



TRI-VILLAGE BUZZ



October 2026

ISSUE 295

Visit: www.wasalake.com

FREE MONTHLY PUBLICATION

NATURE TRUST
BRITISH COLUMBIA



NTBC nesting boxes had a 92% success rate of supporting fledglings this season

This nesting season, the Columbia Wetlands Viewpoint Trail - a registered bluebird trail with the BC Bluebird Society - became a haven for local bird populations thanks to the dedication of volunteers and a simple yet powerful tool: nesting boxes.



These boxes provided critical nesting spaces for Tree Swallows and Mountain Bluebirds, two species that rely on cavities for raising their young. The project, led by the Rocky Mountain Naturalists in partnership with the NTBC, is enabling the Hoodoos-Westside Conservation Area to function as a supportive nursery.

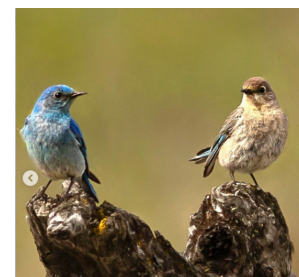
How It All Came Together:

Children at a summer camp in the Columbia Valley built the nesting boxes, hosted by the Lake Windermere Rod and Gun Club and the British Columbia Wildlife Federation, before donating them to NTBC.



Volunteers from the Rocky Mountain Naturalists and NTBC's field crew installed the boxes in fall of 2023, ensuring they were ready for spring.

The volunteers cleaned the boxes in spring to reduce disease risk and monitored them weekly to record species, clutch sizes, hatch dates, and fledgling success.



Through their dedicated monitoring, the team discovered that every box along the trail was occupied this season, hosting both Mountain Bluebirds and Tree Swallows. Most notably, the boxes had a 92% success rate for supporting fledged young, a testament to the care, design, and placement of these boxes! Three boxes even hosted second broods after the first fledglings left!

Projects like this restore balance in ecosystems where natural nesting sites are scarce. For species like the Mountain Bluebird, which faces competition for cavities, these boxes are a lifeline.

A huge thank you to the volunteers and conservationists who made this possible!

Photos graciously provided by Back to Nature Photography

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Serving Skookumchuk, Ta Ta Creek and Wasa Lake

The Secret to the Good Life

The widest river in the world is not the Mississippi, Amazon, or Nile. The widest river on earth is a body of water called If Only.

Throngs of people stand on its banks and cast longing eyes over the waters. They long to cross but can't seem to find the ferry. They are convinced the If Only River separates them from the good life.

If only I were thinner, I'd have the good life.

If only I were richer, I'd have the good life.

If only the kids would come. If only the kids were gone. If only I could leave home, move home, get married, get divorced.

If only my skin were clear of pimples, my calendar free of people, my profession immune to layoffs, then I would have the good life.

The If Only River.

This Thanksgiving, are you standing on its shore? Does it seem that the good life is always one if only away? One purchase away? One promotion away? One election, transition, or romance away?

If so, then we've traced your anxiety back to one of its sources. You're in a hurry to cross the river and worried that you never will. Consequently, you work long hours, borrow more money, take on new projects, and pile on more responsibilities. Stress. Debt. Short nights. Long days. All part of the ticket cost to the land of the good life, right?

Not exactly, opined the Apostle Paul. The good life begins, not when circumstances change, but when our attitude toward them does. Look again at his antidote for anxiety. "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus" (Philippians 4:6).

Paul embedded two essential words into the verse that deserve special attention: with thanksgiving. Sprinkled among the phrases of Help me... Please give me... Won't you show me... are two wonderful words— Thank you.

Gratitude is a mindful awareness of the benefits of life. It is the greatest of virtues. Studies have linked the emotion with a variety of positive effects. Grateful people tend to be more empathetic and forgiving of others. People who keep a gratitude journal are more likely to have a positive outlook on life. Grateful individuals demonstrate less envy, materialism and self-comparison. Thankfulness improves self-esteem, enhances relationships, quality of sleep, and longevity.[1]

If it came in pill form, gratitude would be deemed the miracle cure. It's no wonder, then, that, God's anxiety therapy includes a large, delightful dollop of gratitude.

Gratitude leads us off the river bank of "if only" and escorts us into the fertile valley of "already." The anxious heart says, "Lord, if only I had this, that, or the other, I'd be ok." The grateful heart says, "Oh, look! You've already given me this, that, and the other. Thank you, God."

On Thanksgiving, as you gather around a table with friends and family, instead of looking at what you don't have, look at your blessings.

Do you see any friends? Family? Do you see any grace from God? Love of God? Do you see any gifts? Abilities or talents? Skills?

As you look at your blessings, take note of what happens. Anxiety grabs his bags and slips out the back door. Worry refuses to share the heart with gratitude. One heartfelt "thank you" will suck the oxygen out of worry's world. So say it often. Focus more on what you do have and less on what you don't.

Years ago I lived on a houseboat that was docked on the Miami River in Miami, Florida. The level of the river would rise and fall with the tide. It rocked back and forth with the river traffic. But though the level changed and the boat rocked, it never drifted. Why? Because the boat was securely anchored.

What about you?

Anchor your heart to the character of God. Your boat will rock. Moods will come and go. Situations will fluctuate and change. But will you be left adrift on the Atlantic of despair? No, for you have found a contentment that endures the storm.

No more if only. It is the petri dish in which anxiety thrives. Replace your if only with already. Look what you already have. Treat each anxious thought with a grateful one and prepare yourself for a new day of joy.

<https://maxlucado.com/the-secret-to-the-good-life/>



Responsible fishing means more than following catch limits and fishing regulations. Our actions on the water can affect fish and wildlife, water quality, and the people who visit the site after us. A few simple habits can make a big difference:

DON'T RELEASE BAIT, FISH, OR OTHER AQUATIC ORGANISMS

Never release live bait, unwanted fish, aquarium species, or other aquatic organisms into a lake, river, or stream. Even species that seem harmless can introduce disease, parasites, or invasive species to a new water body. Unwanted bait should never be dumped in the water or left on the shoreline - dispose of it properly on land.

DON'T MOVE FISH BETWEEN WATER BODIES

A fish caught in one lake belongs in that lake. Moving live fish or other aquatic organisms, even with good intentions can introduce species, diseases, or parasites to places where they don't belong.

CLEAN, DRAIN, DRY - EVERY TIME YOU MOVE BETWEEN WATER BODIES

Your fishing gear can be an easy way for invasive species and aquatic diseases to hitchhike from one water body to another. You don't need to see something for it to be there - microscopic organisms, larvae, eggs, seeds, plant fragments, mud, and small amounts of water can all be transported on your equipment.

Before heading to your next fishing spot:

CLEAN: Inspect and remove all visible plants, animals, mud, and debris from your boat, trailer, motor, waders, boots, nets, buckets, tackle, and other equipment. Pay particular attention to areas where debris can get caught, such as wheel wells, trailer frames, propellers, anchors, and live wells.

