



# Tri-Village Buzz



June 2018 Issue 209

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## Thanks for the Memories...

By Nowell Berg

For the past three years, Melinda and Jim Howard operated the Wasa Lake Pub & Grill. April 30<sup>th</sup> was their last day. May 1<sup>st</sup> they began retirement.



Melinda and Jim Howard from "Logging to Liquor"

"We met a lot of wonderful wonderful people, a lot of good stories, a lot of memories we'll be bringing with us," said Melinda.

For Jim, the experience of running the Pub was "the best three years of my life."

When asked what the biggest surprise was on taking over the Pub, Melinda said, "You have no idea the work and money that's involved to keep the business going and to keep those beers flowing."

After three years of long hours, seven days a week, "Retirements calling us, its time to just go and enjoy life," she said.

For anyone looking to take over the Pub, Melinda has this advice, "Be prepared to be married to your job, work hard and you'll have great success. You have to put those hours in yourself."

Jim chimed in suggesting, half seriously, "put on roller blades so you can get around faster."

One of the strangest things to happen was the time a lady from the Okanagan area arrived with a Purolator box saying she was "bringing Roy home." Leaving the box on the bar, she headed to the washroom. Jim thought the box contained beer coasters he'd ordered and was about to open it when the lady returned. She began telling Jim how she and Roy would travel around BC stopping by roadside pubs and bars for a beer. Patting the box, she said she was taking Roy on one last tour of the bars they'd visited in the past. The box contain his cremated ashes.

A few minutes later, a man sat down beside the lady. "She told the story again. The guy downed a beer in 30 seconds and was out the door," laughed Jim.

The biggest highlight for Jim and Melinda is the success of the annual January fishing derby. "Its become such a great event here. A lot of people know about it and a lot of people come a long distance to participate," said Melinda.

Jim pointed out the first year "42 people signed up." The second year had 64 fishers competing for prizes and boasting rights. This past January saw "96 sign up."

Melinda added, "Its an awesome event. Who ever takes the pub over, I really hope they continue with it." Jim expressed the hope the new owners would "have the success that we had."

Money raised from this years derby was donated to the EK Foundation for Health, Palliative Care Unit.

*Continued on Page 3*

## NOTICE

This year will mark my 8<sup>th</sup> year as "volunteer" Editor of the Tri-Village Buzz Newsletter. **The December 2018 issue will be my last.** If you know anyone or if you're interested in taking over, please let me know.

The software I've been using is Adobe InDesign but Microsoft Publisher or any page layout software can do the job. I'm willing to provide training over the next few months.

In the event nobody is willing to take over, advertisers will be credited and the Tri Village Buzz Newsletter will end.

Please contact me at 250-422-3060 or [trivillagebuzz@gmail.com](mailto:trivillagebuzz@gmail.com) for more information.  
Wendy Davis

No Newsletter in July

Pancake Breakfast June 16<sup>th</sup> and each Saturday until September

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# FOLLOWING THE TRAILS OF

# Yesterday

By Judy McPhee

## JOHN AND ROSE SMITH

*"COURAGE.....the courage to change the things you can....."*

In 1973, while holidaying from England at John's sister, Ann's home in Coleman AB, John and Rose were both overcome with the beauty of the area, the mountains and the lack of congestion.

During this holiday, they motored to Grand Cache, AB with 10 people in the car including two toddlers and enjoyed many laughs along the way. They stopped at Wasa. This convinced them, Canada and Wasa was the place they would eventually live.

Upon coming home to Jacksdale, Nottingham, England where John was born, he worked a few miles away as a machinist in Hucknall for Rolls Royce in the airplane division, he saw an advertisement for a machinist in Edmonton, AB, and applied. He was interviewed in Manchester, England by the Edmonton representative. John got the job and Immigration then accepted their application to move to Canada.

As a matter of interest, John was trained by the machinists who worked on the "Spitfire".

With two suitcases, \$350.00, toddler Paula and an abundance of courage they put their home up for sale and immigrated to Edmonton on February 1<sup>st</sup>, 1974. A foot of snow, which Paula refused to walk in and -8° greeted them. The next day was "Groundhog Day". What on earth is that they wondered? Their new life started in a hotel provided for by John's employer for one week. While they searched for a place to live, friends of friends searched every hotel to find them. With Canadian hospitality and kindness, they gave them their first week of breakfasts, a bed and miscellaneous household items. A loan from the bank enabled them to purchase a Ford Montcalm car.

After 10 weeks on the job in unsafe conditions, John also discovered that big city living was not to their liking. No small country pubs and too much traffic! Visiting his sister for both John's and his sister Ann's birthdays, he procured a job at the Coleman Collieries in Coleman where he

was hired as a machinist. They bought their first home in Canada on Pinewood Avenue in Coleman - with a view of the mountains. Paul was born there in 1976. John's father who lived with them in England immigrated to Canada and lived with them again. Many friends and Rose's art lessons helped them settle into their new life in Canada.

The Coleman Collieries Mine closed in 1978 and John and Rose moved to Sparwood where he worked as a machinist at the Kaiser Mines. Rose continued her art lessons and helped out at the children's school. One Christmas, they were too slow to put up the Christmas tree so Paula, 12 years of age and Paul went across to the forest and cut a tree down. The deed was done. The mine, bought out by Weststar closed due to bankruptcy. The mines in Elk Valley and beyond amalgamated and only two machinists were needed. John then received a job at Caliper in Cranbrook. Paula lived there so it was an easy decision. Remembering their love of Wasa, 17 years earlier, they bought a home on Poplar Road in Wasa.

