

Tri-Village Buzz

February 2014 Issue 166

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Calendar

SPAGHETTI DINNER

On Saturday, January 18th community members, friends and neighbours gathered to the Wasa Community Hall to show support for a local family.

For 3 solid hours, volunteers served up a delicious spaghetti dinner to over 200 people. Community members enjoyed a tasty dinner, had an opportunity to visit with friends and neighbours and were able to sit back and enjoy the music provided by the "Bunkhouse Boys" and "60 Hertz".

It's not uncommon for members of this community to rally together in support of one of there own. "It was so nice to see everybody come together, despite their differences and support this family" said a resident of Wasa. A huge thank you to all the many volunteers responsible for putting on this event - you know who you are and we appreciate you!

Proceeds raised from the Spaghetti Dinner were donated to the Cale Family.

New Year's Eve Fireworks a Blast!

A very special thank you goes out to Gord Felske for the excellent fireworks display on New Years Eve!

Wasa resident, Naomi Miller said "It was one of the best displays I have ever seen. I viewed the show with my family visiting from Brazil where they have seen many choreographed and volunteer shows, especially on December 31st. They were full of praise for our local production."











ports Den



with Mario Carelli



Welcome back readers to the year 2014 and springtime in the Tri City area. I know that we still have February to go yet, but missing that Polar Vortex was a blessing in disguise wasn't it? As a sports reporter and a sports fan, I could not help but cheer as that PV slipped by the Kootenays and wreaked havoc on the rest of Canada. Living in God's country and living right pays off sometimes don't it? We should feel sorry for our brethren back east, braving temperatures in the minus 20's, heavy snow falls and ice storms and power outages for a few days-or as we like to call it-winter in the Kootenays. So blessed are we in our cherished environment that we sometimes forget the trials and tribulations that face our brothers and sisters in other parts of Canada. I speak of this overwhelming sense of camaraderie that acts as a bonding agent for the upcoming two weeks of national unity, commonly known as the winter Olympics. Every 4 years we, as a nation, sit glued to our flat screens and watch live broadcasts of an irrelevant, obscure sport that was nonexistent to us in the past 4 years. For convenience purposes we only watch these events live if the games are in our, or 1 away, (east or west) time zone. If they are in some foreign land (anywhere but western Canada) then we, accordingly, PVR them and try to watch them at a later date. We try and seclude ourselves from all media outlets, our blabber mouthed neighbours or anyone else who vaguely irritates us. For reasons only known to alien sources, these people would have the results of these events, encounter us at Slim Pickens and proceed to tell us scores, results (down to minute details) and running commentary on these sporting events that occurred at 2 a.m. You politely thank them for the passed along information and how unaware you were of their enthusiasm for skeleton and team luge racing. (watch it sometime-awkward???)

The upcoming 22nd Olympics are being held in Sochi, Russia from February 6 thru the 13th. There will be 2800 athletes from 87 nations competing in 98 events. There will be 40,000 law enforcement officials patrolling the venues and the approximate cost of these games will be an astronomical 51 billion dollars shouldered mostly by those affluent, rags-to-rags, fun seeking, jet setting balaclava clad population of that fun loving country known as Russia formerly known as USSR or as the rest of the world calls it-United States Saved Russia. Instead of comedians in their homeland, they have tragedians who are story telling people who tell the truth about life in their homeland because there is absolutely nothing funny in Russia. The paying public who attend these 1 hour stand up routines just nod in silence, frown and then silently leave. These performers are huge hits, raking in hundreds of dollars per annum and living the life of a simpleton. On improv nights, two or more tragedians act out skits, given to them by the audience members based on the Napoleonic and World Wars with some emperor and tsar beheading stories thrown in for tepid moderation. I can hardly wait for opening ceremonies to commence.

Canada will be sending 222 athletes to compete in 14 sports. As previously mentioned, there are many sports in the winter Olympics that do not get an iota of deserved recognition for the 4 years prior. I challenge any of the readers to name the underneath man (or the top one for that matter) on Canada's 2 man luge team. I challenge any of the readers to name a male (or female) member on Canada's biathlon team. Name one member on the nordic skiing combined squad. You get my drift. These are athletes who dedicate 4 years of their lives to fine tuning, ever carefully crafting and grooming their skills for a possible sniff at a 10th place finish in the Olympics.-unbelievable! We should learn from these devoted and hungry (and I do mean hungry as in starving) athletes and exert our energies into programs that award mediocrity even if it is just for such a short while. Jon Montgomery won a gold medal in skeleton racing (as opposed to luge racing-both entail sliding down a mountain on a child's sled at ridiculous high speedsone face down on belly; one face up on back) for Canada at Whistler in 2010, drank a pitcher of beer walking down main street given to him by a fan, became an instant folk hero and proceeded to drink the beer during a TV interview. He said that Sochi could not come soon enough and how focused he would be in defending the gold medal and would work hard to bring another gold medal home to Canada. Something happened between then and now; Jon became the popular host of The Amazing Race Canada, forgot to train and compete at a world class level and missed out on qualifying for this year's national team. I say good on him-because any income and continuous (as opposed to terminal) popularity is better for future rewards and job security than gold medals. It may look like a cop out on Jon's part but a smart pluck strikes a stronger cord in reality than a strong drum beat in fantasy. FYI- Jean-Phillippe Leguellec is Canada's lone male biathlete, Rosanna Crawford and Megan Imrie are Canada's 2 female biathletes, Alex Harvey and Devon Kershaw are on the nordic ski team and Melissa Hollingsworth is on Canada's female skeleton team. A rather interesting discipline in this year's Olympics should be the mixed luge team event where 3 men and 1 woman slide down an icy bob sled run on a contraption meant for one-I ask you what can go wrong here?

