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FREE MONTHLY PUBLICATION

# TRI-VILLAGE BUZZ

September 2020 Issue 232

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

## WILDFIRE!

The August 18, 2020 wildfire behind the Wasa Ashram was fairly quickly brought under control by BC Wildfire Services, but serves to remind us that summer wildfire is always a possibility and we must not only be vigilant, but also ready to act to prevent disaster. Thanks to the residents who first spotted the fire and reported it to BC Wildfire and to the volunteers who arrived on site with privately owned and community water trailers.

Prevention is always the easiest and best route to go, so keep working on ways to FireSmart your property.

Consult the Homeowner's FireSmart Manual at [www.wasafire.weebly.com](http://www.wasafire.weebly.com) for easy and effective ideas.

Here's what else you can do:

- Be aware of current fire regulations and bulletins by accessing the BC Wildfire Service website or download their new app.
- Learn how to prepare for and what to do in the event of evacuation at Prepared BC
- Sign up for emergency email notifications specific to your community and the new automatic evacuation cell phone alert at [www.rdek.bc.ca](http://www.rdek.bc.ca)

Fire season is drawing to a close so let's try to stay safe for just a few more weeks.

## WASA VOLUNTEER FIRE PREVENTION AND SUPPRESSION

continued on pg 5

*Never doubt that a small group of thoughtful, committed citizens can change the world; indeed it is the only thing that ever has.*

*Margaret Mead*



## Lion's Roar:

submitted by Terry Marvel

**August greetings:** Hello, from the Lion's Den. We have had probably the quietest June and July on record to date. We haven't had a chance to host our annual Garage Sale or any pancake Breakfasts' or any other money-raising functions. We continue to collect empty recyclable bottles and cans and have managed quite well in this area, thanks to Val and Jerry Dmitre.

We also received a grant from the Columbia Basin Trust fund to replace the skating rink board toppers with treated wood and a portion of the outdoor kitchen roofing, for which we will be calling on volunteers later this summer. The public is cordially invited!

In these times of social distancing etc., it is very trying to get any groups together to accomplish much, but we are always here for the community for any need we can supply.

**September greetings:** Well, hasn't this been a messed up year? Because of the pandemic scare, the Lion's Club has not had a chance to do much of anything. It hasn't stopped Sharon Prinz from applying and getting grants for some projects the Lion's will undertake as soon as conditions allow. We received monies to replace the top boards on the skating rink with wood. (treated 2x8's and 2x10's). We also got the go-ahead to replace the west side of the summer kitchen eating area roof. The roofing was not new when it was installed many years ago, and has leaked ever since.

We will be seeking assistance on these projects in the fall of this year, pending social distancing protocols etc.

We are contemplating a regular meeting outdoors the third Tuesday in September, depending upon a financial report and budget recommendations.

The Lion's are hoping everyone is dealing with the pandemic in the best way possible and may you all stay healthy and safe.

"'Tis the last rose of summer,  
Left blooming alone;  
All her lovely companions  
Are faded and gone."  
- Thomas Moore, The Last Rose of  
Summer, 1830



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information or equipment  
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Contact: Sharon 250.417.7654  
or Val 250.422.3499

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



"And the sun took a step back, the  
leaves lulled themselves to sleep and  
autumn was awakened."

Raquel Franco

## HAY FOR SALE

Please call Mike to make arrangements

**250.420.1660**



**LANTZ  
FARMS**



## TRI- VILLAGE BUZZ NEWS TEAM

### Editor

Lori Vandette  
250.417.1570  
trivillagebuzz@gmail.com

### Treasurer

### Invoice Coordinator

### Website Coordinator

Clay Tippet

### Article Submitters

Terry Marvel  
Jack & Wendy Davis  
Sherry Shields  
Kacey Day  
Kathy McCauley  
Jane Walter  
Jon Malpass  
Kathleen Hart  
Kimberly Locke  
Ven. Gurudev Hamsah Nandatha



**Joyce Fanny Davis nee Hodgson** of Wasa, BC has pushed in all her chips and played her final hand. She was born in Montreal, QC 6 August 1933. This beautiful softball playing (not slow pitch), bass, icefishing lady passed away peacefully surrounded by loved ones Thursday, 13 August 2020.

Joyce and Dick were married in Quebec 5 November 1955. Shortly after they packed up their

meager possessions and headed west. Their three children were born in Chilliwack. The entire family moved to Wasa in 1964 and the East Kootenays has been their forever home. Joyce and family had numerous adventures with great friends, a couple successful business ventures and the blessing to see her grand children and great grand children make their homes close to her.

In lieu of flowers Joyce requested donations be made to the East Kootenay Foundation for health.

[www.ekfh.ca](http://www.ekfh.ca)

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Tri-Village Buzz Newsletter

Box 169

Wasa, BC V0B 2K0



**Dale Gray**

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## LET ME SEE YOUR AMATEUR WILDLIFE PHOTOS!



And win a gift certificate to a Wasa Advertiser!

Submit your wildlife photo to [trivillagebuzz@gmail.com](mailto:trivillagebuzz@gmail.com) and I will make a draw for a winner at the end of September. Every photo will be counted as one entry. We have such a diverse wildlife population, so many opportunities to capture something unique and wonderful.

### GUIDELINES:

- Do NOT put yourself or your subject at risk!
- No stopping along busy highways
- Do not interfere with mommas & babies
- Keep your distance - for your safety and theirs
- Do not 'bait' your subject for a better close up
- Respect their home - you are the guest

Let me see what you see! And see your photos published!



We would like to thank our 'Wasa Weed Picker'!

Apparently he is out every day and picks those invasive lawn weeds. He has even been known to cut the long grass that has been growing in vacant and unattended lots!

We thank you! for your community spirit and willingness to give of yourself for the enjoyment of all.



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*"In the garden, Autumn is, indeed the crowning glory of the year, bringing us the fruition of months of thought and care and toil.*

*And at no season, save perhaps in Daffodil time, do we get such superb colour effects as from August to November."*

- Rose G. Kingsley, *The Autumn Garden*,

1905



## 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  
Debbie Waterer 250-426-9791

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 fire suppression trailer and call  
other members of the community to help.

