



## INSIDE THIS ISSUE

Following the Trails of Yesterday	2
Hints by Vi	3
WLLID	4
Ashram Words of Wisdom	7
RDEK	9
Lions Den	10
Mario's Fun Page	11
News From the Pews	12
Library	15
Calendar - Feb.	16

# Tri-Village Buzz



March 2016 Issue 187

VISIT: [WWW.WASALAKE.COM / BUZZ](http://WWW.WASALAKE.COM/BUZZ)

## You've got the fever and you want to be a gold miner. Here's a man who actually did it - Stephen Lathem

by Nowell Berg



**A born and raised Calgary high school dropout makes his dream come true – being a gold miner on the Wild Horse River and Boulder Creek in the East Kootenay. “Hear I am 20 years later living that dream.”**

Twenty years ago Stephen Lathem had a vague dream about being a gold miner. He first ventured into the Wildhorse River area in 1999, but it wasn't until 2002 that he staked a claim near by on Boulder Creek. In 2004, Lathem obtained a claim on the Wildhorse after it expired from the previous owner.

It would take several more years and a tour through Alaska, Dawson City, Spain and Italy before he got a mine up and running. Lathem went to Europe to participate in the 2008 World Goldpanning Championship in Spain and then 2009 in Italy, there he was the 12<sup>th</sup> fastest panner in the world.

In the Fall of 2008, Lathem started Nip & Tuck Gold Mine. He found the name referenced on an old map at Fort Steele Historic Park. The name referred to an old water ditch that was dug in the mid to late 1800s. “They dug a lot of ditches in this valley to get water higher on the banks and benches. On that map there was a Nip & Tuck water ditch that comes off the creek in this area. I thought this was a catchy name”, said Lathem.

Not only is Nip & Tuck an operating gold mine, but in the summer months Lathem invites tourists too travel the 12km from the Fort Steele/Wardner Road high into the mountains and experience what its like to pan for gold. For a small entrance fee you get a whole day panning and you keep what you find, small or big. Its worth the trip up the side of a mountain, but it wont be what you expect. As Lathem puts it, “by the time [tourists] leave its an education, its something they had no idea existed, or that there were still people out here digging for gold.”

Lathem's real passion is working the claim and pulling out gold nuggets. In the Fall of 2015, a 2 ounce nugget came out of the Nip & Tuck. “Its the biggest that's come out of the Wildhorse in the 20 years I've been digging here.” In the 1860s during the first gold rush on the Wildhorse, Mike Reynolds pulled out a 36 ounce nugget. According to Lathem, a nugget that large would be about the size of a mans fist.

Continued on Page 5

**Lookey...  
...Lookey**



We had a great response to our very first Lookey Lookey contest, but as the cut-off for entries was February 28<sup>th</sup> the winner for this contest will be announced in April's edition of the Tri-Village Buzz.

### FireSmart:

Individual homeowners and wider communities can take simple steps to reduce the impact of wildfire. The time to reduce the threat of wildfire is now, not when a fire is at your doorstep. Be proactive, be practical, and be FireSmart. See Page 3 for details on how to start protecting your home and property NOW,



# FOLLOWING THE TRAILS OF

By Judy McPhee

*Yesterday*

*Pour yourself a cup of tea or coffee and sit down and relax as you read Part Two of Om Malik, our neighbours autobiography and the rest of the Tri Village Buzz that Wendy's talent puts together with hard work.*

*Cheers from Judy McPhee.*

## (Continued from March 2016 Edition Reminiscences of Om Malik)

After the first short meeting in 1960, Margareta and I kept in touch by correspondence. Completing her studies in West Germany, she worked for a short while in Switzerland, spent one year in the U.S. as a visiting occupational therapist, travelled around in the U.S. and Mexico, and got a job in France on return from the U.S. In 1964, while studying in London, England, I paid a three day visit to Paris to see an old friend who was visiting from India and Margareta as she was working quite close to Paris. It was the first time in four years that we saw each other again.

During my studies in London, I became a very good friend with a Canadian student (born in Edmonton), Gord Hope, who arrived in London a year after me. He tried to persuade me to migrate to Canada after I finished my studies in London. Even though I picked up a job in England after I obtained my Ph.D. degree in 1965, I worked for only a few months and migrated to Canada in March 1966.

Initially, YMCA in downtown, Toronto, was my base while looking for a job. After seven weeks and four job offers, I decided to join the University of Windsor, Ontario. Gord finished his studies in London a year after me and he joined the recently established University of Calgary in January 1967. After working for only two years, and

three months at the University of Windsor, in 1968, I too moved to the University of Calgary. Gord and I had a very productive and fruitful working relationship in our research activities. He retired from the University in 1996.

My time at the University was heavily occupied in teaching, supervising M.Sc. and Ph.D. students, research and administration. Even though I took formal retirement from the University in 1997, I have kept pretty busy with supervising M.Sc. and Ph.D. students, and extensive volunteer work with both Canadian and international professional technical societies. In retirement these volunteer activities now keep me occupied on a full-time basis if not more.

During the time I was studying in England and my subsequent move to Canada, Margareta had been working in France, Switzerland and West Germany. We decided to get married in 1968. During the more than eight years that we had known each other primarily by correspondence, we had met only four times. However, we have now been happily married for 47 years. We have one son and two daughters, all productively engaged in their professions. Our oldest is a lawyer in Calgary. Our middle child is a violinist with the Swedish Radio Orchestra and lives in Stockholm, Sweden and our youngest, although initially graduated as an engineer, decided to move over to law and now practices as a lawyer in

Vancouver. We have five lovely grandchildren, ranging in age from 17 years to one year. Although only one is in Calgary, whom we can see a little more often, it is always a pleasure to see all of them whenever the occasion arises.

Wasa has a special meaning for the Swedes. Going back to the Swedish King, Wasa the 16<sup>th</sup>, after whom the world famous 90 km Wasa Loppet ski race is named. Living in Calgary, my wife, Margareta, heard of a place called Wasa in B.C. We had to visit Wasa, which we did for the first time in August 1980 and camped in the Wasa Lake Provincial Campground for a few nights. Before we returned to Calgary she saw a place for sale on Wolf Creek Road. Immediately after returning to Calgary we got in touch with the owner and within a few weeks we bought the place.

