



TRI-VILLAGE BUZZ



September 2013 Issue 162

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FREE MONTHLY PUBLICATION

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SEPTEMBER 2013

VOLUNTEERING MAY BE GOOD FOR THE HEART IN MORE THAN ONE WAY

Volunteering is a simple way to help others, but it's also a powerful way to help yourself.

Beyond the good feelings you'll get from donating your time, and the potential to develop new, meaningful relationships with people in your community, volunteering has a significant impact on your physical health, including a boost to your heart health.

Volunteering Cuts Your Risk of High Blood Pressure by 40 Percent

New research from Carnegie Melton University, scheduled to be published in the journal *Psychology and Aging*, followed more than 1,000 adults between the ages of 51 and 91. Those who volunteered for at least 200 hours a year were 40 percent less likely to develop high blood pressure than those who did not. The type of volunteer work appeared to be irrelevant. Rather, it was the amount of time spent doing it that mattered.

"As people get older, social transitions like retirement, bereavement and the departure of children from the home often leave older adults with fewer natural opportunities for social interaction."

"Participating in volunteer activities may provide older adults with social connections that they might not have otherwise. There is strong evidence that having good social connections promotes healthy aging and reduces risk for a number of negative health outcomes."

Indeed, social interaction and the stress relief it can provide, is likely one major reason why volunteering has a beneficial effect on blood pressure, as it's a well known fact that stress elevates blood pressure.

What Makes Volunteering so Good for Your Health?

Blood pressure aside, volunteering is not only a boon for your heart health. Research shows volunteering can cut your overall mortality risk by 47 percent, may lower your risk of depression and anxiety and even boost your psychological well being.

The benefits are particularly pronounced among older adults, a population that tends to slow down once retirement hits. It's likely that one reason volunteering is so beneficial is simply because it keeps you active and on your feet. Instead of resigning yourself to your couch, choosing to volunteer adds many hours of non-exercise activity to your life - a key to optimal health.

As mentioned, there's a definite social aspect as well, as if you're socially isolated, you may experience poorer health and a shorter lifespan. Volunteering also gives you a sense of purpose and can even lead to a so called "helper's high", which may occur because doing good releases feel good hormones like oxytocin in your body while lowering levels of stress hormones like cortisol.

"Studies consistently demonstrate that there is a significant relationship between volunteering and good health; when individuals volunteer they not only help their community but also experience better health in later years, whether in terms of greater longevity, higher functional ability, or lower rates of depression."

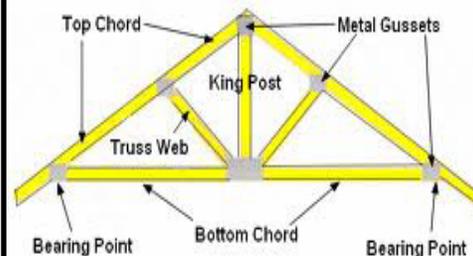
An excerpt from Mercola.com. Submitted by Orlena Campbell. If this article is so, I think there are several people in this community that will live very, very long lives...Orlena included!

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Welcome back readers from a short summer?? break. The July floods and dreary June weather seem but a distant memory now. Hopefully all of our faithful readers survived floodgate as we look towards a brighter future. Two floods in 2 years are not the kind of stats that we like keeping here in the sports den. 0 for the next ten years would be a lot nicer way to kickoff 2014.

As age creeps up upon us in the elderly community, the seasons seem to be flashing us as they streak by and leave little to the imagination. I swear that this summer was twice as short as last year. Golf season is winding down, softball season is over and done with, hockey training camps are commencing, snow is on the mountains and I still can't recall what I did last (this) summer. RCMP has been notified and a file has been opened with a number concerning the crime of theft regarding the loss of summer. To the best of our knowledge, global warming has been accused of this crime but then again this poor Mr. (or Mrs.) Warming has been accused of everything from gas price escalation, to senate overspending. (a subject for a later article)

This phenomena of global warming cannot catch a break when blame and accusations are doled out. So the next time when one of you readers enters a heated debate with another concerned resident and the topic of global warming comes up, ask your debating partner how much shoveling they have been doing in recent years, how many -30 nights we have had in recent years, be the eternal optimist and give GW a slap on the back, embrace the good side of her (or him), and lets lay blame where it squarely belongs-man himself and the misuse of natural resources. So the moral of this mini rant is: Play the hand that has been dealt to you and not the one that you hope to have after a 3 card draw.

WASA LAKERS UPDATE:

The Wasa Lakers slo-pitch team wrapped up their season on the weekend of Aug. 17-18 with their annual pancake breakfast shift in the morning and their 2nd annual golf tournament in the afternoon. We would like to thank all the patrons who dropped by the breakfast for their support as members of the team cooked, flipped and poured their way to a morning of frolic activity. A successful 2013 season on the field was exemplified in the kitchen as well as members of the team (with spousal and family support-HK, RG, & WR) performed with military precision and accuracy???. The golf tourney proved to be a rousing success as many of our players and guests partook in their once-a-year

whack fest. A more competitive tourney has never been seen as there was a 3 way tie for 1st place. Captains KGB, TC, and RF should be congratulated on their teams' prowess on the course. Captains MC and MB's squads fought hard for last place but at the end the 5some of MB emerged victorious as the biggest losers of the tournament. On a personal note, I would like to thank MB and KGB for all their support and the securing the 90+ prizes; L&K Taxi for putting up with the chantings of The Lakettes Singers (DA and the hot springs song); and all the guests who helped make the tourney fun. Since we last communicated with each other, the team ended the regular season with a 7-3 record (best in team history) good enough for a 3rd place finish. After a 1st round bye the Lakers were still reading their impressive press clippings when they started their playoff game. A 1st inning decapitation and an error filled display proved too costly to overcome as the squad took in on the chin 17-9 at the hands of the Hosers. The Lakers hosted their annual tournament on the weekend of July 12-13 and responded with a perfect 0-4 record. All was not lost as the team was unanimously voted as the most sportsmanlike team in the tournament and graciously accepted the 1st annual Marty Minor trophy (on display at Slim Pickens). Note to readers: no winning or successful teams have ever won this award. On a sidebar note - Rebels won the tournament with a close fought win over Ball Breakers. The team also played in the Wardner Invitational Tournament on the weekend of Aug. 3-5 for their 2nd annual jaunt to the Whispering Pine(s)??? Campground. They faired a bit better as they managed to eke out a win over their nemesis Marty Party. MP managed to oust the Lakers from their own tourney so a Laker win was just revenge. A big thanks goes out to Becky and her gang as they play in respect to MM and keep the memory of Wasa's best ever ball player alive and well-lest we never forget. The all star ``B`` player picked up from east of the border proved to be comedic relief at best as Alberta's definition of all star was deemed fruitless.

