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# TRI-VILLAGE BUZZ

November 2019 Issue 223 Visit: [www.wasalake.com/buzz](http://www.wasalake.com/buzz)

## Custom Log Furniture

by Nowell Berg

He once owned a logging company, then retired. Now, local Wasa resident Bruce Walkey designs and builds log furniture.

While fishing and hunting take up most of his time, Bruce still enjoys getting out to the shop and turn dry dead Jack pine logs into beautiful furniture. Everyday he's in the forest, he looks for logs of various widths. Also on his radar, logs with curves or unique shapes.



Over the past six years, he's built bed frames (including bunk beds), side tables, bar stools, dining tables and chairs, coffee tables, desks and chairs, outdoor swings (with or without an awning), planter boxes and benches. If anyone of these are not what you need, Bruce will custom build to your specifications. "Anything you make out of logs," he'll build it for you.

He specializes in "skip peeling" bark from the log. This technique leaves patches of brown that contrasts with the white wood.

All of the furniture is custom designed by Bruce. "I've made a lot of different chair designs."

Chair seats are "all Bull pine laminated. Bull pine makes beautiful furniture. I've done lots of furniture with it." The latest trend in a chair seat is to use wood that "has a blue stain in it. Denim pine they call it."

When a bull pine tree is attacked by beetles, it responds to the infestation by generating more sap trying to drive the beetles out of the wood. If that fails, then the tree dies. Once that happens, the wood becomes infected with a blue stain fungus that looks like faded blue denim.

Each piece of furniture is completely finished with three coats of Varathane. You can even get a custom stain on the furniture to complement your homes décor.

These days furniture is built on request. "Just phone and place an order."

If you are looking for unique log furniture that "lasts forever" then give Bruce a call - 250-422-3766.





The Wasa Lion's Club has begun a new endeavor. We are attempting to replace the old wooden floor in the outdoor kitchen with concrete. We did get the old floor removed with much help and thanks to community and Lion's member alike. Saturday Oct. 5 saw a good number of men, both members and non turn up for the work. With the amount of help we had we made quick work of it. Thank-yous go out to all of them. And let's not forget the "snack" that Lion Marilyn brought by at lunchtime! Much appreciated.

We're now at the point where we need to get the gravel in the building to bring the level up to where we can pour the concrete slab. Jim Large has agreed to lend us some machines to make the work faster and easier. There will still be some hand work to do so if you need a bit of a workout, call 250-422-3755 or 250-426-0436.

With late fall comes the need to blow out the water lines on the ball field and our outbuildings. Thank you Stan Kneller and Murray Blackburn for your tireless effort to accomplish this.

Our next social meeting in November will hopefully see more new members inducted. We're growing! If you would like to become a member of the Lions and do great things for your community, contact any Lion's member or our Membership Director Laurie Kay.

Happy Halloween!

### **Wasa Lions Pete Vereshagen Outdoor Memorial Rink.**

The Wasa Lions are seeking help to operate the outdoor rink this winter.

A small committee is currently looking at possible options.

Whatever system is decided on, it will sometimes require lots of help from the community, particularly the rink users.

Heavy snowfalls must be completely removed by snow blowers and shovelling before the Zamboni can operate. Well meaning people have sometimes cleared part of the rink by hand leaving piles of snow, which under certain weather conditions, can become impossible to remove. Those efforts are appreciated but the entire rink has to be cleared of snow.

If you are willing to help clear the rink when necessary please sign the Rink Helper Sheet at the Post office, Wasa Hardware and Wasa Gas and Groceries, or leave a name and contact number at 250 422 3288

The Wasa Community Facepage will also indicate when help is needed. Thank you

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

*In the silence of fall, with winter around the corner, the Garden can be a beautiful place of contemplation, reviewing the year that has past. A huge thank you to everyone who makes the effort to keep this area a place of peace and inspiration for all.*

*Our memories build a special bridge when loved ones have to part  
To help us feel were with them still and soothe a grieving heart  
They span the years and warm our lives preserving ties that bind  
Our memories build a special bridge of love and bring us peace of mind*  
Emily Mathews





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Have you had a recent Injury? or have plans for Surgery?  
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**SMILE**

**Happiness looks gorgeous on you**

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](mailto:judymcphee9@gmail.com)--

