# Issue 140 IRI-VIIIAGE BUZZ











Wasa Fun Days, an annual event held by the Wasa Lions took place on the weekend of May 28th and May 29th. Despite the weather, the event was a success opening with a pancake breakfast a parade on Saturday morning. Children's games, bocce and softball tournaments, train rides and all day concessions were a few of the events offered. This year local citizens provided musical entertainment throughout the day on Saturday. For more information and a list of prize winners see Page 10 under Lions Den.

# THE HISTORIC KOOTENAY RIVER

A hearty group of adventurers saluted the bi-centennial of David Thompson's voyage through our local area.



They canoed to Fort Steel for a two-day celebration. On Sunday, June 5th, they stopped in Wasa for a Pancake Breakfast. The "voyageurs" were dressed in period costume and had their canoes on display. After breakfast, they drove back past the Wasa Bridge, to the first rest stop and put the canoes into the river and started the journey to Fort Steele.

They stopped at Bummer's Flats for a ceremony to dedicate a plague honouring the voyage David Thompson made 200 years ago! The Wasa & District Lions donated towards the plaque and Lions members attended this unique and memorable event.

The voyageurs will continue down the Columbia River Basin paddling voyageur canoes 1800 kilometres (1200 miles) along David Thompson's historic route which began in present day Invermere, British Columbia, to Astoria, Oregon.



## **RED CROSS** SWIM LESSONS

July 18 - July 29 at Main Beach, Wasa \$45.00 per child Register by July 1st

Call 250.422.9226 For information or to register

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# **Cardening** Help & Hints



Last month I asked for help getting rid of Voles in the garden without using poison. Thanks to Bill & Lorraine Colton and Greg and Tanya Sage for their responses.

Bill and Lorraine Colton: "... insert whirly aias or little windmills into the soil. The wind causes vibrations which the voles don't like."

Greg and Tanya Sage: "... We purchased these solar operated things that go into the ground (kind of look like the pathway lights) and they apparently let out some ultrasonic sound that the voles don't like. We haven't had a vole in our yard since we installed them 4 years ago."

If you need help or have a gardening hint, call me at 250.422.3060 or email: jw\_davis@shaw.ca





# Wasa Community Library

Open Tuesday 11:00 am to 1:00 pm Wednesday 6:30 pm to 8:00 pm



The Library will close for the summer on

June 15<sup>th</sup>. Thank you to all who have made use of the library during the past year. We look forward to serving you when the Library reopens in September. Meanwhile you still have a few weeks to find summer reading. Please come in, we are sure you'll find excellent reading material for those rainy days ahead.

# RECOMMENDED BY MARG MARVEL THE RESCUE OF BELLE AND SUNDANCE

BY BIRGIT STUTZ

"This is a heart warming story of two stranded horses and the small town determined to save them. On Dec. 15th, 2008, two snowmobilers discovered a pair of abandoned horses atop BC's Mount Renshaw in the Canadian Rockies. This is a story of their rescue, "a grim beginning and a glad and joyful end."

# RECOMMENDED BY JUNNE CLARK WITHOUT MERCY

BY LISA JACKSON

"As a brutal snowstorm sweeps in, cutting off the remote campus from the rest of the world, Jules Farantino will discover the academy's dark secrets and confront a murderous evil without limits, without remorse, without mercy."

# OUR CHOICE THE GIRL WHO KICKED THE HORNET'S NEST

BY STEIG LARSSON

"This is the third and final novel in Steig Larsson's internationally best selling trilogy.

Book One - The Girl With the Dragon Tattoo Book Two - The Girl Who Played with Fire

The main character - one with universal appeal - Lisbeth Salander. She is one of the coolest if most disturbing fictional crime fighters of recent years."

Last month I said the Wasa Community Hall was ready for the renting season, well I spoke too soon.

The shutter on the side window wouldn't go up; however J.C. McPhee came to our aid. The pros couldn't do it but, J.C. did so kudos to you. Thanks so much!

Cranbrook Flooring made a service call to check out the welds in the floor seams. They are in need of repair and once this is done the floor will be professionally waxed. We will be replacing the floor but hopefully not for a couple of years.

Our white knights Laurie Kay and Don Konschuh worked many hours Wednesday trying to solve the smelly septic odor in the hall. Thanks men once again! Randy Jolie of 'Economy Vacuum Takers' ended up pumping the septic tanks and the lid on the tanks will soon need to be replaced.