The Kimberley Slo-pitch League held their annual banquet in Las Vegas on the weekend of Aug. 3-5 and the Lakers took home some much deserved hardware. MB was selected coach-of-the-year for his outstanding job dealing with these SPECIAL athletes and creating a friendly atmosphere for these individuals to succeed in. DA was selected as the leagues' most improved player (not for his rendition of the aforementioned hot springs song). Apparently there are 2 more verses to the

song that DA would love to sing to anyone within ear-shot. RF took home the prestigious MVP (most volatile person) award with MC apparently a close second. RF demanded a recount as he claims this was his tamest season ever and MC's new demeanor was not sufficient enough to not warrant the award. The team also netted the highly acclaimed BLT trophy (best looking team-the women of course). We are in the process of negotiating with the Laker Belles to put out a celebrity calendar for the 2014 year. Monthly pictures of WP, KGB, FR, JP, DO, SA, TJ and TC would definitely raise the room temperature on those cold winter evenings.

For further information and pre-orders, please call 1-800 Laker Belles. (there are operators standing by).

On a lighter and more local note, the team handed out a couple of team awards with MC and TC capturing the Iron Man and Iron Maiden labels. TC was the only player to play in all 24 games this year while MC was a close 2nd playing in 23-claiming a bad back kept him out of 1 game-right. MB was kept out of 2 games this year with a strained calf muscle-right- as he too was in the running. MC and TC accepted the awards with the dignity and aplomb that they are accustomed to. The team is in the process of securing a diamond next to the Seattle Mariners training facility in the Phoenix area for next years spring training. All newbies are welcome to come and share in this team camaraderie.

On a personal note, I would like to thank all members of the squad for an undisputed successful campaign and note to team:-follow coach MB's personal training regime over the winter and you too will be ready for the rigorous grind of the 2014 season. Works for me!! Ask MB for these timeless methods of preserving mind over matter exercises. Most of the team accepted their awards with the humility and grace that they are accustomed to: Remember humility is not thinking of yourself less but thinking less of yourself. GK, MB and MC derived this important meaningful saying on a night of relaxed contemplation.

You can reach me at mcarelli@telus.net to receive more info about joining this well oiled machine. Remember local sports is our passion and if you have any anecdotes or stories that you would like to share with our readers, please contact me at mcarelli@telus.net.

Have a safe September and see you all next issue.



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Wasa Community Church

~ Pastor Gary Semenyina ~
office: 250.422.3344
home: 250.422.9226



Sunday
Worship Service
10:30 am

Thursday
Bible Study
7:00 pm.

Please be advised that the gmail
account for the Tri-Village Buzz was
experiencing some odd activity but is
now up and working just fine. Thank
you for your patience.

East Kootenay Combats Zebra Mussels

Submitted By Sharon Prinz

The East Kootenay is getting the first machine of its kind to combat zebra mussels and other invasive species.

A \$30,000 mobile decontamination station designed to wash zebra mussels and other invasive species off boats is being built in Utah.

"It has the capability of washing a boat at 60 C and the necessary pressure to kill zebra mussels and quagga mussels," said Marty Hafka with the East Kootenay Invasive Plant Council.

In some of the Great Lakes, zebra mussels carpet docks, boats and the shoreline — gumming up water systems and choking off aquatic life. Canada and the U.S. spend about half a billion dollars a year reacting to the invasive mussel.

"The whole zebra and quagga mussel thing, I liken it to a game of Russian roulette," Hafka said.

He says zebra mussels haven't come to B.C — yet.

"In Idaho they have intercepted boats travelling across the U.S. from the Great Lakes that have been infested with mussels and if a boat can travel from the Great Lakes to Idaho, there's no reason why a boat couldn't travel from the Great Lakes to Alberta or British Columbia."

The decontamination station is scheduled to arrive on Kootenay lakes this summer.

The crew is scheduled to return to Wasa potentially on August 31 and / or September 7.

BOATERS STOP THE SPREAD INTO BC

Zebra and Quagga mussels are aquatic hitch-hikers that are easily transported on boats and fishing gear from contaminated water bodies. If introduced into BC waters they will:

- clog boat motors and intake lines, requiring extensive maintenance;
- impact local fisheries, native species and water quality;
- increase costs for hydro and water systems elevating costs for residents; and
- cover beaches with dead, sharp mussel shells.

Boaters closely check your boat!
If you find a mussel, report it.
Only invasive mussels will attach to other objects.
Check these common hiding spots for invasive species:

Prevention is KEY!
Report any mussel sightings.

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Knapweed – the Purple Invasive

Submitted by Susanne Ashmore/Wasa

Have you been noticing a lovely purple haze along our driveways, ditches, highways and the railway? This plant is not a flower you want in a bouquet.

Knapweed or *centaurea biebersteinii* is the “super villain” of weeds. This claim to fame is justified because it takes over grasslands. Cattle and wildlife will not eat it because the leaves are so bitter. Understandably, this thug is a huge problem for ranchers and recreational users. Its mode of travel is us, through cars, trucks and trains. I am sure it hitchhikes too.

This is what you can do to help slow down this “alien” plant from Europe.

- ▲ Look at your property or road frontage for this weed.
- ▲ Use a shovel or digging fork, in a pinch use your arms and start to loosen and pull. Try to get the whole root.
- ▲ Either bag or double bag all the weeds you “harvest”
- ▲ Take the bags to the transfer station and put them in the metal transfer bins.
- ▲ Ideally, pull this weed after a rain – its an easier operation.
- ▲ Best time for a “weed pull”, is before or during its flowering stage. If it has gone to seed - the head is like a salt shaker – be careful not to scatter seeds.

The RDEK has an Invasive Plant Management Program. Staff can assist landowners with noxious weeds on their private property including providing resources, guidance, support, even financial assistance.

