



FREE MONTHLY PUBLICATION



TRI-VILLAGE BUZZ

October 2022 ISSUE 255

Visit: www.wasalake.com

Bullying: Who is at Risk?

The kids have been back in school almost a month now and I'm sure there have already been parents who have had to address the issue of bullying.

"bullying:

*seek to harm, intimidate, or coerce
(someone perceived as vulnerable)"*

But perhaps you're a new parent and don't realize what the signs are that your child is being bullied.

Warning Signs:

- Your child comes home with torn, damaged, or missing pieces of clothing, books, or other belongings - has unexplained cuts, bruises, and scratches
- Has few, if any friends, with whom he or she spends time
- Seems afraid of going to school, walking to and from school, riding the school bus, or taking part in organized activities with peers - finds or makes up excuses as to why they can't go to school
- Takes a long out of the way route when walking to or from school
- Appears sad, moody, teary, or depressed when he or she comes home - complains frequently of headaches, stomachaches or other physical ailments
- Has trouble sleeping or has frequent bad dreams - experiences a loss of appetite
- Appears anxious and suffers from low self-esteem

<https://www.stompoutbullying.org/tip-sheet-signs-your-child-being-bullied>

If you have noticed any of the above, I strongly encourage you to take the time to talk to your child (although the nature of bullying is to keep the 'victim' from identifying them). And if your child denies there is anything going on, take the time to speak to teachers, etc. at the school. It is so much better to be wrong, than have bullying of any kind continue throughout the school year.

What do bullies look for in a 'victim'?

- Kids who are good at what they do might get bullied, because they get a lot of positive attention from their peers and from adults.

continued pg 4



INSIDE THIS ISSUE

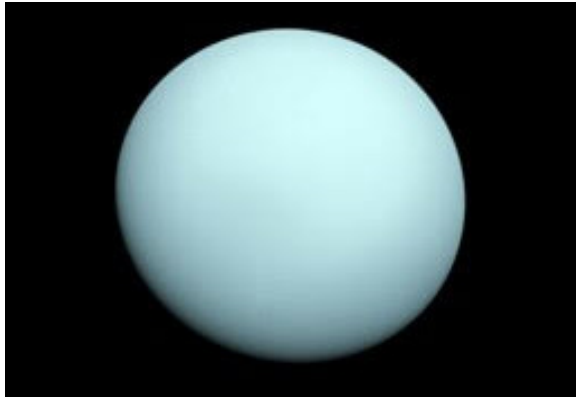
When the Moon Hits Your Eye	2
RDEK	6
Bear with Me	7
Wasa Country Breakfast	7
Memorial Garden	11
Tops Spot	12
WLLID	12
Wasa Community Church	14
News Release	15
Words of Wisdom - Ash-ram	16
Lion's Roar	17
October Calendar	18



WHEN THE MOON HITS YOUR EYE

submitted by Barry Morvai

Hello you people and hello October. Now that the fall harvest is behind us, its time to think about firing up the ol' wood stove cause of the cooler nights. You would, however, need a fair bit of wood if you wanted to stay warm on Uranus, where the average temperature is -195 C. YAthat's chilly, even by Canadian standards LOL. Many a "butt" joke has been made about the 7th planet from the sun, and many memes as well, but in all seriousness, Uranus is gassy funny yes, but the atmosphere is mostly hydrogen and atomic helium with a small amount of methane. This planet is about 4 times larger than mother earth and sits



about 2.9 billion KM's from the sun. Although it only takes 17 hours to rotate, it rotates east to west (like Venus), but also on its side. If you thought a year was long here, try 84 to make its journey around the sun. The icy giant has 27 known moons and also 13 known rings. The inner rings are narrow and dark and the outer rings are brightly colored. Uranus is unable to support life and has only been viewed by voyager 2 during a flyby. No spacecraft has orbited the planet to study it up close.

Pic courtesy NASA/JPL

So now you're caught up on the planet we call Uranus no laughing how bout we see what's going on in the night sky for October

October 7- Draconids Meteor Shower. This minor shower only produces about 10 per hour and is a result of dust grains left behind from comet 21P Giacobini-Zinner, discovered in 1900. The best viewing for this shower is early evening as opposed to early morning, like most other showers. This shower runs annually from October 6-10 and peaks on the evening of the 7th.

