

# Tri-Village Buzz

November 2016 Issue 194

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#### Wasa Lions Donate \$2500 To Buy MRI



Left to Right: Terry Marvel, President Wasa Lions Club; Cassandra Schwarz, Ex. Director EKFH; Sharon Prinz Wasa Lions Club; Brian Clifford, Past President EKFH; Val Dmytriw Wasa Lions Club by Nowell Berg

The East Kootenay Foundation for Health (EKFH) received a financial boost from the Wasa Lions Club toward the Starlight MRI campaign.

Club President, Terry Marvel, turned over the \$2500 cheque on behalf of the Wasa Lions. Marvel said, "The Club is proud and happy to make this donation to bring an MRI machine to the Regional Hospital."

EKFH Executive Director Cassandra Schwarz and Brian Clifford, Past President, EKFH, were on hand to thank the Lions for the donation.

Club member Val Dmytriw came up with the idea they should make a donation to the Starlight MRI campaign. Dmytriw and Prinz, the fund raising team, thank the Wasa community for their support to reach the \$2500.00 goal.

Schwarz said the Starlight Campaign starts November 1st. The goal of the campaign is to raise \$650,000 as their contribution to the \$5.3 million project. The EKFH is targeting Spring 2018 to begin building the MRI facility.

Clifford told Club members the MRI is essential for reducing the current nine (9) month wait time to four (4) months. He also suggested the MRI facility would attract doctors who have, in the past, avoided relocating to Cranbrook because there was no MRI.

The Wasa Lions issued a challenge to all area Lions Clubs; "Meet or beat our MRI donation."

Tri Village Buzz
Young Writers
Contest
See Pages 10 & 11
for Contest Winners &
Submissions



# October Lookey... ...Lookey Contest Winner!!

...is Bonnie Meena, from Wasa. Contest participants correctly identified the 12 locations of the hidden pumpkins in October's edition of the Tri Village Buzz and Bonnie Meena's name was drawn as the winner of the contest. Next month, December will be the last Lookey Lookey Contest. Watch for contest details in next months Buzz and a chance to win a \$25.00 gift certificate from an advertiser of your choice. Thank you to everyone that participated!!

Serving Skookumchuck, Ta Ta Creek and Wasa



#### **FOLLOWING**

#### THE TRAILS OF

By Judy McPhee



Continued from September & October Alan Askey - A Roundabout Life - Part III

After graduation I interned at Royal Alexandra Hospital in Edmonton and completed an extra year at McLaren General Hospital in Flint, Michigan. During my years in Calgary I spent holiday time in the Kootenays, considered a remote and quaint back water in those days. But I liked it. In my 4th year of medicine, Dr. George Duthie flew up to Edmonton to recruit me for his Invermere clinic. I had met George on previous forays in the area. He had been in the RCAF in WWII as a pilot and had bought June Callwood's (a CBC stalwart) low wing monoplane. We flew down the valley - he pointed out Baker Mountain at the south end - and then over the Purcells back to Invermere. After internship I began general practice in 1962 at the Invermere Medical Clinic with George, which included a weekly clinic in Canal Flats. Years later, as Regional Coroner I was responsible for retrieving George's body from a Super Cub owned and flown by a friend with a long history of mountain flying. They lost their horizon circling the Delphine Glacier and flew into a wall of ice.

I then moved to Cranbrook, opened my own medical office and bought my first house. In 1963 while swimming with my family at Wasa Lake I became interested in the property across the lake, apparently unoccupied. It turned out to be owned by Brian Locke of Calgary - Judy McPhee's father. I immediately phoned him and bought the property. That year I was very polite to my bank manager.

The first year as solo practitioner working 24/7 was an exciting challenge and did not change much after Lowell Hengel joined me, as we offered "full service" care: surgery, obstetrics, ICU, referring out major cases. Most mornings were spent at the hospital, St. Eugene until 1968. St. Eugene was an anachronism, despite which the Grey Nuns gave excellent care to everyone from "premies" to homeless old men in the winter. We had open windows in the OR in summers. despite the odd bird flying in. Occasionally, a visitor looking for the private room walked into the OR looking for "Joe" — we would politely direct then across the corridor. In the 1960's BC Tel. offered the first answering machine, which I immediately procured allowing the family to get out more. After the first use, I was summoned to Mother Superior's office at the hospital, to speak with a nun supervisor, who angrily advised me that she had been phoning doctors at home for 40 years and this was the first time she had been "answered by a machine". How times have changed. They were good years, with a self

selecting patient list of good people. Even now we often meet, usually at the grocery store and have a friendly reminisce.

In 1968 our two man clinic was about to expand to four and become the Associate Medical Clinic. We had been planning to take over the third floor of the Royal Bank Building but the cost was prohibitive. Time was short for picking a new site and I was impressed by the pre-fabricated modular building at Muriel Baxter school. We drew up plans the night before I flew to Vancouver to meet the manager of the manufacturing company. They had never done a medical clinic but were interested in doing so. After refining our plans, I made a down payment (there was the bank manager again) and they promised delivery in 6 weeks. I had purchased two lots behind my house. One was formerly Hansen's Garage and currently a building lumber yard. We tore down the old garage and some of its bricks (manufactured in Cranbrook) are still in my yard. Under a pile of lumber I found an old Singer sewing machine that, once restored is now a lovely addition to our current home. On a Friday, six weeks later, the site ready, eleven flat bed trucks arrived each with an 11' section of building. Over the weekend they were bolted together, a roof added, and water, sewer & power connected. The offices were all equipped with sinks & bookcases, and even toilet paper. Monday morning we brought personal effects and opened for business. It may be apocryphal, but an elderly gentleman who walked his dog each morning past the site was heard to mutter: "What's happened to the lumber yard? It's a bloody miracle".

I also served as a local coroner for many years. In 1978 I conducted an inquest into a plane crash that killed 43 people at the Cranbrook Airport. This event particularly stimulated an interest in the field of forensic medicine. Even forensic medicine has its comic moments and without them it would be intolerable. The accident centred on a "failed go round" and trouble with the thrust reversers. I had done a lot of flying in previous jobs and had a private flying license in the 50's and have always been interested in flying. In order to understand the intricacies of the problems, our pilot expert put me on their Boeing 737 simulator at Vancouver Airport. This is where commercial pilots get 80% of their training. The simulator consists of the flight deck of a real plane, with all the controls, a screen outside the

pilots windows showed the airport runways for take off & landings, with a lot of equipment under the simulator to create the appropriate response to the controls and a computer and operator to make it all work. It was extremely realistic. So I "flew" the simulator from Calgary to Cranbrook, Kamloops and Vancouver, using all the controls including the thrust reversers on each landing. In Vancouver, I was offered a final short flight given to graduating pilots. So there I was flying this huge jet west over Burrard inlet 60' above the water under the Lions Gate Bridge. I was in such a sweat by this time that after bringing the plane up I turned the wrong way and "crashed" into Grouse Mountain.

