



TRI-VILLAGE BUZZ

August 2025 ISSUE 283

Visit: www.wasalake.com

FREE MONTHLY PUBLICATION



It's Berry Season - Keeping Safe in Bear Country

It is the time of year when our furry omnivores get serious about putting on weight before the cold temperatures and hibernation begins. And this is a serious task for them which can increase human / bear encounters. This time of year, bears are focused on consuming as many calories as possible to prepare for the winter. With berry bushes lining many trails, roads, and campgrounds, it's easy to surprise a bear focused on feeding.

Staying bear-aware can reduce your risk of an encounter.

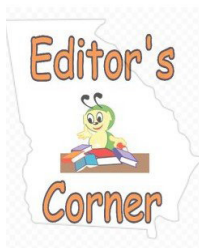
- Avoid travelling in high quality bear habitat at key times of year.
- Make noise! Let bears know you are there. Call out, clap hands, sing or talk loudly especially near streams, dense vegetation and berry patches, on windy days, and in areas of low visibility. Bear bells are not effective. Bears can be so preoccupied eating that they may not be aware of your presence. Carry bear spray, keeping it accessible and know how to use it.
- Watch for fresh bear signs. Tracks, droppings, diggings, torn-up logs and turned-over rocks are all signs that a bear has been in the area. Leave the area if the signs are fresh.
- Keep your dog on a leash and under physical control at all times. We recommend leaving your dog at home if you plan to camp, hike or go into the back country. Dogs can trigger aggressive behaviour from wildlife.
- Larger size groups are less likely to have a serious bear encounter. We recommend hiking in a tight group of four or more. Never let children wander. Trail running and cycling increase your risk. Travel slowly and avoid wearing earbuds.
- Use officially marked paths and trails and travel during daylight hours as bears are more active at dawn and dusk.
- If you come across a large dead animal, leave the area immediately and report it to Parks Canada.
- Dispose of fish offal in fast moving streams or the deep part of a lake, never along stream sides or lake shores.
- If you see a bear, stay calm, back away slowly, and leave the area. Never run.

Give bears the space they need to survive and thrive during this important time. Learn more about safe travel in bear country

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Serving Skookumchuk, Ta Ta Creek and Wasa Lake



UPDATE

Pancake breakfast is planned for August 16th, with the proceeds going to the Tri-Village Buzz operating fund. (Volunteers Needed!)

Thank you so much for the community support - words cannot express my gratitude!

Mail-outs to TaTa Creek and Skookumchuck have resumed. And in light of the 'disappearance' of most of the Buzz copies early in June, I am considering doing mail outs to all Wasa residents with minimal copies in the two Buzz boxes. This does mean an increased cost each month and I am open to suggestions on how to manage that. An emailed digital copy is also available to anyone who supplies their email address to me. And Clay Tippettt will continue to upload a digital copy to wasalake.com.

Please feel free to submit articles to help keep the Buzz interesting and community centered!

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- Pickleball Courts
- Ball Diamond
- Scholarships
- We Care We Serve community funding
- Medical Loan Cupboard
- Eyeglass & Hearing Aid Recycling



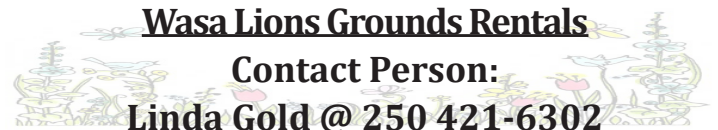
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TOPS SPOT

submitted by - Nicky Popowich

Sorbet All Day! Ooh la la!

If you find yourself struggling to beat the heat this summer have you thought of making your own sorbet?

Sorbet (sherbet, sorbetto) are extremely old desserts dating back almost 3000 years to 500 BC. The Persians ate/drank fruit juice mixed with snow. The word sherbet in a Persian word. This confection travelled through the middle east to Europe with the Romans. Sorbetto (The Italian word for sherbet) became popular in Naples and Sicily. Snow was collected from Mount Etna and flavoured with fruit juice. Lemon Sorbetto was especially popular. The word sorbet came to the French language from sorbetto. Catherine De Medici of Florence is said to have introduced the Parisians to sorbet. She was queen of France from 1547-1559 and the wife of King Henry II.

This ancient dessert can have it's own revival in your house without having to climb a mountain to fetch snow. All these recipes call for only 2 or 3 basic ingredients. You are the creative genius behind the ideas.

Tools you need:

A high speed blender or a 10 cup food processor.

9 X 5 inch metal loaf pan

Ingredients:

Honey, Simple Syrup, or Agave Syrup. The recipe for simple syrup is very easy.

Fruit of your choice.

Preparation:

To make simple syrup—In a saucepan combine 3/4 Cup water with 3/4 cup sugar. Heat to dissolve the sugar and simmer for a minute or two. Cool to room temperature before using. This is enough to make one citrus sorbet or two-three fruit sorbets.

Lemon Sorbet

Use equal parts of lemon (or lime) juice and simple syrup.

1 tsp of zest

Blend to mix.

Freeze for a couple of hours in a 9X5 loaf pan. Then remove and put in a blender. Blend quickly for a bit to break up crystals and aerate the juice and return to the loaf pan and freeze again. Always let sorbets soften a couple of minutes before serving.

(The addition of mint or basil is nice with this)

Pineapple Dole Whip (from dole.com)

This recipe take about 10 minutes to make. Serves 2 - 60 calories each.

1 Cup ripe pineapple cut into cubes and frozen.

1 ripe banana peeled and frozen

2 tsps powdered (icing) sugar

1/2 cup coconut milk

1tsp lime juice

Blend ingredients together on high until desired consistency. Serve immediately.

