



Tri-Village Buzz



May 2017 Issue 199

VISIT: WWW.WASALAKE.COM / BUZZ

A Boat and a Missile in the Yard

by Nowell Berg



Photo Nowell Berg

When he was younger, Wayne Anderson spent a lot of time on the water at Wasa. It turned into a fascination with boats, big boats.

Five years ago, Anderson went out and bought a 26 foot sail boat which is parked in the yard at his Wasa home. He's been working on the "fixer upper" since then. The structure is solid but the "cosmetics" were neglected and need "refurbishing."

Anderson worked on rebuilding the cabinets and other interior wood work, painting the top deck and repairing other exterior sailing equipment. Otherwise, "Its a solid boat," he said.

Originally built in Texas, the boat was sailed on Lake Tahoe and then in San Francisco Bay. From there the boat traveled to Cranbrook and then out to Elkford where Anderson bought it and moved it to Wasa.

His plan is to complete the refurbishing early this summer and get the boat into Kootenay Lake soon after that.

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Courtesy
and

COMMON SENSE

From 101 Basic Common Courtesy

Let people finish their sentences!
Respect the voices of others, allow them to get their point across without interrupting, cutting them off or dominating the conversation.

Be Polite

A simple please or thank you and a smile can go a long way and make a huge difference in somebody's day.

.....
Send your suggestions for "Courtesy and Common Sense" by email to: trivillagebuzz@gmail.com

Spring Clean-Up

Thinking of cleaning up the yard and burning some grass, leaves or pine needles?

Think again... there are serious health factors and safety issues you should consider.

See Page 6 for details

**Congratulations
Area E
Volunteer of the
Year
Naomi Miller**

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Report All Poachers and Polluters
Conservation Officer 24 Hour Hotline
1-877-952-RAPP (7277)
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HIGHWAY CLEAN-UP
Saturday, April 29th
Meet 9:00 am Lions Grounds

Wasa Ride Share

Wasa resident Lori has agreed to initiate a Ride Share program in the Tri-Village area. If you travel to Cranbrook or Kimberley and would like to sign up, have any suggestions or want information contact Lori at: trivillagebuzz@gmail.com

Continued from Cover

A Boat and a Missile in the Yard

The other oddity in Anderson's yard is a "replica Minuteman ICBM (inter-continental ballistic missile)."

He constructed the rocket to "1/6 size" from pictures. He machined the parts, build it and painted the exterior to match the real thing.

The Minuteman ICBM was deployed by the U.S. Air Force in 1962 to be a land-based nuclear deterrent against Soviet aggression and possible attack during the Cold War. The Minuteman was so named because it could be launched at a moments notice. The missile is still used in the U.S.'s nuclear deterrence program. Missile farms are located in Wyoming, Montana and North Dakota.



Photo by Nowell Berg

Next summer, Anderson is looking to install a vintage restored and working 1960s air raid siren he found in a farmers field south of Calgary. As a school kid, he remembers hearing the siren throughout the city during the early 60s.

St. Mary Valley Rural Residents Association

🌀 Pancake Breakfast 🌀

Saturday, May 20th, 2017

8:30 a.m. to 11:30 a.m.

at the Wasa Lions Grounds



Anyone wishing to set up their own Yard Sale, set up for FREE on Saturday, May 20th. Call Greta 250-427-7589 for information.

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WASA LAKE LAND IMPROVEMENT DISTRICT (WLLID)

WLLID Annual Meeting

By Laurie Kay

The WLLID Annual Meeting was held on Wednesday, April 26th and the summary of the meeting could not be made in time for this edition of the Tri-Village Buzz.

The usual AGM items and the following reports will be available on the WLLID website www.wasalake.ca

If you were not able to attend the meeting, please read the reports to stay informed or email admin@wasalake.ca for further information.

WLLID reports include:

- WLLID Annual Review
- 2016 Audited Financial Statement.
- Taxes
- Water Quality
- Boating
- Milfoil
- Flood Watch
- Communication

Wasa Lions Community Garage Sale

Saturday, June 17th, 2017

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





Phone 250-422-3381

Mother's Day Buffet Sunday, May 14th

4:00 p.m. to 8:00 p.m.

