



FREE MONTHLY PUBLICATION

TRI-VILLAGE BUZZ

March 2023 ISSUE 259

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Spring Blessing

*May sunny mornings
invigorate your soul.*

*May the smell of fresh flowers
fill your home.*

*May rainy days and thunderstorms
slow your pace.*

*May your Saturdays be filled
with outdoor fun.*

*May the smell of freshly cut grass
and spring breezes
remind you that
change is beautiful.*



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How to Catch a Leprechaun

Training to catch a leprechaun is a fun family activity near St. Patrick's Day. You must first learn about Irish folklore, and then develop a plan to catch the Irish trickster with traps and games.

Making a Leprechaun Trap

Build a trap for a leprechaun. Because they are said to be little people, you could build a trap for a leprechaun out of a shoe box. Either way, choose something small.

Make a trap door in it. Or prop it up with a dowel that you glue to it.

In addition to a shoebox, you could use anything small, such as a clean can, a paper towel roll, a bag, a net, or an old shoe. You could also put honey inside the trap so the leprechaun will get stuck inside the trap.

Cut a hole in the top of the shoebox, and cover it with a small piece of felt. You will place your bait on top of the felt. When the leprechaun snatches it, the leprechaun will fall down the hole and into the box.



Make a trap out of a cylinder. You could use a cookie can or oatmeal cylindrical container instead, cover it in scrapbook paper, and prop a cardboard ladder up the side. If the leprechaun enters this vault, he won't be able to get out.

Put two holes in either side of the cylinder at the top and put a toothpick or other small stick through each end.

Tape a perfect circle you make out of construction paper to the skewer. This will make a swinging trap door.

Make the trap shiny. Since leprechauns are drawn to shiny things, you could wrap the top of the leprechaun trap with tin foil.

You could also paint it gold. Sprinkle it with glitter and other shiny decorations that will appeal to a leprechaun.



Some people paint their leprechaun traps green in honor of the leprechauns' native Ireland. Decorate the trap with Irish symbols the leprechaun will like. Four-leaf clovers and rainbows may attract the leprechaun.

Put a trinket inside the trap to draw in the leprechaun. Since leprechauns are tied to gold, that's a good choice for bait.

Try an earring. Gold coins are said to make good bait for leprechauns. You can buy gold foil covered chocolate coins at candy stores. As for food and drink, leprechauns like whiskey and dandelion tea.

continued pg 2

They live in the wild, so they eat nuts and mushrooms.

Put the box in a corner and wait for the leprechaun to take the bait. Time your trap right. Folklore holds that leprechauns are very active the night before St. Patrick's Day (March 17).

Go looking for secluded spots around the yard. Leprechauns like to use rocky places, caves, holes and other hidden areas to live and make their shoes.

Spot where the leprechaun has been there. How do you know if you trap snagged a curious leprechaun?

A trail of green or gold glitter may be spotted leading into and out of the trap. Perhaps a leprechaun would leave a trail of Lucky Charms cereal if you really want to get creative.

The leprechaun might turn a nearby cup of milk green with green food coloring or leave tiny footprints around. A leprechaun is no taller than 2 feet (0.6 m) 6 inches (75cm) so his feet are smaller than most human footprints.



CAUTION!!

Temperatures will soon make ice on the rivers and lakes very unsafe to be on. Be careful out there!

HELP STARTS HERE ...



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The Lions Den Lions Roar

Wasa & District Lions Club – Serving Wasa & Area since 1976

submitted by Terry Marvel

March is on the way! Hopefully an end to the seemingly endless winter. It seems as we age, each winter gets longer despite global warming. I know it's time to start the seedlings etc., but with all the snow on the ground, it looks fruitless. Take heart! Spring is on the way. The days are much warmer now and it puts one in a better mood naturally.

