



Tri-Village Buzz



April 2017 Issue 198

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Spaghetti Dinner Raises Funds for Refugees

by Nowell Berg



Photo Nowell Berg

Back Row: Louise Hockley (left), Wilma Harding KRRG, Dean Buchignani, Val Dmytriw, Don Konschuh, Laurence Kay, all Wasa Lions, then Cynthia Moore, Lisa Stemo and son, Isaak Stemo, Lee Scott KRRG Executives Middle row: Hasham Ahmad, Rabia Anwar Front Row: Breerah, Chaudhry Hashir and Chaudhry Ibtisam

On Saturday, 18 March, the Kimberley Refugee Resettlement Group (KRRG) in conjunction with the Wasa Lions held the 2nd Annual Spaghetti dinner to raise monies for each group.

Over 200 area residents attended the event to chow down on great food prepared by Lions member Dean Buchignani and served up by Lions and KRRG volunteers.

The Bunkhouse Boys were on hand to provide musical entertainment.

In September 2016, the KRRG sponsored the first refugee family who were originally from Pakistan. The Ahmad family, father Hasham, mother Rabia Anwar and children Breerah, Chaudhry Ibtisam and Chaudhry Hashir, were on hand to enjoy the food, music and bake sale.

Mr. Hasham is trained as a continental chef and currently works at the Stemwinder Bar & Grill at Kimberley Alpine Resort.

Despite the challenges of a new culture, Mr. Hasham said it has been an "awesome and wonderful" experience moving to Kimberley. The children have enjoyed their first winter and the oldest two are "very happy" with school.

Wilma Harding, KRRG Fund Raising Committee, said the refugee program is working "very well." The Hasham's are dealing with cultural differences and becoming part of the community. Harding said they hope to raise \$2,500 from the spaghetti dinner that will go toward sponsoring another refugee family.

Cynthia Moore, KRRG Fund Raising Committee, said that Wasa residents and Lions were "amazing" in their support for the fundraiser. She also thanked the numerous companies who supplied gifts for the raffle and all those supplying baked goods.

Continued Page 5

Courtesy
and

COMMON SENSE

Thanks to all the dog walkers that use the plastic bags provided on the walking trail; however, just remember that throwing the neatly tied bag into the bush is not much better than not picking it up in the first place. Please carry your used bags to the next available garbage can and dispose of them there.

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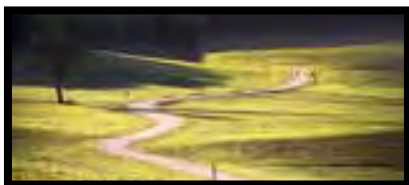
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FOLLOWING THE TRAILS OF

Yesterday

Our ancestors are our points of contact with the past. Each families experiences are deeply personal. Perhaps these articles will inspire you to write YOUR families history.

By Judy McPhee

Marjorie (Marj) Eileen Marvel

Marj hails from the U.S.A. She grew up on her parents, Albert and Goldie Brock's homestead near Rexford, Montana with her two sisters, Myrna and Donna and one brother, Alan.

They had a mixed farm operation which included growing hay, raising cattle, horses and chickens. To keep them fortified all year, a huge bountiful garden provided their vegetable needs. Marj was careful to point out they did not raise sheep.

Born on October 12th, 1927, Marj was well trained by her parents to work. She helped her father with the animals and chores outside and her mother inside with cleaning, cooking, dishes and canning jars and jars of vegetables, fruit and meat from their farms bounty. Hard times through the years, including the depression was made easier by all the canning Marj did with her mother and sisters. They made do as a family with what they had and many of the girls clothes and tea towels were made with flour sacks, as did many families in Canada and the U.S.A.

Marj walked three miles uphill to Toolie Lake School. The teachers over the years, as in

most rural schools in Canada and U.S.A., taught in a one room school, teaching grades one through eight. Marj attended high school in Eureka, Montana.

Childhood fun included her favourite games, baseball and throwing a ball over the house to friends or siblings on the other side. They in turn threw it back. She enjoyed horseback riding whenever she could escape her chores.

For amusement, Marj would sit her doll on a stump and throw rocks at it. All this target practise, wasted, as Marj and Fred never hunted!

Marj married Fred Marvel in 1946, he was a logger, but various forestry jobs in the area kept them afloat. When Fred's father passed away, they took over his parents homestead and farmed for many years. They had two boys, Bill, born in 1947 and Terry, born in 1953.

In 1968, the U.S.A. Corps of Engineers made plans to build the Libby Dam. The gravel soil on Marj and Fred's farm in Rexford, MT was perfect for developing roads to the proposed dam. They were bought out.

They looked everywhere for a new ranch home and found the perfect place on the south end of Rock Lake, 15 km from Wasa. The government changed the name to Lazy Lake in the late 1960's as there is another lake called Rock Lake near Jaffrey and Elko.

