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Tri-Village Buzz

May 2019 Issue 218

Visit: www.wasalake.com/buzz

Adi Vajra Shambhasalem Ashram

by Nowell Berg

Gurudev Hamsah Nandatha is the spiritual leader of the Ashram.

He is a "direct disciple" of His Holiness the Lord HAMSAH MANARAH whose Sacred Teachings focus on Spiritual Liberation. The Lord Hamsah Manarah (or his Holiness) provided Gurudev with a description of the location for an ashram to be built in the "Himalayas of the West." Gurudev sketched an image and had it painted by a friend. He would use the painting to show realtors the location he was looking for.

In 2003, after many stops, and no luck, on a tour of BC and Alberta mountain communities, Gurudev arrived in Cranbrook. He showed a realtor the painting.

The realtor told him about an old farm nearby located on a plateau at the foot of mountains, with a river nearby. He was shown a 236 acre parcel of land on Columbia River Road just south of Wasa.

When he and other disciples set foot on the farm, it was "in perfect conformity with the picture painting," said Gurudev.

"I couldn't talk, the landscape was stunning, beautiful and harmonious." Gurudev knew it would be "a nice place to develop a spiritual centre." And, so it was.

Adi Vajra Shambhasalem Ashram means the Holy City of Diamond.

The Ashram looks to bring people together who are "committed to their spiritual quest, the elevation of the human consciousness and unity among all the peoples of the earth."

On coming to know more about the East Kootenay, Gurudev said, "I was very touched by the fact that there is a very decent spiritual life in the area. The East Kootenay has well established spiritual traditions."

"I knew the Ashram would be a surprise."



continued on page 5

Seniors Housing Update

The Seniors Housing Survey is jointly sponsored by the Tri-Village Buzz and the Wasa District Lions Club. Its purpose is to determine the housing needs and wishes of folks in the Tri-Village area as we age. As of late April we've received 121 completed surveys – a great response! The survey will be held open until Monday, May 13th for anybody born before 2001 still wanting to participate. You can pick the paper of the survey form at the Wasa Post Office or you can take it online at <http://wasalake.com/senior>. Survey results will be published in the June issue of the Tri-Village Buzz.

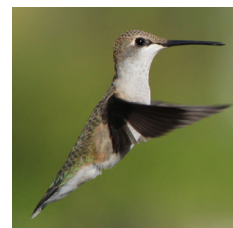
Spring, when the earth tilts closer to the sun, runs a strict timetable of flowers.

Alice Oswald

ST. MARY VALLEY RURAL RESIDENTS ASSOCIATION ANNUAL PANCAKE BREAKFAST AT THE LIONS GROUNDS

SATURDAY, MAY 18th, 2019
TIME: 8:30 am till 11:00 am

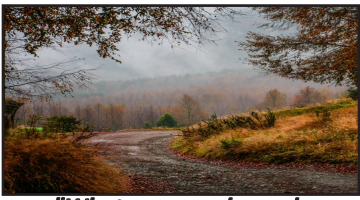
They
are
back



Quilt
Show

May 10 - 11





FOLLOWING

THE TRAILS OF

Yesterday

submitted by Judy McPhee

"Whatever you do, or dream you can do, begin it. Boldness has genius, power and magic in it."

---GOETHE

I was sent the following story a few years ago by a friend. Whether it is true or not, it is touching and has an important lesson for each of us. It does fit in with Goethe's quote above which came via my brother, Tim, 20 years ago and discovered yesterday.

A TOUCHING STORY

At the prodding of my friends I am writing this story. My name is Mildred Honor and I am a former elementary school music teacher from Des Moines, Iowa. I have always supplemented my income by teaching piano lessons- something I have done for over 30 years. During those years I found that children have many levels of musical ability, and even though I have never had the pleasure of having a prodigy, I have taught some very talented students.

However, I have also had my share of what I call "musically challenged pupils- one such pupil being Robbie...

Robbie was 11 years old when his mother (a single mom) dropped him off for his first piano lesson. I prefer that students (especially boys) begin at an earlier age, which I explained to Robbie. But Robbie said that it had always been his mother's dream to hear him play the piano, so I took him as a student.

Well, Robbie began his piano lessons and from the beginning I thought it was a hopeless endeavor. As much as Robbie tried, he lacked the sense of tone and basic rhythm needed to excel. But he dutifully reviewed his scales and some elementary piano pieces that I require all my students to learn. Over the months he tried and tried while I listened and cringed and tried to encourage him. At the end of each weekly lesson he would always say " my mom's going to hear me play someday" but to me, it seemed hopeless, - he just did not have any inborn ability.

I only knew his mother from a distance as she dropped Robbie off or waited in her aged car to pick him up. She always waved and smiled, but never dropped in.

Then one day, Robbie stopped coming for his lessons. I thought about calling him, but assumed that because of his lack of ability he had decided to pursue something else. I was also glad that he had stopped coming - he was a bad advertisement for my teaching.

Many weeks later, I mailed a flyer recital to the students homes. To my surprise, Robbie (who had received a flyer) asked me if he could be in the recital. I told him that the recital was for current pupils and that because he had dropped out, he really did not qualify. He told me that his mother had been sick and unable to drive him to his piano lessons, but that he had been practicing. "Please Miss Honor, I've just got to play" he insisted. I don't know what led me to allow him to play in the recital - perhaps it was his insistence or maybe something inside of me saying that it would be alright.

The night of the recital came and the high school gymnasium was packed with parents, relatives and friends. I put Robbie last in the program, just before I was to come up and thank all the students and play a finishing piece. I thought that any damage he might do would come at the end of the program and I could always salvage his poor performance through my "curtain closer"

Well, the recital went off without a hitch, the students had been practicing and it showed.

Then Robbie came up on the stage. His clothes were wrinkled and his hair looked like he had run an egg beater through it. Why wasn't he dressed up like the other students? I thought, "Why didn't his mother at least make him comb his hair for this special night?"

Robbie pulled out the piano bench, and I was surprised when he announced that he had chosen to play Mozart's Concerto No. 21 in C Major. I was not prepared for what I heard next. His fingers were light on the keys, they even danced nimbly on the ivories. He went from pianissimo to fortissimo, from allegro to virtuoso; his suspended chords that Mozart demanded were magnificent! Never had I heard Mozart played so well by anyone his age.

After six and a half minutes he ended in a grand crescendo, and everyone was on their feet in wild applause! Overcome and in tears, I ran upstage and put my arms around Robbie in joy. "I have never heard you play like that Robbie, how did you do it?"

