



FREE MONTHLY PUBLICATION

# TRI-VILLAGE BUZZ

August 2023 ISSUE 263

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

## INSIDE THIS ISSUE

Wasa Memorial Garden	3
Fire! Who to Call	4
RDEK	5
WLLID	6
Wasa Fire Prevention	9
Lion's Roar	10
Wasa Community Church	13
Lion's Way	14
Tops Spot	15
Words of Wisdom - Ash-ram	16
Woods are Full of Surprises	17
Calendars	20

### Our Community:

*New to the community?*

*Wondering how you can get involved?*

*Meet your neighbours?*

*There are numerous opportunities available to you for community involvement; yoga, quilters, local library, service organizations, fire prevention, and the list goes on ...*

*And the benefits? Knowing your neighbours, having extra eyes on your property if you are away, a helping hand when you need it - and that list goes on too.*

KOOTENAY

# Kwikprint

DESIGN | PRINT | COPY

Glenn Johnson 250.489.4213

[www.kootenaykwikprint.com](http://www.kootenaykwikprint.com)

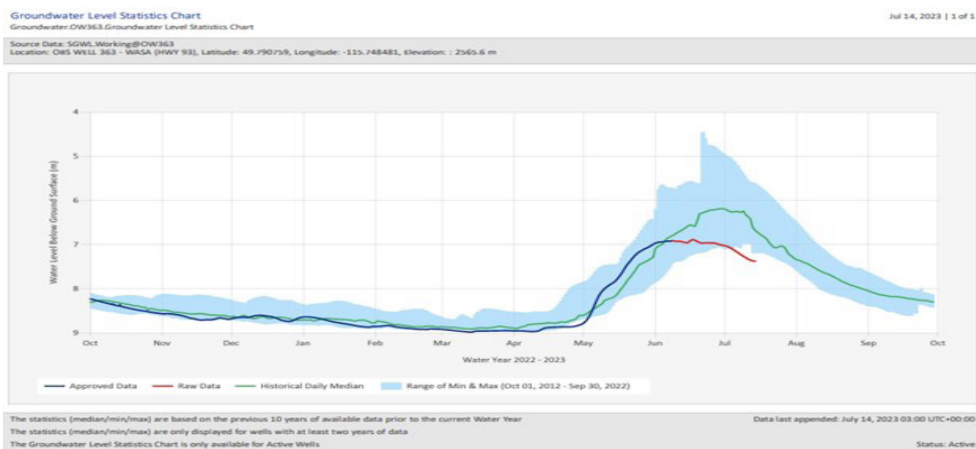
## HOW DRY I AM .... HOW DRY I AM ..... NOBODY KNOWS ..... HOW DRY I AM .....

I remember this tune from a musical liquor decanter my dad had when I was a small child. It sure is an appropriate phrase now. When was the last time we had a good rain? Fire bans are in effect, the lake is lower than it has been for years and now the alarms are sounding ..... drought conditions are worsening across B.C.

Many parts of B.C. are experiencing drought conditions we normally wouldn't see until later in the year. There are five drought levels with five being the highest. **We are at level four** drought conditions in the East Kootenay. Level four means adverse impacts are likely. It is time to do some self-restricting: to ensure drought levels have less of an impact on the economy, environment and health of residents.

- reduce personal water use, such as taking shorter showers, turning off the tap while shaving or brushing teeth and running full loads of dishes or laundry.
- water lawns sparingly, water during the cool hours of the day, use rain barrels and check for leaking pipes or faucets.

This is no time to think 'we're only out here on weekends, my water use can be normal', or 'but my lawn will go brown if I'm not watering daily'. Lower than normal ground water levels impacts everyone in the community and we have to be aware that our over-usage could cause our neighbour to be without any water at all.



<https://www.myeastkootenaynow.com/29958/news/b-c-government-pleads-with-province-to-conserve-water/>  
<https://governmentofbc.maps.arcgis.com/apps/MapSeries/index.html?appid=838d533d8062411c820eef50b08f7ebc>

Serving Skookumchuk, Ta Ta Creek and Wasa Lake

# WASA LIONS YARD SALE

**AUGUST 5/23 8:30-1:30pm**

**Wasa Lions Grounds**



**Please contact 250 417-7654 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 or TVs please.**

**The Treasure Hunt starts soon!**





# Wasa and District Historical Assoc. & Memorial Garden Group

submitted by - Sherry Shields

Volunteers have the garden looking inviting and well cared for.  
Come sit a spell and take in the tranquility.



Volunteers are always welcome.  
If you enjoy gardening & have been looking for a way to meet neighbors in the community, please contact Sherry Shields at [slshields27@gmail.com](mailto: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](mailto:pwalkey@shaw.ca).



Reminder to all,  
the Annual General Meeting  
for the Wasa Historical Association and  
Memorial Garden Group will be held at  
the Wasa Hall  
on September 7, 2023 at 7:00 pm.



## WILDLIFE IN DISTRESS? Call

Little Mittens Rescue: 250.939.8085  
or

Northern Lights: 250.877.1181  
or

Kim Balcom: 250.602.9693



# FIRE

## IN WASA

### WHO DO YOU CALL?

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

**Then call these Wasa volunteers until  
someone answers.**

**Mike Gall 250-417-9422**

**Lyle Zaksauskas 250-421-2650**

**Bill Walkley 250-427-1049**

**Sharon Prinz 250-417-7654**

**Darcy Tagg 250-417-6617**

**Kathy McCauley 250-427-6637**

The people listed are members of the Wasa Volunteer Fire Prevention and Suppression committee. In the event of fire, they will arrange to activate the community water trailer and call others with water trailers to help.