Some other notables and medal hopefuls to look out for are:

- Alex Bilodeau in ski moguls (good knees required for this sport)
- The Hamelin Brothers- short track speed skating (roller derby on ice-very exciting stuff)
- · Lyndon Rush-mens' bobsleigh (3 men with their heads up each other's keester, only helmets showing and one man steering-I always thought this should be a mixed event)
- Kaillie Humphries-womens' bobsleigh (same as mens'-just better looking)

- · Alex Gough in womens' single luge (unfortunately for Alex there is no partner required here-makes it boring)
- Mens' hockey team (perennial favorites and returning gold medal winners-Canada has never won gold on foreign soil away from North America; are they going to be chumps or champs?)
- Womens' hockey team (hope to repeat cigar smoking victory pow wow episode from Vancouver games)
- Ice dancing- Tessa Virtue and Scott Moir (very handsome couple returning gold medalists and world champions-all odds are in their favourwill probably lose)
- Mens' figure skating- Patrick Chan (amazing axles, lutzes and salchows (this guy has more twists and turns than the Mao Tse Tsung's biography)
- Travis Gerrits in mens' aerials (very exciting gravity defying 2 1/2 twists, 360 degree somersaults with a forward split and the iron cross pose with a full back layout- WHAT????)
- Pairs skating-Meagan Duhamel and Eric Radford (lots of spins, throws, lifts, twirls and DEATH spirals-that's right a manoeuvre with the word death in it-gotta watch it just for the possibility)
- · Gabrielle Daleman, figure skater and at 16 years old she's Canada's youngest Olympic athlete and too young to know pressure, too young to drink (yeah right-remember what you were doing at 16), too young to have experienced the failure of letting down a whole nation so....she should do well)
- Mens' and Womens' curling teams: Brad Jacobs and Jennifer Jones-my favorite of all vocal sports, ah the screaming of: (HURRY HARD, HARDER; GIVE IT ALL YOU GOT; FASTER, FAST-ER; EASY NOW, EASY; RIGHT THERE, RIGHT THERE, YOU GOT IT, YOU FOUND THE SPOT; THAT'S IT, PUT IT ON THE BUTTON, PERFECT) I will leave it your imaginations for the interpretation all the double entendres presented here but don't you think mixed curling would be better suited to all these catch phrases and words of the curling vernacular?

To be sure, there are going to be fascinating stories told, there will be hundreds of hours of televised (some worthless) coverage, thrills of victory and agonies of defeat, unexpected gold medals, (to athletes that we will recognize as possible 3rd cousins from Saskatchewan or at least they're dating a 4th cousin twice removed), and toast every gold medal with a bottle of Canadian or Kokanee Gold (hey pubbers remember 2010-hockey team) and then wait four more years to strut our STRIDE OF PRIDE and wave our maple leaf flags one more time. Besting our neighbours to the south in any event is major news but the winter Olympics is one stage (maybe the only one) where we, as a country, can unite and feel proud of beating those damn Yankees and the rest of the world -even if it is only once every four years.

Ice and Dynamiter playoff previews in next issue. Write back at ya next month.



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To receive a newsletter by e-mail contact Patti King (pking753@gmail.com) or go to:

www.wasalake.com/buzz

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Mom...isms!

...the things my mom used to say!

This article is dedicated to all the moms out there that have come up with quirky little sayings to:

- try to get their kids to do something they don't want to do, a)
- instill manners and politeness on to their kids, b)
- try to explain things they really know nothing about. c)

Here are a few "mom isms" I hope you'll enjoy:

"Always say the letter "e" before answering the telephone. This will force you to smile and answer the phone in a friendly voice".

Usually said when a child is complaining "You can be pitiful or powerful, you pick"

PET'S PLACE



Sorry for the delay, but...

The winner of "Where Do You Take Your Buzz" will be announced in the March 2014 Tri Village Buzz

Do you have items to sell, trade or give away? Or is there something you're looking for? Advertise FREE in the Buzz's Classified Section. Email or phone with your information. Wendy: 250.422.3060 or email: trivillagebuzz@ gmail.com

Glenn Johnson 250.489.4213 www.kootenaykwikprint.com

Get Glenn and his staff to help you with an insert for "The Buzz" and advertise your specials, sales and service!

