action. Governments, however, seem to limit their housing commitment to assistance in financing. For anything to be built, it will take an interested developer to see the Tri-Village as a better opportunity to make money than developing elsewhere. Perhaps a group of committed local individuals could help in an outreach to attract a developer.

About the Tri-Village Buzz/ Wasa Lions Seniors Housing Survey

The survey was conducted between March and early May of 2019. It was available as an online survey on www.wasalake.com and was distributed in paper form in the Tri-Village Buzz in March. What's considered the Tri-Village area matches almost perfectly with Canada Census areas 59010141, Ta Ta Creek etc. and 59010142 Wasa Lake etc.

There were 141 individual responses with 122 coming from the Tri-Village area. The survey response rate for individuals in the 59 through 83 averaged 24% of the Tri-Village population. It could be said that of this group more than 1 in 4 responded, as in some cases an individual spouse responded for a couple.

This was not a survey with randomly chosen participants. Those responding self-selected – i.e. made the choice to do so themselves, which means there could be issues projecting their choices onto the larger population. Were it not for self-selection, the survey would have an accuracy rate of plus or minus 8% - 95% of the time. That said, the responses of the people accurately represent the views of those who responded. The following graph indicates the survey response distribution compared to the population distribution by percentage of the Tri-Village area.



The full summary of responses can be found on www.wasalake.com/senior. Thank you very much for volunteering and participating – Clay Tippett

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What is a fire resistant plant?

CHARACTERISTICS OF FIRE-RESISTANT PLANTS

- moist, supple leaves
- minimal accumulation of dead vegetation
- water-like sap that produces little odour
- low amount of sap or resin material

CHARACTERISTICS OF HIGHLY FLAMMABLE PLANTS

- aromatic leaves or needles
- accumulations of fine, dry, dead material
- resin or oils
- loose, papery or flaky bark

PLANTS TO AVOID:

• cedar	• juniper	• pine
• tall grass	• spruce	

GRASS: A mowed lawn is a fire-resistant lawn. Grasses shorter than 10 centimetres are less likely to burn intensely.

TREES TO PLANT: Deciduous (leafy) trees are resistant to wildfire and include:

- ash
- poplar • birch • aspen • cherry
- cottonwood • maple • alder

TREES TO AVOID: Coniferous trees, with cones and needles, are highly flammable and should not be within 10 metres of your home:

- spruce
- fir • pine • cedar

<https://firesmartbc.ca/wp-content/uploads/2019/01/FireSmart-Homeowners-Manual.pdf>



WASA COMMUNITY LIBRARY



Open Tuesday 11:00 am to 1:00 pm or by appointment (call Marg Burrin @ 250.422.3565 or Rose Smith @ 250.422.3088)

submitted by Judy McPhee

"BELIEVE YOU CAN AND YOU ARE HALFWAY THERE"

Theodore Roosevelt

Have you ever had so many things to do, books to read, people to visit with, gardening and chores to do, letters to write or email, work, etc. etc. and how you will accomplish it all. The quote above will "spur" you on.

This month I bring to your attention "HUMAN INTEREST" stories which are light entertainment for the summer months and most of all, educational.

"IN THE MOMENT"

A Children's Wish Book of real life stories of hope and inspiration compiled by Gary Doi. A great book of short stories from different people and families about hope.

"CRAZY COOKS AND GOLD MINERS"

by Joyce Yardley

An autobiography of her life of adventure from the time she married her husband, Gordon at the age of 16. It encompasses their life in the 1930's, 40's and 1950's. It is full of their varied experiences and jobs in the Yukon making a living and the development of the Yukon. Included was a stint at lodge ownership, (22 rooms) when

they sold the lodge with a restaurant, gas pumps, cocktail lounge, their own power plant, sewer, water and transportation system hauling food and supplies from town. Just like managing a small town" said husband, Gordon.

A delightful educational book!

"TELEGRAPH DAYS" by Larry McMurtry

A novel full of saga on the development of the west during the days of telegraph, a story told through the voice of Nellie Courtright. She falls in love with Buffalo Bill Cody and does not conquer his heart. A Western novel full of love, wild west shoot-outs, heroes and villains.