The Marvels purchased the ranch from Gordon and Doreen Cook and moved in on April 12, 1968 when Terry was 15 years old. They also purchased 50 Angus cows and two bulls from the Cook's and they brought with them from the states, ten heifers, their dog, cat, chickens, family possessions and of course gardening seeds! The Marvels were all set to start life in Canada.

Their ranch was originally developed and owned by Charlie and Agnes Stevens in the late 1800's until 1959 when it was sold to the Cook's. At one time



The hand-hewn home built in the 1800's by Charlie Steven's.

the now Lazy Lake was called Stevens Lake. Very few people lived up there until the last 20 to 25 years.

Charlie and his friends built a hand-hewn delightful home, (picture above) in the late 1800's and an amazing barn with many of the old growth trees in the area. Most of the heritage buildings have vanished now. In 1949, as I was by the Hamilton Ranch home, this "city gal" was awe struck, viewing these wonderful old homes and the massive pillar barn and hand-hewn construction.

During the interview, Marj said her life continued to be characterized by hard work. Outside duties, cleaning, cooking, baking, dishes, preparing for company and keeping their home and ranch up (all us women know what that is all about!!) Yes, Marj said "work, work, work", that is all my life was! BUT, Marj and Fred did take time for FUN. Their relatives came up from the U.S.A. quite often and they danced the night away to the sound of music on their record player, at first, battery operated and then powered by their generator. Later on, they brought a console up from the U.S.A. which was operated also by a generator. They attended the dances at the "Farmers Institute" now the Wasa Church. Attended by local families and farmers, dances were a time to relax, dance the night away and join in fellowship with friends. To augment their time together, many an evening after a long day of work, Marj and Fred saddled their horses and went for a ride.



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Editor / Advertising

Wendy Davis
250.422.3060
trivillagebuzz@gmail.com

Treasurer

Diana Perih 250.422.3504

Invoicing / Advertising

Sherry Shields

Email Coordinator

Helen Kelly 250.919-9490

Item Coordinator

Tosh Leblanc

Folders

Helen and Ken Maine

Website Coordinator

Clay Tippet

Article Submitters

Nowell Berg
Mario Carelli
Laurie & Sandy Kay
Karen Markus
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WASA LAKE LAND IMPROVEMENT DISTRICT (WLLID)

By Laurie Kay

Milfoil

An update on the Native Milfoil situation will be addressed at the April 26th WLLID Annual Meeting. We are trying to arrange the Milfoil Program Supervisor from Christina Lake to visit our milfoil sites, assess what we have and offer some advice. A public meeting will be held, in May/June to assess the future of our milfoil problem.

To know the exact rate of milfoil growth is valuable. We are looking to hire someone who has GPS plotting skills or someone with a drone that can take photos and plot the areas. Contact WLLID on line at admin@wasalake.ca or call me 250 422 3288.

Proactive Flood Information

If the high snow pack, a late run off, warm weather and rain join forces at the same time who knows what we will have. River and lake elevations will determine the need. If necessary, information on availability of sand bags, water quality, flooding of septic fields and well heads, nutrient run off, boat wave action, erosion and property damage will be shared at the AGM. The trustees also discussed the value of a establishing a lake flood elevation, at which point all power boaters would be asked to voluntarily cease boating. The cooperation of boaters during floods of 2012-2013 was excellent. Thank you.

Maintaining a Healthy Lake

The Trustees have discussed the need and value of creating public awareness of the positive and negative factors that effect the quantity and quality of Wasa Lake water. How could the WLLID and any lake user not support the idea. It's just good lake stewardship.

Some funds have been budgeted and we are looking at what would be the best ways to gather and share the information, and turn acceptance into action and best practice. Doing that will surely help to keep our lake healthy.

Lake Elevation Data Logger

It was approved that the WLLID go ahead and gather detailed costs of having an electronic elevation data logger set up at an appropriate place on the lake. It will record lake elevations daily, hail, rain or shine and store the information for comparisons with river levels and indicate changes and trends. To date all lake level readings have been done manually by Trustees.



Wasa Memorial Garden has something for every soul who should be remembered or needs a final resting place.

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By Area E Director Jane Walter

Mosquito Control

The Board has rescinded a resolution made last month and has authorized the Chair and CAO to sign an agreement with Morrow BioScience Ltd. for mosquito control in the Wasa, TaTa Creek, and Skookumchuck areas for a five year term.

Originally, the Board had authorized the an agreement with Duka Environmental Services Ltd. but, before the agreement was signed it was learned that Duka was unable to fulfill the full scope of the contract as laid out in the Request for Qualifications.

Morrow has been providing the mosquito control service for the area for 19 years and is expected to sign the agreement with the RDEK later this month.

Boating Concerns (Wasa)

I have booked the Wasa Lion's Outdoor Kitchen to hold a meeting about boating concerns on Wasa Lake. The meeting will be on May 20th, from 1:00 to 3:00 p.m.