February 2014 Kootenay Ice **Home Games**

VS	Calgary
VS	Saskatoon
VS	Lethbridge
VS	Medicine Hat
VS	Spokane
	VS VS VS

February 2014 Dynamiter **Home Games**

Wed. Feb 5	VS	Creston
Sat. Feb 8	VS	Spokane
Sat. Feb 15	VS	Fernie
Sat. Feb 22	VS	Fernie

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WASA LAKE LAND IMPROVEMENT DISTRICT (WLLID)

Submitted by Kathy McCauley

The 1st board meeting of 2014 was held January 20 at the Wasa Community Hall. The eighteen residents who attended were pleased to hear good news about our disaster funding application, new boundary map, and new website.

Our application to the provincial Disaster Fund to repair the dike between Wasa Slough and Cameron Pond (damaged in the 2013 flood) was accepted and work will begin as soon as permits are issued.

Over the past 8 months, trustees collaborated with government ministries to create a new boundary map based on instructions in the Letters Patent; now all ministries will work with the same map. We discovered that some property owners were mistakenly included in the tax role and all the taxes they submitted will be returned to them.

Our website www.wasalake. ca will be in action at the end of February to provide news and a public repository for minutes, financial reports, bylaws, lake studies, and other WLLID information. In the future, newsletters will be emailed, not snail mailed so please send us your email addresses.

Next regular board meeting is 7 pm Monday, February 24 at the Wasa Community Hall.

We hope this information has been helpful. Please contact the secretary at wllid@shaw.ca with further questions or comments.

WLLID Trustees

HEY HORSIE PEOPLE!

Rocky Mountain Riders is a non profit club interested in providing a fun and interpretive way to interact with our horses. We own an outdoor riding arena at the corner of Thomason Road and Highway 95A. Except for previously organized events, the arena is open for use by any members at any time. For insurance reasons, non-member visitors must pay a fee and sign a waiver for each use.

After a couple of quiet years, we are planning to rejuvenate the club with a variety of activities. An obstacle course is being created on the property to help us develop athleticism and desensitize our horses to new environments. We will plan events such as horsemanship clinics and gymkhanas. As well, trail rides will accommodate riders of different skill levels; from the sightseeing ride with walking on wide trails to adventure rides with loping and difficult terrain.

Our annual membership cost is low at \$35. for single to \$65. for family.

The AGM will be held on March 31, 2014 where our executive will be elected and the direction of the club will be established. Don't worry, we spend very little time on meetings! Our season will begin as soon as the footing is safe in the arena in April. We will "kick off" (no pun intended) our year with an activity night and a BBQ supper.

We would love to have you join us this summer, no matter what your skill or confidence level is. If you have any ideas about activities or lessons, let us know. Both English and western riders are welcome.

For more information call Wilma Harding at 250-427-1767 or Torben Winther at 250-427-5633. Watch this space for updates.





HELP STARTS HERE...

HELP STARTS HERE...

VICTIM SERVICES is available to your community to provide support and assistance to those who have been impacted by crime, trauma or tragedy. We offer emotional support, practical help, information and assistance to victims, their families and their communities.

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250.427.5621







By Area E Director Jane Walter

COLUMBIA BASIN TRUST COMMUNITY INITIATIVES

Once again the Columbia Basin Trust has provided funds for the Community Initiatives Program. The applications are available at the RDEK office or you can download them from the website at www.rdek.bc.ca. The deadline for submission to the RDEK is February 17, 2014.

WINTER ROADS

The RDEK board received a presentation from the Ministry of Transportation and Main Roads Contracting. We were advised that the road standards have not been changed for 25 years and that Main Roads currently has less employee's but are operating with better equipment. They also advised that the salt does not work on the highways when the temperature is below -15° C, which is why, when we received the snow, then rain and the low temperatures; Main Roads Contracting could not keep up with the weather events. The result was very poor highways and side roads. For future concerns about the road conditions please call: 1-800-465-4929

BROADBAND

The Board sent a letter to the Ministry of Industry and the Ministry of Infrastructure, Communities and Intergovernmental Affairs with a copy to MP David Wilks requesting the Federal Government reinvest licensing fees for the sale of broadband frequencies in expanding broadband services for rural Canada. I feel that Area E residents would benefit from having broadband in the area. The opportunity could attract people hoping to relocate to the area and provide a valuable service to business including home based businesses.

MEDICINAL MARIHUANA

The RDEK will be amending zoning regulations to recognize regulations set out by the Federal Government and Health Canada with regards to medicinal marihuana. The bylaw amendment will be prepared in consultation with the Agricultural Land Commission and with the Ministry of Agriculture for Area E.