The Lion's have been busy removing the old floor of the storage room in the back of the country kitchen in preparation of the pancake breakfasts and rentals of the Lion's Grounds. The old floor has rotted away due to flooding over the years and lack of ventilation. The money for this project was raised by raffles and donations to the club. We have applied for a grant to purchase anti-fatigue mats for the floor to be used during the pancake breakfasts to avoid standing on the hard concrete.

The Lion's are hosting a spaghetti dinner on March 11 to raise funds. Tickets are to be available at the Wasa Post Office. So, come and partake and bring your appetite! The event will be held in the Wasa Community Hall.

The Christmas Dinner is back! Our popular Christmas dinner and dance will proceed this year on December 2nd. The draws for the many donated gifts will be one of the highlights of the evening and music will be provided by Lily the DJ. The night promises to be a great time. So, prepare yourselves!

As always, the Lion's Club is always looking for new members. This is a good way to volunteer in the community and get to know your neighbors and make new friends. Just contact any Lion's member to attend a meeting and see if our club is for you.

Raffle tickets will be sold at the pancake breakfasts for our donation to the Interior Health for the Starlite Campaign for the Oncology department at the regional hospital for treatment locally instead of having to travel.

So go with the green and have a happy St. Patrick's Day. See you next month!



TOPS SPOT

submitted by - Wilma Harding

A few years ago, I was telling a friend that I was having trouble fitting into my clothes as my weight had been inching up. She immediately invited me to a TOPS meeting. Since the first visit was free, I felt I had nothing to lose (pun intended). I actually had a lot to lose! I was warmly welcomed and joined up that day. I discovered that I already knew most of the members. Over the next couple of years, I slowly lost weight and could wear some of my favorite outgrown clothes again.

Then, worsening arthritis and a diagnosis of diabetes got my attention and I determined to get serious about my weight. Another 15 pounds down, my sugars are stable and my mobility has improved.

We focus on weight loss by weekly weigh-ins, recognition awards and encouragement from our group. When I have a difficult week and don't really want to admit that the scale is going up instead of down, I am reassured by my fellow members that "We're glad you're here".

TOPS isn't only about weight loss, although that is the objective measurement. We laugh – a lot! Each week a short program is offered dealing with many and varied healthy lifestyle issues. I am so happy I am part of the camaraderie in this group.

A sign in our weight room says "What you see here, what you say here, what you hear here, stays here" so I am confident my interests are secure.



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or



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VOLUNTEER WITHIN THE COMMUNITY

Are you new to the Community? Recently retired and have time on your hands? Want to meet neighbours? Just love to get involved and give back? We might be able to help with that!

Because our Communities are small, we rely very heavily upon Volunteers. And there are so many areas that would benefit from any skills you have to share. I encourage you to take a look at the list below and call existing members to see where you can help out.

Wasa & District Lions Club, Bingo, Wasa Recreational Society, Armchair Traveler, Tri-Village Buzz Newsletter, Wasa Gym, Wasa Community Library, Wasa Lake Land Improvement, Wasa Pancake Breakfast, Wasa & District Historical Association/Garden Group are a few of the areas that would welcome new members. Step up, step out, expand your horizons. We would love to see you!

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Wasa and District Historical Assoc. & Memorial Garden Group

submitted by - Kate Kelly

As the dark and snowy, quiet days of winter begin to fade, we look forward to the longer days of spring and the awaking of our beautiful Memorial Garden. The Wasa Memorial Garden relies on its many, generous volunteers and is always happy to welcome new members. If you've been looking for a way to meet neighbors in the community, please contact Sherry Shields at our new email address: wasaMemorialGarden@gmail.com to have your name added to next summer's gardening maintenance schedule.

2019 Columbarium Niche & Plaque Costs

UNIT 1 Columbarium

Upper levels - \$1000.00 + engraving
Bottom Row - \$900.00 + engraving

UNIT 2 Columbarium (new)

Niche cost - \$1100.00 + engraving

Niche Engraving - \$275.00

Memorial Plaque - \$300.00

(engraving costs are subject to change)

Contact info:

Pat Walkey @ 250 422-3530 or
pwalkey@shaw.ca.