DRAIN: Drain all water from your boat and equipment before leaving the water body. Empty live wells, bait buckets, bilges, coolers, motors, and any other compartments that may hold water. Remember: a small amount of water can carry microscopic aquatic invasive species and diseases.

PULL THE PLUG - ITS THE LAW!

DRY: Allow your equipment to dry completely before entering another water body. When possible, give your gear plenty of time to dry between trips. If you can't adequately clean, drain, and dry your equipment, wait before moving to another water body.

Waders, boots, landing nets, stringers, anchors, and other equipment can easily pick up plant fragments, mud, and aquatic organisms. Give everything a good inspection when you're leaving the water, and remove anything you've picked up before packing your gear away.

LEAVE THE SHORELINE AS YOU FOUND IT

Pack out fishing line, hooks, bait containers, packaging, and other garbage. Discarded fishing line can pose a serious risk to wildlife, while bait and food waste can attract animals to popular fishing areas.

AND MOST IMPORTANTLY: SHARE WHAT YOU KNOW

One of the most powerful things you can do is talk to the people around you. Educate your friends, family, fishing buddies, and even the people you meet on the dock or out on the water. If you see someone dumping bait, moving fish, or heading to another lake with dirty, wet gear, don't be afraid to speak up.

A friendly "Hey, did you know you can spread invasive species that way?" can be enough to change someone's habits and that conversation could help protect the next water body they visit.





CANDIDATE FORUM October 1, 2026
RDEK ELECTORAL AREA E – DIRECTOR
Candidates: Nowell Berg & Penny Flegel

**Wasa Community Hall,
6145 Wasa School Road, Wasa BC
Doors open 6:15pm**

AGENDA

6:15

- Doors open
- Attendees will be asked to submit their questions on index cards to the Forum Committee.
- Candidates will be available to talk with attendees.

7:00

- Introductions by moderator, Brian Carruthers.

7:05

- Introductory remarks from candidates – 5 minutes each

7:15 – 7:45

- First round of questions to the candidates. Each candidate will have 2 minutes to respond. Each candidate will have an opportunity to clarify any points at the end of the round.

7:45 – 8:15

- Second round of questions, as above.

8:15 – 8:30

- Final remarks by each candidate - 5 minutes each

8:30 – 9:00

- Candidates available to mingle with attendees.

Hello everyone,

As some of you may have already heard, I have made the difficult decision at this time to step away from running for RDEK Area E Director. The work of an RDEK director is an important responsibility and as my family responsibilities have increased recently, I realize that I must prioritize the family at this time.

I would like to thank every one of you that has supported, encouraged me, made the time to get to know me better and shared concerns and the joys of living in this very special place. In moving forward I remain committed to continuing these relationships and being involved in the communities of Area E, remaining active in ways that support our shared values, principles and rural lifestyles.

I wish both of the remaining candidates good luck and thank them for being willing to put their names forward. I really hope that people in Area E will get out in strong numbers and vote for the person they believe can represent all residents and work respectfully and cooperatively to find common ground when there are differences of opinion. Let's look after each other, neighbours! If you wish to reach out to me, please continue to do so by email: brodimcrae@gmail.com or cell: 250-427-6335



Elect Nowell Berg

Candidate for Area E Director – RDEK

Listening. Advocating. Building Relationships

I believe Area E residents deserve a director who listens and works collaboratively on issues that matter. I consider it an act of service to represent the interests of the communities within Area E.



The path that led me here...

- I studied Political Science. In my working career I gained an appreciation of how issues can be complex, that black and white decisions are never straight forward or easy.
- After the 2013 catastrophic floods in High River Alberta, I relocated to my family's home at Wasa. *"Wading through rising flood waters with the clothes on your back and not much else gives you an appreciation and respect for mother nature and its power to shape and alter people's lives."*

Community Service

- For the past 9 years, I've volunteered as a Trustee of the Wasa Lake Land Improvement District, 3 years as the board chair. The lake testing program, water level monitoring and working with Living lakes are a part of my volunteering.
- You may see me pouring coffee at the Wasa Pancake Breakfasts in the summer.

My Promise to You

- To the best of my abilities, I will honour the trust of your vote.
- I will return your phone calls in a timely manner.
- If I don't know the answer to your questions, I will find out.

Priorities in Area E

- Working with Columbia Basin Trust on funding opportunities for Area E.
- St Mary's Community Park Completion.
- Re-build of the Wasa Fitness trail (Lions Pathway).
- Build a science-based model for recreational lake usage with community and stakeholder consultation and input.
- RDEK Accessory Dwelling Unit planning process completion.
- Support improvements to the Meadowbrook water system.
- Wasa transfer station upgrades.
- Porteous Road safety enhancements.

Authorized by Nowell Berg, financial agent, nowellberg@gmail.com 250 908 2503

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"October is the opal month of the year. It is the month of glory, of ripeness."

– Henry Ward Beecher

SUDOKU answer on page 19

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Letter to the Editor:

In a world where we are experiencing low volunteerism, it's become a reality that it's not just about having extra time or wanting to commit. There's more to it. And let's face it, we all want and need less stress in our lives.

This is what has happened in a small community when a dedicated group of volunteers try to do right by environmental concerns that have been identified. This is the community in which they have lived and volunteered in, for most of their lives.

It has escalated into bullying, and sadly, such is the case for Wasa Lake. And it is time that it is called out.

A study on the lake was undertaken by the local board that monitors water quality and the lake environment. This group is provincially legislated and is known as the Wasa Lake Land Improvement District (WLLID).

Minutes of this meeting (and all meetings) are on the WLLID website, and are public knowledge. This was voted on by board members. The research was conducted by professional Scientists (Lar-ratt Aquatic Consulting). The report with their findings was presented to the public on June 17, 2026. This meeting took place at the Wasa Community Hall.

There are some very disgruntled boaters that are not happy with the findings. The report advised that the lake is not deep enough in most places to accommodate power boating. The lake bottom is being disturbed and creating water quality issues, releasing toxins into the water. The lake is at high risk for invasive mussels, and the lake bottom is being scarred. There are some monster-sized boats on this tiny little lake.

This report on the lake is long overdue. Too many rumours and myths have surrounded Wasa Lake for years. It's time to find out what is actually happening and do whatever is needed to correct it. Kudos to those volunteers who courageously voted to take this study on.

Protecting the environment of Wasa Lake NOW, and for generations to come, should be first and foremost. Prioritize the lake environment over personal pleasure.

However, this writing is more about the harassment and bullying that is ongoing due to this study. In particular, singling out one board member that is being accused of personal gain for themselves and family, and for fraudulent use of funds. Wow, this is just unbelievable the trustee being accused is the most dedicated, trustworthy, and honest person you'll ever meet. The accusations that are being made are beyond appalling and are completely false.

These "bullies" are adults, and they should be ashamed of themselves for harassing and slandering volunteers in our community. All because of a study on the lake they don't like?