October 8 - Mercury will be at its highest point above the horizon in the morning sky. Look for it low in the east just before sunrise

October 9 - Full moon. This moon is known as Hunters Moon as this is the time of year where the game is fat and ready to hunt. Other names for this moon are Travel Moon and Blood Moon. Some other names are Drying Rice Moon, Seed Fall Moon and Sanguine Moon (which is another name for blood moon, but should not be confused a total lunar eclipse Blood Moon).

October 21,22 - Orionids Meteor Shower. This is an average shower producing up to 20 meteors per hour. It is produced from dust grains left behind from comet Halley. This shower runs annually from Oct 2- Nov 7, but peaks on the evening of the 21st. Meteors will radiate from the Orion constellation, but can appear anywhere in the night sky.

October 25 - New Moon. As always, the best time to observe celestial objects in the night sky, as the skies will be nice and dark unless its cloudy. 😞

Also on the 25th is a partial solar eclipse. I only put this in so you can amaze your friends with this information, but it will only be visible in western Russia sorry.

So that's it for October. I hope you're feeling a little smarter after this I know I am whether I remember or not is another story happy viewing. 😊





ADAMS ARMY CHARITABLE FUNDRAISER FALL FAIR, BAKE SALE & SPAGHETTI DINNER

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ROXANNE @250-421-2244

Bullying, continued

- Kids who are intelligent, determined, creative. At school, these students go that extra mile on schoolwork. Or they learn very quickly and move through projects and assignments faster than other students.
- Children who are introverted, anxious, or submissive are more likely to be bullied than kids who are extroverted and assertive.
- Many victims of bullying tend to have fewer friends than children who do not experience bullying. They may be rejected by their peers, excluded from social events, and may even spend lunch and recess alone.
- Sometimes bullies target popular or well-liked children because of the threat they pose to the bully.
- Almost any type of physical characteristic that is different or unique can attract the attention of bullies. It may be that the victim is short, tall, thin, or obese. They might wear glasses or have acne, a large nose, or ears that stick out. It really doesn't matter what it is, the bully will pick a feature and distort it into a target.

<https://www.verywellfamily.com/reasons-why-kids-are-bullied-460777>

By the above points, it appears everyone is at risk of being bullied!! Any characteristic can be a target, depending on what insecurities the bully has No one is immune!

And what if you find out your child is the bully?? "Not my Suzy, or Johnny!!" Well, maybe.

What are some of the character traits of a bully?

- Bullies may attempt to shift blame to the victim rather than themselves.
- Children who bully often don't have a shortage of friends. In reality, they usually have a large network of friends and a smaller, intimate group that encourages bullying behaviour.
- Children who are hot-tempered, easily frustrated, impulsive, prone to fighting, and lack empathy towards others have a higher risk of being bullies.
- Has your child been a victim of bullying? This may be a trigger to their becoming a bully.
- If a child is in a home where they're seeing violence, or they too are victims of violent behaviour, they are more likely to react violently in pressure situations.

<https://www.readersdigest.com.au/true-stories-lifestyle/parenting/10-warning-signs-your-child-is-a-bully>

So what do you do? Talk to them. See if you can find out what the underlying reasons is/ And if you are unsuccessful with that, it may be necessary to set up counselling sessions for your child. Next, get specific about what you want to see instead. Ie, if your child excludes other kids, let them know that you expect them to say yes when others ask to play with them. Set clear consequences for their actions. Most importantly! set up a clear, loving line of communication between you and your child. Knowing they are loved and accepted, but their behaviour is unacceptable is important. Separate their actions from who they are and what they mean to you.

Bullying Outside of the Schoolyard:

Bullying is not exclusive to the school yard - as I am sure many of you realize. And the bullying you experience as an adult can be as traumatic as that experienced as a child.

"Bullying is an ongoing and deliberate misuse of power in relationships through repeated verbal, physical and/or social behaviour that intends to cause physical, social and/or psychological harm. It can involve an individual or a group misusing their power, or perceived power, over one or more persons who feel unable to stop it from happening."

