



FREE MONTHLY PUBLICATION

# TRI-VILLAGE BUZZ

November 2024 ISSUE 276

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## Why Fall Is The Best Time To Fertilize Your Garden (& What To Use)

*Written by Author Tracey Besemer*

As the leaves change color and fall from the trees, most of us are busy closing up our gardens for the season. But don't put your garden tools away just yet. There's a common spring gardening chore that is best done in the fall.

I'd like to make a case for fertilizing your garden in the fall rather than the spring.

It's accepted wisdom in the gardening community to fertilize in the spring when you're getting started for the season. But in recent years, we've discovered that all of this fertilizing can negatively impact the world beyond our gardens. It's time to look at fertilizing in a different way, hopefully, a better way.

### **What's the Problem with Spring Fertilizing?**

Before I tell you why I think fertilizing in the spring is a problem, I'd like to tell you about my summer vacation. I promise it's relevant.

This year, my family and I decided to rent a lake house in the Finger Lakes for a week. It was beautiful, right on the lake with a private dock. Visions of swimming, snorkeling, and kayaking permeated our dreams in the weeks leading up to our vacation.

Then we arrived to find a lake that looked like this.

Needless to say, all thoughts of swimming went out the window.



We tried a few times, but whenever we got in and out of the lake, we were covered in this fine, stringy green hair that was hard to get off. No one was going to dunk their heads under the water in that mess. Not to mention, your lizard brain is going into overdrive because you're not able to see what's in the water around you.

### **What does this have to do with fertilizing your garden in the spring?**

When we warn about the problems of overfertilizing and fertilizer runoff, we use language that makes it hard to picture the problem. I've already done it a few paragraphs earlier in this article. We say things like "fertilizer runoff,"

continued pg 2&3



## FALL BACK



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and we talk about how it can “negatively impact lakes, streams and other bodies of water.” While those warnings are all well and good, they don’t mean too much if you can’t visualize the problem.

This is how it goes with humans.

We have a hard time picturing or caring about a problem unless it’s relevant to us or our experience. So, it’s hard to wrap your head around fertilizer runoff until it shows up quite tangibly to ruin your summer vacation. Speaking of which...

We arrived at the lake after several days of heavy rain prior to a long period without rain. We were greeted by an algae bloom caused by, you guessed it, fertilizer runoff! Algae thrive on nitrogen and phosphorous. As a gardener, I’m sure those nutrients sound familiar. When rain washed those nutrients from surrounding farms and gardens into the lake – bam – instant algae growth.

Far too often, the fertilizers we choose to use in the spring are nutrients that are meant to be readily available to plants. That means they’re surface-applied. They’re made to be absorbed into the soil when we water, sprayed onto the foliage, or scratched into the surface of the soil. These are all susceptible to fertilizer runoff.

***By the way, that goes for your organic fertilizers, too.***

That algae didn’t care if it was ammonium from a fertilizer plant or organic liquid fish slurry that was running into the lake – to the algae, nitrogen is nitrogen, and it throws that whole ecosystem out of whack for days.

The worst part about all of this (my vacation aside) is that the fertilizer isn’t doing what it’s meant to – providing nutrients to your garden. Instead, it’s feeding algae in a lake.

***What are we supposed to do? Stop fertilizing our gardens?***

Of course not. What I’m proposing is nothing extraordinary; it’s not even a new idea. I’m simply suggesting that the best way to feed our gardens is to feed our soil differently, and that starts in the fall rather than the spring.

***Why Feeding Your Garden in the Fall is Different***

Picture a beautiful forest. There are tall, stately trees, mosses and lichens, delicate flowers that grow in dappled sunshine, strange mushrooms and all kinds of plants growing on the forest floor. Now, contrary to popular belief, there aren’t tiny fairies roaming the forest every spring with bags of fertilizer and jugs of liquid plant food.

Instead, every autumn, the leaves fall, plants die off and rot in place. There is a constant cycle of decay happening on the forest floor, which returns nutrients to the soil. There are two main components to this cycle – the organic matter that’s being broken down and the organisms responsible for speeding up the process, delivering nutrients to the roots of plants.

I’ll bet you’re beginning to see where this is going.

Fertilizing your garden in the fall is not only better for your garden but better for the rest of the land and waterways surrounding it.

***How is Fertilizing in the Fall Different from in the Spring?***

Fall feeding is slow feeding. It mimics nature, which is far superior to us in this whole business of growing things. Rather than adding a premixed organic or chemical fertilizer to our garden, which is susceptible to runoff, we add organic materials whose nutrients aren’t available right away. They need to break down before the plants can use them. In this way, the nutrients stay where we want them – in our garden.

Just as in the natural world, we can provide our garden with friendly assistants who help break down organic matter. Worms, bacteria, and fungi all come into play, creating a symbiotic world beneath our feet. Certain fungi and bacteria also attach themselves to the roots of our garden plants to pass nutrients to them.