Through the microphone Robbie explained, "Well Miss Honor, remember I told you my mom was sick? Well, she actually had cancer and passed away last week. And well, she was born deaf, so tonight was the first time she had ever heard me play, and I wanted to make it special." There wasn't a dry eye in the house that evening. As the people from Social Services came to place Robbie in foster care, I noticed even their eyes were red and puffy. I thought to myself how much richer my life had been for taking Robbie as my pupil.

No, I have never had a prodigy, but that night I became a prodigy - of Robbie. He was the teacher and I was the pupil, for he taught me the meaning of perseverance and love and believing in yourself, and maybe even taking a chance on someone and you didn't know why.

Robbie was killed years later in the senseless bombing of the Alfred P. Murray Federal Building in Oklahoma City in April, 1995.

We can all make a difference!

So many seemingly trivial interactions between two people present us with a choice. Do we act with compassion or do we pass up that opportunity and leave the world a bit colder in the process?

As I submit this, Easter is coming. Bless each one of you, today, tomorrow and always.

Judy



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Tri-Village Buzz Newsletter

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VOLUNTEER OPPORTUNITIES 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 may 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
- TriVillage Buzz Newsletter
- Wasa Recreational Society
- Bingo
- Armchair Traveller
- Wasa Gym
- Wasa & District historical Association & Memorial Garden Group
- Wasa Lake Land Improvement District
- Wasa Community Library
- Wasa Pancake Breakfasts
- TriVillage Kids Club

.....are a few of the areas that would welcome new members. Step up, step out, expand your horizons. We would love to see you!

"Volunteering is a work of heart"

HELP STARTS HERE...

HELP STARTS HERE.....

VICTIM SERVICES

250.427.5621

Call Anytime 24/7



The BUZZ needs you!

We are looking for volunteers! How would you like to try your hand at submitting one of the following? Fun page, History Bytes (or similar), Articles of interest.

Email: trivillagebuzz@gmail.com or call Lori @ 250.417.1570

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Please call Mike to make arrangements

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From the Tri-Village Kids Club:

We had a fun-filled morning and great turnout for our 2nd Annual Easter Egg Hunt and Pancake Breakfast. Many people came out to enjoy some yummy pancakes and plenty joined in for the Easter Egg Hunt, face painting, balloon animals and more!

We would like to extend our gratitude to the many volunteers who came out to help us make this happen! Special thanks to the following people: Marilyn Bowen, Tom Yost, Hugh Campbell, Peter Manahan, Corey Munro, Morgan Coolidge, Tova Shaefer,

Debbie Munro, Alana Kendrick and Stan Kneller. We are very grateful to have so many helping hands to assist our group in hosting events such as this. Kudos to this wonderful community for stepping up to help us out! Thank you to all who supported our group, and to all those who came out to attend, we enjoyed seeing all of those smiling faces. We had

100 kids participate in the Easter Egg Hunt and approximately 250 people in attendance. We were pleased to donate in kind our unused breakfast foods to Joseph Blais at "Free Breakfast Cranbrook" to help serve those most in need.

We are also pleased to announce the winners of our planter draw Mike Cushner and Savannah Flegel. Special thanks to Marli at the Post Office, Steve at Wasa Hardware, Ralph & Donna at the Pub and Steve & Young at Wasa Gas & Food for selling raffle tickets for us.

We will not be hosting a summer festival this year, however keep those eyes and ears open for activities by following us on Facebook

@trivillagekidsclub. For 2019 we are focusing on Easter, Halloween (Trunk-or-Treat) and Christmas until we can increase our volunteer and member base. That being said, if you are interested in getting involved and helping to host more family-oriented activities in the Tri-Village area, please let us know, we would love to have you!

Wishing you all a fun-filled summer!

-The Tri-Village Kids Club



Left to right: Tanya Munro, Makayla Munro, Kacey Day, Katie Cooledge, Jessie Dare
Front: Joseph Blais of Free Breakfast Cranbrook.



Dale Gray

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Cell: 250.421.1746

email: dale58@shaw.ca

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or Val 250.422.3499

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"I knew how much time it would take for the people to understand the very concept of an ashram because often they heard about an ashram as hippy people or dreamers. They have all been surprised when they came to my teachings to see how much pragmatism and logic we use here at the Ashram, we are not dreamers at all."

Central to the Ashram's activities is "the search for truthfulness, the truthfulness of our own presence," said Gurudev. The spiritual quest to reach self-realization takes place through meditation, yoga, devotion, unity and tolerance, and harmony with nature.

The Ashram is built around external religious symbols and an inner spiritual quest. The grounds of the Ashram contain statues from all religions reflecting the "unity of all the faces of the Divine. We learn about all religions and are very respectful of each of them."

The inner quest is a journey to increase consciousness and discover one's true nature. "It is the search for the true us, the true you, the true me that goes beyond the body and mind."

Looking to the future, "I'd like the place to become an open place where people from all traditions will be welcome and happy to share with us," said Gurudev. He plans on inviting swamis from India and Tibetan monks to talk about there traditions. He sees the Ashram as "a platform of sharing."

Gurudev's teachings can be found each month in the Buzz.

The Adi Vajra Shambhasalem Ashram, another example of the diverse spiritual energy and traditions found in the Tri-village area.



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If April Showers bring May flowers,
what do May flowers bring?

Pilgrims!

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
Bonnie Meena 250.422.3795
- Gym-Sonia Blackwell 250.421.3019
 - Rod 250.422.3253
- TOPS - Susan 778.524.0012
- Library-Judy McPhee 250.422.3766
- Quilter's Club - Linda Sungaard 778.524.4456

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



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Wasa Community Church

"Those who know your name trust in you, for you, LORD, have never forsaken those who seek you" (Psalm 9:10).

When you lose something, but it's not of that great of value to you, you might look for it here and there, but if you don't find it, it's not a big deal. Let's say, though, that you're about to leave home to go to town, and you can't find your wallet. That's a big deal. Money is a necessity. It's used for everything. I can't see why someone wouldn't look everywhere for their lost wallet. Search every nook and lift every cushion. You would likely look everywhere diligently, not stopping until it's found.

That's the picture I get in my head when I think of the words, 'seeking with all your heart.' It's not half-hearted. A wallet keeps your money, which you really need or you can't go out and buy stuff on your own. You seek it wholeheartedly because it's such a big need, and, though we see something like a wallet in that way, sometimes I don't think we see God that way. Is knowing God and His truths an important enough thing to seek wholeheartedly? Well, if so, you will find Him. He says in Jeremiah 29:13, *"You will seek me and find me when you seek me with all your heart."*

Throughout the Bible, we see God as someone who keeps every one of His promises. He never goes back on His Word. That's part of His unchanging character. He is someone who is worthy of trust because He doesn't break it. He has never forsaken anyone who has sought Him wholeheartedly. If someone seeks Him with all their heart, they will indeed find Him, and they can have confidence that He will not turn His back on them.