Fruit Sorbets (The addition of a pinch of spice such as mint, basil, nutmeg, cinnamon and so on can be a wonderful touch depending on which fruit you choose.)

16 oz frozen fruit. (can be ripe fruit that you cut up and freeze or packaged frozen fruit or berries.)


1/4 simple syrup or honey

Citrus zest (optional)


Splash lemon juice

Blend well and freeze in a 9x5 loaf pan roughly 4 hours or over night. The fruit sorbets are only 45 calories per serving and contain a full serving of fruit.

**Beginning immediately Tops will changing our meeting day to
Wednesdays. Weigh in at 9:00-9:30 and meeting from 9:30-10:30.**



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FIRE!

IN WASA

WHO DO YOU CALL?

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

Then call these Wasa volunteers until
someone answers.

Mike Gall 250-417-9422
Lyle Zaksauskas 250-421-2650
Sharon Prinz 250-417-7654
Kathy McCauley 250-427-6637

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

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

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



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The Lions Den Lions Roar

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

submitted by Terry Marvel

It has been an odd year so far with some inclement weather and natural disasters world-wide, but here in our little valley, it has been glorious. Just enough moisture to keep the threat of fires down and we can still have campfires. Perfect for the campers and backyard fire enthusiasts. And how about those mosquitoes? Have only seen a handful so far. Keep your fingers crossed!

The Wasa Lions have had a relaxing summer so far with the only thing on the go being the annual Garage Sale which was a tremendous success. All due to the ongoing efforts of the organizers and the community members who donated their gently used items for sale. The cleanup crew was also very much appreciated. Most of the items that did not sell went to the Salvation Army Thrift Store for resale.

The security shutters were installed on the kitchen building finalizing that part of the grant project. The bathroom building will be the next object of a grant to replace the vinyl siding with cement board like the kitchen and pump house.

A reminder for the Pancake Breakfasts that happen every Saturday throughout the summer with the proceeds going to the various groups in the community. 8:30-11:00. The Wasa Lion's Breakfasts, which will be August 2nd and the 23rd, will include the chance to purchase 50/50 tickets with the draw taking place after the August 23 breakfast. The breakfasts include eggs, sausages and pancakes with delicious berry toppings. Well worth the price!

We have also received a Redi Grant for money to purchase a new push lawn mower and two weed whackers to help with the maintenance of our grounds. We are very proud of our facilities and we encourage the public to make the most of them.

On that note: Have a very great August and enjoy all that our area has to offer.





CHECK US OUT!

Phone: 250.422.3123
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Email: wasa.hardware@shaw.ca
Box 779,
6102 Wasa Lake Park Dr.,
Wasa BC

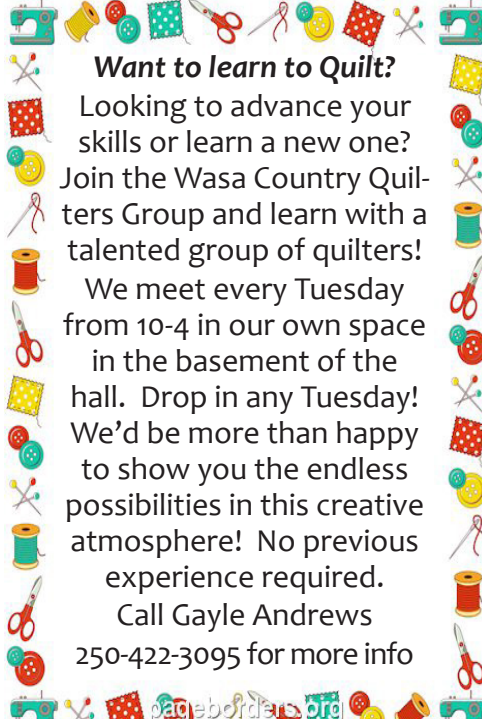
GREAT NEWS - WASA LAKE IS BACK ON THE MAP!!

The Community Connector Bus Will Now Pick Up Wasa Residents bound for Cranbrook Tuesdays and Thursdays at 10:30 at Gas Station - Return from Cranbrook Hospital, 3 pm Tuesdays and Thursdays stopping at the Gas station 3:30. This bus continues up to Golden if you need. **Price is \$2.50 each way. Medical patients have first priority.** If there is room, others can ride this bus. phone 250.427.7400 to book your ride.

HELP STARTS HERE ...



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Want to learn to Quilt?

Looking to advance your skills or learn a new one? Join the Wasa Country Quilters Group and learn with a talented group of quilters! We meet every Tuesday from 10-4 in our own space in the basement of the hall. Drop in any Tuesday! We'd be more than happy to show you the endless possibilities in this creative atmosphere! No previous experience required.

Call Gayle Andrews
250-422-3095 for more info

pageboards.org

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



presentation of the commissioned report on the Wasa Wildfire Resiliency Planning Assessment, followed by a presentation by BC Wildfire representative, Matt Rigden, and our Annual General Meeting. You'll find the report and AGM documents on our website www.wasafire.weebly.com under the LIBRARY tab.

Please be aware that although the fire hazard rating is not currently high, FIRE BANS are in place throughout our region. Although small campfires (no more than half metre high by half metre wide) are still allowed, Category 2 and 3 fires are not allowed and neither are FIREWORKS, burning barrels, air curtain burners, controlled air incinerators, and binary exploding targets.

This restriction is in effect until October 30, 2025 or until further notice. See the "Open Fires Regulations" poster elsewhere in this Buzz for specific information about the differences between



the categories. It is YOUR responsibility to understand the regulations.

Call 1-800-663-5555 or *5555 on a cell phone to report a wildfire.

Be sure to come out to the Saturday July 26 PANCAKE BREAKFAST at the Wasa Lions Grounds which the Fire Society is hosting. It's always a fun time and your participation helps raise money for all the volunteer community groups!

