



FREE MONTHLY PUBLICATION

# TRI-VILLAGE BUZZ

August 2022 ISSUE 253

Visit: [www.wasalake.com](http://www.wasalake.com)



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We hear these statements every time we log onto facebook, or open up a Buzz. Maybe to the point where we don't register them anymore - we block the plea from our minds and move onto the next thing.

**But the need is real!!** So I thought I would share my volunteer experiences with you. And perhaps it will inspire someone to "find their niche" and ease the burden of another.

I began volunteering close to 40 years ago - as a librarian in my children's school. Their budget could not cover the staff position - and I love books!! lol. So it was a good fit. And I learned skills I did not previously have. I was able to take part in young children's developing wonder in the world of books. And my very young children learned the importance of giving a part of yourself to a 'cause' - because it was the right thing to do.

I have volunteered in church kitchens when there were events to cater - and gained friendships and wisdom I would not normally have been exposed to.

I have volunteered in senior's homes, to just sit and listen. Oh the wisdom and wonderful stories they have to offer!! Their thankfulness for a listening ear was all the payment needed!

In recent years I have signed up for two volunteer positions with the Historic Iris Preservation Society. A whole new world opened up for me!! Fascinating! And of course it has led to some beautiful, unique irises to add to my gardens - definitely a win-win.

And I volunteer my time to put the Tri-Village Buzz together in time to have it in your inboxes (or post office box) before the beginning of each month. This has by far been the biggest learning curve for me - learning a new program, and how to bring everything together in a pleasing manner for readers. And the most time-consuming.

Now here's the kicker: I also have 4 part-time jobs and a large yard full of garden beds to look after.

You see, even if you work outside the home, there is always, ALWAYS some small thing you can put your hand to, to help out in your community. Volunteering is not necessarily a full time 'job'. It really can be what you make it.

And honestly? It is so rewarding, and so worth it. Accept the challenge!

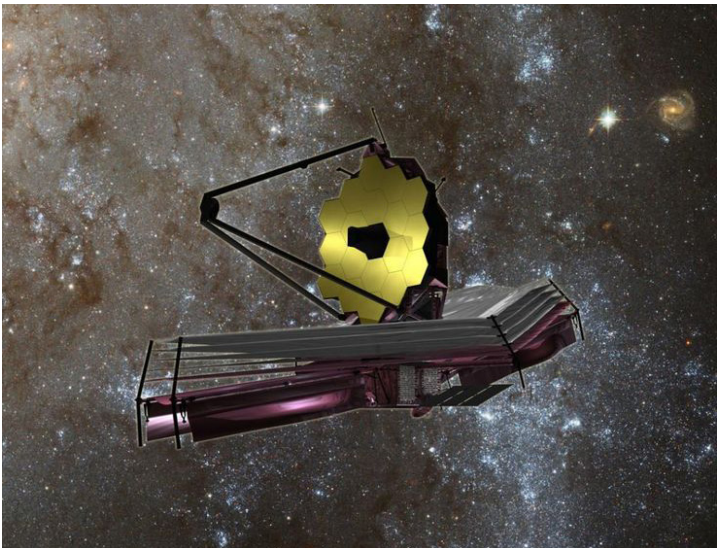
Find out where you can make a difference today!

**Serving Skookumchuk, Ta Ta Creek and Wasa Lake**

# WHEN THE MOON HITS YOUR EYE .....

submitted by Barry Morvai

Hello Tri-Village people! Hot enough for ya?! Kidding ..... should start cooling off in another 8 weeks. That being said, if you were out in the vastness of space, the temperature would be 2.7 kelvin, or about minus 455 degrees Fahrenheit. Ok, that's a little chilly ..... In the last few articles, I have been telling you about the planets in our solar system. The next planet in line I was going to discuss was Saturn, but I'm going to forgo that until September as there's something that's taking over the internet right now. That is, the images that were released by NASA, from the James Webb Space Telescope (JWST). From what I've seen, the images are spectacular! I was impressed by what the Hubble



telescope was showing us, but the JWST is producing much more intricate and detailed results. I, for one, am very impressed. I find the imagination takes leaps and bounds when viewing pictures from space ..... probably has lots to do with all the sci-fi movies out there ..... but surely we can't be alone out here ..... when you consider the size of our solar system, inside our own milky way ..... and the millions of galaxies being viewed by the JWST.

So ..... here's a few facts about the telescope:

Over 1200 scientists, engineers and technicians from 14 countries have taken part in the designing and building of the telescope. It was taken by boat to its launch site at French Guiana and sent into space with an Ariane 5 rocket. Hubble orbits around 340 miles from earth at a speed of 17,000 mph. Webb will not orbit the earth, but rather, it will orbit the sun at around 1 million miles from Earth and travel at about 720 mph.

The total mass of the payload is about 6200 kg., the mirror weighs 705kg. There are 18 mirrors that are made of beryllium and coated with gold, with each weighing about 20.1 kg. The total diameter of the mirror (although its not round) is about 6.5 meters, or 21.3 feet. We may never see the telescope again, but the images that get sent back will be awe inspiring.

So now that I've inspired you to go buy a telescope ..... (just kidding) ..... lets see what to expect in the night sky for August.

