The Lake Effect

by Sheryl Puckett



There's a beautiful story unfolding in our bay that few are aware of. Many words come to mind in regard to Lake Pend Oreille such as awe inspiring and magnificent. Hope, caring and goodness may not come to mind but in fact have become fundamental to one man's quest to lighten the burden of the challenges faced by a very special group of

people.

What sets Jon Totten apart from other sailers is that his sailboat is **Dogsmile Adventures**, a nonprofit, 501(c)3, offers therapeutic sailing programs. According to Jon, "I spent 81 days on the water, sailed with 247 people, and amassed an astonishing 1,445 hours of therapeutic sailing. I sailed with veterans, children, young adults, not-so-young adults, people with mental and physical disabilities, recovering addicts and alcoholics, and victims of domestic violence and sex trafficking. Some went racing, others learned to sail, and some just came along for the ride; but all of us felt better having gone sailing. It was incredible, absolutely incredible." And almost all took place on Lake Pend Oreille out of Bayview.

Jon's sailboat, Dogsmile, is a J/105 moored at Macdonald's Resort. Jon is also Lake Pend Oreille Yacht Club (LPOYC) Vice Commodore.

Jon creates powerful opportunities for people to discover healing and potential through sailing adventures. Dogsmile is open to anyone who believes that spending time on a sailboat will make them feel better.

Jon moved to Idaho in 1998 when he was 18 to attend the University of Idaho. Upon graduation from the University of Idaho, He became a professional outdoor educator with the North Idaho College Outdoor Pursuits program where he spent 12 years leading countless adventures and falling deeply in love with sailing.

The Dogsmile has been Jon's obsession for the last four years. He remembers, "The boat was rotten and forgotten in a boatyard in Antigua. I put endless hours into restoring it and then hauled it to Northern Idaho." The J105 is big, stable, quick, and powerful. It has a great combination of performance and stability that Jon loves. It's the perfect boat for the program.

Boat rides make people feel better. The power of being outdoors and the water has a healing effect, it CONT.

brings out the best in a person. Dogsmile's website offers, "The wind in your hair, the smooth glide of the boat through the water, the sweet sounds of nature, and nothing else. We'll do the driving, NO EXPERIENCE NECESSARY, Just hop aboard and feel better."

Tim Neary and his daughters sailed with Dogsmile for the first time in June 2021 and said it was an amazing experience with no noise other than the wind which is very freeing. "Sailing is very positive for anyone with sensory issues and his girls are learning all the sailing vernacular," say Neary.

Amanda Thomas is the owner of Integrated Approach, a licensed Marriage and Family Therapist. She has teamed up with Dogsmile to offer immersion therapy while sailing. Amanda says, "Dogsmile has a lot of potential, I'd like to see couples coming out and being able to do some of their own repair work on the sailboat. I can see a family work on issue in the office and then in the afternoon go

out and play together and recover joy."



Another testimonial: "Sailing with Dogsmile Adventures was seriously one of the best days of my life! I suffer from multiple sclerosis and am in constant pain, going sailing was one of the most healing things i've ever done. I can't put into words the peacefulness sailing

brought to me. I definitely plan on going again and recommend this to anyone who wants their worries to disappear. Yes, I got to drive the boat."

One has to wonder how Jon came up with the name Dogsmile? He says, "The name is an expression of unadulterated happiness. It's the face that a dog makes when it's so excited to see you. It shows all its teeth, wags its tail, it's out of control happy." Jon gives you the biggest grin to demonstrate the smile.

If you're looking to contribute to a worthy cause, you can sponsor a boat ride for someone in need. Contact dogsmileadventures.org (208) 797-0360 or you can email: hello@dogsmileadventures.org



Extra Special Ladies

by Ali Spahn

In the early 1960's, the **BAB's** meeting on Cape Horn was packed both inside and outside the house where 75 members struggled to hear the board's motion. Jan Powell remembers her mom telling her, "There's not enough food for you so go down to the Cape Horn Resort and have a hamburger and I'll pay later." Jan's mother, Laverne Rickel, and her Grandma, Mabel Rickel, were two of BAB's founding members.

BAB's ladies group was formed on June 24, 1956, which included Bayview, Athol and Belmont areas as a local Woman's nonprofit charitable organization. Carol Whitt was the board's first president. "The ladies group originally started in members' homes to gather food for food preservation, to teach other women how to can food and sew clothes. When they all got together they realized they could do much more for the community, so the group's mission developed from there," Jan said. As the group grew, meetings moved to the old Belmont School, then to the Bayview School, the Athol Community Center, and finally to the Bayview Community Center. The original street fairs during the Fourth of July weekends were established by BAB's.

Jan Powell to this day is a BAB's member and the group's current president. BAB's serves the community



through donations to NIC, Athol **Elementary School** Library, Athol ABC Food Bank, local 4-H Clubs and the Veteran's Newby-Ginnings store in

Post Falls. Their events include a yearly Tea Luncheon (a favorite in the community) and The Holiday Faire which is always very successful. This year the luncheon will be a May Southwestern "TEA-esta".

All of the original quilting members have passed on, however, a few of the current guilters still meet to create a beautiful handmade BAB's Queen Quilt to help fund their projects. This year's guilt theme is "North Idaho Wildlife" which will be raffled off at the BAB's monthly meeting on Feb. 22, 2022.

Most members join BAB's to be involved in the community, not to make crafts. Jan said laughing, "I had a high school teacher turn me off to sewing, so I never learned!".

If you're interested in purchasing a raffle ticket or want to join BAB's, you can contact Linda Grage at lgrage@aol.com

Bayview Valentine's Day

Prime Rib Dinner, February 14, with free champagne at JD'S Pub & Grill.

A Welcoming Meal by Anonymous

It was the night before LOU when all through the center, not an appliance was stirring not even a blender.

The tables were waiting in the back room, near chairs, In hopes that Jackie and Mary and their crew would be there.



The silverware and plates all nestled snug in their drawers awaiting arrival of food from the stores.

When out in the parking lot

arose such a clatter. I sprang from the kitchen to see what was the matter.

When what to my wondering eyes should appear but Larry and his prayer group springing into gear.

Like a seasoned MacGyver so lively and quick, I knew in the moment this must be the trick.

More rapid than eagles his workers they came and he whistled and shouted and called them by name. The tables appeared and the chairs how they flew, set up for 60...placemats, napkins and silverware too!

As I gathered my wits and was turning around up the stairs and through the door many others were bound,

With cheerful smiles, happy faces, they each had a mission...Name tags, salad fixing, servers in place, no imposition...

They went right to work and with a nod of Mary's head. I knew in a moment we had nothing to dread.

The food was fantastic, the friendship so merry, Many great desserts..some topped with a cherry!

A full house eating in and many takeouts besides. Camaraderie on a winter day is what LOU provides.

So thank you to all as you make the season bright. Happy New Year to all and to all a good night!

Scholarship Opportuntiy

Submit Your Application by March 1st Must be a Bayview resident (6 mile radius) No age requirement Award amount \$500

Questions? Call Marlys: 208-683-3295

Application form is on the Bayview Community

Council website