## 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!



## GYM HOURS AND INFO

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.*



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

- Wasa & District Lions Club
- TriVillage Buzz Newsletter
- Wasa Recreational Society
- Bingo
- Armchair Traveller
- Wasa Pancake Breakfast
- Wasa & District historical Association & Memorial Garden Group
- Wasa Lake Land Improvement
- Wasa Community Library
- Tri-Village Kids Club
- Wasa Gym

.....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"*



The **Wasa Recreation Society** manages the Wasa Community Hall. The main objective is have a Community Hall that is viable for events and recreation of the community. Through fundraising, volunteering and rentals we are able to have an economical community hall for our community. The Recreation Society meets the last Wednesday of each month at 7:00 in the basement. The meetings are open for anyone wanting to attend with new ideas or becoming part of the Society committee.

- Hall Rentals and Information

Karen Markus 250.422.3514

or 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 **2<sup>nd</sup> Tuesday of each month** at the Wasa Hall. Early bird starts at 6:30 p.m. and regular at 6:45 p.m.

## 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](mailto:trivillagebuzz@gmail.com) or call Lori @ 250.417.1570

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*Have you got a helpful hint you would like to share?*

Email: [trivillagebuzz@gmail.com](mailto:trivillagebuzz@gmail.com)

Subject: **Helpful Hint**



## Helpful Hints

By Sherry Shields

In Memory of Vi Cockell



Any houseplant will help reduce indoor air pollution, but some are more effective than others. The list of plants varies from expert to expert, but most commonly recommended are:

**Ivy plants:** to offset the benzene from your gas stove, keep an ivy plant in your kitchen.

**Chrysanthemum flowers:** these will help to absorb TCE from new paint, and benzene from new plastics and the formaldehyde from new furniture, cabinets, shelves and carpets.

**Spider plants and corn plants:** these absorb formaldehyde from new paper, computers, books, cardboard, and furniture.

**Azaleas:** help improve the air quality of homes containing new foam furniture, foam backed carpet or foam insulation.

**Spider plants, ivy, and dracaenas:** these absorb fumes from oils, gasoline and carbon monoxide.

Other powerful air-filtering plants are *Chinese evergreens, golden pothos, gerbera daisies, bamboo palms, dieffenbachias, and peace lilies.*

For ideal conditions, you'll need approximately one plant for each 100 square feet. Some soil microbes feed on "bad chemicals" (formaldehyde, benzene, tetrachloride), and working with plant roots, will eliminate them altogether.

## **ORLENA AND HUGH CAMPBELL**

I want to take this time to thank Hugh and Orlena for everything they have done for the Wasa and area residents.

Hugh has looked after the Lion's Trail for many years, organized the highway cleanup, cooked sausages at the pancake breakfasts, and volunteered at the Lion's winterfest.

I remember him telling me that he really did not like becoming a human popsicle , but he came out and helped at the next Winterfest.

Orlena has helped with so many groups in the area that I am not going to list all of them. Many of the events she helped at, she was the leader and made sure that everything was complete before the event. She was in charge of the food at many of the Lion's Christmas dinner and dance. She was a member of the Wasa Recreation Society and did so many jobs for them through out the years. Orlena and Hugh were always there to support the community and area. I will miss seeing their smiles at the events.

Good luck with your future plans and I hope you really have time to do everything you want to do.

## **Mosquito Control**

The mosquito control program has wrapped up this year. We did not have to do an aerial treatment this year. Which means this year we will be adding the remainder of the budget to the reserves.

## **RDEK'S DRAFT SOLID WASTE MANAGEMENT PLAN**

The information and comment forms are available on [engage.rdek.bc.ca](https://engage.rdek.bc.ca)

The deadline is November 07.

## **RDEK Response to Ministry of Agriculture inquiring about smaller slaughtering business made possible in our area.**

The RDEK Board advised the Ministry of Agriculture that we be designated an area to be eligible for class D and E Licenses and supports more permissive Provincial licensing policies for those facilities.

Class D License will allow on farm slaughter of 1 - 25 animal with the units being for direct sales or to consumers for retail sales to secondary food establishments e.g. restaurants and meat stores within the region that the meat was raised.

Class E License will allow on farm slaughter of 1 - 10 animal units. Direct sales to consumers. The sales is restricted to the region where animal units were raised.

The Board feels that this would help the families that are in Agriculture.