### John's Woodworking

John was always interested in woodworking and has a natural talent. Since he was a young lad he has made many things. Upon arriving in Wasa, he established his woodsmith business "COUNTRY WOODSMITH". From beautiful Victorian screen doors to kitchen cabinets and many other wood items, John has crafted and excelled. His latest hobby is making exquisite crib boards with Rose offering a helping hand.

A number of years ago, International Fort Steele Hotel commissioned him to make more tables for their dining room restaurant to match the existing ones, which are over 100 years old. Perfectly made, one cannot tell the difference. He also crafted the greeting counter in the main entrance where customers pay to enter Fort Steele.

In 2004, John retired from his woodcraft business because of health reasons. He continues to putter in his workshop during the summer months fixing and making small wood items.

He and Rose go to the gym, talking up a "storm with the guys and gals that go (as

well as exercising). Rose played poker every Thursday at the pub enjoying the English Pub tradition. John came when memories of the comradeship of English pubs nudged him. They both love to garden in the summer as health permits.

### Rose

Rose was born in Wales and moved to various villages in England as a small girl. She excels in her knowledge of English fine china and worked at Sonia's China Cabinet in Cranbrook. All the factories in England closed their doors as china became too expensive to make. Sonia's went out of business. Rose then went to work at Giant Tiger until it closed. She has helped John in his workshop for many, many years. She helps Marg Burren in the library and helps Susan Manahan opening and closing the gym when Susan is unavailable. In July, 2016, Rose underwent an open heart operation in Calgary with success.

Their daughter, Paula needed a new kidney in 2014. With exceptional courage, Paul donated one of his kidney's to his sister, Paula. Two very successful operations in the Vancouver General Hospital gave Paula life. Rose was in Vancouver for a number of weeks with them.

John and Rose have been very happy in Canada and in Wasa. The courage and wisdom to come to Canada has been beneficial to all of their family.

The diversity of people from many countries living in our community has added immensely to our lives.

*"Courage and wisdom, needed by all of us"*



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### Editor

Wendy Davis  
250.422.3060  
trivillagebuzz@gmail.com

### Treasurer

Diana Perih 250.422.3504

### Invoicing / Advertising

Sherry Shields

### Email Coordinator

Helen Kelly 250.919-9490

### Item Coordinator

Tosh Leblanc

### Folders

Helen and Ken Maine

### Website Coordinator

Clay Tippett

### Article Submitters

Nowell Berg  
Mario Carelli  
Karen Markus  
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**(trivillagebuzz@gmail.com)**

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Tri-Village Buzz Newsletter

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**www.kootenaykwikprint.com**

## WASA LAKE LAND IMPROVEMENT DISTRICT (WLLID)

By Sharon Prinz

We are heading into an uncertain time with weather dictating floods, fires or just a wonderful summer season!

At our recent AGM we welcomed new Trustee Ged Kelly and said thank you to outgoing Trustee Cliff Youngs for his service on the Board.

The WLLID completed many projects this year including the Data Logger located at the end of Ponderosa Road. This will give us improved scientific monitoring of the lake as it responds to the Kootenay river rise and fall and better information to predict water levels and their effect on the community. Our Gauge also remains in the lake and has been surveyed in and new graphs converting past data will soon be on our website.

Water monitoring this past year has shown that the lake continues to be healthy and the first tests this year have commenced. Interior Health assists us with interpretation of some of the results.

Our Fall Shore Line Cleanup was a success. With help from the community many items were picked up on the shoreline including an alarming amount of Styrofoam pieces.

The spring drone study has been done to monitor the vegetation growth in the lake in response to the community request to investigate the growth of the Northern Native Milfoil. Pamphlets have been compiled in cooperation with Parks, CBT and RDEK with information on how to reduce the spread of the Northern Native Milfoil. Keep an eye out this summer as BC Parks will be installing a kiosk at the boat launch with our poster.

Our website is updated with information for our Community as it happens. This may be information about activities the WLLID is engaged in or alerts from RDEK or Fire Service. We strive to keep you informed.

### Thanks for the Memories...

*Continued from Cover*



The other big stand out for Jim and Melinda were the "absolutely fantastic" Halloween parties. "I am really really going to miss the Halloween parties, wonderful costumes, a real fun fun evening," said Melinda.

While the Fishing Derby and Halloween parties are big events, Jim said there were lots of smaller things that happened. He told the story of a young man and his girlfriend who came

up from the USA to fish the St. Mary's river. It had been a dream of the girlfriend to catch a bull trout which she ended up doing. It was "a little over 10 pounds." The boyfriend asked the guide if he was sure it was a bull trout. The guide reassured him it was. Jim continues, "As she was holding the trout in the river [for a photo], he goes down on one knee and proposes to her. That night they came into the pub and told that story. All night long they didn't buy a drink, everybody was buying them drinks. They ended up getting a room over at the motel."

Meeting people like the young couple, the lady with her husbands ashes and the success of the fishing derby helped create great memories and made for a lot of fun.

By mid-June, Melinda and Jim will have bought a trailer and be on the road. Melinda said their first trip will be "heading up to Alaska for the summer and maybe down to Mexico for the winter."

From all of you friends at Wasa Lake-take care, have fun and bon voyage!

### Wasa Lions Medical Equipment Loan Cupboard

**Have you had a recent Injury? or Have plans for Surgery?  
The Lions may be able to assist with  
a 3-month loan of Medical Equipment.**

**For loan information or equipment donations to the Cupboard**

**Contact: Sharon 250-422-3227 or Val 250-422-3499**

## Seeking Volunteers and Roosts For BC Bat Counts

The Kootenay Community Bat Program (KCBP) is seeking volunteers and bat colonies for the Annual Bat Count. This citizen-science initiative encourages residents to count bats at local roost sites. "Bat counts are a wonderful way for residents to get involved in collecting important scientific information" says biologist Mandy Kellner, coordinator of the BC Community Bat Program. "No special skills are needed, you can be any age, and you can relax in a deck chair while counting."