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

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

#### BOTTLE & CAN RECYCLING

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

Support Local Scholarships &  
Lions Grounds Maintenance



## HI HEAT INSULATING.COM

**HAROLD HAZELAAR**

**OFFICE 250.342.7260**

**CELL 250.342.7656**

[sales@hiheatinsulating.com](mailto:sales@hiheatinsulating.com) • [www.hiheatinsulating.com](http://www.hiheatinsulating.com)

**Residential & commercial insulation • Attic upgrades  
Fiberglass, Dense Pac Cellulose & Spray Foam**

## CATAMOUNT CONTRACTING

**Over 30 years experience**

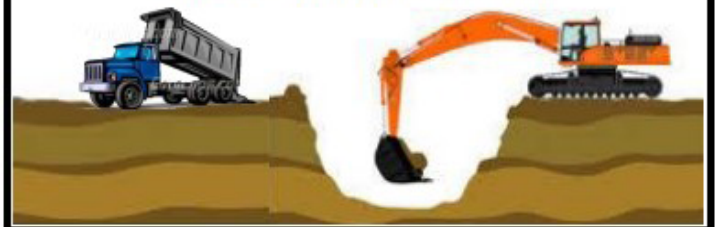
- 🚚 Excavating 🚚 Landscaping
- 🚚 Road Building
- 🚚 Land Clearing – Tree & Stump Removal
- 🚚 Top Soil, Sand & Gravel Hauling
- 🚚 Snow Removal & Sanding Ice

### Guy Winkleman

**Bus: 250.422.3694**

**Cell: 250.417.9728**

**Box 181 Wasa, BC V0B 2K0**





## RDEK Encourages Residents to Sign Up for the Regional Evacuation Notification System

(submitted on behalf of Director Walter)

The RDEK is encouraging residents who have not already done so, to sign up for the Regional Evacuation Notification System (ENS).

The notification system is only used for evacuation alerts or orders and has been implemented as an additional way to help get the word out as quickly as possible to affected areas when time is of the essence. Door to door notification is effective but takes time. ENS is instant, and an amazing tool in our toolbox to give people as much notice as possible.

Powered by Voyent Alert! to keep residents and property owners informed in case of evacuation orders or alerts during critical events such as wildfires, floods or hazardous materials incidents, the notification system is an important tool for residents to have. We are well into to summer, when wildfire is a hazard we face in the East Kootenay.

People can register for the ENS to receive notifications and add as many locations in the East Kootenay as they would like. Once they have registered at least one location, they can choose to receive notifications via text or phone, this includes landlines. There is also an app that can be downloaded to smartphones.

The ENS system is completely separate from the Provincial Alert Ready system, and it is important for local residents to sign up for the local ENS. These are two separate systems and both have unique advantages. The Alert Ready system automatically sends an alert to anyone within a specific geographic area with a cellphone and will interrupt radio and tv programming for four hours after the notification is issued. The local ENS system alerts people who've registered their property by cellphone or landline; keeps the notification active throughout the course of the evacuation alert or order; and, alerts homeowners who may away or who own property here but live elsewhere.

**It is free to register and is available to all First Nations, municipalities, and rural areas of the East Kootenay.**

For instructions on how to sign up for the service and receive notifications by phone, both to landlines and mobile phones, or via a dedicated app, visit the Emergency Information page on [www.rdek.bc.ca](http://www.rdek.bc.ca)

If you have any questions or concerns, please call me at 250-427-2577 or email me at [s.janewalter@gmail.com](mailto:s.janewalter@gmail.com)

Thank you, Jane Walter



**JIM LARGE**  
PROJECT MANAGER

- New Construction and Design
- HPO New Home Warranty Program
- Renovations and Repairs
- Insurance Restorations
- Property Management

**250.421.7813**  
BOX 265 WASA, BC V0B 2K0



**Tuesdays**

**August 8**

**September 13**

**December 12**

**Wasa Community Hall**

**Doors Open at 5:30**

**Early Bird 6:30**

**Regular Bingo 6:45**

**Concession**



"The Aluminum Deck Railing Specialists"

OVER 9 MILES OF EXPERIENCE & MILLIONS OF FRUSTRATED INSECTS!

- Manual and remote control awnings
- Retractable shade and insect screens
- Aluminum fencing
- Retractable screen doors for large openings
- Storm Doors

**Harold Hazelaar**  
[www.hdrailings.ca](http://www.hdrailings.ca) [sales@hdrailings.ca](mailto:sales@hdrailings.ca)  
Cell 250.342.7656



## 2023 Water Report - WLLID

(19 July 2023)

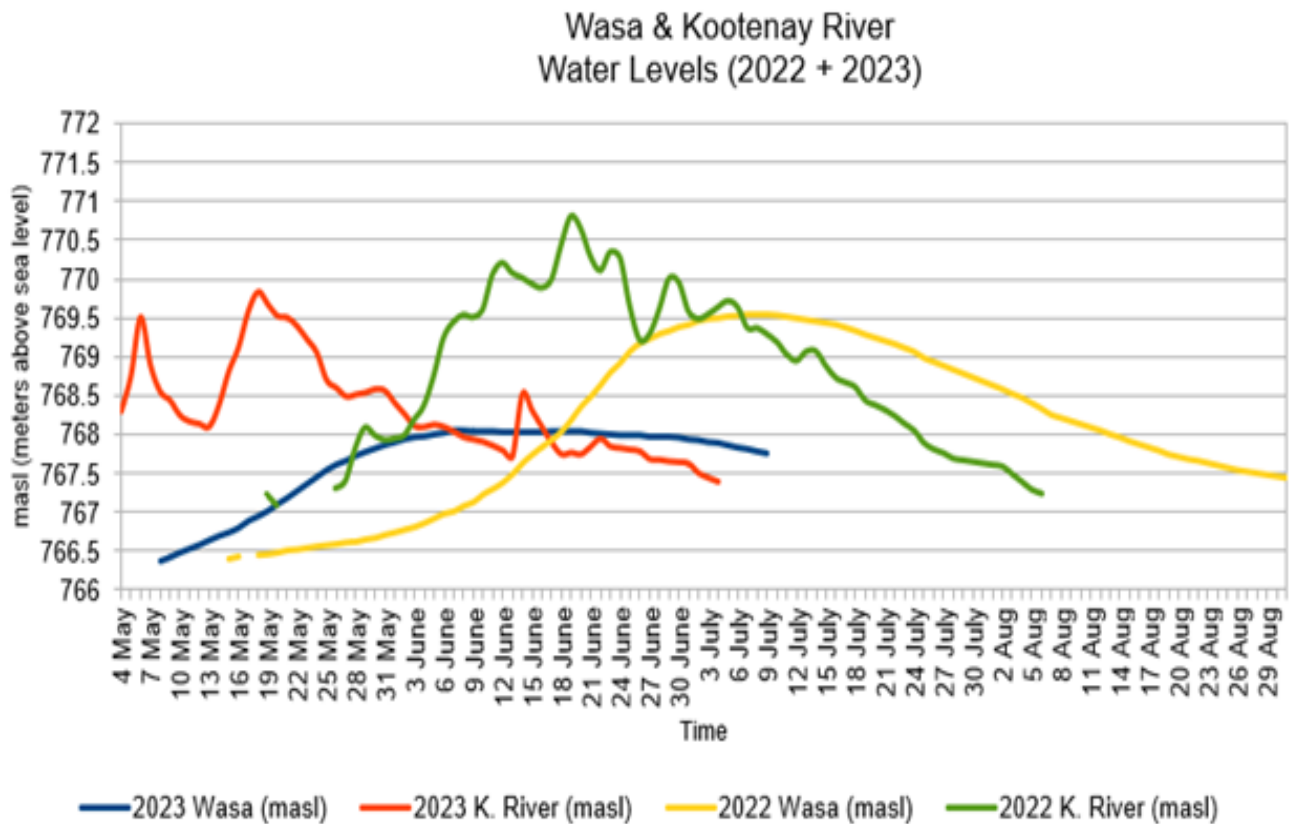
If you observed low water here at Wasa this summer, your eyesight and memory are right.