In 1983 I decided to change from General Practice to forensic medicine. Fortunately I found a competent and very personable young MD to take over my practice - Dr. Dave Lenz. He is still there, as our family doctor and delivered our granddaughter Claire. In 1983. I was appointed full-time Regional Coroner for the Kootenays. In 1985 we moved to Burnaby when I was appointed Director of Medical Investigations in the Chief Coroner's office. This involved investigation and inquests into significant deaths throughout BC, NWT and the Yukon. My first job was a 3 month review of the Clifford Olsen multiple murders into the preventability aspect, a function of the coroner's investigative role. At a Fraser Valley inquest into the death of a teenager I recognized a woman in the front row and speaking to her after the inquest's conclusion, found out that her child had also died accidentally and she had found the inquest I conducted helpful in clarifying the issues and dealing with the tragedy. Since then, she had been encouraging other families to do the same and would attend as a support person. This reinforced my deeply held belief that an inquest could be a useful function to clarify the facts and offer recommendations and give grieving relations some answers.

Continued in December's Edition





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#### **ROCK N REDS KARAOKE**

Saturday, November 26<sup>th</sup> 8 p.m. -12 a.m.

**Wasa Country Pub** 



### WASA LAKE LAND IMPROVEMENT DISTRICT (WLLID)

By Laurie Kay

#### **Shoreline Cleanup 2016**



Photo by Nowell Berg

Sunday On afternoon, October 23<sup>rd</sup>, Improvement District trustees and community volunteers donned briaht orange safety vests and walked the lake shoreline searching for garbage. Their search concentrated on BC Parks and other

public access points in four locations: where Hansen Channel enters the lake, shoreline north and south of Cedar Road, the small bay just north of Ponderosa Road, and the area at the end of Elm Road. More than thirty pounds of garbage was picked up from these sites, mostly small bits of plastic and wrappers, but including golf balls, plastic toys, cigarette butts, and beverage cans. The oddest item found was an old blue plastic dingy abandoned under a bush on the edge of Cedar Road.

The volunteers discovered that although much of the lakeshore is generally clean and well cared for, Cedar Road is, by comparison, a neglected orphan. The area is used as a beach and boating access point by many people, but it is not an area claimed by either government or residents as their responsibility to clean. Hence, it was the spot where the most garbage was found.

Another unexpected discovery was the amount of styrofoam bits noted along the shoreline on the south end of the lake. Although volunteers tried to collect as much as they could, the small particles are tough to pick out of the sand. Styrofoam is obviously breaking apart from docks and washing onto shorelines where it continues to break into smaller and smaller bits that not only litter the shore, but can kill the birds and fish that ingest it. Styrofoam is no longer recommended for new dock construction.

Fortunately, although the temperature was nippy, the sky was clear and the sun was shining for the twelve member cleanup team who finished off the event with a barbecue. The trustees would like to thank their families and other volunteers from the community who came out to help, and also BC Parks for funding, Skookumchuck Pulp Mill for the loan of the safety vests, and Wasa Lions for the loan of the litter

pick-up sticks. We would also like to acknowledge that there are people in the community who make a habit of picking up garbage whenever they stroll the lakeshore. Thank you!

This project is registered online with the Great Canadian Shoreline Cleanup, an across Canada conservation initiative of the Vancouver Aquarium and World Wildlife Fund. The event followed all their guidelines including data collection, protocol, and



submission of forms. A summary of the cleanup along with photos will be posted on their website (also at www.wasalake.ca) shortly.

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#### **Letter to the Editor**

First of all, please accept our apology for being absent for the Public Hearing due to a previously scheduled family commitment. As much as we would like to develop a golf course, the reality is that there is no future or funding available for such a project and for this reason we are seeking a zoning change.

We would like to assure the community of Wasa that we are consulting with the RDEK and Director Walter to address all of your concerns. After being involved with the OCP process, we fully agree with the community that allowing for reasonable commercial development would be complementary to Wasa and neighboring communities. Plans do not include competing with local business, or getting into manufacturing, industrial or residential development activities. Our philosophy still includes using and promoting local goods and services and supporting the OCP mandate.

We are currently in discussions with the Ministry of Transportation to confirm, as per previous discussions, that speed reduction on the highway can and will proceed once development starts on the property, and are confident that there is sufficient support from the community for this important safety initiative. We are hopeful that this development will be supported and will be no different than those previously approved by the authorities.

Our proposal is to decrease the number of RV sites, from the number we currently are permitted to have, by 50% to 120 and to maintain the RV park as a seasonal (2 month high season) operation. By not developing a golf course, we will be decreasing water, chemical and fertilizer usage by 90% from what it would have been had we developed the golf course.

We agree that water is a major concern for all. As we are working closely with the RDEK, we are still planning for all development to be at an elevation between 775 and 777 meters which we believe is higher than the majority of the present and planned structures, infrastructure and development around Wasa Lake.

After working with a local Registered On site Wastewater Practitioner (ROWP) for numerous years, we have decided, in the best interests of all, that detailed ground studies should and will be performed in order to satisfy the community that a new septic system at the proposed elevation will meet and exceed septic requirements.

We appreciate your concerns with this development and look forward to addressing them at the next Public Hearing.

Sincerely, Thomas Kiy

# Forge \*

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#### **Coffee House**

Friday, November 25<sup>th</sup> 7:00 p.m. to 8:00 p.m.

**Varied music & musicians** 

**Wasa Community Hall** 

Coffee Break 20 minutes

#### Where do you take...YOUR BUZZ?

6 year old Emma brightens up the day with an afternoon visit with her grandparents. Sweet little Emma happily poses with the Buzz and her grandma Melinda, their names will be entered in the contest draw.



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Wasa Community Hall

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#### HISTORY BYTES

BY NAOMI MILLER



#### A Warden's Life in Kootenay National Park

In 1937, my husband of nearly a year, Leonard Cobb and I were living in Radium Hot Springs up above what is now the parking lot by the pool. Len worked at the Government Garage as a mechanic. We were housed in two tents set up 500 yards from the Garage. One tent was for kitchen and utility work; the other a bed sitting room. Each had a board floor and boards 4 feet up sides and end over which a tent was fastened. A piece of canvas called "a fly" made a second roof, keeping snow off in winter and making the place cooler in summer. We were quite comfortable and warm there as long as we tended the airtight heater. If too much wood was put in at one time it had a tendency to overheat and blow the lid up and down in an alarming fashion.