Creamy Chicken Marsala

With White Rice

Mashed Turnip / Carrots

Caesar Salad

Dinner Roll and Dessert

Tea or Coffee

Drink Special:

Your Choice of Red or White Wine

\$5.50/glass

~ Carnations For The Moms ~

\$19.95

Kids Under 12 - \$9.95

WASA RECREATION SOCIETY

By Karen Markus

The Wasa Recreation Society will be holding their Annual General Meeting on Wednesday, May 31st, 2017 at 7:00 p.m. at the Wasa Community Hall.

The Wasa Recreation Society would like to thank the Armchair Traveller team of Kathy McCauley, Susanne Ashmore and Judy McPhee for organizing another successful group of presentations.

Donations collected this year were \$488. with 125 people attending. These donations support the community hall and also provide equipment for the Armchair Traveller presentations.

On your travels this year keep in mind making a presentation for 2018's Armchair Traveller.

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Bruce and Pat took their Buzz to Huatulco, Mexico in February. They traveled with their grandkids, Avery, Quinn and Beckett and their daughter and son-in-law Jen and Mike. It was very hot while they were there and they spent a lot of time in the pool and in the ocean. A great spot for a sun and sand vacation!



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Memorial Garden Spring Clean-up

Thanks one and all!

Bruce Walkey, Sherry Shields, Susan Ashmore, Carol Canning, Romi Bodin, Gerry and Sandy Jensen, Karen Markus and Sandy Kay. Water Wheel maintenance Don Korschuh and Laurie Kay. Looks great!





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RDEK NEWS



By Area E Director Jane Walter

Flood / Water in Basement

If you have a issue with flooding or water in your basement, please call the Provincial Emergency Coordination Centre at 1-888-663-3456.

This is the most effective and efficient way to begin the process.

Spring Clean - Up

Please be very careful when burning grass or leaves. The long grass is very dry and the fire can easily get away on you. See page 2 for more information on spring burning.

Volunteer of the Year

This years Area E volunteer of the year is **Naomi Miller**. Naomi has volunteered with many groups in the Wasa area including the Wasa Lake Land Improvement District (WLLID), The Historical Society, The Memorial Garden and the Fort Steele Graveyard Society.

Naomi also writes the History Bytes column in the Tri-Village Buzz every month.

Congratulations Naomi!!

Boating

A meeting about boats on Wasa Lake will be held at the Lion's Outdoor Kitchen on Saturday, May 20th from 1:00 to 3:00 pm.

Please come out and give us your thoughts about the boating on Wasa Lake

Pancake Breakfast

The first pancake breakfast of the year will be on Saturday, May 20th from 8:30 a.m. to 11:00 a.m.

I hope everyone will try to come out, your support to these breakfasts assist with funding to many groups in the area and make the world of a difference!.

I hope everyone has a safe and happy month.

Jane Walter

S.janewalter@gmail.com

250-427-2577

Wasa Memorial Garden

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

Check out the space at the end of Schoolhouse Road in Wasa.

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SPRING CLEAN - UP AND BACKYARD BURNING

Unprocessed natural vegetation such as lawn clippings, leaves and pine needles produce air pollutants when burned. This includes carbon monoxide and fine particulates which when inhaled into the lungs can have serious health impacts.

Children, the elderly and those suffering from chronic respiratory conditions such as asthma, emphysema, and bronchitis are the most vulnerable to poor air quality.

Before you burn talk to your neighbours. Maybe someone in that home has a respiratory condition that is aggravated by the smoke and maybe your neighbour would be willing to help you haul the pine needles or clippings to the dump. If you notice your neighbour has laundry on the clothesline, maybe instead of burning haul your pine needles and clippings to the dump.

As the snow melts, dead grasses can dry out quickly due to increased temperatures and wind. Anyone that chooses to do outdoor burning should pay attention to changing weather conditions and follow all burning regulations in order to reduce the number of preventable fires.