Peak water reached 768.06 masl (meters above sea level) on June 7 and 8th and hovered there until June 21st when it began a steady drop. The max water level was 1.47 meters lower compared to last year, Water usually doesn't reach a peak until later in June or early July. Last year, peak water didn't happen until 6 and 7 July. This year's peak was a full month earlier.

Over the past ten years, the average water level has been 768.63 masl. The highest level recorded was last year at 769.53 masl. The lowest, this year and 2019.

Residents will remember the extensive flooding in 2012 and 2013 which saw water levels topping out over 770 masl. The WLLID's statistical prediction model forecast a peak water level of 768.16 masl. Each year's data is added to the database and contributes to the model's future performance. This is important so that WLLID can provide sufficient warning of possible flooding.

The graph below shows this year's daily water level compared to last year.



If climate change forecasts for the East Kootenay are accurate, then future water levels here at Wasa may well be like 2023 rather than 2022.

WLLID also monitors ground water levels that are reported from the provincial governments well #363 (<https://bcmoe-prod.aquaticinformatics.net/Report/Show/Groundwater.OW363.Groundwater%20Level%20Statistics%20Chart/>).

This well data shows that local ground water levels are now below the 10 year average. According to the Provincial Government, we are now at a Level 4 drought, which means that “adverse impacts are likely.” Check out the drought portal here – <https://governmentofbc.maps.arcgis.com/apps/MapSeries/index.html?appid=838d533d8062411c820eef50b08f7ebc>.

Drought Level Classification		
Level	Impacts	General Response Measures
0	There is sufficient water to meet socio-economic and ecosystem needs	Preparedness
1	Adverse impacts to socio-economic or ecosystem values are <b>rare</b>	Conservation
2	Adverse impacts to socio-economic or ecosystem values are <b>unlikely</b>	Conservation Local water restrictions where appropriate
3	Adverse impacts to socio-economic or ecosystem values are <b>possible</b>	Conservation Local water restrictions likely
4	Adverse impacts to socio-economic or ecosystem values are <b>likely</b>	Conservation and local water restrictions Regulatory action possible
5	Adverse impacts to socio-economic or ecosystem values are <b>almost certain</b>	Conservation and local water restrictions Regulatory action likely Possible emergency response

WLLID suggests residents consider water conservation measures.

E. coli testing is ongoing throughout the summer months (June to September). A WLLID volunteer takes water samples from six public beaches around Wasa. To date, all beaches show consistently low e. coli counts. The chart below reports E. coli test results so far this year.

Wasa, Water Testing (2023)						
Location	20 June		26 June		4 July	
	E. coli per 100 ml		E. coli per 100 ml		E. coli per 100 ml	
Pine Beach	<5	Acceptable		Acceptable		Acceptable
Main Beach	<5	Acceptable	<5	Acceptable	<5	Acceptable
Horseshoe Beach	<5	Acceptable	<5	Acceptable	<5	Acceptable
Campers Beach	<5	Acceptable	<5	Acceptable		Acceptable
Dog Beach	<5	Acceptable	<5	Acceptable	<5	Acceptable
Cedar Beach	<5	Acceptable	<5	Acceptable	<5	Acceptable
Ida's Cove			<5	Acceptable	<5	Acceptable
Spruce Beach					5	Acceptable

A

dedicated group of WLLID volunteers have been making weekly trips out on the water to conduct a series of quality testing. A Secchi reading is taken to gauge the clarity of the water. Dissolved oxygen (DO) and temperature readings are recorded at the surface and at one-meter intervals to one-meter above the bottom. Volunteers have done eight (8) testing events so far and will continue weekly testing until late September.

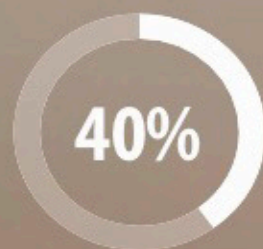
This project is being done in conjunction with BC Lake Stewardship Society (BCLSS). This is year two of a three project to collect data that assists with monitoring the health of the water and its ability to support plant and aquatic life. WLLID has received the first BCLSS report on findings from last year.

The WLLID AGM will be held 27th September at the Community Hall. There will be three Trustee positions open that require residents who are willing to stand for election. If resident interest is not sufficient to fill out all Trustee positions, then the WLLID Board would have to look at options, which could, in the extreme, mean dissolving the organization and turning over its responsibilities to the RDEK or Provincial government. Please email [admin@wasalake.ca](mailto:admin@wasalake.ca) to indicate your interest in being part of the WLLID Board and to help monitor the quantity and quality of the water here at Wasa.

Its your home, get involved.