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



**Only available  
April 30, 2020 to October 15, 2020**

**Wasa Volunteer Fire suppression group is  
NOT there to fight fire on your home!!**

**We will try to be there to keep the fire  
from spreading to other homes or to try to  
keep the wildfire from coming into WASA**

## WASA VOLUNTEER FIRE PREVENTION AND SUPPRESSION

On a different topic, the building to house the community  
water trailer on the Wasa Lions' Grounds is nearing  
completion. Progress took a big leap forward on August  
11 when Overhead Doors installed their gift of a 12'  
overhead garage door. Local businesses and individuals  
have been extremely generous in their donations of  
supplies and labour and we THANK YOU all so much  
for your contributions!

### ***The Buzz Needs You .....***

*In order for our paper to grow with the community, we  
are looking for volunteer submitters to accomplish this  
goal ... and you'll have fun doing it :) I know I do!*

*We have opening for an invoice coordinator, helpful  
hints writer, as well as a 'fun page' submitter. There is  
always a need for community related stories and I know  
these are out there.*

*If you would like to be a part of the community paper,  
please feel free to email the Buzz at [trivillagebuzz@gmail.com](mailto:trivillagebuzz@gmail.com), with your ideas and/or suggestions.*

*I am excited to see what's out there .....*

### ***FALL READINESS TIPS:***

- Change smoke alarm and carbon monoxide detectors batteries
- Check and replace any home fire extinguishers that have expired
- Use extra caution when climbing ladders for fall jobs such as cleaning gutters or hanging holiday decorations. Shoes or boots may be wet causing you to slip as you climb the ladder
- Keep your driveway and walkway clear of falling leaves. They get very slippery when they are wet
- Drain all water from hoses, fountains, and drip irrigation systems, and store them in a dry place. Water left standing over the winter may damage your equipment
- Break up soil to keep water from pooling and guarantee that nutrients will reach the roots over the winter
- Clean up all fruit bearing plants
- Do maintenance on the snowblower, etc.

## Mosquito report

Site monitoring began in April and treatments commenced on May 21. Higher than normal river levels resulted in a need for two aerial treatments on June 7 and June 10. Bacterial larvicide was used to treat 1,294 ha. This was required for floodwater mosquito control within the Wasa, TaTa Creek and Skookumchuck control areas.

Post treatment monitoring revealed high efficacy rates throughout-the targeted sites. Although complaint calls and emails have been low, Morrow and RDEK staff noted high abundance of adult mosquitoes. One potential reason for the high numbers is likely dispersal from Bummer's Wetlands. The area is an untreated protected wetland.

## Water Safety

I have received some calls from concerned residents about large boats not following the rules around smaller water crafts. Unfortunately the RDEK can not enforce the federal rules. I would suggest that you phone the RCMP, if you can get the number off the boat this would help the police.

## Wildfires in Area E

We have had 4 small fires so far this year two were caused by lightning and 2 were started by man.

I would like to Thank everyone that worked hard to put the fires out.

It is very dry in our area so Please be very careful with your campfires and with your cigarettes.

I hope everyone has a good month. 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)

Jane Walter

What has T in the beginning, T in the middle, and T at the end?

A teapot

What do you call a fake noodle?

An impasta..

## EGGPLANT FRIES



- |                            |                                     |
|----------------------------|-------------------------------------|
| 2 large eggs               | 1/2 cup grated Parmesan cheese      |
| 1/2 cup toasted wheat germ | 1 teaspoon Italian seasoning        |
| 3/4 teaspoon garlic salt   | 1 medium eggplant (about 1-1/4 lbs) |
| Cooking spray              | 1 cup meatless pasta sauce, warmed  |

Preheat broiler. In a shallow bowl, whisk together eggs. In another shallow bowl, mix cheese, wheat germ and seasonings.

Trim ends of eggplant; cut eggplant lengthwise into 1/2-in.-thick slices. Cut slices lengthwise into 1/2-in. strips. Dip eggplant in eggs, then coat with cheese mixture. Place on a baking sheet coated with cooking spray.

Spritz eggplant with additional cooking spray. Broil 4 in. from heat 3 minutes. Turn eggplant; spritz with additional cooking spray. Broil until golden brown, 1-2 minutes. Serve immediately with pasta sauce.

# Wasa Community Church



I know the feeling of not being content with what I have. There always seems to be something more that I need. Now, in some ways that's a good thing. It's good to set goals for ourselves and have the drive to achieve them. However, there are times where we feel entitled to certain things and aren't happy when we don't get them, perhaps even pushing away our gratitude for the things we already have. I speak in this way because I'm specifically thinking of those who think that God owes them something. I've been there too, where I've been praying earnestly for something, and God doesn't answer.

In the book of 2 Corinthians, Paul has a struggle he's dealing with that he describes as 'a thorn in the flesh,' which was a messenger of Satan sent to harass him. He says in verses 8-10 of chapter 12, *"Three times I pleaded with the Lord about this, that it should leave me. But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.' Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong."* Paul is content in his weakness and in the things he faces because, in his own weakness, he finds his strength in Christ. It takes his focus away from relying fully on himself, reminding him to rely on Christ instead. Now, that can be a hard thing. Why does that have to be the way used to help him rely more on Jesus? Why isn't there a way made for this thorn to leave? Whatever the case may be, we must realize that 'way' is not something Paul is entitled to. We must look closely at the text, taking six sequential words into account: "My grace is sufficient for you."

When it comes to God, we, as those who have sinned, are entitled to nothing, except to be separated from Him for good. Fortunately, in His love for us, He came to earth as Jesus, sacrificed Himself on our behalf, dying by crucifixion, and came back to life, making a way for us to be forgiven of our sin and, therefore, saved from our punishment if we put our faith in Him and what He's done for us. He is gracious, giving us the salvation and eternal life in heaven that we didn't deserve, and for us, His grace should be sufficient. We certainly still pray for stuff, as He does answer prayer. However, hard times still come that we want out of, but that God wants us to go through. In those times, we should remember that we're not entitled to have every prayer granted. We already have eternal perfection that awaits us after this life. With that, we should be content.