- Pastor Jon Malpass, Wasa Community Church (service Sundays @ 10:30 am), (250) 464-4419

Bruno's Plumbing Service

Mike Sylvestre
250.342.5105
brunosplumbing@shaw.ca



Serving The Columbia Valley



Donate your pop cans & liquor bottles (no dairy please), to the Wasa & District Lions Club to help with their scholarship fund. Please call Val @ 250.422.3499 to make arrangements for drop off at the Lions Grounds

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Wasa Skating Rink:

The Wasa and Area Lions have been awarded a Community Works Fund through the Federal Gas Tax. They have received up to \$11,500.00 for Energy Efficient wiring and lighting.

They will be installing LED lights. The old lighting system was no longer compliant. I was glad that I could help the Lion's find the funding.

The Wasa Volunteer Fire Prevention and Suppression Committee:

This committee has been working on getting their equipment up and running. Having meetings about getting Wasa designated as a Fire Smart Community.

I want to Thank all of them for the many hours that they have contributed.

Wasa and Area Official Community Plan:

Last month there was a article placed by mistake about the Sensitive Area Development Permit. This amendment to the OCP was approved by the RDEK Board on September 7, 2018.

I hope everyone has a good month. If you have any questions or concerns, please call (250-427-2577) or email me at s.janewalter@gmail.com

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Do you know an educator in the Columbia Basin who encourages environmental stewardship and sustainability? The Columbia Basin Environmental Education Network (CBEEN) has opened nominations for the 2019 Environmental Education Awards of Excellence. Nominations are open online until May 31, and nominees must reside within the Canadian Columbia Basin region. For more information, visit the following links:
<https://cbeen.ca/award-nomination/>

Safety guidelines and things you need to know:

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



For Gym Schedule Please Contact:

- Sonia Blackwell at 250.421.3019 or
- Rod at 250.422.3253

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



WASA COMMUNITY LIBRARY



Open Tuesday 11:00 am to 1:00 pm or by appointment (call Marg Burrin @ 250.422.3565 or Rose Smith @ 250.422.3088)

submitted by Judy McPhee

Located in the basement of the Wasa Hall

"The brain thinks not by adding two and two to make four, but like a sheet of wet paper on which drops of watercolour paints are being splashed, merging into unforeseen configurations."

Guy Claxton, British psychologist

And so it is with each of us. From childhood on, cumulatively, all the books, articles, education and family experiences we have received, merge together as watercolour splashed on wet paper to add richness to our lives and configure us to be the person each of us are.

Introducing your little ones to the library, and encouraging your teens, family members and friends to visit libraries helps expand their thoughts. Books do open up children's lives in unforeseen ways.

Recommendations

This month amongst our library collection, I bring to the attention of young teens, older teens and even light, quick reading for adults, the following books which might grab their attention- or yours!

"THOROUGHBRED" a series of books on training horses for the racetrack.

Books on different animals:

"ANIMAL RESCUE FARM" (two books)

"DOGFESSIONS" secret confessions from dogs (whatever it was, I didn't do it)

Stories that many of us as a youth and in years past have liked:

"OLD YELLER" a story about Old Yeller, the dog that wandered into a family's log cabin around the 1860's in Texas.

"THE THREE MUSKETEERS"

"THE MERRY ADVENTURES OF ROBIN HOOD"

"THE VALUE OF FACING A CHALLENGE" the story of Terry Fox



We are fortunate to have many science books for children and youth.

One is **"KIDSCIENCE"** Real Science your child can do.

For the promotion and advancement of Science Education

An interesting fun book to read is **"DO PENGUINS HAVE KNEES"**, a imponderable book by David Feldman on 148 different "How, What, Why and Where." questions and answers.

And finally **"ONE THOUSAND WHITE WOMEN"** by Jim Fergus, on the perceptions and emotions of woman based on an actual historical fact. A chief of the Cheyenne tribe requested one thousand white wives as brides for his young warriors. He thought it was a good way to assimilate his people into the white mans world.

Of course this did not happen but in this novel, it did.

Our library closes for the summer on June 25, 2019



What is the tallest building in the world?

The library, because it has the most stories.

We bid a fond farewell to two of our long-standing volunteers of the Buzz. Helen and Ken Maine are retiring from almost two decades of volunteer service with the Buzz. They are an amazing couple and so very much appreciated for all they have done to make the Tri-Village Buzz a success!!



To give real service you must add something which cannot be bought or measured with money, and that is sincerity and integrity.

Douglas Adams

Wasa & District Historical Assoc. & Memorial Garden Group

submitted by Sherry Shields

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

Contact info:

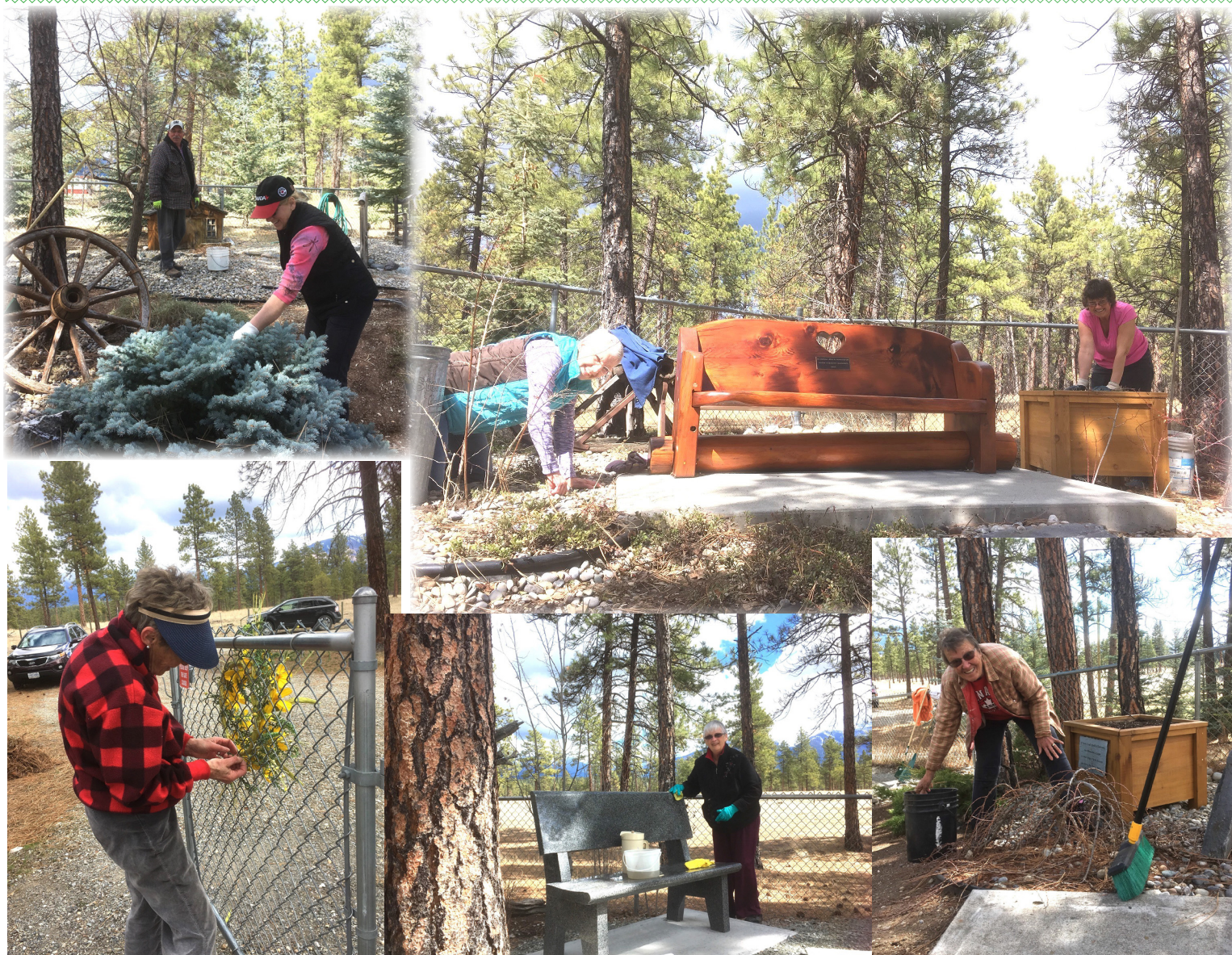
Pat Walkey @ 250 422-3530 or

pwalkey@shaw.ca.

Our wooden benches received some much-needed TLC over the winter. Thank you Murray Blackburn. The benches look amazing.

When visiting the garden please use the vases for flower arrangements. Flowers placed on the Memorial plaque or Columbarium marble will leave stains. The stains are difficult and time consuming to remove.

*~ It is Spring again. The earth is like a child that knows poems.
Rainer Marie Rilke ~*



Many Hands Make for Light Work

April 12, 2019

Annual Spring Clean Up at the Garden.

Weather was favorable, the garden is waking up and looking well kept.

Thank you Volunteers. – Sherry W, Murray, Arla, Sandi, Sonia, Rose, Sandy & Sherry S.

Baking - Thank you Helen Kelly for these great baking hints

- Heavy cookie sheets are the BEST – if you do not have one you might want to try lowering your baking temperature
- Chilled dough and cool cookie sheets will help prevent cookies from spreading
- Butter is best for cookies that might tend to spread, chilling dough is recommended if margarine is used
- Cream your butter, sugars and egg mixture well 😞UT add flour gently
- It is best to store nuts in refrigerator and marshmallows in the freezer
- For easy removal - grease pot or measuring cup before melting chocolate or measuring syrup or molasses
- Enjoy yourself – your cookies will taste and look better!

Helpful Hints

By Sherry Shields
In Memory of Vi Cockell



Baking happens with ingredients that last for months and come to life inside a warm oven. Baking is slow and leisurely.

~ Regina Brett~

Pine Needles – Thank you Della Boechler - going to be trying these out.

- Boil water and steep the pine needles. After, strain the needles and use the remaining water to clean the surfaces in your home! Pine needles have antibacterial properties, and leave a fresh, clean scent behind!
- Alternatively, fill a mason jar with white vinegar and loads of pine needles. Place the lid on and put it in a cupboard for 6 weeks. After the 6 weeks, you can place the liquid in a spray bottle and use as a regular household cleaner!

Have you got a helpful hint you would like to share?
Email: trivillagebuzz@gmail.com **Subject:** *Helpful Hint*

The Lions Den



Wasa and District Lions Club - Serving Wasa and Area since 1976

submitted by Nowell Berg

Lion's Roar:

Well, the grass is beginning to show some signs of greenery so I guess spring has really sprung.

With that in mind, I would like to remind everyone in the community that the Wasa Lion's will be holding their annual Highway Cleanup on May 5 this year. We ask that everyone assemble at the Lion's grounds at 10:00 A.M. The Lion's will supply safety vests, garbage bags, pickers and bottled water. All you need is suitable clothing and shoes. A great turnout ensures a quick and easy day. It usually only takes about two hours.

The Wasa Lion's held elections for Secretary, Treasurer and tail twister. Lion Sharon Prince has graciously agreed to keep counting our pennies and taking minutes at the meetings and the hundred other things the positions entail. Yours Truly has agreed to be the trouble-maker at the meetings to keep them light and fun.

The annual Garage Sale will be held on June 15th to coincide with Father's Day again. There will be a pancake breakfast as well as two important draws. The planter draws are always a popular part of the Garage Sale and this year is no exception with perhaps more planters than usual. The 250 Draw will have a new twist this year as we felt we spent too much time picking numbers out of the barrel (250 to be exact!) This year we will only draw the winning tickets which will win the respective prizes.

The tickets for both draws are available at the various businesses around Wasa as well as Lion's members. Gail Hefernan has again agreed to fill our planters with beautiful flowers from her greenhouse.

So get your gently used or new items that you just don't need anymore to Sharon or Val so they can set up the Garage Sale to be as successful as ever.

Hope to see you all at the Lion's Grounds at 10:00 A.M. May 4th for the highway cleanup!

Many of you have a story, adventure or life stories about people you know in our area that happened in years past and you are eager to share so that the history is not lost. I would like to include them in the "Following the Trails of Yesterday" page. Please phone me if you would like to contribute to the column at 250-422-3766 or email me at -- judymcphee9@gmail.com--

Words of Wisdom



In the Pursuit of the true Self

"An adventure to be followed" – Part 3

In the previous two articles, we clearly stated that the real "you" as Pure and Unlimited Consciousness is covered by five main layers or sheaths. Since we are in pursuit of our True Self, it becomes capital to experience the clear distinction between our True Self and these coverings. Remember that you cannot be what you are observing since the observer cannot be what is being observed.

From the most exterior moving inward, the coverings of the Self are as follows:

1- the Physical Body, 2- the Emotional Body, 3- the Mind or Intellect, 4- the Superior Mind, 5- the Supramental Consciousness (Pure Awareness).

Second covering of the Self: the Emotional Body

When we say "Covering" or "Body", we mean different layers that penetrate and mingle with each other. There is no definite barrier between them; they interact with and influence one another. This must be clearly understood.

