In this issue

Tri-Village Buzz
August 2017 Issue 201
Visit: www.wasalake.com / buzz

Histories Historian: The Story of Naomi Miller
by Nowell Berg

You see her bicycling or walking around Wasa Lake on the Lions path, cross-country skiing around the neighbourhood during winter and recording the communities history in a column called History Bytes.

Naomi Miller's richly lived life includes being a wife, mother of six (5 girls, 1 boy), a head nurse, a Girl Guide leader, Vice-president and President of the BC Historical Federation, author and historian, a true British Columbian.

Her father, Alan Pole Allsebrook, was born 1880 in Nottingham, England. At age six (6), he went completely deaf from scarlet fever. Despite this limitation, Alan would go on to obtain a teaching certificate from the Nottingham School of Art. He then went to Paris where he learned full figure painting along with wood and stone carving. After his Paris studies, he returned to England where he worked on the construction of the Liverpool Cathedral.

In 1911, after hearing a CPR advertisement encouraging people to buy land, grow fruit and grow rich, Alan bought seven (7) acres of water front land and a tiny cabin at Shutty Bench north of Kaslo, BC. What wasn't said in the CPR promotion was that it would take thirty years for an apple orchard to mature and bear fruit.

Alan and his youngest brother Eric were drafted into World War 1 (WW1) and returned to England in 1916. Both worked for the war effort despite physical frailties. At the end of the war (November 1918), Alan returned to Shutty Bench. Seven years later (1925) he returned to England visiting family. It was during this visit that he met Lucy Smith.

Lucy Naomi Smith, was born 1892 in Kegworth, Leicestershire. She was the local doctor’s daughter. Lucy's good friend, Dorothy, happened to be Alan Allsebrook's sister. Post-WW1, many English women faced a life of being single due to the death, some would say slaughter, of a whole generation of young men.

Alan and Lucy fell in love and were married in February 1925. Lucy's brother, Bill, was adamant there must be a telephone at Shutty Bench, which there was thanks to Andy Shutty stringing a line to Kaslo.

Born in 1927 at Kaslo, BC, Naomi grew up at Shutty Bench, on the west side of Kootenay Lake. Each day she'd make the one mile walk from the water front home and apple orchard to the one room elementary school in Shutty Bench. She was a natural student, after grade one she skipped to grade 3. “I loved school and loved my teachers,” she recalls.
THE BUILDER by Henry W. Longfellow
“For the structure that we raise
Time is with materials filled;
Our todays and yesterdays
Are the blocks with which we build”
Verse 3

VOLUNTEERS BUILD AND MAKE A COMMUNITY
And what a community we have built and have. This month I am featuring the community of Wasa and the facilities that have been built, developed and maintained by innumerable volunteers from Wasa, Ta Ta Creek, Skookumchuck, St. Mary's Road, in between and beyond. Volunteers, past and present, have generously donated unlimited hours, both seen and unseen, of selfless volunteer work for the benefit of our community. The dedication and communal effort by all have given us many facilities to be proud of.

I will begin with the building of the old dance hall which was situated behind Martin’s house on Poplar Road. Many dances were held there, with young and old in attendance, and gave happiness to those attending.

The old Wasa Hall, built by volunteers and presently the Wasa Church was built in 1945. The hall was used for dances, weddings, funerals and gatherings, “The Farmer’s Institute”, different community events and the neighbourhood school. Community members rallied together to have a new school built instead of the four schools in our area to hold the bulging student population. The school opened in 1978 and closed in 2000.

Clubs and organizations all manned by volunteers over the years have added to the social enjoyment of everyone participating and given a much needed feeling of belonging.

Please check out the KOOTENAY RIPPLES HISTORY BOOK, starting on page 641 for details of the different clubs and organizations that existed over the years. The history book may be purchased from the Rauch's at 250-422-3335 or at “The Pancake Breakfasts” in the outdoor kitchen. The breakfast's are put on by volunteers from various group and from people just wanting to help out. The finances raised help support the community. The breakfasts are held every Saturday, rain or shine at 8:30 to 11:00 a.m. from the last week in June to the long weekend in September. Visitors and locals are welcome to help and attend.

FACILITY’S
All of the facilities located in Wasa were built largely by volunteers. The Lion’s Centre, includes two baseball diamonds, the outdoor eating area, kitchen, stage, bocci, tennis and Pickle Ball Courts, bathrooms, a games centre and full sized hockey rink for skating and hockey. There is an informal camping area next to the Lion’s Centre with six spots which can be used by people renting any of the facilities.

MEMORIAL GARDEN AND COLUMBARIUM
To cap off our wonderful facilities, we have a “Lions Trail” around Wasa Lake used for walking and biking. A beautiful lake, B.C. campground, sandy beaches, parks and trails compliments our area as well as a community which helps each other.

It would be remiss not to mention the valuable contribution of “The Lion’s Club” of Wasa and all their members and spouses for their efforts and contribution in developing our facilities and community over the past 41 years. To all members, past and present, a hearty thank you.

Our community is recruiting a new wave of volunteers to take over from the older people who are less able to contribute their time due to health and age.

Volunteering is a wonderful way to feel a sense of belonging to the community.

The continued enjoyment of these facilities and programs are dependant upon the willingness of people to volunteer. New ideas are always welcomed. Please think about how YOU personally can contribute.

