



Tri-Village Buzz



September 2017 Issue 202

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Paddles Up! by Nowell Berg



Photo by Nowell Berg

Abreast in the Rockies Dragon Boat Team

In 2006, a group of women in Cranbrook decided to start a dragon boat team to support breast cancer survivors.

Overwhelmed by the response, a non-profit charitable society was formed "to raise breast cancer awareness, to support breast cancer projects and to demonstrate that women living with breast cancer can lead full and active lives," said Sandy Zeznik, Team Manager.

Abreast in the Rockies Dragon Boat Society has four (4) types of memberships: survivor paddlers, survivor members, support paddlers and support members.

From those humble beginnings, the team has grown to 47 members of which 40 are paddlers. Fifteen of the team are breast cancer survivors. Team members are from Cranbrook, Jaffray, Wasa and around the area.

The current team ranges in age from the 40s to 70s. They attend two or three dragon boat festivals each year.

So far this year, the team has paddled at the Lethbridge Festival where they placed fourth missing third place by a half second. Next up, the team will attend the Pentiction Festival, September 9th and 10th for the eighth year.



The team practices at Jim Smith and Wasa Lake early in the summer. Now they are practicing at Moyie Lake in preparation for the Pentiction Fest.

Continued Page 5

Courtesy and COMMON SENSE

Picking up after your pet means disposing of the bag in a garbage can, not leaving it on the side of the road or trail.

Mind your cellphone. Refrain from answering text messages or calls when someone is speaking to you.

Look a person in the eye when addressing them, sometimes facial expressions and eye contact can speak volumes.

.....
Send your suggestions for "Courtesy and Common Sense" by email to: trivillagebuzz@gmail.com

FIRE SAFETY AT HOME

ELIMINATE HAZARDS

- Keep space heaters away from anything that can burn
- Store all flammable materials away from heat
- Don't let trash accumulate in attic, basement or garage
- Don't run extension cords behind rugs or curtains
- Use fuses, circuit breakers and appliances with UL (Underwriters Laboratory) seal only
- Don't overload circuits

FIRE PREVENTION

- Keep operational fire extinguishers handy
- Install and maintain smoke detectors

DEVELOP ESCAPE PLAN

- Develop and memorize escape route
- Assign responsibility for evacuating infants, elderly and infirm
- Choose meeting place outside home
- Keys must be easily accessible
- Hold frequent fire drills
- Test every door, be sure there's no fire on the other side
- Know two ways out

DURING A FIRE

- Leave personal belongings behind
- Don't go back for any reason
- If clothing catches fire stop, drop and roll
- In dense smoke crawl on floor to nearest exit



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Continued from Cover Paddles Up!

According to Zeznik, team members "come from a variety of backgrounds and each of us has a story, everyone unique and brilliant! We also have personal dragons to slay and find that the sport of dragon boating allows us to get on the water, work together as one, and lose ourselves in the rhythm of the drum."

Connie Gerein joined the team in the beginning. She's a breast cancer survivor which was her motivation to join and "live a healthy lifestyle."

Also original team members, Kathy Dougall and Arlene Pervin, said, "We're all in it together, we live and breath it [racing]."

Jan Bailey has been part of the team for 9 yrs. "I paddle for my mother, she was a survivor."



Another original founding member, Barb White joined because she and a friend "had breast cancer at the same time." They supported each other during that time by joining the team. She added, "Its been a wonderful journey."

The newest team member is Tracy, a survivor, who said, "It's great to join other breast cancer survivors and keep in shape, we all have something in common."

Viki Mawson, in her 2nd year with team, said, "A friend asked me to join as part of my recovery, its an amazing group of ladies that are very welcoming."

Zeznik wants everyone to know that dragon boat racing will be part of the 2018 BC senior games being held in Cranbrook. She hopes many people will turn out to support the team, and maybe they'll be "on the podium."

She continues, "We are always looking for new paddlers, especially breast cancer survivors."

To get all the info on joining the Abreast in the Rockies Dragon Boat team email Sandy at szezni@shaw.ca.

Paddles up!!!



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**WASA LAKE LAND IMPROVEMENT
DISTRICT (WLLID)**

Aerial Drone Survey

By Nowell Berg

WLLID has contracted VAST Resources to conduct an aerial (drone) survey of the lake to capture images of vegetation in the water, particularly native milfoil.

Transport Canada permits have been secured to allow the drone to fly over the lake at low levels.

The survey images provide a baseline understanding of how much milfoil is in the lake. WLLID needs an estimate of the milfoil coverage area in order to track its growth in future years. Additionally, knowing the milfoil coverage area allows for planning on ways to contain its spread.

The drone fly over of the lake, weather permitting, will occur during the week of September 11 to 15th, 2017. The flight time will be early morning to ensure the water is calm which is needed to capture the best images.

2017 Tax Notice

The 2017 tax notices will be mailed out by late September. The WLLID \$50 per property tax is due by November 30th, 2017.

If you have yet to pay the 2016 tax, it will be added to the 2017 tax notice along with penalties and interest.