We'd like to thank Marvin from 'Race Trac Gas' for allowing us to drop off hall keys for our renter's convenience. We sure appreciate Marvin and his friendly staff.

Thanks to Chris Jenkins, the stainless steel seam on the island in the kitchen has been cleaned and sealed once again. That's one less thing on our 'honey do list'!

June is a very quiet month for renting. We had three cancellations but we hope the balance of the summer will be profitable. Until next time and remember it's your community hall too!

Chow for now, Sandy Kay, V.P. Wasa Rec. Soc.

# CRANROOK

# ROCKY MOUNTAIN BANDITS

JUNE & JULY
Home Game &

TOURNAMENT SCHEDULE

June 3<sup>rd</sup> to June 5<sup>th</sup>......Border Wars Tourney
June 11<sup>th</sup>....1 pm & 3pm.....Lewiston
June 27<sup>th</sup>...1pm & 3pm......Post Falls
June 28<sup>th</sup>...1pm & 3pm.....Coeur D'Alene
June 30<sup>th</sup>, July 1<sup>st</sup> to July 3<sup>rd</sup>.....Polson Tourney
July 7<sup>th</sup> to July 10<sup>th</sup>......Trail Tournament
July 21<sup>st</sup> to July 24<sup>th</sup>......District AA in Trail

Home games are played in Confederation Park, Cranbrook. The Rocky Mountain Bandits Baseball Team play in the North Idaho "AA" American Legion League. The team is composed of players ranging in age from 15 to 19 years. For more information go to: www.ballcharts.com/cranbrookbandits or contact Murray at 250.422.3261.



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(1 Column width = 2.5")

For more information or to place an ad, please contact Wendy Davis (250.422.3060 or jw\_davis@shaw.ca)

To receive a newsletter by email contact Patti King (pattiking@shaw.ca)

Tri-Village Buzz Newsletter Box 169 Wasa, BC V0B 2K0



# **Editor's Corner**



My last month's cry for help was heard loud and clear! Thank you to everybody for the emails and telephone calls and for your interest in becoming part of the "Tri-Village Buzz Newsletter Committee". I will be contacting everyone within the next few weeks to set up a time for our very first meeting!

I'd like to welcome Diana Perih who has graciously volunteered for our Treasurer position. Diana comes to us with expertise in book keeping and I'm confident she'll do an outstanding job. Welcome Diana! Patti King will remain on our team as our "Email Coordinator". If you wish to receive the newsletter by email please contact Patti.

A reminder that there will be no newsletter in August. If you have any ideas for editorials, submissions or columns please contact me. I welcome change and look forward to all new ideas.

Thanks again for your support and encouragement.

Wendy



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# Private Sale



ID # 166061



\*\*FANTASTIC BUILDING LOTS FOR SALE
IN DESIRABLE WASA LAKE AREA\*\*
OFFERS OVER \$180,000 WILL BE

**\$180,000** 

Buck Crescent Wasa SELLER NAME: Doug Ross SELLER PHONE: 250-422-9272

**RESIDENTIAL DETAILS** 

Zoning: R1 Watersource: Well

# Private Sale



ID # 166060



DEVELOPMENT OPPORTUNITY - 48 acres of subdividable land at Wasa Lake - All reasonable offers considered.

\$2,250,000

6260 Wolf Creek Road Wasa SELLER NAME: Doug Ross SELLER PHONE: 250-422-9272

#### **RESIDENTIAL DETAILS**

Age: 30 Levels: 2 Bedrooms: 3 Bathrooms: 2

Space: 2,000 sq. ft. (186 m2)
Flooring: Carpet, Hardwood, Linoleum
Foundation: Poured Concrete

Foundation: Poured Concrete Heat Method: Baseboard Heat Energy: Electricity, Wood

Zoning: RS1

Lot Size: 2,090,880sq. ft. / 48.00 ac (194,243

m2)

Watersource: Natural Resource, Well

#### **SPECIAL FEATURES**

# Exterior:

Deck or Patio Landscaped Storage Shed Water View

#### Interior:

Air Conditioning Central Vacuum Fireplace Formal Dining Jet Tub Clothes Washer Deep Freeze Dishwasher Garage Door Opene Light Fixtures Microwave Oven Refrigerator Stove Top Window Coverings



Meet PropertyGuys.com.
We help buyers and sellers connect online.