Refer to our monthly publication The Tri-Village Buzz which is published 10 times a year with news, articles and happenings in our community. Our volunteer editor, Wendy Davis and contributors to the newspaper including present volunteers hope future volunteers are on the horizon to ensure we can keep up the facilities and the different clubs and organizations. Thank you to everyone who has helped develop our community over the past number of decades. Please think about volunteering. Volunteers do make and build a community.

Donate your pop cans and liquor bottles (no dairy please) to the Wasa and District Lions Club to help with their scholarship fund. Please call Val at 250-422-3499 to make arrangements for drop-off at the Lions Grounds.

THE TRAILS OF YESTERDAY

Yesterday

Yesterday

THE TRAILS OF YESTERDAY
By Judy McPhee
Lake Testing

Lake testing is in full swing and results indicate a healthy lake with all tests falling within normal range. Ecoli testing has also been done and all results fall within normal range. Nitrogen and phosphorus testing will begin shortly, which is an important addition to providing us with valuable information about the health of the lake.

Thank-you to Laurie Kay for continuing to provide the very important service of lake testing to the users of Wasa Lake! For many years Laurie has done the lake testing for us and we are very appreciative of his efforts. All good things must come to an end however, and Laurie will be retiring by the end of the summer. We are looking for someone else to take over the lake testing. If you are interested please email the WLLID at admin@wasalake.ca.

Native Aquatic Milfoil

A motion was passed to contract VAST Resources to undertake an aerial (drone) survey of the lake, and in particular of the milfoil patches, so that we can make informed decisions about what steps we could take to manage the growing milfoil. This drone work is being scheduled for September. We will provide a specific date and time in the next Buzz write up, but we are looking tentatively at the second week of September. We do know after some exploration last year that the management of growing milfoil is a significant undertaking and will require community input and involvement going forward. More detail on this issue can be found in past Tri Village Buzz WLLID write ups.

Electronic Data Logger

After careful consideration and research the WLLID made the decision to contract VAST Resources to install an electronic data logger. The data logger will provide an accurate and consistent method of monitoring lake levels throughout the year. The data logger will be surveyed to an elevation level and will give us actual water level readings, as opposed to what we’ve had up until now, which is simply recording changes in water level on a non-surveyed stick. We are currently awaiting word from VAST as to when the logger will be installed, but we hope soon and we’ll keep you informed of the process.

Cameron Pond-Wasa Sloughs Flap Gate Maintenance

In order to keep culvert clear and free flowing, at times cleaning is needed and this is often an onerous and somewhat unsafe task. In an effort to make this easier and safer a handle will be welded onto the flap gate so that it can be opened with a machine to make for easier cleaning of the culvert. Troy Flanders and Mike Reimer have generously offered to donate their time for this project, which is planned for September.

Boating on Wasa Lake

Since the occurrence of the boating meeting held on May 20th at the Lions outdoor kitchen, organized by Jane Walter, our RDEK Area E representative, a committee called Wasa Area Safety Advocates (WASA) has formed. This committee is moving forward quickly to take action on promoting safe boating practices on Wasa Lake. Signage around recommended safe boating practices and the purchase of buoys indicating a slower speed zone are in the works. WASA approached both the RDEK and the WLLID to formally request funding to assist with their initiatives. At the regular monthly of the WLLID on June 17th a motion was passed to donate $1000.00 to the committee to support the initial costs for buoys and signage to promote lake safety. The WLLID has representation on the committee and fully supports safe boating practices on Wasa Lake, and we wish to see all users of the lake to continue to enjoy safe fun on the lake whether it be swimming or on a watercraft of any kind. Our next meeting is scheduled for Monday, August 14th at 7 p.m.
Continued from Cover  The Story of Naomi Miller

In the Fall of 1937, her Uncle Bill Smith, Lucy’s brother, knew that war was coming to Europe and England, so he urged Naomi’s family to make the trip back to the homeland.

On November 1, 1937, Naomi, her mother and brother Eric (born 1931) made the sea voyage across the Atlantic from Sherbrooke, Quebec, to Southampton, England.

Over the next five (5) months, they would move twenty-two (22) times while visiting all of the relatives on both sides of the family.

By Easter of 1938, Naomi was back at Shutty Bench attending school and resuming a country life by the lake.

After finishing grade 8, Naomi was supposed to go to Kaslo for High School. However, that was not to be. The school authorities told her parents they already had their quota of students from Shutty Bench. The school offered two options, pay an extra fee for her to attend, “money we were saving for university,” or take correspondence.

Naomi took Grade 9 and 10 through correspondence courses. She remembers fondly, “Mom was very very good, she sat me down to do papers.” Only once did Naomi need to consult with teachers in Kaslo. It was for a math problem that once explained she grasped the concept and successfully completed the course.

In Grade 11, a 15 year old Naomi finally went to Kaslo High School. However, that was not to be. The school authorities told her parents they already had their quota of students from Shutty Bench. The school offered two options, pay an extra fee for her to attend, “money we were saving for university,” or take correspondence.

By Easter of 1938, Naomi was back at Shutty Bench attending school and resuming a country life by the lake.

In 1942, the Japanese evacuation from the West coast resulted in “about one hundred (100) ‘A’ students arriving at Kaslo High School.” Eighteen (18) Japanese students attended Grade Eleven with Naomi and five (5) other locals. Naomi fondly recalls, “They were marvelous and I made many good friends among the Japanese students.”