Welcome March...

May an early spring
Awaken your soul &
Remind you to
Celebrate the season
with the
Hope and joy it brings.



- Many hands make light work -

LOT D

PRIME BUILDING LOT for SALE
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information

The **Wasa Recreation Society** manages the Wasa Community Hall. The main objective is to have a Community Hall that is viable for events & recreation of the community. Thru fund-raising, volunteering & rentals, we're able to have an economical community hall for our community. The Recreation Society meets the last Tuesday of each month at 7:00 p.m., in the basement. The meetings are open for anyone wanting to attend with new ideas or becoming part of the Society committee.

- **Hall Rentals & Information:** Karen Markus 250.422.3514 or Bonnie Meena 250.422.3795
- **Gym:** Sonia Blackwell 250.421.3019 or Rod 250.422.3259
- **TOPS:** Susan 778.524.0012
- **Library:** Rose Smith 250-422-3088
- **Quilter's Club:**
- In addition, BINGOs are held the 2nd tuesday of the month - 6 months of the year, at the Wasa Hall. See details in the calendar. Early bird starts at 6:30 p.m. & regular at 6:45 p.m.

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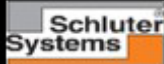





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Why did the leprechaun go outside?

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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 & 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!

GYM HOURS AND INFO

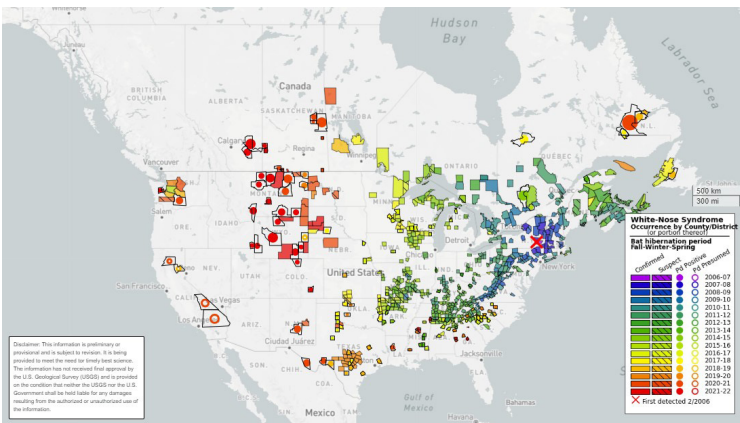
For Gym Schedule please contact:
Sonia Blackwell at 250.421.3019 or Rod at 250.422.3253

Let's get the most out of our gym. If a group of at least 3 people are interested in using the gym other than Mon-Wed-Fri 8-9 am, when a group already goes, or evenings, & willing to commit for at least 3 months, contact Sonia with the time & she will arrange a key & let others know the time for more to be able to go too.



Disease threatens the Little Brown Bat - researchers ask public for help B.C.'s bats, including the well-known Little Brown Bat, are threatened by a fungal disease headed towards the province from Alberta and Washington State. The Kootenay Community Bat Program, in collaboration with the Province of BC, are asking the public for help in the effort to detect and prevent the spread of White-Nose Syndrome (WNS). Residents are urged to report any bat activity observed in winter and any sick or dead bats found before May 31st.

White-Nose Syndrome is a fungal disease that is harmless to humans, but has devastated North American bat populations. The fungus attacks bats while they are hibernating, appearing on their wings and faces to give an appearance of a white nose. Bats often wake to clean the fungus from their skin. This uses valuable energy, and finally the bats die from hypothermia and starvation. Across North America, millions of bats have been killed, and two BC species are now listed as Endangered. As a key predator for many night-flying insects, bats are essential parts of BC's ecosystems and provide billions of dollars of economic benefit by helping control agricultural, forest, and urban pests.