Resorting to bullying tactics and harassing volunteers never turns out well. Like it or not, this lake has obvious issues. Bullying behaviour is shameful, and it is a poor reflection on this community. These board trustees are good human beings, yet they are being treated with immense disrespect. Future actions will determine as to whether this lake remains healthy and is suitable for recreation in the future or not. And if you really care about Wasa Lake, you'll realize that unbiased scientific research will provide the requisite framework to ensure ecosystem health for future generations. You are going to be either part of the problem or part of the solution.

We are local area residents that are very concerned about the Wasa Lake environment, AND the volunteers who have given so much of their time in the community over the years.

Perhaps coming together with the people that truly want to protect the lake environment, and working towards a solution, would be a far better answer than spreading so much hatred.

Sincerely,

Concerned Area Residents

*Please note the Tri-Village Buzz is an unbiased outlet for Community members who wish to voice their concerns regarding Community issues.

*Working for You.
Committed to Our Future.*



PENNY FLEGEL

for

**RDEK DIRECTOR
AREA E**



**EXPERIENCE TO SERVE.
COMMITTED TO LISTEN.**

Area E is home.

Our connection to Wasa Lake began more than 20 years ago, and it became the place Mark and I chose to raise our two children.

Having grown up in the Elk Valley, I have always valued the rural lifestyle and the outdoor opportunities that make the East Kootenays such a special place to live.

With our children now grown, I have the opportunity to put my experience to work serving the people and communities of Area E.



**AS YOUR DIRECTOR,
I WILL BE**

**accessible, accountable
and focused on what
matters most:**

*Our People.
Our Communities.
Our Future.*



**FOLLOW
MY CAMPAIGN**

I'm running for Area E Director to bring practical experience, a strong work ethic and a genuine commitment to our communities.

My approach is simple:

***Listen first. Ask questions. Gather the facts.
Make informed decisions.***

REAL-WORLD EXPERIENCE THAT MATTERS



MUNICIPAL EXPERIENCE

Nearly two decades in municipal recreation and community services, with hands-on experience in budgets, programs, grants and reports to Council.



FISCAL RESPONSIBILITY & ACCOUNTABILITY

Proven experience managing municipal budgets, grants and reporting—with a commitment to ensuring tax dollars are used wisely and transparently.



PRACTICAL LEADERSHIP

Experience in staff leadership, project planning, policy development, public consultation and community programs.



FOCUSED ON SOLUTIONS

I believe in bringing people together, finding common ground and working toward practical, long-term solutions.



CONNECTED TO OUR SCHOOLS & FAMILIES

More than a decade working in our local school system, supporting students, families and schools.

MY COMMITMENT TO AREA E

- ✓ Open communication & transparency
- ✓ Responsible, accountable decision-making
- ✓ Protecting our rural communities & way of life
- ✓ Fair representation for ALL of Area E

I bring the experience. I bring the commitment. *I'm ready to work for you.*



**VOTE
PENNY FLEGEL
AREA E DIRECTOR**



**ADVANCE VOTING
OCTOBER 7 & 13**



**GENERAL VOTING DAY
SATURDAY,
OCTOBER 17, 2026**

☎ 250-919-0743 | ✉ Pennyflegel@gmail.com | Authorized by Penny Flegel, Financial Agent

Wasa Country Breakfast 2026



The Wasa Country Breakfasts have come to an end for 2026. We had a great year serving 3500 breakfasts on 12 Saturdays throughout the summer. We want to give a big thanks to all our breakfast customers that supported this community fundraiser.

The community groups that will benefit from the funds raised are: Wasa Recreation Society (operators of the Wasa Community Hall); Wasa & District Lions; Wasa Historical Society (caretakers of the Wasa Memorial Garden); Tri Village Volunteers; Wasa Community Church, Wasa TOPs; Wasa Gym, Wasa Volunteer Fire Prevention and Suppression; Wasa Country Quilters; and St Mary Valley Rural Residents Association. The money stays locally.



We were very happy to serve over 110 free breakfasts to the fire fighters, emergency management personnel, and Emergency Support that came on August 8 and 15.

We also want to thank our volunteer musicians who provide great music for the morning: Judy Grant, Jon Bisset, Chris Evans, Angry Lola and the Bad Dates (Dwayne Vogel) Jack Flap (Ryan Peterson); Jose Anejo & the Absentees (Geoff Green); and Carl Keiver. And also to the local vendors that came out every Saturday that made the Saturday more than just a breakfast.



To serve a breakfast we couldn't do it without the help of Randal Shindruk (GF Foods), Wasa Country Pub (Donna and Ralph Vogel) and the Wasa Lions for the use of their kitchen.



Again thank you for the community support from visitors, volunteers, residents, musicians, and vendors. See you next year, same place, same time, same price.

Wasa Country Breakfast Committee

Marilyn, Pat, Karen, Jane

Wasa Community Hall

6145 Wasa School Road, Wasa BC

Mailing Address: Box 164, Wasa BC V0B 2K0

Hall Bookings Contact: Karen Markus 250-422-3514



Summit Community Services seniors van is up and running!

Starting in October we are going to Cranbrook every Thursday, providing there is enough demand. Due to needing to have room for walkers plus groceries and other purchases, we will only be able to take 3 people per trip.

We hope to leave Wasa by 10 am and return by 4 pm allowing multiple stops in Cranbrook. Pick ups will begin at 9:30, or earlier, depending on location of pick up.

The cost for each return trip is a minimum \$5 donation for gas.

Please call today to reserve your seat for the next Thursday outing.

Call Tamara @ 250.427.8733



On 9 September, the WLLID Board held its regular monthly meeting. Three Trustees – Shauna, Luke and Nowell – were in attendance along with CO Lori Vandette.

Thirteen residents were also in attendance.

Penny Flegel and Geoff Green made presentations to the Board.

Mrs. Flegel introduced herself as a candidate for Area E Director in the upcoming RDEK local elections. She made a brief statement about her intentions to listen and learn from all residents.

Mr. Green read a statement criticizing the Board for a lack of transparency in undertaking the Larratt Aquatic study.

The Board has begun preparations for the upcoming Oct 29th AGM that will review the 2025 activities, present the 2025 financial statements and elect four (4) Trustees.

Nominations for Trustee will open in early October. Details available in the upcoming Buzz, on the WLLID website and in our Newsletter.

To qualify for a Trustee position, a person must be:

- a Canadian citizen
- 18 years and older
- a BC resident, at least 6 months prior to the vote; if proof required you may be asked for your 2025 CRA Notice of Assessment to show which province you filed your taxes in
- their name must be listed on the land title of a property within the WLLID boundaries

With four open Trustee positions, there will be a new Board at WLLID who will carry on the organizations work.

The WLLID Board Chair is willing to meet with anyone interested in becoming a Trustee and answer their questions about the position and its responsibilities.

Please reach out to admin@wasalake.ca for more information.



The Librarian is in!

Starting in August every Thursday 6-7 PM
Chris Stanyer will be present in the Wasa Library
to enable anyone in Wasa and surrounding area to
browse and borrow books.