**August 12 - Full Moon, Supermoon.** This is the last of the 3 supermoons for this year. If you are able to catch this event when it comes up on the horizon, you won't be disappointed. It is a sight to behold. This moon is also known as Sturgeon Moon, as sturgeon were more easily caught at this time of year. Other names are Green Corn Moon and Grain Moon.

**August 12-13 - Perseids Meteor Shower.** The Perseids is one of the best showers to observe as it produces up to 60 meteors per hour. It is a result of remnants by comet Swift-Tuttle, which was discovered in 1862, and runs annually from July 17 to August 24. It peaks on the evening of the 12th, but the full moon will make the less bright meteors harder to see. Perseid meteors are numerous and bright, so it should be a good show regardless.

continued on page 4

# FIRE IN WASA!

WHO DO YOU CALL?

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

Then call these Wasa volunteers until someone answers:

Bill Walkley 250-427-1049

Lyle Zaksauskas 250-421-2650

Sharon Prinz 250-417-7654

Darcy Tagg 250-417-6617

Debbie Waterer 250-426-9791

Mike Gall 250-417-9422

Kathy McCauley 250-427-6637

## VOLUNTEER WITHIN THE COMMUNITY

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

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

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

*"Volunteering is a work of heart."*



Donate your BOTTLE & CAN RECYCLING to the Wasa Lions. Support local Scholarships and grounds maintenance. Place at **Green door** @ vendor building.

Rick: 250.793.7836



**Dale Gray**

Phone: 250.422.3638

Cell: 250.421.1746

email: dale58@shaw.ca

Box 245 Wasa, BC V0B 2K0

## DOCK SYSTEMS



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Call Mike to arrange for pickup 250.420.1660 **LANTZ FARMS**



**The Lions Den** Wasa & District Lions Club – Serving Wasa & Area since 1976  
**Lions Roar**

submitted by Terry Marvel

It's time to enjoy the summer weather as the mosquitoes seem to be doing. Yes, it's that time of the year again in Wasa. The little buggers are out in full force. Enjoy the season just to spite them!



The Lion's inducted three new members into the fold at the last general meeting. Welcome to the Lion's Club, Stan and Heidi Wright and Brent Badowich. If anyone else would like to join the greatest volunteer organization in the world, contact a Lion's member.

The Lion's received a grant from BC Parks to update the trail markers and the Wasa Way maps. The trail, which circles the lake is a very much-used path by hundreds of people all year. The group that did the staining of

the posts etc. are the BC Parks student Ranger Crew. Get out and enjoy it!



There are pancake breakfasts every Saturday for the months of July and August. They run from 8:30-11:00 at the Lion's outdoor kitchen and are a delicious, affordable meal sponsored by the many groups in the area.



The on-going recycle drive appreciates all recyclables we get to fund our Scholarship fund and grounds maintenance costs. Just drop them at the green door at the Lion's grounds.

Until next issue, enjoy the beautiful summer!



**When the Moon Hits Your Eye .....continued**

**August 14 - Saturn at Opposition.** The ringed planet will be at its closest approach to Earth and its face will be fully illuminated by the Sun. It will be visible all night long and a medium or larger telescope will allow you to see the rings and a few of its brightest moons.

**August 27 - New Moon.** I shouldn't have to say it, but I will ..... great time to view other objects in the night sky ..... did someone say UFO? 😊

So there you have another month of viewing information and a few interesting facts about a telescope that was 20 years in the making. Enjoy your evening viewing and until next time ..... are we alone??



**NEW DATE!! NEW DATE!!!**

# ***WASA LIONS' COMMUNITY YARD SALE***



***Saturday Aug. 6 @ 9:00 am-1:00 pm***

***Wasa Lions Grounds***

Contact Sharon @ 250 417-7654 For information

***Please contact if you have items you would  
like to donate to the Wasa Lions.***

***We are looking for new or gently used, clean, working items!  
No clothing please.***

***Clean out those things you don't use or need!!!***

# Where Do You



# Take Your Buzz?



This was taken on May 22 in Venice on the Grand Canal. Jack Morrison

Here's a photo of Rod and Arla in Maple Ridge, BC with the Buzz in front of the Legend of the Clock

which was created in recognition of the need for greater awareness of the environment.



## WASA COUNTRY BREAKFASTS

Wasa Lions Picnic Grounds

**Every Saturday**

**From July 2 to September 3**

**Pancake Breakfast**

**8:30 am to 11:00 am**

**Coffee on at 8:00 am**

**Breakfast includes:**

**Pancakes, Mixed Berries  
Scrambled Eggs, Sausages  
Juice or Coffee**

**Large \$8.00 Small \$7.00**

**Just Coffee/Juice \$2.00**

**Vendors set up for free**

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

**Entertainment on some weekends**

**HOPE TO SEE YOU THERE**



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Don't be fooled by the calendar.  
There are only as many days  
in the year as you make use of.  
~Charles Richards

## Category 2 burning to be prohibited in the Southeast Fire Centre

As of noon on Friday, July 15, there will be a ban on Category 2 open fires.

Specifically prohibited activities will include:

- Fireworks;
- Sky Lanterns;
- Exploding binary targets;
- Air curtain burners and,
- Burn Barrels or Burn Cages of any size or description, except when used for a campfire as defined by the Wildfire Regulation.

This prohibition does not ban campfires that are a half-metre high by a half-metre wide or smaller and does not apply to cooking stoves that use gas, propane or briquettes. Larger Category 3 open fires have been prohibited throughout the Southeast Fire Centre since June 30.