The tax can be paid by cheque or e-transfer. Details can be found at www.wasalake.ca.

Tax dollars go toward the WLLID's mandate of monitoring and maintaining the quantity and quality of water in the lake.

Shore Line Clean Up

The second annual Shoreline Clean-up is scheduled for Saturday, October 14th.

Further information on registering for this worthy event will be posted on the WLLID website, www.wasalake.ca.

Please join the WLLID Board in collecting debris and litter left behind from a busy summer season.

Electronic Data Logger Update

WLLID and VAST are still awaiting Ministry of Transportation and Infrastructure (MOTI) approval to drill a 2" well on their right-of-way for the installation of the data logger.

We are hoping to receive the permit soon and look to drill the well and install the logger by the end of September.

Sheep Creek

**ADOPT-A-
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**Sunday,
September 17th
10:00 am to Noon**

Meet at the corner of Sheep Creek Road and Premier Lake Bridge

Contact: Dwayne Vogel 250-422-9215 dkvogel2010@gmail.com

Going Batty With Bats?

For Immediate Release August 3, 2017

Are you noticing more bats around your house or property? You are not alone! Mid-summer is the time when landowners typically notice more bat activity, may have bats flying into their house, and occasionally find a bat on the ground or roosting in unusual locations.

These surprise visitors are usually the young pups. "In July and August, pups are learning to fly, and their early efforts may land them in locations where they are more likely to come in contact with humans", says Mandy Kellner, biologist and coordinator with the BC Community Bat Project. The long spell of hot dry weather has also made bats, like humans, desperate for a drink and more likely to come out before darkness to satisfy their thirst.

The Kootenay Community Bat Project (KCBP), funded by the Habitat Conservation Trust

Foundation, the Habitat Stewardship Program, Government of BC, Columbia Basin Trust, Columbia Valley Local Conservation Fund and the Kootenay Lake Conservation Fund, has received numerous calls reporting bats in unusual locations this summer. For landowners who find a bat in need of assistance or find dead bats, the project has a 1-800 number with regional coordinators across the province able to offer advice. Bats in BC have very low levels of rabies infections, but any risk of transmission should not be treated lightly. Contact a doctor or veterinarian if a person or pet could have come into direct contact (bitten, scratched etc.) with a bat.

Female bats gather in maternity colonies in early summer, where they will remain until the pups are ready to fly. Some species of bats have adapted to live in human structures, and colonies may be found under roofs or

siding, or in attics, barns, or other buildings. Having bats is viewed as a benefit by some landowners, who appreciate the insect control. Others may prefer to exclude the bats. Under the BC Wildlife Act it is illegal to exterminate or harm bats, and exclusion can only be done in the fall and winter after it is determined that the bats are no



Female bats gather in a maternity colony, and most have only one pup each year. Photo: G. Hucul

longer in the building. Again, the KCBP can offer advice and support.

To find out more and download the "Seven Steps to Managing Bats in Buildings" booklet, visit www.bcbats.ca. In some parts of BC, biologists from Community Bat Programs are able to visit landowners to provide site specific advice on bat conservation and management. To contact your local community bat program, call 1-855-9BC-BATS [x. 14 (East Kootenay) and x. 250 (West Kootenay)].



A Townsend's Big-Eared Bat hangs on the side of a building. Photo: Parks Canada Fort Rodd Hill



Dale Gray
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Island Pond Fire

Thank you to the BC Fire Service people that worked on the Island Pond Fire. Also, thanks to RDEK staff who provided information for all the residents placed on Evacuation Alert including Loree who provided information on the fire updates. For the many residents placed on Evacuation Alert, thank you for remaining calm.

Boating

I would like to thank the members of the new committee that was formed following our meeting about safety concerns on the lake.

Signs have been created and installed to remind everyone about some of the boating rules. Buoys were installed at Ida's cove and many buoys have been purchased by property owners and have been placed in front of their respective properties. These buoys have been placed because property owners have concerns about the safety of their families and friends.

Pancake Breakfast

Thank you to Karen, Jim, Bonnie and Val for ensuring we had all the ingredients to produce the pancakes, sausage, eggs and beverages for the pancake breakfasts.

The funding raised from these breakfasts really help keep many of our groups active. Thank you to everyone that came out and volunteered and thank you to everyone that came out enjoyed the breakfasts. The last Pancake Breakfast of the summer is on Saturday, September 2nd.

I hope everyone is enjoying the summer.
Jane Walter, Area E Director

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Helpful Hints

In Memory of Vi Cockell

By Sherry Shields



1. September gardening
 - Stop pruning and fertilizing
 - Start fall clean-up in the flower beds, cutting back anything that has finished blooming or is diseased
 - Watch for frost warning and cover tender plants
 - Photograph your gardens and containers for a record of the year's triumphs and frustrations
 - Give the compost a last turn
 - Divide and move perennials
 - Dig and store tender bulbs like: dahlias, caladiums, cannas and tuberous begonias
 - Start planting spring flowering bulbs

2. Microwave Clean UP

Fall is preserving time and if you are like me inevitably a mess will occur in your microwave while melting butter or boiling sugar water.