250-423-3380

# Hints From Vi

By Vi Cockell





Hello readers! I hope you were lucky enough to miss the frost we had a couple of weeks ago. Nice to see our Alberta friends in on the weekend.

Many of us have our gardens in and some of us have things up already. Here are a few hints for our gardeners:

- 1. Remember to put those broken egg shells into the trench before planting your radishes to stop the worms, this works well for turnips too.
- 2. Save those banana skins for your roses. Cut them up and mulch them into the ground.
- 3. Having trouble keeping cats out of your garden or flower beds, mix coffee grounds with orange peels and spread around the plants where the cats dig. This is also a great fertilizer.
- 4. **Need to remove tar off your car or truck?** Spray or dip WD40 onto a soft cloth and wipe clean.
- 5. Lawn mower shift sticking? Pour or spray WD40 onto it to loosen things up.
- 6. Spray some cooking oil onto the bottom blades of your lawn mower before you start mowing, this will make cleanup a lot easier.

Till next time...have a great day!

Did you hear about the cookbook with a recipe for authentic sponge cake? ... You borrow all of the ingredients!!

# 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 Sandy Kay 250.422.3228
- Gym Sonia Blackwell 250.422.9201
- TOPS Susan 250.422.3510
- Library Brenda Rauch 250.422.3335

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

# Safety guidelines and things you need to know:

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

In the morning 7:30 am to 8:30 am... Mondays, Wednesdays and Fridays 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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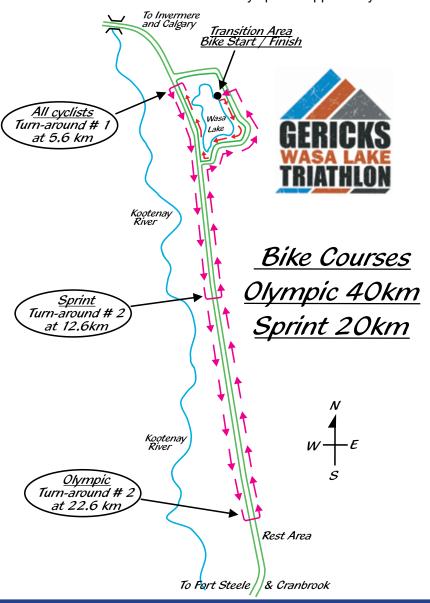
## **■ GERRICK SPORTS WASA LAKE TRIATHLON**

The Gerrick Sports Wasa Lake Triathlon is set to go on Saturday, June 11<sup>th</sup> TriKids races for age 15 and under, and Sunday June 12<sup>th</sup> adult races. The Olympic triathlon involves a 1.5 km swim starting at Horseshoe Bay Beach, a 40km bike ride (Note: Bike course changed see revised map below) and a

10km out and back run on the Wasa Lion's Trail.

More event information, such as course maps and updates can be found at www.rmevents.com.

RM Events would like to thank the Wasa Community, the Wasa Lions Club and BC Parks for providing this very special opportunity.



### SCHEDULE OF EVENTS

# Saturday, June 11

- 8:30am TriKids registration (Horseshoe Bay)
- 9:30am TriKids Orientation Clinic
- 10:00am TriKids races # 1-3
- 2:30-4:30pm Adult registration in Cranbrook

# Sunday, June 12 (Horseshoe Bay)

- 8:10am Sprint Triathlon start (solo and teams)
- 9:30am Olympic Triathlon start
- 1:00pm Lunch and Awards

# **Open for the Season!**

# Burger BarN

- New this year: "Starters"...
   Cranberry Jalapeno Prawns
  - the "Skook" Nachos
- Steaks Wraps Ribs
  - And More!

# Open Noon-8pm

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250.422.3366

Offering breakfast, lunch and dinner and an assortment of delicious desserts!