For up-to-date info on fire bans and wildfires please visit: [www.bcwildfire.ca](http://www.bcwildfire.ca)

**LISA WINKELMAN**

**Scentsy Independent Consultant**

**250-421-8143**

**[lisam1020@gmail.com](mailto:lisam1020@gmail.com)**

**<https://zardworks.scentsy.ca>**

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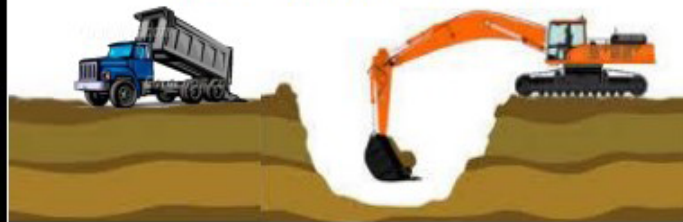
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**Guy Winkleman**

Bus: 250.422.3694      Cell: 250.417.9728

Box 181 Wasa, BC V0B 2K0



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

- **Hall Rentals and Information:** Karen Markus 250.422.3514 or Bonnie Meena 250.422.3795
- **Gym:** Sonia Blackwell 250.421.3019 or Rod 250.422.3253
- **TOPS:** Susan 778.524.0012
- **Library:** Marg Burrin 250-422-3565
- **Quilter's Club:** Linda Sundgaard 250.421.0843
- In addition, BINGOs are held the 2nd tuesday of the month - 6 months of the year, at the Wasa Hall. See details in the calendar. Early bird starts at 6:30 p.m. & regular at 6:45 p.m.

# Wasa and District Historical Assoc. & Memorial Garden Group

submitted by - Sherry Shields

Della Boechler and Sherry Shields with the help of Heather Cline from Prairie Greenhouses picked out bright and colorful flowers for the garden boxes. The flowers have added a lovely splash of color.

Thank you to Jeanette Abbot for spring-cleaning of the columbaria. Jeanette has been involved with this task since the columbaria were installed.

The wheel on our water feature was wearing out. Thank you to Walt and Carole Elgert for the donation of their water wheel. Their wheel fit perfectly on our feature and once again the water wheel is chugging along.

Throughout the summer volunteers on a weekly basis care for the garden, their dedication is appreciated and apparent when visiting the garden.

If interested in volunteering at the garden please contact

*Sherry Shields @ 253-919-7887 ©  
or email slshields27@gmail.com*

## 2019 Columbarium Niche & Plaque Costs

### UNIT 1 Columbarium

Upper levels - \$1000.00 + engraving  
Bottom Row - \$900.00 + engraving

### UNIT 2 Columbarium (new)

Niche cost - \$1100.00 + engraving

Niche Engraving - \$275.00

Memorial Plaque - \$300.00

(engraving costs are subject to change)

### Contact info:

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



## KOOTENAY RIPPLES

There are a few books remaining for sale.  
\$50.00/ea

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

The foliage has been losing its freshness through the month of August, and here and there a yellow leaf shows itself like the first gray hair amidst the locks of a beauty who has seen one season too many.

Oliver Wendell Holmes



## Wasa Lions Medical Equipment Loan Cupboard

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

For Loan information or Equipment Donations to the Cupboard

Contact: Jocelyn 250 505-4752  
or Trinda 250 793-9491



# THE WASA COUNTRY BREAKFAST

The Wasa Country Breakfast was started in 2004. It is so great that they are back for the summer after a two year interruption.



The breakfasts are every Saturday from the July long weekend to the September long weekend. And one on the May long weekend,

Various community Groups from our community volunteer at least 12 people from their group (or friends and family) to prepare the breakfast for the date they have chosen.

The Wasa Country Breakfast Committee currently consists of two people who organize this summer event. This includes advertising, organizing groups, food permit submission to Interior Health, placing grocery orders, financial jobs and other assorted duties.



At the end of the season money raised is disbursed equally to each group that participated in a breakfast. Some funds are held back to start up next year. The Lions are given a portion of the funds for the use of their kitchen, which is such an asset to this community fundraising event. We hope this fundraising event will continue next year but we are in need of a few volunteer committee members.

Come on out and enjoy breakfast; which many of you already do. We are thankful for the community support and the support of our visitors to the area.



The Volunteers for the Wasa Recreation Society (operating the Wasa Community Hall) on July 2, 2022

Wasa Community Hall  
6145 Wasa School Road, Wasa BC  
Mailing Address: Box 164, Wasa BC V0B 2K0  
Hall Bookings Contacts:  
Karen Markus 250-422-3514 or  
Bonnie Meena 250-422-3795



**DO YOU BELIEVE THAT BOAT TRAFFIC  
ON THE NORTH END OF WASA LAKE HAS CREATED  
UNACCEPTABLE SAFETY RISKS?**

**If Your Answer is NO, Please Support the  
Residents of Wasa Lake and Sign This Petition**

**(1) Access Petition by Taking a Picture of the QR Code:**



**(2) Access Petition Online at URL Address:**

<https://form.jotform.com/221625934964262>

**(3) Email [letwasabe@yahoo.com](mailto:letwasabe@yahoo.com) and a direct link to this Petition  
can be emailed to you**