WASA AND AREA OFFICIAL COMMUNITY PLAN

The board gave the First and Second reading to the Wasa and Area Official Community Plan and Area E Zoning. A Public Hearing is scheduled for Wednesday, February 26th at 7 p.m. in the Wasa Hall. After the last public meeting, changes were made in the commercial and light industry areas. The proposed Official Community Plan is available at the RDEK or you can download from the RDEK website at www.rdek.bc.ca. The Public hearing will also include discussions regarding the Cherry Creek Park Zoning and revisions to the Rural Kimberley Zoning.

SPAGHETTI DINNER

On January 18, 2014 some of the Wasa and Area residents put on a fantastic spaghetti supper to help a local family. Thank you to all of the volunteers that helped make the night so successful and thanks to everyone that came out for the supper. I hope everyone enjoyed the great food, the great music and a chance to visit with neighbors. I know I did.

Have a safe month

Jane Walter, RDEK Director,

Phone: 250-427-2577 Email: s.janewalter@gmail.com



The <u>Seniors</u>' group ended 2013 by taking in the Sunday Brunch at the Heritage Inn on December 15th. There were 19 present. Gifts were exchanged and all enjoyed the outing.

The first meeting of 2014 was held January 21st with eleven members present. New Business: membership dues were paid.

The next meeting is to be held on February 18th at noon. It will be a pot luck lunch, followed by a meeting and then Crokinole. Pastor Gary and Patsy are to be invited. The 50/50 was won by Mary Dekker. All the same officers are to continue on for another year. Following this meeting we shared coffee and cookies and had a game of bean bag baseball. The winners were Brenda S., Grace R., Rudy G., and Hank D.

Lots of fun and some high scores.





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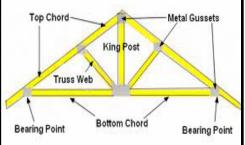
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News From the Pews By Pastor Gary Semenyna



It is said that we all have one of five different love languages. Author Gary Chapman has defined them as Words of Affirmation, Acts of Service, Receiving Gifts, Quality Time and Physical Touch. Here are some quick definitions of each one of those.

If your spouse's primary love language is words of affirmation, your spoken praise and appreciation will fall like rain on dry soil. Do you remember the old saying, "Actions speak louder than words"? For some people, that is particularly true of love. If acts of service is your spouse's primary love language, nothing will speak more deeply to him or her emotionally than simple acts of doing something for them. If you're married to someone whose primary love language is gift giving, you will make your spouse feel loved and treasured by giving gifts on birthdays, holidays, anniversaries and "no occasion" days. If your spouse's love language is quality time, giving them your undivided attention is one of the best ways you can show your love. If physical touch is your spouse's primary love language, nothing communicates love more clearly than for you to take the initiative to reach out and touch your mate.

I share all this to help you determine what turns your spouse on...(get your mind out of the gutter) meaning that you need to find out which one of the five ways your spouse may use to express love emotionally. Each person has a primary love language that we must learn to speak if we want that person to feel loved. February is Valentines, so take some time to show your spouse, child, or family members love through the love language that makes them tick.

We want to thank all those who came out to the Dinner Theatre in December. Your attendance was greatly appreciated. Thanks for supporting the Church and the Community Hall as the proceeds from the evening was divided between the two organizations. For those who did not get a dessert we are sorry for that, especially when we found a number of them in a different refrigerator when we were cleaning up.

For any of you if you are wondering our Church Service starts at 10:30 a.m. and all are welcome to come and check us out. If any of you have any spiritual questions please feel free to give me a call at 250 422-3344.

Pastor Gary

CRAB ALFREDO

Fanny's Favorites

1/4 cup chopped onion

1 cup prepared Alfredo sauce

1 tbsp butter or margarine

2 tbsp chicken broth

1 cup sliced fresh mushrooms

1 pkg imitation crab meat (flaked)

2 cups hot cooked fettuccine or pasta of your choice

In a skillet, saute onion in butter until tender. Add mushrooms; cook and stir for 3 minutes or until tender. Stir in the Alfredo sauce and broth until blended. Add the crab. Reduce heat; cook for 10 minutes or until heated through, stirring occasionally. Serve over pasta. Yield 2 servings



Every Wednesday 6:30 pm - 8:00 pm

Wasa Community Hall

For More Information Contact: Susan: 250.422.3510 Irene: 250.422.3686

1.800.932.8677 (Toll Free) www.tops.org



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 Lorraine Colton 250.422.3640
- 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.

WASA COMMUNITY LIBRARY

Hours: Tues. 11 am - 1 pm and Wed. 6:30 pm - 8 pm

SUBMITTED BY JUDY McPHEE

INSPIRING HOPE

one story at a time

Compiled by Gary Doi, School Administrator

This gem donated by Arla Monteith left me with an enduring print on my heart. Each of the 75 stories by 42 different authors are organized into three sections: Learning to Live, Learning to Learn and Making a Difference. The stories are varied and far reaching and take place in many countries. Each story, two to four pages long are startlingly honest and invite reflections. They are filled with world wide perspectives and **luminosity**

An added bonus is the quotes sprinkled throughout the book. I like Nelson Mondela's quote, "There is no passion to be found playing small, in settling for a life that is less than one you are capable for living."