For more information contact:

Chris Bosman – Recreational and Control Services Supervisor
Regional District of East Kootenay

Phone: 250 489 2791 Email: cbosman@rdek.bc.ca



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SPECIAL THANKS:
Hugh Campbell from Ta Ta Creek
and Sandy Kay from Wasa
2 residents diligent against the war
on knapweed

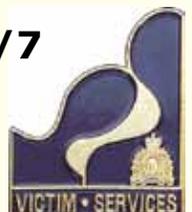
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I hope everyone has had a good summer. Especially after the rain we received in June. This was the first time that all three areas within the RDEK boundary were under a "State of Emergency" this really stretched RDEK staff. The staff was incredible with all of their efforts and compassion.

I would like to thank Gary, Randy and Tyrell Verigin for all of their hard work with the sandbags. I would also like to thank all of the ladies who brought baking for all of the people working during the flooding. Many of the young people were eating dessert before their lunch and then would come back for more desserts after their meals.

I would also like to thank the Ministry of Forests for sending the fire suppression crews out to do the sandbagging for everyone. Without their help we would never have kept up with the rising water.

INTERIOR HEALTH AUTHORITY

The RDEK sent a letter to the CEO of Interior Health Authority (IHA) expressing concerns over the lack of information on water quality and the lack of water testing provided to residents of Wasa Lake area during the flood.

IHA was requested to initiate water testing on Wasa Lake, communicate the results to the residents and issue a water advisory if needed.

As a result of the RDEK's letter we had a public meeting with Ron Popoff (IHA) at Wasa on July 10th, where he explained that IHA does not test private water systems. Although he provided information on how to test wells and gave out sample bottles. BC Parks was willing to test the water quality at their beaches and would advise the public if there was a need.

WASA LAKE LAND IMPROVEMENT DISTRICT (WLLID)

The Wasa Lake Land Improvement District received a Discretionary Grant In Aid for 1500.00 dollars for water testing of the lake. I have not yet heard the results of their testing. This will be a one time only grant as a result of the flooding.

LETTER TO MINISTRY OF TRANSPORTATION

The RDEK Board is disappointed with the lack of funding for Invasive plant control dedicated towards the Ministry's Right of Way along the sides of roads and the highways. The Board is requesting they mow the highway shoulders more than once a year.

Have a good month.

Jane Walter, RDEK Director,

Phone: 250-427-2577

Email: s.janewalter@gmail.com

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PET'S PLACE



Leica is the friendly neighbourhood dog around Aspen Road in Wasa. A lucky dog he is, as he has lots of good neighbours who love to treat him. Leica turned 13 years (in human years he is 80). He's always ready to greet you when you come by.

News From the Pews

By Pastor Gary Semenyna



It's nine months into the calendar year, yet it is a time of new beginnings. The school year is upon us and children or grandchildren are back at school. I always liked the first week of a new school year because living out on a farm I did not see many of my school buddies for the two months that we had off. Add to that during the summer months we were always busy making hay bales. It was my job to ride the tractor that pulled the bailer, and my oldest brother or my uncle would ride behind the baler on what we called a sloop. They had to handle each bale stacking it into a pyramid of 10 and then would kick a lever and it would slide the bales off onto the field. Later on in the summer we would use the front end loader and place 12 stacks of the pyramid shaped bales on a wagon, taking them to a part of the field or to home and then touch each bale again and build a haystack. Now some of you can understand why I enjoyed going back to school if that is what my summer holidays consisted of, but I am thankful for those experiences because it taught me a lot about life, responsibility, and hard work.

Yes we do learn a lot of things at school, but learning is not only found in school. Life itself has a lot to teach us, as we can learn lessons

about how to treat others, show them respect, and how to deal with disappointments. I remember a saying my Dad used, and that was, "You can learn something new each day, and still die dumb." This coming from a man who came to Canada from Poland just before the second world war started and who only had a grade two education. Yet I view my Dad as a well educated man who knew about life, responsibility and hard work. He taught me life lessons that I still use today and I am thankful for the input and influence he has had in my life. As the kids go back to school and learn, remember that we as adults must keep learning as well.

As for the Church and this topic of learning, for those who are interested, the ladies will be having a Bible Study on Monday afternoons. **Our Church Service starts at 10:30 a.m.** and is open to all who may want to learn more about the Bible. Allow me to add to my Dad's wisdom by saying, "You can learn something new everyday about the Bible and still die dumb." If any of you have any spiritual questions, would like more information about the Church or would like a visit please contact me at 250 422-3344, and I would be more than happy to talk to you or see you.

Pastor Gary Semenyna



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**Fixing Flood Damage,
Flood Control Planning and Water Testing**

Submitted by Clay Tippet

Our dam – because it retains the water in Cameron Pond, it's a dam not a dyke - on the south end of Cameron Pond was damaged by the high water levels on its river side. The much higher river flood water, which had flowed under the highway and into the sloughs to the south, percolated through the structure and caused sloughing on Cameron Pond side. The most obvious damage is at the east end of the structure and further damage was noted by Antoine Beriault of the Ministry for about three hundred feet to the west. We will be applying for funding under the BC Emergency Management to affect the repairs.

During high water events the intake end of our discharge culvert on the south end of Cameron Pond becomes submerged. The only indication of its existence during flooding is a large whirlpool on the surface caused by the massive amount of water flowing through the culvert. Anyone falling into the water near the intake could find themselves sucked into the culvert. At a recent meeting with the RDEK in Cranbrook on our flood repair issues, they suggested a few options, the simplest being warning sign age and fencing off the land around the immediate intake area. Dealing with this safety hazard is on the agenda for our August board meeting.

In preparation for a project to control flooding, a group of current and former board members recently met in our office and went through all of the old files to make sure we located all the old water data. Over the years a number of studies have been done on river lake and groundwater levels for a variety of reasons. We conformed we have copies of the EPEC Engineering reports commissioned by the WLLID in the late 1970s. These reports contain graphed data on the river-lake-groundwater flows, the Baker report of 1987 by the Water Management Branch and the 2012 McElhanney Report. The ones that aren't already done will be digitized and uploaded to wasalake.com as well and will be securely stored electronically as well.