Volunteers counting bats  
J. Craig photo

The Annual Bat Count will collect baseline data on bat populations before the devastating White Nose Syndrome fungal disease affects bats in the province.

"White Nose Syndrome is estimated to have killed more than seven million bats since it was first discovered

in eastern North America a decade ago," says Leigh Anne Isaac, coordinating biologist of the KCBP. "In March 2016, the disease was detected just east of Seattle, and has now spread within Washington State. This has greatly increased our urgency to understand bat populations in BC. We need the public's help to census local bat populations - we never know when it is our last year to obtain population estimates before White Nose Syndrome causes widespread declines in western North America."



Townsend's Big-eared Bat is one of the species people may encounter S. Laughlin photo

Counts are easy - volunteers wait outside a known roost site, such as a bat-house, barn, bridge or attic, and count bats as they fly out at twilight. They record the final number along with basic information on weather conditions. Ideally, 1 - 2 counts are done between June 1 and 21 before pups are born, and 1 - 2 more between July 11 and August 5 when pups are flying.

"We know relatively little about bats in the Kootenay region, including basic information on population numbers" says Isaac. "This information will be extremely valuable, particularly if it is collected annually. If people want to get involved but don't have a roost site on their property, we will try to match them with a roost site nearby."

Funded by the Columbia Basin Trust, Regional District of the East and Central Kootenay, Habitat Conservation Trust Foundation and the Forest Enhancement Society of BC, and with support of the BC Conservation Foundation and the Province of BC, the KCBP provides information for people dealing with bat issues on their property or who have questions about how to attract bats. To find out more about bat counts, or to get assistance dealing with bat issues, visit [www.bcbats.ca](http://www.bcbats.ca) or call 1-855-9BC-BATS.

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Where do you take...



## YOUR BUZZ ?

Look! Timmy's comes to England!



Ged and Helen Kelly found a Timmy's in Bury, Manchester, UK. They had a great time with family and friends on a recent trip in May.

Email your photos with "The Buzz" and your name will go into a draw for the "2018 Where do you take Your Buzz" contest.  
email: [trivillagebuzz@gmail.com](mailto:trivillagebuzz@gmail.com)

## NEWS RELEASE

For Immediate Release  
2018MAH0046-000801  
May 1, 2018

Ministry of Municipal Affairs and Housing  
Columbia Basin Trust

### Affordable housing for Columbia Basin residents

ROSSLAND – The Government of British Columbia is working with the Columbia Basin Trust to build 167 new homes for people in the region struggling to find housing they can afford.

“People living in the Columbia Basin, like the rest of the province, are feeling the weight of the lack of available, affordable housing,” said Selina Robinson, Minister of Municipal Affairs and Housing. “Our government recognizes the urgent need to create more options for people struggling to find reasonably priced rental homes. These new projects will help make life more affordable for families in the region by delivering the housing they need and can afford.”

Ten new housing projects in the Columbia Basin region will increase the availability of affordable rental homes for individuals, families, seniors or those with disabilities, who are earning a low to moderate income.

The following projects have been selected to receive funding, based on the impact the project will have in reducing the community’s affordable rental housing need:

- Castlegar: 11 units, operated by Kootenay Society for Community Living
- Fernie: 35 units, operated by Fernie Family Housing Society
- Invermere: 16 units, operated by Family Dynamix Association
- Kimberley: 4 units, operated by Kimberley Seniors Project Society
- Nakusp: 10 units, operated by Arrow and Slocan Lakes Community Services
- Nelson: 3 units, operated by Nelson CARES
- Nelson: 39 units, operated by Share Housing Initiative Society
- Rossland: 24 units, initiated by the City of Rossland, proposed to be operated by Lower Columbia Affordable Housing Society
- Revelstoke: 21 units, operated by Revelstoke Community Housing Society
- Slocan: 4 units, operated by Slocan Valley Seniors’ Housing Society

“It’s clear that we need a new approach to help Kootenay residents,” said Katrine Conroy, MLA for Kootenay West and Minister Responsible for the Columbia Basin Trust. “I’m thrilled that our partnership with the Columbia Basin Trust is delivering on our goal for fair and affordable housing. These investments will make real, positive impacts on people’s lives.”

This is one of the many partnerships the Province will be making to deliver on its commitment to build 114,000 affordable homes, including market-rental, non-profit, co-op, owner-purchase and supported social housing to tackle the issue of affordability in British Columbia.

“Hundreds of people are going to be able to live better lives, thanks to this partnership between our government and the Columbia Basin Trust,” said Michelle Mungall, MLA for Nelson-Creston. “I’m looking forward to seeing these projects come to fruition, and the



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Submitted by Karen Markus

### A Dog's Plea

Treat me  
kindly, my  
beloved friend,  
for no heart  
in all the world  
is more grateful  
for kindness than the  
loving heart of me.



Do not break my spirit with stick,  
for though I might lick your hand  
between blows, your patience  
and understanding will more  
quickly teach me the things you  
would have me learn.

Speak to me often for your voice  
is the world's sweetest music, as  
you must know by the fierce  
waving of my tail when your  
footstep falls upon my waiting  
ear.

Please take me inside when  
its cold and wet, for I am a  
domesticated animal, no longer  
accustomed to bitter elements.  
I ask no greater glory than the  
privilege of sitting at your feet  
beside the hearth.