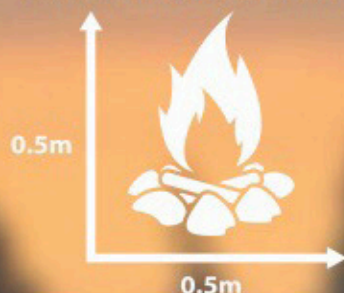


# OPEN FIRE REGULATIONS



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.**



**BRITISH COLUMBIA  
FireSmart™**

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





# WASA VOLUNTEER FIRE PREVENTION & SUPPRESSION

submitted by Kathy McCauley

## PROVINCE-WIDE CAMPFIRE BAN

As of July 10, the following was prohibited on public and private lands:

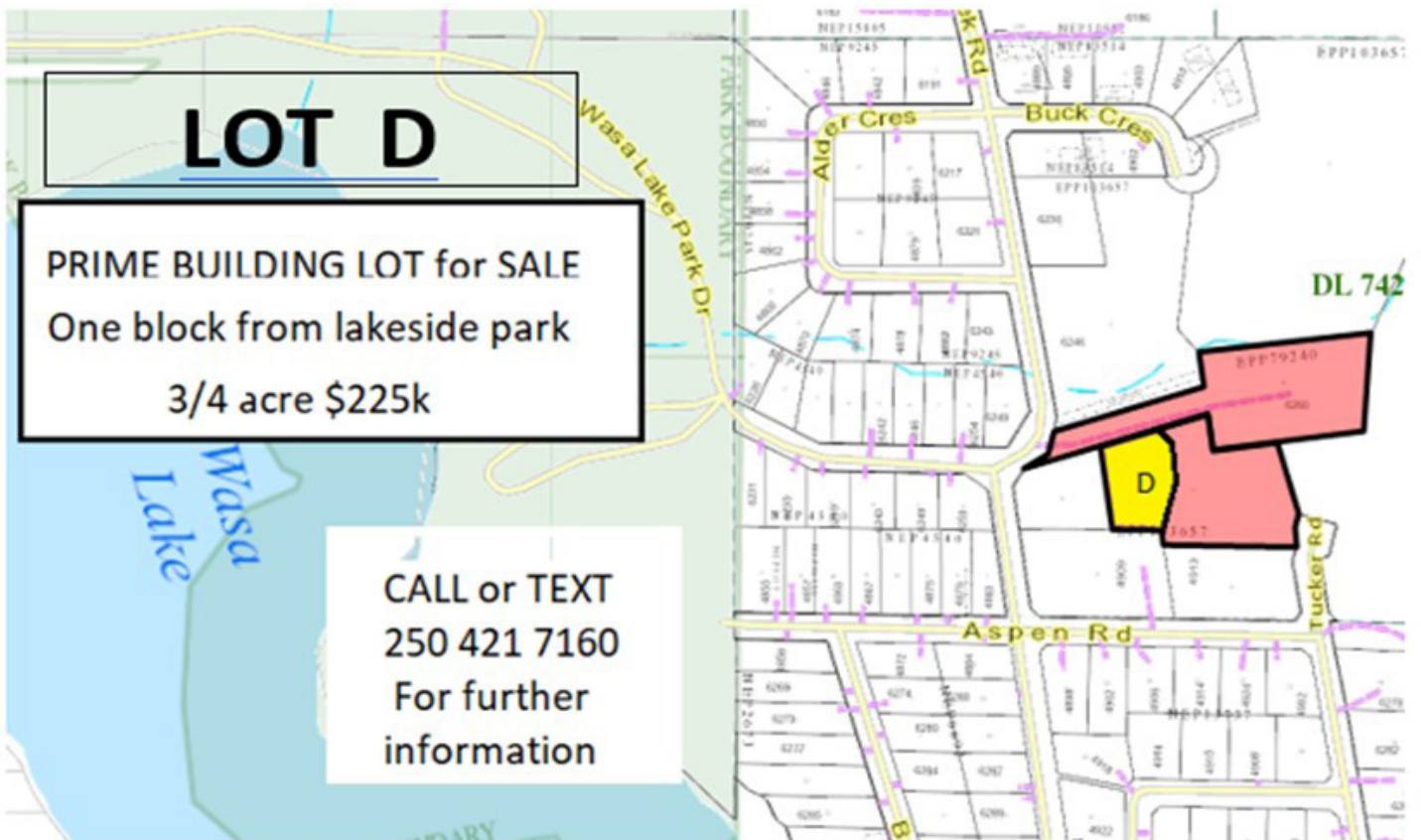
- Categories 1, 2 and 3 burning as explained in the OPEN FIRE REGULATIONS notice
- ALL CAMPFIRE OF ANY SIZE
- FIREWORKS
- binary exploding targets
- air curtain burners
- sky lanterns, tiki torches
- burn barrels or cages, and chimineas

The prohibition does not apply to cooking stoves that use gas, propane or briquettes.

Prohibitions remain in effect until October 28, 2023 or until further notice. For more information on wildfire activity, burning restrictions, road closures and air quality advisories, go to [www.bcwildfire.ca](http://www.bcwildfire.ca) or contact the Southeast Fire Centre at 250-318-7715. To report a wildfire, call 1-800-663-5555 or \*5555 on a cell phone.

Fire bans and other wildfire-related notices are posted regularly on the kiosk at the FireSmart Demonstration Site on the corner of Wasa Lake Park Drive and School Road in Wasa.

Please obey all of the prohibitions which are for the benefit of our entire community. Let's get through another fire season safely.





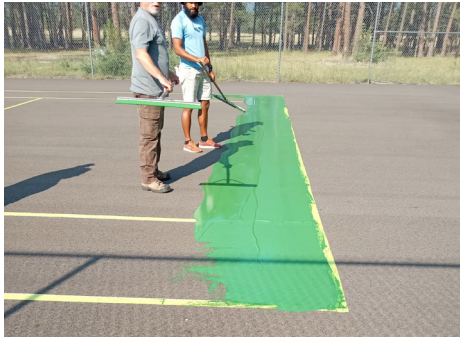
## The Lions Den Lions Roar

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

submitted by Terry Marvel

Welcome to summer everyone! We hope you all have a great time in our TriVillage area. Please play safe and courteously.

It's almost time for the annual Lion's Garage Sale and Pancake Breakfast on Saturday, August 5th 8:30-1:30. If you have any gently used items that are piling up around your place and you want to get rid of them, contact Sharon Prinz at 250-422-3227.