"UP THE MOUNTAIN AND BACK AGAIN", a Packers Tale by Willie and Ruth Giffbard

A large print autobiographical book to enjoy. Full of life stories of their adventures and life in many places in B.C. and the development of B.C. from the time he was born in 1910. It ends in the 1990's. He also told about his ancestry moving to the Bon Accord area of AB. from the States. When work tapered off, they moved to Salmon Arm B.C. where Willie was born. The variety of jobs he did and how

they were accomplished was enlightening and I found it most informative about life in the interior of B.C.

"WISDOM OF THE ELDERS" by Ruth Kirk

This is a informative book on the natural traditions of the NorthWest Coast Natives.

The Native Elders remember with gratitude the last of the "old days" and how they lived their life. A Chronicle of everyday life in times past, their traditions, kinship, ceremonies, the gathering of food, trade, conflict and the arrival of the white man to trade furs for merchandise.

The above books are found in the smaller library room.

Please remember our library closes at 1:00 p.m. on June 25th for the summer. Please pick up your summer reading any Tuesday in June or by appointment. There is no limit to the number of books you may borrow.

Many thanks to head librarian, Marg Burrin and Rose Smith for running the library again this past year. We readers appreciate your time and effort.

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COMMUNITY WILDFIRE PREPAREDNESS DAY

JULY 7, 2019

Wildfire is a real and frightening threat to British Columbia communities.

However, don't feel helpless on account of the increasing risk of wildfire, because there is much we can do as individuals and as a community to prevent wildfire from destroying our homes.

Let's put **FIRESMART** into motion with our first annual all day event on Sunday, July 7, 2019!

Join us at the **Wasa Community Hall at 9:00 AM** to learn how to reduce wildfire risks around your home, focusing on techniques for managing vegetation to reduce hazards. Later we will go out into the field and put the principles into practice.

Members of the local Fire Suppression team will be on hand to update you about the suppression program. Watch for posters and flyers with more details about the big day.

Contact kathyemccauley@gmail.com for info.



THIS MONTH IN HISTORY

June 6, 1944 - D-Day, the largest amphibious landing in history, began in the early-morning hours as Allied forces landed in Normandy on the northern coast of France. Operation Overlord took months of planning and involved 1,527,000 soldiers in 47 Allied divisions along with 4,400 ships and landing craft, and 11,000 aircraft. The Germans had about 60 divisions spread along France and the Low Countries. American forces landed on two western beaches, Utah and Omaha, while British and Canadian troops landed farther east on Gold, Juno and Sword beaches. By the end of the day 150,000 Allied soldiers and their accompanying vehicles had landed with 15,000 killed and wounded.

Birthday - African American actress Hattie McDaniel (1889-1952) was born in Wichita, Kansas. She won an Academy Award in 1940 for her role as 'Mammy' in *Gone with the Wind*.

Birthday - Undersea explorer Jacques Cousteau (1910-1997) was born in Ste-Andre-de-Cubzac, France. In 1943, he helped invent the first underwater breathing apparatus, called the Aqualung. He is best known for his Emmy Award winning television series, *The Undersea World of Jacques Cousteau*, which premiered in the U.S. in 1968

June 15, 1215 - King John set his seal to Magna Carta, the first charter of British liberties, guaranteeing basic rights that have since become the foundation of modern democracies around the world.

June 25, 1876 - General George A. Custer, leading 250 men, attacked an encampment of Sioux Indians near Little Bighorn River in Montana. Custer and his men were then attacked by 2000-4000 Indian braves. Only one scout and a single horse survived 'Custer's Last Stand' on the Little Bighorn Battlefield. News of the humiliating defeat infuriated Americans and led to all out war. Within a year, the Sioux Indians were a broken and defeated nation..



Words of Wisdom



In the Pursuit of the True Self

"An adventure to be followed" – Part 4

In the previous three articles, we have clearly stated that the real "you" as Pure and Unlimited Consciousness is covered by five main layers or sheaths. Since we are in the pursuit of our True Self, it becomes capital to experience the clear distinction existing between our True Self and these coverings. Remember that you cannot be what you are observing since the observer is not what he is observing.