If you find a dead bat or have sightings of winter bat activity, please report to the B.C. Community Bat Program online at www.bcbats.ca, via email at info@bcbats.ca or by calling 1-855-922-2287 (1-855-GOT-BATS). All live bats should be left alone — keep your distance, snap a photo and report it to the Kootenay Community Bat Program. If you must move a bat, visit www.bcbats.ca for advice and never touch a bat with your bare hands. Please note that if you or your pet has been in direct contact with the bat you will need further

information regarding the risk of rabies to you and your pet. In partnership with the BC Ministry of Environment, and funded by the Habitat Conservation Trust Foundation, Forest Enhancement Society of BC, Habitat Stewardship Program, the Columbia Basin Trust, the Kootenay Lake and Columbia Valley Local funds, and the Columbia Valley Community Foundation, the BC Community Bat Program provides information and promotes local stewardship and citizen science. You can find out more about the Kootenay and BC Community Bat Program, and options for helping local bat populations at www.bcbats.ca, info@bcbats.ca, or 1-855-922-2287 ext.14



Dale Gray
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February was the border between Winter and Spring. We are now looking forward to longer days, thinning ice, planting gardens and the upcoming Freshet.

You have seen the articles in the Buzz about Volunteers and their declining numbers.

The Land Improvement District is no different than the other organizations in our community. We run on elected Volunteers. We have not been able to fill one of our Trustee positions and it is sometimes difficult to have a quorum.

Looking to the future we are exploring options that may be open to the board and the community. Maybe there is a better way to be inclusive of the residents and their input in regards to the Quality and Quantity of the water in Wasa Lake. Is this the right format? Some of the alternatives might be starting a lake stewardship group so that more participation from part-time residents can be encouraged and having the mandate of the WLLID transfer to regional or provincial government. Alternatively, we might be able to interest a non-profit organization in taking over the maintenance of the trial flood mitigation gates at Cameron Pond or getting some young energized folks on or assisting the WLLID board. These alternatives all have tax implications. We will keep the community apprised of the information as we progress through this information gathering.

If you are interested in volunteering with the WLLID with the up-coming water monitoring program, please email, admin@wasalake.ca. All people, including youth, are welcome to participate and learn how to become a citizen scientist. Living Lakes Canada is sponsoring a National Lake Blitz to gather additional information on lake conditions this summer that residents might like to participate in. Check the following website for more information <https://livinglakescanada.ca/our-programs/lakes/lake-blitz/>

Please contact admin@wasalake.ca if you are interested in information on becoming a Trustee or have suggestions how we can reenergize the WLLID.

"Spring will come and so will happiness. Hold on. Life will get warmer."
Anita Krizzan

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**LIBRARY OPEN
Tuesday is Library day**



Second Tuesday of each month

January 10

February 14

March 14

11:00 am to 12:00 Noon

Located in the

Wasa Community Hall Basement

Library contact

Rose Smith 250 422-3088

The next 4 weeks is mating season for coyotes.

Coyote breeding typically peaks in late February and early March. The gestation period averages 58-63 days.

Please do not let your dogs out alone. Male coyotes can become more aggressive during this time of year and will 'lure' potential rivals away.

Long and short of it - coyotes pose a risk to your dog and other small pets. That risk increases during mating season. Be a responsible pet owner and assess all risks to your pets, at all times of the year. Living with wildlife can be a challenge, but the wildlife is not to blame for the risks to our pets / livestock. They are simple behaving as they were created to do.





Wasa Community Church

“Kindness to the poor is a loan to the Lord, and He will give a reward to the lender” (Proverbs 19:17 HCSB).

Why do you do what you do? Let’s say you’ve helped someone less fortunate than you. What made you do that? Was it to look good in their eyes, or the eyes of others? Was it so that you could feel good about yourself? Were your motives selfish, or were you actually looking out for that person’s best interest? I think that the majority of the time we have a mixture of selfish and selfless motives. It feels good to help others, but it also feels good to build ourselves up. Why not take two birds with one stone?