The new coating on the new tennis court is almost complete and will be finished as soon as more coating is available. The basketball court and the pickle ball courts are in fine shape as well.

Ticket sales for the Lion's raffle are still on sale with the draw being held September 2nd at the Pancake Breakfast. \$10.00 each available from Lion's members.



And just a reminder that the Wasa Lion's Dinner and Dance will be held this year at the Wasa Community Hall with raffles and a dance. Tickets will go on sale November 4th.

Do you want to be a member of the greatest volunteer organization on earth? The Lion's are always welcoming new members. We have inducted five new members recently.



Our recycling program is a huge success with the money going towards scholarships and ground's maintenance. It keeps our sorters very busy! We appreciate all of the donors. As of this writing, the smoke is horrendous. Hopefully it will disperse and give us a clear and beautiful rest of the summer. Enjoy!



KOOTENAY MONUMENT INSTALLATIONS

Granite & Bronze Memorials,  
Dedication Plaques,  
Benches, Memorial Walls,  
Gravesite Restorations,  
Sales & Installations

IN-HOME CONSULTATION OR  
VISIT OUR SHOWROOM

6379 HIGHWAY 95A  
TA TA CREEK, bc

250.422.3414  
1.800.477.9996

info@kootenaymonument.ca



### Are you interested in First Aid Training?

The Wasa Lions Club is  
sponsoring a  
4 hour Basic First Aid  
CPR A Course for up to  
10 community members.  
Date to be determined.  
Contact 250 417-7654  
for further information.



**Bookeeping**

Quickbooks software

Lori Vandette  
250.417.1570

lorivandette@hotmail.com



# **WASA COUNTRY BREAKFAST 2023**

**Wasa Lions Picnic Grounds**

**Every Saturday**

From July 1 to September 2

**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 \$10.00      Small \$8.00

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**

If you would like to entertain at the Breakfast, please contact

Karen Markus at 250 422 3514



Health Within Family Chiropractic  
Dr. Elizabeth K. Jacob D.C.  
[www.healthwithin.net](http://www.healthwithin.net)

**Now offering chiropractic care in Wasa,  
at the Community Hall.**

Appointment scheduling:  
[hwfamilychiro.janeapp.com](http://hwfamilychiro.janeapp.com)

Or call 250.427.6315

Direct billing offered for most insurance companies.

Accepting new patients



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

• **Hall Rentals & Information:**

Karen Markus 250.422.3514 or  
Jane Gendron 250-421-2535

• **Gym:**

Sonia Blackwell 250.421.3019 or Rod 250.422.3253

• **TOPS:**

Susan 778.524.0012

• **Library:**

Rose Smith 250-422-3088

• **Quilter's Club:**

Gayle Andrews 250-422-3095

THE **VEGGIE** Shack **LANTZ** FARMS



Veggie Shack open mid-July  
First cut available in July

[www.lantz farms.ca](http://www.lantz farms.ca) | @lantz farms

**Wasa Lions Grounds**

**Rentals**

Contact Person:

Linda Gold @  
250 421-6302

**WASA LIONS**  
**MEDICAL LOAN**  
**CUPBOARD**

BOX 10 WASA, BC,  
V0B 2K0

**Medical Equipment Loan**  
**Service**

**Contacts?**

Sharon 250 417-7654

Trinda 250 793-9491

Jocelyn 250 505-4752

Equipment is loaned free of  
charge on a temporary basis  
for up to 3 months.







## Wasa Community Church

You can't teach an old dog new tricks? If the Apostle Paul was considered the old dog, he certainly would not agree with that statement. Oftentimes when people are placed in a leadership role, they're unwilling to try and learn from those whom they oversee. However, I really appreciate Paul's leadership, especially with what he writes to the Christian church in Rome around the mid-to-late 50s AD. He says, *"For I long to see you, that I may impart to you some spiritual gift to strengthen you—that is, that we may be mutually encouraged by each other's faith, both yours and mine"* (Romans 1:11-12 ESV). Of course, he wants to serve them. He wants them to be strengthened in their faith. The great thing is, however, that he is also open to being strengthened and encouraged by their faith.

One of the best qualities a good leader can have is to be teachable. There are so many different perspectives with which people approach things that they may see what you miss. You could be the most brilliant human being in the world, and you could still learn something by listening to what a child has to say. You could have obtained your PhD from a theological seminary, and an uneducated man you talk to on the street could still help you better understand a certain part of the Scriptures. Certainly, you always want to weigh things. If you're hearing someone teach on the Bible, you want to check the Word to see if what they're saying is true. Nonetheless, don't lose your teachability. Don't look at others as inferior. You're not God, who knows everything. You can learn from any type of person, no matter their status.

Pastor Jon Malpass, Wasa Community Church, (250) 464-4419

## Welcome Neighbours & Visitors

Groceries  
Ice Cream  
Fast Food

Cold Beer  
Wine & Spirits  
Lotto!

## Wasa Lake Gas & Food

250.422.9271

Groceries ~ Ice Cream ~ Fast Food  
Cold Beer ~ Wine & Spirits  
Recreational Gear  
Lotto ~ ATM  
Gas & Diesel ~ Propane  
Wash Bay

Open Daily  
Contact store for hours

## WASA Hardware AND Building Centre

- Livestock Feed • Pet Food • Siding • Windows • Paint & Supplies
- Fence posts & Fencing • Lumber
- Yard & Garden • Aluminum Railing • Propane

CHECK US OUT!