## **FireSmart Program**

I have been working with the Wasa FireSmart group and the St. Mary's Lake resident FireSmart group. I want to Thank everyone that has worked on their properties. If you live in an area that has not started the Firesmart program and would like to start please email me at [s.janewalter@gmail.com](mailto:s.janewalter@gmail.com)

I hope everyone has a great month, if you have any questions or comments please email or call me; 250-427-2577 or [s.janewalter@gmail.com](mailto:s.janewalter@gmail.com)

Thanks Jane Walter





## BCLSS CONFERENCE

The British Columbia Lake Stewardship Society Conference, held in Winfield October 4-6, brought together a network of people from all over British Columbia who are concerned about lake health. Sharon Prinz, chair of the WLLID Board of Trustees, attended and reported that the conference provided an excellent education about the issues that face

us all. Presentations included the effects of climate change on lakes and fisheries, how to take action to prevent invasive mussels, and the impact of motorboats on shorelines.

## CLEAN, DRAIN, and DRY

Speaking of invasive species...you may have noticed there is a Clean, Drain, and Dry sign at the main boat launch by Camper's Beach. However, there are four other boat accesses to Wasa Lake that have no signs, so the trustees have applied to the Invasive Species Council of BC for signs to be posted at the other launch sites too. In case you were not aware, Clean, Drain, and Dry is an initiative that strives to prevent the spread of invasive aquatic species, particularly mussels and milfoil. Boaters are required to inspect their vessels, whether motor boat or canoe, for signs of plants or animals that could be transported to another marine site. For more info <https://bcinvasives.ca/resources/programs/clean-drain-dry>.

The next regular board meeting will be held November 4th at 7:30 PM at the Wasa Community Hall. Everyone is welcome to attend but because last minute changes do sometimes occur, please check the website [www.wasalake.ca](http://www.wasalake.ca) to confirm the schedule and download the agenda. If you wish to address the board, please notify the secretary at [admin@wasalake.ca](mailto:admin@wasalake.ca)

Cheers!

## WLLID TRUSTEES

Please contact the secretary at [admin@wasalake.ca](mailto:admin@wasalake.ca) with any questions or comments.



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

## HAY FOR SALE

Please call Mike to make arrangements

250.420.1660



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# Wasa Community Church

*"For you were called to freedom, brothers. Only do not use your freedom as an opportunity for the flesh, but through love serve one another" (Galatians 5:13 ESV).*

Being a hard-worker is a great and important quality to have. However, there are certain things that are unattainable even to the one who works hardest. We all have done wrong and, therefore, we are all sinners, but one thing we cannot achieve is to work our way out of our sinfulness. No amount of good we do, no matter how humble or loving our deeds, can ever make up for our sin. Fortunately, a little over 2000 years ago, God came down to earth in human form as Jesus. He lived human life perfectly, without sinning even once, eventually dying for all humans, past, present and future, on the cross, paying for all their sins before rising from the dead on the third day. No work we do can make up for our sin, but Jesus' work, by living a perfect life and sacrificing Himself on the cross, makes up for the sin of every human who has ever existed and will ever exist. In order to receive forgiveness of our sin, however, we still need to accept Jesus by repenting of our sin and believing in Him and what He did for us. Once we do, our sin is completely forgiven, and we don't have to worry about being separated from God forever, for we will have eternal life with Him that He will not let go of, since we have been forgiven of our past sins, but also all our future ones. We don't have to try and keep our spot in heaven by working doing good deeds. Our spot is already there if we have put our faith in Jesus. If we mess up, if we sin, which we still unfortunately do, even as followers of Jesus, our future in heaven is still not taken away, since we have believed.

We have freedom in Christ. However, we should not use that as an opportunity for the flesh. We should not use that as an opportunity to sin. Especially when Christ has shown us so much love by offering His life up to be crucified on all of our behalf. We should still work hard to keep from sinning, working instead to show love to others and serve them. There's no better way to love and serve God than to love and serve others. Your hard work may not get you to heaven, but being a hard-worker, a person who works to sin less, who works to show love to others and help them out where they are in need, is still such an important and needed thing, and it reflects the One whose hard work, bearing the sin of humanity upon Himself while suffering on the cross and dying, will get you to heaven.