Keep my pan filled with fresh  
water, for I can not tell you when  
I suffer thirst.

Feed me clean food that I may  
stay well to romp and play and  
do your bidding, to walk by your  
side, and, should your life be in  
danger, to stand ready, willing  
and able to protect you with my  
life.

And, my friend, when I am very  
old, and I no longer enjoy good  
health, hearing and sight, do  
not make heroic efforts to keep  
me going. I am not having any  
fun. Please see than my trusting  
life is taken gently, I shall leave  
this earth knowing, with the last  
breath I draw, that my fate was  
always safest in your hands.

## Area E Townhall Meeting

The Townhall meeting will be held at the Wasa Hall on Monday, June 18th at 7 pm.

We will start by recognizing Pat Walkey, Area E volunteer of the year. There will be refreshments and cake as part of the Pat recognition.

We will also discuss the mosquito control program, Area E budget, Area E parks and there will be time for any questions you may have.

## Environmentally Sensitive Development Permit Area (ESA)

I will be taking this OCP amendment to the July Board, if the Board gives this OCP bylaw the 1st and 2nd approval we will be holding a Public Hearing in July at the Wasa Hall. I do not have a date at this time.

Remember if you have any questions please call Michele Bates or myself.

## Parties and Huge Fires

The parties are a huge concern for the Wolf Creek and Wasa residents.

The size of the fires and the garbage that is left behind are the biggest concerns. These photos were taken by a resident



## Lions Family Day, Garage Sale & Pancake Breakfast

The Lion's club is

holding there annual Pancake breakfast and garage sale on Saturday, June 16th. I hope everyone can come out and support the Lion's Club. The club does so much for the Wasa and area residents.

I want to thank the Tri Village Kids Club for the wonderful Mothers Day Tea. We all got to enjoy great treats and catch up with our friends.

I hope that everyone has a safe month. If you have any questions or concerns please call me.

Jane Walter, Area E Director

email: s.janewalter@gmail.com or phone 250-427-2577



## The Wasa Lions Club Needs You!

**To maintain and continue services  
To the community and beyond!**

*"The Times They are A Changing"  
Wasa Lions Club 1976 to 20??*

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- Christmas Dinner, Dance & Raffle

## SUMMER BERRY DESSERT

## Fanny's Favorites

1½ cups Graham Wafer Crumbs	¼ cup melted margarine
1½ cups sugar	6 Tbsp cornstarch
3 cups cold water	2-3 oz pkg strawberry gelatin
2 cups fresh blueberries	2 cups fresh raspberries
2 cups fresh strawberries	4 cups whipped topping

Mix crumbs and margarine and press into 9 x 13 pan. In a saucepan combine sugar, cornstarch and water until smooth. Bring to a boil and simmer and stir 2 minutes until thickened. Remove from heat and stir in gelatin until dissolved. Refrigerate 15 to 20 minutes until starts to thicken. Stir in berries and pour into crust and chill until set. Cut into squares and serve with whipped cream. Can also be made into 2 ready made graham pie crusts.

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# WASA PANCAKE BREAKFAST and MARKET Every Saturday



**Rain or Shine**

**The Wasa Pancake Breakfast will take place every  
Saturday from June 30<sup>th</sup> to September 1<sup>st</sup>, 2018  
at the Wasa Lions Picnic Grounds**

<p>Pancake Breakfast from 8:30 a.m. to 11:00 a.m.</p> <p>Breakfast includes:</p> <ul style="list-style-type: none"> <li>▫ Pancakes</li> <li>▫ Scrambled Eggs</li> <li>▫ Sausages</li> <li>▫ Juice or Coffee</li> </ul> <p>Large \$6.00 / Small \$5.00 Just Coffee/Juice \$1.00</p>	<p>Market from 9:00 a.m. to 11:00 a.m.</p> <p>Come out and visit the vendors</p> <ul style="list-style-type: none"> <li>▫ Home Baking</li> <li>▫ Crafts</li> <li>▫ Gently Use Items</li> <li>▫ Jewelry</li> </ul> <p><i>Vendor Tables No Charge</i></p>
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## 2018 Pancake Breakfast Schedule

June 16	Wasa Lions Garage Sale/Family Day	July 28	TOPS
June 30	Rec Society	August 4	Wasa Lions
July 7	Wasa Historical Society	August 11	Wasa Lakers Ball Team
July 14	Wasa Country Quilters	August 18	Valley Community Church
July 21	Wasa GYM	August 25	Rec Society
		Sept 1	Tri Village Kids Club

Wasa Country Market and Pancake Breakfast Committee:

▫ Bonnie Meena

▫ Val Dmytriw

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The **WASA RECREATION SOCIETY'S** main objective is to generate funds to keep the Wasa Hall running. Wasa Recreation Society members meet in the basement of the Wasa Hall in the Quilters Room on the last Tuesday of each month. Everyone is invited to attend. Listed below are some of the user groups and contacts:

- Hall Rentals and Information  
Karen Markus 250.422.3514  
Bonnie Meena 250.422.3795
  - Gym Sonia Blackwell 250.422.9201  
Rod 250-422-3253
  - TOPS Susan 250.422.3510
  - Library Judy McPhee 250.422.3766
- In addition, BINGO's are held on the **2<sup>nd</sup> Tuesday of each month** at the Wasa Hall. Early bird starts at 6:30 pm and regular at 6:45 pm.

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

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

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



**For Gym Schedule Please Contact:  
Sonia Blackwell at 250-422-9201 or  
Rod at 250-422-3253**

**GYM HOURS AND INFO**

# Three Little Pigs Hidden Objects

Can you find the 15 hidden items?