I am not trying to remove boats from the lake, but I have been receiving a lot of comments about boats on the lake.

Many concerns has been regarding the safety of people recreating including swimming and other water craft. I also receive complaints about excessive noise and environmental damage to the shoreline.

I am hoping that together we can come up with solutions to solve these issues so that everyone can respectfully and safely enjoy the lake.

Tri Village Buzz

I would like to thank all of the people that contribute to the Tri Village Buzz. The newsletter is a great asset to Wasa and area.

I hope everyone has a good month.

Jane Walter
S.janewalter@gmail.com
250-427-2577

Continued From Page 2

Marjorie (Marj) Eileen Marvel

As with many families in our area, their Christmas Tree business kept them busy and supplemented their income.

In the 1970's, Fred helped B.C. Hydro put in power lines. Electricity was brought to their place in 1978 which improved the quality of their lives. Also, in the 70's a logging company logged their land down to where Marj lives now contributing to their nest egg. The ties made by the logs were sold to the C.P.R. for railway ties and the company also logged the larger, larch trees.

During the approximately 25 years on the Lazy Lake Ranch, Fred and Marj farmed hay, raised cattle and had some horses and chickens. Marj always had a big garden and fruit trees planted by the Steven's gave them plenty of fruit. In retrospect, she wished they had kept the Angus and Herefords separated as Angus meat was more valuable than a mix of Angus and Hereford.

With old age creeping up on Fred, he was 10 years older than Marj, they sold their ranch to Lloyd and Rowena Jones in 1993.

Their property was subdivided and they moved to the south end of their property on Lazy Lake Road. It was the only part of their land not in the ALR. They put a modern modular home, with porches on three sides and developed the property. Fred had a fully developed shop built, but by then, he was too old to do much work in it and was quite content and happy to sit in it, gaze around and contemplate. Terry benefits from his shop today.

Fred went into the Pines due to Alzheimers and passed away on January 30th, 2003. Since Fred died, Marj continues with a huge garden each year. She raises chickens, reads, feeds the game in the winter and enjoys the tranquility of country life. She dreads the time she may have to move into town and she is helped immensely, by her son, Terry in her day to day life.

Marj reiterated to me again "my life has been a life of work, work and more work." However, in her golden years, she is now rewarded by a more peaceful and restful life, enjoying the beauty of the area, gazing at the mountains, her garden and trees, the wildlife and her many mementos in her home.



KRRG Volunteer Coordinator, Lisa Stemo, said there was "really good support" from the Wasa community. She also said that anyone interested in volunteering please contact her at Lisa.stemo@gmail.com.

If anyone would like to make a donation or become a sponsor, contact Lee Scott at Scotthm@shaw.ca, or call 778-481-5282.

Detailed information on the KRRG can be found at -www.kimberleyrefugees.ca.

KRRG Executives at the fund raiser thanked the Wasa Lions and residents for their amazing support.



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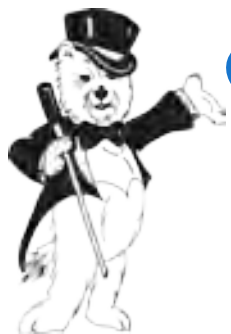
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Submitted by Judy McPhee

"Exuberance and determination helps make the desire of our hearts come true."

STALKING THE FARAWAY PLACES

Evell Gibbons

Looking for nature's edible bounty of natural wild food, Mr. Gibbons spent two years travelling in both Canada and U.S.A. in search of delicious edible greens and roots to eat. His insatiable desire to eat off the wealth of the land and pass his knowledge of what he learned and how to prepare them led him to write this book.

In San Francisco, he found a long weed infested medium with eight different salad greens for a most tasty salad. This book contains pictures and descriptions of edible greens and a warning to positively identify a plant before consuming.

DREAMS OF MY FATHER

Barack Obama

A down to earth autobiography up to the time he married Michelle. It was published first in 1995 on his families history, his early life, education, struggle to settle into a career and desire to help the blacks and whites in America. It is a story of race and inheritance. A book which tells about his desire to seek solutions and an education for the black children. To give them an understanding of who they are in his/her world, culture and community. What a good book. It allows us further insight into his upbringing and subsequent life.

These two books mirror a quote by Anthony Henday.

"Let us rise up and live. Behold, each thing is waiting for the moulding of our hand."

News From the Pews

By Pastor Paul Brandon

We all need restoration and reconciliation. There are many people that for one reason or another find themselves in a situation where they need a hand up. But often the case is where instead of helping people get on their feet again, we judge them.

Often these people are in a situation through no fault of their own and when we judge them, we keep them down.

Here in Wasa I've seen mixed responses. When one family needed help, neighbors and community members rose to the occasion and gave lots of support. But on the other hand I saw a very different response which I was very sad to see.

One day a woman taken in adultery was thrown at Jesus feet. They said, "This woman was caught in the very act of adultery and the law states that such a person is to be stoned to death what do you say?"