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



## Greetings Buzz Readers

Just a quick reminder for our 2nd Annual Trunk-or-Treat at the Wasa Lions Grounds on Thursday October 31 from 5:00pm to 7:30pm, please feel free to join us whether you are trunking or treating!

(If you would like to hand out candy please arrive prior to 5:00pm so set up and be ready for all those trick-or-treaters) We look forward to seeing everyone in their best costumes!

Please follow us for updates on our Annual Christmas Party – details coming soon.

Also – we are seeking parents and families who want to get involved so please get in touch! You can reach us via email at [trivillagekidsclub@yahoo.com](mailto:trivillagekidsclub@yahoo.com), find us on facebook at [facebook.com/trivillagekidsclub](https://facebook.com/trivillagekidsclub), or call Kacey at 250-421-3022

All the best, from the Tri-Village Kids Club (Tanya Munro, Katie Cooledge, Jessie Dare & Kacey Day)

*"Use the talents you possess, for the woods would be very silent if no birds sang except the best"*

Henry Can Dyke

## Bat Week? It's for the bats!

Take a moment to learn about the many ways bats contribute to our lives, and what you can do locally for bats, at [www.batweek.org](http://www.batweek.org) or through the BC Community Bat Program at [www.bcbats.ca](http://www.bcbats.ca). Attend a bat talk, help restore a wetland, visit a roost site, prepare your bat house for next spring... there are many ways to participate. The following events are upcoming:

'Bat Celebration Night' at Kimberley Independent School, Kimberley, BC on Monday October 28 from 6:30-9pm and 'Celebrating Columbia Valley's Bats' at the Lion's Den, Fairmont Hot Springs, BC on Wednesday October 30 from 6-8pm. Both events are open to the public and free to attend!



# 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

OPENING AGAIN: Tuesday, November 3, 2019,  
11:00am-1:00pm.

LIBRARIANS: Marg Burrin-250-422-3565  
Rose Smith- 250-422-3088

## LOOKING FOR NEW RECIPES?

How about borrowing some of our many different cookbooks from many different people and many different places. Cook books are great fun to browse through, looking for new recipes to add variety to our meals or just to "dream about tasting them and wondering if you could make them as tasty as the recipes in colour look!"

## CULINARY MEMORIES

Many of us have favourite recipes collected over a lifetime from family, friends and recipe books. They are a story of our life--culinary memories and a history worth saving.



## NOVEMBER IS A GOOD TIME TO SIT BY A CRACKLING FIRE - OR A COMFORTABLE SPOT IN YOUR HOME

And go through your recipes, deleting those you had good intentions of making and those that are full of fat and definitely unhealthy. As winter sets in, November may be a time to organize your treasured recipes and your favourite recipes. It is a time to decide what recipes you will make for the December holiday season, including Christmas and Hanukkah. A time to add



recipes to your "to try file."

## THERE IS HEALING POWER IN FOOD

Eating the right foods can prevent a host of ills. Our many recipe books just may have the perfect recipe to add sparkle to your meals and offer you healthy recipes devoid of saturated fat and cholesterol. Many of our books have coloured pictures to grab your attention.

## LOOKING THROUGH RECIPE BOOKS CAN BE ENTERTAINING!

Some suggestions are:

### LOONIESPOONS by Janet and Greta Podlesk

Low fat food made fun! Lots of funny thoughts in this cook book!

### MAGIC IN THE KITCHEN by Jan Bartelsman

40 different chefs talk about their take on cooking, many quite hilarious and entertaining. Recipes by the chefs are in colour.

## GRANNY'S COOKBOOK by Sheila Hutchins

Marvellous old dishes English grandmothers used to cook. The really good cooking of the "olden days in England", real family recipes and the choicest from thousands of recipes sent in to Sheila at the "Daily Express".

I can hardly wait to try some interesting recipes I have never heard of and recorded in this book.

## TOUCHDOWN COOKING by Saskatchewan Roughriders, past and present.

Recipes in colour. Looks like many great recipes to try.

## FIREHALL FAVOURITES COOKBOOK by John Pentland, Endowment Lands Fire Dept. Vancouver.(1982) He volunteered to cook for his shifts.

The ingredients are written in the exact order used. Large batch cooking for twelve people and most important of all, the ingredients can be divided for smaller quantities. Recipes include savoured and favourite foods made for the firefighters by John and or the cook of the day. Who would have guessed firemen ate such good food while they waited for calls to come in.