"Inspiring Hope" is worthy of reading. You will be inspired, full of hope and glad you read it.

"There is hope in dreams, imagination, and in courage of those who wish to make these dreams a reality," Jonas Salk

There are many other book gems in our Community Library. Library Hours are: 11:00 a.m. to 1:00 p.m. on Tuesdays and 6:30 p.m. to 8:00 p.m. on Wednesdays.

Personal appointments can be made with Marg Burrin 250-422-3565 or Brenda Rauch 250-422-3335

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.



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The Lions Den

SUBMITTED BY SHARON PRINZ

The Wasa & District Lions would like to thank all the members and community volunteers who have been looking after the skating rink at the Lions Grounds and cleaning the Lions Way Trail. There have been a large number of people using both the rink and the trail. We want you to know that your hard work is appreciated.

CHRISTMAS LIGHT-UP CONTEST WINNERS

Thank you to everyone who participated in the Christmas Light Up contest – you made the festive season even brighter with your wonderful displays. The contest winners were as follows:

1st Place Samantha & Kelly Moritz (Moan Road)
2nd Place Margaret & Harvey Johnson (Wasa)
3rd Place Marilyn Bowen (Wasa)
Honorable Mention the Gunn Family (Wasa)
Honorable Business Mention the Wasa Lake Motel
Congratulations to all!

SUE McCarthy

The Wasa & District Lions were honored to receive donations to the club in memory of Lions member Sue McCarthy. Sue was a great asset to our Club and to our community, always helping out when needed. She will be missed by all who knew her.

THANK YOU

The Wasa & District Lions wish to thank all the businesses and individual contributors for their generous donations to our successful Christmas Raffle towards our Community Assistance "We Serve, We Care" Fund. Thank you

WASA LIONS ANNUAL GARAGE SALE

The Annual Wasa Lions Garage Sale will take place on Saturday, May 31st. We are looking for clean gently used items. No clothing please. Contact Val at 250-422-3499

FUTURE LIONS EVENTS

It is getting close to spring and the time of year that the Lions hold a number of fund raising social events. Wasa Fun Days is the next big event and it will take place on May 31st, the last Saturday of May. If you would like to volunteer a couple of hours to help out during this event, let us know.

Planters are needed for the planter draw held on Fun Days so if you have some time to build one, or have an extra one you might want to donate, again, please let us know.

Please note that the Wasa & District Lions Club can be contacted at P.O. Box 10, Wasa, B.C. VoB 2Ko or by e-mail at: wasalions@gmail.com.

FRANK POHL (1925-2013)

Frank Pohl was a resident of Kimberley from 1940 to his passing on December 29, 2013. He was well known for his volunteer participation in Eagles, Moose Lodge, Canadian Legion and junior hockey teams. He worked at the mine, Spic and Span Dry Cleaners then BC Hydro. One of his last assignments with Hydro saw him visiting Wasa homes to insulate old hot water tanks. After retiring Frank worked with BC Power Pioneers, the Diabetic Association, and the Heart and Stroke Foundation.

Frank Pohl owned a narrow strip of land running from Wasa Lake Park Drive to the waterfront north of the old Hitchin' Post. His cottage was on stilts. A quarter of that property was sold to Eric Bisgrove who held it for many years. Fairly recently Frank bought that property back and the whole still serves his four children.

Frank was well known at Wasa. He served as trustee on the Wasa Lake Land Improvement District, conscientious in all aspects while emphatically combating the then proposed Kootenay River Diversion. Frank Pohl's Memorial Service was held January 4, 2014. We extend condolences to his wife and family.

LOST & FOUND AT THE WASA COMMUNITY HALL

Size 8 Ladies black shoes (left after the Wasa Lions Dinner)
Any articles left at the Community Hall can be found in the basement foyer. Items will only be kept for one month and then recycled.

Wasa Recreation Society

Thank you
Wasa Community Church
for your generous donation to
the Wasa Community Hall.
Its a wonderful contribution
for the entire community.

From the Ashram

Words of Wisdom



How to definitively solve A DIFFICULT SITUATION

As you experience it, life is an endless series of unexpected situations. You can plan anything you want, but it never turns out as you wish, as there is always a little something that happens beyond your expectation and control.

Maybe this is the case for you right now and you're facing an "adverse situation", meaning a situation which goes against all your expectations. Perhaps you are disagreeing with a family member or friend, or are experiencing frustrations arising from conflict with those you care about. Maybe something in your daily life isn't turning out as you hoped or you're experiencing a period of your life where you feel depressed about your circumstances and relationships. All kinds of events can make you feel that you are facing a "difficult situation", especially when you don't have a proper solution in sight. If this is happening to you, there are four things you must consider.