Pastor Jon Malpass, Wasa Community Church  
(services Sunday @ 10:30am), (250) 464-4419

HELP STARTS HERE... HELP STARTS HERE... HELP STARTS HERE

## VICTIM SERVICES

250.427.5621 Call Anytime 24/7



Email your photos with "The Buzz". Your picture will be featured in the current issue of the Buzz and your name will go into a draw for the

**"2020 Where do you take Your Buzz" contest.**

Email: [trivillagebuzz@gmail.com](mailto:trivillagebuzz@gmail.com)

Keep tuned in for a twist to this contest - since travel has been discouraged this year :)

Where do  
you take your  
**BUZZ?**



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## ***Fire Bans and Restrictions***

Find out what fire bans and restrictions are in effect in your area. You can face serious fines and penalties if you fail to adhere to these bans and restrictions. Fines range from \$307 - \$1150 **for each offense**.

*\*\* Please note: local retailers may have fireworks for sale, but that is not an indication that they legal for use in this area.*

The following activities are prohibited: Category 2 open fires; Category 3 open fires; Resource Management open fires; **the use of fireworks; the use of sky lanterns**; and the use of burn barrels or burn cages of any size or description (except when used for a campfire). Restrictions will remain in effect until the public is otherwise notified.

### **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

### **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

These prohibitions apply to all public and private land within British Columbia, unless specified otherwise (e.g., in a local government bylaw).

Open Burning Restrictions continued for all High Smoke Sensitivity Zones in British Columbia

The Ministry of Environment and Climate Change Strategy, in collaboration with provincial public health partners is continuing open burning restrictions for all High Smoke Sensitivity Zones across the province until Monday, June 15, 2020. Pursuant to the Open Burning Smoke Control Regulation, no new fires may be initiated and no additional material may be added to existing fires. These restrictions do not apply to campfires. These restrictions are directly in response to the COVID-19 pandemic and the effect pollutants have on viral respiratory infections.

## **Enforcement**

Enforcement of fire prohibitions is undertaken by:

- \* the Compliance and Enforcement Branch of the Ministry of Forests, Lands, Natural Resource Operations and Rural Development;
- \* the Conservation Officer Service; and
- \* the RCMP.

All illegal fires will be investigated, and charges may be laid under the Wildfire Act or Wildfire Regulation, depending on the outcome of the investigation.

Anyone found in contravention of an open burning prohibition may be issued a violation ticket for \$1,150, required to pay an administrative penalty of \$10,000 or, if convicted in court, fined up to \$100,000 and/or sentenced to one year in jail. If the contravention causes or contributes to a wildfire, the person responsible may be ordered to pay all firefighting and associated costs.

To report a wildfire, unattended campfire or open burning violation, call 1 800 663-5555 toll-free or \*5555 on a cellphone.

For the latest information on current wildfire activity, burning restrictions, and air quality advisories, go to: <http://www.bcwildfire.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
- ☐ All users must sign a Wasa Recreation Programs User Waiver located at the sign in desk
- ☐ All users are required to wear "gym shoes" - no street shoes permitted
- ☐ All users must use the safety key on the Walking Machines
- ☐ Cost is a loonie or twoonie
- ☐ Have fun and be safe!



## GYM HOURS AND INFO

### For Gym Schedule Please Contact:

- Sonia Blackwell at 250.421.3019 or
- Rod at 250.422.3253



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

## SEPTEMBER

The breezes taste  
Of apple peel.  
The air is full  
Of smells to feel—  
Ripe fruit, old footballs,  
Drying grass,  
New books and blackboards  
Chalk in class.  
The bee, his hive  
Well-honey, hums  
While Mother cuts  
Chrysanthemums.  
Like plates washed clean  
With suds, the days  
Are polished with  
A morning haze.

John Updike



Greetings friends and neighbours! We hope you have had a safe, fun and pleasant summer season, and wish you all the good luck settling back into school/

homeschool routines.

Due to current circumstances the TVKC is continuing to hold off on any events at this time. We hope you and your families are safe and healthy and hopefully we will see you all soon!

Cheers, The Tri-Village Kids Club

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# FOLLOWING THE TRAILS OF

## *Yesterday*

submitted by Judy McPhee

*Grandpa Gienow learned this poem when he was a lad in Killaloe in about 1909.*

### THERE CAME A MAN

A little boy of just three years  
Was standing all alone---  
The snow was falling fast along the street.  
There came a man  
And saw the little one  
And stopped to say a word.  
Er...(before) he had passed  
"Come tell me little one he said  
Why are you standing here?  
Is there no one to keep you from the cold?"  
(Little boy)  
"I'm looking for my papa  
He left me long ago.  
They say he's up in heaven  
That's where I want to go.  
Won't you please show me how to get there?  
I'll be so glad to see him, he always loved me so."

The stranger took the little lad along  
with him that night.  
He took him to a mansion Grand and great.  
The little children played their games  
as happy as can be.  
And looked surprised to see their playmate.  
The weary child played for awhile and  
seemed quite satisfied.  
All at once, he stopped and looked around.  
" I'm looking for my papa, He left me long ago  
They say he's up in heaven  
That's where I want to go.  
Won't you please show me  
How to get there.  
I'll be so glad to see him  
He always loved me so"

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# Wasa & District Historical Assoc. & Memorial Garden Group

submitted by Sherry Shields

*Our Community Garden is always looking for volunteers.*

*If interested in being on our volunteer list please call Sherry Shields @ 250-919-7887 @*

*The AGM for the memorial garden is September 24th @ 10:00 am in the Wasa Hall.*

*This is an open meeting; we invite anyone interested in the garden or becoming a member to attend.*

*A special thank you to ALL the summer volunteers. Social distancing, mosquitoes, heat wave - through stressful times the volunteers have kept our garden looking well cared for. WELL DONE!*



## KOOTENAY RIPPLES

History of Wasa/Ta Ta Creek/Skookumchuk.