This creates a living soil, which is better at creating and retaining nutrients.

The best way to take advantage of fall fertilizing is to make the switch to no-dig gardening. Put away your tiller, save your back, and let the soil heal as a new microbiome grows.

Whether you grow in raised beds or directly in the soil, no-dig gardening is easy to implement. If no-dig isn’t for you, that’s okay too. It does mean, however, that you’ll have to be more diligent in repopulating your soil each fall with microbial helpers.

## **What Should I Add to My Garden in the Fall?**

One thing to keep in mind is that if you switch to fall gardening, it's a slow process. It can take a couple of seasons to get a good cycle of decomposing organic matter going. You may need to feed supplementally. However, I recommend getting your soil tested in the spring to see whether or not you need to supplement.

### **Soil Helpers that Aid in Decomposition & Nutrient Uptake**

Worms – (Don't add night crawlers; they're not good for your soil.) Adding red wigglers in the fall allows them to tunnel around all winter long, digesting organic matter and leaving behind worm castings, a bonus natural fertilizer.

Mycorrhizae – this is a fancy name for the microscopic fungi that live in the soil and attach themselves to the roots of plants.

Beneficial Soil Bacteria – much like mycorrhizae, beneficial bacteria occur naturally in living soil. They also play a role in breaking down organic material into rich, dark soil, and collecting nitrogen from the air and storing it in the soil.

### **Organic Material and Amendments**

Now, we add organic materials that have nutrients bound up in them and let the microbiome do its work. If you're a no-dig gardener, you'll be layering these on top of your mulch. Alternatively, you can lift your mulch and add these before covering it all up again. For those who aren't no-dig gardeners, go ahead and dig your chosen amendments into the soil well. You want to make sure they're covered and incorporated, as it will lead to quicker decomposition.

Leaves and leaf mold – just like that lovely forest, your soil will benefit from a layer of leaves. Avoid black walnut leaves as they're allelopathic and can inhibit plant growth.

Wood Ash – adding ashes from a fire pit or wood stove returns potassium and lime to your soil, both necessary for good soil health. Just be sure you're using clean ashes, in which nothing like plastic or treated wood was burned.

Grass Clippings – grass clippings are a great source of nitrogen, especially when incorporated well and left to break down over the winter.

Kelp Meal – mix in kelp meal to replenish trace minerals, such as calcium and magnesium. So often, we focus on the big three – NPK – and forget that plants use a whole spectrum of minerals and nutrients to thrive.

Compost – of course, you can't forget to add compost. Not only will it continue to break down, releasing nutrients, but it improves soil structure and drainage.

Composted Manure – manure is an excellent source of nutrients and minerals and improves soil structure. Be sure you use well-aged or composted manure so you don't burn the soil or any perennials you winter over. Cow, horse, chicken, even bat guano are all great choices.

Bone Meal – Bone meal is a source of slow-release phosphorus. Phosphorus is essential for strong roots, as well as flowering and fruiting.

Blood Meal – blood meal is another nitrogen-rich slow-release fertilizer.

### **Top It Off**

Now that you've fertilized your garden so things can slowly break down in the off-season, it's a good idea to keep it all covered.

Mulch your garden – You'll keep the soil warmer for longer (which will aid in decomposition) and lock in moisture, another key ingredient for everything to break down properly. By leaving that mulch in place, it becomes next year's starting layer of organic matter to break down, continuing the annual cycle of decay.

Rot in Place – Remove the top of your plants and leave the crown and roots to break down so they can return nutrients to the soil. This is important for beans and other legumes. It's a myth that planting beans in your garden as a companion plant will boost nitrogen. The bacteria that live among the roots soak up the nitrogen and only release it as the plant decomposes in place.

Plant green manure – these winter-hardy crops are sown in the fall, grow during the winter, and then chopped and dropped before spring so the soil can absorb the nitrogen.

Come the following spring, you'll have soil that's packed with the nutrients and minerals your plants need for the coming growing season.

Read more here: [https://www.ruralsprout.com/fertilizing-garden-fall/?utm\\_medium=social&fbclid=IwY2xjawF5SQxleHRu-A2FibQIXMQABHU6cU\\_17LWSGNIIdYj3dLAwh6hMXtmnda1wPpGJCSlccFt0D-IkUoFVbd5g\\_aem\\_iXMjC4x6JVQxDZNNND14yOQ](https://www.ruralsprout.com/fertilizing-garden-fall/?utm_medium=social&fbclid=IwY2xjawF5SQxleHRu-A2FibQIXMQABHU6cU_17LWSGNIIdYj3dLAwh6hMXtmnda1wPpGJCSlccFt0D-IkUoFVbd5g_aem_iXMjC4x6JVQxDZNNND14yOQ)

### ***Living a Life Worthy of Sacrifice***

The message of Remembrance Day is one of sacrifice. On this day, we honor those who—throughout the history of our nation—paid the ultimate price to secure and defend our freedom. These were fathers and mothers, sons and daughters, who said goodbye to their families, never to return. It's our honor to keep their memory alive.