**Wasa Lake Residents who sign this petition DO NOT SUPPORT A PROPOSAL  
THAT WAS SUBMITTED TO THE RDEK ON MAY 12, 2022 TO REDUCE BOAT SPEED  
ON THE NORTH END OF WASA LAKE TO A MAXIMUM OF 10 KM/HR.**

1. Such a proposal will push all high-speed boat traffic to the south end of the lake potentially raising other boat safety concerns, water quality concerns and environmental implications.
2. Such a proposal may reduce property values at Wasa Lake.
3. Such a proposal may negatively impact your use and enjoyment of the lake.
4. Such a proposal may increase further boating restrictions on Wasa Lake.
5. There has not been a reported boat safety incident on Wasa Lake SINCE 2002.
6. Wasa Lake has 3 large, buoyed swim areas for swimmers and paddlers to safely access.
7. There are already 4 lakes within 30 minutes of Wasa Lake that have boat speed restrictions that allow flexibility for swimmers & paddlers (Baynes Lake, Jim Smith Lake, Lazy Lake & Premier Lake)



**Editors note:** Please be advised that the village buzz is here to provide information only. It is up to the residents to do their due diligence and gather all the facts prior to signing any petition that is published in this community paper. Statements such as “may” reduce property values and “may” impact “your” enjoyment of the lake are **not** facts and I feel as editor of this publication, it is my duty to inform the residents of this observation.

# RDEK NEWS



## Wasa Boating

During the June Board meeting two Wasa Residents made a presentation to the Electoral Planning meeting

They wanted the RDEK Board members to know that not everyone was in agreement about the request for the Board to make an application to the Ministry of Transportation.

One of their comments was that small watercraft such as canoes, kayaks and other types should go to other lakes in our area. If you want to read what was stated to the Board from both groups you can go to the RDEK website and read the Electoral meeting from May and June. As I stated in June’s paper, the RDEK has not made the decision on the application. I believe that before we can make the right decision, the RDEK will need to hire a group to do a survey on the users of the lake, to get a number of water crafts and swimmers and if there is environmental damage being impacted on the shoreline. I wish that both of these groups could work together and come up with an agreement like other lake users have done at other lakes in our area.

I hope everyone has a great summer. Please be safe.

Remember to attend the Pancake breakfasts - they support so many of the groups in Wasa. If you have any questions or concerns Please call 250-427-2577 or email me @ [s.janewalter@gmail.com](mailto:s.janewalter@gmail.com)

Thanks, Jane Walter

### Wasa Community Library

call Marg Burrin @ 250-422-3565 or Rose Smith @ 250-422-3088

We close for summer and Christmas holidays

Located in our Community Hall,  
Wasa Community Library will open

**Tuesdays in August** From 11:00 am - 12:00 p.m.

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

The library will be open every Tuesday except holidays.

The Library Volunteers: Marg Burrin & Rose Smith

Thank you



Cranbrook♥Kimberley  
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## Count Your Blessings, Not your Troubles

submitted by Rev. Ibi Chuan  
Cranbrook United Church

Some years ago, I saw a church has one sign, saying: "Count your blessings, not your troubles." I thought that statement was a really good message and reminder.

It made me think about my blessings, and I hope that others who saw it would as well. We are so prone to dwell on the things which are bothering us that we are not even aware of the blessings that we have experienced or are experiencing right now. From a strictly human point of view, the blessings seem to be hidden from us. They seem to be covered by the mundane things in life.

While I was thinking about this, our electrical bill for two months came in, I was shocked by the amount for several reason. We are very frugal when it comes to consuming electrical usage. We are in a longer daylight season, here in Canada, we have no needed to turn on our lights or heaters very often, etc. Yet our bill was, in our opinion at least, extremely high, and I fretted about that.

But, that evening, when I watching the news, we saw that there are in many places in some countries who have no electricity, heater or light in the night. I woke up in the idle of the night, thinking about this, and I was ashamed that I had complained about the cost of our utilities, plenty support of energy or fresh water. I had failed to see that blessing, which was hidden in the size of the invoice.

There are times in our lives when we just can't see the blessings that we are experiencing, and it is at time like that when we need the power of faith in God to realize how blessed we really are.

Seeing and being aware of God's blessings has always been and is still important, right here and especially right now. If we are unhappy about some things in our lives, let's make sure that don't miss the blessings that we do have.

## BACK TO SCHOOL TRADITIONS - AROUND THE WORLD

While not every school year starts in August, and not every country is covered, it's interesting to see how many diverse traditions there are to help students prepare for their first day back.

- In **Germany**, kids starting first grade are gifted with a giant cone filled with goodies. They're filled with school supplies and candies; it's about "making clear that a child's status is changing."
- In some parts of **Indonesia**, the first day serves as an orientation for students to get to know each other. It's meant to help create a community environment.
- Most students starting out in **Japan** receive a backpack, or a randoseru, as a present on their first day of school. School is all about "new beginnings" or a sense of renewal, so the first day of school is actually on April First.
- In **Russia**, the first day of school is also known as "Knowledge Day." The first day of school in Russia is a community affair. In some places, the students and parents form a crowd outside of the school, photos are taken, first-year students give bouquets to teachers and white ribbon is strung for decoration and laced in young girls' hair.
- Going back to school can be ... expensive, especially in **Brazil**. The price of school supplies inflates right before school starts. In Brazil, some parents begin to buy supplies a few months before school starts.
- In **Saudi Arabia**, many schools don't start classes on the first day, but have a few days of celebrations where students socialize and get to know each other over food and activities, according to Kid World Citizen.
- The first day of school can be a whole family celebration in **Kazakhstan**. There's often a feast involved. At seven years old, children in Kazakhstan begin their education with a day called Tyl Ashar, or "Initiation into Education." The child will "recite by memory to the guests each of his Zhety ata (seven generations of grandfathers)" for the guests to honor their ancestors.
- For some schools in **Vietnam**, students perform on the first day of school, for their family and friends that have gathered to send them off on the first day of school. It is seen as a nationwide celebration.