Our children were young and they enjoyed the lake. Twelve years later we bought a place on the lake on Poplar Road and continue to enjoy the surroundings and very pleasant neighbours. Our children, now grown with their own families, still love to visit Wasa every chance they get. In fact our youngest daughter decided to marry in Wasa with the Wasa Lake and the mountains as the back drop for her wedding ceremony. Whenever our middle daughter and her family visit Canada from Sweden, they just want to spend all their time in Wasa.

**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.

**HELP STARTS HERE...**

**Call Anytime 24/7**

**250.427.5621**





## TRI- VILLAGE BUZZ NEWS TEAM

Editor / Advertising

Wendy Davis

250.422.3060

trivillagebuzz@gmail.com

Treasurer

Diana Perih 250.422.3504

Sherry Shields - Invoicing

Email Coordinator

Helen Kelly

250.919-9490

Item Coordinator

Tosh Leblanc

Folders

Helen and Ken Maine

Vi Cockell

Article Submitters

Nowell Berg

Mario Carelli

Vi Cockell

Laurie & Sandy Kay

Karen Markus

Judy McPhee

Kathy Miles-Boue

Naomi Miller

Ven. Gurudev Hamsah Nandatha

Jane Walter

### Advertising Rates Per Issue

1 column width.....\$15.00

or \$60.00 / 5 issues

or \$120.00 / 10 issues

2 column width.....\$25.00

3 column width.....\$35.00

Full Page.....\$45.00

Supply your own page..\$20.00

(1 Column width = 2.5")

For more information or to place an

ad, please contact **Wendy Davis**

**250.422.3060** or

**trivillagebuzz@gmail.com**

To receive a newsletter

by e-mail contact **Patti King**

**(trivillagebuzz@gmail.com)**

or go to: **www.wasalake.com/buzz**

Tri-Village Buzz Newsletter

Box 169 Wasa, BC V0B 2K0

### UPDATING

### TRI-VILLAGE BUZZ

### EMAIL LIST

Please email:

**trivillagebuzz@gmail.com**

**if you wish to continue**

**receiving the newsletter**

**by email**

# FireSmart



Preparing the area immediately around your home is critical. By creating a fuel free space you can assist firefighters in protecting structures on your property.

Any kind of vegetation is combustible. Remove any shrubs, deadfall and trees, and ensure your grass is mowed and watered. Woodpiles and propane tanks should also be moved out of this area and away from vegetation.

The material your home is constructed with can also be a factor in fire prevention. Roofs should be made of fire-resistant materials. Ensure that your roof and eavestroughs are clean of combustible debris and overhanging trees and vegetation.

10m

## Priority Zone

# #1

In the area 10 to 30 metres away from structures any fuels should be reduced by thinning and pruning vegetation and trees. This will slow a fire's spread.

Trees should be spaced so their crowns are 3 to 6 metres apart to prevent a fire from jumping from tree to tree. Remove any "ladder fuels", such as deadfall and thick shrubs, that would allow the fire to spread from the ground to forest canopy.

If planting new trees, consider deciduous species such as aspen, poplar and birch, which all have low a flammability rate.

10m - 30m

## Priority Zone

# #2

This zone begins 30 metres from any structure and extends to a distance of 100 metres and beyond.

The focus of this area should be to thin out trees and vegetation so that if a fire does burn into the area it will be less intense and spread at a slower rate.

Just like in Zone 2, attempt to thin out trees and shrubs below the forest canopy, keep trees spaced apart to reduce the potential of fire from crown-to-down, and retain fire-resistant deciduous trees.

30m+

## Priority Zone

# #3

For more information see [www.bcwildfire.ca](http://www.bcwildfire.ca) and [www.firesmartcanada.ca](http://www.firesmartcanada.ca)

## WASA LIONS Community Garage Sale

**Saturday, June 18<sup>th</sup> 9:00 a.m.-1:00 p.m.**

**Wasa Lions Grounds**

Contact Val @ 422-3499 or Sharon @422-3227  
to book a table space or

If you have items you would like to donate to the Wasa Lions. We are looking for new or gently used, clean, working items! No clothing please.

Clean out those things you don't use or need!!





By Laurie Kay

## WLLID Annual General Meeting

The A.G.M. Will be held at the Wasa Community Hall on Wednesday, March 30<sup>th</sup> at 7:00 P.M.

There will be two (2) trustee positions to be filled, one (1) for a one (1) year term and another for a three (3) year term. **All nominations for trustee must be received at Box 133 Wasa, V0B 2K0 or admn@wasalake.ca - two weeks ahead of the AGM - ie March 15<sup>th</sup>** see WLLID Election Procedures Policy Bylaw at [www.wasalake.ca](http://www.wasalake.ca)

If you want to be involved or need information please email: [admin@wasalake.ca](mailto:admin@wasalake.ca) and your request will be forwarded to the Committee.

## E. Coli Testing 2016

Approval has been granted by Interior Health Association for WLLID to take lake water samples at B.C. Parks, Main and Campers beaches and also at public accesses close to several high water risk locations.

I.H.A. will transport all samples to the lab and results will be available on WLLID website. WLLID will meet the lab costs for samples other than those from B.C. Parks beaches.

## Lake Temperature and Oxygen Levels

These will be taken and recorded twice monthly from ice-off to ice-on. They are 2 important indicators of lake health. If numbers show big changes from normal, further follow up will take place. Over the years numbers have been consistent.