If you are interested in the story of the Lussier Hot Springs, Whiteswan, how TaTa creek got its name, Hanson Lake (aka Wasa – named after a Scandanavian king) even pictures of the beautiful hotel that was located across the road from the Davis family homes.

It's all in the book.

There are a few books still available for sale.

\$50.00/ea

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



## 2020 Columbarium Niche & Plaque Costs

UNIT 1 Columbarium

Upper levels - \$1000 + engraving

Bottom Row - \$900 + engraving

UNIT 2 Columbarium (new)

Niche cost - \$1100 + engraving

Niche Engraving - \$275 / Memorial Plaque - \$300

Contact: Pat Walkey 250.422.3530 or pwalkey@shaw.ca

## VOLUNTEER OPPORTUNITIES WITHIN THE COMMUNITY

Are you new to the Community? Recently retired and have time on your hands? Want to meet neighbours? Just love to get involved and give back? We might be able to help with that! Because our Communities are small, we rely very heavily upon Volunteers. And there are so many areas that would benefit from any skills you have to share. I encourage you to take a look at the list below and call existing members to see where you can help out.

- Wasa & District Lions Club
- Wasa Recreational Society
- Wasa Lake Land Improvement
- Wasa & District Historical Association & Memorial Garden Group
- Wasa Community Library
- Wasa Pancake Breakfast
- TriVillage Buzz Newsletter
- Bingo
- Armchair Traveller
- Tri-Village Kids Club
- Wasa Gym
- .....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"** ISSUE 232 SEPTEMBER 2020 TRI-VILLAGE BUZZ 11



Cranbrook ♥ Kimberley  
HOSPICE SOCIETY

*Hands that Serve Hearts that Care*

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

Phone: (250) 417.2019

Toll Free #: 1.855.417.2019

Email: info@ckhospice.com

Website: www.ckhospice.com

### Volunteer Today!

Cranbrook Kimberley Hospice Society  
Needs volunteers to help with Client and  
Family Companionship & Grief Support

Call 250.417.2019

Toll Free

1.855.417.2019

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# Garden Facts & Fables

## September Garden Tasks:

- Early in September, keep dead-heading perennials, roses and other remaining blossoms.
- Late in September, and into October, as temperatures stay consistently below 60 degrees, dig in spring blooming bulbs such as daffodils, tulips, hyacinths, and crocus. This will give them time to develop roots before the first frosts. It's a good idea to mulch over the bulb planting area so the soil stays warmer longer.
- This is a good time to scatter seeds from perennials or hardy annuals that you've already got in your yard. Rather than deadhead those plants, let them go to seed, gather, and then scatter in areas you'd like to see additional plantings of your favorites!
- If you've been thinking about adding a new tree, fall is a great time to do so. Keep watering them after planting to encourage root growth, add a three inch layer of mulch, but don't put the mulch more than a few inches away from the trunk.
- If you grew sunflowers this summer, leave the seed heads out for the birds to enjoy. September Tasks In fact, many of your perennials, grasses, and shrubs, even your roses can be left to go to seed as October heads our way. Not only are some of these seed pods attractive, they supply food and shelter to birds and other wildlife over the winter.
- Plan next year's garden. Make rough sketches of your flower borders and vegetable plot. Reflect on what worked and what didn't!

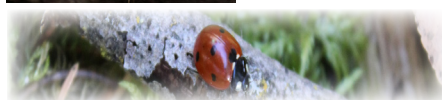
*September gardens are grief and glory rolled into one last hurrah before autumn winds blow in*

*Layla Morgan Wilde*



**Bear's-Head Tooth Mushroom** - Well just look at it. That's a mushroom. This amazing mushroom fights cancer, stimulates nerve growth, and helps kill roundworms. How do we know? Well, some really brave soul found out it was edible.

<https://owlcation.com/stem/10-Most-Wacky-Plants-of-the-World>



### DID YOU KNOW?

- Oak trees do not produce acorns until they become 50 years old.
- Bananas contain a natural chemical that makes people feel happy.
- Algae and mushrooms are not plants but have their own kingdom.
- Onions can make you sleepy if you eat too many at a time since they act as natural sedatives.



September has three birth flowers: the forget-me-not, the morning glory, and the aster. Forget-me-nots represent love and memories, asters represent love as well, and the morning glory represents unrequited love.

**Elephant Foot Yam** - Guess who this cute little guy is related to? Yep, the Corpse Flower. Not only are they related, they also share many characteristics. For example, this guy also smells like a corpse. These elephant-foot yams vary in color, as well. Some are pure white.



The Elephant-Foot Yam might have the edge on the Corpse Flower in wackiness. This odd plant is actually edible. In one Southeast Asian culture they are grown as a delicacy, while in another they are a last-resort food source.

<https://owlcation.com/stem/10-Most-Wacky-Plants-of-the-World>



August 19, 2020

## THE TRUST INVITES FEEDBACK ON DRAFT STRATEGIC PLAN

*Columbia Basin Trust asks for feedback from Basin residents on priorities that will guide future activities*

(Columbia Basin) – Since June 2020, Columbia Basin Trust has been engaging with a variety of stakeholders in the Basin to develop a short-term strategic plan to guide its activities over the next 18 to 24 months. The Trust is now seeking public feedback on the draft plan from all people in the Basin.

The Trust directly spoke with its volunteer boards and advisory committees, local government leaders, and individuals engaged in a range of sectors including business and industry, education, environment, social services, arts, culture and heritage, and youth development. These conversations identified challenges and opportunities in Basin communities, and that input was the basis for developing the draft plan. The Trust is also continuing meetings with Basin First Nations communities and will incorporate this feedback into the plan prior to finalizing.

Now the Trust is asking all people in the Basin to comment on the draft plan via the Trust's website at [ourtrust.org/feedback](https://ourtrust.org/feedback).

"Like so many others, we have adapted our approach to engagement and to planning in response to COVID-19. We appreciate that people took the time to speak with us over the summer and tell us what matters in their communities. I hope all Basin residents now do the same and give us their feedback on how the Trust can support their aspirations," said Johnny Strilaeff, Columbia Basin Trust President and Chief Executive Officer. "This is the Trust's 25<sup>th</sup> year, and public input is as fundamental to the Trust now as it was in 1995."