## REAL FOOD by Agneta Dyck

Traditional Mennonite cooking featuring simple ingredients with a balanced approach to cooking. Many new and different recipes in this cookbook. A good collection of Mennonite cooking, Italian, Greek and Mexican fiesta fare plus low fat- high fibre nutritious recipes. A book of real food including Moose Stroganoff. (pg. 84)

## THE ESSENTIAL VEGETARIAN COOKBOOK by Whitecap Books

A whole days worth of entertainment looking at this wonderful book which is full of vibrant colourful pictures of the recipes given and includes essential information for a proper balanced vegetarian diet. Vegetarian fare at its best!!

As I write this column on food and cookbooks on Thanksgiving Day, I think of this Girl Guide of Canada Prayer and how fortunate most of us are in Canada.



*For food in a world where many walk in hunger....*

*For freedom in a world where many walk in fear...*

*For friends in a world where many walk alone...*

*We give You humble thanks, O Lord.*



Helen and Ged Kelly went to Kalispell for their 25th anniversary and enjoyed the smallest theatre at the 3 Dogs Down store where the owner serenaded them on his accordion. The bison and bull were found at a meat cutters on the way home. Neat eh



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](mailto:trivillagebuzz@gmail.com)

### Tips for Helping Wildlife This Winter

Did you know that even small numbers of displaced animals and shrinking habitats can disrupt normal species interaction, migratory and reproductive behaviours?

The good news is that you can play a role in wildlife conservation in your own backyard!

Here's a list of 9 things you can do daily to help wildlife survive:

1. Reduce the danger of window strikes by placing adhesive stickers or hang moving objects on your windows.
2. Close your curtains and turn off your lights at night to avoid window hits.
3. Take your hummingbird feeders down now so birds will be encouraged to migrate.
4. If you keep hummingbird feeder during the fall/winter months, clean and provide fresh nectar DAILY to avoid poisoning and starvation.
5. Leave wild areas in your garden undisturbed – piles of leaves, etc. and brush can make the perfect spot for animals can hide, rest and hibernate.
6. Leave fresh water - unfrozen water around your home.
7. If you provide access to bird seed during the winter, clean feeders weekly, keep dry and clear of snow. Mold and mildew kills birds.
8. If you have a garden pond, please monitor wildlife activity during freezing temperatures.
9. Provide shelter by offering natural nooks and canopies around your home.



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## WASA VOLUNTEER FIRE PREVENTION AND SUPPRESSION

Fire season is long gone for 2019 and apart from the April 29th fire on Aspen Road, it was a less stressful year than the previous ones. We would like to thank the community for its support over the past 2 years, and our sponsors who made this initiative possible: Regional District of East Kootenay, Columbia Basin Trust, Wasa Lake Land Improvement District, Firesmart Canada, and BC Hydro.

The community water trailer is not able to remain operational over the winter; pumps and lines have already been drained and put in storage for next year. If you were one of the many residents who set up a water cube and gas powered pump system at your home, now is the time to drain your water and put away equipment. Any water left in the lines will freeze and ruin your system.

Although fire season has ended, there is still much to be done. Our building permit application for the secure shelter at the Lions' Grounds has finally been accepted and we are hoping to break ground before the end of October. We will also be applying for FireSmart Community Recognition status, part of a national program promoting FireSmart education and practices. Fire prevention and suppression are long term commitments for all of us, and plans are already in the works for 2020.

Check for further news at <https://wasafire.weebly.com>

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"In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below  
We are the dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved, and were loved, and now we lie  
In Flanders fields."

- Colonel John McRae, In Flanders Fields  
November 11th - Veteran's Day in America,  
Armistice Day, 1918, Remembered

### Where Does Our Recycling Go??

Check out the RDEK website for the full story. But did you know material from our recycling bins is sold? Both the yellow bin materials and the Recycle BC materials that are collected in the East Kootenay go to Cranbrook for processing and shipment. Cardboard goes to Tacoma or Portland, newspaper and mixed paper are sold at market, plastic is sold to Merlin (not the magician), soft drink containers are returned to Encorp, and glass goes to Airdrie, AB. Everything described above is related to our yellow bin program, which has been in place for over 20 years. For an indepth report of everything that happens, contact Loree Duczek at the RDEK.