- |            |              |            |        |          |             |
|------------|--------------|------------|--------|----------|-------------|
| ANNUALS    | FUCHSIA      | LILIES     | ROSES  | SPADE    | VEGETABLES  |
| BEANS      | GARDEN       | MARIGOLDS  | ROW    | SUNSHINE | WATER       |
| BEETS      | GERANIUMS    | ORGANIC    | SEEDS  | TOMATOES | WEEDS       |
| BIENNIAL   | GLOVES       | PEAS       | SHOVEL | TROWEL   | WHEELBARROW |
| BROCCOLI   | GNOME        | PERENNIAL  | SOIL   | TULIPS   |             |
| CARROTS    | GREENHOUSE   | PETUNIAS   |        |          |             |
| COMPOST    | GROW         | PINWHEEL   |        |          |             |
| CULTIVATE  | HOES         | PITCH FORK |        |          |             |
| DAISIES    | HORTICULTURE | PLANTING   |        |          |             |
| DIGGING    | HOSE         | RAIN       |        |          |             |
| FERTILIZER | HYDRANGEA    | RAKE       |        |          |             |
| FLOWERS    | LILACS       | RELAXING   |        |          |             |

# JUMBLE

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

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PEYMT

AVEBO

HNCTER

ECTNED

Print your answer here:

# THAT SCRAMBLED WORD GAME

by David L. Hoyt and Jeff Knurek



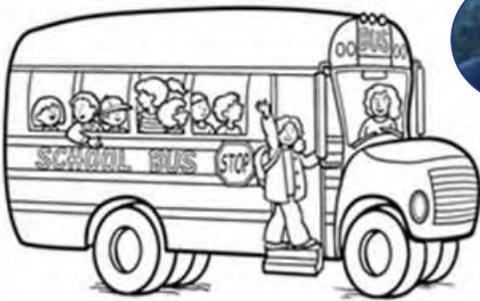
Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.



## Gardening

Find and circle all of the words that are hidden in the grid. The remaining 27 letters spell a Lady Bird Johnson quote.

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



Can you find all 12 differences between these pictures?



MARION FUN PAGE



## Yoga Sadhana: the Art of Self-Realization

As we stated in the last article, according to the Yogic viewpoint, the center of your True Self (Atman) is Divine and in this center, there is no "you" as a name and body. There is only a "You" that is Pure Love and Pure Awareness. This Process of Unification of yourself is called "Yoga Sadhana". The Sadhana is the practice of certain spiritual disciplines in order to unite yourself with your own true Self.

**The first of the six practices** to discover and experience the Self, or Atman, is knowledge through the study of the wisdom carried out by great self-realized Masters over the ages. To find something, you first need to know what you're looking for. You are looking for the nature of your true Self, so you need to learn about its characteristics in order to determine how to unite yourself with the essence of this true supra-physical Presence. This first Yoga Sadhana is called "Jnana Yoga", the Yoga of Knowledge. The more you hear about your true Self and how to realize this Self that is so different from your personality, the easier it is for you to let go of the "name and body" that you are not.

**The second practice** to discover and experience the Atman is called "Hatha Yoga", and it is only a small part of Yoga (Yoga means "Principle of Union"). The word "Haṭha" literally means "Force" and thus alludes to a system of physical techniques helping one to develop the strength to remove all attachments to the physical body. Nowadays, Hatha Yoga is more body-focused than ever, and this is one of the great mistakes of the Western world. True Hatha Yoga aims for Self-Realization; it is not meant to reinforce our identification with the body. For a true Yogi, the practice of Hatha Yoga is not a fitness activity, but rather the Art of disconnecting the consciousness from the illusion of being only a body and a mind. Most Hatha Yoga teachers in the West only promise students that they will feel physically better, but they rarely include the practice of Hatha Yoga in the total process of Yoga Sadhana leading to Spiritual Liberation. The more you master your body and mind, the easier it is to experience what you are beyond them.

**The third practice** to discover and experience the Self is Meditation, also called "Dhyana Yoga". It is the Art of settling deeply into the state of vigilant self-observation in order to extract your consciousness from the illusion of being the body, the mind, and the emotions and desires. Meditation encompasses several levels of practice that acclimatize oneself to the expansion of one's consciousness. True meditation can and should be maintained also during daily activities.

**The fourth practice** to discover and experience the Self is Devotion or surrendering to the Divine Self. This practice is called "Bhakti Yoga". Knowing that beyond our presence in this life, at the origin of our incarnation, presides a powerful Divine Particle that strives to express itself through the material world using our mind and body, the Yogi does his best to experience life while aspiring to bring this true Divine Self to the surface of himself. He or she expresses the virtues and qualities of the Divine Self, thus trying to make the Self the only true Leader of life. Remember that the true Self is not the reflective mind; it is Pure Consciousness with a direct perception of reality as it is, without distortions.

**The fifth practice** to discover and experience the Self is the accumulation of Divine vibrations through the repetition of specific Sacred Sounds that elevate the state of awareness of the Consciousness. These mystic sounds are called "Mantras". The Yoga Practice referring to the use of mystic sounds is called "Mantra Yoga" or "Japa Yoga". Here, the aspirant's Consciousness connects with a vibratory world in which he or she can experience a process of total unification and oneness with everything, destroying all egoistic viewpoints. The sound "Om", also expressed as "Aum" and defined as the Word of God, is the Sound at the origin of time, space, matter and causality. It is also the Mother of all other Mantras. "Om" leads one from ignorance and bondage to Truth and Freedom.