The Emotional Body, called "Pranamaya Kosha" in Sanskrit, is also called the body of emotions or the body of suffering because, without a process of purification, this covering made of prana is charged with impressions that you have acquired from previous experiences. These experiences have been accumulated and stored within you under the form of specific energetically charged programmings called "Samskaras". Samskaras are emotional memories of ancient impressions that have left traces within you. They give you your very specific way of reacting in the face of life events. Through Pranamaya Kosha, your brain has been uniquely sculpted,

like the grooves on a vinyl disk. So, when these triggering Samskaras travel through your body, you react according to your "grooves", having left their marks within your mind. These very specific programmings are made of impressions from your past according to your perception of certain experiences you've had in this life or other lives. The reunification with one's own emotions has been the main aim of psychology and psychiatry, but the principle of Sadhana (the Practice of yogic disciplines) goes far beyond this process. Sadhana aims toward the total dissolution of these emotions so they can be replaced by a direct and objective perception of the unaltered reality.

As long as you do not dissolve your Samskaras, your Prana (the Vital energy you breathe and that penetrates you) cannot achieve its original function, which is to keep you in contact with the reality. And so, due to the alteration of your Prana through your unconscious, you breathe your own past at every second, reinforcing the power of your memories over the conscious mind. The way you experience your past impressions in the present moment will determine your attitude towards the future. Remember that ordinary human beings depend upon their mind, which I call the 'mental mind'. These soon-to-be-obsolete mental minds keep the consciousness imprisoned in two illusory points of time: the past and the future. The reality of the present moment is rarely experienced by the conscious mind of an ordinary mental human being. But when the waking consciousness and the unconscious of a mental human being have been cleansed from impurities such as Samskaras (emotions) and Vasanas (expectations/desires), the rising Consciousness touches the true nature of time and space at every moment, and the vital energy (Prana) can play its role in connecting the

consciousness with the true reality.

Becoming aware of your emotions (Samskaras) and your desires (Vasanas) is the best way to purify the Emotional Body until your Prana (the Divine Force) can circulate through it and cleanse all the coverings masking the Atman (the Self). You identify yourself with Pranamaya Kosha, the covering made of vitality and impulsive forces, when you say: "I am hungry", "I am thirsty", "I don't feel good", "I am in good shape", "I am sick", "I am exhausted", "I failed, I am doomed", "I am not good enough", "I am better than someone else", and so on. All these expressions mean that you are identified with the covering made of energy and in this case, it is the energy of your Samskaras (emotions) and Vasanas (desires).

Each Kosha is immediately related to the next one, which is more interior. It is like how British Columbia is inside Canada, Canada inside North America, and North America inside planet Earth, etc. The Kosha made of bone and flesh, Annamaya Kosha (physical body), has a common border with the Kosha made of energy, Pranamaya Kosha. And Pranamaya Kosha has a common border with another covering called "Manomaya Kosha", which we will study in the next article.

May all these elements help you understand that you are not just your physical body nor your body of emotions.

Warmly yours in the Lord.

**Venerable Gurudev Hamsah
Nandatha**

**Adi Vajra Shambhasalem Ashram,
Wasa, BC, Canada**

Special Event: Venerable Gurudev Hamsah Nandatha will be giving a special public lecture on "Getting out of the ocean of suffering called "Samsara" on Thursday, May 16th, 2019 at 6:30 pm, at the Ashram Dojo Temple. Everyone is welcome. Please arrive a few minutes early.

For more information, please contact the Ashram at ashram@adivajra.ca or (250) 422-9327.



Foam on the water

As winter ice melted in late March and early April, large patches of blue styrofoam pieces were spotted on the west side of the lake. The blue foam came from underneath a dock jutting out into the water. Otter's winter underneath the dock and chew the foam to create a nesting area.

The dock owner was notified by WLLID and responded positively to our friendly suggestion the decades old dock should be removed according to MoE and FLNRORD regulations and guidelines. The owner agreed to work to remedy the situation as soon as possible.

WLLID urges all waterfront owners to know their obligations under the Environmental Management Act and the Land Act, which are administered by the Ministry of Forests, Lands, Natural Resource Operations and Rural Development (FLNRORD) and Ministry of Environment (MoE). Complete information and regulations concerning docks and the foreshore can be accessed through Front Counter BC: <http://www.frontcounterbc.gov.bc.ca/>.

Successful AGM

WLLID held its Annual General Meeting on 11 April.

A record turn-out by residents spurred great discussion around water level measurement, septic systems and their impact on lake water. Trustees presented reports covering taxes, water quantity and quality. All reports can be found on the website, www.wasalake.ca. Chairperson Sharon Prinz presented a review of activities undertaken during 2018.

Elections were also held. Phil Goodsave was acclaimed for a three-year term. Returning Trustees include Sharon Prinz, Nowell Berg and Ged Kelly.

Adopt-a-highway

WLLID has received approval to adopt Wasa Lake Park Drive as part of the Adopt-a-Highway program. Look for volunteers picking up trash and garbage along the road. Better yet, do not throw litter out of your vehicle or onto the road way. Clean up after your dog and do not leave excrement lying around. If you would like to help keep the road litter free, please contact admin@wasalake.ca.

Boat Purchase

WLLID purchased a used 12' aluminum boat for water testing. An electric motor system will also be added. Water testing takes place twice (2x) per month from May to September. The data gathered on each test goes toward understanding the lakes health and maintaining water quality for all users and aquatic life. If testing shows the water quality suffering, then WLLID will investigate and implement plans to correct any water deficiencies.

The reason WLLID tests the water for E. coli and other nutrients is that the activities done on land and in the water directly affect the lakes health. Lakes users and residents need to know and understand they play a key role in maintaining the high-quality lake environment here at Wasa.

Delinquent Taxes

No one likes to pay taxes, but we do because it's only fair we pay our share like our neighbours. While the vast majority of residents pay their WLLID tax, which is \$50 per year per parcel, there are a few tax payers who fail to pay and have accumulated a large outstanding tax bill.

We all benefit from living at Wasa and as such should be willing to chip-in to maintain a healthy high-quality lake, which we all, residents and businesses, benefit from. If you have received a notice indicating the amount of taxes owed, please make your e-transfer now. Send it to admin@wasalake.ca.

Under the authority of the Local Government Act, the WLLID can take legal action to collect all outstanding tax bills. While we would rather not take this route, please know that WLLID is prepared to undertake legal action to recover all taxes due.

If you have extenuating circumstances, the WLLID Board wants to hear from you. We will listen and work with you to resolve any issues concerning the amount of taxes owing.

Spring Cleaning Time!