Each of these reports contains data which can be used in developing a flood control plan: the EPEC reports and Baker report relate to prior to the installation of the flap gate culvert in 1989 and the McElhanney report summarizes subsequent data. In addition we have electronic lake and river data for most of the years from 1996 to 2013. Once a geodetic water level on observation well 363 next to Wasa Hardware is determined, we will have recent groundwater data which will give us a post-flap gates view of the flows. Our current intention is to have this data reviewed by a hydrologist as a first step to flood control planning.

The flooding submerged a number of known and probably some unknown septic systems particularly at the south end Wasa Lake. This raised concerns about contamination of the lake with fecal coliforms. Absent lake water testing by Interior health at the south end of the lake, the RDEK granted the WLLID \$1,500 to take samples and have them tested. Samples taken immediately after the flood and several weeks later indicated that with respect to fecal coliforms, water in the south end Wasa Lake is drinking water quality.

Interior Health admits its response to the June flooding at Wasa Lake could have been better

Interior Health has admitted that its response to the June floods in Wasa was not up to scratch.

In a July 9 letter to Regional District of East Kootenay board chair Rob Gay, Interior Health's Roger Parsonage, the regional director of health protection wrote:

“Upon initial review of this situation, it is apparent that a significant communication breakdown has occurred between the Regional District of East Kootenay and Interior Health, and that our response has not been adequate to the scale of the event. In addition to making changes prior to flood season next year, I am continuing to evaluate our efforts from a quality improvement perspective.”

The regional district wrote to Interior Health last month urging it to test the water at Wasa Lake beaches and advise residents how they could find out if their tap water is safe to drink.

Twenty-five properties around Wasa Lake were impacted by flooding after a state of emergency was declared on June 25. Several wells and septic systems have been surrounded by water, raising questions about whether well water is safe to drink, and whether the lake is safe to swim in.

Wasa was also hit by flooding in 2012 and Interior Health, which is responsible for water quality testing in the southern interior, issued a water quality advisory and did testing at the beaches.

“Because of what happened last year and because Interior Health has not provided information about water quality and water safety during the 2013 flood event, many people are assuming that the lake is safe for swimming and there has been no impact on the water quality of local wells. This lack of information has created a false sense of security which could lead to health issues,” read the board's July 5 letter to Interior Health.

In Interior Health's response, Parsonage also explained that Interior Health has posted information about well testing on its website and attended open houses in the East Kootenay to provide that information.

He also said Interior Health contacted B.C. Parks to collect samples at Wasa's beaches in early July.

“We continue to offer support to beach operators where either elevated risk or high use has been identified, including supplying sample containers, shipping, paying lab costs and interpreting results.”

Area E Director Jane Walter thanked the board for supporting Wasa over the issue. She said that soon after the letter was sent, she met with Interior Health staff at Wasa to talk about well testing and lake quality.

“I still have concerns that we had to push so hard in order to secure help from Interior Health,” she added.

Meanwhile, on Friday, August 2, the board approved \$1,500 in funding for the Wasa Lake Land Improvement District to take samples of the lake intermittently this summer.

The Lions Den

SUBMITTED BY KATHY MILES-BOUE

The Wasa & District Lions Club had one meeting in July and one in August. Starting this month, we go back up to two meetings per month (1st and 3rd Tuesdays). We hope everyone had a safe and restful summer.

WASA FUN DAY WINNERS

This year Wasa Fun Day was held on Saturday, June 29th the following are a few of the winners:

BOCCI		250 Draw (Random Order)	
1st Place	Team Scoop & Chug	Lori Jenks	
2nd Place	Team Brisssette	Kathy Hunt	
3rd Place	Team Old Timers	Tuni Lyons	
4th Place	Team Aces /Aces	Ron Wilson	
5th Place	Team Old & New	Colin Brisette	

WASA LIONS FRANKS 'N THANKS

Mark Saturday, September 7th on your calendars as this is the afternoon for our Annual Franks 'N Thanks at the Lions Grounds. It takes place from 3 PM to 7 PM and there will be live entertainment. We look forward to seeing you all there! Look for posters with details.

KOOTENAY ROCKIES GRAN FONDO RACE

On Sunday, September 8th, the Wasa Lions will be manning a water station for the First Annual Kootenay Rockies Gran Fondo Race. The station is located at a rest stop along Highway 93/95 and here the riders will be able to replenish their nutritional needs and drink supplies. There are many of these races that take place throughout BC and Alberta and we hope this one will be the first of many in our area. If you are out and about that day, please drive safely and watch for the riders and all the race volunteers.

WASA & DISTRICT LIONS ANNUAL CHRISTMAS DINNER & DANCE

And to let you all know - the Wasa & District Lions Annual Christmas Dinner and Dance is booked for Saturday, December 7th. I know Christmas seems far away but it will be here before you know it.

Remember that school is back in session so keep our kids safe by following the posted speed limits and watching for the kids at the local bus stops.

The Wasa & District Lions Club can be contacted at:

P.O. Box 10, Wasa, B.C. VoB 2K0
or e-mail: wasalions@gmail.com.



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CHUNKY GUACAMOLE

Fanny's Favorites

1 Garlic Clove	¼ cup Grape Tomatoes
½ Jalapeno Pepper (Cut into 1" Pieces)	3 ripe Avocados-halved pitted
½ Small Onion (Cut into 1" pieces)	1 to 2 Tbsp fresh Lime Juice
1 Tbsp Cilantro	¼ tsp Kosher Salt

Using food processor add garlic to finely chop. Add jalapeno, pulse 5 times to chop. Add onion and pulse 4 times. Add tomatoes and pulse 3 times. Scoop insides from avocados and add lime juice and salt. Pulse to desired consistency - approx 10 to 12 times. Makes approx 3 cups.

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WHAT IS OUR ASHRAM IN WASA?

Traditionally, an ashram is a spiritual Hermitage directed by a spiritual teacher called a "Guru" belonging to an ancient lineage of Spiritual Masters. I am Gurudev Hamsah Nandatha, the Guru of the Adi Vajra Shambhasalem Ashram in Wasa. Here, I continue the Mission of my Master Shri Swami Hamsananda Sarawati, also called His Holiness the Lord Hamsah Manarah because of his high recognition as a Divine Incarnation by the most renowned Yogis and spiritual Figures of His time.