**The sixth practice** to discover and experience the Self consists in working with total abnegation for the benefit of all sentient beings. This practice is called "Karmadhana Yoga", or selfless service for the purpose of destroying within oneself all traces of a "me" that is not the Divine Self.

I hope that this information will help you better understand how you can, in your destined timing, experience your own true Self and also understand what we do at our Sacred Ashram in Wasa, BC.

May all good things be granted to you. May you all find the strength to realize your true Self.

Sincerely and warmly yours on the Path of Light.

OM OM OM

Venerable Gurudev Hamsah Nandatha

Adi Vajra Shambhasalem Ashram, Wasa, BC Canada

Venerable Gurudev Hamsah Nandatha published a book entitled, In the Presence of Truth. Discovering the Being Within, which is a roadmap to Self-Realization. To learn more about this wonderful book and its author, visit [www.inthepresenceoftruth.com](http://www.inthepresenceoftruth.com). For more information about the Ashram, please call (250) 422-9327.

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### About Lewis' Woodpecker, Solar

By the time this is published, the Long-billed Curlew, mentioned in previous articles, will have arrived back on The Prairie to spend their summer. In future articles, I hope to report which of the 4 satellite transmitter-equipped birds have returned, Solar, Pine, Argyle, and Mojo, and tell you about their northward migration, spring 2018, and their southward migration autumn of 2017.



Lewis' Woodpecker. Ranky Hopkins photo.

Also returning to The Prairie, besides the myriad of other birds (213 species so far), will be the Lewis' Woodpecker.

The Lewis' Woodpecker is a colourful, medium-sized woodpecker that does things a little differently than other peckers. Instead of getting a lot of its food from drilling holes, the Lewis' does "fly-catching" – chasing flying insects while on-the-wing to scoop them out of the air. Their flight is very beautiful, mesmerizing and graceful and they are often mistaken for a small crow. Their back is a beautiful iridescent purple, green, black and their breast is washed with deep rosy red. Also different about them compared to other woodpeckers, is that Lewis' are very quiet and they will not peck on your house!

#### Habitat Restoration Successful!

Prior to 2016, it was thought that only a couple of pairs of Lewis', nested on The Prairie. Much ingrowth had occurred because of fire suppression, like many areas in the East Kootenay Trench. In the early millennium, logging for habitat enhancement and restoration was done west of the highway fields with the wood, I believe, used to supply the Pulp Mill's power co-generator.

Logging was done in such a manner to make it attractive to Lewis' Woodpeckers. Snags and patches were left randomly rather than evenly spaced harvesting like at China Bar between Miller and LD Ranch roads; and large ponderosa pines were left. It worked! Last year 18 Lewis' nests and at least 5 other territories were

found; and I could only cover a small fraction of the potential habitat because the rest was inaccessible with my vehicle. This is such an incredible density of nests for British Columbia that the Canadian Wildlife Service Species-at-risk biologist came over to check it out. On his two-hour tour in early evening, he found 3 of those 18 nests – ones I'd missed!



**Solar Arrays:** Unfortunately, all this cleared Crown land has attracted the attention of alternative energy companies. Much of the Lewis' habitat

on The Prairie has been granted to them to "investigate the feasibility of solar power generation". Of course, if they get to the stage of developing utility-scale solar arrays, they will be required to mitigate for any damage to species at risk, according to our environmental protection laws. The Lewis' is classified as "threatened" in British Columbia. Solar arrays would likely be placed on already open fields. Err, but aren't they habitat for Long-billed Curlews maybe? And Western Meadowlark, Vesper Sparrow, Savannah Sparrow, Chipping Sparrow, bluebirds, Common Nighthawk, not to mention all those grassland plants I still get to learn about like bitterroot, Lewisia rediviva (also named after Lewis of Lewis & Clark expedition fame), and antelope brush. And who knows what kinds of insects!

Optimistically, some alternative energy experts predict that the less ecologically damaging and more sensible practice of individuals installing solar panels on their own buildings will become so common that big arrays on virgin land will never be economical in BC. I hope that is true. Rooftops, parking lots, old mine sites, gravel pits – all better places. The Province does not yet have any policies regarding solar arrays.

Like other woodpeckers (including Northern Flicker), Lewis' nest in cavities, of course. They will nest in dead and dying pine trees, snags, and even large utility poles. Most head to the US for the winter, from Idaho on southward. They, too should be returning the beginning of April.

### Skookumchuck Prairie IBA



#### Links and webpages:

Curlews banded in BC satellite tracking map: <http://birdscanada.org/research/speciesatrisk/index.jsp?targetpg=lbcu>

Curlews banded in US satellite tracking map: [https://schall11.github.io/curlew\\_vision/#](https://schall11.github.io/curlew_vision/#)

Skookumchuck Prairie on eBird: [https://ebird.org/canada/barchart?byr=1900&eyr=2018&bmo=1&emo=12&r=CA-BC\\_258](https://ebird.org/canada/barchart?byr=1900&eyr=2018&bmo=1&emo=12&r=CA-BC_258)

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# Helpful Hints

In Memory of Vi Cockell

By Sherry Shields

## Preparing for HEAT

### 1. Garden Moisture

Apply 1 to 2 inches of leaf mulch on flower beds and around trees, keeping mulch away from the trunks. Mulch conserves moisture, protects plant roots, suppresses weeds, and regulates soil temperature. Make sure all trees, shrubs, perennials, and roses receive 1 inch of water per week. If Mother Nature does not provide this amount, it is best to water deeply once per week rather than water shallowly several times per week.