## Creating Destinations to be Desired BASIN WIDE, SPORTS AND RECREATION,

People in the Basin now have even more reasons to get active outdoors and lead healthier lifestyles, and although we're heading into fall, it's still a great time to enjoy some upgraded trails and recreation sites. This summer, an

enthusiastic group of youth gave a helping hand to these types of places in the Basin, improving the condition of several remote, high-use locations.

Thirteen students between the ages of 18 and 25 were split into three crews operating in the Kootenay-Boundary, Rocky Mountain and Columbia-Shuswap recreation districts and in the Village of Valemount. For 15 weeks, a leader and three or four crew members worked on projects like inspecting and maintaining sites and trails, collecting data, and installing tables, fire rings, outhouses and signs. The program was co-developed by the Trust and Recreation Sites and Trails BC.



Gabrielle Thompson is a student in the Fish, Wildlife and Recreation program at the British Columbia Institute of Technology (BCIT). She was one of the youth who received summer employment while gaining experience in recreation and natural resource management. "I am passionate about what I am learning in school," she says, "and it drove me to apply for the Recreation Youth Crew job in Cranbrook, so I could expand my experience and knowledge that I was gaining at BCIT."

In addition to learning skills like how to build various structures, use a radio and drive a large truck on active logging roads, she also improved her ability to be a leader and communicate effectively to complete a project efficiently. "Moreover, it gave me a better understanding of my interests and future goals, and it made me realize how much I love working outdoors!"

Kelsey Knoll is Program Coordinator for Recreation Sites and Trails BC. She says, "Our community partners have been very happy with the level of commitment of the students. Site operators, local trail societies and the BC Wildfire Service have all said the youth crews were great to work with. Their enthusiasm, hard work and willingness to learn created a synergy that spurred everyone involved to reach a common goal."

The Cranbrook chapter of Trails BC was one of these community groups. It had a youth crew work on the Chief Isadore Trail near Cranbrook and the Cranbrook Great Trail Loop. "It is a major asset to have this trained and equipped crew assist us with larger, multi-day trail rehab projects that are difficult to do with volunteer labour," said Neil Shuttleworth, Board Director. "This crew was able to complete a number of projects from start to finish with a level of quality control that is often difficult to maintain with large volunteer projects."



This was the first year of the program, which is helping the Trust fulfill its commitment to enhancing trails and helping people in the region live healthy lifestyles through recreation and physical activity. The Trust primarily covered wages, accommodations, some travel costs and materials, while Recreation Sites and Trails BC oversaw crew scheduling and training, program delivery and administration.

### Cabbage Rolls

"Cabbage leaves stuffed with ground beef, onion and rice, covered in a sweet and tangy tomato sauce and cooked in a slow cooker."

#### Ingredients

12 leaves cabbage	1 cup cooked white rice	1 egg, beaten	
1/4 cup milk	1/4 cup minced onion	1 pound extra-lean ground beef	1 1/4 teaspoons salt
1 1/4 teaspoons ground black pepper		1 (8 ounce) can tomato sauce	1 tablespoon brown sugar
1 tablespoon lemon juice	1 teaspoon Worcestershire sauce		



#### Directions

Bring a large pot of water to a boil. Boil cabbage leaves 2 minutes; drain.

In large bowl, combine 1 cup cooked rice, egg, milk, onion, ground beef, salt, and pepper. Place about 1/4 cup of meat mixture in center of each cabbage leaf, and roll up, tucking in ends. Place rolls in slow cooker.

In a small bowl, mix together tomato sauce, brown sugar, lemon juice, and Worcestershire sauce. Pour over cabbage rolls. Cover, and cook on Low 8 to 9 hours.



## Garden Facts & Fables

With winter around the corner, how many of you have already started looking through seed catalogues and planning your gardens for next year, lol. I have to confess, I have already put in orders. I know, I know, a little early. But I can't help it, it's just so much fun! There are so many things I have yet to try. What is on your wish list? Do you seed swap with others? And what will you never grow again?

The oldest evidence for soup is from 6,000 B.C. and calls for hippopotamus and sparrow meat

Pound cake got its name from its original recipe, which called for a pound each of butter, eggs, sugar, and flour.

Ripe cranberries will bounce like rubber balls.

An average ear of corn has an even number of rows, usually 16.