One of the most important Goals of the Teaching of my Master was about Fraternity and Unity; to make all followers of different spiritual

Traditions get closer to one another around the undeniable loving Principle of the Unity of God (the Divine). To do so, the Ashram is furnished with different statues representing the various Rays of the Divine as expected by the most prominent Religions on earth. In light of this, at the Ashram, the Cosmic Christ and the Buddha Maitreya are at the Universal Messiah's side symbolizing the perfect harmony between all Faces of the Divine. Christian, Jewish, Muslim and Hindu traditions all have their special place in our Ashram with a representation that is consistent with each respective Religion. Needless to say the Ashram equally receives people coming from all creeds, traditions and Religions as long as they can respect the simple Principle of Oneness, the Unity of God. I regularly give teachings concerning

the diverse Spiritual Traditions existing among human beings and we sometimes have the joy of listening to other people talking about their religion and how they turn their hearts toward God. Indian Swamis, Tibetan Monks, Christian Priests and Pastors as well as Rabbis and teachers from any Tradition are always welcome to share with us their experience on the Path of Light and to enjoy the numerous Teachings and Meditation classes that are given here at the Ashram.

The main Teaching at the Ashram revolves around a few essential questions in life that cannot be ignored, such as: "What is the true purpose of existence?", "Who are we beyond our body and mind?", "What is the True Nature of one's Self?" and "How to achieve Self-Realization?" The practice of a logical and pragmatic inquiry through the Universal techniques of Yoga helped aspirants to progressively remove the veil of ignorance in order to experience the true meaning of "Self-Realization".

It has been exactly 10 years since we opened the Ashram, which was the last will of my Spiritual Teacher before he passed away. The quality of the spiritual atmosphere here, my first book, and the kindness of our dedicated community have attracted more and more people from all over the world who have come to listen to Teachings on the wonderful adventure of their own consciousness. The flags of all of their countries stand proudly, high along the pathways of the beautiful gardens of the Ashram, reminding us that our world is becoming one vast village.

If you would like to visit the Ashram, you can make an appointment with our secretary or come on any Friday evening at 7 pm for the public Teaching and Meditation class during September through June.

I hope this will help you better understand the selfless and formidable work that we do at the Ashram to increase Fraternity, Unity and Love among humans.

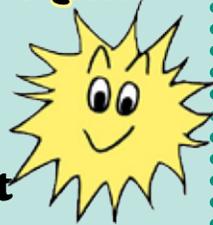
Warmly yours with Blessing and Love.
Ven. Gurudev Hamsah Nandatha
Adi Vajra Shambhaslem Ashram,
Wasa, BC, Canada

New & Used

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June through October**



- restaurant equipment
- building supplies
- motel furniture
- miscellaneous household items
- jewelry ▪ antiques

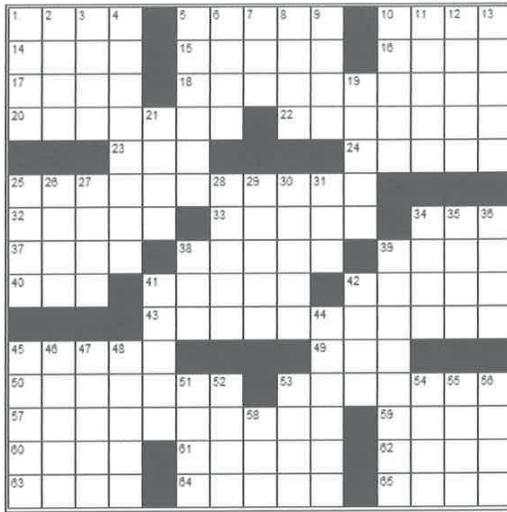


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ACROSS

- 1. After-bath powder
- 5. Abrasive
- 10. Powdery dirt
- 14. Pearly-shelled mussel
- 15. Run away to wed
- 16. Ancient Peruvian
- 17. Shower
- 18. Change
- 20. Skittish
- 22. Physicians
- 23. Regret
- 24. Product of bees
- 25. Traverse on foot
- 32. Bad treatment
- 33. Angers
- 34. Was victorious
- 37. Colored part of an eye
- 38. Coil of yarn
- 39. Broad valley
- 40. Put clothing on
- 41. Portion
- 42. Cowboy sport
- 43. Notch
- 45. Angler's basket
- 49. Ribonucleic acid
- 50. Remedy
- 53. Walks unsteadily
- 57. Eclipse
- 59. Notion
- 60. Japanese wrestling
- 61. Picture
- 62. Poems
- 63. Char
- 64. Prison-related
- 65. Gestures of assent



DOWN

- 1. Territory
- 2. A Freudian stage
- 3. 53 in Roman numerals
- 4. A national legislative assembly
- 5. Fastball (baseball slang)
- 6. Friend
- 7. Decay
- 8. Hurried
- 9. Protagonist
- 10. Repeat
- 11. Labor group
- 12. Gain points in a game
- 13. A Eurasian aromatic herb
- 19. Pains
- 21. Large
- 25. Gave money
- 26. River of Spain
- 27. Wreckage
- 28. Annoyed
- 29. Daughter of a sibling
- 30. Extraterrestrial
- 31. One more than nine
- 34. Dry riverbed
- 35. Margarine
- 36. A noble gas
- 38. Transgression
- 39. An endowment
- 41. Heaps
- 42. Deliver a tirade
- 44. A small hand tool
- 45. Pass over
- 46. Variety show
- 47. Swelling under the skin
- 48. Mistake
- 51. Transport commercially
- 52. Identical
- 53. Roman robe
- 54. Cocoyam
- 55. Marsh plant
- 56. Back talk
- 58. One of the tribes of Israel

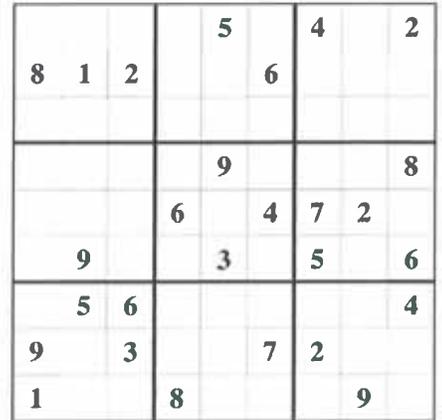
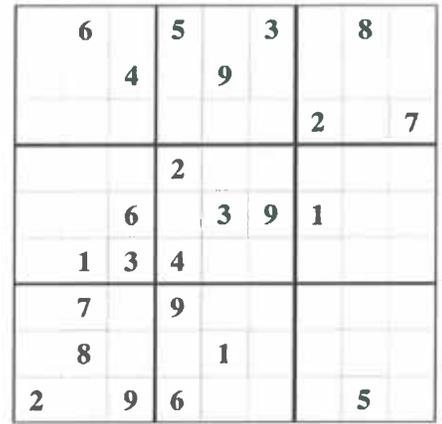
Find a Word (Family Ties)