<https://www.ncab.org.au/bullying-advice/bullying-for-parents/definition-of-bullying/>

Bullying as an adult can take the form of physical abuse. But it happens more often in person or online, via various digital platforms and devices and it can be obvious (overt) or hidden (covert). Bullying behaviour is repeated, or has the potential to be repeated, over time (for example, through sharing of digital records). One-time occurrences are not considered bullying.

Bullying can be experienced in a workplace, in an intimate relationship, with a neighbour, a business acquaintance, and sometimes even a friend. What defines an adult bully is if they regularly make you feel oppressed, belittled, humiliated, or de-energized. You feel forced into choices and decisions you would otherwise be reluctant to take; if you took them at all.

Bullying and harassment are very similar; and neither are acceptable at any age. If you know of someone being bullied, take the necessary steps to stop it. If you are being bullied, tell someone, seek help, even to go so far as to report it to the RCMP.

No matter who you are, what end of the bullying 'spectrum' you may be on, whether its your child or yourself: **Let's put an end to bullying!**

"Only today," he said, "today, in October sun, it's all gold - sky and tree and water. Everything just before it changes looks to be made of gold."
Eudora Welty

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




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

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Assessment of recreational use on the lake.

I have been receiving calls from many concerned residents with varying options. Many people want to maintain the present use on the lake, while some want some of the watercraft removed from various areas.

I have heard various options from these people, so I think if we have a non-biased person do a survey for a 4 week period next summer, everyone will have better knowledge on the recreational use on the lake.

I also would like the surveyors to take photos of the shoreline so we can see if there are any changes from 11 years ago.

When we did the SHIM (Shoreline Habitat Inventory Map). Over the years I have heard many complaints from residents about their shoreline eroded by the wake.

I attended the WLLID meeting to inform their Board what I was planning to do because I felt that since water quality and quantity is their mandate, they would like to receive a copy of the survey when finished.

During the meeting a Board member asked about doing more environmental testing. I suggested maybe we could work together at getting some of the other studies they would like to proceed with. This would have to financially be paid for by both groups and maybe some grants.

Mosquitoes

I have also received calls about mosquitoes still making residents uncomfortable. So I have asked the contractor to submit an explanation.

I want to thank everyone who volunteered at the Pancake breakfasts this year. The funds that were raised help the various groups to continue supporting the Wasa and area community.

I hope everyone has a great month. Please call me or email me if you have any concerns. 250-427-2577 / s.janewalter@gmail.com

Thanks Jane Walter

Mosquito Explosion Explanation from Dirk Lewis - Owner/Biologist, Morrow BioScience Ltd.

"As the freshet season ended, and the heat descended across the region, a new kind of mosquito began bothering many properties. Nature turns into a mosquito productivity festival in many backyards.

Any pocket of water, from the tidbits in trays under plant pots, to discarded tires, to abandoned play pools for kids...mosquitoes of many varieties will find and take advantage of the water that lays about. Remember, a tiny bit of water will create an annoying batch of mosquitoes.

This current batch of mosquitoes should be gone by the time this is printed. It is a good time, before the rains come, to look around your properties for standing water that may have contributed to the late season hatch of mosquitoes. Starting now to prepare for the next season will help keep late season mosquitoes at bay.

As we settle in to review this past season and plan for our next, we'd like to take this opportunity to thank Kendra Lewis for her many years of dedicated service. Kendra will step back and take more time with her growing family. Never fear, though - Kendra isn't going to be far away, and will be consulting to ensure a smooth transition for the program."

Bear With Me



I know most of us know all the rules and behaviours to follow to be safe while our local omnivores travel far and wide, stuffing themselves with everything they can get their paws on to fatten up before their big sleep. But for anyone who may be new to the area, here are some tips you may find valuable.

Bears are attracted to prime sources of food and can be aggressive towards possible competitors, which includes humans. So it is very important we keep all of the attractants to a minimum, especially at this time of year. Keep garbage secure until you can take it to the landfill. Give bears lots of space as they feed on whatever they can before they hibernate for the winter.