1. Place a 4-cup large microwave-safe bowl inside microwave that contains:
 - 1 cup of water and a chopped-up lemon, lime, or orange or several tbsps of vinegar.
2. Turn on High for several minutes or until the solution boils and the window is steamy.
3. Let sit to cool for 15 minutes before opening the door. Remove and wipe out inside of microwave oven.
4. Clean the rubber gasket around the door with a sponge dampened with water only. If the window is greasy, clean with a mixture of half vinegar and half water, then dry.

3. WASP season

Bee sting venom is acidic so its effects can be neutralized with baking soda. A paste made of baking soda and water can help neutralize bee venom to reduce pain, itching, and swelling.

4. Weeds that Heal:



Purslane (*Portulaca oleracea*) aka Cat's Tongue

The moisture-rich leaves are cucumber-crisp, and have a tart, almost lemony tang with a peppery kick. But taste is not the only reason to eat it. Purslane (*Portulaca oleracea*) or also known as cat's tongue provides

many health benefits. It is good for our skin, urinary and digestive systems. It also has a perfect combination between antioxidants, omega 3 fatty acids, potassium, calcium, magnesium and carotene.

Plantain



1. **Wound healer:** This weed can be used to heal wounds. Chewed or pounded into a paste it can be applied to a wound to stop bleeding. This weed has soothing and cooling effects. It can heal wounds, cuts, and scratches. It can also be used as an anti-venomous herb because of its blood cleansing effects.

2. **Healthy digestion:** This weed aids in digestion because of its antibiotics. The leaves and the seeds of this plant helps in reducing inflammation and helps repair the gut lining. Seeds of the plantain weed are useful for cleaning the digestive tract, which acts like to psyllium husk in absorbing toxins and creating firmer stools.

3. **Congestion and respiratory problems:** Plantain weed is high in mineral silica it makes for an expectorant, which means that it clears up congestion and mucus. Plantain helps treat coughs, colds, and various other respiratory ailments.

4. **Blood diseases:** Plantain is effective in treating almost all blood diseases, many glandular diseases, mercury poisoning, diarrheal conditions, female disorders, and injuries, bites and rashes on the skin.

5. **Hemorrhoids:** Plantain has astringent properties which make it effective wound-healer which makes it great for hemorrhoids. It can be applied to hemorrhoids to stop the flow of blood, so it is useful for treating cystitis that is accompanied by bleeding.

6. **Toothaches:** The plantain root can be made into a powder and used for toothaches. If you don't have the powder, you can just dig up a root and chew the root for relief. Plantain is an anthelmintic and can be taken as a tea and it can kill worms internally.

A Misty Morning does not signify a cloudy day.

Happy September!

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HISTORY BYTES

BY NAOMI MILLER



Dr. Brouse Of New Denver

Dr. Jacob Edwin Brouse Jr. was born in Yale, BC in 1868. His father Dr. J.E. Brouse Sr was a graduate of McGill 1850 who worked with Andrew Onderdonk serving construction crews during the building of the western section of the mainline C.P. Railway. Jacob Jr. had early schooling in Yale but was then sent via ship around Cape Horn to Ontario for boarding school. Next he studied at McGill Medical School where he graduated in May 1892. He went to Vancouver where he interned /practiced briefly. His first Slocan appointment was as GP –Coroner in Nakusp. There was no office, just a tiny building beside the steamer landing on the waterfront. From there he scouted to Rosebery, New Denver, Slocan and Sandon. Things were pretty quiet. There was an accident at Halcyon so was called to complete the papers as Coroner only to discover that his license had expired. He transferred to New Denver a few days later.

He was invited to become medical officer for the Nakusp and Slocan Railroad which ended in Sandon. This area included many mines and a few sawmills. He found a small building in New Denver which he made his headquarters. There was an office with a couple of beds, an improvised surgical room, and a supply room. His bag of supplies was kept at ready so he could go out by horseback or wagon to attend to an injured miner or worker. For the few women in the area delivering a baby was a midwife's task, not a physician's. All the while he was building up his practice he was offering an insurance policy. At \$1 per month he was able to offer free medical care. The average miner willingly paid that dollar while an occasional rebel opted to use that for "Bad Whiskey". Gradually every mining camp, sawmill, or group employer had subscribed, plus a few private individuals like tugboat Captain Estabrooks and editor Lowery.

