

SHORE LINES

Bayview Community News
AUGUST 2018

Events &
Activities

Kettleball Anyone?

Kettlebells are all bells, no whistles. Resembling a mini bowling ball with a handle, kettlebells are great for cardio, strength, and flexibility training. Kettlebells are cast iron weights ranging from 5 lbs to over 100 lbs, shaped like a ball with a handle for easy gripping.



One of the many reasons why kettlebells are so effective is because you constantly fine-tune the areas of your body that you desire to workout. Overhead presses can focus on your upper body muscles while windmills help you to build long and lean muscles in your lower body and core. Women, for example, love kettlebell training as it helps them tone up and lose fat without over developing muscles. A kettlebell workout is easier on joints and extremities than some other forms of workouts.

We are happy to announce that the Bayview Community Center will be starting a FREE Kettlebell class this September. Men and women are encouraged to attend and if you don't have a kettlebell, no worries. Come to the class and do the workout with weights or no equipment at all! If you decide Kettlebell is for you, start with a 5 or 8 pound weight and work your way up.

Tuesday, September 4 at 9:15 am will be an introductory class. Ali Spahn will be organizing the class providing a DVD video workout for beginners. Thursday will also start at 9:15 am. Class time will change at the end of the month but that will be determined by the attendees and in coordination with the Center. If there is enough interest, the classes will be on Monday, Tuesday and Thursday.

This FREE class will be a work-in-progress and suggestions for the desired workout is encouraged. This is YOUR class so make it work for you.

You Decide

The August 16th Bayview Water & Sewer Open House is an important meeting. ALL those residents living within the boundaries of the water district should attend. You need to let the Board know which Option (A, B, C, D) you support to improve the deficiencies in our water system. To view the 4 Options go to: <http://bayviewwaterandsewer.com/2018/07/27/water-system-improvements-project-packages/>

Meet Hilary Hall *by Sheryl Puckett*

They say it's better to light one candle than to curse the darkness. Everyone needs a candle to help through the occasional power blackouts. Well, now we have our own local candle maker to serve our candle needs. Farreille Candle Company is a local business created by Hilary Hall. "I combined Farragut and Pend Orielle to come up with the name as those two places have always been very important in my life. Everything I sell is handmade: candles, wax melts, and greeting cards."

Hilary left her opticianry job to be a stay-at-home mom with her children and soon realized that she needed a hobby, something she could do for herself. "I have always loved candles and decided to give it a try and now three years later here I am!" Hilary uses bees wax, paraffin wax, and high quality phatthlate free fragrance oils.

What makes Hilary different than most of us living in Bayview is that she grew up here. You may have seen her riding a horse in Farragut State Park or on Dick and Shirley Hansen's property since Hilary trained and showed their horses for 4-H, the Careywood Eager Beavers.

After graduating Timberlake High School in 2003 Hilary left home, married and attended college. It wasn't until August 2011 that she moved back to North Idaho, spending a year in Spirit Lake before moving back to the house she grew up in and inherited.

In Hilary's free time besides making cards and candles she homeschools both of her children, Michael, 12 and Anica, 4. Her husband is in charge of the Youth Group at Athol Baptist Church.

Farreille candles and wax melts can be found at Careywood Coffee Company in Athol. In June Hillary was at the ABC Farmers Market in Athol and will return to the Athol market the first week of September fully stocked with fabulous fall fragrances. She takes off July and August to restock and keep her candles from melting in the summer heat. Hilary recently found and ordered a huckleberry candle fragrance that she says, "I've been hunting for it forever." Candles sell from \$8 to \$16 dollars.



You can purchase Hilary's homemade candles by contacting her at: farreillecandleco@gmail.com

ABC Farmers Market in Athol

The ABC Farmers Market is back for a second season to serve the North Idaho communities of Athol, Bayview, and Careywood. The market is a rain or shine event open now thru early October every Friday 2-6pm in the Athol City Park behind the library, with plenty of free parking and open space to walk around and enjoy the venue.



Formed by a group of area growers and producers in 2017, the market offers locally-grown fruits and vegetables, fresh eggs, garden plants, artisan foods, gourmet coffees and baked goods, and unique handcrafted items. The market strives to serve the rural areas along the Highway 95 corridor and provide a seasonal attraction for tourists visiting Lake Pend Oreille and Farragut State Park.

Farmers markets are growing in popularity across the country as people become more aware and concerned about where their food comes from. Products help to provide an economic boost for smaller communities and local farmers. The markets also offer unique or uncommon products that can't be found in stores, as well as organically-grown produce.

The ABC Farmers Market, averaging around 250 visitors each week, regularly has 12-15 vendors open for business. New vendors are welcome to apply; a variety of flexible rate options are offered. Local musicians are also welcome to apply to provide entertainment. For more information please contact Julie McKerracher at (208) 818-0208, email abcfarmersmarket@gmail.com, or visit the market's Facebook page at www.facebook.com/ABCFarmersMarket.

Rockets Red Glare *by Mike Lee*

I'm not saying we should all be quietly reading the Constitution and discussing the Bill of Rights over the 4th of July. But Bayview needs to get a handle on illegal fireworks before we burn the town down the next dry year.

Fire and law enforcement are overwhelmed county wide. The vast majority of Bayview residents are sick and tired of hearing dangerous explosions going off all night long for days at a time and cleaning up debris on rooftops and streets.

Local businesses need visitors/customers, but not at the risk of burning down the house. Bayview needs to enact a zero tolerance policy on illegal fireworks. Post it on the reader board, put signs around town and get local businesses on board. We can turn this dangerously explosive trend around.

August 25, Food Drive

The Bayview Community Council volunteers will be going door to door collecting non-perishable food items for those in need. Items are brought to the Athol Food Bank the following day. This is wonderful community project and we thank everyone that gives. Canned items can be left outside for pick up.

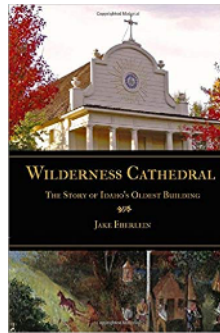
If you would like to volunteer please contact contact Sally Newcombe by cell 208-818-5423 or email ssnewc@gmail.com Remember to mark your calendar for Saturday, August 25. Thanks again.

Athol Daze, Saturday, 11th

9 a.m. parade, car show, 4 p.m. lawn mower racing
Fun & games for whole family

August 28 Special Speaker

The Bayview Community Council is pleased to announce coming soon to Bayview is a special speaker, author and historian. Jake Eberlein has published two books: Wilderness Cathedral, the Story of Idaho's Oldest Building and A Presidency Under Pressure.



Mr. Eberlein will speak at the Council's monthly meeting August 28. The meeting will come to order at 6 p.m. and Mr Eberlein will present at 7 p.m. Coffee and dessert will be available.

According to Amazon books, "...Jake Eberlein writes with relish as he tells the story of the Old Sacred Heart Mission and its significance to Cataldo and the larger Pacific Northwest region. Eberlein correctly points out that although this is a history of a single building, the story he tells is really the history of the region."

Don't miss this great opportunity to learn about Idaho's history from a local researcher. (Huge thanks to Laurie Mauser for bringing this venue to our town.)

Another Great Day Trip:



July 16, 12 Bayviewites toured **Seven Stars Alpaca Ranch** and learned about alpacas, ranch living and heard charming personal stories from our tour guide.