After graduating high school, Naomi wanted to start the nursing program at Vancouver General Hospital (VGH). However, that was not to be. The school authorities told her parents they already had their quota of students from Shutty Bench. The school offered two options, pay an extra fee for her to attend, “money we were saving for university,” or take correspondence.

One co-worker suggested that he “explained things well and should be a teacher.”

Added to that, “In the early 1960’s the average engineer faced a minimum of thirteen contracts, each involving two or three moves, during his working life. Teaching looked way more stable and I made return to B.C. logical,” said Naomi.

Peter made inquiries back at UBC who said he would be able to complete a teaching degree in one (1) year, however, they also said “don’t bring the family.”

Living alone with four (4) girls in Saskatoon didn’t sit well with her, “I went to Kaslo, worked a bit of nursing during that year.”

Peter completed a teaching degree and interviewed for jobs right away where he said he wanted to work in the West Kootenay. He was given a teaching position in Salmo (1962). They stayed four (4) years and had two (2) more children, a boy and girl.

It was in Salmo that Naomi got involved with Girl Guides (GG). She was an active leader with GG for twenty-six (26) years. For ten (10) of those years she was a “trainer of other leaders.” While in Golden, Naomi was attached to the Monashee Area (Okanagan) and the Provincial HQ in Vancouver.

Over the years with GG, Naomi met hundreds of guides and leaders that “resulted in many lasting friendships.” She still belongs to GG as a “Trefoil Guild member.” She was given an honorary life membership in the Guides in 1987.

The next move for the family was to Riondel where they were expanding the school to include grade 12.

After Riondel, the next stop was Terrace where they stayed for one (1) year, but they could not afford to buy a home there so they made one final move to Golden. Naomi, Peter and family stayed in Golden for the next fifteen (15) years until Peter retired in 1983.

During their time in Golden, a brand new Historical Society started up. Peter was asked to be on the Board, which he did.

Naomi got involved when the Elks Club offered five (5) lots for a Historical Society building. All the Society had to do was “pay back taxes to get the land.” Bit by bit, with the help of Naomi and Peter, the Society got a museum going.

“The local history so much fun because of the personal stories,” exclaimed Naomi. “People would bring a homemade rake that Uncle John made because he couldn’t afford one. That’s were I got interested in local history.”

After Peter retired, he and Naomi move to Wasa. In January, 1983, they found a home on Maple Road and made arrangements to move. The house had not been lived in and was not finished. It became “Peter’s retirement project.”

By this time, Naomi had become the Vice-
president of the BC Historical Federation. She was President from 1986 until 1987. Then in 1988, she took over as the Editor of the Federation's British Columbia Historical News.

When Naomi began editing the News, it was twenty-four (24) pages. After consulting with Canada Post, she realized that doubling the number of pages would cost the same postage fee, so she “upped it to 48 pages.” Naomi recalls, “In order to fill up these extra pages, I'd ask people all over the province to write stories. I made a very determined effort to cover all of BC.”

She received “marvelous cooperation” from historical writers and local Societies all over BC. When it came time to produce the News, it was printed by Kootenay Kwik Print. “We had to label and put 1200 copies into mailing bags.” The packaging was all done in the front room of her Wasa home.

Naomi edited the News for 10 years as well as attend the Federation's annual meetings. "It was terrific," she said of that time.

During the 1990s, her activity as a member of the BC Heritage Minister's Advisory Committee and as a Director of the BC Heritage Trust garnered her recognition and she was named an Honorary Life Member of the Kootenay Lake Historical Society in 1999.

When the Friends of Fort Steele Society was being established, Naomi was asked to be on the Board, which she did as a founding Director. She had begun research into Ft. Steele in 1983 after arriving at Wasa. Then in 2000 she began writing a book on the towns history that was published in 2002, Fort Steele: Gold Rush to Boom Town. Naomi spent many years as a volunteer at Fort Steele telling stories of the past to tourists.

Naomi’s beloved husband Peter died November 2009.

For her work writing biographies of nurses from around BC, in May 2010, she was named an Honorary Life Member of the BC History of Nursing Society.

From 2011 to 2013, Naomi was a Trustee on the Wasa Lake Land Improvement District (WLLID). At the age of 84, she walked over to the Kootenay River by Hanson Channel “to read water level markers.”

Over the past 14 years, Naomi has written the History Bytes column for the Tri-village Buzz, a local publication covering stories from Wasa, Ta Ta Creek and Skookumchuck. Her love of local family stories continues to shine ten (10) times per year, that's 140 historical stories and counting.

In June, 2017, Naomi was recognized as the RDEK, Area E, Volunteer of the Year for her service and commitment to the community.

Naomi Miller, ninety (90) years of vital life lived and more to come.
I am happy to say that the crown land above us is once again pristine. No more nails, no more butts, no more paper waste, no more empty cans, just clean land. I hope we all learned a lesson from this experience. “All it takes for evil to prevail is for good men to do nothing” We took a stand and we prevailed.

In church we recognized Father’s Day and all of our fathers and the legacy left to us by them and the vacuum left in the thousands of father absent homes. What a tragedy! The fathers that work hard to provide food and shelter and emotional stability to families is wonderful to say the least.

