



Families are like fudge - mostly sweet with a few nuts.
~Author Unknown

This past year has made me realize how much I still have to learn and experience in life; loosely translated into mom lingo, I am admitting, I don't know it *all* – but am well on my way! I am much too mature to make silly adolescent claims about knowing more than mom – but I hate it when she's right! I am still shocked every time those 5 little words come screaming to a halt in front of me, "You'll understand when you're older." Well, I am older and too many times in the past 10 months I have been left baffled, stunned and thinking "gosh, mom did know what she was talking about, another point for her." (I used to be in the lead) Luckily, she just smiles and says, "I am so proud of you." No gloating, no 'I told you so' (most of the time), just words of thoughtful encouragement and one small tear that I'm sure symbolizes her relief that I did, in fact, turn out well. (My dad just glances amusingly at me, giggling in the background.)

Coming to Sitka has been quite a journey for me; unexpected circumstances completely reshaped the future I had laid out before me. While personally it's exciting, it has been difficult for my parents: I'm so far away. They are left benched on the sidelines (more permanently now and without choice) as I begin to create my life here. However, whether near or far, family is always important and they always play an important role in our lives – distance only creates obstacles for the physical part. The truth

of the matter is I wouldn't be here shifting forward without their constant love and support – regardless of how far it has to travel.

In BHV News:

1. Volunteer workers are needed for BHV's 4th of July Crepe Booth, beginning Friday, July 1st through Monday, July 4th. Three person teams are being scheduled to cover 2 ½ - 3 hour shifts during those 4 days. If you have not yet been scheduled to work in the booth, or donate ingredients, please contact JEAN FRANK, available most weekday afternoons at the BHV office 747-4600, or on her cell phone (608) 604-4592. Thank you!
2. BH volunteers are offered free tickets to all Sitka Summer Music Festivals! The final shows are this weekend! Share a memorable occasion with your care-receiver; bring them out 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.
3. 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.

BHV's Being "Green" Tip of the Week: **Is that my glass?**

Summer is a time for gathering in large groups, having fun and at times involves a cluster of similar drinking containers. A fun, festive and easy way to claim your glass or container of choice – make drink charms out of old bottle caps or any trinket you have lying around.

You will need a hammer, nail, spray paint (decoration), and string (elastic kind probably would work best).

1. Make a hole in bottle cap using the nail and hammer.
2. Spray bottle caps different colors.
3. Attach to string.
4. Use!

***Using a variety of trinkets would get the job done as well! Sounds perfect for themed parties, weddings, and Barbeques!
I hope all the Fathers out there had a wonderful Father's Day! Happy Father's Day to my own; I hope it was a great end to the weekend and a fabulous start to your week.**

Happy Monday!

Amanda

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