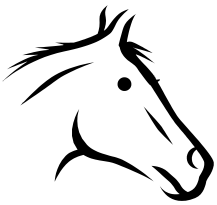
If you choose to burn, backyard burning must be done safely. Homeowners and industry personnel are encouraged to visit the Wildfire Management Branch website - www.bcwildfire.ca/Prevention - consult the B.C. FireSmart manual and take the following precautions:

- **Ensure that enough people, water and tools are on hand** to control the fire and prevent it from escaping.
- **Do not burn during windy conditions.** Weather conditions can change quickly and the wind may carry embers to other combustible material and start new fires.
- **Create a fireguard at least one metre around the planned fire site** by clearing away twigs, grass, leaves and other combustible material.
- If you are planning a large burn, consider conducting smaller burns around the perimeter beforehand to create a fuel break and help stop the fire from spreading beyond its intended size. Each of these fires should be kept small and must be completely extinguished before starting a new fire.
- **Never leave a fire unattended.** Make sure that your fire is completely extinguished and the ashes are cold to the touch before you leave the area.
- Before conducting a burn, check with your local fire department, municipality and regional district to see if any open burning restrictions or bylaws are in effect.
- **Always check the venting conditions before conducting an open burn.** If venting conditions are rated "Poor" or "Fair", open burning is restricted. The venting index can be found at: <http://www.bcairquality.ca/readings/ventilation-index.html>

In British Columbia, the Wildfire Act specifies a person's legal obligations when using fire in or within one kilo metre of forest land or grassland. **If an outdoor burn escapes and causes a wildfire, the person responsible may be held accountable for damages and fire suppression costs.**

Anyone found in contravention of an open fire prohibition may be issued a ticket or, if convicted in court, may be fined up to \$100,000 and sentenced to one year in jail. If the contravention causes or contributes to a wildfire, the person may be subject to a penalty of up to \$10,000 and be ordered to pay all firefighting and associated costs.

Talk to your friends and neighbours, there is an alternative to burning and many folks would rather help you haul your clippings and needles away than smell the smoke.



Rocky Mountain Riders

Rocky Mountain Riders April Newsletter summarized by Wilma Harding

Rocky Mountain Riders are preparing for the summer season. We will begin arena events as soon as the footing dries out for safety.

We will resume cattle sorting, which was a big success last year. As well, we plan to add barrel racing, a Gymkhana, regular group trail rides, jumping and possibly a "Hoof and Woof" where dogs and horses are included in activities. We stress fun and friendly competition.

In the interest of safety and insurance coverage, anyone in the arena with the horses must be a member with a signed waiver. All others are welcome to observe from outside the fence, where there is seating available.

Annual family membership is \$65.00; single membership is \$35.00. A one time fee of \$5.00 is charged for visitors who attend with an annual member.

For more information about our club, or if you have an idea for us to try out, please contact: Wilma Harding 250-427-1767 or cwharding@telus.net

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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. I've started my tomato plants in the house and if all goes well in May, I will be ready for the second transplant.

Before the tomato plants can be transplanted successfully to the garden, they will need to develop a strong root and top growth. To ensure seedlings have a good root system, many gardeners prefer to repot them a second time before setting them out in the garden. Wait until seedlings are six to 10 inches tall. A good rule to follow is to transplant when the height of the seedling is three times the diameter of its pot. Plant them individually in half-gallon milk cartons or 4 to 6" diameter pots. Again, you can plant them right up to their first set of leaves.

2. My husband is a mechanic and when I asked him if he had any useful tips, his suggestion was, "When disassembling parts to repair a vehicle or equipment, take pictures with your cell phone. All of those helpful photos will come in handy when reassembling." Not sure about you, but my memory does not always remember how all the pieces fit back together!

3. Spring is a great time to have a campfire and I love hotdogs cooked over an open fire. If you ever experience problems getting the fire started, add a few potato or corn chips to the fire. The fat and other chemicals in the chips make for great kindling!

Remember to ensure your fire is always extinguished before leaving.

Happy Spring and remember: Being cheerful keeps you healthy.



FATHER'S DAY BUFFET

Sunday, June 18th

Served from 4:00 p.m. to 9 p.m.

Pork Ribs

Baked Potato

Vegetables and Salad

Dinner Roll and Dessert

Tea or Coffee

Drink Special: Pint of Beer \$5.50

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First Boat on Wasa Lake



On April 1st Jack Morrison from Wasa sent in these pictures of his granddaughter, Olivia and his grandson, Eric.

"Despite the lake being largely ice covered, we spent 30 minutes trying our luck. No fish but a fun time enjoyed by us all."