Most of the children in custody today come from father absent homes. Many years ago when I worked in Oakalla Prison, we, on the night shift, had to read the tear stained letters from sorrowful mothers asking their sons “where did I go wrong in raising you?” In many of those homes there was no father to guide their sons in the right direction. When Moms have to be mother and father and than go out to work, find it extremely difficult to raise well behaved children.

There has been some but they are rare indeed and God bless them for trying very hard to raise their children to be God fearing, well behaved children.

God bless all you fathers who are out there trying to be good dads and directing your children to be upstanding citizens. Some of you have to be dads by extension and teaching your kids when they visit on the weekends, I feel especially sorry for you, God bless you for trying.

Farewell To the folks in the Wasa area as my last Sunday here in Wasa is the 30th of July I would like to thank everyone for your kindness to my wife and I. It has been such a pleasure to be around such positive people. You have treated us with love and respect, and we appreciate it.

After the end of July we will be heading home to Greenwood for a week and then off for a trip across Canada for three months and then back to Greenwood. We are hoping to sell our home in Greenwood and relocate somewhere near Cranbrook where our daughter and grand kids live.

Our time here in Wasa has been very enjoyable and it has been great to meet so many of you. Hopefully we’ll be able to visit out here in the future and see some of you folks at the gas station or the diner.

Best wishes in the future.
Paul and Ev. Brandon, Pastor, Wasa Community Church

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**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

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Invasive Plant Bylaw
Enforcement Policy and Procedure
The RDEK Weed Control Officer will be able to respond to invasive plant complaints on private property. The officer will assess and “field truthing” the invasive plant species. Ranking will be between 1 to 4 with 1 being the highest priority based on the size of the infestation.

The sites ranked as a 1 will be acted upon first, followed by priority sites 2, 3 and 4. The officer will assist the land owner through education, awareness and in some cases financial support. This is always the first step in the Neighborhood Invasive Plant Program (NIPP).

If voluntary compliance is not achieved and the landowner is not willing to control the species, Invasive Plant control through enforcement may be initiated. Enforcement will be in the form of the RDEK hiring a contractor to control the infestations through mowing / trimming, hand pulling or herbicide treatment etc. and the landowner will have to cover the cost. If a landowner doesn't pay the cost of the contractor the RDEK may recover the cost through the owners tax account.

For more information please contact Jamie Davies at (250) 489-3498 or email at: jfdavies@rdek.bc.ca

Grant - In - Aid
The Wasa and District Lion’s Club will receive $1,247.68 for the purchase of 2 industrial coffee pots (one for the Wasa Hall and the other for the Wasa Lion’s outdoor kitchen) and also for the replacing of two power bars which are used during the pancake breakfasts.

RCMP Meeting
The RDEK Electoral Directors are hoping to meet with the RCMP during the UBCM Convention to discuss concerns around parties and raves on Crown and private lands. Also included for discussion are staffing levels, aging police vehicles and speeding in rural communities.

Please support the pancake breakfasts held Saturday mornings at the Wasa Lion’s Outdoor Kitchen. The funds raised are used to help groups provide various amenities throughout Wasa, such as the Wasa Hall, the Library and the Wasa Lion’s Grounds.

Wasa & Area Planning Projects 2017-2018
The Regional District is proposing to include two new Development Permit Areas in the Wasa and Area Official Community Plan and to permit detached secondary suites within the Electoral Area E Zoning Bylaw.

An Open House was held on July 26th at the Wasa Community Hall. Those in attendance had the opportunity to review the proposed bylaw amendments, ask questions and provide feedback on the proposed changes.

Environmentally Sensitive Area Development Permits - The purpose of an ESA Development Permit is for the protection of the natural environment. The initial ESA Development Permit bylaw was presented at a public meeting in June 2015. Following the public meeting, Regional District staff met with residents to discuss their concerns, hired a professional consultant to review and update the ESA mapping and made revisions to the proposed bylaw.

Form and Character Development Permits - The primary objective of these Development Permits is to ensure that commercial and industrial development is attractive and compatible with the surrounding area. A second objective is to establish guidelines that promote reductions in greenhouse gas emissions and the consumption of energy and water.

Detached Secondary Suites - The Regional District is proposing to amend the Electoral Area E Zoning Bylaw to permit detached secondary suites in zones that currently allow secondary suites within a single family dwelling.

Further information and a comment form is available on the RDEK website: http://www.rdek.bc.ca/departments/planning/plans/wasa_and_area_official_community_plan/

The comment period deadline is September 29th, 2017. Following the comment period, there may be revisions made to the bylaws or the bylaws may proceed to the formal referral process followed by a Public Hearing.

To discuss the bylaws or provide feedback, please contact: Michele Bates, Planner at 250-489-2791 or mbates@rdek.bc.ca

Mosquito Update
The high low-elevation snowpack this winter and spring run off in those low-lying areas have resulted in a very challenging year for mosquitoes right across the East Kootenay. I have received calls and emails about the mosquitoes in the Wasa/ Ta Ta Creek/Skookumchuck area. While we have no doubt had mosquitoes, we have also had aggressive treatment in the control area that has treated over 1000 hectares by air and over 47 hectares by ground. These treatments have eradicated thousands of larvae and have made a difference on the ground. Contractor Kendra Lewis continues to monitor and treat hot spots. River levels are dropping and, combined with the treatments, we are hopeful we will soon see further reductions in mosquito populations.