The library is located in the
basement of the Wasa Recreation Hall.
(Information: 236-878-3960)

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*"Oh that I could bottle fall
And make the magic last
Too rapidly the colors fade
The leaves depart too fast
But then, the winter snows will come
And afterward, the green
And so I'll treasure every step
And each breath in-between."*

Laura Jaworski



Summer Recap Photo Contest

What did you see this summer that made you reach for a camera, a desire to save the moment to look back on later? An epic pic of our resident fox pups? One of the many beautiful sunsets or sunrises? A priceless moment with family?

The Tri-Village Buzz is looking for your photos! which will be put to a vote with the Community and prizes will result!

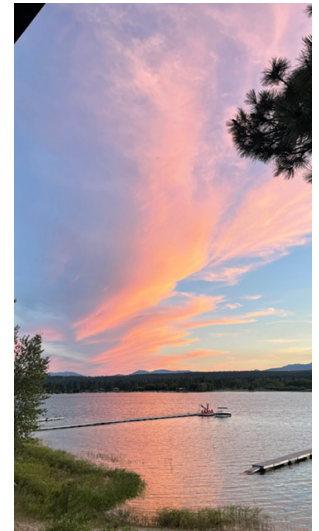
Personally, I am seldom without a camera in my hands, or in my vehicle. Photography has been a passion since I got my first black and white Polaroid as a child. I have had several cameras since, each one a favourite for different reasons.

I love birds - of any kind! But I love the scenic shots too, from local plants to distant mountains. It all holds its own beauty and fascination for me. And insects! so cool to find and be able to photograph.

I challenge you to send in your favourites with a chance to win a gift certificate from a Tri-Village advertiser. When I see what is sent in, I can make categories for the Community to vote on.

email: trivillagebuzz@gmail.com

Submissions so far.....



Pet Owners take note! Trapping season will be starting in the East Kootenays October 1st until April 30th. Please be careful if you walk your dog on Crown Land, especially off leash. Don't let a pleasant outing end up a tragic event.



October Garden Tasks

Clean up your garden beds, using leaves to enrich your soil

Plant fall crops and garlic

Plant bulbs for spring blooms

Take care of your perennials and shrubs

Lawn and soil care

Protect and prep for winter

Save seeds

Clean and sharpen tools

Drain and roll up hoses

Start planning for next year!

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

- **Hall Rentals & Information:** Karen Markus 250.422.3514
- **Gym:** Sonia Blackwell 50.421.3019
or Rod 250.422.3253
- **TOPS:** Nicky Popowich (250) 422-9248 or
Sonia Blackwell (250) 421-3019
- **Quilter's Club:** Gayle Andrews 250-422-3095

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Want to learn to Quilt?

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

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

Call Gayle Andrews 250-422-3095 for more info



Cranbrook♥Kimberley HOSPICE SOCIETY

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If you care about the future of hunting, you need to care about invasive plants. Period.

Healthy wildlife populations depend on healthy, diverse habitats. The forests, grasslands, wetlands and waterways that support elk, deer, moose, sheep and other wildlife are also vulnerable to invasive species. Once established, invasive plants can out compete native vegetation,

reduce forage, change habitat structure, increase erosion and make landscapes less suitable for the wildlife we value. For hunters, this isn't just an environmental issue. It is a hunting issue.

September is a particularly important time to think about invasive species. By late summer and early fall, many invasive plants are producing or have already produced thousands of seeds. Those seeds can hitchhike on boots, clothing, ATVs, trucks, trailers, hunting equipment and even animals - making hunting season a potential pathway for spreading invasive plants into new areas.

Here are a few invasive plants found in our region that hunters should be able to recognize:

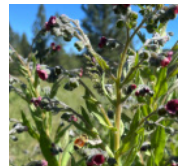


***Spotted knapweed*, Centaurea stoebe**

A prolific seed producer, spotted knapweed can produce enormous quantities of seed and spread rapidly across grasslands and disturbed areas. It also releases chemicals that suppress the growth of surrounding plants. As it forms dense stands, it can reduce desirable forage for livestock and wildlife and contribute to soil erosion.

***Hound's tongue*, Cynoglossum officinale**

Hound's tongue can form dense stands that alter habitat structure and reduce desirable vegetation. Each plant can produce thousands of barbed seeds that readily attach to clothing, equipment, livestock and wildlife. It is also poisonous to livestock and wildlife when consumed.

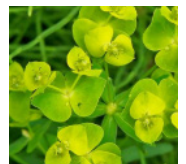


***Hoary alyssum*, Berteroa incana**

Hoary alyssum spreads quickly and produces seed over a long season. Its seeds can be transported by vehicles, equipment, footwear, wildlife and birds, and the plant can contaminate hay. It is also toxic to horses.

***Leafy spurge*, Euphorbia esula**

Leafy spurge is extremely difficult to control because of its extensive root system and ability to reproduce from both roots and seeds. It can form dense infestations that displace desirable vegetation and reduce forage. Its milky sap can irritate skin and is toxic if consumed.



What does this have to do with hunting? Quite a lot! Invasive plants can:

- **Reduce wildlife forage.** When invasive plants replace native vegetation, there may be less of the food wildlife depend on.
- **Change habitat.** Dense invasive plant infestations can alter the structure and diversity of an area, affecting where wildlife feed, shelter and move.
- **Degrade the landscape.** Some invasive plants increase erosion, alter soil conditions and disrupt natural plant communities.
- **Spread quickly along access routes.** Roads, trails, cutblocks and other disturbed areas can provide ideal pathways for invasive plants, and hunting vehicles and equipment can help move their seeds even farther.
- **Cost time and money to manage.** The longer an infestation is allowed to spread, the more difficult and expensive it can become to control and restore.

Protecting hunting opportunities isn't just about managing wildlife populations. It means protecting the habitat those wildlife populations depend on. The good news? Hunters can be part of the solution.

Arrive clean. Before heading out, check your boots, clothing, ATVs, trucks, trailers and other equipment for mud, seeds and plant material. Remove anything you find before entering the field.

Leave clean. Before travelling home or heading to another hunting area, inspect your gear again. Pay particular attention to tires, wheel wells, floor mats, trailers and other areas where seeds and plant material can collect.

Some members that are supporting the boats to remain on Wasa Lake made a presentation to the RDEK Board during our Governance meeting.

Part of their presentation was about the damage on the shoreline that could be caused by wind. I believe that the longtime residents could verify if that is correct.

They also stated that they feel we need to have more science. I hope that the WLLID would conduct more scientific studies. I also hope that the boaters would put funds in and get their scientific report done.

Pancake Breakfast

Another summer has passed, where we were able to go out and enjoy the pancake breakfasts. Many people came out and visited with friends and neighbors.

As you may remember the Pancake committee invited the fire fighting personnel, they also invited the ESS volunteers and the search and rescue group.

I would like to thank the breakfast committee. Karen, Jim, Marilyn, Pat, and Jane. They made sure that all of the supplies that were needed to serve the fantastic breakfasts were there.