Fyi: The East Kootenay is within the region of the Southeast Fire Centre, headquartered in Castlegar and extending from the U.S. border to Mica Dam, and from the Okanagan Highlands/west side of the Monashee Mountains to the B.C./Alberta border. Google South-east Fire Centre to find out more about current fire hazard ratings and restrictions.

Enjoy the rest of your summer!

Sincerely, Wasa Volunteer Fire Society Board: Bill Walkley, Lyle Zaksaukas, Sharon Prinz, Mike Gall, and Kathy McCauley



VOLUNTEER WITHIN THE COMMUNITY

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

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

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

"Volunteering is a work of heart."



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O Sweet Exchange

"You brought me this man as one who was inciting the people to rebellion. I have examined him in your presence and have found no basis for your charges against him. Neither has Herod, for he sent him back to us; as you can see, he has done nothing to deserve death. Therefore, I will punish him and then release him."

With one voice they cried out, "Away with this man! Release Barabbas to us!" (Barabbas had been thrown into prison for an insurrection in the city, and for murder.) (Luke 23:14–19 NIV)

Like Barabbas, we sit on the floor of the dusty cell, awaiting the final moment. Our executioner's footsteps echo against stone walls. Head between knees, we don't look up as he opens the door; we don't lift our eyes as he begins to speak. We know what he is going to say. "Time to pay for your sins." But we hear something else.

"You're free to go. They took Jesus instead of you."

The door swings open, the guard barks, "Get out," and we find ourselves in the light of the morning sun, shackles gone, crimes pardoned, wondering, What just happened?

Grace happened.

Christ took away your sins. Where did he take them? To the top of a hill called Calvary, where he endured not just the nails of the Romans, the mockery of the crowd, and the spear of the soldier but the anger of God.

Saturate your heart in this, the finest summary of God's greatest accomplishment: "God in his gracious kindness declares us not guilty. He has done this through Christ Jesus, who has freed us by taking away our sins. *For God sent Jesus to take the punishment for our sins and to satisfy God's anger against us. We are made right with God when we believe that Jesus shed his blood, sacrificing his life for us*" (Rom. 3:24–25 NLT, emphasis mine).

God didn't overlook your sins, lest he endorse them. He didn't punish you, lest he destroy you. He instead found a way to punish the sin and preserve the sinner. Jesus took your punishment, and God gave you credit for Jesus' perfection.

https://groups.io/g/AgapeLovePrayerWarriors/topic/an_encouraging_word_from_max/76217280

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SING US A SONG



of wings on the wind,
of dusk in the reeds,
of where light lingers
long after we leave.
Let it rise like mist,
soft and unseen—
a hymn for the quiet,
a lullaby for green.

—Ethereic Echoes



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Water Day

WLLID held a very successful "Water Day" on 26th July at

Campers Beach, Wasa Provincial Park. Almost one hundred people enjoyed the beautiful summer day observing water testing demonstrations by WLLID and Living Lakes Canada. EK Invasive Species Council (EKISC) provided loads of information on invasive species at Wasa. They even had a couple of games for the children.



for the children.

Conservation Officer (CO) Sgt. Chretien and K-9 dog Major demonstrated how they go about sniffing around a boat in search of invasive muscels. Observers marveled at how the dog can track and find muscels in any part of a boat.

The event provided information on how to keep Wasa healthy for future generations, including aquatic life.



Thank you Trustee's for hosting the event and BBQing smokies for over 85 people. Also, thanks to Save-on Foods for making a gift card contribution to the event.

