



"Friendship isn't a big thing - it's a million little things."

~Author Unknown

Not so long ago, I came across a group of older ladies mingling and giggling around a round kitchen table, having a grand ol' time. They were laughing and teasing about their change in pace, use of walkers, and their need to rest, ". . . that's why I stole my husband's cane!" – the snickering persisted and as I closed my eyes, I could envision my group of girl friends – around that same table – sounding identical; laughing about a date gone bad, or how men (truly boys) they never change, teasing each other over mishaps and oops-a-daisies – I smiled to myself, realizing that people get older, but things never change.

My girl friend recently approached me exclaiming her desire to write a book (great, wonderful, exciting – what exactly does it have to do with me)? "I want to write a book about us – all of our friends and the adventures we have had together and apart." (Ah ha!) She had already written a few chapters and as I read, I found myself laughing (boisterously) out loud at the shenanigans that have happened over the past – wow, 10 years. (Doesn't seem that long!)

So many decisions-gone-bad flooded my mind, leaving a menacing grin ear-to-ear across my face: this could be fun.

Regardless of future intentions with the swanky content, it's a fantastic idea – a stack of bound pages telling tales that our parents will possibly regret reading . . . some things really may be better left untold, hmm (You did notice my use of “tales” *not* stories, right?)

An eclectic group has spiraled from the witty, rambunctious, know-it-all teenagers we once were – wow does it show now that we have grown up. We each have a distinct separate voice, all headed down separate paths (together) inevitably headed to the same round table where high pitched shrieks of laughter will always be the same.

Sitka News:

1. The bears are out! Beware. I am a little terrified at the moment, but I try to walk in groups (ok, that usually doesn't happen) and make a lot of noise; I don't want to startle a grumpy, fierce grizzly.

2. Homeskillet Fest is this weekend, sounds like it should be a blast! Friday and Saturday from 4-10pm, Outdoors at Sea Mountain Golf Course. Check it out!

3. The first Farmer's Market of the summer is tomorrow! Support Sitka!

BHV News:

1. C:ARE meeting will be held at the Sitka Pioneers' Home Manager's house on Wednesday, July 27 at Noon. Bonnie Cottrell will be presenting information about Alzheimer's. Lunch will be provided. Please call BHV at 747-4600 with any questions. Hope to see you there!

BHV's Being "Green" Tip of the Week: Bring your own bags to the Grocery Store

Did you know in Europe you get charged for every plastic bag you use at the grocery store? Not a bad idea. Reuse the plastic bags you have already or start bringing a backpack, cloth bags, or whatever you have to carry your groceries! It also helps you cut back on buying too much.

Have a safe and enjoyable weekend,

Amanda