

SHORE LINES

Bayview Community News

DECEMBER 2018



Events & Activities

Bayview Herbalist

Tamara Webster completed her first year studies as a Certified Herbalist with Green Path Herb School, Missoula, MT. "I knew herbal medicine was going to be a professional path for me." Tamara says. In addition to becoming a



Certified Herbalist Tamara is a Certified First Aid/CPR Instructor, Certified Permaculturist, and has studied Aquaponics and Organic Gardening. She is studying Homeopathic Medicine with a final goal of becoming a Naturopathic Practitioner and dreams to be a village herbal medic. "Bayview seems like the perfect place to start!"

Herbalism is the study of using herbs as medicine. Most of us are used to putting herbs such as rosemary, thyme and ginger in foods and recipes. These herbs have medicinal qualities that not only season and spice our meals, but also heal and nurture the body, internally and externally.

Conventional medicine is crucial in most emergency situations whereas herbal medicine is the best approach to prevention and can aid in healing chronic illnesses such as arthritis, eczema and non-emergency acute illnesses such as colds and flu. Herbalists treat the cause, not just the disease. The term "holistic" refers to treating the whole person: the mind, body and spirit.

Let's say you are struggling with depression, but don't want to take a psychotropic. An Herbalist will prescribe St John's Wort. St John's Wort has anti-inflammatory properties and can help with an amazing array of health issues. However, St John's Wort does interact with a number of medications, so it should be taken only under the guidance of a health care provider, especially if you already take medications for depression. Like many herbs, it grows prolifically: you can find it growing in Farragut Park and in your backyard.

Tamara would love to connect with folks who are interested in learning more about herbs as medicine, aromatherapy, homeopathy, nutrition and whole body wellness. Beginning this winter, there will be monthly workshops on how to create herbal medicines, remedies, recipes and tinctures. Products can be made based on your needs. Tamara, a local Bayview resident can be found on Facebook at **Herbal Mandala Holistic Wellness**, by email HerbalMandaladaho@gmail.com or by phone at (707) 703-2739.

"Getting to know you, getting to know all about you."

By Ali Spahn

Oscar Hammerstein couldn't have said it any better in his song lyrics for "The King and I." Getting to know you is what **Lunch on Us** (LOU) is all about.

But I'm getting ahead of myself. My husband, Gary, and I moved to Bayview in February of 2017. We both felt we had found a piece of heaven. Now, I was the lucky one since I am retired, but Gary still worked and had to drive the long trek into Spokane every day. Unfortunately, that left me a bit lonely with a ton of time on my hands. However, I was up to the challenge.

While getting to know my neighbor, Mary, she mentioned that each Wednesday during the winter months, the Bayview Community Center provides a free pot luck luncheon called LOU. I said that I would love to go, so Mary took me under her wing and we attended the LOU together that next week.

As I entered the room, I felt a sense of community. People were hugging, laughing, chewing the fat; by gosh, they were just plain happy. What a wonderful way to get to know my neighbors, I thought. I would sit and chat with a group at one table, excuse myself and move to the next table. The conversations were delightful and everyone wanted to know all about me. I learned about the history of Ralphs, the food at the Captain's Wheel, the history of the Merc and the different types of community groups you can join such as BABS and FOTG, just to name a few. Yup, I was feeling right at home.

The Community Center board provided the main dish which smelled delicious and which I was eager to taste. I noticed that people were toting crockpots, casseroles, and all kinds of cookies, pies, and cheesecakes to add to the buffet. And, if you needed to take a plate to your neighbor who just couldn't make it or was housebound for the winter, all you had to do was ask.

What a lovely idea, I thought. I decided I would surprise my new neighbor, Brad, with a warm lunch and some goodies. He was so thrilled that he would patiently wait each week for his LOU delivery.

That day I found the luncheon to be a few hours well spent chitchatting and enjoying a hardy lunch. However, it was the shared love that made me feel warm inside on that wintry day in Bayview. (con't next page)

(con't from front page) I no longer felt alone.

So, every Wednesday I make a batch of brownies and head off to LOU. I rarely miss a LOU and I am no longer the "new kid" on the block. My advice: If you are a new or even a longtime resident in this charming town, take the time to visit the LOU and get to know your neighbors. You may just find that the LOU is precisely, your cup of tea!



Next Bayview Water & Sewer District Meeting, December 19, 3 o'clock

Christmas food baskets will be given out at the ABC Food Bank Tuesday December 18th 9 a.m. - 3 p.m.

Pend 'Oreille Potluck Holiday Party

(formerly called 55+)



When: Saturday, December 15
Doors open at 5:30pm
Dinner at 6:00pm

Where: Bayview Community Center

The Council will provide a delicious ham.

Please bring a side dish, salad

or dessert to share.

Also please BYOB

There will be a fun gift exchange.

Suggested Gift Limit \$10

Come & Enjoy

Sponsored by your Bayview Community Council



Please call Sharon (208-683-2857) for more details or instructions. Thank You!

Merry Christmas & Happy New Year to All from Sheryl, Shore Lines' editor

Books and Beyond

by Sheryl Puckett

You can't judge a book by its cover but if you judge our area's three book clubs we're a literate group.

Wine, Women, & Wit, a Bayview book club, is fondly called W3. W3 was formed in 2007 with three founding members still a part of the group: Bev Galagos, Patti Bennett, and Zak. With 10 members the group is at full capacity due to the fact they meet at one another's homes.

Wine, Women, Wit is a social book club where members enjoy each other's camaraderie and book discussions. This is a very caring group and whenever a member is ill, or going through a tough time, everyone is there to help and support in any way they can. That is truly what makes this book club group special.

To the west of town, an Athol/Bayview book club meets at the Athol Library on the third Wednesday of every month. Known as the **Rowdy Gals**, they have seven active members but are always open to new blood. Rowdy Gals started 17 years ago with original members Marge Degitz and Sheryl Puckett. Books are primarily chosen through members' recommendations but sometimes they note what other book clubs are reading and chose one that way. Fiction and or non fiction it doesn't matter, they like it all.

The Kootenai Community Library Network sponsors Rowdy Gals and helps coordinate availability of books across the district and region. It's an extraordinary library district that supports book clubs.

The most recent book club to form is **Bayview Wine and Words** book club. It began in March 2018 with 10 members. The club always meets at Robyn Chisholm's home on the first Wednesday of each month. Members choose readings mostly from contemporary non-fiction genres, which provide for cultural awareness and lively discussions.

Bayview Wine and Words Book Club is an adventurous, brave group, exploring subjects like poverty, education, political memoir, history, anthropology and science. Good Wine and good Words flow aplenty along with laughter and kindness at each and every book club meeting.

Book club membership can be challenging due to the requirements to read on schedule during busy times while appealing to diverse literary preferences of its members. Discussions can occasionally become contentious, but always end in good hearted fellowship.

Looking back one book club member realized she has read over 200 books since joining her book club. Now that's remarkable.