### 2. Clean Ceiling Fan

For fast and easy blade cleaning, wrap a dryer sheet around a paint roller, holding it in place with rubber bands, then run the roller over the top of the blades to remove any dust.

### 3. Ceiling Fan Direction

In the summer, ceiling fan blades should rotate in a counter clockwise or "forward" direction to create cool downward airflow. In the winter, fan blades should rotate in a clockwise or "reverse" direction to redistribute warm air, which naturally rises to the top of the ceiling.

*"Oh, it's delightful to have ambitions. I'm so glad I have such a lot. And there never seems to be any end to them—that's the best of it. Just as soon as you attain to one ambition you see another one glittering higher up still. It does make life so interesting."*

L.M. Montgomery, Anne of Green Gables



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## Wasa Community Church



What a great feeling it is when everything goes your way. When you get exactly what you want. However, that's not really something that happens as often as you'd like. You're often let down by not receiving what you desire. You face many things you'd much rather avoid. Hardships and tough times. Things happen to you that you hate. Sometimes they aren't so bad, but sometimes they hurt incredibly. Had things gone your way, would it have served you better? Is getting what you want always the best thing for you? In the moment, I'm sure it seems like it.

If you think about it, a lot is learned from mistakes you wish you hadn't made. Even when you're not at fault, and something bad happens to you, while it can be painful, you can grow stronger having gone through it. You can also be there to help people who are in the same place that you were in. Getting what you don't want is often what's best for you and, similarly, getting what you want isn't always the best thing for you. Sometimes we're the toddler who wants to play with the steak-knife sitting on the kitchen counter. Getting what we want could bring us harm.

There's a part of Romans 5:8 that says, "...we know that for those who love God all things work together for good..." It

doesn't say all things work together for you to get what you want. Even if you love God, bad things can happen to you to bring about what's best. The biggest example of this is with Jesus Christ Himself. Who loves God more than Him? Yet He had to be crucified, and to say that was something He wanted to go though would not be true. Knowing that He had to die on the cross brought Him stress to the point where He was sweating blood. In Luke 22:42, He even asks if there is another way. "Father, if you are willing, remove this cup from me." If He didn't have to suffer and die, He wouldn't, but that was the only way to take the punishment that every human deserved, death for their sinfulness, so that they could actually have the opportunity to be given access to heaven. If He died and rose again, and they believed in Him and what He did for them, God would no longer reject them from heaven, which is both what's best for us and what's best for Jesus. So as unimaginably difficult as it was for Him, He said to His Father, "Not my will, but yours, be done."

Going through hardships can build you into someone who can help others going through hardships, but in the same way, when you are the one in need of help as you're going through hardships, you can find that help in Jesus who, Himself, has been through it all.

- Pastor Jon Malpass, Wasa Community Church - Sunday Service @ 10:30 a.m. (250) 464-4419



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Donate your pop cans and liquor bottles (no dairy please) to the Wasa and District Lions Club to help with their scholarship fund. Please call Val at 250-422-3499 to make arrangements for drop-off at the Lions Grounds.

## More Helpful Hints

By Sherry Shields

### Sunscreen Should Be Your Last Resort

#### First things first:

Check your skin regularly for new moles that are tender or growing. Ask your primary care doctor how often you should see a dermatologist.

The best defenses against getting too much harmful UV radiation are protective clothing, shade and timing.

#### Our Checklist:

**Don't get burned.** Red, sore, blistered or peeling skin means far too much sun – and raises your skin cancer risk.

**Wear clothes.** Shirts, hats, shorts and pants provide the best protection from UV rays – and they don't coat your skin with goop.

**Find shade – or make it.** Picnic under a tree, read beneath an umbrella or take a canopy to the beach. Keep infants in the shade – they lack the tanning pigments, known as melanin, that protect skin.

**Plan around the sun.** Go outdoors in early morning or late afternoon, when

the sun is lower. UV radiation peaks at midday.

**Sunglasses aren't just a fashion accessory.** Good shades protect your eyes from UV radiation that causes cataracts.

**Don't fall for high SPF labels.** Anything higher than SPF 50+ can tempt you to stay in the sun too long. Even if you don't burn, your skin may be damaged. Stick to SPFs between 15 and 50+. Pick a product based on your own skin coloration, time outside, shade and cloud cover. Reapply often.

**Avoid sunscreen with vitamin A.** Eating vitamin A-laden vegetables is good for you, but spreading vitamin A on your skin may not be. Government data show that tumors and lesions develop sooner on skin coated with creams laced with vitamin A, also called retinyl palmitate or retinol. It's in 14 percent of all sunscreens we reviewed in 2017. Avoid any skin or lip product whose label includes retinyl palmitate, retinol or vitamin A.

## WASA COMMUNITY LIBRARY

Located in the Basement of the Wasa Hall

Open Tuesdays 11:00 a.m. to 1:00 p.m.  
or by appointment  
(call Marg Burrin @ 250-422-3565)



SUBMITTED BY JUDY MCPHEE

Special thanks to Marg Burrin and Rose Smith for their dedicated time and expertise running our library this past year.

Time to stock up in June for summer reading!

**Library Closing for summer break Tuesday, June 26<sup>th</sup>, 1:00 P.M.**

**Library Reopening Tuesday, September 4<sup>th</sup>, 11:00 A.M.**

Do take the most direct route to summer relaxation. Select a book, sit in the shade and immerse yourself!

Selected recommendations this month are:

**TOO CLOSE TO THE FALLS** by Catherine Gildiner, Ph. D.

A Memoir

Each chapter skillfully punctuated with humour and unbelievable adventures.