## Native Aquatic Milfoil

Aquatic plants are an important part of the biology of our lakes. They provide food, habitat, help stabilize the bottom and foreshore and aerate the water. But they can also have undesirable effects when they are too abundant and in the wrong place. Right now native milfoil in Wasa Lake is abundant and in the wrong place. Eradication is impossible and prevention and control of further growth are necessary. Following a public meeting in September 2015 the WLLID has:

- agreed to look into the problem and studied areas of prevention and control;
- applied to Ministry of FLNRO for "Removal of Native Milfoil" and received approval;

- is compiling and will make available on the WLLID website and locally a list of prevention measures that all lake users should be aware of, share, and will hopefully practice;
- a knowledge of all accepted control methods, manual root pulling being the most effective;
- contacted divers to determine if root pulling would be effective in deep parts of Wasa Lake;
- a small committee considering other options, has quotes on aquatic plant cutters and rakes -received some great home made cut and rake equipment;
- been given the use of E.K Invasive Plant Council aquatic plant equipment;
- decided to concentrate on the large deep water patch, mid lake, south of the boat ramp;
- received offers to help when control work starts from several lake users;
- budgeted 2016 funds for associated costs;
- applied to Columbia Basin Trust Community Initiatives Program for support.

A Wasa Lake that is accessible, healthy, with access to excellent, public, shared, safe, recreational water activities is the reason why the community continues to develop and why thousands come to enjoy its waters.

WLLID can steer to project but will require lots of volunteer help for all lake users. Stay in touch via the WLLID website for updates.

## WASA LIONS HOCKEY BOARDS FOR SALE



Be noticed in your community! Advertise your Business Name, Family Name or Group Name. Support your local Lions Ice Rink. For info call Marilyn at 250-422-3210

## Wasa Lions Trail

The Wasa Lions Trail is an 8 km trail around Wasa Lake and was built in 1997 in cooperation with the Wasa Lions and the Provincial Government. Locals, visitors from Cranbrook, Kimberley and tourists throughout the world use this trail. The trail is beginning to show it's age and needs some TLC. Funding is not as easy to obtain as it once was which is why we are looking for public and corporate donations. Help us keep our trail beautiful.

Please contact Hugh Campbell, Wasa Lions Member at 250-422-3773 for information on how you can help.

# HD Railings AND Screenrooms

"The Aluminum Deck Railing Specialists"



OVER 9 MILES OF EXPERIENCE & MILLIONS OF FRUSTRATED INSECTS!

Harold Hazelaar

[www.hdrailings.ca](http://www.hdrailings.ca)

Ph 250.422.3457

[sales@hdrailings.ca](mailto:sales@hdrailings.ca)

Continued from Cover, by Nowell Berg

## NIP & TUCK GOLD MINE...STEPHEN LATHEM

He has heard it all from many people about the futility of gold mining on the Wildhorse or Boulder. "People told me the old timers got it all, your wasting your time. I've since proven that not be the case. There's tons of gold up here", said Lathem.

The Wildhorse River is a vast area that was barely touched in the two gold rushes (1865 & 1888). Back in the day, miners would pan a creek and if they didn't find gold they'd move on to the next creek, and if it didn't pan out, they'd move on again.

With pride, Lathem states, "I'm not weighing my gold in grams or ounces anymore, I'm weighing it in pounds."

"Twenty (20) years ago I had a little bit of a dream, but never imagined that it would actually happen, now I'm doing pretty much what I had envisioned", said Lathem.

With a twinkle in his eye and itching for Spring, Lathem is prepared for the long haul. As he said, "The land is large, gold is small and life is short." But he's living the dream.

When gold fever hits, its time to pack up and head high into the Rocky Mountains too either stake a claim or spend a day panning for gold at the Nip & Tuck.

All photos by Nowell Berg



Stephen Lathem digging into placer gravel and filling a pan



Lathem washing placer gravel



Washing the gravel and reducing it to a fine muddy silt



The small piece of gold washed out of one pan of placer gravel



2 oz nugget pulled out of Nip & Tuck in Fall 2015



A hand full of smaller gold nuggets from the mine



3	2	6	4	9	8	7	5	1	5	2	8	1	9	6	4	3	7
8	1	4	2	5	7	9	3	6	6	7	1	3	2	4	8	5	9
5	7	9	6	3	1	8	2	4	9	3	4	5	7	8	6	2	1
4	5	3	1	6	9	2	7	8	2	5	7	9	4	3	1	6	8
9	6	2	7	8	3	1	4	5	1	8	9	6	5	7	2	4	3
1	8	7	5	2	4	3	6	9	3	4	6	8	1	2	7	9	5
6	9	5	3	1	2	4	8	7	4	1	3	7	6	5	9	8	2
7	3	8	9	4	6	5	1	2	7	6	5	2	8	9	3	1	4
2	4	1	8	7	5	6	9	3	8	9	2	4	3	1	5	7	6

## ANSWERS

Last month Nowell Berg covered a story about a little bear cub that was found wondering in the forest at the north end of Wasa. The Northern Life Wildlife Society quickly got involved and moved little Thames to the NLWS animal rescue centre in Smithers, BC. Since then residents have taken up a collection for the NLWS and little Thames, if you'd like to donate contact Sharon Prinz at 250-422-3227 or prinzs@shaw.ca

THAMES



### Wasa Country Pub & Grill

- Hunters Welcome!
- Nice hot meals & cold beer
- Grill open from 11 a.m. to 10 p.m. 7 days a week
- Looking for something to do?... or need an evening out?

**FREE DARTS** - Monday nights at 7 p.m.  
**FREE POOL** - Tuesday nights at 7 p.m.  
*Drop in, you'll be happy you did!*

**Minors welcome until 8 p.m. must be accompanied by parent or guardian**  
**Take Out Available**  
**Call 250-422-3381**

COMING SOON!

### Wasa Country General Store & Gift Shop

**WATCH FOR DETAILS**

**LAURIE'S LAUGH:**  
 To get back on your feet, miss 2 car payments



### KOOTENAY MONUMENT INSTALLATIONS

Granite & Bronze Memorials,  
 Dedication Plaques,  
 Benches, Memorial Walls,  
 Gravesite Restorations,  
 Sales & Installations

**IN-HOME CONSULTATION  
 OR VISIT OUR SHOWROOM**

6379 HIGHWAY 95A  
 TA TA CREEK, BC

250.422.3414  
 1-800-477-9996  
[myra@kootenaymonument.ca](mailto:myra@kootenaymonument.ca)



# HISTORY BYTES

## BY NAOMI MILLER



### BALFOUR HOTEL AND SANITARIUM

Balfour, BC, now the western terminal of the Kootenay Lake Ferry, once had a luxury CPR Hotel. Built in 1910-11 this sat high above the lake. Tourists arrived by train at Sirdar then travelled by CPR steamer to Balfour, Kaslo and other destinations. Those coming to this hotel would be met at the wharf by horse drawn carriage and driven up to the hotel. There were 30 rooms per floor, plus an attic where some staff members lived. On the main floor there was an office, a nice reception center, a reading room, a billiard hall, and a restaurant that could seat up to 200 diners. A small turret with verandah commanded a view down the West Arm or across to Proctor and glimpses of the main lake. Trips by launch or sternwheeler were organized so the visitors might see the Bluebell Mine, Ainsworth or even up to Lardo at the north end of the lake.