Hours: Tuesday to Sunday
10 am to 8 pm

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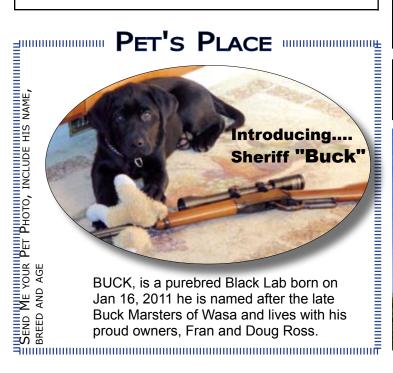
July 1st Open 9 am - 9 pm 7 days a week



On Monday, May 19th thirteen Happy Gang members held their last meeting at the home of the Schreibers. BBQ hamburgers were served at noon by chef Bolko with tasty salads and desserts that were contributed by other members.

Due to members going away and others busy with obligations it was decided that we cancel our June get together and meet again on September 19th for a picnic at Wasa Beach. The Executive will look into it and inform all the members of their decision. President Fred G. asked to be relieved of his position. His vacancy will be filled by Brenda S. who was voted in by acclamation.

Happy Anniversary to Bolko and Brenda and also a Happy Birthday to Bolko. Our afternoon ended with indoor beanbag baseball with the men winning, of course. The ladies will need to practice over the summer. We are just a group meeting for a time of fellowship, visiting and having fun. Come and join us, we would love to have you. Phone Brenda at 250 422 3548.



# Díd you know....

Temperature can affect appetite. A cold person is more likely to eat more food.

A person will usually swallow around 250 times during dinner.

Eggs contain the highest quality food protein known. All parts of an egg are edible, including the shell which has a high calcium content.

A person will eat an average of 35 tons of food in his or her lifetime, or 1,500 pounds of food a year.

Fats from junk food trigger the brain to want more food. This effect can last for several days.

During the Middle Ages, a lemon slice was served with fish because it was thought the juice would dissolve any bones that were accidentally swallowed.

A row of corn always has an even number.

The smell of young wine is called an "aroma" while a more mature wine offers a more subtle "bouquet."

When tasting wine, hold the wine in the mouth for a moment or two and then either swallow it or, preferably, spit it out, usually into a spittoon. A really good wine will have a long aftertaste, while an inferior wine will have a short aftertaste.

Women are more susceptible to the effects of wine than men partly because they have less of an enzyme in the lining of the stomach that is needed to metabolize alcohol efficiently.

Special Thanks to Barry and Kim for organizing the "Chicken Poop Bingo"



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# Chris's

# New and Used & Book Exchange

7021 Lazy Lake Road (Former Wasa Bldg Supply) 250.422.3444



Opens June 18th Saturday & Sundays 10 am - 3 pm

less What's Ite

May's Answer: String Dispenser



# WaZZa PiZZa



- variety of toppings
- !2" and 14" sizes
- dine in or take out
- ice cream available



Tues, Fri & Sat 5pm - 9pm

Summer hours start July 1<sup>st</sup> Call for Info

250.422.9223

## Wasa Pancake Breakfast and Country Market

Rain or Shine the Pancake Breakfast will once again be part of the 2011 summer activities at Wasa.

Our first breakfast will be June 25. Then every Saturday from 9:00 am to 11:30 am; until September 3<sup>th</sup>. That adds up to 11 breakfast Saturdays.

The committee of volunteers are: Karen Markus, Sharon Prinz, Jim Hill and Ida Cale.

If your club or group participated in the Breakfast's last year you will again have the opportunity to participate. New Wasa community groups are welcome as dates are available.

Prices for the breakfasts will remain the same; \$5.00 for large and \$4.00 for small. Vendor tables will also be available for rent at the same cost of \$10.00.

This will be the last year this committee will be organizing the breakfasts. If you or your group would like to take on the organizing of the Pancake Breakfast and Market for 2012 please contact Karen or Sharon. Unfortunately if there are no volunteers that come forward for next season, the Pancake Breakfasts will come to an end.

If you have any questions please contact Karen Markus or Sharon Prinz, co chairs of the Committee.

Come out and enjoy. It's a great way to contribute to your community and socialize with your community neighbors.

#### REMEMBER OUR FIRST BREAKFAST IS JUNE 25th.

# 2011 Pancake Breakfast Schedule



July 2 Wasa Recreation Society

Wasa Recreation Society

July 9 Wasa Community Library

July 16 T.O.P.S.