Castoreum, which is used as vanilla flavoring in candies, baked goods, etc., is actually a secretion from the anal glands of beavers.

The red food-coloring carmine — used in Skittles and other candies — is made from boiled cochineal bugs, a type of beetle.

Casu Marzu is a cheese found in Sardinia that is purposely infested with maggots.

The potentially fatal brain mushroom is considered a delicacy in Scandinavia, Eastern Europe, and the upper Great Lakes region of North America. Coconut water can be used as blood plasma.

Milt, which is a delicacy around the world, is fish sperm

*"Thankfulness*

*creates*

*gratitude*

*which*

*generates*

*contentment*

*that causes*

*peace."*

*— Todd Stocker*

The U.S. Department of Agriculture states that there are **25,000 types** of tomatoes.

However, other sources say that there are only 10,000 varieties of tomatoes.

Tomatoes are said to have their origin in Peru. The name for the tomato came from the Aztec word "xiotomatl," which translates to mean "plump thing with a navel."

Rake leaves and make leaf mold or compost.

Clean, sharpen, and oil garden tools.

Finish winterizing your water garden.

Start forcing bulbs like paperwhites, hyacinth, and amaryllis for the holidays.

Add organic matter to beds.

Cover compost so that rain doesn't flood and leach the nutrients.

Keep weeding. It's easier to see the weeds once the garden plants die back. Now is a great time to get rid of some perennial weeds that stay green all year.

Keep watering, until the ground freezes. Pay particular attention to anything you planted late in the season.

Proper care of garden tools and equipment prolongs their lifetime, prevents costly repairs, and improves their performance. In fall, remove caked-on soil from shovels, spades, hoes, and rakes with a wire brush or a stiff putty knife. Wash the tools with a strong stream of water, then dry. Sharpen the blades of hoes, shovels, and spades. Wipe the metal surfaces with an oily rag or spray with WD-40. Sand rough wooden handles, then wipe with linseed oil to prevent drying and cracking. Hang or store the tools in a dry location. Drain water from garden hoses. To prevent kinking, store hoses on reels or coil and place on a flat surface.

Onions soak up germs according to "Onions Hold Flu Germs," raw onions -when left out- absorb bacteria. They are like magnets. This is part of why they are such an important part of your diet when it comes to keeping your immune system up. There's just one little catch to this, though. You have to make sure that you eat the onions fresh. One of the side effects of gathering germs that quickly is that when you let an onion sit out before you eat it, you will wind up eating all of the bacteria that it has gathered. It takes approximately 30 minutes for this to happen, so you need to make sure that you cut it up fresh. Onions filled with bacteria are one of the reasons that onions can cause such fierce cases of heartburn. So you'll probably want to take a pass on onions when you're going through the drive through.

Additionally, onions gather scent filled germs and bacteria as well. If you split an onion in half and place it on either side of the room, you will absorb most of the bad odors in the room, including paint. Just be prepared for the room to smell a little bit like onion.

*"November comes  
And November goes,  
With the last red berries  
And the first white snows.*

*With night coming early,  
And dawn coming late,  
And ice in the bucket  
And frost by the gate.*

*The fires burn  
And the kettles sing,  
And earth sinks to rest  
Until next spring."  
- Elizabeth Coatsworth*



## Destroying the weight of your past, the true poison of your life – Part 1

To destroy the weight of the past, one needs to have a deep aspiration to reach a state of genuine free-will through one's consciousness; to overcome the asphyxiating life of the reflective mind. It is not easy for an ordinary human being to conceive of how imprisoned he or she is in continuing to live their life in the despotic reflective mind. Destroying the weight of the past in one's mind is not destroying the consciousness, nor oneself as a true presence of pure witness. It is destroying, or getting rid of, what stains the function of the ordinary reflective mind in its sordid habits of restricting each human to the limits of his own past.

It will take you a little bit of attention and, I would say, a great deal of observation to realize that you have not yet discovered the world. Rather, you have been tricked by the mind, forcing you to see the world not as it is, but as you think it is. This is an irrefutable fact, not so easy to accept. But the truth is that you haven't seen the world yet; you have yet to see the reality as it is. You have been fooled by your mind by constantly contemplating what you know about reality rather than being in direct contact with reality. Until now, you have lived your life by proxy!