They were trying to trap Him into saying something that they could use against Him. Jesus said nothing but knelt down and began to write something in the dirt. We don't know what He wrote, but when He looked up He said, "He who is without sin cast the first stone". These men being convicted by their conscience left one by one.

Jesus asked the woman, "Where are your accusers, has no one condemned you?" The woman replied "No one Lord." Jesus said to her, "Neither do I condemn you, go and sin no more."

We need to follow Jesus example: Be slow to condemn and quick to forgive and to encourage people to do the right thing.

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The Kimberley event, hosted at Kimberley Alpine Ski Resort and Kimberley Nordic Centre on March 4th, exceeded its \$25,000 goal with a whopping **\$28,257!**

The family friendly ski-a-thon encouraged participants to gather a team and attempt to ski/board or trek the vertical distance of Mt Teepee, Mt Fisher, Mt Tanglefoot and Northstar in one day. Approximate 57 participants / 16 teams signed up and raised funds and awareness by taking the challenge and asking family and friends to get behind their efforts. "There were some participants who used the event as a means to remember or honour a loved one and with that brought on a special meaning," adds Jenn Smith Annual Giving Coordinator. "The generosity of everyone involved is outstanding."



Wasa volunteer, Krista keeping track of the runs done by the teams.

"This event is tailor-made for the Kootenays by residents of Kimberley," according to Dona Bannenberg, who has been volunteering for the event for the past 6 years. "We are so lucky to live in a community with such passion for skiing and outdoor lifestyle which is only surpassed by our drive to do well for others. It's such a fun day, and we absolutely love being part of this effort!" The volunteer-led event is only as good as its organizing committee. The committee went above and beyond to create a fun day and once again the generosity of the local residents and businesses was outstanding. "I was very fortunate to have had the opportunity to work with such fantastic group of volunteers," Jenn adds. "Everyone puts their heart and soul into ensuring it's a fun day for all."

A special thank you to our business community whose support is boundless and makes it possible for us to put on such a great event! Signature sponsor Investors Group has been a long-time Society sponsor and cancer fighting champion since the event took shape 7 years ago. "Investors Group takes pride in supporting

this community event, which offers participants many avenues to rally around team and community spirit," says Mary Ann Jenkins CFP / Associate "Slopes for Hope raises dollars that go directly to fund research, cancer prevention initiatives and support programs," she adds. "So many of our community members and their families have been affected by cancer, this is a cause we hold near and dear to our hearts."

The committee also gives special mention to major sponsors: Kimberley Alpine Summit Fund, Kimberley Bulletin, B104, The Drive FM and Pacific Coastal, not to mention the many other businesses that provided a donation or contributed in-kind to the cause.

Money raised through Slopes for Hope supports a variety of Canadian Cancer Society initiatives and support programs, which are accessed by Kootenay residents. In the Southern Interior Region in 2015-16, the Canadian Cancer Society helped:

- 210 individuals with financial assistance for travel and accommodation during treatment
- 1,352 individuals with convenient, affordable accommodation in our Southern Interior Rotary Lodge
- 775 individuals accessed up-to-date information about cancer and local services through Cancer Information Service
- 112 individuals found emotional assistance from trained cancer survivors through our Cancer Connection program
- 42 children and youth felt empowered through a fun recreational camp (Camp Good times)

Funds raised through the Canadian Cancer Society also support excellence in research projects, including one led by B.C.'s Dr. Rachel Murphy, who is studying the links between nutrition, body weight, and cancer to find ways to promote healthy lifestyles among Canadians. Because the Society knows about one-third of all cancers can be prevented by eating well, being active and maintaining a healthy body weight, Dr. Murphy's study has application to many different types of cancers.

The Society is now preparing for its notable campaign held throughout April, also known as Daffodil Month, where the bright daffodil pins are available, corporate pre-order daffodil cuts are sold, and door-to-door canvassing is



Kimberley Fire Fighters

underway throughout East Kootenay communities. Cranbrook is gearing up to host its first-annual Daffodil Dash slated for April 29 at McKinnon Park. For more information or to volunteer with the Society, contact Jenn Smith at jsmith@bc.cancer.ca or call 250-426-8916.

The Canadian Cancer Society is a national, community-based organization of volunteers whose mission is to eradicate cancer and enhance the quality of life of people living with cancer. Thanks to our donors and volunteers, the Society has the most impact, against most cancers, in the most communities in Canada. Building on our progress, we are working with Canadians to change cancer forever. For more information, visit cancer.ca or call our toll-free bilingual Cancer Information Service at 1-888-939-3333 (TTY 1-866-786-3934).



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.