WW I erupted in 1914 cancelling tourist travel from Europe, so it was not surprising that when Canadian soldiers were diagnosed with pulmonary Tuberculosis this hotel was commandeered in April 1917 as a treatment center. One of the early patients wrote an item for the Nelson Daily News: "The building is modern in every respect, having hot and cold water in every room, kalsomined walls and ceilings, green for the former, white for the latter. The woodwork is white enamel with black metal fittings. The overhead light has a pull chain while a wall bracket light has its own switch. A transom over each door ensures thorough ventilation of each room. Each of the three floors has

three showers and several bathrooms with tubs. Each room has two, some three beds. Each bed has a writing table or a bed table, There is a white enameled bureau with mirror in each room.

Staff is headed by Captain Olson, military medical officer and his adjutant Lieutenant Beck, a veteran of the fighting 16<sup>th</sup>. There is an efficient complement of nurses, all previously experienced in the treatment of T.B. as it is familiarly known. The routine treatment is the highway to health and civil life, rest, fresh air, the best of food, all the milk one can drink and very little exercise. Reveille at 7 a.m., dress call 7:45 a.m., breakfast at 8 a.m., rest on beds 9-10 a.m. A glass of milk is given and gentle exercise between 10 and 12. Dinner is at 12:30 p.m. rest till 3 p.m., egg nog or milk is given, then exercise. Supper at 5:30. Bedroom 8:45. Lights out 9:30. Exercise is taken according to grade or health of the patient. First grade – half an hour twice a day; second grade  $\frac{3}{4}$  hour twice a day; and so on. But until advanced stage no hill climbing, rowing or swimming is allowed. The reason for the restriction is that violent exercise is liable to cause hemorrhage of weakened lungs which turns a mild case into a chronic one."

The writer of that piece praised Balfour Sanitarium over any other facility being used to care for veterans. Some transferred there from the beautiful Tranquille Sanatorium near Kamloops. There were 45 patients, almost all British Columbians at the end of June 1917. The hotel was used till 1921 but even when cleaned did not attract tourists. (The Train connection on the west side of the

lower Kootenay Lake was not laid to Proctor until 1935.) The treatment of TB had to be this very careful rest regime until medication was discovered in the early 1950's. By the mid 50's patients, trained about care and sanitation, were healed at home with pills. Also, a vaccine against TB was prepared and given to students and other workers in the health field.

The beautiful Balfour Hotel was dismantled 1926 -27. My dad's first job in Canada was as bricklayer's helper there in 1911. He pointed out the site near the school and store any time we were on a bus ride to Nelson. He reluctantly participated in the demolition of the Balfour Hotel. The CPR ordered workers to take special care when removing lovely granite fireplaces, ornamental panels, beams, pillars and even flooring which could be sold and reused. There was a building boom in Nelson, BC, especially in the Fairview section. New homes incorporating the beautiful items from Balfour Sanitarium went up and may be viewed to this day.



Balfour Sanitarium June 1917

### Wasa Lions Medical Equipment Loan Cupboard

Have you had a recent Injury?  
or Have plans for Surgery?

The Lions may be able to assist  
with a 3-month loan of Medical  
Equipment.

For loan information or  
equipment donations  
to the Cupboard Contact:  
Sharon 250-422-3227 or  
Val 250-422-3499



TAKE OFF POUNDS SENSIBLY

**T. O. P. S.**

**TAKE OFF POUNDS SENSIBLY**

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**



**JIM LARGE**

PROJECT MANAGER

- New Construction and Design
- HPO New Home Warranty Program
- Renovations and Repairs
- Insurance Restorations
- Property Management

**250.421.7813**

Box 265 WASA, BC VoB 2K0



## A Superior Intelligence beyond the Mind: the Buddhi

There is no doubt that something is in preparation at the very core of our humanity. Either human beings transform themselves or they risk becoming extinct from the imprisonment of their lives in the virtuality of the current human brain. Our humanity has lost the ability to directly perceive reality as it is. For everything you perceive through your sole identification to the limited senses of your body, your brain immediately connects your consciousness, not to reality, but to the capital of memories stored within your unconscious in order to compare what you are feeling with what you have already experienced. This means that your brain makes you recognize what you have known before but not what is.

I often use the following example at the Ashram to explain the inaccuracy of our perception of reality through the mind:

*"If there is a rose in front of me and I ask you to observe this particular rose, you may say that you know what it is because you have seen many roses in your life. And it is exactly where you misjudge your ability to truly know reality. You may say: 'I know what this is, this is a rose!' But in fact, this rose that I am showing you now, you have never seen it before. You have never met this particular rose; yet, you assert, 'I know what this is, this is a rose!' Because you have seen roses before, you falsely claim that, for sure, you know this rose I am showing you right now."*

This is enough to prove that you don't perceive reality. You don't know reality; you only know concepts, or representations of reality. What is valid for a rose is also valid for any human being that you know or, most of the time, that you think you know. This is the only way your mind functions. This unconscious and tragic habit of false representations, illusions and aberrations systematically created by the mind is also the reason for so many of humanity's mistakes and bad behavior.

Now, beyond your mind, there is something else. There is a "someone" we can call "you". This "you" is not your mind at all; it is what uses the mind or what has identified itself with the mind. The part of you that exists beyond your mind is called "consciousness". The sole activity of the consciousness is "awareness", that is, the instantaneous and direct knowledge of reality without the intermediary of any mental activity. Your mind will die but you, as consciousness, cannot die, because in the state of consciousness there is nothing that can disappear or die.