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 E A U M S C S M R D R E L R I I
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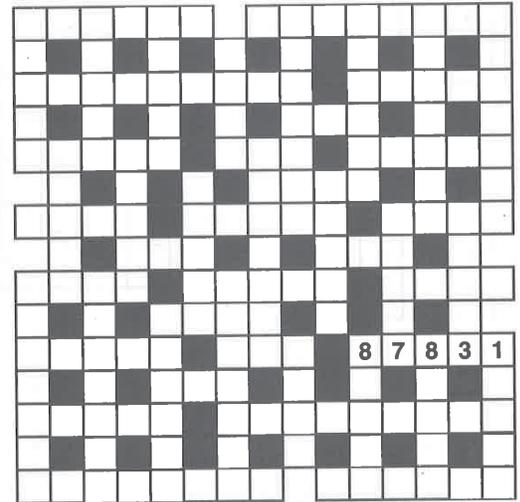
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| ANCESTOR | FATHER | MOTHER | SISTERS |
| AUNT | FOLKS | NEPHEW | SON |
| BOND | GENEALOGY | NEWLYWED | SPOUSE |
| BROTHERS | GRANDPARENT | NIECE | STEPPARENT |
| CHILDREN | HALF BROTHER | OFFSPRING | TRIPLETS |
| CLAN | HALF SISTER | PARENTS | TWINS |
| COUSINS | HUSBAND | PROGENY | UNCLE |
| DAD | KIN | RELATIONS | WIFE |
| DAUGHTER | MARRIAGE | RELATIVES | |
| DESCENDANTS | MOM | SIBLING | |

Sudoku



Number Fit

Can you fit all of the listed numbers into the grid? One has already been entered to give you a start.



- | | | | | |
|-----------------|-------|-----------------|-----------------|-----------------|
| 3 digits | 6896 | 73999 | 6 digits | 9305559 |
| | 260 | 8558 | 283839 | 9491897 |
| | 299 | 9197 | 80866 | 292972 |
| | 391 | 9433 | 81178 | 349080 |
| | 610 | | 82884 | 989993 |
| | 800 | 5 digits | 84548 | 50722004 |
| | 897 | 16139 | 87831 ✓ | 84333467 |
| | | 23073 | 87927 | 7 digits |
| 4 digits | 26048 | 89980 | 4678133 | |
| | 1703 | 30036 | 90104 | 4719995 |
| | 2305 | 56333 | 93098 | 6376525 |
| | 3088 | 56867 | 94688 | 7020360 |
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Reflections on the Flood of 2013 Lake Testing / Lake Health

*Submitted by
Susanne Ashmore/ Wasa*

Every year from "ice out to ice in" we test the water from Wasa Lake. Tests include dissolved oxygen, temperature, and water clarity. This gives us an understanding of the health of the lake and tracks changes over time.

This year we decided to do an additional, inexpensive test for phosphorus. The reason being, phosphorus is contained in detergents, lawn fertilizers, decaying plants and human waste. Due to the flood we were looking for traces of phosphorus in our water samples.

The good news is, the lake samples sent off one week after the flood were not abnormally high. However, in three of the four tests there is a slight elevation of phosphorus.

Two of these samples were taken in suspected "hot spots".



Small Algae Bloom Wasa Lake

This is good and bad. The tests are acceptable but the rise in phosphorus, well it would be better if it were not rising. Wasa, being a shallow and warm lake has prime conditions for phosphorus to act as an accelerant for algae "blooms".

The past two "50 year floods" can be likened to an "iceberg factor". What is visible, the tip of the iceberg, are the images of flooded properties, septic systems, wells, lawns and shorelines. What is not visible, the part below the surface, is the health of the lake. This is the part that will put a hole in the hull.

In terms of the tip of the iceberg. How much money do we spend to stop the south end of the lake from being flooded? Will dyke projects and pumping be successful? How do these projects address the relationship between the rise and fall of the river to the lake and to the groundwater?

In regards to the entire iceberg, what are some of our options?

1. Do nothing. It is the cheapest. The lake will take care of itself. The flood only lasts for a few weeks. Treat the flooding as an inconvenience. It doesn't occur every year and only affects those in the floodplain. The limited boating and concern about swimming are short term. Be aware that it raises questions – Can we swim in the lake? Is the water healthy? It could have a negative impact on the reputation of the lake – hence property values.

2. Most expensive and most debatable. Build dykes, pump water, but in the end will it work? Will it stop the lake from following the river? Will it stop the groundwater from rising?

Does the economy of scale, warrant a large expenditure for the benefit of the few?

For the government, are there enough votes for the cost? Locally, can we afford the taxes?

3. Most inconvenient. Think in terms of a worst case scenario. "Who would buy property at Wasa if you couldn't swim in the lake"?

It requires the individual to take responsibility for ones own property and for the community to be involved.

Raise well casings above high water marks, boost setbacks and elevations for new construction on waterfront, and observe the guidelines to protect shoreline vegetation (vegetation that acts as a filter). Upgrade and maintain septic systems.

Downside, no quick fixes, no "Calvary" coming to the rescue. In the event of a flood it hedges one's bets. It is a more active role than a passive role.

Thanks to the WLLID for \$300.00 in funding for 12 phosphorus tests. Thanks to Laurie Kay for volunteering to head the lake testing program. Contact Laurie if you would like to help.

Where do you take...

YOUR BUZZ ?

#1



Ged, Jake and Helen

#2



Photo #1 is at Calgary Airport when we collected our grandson Jake. He is 13 and travelled 4500 miles - all the way from England - on his own! We think he is awesome and we are so proud of his bravery and independence.

Photo #2 is Ged on the way to the airport at Numa Falls.



Send me a photo of you in your travels pictured with the Tir-Village Buzz.