In John 15:13, Jesus makes a simple, yet profound, statement: “*Greater love has no one than this, than to lay down one's life for his friends*” (NKJV).

This verse often comes to mind when I think of the sacrifice of those who died in service to our nation. This is the ultimate gift—there's nothing more a soldier can give. They've paid the price with their very breath and blood, all for you and me.

Of course, when Jesus said those words, He understood that He, too, would soon give His own life. In Mark 10:45, Jesus said, “*For even the Son of Man did not come to be served, but to serve, and to give His life a ransom for many*” (NKJV).

Our military members surrendered their lives to secure our freedom in this mortal realm, and Jesus gave His life—conquering sin and the grave—to offer us eternal freedom from the bondage of sin and the power of death.

1 Corinthians 15:55–57 reinforces this truth: “*O Death, where is your sting? O Hades, where is your victory? The sting of death is sin, and the strength of sin is the law. But thanks be to God, who gives us the victory through our Lord Jesus Christ*” (NKJV).

This Remembrance Day, I invite you to take a moment to consider the incredible price that has been paid by so many for the freedom we have. Be grateful for those who gave all they had for you and for me. Honor those who have gone before.

At the same time, devote yourself to living for Christ, whose death and resurrection opened the door to salvation. As Paul writes in Romans 12:1, “*Present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service*” (NKJV).

Surrender everything to the one who paid the debt for you, cling to His promises, and live a life worthy of the sacrifices that have been made for us.

Will Graham    <https://billygraham.org/story/living-a-life-worthy-of-sacrifice-a-memorial-day-message-from-will-graham/>




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November, a month to remember... What better place to spend some time in reflection than our peaceful Memorial Garden. On Remembrance Day, we remember those who have given the ultimate sacrifice for our great country.

With winter on our doorstep, we have put the garden to bed for the season. Waterwheel has been winterized and the benches have been covered. The garden remains open to the community throughout the winter.

We continue to look for new members. 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. Makes a great stocking stuffer for Christmas! Please contact Judy Reimer at [mjlreimer@shaw.ca](mailto:mjlreimer@shaw.ca) or by phone 250-422-3343 to join. Thank you for your consideration!

If you enjoy gardening & have been looking for a way to connect with neighbors in the community volunteering in the Memorial Garden is a great place to start! If you're interested in volunteering for the spring & summer seasons, please contact Sherry Shields via email at: [slshields27@gmail.com](mailto:slshields27@gmail.com)

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(Engraving costs are subject to change)

**Contact info:**

Pat Walkey @ 250.422.3530 or

[pwalkey@shaw.ca](mailto:pwalkey@shaw.ca)

**VOLUNTEER WITHIN THE COMMUNITY**

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

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

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

*Volunteering is a work of heart*

## FIRE and Invasive Species

Now that it's fall and the cooler season is ahead—goodbye, smoke-filled skies and campfire bans—it's the perfect time to reflect on this year's wildfire season and how we can learn from it. While wildfires can seem destructive, they're actually a vital part of keeping forests healthy. Many tree species, like Lodgepole and Jack pines, depend on fire to regenerate. Their cones, known as serotinous cones, need the heat to release their seeds, which help forests regrow after a burn. In Canada, forest fires are carefully managed to balance human safety with the natural benefits of fire.

**But what causes wildfires to burn out of control? Climate change and invasive species play significant roles.** Fires clear away dead plants that choke new growth, but invasive species like **Cheatgrass, Scotch Broom, Kochia, and Gorse add fuel to the fire—literally.** These plants accumulate dry debris, which creates conditions for hotter, more frequent fires. In ecosystems that aren't adapted to frequent fires, like those with cedar trees, invasive plants can lead to long-term damage. Cedar trees, for example, take years to regenerate after a fire, especially when invasive plants have worsened the intensity of the blaze. Invasive insects are another big factor. Species like the **Mountain Pine Beetle** leave behind dead, dry trees, turning forests into tinderboxes. In fact, wildfires in forests affected by these beetles can burn two to three times faster than in healthy forests.

Managing invasives is key to reducing wildfire risks. For example, **Kochia** contains allelopathic properties (toxins) that can create a monoculture by outcompeting native plants and reducing biodiversity. Once dry, it becomes a tumbleweed, spreading its seeds far and wide and becoming a fire hazard. Similarly, **Scotch Broom**, with its high oil content, fuels intense wildfires while obstructing sightlines and crowding out native plants crucial for wildlife. A mature Scotch Broom can live up to 25 years, with seeds surviving in the soil for 30 years—making it both a fire hazard and a long-term invader.