In Yoga Practice, the direct awareness of reality is called "Buddhi". Everybody possesses "Buddhi", the ability to be directly in touch with what is, rather than with what was or what should be. "Buddhi" is described as the natural and normal state of Superior Intelligence, an intelligence that is no longer based on subjectivity, but instead on objectivity. If you develop Buddhi, then your vision and perception of this world is going to be based upon a solid contact with the very nature of what is surrounding you right now, without any mental or emotional alterations of reality. From here, you can immediately deduce how your entire attitude toward

the world can change. It's not going to be according to you anymore but according to what is, and this can create a drastic change in your ability to respond to the necessity of every moment of your life.

The first step to achieving Buddhi is to become the Witness of yourself, as if you were observing someone else. As often as possible, you become the quiet observer of the motivations behind the thoughts arising in your mind, and you simply ask yourself whether these thoughts are related to reality or to a scenario concocted by your brain. If it is the latter, breathe deeply, quietly return to the reality of exactly where you are, and try to stay in contact with this moment just as it is, without projecting your ideas or judgments on it. From this very simple practice, you will more often catch yourself drifting into the virtuality of your mind's projections and you will have to return to the moment as many times as necessary. You don't need to think reality anymore; you need to remain in touch with reality and use your Superior Intelligence, the Buddhi. This Yogic practice is accessible to anyone who wants to achieve it. After just a few weeks, the use of the Buddhi will become as natural as was the use of your mind before knowing this liberating practice. Using your Superior Intelligence will benefit you and all those with whom you are in touch, because Buddhi spreads a force able to destroy all conflicts, contradictions and misunderstandings in all directions of your life. Everyone around you will enjoy it. You will become more efficient, simple and clear, and more accessible to those who need your help.

May the natural use of the Buddhi be with you, as it contains the Almighty Power to heal you and others from all mental, emotional and even physical suffering.

If you want to know more about developing the Buddhi, you are welcome to join us during the free weekly public meditation classes given in our Ashram.

Warmly yours in the Lord

OM OM OM

Venerable Gurudev Hamsah Nandatha

Adi Vajra Shambhasalem Ashram, Wasa, BC Canada

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

Venerable Gurudev Hamsah Nandatha greets all seekers and aspirants on the Path of Light every Friday at 7 p.m. as he offers an enlightening and practical Teaching for everyone to use in their daily lives. All are welcome. Please arrive early as the Teaching begins promptly at 7 p.m. For info call 250-422-9327.

**KOOTENAY  
KWIK  
PRINT  
& Copy Centre**

**Glenn Johnson  
250.489.4213**

[www.kootenaykwikprint.com](http://www.kootenaykwikprint.com)

# The Lions Den

SUBMITTED BY KATHY MILES-BOUE

## Naming - Wasa Lions Mascot

At our December 31<sup>st</sup> family event, we presented our new winter mascot and asked everyone for name ideas. We got quite a few suggestions and have been carefully reviewing them all. His name has not been presented to our Lions membership for formal approval yet but as soon as it has been, we will announce his/her name and who it was suggested by.

## Wasa Lions Social & Fundraising Events

It is getting close to spring, the time of year that the Lions plan their upcoming fund raising social events. This year we are mixing it up and putting a new spin on some old favourites:

- May - the Annual Dog Walk takes place in May;
- June - the Planter Draw, 250 draw and Garage Sale will be held on the Father's Day weekend in June;
- August - the Lions are planning a special anniversary community get together. This celebration will include how the Wasa & District Lions Club has impacted our area through the years;
- A Fall Fair is being planned as well.

We look forward to hosting these events and thank you all for your continued community support.

## Lions Way Trail

There are some repairs required on the Lions Way Trail. Our goal is to have the problems areas fixed as soon as possible, working with B.C. Parks to and other agencies to help assist us in our efforts. We will notify the community and Trail users of the repair details when they are available.

## New Member

At February's dinner meeting, an induction ceremony was held for a new member to the Wasa & District Lions Club – Gail Lamb. Welcome Gail! We are delighted to have you join the Wasa Lions.

## Be safe, be happy, be a volunteer!

The Wasa & District Lions Club can be contacted at: P.O. Box 10, Wasa, B.C. V0B 2K0 or by e-mail at: [wasalions@gmail.com](mailto:wasalions@gmail.com).

Where do you take...

## YOUR BUZZ ?



While Jim Hill and Karen Markus were staying at the small village of Mismaloya, at Casa Iguana they crossed this swinging bridge over a beautiful creek to get to the restaurant, couple planks missing and lots of swinging. Mismaloya is where the film Night of the Iguana was filmed featuring Richard Burton And Elizabeth Taylor.

- Send photos with you and "Your Buzz", include a brief description of where the photo was taken
- All photos will be published, enter as often as you like
- The name of the person sending the photo will be entered in a draw for a \$50. gift certificate to a 2016 advertiser of the Buzz
- The draw will take place in December 2016
- Send photos to: [trivillagebuzz@gmail.com](mailto:trivillagebuzz@gmail.com)

## PET'S PLACE



Meet Turkey! He is an Anatolian Shepherd cross with Maremma (Guardian dog). He is almost 4 months old and is already almost as big as our 10 year old Border Collie.

send your pet photos to:  
[trivillagebuzz@gmail.com](mailto:trivillagebuzz@gmail.com)

## Hi Heat Insulating.com

★ DENSE PAC CELLULOSE APPLICATION ★  
as efficient as spray foam, less costly and  
100 % environmentally friendly

★ UPGRADE ATTICS AND WALLS ★  
★ FIBREGLASS BATTS ★ SPRAY FOAM ★



Office: 250.422.3457 • Cell: 250.342.7656  
Email: [sales@hiheatinsulating.com](mailto:sales@hiheatinsulating.com) • Web: [hiheatinsulating.com](http://hiheatinsulating.com)