**Tuesdays**

**August 9**

**September 13**

**November 29 -**

**Christmas Bingo!**

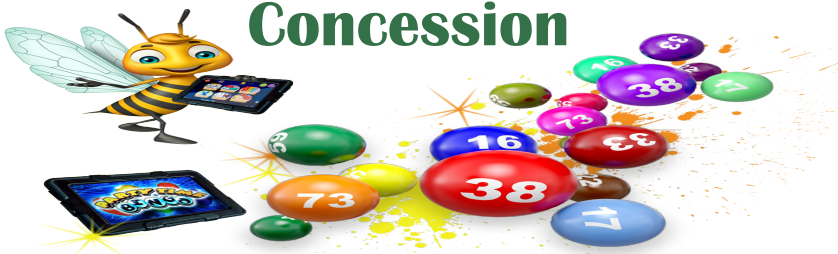
**Wasa Community Hall**

**Doors Open at 5:30**

**Early Bird 6:30**

**Regular Bingo 6:45**

**Concession**



There **WILL NOT BE** any Bingos in 2023 unless we get more volunteers coming forward

**Needed:** 2 people to help with Table cloths and other chores from 4 - 5:30 each Bingo night

**Needed:** 2 people to Floor Walk from 5:30 - 9 selling specialty game tickets - training will be provided. If you can't walk we can set up a table for you to work from selling tickets.

**Needed:** 1 person to do Cashier duties, selling game tickets and doing the prize monies.

Please call **Debbie at 250-426-9791** if you can help this year or next year.

**We desperately need YOU**

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Winter hours: 8:30-5 M-F; 9-5 Sat

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## Water Report

(24 July 2022)

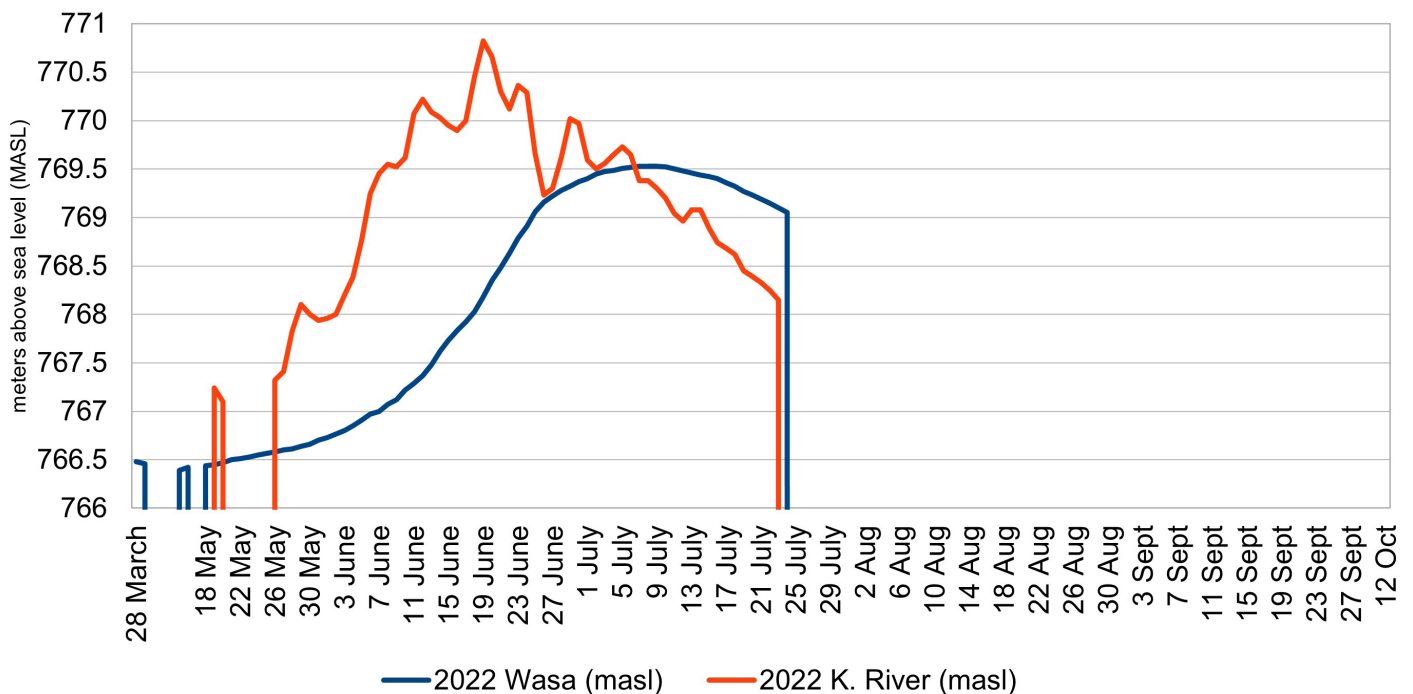
Every year, the WLLID tracks water levels here at Wasa and at the Kootenay River.