**The 2023 wildfire season was the most destructive in BC's history, with over 2.84 million hectares of land burned, and this year, 2024 wasn't that far behind being the fourth worst, burning 939,967 hectares.** While we can't control the climate, we can take steps to manage invasive species that contribute to wildfire risk. Forest managers have used prescribed burns for centuries to maintain healthy forests, but climate change is making things harder, with

more extreme weather and longer droughts increasing fire risks. The good news is that BC's Ministry of Forests is investing in wildfire prevention, with projects aimed at reducing flammable materials, thinning dense forests, and removing debris.

It's not just up to forest managers to make a difference—industrial and forestry workers can also play a crucial role. By developing Invasive Species Management Plans and following "Work Clean Go" practices, such as cleaning gear and equipment between worksites, you can help prevent the spread of invasive species.

So, what can you do? Start by practicing "Buy Local, Burn Local," which means purchasing firewood from local sources to reduce the risk of spreading invasive pests and diseases. Additionally, clean your boots, bikes, and vehicles before and after entering forests to avoid transporting invasive plants.



Managing wildfire risks is a team effort, and controlling invasive species is a key part of the solution. You can contribute by adopting "Play Clean Go" practices—like brushing off your boots and cleaning your gear after outdoor activities. These small but impactful actions help keep invasive plants from spreading and protect our forests and communities for the future. Together, we can make a big difference!

**LET'S PULL TOGETHER!!**

<https://ekisc.com/so/1cP6Zstsi?languageTag=en&cid=03de197d-c839-417b-ac33-4d69b247ebe4>

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## Pumpkin Challenge 2024

This year was definitely a CHALLENGE.

I have a habit of naming my pumpkin plants each year. This year I named them after our moms.

My 2 plants named Nellie and Audrey got off to a rather frigid start out in the pumpkin patch. Frost bit their tender leaves in the spring. Not once but TWICE. I was ready to give up but those two feisty girls preserved through a cold wet spring and a hot dry summer. Nellie weighed in at 125 lbs and Audrey weighed in at 120 lbs. Add to my pumpkin harvest 22 sugar pumpkins.

What to do with all the pumpkins?

Nellie and Audrey will be used for feed for animals.

The many sugar pumpkins will be gifted and used for baking.



### Top Crop Challenge Winning Pumpkin

The winning pumpkin weighed 288 lb. grown in Nelson.

Nellie and Audrey are the 2 pumpkins to the right of the winning pumpkin.

Until next year

submitted by Sherry Shields

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

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



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## Do Something Positive for Bats this Bat Week

Halloween images of spooky bats and blood-sucking vampires are classically fun. However, they have also created fear and misconceptions about these important animals. International Bat Week is from October 24 - 31st, and it's a great time to bust some myths. The BC Community Bat Programs are encouraging everyone to learn a fact or two about the 15 species of bats that live in British Columbia.

"Host a Bat Week Party or other special event to get others excited about bats," says Elodie Kuhnert, Kootenay Community Bat Program coordinator. "You can feature bat-themed games or trivia, a bat costume contest, and foods and drinks in the shape of moths, mosquitos, or other insects as this is what our bats eat here - anything to highlight our amazing bats!" The bats in BC are major predators of insects, devouring many insects that are considered pests to our forestry and agricultural industries. This makes them an important part of our economy as they provide millions of dollars worth in natural pest control.

"If you want to make handing out candy more entertaining, how about developing some bat trivia for the kids?" says Kuhnert. You can find more information on bats at [www.bcbats.ca](http://www.bcbats.ca) or at [www.batweek.org](http://www.batweek.org).

Reach out to your local nature centre, museum, or public park to find out if they have any upcoming bat talks. You can also take your kids or grandkids to the library to borrow bat books or a Bat Pack. Some Bat Packs even include an echometer bat detector, providing a fun way to learn about and appreciate bats!

Don't forget to join our Facebook quiz on the Kootenay Community Bat Project page and attend the bat presentation at the Nelson Library for even more exciting information!



"Most bats in BC only have one pup per female in the summer and they face many threats to survive," says Kuhnert. White-nose Syndrome is a disease that has killed millions of bats in eastern North America. It is caused by a fungus that attacks them in winter when they are hibernating. It does not affect people or other animals.

"People can help us monitor bat populations by keeping an eye out for winter bat activity or dead bats. If you find one, please report it," says Kuhnert who also cautions to never touch a bat with bare hands or allow your pets to contact it. The Kootenay Community Bat Program is working with BC government biologists to collect and test dead bats in order to detect White-nose Syndrome. It has

not been found in BC yet, but it is in Alberta and just south of BC, in the Seattle area. Please report dead bats online at [www.bcbats.ca](http://www.bcbats.ca), call 1-855-922-2287 ext. 14, or email [kootenay@bcbats.ca](mailto:kootenay@bcbats.ca).

