



The SitNiks serenading BHV on Alaska Day! Thank you so much for performing, you were wonderful!

“all wonderful, all full,
All richly gifted.
I am gifted too,
but unrealized.
I always wanted to write.
I always wanted to paint,
I always wanted . . .”
-Robert Carol, *The Proof in Pudding* (snippet)

. . . I always wanted,
and I finally did.

. . . That was my reaction to reading this small snippet from Robert Carol’s poem. I felt a sense of triumph over myself (oddly), I felt complete and certain—I am succeeding.

Finding the Words to Say It: The Healing Power of Poetry, is an article written by Robert Carol about writing poetry as therapy—it's about the flow, the sense of meaning . . . maybe a direction, but not necessarily; the poetry forged may lead you in the direction you seek or to some kind of self discovery. The simplicity of poetry derives from the truth, experiences, the reality and reflections you bare—it comes naturally.

Try it,
It's easier than you think.
Just write,
 thoughts, words,
 emotions and feelings
as they come naturally . . .

Be mindful,
yet, mindless.
Wander the eternity,
 uncertainty
 as life surrounds you—
you're not sucked in,
you're alive
living, feeling!

Reflect and surrender
to the dialogue in your head.

Poetry has a natural flow, mimicking the way we speak and breathe. Robert Carol suggests writing poetry to heal and deal with death and tragedy—this is an emotional experience and death and tragedy can take many forms. The poetry serves as a release and can imitate the feelings that at times are hard to express . . . even in chaos—

Not knowing
exactly
 what
to say!

I never thought myself a poet (still don't), but in my attempts to reflect in this way I have found it to be truly therapeutic. . . . And! No one ever *has* to read it, who see's it is up to you.

VOLUNTEER TRAINING



2011 End of Life Volunteer Graduates

1. Make a Difference in Someone's Life . . . **become a Brave Heart Volunteer!** Brave Heart Volunteers is having a *Volunteer Orientation and Training* **TOMORROW** Saturday, October 29, 9:00 AM – 3:00 PM at the Pioneers' Home Manager's House. Learn all about the spectrum of services at Brave Heart from companionship visiting to end of life services. Lunch will be provided. Come learn about how you can make a difference in someone's life! Please call Brave Heart Volunteers at 747-4600 to sign-up or request more information.

QUILT RAFFLE



Ruth working on the beautiful quilt donated for our 2011 Quilt Raffle.

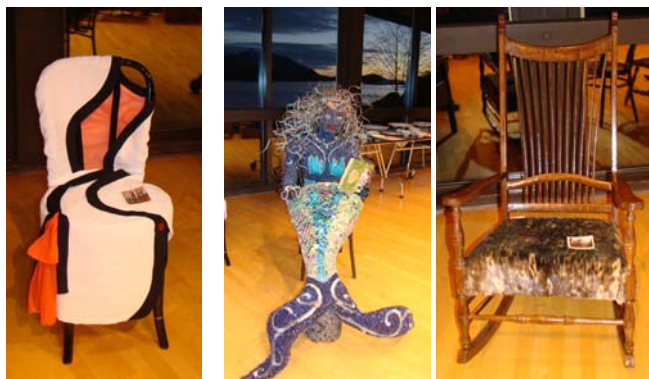
2. Brave Heart Volunteers (BHV) *Quilt Raffle* is up and running! *Tickets are \$10 a piece*, available at the **BHV office** (120 Katlian) and at **Old Harbor Books**. The Grand Prize is a homemade quilt, courtesy of Ruth Culp.

BRAVE HEART BOWLS

Brave Heart Bowls 2010!



3. BHV needs **your help** to make this year's **BHV BOWLS** event on *Monday, December 5th*, the best ever! Donate a ***dessert or an item(s)*** for *BHV's silent auction*. There is still opportunity to artistically remake a chair for our CHAIR-ITY! If interested, please call 747-4600.
Thank you!



CHAIR-ITY 2010! Let your mind go wild!

4. UAS is hosting a **Throw-a-Thon** for Brave Heart Bowls *Saturday, November 5 from 10am to 2pm*! Previous ceramics experience is not necessary. Come with your family, friends . . .

whoever and enjoy a day of being artsy for a good cause. So much fun—all sorts of bowls to be made and decorated! All bowls made will be donated and sold at the Brave Heart Bowls Fundraiser, December 5.

Up Your Donation:

1. SPREAD THE WORD! **FUNDRAISE FOR BHV** WHILE SHOPPING FOR LOVED ONES FOR THE HOLIDAYS OR ANY OCCASION!

GoodSearch.com, an incredible search engine that donates money to a cause of your choice every time you hit the search button, absolutely no cost to you! Specify **BHV as your charity** of choice and search away!

GoodShop.com (a sister site to GoodSearch) provides coupons from Amazon, health food stores, and just about anywhere! A donation is made to BHV (your cause of choice) when you purchase items from Amazon through GoodShop!

Using GoodSearch/GoodShop is simple and allows you to dedicate money to BHV in support for our cause in this community. The more you use it, the more money will be donated ensuring our continued presence in Sitka. Other organizations have made over \$30,000 annually from their supporters regularly using GoodSearch; imagine how many more people could benefit from our services.

www.GoodSearch.com or www.GoodShop.com

BHV's Caregiver Tip of the Week: *A Brave Heart Volunteer*

Sometimes it is hard to measure the difference made in someone's life . . . at times, words aren't nearly enough to express the gratitude, relief, and comfort someone gets from having a Brave Heart Volunteer.

You do a lot Brave Heart Volunteers, thank you. Know you are appreciated and cherished each and every day.

BHV's Green Tip of the Week: Runaway Threads



This reminds me of the little suitcase I used to own that said "Going to Grandma's" on the front. It was lilac and adorable; I packed underwear and my toy cash register (necessities, obviously) when I "ran away" at age 4 . . . I called my Grandma and exclaimed "I am running away! I need you to pick me up on the corner in 10 minutes!" I don't remember if she actually came

All of you wishing to run off to a quiet escape with your favorite crafty items; this would be a great way to store and transport it all! Find an old suitcase, briefcase, or what have you and fix it up so it fits your storage needs. (*pinterest.com*)

Have a Spooky Halloween weekend everyone; I am looking forward to seeing everyone dressed up!

Happy Halloween!

Amanda



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Brave Heart Volunteers

Mission

Transforming lives by providing seamless support and quality educational services to caregivers and individuals facing illness, isolation, end of life, or grief.

Vision

Weaving together values, tradition, and innovation to enrich each stage of the lifecycle, making Sitka an exceptional community where it is possible to face and transcend unthinkable loss.

If you would no longer like to receive Brave Heart Volunteers Heart Soundings, please click [HERE](#) and reply "REMOVE".