

# SHORE LINES

## Bayview Community Council

JULY 2023

Local News & Events



### In Loving Memory

by Sheryl Puckett



Gathering the names of those who have departed may initially seem somber, but it serves as a heartfelt way to honor their lives and ensure they are not forgotten. Reflecting upon the list from time to time serves as a

remembrance, solidifying their presence. Though the subject matter may be unsettling, it is an undeniable aspect of life.

Given that it was Memorial weekend, I decided to post on Facebook my own personal list of names of those I remembered and titled it "Bayview's Lost But Not Forgotten." Included were some names from over 40 years ago. However, it didn't take long for me to realize that this endeavor surpassed my original intentions. Inadvertently I had stumbled onto a need that resonated with the entire town of Bayview.

What followed were requests from others, asking me to include the names I had inadvertently overlooked. Grateful for the reminder, I replied, "Yes." One person remarked, "I didn't know he had passed away."

Although the Bayview Community Center has a memorial wall, it does not encompass all those who once called Bayview home.

Bayview Community Council President, Ali Spahn, has created a page on the Council's website to be the keeper of the names. The idea of enhancing the page with photos seemed like the right thing to do. The web site is fully functioning. To view the website go to: <https://bayviewcommunitycouncil.org/in-loving-memory/>

If you have a loved one that resided in Bayview and are not included, we ask you to please send the names along with a photo to Ali at [alispahn@yahoo.com](mailto:alispahn@yahoo.com) We want to make sure everyone is remembered and need your help so no one is excluded.

The new webpage will be a living memory wall, remembered by folks still alive paying tribute to those who departed too soon but forever reside within our hearts.

Memories fade with time, but **Bayview Community Council's** dedication will ensure that they endure. It's my hope that the departed bring the living together in loving memories.

### The Plant Lady by Sheryl Puckett

On a beautiful day in May fifteen locals signed up for a herb walk with herbalist, **Esther Munroe**. For two hours Esther identified the names of plants and their medicinal uses. The group also learned how Esther became interested in herbs, gardening and how her Athol farm has evolved into offering Monthly Meet Up classes to learn about herbs and edible foods growing right here in North Idaho. Esther also provides private garden consultations and offers her own plants and homemade goods for sale.



Before going off to forage in the woods, Esther explained her 'Rule of Three.' Rule #1: If you have no idea what plant you're looking at you need a herbalist and a plant book and another source. If you're not 110% sure, leave the plant alone or take a picture of it. Rule #2: Don't forage where someone else harvests. Rule #3: Color is not a good indicator; it is not the only thing to go on because where a plant grows can change the color of the leaves and flowers.

According to Esther, "Herbs for me have been more of a nutritional boost than anything. There is one herb that is very dear to my heart. I am English in decent and so I enjoy daily cups of tea. Fireweed would be my go to. It is delicious."

What can you make with fireweed? "You can make fireweed tea by simply drying the leaves and flowers. You can make an amazing jelly with the leaves and flowers or make it even better by mixing different herbs with it. One of my favorite YouTube channels, can show you how it's done, **Simple Living Alaska**. You can make simple syrup with the flowers to use in lemonade and you can make salves to help with inflammation, but I have to say my absolute favorite way to utilize this herb is to make Ivan Chai - a tea made with the fermented leaves of the plant."

Herbs have brought medical freedom to Esther's family. With the knowledge she has learned through herbal classes, as well as the now ten plus years working with herbs, Esther has been able to level up her health, resist illnesses and heal different issues that have popped up over the years. Esther continues, "It is so liberating to know that I don't have to wait for an appointment or only rely on one person's information to bring healing to my family. We have taken our health into our own hands and that is a wonderful thing to me."