HISTORY BYTES

BY NAOMI MILLER



Wenman Of Golden

Bill Wenman was a legend in Golden from the time he arrived till his death in 1984. His father, William Walter Wenman, had come to Canada as a youth to learn to hunt on the wide open prairies and become a guide. In 1874, William Walter returned to England to marry Mary Stretton. Their children were born in England: Eva in 1875; Lillian in 1880; and twins Bill and Annette in May 1887. The family arrived in Winnipeg in 1891. The next year they trundled across the prairies with Red River carts, pausing at Red Deer and then Rocky Mountain House. Each home was a sod house which may or may not have been near a rural school. Bill shuddered when he remembered the dripping from those sod roofs. Bill, the only boy, was expected to handle the horses. When he was only eleven he accompanied his dad and a crew of surveyors to a point on the North Saskatchewan River where they planned to go downstream on rafts. Bill took the horses and carts back to base in Rocky Mountain House ... a two day trek. During the night alone beside a campfire Bill swears he was serenaded by howling wolves.

In 1900 William Walter decided to move to Golden, British Columbia where he bought a shoe and harness repair store. He built a wood frame home for the family and Bill and Annette were able to attend school! The Wenman family joined St. Paul's Anglican Church where Bill and his sisters sang in the choir for nine years. Then young Bill volunteered to tend the church furnace and light the twenty-four oil lamps for every service.

Bill joined the local band where he played alto horn/cornet. The band played at garden parties, horse races, and river cruises. Stern wheelers pushed a barge in front for dancers. The steamer headed upriver to Parson or sometimes as far as Spillimacheen, then took the revelers home in time for breakfast.

Bill joined Boy Scouts as soon as a troop was formed in Golden. WWI started and troop trains paused at Golden, where the exercise break had soldiers cross the bridge followed by a march through town led by very proud Boy Scouts! Bill became a Scout leader after the war.

As a youngster with British background Bill started collecting and mounting butterflies. From there he learned taxidermy after shooting birds and carefully skinning and stuffing them. He also enjoyed photography, collecting stamps, hunting, mountain climbing and riding his bicycle. His father switched to real estate in 1904, handing over the shoe and harness repair shop. Bill added bicycle sales and repairs (keeping the bicycle section operational after selling the store in 1966).

WWI broke out and Bill tried to enlist. He was finally called up in 1917. Meanwhile he had been courting Maud Maxwell. The Maxwell family had lived at Rogers Pass until a slide in 1905 wiped out the village. Mr. Maxwell worked for CPR and chose to live close to the Golden train station under the hill. Many times Bill walked across a suspension bridge from near his parent's home to court Maud. They were married at the Maxwell's home on September 5, 1917. Maud was attended by her sister Elizabeth while best man was Herb Blakely, who was tragically killed the next day in a hunting accident. The couple took the train to Field where they were met by a tallyho which took them to Emerald Lake for a week. They built a home on 9th Street where they lived for 63 years. Bill grumbled that he was not sent overseas but still became an ardent member of the Legion in postwar years, with hospital visits part of his duties.

Bill was an enthusiastic member of the fire brigade. However, in 1921 a fire started in the tailor shop next door to the fire hall on the north side of the bridge. No one initiated the alarm - that alarm was a bell outside the hall which could be rung by anyone wishing to call the firemen. The fire hall burned and the delinquent bell, dug from the ashes, was given to Bill who displayed it in his yard for many years. (He eventually turned the bell over to the Fire Brigade in 1971 when renovations were taking place at the new hall on the south side of the river).

Another activity undertaken by young Bill was to read and record weather twice daily for the Federal Department of Transportation, Meteorological Branch. When he stepped down he was honoured for 52 years of service. The shoe store was a business which could be left unattended while Bill did errands. He was always neatly dressed, often wearing breeches with gaiters during the winter. He went out weekly with the local doctor to visit crews building the Big Bend Highway. He might take back boots for repair or bring out something from a family member in town. Some historical pictures of the Big Bend construction were taken were taken by Bill.

Bill was by nature a collector. Because there were no children a bedroom in that 9th Street house became a museum. Items were carefully cleaned and displayed from shelves or cabinets. Bill was a co-founder of the Golden Historical Society whose objective was to open a museum to hold his artifacts, along with others, to preserve local history. (Bill participated in fundraising when he walked in an 11 mile walkathon in 1969). The executive examined several old buildings but none were deemed usable.