T O D O | T

G T G

Security Checks

Yard Care

Cleaning

Get the Girls

Sarah Shields

Sharon Demaine

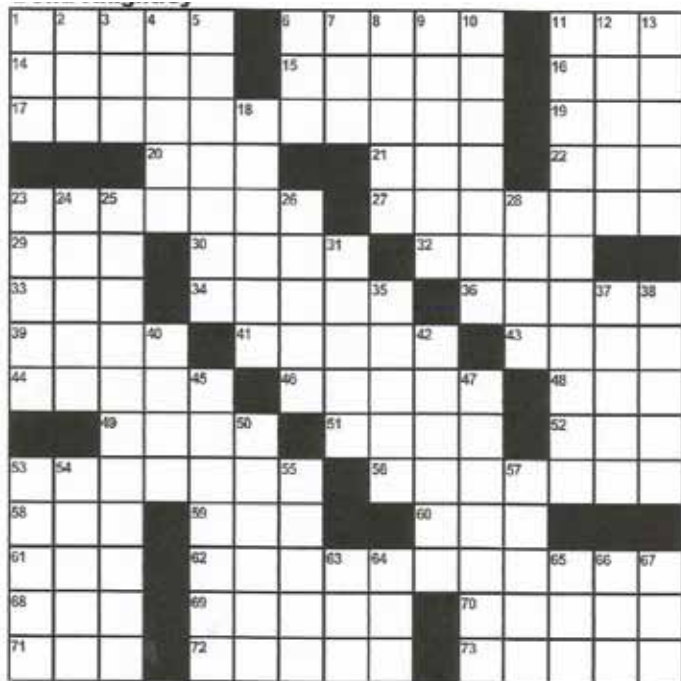
250-581-0780

[getthegirls.wasa@gmail.com](mailto:getthegirls.wasa@gmail.com)



# ACROSS

- 1) Barn attics
- 6) Gemstones for some Libras
- 11) Prankster with pointy shoes
- 14) Be useful to
- 15) High hideaway
- 16) Postal motto conjunction
- 17) Definitely not now?
- 19) Word with "cents" or "faced"
- 20) Longoria of TV
- 21) Title of respect, abroad
- 22) Decaf alt.
- 23) Roof supports
- 27) Groups of four
- 29) Sculler's item
- 30) Enormous birds of myth
- 32) In a minute
- 33) Canton that borders Bern
- 34) Casino machines, briefly
- 36) Postgame segment
- 39) Lushes
- 41) More in need of liniment
- 43) Bone-dry
- 44) Get in
- 46) Measuring tube (var.)
- 48) Misfortune
- 49) Some signatures of old
- 51) Kind of helmet
- 52) Egyptian cobra
- 53) Square dancer's need
- 56) Mariners' assents
- 58) Current or former court org.
- 59) \_\_\_ of Good Feelings
- 60) Movie, in Hollywood lingo
- 61) Ticket word
- 62) What a convict seeks
- 68) Keogh alternative
- 69) Form of lyric poem
- 70) Cornball
- 71) Yorkshire's home
- 72) Supergiant in Cygnus
- 73) Kitchen wrap



## Spring

Find and circle all of the words that are hidden in the grid. The remaining letters spell a message about Spring.

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

ALLERGIES  
APRIL  
BASEBALL  
BEES  
CROCUSES  
CYCLAMENS  
DAFFODILS  
DANDELIONS  
EASTER  
EQUINOX  
FLOWERS  
FROGS  
GOLF  
GRASS  
GREEN  
GROWTH  
IRISES  
LILIES  
LILIES  
MARCH  
MAY  
NEW LEAVES  
PLANTING  
RAIN  
RENEWAL  
ROBINS  
SEASON  
SNOWMELT  
SOFTBALL  
SPRING BREAK  
SPRING CLEANING  
TULIPS  
WARMER  
WET

# DOWN

- 1) Judges lay it down
- 2) Caesar's salad ingredients?
- 3) Wray of "King Kong"
- 4) Lhasa is its capital
- 5) Drools
- 6) Acorn producer
- 7) Seat at the wedding
- 8) Buddhist in Nirvana
- 9) Feudal vassals
- 10) Washington, D.C. resident
- 11) Threshold location
- 12) Emulated a cow
- 13) Leaping amphibians
- 18) December ditties
- 23) Force out
- 24) Brother of Moses
- 25) Squander slowly
- 26) Ice-cream portion
- 28) Reddish deer
- 31) Get naked
- 35) Brown tone
- 37) Sprang up
- 38) Makes baby chick sounds
- 40) Canonical hour
- 42) Fix a word-processing error
- 45) Continued a subscription
- 47) Some believers
- 50) Outerwear in Sonora
- 53) Home to Notre Dame
- 54) Cancel, to NASA
- 55) Synthetic fiber
- 57) African coastal capital
- 63) Poem of homage
- 64) Four winter wks.
- 65) Gas-station offering, sometimes
- 66) Bake sale organizer, for short
- 67) Suffix for "Hallow"

## ST. PATRICK

B H I O P S

□ □ □ □ □ □

A E K N S S

□ □ □ □ □ □

C C H H R U

□ □ □ □ □ □

A M N

□ □ □

Answer:

□ □ □ □ □ □ □ □

## FOUR LEAF CLOVER

C K L U

□ □ □ □

A E R R

□ □ □ □

A C E H R S

□ □ □ □ □ □

A C G I M

□ □ □ □ □ □

Answer:

□ □ □ □ □ □



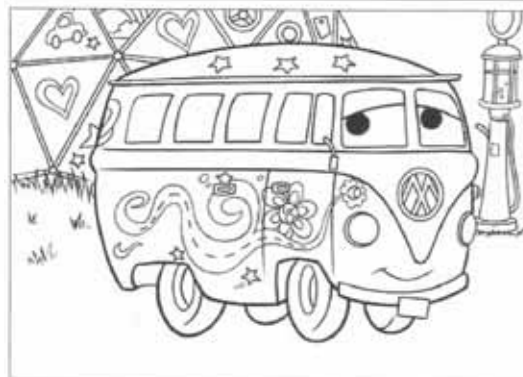
# "MARIO'S FUN PAGE"

Answers Page 5

# Sudoku

		4	8		
8		2	7	9	6
5					
	3	1	9	2	
	2		8		4 5
	7				9
6					8
	3			5	
	1				

2					7
7				8	
3	5		8	6	
		9			
	9		5	2	
4 6			2		9
7	5		8		4
		4 3 1			



## Find 7 Differences



## News From the Pews

By Pastor Paul Brandon

### After the Concert

Last night we entertained the Gospel Music Group called Canada's Double Portion. They are a family of twelve. One son is married and doesn't travel with the family anymore.