First of all, you should know that there are no difficult situations in life but only situations that unfold according to actions that took place in the past. We call this the natural course of events. So, no matter what position you are in right now, stop calling it "difficult" as every situation, sooner or later, finds its own solution according to the different elements that compose and interact with the situation.

Secondly, either vou can change, improve, and harmonize the situation right now or you can't because the situation does not fulfill all the necessary conditions for it to be solved. If you can harmonize or solve the situation in any way at this moment through a specific action, then do it. If you cannot change it at this time, then don't do anything. Just breathe deeply, relax and keep a positive attitude knowing that this situation is bound to eventually find a harmonious solution.

Thirdly, notice how your frustration within the situation makes you perceive it as more dramatic than it is. Frustration is always based upon an egoistic and selfish point of view. If this is the case for you and you are vexed, shocked, frustrated or angry, then remind yourself that you don't have objectivity on the situation as you are deforming it through the prism of your emotions. Calm down, recognize the negative effect of your emotions upon the situation, then resolve to apprehend it and solve it with a genuinely objective and correct attitude. Remember that you don't want to get hurt, and no one else wants to get hurt either.

Fourthly, do not react, but always act according to the necessity of the situation and the happiness of the people related to it. Solve the situation not for your own good but for the good of the situation itself. There is what can be done and what cannot. If you can do it, do. If you cannot, don't.

May all these logic advices given to me by my own Master be of powerful help in overcoming adversity in your daily life as they were for me.

With Blessing and Love in the Lord. Warmly yours on the Path of Life. Gurudev Hamsah Nandatha Adi Vajra Shambhasalem Ashram Wasa, BC. Canada

Mantra Yoga and Meditation sessions open to the public, Fridays at 7 pm. Call 250-422-9327 for more info.

Venerable Gurudev Hamsah Nandatha published a book entitled In the Presence of Truth. Discovering the Being Within which is a roadmap to Self-Realization. To learn more about this wonderful book and its author, visit www. inthepresenceoftruth.com.

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Wasa Community Church

~ Pastor Gary Semenyna ~ office: 250,422,3344 home: 250.422.9226



Sunday Worship Service 10:30 am

> Thursday Bible Study 7:00 pm.

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Crossword

"MARIO'S FUN PAGE"

Answers Page 12

ACROSS

- 1. A style of jazz
- 5. Nonvascular plant
- 9. Exuviate
- 13. Norse god
- 14. Convex molding
- 16. Diva's solo
- 17. Dispatched
- 18. Prohibit
- 19. Adolescent
- 20. God of the underworld
- 22. Spiritual
- 24. Writing fluids
- 26. Batman's sidekick
- 27. Real
- 30. Penny pinchers
- 33. Aardvark
- 35. Adolescents
- 37. 3 in Roman numerals
- 38. Decree
- 41. Chart
- 42. Admirer
- 45. Wetness
- 48. Cancel
- 51. Acquired the
- knowledge
- 52. Allow
- 54. Blackthorn 55. Musical group
- 59. Body
- 62. Unadulterated
- 63. Spirits
- 65. Trail
- 66. Dwarf buffalo
- 67. Master of ceremonies
- 68. Decorative case
- 69. Bawdy
- 70. Red vegetable
- 71. Start over

DOWN

- 1. Tease
- 2. Bright thought
- 3. Spiteful
- 4. Accord
- 5. Stylish, in the 60's
- 6. Not under
- 7. Not drunk
- 8. Ski race
- 9. Daytime
- performance 10. Chocolate cookie
- 11. Place
- 12 Bronzes
- 15. Small African antelope

- 21. Gull-like bird
- 23 Essence
- 25. Satisfy
- 27. Be unsuccessful
- particle
- 29. Directed
- 31. Compensate
- 32. Trap
- 34. Border
- 36. Hurried
- 39. Mountain pass
- 40. Fastens
- 43. Brainiac

- 44. Unusual
- 46. Sodium chloride
- 47. A state
- police officer
- 28. Negatively charged 49. Thigh armor
 - 50. Bury
 - 53. Armistice
 - 55. Iridescent gem
 - 56. Graphic symbol
 - 57. Gloat 58. Away from the
 - wind

 - 60. An upright in a wall
 - 61. Buckeye State
 - 64. Collection

Suduko (medium

Difference

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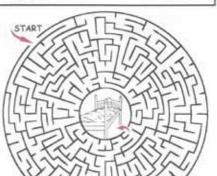
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Find a Word (sporty athletics)

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alan culpepper coach competition decathlon diet discus edwin moses endurance exercise false start field events fitness hammer high jump

hundred metres hurdles javelin kellie suttle long distance long jump medal podium pole vault

runner sanya richards sprinter stamina steeplechase track events training shoes triple jump winner

K W N Z O H F X J X K N W N Z E Z Z C C

race



Let's Move It!....