July 23 Wasa Community Library

July 30 Wasa & District Lions

August 6 Wasa Pubbers

August 13 Wasa Country Quilters

August 20 T.O.P.S

August 27 Wasa Gym

Sept 3 Wasa Historical Society







# HISTORY BYTES

BY NAOMI MILLER

#### UP WOLF CREEK ROAD

Near the top of Wolf Creek Road is a large Nature Conservancy which was the Hannant homestead from 1909 to 1969. Vehicle access is prohibited so my guide walked me through the field beside the creek verbally recreating a very busy scenario.

George and Dora Hannant lived for a year at Skookumchuk while they sought their special place. They started by building their house and sheds. The house was three stories tall, deliberately straddling the creek to give Dora a cool room for her butter, milk and eggs. The outbuildings were a root house, milk house, chicken house, pigsty, hay barn, blacksmith shop and woodshed. Dora insisted on maintaining and milking six or seven Jersey cows then churning butter which she sold, along with cream, eggs and buttermilk to regular customers in town (Cranbrook) every Saturday. Those cows had good pasture and also needed about 40 -50

tons of hay over the winter. George cut that hay on their property with a horse drawn mower. He also grew a patch of oats to supplement winter feed. He had a steam engine which could be used to thrash the oats or to turn into a power saw to cut logs into firewood lengths. Some of their firewood was slabs from Leask's sawmill near Premier Ridge.

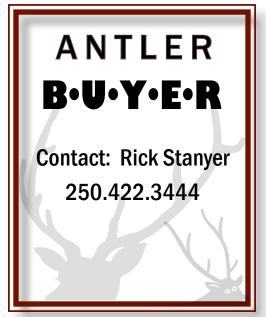
They had a large vegetable garden which produced sufficient for the family plus some for sale. Apple trees which were planted early grew to produce excellent fruit. George had a green house to start his own bedding plants and grow lettuce year round. He managed to grow some tobacco which sufficed for his own use and bit the tongue of others. George insisted on having bees. A bear occasionally attempted to rob a hive at night. If the dog sounded an alarm George rushed to his bedroom window, grabbed his rifle and disposed of the invader. Fresh bear meat was a bonus!

Hannants had a son who died very young, and two daughters Betty and Westie who grew to become Wasa pioneers in their own right. The girls helped with weeding, haying and other chores. They also learned to shoot grouse or game birds and catch trout in the creek. The two rode horseback to Rock (Lazy ) Lake to be schooled by Mrs. Stevens. Betty married Archie Horie in 1927 and had a home adjacent to her parents land. Later she married Bill Busch and worked the big homestead until Fish and Wildlife purchased it. George and Dora lived their declining years in a cabin beside Barb and Ken Roberts home at the south end of Wasa Lake.

Lower down Wolf Creek Road a pair of modern homes stand near where the early stopping house "The Grange" stood. Both the creek and the road have been altered since pioneer days. And the uphill section past Montieth's has been built up in the past twenty-five years (with more housing proposed in the near future.) Thanks to my guide and the Busch and Hannant pages in Kootenay Ripples history book I enjoyed a glimpse of some early Wasa history.







# The Lions Den

#### **Annual Dog Walk**

The Annual Dog Walk was held on Sunday, May 1<sup>st</sup>. This fund raiser is unique in that three of the local Lions Clubs - Cranbrook, Mark Creek and Wasa - all work together, each club taking charge of a different component of the Dog Walk. Approximately \$3,600 was raised. Thank you to everyone who participated, sponsored a dog or donated to the event. Everyone had a great day, although there was one wee pup who had a small objection to our new mascot and growled at him. Leo the Lion, our mascot, graciously turned the other cheek.

### **Lions Annual Garage Sale**

The Lions held their annual Community Garage Sale on Saturday, May 21st. There were a large number of great items to choose from and many donated treasures found a new home! There were a number of other vendor tables set up as well, so there was a great variety of bargains to be purchased. Thanks to the generosity of our community, the Lions raised over \$1,000! To all who donated, to those who helped out before, during and after the sale and to those who found a bargain - we thank you!

#### Mike Hrabichuk Scholarship

The President of the Wasa & District Lions Club attended the Graduation ceremonies of Selkirk Secondary School and presented the Mike Hrabichuk Scholarship. The recipient of the award is Shaylene Bradley. The Lions congratulate Shaylene and wish her success in her continuing studies.