New Denver grew so that in 1897 its population was 500, Rosebery 100, Silvertown 200, Sandon 2000, Slocan 200 and Three Forks about 100. Dr. Brouse, now a husband and father, felt ready to invest in a hospital. Statistics

leading to this need and decision are:

- 1894 68 hospital patients
325 outpatients
- 1895 145 hospital patients
692 out patients
- 1896 213 pf which 94
surgical 119 medical (of which 35
typhoid, 23 pneumonia)

1897- A real Hospital was built on the waterfront.. The building was planned and built by contractors Sutherland and Rae who began with a large cold room under the kitchen section and a furnace room for heating the various sections. The main section 2 ½ stories tall has offices, operating room, dispensary, private wards, linen closets, dining room, and reading room. Adjoining sections have surgical and medical wards, behind is the kitchen annex with facilities and staff rooms. An 8 foot balcony extends along both floors facing the lake. The building is supplied with electricity. Each bed has an electric bell attachment. Speaking tubes run from the upper hallway to the kitchen and dining room while a triple deck dumbwaiter carries food to the upper floor. Near the beginning the doctor and his new wife lived in a section of the second floor. Virtually all admissions to hospital were males so Miss Maggie Stack .RN. depended on male nurses Fred Kelly and Frank Crosbie to bathe and change dressings of those on the wards. Serving the hospital in the dispensary was Frank Shook .He compounded Balsam of Peruvian, Quinine and Iron. Tincture of Camphor, Benzoic Acid, Cocaine, Oil of Anise, various cathartics and similar mixtures prescribed by the resident physician. Some were liquids, others carefully rolled into pills. Dr. Brouse was also known to resort to hypnotism !

The ½ story atop the building was used as space for Dr. Brouse to build his 18 foot boat, The Lancet, This was lowered by ropes to be taken to the waterfront on a wagon . The boat was fitted with an inboard motor and served on Slocan Lake for over 60 years. Later he made a similar boat for a friend. Fishing or boating were relaxing pastimes for "Doc" and companions.

Nearby communities acquired their own physician.; Dr. Gibson at Slocan and Sandon Dr. Pohl, but the New Denver Hospital earned a good reputation as population continued to increase. Things were slightly easier for the physician who had chosen New Denver but he was shocked to lose his four year old son who died after a picnic September 9, 1905. Diagnosis, "he ate Green plums". Then the mother, Christiana, died March 20, 1911. Son Ivan stayed with his father till it was time to go to University School in Victoria as there was no high school in New Denver. In 1913 Brouse headed a group to create Masonic Lodge No 71 A.F.&A.M.. It became a center of his attention, along with gardening. Some of his garden beauties won him prizes at fall fairs. He took a holiday in Florida where he met Sadie Speer whom he courted after selling the hospital and practice to Dr. Gomm in 1917. In 1918 he began working as a dermatologist in Vancouver, married Sadie and enjoyed city pleasures. Sadie, a beautiful lady, was a joy to "Doc" in his last difficult years .She became close to stepson Ivan through his student years and varied successful medical career. She died in 1950. Dr. J.E. Brouse Jr. died February 17, 1925 in Vancouver General Hospital. His son , Dr. Ivan Brouse of Powell River, escorted the body back to New Denver where Knights of Pythias and Lodge gave him a huge community farewell and Masonic burial.

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Wasa & Area Planning Projects 2017 – 2018

A big thank you to everyone who attended the Open House on July 26! It was a great turnout with approximately 70 people in attendance. Just a reminder that the Comment Period is open until **September 29th**, so still lots of time to forward your comments.

The Regional District is proposing three amendments:

- Adding Environmentally Sensitive Development Permit Areas to the Wasa and Area Official Community Plan;
- Adding Form & Character Development Permits to the Wasa and Area Official Community Plan; and
- Revising the Electoral Area E Zoning Bylaw to allow detached secondary suites in zones that currently allow secondary suites.

For more information and the Open House staff presentation, please refer to the RDEK website:

http://www.rdek.bc.ca/departments/planning/plans/wasa_and_area_official_community_plan/

Environmentally Sensitive Development Permit Areas (ESA DP)

During the consultation period for the Wasa and Area Official Community Plan, RDEK staff heard that protecting the natural environment was a priority.

The Regional District has two options to address residents' concerns:

1. adopt informational policies in the OCP that encourage property owners to mitigate impacts to the sensitive habitat on their property; or
2. adopt Environmentally Sensitive Development Permit Areas.

The intent of the ESA DP is not to prohibit development or to increase the cost of development but to alert the property owner that their property contains unique characteristics that warrant preservation or protection.

If implemented, ESA DPs would be required prior to development and provide the opportunity for RDEK staff to discuss the nature of the ESA, the potential to mitigate the impact of the development, or methods to revise the development to possibly negate the need for the permit.

Comments received at the Open House indicated that residents were concerned regarding the accuracy of the ESA mapping, how implementing DPs could affect use or development on their property and when a DP was required.

The Regional District hired a professional consultant to prepare the ESA mapping. For wetland and riparian areas, the consultant interpreted orthophoto mapping of topography and the surrounding vegetation. The ESA DP areas regarding riparian buffers on the Kootenay River, tributaries, lakes and wetlands are measured from the highwater mark and vary from 30m in "built-up" areas with permanent buildings to a 50m minimum on natural and agricultural areas. Riparian widths vary and are greater in low-lying floodplain areas. Although not mandatory in the East Kootenay, the minimum riparian widths are set at 30m in accordance with the provincial Fish Protection Act, Riparian Areas Regulation. As ground truthing the plan area would be extremely expensive, the RDEK does not intend to revisit the mapping and instead a quick and inexpensive process has been proposed for landowners to challenge the presence of the ESA of their property.