What makes your mind lock your consciousness into the virtual world of your memories is the fact that you have not yet realized that you're not what your mind makes you think you are. Your very nature, I mean the true "you", has always been beyond the mind and its memories. Because of your identification with your memories and because you believe you are these memories about yourself, then you have not realized the extent to which you have been poisoned by these billions of impressions you've gathered along this and other lives.

What is poisonous in your mind? It is all these impressions we call "memories" to which you are so

attached. You've been told that the more you know, the more truth you will discover, so consequently, you have tried to gather all the knowledge that you possibly could. You have become so infatuated with the weight of your own past that now, it would be a big leap for you to erase this immense subjectivity that you call "you and the world."

You should realize that no matter what kind of troubles or difficult situations you encounter in your life, it has always been the result of your thought process, a programmed mechanism of your own way of thinking. The thought process of any human being is composed of and based upon emotions coming from the past as well as expectations also based upon the past geared toward improving your future. This is why one should realize that through the reflective mind, one never acts, one never chooses, but instead, one is constantly programmed to react, repeating ancient actions in the present.

It is here that it becomes very important to differentiate between action and reaction. An action should always be the perfect response to any situation without any personal references from the past or egoistic hidden desires concerning the future. It is not easy to understand that you rarely act, but constantly react. A reaction is always stimulated by a reference to the past through the mental process of comparison. Remember that for the mind, nothing is as it is and that everything is not as it should be. For the mind, nothing is ever neutral... everything is related and compared to another situation that has been encountered in the past. For example: you suddenly have a flat tire and through your mind, you claim that you know this very situation since you have had flat tires in the past. In reality, you have never been in this present situation with this present flat tire ever before in your entire life. The reason for this is that every situation is unique... it has never existed before and it will never exist again in the future. Every

moment is brand new; every instant puts you in an absolutely new world.

You do not realize this because you are tricked by your mind, making you believe that because of your memories, you are able to know reality as it is today. This is indubitably wrong!

You have been poisoned by the karmic disease of unjustified comparison and you have been played by your atavistic identification with your mind and what it produces.

**Stop being drugged by your thoughts!**

Thinking is never ever the process of deliberate will. The "mental man" is constantly the "zombie", the puppet of his own unconscious mind. You do not think... you are thought! You have never thought, you have always been thought! Your consciousness has been enslaved by your uncontrolled mind and that is an absolute fact! You can only be free in life if you can choose to not do something, but since you are not free, you are constantly compelled to think. And then, you do not think, you are thought... you are the slave of your own hypnotic mind!

A thought is always an association of comparisons, representations and identifications. When I say: "you are thought", I mean that you, as pure and direct Consciousness, disappear as such and become what you think.

We will go further on this subject in our next article, but for now simply come back to the reality of the present moment in the most impersonal manner as possible, with a neutral attitude, in order to maintain clear perception of every moment.

Warmly with you on the Path of Life.

With Love and Blessings,

H. H. Gurudev Hamsah Nandatha



*His Holiness Gurudev Hamsah Nandatha has withdrawn from regular public teachings to intensify his prayers and meditations for the world. However, you can be notified of occasional lectures by requesting to be added to our emailing list. Visits of the Ashram are by appointment only.*

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





# November 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> National Jersey friday 	<b>2</b>
<b>3</b> Church 10:30 a.m. <b>Clocks fall back 1 hour</b>	<b>4</b>  WLLID mtg 7:30 pm	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>10</b> Church 10:30 a.m.	<b>11</b>  <b>BINGO</b> 6:30 Early 6:45 Regular	<b>12</b> 	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>17</b> Church 10:30 a.m.	<b>18</b>	<b>19</b> 	<b>20</b>	<b>21</b> 	<b>22</b>	<b>23</b>
<b>24</b> Church 10:30 a.m.	<b>25</b>	<b>26</b> 	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>

## 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

## Special Events and Days Down the Road

- Oct 28 - Bat Celebration Night,  
Kimberley Indep School 6:30-9 pm
- Oct 31 - Trunk or Treat 5-7:30 pm
- Nov 3 - turn your clocks back 1 hour
- Nov 4 - WLLID meeting 7:30 pm
- Nov 11 - Remembrance Day
- Nov 12 - Bingo

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Wasa Lions Trail Donations.....	250.422.3773
Wasa Memorial Garden (Pat Walkey)	422.3530
Wasa Post Office.....	250.422.3122