WASA LIONS' COMMUNITY GARAGE SALE



***Saturday June 15th 9:00 am - 1:00 pm
Wasa Lions Grounds***

***Contact Val @ 422-3499, Sharon @ 417-7654 or Gail @ 250 422-3539
to book a table space***

***Please contact if you have items you would like to donate to
the Wasa Lions***

***We are looking for new or gently used, clean, working items! No
clothing please***

Clean out those things you don't use or need!!!

FIRE

in Wasa !

WHO DO YOU CALL?



**In a fire emergency, first call BC Wildfire Services 1-800-663-5555 (or *5555 from a cell phone).
Then call these Wasa volunteers until someone answers:**

**Mike Gall cell 250-417-9422 home 250-422-3759
Bill Walkley cell 250-427-1049 home 250-422-3351
Sharon Prinz cell 250-417-7654 home 250-422-3227
Debbie Waterer cell 250-426-9791 or 426-9792
Kathy McCauley cell 250-427-6637 home 250-422-3759
Lyle Zaksauskas cell 250-421-2650 home 250-422-3353**

**The people listed above are members of the Wasa Volunteer Fire Prevention and Suppression committee.
They will arrange to activate the Community Fire Suppression Trailer and the neighbourhood HELP network.
(May 1st to September 30th 2019)**

This is our Naomi Miller from Wasa!!

B.C. Historical Federation

Naomi Miller (Allsebrook '50), UBC'51.

At the annual meeting of the BC Historical Federation in May 2018, hosted by the Arrow Lakes Historical Society and held in Nakusp, Naomi Miller received an Honorary Membership in recognition of her outstanding work through the years with BCHF.

Naomi spent her growing up years on Kootenay Lake. She wanted to be a nurse but being too young for enrolment in VGH, she decided to go to UBC, enrolling in the BSN program. Her first job upon graduation was head nurse at the TB Willow Chest Centre.



Naomi Miller with K. Jane Watt president BCHF

The picture shows the plaque surrounded by some of those involved in the process of recognition.

She became interested in local history as she moved with her husband Peter, living and working in BC. She became editor of British Columbia Historical News, later researching and writing Fort Steel-Gold Rush to Boom Town. For her work writing biographies of nurses from around B.C. she was named an Honorary Life Member of the BC History of Nursing Society.



Email your photos with "The Buzz".
Your picture will be featured in the current issue of the Buzz and your name will go into a draw for the

"2019 Where do you take Your Buzz"

contest.

Email:
trivillagebuzz@gmail.com

Non-profit Workshops Happening in May

The Trust offers workshops throughout the Basin on various topics focused on strengthening non-profit capacity. For more info go to:

<https://ourtrust.org/our-work/community/non-profit-advisors-program/>



**Cranbrook • Kimberley
HOSPICE SOCIETY**

20 - 23rd Avenue South, Cranbrook, B.C. V1C5V1
Phone: (250) 417.2019 Fax: : (250) 417.2046:
Toll Free #: 1.855.417.2019
Email: hospice1@telus.net
Website: www.ckhospice.com

Volunteer Today!

Cranbrook Kimberley Hospice Society
Needs volunteers to help with Client and
Family Companionship & Grief Support

Call 250.417.2019
Toll Free 1.855.417.2019



**United Way
Centraide
Canada**

A United Way Sponsored Agency

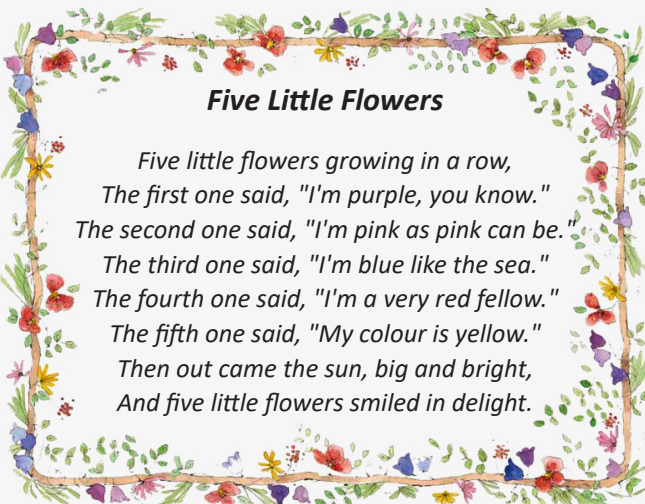
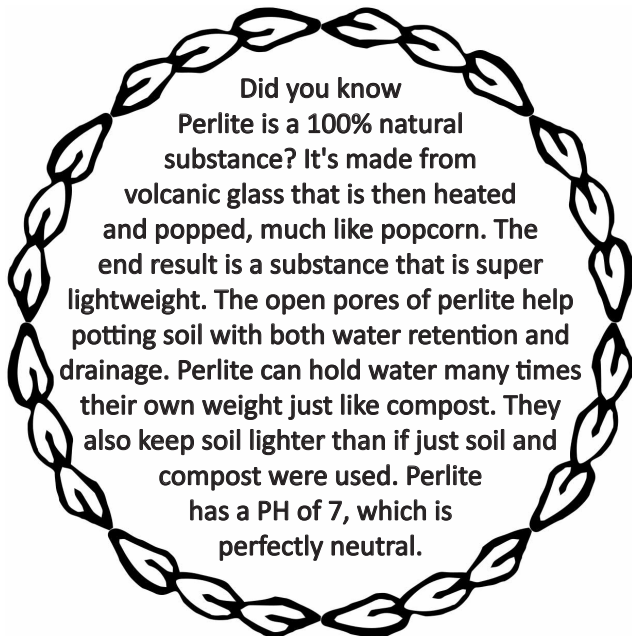
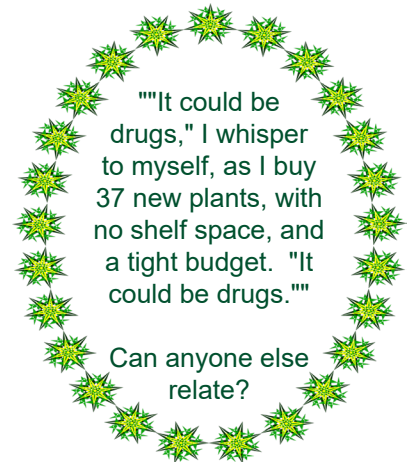
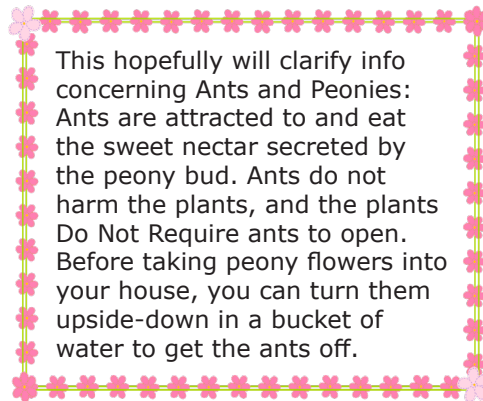
Did You Know?