I hope everyone is enjoying the summer.
Jane Walter, Area E Director
email: Jjanewalter@gmail.com / phone: 250-427-2577

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1. **Tips for August gardening:**
   Trees and shrubs may look good now but, if too stressed by drought, they will be more susceptible to pests and diseases in the future. Remember that light watering will do more harm than good by encouraging root growth at the surface where those roots are killed quickly on hot days. When you do water, soak deeply.

2. **Handyman Repair:**
   Enlarged screw holes can be quickly repaired, by filling the hole with a wooden golf tee. Use a hacksaw to saw the tee flush with the wood’s surface, then sand and finish.

3. **Summer has been HOT and DRY with an abundance of Mosquitoes.** Remedy for mosquito repellent is rubbing apple cider vinegar on your skin to repel insects. If you take in enough apple cider vinegar by putting it on foods you eat, you’ll develop a body odor that will repel insects, including black flies. One great and refreshing summer drink for this purpose is switchel, made from apple cider vinegar.

**Switchel Recipe**
- 1 cup ginger, chopped
- ¾ cup maple syrup (or raw honey)
- ½ cup apple cider vinegar
- ⅔ cup lemon juice
- 5½-6 cups water
1. Fill a 2-quart saucepan 2/3 with water and add ginger.
2. Bring water to a boil and allow ginger to boil for about 2 minutes.
3. Remove from heat and let ginger steep for 20 minutes.
4. In a 2-quart pitcher, add maple syrup, apple cider vinegar and lemon juice.
5. Strain ginger as you are pouring into pitcher.
6. Stir and mix all ingredients well.
7. Can be served warm or on ice.
8. Add more water to dilute if needed.

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**Wasa Memorial Garden**

The Memorial Garden has taken on its summer presentation after a clean-up and an Inurement (new word for burial in a columbarium niche).

Sandy Kay has planted flowers in the novel shaped planters. Her plan for magic are enhanced by the growth of donated spruce trees which look healthy, add partial shade, and muffle the sounds of highway traffic or ball games. Any of the benches offer welcome to someone pausing to enjoy this quiet, scenic retreat from everyday humdrum.

Locals consider whether you wish to honor a family member on the Memorial Wall or have his/her cremains in a columbarium niche. Contact Bev Rauch or Pat Walkey. See numbers on the advertisement below. Thank you to Sandy Kay for her artistic touches and her weekly volunteers who keep this garden at prime.

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**In Memory of Vi Cockell**

By Sherry Shields

Wasa Memorial Garden has something for every soul who should be remembered or needs a final resting place. There is a Columbarium with Niches large enough to hold two sets of cremains or the option to purchase a memorial plaque in honor of your loved ones.

Check out the space at the end of Schoolhouse Road in Wasa. Call Bev Rauch at 250.422.3335 or Pat Walkey at 250.422.3530 for information.

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**Randy’s Home Rejuvenations**

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Women’s Institute of Canada - Kaslo Branch

A group within the Farmer’s Institute In Stoney Creek, Ontario decided that women would be better served by their own organization. Hence Women’s Institutes commenced in 1897 under Adelaide Hoodless and the Ontario Department of Agriculture. Their motto was “FOR HOME AND COUNTRY”. Local chapters were soon formed, each with general advice programs for women and specific initiatives for local needs.

By 1909 British Columbia was experiencing a surge of immigration from eastern Canada, USA and Europe. The BC Ministry of Agriculture asked the Ontario ministry to send Miss Laura Rose to travel through the province to recruit leaders to form new branches of W.I. in BC. Over 200 communities welcomed the program. While implying that farmer’s wives were the bulk of membership, history reveals that wives of leading citizens in each community joined and became officers in most branches. The first branch in BC was set up in Gordon Head near Victoria where the daughter-in-law of Dr Hugh Watt of Fort Steele became President.

Kaslo joined this energetic league on November 10, 1909. They quickly gained attention by offering workshops on growing and canning fruit, keeping poultry, using wood stoves, plus supporting schools, skating rinks, playgrounds, offering scholarships, creating a local library, caring for a cemetery or planting trees on boulevards. In 1911 they organized a Flower Show which continued annually thereafter. A sample agenda for 1913 was:

- January: Discussion on Programme for the year.
- February: Hair Switches. Recipe Exchange
- March: Gardening. House Cleaning, April: Play
- Ground clean up and Tree Planting May: Fireless Cooker; Buttonhole Competition June: Salad Demonstration July: Talk on Chickens: The Ideal Wife and Mother August: Food Values, Balanced Ration September: What could be Done to make Kaslo a Better Place October: Christmas Cakes and Icings November: Paper Flowers December: Hair dressing

WW I saw a surge in W.I. activities with more serious jam making, parcels overseas, welcoming returnees and their overseas brides, paying for additions of names on monuments, and continuing scholarships and bursaries for local students. However, most of the W.I. members also had other affiliations, were slowing down physically so dropped out of this valuable community organization.