Since 2008, 30 ESA DPs have been issued, 4 required a report from a Qualified Environmental Professional (QEP). In each of those cases, the developments were either major in scale (multiple parcel subdivisions for new residential areas) or potentially posed significant impact to the ESA such as placing fill next to a creek. To date, a QEP report has not been required for construction of a dwelling or subdivision creating one or two new parcels.

Continued on Page 13

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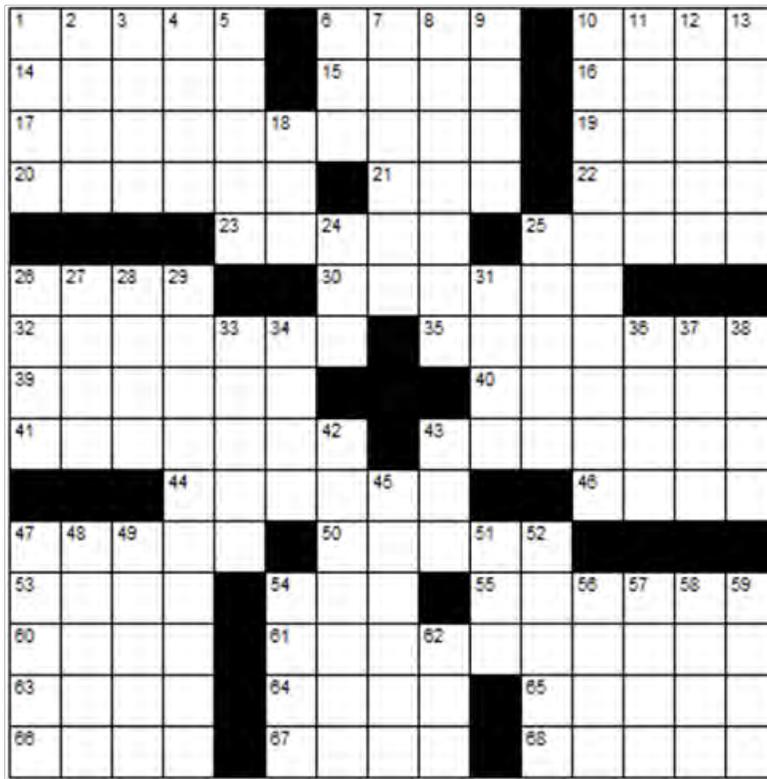
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DOWN

1. Daughter of Zeus and Demeter
2. Affirm
3. Country bumpkin
4. Margarine
5. Chimes
6. Japanese apricot
7. Fire
8. Smashed
9. Being
10. Embroidery
11. Courtyards
12. Americans
13. Precipitous
18. Flee
24. An Old Testament king
25. Champion
26. Dirty air
27. Trim
28. Dash
29. Boats and jetskis
31. Snare
33. Anagram of "Store"
34. Colored part of an eye
36. Weightlifters pump this
37. Central area of a church
38. Delight
42. Resembling deer
43. A high alpine meadow
45. Furlough
47. Demonstrated
48. A black tea
49. Noblemen
51. Nigerian tribesman
52. Keen
54. Footnote note
56. On the left or right
57. Frosts
58. Arrived
59. Thin strip
62. A parcel of land



ACROSS

1. Chocolate substitute
6. A ceremonial staff
10. Negatives
14. Small egg
15. Makes a mistake
16. French for "State"
17. Insubordinate
19. Sea eagle
20. Ring around the nipple
21. Utilize
22. Water barrier
23. Demolish
25. Fastener
26. Gush
30. Boil
32. Jungle fever
35. Illustration
39. Public speaker
40. Ethically indifferent
41. Hereditary
43. Grant
44. Sell again
46. Leg joint
47. Eyeglasses
50. Bog hemp
53. Listen
54. Old World vine
55. Fundamentals
60. Gumbo
61. Pertaining to biology
63. Canis lupus
64. Data
65. Swelling under the skin
66. Where a bird lives
67. Adroit
68. Adjust again

"MARIO'S FUN PAGE"
ANSWERS
PAGE 10

SPOT 12 DIFFERENCES



LABOUR DAY WORD SEARCH

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

- BARBECUE
- BREAK
- COMMUNITY
- COOKOUT
- HOLIDAY
- JOB
- LABOR
- MCGUIRE
- MONDAY
- MOVEMENT
- ORGANIZE
- PARADE
- PARTY
- PICNIC
- RIGHTS
- RALLY
- SECURITY
- SEPTEMBER
- STRIKE
- SUMMER
- TRADE
- TRIP
- UNION
- VACATION
- WEEKEND
- WORKERS



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!



Contact:
Sonia Blackwell
250.422.9201

- Mondays, Wednesdays and Friday Mornings from 7:30 a.m. to 8:30 a.m.
- Monday to Friday Mornings (inclusive) from 10:00 a.m. to 11:00 a.m.