#### Wasa Fun Days

As anyone who attended Fun Days will tell you, the rain wasn't great but despite the weather, Fun Days was an overall success! The Strings 'N Things entertainment proved to be a big hit, with different bands coming in to play throughout the day, starting right at breakfast time. The kids had a fun time at the Kids Booths and were able to stay relatively dry as the games booths are covered. The ball teams enjoyed the tournament and each team gave it their all, not letting the rain slow them down. The Planter Draw was a big hit with lots of last minute tickets purchased. The Children's Train was a big hit, as always, as was the parade.

#### **Lions Medical Loan Closet**

If anyone has borrowed medical supplies and no longer needs them, please return them as we are constantly receiving requests for supplies.

#### **Rink Boards Still Available**

Contact any Lions member to purchase for \$250.00.

#### And the Winners Are.....

#### • PARADE:

- ADULT BEST BAND Kimberley Pipe Band
- Juvenile Band Cranbrook Tri School Bugle Band
- Best Costume Tied for 1st Place
   Violet Show Girl & Danlia Welcome to Rio
- BEST WALKING GROUP Zoe, Teneal, Minnie, Haylee
- Best Motorized Float BC Parks & Jerry Moose
- Best Clown Leo The Lion
- Antique Cars 1st Place Ray Soum
   2nd Place Tie Weldon and Yazinski
- Animals 1st Place Kaitin Brooks Horse
   2nd Place Ronnie Hyme Horse

#### • PLANTERS:

A heartfelt thank you to everyone that purchased tickets and a special thanks to "Penny Acres Greenhouse" for donating the flowers, planting the planters and taking such great care of them. The planters were so beautiful and the winners are absolutely delighted!!

- #7 Octagonal Planter Laura Sherret, Cranbrook
- #6 Square Planter Amy Jane Bernard, Kimberley
- #5 Wheel Barrow Planter -Kathy and Gaetan Boue, Wasa
- #4 Small Wagon Planter Brenda Rauch, Wasa
- #3 Larger Wagon Planter Fran Ronak, Calgary
- #2 Three Tier Planter Brenda Rauch, Wasa
- #1 Waterwheel Planter -Laura Sherrett, Cranbrook

Note: Laura Sherrett, winner of the waterwheel planter, was unable to place the planter in her yard and has graciously donated it to the Dr. F. W. Green Memorial Home in Cranbrook, where one of her family members resides. The gentle souls that live in the Home will now be able to sit in their patio garden area and listen to the soothing sounds of the water. Thank you, Laura!"

#### • 250 Draw:

- \$25.00 Orlena Campbell
- \$50.00 Sue McCarthy
- \$75.00 Roxanne Blundell
- \$100.00 Ron Gall
- \$500.00 Kelly Prinz
- \$500.00 Sam Wake (if anyone knows how to get hold of Sam, please contact Jack at 250.422.3060)

#### Thank you

A big "Thank you" to Charlie Cooper and the Triathlon Community who donated \$400.00. Charlie asked that the donation be directed toward health and fitness opportunities in the Wasa area, especially for kids and youth. Thank you!

Constantine and Monika Dinu made a \$100.00 donation towards the upkeep of the Wasa Lions Trail. Thank you Connie and Mony!!!



# From the Ashram

# Words of Wisdom

### ARE YOU AWARE OF YOURSELF?

The mind is very quick to constantly create an alternate version of any daily situation that you face. The mind is mostly made of two things: desires and fear. It is so because of the accumulation of previous experiences that one has had in life, which have left traces within oneself under the form of impressions. These impressions are in fact emotions that compel one to want reality to be different from what it is, according to what one expects, wants, likes or dislikes.

In other words, the mind deforms reality and prevents consciousness to perceive situations or other people as they are. It colors reality and transforms it into "what should be" rather than seeing "what simply is". When someone talks to you badly, your mind creates a second problem, which is: "this should not happen". If you come back to the reality of what is happening within yourself, you will realize that even your anger cannot remove the fact that someone has

talked to you under the influence of their own emotions, which also deform reality and make them say bad things.

When you lose consciousness of your presence and, hence, what is going on within yourself, the mind digs into your memories to describe the current reality according to what kind of impressions have marked you in the past, and then, you lose the ability to agree with the reality of what is simply happening in front of you.