I also want to thank everyone that volunteered at the breakfasts.

Election for Area E

We have two people running for Area E Director. Nowell Berg who has volunteered at Pancake Breakfasts and has been elected on the WLLID. He has also been the chair for the WLLID.

Penny Flegel who has been working with the Wasa boating group. She has also volunteered at the PAC (school).

Please come out to the debate on October 1 to learn more about these candidates.

I hope everyone had a great summer other than when we were evacuated or on alert, although in some ways it brought neighbors and friends closer together.

If you have any questions or concerns please email me s.janewalter@gmail.com or phone me at 250-427-2577

Thank You, Jane Walter

The National Day for Truth and Reconciliation and Orange Shirt Day are both observed annually on September 30th, and they are dedicated to honouring Residential School Survivors, their families, and communities, and to recognize the lasting impacts of Canada's Residential School system. These commemorations provide an opportunity to deepen Canada's understanding of the intergenerational effects of residential schools and to reflect on their enduring legacy as part of the ongoing journey toward truth, healing, and reconciliation.

On September 30, Canadians are encouraged to wear orange in honour of Residential School Survivors and their families, and in remembrance of the children who never returned home.

All are welcome to attend these events scheduled for September 30:

Yaqit ʔa-knuqʔi'it & City of Fernie

Gather at Fernie City Hall (501 3rd Ave) at 10 AM for a morning of reflection and remembrance. Details [HERE](#).

ʔaʔam

Gather at St. Eugene Mission (7777 Mission Road) at 10 AM for guest speakers, a commemorative walk, and lunch. Details [HERE](#).

ʔAkisq̓nuk

Gather at the ʔAkisq̓nuk First Nation Band Hall at 2 PM. Details [HERE](#).

Our Events page (https://www.rdek.bc.ca/about/national_day_for_truth_and_reconciliation) will be updated as additional events are confirmed, so please check back often. If you have an event you would like included, please email lmcmahon@rdek.bc.ca.

BROUGHT TO YOU BY THE WASA RECREATION
SOCIETY & WASA & DISTRICT LIONS CLUB

HALLOWEEN PHOTOS BY JOSEPH BROST
AVAILABLE FOR PURCHASE

YOU'RE INVITED TO
**TRUNK OR
TREAT!**

CARVED PUMPKIN CONTEST

OCTOBER 31,
2026

AT THE LIONS GROUNDS
BRING YOUR CARVED PUMPKIN
4-5:30PM JUDGING AT 5PM



Fall has arrived! The Wasa Lion's are gearing up for another full year of activities. We assisted the Grand Fondo with the refreshment tent at the north end of the lake turnoff on September 12th and the security for the Marysville Fall Fair on September 25th and 26th.

The painting is complete on the Lions Grounds and it looks great. What a difference a coat of paint makes. A huge thank you goes out to all the people that helped with this endeavor.

The Pancake Breakfasts were a big hit this year as always. The Lion's would like to extend a thank you to all the volunteers that helped with the Lion's breakfasts. The proceeds of the events get divided equally among the user groups that put on the breakfasts. Thanks also to the entertainers that donated their time during these times. It made the tasty food even better.

The netting around the ball field and the bleachers both need some TLC. The Lions, along with the Wasa ball club will be getting this done by the next ball season.

Don't forget the annual Trunk or Treat Halloween evening will be happening on October 31st at the Lion's Grounds. Get the young ghosts and goblins dressed up in their finest and be there 4:00-5:30. The pumpkin carving contest will be judged at 5:00. Let your imagination run wild and have a ghoulish evening.

The Book Sale which is ongoing and held at the Lion's garage sale area will be closed at the end of the month. The books are donated and sold by donation. The Recycle Program is always looking for recyclable donations in the way of cans and bottles. The proceeds go toward the Wasa Lion's Scholarship program and the upkeep of the grounds.

You might want to put December 5th on your calendars as the date for the Lion's Dinner and Dance and raffle. Tickets will go on sale November 14th 10:00-11:30 AM at the Wasa Hall.

So here's hoping everyone has a beautiful October with a bit of indian summer weather. Don't forget, the bears are getting ready for winter too. Keep your fruit picked and garbage secure.

Where Did Halloween Originate?

by Tamanna Nangia

Halloween is believed to have connections to the festival of Samhain celebrated among the Celts of ancient Ireland. On the day roughly corresponding to November 1 on contemporary calendars, the new year was believed to begin. This date was considered the beginning of the winter period, when livestock were brought in from pasture and land tenures were renewed. It was held that the souls of those who had died returned to visit their homes and those who had died during the year journeyed to the other-world. People set bonfires on hilltops to relight their hearth fires for the winter and possibly to frighten away evil spirits. People sometimes wore masks and other disguises to avoid being recognized by ghosts believed to be present. In such ways, witches, hobgoblins, fairies, demons, and the like may have come to be associated with the day. The Samhain period was deemed favorable for divination on matters such as marriage, health, and death. According to some accounts, when the Romans conquered the Celts of Britain in the 1st century ce, they brought their own festival of Feralia, commemorating the passing of the dead, and traditions related to Pomona, the goddess of fruit trees and orchards.

The holiday of Halloween also traces its roots to All Saints' Day, a day commemorating all the saints of the Christian church, both known and unknown, who have attained heaven. There are varied accounts for its origins. In the 7th century ce Pope Boniface IV originally established what would become All Saints' Day on May 13. In the 8th century Pope Gregory III dedicated a chapel in St. Peter's, Rome, on November 1 in honor of all saints, and the day was kept thereafter, perhaps in part to supplant pagan holidays with a Christian observance. The evening before All Saints' Day, October 31, was later designated as All Hallows' Eve, from which the name Halloween evolved.

<https://www.britannica.com/topic/Where-did-Halloween-come-from>

Where in the world have you Been?



Barry Morvai
braving the northern
Scottish winds
at John O'Groats
to show off the
September edition
of the Tri-Village
Buzz!



Travel in your future? Take a copy of the latest Tri-Village Buzz for a chance to win a \$50 gift certificate from a Tri-Village Advertiser of your choice! Send in a picture of yourself holding up the Buzz for publication in a follow-up issue! What have you got to lose? Email trivillagebuzz@gmail.com



Attention Lori Vandette - Editor Tri-Village Buzz News Team

I am writing to you in regard to the article titled Rules & Regulations Around a Body of Water, which was provided in the Tri-Village Buzz Issue 293 - August 2026.

Overall, I think the article was well written and provided good, pertinent information

Providing links to various regulations and standards also provided clarification and details which may not have been included in the article.

All said, the first sentence struck an odd note with me, and (I believe) should not have been included in the article. As Editor, I expect you should have liberty to edit any article if the information is ambiguous or false. In this case, I think you should have edited, or deleted the first two sentences.

Asking the question "Is your dock registered and licensed?" suggests that all docks must be registered and licensed.

I reviewed the various regulations and standards provided and could not find any requirement for docks to be licensed.

