



"Strength does not come from physical capacity.
It comes from an indomitable will."

~ Mahatma Gandhi

Determination like, whoa! I am always in search of inspiration and look up to those who have found the motivation and determination to succeed – but wait, what is success? It is so many different things to all of us; it's hard to define. This photo caught my eye . . . one little seed decided it could find the nutrients it needed to make a home and grow, so it did. That is the recipe for success I suppose: find a place that comforts you, discover a drive within that captures your inner passion and tugs with excitement – then run with it; see where it leads you or more accurately where you take it! Success is so much about being sure we find the time to do what we love and get lost in the small bits of life that make our time matter. Take time to *be* successful in whatever you choose . . . whatever success may mean to you.

A friend from college is setting out on a biking adventure around the Great Lakes, seeking the knowledge of how these vast bodies of water impact day-to-day life. Taking off from Duluth, Minnesota (Go Bulldogs!) a team of two will circle the bountiful lakes of North America; 5,000 miles over 3 months. Talk about determination and inspiration! You can check out their journey and find more information via their link: www.bigwaterbike.com.

In BHV news:

1. Friday, June 17, BHV is hosting the reception for the Sitka Summer Music Festival. We will be providing cookies and punch. If you would like to donate cookies for the event, please contact BHV at 747-4600.
2. The next Caregiver Education and Support Service meeting is scheduled for Wednesday, June 29 at noon in the Pioneer Home Manager's house. The topic and speaker is yet to be announced. Please call BHV for more information.
3. BH volunteers are being offered free tickets to all Sitka Summer Music Festivals! Share a memorable occasion with your care-receiver; bring them out on the town to enjoy some music and have a fabulous time! When you arrive explain you are a volunteer through BHV; a set number of tickets are set-aside for non-profits to utilize for each weekend. If you are planning on coming in a large group, please contact BHV for further instruction.

BHV's Being "Green" Tip of the Week: Use Bottle Tops to Seal a Bag!

Zip-top bags are great, but sometimes you buy something in bulk and you're stuck with an unsealable bag. Home-centric blog Re-Nest shows us an easy way to give these bags an airtight seal with an old water bottle.

1. Cut up a disposable water bottle and keep the neck and top, as in photo.
2. Insert the plastic bag through the neck and screw the top to seal.
3. Now, your bag has an air and water tight seal, and you didn't have to waste the bag.



Have a wonderful weekend! (I hear Starrigavan is offering free camping this weekend – I will race you there!)

Amanda

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