Submitted by Arla Monteith

While the idea that we can melt our waistlines by laughing is an appealing one, we've decided not to cancel our gym memberships just yet. We've decided, as the song says in the movie Madagascar... to move it, move it, move it! Yes, we're talking about burning off calories by being more active... If we are up and moving, we are lapping the person sitting on the couch.

Last year, we examined four aspects of our current mental and physical condition on exercise and now are making plans to "cash" in on this information.

- **C = commitment:** how dedicated were we to carrying out an exercise program?
- **A = attitude:** how did we think about exercise?
- **S = self-control**: how ready were we to be in control of and responsible for an exercise program?
- **H = health:** how strongly did we believe that we would benefit from exercise.

We don't believe in magic pills here at TOPS, but we do know that regular exercise is about as close to taking a magic pill as you can get. It only takes 30 minutes to start working and it will improve your quality of life more than any drug on the market. The side effects can help us live our best life possible on our journey to being healthier.

We won first place in our area for "no gain" weeks in 2013 and were awarded \$50. from our Area Coordinator. Congratulations TOPS pals on winning by losing! TOPS works!



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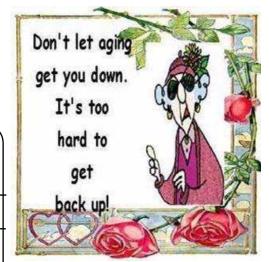
LIONS WAY TRAIL

Users of the Lions Way Trail are asked to use **CAUTION** as there are many icy patches. Our "trail angels" do a wonderful job of clearing the snow from the trail, but it is almost impossible to ensure all of the ice is removed. Please be careful!

Dog walkers are kindly reminded to "Pick up after your dog!" Dog droppings quickly freeze in place and become an eyesore as well as a foot hazard. Never mind the mess we're left with when the weather warms up.

and remember...

..."winter is the season in which people try to keep the house as warm as it was in the summer, when they complained about the heat!"





Last night, my kids and I were sitting in the living room and I said to them,

'I never want to live in a vegetative state, dependent on some machine and fluids from a bottle. If that ever happens, just pull the plug.'

They got up, unplugged the computer and threw out my wine!!



HISTORY BYTES

BY NAOMI MILLER



Doris Kershaw Weds FRED RYKMAN

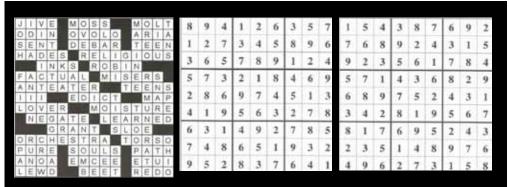
Doris Kershaw was born January 15, 1900 at Fort Steele. Her parents Henry Kershaw Jr, and Clara Tabiner were wed at Fort Steele in January 1898. This pioneer family owned a general store and ran the Post Office. Doris attended Elementary School at the Fort and High School in Cranbrook. As a teenager she often assisted at the Post office. Doris was an enthusiastic outdoors girl who enjoyed horseback riding, skiing, snowshoeing, skating and hiking. At age 16, led by her uncle Arthur Nicol she hiked to the top of Mt Fisher carrying a flag. Nicols' photo recorded her as the first female to reach the peak. Another classic picture in local archives shows Doris with a fishing rod, wearing flapper dress and cloche hat, standing knee deep in Wild Horse Creek where she had successfully caught a few trout. In adult years when living in Cranbrook she played on the women's hockey team, the Bluebirds. When she graduated from high school she became the first female employee at the Royal Bank in East Kootenay.

Enter stage right... a young man born in Ontario, who had grown up in Creston, worked as a brake man, then baggage man for CPR then hired on as constable for Indian affairs under Indian Agent Robert Galbraith. Fred Rykman attracted glances for his good looks and also for having the whitest shirts

in town.... laundered by himself and hanging on the clothesline. Fred and Doris were married in St. John's Anglican church at Fort Steele on July 17th, 1922. The brides' father played the organ. When Robert Galbraith retired he was replaced by H.F. Helmsing who was succeeded by E.H. Small. When Mr. Small retired Fred Ryckman, now fluent in the Ktunaxa language, was appointed East Kootenay Indian Agent. This appointment saw Doris and Fred and family move into the official residence in Cranbrook. Their children were Marjorie Ella, Arthur Raymond (Bud), Rosemary Helen and Stanley Ernest.

Fred Ryckman became very active in the Masonic Lodge. He served as Worshipful Master of North Star Lodge at Fort Steele then of the Cranbrook Lodge, later District Deputy. He was also president of Native Sons of Canada. His duties as Indian Agent saw him visiting five reserves. On November 30. 1935 his duties took him to Eureka. Montana. Constable Patrick Burroughs of BC Provincial Police accompanied him on that trip. Fred was driving his car which hung up at a crossing. A Great Northern freight train hit, killing him instantly and badly injuring Burroughs. A delegation from Cranbrook Masonic Lodge drove down to Eureka to bring Fred's body back for a full Masonic funeral on December 5th, 1935. (There was no crematorium locally so the Masons paid for the body to go to Vancouver.) Approximately 100 Masons from as far away as Golden, Fernie and Creston attended the funeral service plus family plus local Indians. In his 13 years of service he had made an enviable reputation for himself. Ktunaxa and Shuswaps had enjoyed his efficiency, patience and friendly treatment of children as well as the elderly.