From the most exterior moving in, the coverings on the Self that we find are as follows:

1- the Physical Body, 2- the Emotional Body, 3- the Mind or Intellect, 4- the Superior Mind, 5- the Supramental Consciousness (Pure Awareness)

Third covering of the Self: the Mind or Mental Covering

Here, we will have to work with two articles to attain a clear understanding of the destructive work of illusion created by the Mind's activity.

The Mind is certainly the greatest falsifier since it constantly deforms the reality on the basis of ceaseless comparison with past memories. The Mind protects your body according to experiences coming from your past. For the Mind, there is no reality, but a constant past superimposed upon reality. So, the term *Mind* includes all kinds of reflective mental activities called *Intellectual Activity*. In Yoga Practice, the Mind is referred as Manomaya Kosha, the creator of virtual thoughts. In the Sadhana of the Golden Age, we talk about Manonasha or Manolaya, which is the destruction of the reflective

mind, quite different from the simple notion of mind purification. The Universal Wisdom states that the Mental Man, as animal, shares four activities with all animals: eating or seeking something to eat, sleeping or seeking to sleep, mating or seeking to mate and being afraid. This is so true!

The mind with its emotions interprets essential needs like the need for food and being afraid if there is no food, the need for sleeping in a good bed or mating with the first woman or man available, etc. So, the fourth activity is really to be fearful like an animal. As long as there is identification with the physical, vital (Emotions) and mental bodies, there is fear. Fear exists because there is limitation... a separation between you and all that is not you. Everything that is not you can be judged as favorable or unfavorable to you.

All ordinary emotions are processed by Manomaya Kosha, the covering made of mental constructs. Each time you are moved, the pure Consciousness of "I am" is identified with Manomaya Kosha, this covering made of the mind's activity. To stop identifying oneself with the mind is not an easy task because when an emotion is present, so long as you are not aware of it, you will be carried away by it. The less you see it, the more you refuse it and the more you are conflicted because of your emotions, held as a prisoner in your very unique and narrow emotional world.

Manomaya Kosha always works according to what you like or dislike, according to what attracts you and what repulses you. Manomaya Kosha is the preferred instrument of the ego, the individualized you, called "Ahamkara" or ego-mind... the double of your true Self.

Through a specific inner work which must be done skillfully, following the teaching of your Guru (Advanced Sadhana Teacher), it is possible to overcome this identification with the mind, the mental activity and the emotions. Your mind and your emotions are linked together through the functioning of "Chitta" (the unconscious), which is the reservoir and receptacle of all impressions that have touched you, impressions that are called Samskaras (emotions) and Vasanas (desires, expectations). These impressions, which have marked you, determine your current tendencies to act or react and your tendencies to seek happy experiences or avoid, at all costs, unhappy experiences. It is through this mechanism that you live as prisoner of the past, living the present through the past, unable to be fulfilled in the present moment.

In the next article, we will go further into the very concept of "emotions and desires" which trigger all of the Mind's activities and make us suffer in fear regarding our own relation to the world. There is a way to exit the world of illusion created by your Mind. There is such a huge difference between thinking your life and living *The Life*.

May this Adventure in the Pursuit of your True Self be a great Instrument of Liberation for you and those you love around you.

Warmly yours in the Lord.

Venerable Gurudev Hamsah Nandatha

Venerable Gurudev Hamsah Nandatha has withdrawn from regular public teachings to intensify his prayers and meditations for the world. To be notified of occasional lectures, you can request to be added to our emailing list. Visits of the Ashram are by appointment only. For more information, please contact the Ashram at ashram@adivajra.ca or (250) 422-9327.



Where do
you take your
BUZZ?

Email your photos with "The Buzz".

Your picture will be featured in the current issue of the Buzz and your name will go into a draw for the

"2019 Where do you take Your Buzz"

contest.

Email:

trivillagebuzz@gmail.com

Thanks to the Wasa and District Lions Club support in assisting my travels to Ottawa in February to attend Encounters with Canada. A Bilingual Canadian youth program hosted at the Terry Fox Youth Center.