In 1956 each Chapter of the Women’s Institute was urged to write their local history. Just recently that work appeared in Kaslo for the Archives and was photocopied for me. The 50 pages were hand printed with black and white pictures appropriate to the context. Stories begin with the first settlers, the mines, transportation, schools and school teachers, and the fire and flood of 1894. In 1896 the Governor General of Canada, Lord Aberdeen and his wife visited Kaslo, inspected the school and admired the trees planted on boulevards. They were greeted by John Keen, resident surveyor, and his wife. Mrs. Keen talked to Lady Aberdeen about the need for a hospital. Within a year Lady Aberdeen notified Mrs. Keen describing the new Victorian Order of Nurses. A proposal stated that if citizens of Kaslo and District procured a suitable site and raised $1,000 the Victorian Order would donate $1,500 for building a hospital. Mrs. Keen and her brother canvassed the community, quickly passing the requisite sum. A site up the hill was donated, and a contract let for logging and grading the lots. On October 12, 1903 the Victorian Hospital was formally opened. It served the community well until about 1970. The key lady leading that project became prominent in the Women’s Institute. The zealous lady who wrote about Mirror Lake firmly took over roles in the Women’s Institute in Kaslo! Creston is the only remaining Chapter in the Kootenays in 2017.
The Wasa Pancake Breakfast will take place every Saturday from July 1st to September 2nd, 2017 at the Wasa Lions Picnic Grounds.

### Pancake Breakfast

**from**
8:30 a.m. to 11:00 a.m.

**Breakfast includes:**
- Pancakes
- Scrambled Eggs
- Sausages
- Juice or Coffee

**Large $6.00 / Small $5.00**

**Just Coffee/Juice $1.00**

### Market

**from**
9:00 a.m. to 11:00 a.m.

Come out and visit the vendors
- Home Baking
- Crafts
- Gently Use Items
- Jewelry

*Vendor Tables No Charge*

### 2017 Pancake Breakfast Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
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<tbody>
<tr>
<td>July 1</td>
<td>TOPS</td>
<td>August 5</td>
<td>Wasa Lions Club</td>
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<td>July 8</td>
<td>Historical Society</td>
<td>August 12</td>
<td>Wasa Ball Team</td>
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<td>July 15</td>
<td>Wasa Community Library</td>
<td>August 19</td>
<td>Wasa Lions Club</td>
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<tr>
<td>July 22</td>
<td>Wasa Community Church</td>
<td>August 26</td>
<td>Wasa Country Quilters</td>
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<tr>
<td>July 29</td>
<td>Recreation Society</td>
<td>Sept 2</td>
<td>Kimberely Refugee Relocation</td>
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</tbody>
</table>

Wasa Country Market and Pancake Breakfast Committee:
- Karen Markus / Jim Hill
- Bonnie Meena
- Val Dmytriw
SUMMER CROSSWORD

ANTS
AUGUST
BARBECUE
BASEBALL
BEACH
BREEZE

ACROSS
1. Light rain
2. Single
3. String
4. Jumping & hopping game
5. Summer month
6. Have lunch
7. Very warm
8. City home for wild animals
9. Summer month
10. Sandy spot
11. Water sport
12. Used to pave roads
13. Relax

DOWN
1. Short form of sister
2. Time piece
3. Cool wind
4. Musical symbol
5. Summer month
6. Go it alone
7. Weather word
8. Capture
9. Leisure activities
10. Follows a car
11. June 21
12. Always do your ___
13. Pools are full of ___
14. Birds home
15. Suntan ___
16. Hot ___
17. Summer month
18. Better ___ than never
19. Yes, you sleeping?
20. Take a seat

SPOT 10 DIFFERENCES

ANTS
AUGUST
BARBECUE
BASEBALL
BEACH
BREEZE

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

MARIO'S FUN PAGE
ANSWERS
PAGE 14

ANTs
AUGUST
BARBECUE
BASEBALL
BEACH
BREEZE

ANTS
AUGUST
BARBECUE
BASEBALL
BEACH
BREEZE

HOT
ICE CREAM
JULY
JUNE
MOSQUITOES
NO SCHOOL
PICNIC
ROLLER BLADES
SANDALS
SKATEBOARD
SOCCER
SOLSTICE
SPRINKLERS
SUNBURN
SUNGLASSES
SUNSCREEN
SUNSHINE
SUNTAN
SWEAT
SWIMMING
U V RAYS
WASPS
WATER FIGHTS
WATERMELON

ISSUE 201  AUGUST 2017  TRI-VILLAGE BUZZ  11
**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!
  - Mondays, Wednesdays and Friday Mornings from 7:30 a.m. to 8:30 a.m.
  - Monday to Friday Mornings (inclusive) from 10:00 a.m. to 11:00 a.m.

The **Wasa Recreation Society’s** main objective is to generate funds to keep the Wasa Hall running. Wasa Recreation Society members meet in the basement of the Wasa Hall in the Quilters Room on the last Tuesday of each month. **Everyone is invited to attend.** Listed below are some of the user groups and contacts:
- Hall Rentals and Information Karen Markus 250.422.3514
- Gym Sonia Blackwell 250.422.9201
- TOPS Susan 250.422.3510
- Library Judy McPhee 250.422.3766

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

---

**FRESH BERRY COFFEE CAKE**

**Preheat oven to 350°. Spray 10" Bundt Cake pan with non stick cooking spray.**

**Berry Mixture** Stir together:
- 2 cups fresh raspberries, blueberries or huckleberries
- 6 Tbsp brown sugar

**Flour Mixture** In a separate bowl mix together:
- 2 cups flour
- 2/3 cup sugar
- 1 tsp baking powder
- ½ tsp baking soda
- ¼ tsp salt