GYM HOURS AND INFO

HD Railings AND Screenrooms

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Harold Hazelaar

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 Ph 250-422-3457 Cell 250.342.7656

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 Judy McPhee 250.422.3766

In addition, BINGO's are held on the 2nd Tuesday of each month at the Wasa Hall. Early bird starts at 6:30 pm and regular at 6:45 pm.

HAY FOR SALE

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www.facebook.com/lantzfarms

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ROASTED CORN CHOWDER

- 3 Tbsp butter divided
- 3 cups fresh corn kernels
- 1 tsp dried tarragon
- 1 pound bacon
- 1 large onion, chopped
- 3 cups chicken stock
- 6 potatoes diced

- ¼ cup chopped fresh parsley
- 4 cloves of garlic, chopped
- 1 tsp dried celery flakes
- ½ tsp paprika
- ½ cup half and half
- salt & pepper to taste
- ¼ cup shredded cheddar cheese

1. Preheat oven to 425°.
2. Melt 1 tbsp butter in skillet stir in corn & tarragon, cook, stir occasionally about 5 min
3. Place skillet in oven and roast stir every 5 minutes until brown but not dry (20 min)
4. Cook bacon until brown, drain and pour off all but 1 tbsp bacon fat.
5. Heat reserved fat over medium heat, stir in onion. Cook until tender and dark brown.
6. Add chicken stock and bring to boil. Stir corn, potatoes, parsley, garlic, celery and paprika. Add crumbled bacon and reserve ¼ cup for garnish. Reduce heat simmer until potatoes are tender, about 30 minutes.
7. Stir in remaining butter and half and half into soup, season with salt and pepper. Sprinkle reserved bacon and Cheddar cheese over soup to serve.

Fanny's Favorites

Answers

CAROB MACE NAYS
 OVULE ERRS ETAT
 REBELLIOUS ERNE
 AREOLA USE DIKE
 SMASH CLASP
 SPEW SEETHE
 MALARIA DRAWING
 ORATOR AMORAL
 GENETIC APPROVE
 RESELL KNEE
 SPECS RAMIE
 HEAR IVY BASICS
 OKRA BIOLOGICAL
 WOLF INFO EDEMA
 NEST DEFT RESET

- 1 Opening appears on back of boys cap
- 2 Dogs collar is missing
- 3 Stipe on boy's shirt sleeve is missing
- 4 Extra writing on envelope on floor
- 5 Leg on table is coloured in
- 6 Flower in bouquet is colored in
- 7 Heart on card is colored in
- 8 Pocket on shirt has moved
- 9 Mirror frame is taller
- 10 Curtain is shorter
- 11 Top of table is wider
12. Ribbon on heart is longer



Thank you to everyone who contributed or helped with the Lions Garage Sale making it another big success!

A property owner requires an ESA DP for the following:

- ✓ Construction, addition or alteration of a building or structure where any portion of the proposed development footprint is located with the DP area.
- ✓ Subdivision creating one or more vacant properties where any portion of the parent parcel is located within the DP area.
- ✓ Alteration of land, including removal of vegetation or site grading where any portion of the proposed development is located within the DP area.

There are 17 situations when a Development Permit is **not** required by a property owner. The following represent the most commonly asked about situations:

✗ Internal alterations to buildings or structures	✗ Farm uses
✗ Reconstruction, renovation or addition to existing buildings, which increase the development footprint by an amount less than 25%. The development footprint is the area already affected by development. This includes access roads, parking areas, hardscaping and the building itself.	✗ Timber harvesting, forest road construction, grazing enhancement, forest recreation conducted under the auspices of the District Forest Manager
✗ Agricultural activities	✗ Drilling a well
✗ Proposed activity that is limited to general road or railway construction within a public right of way	✗ Siting, construction or installation of a septic tank, drainage field or sewage treatment system (excluding within a riparian buffer)
✗ Removal or pruning of hazardous trees as identified by a qualified tree assessor	✗ Siting, construction or installation of a retaining wall or shoreline protection
✗ Emergency repairs to buildings or structures where there is a risk to personal or public safety	✗ Subdivision which solely involves parcel line adjustments
✗ Supplementing or maintaining natural existing vegetation	✗ RDEK staff conducts a site visit and confirms that the ESA is not present on the property
✗ The land and ESA values have been protected by a conservation covenant, provided as Public Park or returned to Crown ownership	✗ A QEP conducts a site visit and certifies in a signed letter that the ESA is not present on the property

If you would like further information or wish to provide feedback on any of the proposed amendments, contact Jane Walter, Director Area E 250-427-2577 or Michele Bates, Planner RDEK 250-489-0311, mbates@rdek.bc.ca.

Wasa Memorial Garden



THANK YOU!

Many willing volunteers help in the Memorial Garden space every season and without you it would not be a place of pride.

THANKS SO MUCH
Sandy K

ANNOUNCEMENT

WASA and DISTRICT HISTORICAL ASSOCIATION and MEMORIAL GARDEN GROUP'S

AGM

10:00 A.M.
Wednesday,
September 20, 2017
Wasa Community Hall
Library
All Welcome

Wasa Memorial Garden

Wasa Memorial Garden has something for every soul who should be remembered or needs a final resting place.