To read the draft plan and provide input, visit [ourtrust.org/feedback](https://ourtrust.org/feedback) by September 11, 2020 at 4:30 p.m. PT. The Trust recognizes that some Basin residents do not have access to high speed Internet, and invites those residents to call the Trust toll-free to request a hard copy of the draft plan, and to then either share their feedback directly in conversation with Trust staff or in writing to the Trust.

After the Trust integrates feedback from the public into the draft plan, the Trust Board of Directors will review the document at its September meeting, with an aim of sharing the final approved plan in late September.

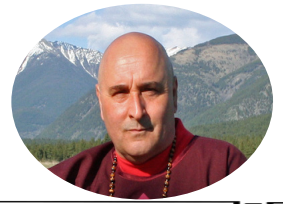
-30-

Photo & Graphic: Basin residents are invited to provide feedback on Columbia Basin Trust's draft short-term strategic plan that will help guide the Trust's activities over the next 18 to 24 months.

### MEDIA CONTACT

Kathleen Hart  
Columbia Basin Trust  
1.800.505.8998  
[khart@ourtrust.org](mailto:khart@ourtrust.org)





**You always get what you are,  
not what you want!**

There has been a great deal of promotion, if not propaganda, about the supposed “magical Law of Attraction” which makes credulous people believe that they could really attract what they want. The reality is very different in that you only get what you are... nothing else. This solid and indestructible assertion was taught to me by my own Self-Realized Spiritual Master. In fact, you never get what you want no matter what, you always and only get what you are, and that has been revealed to be correct in all circumstances, without exception.

That assertion, if you reflect upon it, implies full responsibility in front of everything that has happened, is happening or could ever happen to you. You may not like it, but it is an inescapable fact. No matter what position or situation you are in, you have to accept that you put yourself in it, even your own birth, and that nobody has forced you into it; maybe fear did it but that is still you. My Adi Guru once told me that “everything which is happening to you always corresponds to you”. What is happening to you does not happen to someone else, it is happening only to you. Your life is so special and unique that what is happening to you never happens the same way to someone else and has never happened exactly the same way to someone else in the entire history of creation.

If you always get what you are and not what you want, then the inquiry about who you are and what you are made of becomes the most important and urgent thing to discover. As long as you do not discover what you are, you are going to face incomprehensible situations which you may easily qualify as “unfair”, accompanied by that never answered screaming question: *Why? Why? God. why?*

*Why is it happening to me? Why is it happening to me again? Why do I not get what I want? Why is it so difficult to get what I want?*

It is difficult to get what you want because you are not in touch with what you really are; you don't know what you are. Most of your desires exist outside the reality of what you are. As soon as you know what you are, then you may finally desire or aspire for something that really corresponds to you for your own good. If you want happiness, health, wealth, fame, etc., then do you really possess the qualities to meet and express these desires? If you aspire for such a great and happy life, then you must ask if this corresponds to what you are, intellectually and emotionally? If you want to experience this liberating feeling but your inner being is governed by fear, anger, doubt, remorse and sorrow, then you are not in touch with happiness but with what you fear the most. Is your inner self set for happiness? That is what needs to be worked on.

How many times in your life have you wanted something so badly, and even gotten it at times, yet in the end, you've found yourself disappointed or simply uninterested in it anymore because it didn't really match what you are?

“You get what you are and not what you want” is a perfect explanation for all difficult situations you have encountered in your life. Fear, doubt and hatred are as powerful as confidence, objectivity and love. What is the prevalence of these qualities within you? That's a pertinent question. This can be a very difficult assertion to accept, especially when traumatic events happen to you, like losing a loved one or your job. In fact, if that has happened to you, it is again because, in one way or another, you've put yourself in that situation. And if you suffer from it, it is because

the reality is drastically different from what you expected as a person attached to his possessions, be it material objects, opinions or sentimental or emotional values.

The only solution to stop suffering is for you to become attuned to the real and to accept what the real is offering to you. The outer reality reveals what must be transformed within you. There has never been any kind of punishing God, or any curse against you. The unfoldment of life reveals your true Self more than you think. When you go through a period of prosperity you think it's normal, and when adversity happens, you think it's unfair. None of this is true, as nothing is good or bad. There is only what is happening and the way you recognize and accept it as it is, not as you wish it to be. If you want to change any situation in your life, you need to accept that situation by understanding that it absolutely corresponds to you, even if it is a very difficult one. From this acceptance, knowing that you obtain only what you are, you can focus your attention on developing within yourself all the good qualities of Peace, Joy, Harmony and Love that you want to spread and encounter all around you.

In other words, don't want what you are not, but want in keeping with what you are! From there, all will be okay, as you will find your true way, your own Dharma.

With love and all my support in discovering your unlimited True Nature.

**OM OM OM**

**Venerable Gurudev Hamsah Nandatha  
Adi Vajra Shambhasalem Ashram**

*Visits of the Ashram are by appointment only.  
For more information, please contact the  
Ashram at [ashram@adivajra.ca](mailto:ashram@adivajra.ca) or  
250) 422-9327.*

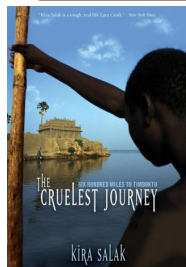


# Wasa Community Library

The library is open Tuesdays. 11:00 - 1:00 or by appointment  
(call Marg Burrin @ 250-422-3565 or Rose Smith @ 250-422-3088)



We close for summer and Christmas holidays submitted by Kimberley Locke



## THE CRUELEST JOURNEY: SIX HUNDRED MILES TO TIMBUKTU

- by Kira Salak

Kira Salak is fascinating. She is an extreme adventurer who has traveled alone to all corners of the globe - as an investigative journalist, an adventurer, and a National Geographic funded explorer. This book is about Salak's solo paddle trip through Mali (in Africa), along the same route the explorer, Mungo Park, took in the late 1700s - and a route that no westerner has attempted since.