Catherine relates her life adventures growing up in Lewiston near Niagara Falls in the 1950's. Daughter of a pharmacist and school teacher, she went to work at four years of age in her father's store to curb her overactive and eccentric adventures. As a result of going over the top of the neighbourhood swing, twice, two rescues from a cherry tree by firemen and imitating Ed Sullivan for money, she was recommended by her pediatrician to start working. She was a precise and diligent worker from four years on. This book captures the essence of a precocious childhood.

**SOAP AND WATER and common sense** by Dr. Bonnie Henry

Chasing bugs, insects, bacteria, parasites and fungi, world wide, Bonnie wrote a knowledgeable and simply explained book on the above. A wake up call to all who read or browse this book. Dr. Henry stresses the three rules of life from an epidemiologist point of view.

**WINTER GARDEN** by Kristen Hannah

(Donated by Sandy Kay) Each of Kristen's 20 plus books based on a factual topic are meticulously researched for accuracy. She is a superb author whose plot is weaved around her chosen topic. This book is based on a mother's fairy tales on her experience in the "Siege of Leningrad" to her two daughters and their family life.

**COYOTE MUSIC** (and other humorous themes)  
by Grant McEwan

Only have a few moments to read at a time? Two-three page stories on 18 different prairie topics.

**BOOK OF POETRY FOR CHILDREN** selected by Jack Prelutsky  
573 poems wonderfully illustrated by Arnold Label to capture you and a child.

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*"You are an enigma inside a puzzle, wrapped up in a riddle or some such complicated drive!"* Winston Churchill

A pleasant summer to you all from the library workers.

## WASA AND DISTRICT HISTORICAL ASSOCIATION & MEMORIAL GARDEN GROUP

submitted by - Sherry Shields

The cost for a plaque in the Memorial Garden is \$300.00.

Columbarium Niche prices contact Pat Walkey 250-422-3530

Copies of the Kootenay Ripples Historical book are available contact Pat Walkey.

Columbia Basin Broadband Corp. tower upgrade has been completed and the area has now been tidied up.

Weather for SPRING clean up was perfect and the group of volunteers made for LIGHT work. Sandy kept us all busy with her list of tasks. Thank you to the volunteers for their time. Our garden reflects the pride we have in our community.

My visit this past month included a friendly chat with another couple enjoying the garden. We reflected on what a peaceful calming place the garden is. A great place to sit, relax and reflect.

Another comment made – our garden is a good place to get ideas if you are planning your own landscaping. The different shrubs and trees and how they are growing in our climate. Good advice.

*~ Wherever a beautiful soul has been, there is a trail of beautiful memories. ~*



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# June 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>We the volunteers of the Tri-Village Buzz Newsletter reserve the right to refuse to print submissions due to legality, length, good taste or discriminating beliefs.</i></p>					<b>1</b>	<b>2</b>
<b>3</b> Church 10:30 a.m.	<b>4</b>	<b>5</b> Wasa Lions Meeting 7 p.m. Wasa Hall	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b> 
<b>10</b> Church 10:30 a.m. <b>HAPPY FATHER'S DAY!</b>	<b>11</b>	<b>12</b> <b>BINGO</b> 6:30 Early Bird 6:45 Regular	<b>13</b> ● New Moon	<b>14</b>	<b>15</b>	<b>16</b> Wasa Lions Family Event 8:30 am to 1:30 pm 
<b>17</b> Church 10:30 a.m.	<b>18</b> Town Hall Meeting 7 pm Wasa Hall	<b>19</b> Wasa Lions Mtg 7 p.m. Wasa Hall	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>24</b> Church 10:30 a.m.	<b>25</b>	<b>26</b> Library Closes For Summer	<b>27</b> ○ Full Moon Rec Society Mtg 7 p.m.	<b>28</b>	<b>29</b>	<b>30</b> 

## Wasa Lions Family Event Saturday, June 16<sup>th</sup>



8:30 - 11:00 am



8:30 am - 1:30 pm

Planter Raffle  
Draw



# July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> <b>Canada Day</b> 	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b> 
<b>8</b> Church 10:30 a.m.	<b>9</b>	<b>10</b> Wasa Lions Meeting 7 p.m. Wasa Hall	<b>11</b>	<b>12</b> ● New Moon	<b>13</b>	<b>14</b> 
<b>15</b> Church 10:30 a.m.	<b>16</b>	<b>17</b> <b>BINGO</b> 6:30 Early Bird 6:45 Regular	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b> 
<b>22</b> Church 10:30 a.m.	<b>23</b>	<b>24</b> Wasa Lions Mtg 7 p.m. Wasa Hall	<b>25</b> Rec Society Mtg 7 p.m.	<b>26</b>	<b>27</b> ○ Full Moon	<b>28</b> 
<b>29</b> Church 10:30 a.m.	<b>30</b>	<b>31</b>				

## LEGEND

- Church 10:30 a.m.
- Rec Society 7:00 p.m.
- Quilters Tues. 10 a.m.-4 p.m.
- Library Tues. 11 a.m.-1 p.m.
- TOPS Fri 8:30 a.m. Weigh in & Mtg. 9 a.m. - 10 a.m.
- BINGO 6:30 p.m.
- Lions 7:00 p.m.

## Special Events and Days Down the Road

- NO NEWSLETTER IN JULY
- Tuesday, Sept 4, 2018  
Library Reopens
- October 2018 - Election
- December 2018 Wendy Davis  
last month as Editor for Newsletter

The Tri Village Buzz (and back issues to 2011) available at [www.wasalake.com](http://www.wasalake.com)  
Also available on the homepage of the Wasa Lake Land Improvement District at [www.wasalake.ca](http://www.wasalake.ca)

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