



"I've never seen a smiling face that was not beautiful."
~**Author Unknown**

The island is starting to change, I can feel it.

Darkness is starting to set in as fall lingers near, guarded by the blanket of winter. There is a steady hum of anticipation as the next school year creeps closer. On a stroll through Totem Park yesterday, I noticed the salmon preparing for their ascent up stream; the bears are growing increasingly restless, waiting for the apt time to collect their hibernating feasts. Another season is yearning to begin while the last reels itself in. I am anxious for the crisp, fall air and a halt to the erratic restlessness the summer always holds (at least for me).

In BHV News:

1. Brave Heart Volunteers is now hosting monthly CARE (Connect: Advocacy, Resources, Education) meetings. CARE meetings are happening every third Wednesday of the

month; they are the same as our previously called CESS (Caregiver Education and Support Service) meetings – just with a facelift!

Our next monthly CARE meeting will be Wednesday, August 17 at noon at the Pioneers' Home Manager's House. Dr. Westergaard will be presenting *Self-Care for the Caregiver*. Lunch will be provided. Please don't hesitate to call or email with any questions or to RSVP: 747-4600, amanda@braveheartvolunteers.org.

2. Our annual Raffle is up and running! If you are interested in purchasing tickets or selling tickets stop by the BHV Office or the next Farmer's Market, August 13 from 10am-2pm. The Grand-Prize is a handmade quilt, courtesy of Ruth Culp. The Raffle ends December 7, and the winner will be announced at our annual Brave Heart Bowls Event.

BHV's Being "Green" Tip of the Week: **Reuse your plastic bread tabs as electrical labels.**



(Pinterest.com)

. . . You won't have to try and trace the cord back and forth between appliances or whatever is plugged in behind the couch – easy labels!

Have a safe and happy weekend – rumor has it the sun might make an appearance!

Happy weekend,

Amanda