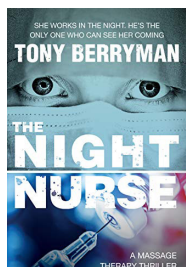
Salak learns that in many areas of Mali, not much has changed in the 225 years since Park perished on his journey. She magically and seamlessly weaves cultural insights and historical learnings throughout her storytelling as she recounts her 600km journey down the Niger river.

She tells of the dangers of the river, about witchcraft and sorcery, of villages that have never seen a westerner and villages that have been exposed to the worst of western society. The book ends with Salak able to fulfil her final mission, buying two slave women to set them free.

What sets this book apart from others of the same genre is that Salak holds a PhD in English, and her remarkable command of the written word adds a level of depth and interest that is rarely found in adventure stories.

Salak's courage, persistence and sense of discovery encourages the reader to push their own limits, whatever that may look like, and seize opportunities to live life to the fullest.

What is a librarian's favorite thing to grill during the summer? A shhhhh-kabob  
What do you call a sunburned librarian? Well red  
Did you hear about that librarian who bumped her head? She had no one to blame but her shelf



## THE NIGHT NURSE

- by Tony Berryman

Berryman's novel is a massage-therapy thriller in which Jackson - a massage therapist with an obsession for patterns - notices similarities in the deaths of his elderly patients. Meanwhile Wendy - a nurse "who cares far too much about her patients' pain and knows a hundred ways to move them beyond it" and who heads west every time someone begins to suspect her - is tired of running.

"These two start spiralling towards each other and they can let each other go. They're both totally committed to their paths," he said.

Berryman, a former massage therapist himself, thought his previous profession needed a hero. He was also struck by how much access he had to clients and their homes as a travelling massage therapist.

"I got a sneak peak at the insides of people's lives," he said. "For me one of the best things about it was I got to look at people's bookshelves. It was a tremendously rewarding career and I have very fond memories of that time."

Berryman said COVID-19 hasn't changed much for him beyond his book launch plans.

"I tend to be a stay-home introvert, and I was already between jobs, so the biggest changes I see are not being able to visit friends and no cafe coffee," he said.

Berryman's book is available online or readers in the valley can reach out to him to order a physical copy at [nightnurse@tonyberryman.com](mailto:nightnurse@tonyberryman.com). While book launches may not be allowed in this time of social distancing, reading certainly is.

<https://www.columbiavalleypioneer.com/news/the-night-nurse-local-author-chooses-to-launch-massage-therapy-thriller-during-covid-19-pandemic/>

## The Wasa Recreation Society

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

- Hall Rentals and Information: Karen Markus 250.422.3514  
Bonnie Meena 250.422.3795
- Gym-Sonia Blackwell 250.421.3019, Rod 250.422.3253
- TOPS Fridays 9 am - Susan 778.524.0012
  - Library-Judy McPhee 250.422.3766
- Quilter's Club Tuesdays 10-4 - Linda Sungaard 778.524.4456
- Check the monthly calendar for BINGO's dates on the **2<sup>nd</sup> Tuesday of each month** at the Wasa Hall.
- Early bird starts at 6:30 p.m. and regular at 6:45 p.m.

## Bruno's Plumbing Service

Mike Sylvestre  
250 342 5105  
brunosplumbing@shaw.ca



Serving The Columbia Valley

Many of you have a story, adventure, or life stories about people you know in our area, that happened in years past. And you are eager to share so that the history is not lost. I would like to include them in the "Following the Trails of Yesterday" page. Please phone me if you would like to contribute to the column at 250.422.3766 or email me at -- judymcphee9@gmail.com -- or contact the Buzz directly @ trivillagebuzz@gmail.com

## Tips & Tricks

*Tell me some of yours....*

**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  
Box 779, 6102 Wasa Lake Park Dr., Wasa, BC  
Summer hours: 8:30-5 M-F; 9-5 Sat and 10-4 on Sundays - May to Sept. 2

**Authorized Dealer for:**

- Large ornamental grasses can be daunting to trim back each fall. Make the job quicker and smoother by wrapping a bungee cord around each clump of grass before pruning. The cord will neatly collect the clippings, making them easier to move away from the area when you're done.
- If you put a damp sponge in the microwave for 90 seconds on full power, you'll reduce the amount of bacterial on it by [up to] 99 percent
- Put a couple of denture tablets in your coffee maker, where the water goes, and run a couple of cycles in your machine—this will clear out any gunk that could be formed on the inside
- That grime stuck to your cookie sheets and frying pans is no match for your dryer sheets. Put the dirty item in the sink with soap, warm water, and a dryer sheet, and leave for an hour or two. When you rinse with clean water afterward, the mess will go down the drain, too!
- Don't want to ruin your precious cast iron skillet by cleaning it with soap? Break out a spud instead! Pour some coarse salt into the cast iron pan and use half a potato to rub it in until that mess has broken up and can be rinsed off.
- Use lemon (or grapefruit) & salt to scrub your shower stall; cut a lemon in half, dip one half in salt, and scrub away! The abrasives of the salt and the acidity of the lemon eats away the soap scum and mineral build up.



## As We Begin to Prepare for Winter - So Do the Bears

As the summer season ends, the air becomes crisp, leaves change and fall from trees, and bears become more active. They're on the hunt for food. During the fall months, bears eat and drink nearly nonstop. They need to put on weight to prepare for winter and hibernation. This process is called **hyperphagia**.

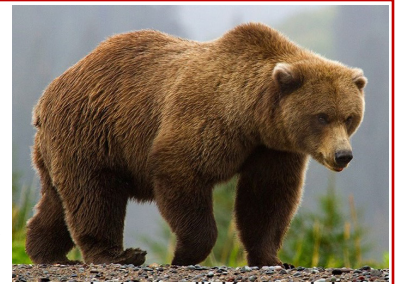


photo credit Kevyn Jalone

During hyperphagia, bears are very active and many visitors have a chance to see them in action. But do not feed the bears! Bears that eat human food can lose their preference for natural food sources and their fear of humans. Make sure to always practice bear safety when storing food. When presented with food sources out in the open prior to hibernation, they'll feast on anything they can get their paws on such as:

- Food remnants in trash cans or barbecue grills
- Birdseed
- Compost piles
- Pet food
- Livestock feed
- Fallen fruit

For you fall campers out there, you need to be more cognizant of food storage during this time or you run the risk of Yogi trashing your campsite. Lock food in your car or store it high and far from your campsite and never leave food in a tent. If a campground has bear-proof trashcans, use them. Be sure to also keep a safe distance from a bear if you see one, and remember that it's illegal to feed them.