- Harvest ripe fruit and pick up windfalls
- Store pet food and livestock food securely
- Use bird feeders only in the winter

To reduce the risk of bumping into a bear at close range, you want to be making noise with your voice. Bear bells are not effective. They don't identify you as a person and the sound is quiet and doesn't travel very far. It's important to be louder than normal as the bears are so focused on feeding this time of year.

Another Year of Wasa Country Breakfasts

It was great to have the Wasa Country Breakfasts back every Saturday this summer. We served 3218 breakfasts this summer. Starting on May 21, then every Saturday from July 2 to September 3. Wasa Lions served the most breakfasts on July 30 (August long weekend), serving 412 breakfasts. Way to go Lions!! And entertainment on most Saturdays.

This fundraiser is a great way to support our local community groups. This year's participants were St. Mary's Rural Association, Wasa Recreation Society (operating the Wasa Community Hall), Wasa Memorial Garden & Historical Society, Wasa Gym, Wasa Country Quilters, Wasa and District Lions, Wasa Lakers Ball Team, Wasa Volunteer Fire and Suppression Group and Wasa Community Church. There were many volunteers within these groups that worked more than one breakfast to support each other.

A big thank you to our entertainers this year; Jon Bisset, MR.KD, Judy Grant, Angry Lola and the Bad Dates, and Dwane Vogel.

Thanks to our community members, out of town visitors, our summer residents and local vendors that supported this fundraising endeavour, we couldn't have done it without you!

Hope to see you next year.

Karen Markus / Bonnie Meena
Wasa Country Breakfast Committee

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necessarily
have the time,
♥ *they* ♥
just have
the *Heart*

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Cold Beer ↗ **Wine & Spirits**
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Lotto ↗ **ATM**
Gas & Diesel ↗ **Propane**
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Tuesday - November 29 - Christmas Bingo! **Wasa Community Hall**



Doors Open at 5:30
Early Bird 6:30
Regular Bingo 6:45
Concession

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

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

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

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

Please call Debbie at 250-426-9791
if you can help this year or next year.
We desperately need YOU

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

- **Hall Rentals and Information:** Karen Markus 250.422.3514 or Bonnie Meena 250.422.3795
- **Gym:** Sonia Blackwell 250.421.3019 or Rod 250.422.3255
- **TOPS:** Susan 778.524.0012
- **Library:** Marg Burrin 250-422-3565
- **Quilter's Club:** Linda Sundgaard 250.421.0843
- In addition, BINGOs are held the 2nd tuesday of the month - 6 months of the year, at the Wasa Hall. See details in the calendar. Early bird starts at 6:30 p.m. & regular at 6:45 p.m.



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Vote

Berg, Nowell

Area E Director

Oct 15th

- **Effective representation**
- **Transparent activities**
- **Extensive communication**
- **Public consultation**



Re-Elect Jane Walter



My Commitment

To work with, and assist all the citizens of Area E to the best of my abilities. To respect and maintain the land and its communities. I will continue to try to get back to everyone with concerns or questions, promptly.

My Accomplishment and Current Projects

- Worked with Meadowbrook citizens to form the Area E, Cherry Creek Falls Park
- Worked with the owners, residents and RDEK Staff to create the St. Mary's Lake Park
- Worked with the Wasa Lions and the Wasa Recreation (Hall) to create a Recreation Tax which is to be used for utilities, insurance and maintenance for existing structure
- I have been able to help with funds to allow the various groups to do projects.
- I have worked closely with Columbia Basin staff on many projects throughout Area E.
- I have worked with Wasa FireSmart group and St Mary's FireSmart in various ways to assist them.
- Presently I am appointed on two committees Columbia River Treaty Local Government and CBRAC committee
- As part of the RDEK with the Columbia Basin we were successful in an application for funding grants which will allow us to build the main line from Kimberley to the Wasa Turn-off. This is referred to as the backbone fiber project, which will help to provide affordable internet for residents in these areas.
- I will continue to work with all groups, and people of Area E.
- I will Continue to encourage all property owners, to Fire Smart around their homes.
- We are presently working with the City of Kimberley about providing Fire Protection for Wycliffe and St. Mary's Lake Road. Many of the residents in these two areas have requested fire protection.
- I represent Area E on the Hospital Board. The Board is working toward building an oncology ward, and a larger area for dialysis. I also have been involved in trying to recruit more family doctors to our area, and voiced my real concerns over the ambulance shortage.
- I will be implement a survey next summer to observe and find the effects of recreational use at Wasa. This will be to address the concerns of parties, and they're view points, around Wasa Lake use.