Bat Week also marks the time of year when bats disappear from our neighbourhoods, until the return of warmer weather in spring. As insect-eaters, our BC bats must leave their summer roost sites and migrate or hibernate to survive the winter. This absence means that this is the time of year to do home renovations that you have delayed due to bat presence. You can clean out and repair a bat box, or do bat-friendly exclusion work, without disturbing or injuring bats.

The BC Community Bat Programs provides information and promotes stewardship and citizen science in partnership with the BC Ministry of Environment, and funded by the Habitat Conservation Trust Foundation, Forest Enhancement Society of BC, Habitat Stewardship Program, and many regional partners, including the RDCK local fund, the Columbia Valley local fund, and the Columbia Valley Community fund. For more information, please visit [www.bcbats.ca](http://www.bcbats.ca) or find us on Facebook under Got Bats? BC Community Bat Project.

Contact: Elodie Kuhnert, Coordinator

T. 1-855-922-2287 ext.14 [www.bcbats.ca](http://www.bcbats.ca)

Kootenay Community Bat Program Facebook: <https://www.facebook.com/bcbats>

Instagram: <https://www.instagram.com/gotbats/> E. [kootenay@bcbats.ca](mailto:kootenay@bcbats.ca)



On September 5th, WLLID received information and photos regarding a crayfish found in Ida’s Cove.

After consultations with the East Kootenay Invasive Species Council and information from the Provincial government, Aquatic Invasive

Fauna Specialist, Aquatic Ecosystems Branch, Ministry of Water, Land and Resource Stewardship, the specialist confirmed it is a virile crayfish (*Faxonius virilis*).



This crayfish is a freshwater aquatic invasive species. According to the specialist, there is “no known method” to eliminate this crayfish from the lake.

Earlier this past summer, the same crayfish was found in Lillian and Moyie Lakes.

Wasa residents are strongly urged to **Clean, Drain and Dry** all equipment used in and on the water before being transferred from one water body to another. This includes all water craft, kayaks, canoes, paddle boards, waders, life jackets, and even children’s beach toys.



Not following these guidelines is what resulted in the introduction of the crayfish into the lake.

The government specialist also noted that “effective May 17, 2024, in B.C. it is now illegal to transport your watercraft with the drain plug still in place. **“Pull the plug! It’s the law!”**

Another key to keeping invasive species out of Wasa is to ensure any “water released from aquariums, ponds or water gardens is done on land.”

WLLID continues to monitor the water, and appeals to everyone to please think about the negative impact their actions can have on the water

Learn more about invasive species here, <https://www.ekisc.com/>, and here, [www.gov.bc.ca/invasive-species](http://www.gov.bc.ca/invasive-species).



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Hundreds of fad diets, weight-loss programs and outright scams promise quick and easy weight loss. But the best way to lose weight and keep it off is to make lasting lifestyle changes. These healthy changes include eating a balanced diet and moving more each day. Six tips to help you start your weight-loss journey.

### **1) Make sure your ready -**

Long-term weight loss takes time and effort. Be sure that you're ready to eat healthy foods and become more active. Ask yourself the following questions:

- Do I have a strong desire to change habits to help me lose weight?
- Am I too distracted by other pressures?
- Do I use food to cope with stress?
- Am I ready to learn new ways to deal with stress?
- Do I need other support- either from friends, healthcare professionals or weight loss group - to manage stress?
- Am I willing to change my eating habits?
- Am I willing to change my physical activity and exercise habits?
- Can I spend the time to make these changes?

Talk to a healthcare professional if you need help taking care of stress. Lowering stress can help you make long-term healthy lifestyle changes.

### **2) Find your inner drive-**

No one else can make you lose weight. You need to make diet and physical activity changes to help yourself. What will give you the burning desire to stick to your weight-loss plan?

Make a list of reasons why weight loss is important to you. The list can help you stay inspired and focused. Maybe you want to boost your health or get in shape for a vacation. Think of your goals on days when you don't feel like eating healthy foods or moving more. Find other ways to stay on track too. For instance, you could post an uplifting note to yourself on the refrigerator or the pantry door, or reach out to a weight loss buddy.

It's up to you to make the changes that lead to long-term weight loss. But it helps to have support from others. Pick people who will inspire you. They will never shame you or get in your way of your progress. TOPS is a great choice.

It's best to find people who will:

- Listen to your concerns and feelings.
- Share your goal to lead a healthy lifestyle.
- Do active hobbies with you or help you make healthy menus.

Track your diet and exercise in a journal or an app. Also track your weight. Review your progress and make changes as needed.

Your support group can help you stick to your healthy changes.