- Include a brief description of where you went and the names of the people in the photo.
- I'll publish all photos received.
- The name of the person sending me the photo will be entered in a draw for a \$50.00 Gift Certificate redeemable at any one of the advertisers (of your choice) advertised in 2013 in the Tri-Village Buzz.
- The draw will take place December 2013.
- One winner will be drawn, enter as many times as you like (one photo per destination please).
- Open to all readers of the Tri-Village Buzz.

HISTORY BYTES

BY NAOMI MILLER



HUMPHREYS RANCH ON WOLF CREEK

J.E. Humphreys purchased an interest in a ranch with the Fernie brothers in late 1885. Some cattle were included in the deal. Humphreys with helpers built sheds, barns, corrals and planted a huge garden. The main building had housed six to eight men. A new larger Grange with bedrooms, kitchen and dining room erected in 1886 became a stopping house for the mail stage and passing horsemen. Meals and overnight accommodation were available. A diary commencing February 1886 tells us of staff activities, visitors and news of that day.

Noted in early February, "Macaulay began work at \$30 per month while working on the ranch and \$40 when surveying."

Soon he and Macaulay laid out a bull corral while Tegart and Irvine cut logs for the fence. They had purchased a team of oxen with the intention of using them to haul logs. Unfortunately the team had never been trained and proved too weak to serve any useful purpose. Humphrey turned them out to graze with one of their herds of cattle. The surveying contract came in December when Humphreys marked out sections of Col. Baker's estate which soon became Cranbrook.

Re the Wolf Creek ranching operation memos read:

March 22nd- "Sowed middle and south meadows with timothy."

April 16- "Sowed beets, parsnips, onions and carrots". "Finished sowing turnips on the 18th." He then built a hot bed with glass over fresh manure to start cabbage seedlings. (Chinese gardeners started their cabbage seedlings in hot frames in March.) He must have been using an English gardener's calendar! He started milking a few cows then built a churn and rejoiced at the "First batch of butter from our own milkers." When a hen acted "broodie" he created a nest with a dozen eggs. Each nest was set apart from the other and the diary rejoiced at every hatching despite not all eggs proving fertile. The brood mares all foaled successfully. They cut and brought hay into sheds. They managed to grow some wheat and oats and thresh after harvesting. One potato harvest was 775 lbs plus carrots 175 lbs. Summer passed with reports of fattening

cattle at various places like Lewis Creek, Alkali Lake and Bummers Flats.

On October 11th Hyde Baker, son of Col. Baker, arrived late one evening and went hunting subsequent days. He saw deer each day but did not manage to shoot one. A week later he went fly fishing and caught 27 fish. Next morning JEH cleaned and salted all then Hyde left for Cranbrook. (It does not say whether Hyde took the fish home on his pack horse). Hyde returned to hunt again on December 18th- no luck. Finally a report came that Hyde had killed a blacktail at Peavine on January 5th and a whitetail at Skookumchuk on January 12th. This young man had to prove he was a British Sportsman!

Wm and Peter Fernie stayed working for a few months then left for the coal fields in December 1886. Humphreys bought them out.

In May of 1886 and again 1887 the Kootenay River rose and flooded the meadows (possibly what we know as the Ford fields). The crew had to move 63 cattle off as water was rising quickly. Next memo says "Mosquitoes are fierce. We keep smudges burning for calves, horses and milk cows." May 30, 1887- "Harris came from Ferry and says almost every bridge has been washed out by high water". August 3rd. "I went down to meadows .Lots of water still on the bottom fields. Shot six ducks & one teal."

Notes about animals include "Curly had puppies." "Nipco came in looking like a pincushion. He cried loudly when we extracted the quills." "Police team called in for puppies." Individual horses were named when it was their turn to be shod or make a longer than usual ride. Nils Hanson and others purchased most of each head of cattle slaughtered at the Wolf Creek ranch. Other settlers bought his steers or live stock for their future at places like Donald or Windermere. Humphreys gloated that he cut 71 calves from the herd and branded them but said there were another 29 to do when they could be rounded up. In August Eustace and another Indian commenced to break and train horses. Humphreys tried to be polite to the Ktunaxa but was very cautious when they arrived in a large group.

The cryptic diary memos are dotted with now famous names like Sam Steele, Col. Herchmer, Dr. Powell, Kootenay Brown, Arthur

Fenwick, Michael Phillips , Col. Baker, George Geary , Tom McVittie , Aylmer and Armstrong. Humphreys lived and worked up Wolf Creek until 1891. He made his fortune and returned to England... His is a success story where hard work, careful planning and good management paid a big dividend. Those who followed in his footsteps were not always as lucky.

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ANSWERS

ANSWERS

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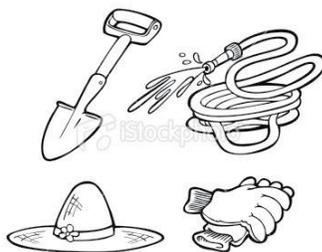
WANTED

We are getting married in Wasa in August 2014 and are looking for anyone who will rent their homes and have availability over August 8,9 & 10, 2014. Please contact Jordan - 403-619-8090 or email clarekeir85@hotmail.

Get the Girls to do it!

Let us help with:

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- ✓ Gardening
- ✓ Yard Care
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- ✓ House & Pet Sitting
- ✓ Home Security Checks
- ✓ Storage Organization



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sarahlshields@gmail.com

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
- Gym
Sonia Blackwell 250.422.9201
- TOPS
Susan 250.422.3510
- Library
Brenda Rauch
250.422.3335

In addition, BINGO's are held on the second Tuesday of each month at the Wasa Hall. Early bird starts at 6:45 pm and regular at 7:00 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!

In the morning 7:30 am to 8:30 am...
Mondays, Wednesdays and Fridays
10 am to 11 am Mondays and Wednesdays
Contact: Sonia Blackwell 250.422.9201



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.



GYM HOURS AND INFO



**Property
Guys.com**

ID# 166060

6260 Wolf Creek Road,
Wasa BC



PROPERTY DETAILS

3 Beds 2 Baths

Age: 30
Levels: 2
Space: 2,000 sq. ft. (186 m²)
Flooring: Carpet, Hardwood, Linoleum
Foundation: Poured concrete
Heat Method: Baseboard
Heat Energy: Electricity, Wood
Zoning: RS1
Lot Size: 2,090,880 sq.ft./48.00 ac (194,243 m²)
Watersource: Natural Resource, Well

\$1,600,000

**SELLER NAME
Doug Ross**

**SELLER PHONE
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**Property
Guys.com**

ID# 166061

Buck Crescent,
Wasa BC



PROPERTY DETAILS

Beds N/A Baths N/A

Zoning: R1
Watersource: Well

\$165,000

**SELLER NAME
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NEWS RELEASE

For Immediate Release

August 12, 2013

Found A Bat?