Wasa and District Historical Assoc. & Memorial Garden Group

submitted by - Kate Kelly

The Wasa & District Historical Association and Memorial Garden Group held their AGM on 8 Sept. where 8 new members were welcomed. Thank you to the many volunteers who braved the high heat and thousands of mosquitos during the summer months to help make the garden as beautiful as ever... it most certainly showed! Given that the garden is looking so good, we will not be required to do a clean-up this fall. A spring clean-up will be scheduled for 2023.

The Memorial Garden is always happy to welcome new volunteers. Please contact Sherry Shields at our new email address: wasamemorialgarden@gmail.com to have your name added to next summer's gardening maintenance schedule.

If interested in volunteering at the garden please contact
Sherry Shields @ 255-919-7887 ©
or email slshields27@gmail.com



“Autumn shows us how beautiful
it is to let things go”

~unknown

2019 Columbarium Niche & Plaque Costs

UNIT 1 Columbarium

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

UNIT 2 Columbarium (new)

Niche cost - \$1100.00 + engraving

Niche Engraving - \$275.00
Memorial Plaque - \$300.00
(engraving costs are subject to change)

Contact info:

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

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Vendors Wanted

Christmas Arts & Craft Sale

Saturday November 26, 2022
10:00 a.m. to 4:00 p.m.
Wasa Community Church
Box 69
6734 Hwy 93 Wasa BC V0B 2K0

Space limited

Confirm table rental by mailing \$20 to the address above by Oct. 1, 2022

Church appropriate items please

For more information call
Judy Grant or Trinda Tarling
1.250.422.3433 1.250.793.9491



TOPS SPOT

submitted by - Sonia Blackwell

Wouldn't it be nice if there was a magic pill that could reduce your risk of cardiovascular disease and type 2 diabetes, improve your mood, improve your ability to do everyday tasks, reduce feelings of stress and help control your weight?

It only takes 30 minutes to start working and it'll improve your quality of life more than any drug on the market. Okay, so we don't believe in magic pills at TOPS, but we do know that regular exercise is about as close to taking a magic pill as you can get, and the side effects can help you live the best life possible. It's a matter of mind over matter. If your mind is ready, your body will follow. We all have days when we would rather sit on the couch or stay in bed than get up and exercise, but being healthier does not have to be about sweat, pain and hours at the gym. When you start thinking as exercise as less of a chore and more of a way to help you live your best and healthiest life possible.

There is no "one-size-fits-all" approach when it comes to fitness. You have to find what works best for you, based on what you like doing, what fits your life and what your doctor recommends as safe and effective for you, given your current level of fitness and health history.

You may shy away from exercise because you're worried that you can't do it, it's too hard, or you'll look silly trying. The good news is that there's a form of exercise for everyone, and we all have to start somewhere. You may need to break free from months or years of sedentary habits and start seeing yourself as an active person, maybe for the first time. Just do what you can. When you just begin any activity it's better than nothing. What's important is choosing activities you enjoy and staying with them.

Build your activity slowly. Walk to the mailbox or around the house or block, mow your lawn, walk around the mall, park further away. Turn on your favorite music and dance, clean your house, march in place while watching your shows, walk up and down stairs. Every little bit helps. Slowly you will be able to do more and more.

I joined TOPS when I discovered I couldn't get down on the floor to play with my granddaughter and get back up. I started going to the gym and with TOPS help lost 65 pounds. I build up my exercise slowly, ate healthier and definitely started feeling better.

Don't forget the Wasa hall has a great gym and is always looking for more members to commit to coming regularly. Contact me 250 421-3019 for more info.

Start moving and get healthier today.

Information from this article comes from the TOPS Manual "REAL LIFE- the hands on pounds off guide"



AGM Wednesday September 28th, 2022 at 7pm

The Wasa Lake Land Improvement District (WLLID) will hold its Annual General Meeting at the Wasa Community Hall. The Board will present financial statements and report on the past years

activities.

