

Lake Coeur d'Alene

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NEIGHBORS



Meet
Nadine Waeghe



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A heartfelt community-based magazine exclusively serving the Coeur neighborhoods surrounding our beautiful North Idaho Lake.



Meet Nadine Waeghe

By Carly Agnew | Photography By Luba

After living in 7 states and traveling through 25 countries and 40 US states, Nadine Waeghe says “North Idaho feels like home.”

Nadine, her older sister, younger brother, and bonus sister (the girl next door who spent more time at their house than her own) were surrounded by the love of family. Growing up in a small town in Upper Peninsula Michigan, Nadine was blessed with both sets of grandparents, 6 sets of aunts & uncles and 22 cousins nearby.

She was raised by young active parents who took their kids along for everything. Nadine learned to downhill snow ski at 2.5 years old, gymnastics and ice-skating at 4, swim lessons at 5, waterskiing at 7, softball at 8, and organized school sports starting in 4th grade through high school - basketball, track and field, and gymnastics. She has tried almost everything for at least a season - even Curling!

Nadine attended Hillsdale College (Hillsdale, MI) for a liberal arts education with a double major BS in Pre-Med Biology and Health and Physical Education (emphasis in Athletic Training). She went on to graduate school at Emory University in Atlanta, GA for a Master of Physical Therapy. A lifelong learner with loads of continued education in the fields of sports medicine and functional medicine, Nadine is perpetually learning and serving others.

She is a “science geek” with interests in a wide variety of topics, predominantly natural sciences from human cellular physiology to the environmental impact of new technology and the physics of outer space. She admits sometimes she gets carried away with deep research dives into special topics such as electromagnetic fields and mold toxicity.

Her favorite place to be is OUTSIDE! All her hobbies are outdoors - kayaking, paddle-boarding, hiking, gardening, photography, skiing, snowshoeing, and general exploring.

Nadine says, “I believe I am wired to help others and have volunteered for many organizations, events, and projects over the years. Much of my free time is spent serving others in the community as best I can.”



After years of long hours and physically demanding work with elite athletes at all levels of sports, Nadine was ready for a change. She thought seriously about what she wanted and determined: she wanted a small house with surrounding property on the eastern shore of a lake, facing west for the sunset, within a 30-minute drive of a town and an hour drive to an airport, near the mountains for sport, in a place with 4 distinct seasons. Nadine said, "You could say I manifested it, but I believe God put it in my mind and heart because it was here waiting for me." In June of 2021, Nadine moved into a beautiful cabin in Eddyville on Neachan Bay which was the historic Post Office for Harrison, Idaho.

Although Nadine has no children of her own, she is close with her nieces and nephews and is honorary aunty to a dozen of her friends' kids. Working in sports for 30 years, she has been involved with thousands of children, adolescents, and young adults. Nadine added, "Each one of them provided an opportunity for me to play a part in their life and them in mine - a precious role that I take seriously."

Although Nadine doesn't have any pets that live IN her home, she refers to her yard as the "Wild Kingdom" and engages with the neighborhood fauna daily.



She loves the Lake-Life culture and friendly nature of folks around the bay. She said, "There are a few families who have lived in the neighborhood for decades, and some for generations. It is fun to hear their stories about the old days and the changes that have occurred over the years." She appreciates the eclectic mix of people in the area - from farmers and homesteaders to seasonal residents and retirees.

Nadine says the East Side Fire volunteers are very friendly, engaging, and reliable - providing peace of mind to the community. And she appreciates a quick jog (or paddle) over to Hutton's General Store to satisfy the occasional hankering for a hearty sandwich or yummy ice cream.

When asked what she loves about North Idaho, she said it feels like home. She explained, the Upper Peninsula and North Idaho are quite similar, and she is often reminded of her childhood.

As we do here, her hometown has a huge 4th of July celebration bringing loads of tourists and heavy activity to the lake. As a child, she followed the parade to collect candy and wave at people she knew in the parade while hoping she might get to be in it someday. Nadine loved staying up late, lying on a blanket at the beach loudly sharing oohs and ahhs as she enjoyed the top notch fireworks display.

Nadine loves hearing voices carry across the lake - especially laughter and the sounds of kids playing or teenagers wakeboarding. She added, "My neighbor has a float plane and I

see him taking family and friends for joy rides up from the bay."

Nadine recalls fun memories of her uncle taking her for birthday joy rides or whenever he wanted an excuse to fly his float plane. And since it was much faster getting a ride with him, she often arrived to church camp with her sleeping bag and small duffle under her arm as his airplane landed on the lake.

She appreciates how the Coeur d'Alene community has sustained some of those truly wholesome Americana traditions that have a profound impact on who we become. It warms her heart to experience these things again and see the next generation participating!

Nadine loves meeting new people and learning how to connect with them in a meaningful way. She says, "We all have something in common, possibly a shared passion or the same eye color, and we all have something to offer humanity. Please take a moment to say hello or ask questions if you see me walking near your house, mending my fence, or shoveling the snow berm at the end of the driveway... I'd love to get to know you."

Nadine added, "I am happy to lend my healthcare services if you need some relief from aches and pains or unresolved health challenges." She is the owner of NW Integrative Physiotherapy which is a specialty healthcare practice focused on injury prevention and recovery, performance enhancement, resolution of health challenges, and health optimization. Her goal is to "Amplify Wellness for the Sport of Life."

Nadine can be reached through her website at www.nwintegrativept.com.