- A species of Australian dragonfly has been clocked at 36 mph
- Apples, not caffeine, are more efficient for waking you up in the morning.
- The expression 'getting someone's goat' is based on the custom of keeping a goat in the stable with a racehorse as the horse's companion. The goat becomes a settling influence on the thoroughbred. If you owned a competing horse and were not above some dirty business, you could steal your rival's goat (seriously, it's been done) to upset the other horse and make it run a poor race. From goats and horses it was linguistically extended to people: in order to upset someone, get their goat.

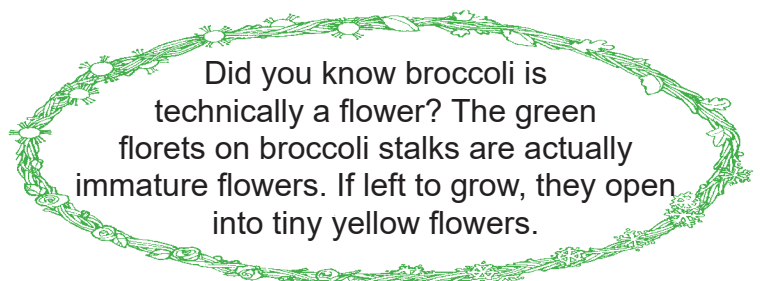
Do you have any interesting trivia to share? Something silly? outrageous? never heard of? Submit your "brain bits" to the Buzz for everyone to enjoy :)

Garden Facts & Fables

I hear the hummingbirds are back!! I have their 'food' heating on the stove as I write! There is some do's & don'ts posted on page 17, but I encourage all of you to send in your tips and tricks concerning hummingbirds, or any other local feathered friends. The Buzz is about community - and sharing with one another, whether it is hard-earned knowledge, a joke you had a good laugh at, a fond memory we all want to hear it!



1. The word carrot is first recorded in English in a 1538 book of herbs.
2. When first cultivated, carrots were grown for their leaves and seeds rather than their roots which is what we now think of as carrots.
3. The part of the carrot that we eat is called the taproot.
4. Carrots were originally white or purple. Then a yellow carrot appeared through mutation and the familiar orange carrot was bred from it.
5. It was the Dutch who bred the orange carrot because orange was the traditional colour of the royal house of the Netherlands.
6. According to tradition, Santa's reindeer will eat 360 different plants but not carrots.
7. The Roi Carotte (King Carrot), an opera by Jacques Offenbach, was first performed in 1872.
8. Holtville, California calls itself the Carrot Capital of the World and holds an annual carrot festival.
9. In 2010, Turkish researchers published a Mathematical Analysis Of Peeling Of Carrots.
10. "Carrots keep you healthy and help you see in the blackout," (British Second World War slogan).



RDEK NEWS RELEASE - A Cautionary Tale:

Escaped Grass Fire in Jaffray Prompts General Fire Safety Reminder

Members of the Jaffray Fire Department responded to a small escape grass fire in the Jaffray area this morning, preventing what could have been a much more serious situation.

"We see this kind of thing each spring and it is so frustrating because it is preventable. We are urging the public to be smart when burning," says Elk Valley & South Country Rural Fire & Rescue Chief Dave Boreen. "The fire today was out of control and travelling toward neighbouring structures when it was discovered. We were very lucky it wasn't worse."

Boreen, who was first on the scene, was able to knock back the fire and an engine and three firefighters quickly joined in to ensure all hot spots were dealt with.

"Everyone remembers how hot and dry last year was. Those fine fuels that were dried out and dead heading into winter are now drying out in the spring sun. They burn and they burn quickly," stresses Boreen. "Anyone doing spring burning must make sure they are taking steps to be prepared by having a water source, shovel or tools, burning when it's not windy and by staying on site monitoring the fire until it is completely out."

Additional tips for spring burning can be found on the BC Wildfire website www.bcwildfire.ca.

"Please be smart and be safe with spring burning. Keep your spring fire from becoming a wildfire," adds Boreen.

Hummingbird Nectar Recipe

The standard formula for nectar is 4 parts water to 1 part table sugar. For example, to make enough to fill an 8-12 oz. feeder you would use:

1 cup water

¼ cup sugar

Pour the sugar into warm tap water and stir until dissolved. Boiling the mixture is fine, but not necessary. You can make extra and store it in the fridge to make the next few fill ups quick and easy. Clean the feeder and replace the nectar every three to five days – sooner if the nectar gets a little cloudy. As tempting as it may be, you should never put anything other than sugar and water into a hummingbird feeder.

Never add the following ingredients when making nectar at home:

Red food coloring While hummers are attracted to the color red, adding red dye to their food is unnecessary and, depending on the chemical makeup of the dye, potentially harmful to their health. Most hummingbird feeders are already predominantly red so as to entice hummers to visit. If you think yours is not red enough, simply add a red ribbon to the hanger or place your feeder near a colorful flower bed.

Artificial sweeteners Hummers do not need to watch their sugar intake, so never use any sweetener other than regular sugar when making nectar.

Honey or Molasses When mixed with water, honey and molasses create a great breeding ground for potentially fatal bacteria and mold to grow.

Chili Oil or Powder While not harmful to hummers if ingested, Chilies are not part of the normal hummingbird diet and therefore should be avoided. Hummers are strictly sweet nectar and insect-eating creatures – anything else might even cause them to quit using your feeder.

Garlic Asparagus with Lime

- | | |
|---|--------------------------|
| 1 teaspoon butter | 1 tablespoon olive oil |
| 1 clove garlic, minced | 1 medium shallot, minced |
| 1 bunch fresh asparagus spears, trimmed | |
| 1/4 lime, juiced | salt and pepper to taste |

Melt butter with olive oil in a large skillet over medium heat. Stir in garlic and shallots, and cook for 1 to 2 minutes. Stir in asparagus spears; cook until tender, about 5 minutes. Squeeze lime over hot asparagus, and season with salt and pepper. Transfer to serving plate, and garnish with lime wedges.