A resolution to alter the WLLID's mandate will be presented for consideration and vote. This resolution will ask the Ministry of Municipal Affairs to delete a reference to mosquito control as a function of the WLLID.

The election of one Trustees position will take place.

New CO

The Board announces that Lori Vandette has been hired as the Corporate Officer of the WLLID. Lori lives at Wasa and may be known to some as the editor of the Tri-Village Buzz. The Board looks forward to working with Lori to undertake activities relating to the mandate.

We also wish to thank Becky Knight for her participation and energy over the past year, and hope that she will continue with the WLLID in some capacity. All the best, Becky.

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

GYM HOURS AND INFO

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



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October, here's to you. Here's to the heady aroma of the frost-kissed apples, the winy smell of ripened grapes, the wild-as-the-wind smell of hickory nuts and the nostalgic whiff of that first wood smoke.

Ken Weber

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Wasa Community Library

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

We close for summer and Christmas holidays

Located in our Community Hall,
Wasa Community Library will open

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

We have a wide variety of books for you to browse through and borrow.
The library will be open every Tuesday except holidays.

The Library Volunteers:
Marg Burrin & Rose Smith
Thank you



Now offering First Aid Courses in Ta Ta Creek!

WorkSafe BC:

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Red Cross:

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Emergency First Aid,
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****Abiding by all COVID-19 safety rules****

Please call: 778-677-0124
Email: info@arkangelski.com
Visit: www.arkangelski.com



Wasa Community Church

You ever hear someone well-known drop the words, “Don’t you know who I am?” It’s not a good look for them. We tend not to appreciate those who feel entitled enough to break the rules and think they shouldn’t have any consequences based on their position in society.

Have you had a teacher that feels so above his students that he won’t even hear their ideas out, assuming his own are better? It’s one thing for him to reject ideas after discussing them, but it’s another thing entirely to dismiss them based on feeling their position is inferior to his own. We tend not to appreciate those who find more value in propping up their own ideas than actually doing what’s best.

Any position of authority a person is put into can become a place where they’re tempted to believe others are beneath them, and it’s so common to see big names and leaders in this world act upon that, treating others like they actually are beneath them. However, when looking at Romans 1:11-12, I actually find it quite encouraging to see Paul’s attitude toward the people of the church. He says, “... *I long to see you, that I may impart to you some spiritual gift to strengthen you— that is, that we may be mutually encouraged by each other’s faith, both yours and mine.*” This is one of the most important people in the history of Christianity, yet he doesn’t treat Christ’s other followers as if they have nothing to offer. He wants to help strengthen them, looking to their benefit, while also being open to what they might have for him. I think we can learn from that.

Knowledge isn’t much without wisdom, and wisdom should indicate that even those who are lesser studied have amazing thoughts you can learn a great deal from. Authority is about leading people for their good, not about parading a false sense of being better than them. The only person who is actually better than anyone else is Jesus, and even He lived a life in service to us. “*Have this mind among yourselves, which is yours in Christ Jesus, who, though he was in the form of God, did not count equality with God a thing to be grasped, but emptied himself, by taking the form of a servant, being born in the likeness of men. And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross*” (Philippians 2:5-8).

No matter what place of authority we may end up finding our way into, we should always stay humble, keeping this truth in mind: “We are better than no one.”

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

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A Little History on a Local Candidate:

Wasa resident Nowell Berg is vying for the Regional District of East Kootenay (RDEK) Electoral Area E board of director seat in the Oct. 15 election.

Berg ran four years ago and came second in a field of three where 55% of votes were not cast for the incumbent. Berg said he is running again to ensure residents have a voice representing their issues and concerns with the RDEK board and administration.

“Area E is enormous. It stretches from St. Mary Lake east all the way to Wasa taking in Meadowbrook, Ta Ta Creak, Skookumchuck and everything in between. Each small community within Area E needs effective representation for their specific issues,” he said.