There is a Columbarium with Niches large enough to hold two sets of cremains or the option to purchase a memorial plaque in honor of your loved ones. Check out the space at the end of Schoolhouse Road in Wasa.

Call Bev Rauch at 250.422.3335 or Pat Walkey at 250.422.3530 for information

Looking for help....

Next year will be my 7th year as editor of the newsletter and as much as I've enjoyed this experience, I'm finding I would like a break now and then. If you are interested in taking over the odd month or so as editor of the Tri-Village Buzz, please contact me at: trivillagebuzz@gmail.com.

I will be happy to show you the ropes and welcome a fresh approach.

Thanks and I look forward to hearing from you!

Wendy



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Vanquishing the dark forces of discouragement

Discouragement is the intervention of an act that makes something less likely to happen or someone less likely to do something. It is also the feeling of having lost hope and confidence. Sometimes it can also be a failure or a difficulty that diminishes the determination of someone aspiring to achieve a goal.

Everyone experiences discouragement at different levels, but discouragement is always the result of an egoistic and limited viewpoint that lacks acceptance of reality. Unfortunately, we often form expectations without considering the fact that what we want faces a vast external context. If you wish to accomplish something, you must consider all the possible events that could interfere with the realization of your wish. If you absolutely want something, blindly hoping that nothing will interfere with your wish, then you could easily develop a kind of paranoia when things don't go your way... thinking that the world is working against you. This often leads to feelings of injustice and guilt.

Discouragement and guilt are often associated with triggered questions that begin with "why": Why does this happen to me? Why can't I get what I want like everyone else? What did I do to deserve this? And so on.

So, for everything you aspire to realize in life, you need to be cautious of this potential attack from inner forces of discouragement. These dark forces don't exist in the outer world; rather we carry them within our own minds. They are the result of all kinds of past negative sensations that have left deep grooves in the functioning of our minds. At some point, our parents, teachers and friends have all deemed us not good enough in their eyes, and this has left us with the need to be recognized through the approval of others. Since everyone is in the same situation, no one actually cares whether you're better than they are. They just want to be recognized and loved, and this is why people spend so much time doing things to elicit praise. If you feel you can realize yourself only when you are fully recognized and acknowledged by others, then you will always be disappointed, as there will always be those who don't like you, since they simply don't like themselves.

In order to overcome discouragement, accept that what you want is not always possible and that you'll have to deal with unexpected outer forces that may thwart your goal. It's not always, and even rarely, your fault when you cannot reach your goal. It is frequent for us "mental" human beings to sabotage our most precious goal in

life due to a lack of self-awareness. In light of this, experiencing a failure is often the best way to examine the reason for the situation so that we can better understand ourselves and the outer forces surrounding our project. Then you can try again, but this time with a higher level of vigilance in order to remove, or at least decrease, the chances of failure.

There is nothing you cannot do, but you don't need to do anything extraordinary or unnecessary in order to be recognized as a kind of Superman or Superwoman. Discouragement is destroyed as soon as you accept the external situation as not being an exact reflection of who you really are. As the saying goes, "never give up, never surrender". Never give up your hope for absolute happiness and fulfillment in life. Never give up in the face of despair and discouragement. Always remind yourself that failing to be yourself is not even an option in your life. And that it is not because failure is not an option that you are not going to fail... rather, every failure will become an opportunity to learn and evolve.

Life is a school of evolution and expansion of your consciousness. Don't let anything limit and imprison you in the world of the impossible. No matter what, I assure you that there is a solution to every situation that will free you from all karma of suffering.

I hope that these few words will give you courage and increase your determination in no longer allowing dark and negative feelings to enter your heart. Defend your inner fortress with joy.

With love and blessings on the path of light. I wish you a nice remainder of your summer.

Om Om Om
Venerable Gurudev Hamsah Nandatha
Adi Vajra Shambhasalem Ashram, Wasa, BC Canada

If you like these articles by the Venerable Gurudev Hamsah Nandatha, reread them in the book *Words of Wisdom*, a collection of the articles published in this column from 2008 to 2015. This book is available at the Ashram and at the Wasa General Store.

Since Venerable Gurudev Hamsah Nandatha is entering a more intense Yogic life retreat, he will be less visible and accessible to the world. Therefore, he will only be giving a public Dharma teaching and meditation class once every two months. The next class will be on Thursday, November 16, 2017 at 6 pm.

To contact the Ashram, please call (250) 422-9327.

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WASA COMMUNITY LIBRARY

Hours: Tues. 11 a.m. - 1 p.m.

Located in the Basement of the Wasa Hall

Opens: Tuesday, September 5th - 11:00 a.m.

SUBMITTED BY JUDY MCPHEE

The old cliché *"Variety is the spice of life"* best fits both a delicious banquet prepared for us and libraries which offer us a banquet of variety.