The Elks Club had five lots but no lodge and was disbanding; the Historical Society had a potential building site by paying back taxes on those lots. A Steiner Arch building was erected and slowly the innards had power and plumbing. Meanwhile Bill was becoming anxious about the future care of his collection. My husband and I had joined the Historical Society and had obtained considerable literature on "HOW TOs" for cataloguing and many other accepted procedures. My helper and I made appointments to visit and label each item for accession. Some visits we would hear the story of up to forty items. Other times Bill would tire after telling the story of ten delightful curios. He had a few Chinese curios which led to stories praising Casey Wong the Grocer who was a respected and loved citizen.

By the end of summer all 400 items were officially marked and numbered and recorded in neat typing. Bill was one of two oldtimers who cut the ribbon on the June 1, 1974 opening day of the Golden & District Museum. Soon there were summer students on duty and tourists viewing our displays. One of the earliest phone calls came from a student faced with an irate visitor. The lady very firmly announced, "YOU SHOULD NOT HAVE THESE STUFFED GEESE! It is against the law!" I replied, "We are aware of the current law. These, however, were shot and mounted in 1904 when Bill Wenman was a teenager. These are truly artifacts." The lady left quietly. Another gem from Bill's collection was explained a few days later when a former resident viewed a metal cradle. "That cradle was my brother's! When the twins were born Mum had a wooden cradle and looked for a second cradle. This was it! We lived in a house where the Shell gas station stands now. We moved downtown so I could go to high school."

Bill Wenman, who had never owned a car, lived for ten years after the museum opening. He and his wife were the first couple admitted to the new Durand Manor. Bill died March 29, 1984 at the age of 96 and Maud on September 5, 1995 at age 99.



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Susan: 250.422.3510

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The Ten Laws of Gardening!

1. Nothing ever looks like it does on the seed packet.
2. Your lawn is always slightly bigger than your desire to mow it.
3. Whichever garden tool you want is always at the back of the shed..
4. The only way to ensure rain is to give the garden a good soaking.
5. Weeds grow at precisely the rate that you pull them out.
6. Autumn follows summer, winter follows autumn, drought follows planting.
7. Evergreens go a funny shade of brown in the winter.
8. The only way to guarantee some colour all year round is to buy a garden gnome.
9. However bare the lawn; grass will appear in the cracks between the patio and paving stones.
10. "Annuals" means disappointment once a year.



Dust: Mud with the juice squeezed out.

Mosquito: An insect that makes you like flies better.

RHUBARB MUFFINS

Fanny's Favorites

In a large bowl combine:

3¾ cup flour 1½ tsp baking soda ¾ tsp salt

In separate bowl mix:

1½ cup brown sugar ¾ cup vegetable oil 2 eggs

1½ cup buttermilk 1½ tsp vanilla

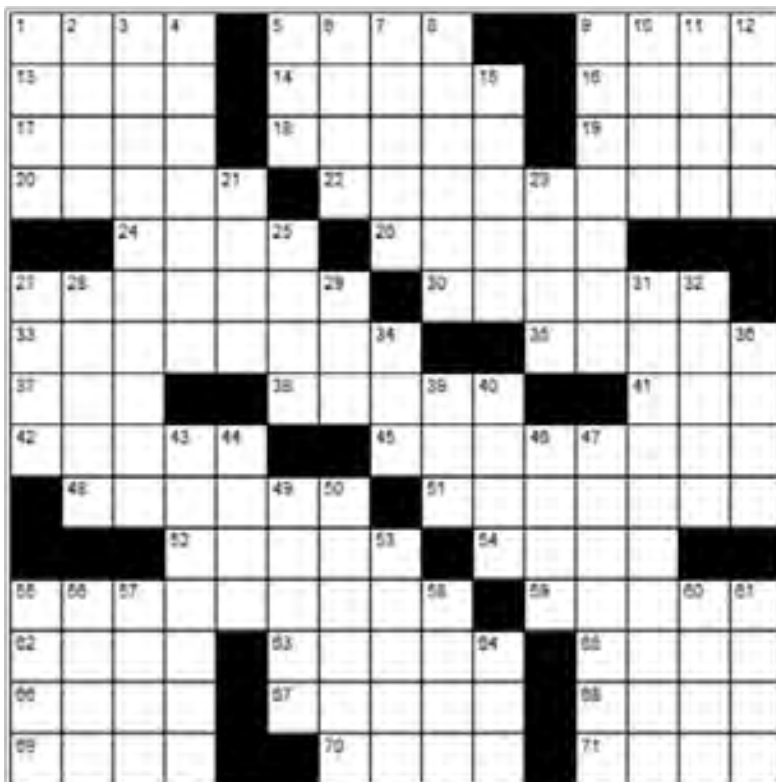
Stir into dry ingredients with 3 cups finely chopped rhubarb until combined. Spoon into greased muffin tins.