Berg has deep roots in Area E and has lived at Wasa since 2014. He’s been an active Trustee on the Board of the Wasa Lake Land Improvement District (WLLID – www.wasalake.ca). For the past seven years he has taken the lead in monitoring and recording water levels at the lake and the Kootenay River. He’s volunteered hundreds of hours building and maintaining a water database, and making it publicly available through the Columbia Basin Water Hub.

Moving forward, Berg said he will work with Area E groups and residents to achieve FireSmart status and build up fire suppression capabilities to protect homes and businesses.

He plans to work with Wasa area residents and stakeholders to develop a comprehensive plan for the future to the kettle lake.

In Meadowbrook, Berg would like to see a ground water study done to determine how much housing can be allowed in the area without negatively impacting the aquifer.

He will also work to make sure that RDEK tax dollars taken from Area E are returned to help fund services and programs specific to the Area’s needs. Taxpayers should have a greater voice in how their dollars are spent.

Berg said, “Local politics has the biggest impact on our lives. I hope people aren’t turned off by what happens elsewhere. I look forward to the campaign ahead and hope to meet as many voters as possible over the coming days. “I urge everyone to find the time to get out and vote on Oct. 15.”

“As you grow older, you will discover that you have two hands - one for helping yourself, the other for helping others.”
-Audrey Hepburn

VOLUNTEER WITHIN THE COMMUNITY

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

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

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

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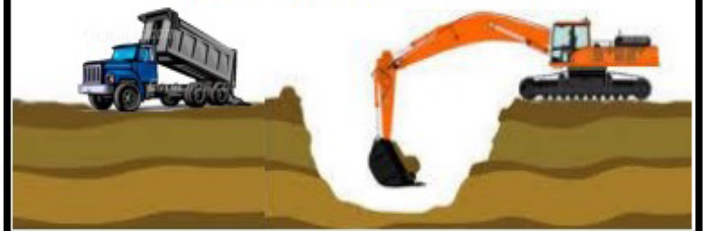
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The Power of Prayer

At the Adi Vajra Shambhasalem Ashram, we are deeply and sincerely respectful of all spiritual traditions, and most of them have their representations along the paths of our Spiritual Center's beautiful gardens. We share the creed of the Unity of all the Faces of the Divine. We sincerely believe that God is One and the Same through each past, present and future Tradition for every sentient being. There are not several gods, but only One God having different manifestations, representations and aspects. Jesus or Buddha are not God on their own but pure, yet temporary, manifestations of the Power of Truth of the Divine Force.

With God being One and the Same for every Spiritual Tradition, the Power of Prayer is also One and the Same through every Spiritual Tradition. In Christian, Hindu or Buddhist tradition it is said: "watch and pray without ceasing", as if the reflex of praying must always be with us to intervene in the activities of our daily life.

Praying is calling the Divine Force upon oneself for Its power to harmonize and pacify all situations in life. Repeating the great Christian prayers "Our Father" or "Hail Mary" or a sacred Mantra from the Hindu or Buddhist traditions, provokes the powerful intervention of our intention. Everything that you get in life is due to previous intentions you put forth. An intention is something that you want/aspire to realize. For instance, "I have the intention of going to town this afternoon"; because you have this intention, you will in fact go to town this afternoon. The power of

intention is everywhere. An intention is not necessarily spoken out loud. It is more the direction given by the power of your aspiration.

So praying is to set into motion the power of your aspiration by uniting it with the Almighty Force of the Divine in which we constantly bathe. Your aspiration alone is limited to the power of your personality, and a personality is limited to its egocentric desires. So, for your aspiration to get stronger, it must be transformed into a prayer. And a prayer is nothing more than an aspiration linked to the very concept of the Divine Force, which you can call upon to manifest the best for you or those you're praying for.

To pray is not to order God to act for oneself or according to oneself. No matter the prayer that you send, it must always end with: **"according to the Divine Plan"**.

No matter what you ask to the Divine Force, as soon as you have expressed your prayer, it is on the move, changing the course of events. You can test the power of prayer fairly easily. For example, when adversity happens, don't pray and see how things unfold. Then at another time, when you are in trouble again, pray this time, and watch carefully how things unfold. The more you pray or the more you set prayers in motion every time it is needed, the more you will notice how fast and harmoniously situations unravel.