Savannah Flegel



Have you got a helpful hint you would like to share?

Email: trivillagebuzz@gmail.com

Subject: Helpful Hint

Helpful Hints



By Sherry Shields
In Memory of Vi Cockell

Water

For our BODY

Adult humans are 60 percent water. It is commonly recommended to drink eight 8-ounce glasses of water per day (the 8x8 rule).

For our PLANTS

Watering is of no value if the water runs down the outside of the root ball, leaving the roots at the core of the plant dry. This can happen if you water too quickly or apply too much water at once. Slower watering is usually more effective. The key is to ensure that water gets to the root zone — whether you are tending seedlings, watering houseplants, watering a row of tomatoes or soaking thirsty shrubs and trees.

For our LAWN

Watering your lawn with 1/2 inch of water lets the moisture sink at least 3 inches into the soil. Most lawns need at least 1 inch of water per week, so if you plan to water twice a week, you must know how long it takes to spread 1/2 inch of water over your lawn. Vi's gauge for 1/2 " – set a pie plate under the sprinkler - when there is 1/2 " in the pie plate that section of lawn has enough water.

Overwatering drowns the plant's roots. Grass plants do not need, and cannot use, this much water! Daily watering keeps those pores filled with water instead of oxygen, which is vital to plant growth. Without oxygen, the roots of the sod will suffocate and die, leaving the plant with a very shallow root system.

"Wherever you go, go with all your heart." » Confucius

"Summer set lip to earth's bosom bare;

And left the flushed print in a poppy there:

Like a yawn of fire from the grass it came,

And the fanning wind puffed it to flapping flame."

—Francis Thompson, "The Poppy"

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Wasa Lions Club JOIN US! for a Hotdog

Sunday, July 21, 2019
12:00 noon
to 2:00 pm
at the
Wasa Lions Grounds



Hot Dogs, coffee, pop
(while supplies last)
Bring your whole family.

Meet
friends and neighbors.

Learn what
your community
has to offer.

Learn what you can offer your community.

See You There!



Many of you have a story, adventure or life stories about people you know in our area that happened in years past and you are eager to share so that the history is not lost. I would like to include them in the "Following the Trails of Yesterday" page. Please phone me if you would like to contribute to the column at 250-422-3766 or email me at -- judymcphee9@gmail.com--



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VOLUNTEER OPPORTUNITIES 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
- TriVillage Buzz Newsletter
- Wasa Recreational Society
- Bingo
- Armchair Traveller
- Wasa & District historical Association & Memorial Garden Group
- Wasa Lake Land Improvement
- Wasa Community Library
- Tri-Village Kids Club
- Wasa Gym
- Wasa Pancake Breakfast

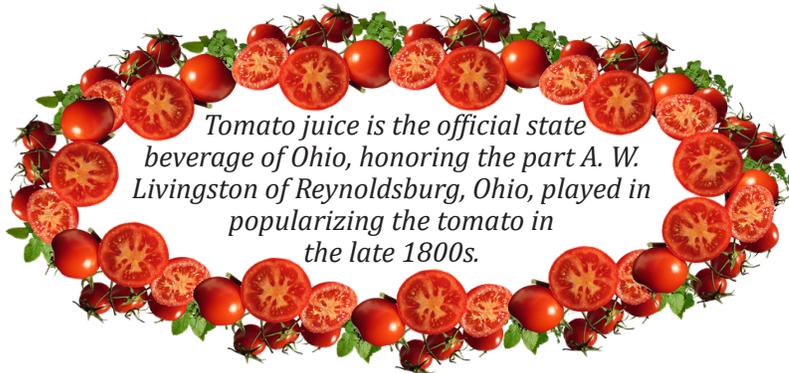
are a few of the areas that would
welcome new members. Step up,
step out, expand your horizons. We
would love to see you!