<https://www.nps.gov/media/article-search.htm#q=bear%20aware>

### ***KEEP THEM OUT!!***



Rodents are one of the most common pests that come into our homes in the winter. Rodents are in search of 3 things – food, water, and shelter – and they can find all 3 of them in and around our homes. Squirrels, raccoons, rats, and mice are some of the most frequently seen rodents in the colder months. Rodents can cause significant damage to property and can also be a big health risk to humans. Prevention is critical in managing and preventing an infestation of rodents. Check out these tips to keep the rodents out this winter:

**Put A Lid On Your Trash:** If possible, use trashcans made of metal with snug fitting lids. If you must use plastic, make sure there are no holes in it.

**Put Up Your Pet Food:** Store pet food and birdseed in glass or metal containers with tight lids. Make sure to remove them at night and store them away until morning. Make sure to pick up any fallen fruit or nuts off the ground outside your home, as well. Remove standing water from bird feeders.

**Elevate Your Compost:** Raise your compost container at least 1 foot off the ground.

**Keep Your Garage Clean:** Rodents like to eat lawn seed, tulip bulbs, bone meal, and other items frequently used in gardening. Make sure they are stored in glass or metal containers with tight lids.

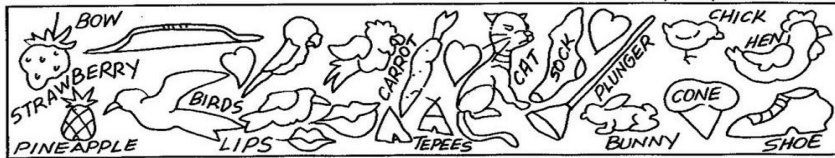
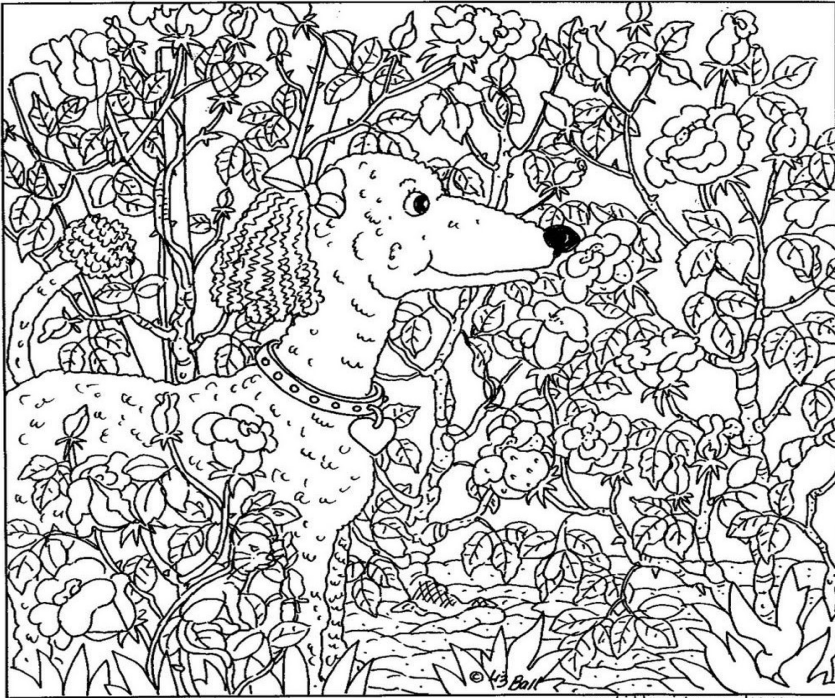
**Keep firewood a good distance from the house:** Organize and store boxes in the garage off the ground to eliminate nesting places.

**Clean The Kitchen:** Keep food stored in tightly sealed containers. Clean up spilled food and crumbs nightly.

**Keep Your Home Maintained:** Make sure openings around your home are properly sealed. Keep your gutters clear of debris and water. Screen your attic vents. Keep screens on windows and doors in good repair and replace when needed.

<https://www.callnorthwest.com/2017/12/keep-rodents-winter/#>

# Oodles of Fun!



Hidden Picture Puzzle by Liz Ball  
<http://www.hidden-pictures.com>  
<http://www.poodleanddoodle.blogspot.com>

## Trees Word Search

W R O W I H A A Z H M A T G C  
 A T S I U R P O N U S H W D A  
 A T K L A R P T G L A A D O A  
 N O R L S Y L T R W L L O R W  
 E S P O C H E S T N U T G A A  
 D O O W D E R H U R I F W I K  
 P C L N W C O T T O N W O O D  
 P K Y S E R M R D H I C O U I  
 M R R P N N A O S T P P D Q L  
 H L R R R D C A P K A L D E R  
 O A E U E E Y A L C K L E S H  
 H R H C N U S N O U N P U K A  
 A C C E O P G S Y B I R C H W  
 T H A Z E L P A M N H W R D L  
 D C I N C E S W E Y C U D N T

Alder	Cottonwood	Pine
Apple	Cypress	Poplar
Ash	Dogwood	Redwood
Aspen	Elm	Sequoia
Birch	Fir	Spruce
Buckthorn	Hawthorn	Sweetgum
Cedar	Hazel	Sycamore
Cherry	Larch	Walnut
Chestnut	Maple	Willow
Chinkapin	Oak	Yew