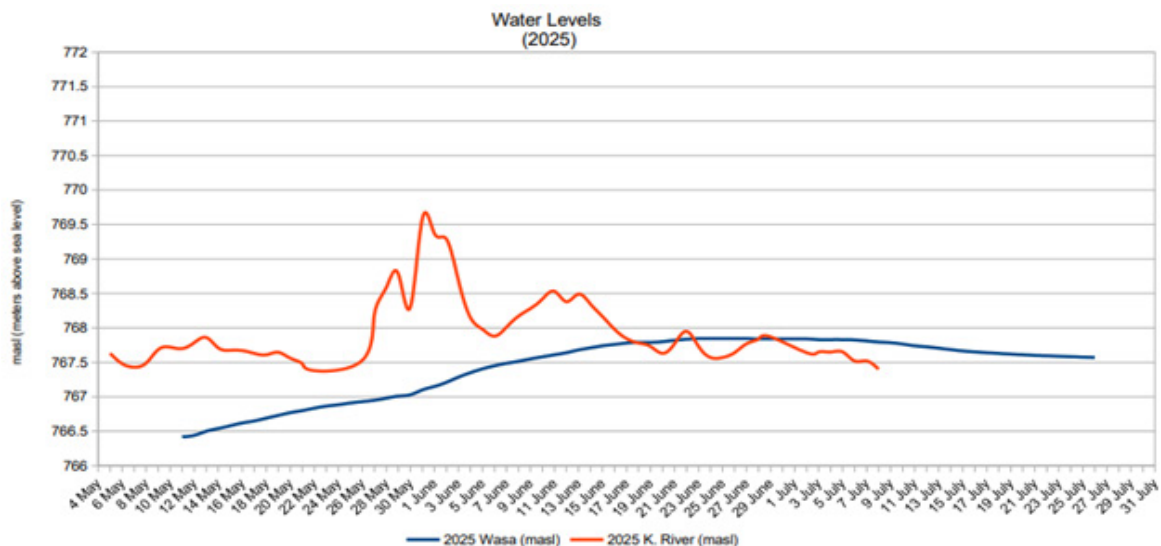


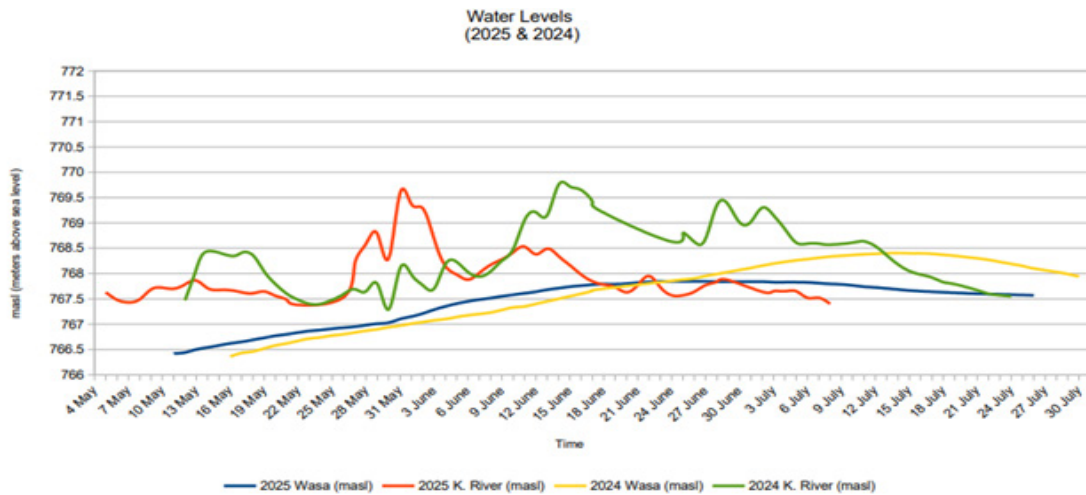
Water Update

Wasa lake remains low compared to 2024. It reached a peak of 767.84 masl on 23 June and remained there until the 2nd of July. The peak water level last year was 768.40 masl.

Peak water level hasn't been this low since 2001 when it only reached 767.50 masl.

As of 26 July, the water level was 767.55 masl, 53cm lower than on the same day last year. Recent rains will help keep the lake from falling faster than normal, which is about 2.5cm (1 inch) per day.





E. coli water samples taken on 22 July at six locations are deemed “acceptable” by Interior Health (IH). See E. coli Table. Since the high E. coli reading on 16 June, subsequent water samples have shown that Campers Beach water is very safe for swimmers.

WLLID will continue to sample water for E. coli right through September long weekend.

If you haven’t paid the 2025 WLLID parcel tax of \$50, please e-transfer the funds to keep your account current. Those in arrears face a \$\$ penalty and interest rate charges set by the Province. The next WLLID Board meeting is 13 August, 7pm, at the Community Hall, lower level.

	16 June		24 June		2 July		8 July		15 July		22 July	
Wasa e. coli Water Testing (2025)	E. coli per 100 ml		E. coli per 100 ml		E. coli per 100 ml		E. coli per 100 ml		E. coli per 100 ml		E. coli per 100 ml	
Campers Beach	7300	Un-	15	Acceptable	<5	Acceptable	5	Acceptable	<5	Acceptable	<5	Acceptable
Cedar Beach	9	Acceptable	5	Acceptable	5	Acceptable	<5	Acceptable	<5	Acceptable	<5	Acceptable
Horseshoe Beach	<5	Acceptable	50	Acceptable	10	Acceptable	<5	Acceptable	<5	Acceptable	14	Acceptable
Main Beach	60	Acceptable	<5	Acceptable	<5	Acceptable	<5	Acceptable	<5	Acceptable	<5	Acceptable
Pine Beach	<5	Acceptable	<5	Acceptable	<5	Acceptable	<5	Acceptable	<5	Acceptable	27	Acceptable
Fir Beach	5	Acceptable	5	Acceptable	<5	Acceptable	<5	Acceptable	<5	Acceptable	<5	Acceptable

Hints by Vi

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



A few hints for the camping season.

- Matches will stay dry in a reusable plastic container; a swatch of sandpaper makes a reliable striking pad.
- Add glow sticks to bottles to use for mood lighting and illuminating paths to tents and re-strooms.
- You know how you’re supposed to remove lint from the dryer after each cycle? That’s because it’s highly flammable, aka the perfect ingredient for DIY fire starters. Simply collect your dryer lint and place in a toilet paper roll.
- Keep ants off your picnic table—and out of your food—by placing a small tray of water beneath each table leg. They struggle to navigate the water, making it even harder to climb up the table leg.
- You can relieve itching by applying a little deodorant or antiperspirant over the affected area. They contain some of the same ingredients as anti-itch cream and work surprisingly well. “We cannot solve problems with the kind of thinking we employed when we came up with them.”

Have a great month everyone!

Wasa Recreation Society presents

FRANKS, FLICKS AND FAMILY FUN

A Community Movie Night at the Wasa Hall



**Friday, 8
August**



**Doors Open & Food at 5:00PM |
Showtime 5:30PM**

Admission by Donation | \$10 Hotdog Dinner Available for
Purchase (hotdog, juice, chips and a treat!) | \$1 Coffee | \$0.25
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6112 Wasa Lake Park Drive

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

• **Hall Rentals & Information:**

Karen Markus 250.422.3514

• **Gym:**

Sonia Blackwell
250.421.3019

or Rod 250.422.3253

• **TOPS:**

Heidi Wright 250-919-3675

• **Library:**

Rose Smith 250-422-3088

• **Quilter's Club:**

Gayle Andrews 250-422-3095

National Sneak Some Zucchini onto Your Neighbor's Porch Day.