*"Volunteering is a work of
heart"*

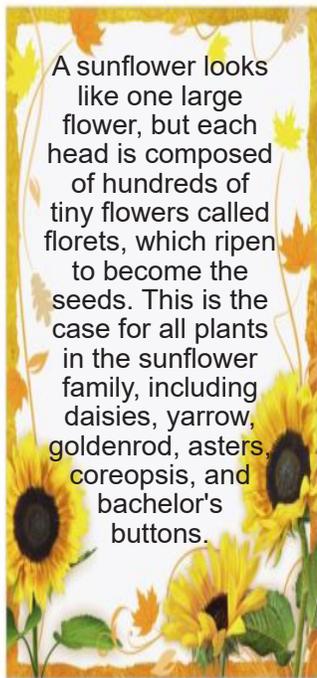


Garden Facts & Fables

How many of you have your gardens in? Lawns trimmed? Be careful in your weed-whacking - you don't want to 'toad-ally' destroy one of our little garden helpers. Yes, toads will find their way into your yards - which is a good thing - they eat an enormous amount of bugs, helping to keep your garden pest free. The Buzz is about community - and sharing with one another, whether it is hard-earned knowledge, a joke you had a good laugh at, a fond memory we all want to hear it!



The book of nature is written in the language of mathematics Galileo Galilei



Did you know that the right combination of certain plants can make your vegetables more productive? Companion planting can help deter pests, promote growth and even improve flavor. Try it out for yourself! This year, plant rosemary with your beans or basil under your tomatoes.

Don't judge each day by the harvest you reap, but by the seeds that you plant.
Robert Louis Stevenson



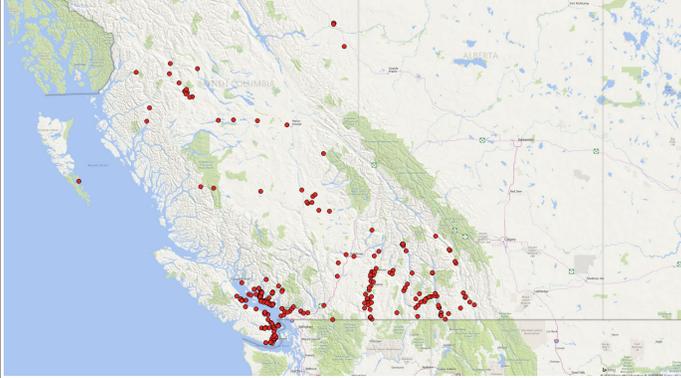
Turn a long-handled tool into a measuring stick! Lay a long-handled garden tool on the ground, and next to it place a tape measure. Using a permanent marker, write inch and foot marks on the handle. When you need to space plants a certain distance apart (from just an inch to several feet) you'll already have a measuring device in your hand.

KOOTENAY COMMUNITY BAT PROJECT **BC Annual Bat Count seeks bat roosts and volunteers**

Bat Count contributes to surveillance for white-nose syndrome across the province

It can be difficult to know how to help endangered wildlife such as the Little Brown Bat. One simple way to support bats is to participate in the *BC Annual Bat Count*. The BC Community Bat Program is requesting colony reports and volunteer assistance for this citizen-science initiative that encourages residents to count bats at local roost sites.

In 2018, the Annual Bat Count collected baseline data on bat populations at 214 sites across the province, and hope to find more sites for 2019. The count data helps bat biologists understand bat distribution and normal variation in colony sizes before the devastating White-nose Syndrome affects bats in the province.



White-nose syndrome is an introduced fungal disease, fatal for bats but not for other animals or humans. Not yet identified in BC, the disease continues to spread in Washington State, less than 200 km from our border. Results from the Bat Count may help prioritize areas in BC for research into treatment options and recovery actions.

Bat counts are easy and fun. “The counts are a wonderful way for people to get involved in collecting important scientific information, as well as learn about bat behaviour” says biologist Leigh Anne Isaac, coordinator of the Kootenay Community Bat Program. Volunteers wait outside a known roost site, such as a bat-house, barn, bridge or attic, and count bats as they fly out at twilight. They record the final number along with basic information on weather conditions.



Ideally, 1 - 2 counts are done between June 1 and 21 before pups are born, and 1 - 2 more between July 11 and August 5 when pups are flying.

“We know relatively little about bats in BC, including basic information on population numbers” continues Isaac. “This information is more valuable than ever, particularly if it is collected annually. If people want to get involved but don’t have a roost site on their property, we will try to match them with a roost site nearby.”