Ideally, you want to be as selfless as possible when you are helping others. However, the helping of the poor shouldn’t be stopped just because there may be selfish motives in your heart. If someone is not preying on the weak, but is genuinely helping someone with that person’s best interest in mind, then that’s something that should happen, even if there are selfish motives. Don’t stop helping just because you find yourself with some selfish motives. Instead, recognize that selfishness and continue to help while trying to do it more selflessly.

Another thing people do is try to serve others in order to gain favour with God. Good deeds are done as a loan that the Lord, then, needs to pay back to you. This, in action, goes along quite well with what’s written in Proverbs. However, it doesn’t capture the true heart behind the Bible’s words. This isn’t about being seen as better than others in the Lord’s eyes. This is also not about gaining earthly wealth or material goods like many pursue Him for. Entering into heaven is not a reward for doing good works, either. Too many people think they have to have done more good than bad in life to receive eternal life, but that’s not the case. Works are not the requirement for heaven, they are a by-product of having already received a reservation. Your ticket to be with Christ forever was gifted freely when you accepted Him as Lord, believing in His death and resurrection.

If none of these are the rewards for us helping the needy, then what is? Even though gaining access to heaven doesn’t come through your works, the treasures that you receive once you get there very well may (what those treasures are exactly is unclear). However, what if the reward for doing good was contentment? Again, it feels good to help those in need. Perhaps that’s a reward in itself. Whatever the reward may be, it is good to serve the Lord by serving others, and it’s good to do so without expecting anything in return. Expectations often lead to disappointment when we have one reward in mind, but receive something else.

Pastor Jon Malpass, Wasa Community Church, (250) 464-4419

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Nothing you experience is as real as it seems to be. There is a giant gap between appearance and reality, between how you perceive things and what those things really are. What you are in the world and what the world is made of is limited to your very narrow field of perception. For example, the sea water by the Caribbean beaches looks blue, when in reality water is colorless. You may think that deep space is black but in fact, it is also colorless. You may think that your life is a continuum of experiences but in fact, you only have very short memories filled with tremendous amounts of blank space. What did you do the 27th of July 2008 at 4:33 pm? Oops! You can't remember! All this to say that appearances are mostly deceiving. Your five senses don't give you accurate representations of the world around you. Your ability to perceive is in fact extremely limited and deceiving, as is the case with your limited perception of colors or odors. Most people experience life through their brain, which is only able to create a limited representation of what really exists out there. You're not in touch with reality, rather you are constantly living in a virtual representation of reality. This is the lot of most human beings, living as prisoners of a life limited to their brain and mind activity. By accepting the fact that, through your mind, you can only perceive a small fraction of what actually exists, you begin a wonderful inquiry of your own true nature beyond the illusions of life. No matter what exists in your mind, all is transient, relative, impermanent, ephemeral, and unsubstantial. You only have access to a tiny part of what really exists. Beyond your mental representation

of the world exists a far greater reality which opens to you if you leave the shore of the mind's representations and aspire to enter the Realm of Consciousness.

You may ask if anything is real in this case. You must understand that the physical world is not really "just a dream". The world is not a dream but rather, "like" a dream. The world can be compared to a dream since it's not as real as it seems to be. The physical world exists, but it has a certain reality that depends on whether your perception is limited or unlimited. For example: a fly that lands on one of the lamps in your house will never perceive the lamp as a lamp since the very concept of "a lamp" is totally unimaginable to it. It's the same for you when I tell you that beyond your concept of time and space and your representation of the world, there exists a vaster reality that you miss because of your attachment to the rules of illusion in action in your mind. In yoga practice we call these "programmings" because the mind shortens reality to its ability to perceive, but since this ability is very limited, any mental representation is deceptive. In his mind, a human being experiences the world through a series of "names" (Nama in Sanskrit) and "forms" (Rupa in Sanskrit). Names and forms are only limited representations of what exists. If you say, "a bowl", you think that the name itself represents the object, but in reality, the bowl itself is comprised of a particular material or substance such as glass, plastic or clay. So, what you hold in your hand is not "a bowl"; it's a substance, and this substance is also comprised of many atomic elements. If you dive deeper into these atomic elements and go beyond their name and form, your mind will not be able to follow or comprehend anymore. This is the field of work of quantum phys-