Ah, zucchini. Every gardener who has grown zucchini knows that vines go crazy this time of year—producing hundreds of tiny squash. They quickly grow to gargantuan size if not picked. For seasoned gardeners, the struggle is real. What to do with all that zucchini?

For those of us blessed (or perhaps burdened) with abundant zucchini, August 8 brings a delightful solution: National Sneak Some Zucchini onto Your Neighbor's Porch Day! This playful holiday, designated by Pennsylvanian Tom Roy, is a gardener's secret weapon. It's a chance to share the bounty of your harvest lightheartedly. We've all been there—staring down a fridge overflowing with zucchini, desperately searching for new recipes (zucchini bread, anyone?). Sneak Some Zucchini Day offers a solution that fosters good-natured neighborly connection.



For this month's article, I wanted to focus on the Wasa Lions Way Trail, which is a much-loved and highly utilized asset. There are several sections that require repair and / or repaving. This has created an opportunity to look at the trail in a bigger picture as there are also questions about ownership and whether the trail should become part of the RDEK Parks and Trails system.

Columbia Basin Trust generously provided a grant to Greenways to do community consultation and ownership identification for the different sections of the Trail. The community consultation is intended to find out what the community wants to see happen with the trail, survey the community's opinions around things like repaving or gravel, widening, ownership, and the trail's long-term operation and maintenance. The survey was completed this spring and the next step in the process will be to share the results with the community.

Greenways will be presenting the survey results August 20th at 6pm Wasa Community Hall. In addition to the presentation from Greenways, there will be representatives from the Trust and RDEK on hand to answer any additional questions that may come up. I encourage everyone to attend the meeting and hope to see a strong turnout!



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Huge thank you to the community for your donations to our Wasa Lions Yard Sale. It was a big success. We could not have done it without you. Huge thank you to all the community members, their families and Lions members that donated their time and effort to do the set up and cleanup afterwards. Our community has a great group of people that help make these Lions events possible.



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What Brought Me to Wasa, and Why I Stayed

continued from June issue

by Rhonda Berger

A few days later there was a knock on my door. It was he, book in hand.

He came in for a short awkward visit. When he left, I opened the cover and there was a note with his name, phone number, and two words saying "feedback welcome."

Well, I started reading with a vested interest. I'd always wanted to be in a book club, and I thought, I can have my very own little book club, with the author himself!

I took notes and observations. A mere four days later, he called me, just to see how I was doing. He had no idea I'd even opened his book. And I was done!

We met out on the ice, at dusk, to discuss it.

It was the very night the planets aligned! We walked, and talked, and watched the sky come into balance in front of our very eyes. It was quite magical, actually!

I went to bed that night with stars in my eyes, and visions of living in Wasa!

To be continued ...

Wasa and District Historical Assoc. & Memorial Garden Group

submitted by - Kate Kelly



On the hot days of summer, the garden hums with slow, golden energy. The air is thick with the scent of sun-warmed pole pine trees and blooming flowers while bees drift lazily from flower to flower. Time seems to soften under the weight of the heat, and everything moves just a little slower, as if the whole garden is exhaling. Many thanks to our wonderful Memorial Garden Group volunteers who continue to work hard to keep things beautifully manicured. Please come visit soon if you haven't already done so this summer.

Please note that our Wasa District Historical Association & Memorial Garden Group will hold our AGM on Thursday, 11 September at 7:00p.m. in the Wasa Community Hall. All are welcome and encouraged to attend!

While our Summer volunteer roster is now full – thank you – we do continue to welcome folks looking to lend a hand with extra weeding and

to spare when needed, new volunteers always welcome to be added to next summer's volunteer rotation! If you're interested in volunteering, please contact Sherry Shields via email at: slshields27@gmail.com

We continue to look for new members in our Wasa and District Historical Association & Memorial Garden Group. Did you know that it is only \$5/per person for a lifetime membership?

Having a large 'membership' helps us apply for government grant monies which keep our garden looking great. We kindly ask that Wasa residents (both recreational & permanent) to consider a \$5/per person lifetime membership. Please contact Judy Reimer at mjlreimer@shaw.ca or by phone 250-422-3343 to join. Thank you for your consideration!



KOOTENAY RIPPLES HISTORICAL BOOKS NOW SOLD-OUT

2024 Columbarium Niche & Plaque Costs

UNIT 1 Columbarium

Upper levels - \$1,000 + engraving

Bottom Row - \$900 + engraving

UNIT 2 Columbarium (new)

Niche cost - \$1,100 + engraving

Niche Engraving - \$290

Memorial Plaque - \$350

(Engraving costs are subject to change)

Contact info:

Pat Walkey @ 250.422.3530 or
pwalkey@shaw.ca

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

On May 13, 2025 a group of local and visiting nature enthusiasts took part in the first-ever official "KBA Bird Count" of Skookumchuck Prairie Key Biodiversity Area (the KBA). Twenty people gathered with the goal of counting every bird we could see or hear from the south end of Wasa Lake north to Skookumchuck on both sides of the Kootenay River. The count was co-sponsored by our local Rocky Mountain Naturalists Club

and Birds Canada. Twelve RMN members took part as did five Birds Canada biologists who are in the area once again to study Long-billed Curlew. Three counters hailing from Radium, Ladner, and Winnipeg also counted. This was our way of celebrating the upgrading of Skookumchuck Prairie from an Important Bird Area to a Key Biodiversity Area (KBA) and a way to show our appreciation of governments, conservation agencies and landowners for their stewardship and donations which help keep the KBA such a special place.

The KBA Bird Count was the final organized event in a very busy season of Nature Festivals in the Kootenays. All the counters had either lead or attended field trips or hosted an event for Wings Over the Rockies, centred in Invermere with field trips between Parson and Skookumchuck; the Elizabeth Lake Migratory Bird Day put on by the Rocky Mountain Naturalists Club in Cranbrook; and the Creston Valley Bird Festival.