On 24 July, the water level was 769.05 masl (meters above sea level), which is 1.16 meters higher than last year. The Kootenay River level was 768.06 masl, 0.66 meters higher than last year.

This year the water level peaked at 769.53 masl, which was 1.06 meters higher than last years peak (768.84 masl). This year's water level was 0.83 meters higher than the average over the last 9 years (768.70 masl). In total, the water level rose 3.14 meters since May 15th.

As the graph shows, the Kootenay River goes through many peaks and valleys during freshet. This year the river rose above 769.00 masl on the 6th of June and didn't fall below that level until July 15th.

2022 Water Levels



[Graph data based on 24 July 2022, © Wasa Lake Land Improvement District (WLLID)]

The WLLID has also begun a 3-year water quality study that monitors dissolved oxygen (DO) and temperature at 1-meter intervals. A Secchi reading is also taken to determine how clear the water is at a particular depth. So far, the black/white Secchi disk can be seen 4 to 4.5 meters below the surface at the deepest portion of the lake. This Secchi depth is typical for this location.

The photo shows WLLID CO Becky Pearson taking a Secchi reading. Ms. Pearson has also volunteered to gather water samples from six beach locations that are tested for E. coli.



continued on page 15



## Water Report

continued

Interior Health conducts the tests and reports the last 60 days results at their public health protection web portal. [<https://services.interiorhealth.ca/publichealthprotection/watersamples.aspx>]

Wasa, Water Testing (2022)						
	27 June		04 July		11 July	
Location	E. coli per 100 ml		E. coli per 100 ml		E. coli per 100 ml	
Pine Beach	<5	Acceptable	<5	Acceptable	<5	Acceptable
Main Beach	<5	Acceptable	<5	Acceptable	<5	Acceptable
Horseshoe Beach	<5	Acceptable	<5	Acceptable	5	Acceptable
Campers Beach	<5	Acceptable	<5	Acceptable	<5	Acceptable
Dog Beach	<5	Acceptable	<5	Acceptable	<5	Acceptable
Cedar Beach	46	Acceptable	<5	Acceptable	<5	Acceptable

For more information and historical water data, go to [wasalake.ca](http://wasalake.ca). Any comments or questions can be sent to [admin@wasalake.ca](mailto:admin@wasalake.ca).

WLLID Board of Trustees



### Electoral Area E Volunteer of the Year Honoured



Stan Yawney has been officially recognized as the 2022 Electoral Area E Volunteer of the Year.

“As the president of the St. Mary Valley Residents Association and a neighbour that is always willing to lend a hand, Stan is a wonderful

example of how volunteers are the backbone of our area” says RDEK Electoral Area E Director Jane Walter.

Stan is a remarkable person and always ready to help anyone who needs it. Stan has been the president of the St. Mary Valley Rural Residents Association for many years. Stan is also one of the first people to call for the Fire Suppression Committee in the St. Mary Valley. He is a major asset, making sure all the equipment is accounted for in the spring and ready to go at a moment’s notice. In the fall, he checks to make sure all the equipment is accounted for again. He is very giving of himself and never expects anything in return. Stan is a wonderful neighbour to everyone and deserves to be recognized as the Volunteer of the Year for 2022.

Director Walter formally recognized Yawney at a fire suppression demonstration and picnic put on by the St. Mary Valley Residents Association on June 17, 2022.





## TOPS SPOT

submitted by - Susan Manahan

“What is a calorie? Most people don’t know. A calorie is a unit of heat energy. It is the amount of heat energy required to raise the temperature of one gram of water by one degree Celsius. There consider yourself officially smarter than the average adult!”

The amount of calories that a person needs depends on many things—do you want to lose or gain, are you stressed, are you ill, do you exercise. Knowing your calorie needs leads to making healthy choices and good meal planning.

All calories are not the same. It would not take long to reach your limit if you ate fast food or junk food to fill your calorie budget. These foods add up very quickly and you would still be hungry when you had reached that limit that you required. This would lead to over-eating and weight gain. Gaining weight can make a person feel hopeless and like a failure.

Making smart food choices is what one needs to learn. The four sources of calories come from carbohydrates, fats, protein and alcohol.

**CARBOHYDRATES** -- Our bodies need carbohydrates but we need to choose foods that are rich in nutrients. Fruits, vegetables, whole grains and fat-free or low fat dairy are healthy choices.

**PROTEIN**—“Protein plays a vital role in both your body and your diet. Proteins make up vital structures and muscles, they maintain fluid balance and acid-base balance, form hormones and enzymes, promote immune health, form blood sugar, and give you energy in the form of four calories per every gram of protein. Choose plant based foods and animal based foods to give yourself the protein you require. Plant based protein also give you fiber which you do not get in animal based protein.

**FAT** – “Fat gives flavor and texture to foods. Fat pads your organs and provides insulation, and is an important component of every cell membrane in your body. But too much of a good thing is not a good thing.” Good fats are found in canola and olive oils, avocados, nuts and fish.