Further, the second sentence states that "....private moorage facilities (including docks) on Crown land require authorization from the BC government. Although technically correct, it implies that owners must apply to the BC government for authorization for any dock on Crown land, however the Pushor-Mitchell document states that General Permission is automatically granted if the dock complies with the Provinces Private Moorage Policy. As such, no formal application for authorization would be required. This in itself contradicts the second sentence in the article.

Not sure if you received feedback on this article from other landowners, so not sure if others feel the same as I do about how this was written.

I would respectfully request that a correction of sorts be provided in the next issue of the Tri-Village Buzz which may help to clarify the information provided in this article.

Sincere thanks,

Regards, Leo Jansen


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Wasa & District Lions Club
Recycling program
250 417-7654

Wasa and District Historical Assoc. & Memorial Garden Group

submitted by - Wendy Davis

"Gramma this is the most beautiful garden I've ever seen!" exclaimed six year old Arthur as we were leaving the Memorial Garden. This was Arthur's very first visit. He sat on every bench, he looked at every plaque and he walked down every trail. He asked so many questions.

"I think we should come back here for a picnic!" he added. I explained how people came to the garden to remember their loved ones and that it might not be the best place to have a picnic. I then turned back and tried to visualize the garden through the eyes of my innocent little grandson.

I seen a beautiful space with a variety of interesting trees, an actual working waterwheel, unique benches and pretty flowers. A well cared for area that offered a peaceful calming feeling. Indeed, a very good place for a picnic.

A very special thank you to all the volunteers that keep our Memorial Garden looking beautiful and inviting. We are always in need of volunteers; if you're interested in volunteering, please contact Sherry Shields via email at: slshields27@gmail.com

We continue to look for new members in our Wasa and District Historical Association & Memorial Garden Group. Did you know that it's only \$5/per person for a lifetime membership? Having a large 'membership' helps us apply for government grant monies which keep our garden looking great. We kindly ask that Wasa residents (both recreational & permanent) to consider a \$5/per person lifetime membership. Please contact Judy Reimer at mjlreimer@shaw.ca or by phone 250-422-3343 to join. Thank you for your consideration!

**KOOTENAY RIPPLES HISTORICAL
BOOKS NOW SOLD-OUT**

2024 Columbarium Niche & Plaque Costs

UNIT 1 Columbarium

Upper levels - \$1,000 + engraving

Bottom Row - \$900 + engraving

UNIT 2 Columbarium (new)

Niche cost - \$1,100 + engraving

Niche Engraving - \$290

Memorial Plaque - \$350

(Engraving costs are subject to change)

Contact info:

Pat Walkey @ 250.422.3530 or

pwalkey@shaw.ca



Over the next few months I would like the Community to take a closer look at the numerous volunteer opportunities we have in the area! The Buzz will be highlighting the different groups; what it takes to join, what their purpose is, etc. I encourage everyone to take a look and see where you may fit in, what you can do to make our Community even more awesome!



Golden – Cranbrook Route

Runs: Tuesdays and Thursdays. The bus leaves Golden at 8:00am, Invermere (hospital) at 9:20am, Invermere (Chamber of Commerce) at 9:25am, and arrives in Cranbrook at approximately 11:15am with stops at a number of health facilities by request. The return schedule departs the East Kootenay Regional Hospital at 3:00pm and arrives in Invermere at 5:00pm and Golden at 6:30pm.

To book your space: Contact 1-877-343-2461 Option 1 or direct 250-364-3262 at least 24 hours in advance to book your seat.

WILDLIFE IN DISTRESS? Call



Little Mittens Rescue:

250.939.8085



or Northern Lights:

250.877.1181 or Kim Balcom:

250.602.9693





CONNECTION GATHERING

Supporting Community Members
Impacted by the **Wait Creek Wildfire**

OPEN TO ALL RESIDENTS OF:

Wasa • Ta Ta Creek • Meadowbrook Area

DATE : Monday, October 5, 2026

4 PM – 7 PM | **Wasa Community Hall**, Wasa BC

Come together with neighbours and community members to:

- *Enjoy a light meal and refreshments*
- *Connect with neighbours and community members*
- *Share experiences and support one another*
- *Learn about local programs, services and resources*
- *Meet representatives from local organizations and agencies*

Together, we can build stronger, more connected communities.

PROUDLY SUPPORTED BY:



United Way
British Columbia

Columbia
Basin **trust**

COMMUNITY PARTNER:



WASA LAKE LAND IMPROVEMENT DISTRICT

NOTICE OF ANNUAL GENERAL MEETING

&

Call for Trustee Nominations

Purpose of Annual General Meeting

The purpose of the Annual General Meeting (AGM) is to provide an opportunity for the board to present audited financial statements and report on the activities of the past year.

The election of trustees will also take place at the AGM on Thursday, 29 October 2026, 7pm, at Wasa Community Hall.

Trustee Nominations

If you are a Canadian citizen, a BC resident over 18 years of age and your name is on the land title for a property within the WLLID jurisdiction, then you are eligible to be nominated for a position on the Board of Trustees.

Submit nominations and notices of acceptance to admin@wasalake.ca. You have until Oct 14, 2026, to become part of the WLLID Board.

It's a great way to get involved in maintaining and enhancing the health of the lake.

For more information, please contact admin@wasalake.ca.





WASA VOLUNTEER FIRE SOCIETY

Lots of News!
The Wasa Volunteer Fire Society now

has CHARITABLE TAX STATUS with the Canadian government and is authorized to issue receipts for tax-deductible donations of \$100 and more! Send us a \$100 donation and we'll send you a receipt which you can claim on your 2026 tax return. More about this in the November Buzz. We now have two community water trailers! Global-Medic, an Ontario based foundation whose mission is to distribute free emergency supplies and equipment has donated a 1000 litre plastic water tank and pump to us! The equipment is mounted on an aluminum skid, and now we need to procure a trailer in order to haul it. More about that also in the November Buzz.

Nights are getting colder and winter is just around the corner so it's time to put the water trailer to bed for the year. The crew will be draining and putting it away in storage in mid-October.

If you wish more information, check our website at www.wasafire.weebly.com or email Kathy at kathyemccauley@gmail.com. Plenty of free Firesmart resources can be downloaded or viewed at www.firesmartbc.ca. For more information about the local Volunteer Fire Society, go to www.wasafire.weebly.com.

Safety guidelines and things you need to know:

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



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



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

GYM HOURS AND INFO

FIRE!

IN WASA

WHO DO YOU CALL?

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

Then call these Wasa volunteers until someone answers.

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

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

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

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

PUMPKIN LOAF

4 oz cream cheese, softened

¼ cup butter, softened

1 ¼ cups sugar

2 eggs

1 cup pure pumpkin

1 ¾ cups flour

1 tsp baking soda

¼ tsp baking powder

½ tsp salt

½ tsp cinnamon

¼ tsp cloves

½ cup walnuts, chopped

Combine cheese, butter & sugar. Cream together well. Beat in eggs one at a time until blended. Mix in pumpkin.