### **3) Set goals you can reach.**

Aim to lose 1 to 2 pounds a week over the long term. To do that, you'll need to burn about 500 to 750 calories more than you take in each day.

Losing 5% of your current weight may be a good goal to start with. If you weigh 180 pounds, that's 9 pounds. Even this amount of weight loss can lower your risk of some long-term health conditions. Those conditions include heart disease and type 2 diabetes.

It can help to set two types of goals. The first type is called an action goal. You can list a healthy action that you'll use to lose weight. For instance, "Walk every day for 30 minutes". The second type is called an outcome goal. You can list a healthy outcome that you aim to have. Example, "lose 10 pounds".

An outcome goal is what you want to achieve and the action goal with healthy changes will help you get there.

#### **4) Enjoy healthy foods**

To lose weight, you need to know the total calories you take in from food and drinks. But your meals can still be tasty and simple to make.

One way that you can take in fewer calories is to eat more fruit, vegetables and whole grains. These are known as plant-based foods. They're low in calories and high in fibre. Fibre helps you feel full. You can eat many kinds of plant-based foods to help you reach your goals.

Follow these other diet tips too-

- Eat at least four servings of vegetables and three servings of fruits a day. Snack on fruits and veggies if you get hungry between meals.
- Have whole grains, such as brown rice, barley, and whole wheat bread and pasta. Eat fewer refined grains, such as white rice and white bread.
- Use healthy fats, such as olive oil, vegetable oils, avocados, nuts, nut butters and nut oils. But keep in mind that even healthy fats are high in calories.
- Limit foods and drinks that have added sugar. These include desserts, jellies and sodas. The natural sugar in fruit is OK.
- Choose low-fat or fat-free dairy products.
- Focus on eating fresh foods. They have more nutrition than processed foods. Processed foods often come in a box or a can. And they tend to have more fat, sugar or salt.

It's a good idea to be mindful while you eat. Focus on each bite of food. This helps you enjoy the taste. It also makes you more aware of when you are full. Try not to watch TV or stare at your phone during meals. You may eat too much without realizing it.

#### **5) Get active, stay active**

You can lose weight without exercise, but it's harder to do. Regular physical activity helps burn off extra calories.

Exercise has many other benefits. It can lift your mood, lower blood pressure and help you sleep better. Exercise helps you keep off the weight that you lose too. Studies show that people who maintain their weight loss over the long term get regular physical activity.

How many calories you burn depends on how often, how long and how hard you exercise. One of the best ways to lose body fat is through steady aerobic exercise, such as brisk walking. Work up to at least 30 minutes of aerobic exercise most days of the week. Some people may need more exercise than this to lose weight and keep it off. But any exercise is beneficial.

Also aim to do strength training exercises at least twice a week. You could lift weights, use exercise bands or do pushups.

Any extra movement helps you burn calories. So think about ways to move more during the day. You could :

- Use the stairs instead of the elevator.
- Park at the far end of the lot when you shop.
- Stand instead of sit while you talk in the phone or check email.
- Walk laps around the room or march in place while you watch TV.

#### **6) Change your mindset**

It's not enough to eat healthy foods and exercise for just a few weeks or months. To keep off extra weight, you should make these healthy changes a way of life. Lifestyle changes start with taking an honest look at your eating patterns and daily routine.

Think about negative habits or other challenges that have kept you from losing weight in the past. Then plan for how you'll deal with them going forward.

You'll likely have some setbacks on your weight-loss journey. But don't give up after a setback. Simply start fresh the next day. Remember that you're planning to change your life. It won't happen all at once. Stick to your healthy lifestyle. The results will be well worth it. Info from Mayo Clinic.



**OCTOBER BOARD MEETING HIGHLIGHTS:**

There were three items of note that arose out of the October RDEK Board Meeting I wanted to share with residents in this month's update. The Board authorized a financial plan amendment for 2024-2025 to allocate funds for Short Term Rental compliance monitoring. An extended contract will be utilized to assist with identification and communication with non-compliant STR operators and property owners. These services are in addition to the 24/7 hotline that is anticipated to be launching soon. There will be additional details shared via the RDEK email group, social media, RDEK website and in local media once the hotline is up and running.

The Board has asked staff to prepare a plan for an optimized transfer station network that develops or expands existing sites, considers new sites for development if existing cannot be expanded, and proposes closure of low volume and undevelopable sites. In a separate motion, the Board also directed staff to prepare a plan to phase out the Yellow Bin Recycling Program in 2025. The program provides yellow recycling bins to businesses, institutions, and rural transfer stations. It is too early to speculate on what the specifics of these two resolutions will look like in terms of the roll-out; however, those details are expected to be included in the Staff Report that comes back before the Board for review. There will be extensive education and communication on both of these items as more operational details are finalized.