**ALCOHOL** – Alcohol has calories. “Moderate drinking is defined as no more than one drink per day for women and no more than two drinks per day for men.” Keep in mind that alcohol has calories and they are indeed empty calories. There is an age old adage “When in doubt, leave it out.”

Be mind-full and make healthy choices.

Information in the article comes from the TOPS Manual “REAL LIFE-the hands on pounds off guide.’

### Safety guidelines and things you need to know:

- Minimum of 2 people in the Gym at all times
- All users must sign in with date and time & must sign a Wasa Recreation Programs User Waiver located at the sign in desk
- All users are required to wear “gym shoes” – no street shoes permitted
- All users must use the safety key on the Walking Machines
- Cost is a loonie or twonie
- 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.

Keep your face to the sunshine  
and you cannot see the shadows.  
Its what the sunflowers do.  
Helen Keller



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# OPEN FIRE REGULATIONS



40% of B.C. wildfires are human-caused and therefore preventable

## CAMPFIRES, CATEGORY 2 FIRES AND CATEGORY 3 FIRES: WHAT'S THE DIFFERENCE?



### CAMPFIRE

- Any fire no larger than 0.5 metres high by 0.5 metres wide

#### REGULATIONS:



You must have ready access to 8 litres of water or a shovel for the entire time your campfire is lit.



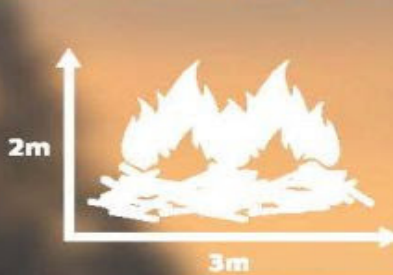
Your campfire must be completely extinguished and the ashes must be cool to the touch before leaving the area for any length of time. (Hot coals can reignite the fire.)



During campfire prohibitions, only a CSA- or ULC-approved portable campfire apparatus may be used, and the flame height must not exceed 15 centimetres.



You must build a fire guard around your campfire.



### CATEGORY 2 FIRE:

- 1 to 2 concurrently burning piles no larger than 2 metres high by 3 metres wide
- Stubble or grass burning over an area less than 0.2 hectares

#### REGULATIONS:



A fuel break must be established around any Category 2 burn area.



Fireworks are banned when a Category 2 fire prohibition is in effect.



Burning barrels are banned when a Category 2 fire prohibition is in effect.



At least one person equipped with a fire-fighting hand tool must monitor the fire at all times.



### CATEGORY 3 FIRE:

- Any fire larger than 2 metres high by 3 metres wide
- 3 or more concurrently burning piles no larger than 2 metres high by 3 metres wide
- 1 or more burning windrows
- Stubble or grass burning over an area greater than 0.2 hectares

#### REGULATIONS:



A fuel break must be established around any Category 3 burn area.



Monitor your open burn to ensure that the fire doesn't spread beyond its intended size.



You must have a burn registration number to light a Category 3 open fire. Call the burn registration line 1 888 797-1717 to obtain one.



Do not burn when venting conditions are "Poor" or "Fair". Always check here first: [www.bcairquality.ca/readings/ventilation-index.html](http://www.bcairquality.ca/readings/ventilation-index.html)

### GENERAL REGULATIONS:



Never burn in strong wind conditions.



Your fire must be extinguished before leaving the area.



Always keep your fire a safe distance away from nearby branches, wood and other combustible materials.

*\*Further bans and restrictions can be implemented at the Wildfire Management Branch's discretion.*



Anyone found in contravention of an open fire prohibition may be fined up to \$1,150. If your fire escapes and results in a wildfire, you may be fined anywhere from \$100,000 to \$1 million and be sentenced to one year in prison. Please check with local government authorities for any other restrictions before lighting any open fire.

Please report wildfires by calling \*5555 or 1 800 663-5555.



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Ministry of  
Forests, Lands, Natural  
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## **Voyage to our possible Future Part 3: When Democracy is replaced by Sophocracy Wisdom must replace social and political ideologies**

Wisdom is related to intelligence, common sense, prudence, knowledge, science and philosophy. Wisdom is commonly used to describe the character of someone who is reasonable and who practices moderation in selfish vision or personal desires. In our last article, we developed the understanding that people will no longer choose between different political factions but rather be more and more inclined to choose between the wisest among the candidates in an election. It will be a choice made according to the values of an individual, not a choice of the political ideology of parties.

We must notice the valuable and fundamental difference between philosophy and ideology.

- Ideology refers to a set of beliefs or doctrines that back a certain social institution or a particular organization.
- Philosophy or Wisdom refers to the examination of life in a pragmatic manner and our attempt to understand why life is as it is as well as the governing principles behind it.

Ideology is rigid, and as soon as it is fixed on certain beliefs, the person holding that ideology refuses to change their stance, irrespective of any obvious changes in the surrounding environment. It is very difficult to exchange or to discuss with an ideologue. Almost all politicians are ideologues, defending and hiding behind the ideology of their party. They are for Right or Left, Liberal, Republican or Democrat, but never for the Real as it is. They are believers, and unable to see the world; they constantly rethink it to fit their ideology. This is

why nothing works with ready-made politics. There are not many ways to do things; there's only the right way. The right way is always the simplest, the shortest, the more evident and the less personal.