The position of Warden at Kay's Cabin was advertised that spring by the Federal Civil Service. Len applied for the job and was accepted. Late April saw us moving our few belongings five miles up the road from the Park Gate. Kay's cabin was a frame building with a kitchen, living room with fire place, and two bedrooms. There was a sink in the kitchen and cold water piped from Sinclair Creek to a tap. A rain barrel outside caught precious soft water. An outhouse was partially hidden among the trees and laundry was done in a galvanized tub with woman power (me) rubbing clothes on a corrugated washboard. A larger tub served us for the Saturday night bath. Water was heated in a large galvanized copper bottomed boiler which sat on the kitchen stove with the ever cheerful kettle. The cabin was an improvement over our tent home.

The duties of a warden were fire patrol, trail maintenance, bear control and keeping open the phone line between Radium and the warden's cabin near the Alberta border. That line, looped between insulators on living trees, would suffer outage if a tree fell on it, a fallen branch pressed it into snow, or occasionally was cut by an avalanche. Fire Pumps, tricky little two cylinder motors, had to be kept ready to start. We watched for lightning strikes. Side roads and trails were checked to see that no campfires had been left burning. There was a shortage of berries which brought bears to our cabin and the hotels. It was Len's job to go and shoot trouble makers (tranquilizing was unknown in those days). One night in the dark, above Blakely's Hotel, with a five cell flashlight trained along the sights of a twelve -gauge shotgun, Len shot a bear that had been smashing all the little desserts prepared for a bus tour. It turned out to be a grizzly! Later Len was called several times by campers to McLeod Meadows where a bear stole food. It had even run off with a cake made in a tin on a stove in a shelter. Oh, the joys of being a warden!

On one outing we discovered a small lake. Ordered by the superintendent to stock it, Len and Frank Foyston carried trout fingerlings in cans of water

strapped to their backs on a hot day, no trail, stumbling over windfalls. Eventually large trout appeared. Years later we were surprised and pleased to learn that the tarn we first saw had been given the name, "Cobb Lake."

A warden's cabin had to be a self- sufficient unit. We kept a rifle, axe, pick and shovel close at hand. Cans of gas and oil had to be stored in a safe place, white gas for one lamp, coal oil for the other. A good pile of stove wood was a must. A large load of slabs was hauled from Trethewey's mill below Radium. We started to cut them with a Swede saw. However Len claimed and fixed a discarded gas powered saw which cut up the wood quickly and efficiently. When fall came we prepared a carefully considered order for groceries to last for the months when the Radium-Banff road would be closed. Len got most of the staples from Ray Ball's store in Windermere: flour by 100 lb sack, sugar in 50 lb sacks, milk by the case - 48 cans per case, tea, coffee, cocoa, raisins, baking powder, soda, dry yeast cakes, vanilla, salt, matches, butter in 50 lb box at 25 cents per lb, raspberry jam, strawberry jam, peanut butter in 4 lb cans, bacon in slabs of 6 or 7 lb \$2, dried prunes, apricots and apples which came in 20 lb boxes at \$2 each, rice and dried beans in large sacks, whole wheat flour and molasses, bulk cheese, sowbelly pork for frying. That order cost about \$30, filling the back of our Model A truck. Len went to Edgewater where he purchased carrots, potatoes, turnips and onions in large sacks and a side of beef at .99 cents a lb. Those supplies were stored in a cold room created under the kitchen floor. Our Atwater Kent radio, powered by two large B batteries and a small C cell, brought some entertainment when atmospheric conditions were right. We enjoyed half hour programs such as Fibber McGee and Molly, Jack Benny and Amos 'n Andy. When the World Boxing Championship was to be broadcast friends actually came from Radium to listen with us. But, before everyone was properly seated Max Schmelling knocked out Joe Louis in the second round. This was rather an anticlimax to our rare social event!

In preparation for winter patrols outlying cabins had to be checked, cleaned, stocked with dry food (in tins to protect from mice), and firewood. A warden patrolling for illegal trappers or downed telephone line had to have shelter after walking or snowshoeing 8 -10 miles. All duties had to be recorded in the Warden's diary. This daily report had to be turned in at the Gateway office at the end of each month. Economy dictated that we go to town only once a month except in an emergency.

Early in the spring of 1938 Len and a helper were sent to clear trails and side roads of windfalls. Next they were assigned to build a new log cabin off the highway at Nixon Creek. This project was supervised by Oswald Young, warden at Kootenay Crossing. Late

in the season Oswald unexpectedly left service. Len and I were instructed to move to Kootenay Crossing for the winter. No replacement at Kay's Cabin so Len faced winter patrols from Vermilion Crossing to the Gate, 38 miles with Sinclair Summit being a proven obstacle on the road. By the end of October we were installed at Kootenay Crossing Cabin with a six month supply of groceries. There was no fireplace here but a garage which held a Chev truck for use when road conditions permitted. We had telephone, intermittent radio reception, a springer spaniel and a cat for company. The only neighbors were Charles and Annie Crook who lived five miles south of us. Their home was a combination of gas station, a dwelling and a few log cabins for renting to summer tourists. This small business was on 160 acres which their family had homesteaded in 1911. Parks Canada created Kootenay Park around it in 1920. The Crook family was very hospitable. Mrs. Crook's baked beans and brown bread tasted like manna from the gods. Best of all was the companionship. Charlie would sing and play his banjo, Len played a mouthorgan, Dinty, our dog put on his show too. Crooks son Ray occasionally went on patrol with Len. The most hectic day came just before New Years when a slide came down near Vermilion Crossing cutting off Bert Rutherford. Len snowshoed up, reconnected the phone line, and snowshoed home again for New Year's Eve. Twenty two miles of heavy wet snow to help a fellow warden join the civilized world for a brief telephone chat as 1939 dawned in the Rockies. Roads became passable on the valley floor but it was not until the 2<sup>nd</sup> of May 1939 that we travelled in the Chev Truck over a slushy Sinclair Summit to Radium. It was six months since I had left there for Kootenay Crossing!

We returned to Kay's cabin for the summer. Len carried out his duties as warden of that station and in September he tendered his resignation to Ottawa which was acknowledged with regret by the Department of National Parks. We left Kootenay National Park at the end of October, rich in memories, cautiously optimistic to undertake new challenges in changing occupation in a community a few miles away.

THIS ARTICLE written by the late Josephine Cobb is reprinted here with permission from the Windermere and District Historical Society.



20-23rd Avenue South Cranbrook B.C V1C 5V1

www.ckhospice.com

#### WASA RECREATION SOCIETY

At our Annual General Meeting on June 29, 2016 the following positions were filled (or remained the same):

President, Stan Kneller; Vice President, Orlena Campbell; Treasurer, Karen Markus; Secretary, Dawn Marchi (new to the position); Bingo Co-ordinator, Jane Gendron; Bingo Concession, Bonnie Meena and Bookings, Lorraine Colton, Karen Markus.