## Sports Word Scramble



1. lfog \_\_\_\_\_
2. elkbaatbbs \_\_\_\_\_
3. ocserc \_\_\_\_\_
4. nntsie \_\_\_\_\_
5. balsable \_\_\_\_\_
6. teaark \_\_\_\_\_
7. gbryu \_\_\_\_\_
8. botafoll \_\_\_\_\_
9. rwate oopl \_\_\_\_\_
10. igsnrwetl \_\_\_\_\_
11. hoceyk \_\_\_\_\_
12. scroasel \_\_\_\_\_
13. rkatc \_\_\_\_\_
14. lbfsloa \_\_\_\_\_
15. gwimnsim \_\_\_\_\_
16. srocs uroyctn \_\_\_\_\_
17. xoinbg \_\_\_\_\_
18. lqutlrecbaa \_\_\_\_\_
19. ivgnid \_\_\_\_\_
20. ngnecif \_\_\_\_\_

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

## Do you feed the birds throughout the winter?

### Do you buy your suet? or make your own?



Suet attracts many insect-eating birds, such as woodpeckers. But nuthatches, juncos, chickadees and jays will also stop at backyard feeders for a high-fat treat. True suet, and especially the kind made with animal fat, provides a good source of energy for many feeder birds.

**Easy suet recipe:** 1 cup rendered suet                      1 cup chunky peanut butter  
3 cups ground cornmeal                      1/2 cup white or wheat flour

Optional ingredients: Insects, such as dried mealworms, flies, or crickets

Dried fruit bits or whole, unsweetened raisins or cranberries

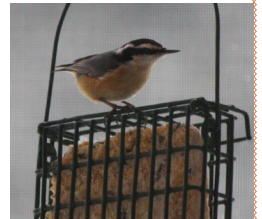
Birdseed                      Kitchen scraps (use only very limited quantities)

Chopped, unsalted nuts, especially peanuts (do not use coated or flavored nuts)

Melt the suet and peanut butter together until they are smoothly blended and liquid. Add the cornmeal and flour, mixing well. These ingredients will make the suet more crumbly and easier for birds to eat, as well as less messy in the yard. Allow the mixture to cool slightly to thicken, then pour it into molds or containers to use. Refrigerate or freeze suet until it is firm and you are ready to use it. Extra suet may be kept frozen for several months until needed. While a simple bird suet recipe is useful, adding different ingredients to the mixture before it cools can make it more attractive to birds. These are the easiest items to add to simple suet to make it even more tempting for your birds. Experiment with adding other ingredients to discover what your birds find most appetizing, and you'll soon have plenty of suet-eaters at your bird-friendly buffet.

**Pseudo Suet Recipe:** 2 cups shelled, unsalted peanuts  
1/2 cup raisins                      2 to 3 tablespoons cornmeal

Process peanuts in a food processor until they're the consistency of peanut butter. Then add the raisins and process for another minute. Add the cornmeal and process again. Press this mixture into a mold of your choice. This recipe will have the greatest nutritional value for your feathered friends.



**Out on a Limb:** 1 c cornmeal                      1 c sugar                      1/2 c flour                      3/4 c water

In a medium bowl, mix the dry ingredients. Then add the water, and mix. Put peanut butter and lard in a small bowl and microwave for 2 minutes. Add to the cornmeal mixture along with the raisins. Refrigerate for about two hours.

Spread the suet on tree limbs so more birds can get to it at one time. The birds can't get enough of it, even the juncos.

**Tropical Treat:** 1 cup lard                      1 cup peanut butter                      1/3 cup coconut                      2 1/2 cups oats  
2 1/2 cups cornmeal                      Raisins, nuts or birdseed, optional

Melt lard and peanut butter. Stir in coconut, oats and cornmeal. Add optional ingredients. Pour the mixture into a pan and chill in refrigerator over-night. Cut into squares and wrap in plastic for easy storage and removal.

Attract woodpeckers, as well as chickadees and nuthatches, with this suet recipe made with coconut. The best part is this suet mix won't melt when it's warm outside.



<https://www.birdsandblooms.com/birding/attracting-birds/feeding-birds/make-homemade-suet/>

<https://www.thespruce.com/simple-bird-suet-recipe-386579>

# September 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> ○	<b>2</b>	<b>3</b>	<b>4</b> 	<b>5</b>
<b>6</b> Church 10:30 a.m.	<b>7</b> 	<b>8</b> Quilters 10-4	<b>9</b>	<b>10</b> ◐	<b>11</b> Tops 9 a.m.	<b>12</b>
<b>13</b> Church 10:30 a.m.	<b>14</b>	<b>15</b> Quilters 10-4	<b>16</b>	<b>17</b> ●	<b>18</b> Tops 9 a.m.	<b>19</b> 
<b>20</b> Church 10:30 a.m.	<b>21</b>	<b>22</b> Quilters 	<b>23</b> ◐	<b>24</b>	<b>25</b> Tops 9 a.m.	<b>26</b>
<b>27</b> Church 10:30 a.m.	<b>28</b>	<b>29</b> Quilters 10-4	<b>30</b>			

## LEGEND.

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

## Special Events and Days Down the Road

- Sept 15 - possible Wasa Lions mtg.
- Sept 21, 7 pm WLLID Board mtg.
- Sept 24, 10 am Wasa Memorial Garden AGM
- Bingo - Second Tuesday in June, July, August, September & December - cancelled until further notice
- Second Wednesday - Coffee & Play cancelled until further notice
- Quilting cancelled until further notice

## NUMBERS AT A GLANCE

Ashram Meditation & Yoga.....250.422.9327  
 BC Wildfire .....\*5555 ...or.. 1.800.663.5555  
 Brunos Plumbing.....250.342.5105  
 Catamount Contracting.....250.422.3694  
 Cranbrook/Kimberley Hospice...250.417.2020  
 Conservation - Emergency ... 1.877.952.7277  
 Econobuilt.....250.421.7813  
**EMERGENCY.....1.800.663.5555 (\*5555)**  
 Hi Heat Insulating.....250.422.3457  
 HD Railings.....250.422.3457  
 Kootenay Kwik Print.....250.489.4213  
 Kootenay Monument Installations....422.3414  
 Lantz Farm (Hay).....250.420.1660  
 Rascal Dock Systems.....250.421.1746  
 TOPS.....778.524.0012....422.3686  
 Wasa 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  
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