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The Board of the Wasa Community Church would like to address a false Facebook submission recently posted regarding "the Wasa pastor".

Our previous pastor couple left us this spring being led by the Lord to a church in Eastern Canada. They have been and are currently serving the Lord surrounded by their family. The couples who have been and still are serving our Lord by providing pastoral supply to Wasa Community Church live in the East Kootenay. None of these people have taken a vacation outside of Canada this year. We pray that the Facebook submitter will retract their submission and, in future, confirm the facts before putting anything in print.

Blessings to all.

Sandy Jensen, Chairman

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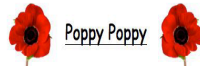
# Editor's Corner

Hello Tri-Villagers!!

I would like to do a call-out for Christmas articles! We all have stories about a favourite Christmas memory, a poem, song or event that impacted our lives. Maybe a project you would like to see the community embrace? Send it in and every article will be entered into a draw for a \$50 gift certificate from a Wasa business of your choice. And don't forget! We will also be drawing for the "Where Do You Take Your Buzz" contest that runs every year! 



Wasa & District Lions Club  
Recycling program  
250 417-7654



Poppy Poppy

Poppy poppy what do you say?  
Wear me on Remembrance Day.

Poppy poppy what do you tell?  
Many soldiers in battle fell.

Poppy poppy what should we  
know?

That peace on earth should  
grow, grow, grow.

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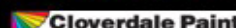
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### Safety guidelines and things you need to know:

- 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**



# The Lions Den Lions Roar

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

submitted by Terry Marvel

The snow on the mountains is telling me that Fall is quickly receding. I've heard an old proverb that says when snow falls on the mountains three times, It's there to stay. We'll see if that's true. It has been remarkably true in the past.

I would be remiss if I don't mention the Lion's Dinner and Dance happening on December 7th at the Wasa Community Hall. Tickets go on sale November 16th at the Hall from 10:00 - 12:00 noon. They are \$45 per person and a donation to the Food Bank gets each ticket holder a free raffle ticket. There are sure to be lots of great prizes that are donated by the many businesses and individuals around the area. Doors open at 5:00 and the bar opens at 5:30. Dinner will be served at 7:00 and the raffle will follow at 8:00. The Dance will commence when the raffle has been completed. It is one of the Lion's largest fund raisers of the year so don't forget the date to obtain tickets, as it is the only time tickets will be available. See you there!

The Lion's are always thankful for the donations of empty returnable bottles and cans (and other recyclable containers) that the community offers at our recycle location at the end of the pole building by the green door.

This is a short Buzz article because of the few projects the Lion's Club have going on at this time of the year but we are always looking for new members and ideas. Be a Lion because we Serve and we Care.

Our October 8th meeting was special because we had the pleasure of the District Governor as well as a number of members of the Fairmont, Kimberley and Cranbrook Lion's clubs. It was a very inspirational meeting with all the clubs presenting ways that they fund raise. It is the only way a Lion's Club can exist.

Have a great November and stay warm and healthy and safe!

### Wasa Lions Grounds Rentals

Contact Person: Linda Gold @ 250 421-6302

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

#### It's About Fundraising

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



#### It's About Giving

- Wasa Lions Path/Skating Rink
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- Scholarships
- We Care We Serve community funding
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Call Gayle Andrews  
250-422-3095 for more info

pagebeforepage.org



Wasa Lions



# CHRISTMAS

*Dinner, Dance & Raffle*

SATURDAY

7

DECEMBER

DOORS OPEN 5:00PM

BAR OPENS 5:30PM

DINNER 7:00PM

DANCE 9:00PM

TICKET SALES SATURDAY  
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WASA COMMUNITY HALL  
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*Prizes,  
Raffle,  
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### Death doesn't exist: a Gateway to new Dimensions of Consciousness

In human perception, death is often perceived as a definitive end. However, both modern scientific research and the spiritual teachings of the great masters throughout the ages show us a completely different reality: death is merely a passage, a transformation. The physical body, this temporary instrument of consciousness, may cease to function, but consciousness, or what we call Sat-Purusha, continues to evolve. This is a truth found in many spiritual traditions, supported by testimonies from people who have had near-death experiences (NDEs). Here, we explore the reasons why death is not an end, but a transition to other dimensions, a change of state liberated from the body of flesh.

Since the 1970s, research into near-death experiences (NDEs) has produced a wealth of testimonials from people who have experienced states of consciousness while clinically dead. These experiences, recounted by people who have been resuscitated after cardiac arrest, deep coma or clinical death, share common characteristics that challenge our material conception of life and death. People who have experienced an NDE often report a series of events such as the sensation of leaving their physical body, observing their own body from an outside position, passing through a luminous tunnel or being welcomed by spirit beings or deceased loved ones. Many describe a feeling of intense peace and a total absence of fear of death after their return to life.