For example, for Wings Over the Rockies, retired habitat restoration expert Randy Harris and I took a group into the heart of Skookumchuck Prairie where we talked about how fire, thinning of trees, snag creation and range management has attracted probably the highest density of nesting Lewis' Woodpecker in Canada. We got to see the woodpeckers in their home, as well as American Kestrels, another cavity-nesting bird, and Long-billed Curlew on the upper benches.

Skookumchuck Prairie KBA is recognized by a global alliance of conservation organizations including Birds Canada and Bird Life International. However, the KBA designation does NOT come with any additional conservation protections other than those already set by governments. There is no impact on land ownership. The designation is a statement rather of the area's importance to maintaining global biodiversity. 70% of the KBA is crown land owned by the Provincial Government and 25% is privately owned. The remaining 5% is all that has any extra protection through Wasa Lake Provincial Park, the Nature Conservancy of Canada or BC Nature Trust. Ultimately, it is not who owns the land that determines its biodiversity but how we as residents and visitors manage and take care of it. Based on the great diversity of birds in the KBA, it seems like we are doing a great job! The KBA Counts will help us do that, not just with bird data but also through human community.

Many people from all over come to the festivals not just to see our birds, we don't have any birds that can't be seen somewhere else, but they come to see them here in this place, this beautiful valley. They appreciate what we have here, the mix of wild places and little towns, and they want to help us take care of it.

A KBA Bird Count is similar to a Christmas Bird Count with each team visiting a defined area. This ensures the whole KBA is covered and minimizes double-counting of birds. When done this way, where we know the time spent counting and the square kilometers covered, the abundance of each bird species can be estimated and future counts done the same way can tell us of any changes.

Skookumchuck Prairie KBA is a microcosm of the biodiversity found in the East Kootenay Trench.



All the major valley-bottom habitats are represented: temperate grassland (Skookumchuck Prairie and other open fields), water bodies (Wasa Lake, Alkali Lake, the Kootenay River), marshlands (Wolf Creek wetlands, riverside wetlands), deciduous forests and groves, agricultural fields, open pine forests, and the denser evergreen forests. This great diversity of habitats supports many bird species for both nesting and migration: 70% of the East Kootenay's bird species have been found in the KBA – 231 species – making it likely the most diverse patch in this part of The Trench.

With that in mind, we had high hopes of seeing some great birds when we set off at 6 AM for several hours of birding. We were not disappointed. For extra fun, since Long-billed Curlew and Lewis' Woodpecker are the two species the KBA is known for, we challenged each other to guess how many we'd find. An estimated 20 pairs of curlew nest in the KBA. Since it was the start of the incubation period, at least half the birds out there should be happily tucked in their nest on the ground, their brown and grey feathers blending into the grass, making them virtually invisible. We weren't likely to see those ones but hopefully the mates would be feeding where we could see them. I guessed we'd get 15 but altogether we got more – 19 Long-billed Curlew! A very decent number! And we got 16 Lewis' Woodpecker – very nice!



The sprinkle of rain early in the day was welcome, keeping the dust down on the back roads in this very dry spring. My most memorable observation, others will have their own favorites, but mine was hearing the short alarm call of an American Dipper as it skipped out from under the Skookumchuck River bridge. Odds are that's where its nest is. I was glad my brain actually registered the call because it was only one second long and then the bird was gone, upriver, beyond sight and it turned out to be the only Dipper recorded that day.

The only swallow we missed was Bank Swallow but we got all the others: Tree, Violet-green, Barn, Cliff, and Northern Rough-winged. We also missed Pygmy Nuthatch, which has been increasingly common in the KBA the past few years, but we managed to get one White-breasted Nuthatch and 24 of the ubiquitous Red-breasted Nuthatch.

Wasa Lake, a major habitat for migrating waterbirds, was especially fruitful. Besides the resident Common Loons and Common Mergansers which nest on the lake or nearby, some shorebirds stopping over before continuing northward to breed were Semipalmated Plover, Long-billed Dowitcher, Red-necked Phalarope and Least and Semipalmated Sandpiper. And also on the Lake were the very pretty divers – Western and Red-necked Grebe. Other notable bird species or numbers were Canada Goose (315), Trumpeter Swan (8), Sandhill Crane (1), Eared Grebe (2), American Kestrel (24), Clark's Nutcracker (4), White-crowned Sparrow (40), Western Meadowlark (82), and Common Grackle (2).

The complete species list and numbers can be seen at <https://ebird.org/tripreport/369819>. We managed to get 117 species altogether! A good number for one day in mid-May! This included 3 species never before recorded in the KBA: Caspian Tern, Whimbrel, and Rock Wren. The Whimbrel, a migrating shorebird, was exciting because this is only the second record of it in the entire East Kootenay. And finding a new Rock Wren nesting site is thrilling because they are known from only a handful of other locations in the East Kootenay; this newly discovered site is luckily located on conserved land. A very good day of birding.



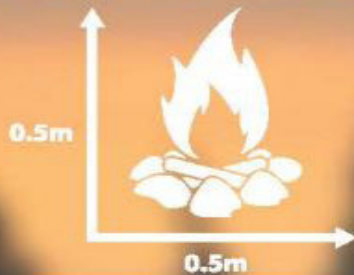
And as you can guess, compared to the local Christmas Bird Counts where we typically get around 45 species and brave minus temperatures and snowy roads, sorry, I'm gonna say it, this KBA Count is way more fun. The CBCs have an important place in providing long-term data for bird conservation and I hope repeated KBA counts become just as valuable.

