



Springtime is the land awakening. The March winds are the morning yawn.
~Quoted by Lewis Grizzard in *Kathy Sue Loudermilk, I Love You*

We have five things to share with you today:

1. BHV will be providing a basic, Introduction to Grant Writing training, April 23 from 9am to 1pm. The class will offer a basic understanding of the granting process, followed by one-on-one assistance in preparing several grants for BHV with Executive Director, Willow Moore. Please let us know if you are interested in this training as there will be limited attendance.
2. There are few instruments as powerful as food in bringing a family together. We hope you will join your Brave Heart Volunteers Family in creating our first ever cookbook! Over the years we received so many requests for the soup recipes served at our Brave Heart Bowls event, that we decided to create a cookbook for all to enjoy. Our cookbook will include not just recipes, but short stories and pictures. We invite you to send in your recipes (soup, salad, main course or dessert and also include a picture and story (a paragraph or two) in memory of a

loved one. We want to hear about the person who made this recipe so important to you. The cookbook pages will be printed in black and white. The cookbook will be on sale at the Farmer's Market this summer. We hope you will share your recipes and the amazing people that inspired them. Please call 747-4600 with any questions.

3. Brave Heart Volunteers is celebrating our 10th Birthday! Please join Brave Heart Volunteers on April 30th at the Channel Club for a full day (and night) of celebration of our 10th birthday. Starting with Lunch at 12pm, BHV will pack the day full of local musicians and entertainers in our first annual Spring Fling Fundraiser Banquet and Dance. Due to the fact that BHV's referral rates for people with immediate needs have tripled in the last three years, BHV is increasing the scope of our End of Life Services and we need your help. The Channel Club is donating a substantial percentage of every meal and drink purchased. Please RSVP and join us at either 12 pm for lunch, at 5pm for dinner or at 7pm for entertainment and dancing with Belly Meat.
4. We are excited to introduce the newest members of the Brave Heart Team! We hope you will join us in welcoming our new Administrative Assistants, Robin Klanott and Deirdre LaBounty! Robin has lived in Sitka for many years and is excited to be a part of the BHV team. Deirdre grew up in Sitka and previously worked for Brave Heart in 2005 and 2006, and is happy to be back in the office again. Both have proved to be amazing assets to BHV and we look forward to having them part of our regular staff family.
5. Do you own any kitchenware that rarely gets to fulfill its purpose? We would love to take any silverware, pans, baking sheets and what have you off of your hands. Our ever bustling kitchen is in need of completion so we can easily prepare comforting home-like dinners for all of our guests. Please feel free to drop off any of your neglected kitchenware at the Brave Heart Volunteers office, Monday-Friday from 9-5pm or call to set up another arrangement.

Brave Heart Volunteers is open Monday-Friday, 9am-5pm and Saturdays by appointment. Please feel free to call or drop by the Pioneer Home manager's house located at 120 Katlian Street, during our regular business hours.

Take the whole kit
with the caboodle
Experience life
don't deplore it
Shake hands with time

don't kill it
Open a lookout
Dance on a brink
Run with your wildfire
You are closer to glory
leaping an abyss
than upholstering a rut

~ James Broughton ~

(Little Sermons of the Big Joy)

Willow Moore – Executive Director (willow@braveheartvolunteers.org)

Robin Klanott – Administrative Assistant (rklanott@braveheartvolunteers.org)

Deirdre LaBounty – Administrative Assistant (officeadmin@braveheartvolunteers.org)

Bonnie Cottrell – AmeriCorps Volunteer (bonnie@braveheartvolunteers.org)

Amanda Taylor – AmeriCorps Volunteer (amanda@braveheartvolunteers.org)