The five older children sang and played many different instruments. I was interested to see how all the siblings got along and was blest to see the older children looking out for and encouraging the younger ones to do their best.

I also thought it was interesting to see the younger children picking up instruments and learning to play them.

In songs where the two younger girls were playing their Ukuleles, their mom and sister were sitting in the front row encouraging and smiling at the kids up front.

The young kids were just darling and they all knew their parts and the youngest was only four years old.

I mentioned to Duncan that their sound had matured a lot. Last night they were very professional and their sound was very smooth and they were right on cue.

For those of you that are interested, we more than met our goal financially. We sent them on their way with a good offering.

Now I would like to thank all those involved in the team effort to bring in a top group like this. There were those who put up posters in Cranbrook as well as here in Wasa and Ta Ta Creek, there were the people who cooked food to feed the large family before the concert, there were those who set up chairs and collected money for the concert and there were those who billeted this large family and fed them breakfast. To all who had any part to play I say thank you for all your work, we couldn't have pulled it off without you.

## 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 for information

## Christian & Garry Verigin

250.422.9231

6112 WASA LAKE PARK DRIVE  
WASA, BC V0B 2K0



## The Columbia Basin Community Initiatives Fund

representing Wasa, Ta Ta Creek and Skookumchuck

Applications for these funds are available at the Wasa Post Office



Forms to be returned to:  
Wasa and District Lions Club  
Attention: Marilyn Bowen

## AVOCADO CHOCOLATE PUDDING

## Fanny's Favorites

- |                      |                         |
|----------------------|-------------------------|
| 4 very ripe Avocados | 2/3 cup honey           |
| 2/3 cup cocoa powder | 6 Tbsp Coconut Oil      |
| 2 tsp Vanilla        | 1 tsp Ground Chia Seeds |

Combine all ingredients in a blender and blend until smooth and silky. You might need to stop the blender and mix with a spoon to make blending easier.

Divide pudding among ramekins/cups and refrigerate for at least 30 minutes before serving (this allows the Chia to thicken). Sprinkle with chopped almonds, walnuts or top with whipped cream or Greek yogurt before serving. Serves 6 - 8.

**Note: This is the creamiest, smoothest and best chocolate pudding I have ever had... try it you'll love it!**



## the Armchair Traveller

The ARMCHAIR TRAVELLER returns for another wonderful season! Presentations begin at 7:30 p.m. at the Wasa Hall. Admission is by donation with proceeds going towards our Community Library.

Mark your calendars for these dates:

- o Wednesday, March 9<sup>th</sup>  
Mongolia and Yangtze River by Jim Abbott
- o Wednesday, March 23<sup>rd</sup>  
Italy by Cliff Youngs

We are looking forward to seeing you!





**WASA**  
**Hardware AND Building Centre**

- Livestock Feed • Pet Food • Siding
- Windows • Paint & Supplies
- Fence posts & Fencing • Lumber
- Yard & Garden • Aluminum Railing

**CHECK US OUT!**

**We just might have what you're looking for!**

Phone: 250.422.3123 Fax: 250.422.3300  
 Email: wasa.hardware@shaw.ca  
 Box 779, 6102 Wasa Lake Park Dr, Wasa, BC

Authorized Dealer for:



# RDEK NEWS



By Area E Director Jane Walter

## Zoning Amendment Approved

Doug Fords application to change the zoning on property located on Wolf Creek Road in Wasa from R.R. 60 to R.R. 8 was approved on February 12, 2016. This zoning change will allow Mr. Ford to subdivide 97 acres into four (4) lots no smaller than 20 acres each.

## Agricultural Land Reserve

We are still waiting for the Agriculture Land Commission to make their decision on the ALC exclusion of properties from their mapping. The earliest that we can expect their decision is mid spring.

## Environmentally Sensitive Area (ESA) Development Permit

Maps identifying the ESA Development Permit Areas are expected to be completed soon. In March we will be holding committee meetings with property owners within the ESA identified areas.

RDEK staff and myself have been working with concerned residents of the ESA areas. I was shocked and concerned to learn at a recent RDEK board meeting the negativity surrounding the Wasa OCP. I am concerned with the amount of confusion and misinterpretation of the OCP, such as ranchers only being allowed a three wire fence which is not true. I hope that we can reach some decisions and clear up some of the confusion that will ultimately protect the environment as well as protect the rights of the land owners.

I hope everyone has a safe and healthy month.

Jane Walter, RDEK Area E Director

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

## Wasa Community Church

Contact Pastor Paul  
 about upcoming  
 Bible Study  
 778-524-5023



Sunday  
 Worship Service  
 10:30 am

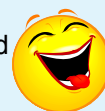


Donate your pop cans and liquor bottles to the Wasa and District Lions Club to help with their scholarship fund.

Please call Val at 250-422-3499 to make arrangements for drop-off at the Lions Grounds.

My grandmother is over 80 and still doesn't need glasses  
 ,,drinks right out of the bottle! Flies spread disease--keep yours zipped

**Bad spellers of the world, UNTIE!** "LAURIE'S LAUGH"



## Hints From Vi

By Vi Cockell

*Hello to all! It sure is nice to see all of the sunshine, but we sure have had a nice winter!*



1. To remove the glue off containers after you've peeled away the label, simply rub the label with a cloth soaked in vegetable oil.
2. To remove grease spots from wallpaper, gently rub Talcum Powder on the spot using a clean cloth or your finger tips. Repeat if necessary. This works on vinyl and even the most fragile types of wallpaper.
3. Cucumber works great to remove crayon and markers that the kids have used to decorate the walls.
4. To remove a bandage painlessly, saturate it with Vodka. The vodka quickly dissolves the adhesive. And to think we drink the stuff]

*Until next time and have a great month!*

Why is it that the last place you saw something that you are looking for, is almost never where it is now !!