SELF HELP BOOKS.....*are the appetizers*
NON FICTION BOOKS.....*are the main course*
FICTION BOOKS.....*are the dessert*
YOUNG CHILDREN'S and YOUNG ADULT BOOKS.....*are at a separate table.*

Suggested books this month:

APPETIZER: "HEALING REMEDIES" by Joan and Lydia Wilen
This book encompasses over 1000 ways to heal a variety of issues

MAIN COURSE: "THE RIGHT TO BE COLD" by Sheila Watt-Cloutier
One woman's story of protecting her culture, the Arctic and the whole planet.

DESSERT: "WHAT MATTERS MOST" by Luanne Rice
What if you could relive one time in your life? Take another path? What would you choose if you could make one thing right?

And, of course, my favourite "a state banquet"

AUTOBIOGRAPHIES "KOOTENAY COUNTRY" by Ernest F. "Fee" Hellman
Born in 1918 in Wardner, BC, he writes his "stand out" memories in the Kootenays as a fisherman, hunter, naturalist, guide and outfitter.

Our librarians Marg, Lin and Rose look forward to assisting you this next year.
"A book well chosen is a delight to read" Pleasant reading from Judy.



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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.

Hunting in the East Kootenays is very prevalent and the beginning of the hunting season is upon us. Good luck to all!
(<http://www.gma.vic.gov.au/hunting/deer/ethical-hunting/taking-the-shot>)

Ethical Hunting

The concept of ethical hunting has been around for some time and it is important that all hunters have an understanding of its principles and practise these when in the field.

Ethical hunting means that a person knows and respects the game hunted, follows the law and behaves in a way that will satisfy what society expects of a hunter. Ethical hunters are familiar with the places they hunt, the wildlife that live there and the way they should behave when hunting.

Practising ethical hunting techniques in the field will ensure that you get the most out of your hunting experience and will assist to secure the future of your recreational activity.

There are three key aspects to ethical hunting:

- **knowing and respecting the game: understanding the deer and their habitat, and treating them fairly and with respect;**
- **obeying the law: laws and regulations have been introduced to ensure that hunting is conducted in a safe, responsible and sustainable manner; and**
- **behaving in the right manner: hunter behavior has a direct impact on public opinion; remember your actions may impact on the future of deer hunting.**

Respect 'Fair Chase'

One of the key components of ethical hunting is the concept of 'fair chase'. This means giving the game a reasonable chance to evade the hunter.

All ethical deer hunters will ensure that deer are not unduly harassed during a hunt.

The improper and illegal use of vehicles, radiotracking collars and other electronic devices such as two-way radios is considered to be highly unethical and is inconsistent with the concept of 'fair chase'.

Avoid mechanised pursuit in any form; a true hunter makes every effort to ensure the contest is as fair as possible.

September 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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.					1	2 Pancake Breakfast 
3	4  LABOUR DAY	5 Library Reopens	6	7	8	9
11	11	12 BINGO 6:30 Early Bird 6:45 Regular	13	14	15	16
17 Sheep Creek Adopt A Highway \ CleanUp	18	19	20 ● New Moon Wasa & District Historical Assoc Memorial Garden AGM 10 am	21	22	23
24	25	26	27 Rec Soc Mtg 7pm	28	29 OCP comment deadline	30

LEGEND

- Church 10:30 a.m.
- Gym (M,W,F 7:30-8:30 a.m. Mon to Fri 10 a.m. to 11 a.m.)
- BINGO 6:30 p.m.
- Rec Society 7:00 p.m.
- Lions 7:00 p.m.
- Library Tues. 11 a.m.-1 p.m.
- TOPS Fri 8:30 a.m. Weigh in & Meeting 9 a.m. - 10 a.m.
- Quilters Tues. 10 a.m.-4 p.m.



Special Events and Days Down the Road

- Monday, October 9th Thanksgiving
- Sunday, November 5th Daylight Savings Time ends
- Thursday, November 30, 2017 WLLID Taxes due

Note: The Triv Village Buzz is also available on the homepage of the Wasa Lake Land Improvement District www.wasalake.ca

NUMBERS AT A GLANCE

Ashram Meditation & Yoga.....	250.422.9327
Bruno's Plumbing.....	250.342.5105
Catamount Contracting.....	250.422.3694
Cory's Dog Grooming.....	250.427.2311
Cranbrook/Kimberley Hospice...	250.417.2019
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
Lantz Farms (Hay).....	250.420.1660
Pos n Go.....	sales@posngo.com
Randy's Home Rejuvenations....	250.420.7471
Rascal Dock Systems.....	250.421.1746
TOPS.....	250.422.3510/422.3686
Wasa Country Pub & Grill.....	250.422.3381
Wasa Lake Gas & Food.....	250.422.9271
Wasa Hall.....	250.422.3514/422.3640
Wasa Hardware & Building Ctr...	250.422.3123
Wasa Lions Med Equip....	422.3227/422.3499
Wasa Lions Trail Donations.....	250.422.3773
Wasa Memorial Garden (Bev Rauch).	422.3335
Wasa Post Office.....	250.422.3122