



“Happiness does not consist in pastimes and amusements but in virtuous activities.”

Aristotle

Happy Herring Season!

As an outsider and my first time experiencing Sitka, I have to admit I absolutely love Herring Season. I can literally feel the static excitement constantly buzzing through the air. Between the fisherman and the residents of Sitka, the intensity of the last few weeks has definitely been a great leeway into spring and shaking off the winter blues. Adding to the excitement is the celebration of Brave Heart Volunteers 10th Birthday, coming up the end of April!

Come indulge in a delicious meal while supporting a great cause: join Brave Heart Volunteers on Saturday, April 30th for our Birthday Extravaganza, Cake Contest and dance! We are hosting three events at the Channel Club Saturday, April 30: a 12pm lunch, a 5pm dinner and an 8pm dance featuring the musical styles of Belly Meat. A substantial portion of the

proceeds from all food and drink purchases will be donated to BHV.

Over the past two years, Brave Heart Volunteers has tripled the number of people served and our 10th Birthday gives us the perfect excuse to celebrate all of our incredible accomplishments. We have almost reached our fundraising goals allowing us to substantially increase our programs and services. We need your help to make it happen! Attend one, attend all! With your help we can assist more Sitkans than ever and really make our tenth year something to celebrate!

Please call 747-4600 to RSVP for lunch or dinner, to enter the Cake Contest, interest in volunteer opportunities or with any questions. Thank you and we are excited to celebrate with you!

In other news, Brave Heart Volunteers brand new website is up and running, thanks to Deirdre! Check it out and experience the new wave of BHV. (www.braveheartvolunteers.org)

Reminders:

- 1. Join us April 23 from 9am to 1pm for a free training titled Introduction to Grant Writing. 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.**
- 2. 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 even, 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 with any questions.

- 3. 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.**

I hope the energy of the season continues to build, making time for more laughs, more smiles and more happiness.

Enjoy your weekend!

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