**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 m<sup>2</sup>)

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 m<sup>2</sup>)

Watersource: Natural Resource, Well

**\$1,600,000**

**SELLER NAME**

**Doug Ross**

**SELLER PHONE**

**250-422-9272**



**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**

**Doug Ross**

**SELLER PHONE**

**250-422-9272**

**PropertyGuys.com**

Where today's buyers and sellers connect

**866-237-8281**





sponsored by...

**The Kimberley Refugee  
Resettlement Group  
and  
The Wasa Lions**

**Saturday, March 19<sup>th</sup>, 2016  
5:00 p.m. – 7:30 p.m.**

**Adults \$15.00  
Children 6-16 \$10.00  
Children under 6 FREE**

*Spaghetti & Meat Sauce,  
Caesar Salad, Dessert  
Coffee or Tea or Juice*

*Gluten-Free Spaghetti and  
Vegetarian Sauce available*

Watch for posters.

Contact: Wilma 250-427-1767 or  
cwharding@telus.net

**- RAFFLES -**

## WASA COMMUNITY LIBRARY

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

SUBMITTED BY JUDY MCPHEE

*"Being a reader is a bit like being an explorer"*

I am always looking for an educational book to read. Marg has bought about 19 new books since September. Do come, sit and explore our books featured on the tables in the library and on the shelves. We have books for every taste. The following are some books our patrons have enjoyed:

### Ladder Of Years

**By Anne Tyler**

This book is about the American tendency to idealize the traditional family of the 1950's where men ruled the roost and woman were expected to be submissive. A great read!

### The Pantan Book Of Pungent Proverbs

Human experience of one kind or another lies at the origin of all proverbs. This book contains 128 proverbs and brilliant cartoons illustrating them.

### She's Downhill And In The Shade

**By Chris Kind**

A collection of interesting events and travels of his life as a cowboy beginning at "The Gang Ranch", Clinton, B.C.

### Legacy Of Silence

**By Belva Plain**

A remarkably descriptive novel beginning on the eve of WW II in Germany and ending in U.S.A. *"It is a truism that each of us are probably the result of decisions made by those who came before us and they in turn are the product of actions taken by others--back and back"* Belva Plain

Remember **The Armchair Traveller at the Community Hall**  
(proceeds donated to the Library)

Wed, March 9<sup>th</sup> at 7:30 p.m.

Mongolia & The Yangtze River by Jim Abbott

Wed, March 23<sup>rd</sup> at 7:30 p.m.

Italy by Cliff Youngs



**"Look steadily and forward to the horizon"**

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.

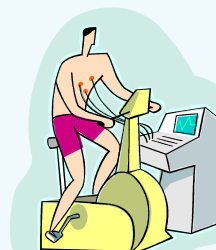
Listed below are some of the user groups and contacts:

- 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 2nd Tuesday of each month at the Wasa Hall. Early bird starts at 6:30 pm and regular at 6:45 pm.

## Safety guidelines and things you need to know:

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



8:00 am to 9:00 a.m. on  
Mondays, Wednesdays and Fridays  
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**

# March 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> Wasa Lions 7 p.m.	<b>2</b>	<b>3</b>	<b>4</b> Teaching at the Ashram 7 p.m.	<b>5</b>  Happy Retirement Karen!
<b>6</b> Church @ 10:30 a.m.	<b>7</b>	<b>8</b>  BINGO 6:30 Early Bird 6:45 Regular	<b>9</b> Armchair Traveller 7 pm	<b>10</b>	<b>11</b> Teaching at the Ashram 7 p.m.	<b>12</b>
<b>13</b> Church @ 10:30 a.m. 	<b>14</b>	<b>15</b> WLLID Trustee Nomination Deadline Wasa Lions 7 p.m.	<b>16</b>	<b>17</b> 	<b>18</b> Teaching at the Ashram 7 pm	<b>19</b>  Spaghetti Supper 5:00-7:30 pm
<b>20</b> Church @ 10:30 a.m. 	<b>21</b>	<b>22</b>	<b>23</b> Armchair Traveller 7 pm	<b>24</b>	<b>25</b>  No Meditation & Teaching - Ashram	<b>26</b>
<b>27</b> Church @ 10:30 a.m. 	<b>28</b>	<b>29</b>	<b>30</b> Rec Society Mtg 7pm WLLID AGM 7 pm	<i>We the volunteers of the Tri-Village Buzz Newsletter reserve the right to refuse to print submissions due to legality, length, good taste or discriminating beliefs.</i>		

## LEGEND

- Church Service 3 p.m.
- Library Tues. 11 a.m. - 1 p.m.
- Gym (M,W,F 8-9 a.m.) & Wed 6:30 p.m. -8:00 p.m.
- BINGO 6:30 p.m.
- TOPS Wed 6:30 p.m.
- Rec Society 7:00 p.m.
- Quilters Tues. 10 a.m. - 4 p.m.
- Lions 7:00 p.m.

## Special Events and Days Down the Road

- Rocky Mountain Riders AGM  
Monday, April 4th, 2016
- Lions Annual Dog Walk May (TBA)
- Gerick Sports Wasa Triathlon  
Sat. & Sun., June 11th & 12th
- Lions Planter Draw, 250 Draw &  
Garage Sale, Sat., June 18th
- Lions Anniversary Celebration  
August (TBA)
- Lions Fall Fair (TBA)

*Science has never drummed up quite as effective a  
tranquilizing agent as a sunny spring day.*

-W. Earl Hall

## NUMBERS AT A GLANCE

Ashram Meditation & Yoga.....	250.422.9327
Doug Ross Property Sale.....	250.422.9272
Econobuilt.....	250.421.7183
Hi Heat Insulating.....	250.422.3457
HD Railings.....	250.422.3457
Kootenay Kwik Print.....	250.489.4213
Kootenay Monument Installations....	422.3414
Slim Pickens Gas & Goods.....	250.422.9271
The Girls.....	250.581.0780
TOPS.....	250.422.3510/422.3686
Wasa Country Pub & Grill.....	250.422.3381
Wasa Community Church.....	250.422.3344
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