In separate bowl combine all 7 remaining ingredients. Stir until thoroughly mixed. Pour all at once over batter mixture.

Stir just enough to moisten. Spoon into greased loaf pan.

Bake 350° for 60 minutes or until knife inserted comes out clean. Cool 10 minutes in pan, then remove to rack to finish cooling. Makes 1 loaf

KDCF

Apply for a Kimberley and District Community Foundation Grant

Kimberley and District Community Foundation is accepting applications for the 2026 Community Grants program. Registered charities can apply for up to \$5,000 between October 1 and October 31, 2026.

KIMBERLEYFOUNDATION.CA/GRANTS

CATAMOUNT

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Box 181 Wasa, BC V0B 2K0

WASA LIONS MEDICAL LOAN CUPBOARD

**BOX 10 WASA, BC,
V0B2K0**

Medical Equipment Loan Service

Contacts:

Sharon 250 417-7654

Trinda 250 793-9491

Suzanne T. 250-417-1115

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





TOPS SPOT

submitted by - Nicky Popowich

Thanksgiving is upon us.

The Calorie Control Council estimates that the average Thanksgiving dinner is between 1600-1800 calories: turkey, gravy, dressing, mashed potatoes, yams, vegetables and a piece of pumpkin pie with a dollop of cream. If you add in some alcohol and appetizers the calorie count easily soars to 3,000 to 4,500 for a single meal! Here are three delicious, elegant and light desserts to try. They are designed with all the fall flavours one has come to expect at a Thanksgiving meal.

Light Pumpkin Mousse (This can easily be made Lactose Free)

1 pkg. instant sugar free vanilla pudding (28 gr) pumpkin spice

Cool Whip (or coconut topping). 1 Cup cinnamon

1 Can pumpkin puree (not pie filling)

Splash of milk or Almond milk (1/2 cup)

Whisk together the pumpkin puree with the sugar free instant pudding mix and a splash of milk. Add a pinch of cinnamon and a pinch of pumpkin pie spice. Gently fold in the Cool Whip (or coconut topping) Divide the mousse into glass bowls or pretty glasses and top with a dollop of the whipped topping. Chill.

Serves 6 approximately 1/2 cup portions 80 calories per serving.

Calorie drivers: the sugar free pudding, standard pumpkin puree (425 ml) light whipped topping.

Crustless Pecan Pie Bites

This makes 15 mini bites (1 pkg. mini phyllo shells) 45 calories each.

1/2 Cup pecans chopped

2 tbsp pure maple syrup

1 tbsp brown sugar

1/4 tsp vanilla

Pinch salt

Toast the pecans gently in a small pan until fragrant and slightly brown. Mix together well with the other ingredients. Spoon into prepared phyllo shells. No need to bake as the shells are pre baked, but if you like you can serve warm by baking 3-5 minutes at 350.

Maple-Baked Cinnamon Pears (bake 375 for 25-30 Minutes)

Yields 4 servings. Per 1/2 pear with maple syrup and cinnamon 75 calories.

2 Medium Bosc or Anjou pears. (Ripe but still firm) Cut in half and core.

5 teaspoons Maple syrup

1 tsp Ground cinnamon

4 tbsp Low-fat vanilla Greek yogurt. (1 T per pear half for serving)

Arrange the cored pear halves cut-side up in a baking dish. Brush with the maple syrup and a sprinkle of cinnamon. Bake 25-30 minutes until a fork slides easily into the thickest part of the pear and the edges are beautifully caramelized. (Pears can be prepped ahead and stored in a lemon water bath in the fridge)

BOTTLE & CAN RECYCLING

Donate your Liquor & pop
bottles, cans, Juice and water
bottles to the
Wasa & District Lions Club



Support Local Scholarships & Grounds
Maintenance

(No Cream or non-refundable containers)

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Wasa Lions is a fun way to give back to
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- Lions Grounds Rental



It's About Giving

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Ducks Unlimited Canada restoration projects tested by recent flooding

In spring 2026, rising waters in the Kootenay River and Columbia River put two of Ducks Unlimited Canada's (DUC) major floodplain restoration projects to the test. The result: water flowed into newly reconnected wetlands and floodplains, demonstrating the value of restoring natural hydrological processes in a changing climate.

In fall 2025, DUC and project collaborators completed restoration work at North Bummers Flats, near Cranbrook, and Moberly Marsh, near Golden. These multi-year projects aim to transform engineered wetlands previously managed through pumps, dikes and water control structures into natural, self-sustaining floodplains.

During this year's spring freshet, rising river water levels coursed into floodplain areas through dike breaches, turning dry floodplains into a lush mosaic of shallow open water, emergent marsh and shrub swamp habitats. The first phases of these two projects resulted in an impressive area of restored habitat – 155 hectares (383 acres) at North Bummers and 57 hectares (142 acres) at Moberly Marsh. Combined, this restoration area is about the size of 1,345 hockey rinks.

"This year we were very fortunate to get the right conditions to test the project design when high temperatures, a higher-than-average snowpack and heavy rains coincided to create an event of rising and fast-flowing water" says Matthew Wilson, DUC's head of conservation programs for British Columbia and lead on both projects. "The re-activated floodplain helped to slow and spread water across the landscape, supporting flood control while also transforming the lands into vast wetlands supporting high biodiversity."

Ducks Unlimited Canada is working with [aquam](http://www.aquam.com), The Nature Trust of BC (NTBC) and the Province of British Columbia at Bummers Flats and with BC Parks at Moberly Marsh, which is within Burges James Gadsden Provincial Park.

The two projects reflect a growing acceptance of restoration approaches that work with natural systems. By restoring floodplains and wetlands, landscapes regain their natural ability to store water, distribute nutrients, support biodiversity and adapt to increasingly variable weather conditions including flooding and drought.

Teams will monitor the effects of the natural flooding to further understand how these sites respond to restoration efforts and to guide future projects across British Columbia.



Left image: the floodplain adjacent to the Columbia River pre construction with no dike breaches (May 2024). Right image: the same vantage point in early June 2026 when the Columbia River inundated the floodplain.

https://www.ducks.ca/news/provincial/british-columbia/ducks-unlimited-canada-restoration-projects-tested-by-recent-flooding/?utm_id=97758_v0_s00_e0_tv4_a1demo0dzzdg8y&fbclid=IwDGRza-AUUKKJjbGNrBRO3UXBkb2YBZXh0bgNhZW0CMTAAYnJpZBExV1F5bGoZVHOxNlhxZnRuRHNydcGMGYXBWx2IKEDJyMjAzOTE3ODgyMDA4OTIAAR4LYADTuP6mUG9H5W9f8tb7ECLHXZSQNam0vZWYKiWwukhG3ARqFYnbYfPO_aem_PcCusoDITbGBxA5hPhsTqQ&sfsn=mo



We have a wonderful new addition to the Wasa Community Hall. The Wasa mini library



provides an accessible extension to the library in the hall. The mini library was commissioned by the Rec Society, designed and built by Ged Kelly and colourfully painted by our very creative younger community members Simon, River and Arthur.