Thank you to Pat Walkey (Secretary) and Marnie Henne (Bingo Cashier) who have retired from their positions. Your years of volunteering for the Wasa Recreation Society is certainly appreciated.

**WANTED:** Volunteer Bingo Cashier. We are looking for a person that will be responsible for the cash component of the Tuesday Night Bingo at the Wasa Hall. The bingo is once a month and is from 6:30 to 9:30 (approximately). If you are interested please contact Karen Markus 250-422-3514.

**WANTED:** Volunteers for Bingo nights. Floorwalkers and Bingo Callers (coaching available), call Jane Gendron at 250-422-3469. We are also looking for anyone that would like to donate baking to our Bingo concession, please call Bonnie Meena at 250-422-3795. Please call these two ladies if you would like your name on these lists to be called upon when needed.

We appreciate any volunteer time you can give to the Community Hall Bingo event, it is one of the consistent fundraisers that keeps our hall going and benefits our community and its users.

By Karen Markus

#### WASA RECREATION SOCIETY

#### Ta Ta Creek Golf Tournament 2016

In September the 4th annual Ta Ta Creek Golf tournament took place again at Coy's Par 3 Golf Course.

This time the weather was a lot better than last year. Some players were even dressed in shorts. The sun was shining and many colorful flowers were still in bloom. What a pleasure to play in such a beautiful location so close by.

There were 16 people playing and according to a new score system everybody had a chance to win the "Bannenberg Trophy".

The results were close! Laurie

and George Frangos were tied and had to play a play off. What a conundrum for George: should he let his wife win or not......?

He did not.



After a few puts on the green it was George who dropped the ball in the cup first. The champion of 2016: George Frangos.

Next year will be the 5<sup>th</sup> tournament and it is going to be a special one. So we hope to welcome even more people from Ta Ta Creek. There are a few new families in town, even if you don't play its a lot of

Left to right: The winner of 2016: George Frangos, fun......his wife Laurie and Joseph Bannenberg

Issue 194

#### HAY FOR SALE

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3 Month old Rigby, a yellow lab from Calgary, was named after the Beatles song "Eleanor Rigby". Rigby and owner Lara came for a visit this summer where he met many new dog friends and explored the area.

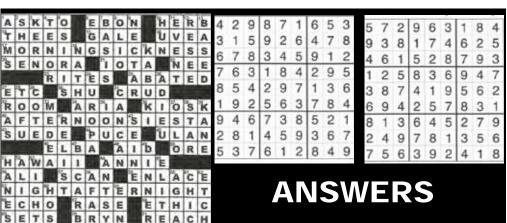


Donate your pop cans and liquor bottles to the Wasa and District Lions Club to help with their scholarship fund. Please call Val at 250-422-3499 to make arrangements for drop-off at the Lions Grounds.

November 2016

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#### News From the Pews

By Pastor Paul Brandon

#### Long Time Resident Of Tata Creek Dies.

After losing our son-in-law Dan Stone and spending many hours with the Andy Boon family until he passed, I also spent a lot of time with the Ruth Duvall family until she passed.

Being a preacher at such as these is not only tiring but also stressful. As the church family gets smaller we look to others to take their place.

Ruth Duvall was a kindergarten teacher in her home in Ta Ta Creek and taught children in Ta Ta Creek and Wasa. Evidently she was greatly loved by her students and she taught more than one generation. Many of you will remember her and many have made kind comments of their time under her teaching.

Ruth was also concerned for the spiritual welfare of each child. Pastor Dave Reeves and his wife held spiritual club meetings at the Wasa Farmer's Institute and I hear that many children would walk from the school to the community Hall to learn new Bible choruses and listen to wonderful Bible stories and it would be their highlight of their week. Ruth will be sorely missed. She reached her 90th birthday just days before she died. She raised four fine sons that loved her dearly and spent much time at her side as she lay dying. All of her sons were there and made sure that someone was with her 24 hours a day until she passed away. She leaves this world to join her husband Bud that preceded her a number of years earlier. But most of all she wanted to see her Jesus that had been her focus for so many years.

## WASA LIONS HOCKEY BOARDS FOR SALE

Be noticed in your community! Advertise your Business Name, Family Name or Group Name. Support your local Lions Ice Rink. For info call Marilyn at 250-422-3210

**BOARDS \$250. EACH** 

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#### WASA COMMUNITY LIBRARY $^{\parallel}$

Hours: Tues. 11 a.m. - 1 p.m. Closed Wednesday evenings until Spring

Submitted by Judy McPhee



Historical Knowledge... History has always fascinated me, not only by events but by the spirit of peoples lives. In "Following The Trails of Yesterday", we learn about our neighbours, their lives and in turn the history of themselves, their fortitude and their heritage.

In our Library, we also have a few interesting books about First Nations People.

"Drums of Change" By Yva Momatiuk and John Eastcott
A fictional story with actual events and historical events scattered through the book. It is a very interesting story about a young First Nations girl and the life of her tribe.

"Napi's Dance" By Alanda Greene
Two woman, one Blackfoot and one white are united by their love of the prairie in the 1800's.

We also have two of **Hungry Horse's** fascinating books about himself and his First Nations wife and their family on the Skookumchuck Prairie.

#### Lion's 100th Anniversary - Next Year in 2017!

In commemoration of the Lions 100<sup>th</sup> year and the Wasa Lions 40<sup>th</sup> year (held in 2016), next year the Library will begin to feature a section on the Lions which will include photo albums of its members and events. If you or anyone you know, has material to donate, please drop off at the library and we will xerox and return the material to you.

The Lions name comes from their motto: Liberty Intelligence Our Nations Safety. Our Lions club was formed in 1976 and have helped tremendously in making our community one to be extremely proud of. Thank you to all Lions, present and past. The Lions, worldwide provide service to their fellow citizens without regard to politics, religion, race or personal interests of its members.

History is Important: "There is more truth and more to history than facts" E.H. Carr

Please Note: The Library will be closed Wednesday evenings until spring. If you wish to access the Library please call Marg Burrin at 250.422.3565

#### **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

#### Welcome Neighbors & Visitor

Groceries Ice Cream Fast Food Cold Beer Wine & Spirits Lotto!

# Wasa Lake Gas & Food 250,422,9271

- Groceries Ice Cream Fast Food
  - Cold Beer Wine & Spirits
  - Gas & Diesel Dyed Premium
    - PropaneWash Bay
      - LottoATM
    - Fishing / Hunting Licenses

Open Daily 6:00 a.m. to 11:00 p.m.

In Loving Memory of Nancy Davis who passed away twenty years ago, November 25th, 1996

We speak of you with love and pride

We smile with tears we cannot hide

We treasure all the years we shared

The love you gave us, the way you cared.