Combine and sprinkle over batter:

¾ cup brown sugar 1½ Tbsp melted butter 1 tsp cinnamon

Bake in 350° oven for 20 minutes. Makes 12 to 18 muffins

1. Laugh
5. Expectorations
9. Small freshwater fish
13. Prima donna problems
14. Praise
16. Distinctive flair
17. Tracks
18. Warn
19. Sell
20. Rot
22. Budgies
24. Tinted
26. A seal
27. Extol
30. Gobble up
33. Indolent
35. Breathing problem
37. A sizeable hole
38. Provides food
41. Center
42. Religious splinter groups
45. Organized body of related information
48. Beat
51. Ripple
52. Devout
54. Small brook
55. Upheavals
59. Thermionic tube
62. Casino game
63. Hockey footwear
65. Female sheep (plural)
66. Margarine
67. Creepy
68. Vice President
69. Observed
70. Adolescent
71. Countercurrent



1. Group of cattle
2. Chills and fever
3. Motley assortment
4. Attack
5. Calypso offshoot
6. A mixture of cellulose fibers
7. Notions
8. Fervid
9. Gain through experience

- | | | |
|----------------------------------|--------------------|-----------------------------|
| 10. Away from the wind | 31. Unsanctified | 50. Muzzle loader |
| 11. Camber | 32. Utilize again | 53. Look at with fixed eyes |
| 12. Terminates | 34. Directed | 55. Flying saucers |
| 15. Platform | 36. Incite | 56. Wan |
| 21. "Sure" | 39. Black bird | 57. Tall woody plant |
| 23. Pueblo ceremonial
chamber | 40. Sun | 58. Anagram of "Ties" |
| 25. Backside | 43. Cyclone | 60. Accomplishment |
| 27. Vipers | 44. Blend | 61. Catch a glimpse of |
| 28. Anagram of "Peril" | 46. Keen | 64. Poetic dusk |
| 29. Fitting | 47. Accept as true | |
| | 49. Home | |

A black and white line drawing of a maze. On the right side of the maze stands a woman with long hair, wearing a dress. On the left side, there is a bouquet of flowers and several individual flowers scattered around. At the top of the image, the text "TO MOM" is written in a stylized font, flanked by more flowers. The entire scene is enclosed in a rectangular border.



"MARIO'S FUN PAGE" ANSWERS PAGE 9

Mother's Day

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

Special Message

Solve the clues, write the answer in the boxes provided and when you read down the first column of each group of answers, you will reveal Squigly's Special Message.

Truthful

Not over

Car's home

Not old

Not even

Not pretty

Capital of Italy

A planet

Largest bird

Female parent

Simple

Stringed instrument

April holiday

Hurry

Spring colour

A flower

Picnic pests


Shout

BREAKFAST
FAMILY
HEART
MAMA
MOMMY
UNIQUE

CARING
FLOWERS
KISSES
MAY
MOTHER

CHILDREN
FOREVER
LOVE
MOM
SPECIAL




 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.



WASA LIONS EVENT

Saturday, June 17th

at the Wasa Lions Grounds

★ Pancake Breakfast



9:00 a.m. to 11:30 a.m.

★ Community Garage Sale



9:00 a.m. to 1:00 p.m.

★ 250 Draws & Planter Sale



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



You are not only your body and your mind++

As the saying goes, "there is always more to discover", and it is absolutely true. We have become so used to experiencing life through the name we hear and the body we see that we rarely question the truth of what we are beyond them. Knowing that this life has a beginning and an end, it is interesting to inquire about what remains when we die. Surely no one expects to die right now, tomorrow or even later; we don't think about it much. In truth, we hate thinking about death, so we try to forget about it through all kinds of activities. No matter what, life as you know it is not going to last forever. In 120 years from now, we will all be gone, and we will never come back as we were... ever. That's a fact that cannot be ignored!

The entire contract of life includes the two processes of birth and death as well as everything that is comprised between these two unavoidable events. It is capital to understand that everything that is born must and will die.