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Helpful Hints

In Memory of Vi Cockell

By Sherry Shields



In memory of Vi Cockell and her contribution to the Tri-Village Buzz, Sherry Shields has offered to try to fill Vi's boots. Sherry asks that anyone with a great hint that they wish to share, please email slshields27@gmail.com

1. The time has FINALLY arrived to store our winter jackets. If you are hanging jackets to be stored, let them breathe. Avoid plastic garment bags, which can "emit gas under higher heat conditions in the summer and stain due to the oils emitted," use muslin or cotton bags which allow clothing to get a breath of fresh air.
2. Thinking about preparing your garden for spring planting? Top dress garden beds with compost or well-seasoned manure in preparation for planting. Resist the urge to dig the bed; established beds have a complex soil ecosystem which is best left undisturbed. Nutrients added from the top will work their way down into the soil.
3. How to attract spring birds: Anyone who visited Vi knows she was an avid "bird feeder". I think she would approve of this hint.

Use several kinds of bird feeds and feeders to get a variety of birds and produce an array of birds to identify and enjoy all year. Using meal worms in combination with different types of seed can attract many types of birds to your back yard.

Borrowed from Hints from Vi April 2016 edition:

Children may close their ears to advice BUT they keep their eyes open to example!!

Where do you take...

YOUR BUZZ?



CHINA

Duncan & Jane Waugh travelled to China March 2017 taking in the sights from Beijing, Xi'an, Suzhou, Hangzhou, Huangshan- Yellow Mountain, and Shanghai. Left: Duncan posing as a Terra Cotta

Soldier in the city of Xi'an, China. Above: Duncan & Jane on the Bund taking in the ski line of Shanghai, China

Pet's Place

Burt, Uno and Tess came for a visit and a long run behind Wasa.



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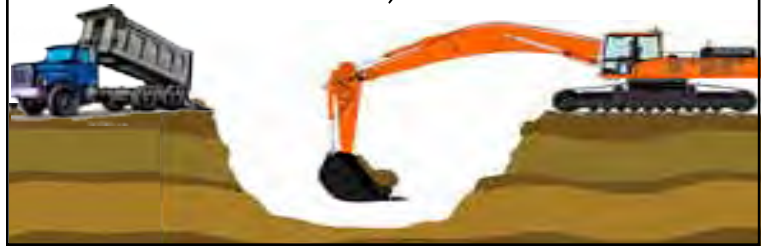
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HISTORY BYTES

BY NAOMI MILLER



Study the Past:

Planning for A Final Resting Place

Learning the protocol for alternative ways to honour the remains of departed ones has been fascinating. Many of my peers have passed away. Those with arrangements in place made it easier for their families, while those with no plans often saw grieving, quarreling executors generally choose the old-fashioned and very expensive full body burials.

Cremation is currently the most common option and no embalming is needed. Cremains/ashes may be scattered to the wind, deposited at a favorite place (e.g. Tipi Mountain), held in an urn on a shelf at home, buried at the feet of a favorite parent or grandparent or in dirt in its own small plot, or sealed in a comfortable niche in a columbarium. Some even divide their ashes, like a local businessman who had one third laid beside his first wife's ashes, one third over the body of a son killed in an accident and one third entrusted to his second wife. For those who choose scattering, the ashes will be placed in a cardboard box. An ornamental metal urn is used for burial in earth, while a wooden container usually suffices for insertion in a columbarium niche. Devoted couples often arrange to have ashes of both in a single urn, either in a columbarium or a cemetery plot.

When I began my observations I opted for a full body burial. Later I changed

my request to cremation. My executor applauded, "Good! If you die in January we don't have to bury you until July!" It is possible to have a full body burial in winter, but it is a challenge to dig the grave and then have the pallbearers carry the coffin from the hearse to the waiting excavation.

Sally Diefenbach led the lobby to create the Wasa Memorial Garden when her initial goal for a full cemetery at Wasa was derailed by too much red tape. She officiated at the dedication of the Garden after the installation of the attractive columbarium. (She had selected her niche - her "condo" - prior to her passing). During that same time period, a group of volunteers created the Fort Steele Cemetery Society to maintain and manage the historic 1898 cemetery.

There are several cemeteries in the East Kootenays. Each has its own history and its own regulations. There may be restrictions on the shape and size of headstones, whether flowers or keepsakes can be left on a grave, and the times and/or days allowed for burial services. Municipally owned and operated cemeteries charge one fee for a resident and almost double for a non-resident.

Most early graveyards were divided by church affiliation. Often there has been a children's section. The whole area may have been designated as "Hallowed Ground" but I know at least one priest who told me that he always began by blessing the plot about to be used. Any who committed suicide were not allowed in "hallowed ground" so there may be a marked grave outside the fence. Have you viewed any of these cemeteries?

Cemeteries are not a spooky place to visit... at least in daytime. In Europe each plot is rented for a specific time, generally 8 years. The family may save the space for another 8 years but no third term is allowed. The marker is then transferred to a small display area while another body is lowered above the now decomposed casket. In Brazil, custom demands that a male family member guard the deceased until the time of burial. If the deceased is to use an earlier family grave, the bones of that antecedent are cleaned and given an ossuary box which returns to the grave beside the new casket.