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

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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www.bcwildfire.ca



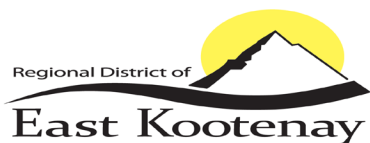
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Water Conservation

British Columbia is home to 25% of the fresh flowing water in Canada. However, there is enormous pressure on the

province's water supply. The increase in population growth, the expansion of industry and agriculture, and the potential for climate change impacts all factor in. It is critical that all residents make every effort to protect one of our most precious resources.

10 Outdoor Water-Saving Tips

1. Follow watering restrictions issued by the RDEK or your municipality. Water conservation is up to all of us.
2. Go grass free. Use things like decorative bark and stones to spruce things up and virtually eliminate outdoor water needs.
3. Use native plants. Because plants thrive in their native climate, they require minimal maintenance. Climate-appropriate landscaping uses less than half the water of a traditional landscape.
4. Water wisely. Deep, but less frequent watering encourages a strong root system and a healthy lawn. For a green lawn, water up to one inch (2.5cm) per week.
5. Schedule. After a rain, skip watering until next week. Place an empty can or watering gauge around your lawn to determine how long your sprinkler takes to deliver one inch of water. Set your watering timers accordingly.
6. Check for leaks. A leaking irrigation system can cost \$250 per month depending on the size of the leak.
7. Weed often. Remove weeds regularly as they compete for water. Overseed damaged areas before weeds can re-establish.
8. Control the flow. When using a hose, make sure you have an automatic shut-off nozzle.
9. Water early. Water the lawn and garden during the coolest part of the day. Do not water on windy days.
10. Raise your lawn mower cutting height. Longer grass blades help shade each other, cut down on evaporation, and inhibit weed growth.

Water Tips for Well Users

- Those who use a well as their water source also need to be conscious of their water use. Fresh water is a limited resource, and it is up to all of us to conserve as much as we can.
- Routinely check your well pump to ensure it's working. The water lines in your home shouldn't ever have leaks. You should also always repair or replace a running toilet and leaking faucet.
- Instead of pouring your dishwater down the drain, use it to water your indoor or outdoor plants. A dish basin full of water is enough to water 6 small plants or a small garden.
- Choose energy efficient appliances. Making the switch can save thousands of litres of water each year.

** If you have your sprinklers on timers, consider shutting them off.. This way, if you are away from your property for any length of time, you're not watering when it's raining - or when we are experiencing drought conditions and every drop of clean water needs to be reserved for basic needs, such as cooking, drinking, etc.

https://www.rdek.bc.ca/departments/engineering/water_conservation/

Sitting on the highway, waiting to catch speeders, a state trooper noticed a car slowly pattering along at just 22 MPH.

He thought, "That's just as dangerous as speeding!"

So, he flipped on the lights and pulled the car over. Inside were six elderly ladies — two in front, two in the middle, two in the back — all wide-eyed like they'd just seen a ghost.

The driver said, "Officer, I don't understand. I wasn't speeding. What's the problem?"

He replied, "Ma'am, driving too slow can be just as dangerous as speeding."

The woman, very matter-of-factly, said, "But I was going exactly 22 miles an hour!"

Trying not to laugh, the officer explained, "That's not the speed limit, ma'am — that's the route number."

Her face turned red with embarrassment. "Thank you, officer!" she chuckled.

As he turned to leave, the officer glanced at the other ladies — still pale and silent — and asked, "Are they okay?"

She smiled and said, "Oh, they'll be fine in a minute, Officer. We just got off Route 142."

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The Reincarnation of Animals or How Animal Souls Continue Their Evolution with Their Loved Ones

It is now increasingly recognized, even by certain philosophical and scientific traditions open to the idea of Universal Consciousness, that Animals are not simply instinctive biological beings, but Conscious Entities, carriers of an Evolving Soul.

Numerous experiences around the world—and in authentic spiritual circles—have shown that, just like Humans, Animals can reincarnate. What's more, when a True Love Bond has been established between a Human and an Animal, it's not uncommon for the Animal's Soul to return to the same person, in a new form, to continue its Evolutionary Journey alongside them. This phenomenon may seem surprising, but it responds to a simple Law of the Heart: Consciousness follows Love. Where an Authentic Connection has been established, it is possible for two Souls—even from different species—to choose to meet again from incarnation to incarnation, until their link has reached a degree of inner Unity or has fulfilled its Evolving Purpose. I can attest to this with certainty, having experienced it on several occasions, with dogs, cats and horses alike. These experiences are not sentimental musings or mere coincidences. They were preceded by a clear intention, a Soul-to-Soul dialogue with the Animal at the end of its life, and then confirmed by precise, direct and indisputable signs.

Let's take the example of Baghera, my gentle black cat, who had accompanied me for over fourteen

years. Now old and ill, she couldn't go on like this, having suffered long kidney failure followed by a stroke that left her unable to move. Before putting her to sleep, I spoke to her from the bottom of my heart with Love. I told her:

"If you want to come back to me, then come back in a black kitten, in this same room where I'm leaving you physically but also come back to me on my birthday. If you are offered to me on that day, then I'll know it's you". Baghera died peacefully. And some three months later, exactly on my birthday, our kind vet sent me a text message: a black female kitten barely four weeks old, lost, out of nowhere, had just arrived at her clinic via one of her assistants who had found her in the street. And it was in this very room where she had left her previous body that I went to find her. As we approached, this tiny kitten looked at my wife and I, and it was as if we'd never left each other—Baghera's Energy was here, on the eve of my birthday, just as Baghera and I had agreed. And in her eyes, in the way she slept, moved and behaved, I recognized her. I had no doubt: she had returned. And each passing day confirms it more and more...