Nancy, you're always in our hearts, sadly missed and never forgotten

#### **Caramel Popcorn**

#### Fanny's Favorites

1 cup butter

qĮ

2 cup brown sugar (packed)

1 tsp butter flavouring

½ tsp baking soda

2 cups peanuts

½ cup white corn syrup

1 tsp salt

1 tsp caramel flavouring

8 qts popped popcorn

Melt butter, syrup, brown sugar and salt in saucepan. Boil for 5 minutes. Add flavouring and baking soda. Put popped corn and peanuts in a large pan. Pour syrup over popcorn and nuts stirring well to coat each kernel. Bake for 1 hour at 250° oven. Stir every 10 or 15 minutes. Remove from oven and cool, stirring often.

#### **Tri Village Buzz Young Writers Contest**

Three submissions were received by email (no hand written submissions received).

The three young writers each received a red 1st place ribbon, \$25 gift certificate and writing journal from Lotus Books in Cranbrook. We appreciate the efforts of their most interesting submissions.

Savannah Flegel was awarded "The Most Exciting Real Life Action Story". Her story, Everest Expedition was about her climb this past summer up Sentry Mountain, 2,435 m while at summer camp. The content of Savannah's story was exciting and consistent to the end. Grammar and punctuation were excellent.

Violet McPhee was awarded "The Best Image with the Fewest Word, **Excellent Minimalism**" for her poem. Her poem was very thought provoking with her few words.

Dahlia McPhee was awarded "Vivid Life Experience" for her story about her first day at a new school. Her story provided us with images through her use of many adjectives. A story many of us have experienced.

May each contestant be triumphant and creative in their future writings. Thank you Savannah, Violet and Dahlia for entering the "Tri Village **Buzz Young Writer's Contest".** 

Thank you to our three judges: Frank Robinson, Sari Wallace and Karen Markus.

Tri Village Buzz Team



#### **EVEREST EXPEDITION**

By Savannah Flegel

When 10 days at summer camp turned into a test of strength, faith and bravery, you learn what you're made of and how strong you really are.

Growing up in Wasa I've seen mountains as long as I can remember, but it's not till you have a chance to climb one that you really get to appreciate the beauty and size. I was challenged to climb a local mountain while attending Crowsnest Lake Bible Camp this summer. Upon arrival, I learned this year's theme was "Everest Expedition"! I would be peaking Sentry Mountain, this mountain would serve as our pretend Everest, it has an elevation of 2,435 m. The adventure started after a week of preparation for our six hour hike. It was finally time to climb! Today my group and I would be hitting four check points before the summit.

The climb began easy with perfect hiking weather, hitting check point one after an easy hour of mostly flat hiking. I was pumped for the journey ahead. After a short break and many inspiring words from our leaders, we continued onward up the mountain. Over the next three hours we hit check points two and three. I was quickly becoming cold and tired, adding on layers of extra clothing as we hiked straight into the dense clouds we saw from below. The freezing air became colder as the mist from the clouds began to hit us. In that moment, I realized what laid ahead would be a true test of my strength! I had no idea what I was in for...



Freezing on the side of a mountain wasn't exactly how I planned to learn to push my limits further than ever before, yet it was my best opportunity! The hike was rocky and straight upward. The thick fog stopped you from seeing four feet in front of you. Next came a test of my strength to move forward when my group couldn't find the fourth check point, we decided to push for the peak. Never in my 15 years of life was I so pushed mentally or physically, I was scared but excited! All I could do is keep stepping upward on the steep cliff side, as we free climbed the last 20 minute push for the summit! In those minutes

I wanted to stop turn back and give up. It was tough, I was scared to death, but something inside me kept pushing me to the most exciting part of it all. The summit! It was amazing, the view, along with the feeling of accomplishment, and gratitude. For everything around us was stronger than any doubt or fear.

The most important lessons in life come from the things that push us the most. The small challenges we face every day, that feel so big. That's how I have learned to grow. Whether it be climbing a mountain or falling and picking yourself up again, I know my faith will continue to carry me through whatever life throws at me.







#### White Walls

by Violet McPhee

Perfect angles in a perfect cube
White walls, white sheets
A double bed no double people
White walls, white sheets
An empty dip on the left side of an orderly routine
White walls, white sheets

Pristine glass of water half empty White walls, white sheets Bottle of little blue kayaks White walls, white sheets

Translucent skin revealing blue veins
White walls, white sheets
A bruised knee, demanding to be seen against the dull
White walls, white sheets
Absinthe green, framing a charcoal iris
White walls, white sheets

Why don't you demand colour? For it is your right.

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#### **Guy Winkleman**

Bus: 250.422.3694 Cell: 250.417.9728 Box 181 Wasa, BC VoB 2Ko



My name is Bailey I am a 13 year old girl who had recently moved to California from Michigan with my family and I was about to start grade 8 in a new school. I knew it would be very hard to make new friends in California. I had woken up at 5:30 in the morning to make sure My first day of school was perfect. I curled my dark brown hair and put on my new jeans and new dark blue T-shirt from Hollister. I packed my bag and was ready to go when my mom had yelled Bailey Avery time for a picture. Avery is my 11 year old brother he is not my favourite brother but then again he is my only brother. He looks very similar to me dark brown hair and green eyes with pale skin. Neither of us liked getting first day of school photos but we bot knew if we didn't complain our mom would take the picture faster. We got into our mini van and pulled up to our new school. It was about a 5 minute drive from our new house to school. Our school towered over any tree in sight. This school was gigantic and on the front of the school it said Blue Bay Middle school in very large blue letters. I walk in and i am already lost. Somehow Avery had already managed to start talking to new kids. I manage to make it to my first class and i sat next to a short little girl with vibrant red hair she said hi my name is Trina in a high pitch voice. I replied my name is Bailey I am new. Trina said how about after class ill show you around. that would be great i said. Right when the teacher started talking about some boring current events. Finally class was over and I was so excited to hang out with my new and only friend at this school Trina. She said come on lets go before the halls get too crowded. We ran in front of every one into the hall. She showed me the bathrooms, classrooms, lunch room and finally she said you see those girls stay away from them. Their names are Ashley Naomi and Annie they are the meanest, prettiest and most popular girls in this school. They walked past Annie flipped her hair it was almost like she was walking in slow motion like in the movies. We hurried to our next class she had english and I had math. After class i couldn't find Trina anywhere in the lunch room till i spotted her and walked toward her when i hear Annie say hey you're new i said yeah i am. Annie said you should like totally sit with us. So i sat down and eat lunch with the mean girls. After lunch i returned to my classes. School had gone by very fast and it was time to go home. My mom rolled up in our mini van Avery and i hopped in and went home. So i guess you could say my first day of school was definitely one to remember.