The Kootenay Community Bat Project (KCBP) has received numerous calls from residents of the area who have found a bat on the ground, had a bat fly into the house, or have a bat roosting in an unusual location.

"This is the time of year when the juvenile bats are learning to fly and their not very good at it", says Juliet Craig, Coordinating Biologist for the KCBP. "They fly into houses or fall on the ground and have difficulty getting up again."

Juvenile bats are born as pups in late June and July., In August, they are flying on their own and learning to forage., A bat that flies into a house can be removed by wearing leather gloves or oven mitts, or capturing it in a butterfly net or box. ,If it is out of reach or cannot be found, doors and windows can be left open in the evening so the bat can fly away.

A bat roosting in a strange location, such a low on a wall or under a patio umbrella is likely a juvenile and can be left where it is, as long as it is not at risk of coming into contact with people or pets.

"If possible, bats are best left where they are", continues Craig. , "However if a bat is found on the ground, it may need to be re-located. A bat on the ground does not necessarily mean that it is injured or sick, it may just be a juvenile that has had trouble flying."

Bats are usually not capable of propelling themselves up and off the ground. ,Generally, they crawl to a wall or tree, climb up it, and are then swoop down to fly away. A bat found on the ground can be put into a pillow case or cloth shopping bag and pinned, open end up, to a tree or wall in the shade. That way the bat can hang upside down in a protected location during the day, and fly out when it's ready in the evening.

"The most important thing is not to come into direct contact with the bat" warns Craig. "It is very rare that a bat has rabies but still possible. If a person has been at risk of being bitten or scratched by a bat then they have to either kill the bat to get it tested for rabies or have the shots themselves, neither of which is a good outcome."

The Kootenay Community Bat Project biologists recommend that anyone who has come into direct contact with a bat contact Interior Health.

For more information about bats in the Kootenays, visit www.kootenaybats.com or contact 1-855-9BC-BATS.



Photo by Garry Quist

Big brown bat pup learning to fly.



Photo by Juliet Craig

Bat roosting in a pot light.

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AIR CADETS**



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serious
fun?

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NOW**

Would you like to go gliding,
camping, canoeing, learn map and
compass reading?

**266 Kimberley Squadron,
Royal Canadian Air Cadets,
is recruiting new Cadets for the
2013/2014 year!**

WHO CAN JOIN?

Anyone who is:

- 12 to 18 years old
- Interested in the Air Cadet Organization
- Has Parental/Guardian permission

**Parade Date and Time is Tuesdays
at 18:15 - 21:15
starting September 3, 2013
795 Knighton Road,
Kimberley BC**

**For more information in the Tri
Village Buzz area please call:**

- Cadet Sgt. Dustin Brooks,
- Ron or Shireen Brooks
at 250-422-3618

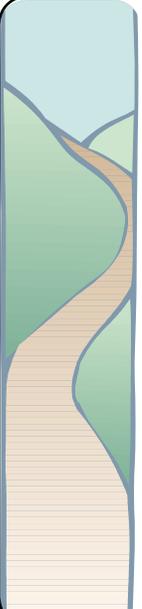
We are also looking for interested adults that will help instruct the program on a part-time basis. The commitment is to help run the program on Tuesday evenings from 6:00 pm to 9:30 pm at the cadet hall, The cadets meet from September to June. Adults who become instructors are paid wages for all of the training they receive as well as the weekly meetings. In addition to the above activities, Air Cadets also participate in range, drill and flight simulator experience, field training exercises, first aid, biathlon, effective speaking and band. Adult instructors have the opportunity to receive specialist training in those areas as well. For more information on the Air Cadet Program and Cadet Instructors Cadre please call Major Shawn Ferguson at 250-427-0665,(after 6:00 pm please) or @ shawn.ferguson@cadets.gc.ca

September 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Lions Meeting	4	5	6	7 Wasa Lions Franks 'N Thanks
8 Church	9	10 BINGO	11	12	13	14
15 Church	16	17 Lions Meeting	18 Cut off for Oct. Newsletter	19	20	21
22 Church	23	24	25	26	27	28
29 Church	30				Ashram - visitors are welcome by appointment. Our teaching and meditation sessions will resume in September. For more information call (250) 422-9327.	

LEGEND

- Church Service 10:30 am
- Gym (M,W,F 7:30-8:30am & 10-11 M,W)
- BINGO 6:45pm
- Rec Society 7:00 pm
- Lions 7:00 pm
- Library Tues 11am - 1pm and Wed 6:30pm -8:30 pm
- TOPS Wed 6:30 pm
- Quilters Tues 10am to 4pm



Special Events and Days Down the Road

- Saturday, December 7th
Wasa Lions Christmas Dinner & Dance

To me a lush carpet
of pine needles
or spongy grass
is more welcome than the
most luxurious Persian rug.

Helen Keller

NUMBERS AT A GLANCE

AirCadets.....	250.422.3618
Chase Saddle and Leather.....	250.427.5517
Clay Excavating & Trucking.....	250.422.3330
Custom Cut Lumber.....	250.422.9337
Doug & Fran Ross (Prop Sale)...	250.422.9272
Econobuilt.....	250.421.7813
Hi Heat Insulating.....	250.422.3457
HD Railings.....	250.422.3457
Kootenay Kwik Print.....	250.489.4213
Kootenay Monument Installations....	422.3414
Mardis Lumber.....	250.422.9229
New & Used (Skookumchuk).....	250.422.3563
Slim Pickens Gas & Goods.....	250.422.9271
The Girls (Sharon & Sarah).....	250.581.0780
TOPS.....	250.422.3510/422.3686
Post Office.....	250.422.3122
Victim Services.....	250.427.5621
Wasa Community Church.....	250.422.3344
Wasa Hall.....	250.422.3514 or 422.3288
Wasa Lake Truss.....	250.422.3618
Wasa Lions (President).....	250.422.3210