

SHORE LINES

Bayview Community Council

SEPTEMBER 2022

Events & Activities

BAYVIEW DREAM CATCHER

By Sheryl Puckett

Are dreams the gateway to the soul? Revealing our subconscious motivations or merely our brain's attempt to make sense of the endless flood of information that overwhelms our senses throughout the day?

Some say life in Bayview is already living the dream but if you've ever woken in a cold sweat, or haunted by nightmares or wonder 'what's it all means' a Bayview resident may have the answer.

Adrienne Chapple moved here a year and a half ago and named her business **Bayview Dream Analysis LLC**. She works from home and currently has out of state online clients. She can schedule video calls and is willing to schedule an in-person appointment and meet wherever you're most comfortable.

Adrienne studied, for two plus years, with The Aisling School, under renowned dream interpreter, Michael Sheridan. She earned her **Dream Interpreter Certification**, last year and then, went on to earn her **Healer Certification** which identifies trauma and assists people with a process that combines dream interpreting and visualization, that is called, "Cutting The Ties That Bind." This is a process that takes eight to ten weeks and works well for those who feels that they are hindered by negative conditioning from childhood.

According to Adrienne, she assists people with the following:

- How to understand the symbolism in dreams and how they relate to life's situations.
- How childhood traumas can cause many of our fears, insecurities, and suppressed sadness and ways to heal from these.
- Self-discovery of one's own gifts, that we often don't think of as special.

To quote Michael Sheridan, "The bumps in our life journey are not in the way; they are the way". Dreams can help us interpret life's next steps."

About ten years ago, Adrienne says, "I expanded my life journey to discover who I am at my soul level and what would fulfill my life purpose. I have always been the kind of person who wants to assist others in seeing what is special within, I just wasn't clear on the direction to take. I started taking classes on meditation and going inward. I became a **certified Reiki Master Practitioner**. This was a nudge in the right direction, but I didn't feel it was exactly what I was meant to do.

"Many people say they don't remember their dreams. The real question is, "Do they want to remember their dreams?" If they want to remember their dreams, I suggest setting up an environment that gives the intention to remember. Put a notebook and pen beside your bed. Set a glass of water beside it. Put the date up in the corner of the page and set the intention to remember. Some people like to record into their phone. I don't like to have anything that might hinder me from falling back to sleep. I will jot down a few lines to help me remember when I am fully awake and able to record my full dream.

My recommendation is that, if you wake up during the night and remember the dream, write down or record as much as you remember. The more you intend to remember your dreams, the more you will remember," says Adrienne.

To answer the question if dreams are the gateway to the unconscious, Adrienne says, "Absolutely! However, when as we walk through the person's dreams together, the person will most often know exactly why they are having those dreams. So, yes, it is unconscious only because they don't understand the symbols yet.



Dreams are one thing we all share but seldom understand. This story reminded me what a unique and interesting small town were privileged to share.

If you would like to book a session with Adrienne, contact her at: 425-205-7222 or email: adriennechapple@bayviewdreamanalysis.com

There's One More Star in the Sky Tonight

L. Raymond (Ray) Newcombe Jr. passed away August 2, 2022 in Vancouver, WA.

Come and share memories at an informal **OPEN HOUSE CELEBRATION OF LIFE** on Sunday, October 9, 2022, 1-4 p.m. at the Pearl Theater, 7160 Ash Street, Bonners Ferry, ID 83805. There will be appetizers and beverages.



Ray and Sally had 12 wonderful, active, fulfilling years with many, many friends while in Bayview.

Bayview: A Little Town With A Big Story



Former Bayview resident and local historian **Linda Hackbarth** announced the pending publication of an enhanced edition of her previous books on Bayview history. She is working with the Museum of North Idaho in Coeur d'Alene, who have placed the release of **Bayview – A Little Town with a Big Story** on their 2023 production schedule.