A wise person or philosopher may also arrive at some conclusion or at some construct for the basis of life, but s/he will always be willing to discuss and ponder the philosophies or ideas of others, especially if they can enrich his own.

Wisdom in philosophy aims at the truth of facts, while ideology aims at making the world fit its vision.

The new political leaders who are expected from our increasingly dissatisfied and partially awakened population must have open minds and be willing to listen to criticism. From this point of view, they must act like sages and philosophers instead of common political ideologues who outright systematically refute all challenges to their ideology. Remember that, while wisdom in philosophy encourages people to think, political ideology discourages any thought that goes against the basic doctrines governing the ideology. Look at the extent to which everywhere, freedom of expression is controlled in order to silence any opposition to a so-called "democracy", which now acts as a state of dictatorship. As we saw it in Canada during the truckers' protests in Toronto recently, political ideology goes hand in hand with repression. We all understood that we can no longer continue like this and that henceforth, the quality of wisdom in our future leaders should prevail over all party ideologies.

The next leaders of our world must have the "minds of philosophers", as the purpose of any philosopher is to seek knowledge for the sake of wisdom and truth, whereas an ideologue's sole aim is to advocate and

enforce his or her ideology wherever s/he can. Political parties simply crumble because their ideology is unsuited to the reality of our situations.

We need, and we support, lucid men and women who see Reality as it is in their aim to lead the world. These men and women of "the Real" already exist, and they are in fact Sages, not because they are "clairvoyant" but because they are people who see the Reality clearly and pragmatically, without being limited to any political, ideological "religion".

A philosopher is objective, whereas an ideologue will always impose his or her ideology's vision, and discard anything that goes against it. Philosophy requires structured thinking, whereas ideology is riddled with a lot of personal emotions and interests.

Democracy was born from ideology, and it failed because of its lack of adaptation and its excess of rigidity.

Sophocracy will be born from a pragmatic and ethical philosophy of life, always willing to serve the Real as it is.

So, to the people who aspire to lead our world, I would request that they ask themselves two simple questions: "Do you serve a ready-made ideology, or do you serve your people in the reality of life? Are you an ideologue or a Sage, a Servant of the Real, an Awakened Philosopher of modern times?"

With love and blessings to all of us! May we all, one day, if it is God's and Men's will, experience a harmonious way of living in the True Spirit of a Sophocracy. If you find my vision appealing, please make it yours!

Warmly yours in the Lord.  
OM OM OM

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



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*August is the slow, gentle month that stretches out the longest across the span of a year. It yawns and lingers on with the light in its palms. -*

*Victoria Erickson*

## Welcome Neighbours & Visitors

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Lotto!

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Cold Beer ↗ Wine & Spirits

Recreational Gear

Lotto ↗ ATM

Gas & Diesel ↗ Propane

Wash Bay

Open Daily

Contact store for hours

Why You should drink

TEA

tea can calm you down and comfort you



tea can help you sleep at night



your skin will look better



there are no calories in tea



tea contains high levels of antioxidants



### Beat the Heat - naturally

Wear loose-fitting, lightweight & light-colored clothing. Drink plenty of fluids, but avoid drinks with caffeine or alcohol

When working in extreme heat, take frequent breaks.

Throw on a wide-brimmed hat to prevent UV rays from hitting the sensitive spots on your face.

Fruits & vegetables are easy to digest & often high in water content. Salads & other dishes rich in seasonal produce will keep you feeling light & hydrated, too.

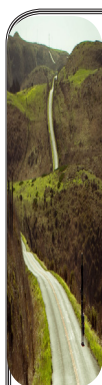


# August 2022

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

## LEGEND

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



**SPECIAL EVENTS**

*and Days Down the Road*

- TOPS every Friday morning at the Wasa Hall. Weigh in at 9 - 9:30 AM - mtg 9:30 to 10:30
- July 2 - Sept 3 Pancake Breakfast every Saturday
- Wasa Bingo returns!! August 9, September 12, December 13

**Sign up as a first time volunteer for a Wasa organization in the next 3 months and be entered in a draw for a \$50 GC from a Wasa advertiser. Volunteer for more than one position, an extra entry!! Deadline Oct. 31**



## NUMBERS AT A GLANCE

- Ashram Meditation & Yoga.....250.422.9327
- BC Wildfire..... \*5555.....or .....1.800.663.5555
- Catamount Contracting.....250.422.3694
- Conservation - Emergency.....1.877.952.7277
- Cranbrook/Kimberley Hospice.....250.417.2022
- Econobuilt.....250.421.7813
- EMERGENCY.....1.800.663.5555 (\*5555)**
- Hi Heat Insulating.....250.422.3457
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- Kootenay Monument Installations.....422.3414
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- Rascal Dock Systems.....250.421.1746
- TOPS.....778.524.0012.....422.3686
- Wasa Country Pub & Grill .....250.422.3381
- Wasa Hall.....250.422.3514.....422.3795
- Wasa Hardware & Building Ctr.....250.422.3123
- Wasa Lake Gas & Food.....250.422.9271
- Wasa Lions Med Eqp...250.417-7654.....793.9491
- Wasa Lions Trail Donations.....250.417-7654
- Wasa Memorial Garden (Pat Walkey).....422.3530
- Wasa Post Office.....250.422.3122