Here up the Wild Horse is a Chinese graveyard where there are now hollows in the ground. Bodies, buried in a shallow grave, were exhumed after approximately 6 years. The bones were cleaned, bundled, wrapped and labeled with the name and address of each family home in China. These remains were collected across Canada and sent home as cargo of a specific ship until 1914 when countries at war forbade any of their ships to repatriate bones.

What about the farewell service? Is it to be an old fashioned wake, or a traditional church service? Or perhaps a quiet "Remember Bud"? Often a slightly larger "Celebration of Life" is the chosen gathering to say goodbye. Notices have even said "Graveside Service" though nowadays many obituaries state "No Service". There are two local funeral parlors with efficient directors who can carefully handle all details. They provide help and offer prepaid arrangements. The two local monument makers have ample examples of grave markers. It is often useful to have a stone engraved with the names of the intended occupants of a plot. When one partner precedes the other, all information can be carved except the date of the mate's passing. That date is easily added when the time comes for the second ashes to join the first.

The choice of cemetery is your initial consideration; the location of your plot will come when you walk through the Hallowed Ground once the snow is gone. (I have watched individuals lie down to check out the view of Fisher Peak when choosing a spot in Fort Steele Cemetery.) Fort Steele is an ideal choice for rural residents but there is no columbarium there.

Contact Manager Dallas Mackie at 250-426-5792 for information on Fort Steele Cemetery. Call Pat Walkey at 250-422-3530 / Bev Rauch at 250-422-3335 for information about the Wasa Columbarium.

I highly recommend giving this matter some thought and research. Choose the site where you would feel pleased to lie comfortably in the future. Enter your plans in your will BUT tell your family ahead of time as the will may not be read until after your interment.

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Spring brings increasing interest in bat health and public reports of bats

Fortunately for the bats of BC, it has been a quiet winter. The Kootenay Community Bat Project (KCBP), in collaboration with the Province of BC, is on the lookout for signs of White-Nose Syndrome (WNS). WNS is a fungal disease harmless to humans but responsible for the deaths of millions of insect-eating bats in eastern North America. WNS was first detected in Washington State in March 2016. To monitor the spread of this disease, Community Bat Program coordinators have been collecting reports of unusual winter bat activity across southern BC and ensuring that dead bats are sent to the Canadian Wildlife Health Centre lab for disease testing. To date, no WNS has been reported in the province.

But spring conditions mean increased bat activity – and an increased chance of detecting the disease. As bats begin to leave hibernacula and return to their summering grounds, our chances of seeing live or dead bats increases, and the KCBP is continuing to ask for assistance.

“We are asking the public to report dead bats or any sightings of daytime bat activity to their local Community Bat Project (CBP) as soon as possible 1-855-922-2287 ext 14 or kootenay@bcbats.ca” says Mandy Kellner, coordinator of the BC Community Bat Program. Reports of unusual bat activity will help focus research, monitoring and protection efforts.

Never touch a bat with your bare hands as bats can carry rabies, a deadly disease. Please note that if you or your pet has been in direct contact with a bat, immediately contact your physician and/or local public health authority or consult with your private veterinarian.



photo: Larisa Bishop-Boros

A little brown bat with fungal growth, associated with White-Nose Syndrome, on its muzzle.

Currently there are no treatments for White Nose Syndrome. However, mitigating other threats to bat populations and preserving and restoring bat habitat may provide bat populations with the resilience to rebound. This is where the KCBP and the general public can help. Funded by the Habitat Conservation Trust Foundation, the Province of BC, and the Habitat Stewardship Program, with regional support from the Columbia Valley Local Conservation Fund and the Columbia Basin Trust, the KCBP works with the government and others on public outreach activities, public reports of roosting bats in buildings, and our citizen-science bat monitoring program.

To contact the BC Community Bat Program, see www.bcbats.ca, email info@bcbats.ca or call 1-855-922-2287.

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Answers

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

On March 25th the Tri-Village Buzz Newsletter Committee met for their annual meeting. Special thanks to Melinda & Jim Howard for providing a coffee service and allowing us to hold our meeting at the Pub.