We just might have what you are looking for

Phone: 250.422.3123 Fax: 250.422.3300

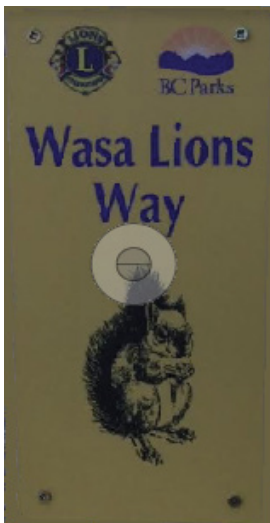
Email: [wasa.hardware@shaw.ca](mailto:wasa.hardware@shaw.ca)

Box 779, 6102 Wasa Lake Park Dr., Wasa, BC

Summer hours: 8:30-5 M-F; 9-5 Sat  
10-4 Sun & holidays

Authorized  
Dealer for:





## WASA LIONS WAY –

In November 1996 an idea was put forward to the Wasa Lions Club to build a non-motorized trail around Wasa. The Lions Club then formed a Trail Committee with 6 members. Their first step was to approach BC Parks to see if it was a viable project for the community. In March 1997 the Kootenay District of BC

Parks welcomed the opportunity to partnership with the Lions Club to build a multi-purpose trail around Wasa Lake. Camas Management Ltd. were the project managers in conjunction with BC Parks, along with local contractors and workers. Construction of the trail started in September 1997 & was completed in November 1997. The proposed 8 km route was to be 1.5 m wide of paved surface, connecting Parks lands to secondary roads making a loop around Wasa Lake. The total project cost was \$163,000.00. At a later date there was a short extension done from the corner of Wasa School Road to the service station on Wasa Lake Park Drive. This extension was made possible by a private donation from a local resident. Over the years there have been upgrades done to the trail & of course there will be more required in the future. This trail is well utilized by both locals & visitors, which provides a safer recreational experience for all.

submitted by Kim Koswan



**Taylor Made Services**  
Tavis Taylor  
Office: 250.602.1515  
Cell Ph: 403.870.7399

**Your ONE STOP SHOP for property maintenance.**

Renovations/Maintenance/Cleaning for the home and office

More than a handyman, all projects considered

tavis\_t@hotmail.com  
www.taylormadesvs.com

**Your ONE STOP SHOP for property maintenance.**

Home/Office Reno's	Landscaping
Demolition	Fences/Decks
Indoor/Exterior Painting	Tree/Hedge Care
Property Maintenance	Underground Irrigation
Janitorial	Pressure Washing
Site/Yard Clearance	And so much more!!

**Taylor Made Services**  
www.taylormadesvs.com

## AN OPPORTUNITY TO SERVE YOUR COMMUNITY

**Wasa Lions is a fun way to give back to your community.**

### It's About Fundraising

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



### It's About Giving

- Wasa Lions Path/Skating Rink
- Tennis & Basketball Courts
- Pickleball Courts
- Ball Diamond
- Scholarships
- We Care We Serve community funding
- Medical Loan Cupboard
- Eyeglass & Hearing Aid Recycling

### It's About Fun & Socializing

A Great Reason to become a Lion!  
For Information call 250 422-3210







## **TOPS SPOT** **Importance of Protein**

submitted by - Sonia Blackwell

Information collected from Healthline.

Being in TOPS for 9 years, I have learned to eat healthy, but I didn't realize that eating lots of vegetables and fruit is great, but adding more protein actually helps you maintain or loose weight.

Proteins are the building blocks of life. Every cell in the human body contains protein. The basic structure of protein is a chain of amino acids. You need protein in your diet to help your body repair and make new ones.

There is 10 science backed reasons to eat protein.

- |  |   |
|--|---|
| 1) Reduces appetite and hunger levels                | 6) Lowers your blood pressure                 |
| 2) Increases muscle mass and strength                | 7) Helps maintain weight loss                 |
| 3) Good for your bones                               | 8) Does not harm healthy kidneys              |
| 4) Reduces cravings & desire for late night snacking | 9) Helps your body repair itself after injury |
| 5) Boosts metabolism and increases fat burning       | 10) Helps you stay fit as you age             |

If you eat 2,000 calories a day, 200-700 calories should be protein or .08 gram per kilogram of body weight. You should include high protein at every meal. Researchers recommend 20-30 grams of protein at every meal. Foods high in protein include meat, fish, poultry, eggs, legumes, peanut butter, and soy products like tofu.

Eat your protein of your meal first, it can help you feel full and keep your blood sugar and insulin from rising too high. A one ounce piece of cheese contains 7 grams of protein and is a filling snack. Replace cereal with eggs, 3 large eggs have 19 grams of high quality protein, helps you feel full and helps you eat fewer calories. Almonds are incredibly healthy. They are high in magnesium fibre and heart healthy monounsaturated fat, yet low in digestible carbs. They contain 6 grams of protein in a one ounce serving, so sprinkle over yogurt, salad, cottage cheese or oatmeal. Choose Greek yogurt, a 7 ounce serving has 17-20 grams of protein. Twice that of regular yogurt and contains conjugated linoleic acid (CLA) which has been shown to promote fat loss in studies.

These effects on appetite can be powerful. In one study increasing protein from 15% to 30% of your calories made overweight women eat 441 fewer calories each day without intentionally restricting anything. So why not try it.

Eating protein helps you stay fit as you age. One of the consequences of aging is that your muscles gradually weaken. The most severe cases are referred to as age related sarcopenia, which is one of the main causes of fragility, bone fracture and reduced quality of life among older adults. Eating healthy helps you reduce age related muscle deterioration and staying physically active is also crucial. Lifting weights or doing some sort of resistance exercise can work wonders. So why not add more protein to your diet, do some resistance exercise, bike, walk or work in your garden it will improve your health and hopefully you'll be a slimmer you.



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

Where do you take your Buzz?  
Take a photo of you with the Buzz and email your travel stories to me. Your picture will be featured in the current issue of the Buzz "2023 Where Do You Take Your Buzz contest".  
Email: [trivillagebuzz@gmail.com](mailto:trivillagebuzz@gmail.com)



Wasa & District Lions Club  
Recycling program  
250 417-7654



## The Power of the Prayer taught by Jesus of Nazareth Part 4

Let's quickly summarize the series of articles we have started on the powerful Prayer Jesus offered to His disciples according to the interpretation of the Essene texts found near the Dead Sea in 1947. This prayer is called: **Prayer of the Son to the Father.**

**"Our father who art in heaven,  
Hallowed be thy name,  
Thy kingdom come,  
Thy will be done on earth  
as it is in heaven.  
Give us this day our daily bread.  
Forgive us our trespasses,  
as we forgive  
Those who have offended us.  
And don't let us enter into  
temptation,  
But deliver us from evil.  
Amen.**

Jesus begins by saying **"Our Father"**, which makes us all Brothers and Sisters in God. He continues by adding **"Our Father who art in Heaven"**. Our Father, who is the Law, the Creator, is "in heaven", because He is the highest and greatest. It is impossible to represent **"our Father"** with images belonging to the material and limited world. **"Who art in heaven"** evokes the Cosmic Ocean of Consciousness, which is beyond the world of matter. The **"Heavenly Father"**, who is infinite and eternal, cannot be described in terms of what is finite and temporary. **"Our Father"** is in heaven; He is not in the formal dogmas

of theological systems, nor in churches and buildings, nor in the limited forms or formulas to which men strive to reduce our Father.