**Cream Mixture** In a 3rd bowl cream together:
- ¼ cup sour cream
- ¼ cup butter melted
- 2 tsp vanilla
- 2 eggs

Stir in flour mixture just until moist. Sprinkle ½ cup Berry Mixture and 1 cup pecans in prepared bundt pan. Pour in half the batter. Pour on the remaining Berry Mixture and 1 cup pecans. Spread remaining batter over berries. Bake in preheated oven for 35 to 40 min. Frost cool cake (Mix: 2 tsp milk, ½ tsp vanilla, ½ cup confectioners sugar)

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**Answers**

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<th>1</th>
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<td>5 1</td>
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<td>2 9 4 5 6 8 1 3 7</td>
<td>6 7 2 9 3 5 4 1 8 9 5 7 2 4 1 9 5 3</td>
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</tbody>
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| 1. Leaves missing from tree |
| 2. Boys lip missing |
| 3. Boy missing a freckle |
| 4. Heel missing from shoe |
| 5. Ball moved |
| 6. Dog has extra spot |
| 7. Dog tag missing |
| 8. Extra flower on bush |
| 9. Boys sleeve darker color |
| 10. Boy missing an ear |
Wasa Lake by Night - This beautiful photo was taken by Eric Jansen. The bright light is because it was a timed exposure.

Why Volunteer

It's not for the money.
It's not for the fame. It's not for only personal gain.
It's just for love of fellow man.
It's just to lend a helping hand.
It's just to give a tithe of self.
That's something you can't buy with wealth.
It's not for medals won with pride.
It's for that feeling deep inside.
It's that reward down deep in your heart.
It's that feeling that you have of helping others far and near.
That makes you become a volunteer.

Author Unknown
The mystical power of the horse
The yoga of the horse

Nobility of the Horse should be earned by
his rider through a great deal of purification
of Heart and Spirit.” It’s not because you
have a horse that you have pierced all his
secrets and supernatural abilities.
We meet so many people who are with
their horse as they are in life: always
wanting something from their horse.
They cannot approach the horse without
their own expectations; they always have
demands and a desire to control and tame
the horse in order to be its “master”.
The horse isn’t fooled by this; he knows
and feels this egoistic barrier, as he is
never engaged in the “gaining process.”
He is in a state of being, but not aware
of it. Projecting your desires onto your
horse is not being “with” your horse, nor
is constantly wanting something from
him. The most enlightened horseman or
horsewoman is the one approaching their
horse with an empty mind, totally free
from all demands or expectations. That
is the true Spirit of the Yoga of the Horse
(“Ashva Kalana Yoga” in the Sanskrit Indian
Scripture).

This doesn’t mean you should not ride
your horse and train with him. It means
you should train yourself to be one with
your horse in order to dissolve your own
fears. Horses are extremely sensitive
to fearful creatures. Have you ever meditated
in the middle of your horse’s pasture or
sat in his paddock or stall? Have you ever
approached your horse with the direct
intention of simply being with him? If so,
have you done it occasionally or have you
done it regularly, until you reached the full
perception of who this giant Soul is, just
beside you, communing with you in the
form of your horse? Is he just a horse? Are
you only this human being? This inquiry
takes time... it takes love... and it takes
a selfless presence. But after a certain
time in meditation with horses, the fruit
of this Yoga is amazing, overwhelming,
and enlightening. It’s as if every part of
your heart wanted to say to your horse:
“Oh! My dear Friend, will you forgive all
that have done to you through ignorance
and blindness of my own ego? Wonder
of Creation, I didn’t know, I didn’t know
what it was to be one with you, my Brother
or Sister Horse! I didn’t know that your
physical beauty was a pale reflection of the
Majesty of your Soul! I realize that you also
are a Divine Creature. Let me pay
homage to the Supreme Self within you
...OM OM OM.”

After this experience, how could you ever
be the same with your horse? All has
changed. From now on it is not you and
your horse, but your Horse and you.
There are some people in the world of
horsemanship who are already great Ashva
Kalana Yogis and Yoginis, even though they
don’t know it. They have discovered how
to enter the Horse’s Spirit, to connect heart
to heart, and to give to the horse, rather than
taking from him.

A few weeks ago, I sent one of my horses,
a noble Canadian Horse named “Vajra”,
for training under the good care of my
dear and respected horsewoman friend
Tanya Ryan at her Horizon Equine Facility
near Cranbrook, BC. During one of my
visits to him after a month of training, I
witnessed something unique between
Tanya and Vajra. It is certain that my own
yogic practice helped me perceive what
I’m about to tell you. Tanya was on Vajra
guiding him to walk and trot with kindness
and elegance. I was outside the round pen,
but they were together as one in there, a
single world between them. Vajra was not
distracted by me nor by all the activities
in the center; they were one amidst a
moment of absolute simplicity and trust,
and it was beautiful and soothing to me.
It was as if nothing could have broken
this Unity, like a magnetic shield of unity
and joy between Vajra and Tanya. They
were not working, they were simply
sharing without words. Tanya wanted to
please Vajra so he could be happy with

Venerable Gurudev Hamsah
Nandatha practicing walking
meditation among his horses
with his Great Pyrenees dog “Honto”
in his Ashram in Wasa, BC, Canada.