To avoid deforming the reality of any event in your daily life, as often as possible, put your attention on what kind of emotion rises within vou at that moment. You may discover that you are overwhelmed by fear, insecurity, anger, regrets, jealousy, envy, and the like, and the fact that you are now conscious of this emotion will prevent your mind to dramatize or deform any fact that is just happening. Peace of mind will be with you and you will then act perfectly!

What happens and you cannot fight

against what is happening; you ヒ first have to accept it, then deal with it with a clear mind.

As soon as you lose awareness of yourself, you stop existing in your own life, and you lose the ability to perceive what is happening as it is. Then your mind can replace a simple fact by a nightmare that does not truly exist. But it is merely something that is happening.

If you want to be calm and secure, so you can act justly, remain aware of yourself and of what, in you, can transform a simple fact into a drama.

May this message of wisdom be of great help at every moment of your life, especially when you cross adversity.

Warmly with you all! OM OM OM Gurudev Hamsah NandathaAdi Vajra Shambhasalem Ashram - Wasa, BC

## KOOTENAY MONUMENT INSTALLATIONS

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

In-Home Consultation OR VISIT OUR SHOWROOM

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# **RUSTIC TOMATO LENTIL SOUP**

#### - VEGAN

Fanny's Favorites All the garlic you want, minced

1 medium Onion, diced

3 medium Carrots, diced

2 tbsp. olive oil

2 stalks celery, chopped

6 cup vegetable stock

1 (28oz.) can diced tomatoes, including juice OR 5-8 diced tomatoes with 1/4 cup Water

2 cups Cooked or canned lentils Pepper and cayenne to taste

1 cup dry pasta (short)

In large soup pot, saute garlic onion and carrots in oil until onions are translucent. Add everything but pasta and bring to a boil. Reduce heat and simmer for 20 minutes or until carrots are tender. Add pasta and simmer for 10 minutes.

# **June 2011**

			Juile 20			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 TOPS Library	2	<b>3</b> Yoga	4
<b>5</b> Church	6	<b>7</b> Quilters Library BINGO Lions Meeting	<b>8</b> TOPS Library	<b>9</b> Bible Study	<b>10</b> Yoga	<b>11</b> Gerrick Sports Triathlon
12 Church Gerrick Sports Triathlon	13	<b>14</b> Quilters Library	15 TOPS Library	<b>16</b> Bible Study	<b>17</b> Yoga	Chris's New & Used & Book Exchange Opens
19 Church Father's Day	20	<b>21</b> Quilters Library Lions Meeting?	<b>22</b> TOPS Library	<b>23</b> Bible Study	<b>24</b> Yoga	Pancake Breakfast Cut off for July Newsletter Submissions
<b>26</b> Church	27	28 Quilters Library Rec Society	29	30		

Church Service 10:30 am

- Quilters 10am-4pm
- Library Tues 11am-1 pm
- Lions Meetings 7pm
- BINGO 6:45pm
- Rec Society 7:00 pm
- Gym (M,W,F 7:30-8:30am)
- Library Wed 6:30pm 8pm
- Bible Study 7pm
- Yoga (Ashram) Hatha 5:30 pm
- Yoga (Ashram) Mantra & Meditation 7pm
- TOPS 6:30 pm

# **Wasa Community Church**

~ Pastor Gary Semenyna ~ office: 250.422.3344 home: 250.422.9226



Sunday 10:30 am

Thursday Bible Study 7:00 pm.

# • July 1st Cut off for Swim Lesson Registration Every Saturday in July & Aug 9-11:30 am Pancake **Breakfast** August No TriVillage Buzz Newsletter

# NUMBERS AT A GLANCE Antler Buyer......250.422.3444 Burger BarN......250.422.3563 Chase Saddle and Leather......250.427.5517 Chris's New & Used & Book Exch. 250. 422. 3444 Doug Ross (Property Sale)......250.422.9272 Kootenay Kwik Print......250.489.4213 Kootenay Monument Installations....422.3414 Rake N Hoe Landscaping Ltd.....250.422.3136 Springbrook Resort......1.877.422.3562 Victim Services......250.427.5621 Wasa Community Church......250.422.3344 Wasa Building Supplies......250.422.3123 Wasa Lake Diner......250.422.3366 Wasa Lions (President)......250.422.3272 Wasa Lions Ground & Rental Information -Ernie Kurze......250.422.3121 Wazza Pizza......250.422.9223