Hackbarth, who had a home in Bayview from 1976-2016, started the Bayview Historical Society in 1997. With the help of others, she gathered facts, photos, and stories; interviewed many old-timers; researched information; and wrote several books and articles. The new title encapsulates her many years of work.

The start of the story goes back to 1866, a gold mining era, when Lake Pend Oreille was part of an intricate pathway to Canada and Montana. Her discovery of the Seth Pope diaries in Portland led to uncovering a trove of stories about Pen d'Oreille City and the recent archeological studies done on the site in Buttonhook Bay by the University of Idaho with the help of long-time local Laurie Mauser.

Her narrative moves to the homesteading era of men like Jack Needham and John Leiberg, as well as the silver mining boom throughout the mountains above Lakeview. Who knew there was a big “stink” when opposing parties wanted to bring a railroad to the southern end of Lake Pend Oreille and Spokane entrepreneurs invested huge sums of cash to develop a town called Bayview.

The limestone mining era, which played a huge roll in early Bayview history, is nearly forgotten as the kilns at Scenic Bay Marina gradually crumble. How many marinas where locals moor their boats continue to cherish the abundance of stories from the past? None of this was lost on Hackbarth, who was captivated by the accounts others shared.

“After gathering information from the National Archives in Seattle, I wanted to tell the story of Farragut from the viewpoint of Bayview,” she said. Most people don't realize 127 parcels of land were claimed by the government in 1942, affecting eighty families who relinquished their homes and property. Of that number, only 28 were able to get them back when the war ended. How the land came into the hands of the Idaho State Parks is another interesting sequence of events, influenced by both Girl Scout and Boy Scout encampments in the 1960s.

The new book will also cover favorites like the annual Fourth of July celebrations, the 2000 Cape Horn slide and 2015 fire, and many memories written by individuals who share their experiences.

Eating For Health

by Bayview's Dr. Cecilia Fry, our “Walk with a Doc”

In our continuing discussion on healthy living, this article touches on diet.



The SAD (Standard American Diet) is a contributing factor to the increasing incidence of coronary artery disease, type II diabetes, obesity, hypertension, stroke, hypercholesterolemia, some cancers and some mood disorders. Busy lifestyles, marketing, ease and affluence have led to people eating highly processed food, fast food, indulgent food, and sugary drinks.

Unfortunately, this diet has contributed to earlier onset of chronic disease in many people. So, how should we be eating? We should eat a diet full of fruits, vegetables, grains, legumes, nuts and seeds. All of these items are considered whole plant food. A good goal is to have at least ¾ of your diet composed of fiber-filled, nutrient dense whole plant food.

We should limit red meat and dairy and avoid processed food, fast food and refined sugar. In our society this can be a quite a challenge. In grocery stores, the entire center of the store is often full of refined, highly processed foods. Therefore, many lifestyle medicine doctors advise their patients to “shop the periphery” where they can find fresh produce.

The freezer section with frozen fruits and vegetables is also a good place to shop. The frozen variety of fruits and vegetables are also nutritious and often cost less than fresh. With local farmer's markets being full of the summer's harvest, this is the perfect time to start eating more vegetables.

Lakestone Subdivision

Bayview's 25 home subdivision plan on 8.3150 acres off Perimeter Road is moving along. All the local agencies have been contacted to review it. These agencies include: Lakes Highway District, Fish & Game, Army Corps of Engineers, Panhandle Health, Timberlake Fire Dept. DEQ, Kootenai Solid Waste, to name a few.

Our challenge is that Bayview Creek is identified in all the documents submitted to the County by the owner's engineering company as a Class II stream.

According to retired Fish & Game Regional Manager, Thomas Herron, “However, fish that are resident to the Creek are a reproducing population as evidenced by the fact that they are self sustaining and persistent in Bayview Creek. This affords Bayview Creek protection as a Class I stream under the Forest Practices Act as administered by the Idaho Department of Lands.

There will be an opportunity for public comment. When the time comes it will be up dependent on the Bayview residents to speak up, write letters, and state that they want to preserve Bayview Creek.