The sky is the **Cosmic Ocean of Consciousness**, but at the same time it is within us, because we are present to the infinite Cosmic Ocean of Consciousness, and the latter is within us. The kingdom of heaven, therefore, is within us. The prayer continues with, **"Hallowed be thy name."** The Name of the Creator has always been considered absolute, as something impossible to express by a limited or formal definition, and therefore no name can convey the meaning of the Creator. **"Thy kingdom come"**... The kingdom, in the Essene Tradition, is in harmony with the Law of Evolution leading us toward God.

**"Thy will be done on earth as it is in Heaven."** The moment we stop proclaiming our own law and accept God's Law, the difference between "Heaven" and earth disappears. One of the most important features of the Essene doctrine is the unity of the divine will and the human will. For the Essenes, there was nothing more essential in life than achieving this unity. The whole Purpose of Life is to serve the Plan of our True Spiritual Identity and not that of our mental ego. For the Essenes, as for us at the Ashram, life is about aspiring to the Divine Will for the good of all sentient beings rather than our own alone. Do we only serve the plans of

our own ignorance through our hopeless materialistic earthly projects as impermanent as they are unsatisfactory?

On the other hand, in Genesis, it is written that God looks at everything He has done and sees it as "good." Man, made in the image of God, continues the work of Creation by giving reality to all that is good, by seeking unity between Divine Will and human will. It was necessary for Jesus to insist on this law in his prayer, because very often, in his time as in ours, Man gives a name and a reality to things which have no existence other than what man himself gave them. It is man who gives reality to sickness, ignorance and hatred, as to all the negative images he creates, but these images have no existence in a creation where God meant everything to be "good". When we give reality to evil things that are not real and were not created by God, then we deviate from the Divine Will. From the Lord's Prayer, the phrase **"Thy will be done on earth as it is in Heaven"** emphasizes this law of life, which is one of the greatest Essene teachings and one of the greatest teachings of the Sermon on the Mount.

We will continue this very helpful study in our lives in our next article. Stay open to the Divine Will calling you from within. Much love to each and everyone.

Om Om Om

H.H. Gurudev Hamsah Nandatha



## **The Woods are Full of Surprises .....**

The B.C. woods can be a veritable buffet of edible roots and shoots in the spring and summer and, if you know what to look for, you can add highly-nutritious foods to your diet at zero cost. There are always a few snackable treats ripening through the spring, summer and fall. Do some grocery shopping in the great outdoors — as long as you stay safe while doing so.

- Dusk and dawn should be avoided, since these are the times of day predators are most likely to be roaming, looking for their next meal.
- Know the land you are picking on so you can be certain the soil is not full of pollutants or contaminants.
- There is also zero harvesting allowed in B.C.'s provincial parks.

A few plants to watch for are:



Stinging nettle has a minty, spinach-like quality. Benefits are: helps in detoxification; improves blood circulation, kidney and gallbladder health; has anti-inflammatory properties, and so much more. The dried leaves and flowers can be steeped to make a delicious herbal tea, while its leaves, stem and roots can be cooked and added to soups, stews, smoothies and stir-frys. However, avoid eating fresh leaves, as their barbs can cause irritation.

Dandelions seem to be ever-present in our yards, but are an excellent source of vitamin A & K; anti-microbial, anti-fungal; improves digestion; clears acne.

Berries have started: salmon berries as the opening act in late spring, followed by the all-star line up of thimble berries, huckleberries and blackberries, oregon grapes, chokecherries and the list goes on...



Cattails can be harvested at every stage; the tender, white inner part of shoots/plants is edible raw. Cattail pollen is bright yellow and can be gathered by shaking a pollen-laden spike into a bag, which yields about one tablespoon of powder. The pollen can be used as flour, suitable for pancakes, etc. Pollen is available to gather before the plant develops its long, brown cylinder resembling a hotdog on a stick. The green flower spikes can be cooked and eaten like corn on cob and the starchy white core of rhizome can be eaten raw; white core can be boiled, baked, or dried and ground into flour, or boiled into syrup. Roots can be peeled and crushed under water, the fibers strained out and the starch washed in several changes of water. Fluff from the brown-cylinder can be burned to separate and parch the seeds, which are edible.



Pineapple-weed grows on roadsides and disturbed ground in plains, foothills, and mountain regions. The flower heads are edible raw and as can the plants, though they are bitter. Plants can be powdered and sprinkled on meat to reduce spoilage and keep away flies.

Be careful never to eat anything you can't identify with 100 per cent certainty and remember never to forage alone or rely on a cellphone for navigation or rescue.

<https://www.cbc.ca/news/canada/british-columbia/tips-foragers-edibles-bc-forests-1.5959212>  
[https://northernbushcraft.com/topic.php?name=cattail&region=bc&ctgy=edible\\_plants](https://northernbushcraft.com/topic.php?name=cattail&region=bc&ctgy=edible_plants)

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

*Volunteering is a work of heart."*

## Safety guidelines and things you need to know:

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



For Gym Schedule please contact:  
Sonia Blackwell at 250.421.3019 or  
Rod at 250.422.3253



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

**GYM HOURS AND INFO**



**Cranbrook & Kimberley  
HOSPICE SOCIETY**

127C Kootenay St. N. Cranbrook, B.C.  
V1C 3T5

Phone: (250) 417.2019

Fax: (250) 417.2046

Toll Free: 1.855.417.2019

Email: [info@ckhospice.com](mailto:info@ckhospice.com)

Website: [www.ckhospice.com](http://www.ckhospice.com)

**Volunteer Today!**

Cranbrook / Kimberley Hospice  
Society needs volunteers to help  
with Client and Family  
Companioning & Grief Support