1935 was a Depression year. Doris and the children returned to Fort Steele for the balance of the school year while making arrangements to move to Vancouver. She found a job with the B.C. Parent –Teachers Association and was able to set up house fairly close to the university. Her position was Editor of the PTA magazine and full time Secretary at the central office. The family soon learned how to adapt to city life and travel by streetcar. Doris found new friends through the Order of Eastern Star, becoming Worthy Matron in 1964. The children blossomed while attending school and university. Doris achieved a comfortable retirement with bridge games and travels. She died in April 1982, was cremated and the ashes retained in Marjorie's home. In 2009 son Bud contacted the Fort Steele Cemetery Society. He chose a spot adjacent to the grave of Uncle Arthur Nicol (who lived to the age of 102). A family gathering was arranged with an Anglican graveside service conducted when the ashes of Doris Kershaw Rykman, husband Fred Rykman and daughter Marjorie were interred close to their first home.



1. Hair on right is missing 2. Snow on mountain is missing 3. Pack pocket detail is missing 4. Top of nut is missing 5. Stripe on pockt is missing 6. Tree knothole is colored in 7. Toe on boot is colored in 8. Flowers have moved 9. Bush detail above boot has moved 10. Stick is longer 11. Stump knothole is flipped 12. Pack flap is longer

ANSWERS

GRAD 2014

WASA COMMUNITY

Please help support the local Selkirk Secondary 2014 class.

Tristen Dupuis is organizing bottle drive **February 22 from 1- 5 p.m.** and will be coming door to door collecting bottles and cans from anyone willing to donate. Please have bottles and cans ready or leave outdoors for easy access. If you live outside of Wasa please call 250-420-7052 to arrange for



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



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ID# 166061

Buck Crescent, Wasa BC









\$165,000

SELLER NAME **Doug Ross**

SELLER PHONE 250-422-9272

PROPERTY DETAILS

Beds N/A Baths N/A

Zoning: R1

Watersource: Well

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February 2014

	<u>i ebi</u>	<u>uaiy 20.</u>	<u> </u>		ì
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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					ICE HOCKEY
3	4 Lions Meeting	5	6	7	8 Slopes for Hope
	ICE HOCKEY	DYNAMITERS HOCKEY		Ashram Meditation 7 pm	HOCKEY ICE HOCKEY
10 BC Family Day	11 BINGO	12	13	14	15
				Ashram Meditation 7 pm	DYNAMITERS HOCKEY
17	18 Lions Meeting Cut off for March	19	20	21	22
	Newsiettei			Ashram Meditation	Bottle Drive
	Seniors Happy Gang	ICE HOCKEY		7 pm	DYNAMITERS HOCKEY
24	25	26	27	28	
WLLID 7 pm		OCP Public Hearing		Ashram Meditation 7 pm	
	3 10 BC Family Day 17	Monday Tuesday To the Tri-Village Buzz Newsletter reserve the rigo legality, length, good taste or discriminating beliefs 4 Lions Meeting ICE HOCKEY 11 BINGO 17 18 Lions Meeting Cut off for March Newsletter Seniors Happy Gang 24 25	Monday Tuesday Wednesday Tuesday Tuesday Wednesday Tuesday Tuesday Wednesday Tuesday Tuesday Tuesday Tuesday Wednesday Tuesday Tuesday	3 4 Lions Meeting 10 BC Family Day 11 18 Lions Meeting Cut off for March Newsletter Seniors Happy Gang ICE HOCKEY 24 25 26 27	Monday Tuesday Wednesday Thursday Friday Friday Thursday Friday Ashram Meditation Friday Friday Friday Friday Friday Friday Friday Ashram Meditation Friday Frid

• Church Service 10:30 am Gym (M,W,F 7:30-8:30 am • Library Tues 11 am - 1 pm & 10-11 M,W)

BINGO 6:45 p.m.

Rec Society 7:00 p.m.

Lions 7:00 p.m.

and Wed 6:30 pm -8:30 pm

- TOPS Wed 6:30 pm
- Quilters Tues 10 am to 4 pm

Special Events and Days Down the Road.

- Sunday, March 9th **Daylight Savings Time begins**
- Saturday, May 31st Wasa Fun Days & Garage Sale

NUMBERS AT A GLANCE

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•	Kootenay Monument Installations422.3414
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	TOPS250.422.3510/422.3686
I	Post Office250.422.3122
I	Victim Services250.427.5621
	Wasa Community Church250.422.3344
K	Wasa Hall250.422.3514/422.3640
ľ	Wasa Lake Truss250.422.3618
	Wasa Lions (President)250.422.3210
1	