The mini library works like other 'take a book, leave a book' boxes and will be topped up regularly from the Wasa library and includes a children's book section.

The library is located to the left of the entrance to the community centre.



Submitted by Helen Kelly



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Is Time Really Speeding Up?

Today, we feel like we're doing much more than we used to. Our cell phones have become true pocket computers, capable of answering a question, guiding us, translating, calculating, communicating, taking photos, recording, organizing, and entertaining us in a matter of seconds.

Added to this is artificial intelligence, which further accelerates our access to information, writing, research, and problem-solving. On the surface, it seems we're saving a considerable amount of time. Yet a paradox emerges: the faster our tools become, the more we feel that our days are flying by.

The reason may be simple. Our technologies don't just save us time; they also constantly demand our attention. Our gaze shifts from our phone to our computer, from a message to a notification, from a search to a video, from one task to another. We are rarely completely inactive. Even while waiting in line, on a train, at an outdoor café, or walking for a few minutes, our first instinct is often to look at a screen. These small moments—once empty, silent, or simply contemplative—are now filled. Yet this constant filling profoundly alters our perception of time.

We believe we're living more because we're doing more, but that isn't necessarily the same thing. Our brains are constantly bombarded by fast-paced content, changing images, brief bits of information, and an almost uninterrupted succession of micro-events. This digital density gives the impression of intense activity, but at the same time, it can rob us of our sense of duration. An hour

spent checking messages, watching videos, reading the news, and browsing the web can slip away almost without a trace. An hour spent walking in nature, talking with someone without a phone, meditating, or simply observing, on the other hand, can seem much longer.

This is where the concept of subjective time becomes essential. Clock time remains the same, but the time we perceive changes depending on our inner state, our attention, our stress levels, and how fully we are present in the moment. Physicist Philippe Guillemant has developed a line of thought centered on consciousness, time, and what he refers to as the "depth of the present." His hypotheses go beyond what is currently established by physics, but they have the merit of raising a very timely question: Are we still truly present in the time we are living through, or have we become prisoners of an ever-accelerating mental rhythm?

Patrick Drouot, another physicist, has also explored the connections between consciousness, perception, and temporality, particularly through altered states of consciousness and meditative practices. Again, this is not to claim that quantum physics proves we can physically slow down time. What it does invite us to do, however—through the questions it raises about the nature of reality—is to avoid reducing our experience of time to a mere clockwork mechanism. Our consciousness plays a fundamental role in how we experience every minute.

So perhaps the real problem isn't that time is speeding up, but that we are less and less able to feel it. Real-time is much slower than digital time. The body does not move at the

speed of a screen. A breath takes a few seconds. A conversation requires listening. A meal takes time. A tree grows slowly. A sunset cannot be sped up. Nature, the body, and daily life still follow a rhythm that our machines cannot replace.

We may rediscover a form of freedom by deliberately recreating screen-free spaces. Just a few minutes without a phone, without a computer, and without distractions are enough to shift our perception. Looking around, breathing, walking, listening to sounds, letting the mind settle, and not trying to accomplish anything immediately allows us to reconnect with a more expansive sense of time. This time may seem less productive, but it is often lived much more fully.

Perhaps this is the paradox of our era: we have invented extraordinary tools to save time, yet we risk using that saved time to further accelerate our activity. Artificial intelligence and digital technologies can free us from many constraints, provided we do not immediately fill every space they make available to us. True progress might lie in knowing how to use this new efficiency to rediscover silence, presence, and a slower pace.

We cannot stop technological evolution, and it is certainly not a matter of rejecting it. But we can choose not to devote all our attention to it. The time we seek may not be found elsewhere. It is already here, in those moments when we stop looking at a screen and simply begin to look at life again.

With warm regards to each and every one of you.

OM OM OM

Ven. Gurudev Hamsah Nandatha



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Tri-Village Buzz Newsletter

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If you grew up in the country or tucked away in the mountains, chances are you remember a little building sitting somewhere out back.

It wasn't fancy, it didn't have running water, and you sure didn't want to visit it on a cold winter night, but it was a part of life!

Here's a little trip down memory lane with some good old-fashioned country humor. I hope you enjoy "The Outhouse on the Hill."

The Outhouse on the Hill

By LeBron Keener

Behind our little mountain shack,
Beyond the chicken yard,
There stood a weathered outhouse there,
For times were mighty hard.
It leaned a little to the left,
The door hung to the right;
And when the mountain winds blew hard,
You'd best hang on real tight.
The Sears and Roebuck catalog
Sat handy by the seat;
You'd read about the latest clothes,
Then tear yourself a sheet.
There weren't no fancy plumbing,
No fancy toilet lid;
Just two old holes cut side by side
Where folks did what they did.
Now Grandma kept a chamber pot
For nights when snow was deep;
But Grandpa said, "A man ain't much
Who can't go out to pee!"
So off he'd march at two A.M.,
Through sleet and ice and snow,
With long johns flappin' in the wind
At thirty-one below.
But summertime was different
When August heated up;
You'd hear that outhouse hummin' loud
With flies and bees and stuff.
You didn't need a sign or map
To find it through the trees;
Just raise your nose and smell the air
And follow, if you'd please.
Now Grandpa often told us kids,
"I've learned one thing that's clear:
In winter that old outhouse sits
A hundred yards too far from here.
"But when July comes rollin' in,
With hot winds blowin' clear..
That outhouse sittin' way out there
IS A HUNDRED YARDS TOO NEAR!"

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

October 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 	3 
4 Church 10:30	5	6 Wasa Lion's Mtg 7 pm	7 	8	9	10 
11 Church 10:30 am	12 	13	14 WLLID Mtg 7 pm	15 November Buzz submissions due!	16	17 RDEK ELECTION
18 Church 10:30 am 	19	20 	21	22	23	24
25 Church 10:30 am 	26	27	28	29 WLLID AGM 7 pm	30	31 

LEGEND

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



**SPECIAL
EVENTS**

and Days Down the Road

- TOPS every Wednesday morning at the Wasa Hall. Weigh in at 9 - 9:30 AM - mtg 9:30 to 10:30
- Pickleball - every Monday & Wednesday 9 - 12, Community Hall
- Next WLLID Board mtg October 14th
- WLLID AGM Oct. 29th

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BC Wildfire.....*5555.....or 1.800.663.5555
Catamount Contracting.....250.422.3694
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Econobuilt.....250.421.7813
EMERGENCY.....1.800.663.5555 (*5555)
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HD Railings.....250.422.3457
Kootenay Kwik Print.....250.489.4213
Kootenay Monument Installations.....422.3414
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Wasa Hall.....250.422.3514.....422.3795
Wasa Hardware & Building Ctr.....250.422.3123
Wasa Lake Gas & Food.....250.422.9271
Wasa Lions Med Eqp...250.417-7654.....793.9491
Wasa Lions Trail Donations.....250.417-7654
Wasa Memorial Garden (Sherri Shields).....email-
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