By Dahlia McPhee



#### # 166060

6260 Wolf Creek Road, **Wasa BC** 









#### **PROPERTY DETAILS**

3 Beds 2 Baths

Age: 30 Levels: 2

Space: 2,000 sq. ft. (186 m<sup>2</sup>)

Flooring: Carpet, Hardwood, Linoleum

Foundation: Poured concrete Heat Method: Baseboard Heat Energy: Electricity, Wood

Zoning: RS1

Lot Size: 2,090,880 sq.ft./48.00 ac (194,243 m<sup>2</sup>)

Watersource: Natural Resource, Well

\$1,600,000

**SELLER NAME Doug Ross** 

**SELLER PHONE** 250-422-9272





**Buck Crescent**, Wasa BC









#### \$165,000

**SELLER NAME** Doug Ross

**SELLER PHONE** 250-422-9272

#### **PROPERTY DETAILS**

Beds N/A Baths N/A

Zoning: R1

Watersource: Well

PropertyGuys.com
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#### **ANSWERS PAGE 8** 9 6 9 4 6 5 1 9 4 Suduko Medium 9 2 3 6 1

"MARIO'S

FUN PAGE"

8

2

3

4

3

2

6

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

3

#### **ACROSS**

- 1) Seek permission for
- 6) Black, in poesy
- 10) Chef's secret ingredient
- 14) Some Biblical pronouns
- 15) Battering wind
- 16) Eye feature
- 17) Expecting illness?
- 20) Title for Eva Peron
- 21) A tiny amount
- 22) Maiden-name indicator
- 23) Customary ceremonies
- 25) Reduced in intensity
- 27) What have you, briefly
- (Chinese dish) 30) Moo
- 31) Icky buildup
- 32) Suite section
- 34) Callas solo
- 36) Simple newsstand
- 40) Daily nap
- 71) Come to, as a conclusion

MONEY MOVIE

MUSIC

NECKLACE

NECKTIE

PERFUME

SLIPPERS

PANTS PENDANT

PLANT SCARE

SHIRT

43) Soft leather

48) and abet

50) Mine material

51) Aloha locale

44) Brownish purple

45) \_\_\_ Bator, Mongolia 46) Napoleon's place of exile

54) "Tomorrow" musical

57) Check out groceries

59) Intertwine, as shoestrings

67) Bulldoze, in Great Britain

63) Mae West's first movie

68) Cultural value system

Mawr, Pa.

56) "Aladdin" prince

66) Repeated sound

69) Collectors' goals

#### **Find A Word**

47) Antacid, for short

51) Fruit of the Loom competitor

52) "The Brady Bunch" housekeepe

cry from ..."

60) Mideast muck-a-muck (var.)

62) Make impressions in stone

64) Three words from Santa 65) Suffix for "velvet"

49) Banquet

53) British isle

61) Nattily dressed

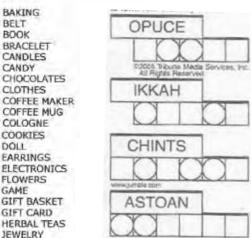
54) Anxious 55) Glitterati, e.g.

58) "It's

#### Christmas Gift Ideas

Find and circle all of the words that are hidden in the grid. The remaining 13 letters spell an additional Christmas gift idea.

R	S	0	C	K	S	C	E	F	В	Т	P	В	D	Ε	C	G	
E	Н	N	Н	R	0	E	R	C	E	Α	R	L	M	0	U	1	
Т	1	S	0	0	Е	A	Т	S	Α	А	K	U	Α	М	L	L	
А	R	C	K	1	C	Α	L	Α	C	L	F	-1	E	N	А	L	
Ε	Т	1	0	S	S	0	R	Ε	L	R	K	E	N	M	T	Н	
W	E	Т	Е	F	0	1	L	R	Е	0	F	C	1	G	Е	Т	
s	S	Ν	L	T	F	E	٧	P	1	F	C	Ν	E	R	K	M	
E	E	Α	E	S	Т	E	A	E	0	N	Α	0	В	N	S	S	
L	Н	D	C	Ν	R	0	Е	C	L	D	G	Α	Н	Н	A	J	
D	Т	N	Т	E	1	E	Y	M	Е	E	L	S	C	C	В	E	
N	0	E	R	A	M	W	P	F	A	T	T	1	0	T	Т	W	
А	L	P	0	К	C	0	F	P	Е	K	S	М	L	Α	F	E	
C	C	Α	N	E	Α	U	٧	Α	1	U	Ε	E	0	W	1	L	i
Α	E	N	1	R	T	K	S	1	М	L	В	R	G	Ν	G	R	
Ν	М	Т	C	S	F	L	0	W	E	R	S	K	N	E	E	Y	
D	A	S	s	Т	R	E	E	0	R	N	Α	M	E	N	Т	Y	
Υ	G	1	F	T	С	Α	R	D	В	N	E	C	K	Т	1	E	



SNEAKERS

SWEATER

TOOL SET

WATCH

Issue 194

WINE

TOY

STUFFED ANIMAL

TREE ORNAMENT

TELEVISION Answer:

SOCKS



**Jumble** 





By Area E Director Jane Walter

#### **Town Hall Meeting for Area E**

I was able to recognize the 2016 Volunteers of the Year for Area E - Karen Markus and Jim Hill. Karen and Jim have contributed so very much to Wasa and Area and we are all very lucky to have them living in Wasa. Karen told everyone that was in attendance that volunteering was good for everyone's health!

I also wanted to recognize Don Konschuh who has been recognized as a volunteer for Area E previously. Don has been nominated for several years in a row, but was unable to attend the Town Hall Meeting because he was helping another community member. I wish we could recognize all of the volunteers because they are the people that contribute to keeping the community alive.

I would like to thank everyone that volunteers and for those that have not yet had the opportunity - volunteering can be a lot of fun and it can also provide a sense of being part of the community.

#### Regional Agriculture Liaison Services

The RDEK, in partnership with Columbia Basin Trust and the Regional Districts of Kootenay Boundary and Central Kootenay is embarking on a joint project to bring regional agricultural liaison services to the Columbia Basin.

The project was identified as a top priority in the RDEK's Agricultural Plan

and will likely involve the development and delivery of technical extension support and business development and marketing assistance to local agriculture producers.

#### **Community Works Fund**

The Board has approved a Community Works Fund Grant in the amount of \$25,000 for the Kimberley and Area Veterans Memorial Park Project.

The Wasa Lions have also used funds from the Community Works Fund to extend the cement floor in their Outdoor Kitchen.

Wasa and Area Environmental Sensitive Area Development Plan committee are still working on the plan.

Tom Kiy, Jean Terpsma and I have been disusing the application to change the zoning, so there will be another Public Hearing but there is not set date at this time.