Funded by CBT, RDEK, RDCK, Habitat Conservation Trust Foundation, the Forest Enhancement Society of BC, the Habitat Stewardship Program, and with support of the BC Conservation Foundation and the Province of BC, the BC Community Bat Program provides information for people dealing with bat issues on their property or who have questions about how to attract bats. To find out more about bat counts or white-nose syndrome, to report a dead bat, or to get assistance dealing with bat issues, visit www.bcbats.ca or call 1-855-9BC-BATS x. 14.

KEEPING WILD THINGS WILD - Presented by WildSafeBC

Wildlife like cougars and bears are impressive, and usually spend their time doing their own things and going their own ways. But add an unexpected human, or possible temptations like unsecured garbage or fruit trees, and the results could be terrible. Reducing wildlife attractants continued to be a key focus. In Sparwood, the coordinator helped residents obtain 1,700 bear-resistant garbage bins. In Invermere, the coordinator worked with the



Groundswell Network Society to implement a pilot program to pick fruit—reducing attractants, diverting waste from the landfill and educating people about food systems. In Kaslo, the coordinator worked with Kootenay Waste Services to develop a plan to provide household garbage pickup for residents in the Lardeau Valley.

As the snow finally recedes from our yards and gardens and new leaves emerge, our wild neighbours are also on the move. Stay safe and keep the animals safe by connecting with your local WildSafeBC community coordinator.

What you learn and do could positively impact a life.

To learn more, visit wildsafebc.com or find WildSafeBC on Facebook, Twitter or Instagram.

GERICK SPORTS
Wasa Lake
TRIATHLON



June 8-9, 2019

www.rmevents.com

Saturday TriKids Triathlon
for ages 4-15, from 8:00 am - 1:00 pm

Sunday Adult Triathlon
for ages 16 & over from 7:00 am - 1:00 pm

**To cheer on participants, to sign up for
volunteering, or to register for a race,
visit www.rmevents.com.**

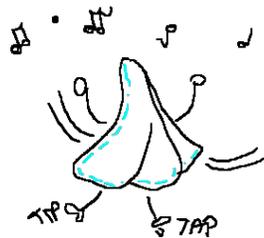
Email charlie@rmevents.com or call 250-427-8748.

Thank you Wasa Community for your continued support.

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

How do you make a
kleenex dance?

Put a little boogie in it!



Summer Fun

LWNCBOATINGUSIJDLK
IAMCBALFHUKRXOBIKE
JROOTSRDXCILMVEGND
XJFCWUDBYDTLOBEFUI
SDUISSSZCECBASEBALL
TMNMNNKHFCQBWASEES
GGKHPDOABSUYDDINPY
JOCHCRSRRTMZENRRROSJ
TLACSTOHKEILOOFISH
ICGETWOPPEEBLDBLOTBC
DYSGUBTCELLDCLAACG
FMYFPXISSSELYAEWCIO
DJFZIXLJRPFSNRXANT
PJWATERLSKIOGGBDVC
YZPOHDKWHBOHELOLIT
FWCZEA TICCREAHVPY
KEMOTWOMHEGARDENLO
MAKESANDCASTLESSUO



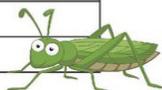
- | | | |
|-------------|-----------------|------------|
| BARBECUE | FISH | SKATEBOARD |
| BASEBALL | FRISBEE | SLIDE |
| BIKE | GARDEN | SNORKEL |
| BIRDWATCH | HIKE | SPELLUNK |
| BOATING | HOPSCOTCH | SURF |
| CAMP | JUMPROPE | SWIM |
| CANOE | MAKESANDCASTLES | SWING |
| CLIMB | PICNIC | VACATION |
| COLLECTBUGS | RIDEHORSES | VOLLEYBALL |
| DIVE | ROLLERBLADE | WADE |
| EATICECREAM | ROLLERSKATE | WATERSKI |
| FINDSHELLS | SEESAW | |

Search the puzzle for the words shown in the word list. Circle each word that you find until you find all of the words in the whole puzzle!