My own Adi-Guru, His Holiness the Lord Hamsah Manarah, transmitted to me this very safe bet, which is: "Big problems, big Prayers!" Meaning, the more trouble you're in, the more you need to pray, and the more you need to

let go of your personal emotional deforming vision of the situation. Praying is not thinking, reflecting or reinventing the facts. Praying is calling upon the Divine Power to intervene in your life or in the lives of others.

Learning the Art of Praying is an immense privilege. It should be taught at a very young age because, although our life is ephemeral, the Divine Power that surrounds us is eternal and immortal. I've gone on several pilgrimages on sacred lands in my life, but I can assure you that there is not more God somewhere else, and there is not less God where you are. So, pray where you are; you can call upon the Divine Power at anytime, anywhere.

Stop working alone and pray. Think less and pray more. Do not be ashamed of praying either. Pray with your family. Pray with your friends. Kneel before God to make yourself more humble if it increases your strength to join the Divine.

At the ashram, we pray a lot every day through the use of Sacred Sounds called "Mantras". But above the repetition of mantras must exist a conscious aspiration to join the Divine and for His Blessing to spread His Light wherever it is necessary. The Power of Prayer is not in the person praying. It's not a magic formula either; it comes from an opened heart, humble and filled with awe for all the beauties which are given to the world through our Prayer.

May the Power of Prayer be always with you. May you never forget to use the Power of Prayer.

Warmly with you in the Lord.

H.H. Gurudev Hamsah Nandatha



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Tri-Village Buzz Newsletter

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October's Party

October gave a party;

The leaves by hundreds came—
The Chestnuts, Oaks, and Maples,
And leaves of every name.

The Sunshine spread a carpet,
And everything was grand,
Miss Weather led the dancing,
Professor Wind the band.

The Chestnuts came in yellow,
The Oaks in crimson dressed;

The lovely Misses Maple
In scarlet looked their best;
All balanced to their partners,

And gaily fluttered by;
The sight was like a rainbow
New fallen from the sky.

Then, in the rustic hollow,
At hide-and-seek they played,
The party closed at sundown,
And everybody stayed.

Professor Wind played louder;
They flew along the ground;
And then the party ended
In jolly "hands around."

George Cooper



The Lions Den

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

Lions Roar

submitted by Terry Marvel

It's officially fall weather now and we have to start getting ready for the cooler weather. Time to drain the water lines and start to cover the perennials and all the things that need done to protect everything from the coming winter. The long, hot summer has made us all a little complacent, but it's bound to come.

The Lion's Club were on hand at the pull-out by the bridge on September 10 for the East Kootenay Grand Fondo to hand out refreshments for the contestants. There were over 300 bikers enrolled. The furthest riders were going an amazing 152 kilometres from Saint Eugene Mission through Kimberley, Wasa, Bull River and back to the Mission. It was amazing to see all the contestants from young to old participating in this feat of endurance. Our hats to all!

We hope the public had enjoyed our Lion's Grounds this summer. The tennis court is again useable, but as I'm sure everyone has noticed, the fence on the South side has not been erected yet. This is going to be a large undertaking and we'll need some help with this. The basketball area is also redone and looking very good. The new stove in the outdoor kitchen has proven to be an excellent addition and has done the job for the many pancake breakfasts held over the summer.

As usual, we thank the many people who have donated their recyclables to the Lion's Club. We depend on this to fund our Scholarship fund and the Grounds maintenance. Without these donations we would be in dire straits. Many thanks, also to the volunteers that help sort the bottles and cans to be sent to the recycle depot.

So, get that crop of vegetables and fruit in and hunker down for the winter.

Have a safe and healthy October!

October 2022

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

LEGEND

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

SPECIAL EVENTS

and Days Down the Road

- TOPS every Friday morning at the Wasa Hall. Weigh in at 9 - 9:30 AM - mtg 9:30 to 10:30
- WLLID AGM Sept 28 7 p.m.
- Last Bingo of the year!! November 29

Donate your BOTTLE & CAN RECYCLING to the Wasa Lions.
 Support local Scholarships and grounds maintenance.

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Rick: 250.793.7836



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