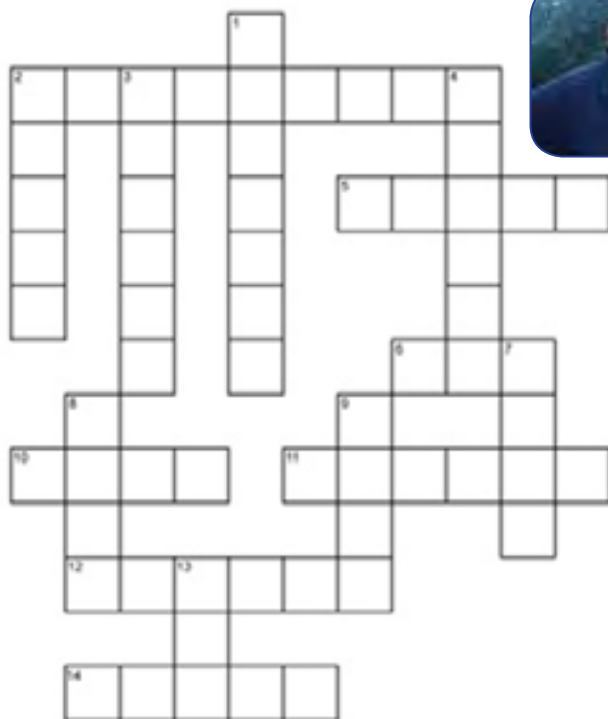
Committee members resolved to donate:

- \$300 prize towards the Wasa Lions Christmas Party
- \$300 to the Cranbrook & Kimberley Hospice Society
- \$250 towards the Wasa Lions Trail upkeep
- \$250 towards upgrades to Wasa Tennis Courts

Members discussed a Wasa & Area ride share program and anyone interested in coordinating can contact Wendy Davis (250-422-3060) for information.

Thank you to everyone that attended and to all our volunteers that make our little newsletter so successful!

Easter Crossword



Across

- 2 - A mother duck keeps a close eye on her ____.
- 5 - Easter's month.
- 6 - Which came first, the chicken or the ____?
- 10 - A mother cow gives milk to her ____.
- 11 - Easter is always on this day of the week.
- 12 - Carry your Easter Eggs in a ____.
- 14 - The Easter ____ hops around the world and delivers presents.

Down

- 1 - April showers bring May ____.
- 2 - Cows give milk for ____ products.
- 3 - A mother hen watches over her baby ____.
- 4 - Easter's season.
- 7 - A baby ____ is called a kid.
- 8 - A baby sheep is called a ____.
- 9 - In the backyard, the kids are having an Easter Egg ____.
- 13 - The ____ warms the earth and brings light to the world.



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**"MARIO'S FUN
PAGE"
ANSWERS PAGE 10**

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9					4 2
3			6		
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T O DO I T

G T G

Security Checks

Yard Care

Cleaning

Get the Girls

Sarah Shields

Sharon Demaine

250-581-0780

getthegirls.wasa@gmail.com

Garage Sale - Saturday, June 17th



Spring is Coming!

Clean out your attic...

Clean out your basement...

Clean out your garage!

Organizers of the 5th Annual Wasa Lions Garage Sale are looking for gently used items you no longer have space for or can no longer use!

Call Sharon at (250)422-3227
or Call Val at (250)422-3499



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

The **Wasa Recreation Society's** main objective is to generate funds to keep the Wasa Hall running. Wasa Recreation Society members meet in the basement of the Wasa Hall in the Quilters Room on the last Tuesday of each month. Everyone is invited to attend. Listed below are some of the user groups and contacts:

- Hall Rentals and Information
Karen Markus 250.422.3514
Lorraine Colton 250.422.3640
- Gym
Sonia Blackwell 250.422.9201
- TOPS
Susan 250.422.3510
- Library
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.

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-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.

Contact: Sonia Blackwell 250.422.9201

We're open to suggestions, give us a call if you know 2 or more people that would like to attend at a time not indicated.



GYM HOURS AND INFO



The Benefits of Witnessing Yourself

The High Tradition of Yoga Sadhana, also called the "Practice towards Unification", has always placed emphasis on developing an earnest habit of observing oneself in order to prevent suffering from ignorance. Indeed, it's easy to forget ourselves through our captivation with everything we have to do... to such an extent that we completely lose contact with who we are deep inside. The Wisdom leading to Self-Realization fosters the practice of Self-Awareness. In other words: "Are you conscious of the motivation behind everything you think, say or do?"

An Aspirant on the Path leading to Self-Realization keeps two important notions alive in his mind:

1. Every situation is the result of a previous one and always corresponds to you.
2. The way you are within always brings you back results of the same nature.

The Lord Buddha used to teach the importance of developing three capital attentions on:

1. Virtue or ethical conduct, comprising Right Speech, Right Action, Right Livelihood, and Right Effort.
2. Concentration on the development of Right Mindfulness and Right Concentration through meditation.
3. Wisdom comprising Right Understanding and Right Thought.

These "Right" ways of acting were taught to prevent one from suffering unfortunate consequences. In order to act rightfully, one absolutely needs to observe or witness the nature of the motivation hidden behind all of one's actions. An action begins by the way we think. It is then followed by the verbalization of an idea. Lastly, the action manifests in the physical world. Behind every action, there is an intention, and every intention hides a desire and an emotion. For instance, the way you plan to eat a piece of chocolate comprises the reminiscence of a past desire and a past emotion. So by eating chocolate, you try to fulfill a desire or a lack of something in order to compensate an emotion. Naturally, if you are not the witness of yourself, at first it will be difficult to discover that everything that you do is not the direct result of your own choice, but more often a programming coming from the past to compensate for something that already was missing in your past.

