

# SHORE LINES

Bayview Community Council News  
November 2019

Events, Issues & People

## It's Only Cold If You're Standing Still

by Ali Spahn

With all the holidays approaching, winter can be a really fun time of year. But many people find that when winter hits, it becomes easier and easier to find themselves trapped indoors and their exercise routine can get in a rut. When the wind is blowing, the snow is falling, there's icy conditions and the temperatures are really low, young and old tend not to want to go outside.

According to WebMD, staying active is important for your whole body, including your brain. Performing a minimal amount of daily physical movement and exercise can even help to prolong some of the memory loss and cognitive decline associated with aging. Here's a few suggestion to keep you "on the move" in Bayview.

### Socializing



Every little bit helps to keep you active; even the simple task of socializing with a group of friends. You can create a hiking group; start an arts and craft group or just meet for coffee at Ralphs. In addition, the Bayview Community Center is open to groups that conduct programs for free. Just go to: <http://bayviewcommunitycenter.org/calendar/> to view any upcoming events or contact Jackie Lloyd at [jaklloyd@hotmail.com](mailto:jaklloyd@hotmail.com) to schedule an approved time/day for your group at the Center

### Take a Thai Chi Class



<https://www.livinginternalarts.com/taichi/intro.html>

Karl-Erik Andreasson has been conducting Tai Chi classes for over 12 years at the Bayview Community Center. Karl says, "Tai Chi touches on a lot of different

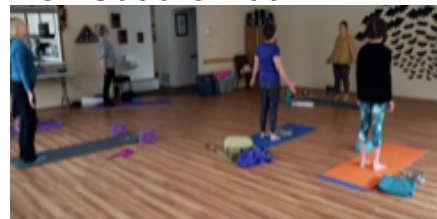
things; externally and internally. Externally you're strengthening muscles in the body and gaining balance, which affects your cerebellum in your brain, which helps with balance and posture. Internally Tai Chi helps to produce alpha waves in your brain which slows down your metabolism and your heart rate.

"Alpha waves makes you feel "creamy" or relaxed and can help in lowering your blood pressure. In addition, Tai Chi invites people to look at alternate lifestyles like changing your diet, moving differently; and less stress can lower your blood pressure too."

The international short form, which is 24 movements, can be intimidating to some students. Karl teaches Tai Chi Flow which is 15 movements, broken down in 3 sets of 5 movements. Tai Chi Flow applies every day movements, such as sweeping the floor, chopping wood, and rotating the urn into the practice. "Using these movements with Tai Chi principles doesn't take long to master. Learning the movements is like practicing a dance routine."

Karl holds his practice every Friday at 9:30 am. For new students, He suggests to just drop-in and check the class out. If you decide to join, there is a small class fee. Any type of attire is acceptable as long as you are comfortable.

### Roll Out the Mat



Yoga can increase your strength and flexibility, calm your mind, promote body awareness, and even help relieve or reduce physical conditions like back pain or minor digestive troubles.

A group of residents hold a yoga class at the Bayview Community Center with the use of videos; online yoga practices and occasionally invites a "guest" teacher. The classes are free but you do need to bring your own yoga equipment.

Any way you and your friends discover to keep moving during the long winter months will help boost your energy, and prevent weight gain during the time of year most people add some "extra insulation".

## Council Fun Trip

November 12, Tuesday, **Norman Rockwell Exhibit**, Campbell House tour, and lunch included at the Northwest Museum of Art & Culture, <https://www.northwestmuseum.org/learn/prime-time->

Senior tour is \$20. We need 8 people to make this trip happen. If you're interested contact Ali Spahn as soon as possible: [alispahn@yahoo.com](mailto:alispahn@yahoo.com)

## Bayview Lighting Festival

Don't miss the fun, December 7, Saturday, 5:30 a.m. There's holiday music, hot chili, cookies, hot cocoa, petting zoo, and more. Sponsored by Bayview Marina. Timberlake Fire Dept. will be collecting food and toy donations.

## Finding ER's

*Bayview Water & Sewer Announcement*

Due to the lack of record keeping during lot divisions and sales within Bayview Water & Sewer District, there is a need to tie down the sewer ER's for parcels that have been created since the original LID.

An exchange to re-allocate stranded ER's could be created. If you have property with more than one ER that you will not use, you may seek to return it to the District. (Ordinance 1990-01). A way to relocate ER's does not now exist but such a way to serve parcels that need ER's on a first come first serve basis could be created.

## A Burning Issue

*by The Grumpy Old Man*

I'm uphill and upwind from town for the most part, so this grump is for the everyone with COPD or asthma. Burning season is upon us, so a real specter of fear hangs over some of our neighbors. Dead air takes on a whole other meaning when you can't breathe. It is a matter of life and breath.

That is why we are begging you, please. If you must burn, burn as cleanly as possible on a day when the smoke doesn't hang over your neighbors house and creep along the streets choking out the grandmas, babies and school children waiting for the bus. Damping down the fire may be literally killing that sweet little old lady down the street.

And most important don't burn your garbage. It creates toxic smoke that hurts everyone. I know, no matter who is suffering, someone will argue, Tradition! and you won't take my smoking chimney, or burn barrel or camp fire away from me with your rules and regulations. I'm sorry but you live in a growing community and now must unfortunately join the 21st century with the rest of us. Thank you.

## Second Hand Haven

*By Sheryl Puckett*

Mary Grace wants to be busy as a bee and that's how Athol's latest business venture got its name.

Busy Bee Thrift Shop is located in the old Love's Hardware Store building, next to the new Athol Post Office. For those that appreciate the exact address it's 29801 N. Old Hwy 95.



Mary Grace lives in the Spokane Valley and commutes every day the shop is open. "I have always wanted to open a thrift store and work for myself." Mary adds, "In the past I was a certified nursing assistant but it was hard on my body. I've always wanted to make a living working for myself and be my own boss."

Busy Bee Thrift Shop takes consignment. "The store gets 50% of what the item sells for and I would need to write up a little contract stating that if anything is broken or stolen Busy Bee is not held responsible."

From the Internet I gleaned six reasons why you should thrift shop: save money, to reduce waste and help save the environment, find gentle used or never used bargains, buy items you might not use much, if you forgot something on vacation, buy exercise equipment, and to find unusual items.

Mary's plan for the business is to grow bigger and expand into the other side of the building so that she can have a larger area for the store. She hopes to make a good living at doing what she does. In the near future her fiancé will end up being part owner.

Hours of operation are Monday through Friday, 10 a.m. to 5 p.m., closed Saturday and Sunday. You can contact Mary Grace on her cell phone number 509-385-6175 or email [moocow19652003@yahoo.com](mailto:moocow19652003@yahoo.com)

Be sure to check out Busy Bee Thrift Shop and see what treasures you can find.

## CDA Festival of Trees

**November 29, 6 p.m., parade, lighting ceremony**

**HAPPY THANKSGIVING TO ALL!**

**Turkey meal, Noon to 5 pm, by Ralph's Coffee House, at the Bayview Community Center**

**No Bayview Community Council Meeting  
November, December, January and February**

**Sheryl Puckett, Shore Lines' Editor, email suggestions,  
remarks to [sherylpp@gmail.com](mailto:sherylpp@gmail.com)**