We know by experience that our life is fragile and ephemeral, and at the same time something very strong pushes us to believe that we will survive death... that we are somehow immortal. Without any solid proof of this, many people decide to believe that death is definitely the end of us, while others hold on to another unfounded decision that there is life after death: Praise the Lord! No matter which viewpoint you choose, it remains a subjective viewpoint that serves only to comfort your ego. There is no proof that the death of our body implies the extinction of ourselves as consciousness, nor that a part of us survives death. Both opinions are a question of blind resignation or blind faith; they don't bring any tangible clues about the "after-death state". And no one has ever come back to tell us about it!

It is interesting to note that, within the context of our timeline, great spiritual figures, like Jesus, Buddha, Moses, Krishna and other great spiritual embodiments of God never returned as we knew them during their lifetimes. That is the case for all great Beings described as God in any sacred spiritual scriptures. This is proof enough that at least a part of us does disappear forever. What never returns to life the same way as it was before death is our physical "suit" called "our body" and our "unique personal mind" called "me and my ideas".

These two elements never return again; they vanish through the process of decay. This is what definitively dies and disappears after death, that's it!

Now, the question remains: are we the body and the mind? ... moreover, are we only the body and the mind?

The answer to this question is at the very core of the true Yoga of Self-Inquiry forged along millennia by millions of serious spiritual seekers who have developed real roadmaps of progressive practices leading to experiencing what we really are beyond the body and the mind. For instance, they stated that everything that you can observe cannot be you, and since you can observe your body, then your body is not you but an object that you are using. In order to place the body in its real position in their lives, these yogis trained themselves at using their physical body rather than being the victim of all its neuro-physiological impulses. By doing so, they extracted their consciousness from the false identification of being the physical body. And they did the same thing with their minds. They deduced that if you can observe your thoughts and all your mental scenarios, then you must be different from what is happening in your mind. It is through that statement that a determined Yogi can experience the great distinction between the immortal Consciousness (that doesn't die because it is never born) and the tools used by the consciousness to manifest itself during a lifetime: the tool of the body and the tool of the mind.

If, through a logical and pragmatic practice, you get, within this lifetime, the full experience that you are not the body or the mind, then you will have beaten death, pure and simple. Because if you truly realize the part of you that is not "deathable", then you cease needing blind resignation about the nothingness after death or blind faith about the survival of the soul after death. You become the true and living experience of your own immortality.

This is the True Yoga of Self-Realization that we aim to practice here at the Ashram, following the most ancient, precious and sacred roadmap inherited through a long lineage of Spiritual Masters going back millennia before Christ.

Is this entire life anything but a gigantic school of Self-Awareness and Self-Evolution? Life is short. Life is precious. Life brings you what you need. We are always where we put ourselves. Everything that happens to you corresponds to you. So reading this article

didn't happen by accident either. Just think about it, and try not to be fooled by an atavistic and deluded identification to your body and mind. You have had many bodies and many minds in other lives. Where are they now? Do you care about them? No, because each life is unique and brand new to you. The only difference from one life to another is the quality of awareness of your consciousness... that's it!

May these elements of reflection make you wonder about the truth of what you have read here. May the realization that you are not only your body and your mind be granted to you along your spiritual quest. Death is not the end but a continuation to be followed.

Warmly yours, with blessing and love on the path of life.

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.

T O D O I T
G T G

Temporarily Closed
for Renovations

Get the Girls

Sarah Shields
Sharon Demaine
250-581-0780
getthegirls.wasa@gmail.com

May 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Debate Provincial Election 7 pm Wasa Hall	2 LIONS MTG	3	4 Teaching at the Ashram 7 p.m.	5	6
7	8	9 VOTE  BINGO 6:30 Early Bird 6:45 Regular	10 ○ Full Moon	11 Teaching at the Ashram 7 p.m.	12	13
14  Mother's Day Buffet at the Wasa Pub 4 - 8 pm	15	16 LIONS MTG	17	18 Teaching at the Ashram 7 p.m.	19	20  Pancake Breakfast 8:30-11:30 am Mtg Boating 1-3 pm
21	22  Victoria Day	23	24	25 ● New Moon Teaching at the Ashram 7 p.m.	26	27
28	29	30	31 Rec Soc Ann Gen Mtg 7pm			

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

- June 10th & 11th, 2017
Wasa Triathlon
- Saturday, June 17th
Wasa Lions Garage Sale
- Sunday, June 18th
Father's Day
- 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