Scientists such as Dr. Raymond Moody, a pioneer in the study of NDEs, have catalogued these experiences in books such as *Life After Life*, which have revealed that

these phenomena cannot simply be explained by hallucinations or neurochemical responses of the distressed brain. On the contrary, these accounts are consistent across cultures and ages, suggesting the existence of an aspect of consciousness that survives physical death. At the Ashram, we have been intently studying the very nature of the sole consciousness for decades, and we are aware that spiritual teachings throughout the ages have all converged on one essential truth: death is not an end, but a stage on the soul's evolutionary path. Whether it's the Buddha, Jesus Christ, Sri Aurobindo, H.H. the Lord Hamsah Manarah or the sages of ancient Hinduism, all have affirmed that consciousness - or the soul - is eternal and continues its journey through different incarnations in order to unite with the Divine. In the Vedic tradition, the concept of Sat-Purusha represents this Eternal Consciousness, which incarnates in matter to complete its path of evolution. The body is but a temporary vehicle, and death is but the end of a cycle of incarnation, allowing Sat-Purusha to detach itself from the physical world and enter another dimension. This journey is regulated by the Law of Karma, which enables the soul to progress toward ever-higher states of Consciousness.

In the Christian tradition, even though reincarnation has been deliberately removed from official doctrine, the idea of life after death is central. Christ himself speaks of the "resurrection" of the Soul or Consciousness, where the Immortal Soul is called to join the "Kingdom of Heaven" after its separation from the body. Other mystical traditions, such as Sufism, also teach that death is a passage where the soul frees itself from earthly constraints to unite with the Divine.

Spiritual masters teach that the fear of death is linked to a mistaken identification with our body and our ego. By transcending this illusion and realizing that our true nature is Sat-Purusha (Eternal Consciousness), fear disappears, giving way to deep trust in the Divine Process.

The concept of reincarnation, or re-birth, is another key to understanding why death is merely a change of state. Universal Wisdom traditions teach that every soul goes through many lives, incarnating in different bodies and situations in order to learn, purify its energies, and progress on the spiritual path. Physical death is simply an intermediate phase in this never-ending journey. The soul evolves through its many lives. Each incarnation is an opportunity to purify lower tendencies, learn spiritual lessons and move closer to Ultimate Realization. When the soul detaches from the body at death, it takes with it the fruits of its actions and experiences but leaves behind all that belongs to matter. It then enters a new dimension of the Column of Light (*Astral University of the Evolution of Souls made up of 21 planes or dimensions as described by H.H. the Lord Hamsah Manarah*), where it prepares for its next incarnation, or ascends to higher spiritual planes if sufficiently evolved.

Death, as we understand it in our society, is an illusion. What we call "the end" is merely a transition to other dimensions of consciousness, a change of state that enables Sat-Purusha to continue his journey toward Divine realization.

May Peace be with you as you approach the frontiers of this incarnation toward vaster, brighter horizons.

With Love and Blessings

OM OM OM

H.H. Gurudev Hamsah Nandatha  
Adi Vajra Shambhasalem Ashram



## TRI-VILLAGE BUZZ NEWS TEAM

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### *Longest Day*

*Do not call me hero  
When you see the medals that I wear  
Medals maketh not the hero  
They just prove that I was there*

*Do not call me hero  
Now that I am old and grey  
I left a lad returned a man  
They stole my youth that day*

*Do not call me hero  
When we ran the wall of hail  
The blood, the fears, the cries, the tears  
We left them where they fell*

*Do not call me hero  
Each night I stop and pray  
For all the friends I knew and lost  
I survived my longest day*

*Do not call me hero  
In the years that pass  
For all the real true heroes  
Have crosses, lined upon the grass*

*Rob Aitchison*



# November 2024

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

**LEGEND**

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



**SPECIAL EVENTS**

*and Days Down the Road*

- TOPS every Friday morning at the Wasa Hall. Weigh in at 9 - 9:30 AM - mtg 9:30 to 10:30
- Pickleball - every Monday & Wednesday 9 - 12, in the Community Hall
- Coffee Social Nov 20 @ 1-3 pm
- BINGO December 10th



**NUMBERS AT A GLANCE**

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- BC Wildfire..... \*5555.....or .....1.800.663.5555
- Catamount Contracting.....250.422.3694
- Conservation - Emergency.....1.877.952.7277
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- Econobuilt.....250.421.7813
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- Rascal Dock Systems.....250.421.1746
- TOPS.....250.422.9248
- Wasa Country Pub & Grill .....250.422.3381
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- Wasa Hardware & Building Ctr.....250.422.3123
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- Wasa Lions Med Eqp...250.417-7654.....793.9491
- Wasa Lions Trail Donations.....250.417-7654
- Wasa Memorial Garden (Sherri Shields).....email-
- Wasa Post Office.....250.422.3122