A United Way  
Sponsored Agency



## HELP STARTS HERE ...



**VICTIM SERVICES**  
**250-427-5621**  
**Call Anytime 24/7**

*Lion's Christmas  
Party  
on the horizon! ....*

## IN AN EMERGENCY: STAY SAFE and do your part to keep other's safe too!!

- Pull over for emergency vehicles
- Slow down while passing emergency vehicles
- Stay out of the pathway of fire-fighting personnel, aircraft, vehicles
- Do not be a 'looky-lou'! It is not safe for vehicles to line highways or access points so you can get "that pic"
- Turn on your lights when going through low visibility areas
- Turn on your flashers to signal others of wildlife risk



**Dale Gray**

Phone: 250.422.3638

Cell: 250.421.1746

email: [dale58@shaw.ca](mailto:dale58@shaw.ca)

Box 245 Wasa, BC V0B 2K0

## DOCK SYSTEMS



- Boat Whips
  - Dock Boxes
  - Dock Bumpers & Fenders
  - Swim Ladders
  - Wood Frame Docks
  - Metal Frame Docks
  - Floats & All Hardware
- most items in stock**





## TRI-VILLAGE BUZZ NEWS TEAM

### Editor

Lori Vandette - 250.417.1570  
trivillagebuzz@gmail.com

### Treasurer/Invoice Coordinator

Norma Williams

### Website Coordinator

Clay Tippet

### Article Submitters

Sherry Shields      Sonia Blackwell  
Terry Marvel      Jane Walters  
Nowell Berg      Jon Malpass  
Kathy McCauley      Kim Koswan  
Karen Markus      Allyson Blake  
Ven. Gurudev Hamsah Nandatha

### Advertising Rates Per Issue

1 column width .....\$16

or \$80 / 5 issues

\$144 / 10 issues

(1 column width = 2.5")

business card .....\$8

2 column width .....\$26

3 column width .....\$37

Full page.....\$49.50

For more information or to  
place an ad, please contact  
Lori Vandette

250.417.1570 or email

trivillagebuzz@gmail.com

Tri-Village Buzz Newsletter

Box 169 Wasa, BC V0B 2K0

## Lazy Turtles Receive a Welcome Boost

Lazy Lake Environmental Association (LLEA) is receiving some much appreciated support to help protect Western painted turtles, and other plants and animals, naturally found at Lazy Lake.



Lazy Lake draws visitors from near and far to enjoy camping, paddling, swimming and fishing. Kids delight at the sight of Western painted turtles sunning themselves on the rocks and anglers challenge themselves to catch

the elusive rainbow trout the lake is stocked with. Birders enjoy spotting golden eagles, bald eagles and sometimes a Great horned owl if they're lucky. Waterfowl include loons, geese and a variety of ducks. When the sun sets, the erratic flight paths of local bats can be witnessed as they use echolocation to feed on flying insects.

The variety of natural plants and animals found at Lazy Lake includes rare plants and animals.

These naturally occurring species are threatened by climate change, development and forestry activity. Human activity can introduce invasive plants and animals which unintentionally end up in and around the lake, upsetting the delicate balance of the flora and fauna which live there.



### What's Taking Place at Lazy Lake

Lazy Lake Environmental Association is taking action this summer by hosting a series of events and activities to help protect the biodiversity found at the lake:

- August 26 "Turtle Time", a booth to help educate visitors and campers on the Western painted

turtle and how to help this at-risk species survive and thrive at Lazy Lake (with support from Baynes Lake Western Turtle Project),

- "Deep Dive", an underwater clean up event, and

- Volunteer Lakeside Weed Pull in partnership with EKISC.

The coordination of stewardship and educational events by LLEA is possible thanks to support from FortisBC and time invested by volunteers

### About Lazy Lake Environmental Association

Lazy Lake Environmental Association has been active since the 1990's and incorporated as a society in 2004. There are currently seven elected directors on the LLEA board. One of the purposes of the LLEA is to protect the ecological system of Lazy Lake and adjoining shoreline. LLEA's volunteers have been monitoring the water in the lake and the creeks that feed it for over 50 years. Volunteering currently include regular water level measurement, monitoring of dissolved oxygen levels as well as water temperature. This data helps check that the lake is in balance and can continue to support the animal and plant life found in and around it. The LLEA is the authorized volunteer agent for the Regional District of East Kootenay to operate, maintain and repair the Lewis Creek Level Control System under two water licenses. This system is essential to assist lake users in enjoyment of the lake and to ensure sustainability for the lake ecosystem.

Allyson Blake, LLEA Board Member

Email: allysonblake@live.com Cell: 250-432-9690

### Want to learn to Quilt?







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

We meet every Tuesday from 10-4 in our own space in the basement of the hall. Drop in any Tuesday to see what we're about!! We'd be more than happy to show you the endless possibilities in this creative atmosphere! No previous experience required.

Call Gayle Andrews 250-422-3095 for more information.



# August 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1  Wasa Lion's Mtg 7 pm	2	3  NATIONAL WATERMELON DAY	4	5
6 Church 10:30 am	7  Civic Holiday	8 	9	10	11	12
13 Church 10:30 am	14	15 Wasa Lion's Mtg 7 pm	16 	17 National Black Cat Appreciation Day 	18	19
20 Church 10:30 am	21	22	23	24 	25	26  International Bat Night
27 Church 10:30 am	28  NATIONAL THOUGHTFUL DAY	29	30 	31		

## LEGEND

Church Service 10:30 a.m. Lions 7 p.m.  
Quilters 10 - 4 Tops; friday 9 a.m.  
Lion's meetings 1st & 3rd Tuesday of every month



**SPECIAL  
EVENTS**

*and Days Down the Road*

- TOPS every Friday morning at the Wasa Hall. Weigh in at 9 - 9:30 AM - mtg 9:30 to 10:30
- Pickleball - every Monday & Wednesday 9 - 12, in the Community Hall
- WLLID Board Mtg - @ 7pm in the WLLID office (basement of Community Hall) Watch for notices and/or check the website
- Memorial Garden AGM Sept 7
- WLLID AGM Sept 27



## 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.....	250.417.2023
Econobuilt.....	250.421.7813
<b>EMERGENCY.....</b>	<b>1.800.663.5555 (*5555)</b>
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 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

