

You are invited to

Brave Heart Volunteers

Birthday Extravaganza

Cake Contest & Dance

April 30th, The Channel Club, Sitka



"Laughter relaxes. And relaxation is spiritual."

Bhagwan Shree Rajneesh

Oh, happy days!

The Herring Fishermen have gone, and Sitka is again a quaint unruffled bubble in Southeast Alaska. A subtle and necessary lull has come over the island this week. In the air a bit of exhaustion lingers offering forewarning the need for peace and quiet these next couple of weeks. Take advantage of your down-time, because you must prepare for what lies ahead: Brave Heart Volunteers Birthday Extravaganza, Cake Contest and Dance! The celebration is just around the corner and we want you to put your party pants on and come celebrate like its 1999!

Saturday, April 30 join BHV at the Channel Club for a day of birthday celebration! In addition to our 12pm Lunch and 5pm Dinner, there will be a Cake Contest; raffle prize and more throughout the day!

Are you raging with some competitive cooking vibes? Cake it up and become a participant for one of our two Cake Contests; choose between the Novice or Master's bracket.

Novice Cakster (n.): those who want to improve their cake decorating skills, just like to make and decorate cakes, or just want to have fun! NO PREVIOUS PROFESSIONAL CAKE MAKING SKILLS.

Novice Cakster's will need to be at the Channel Club by 12pm on Saturday, April 30. They will be judged during the luncheon event.

Master Cakster (n.): those who have previous experience or are Professional cake decorators.

Master Cakster's will need to be at the Channel Club by 5pm on Saturday, April 30. They will be judged at the dinner event.

Prizes will be awarded to Novice and Master Cakesters for:
Best Overall taste
Best Artistic Design
Most Unique or Creative

***This is a birthday-themed celebration and cakes should follow suit; however if you can't shake that funky vibe, have fun and go for it!**

***The cakes will be given away as prizes to the top donors during the celebration. It is suggested you bring your cake on a piece of cardboard, or a plate that you are not particularly attached to (there is no guarantee it will be returned to you).**

***There will be a form you need to fill out upon arriving with your cake: name, cake title, cake description, ingredients, and additional comments/clarifications.**

***At the 12pm Lunch and a 5pm Dinner a reservation isn't necessary, but is suggested especially for larger parties. A standard menu from the Channel Club will be available as well as spirits and beer from the bar.**

****Please call BHV (747-4600) to RSVP with reservations.**

Reminders:

- 1. BHV has a new webpage, thanks to our new Administrative Assistant, Deirdre LaBounty! Experience the new wave of Brave Heart Volunteers at www.braveheartvolunteers.org!**
- 2. Our free training titled “Introduction to Grant Writing” is just a week away: join us Saturday, April 23 from 9am to 1pm at the Pioneer Home Manager’s House to learn basic grant writing skills. After you complete the initial training, each attendee will gain hands-on one-on-one grant-writing instruction and supervision by Willow Moore, Executive Director. You will have the opportunity to complete a grant of your choice benefitting BHV. Please call BHV to sign-up as space will be limited.**
- 3. Brave Heart Volunteers is creating our first ever cookbook! There are a few instruments as powerful as food in brining a family together. Over the years we received so many requests for the soup recipes served at our Brave Heart Bowls event, 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 with any questions.**
- 4. We are still in need of gently used kitchenware – silverware, cooking utensils, pots and pans, baking sheets and what have you. Our ever bustling kitchen is in need of completion so we can easier prepare and provide**

comforting home-like dinners for all of our guests. Please feel free to drop off any donations at the Brave Heart Volunteers office, Monday-Friday from 9-5pm or call to set up another arrangement.

Brave Heart Volunteers is coming up with new ways weekly to stay “green” in our community. BHV’s “green” tip of the week:

Save your **coffee grounds** in a bucket or bag and use it as compost in your garden!

(Have any ideas you would like to share with us? Email and let us know your “green” ideas or share with us on Facebook.)

Now, take that time to rest, remember to laugh, and always make each day better than the last.

Enjoy your weekend!

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