Whether we are Yogis or not, we all are subject to unconscious memories that often force us to do what we cannot not do, or worse,

to do the opposite of what we would like to do. For example, you are supposed to help someone and you end up hurting them. In the Dharma Teaching (the Way), this situation is called "individual karmic formations," meaning that past memories have created the way you think and the way you react in a very specific way. We are not all the same nor are we equal; we are all different and absolutely unique. It is then up to each of us to quietly discover, through the process of observation, the very nature of our motivations. What are you afraid of? And why are you afraid of it? The cause of every fear is ignorance.

If you have doubts about what you just read, then think about the very reason why you want to succeed in life, have a family and friends, be loved, get a house, a car, a dog or a cat, go on vacation or watch TV? Each of these attempts have a common goal: to put you at peace, fulfilled and rested without any more contradictions, conflicts, worries, or anxieties. Why do you do what you do? Why are you so agitated, tense, worried and eager to get what you want? Because of unconscious desires supposedly able to remove and destroy disagreeable emotions coming from your past. You do not carry only the past of this life, but also the past of many lives. This is the reason why you are so different from anyone else around you. You are unique and this uniqueness makes you lonely and often misunderstood.

Now, if you start witnessing the true motivation behind all your thoughts, words or actions, you will realize that you don't need so many negative emotions to do what you're supposed to do. You will realize how much fear and insecurity exists behind your thoughts, which are constantly planning one thing to prevent something worse from happening. You will see the extent to which your words are filled with egoistic insecurity, causing you to hurt others under the false pretense that you want to protect them. You will witness your own actions as being full of impatience, discontentment, nervousness or sadness. As soon as you can see all this suffering within yourself, then and only then can you relax the pressure through the way you act. My own Spiritual Master, one of the greatest Buddhas of all times, once said: "If you are moved, you cannot be conscious, but if you are conscious, you can no longer be moved. Unconscious emotions make you lose your intelligence by deforming reality and transforming it into subjectivity. So, witness yourself and be safe!" To be conscious is to be aware that, without

a little bit of attention, we are constantly the puppets of our past emotions, memories, fears and unfulfilled desires.

The simple practice of regularly witnessing yourself during the day, no matter what situation you're in, allows you to immediately disengage undesirable and unnecessary emotional charges. Return to the here and now, breathe consciously, simply and deeply, and act not for yourself but for the joy of doing so harmoniously and rightfully. The benefits of this Witnessing Practice are tremendous: calmness, peace, lucidity, simplicity, freedom, joy and an immense feeling of liberation will rise at every moment. Try it, and you will never forget it. May this efficient advice be of great help in your daily life.

With Love and Blessing on the Path of Light.
Om Om Om

Venerable Gurudev Hamsah Nandatha
Adi Vajra Shambhasalem Ashram, Wasa, BC
Canada

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



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- Both items only 1 year old. Contact Melinda at the Pub 250.422.3381

April 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
We the volunteers of the Tri-Village Buzz Newsletter reserve the right to refuse to print submissions due to legality, length, good taste or discriminating beliefs.						1
2	3	4 LIONS MTG	5	6 Teaching at the Ashram 7 p.m.	7	8
9	10	11 ○ Full Moon BINGO 6:30 Early Bird 6:45 Regular	12	13 Teaching at the Ashram 7 p.m.	14 	15
16 	17	18 LIONS MTG	19 Rec Soc Mtg 7pm	20 Teaching at the Ashram 7 p.m.	21	22 
23 30	24	25	26 ● New Moon WLLID Annual Mtg	27 Teaching at the Ashram 7 p.m.	28	29 Daffodil Dash McKinnon Park 

LEGEND

- 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.

Special Events and Days Down the Road

- Saturday, May 20th
Mtg Boating - Lions Outdoor Kitchen
- June 10th & 11th, 2017
Wasa Triathlon
- Saturday, June 17th
Wasa Lions Garage Sale
- JULY 2017 - NO NEWSLETTER

Where do you take...

YOUR BUZZ?

- Send photos with you and "Your Buzz", include a brief description of where the photo was taken
- All photos will be published, enter as often as you like
- The name of the person sending the photo will be entered in a draw for a \$50. gift certificate to a 2017 advertiser of the Buzz
- The draw will take place in December 2017
- Send photos to: trivillagebuzz@gmail.com

NUMBERS AT A GLANCE

Ashram Meditation & Yoga.....	250.422.9327
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....	422.3414
Lantz Farms (Hay).....	250.420.1660
Pos n Go.....	sales@posngo.com
Rascal Dock Systems.....	250.421.1746
The Girls.....	250.581.0780
TOPS.....	250.422.3510/422.3686
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