**CONT.**

**CONT.** In Esther's teen years, she developed asthma and was put on asthma meds. It did not heal the problem. According to Esther, "Many times I experienced this cycle of have a health problem . . . go to the doctor, get a "pill." The problem was the pharmaceuticals prescribed to me were often expensive and would not heal the problems. At best they were a short term fix and worst they caused many other issues to crop up. I was not okay with this and started looking for other solutions to things like allergies to chemical fragrance and cleaners. I found out vinegar was a good substitute. Soon I started learning about the foods we put into our bodies and the major effect they can have on our health. I started gardening and became known as the crazy plant lady. People started bringing me plants, sometimes by the carfull. I decided to look into other uses these plants might have besides being pretty in the garden and that's when I realized if I was going to start using plants for food and medicine I needed to do more than just read a book or two or use Google."

When Esther signed up for **Dr. Christophers School of Natural Healing**, the Herbalist in her was born. Soon friends and family started noticing she was doing things differently. They asked questions and Esther began developing a love for teaching which led to offering plant and garden classes and making products to share with them.



In 2015, Esther purchased their property near Silverwood Theme Park. Her farm is called **Esther's Eden**. Esther will tell you, "There are so many plants that I have deep connections with." The most vital and often used herb for Esther is cayenne pepper. She uses it for stopping nose bleeds, immune boosting, healing sore muscles and so much more.

Esther imparts that she doesn't have time to be sick and neither do you, so let's kill this thing. Her personal arsenal that truly works every time is NO sugar. She says, "Ditch the sugar at least until you are fully recovered." Next she takes 1 tablespoon elderberry syrup 3-5 times a day. She also drinks 1 tablespoon of lemon juice, a dropper full of echinacea tincture and a generous pour of apple cider vinegar, about two tablespoons. Lastly she fills the cup the rest of the way with water. Esther says, "I make this drink every time I start to feel the cold winning again."

During that captivating May foraging walk, we all were fortunate enough to meet Esther, an extraordinary young woman who embodied knowledge, authenticity, and vitality. As she led us through the hidden treasures of our own backyards, Esther's passion for the natural world became contagious. I wholeheartedly recommend organizing a nature tour with her for an unforgettable experience with your friends or family.

Contact Esther at: 208-643-2481 Esthers Eden Office line OR [em@estherseden.com](mailto:em@estherseden.com)

## Optimizing Sleep for Health

by Bayview's Dr. Cecilia Fry



Dov Davidoff, an American comedian, said, "Lack of sleep is only bad if you have to drive, or think, or talk, or move." I think that we can all relate to that quote.

I would add that lack of sleep is only bad if you want to be healthy. Many studies have shown that short sleep duration is associated

with: obesity, hypertension, coronary artery disease, anxiety, depression, type 2 diabetes, and some cancers. It also can impair mental abilities such as reaction time, memory and mood.

Lack of sleep has also been shown to decrease the quality of life and increase the risk for early death. Lifestyle medicine practitioners generally recommend 7-9 hours of sleep per night for adults.

If you are not achieving this goal the following lifestyle modifications may help you enhance the quality and quantity of your sleep:

- Establish a regular sleep-wake time and adhere to it even on week-ends
- Get regular exercise
- Get daily exposure to outdoor light- early morning is best
- Limit caffeine, nicotine and alcohol intake
- Have a bedtime routine
- Dim your lights an hour before bedtime
- Avoid blue light for at least 1 hour before bedtime
- Take a warm bath or shower before bedtime
- Make sure your bedroom is completely dark
- Keep the bedroom cool
- If you nap, keep it to 30 minutes or less
- Finish your evening meal at least 3 hours before bed
- Stay well hydrated during the day but limit fluid intake right before bed

Sleep well.

\*Dr. Cecilia Fry leads a monthly free walk in Farragut State Park which is called "Walk with a Doc." According to their website, "Walk with a Doc inspires communities around the world through movement and conversation with free physician-lead walking programs. The walks are a safe, fun place to go for a walk, learn about health, and meet new friends."



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Ideas? Suggestions? Email [sherylpp@gmail.com](mailto:sherylpp@gmail.com)  
Shore Lines' is available at Bayview Post Office all month