I hope that everyone has a good month. Jane Walter, RDEK Area E Director Phone 250-427-2577 / Email: s.janewalter@gmail.com

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# From the Ashram

#### Words of Wisdom



#### We are only "voyagers" on this Earth Where will you go next?

If you reflect upon your birth, one day you opened your eyes to this world without a single memory of where you came from, and you went along with this surprising situation as though it were normal, no questions asked, as if you'd been deprived of the fundamental reflex of inquiry on the reason for your appearance on this earth.

This is the tragedy of life for the vast majority of human beings. They go along with this life knowing full well that, no matter what, it is going to end; that the price to pay for being born is that we will die and people find this "normal"!!! Let's go, let's play, let's forget these essential questions and deny, through our busy lives, that we are going to die in a total state of ignorance! That's it: be born, breathe, eat, sleep, multiply and die! Woahh! Isn't it something when you think about it? And it's when they realize the absurdity of this situation that some more conscious people will decide to make a serious inquiry into the reason for existence.

Who would really wake up in an unknown environment and immediately act as if it were normal? But, believe it or not, that is exactly what happened to you! If you were on an airplane and it crashed onto a deserted island, wouldn't you try to understand where you are and to remember where you came from so you could find your way back home? Don't you think that this is what any normal human being would do in such a situation?

And yet our condition, as human beings - born one day, not remembering where we come from, and playing along with life as though it were normal - is even more tragic than crashing on a deserted island, because at least if you survived a crash landing, you would very likely remember where you came from. Instead, when you are born into this life, it's as if you were born completely amnesic. The amnesia is so strong that you've even lost the curiosity of wondering what you could have been before birth. You may say, "I was just born and I didn't exist before", but that is just a hollow assertion... empty words... it's simply covering up any possible explanation in order to escape the tragedy of an ignorant life.

In light of this, it might be easier for you to understand why some people strive their entire lives, through a very pragmatic Quest, to discover the very nature, the very core

of our Presence in this world. These people are often described as "Mystics", "Spiritual Beings", "Seekers", "Sages", "Yogis", or "Enlightened Beings", as opposed to "deluded or ignorant beings".

In whatever category you place yourself, something is certain: What you are experiencing in this life had a beginning and will sooner than later have an end. When you think about it, you are experiencing a perilous transient situation. This is why you can absolutely consider yourself simply as a Voyager on this Earth. You may think that you are going to fall into oblivion after this life or you may hope for an afterlife, but an intellectual attitude is not going to give you proof of anything either way. You must delve further!

What kind of Voyager are you? Are you traveling along this life, not knowing where you came from, not clearly knowing what you are doing here and, more importantly, not having a clue where you are going? Or are you an honest Voyager on this earth trying to figure out the necessary conditions of this obligatory travel? These are essential questions that are presented to all seekers on the path of life when they arrive at the Ashram. An Ashram is a place where you take full responsibility for your life; it is certainly not a place where you can flee from your life circumstances.

In the end, being lost is not a big deal as long as you have the will to find your way back to where you belong. But if you are lost and you won't even acknowledge your situation as "lost in time and space", then you are lost for good. This is why the Lord Buddha once said that, "For most human beings, their life will only serve to fill cemeteries". This means that they are going to be born amnesic and they will also die amnesic. They will make no progress towards self-discovery as they spend their lives mimicking the prosaic life of their ancestors. They may believe that they have a different life, but, in the end, if there is no enlightenment about the purpose of this journey on earth, then they can call it "a different life", but their lives are all robotically the same. Times and customs change a little, but the ignorance remains the same.

The goal of this exposé is to help you understand that it is not because you lack answers about the reason for existence that there are no answers. For thousands of years, determined Seekers on the Path of Self-

Discovery have expressed the fact that this world and this dimension are not the only ones that exist and that it is possible for anyone with strong determination to experience what we are beyond this physical and relative world. This is exactly what is taught by an advanced Spiritual Master. He doesn't want us to worship him; he's not dependent on humans' recognition, but he would like you to take care of your own Self and to discover what you truly are beyond your physical and relative material appearance.

Now, do you know where you are going after this life? Do you know what you are going to become? Or do you just guess? This is going to be the subject of our next article.

I hope this short demonstration will interest you enough for you to cultivate dynamism toward finding all the answers to these essential questions that still exist in your heart. It is better late than never!

May all the answers that you need to go beyond this earthly journey be granted to you through a direct inner experience rather than a mere intellectual knowledge.

With Blessing, Love and all my Encouragements on your own Path to Self-Discovery. Warmly yours 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..

Venerable Gurudev Hamsah Nandatha greets all seekers and aspirants on the Path of Light every Thursday at 7 pm as he offers an enlightening and practical Teaching for everyone to use in their daily lives. All are welcome. Please arrive early as the Teaching begins promptly at 7 pm. If you are coming for the first time or for more info, call 250-422-9327..

The birds are gone, the world is white, The winds are wild, they chill and bite;

The ground is thick with slush and sleet.

And I can barely feel my feet.

#### Lions Christmas Dinner & Dance

The Lions Christmas Dinner and Dance is booked for Saturday, December 3<sup>rd</sup> so mark this date on your calendars! This always lively event kicks off the Christmas Season with food, prizes, dancing and a great deal of merriment. The DJ has been booked, the tickets are being printed and prizes are being gathered. Bring a food item (or two or three) to place into the donation bins to help out the Kimberley Helping Hands Food Bank.

Tickets for the event go on sale bright and early Saturday, November 19<sup>th</sup> from 9 a.m. to – 12 noon at the Wasa Hall (reminder notices will be posted around the community).

#### **Christmas Light-Up Contest**

Mid December, judges will be doing a tour of the area and will determine the winners of this annual contest. First prize is \$100, second prize is \$60 and third prize is \$40. The three winners will be announced in the February edition of the Tri-Village Buzz. Take a drive around the Tri Village area and admire the festive Christmas displays that evening. We know these lights brings a smile to the



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#### The Lions Den

faces of all the people that travel through this area during the holidays, especially to Santa and his reindeer!

#### **New Year's Winterfest Event**

The afternoon of December 31<sup>st</sup>, the Wasa Lions Grounds and Rink area becomes a happy hub of activity! There is skating, snacks, bannock, hot chocolate, coffee



and a bonfire to keep us all warm. Children have fun skating, playing on the snow hill, or making new friends while their

parents get a chance to visit with friends and neighbours. Watch for details in December's edition of the Buzz and for posters placed around the community.

It is a great old-fashioned way to celebrate the last day of the year and leaves the evening open for everyone to welcome in the New Year in their own way. Many Submitted by Kathy Miles-Boue

New Year parties will be extra special this year because 2017 marks Canada's 150 birthday!

On a reflective note, the Wasa & District Lions Club wishes to forward their condolences to the families and friends of the long-time community members who passed away this last month – Jim Leask, Ruth Dovell, Kay Canning and Ron Wilson.