ics: where the concept of matter disappears before your very eyes. At some point, there is nothing to describe, no possible representations, but only a state of being. This state of being is called "the Field of Consciousness". There is nothing but consciousness, and consciousness is God, the Supreme Being. It is not something to discover, it is something to experience.

The pure Field of Consciousness has been known for thousands of years by all the great Yogis and Self-Realized Masters who have experienced it through their intense practice of meditation in a state of pure witness.

The first goal of any yoga practice is to develop the ability to perceive and lift the veil of illusion created by our mind. It is also to discover, through a very intimate experience, that beyond the belief that you are only your body, your mind, and the story of your life exists another vaster dimension of you which surpasses all the comforting notions of time, space and causality. Unlike the mind, consciousness is unlimited. When someone has understood this, why would he continue to live in the limiting mirror-worlds of his own mind when the vastness of his true nature is offered to him? A true Yogi lives in the world while being outside of it, for he is vaster than the world of his own mind. This state of being, described as "Sat Chit Ananda", is one's establishment in the Realm of Consciousness filled with the Bliss of true Awakening.

May each of you aspire to expand your mental life to a life in pure Consciousness through the Way of Yoga, which integrates all aspects of physical, supraphysical, mental and supramental life.

With love and Blessings.

Warmly yours

H.H. Gurudev Hamsah Nandatha



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<https://wildsafebc.com/>

March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 	2	3	4
5 Church 10:30 am	6 	7 	8	9	10	11
12 Church 10:30 am	13	14 	15	16	17 	18
19 Church 10:30 am	20	21 	22	23 	24	25
26 Church 10:30 am	27	28 	29 	30	31	

LEGEND

Church Service 10:30 a.m. Lions 7 p.m.
 Rec Society 7 p.m. Quilters 10 - 4
 Library; tuesdays 11 - 12 Bingo 6:30 p.m.
 Armchair Traveller 7:30 p.m.
 Tops; friday 9 a.m.



NUMBERS AT A GLANCE

- Ashram Meditation & Yoga.....250.422.9327
- BC Wildfire..... *5555.....or1.800.663.5555
- Catamount Contracting.....250.422.3694
- Conservation - Emergency.....1.877.952.7277
- Cranbrook/Kimberley Hospice.....250.417.2023
- Econobuilt.....250.421.7813
- EMERGENCY.....1.800.663.5555 (*5555)**
- Hi Heat Insulating.....250.422.3457
- HD Railings.....250.422.3457
- Kootenay Kwik Print.....250.489.4213
- Kootenay Monument Installations.....422.3414
- Lantz Farm (Hay).....250.420.1660
- Rascal Dock Systems.....250.421.1746
- TOPS.....778.524.0012.....422.3686
- Wasa Country Pub & Grill250.422.3381
- Wasa Hall.....250.422.3514.....422.3795
- Wasa Hardware & Building Ctr.....250.422.3123
- Wasa Lake Gas & Food.....250.422.9271
- Wasa Lions Med Eqp...250.417-7654.....793.9491
- Wasa Lions Trail Donations.....250.417-7654
- Wasa Memorial Garden (Pat Walkey).....422.3530
- Wasa Post Office.....250.422.3122

SPECIAL EVENTS

and Days Down the Road

- TOPS every Friday morning at the Wasa Hall. Weigh in at 9 - 9:30 AM - mtg 9:30 to 10:30
- Pickleball - every Monday & Wednesday 9 - 12, in the Community Hall



Springtime is the land awakening.
 The March winds are the morning yawn.
 Lewis Grizzard