The ^{real} To Do List

- Laugh
- Sing
- Read under a tree
- Count your blessings
- Hope
- Hug your little ones
- Walk barefoot in the grass
- Give thanks
- Love
- Keep on loving
- Take deep breaths
- Jump in

Wasa TOPS

Friday mornings downstairs

Wasa Community Hall

Weigh-in 8:30 - 9:00 am

Meeting 9 - 10 am

Everyone welcome - Contacts:

Susan 778 - 524 - 0012

or Irene 250 - 422 - 3686



TAKE OFF POUNDS
SENSIBLY

GERICK SPORTS
Wasa Lake
TRIATHLON



June 8-9, 2019

www.rmevents.com



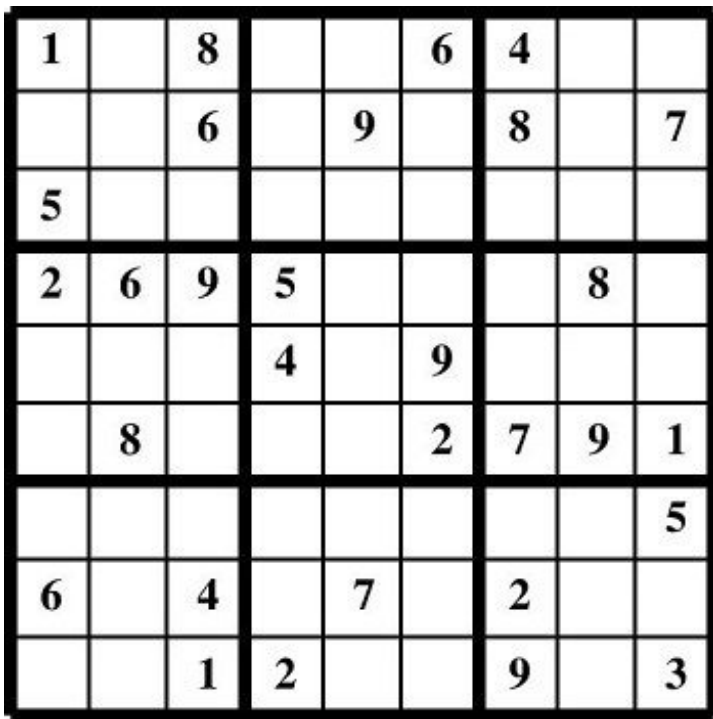
Saturday TriKids Triathlon
for ages 4-15, from 8:00 am - 1:00 pm

Sunday Adult Triathlon
for ages 16 & over from 7:00 am - 1:00 pm

**To cheer on participants, to sign up for
volunteering, or to register for a race,
visit www.rmevents.com.**

Email charlie@rmevents.com or call 250-427-8748.

Thank you Wasa Community for your continued support.



And Now It's Spring

© Lhtheaker

Published: April 2018

The grass is green across the hill,
But yellow blooms the daffodil.
It's sunshine on a little stalk,
A friendly flower, I bet they talk...

Of little kids, too long inside
They burst outdoors to play and hide.
Tracking mud and bringing bugs.
Look, there's footprints on the rug!

Tiny whirlwinds, these little tykes,
They skin their knees while riding bikes.
They rip and roar, they're
running wild!
What fun it is to be a child.

It grows warmer every day.
Shoo the children out to play!
Pick the flowers, play in mud.
Too much rain, here comes a flood!

My snowy, winter days are gone.
I mourn them, but I hear a song
Of birds in trees; wind chimes ring.
I guess it might as well be spring!

Source: <https://www.familyfriendpoems.com/poem/and-now-its-spring>

Spring

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

APRIL

CULTURES

GARDEN

MAY

RAINBOW

REGROWTH

RENEWAL

SEASONS

SOIL

SPRINGTIME

SPROUT

TEMPERATE

BLOOM

CUSTOMS

GREEN

PLANTS

REBIRTH

REJUVENATION

RESURRECTION

SHOWER

SPRING

WARM

SUNSHINE

TULIP

BUD

EASTER

JUNE

PUDDLE

SPRING EQUINOX

CLIMATE

FOUR

MARCH

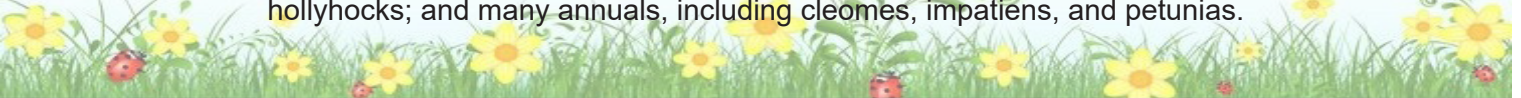
RAIN



Search the puzzle for the words shown in the word list. Circle each word that you find until you find all of the words in the whole puzzle!

Want to attract hummingbirds to your garden?

Brightly-colored flowers that are tubular hold the most nectar, and are particularly attractive to hummingbirds. These include perennials such as bee balms, columbines, daylilies, and lupines; biennials such as foxgloves and hollyhocks; and many annuals, including cleomes, impatiens, and petunias.



Spring Word Scramble

WBNIAR _____
BLLAMURE _____
WFLORE _____
PLITU _____
NERGE _____
MLOBO _____
PLRIA _____
LFBTUTREY _____
NIAR _____
DREGNA _____
EBE _____
YMA _____
GNRIPS _____
HSSNIEUN _____
YBNUN _____
CAMHR _____
EDES _____

Want something fun to do with your spare time?
We are looking for a new "Fun Page" submitter



May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1  Batman Day	2	3	4 
5 Church 10:30 a.m.	6	7 BINGO 6:30 Early 6:45 Regular	8	9	10	11 
12  Church 10:30 a.m. Mother's Day	13	14	15	16	17 Quilt Show	18  No Dirty Dishes Day 
19 Church 10:30 a.m.	20	21	22	23	24	25
26  Church 10:30 a.m.	27	28	29  Put a Pillow on Your Fridge Day	30	31	

LEGEND.

Church Service 10:30 am
Rec Society 7:00 pm
Quilters 10 am - 4 pm
Library Tuesdays 11 am - 1 pm
TOPS Fri 8:30 am Weigh in & Mtg. 9 -10 am
Armchair Traveller 7:30 pm

BINGO 6:30 pm
Lions 7:00 pm

NUMBERS AT A GLANCE

Ashram Meditation & Yoga.....	250.422.9327
Brunos Plumbing.....	250.342.5105
Catamount Contracting.....	250.422.3694
Cranbrook/Kimberley Hospice.....	250.417.2019
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 Hall.....	250.422.3514.....422.3795
Wasa Hardware & Building Ctr....	250.422.3123
Wasa Lake Gas & Food.....	250.422.9271
Wasa Lions Med Eqp...250.422.3227..	422.3499
Wasa Lions Trail Donations.....	250.422.3773
Wasa Memorial Garden (Pat Walkey)..	422.3530
Wasa Post Office.....	250.422.3122

Special Events and Days Down the Road

- May 4th Highway cleanup
- May 10 - 11 Quilt Show
- May 14 Non-Profit Workshop - Cranbrook
- May 16 Lecture at the Ashram - see pg 11
- June 8-9th Wasa Triatholon
- June 15th Wasa Lions Garage Sale
- August - Diana Perih Celebration of Life