Our Lions events will not be the same without the twinkling eyes and hearty laugh of Kay. She was one of the Lions biggest supporters, attending as many events as she could. Memories of her sassy antics will continue to give all who knew her a good chuckle - a wonderful tribute indeed.

The Wasa & District Lions Club can be contact at Box 10, Wasa, B.C. V0B 2K0 or WasaLions@gmail.com.



#### **Dale Gray**

Phone: 250.422.3638 Cell: 250.421.1746 email: dale58@shaw.ca Box 245 Wasa, BC V0B 2K0

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# New Year's Eve Party & Pot Luck Buffet

December 31st @ 9:00 p.m.





Come in for a warm up and social after the Wasa



#### 2016 Area E Volunteers of the Year



By Nowell Berg

Karen Markus and Jim Hill were celebrated at the Area E Town Hall meeting on October 4<sup>th</sup>.

Markus and Hill were selected as volunteers of the year for all of the hard work and long hours they contribute to running the Wasa Hall, helping to organize the Lions pancake breakfast and supporting the community.

When asked to comment on the award, Markus urged Wasa, Ta Ta Creek and Skookumchuck residents to "get out and volunteer." She added, "it's good for the heart, health and happiness."

Hill piped up, saying, Markus was the volunteer of the year, he was "volun-told of the year and I'm ok with that."

Wasa has a lot of volunteer spirit, but an extra pair of hands always



helps. It's your community, get involved.

# SArmchair Trayelle

The ARMCHAIR TRAVELLER series begins again in **January 2017** at the Wasa Community Hall. Mark your calendars for alternate Wednesday evenings (start at 7:30 p.m.) through January, February, and March. Further details will be available soon!

Contact Kathy at 250.422.3759 for info

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There's one nice thing about snow, it makes your lawn as nice as your neighbor's.

-Clyde Moore

# Ronald Wilson of Wasa, BC passed away peacefully on October 19th, 2016 in Cranbrook

at the age of 76

A memorial service will be held on May 20<sup>th</sup>, 2017 in Cranbrook with more details to follow.

Ron was born in Shawnavon, Saskatchewan to Stewart and Osialine Wilson on March 30<sup>th</sup>, 1940. He married Natasha Young on August 14<sup>th</sup>, 1964. They moved to the Wasa area from Vancouver in 1972, where they raised their children, Osialine and Stewart.



Ron will be greatly missed by his loving wife of 52 years, Natasha Wilson, daughter Osialine and husband Paul Marshall, son Stewart Wilson and wife Wendy Riches and four granddaughters.

Ron's family wishes to extend our sincere thanks to the nurses and caregivers of the East Kootenay Regional Hospital.

Natasha thanks her family, extended family and friends for all their love, support and condolences.

#### 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- 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
- $\hfill\square$  Cost is a loonie or two onie
- ☐ 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



#### November 2016

		INOVE	<u>ijiber 20</u>	<u> 10                                   </u>	,	•
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1.	2	3	4	5
				Teaching at the		
		LIONS MTG		Ashram 7 p.m.		
<b>6</b> Daylight Savings	7	8	9	10	11.1 REMEMBRANCE DAY	12
Time Ends		BINGO 6:30 Early Bird 6:45 Regula	ar	Teaching at the Ashram 7 p.m.		
13	14	15	16	17	18	19
						Lions Christmas
	○ Full Moon	LIONS MTG		Teaching at the Ashram 7 p.m.		Dinner & Dance Tickets on Sale
20	21	22	23	24	25	26
						Rockn Reds Karaoke
						at the
				Teaching at the	Coffee House	
37	20	20	20	Ashram 7 p.m.		
<b>27</b>	28	29	30	We the volunteers of	of the Tri-Village Ruz	z Newsletter reserve
				the right to refus	e to print submissio	ns due to legality,
		A Nam Maan		length, god	od taste or discrimina	ating beliefs.
		New Moon	Rec Soc Mtg 7pm			

GEND

• Church 10:30 a.m.

Gym (M,W,F 7:30-8:30 TOPS Fri 8:30 a.m. Weigh in & a.m. Mon to Fri 10 a.m to 11 a.m.)
 Meeting 9 a.m. - 10 a.m.
 Quilters Tues. 10 a.m.-4 p.m.

- BINGO 6:30 p.m.
- Rec Society 7:00 p.m.
- Lions 7:00 p.m.

# Special Events and Days Down the Road.

• Library Tues. 11 a.m.-1 p.m.

- Lions Christmas Dinner & Dance Saturday, December 3<sup>rd</sup>, 2016
- December (date TBA), Christmas Light-Up Contest
- Saturday, December 31st Lions Annual Winterfest Event
- Saturday, December 31st New Years Eve at the Pub
- December 2016 Where Do You take Your Buzz Contest closes
- January 2017 Armchair Traveller

Anywhere is paradise it's up to you.

#### NUMBERS AT A GLANCE

1	NUMBERS AT A GLANCE
	Ashram Meditation & Yoga250.422.9327
I	Catamount Contracting250.422.3694
	Cranbrook/Kimberley Hospice250.417.2019
ı	Doug Ross Property Sale250.422.9272
I	Econobuilt250.421.7183
	Flanders Forge250.919-1389
ı	Hi Heat Insulating250.422.3457
•	HD Railings250.422.3457
	Kootenay Kwik Print250.489.4213
ı	Kootenay Monument Installations422.3414
•	Lantz Farms (Hay)250.420.1660
	Rascal Dock Systems250.421.1746
¥	The Girls250.581.0780
<u> </u>	<b>b</b> TOPS250.422.3510/422.3686
I	Wasa Country Pub & Grill250.422.3381
I	Wasa Lake Gas & Food250.422.9271
•	Wasa Hall250.422.3514/422.3640
I	Wasa Hardware & Building Ctr250.422.3123
I	Wasa Lions Med Equip422.3227/422.3499
	Wasa Lions Trail Donations250.422.3773
	Wasa Memorial Garden (Bev Rauch).422.3335
l	Wasa Post Office250.422.3122

#### A VERY SPECIAL HEARTFELT THANKS TO



the AWESOME kitchen crew:

Helen Yasinsky and Autumn
Pat Walkey
Sonia Blackwell
Virginia West
Denice Loutit
and Chris Breton

Wasa Lions for donating the hall.

Stu Bain and his lovely crew for taking Mom and Dad into their family at the Kimbrook.

To everyone who brought food, flowers, cards and gave a care. For those who donated to the Memorial garden in Mom's name.

Kim Grant for making the nice posters.

Sandra Roe Wilson who went above and beyond for her beloved Aunty Cake. Special Thanks Carmen Gnucci and Amy Edwards.

Δnd

To the 300+ people who attended the day to remember our mom

WOW! THE CANNING HERD