Insects Word Scramble

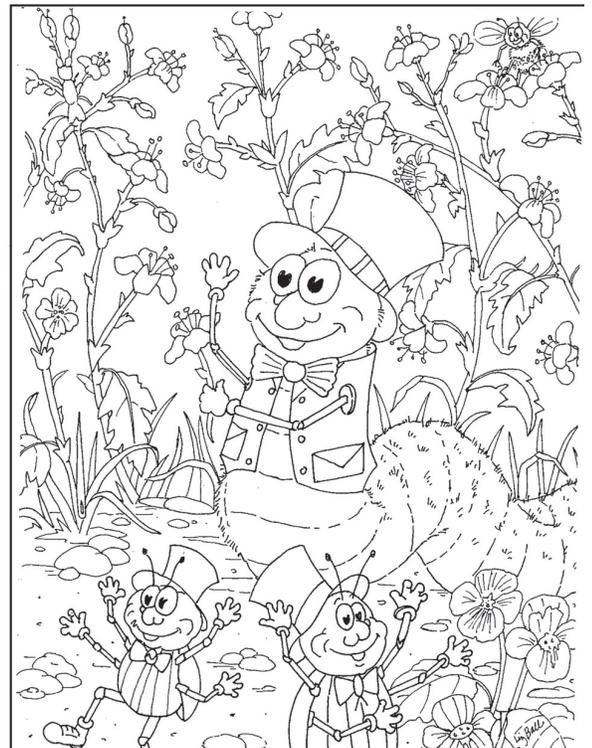
All of the scrambled words below are names of insects you have probably heard about. Can you put the letters in the right order to spell the 19 different insect names correctly?

OUTMQISO	
BTLTEUYFR	
MTHO	
LEEBET	
CCIDAA	
ELYFSRHO	
PAWS	
ITKSC GBU	
AYGPRNI NMATSI	
EBE	
ALFE	
LNFOAYGRD	
AGDBLYU	
PSESHRAGPOR	
EIRETTM	
COOCHRKAC	
NAT	
RIEKCTC	
YLF	

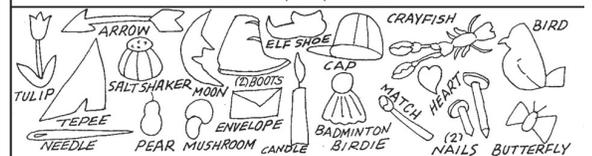


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Want something fun to do with your spare time?
We are looking for a new "Fun Page" submitter



www.hiddenpicturepuzzles.com



June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 Church 10:30 a.m.	3 ●	4  Hug your cat day	5	6	7	8  Triathlon
9 Church 10:30 a.m. Triathlon	10 ●	11 BINGO 6:30 Early 6:45 Regular	12	13	14	15  Lion's Garage Sale
16  Church 10:30 a.m. Father' Day	17 ○	18  International Picnic Day	19	20	21	22
23 /30 Church 10:30 a.m.	24	25 ●	26	27	28	29  Hug holiday

LEGEND.

Church Service 10:30 am BINGO 6:30 pm
 Rec Society 7:00 pm Lions 7:00 pm
 Quilters 10 am - 4 pm
 Library Tuesdays 11 am - 1 pm
 TOPS Fri 8:30 am Weigh in & Mtg. 9 -10 am
 Armchair Traveller 7:30 pm

Special Events and Days Down the Road

- June 3 Area E Town Hall Mtg - Kimberley
- June 8-9th Wasa Triathlon
- June 8-9th Garage Sale in Tata Cr.
- June 15th Wasa Lions Garage Sale
- July 7th Fire Suppression
- August - Diana Perih Celebration of Life

NUMBERS AT A GLANCE

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Brunos Plumbing.....	250.342.5105
Catamount Contracting.....	250.422.3694
Cranbrook/Kimberley Hospice.....	250.417.2019
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.....	778.524.0012.....422.3686
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...250.422.3227..	422.3499
Wasa Lions Trail Donations.....	250.422.3773
Wasa Memorial Garden (Pat Walkey)..	422.3530
Wasa Post Office.....	250.422.3122