The same thing happened with a Great Pyrenees dog I considered as a Brother. Before his death, I had given him similar indications: if he wished to return, he could, and I would be attentive to recognizing his vibration, beyond appearance. And so, it happened. A Great Pyrenees puppy we later adopted, showed from the very first days the same attitude, the same games, the same deep looks, and even a particular reaction to a phrase I had often said to him in his previous life. The same was true of a horse who had been a true Com-

panion of the Heart. His return, albeit in a different body, following precise instructions, was revealed through multiple synchronicities that cannot mathematically be in the domain of chance... It was him too. He has found me.

These returns are not due to chance. They are the consequence of a real, deep, constant Love that maintains an Energetic Bridge between two Beings, even after death. As long as the Heart remains open and the Call remains pure, the Animal's Consciousness can be guided back to where it feels it can continue to Love, Learn and Serve.

But beware: this kind of return is not an emotional whim. It's not about replacing a loved Animal to avoid the pain of mourning. It's about receiving a Soul back with Respect, with Awareness, and recognizing within the animal what is awake to the work of evolution that has already begun.

So, if you are experiencing the loss of an Animal who has meant so much to you, know that this is not the end. Maintain Psychic Heart Contact with this departed Soul and ask it to meet you again under special conditions, so that you can be sure that it is indeed that Soul. Love never dies. And if you cultivate the Heart Link, if you open up a sincere inner space, then perhaps - at the turn of a field, an alleyway or a shelter - it will find you.

And you'll know. Without words. Without explanation. Through the sacred excitement of gratitude.

Love to all. Take great care of your Animal Friends, they are Consciousness-Souls just like us, they are future Humans in Evolution.

OM OM OM

H H Gurudev Hamsah Nandatha



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EAST KOOTENAY
INVASIVE SPECIES
COUNCIL



We had an early start to the season this spring, with contractors hitting the ground earlier than ever. Now, after all this wonderful rain and with warm weather in the forecast, we fear the plants are about to BOLT! Invasive species are popping up across the East Kootenay region - in alleyways, riverbanks, forests, grasslands, and quite possibly your own backyard. Knowing more about these invaders is the first step in protecting our ecosystems.

Invasive species can cause significant harm: they reduce biodiversity, threaten native wildlife and pollinators, and create economic burdens for local farms and communities. Whether you're tackling them on your property or in public green spaces, here are some tips to take meaningful action:

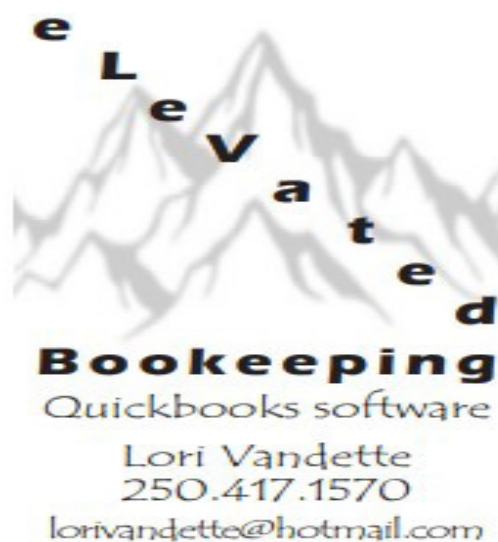
DO: Learn about the plant you're dealing with. Invasive species spread in different ways, and effective control methods vary. Reach out to local resources like EKISC, native plant nurseries, or garden clubs for advice. Some landscaping companies specialize in invasive removal, and we're always happy to help... don't hesitate to send us an email!

DON'T: Assume one removal effort is enough. Invasives are persistent, so follow-up is key. Monitor the area regularly for regrowth and deal with it early. The first removal is often the toughest, but maintenance is what makes the difference.

DO: Get familiar with the common culprits. Once you know what to look for, you'll spot invasive plants everywhere. A quick online search for the most common invasive species in your area can go a long way.

DON'T: Underestimate your impact. Your actions matter! Learn to identify and report invasives through platforms like Report Invasives BC. Let land managers know what you see and consider joining a local volunteer group to help out in person.

Volunteer opportunities are a great way to learn, connect, and make a real difference in your community. Come spend a day with us in the field and see for yourself! And when it comes to planting, check out local native plant experts like Nupqu Native Plants, the Native Plant Society of BC, or the Kootenay Native Plant Society to help build more resilient, beautiful, and ecologically sound landscapes.



August 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 	2
3 Church 10:30 am	4  HERITAGE DAY	5 Wasa Lion's Mtg 7 pm	6	7	8	9 
10 Church 10:30 am	11	12  NATIONAL VINYL RECORD DAY AUGUST 12	13 WLLID Board Mtg 7 pm	14	15 September submissions due!	16 
17 Church 10:30 am	18	19 Wasa Lion's Mtg 7 pm	20	21  WORLD Poetry DAY	22	23 
24/ 31  Church 10:30 am	25	26	27	28	29	30  HAPPY INTERNATIONAL BACON DAY

LEGEND

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



**SPECIAL
EVENTS**

and Days Down the Road

- TOPS every Wednesday 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 August 13th 7 p.m.
-



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.....	250.417.2025
Econobuilt.....	250.421.7813
EMERGENCY.....	1.800.663.5555 (*5555)
Hi Heat Insulating.....	250.422.3457
HD Railings.....	250.422.3457
Kootenay Kwik Print.....	250.489.4213
Kootenay Monument Installations.....	422.3414
Lantz Farm (Hay).....	250.420.1660
Rascal Dock Systems.....	250.421.1746
TOPS.....	250.919.3675
Wasa Country Pub & 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 (Sherri Shields).....	email-
Wasa Post Office.....	250.422.3122