There are many
spiritual traditions around the world that
grant great spiritual powers to horses. This
is why, in all advanced societies, horses
have been greatly respected for their
sacred attributes. Like many of us in this famous North
American West region of the world, where
horses are such an important part of our
lives, I have always been a horse lover.
From this love, I became a horseman,
and then a Spiritual Guide for horses.
I was even directly encouraged by my
own Guru, His Holiness the Lord Hamsah
Manarah, to practice the Yoga of the Horse,
called “Ashva Kalana Yoga” in my Ashram
(Spiritual Sanctuary). This means that I
have learned a lot from horses, and, as
Yogi, they too have learned a lot from me,
because like us, horses are also great Souls.
Humans, horses and all other creatures are
all on the Path of Evolution and Expansion of the Consciousness.
The Yoga of the Horse is as ancient as it is
secret in terms of Spiritual Practice. This
Initiatic Path is not made for those who
wish to prove themselves through their
horse’s abilities. The Yoga of the Horse is
for those who aspire to realize the true
Self through their oneness with their
horse. Horses are often used to sustain the
egoistic ambition of their owner. I do not
“own” horses, I am with Horses. Even if the
horse is naturally noble and truthful, it is
not necessarily the case of his owner. My
master once told me: “The Transcendent

T. O. P. S.
Take Off Pounds Sensibly
Every Friday
Weight-In 8:30 a.m.
Meeting 9:00 - 10:00 a.m.
Wasa Community Hall

More Information Contact:
Susan: 250.422.3510
Irene: 250.422.3686
1.800.932.8677 (Toll Free)
www.tops.org
himself, and Vajra then wanted to please Tanya, even though he is still a childish three-year-old horse. Tanya Ryan is truly a great, accomplished practitioner of the Yoga of the Horse; she is full of love and compassion for horses. Her state of mind at that very moment was exactly the same as the one of a Yogini in her cave at the top of the Himalayas: an empty mind with a very warm heart.

The Horse possesses both physical and supernatural power. Humanity owes an inestimable debt to the Horse, which has completely changed and expanded communications among humans. The Horse has the reputation of increasing balance in human hearts. But the true power of the Horse resides in his inherent Wisdom. The Horse helps those in contact with him to better understand the True Meaning of Existence and to continue their present life journey that began lifetimes ago. In short, the qualities of the Horse are Compassion, Tenderness, Enlightening of Superior Essential Knowledge, natural Love and Sharing of Powers of Inner Awakening. He is also the great Promoter of talents and abilities that open our own Path toward Enlightenment. When you watch any horse, remember that the horse watches you, but also sees through you.

This article is dedicated to all horsemen and horsewomen, and to all those who will discover the Spiritual privilege of being in the presence of a Horse.

Warmly yours with Love. Have a beautiful summer!

Venerable Gurudev Hamsah Nandatha
Adi Vajra Shambhasalem Ashram, Wasa, BC Canada
If you like these articles by the Venerable Gurudev Hamsah Nandatha, reread them in Words of Wisdom, a collection of the articles published in this column from 2008 to the end of 2015. The book is available at the Ashram and at the Wasa General Store.
### August 2017

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
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**Sunday, August 6th**  
- Happy Birthday Joyce

**Monday, August 7th**  
- Full Moon

**Tuesday, August 8th**  
- BINGO 6:30 Early Bird 6:45 Regular

**Wednesday, August 9th**

**Thursday, August 10th**
- No Meditation Ashram

**Friday, August 11th**
- No Meditation Ashram

**Saturday, August 12th**
- No Meditation Ashram

**Sunday, August 13th**

**Monday, August 14th**

**Tuesday, August 15th**

**Wednesday, August 16th**

**Thursday, August 17th**

**Friday, August 18th**

**Saturday, August 19th**

**Sunday, August 20th**

**Monday, August 21st**

**Tuesday, August 22nd**

**Wednesday, August 23rd**

**Thursday, August 24th**

**Friday, August 25th**

**Saturday, August 26th**

**Sunday, August 27th**

**Monday, August 28th**

**Tuesday, August 29th**

**Wednesday, August 30th**

**Thursday, August 31st**
- No Meditation Ashram

### Special Events and Days Down the Road

- **Tuesday, September 12th**  
  Library reopens

- **Friday, September 29th**  
  Comment period deadline on proposed OCP changes

### Numbers at a Glance

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

### Contact Information

- **Ashram Meditation & Yoga** 250.422.9327
- **Bruno's Plumbing** 250.342.5105
- **Catamount Contracting** 250.422.3694
- **Cory's Dog Grooming** 250.427.2311
- **Cranbrook/Kimberley Hospice** 250.417.2019
- **Econobuilt** 250.421.7813
- **Hi Heat Insulating** 250.422.3457
- **HD Railings** 250.422.3457
- **Kootenay Kwik Print** 250.489.4213
- **Kootenay Monument Installations** 250.3414
- **Lantz Farms (Hay)** 250.420.1660
- **Pos n Go** sales@posngo.com
- **Randy's Home Rejuvenations** 250.420.7471
- **Wasa Country Pub & Grill** 250.422.3381
- **Wasa Lake Gas & Food** 250.422.9271
- **Wasa Hall** 250.422.3514/422.3640
- **Wasa Hardware & Building Ctr** 250.422.3123
- **Wasa Lions Med Equip** 422.3227/422.3499
- **Wasa Lions Trail Donations** 250.422.3773
- **Wasa Memorial Garden** (Bev Rauch) 422.3335
- **Wasa Post Office** 250.422.3122

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