



I was rather pleased to purchase this at the garage sale BHV helped with a couple weekends ago. He needs a good name . . . Fredrick maybe—he is hiding somewhere in the community, can you find him?

*Act as if what you do makes a difference. It does.*

~William James

A couple weekends ago, Brave Heart Volunteers (BHV) helped a family prepare for a garage sale at the Coast Guard Gazebo. They were raising money for their family member who is battling terminal cancer. The garage sale was such a success thanks to so many who came out in support of the cause. Thank you to everyone who donated items and attended the sale—it's wonderful to live in a community that supports one another, especially in difficult times.



## BHV NEWS

BHV's website was recently updated. Under "Current Volunteers" you will find online resources available at the click of your finger. Please let us know if there are more resources you would like made available online.

If you have a Facebook account, "Like" Brave Heart Volunteers and subscribe to our posts!

REMINDER: BHV will again host a 4<sup>th</sup> of July Booth Fundraiser. Booths will be open this year *beginning Sunday, July 1<sup>st</sup> through Wednesday, July 4<sup>th</sup>* at Baranof Playground. Jean Frank will be contacting volunteers to work in 3 person teams for 2 ½ hour time periods at our booth—each of the above days. Those unable to work will have an opportunity to donate ingredients to make the items being sold from our booth. Please check your calendar now in anticipation of that phone request for service or goods.

Thank you!

## UPCOMING EVENTS

C:ARE Luncheon

June's C:ARE Luncheon will provide information about **Local Community Resources**. Join us at the Pioneers' Home Manager's House, Wednesday, June 20 at noon to hear from Center for Community, Home Health, SAIL and Swan Lake Senior Center. These organizations will share useful information the variety of services and programs available to the Sitka community.

## **Donor Appreciation Dinner**

Friday, June 29<sup>th</sup> at 5:30pm, Brave Heart Volunteers staff will be hosting a dinner to recognize the amazing donor support we receive month-to-month, year-to-year, from individuals and businesses in our community. If you are a financial donor, please keep an eye out for your invitation. Please call BHV for more information.

## **4<sup>th</sup> of July Booth**

July 1<sup>st</sup> through July 4<sup>th</sup> at the Baranof Playground, BHV will host a booth! It is a fun event to be part of! Mark your calendars early and be prepared for Jean Frank's call to participate or donate any ingredients needed.

**BHV-747-4600**

**UP YOUR DONATION**

**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](http://www.GoodSearch.com) or [www.GoodShop.com](http://www.GoodShop.com)

## **Cooking in Good Company**

*A great activity for you and your care-receiver!*

Out and about one evening, I struck up conversation with an older gentleman sitting at the bar in our local pub. We began talking about butterscotch pudding . . . I don't know what prompted this, but his suggestion for good old fashioned butterscotch pudding made my mouth water! Below is the recipe he suggested—it'll make you say "good bye!" to boxed puddin' forever!

# Rich 'N' Creamy Butterscotch Pudding

*From Food and Wine magazine*

1. 3 1/2 cups plus 1 1/2 tablespoons heavy cream
  2. 2 teaspoons Scotch
  3. 1 1/2 teaspoons dark brown sugar
  4. 1 teaspoon water
  5. 1/2 teaspoon salt
  6. 5 large egg yolks
  7. 1/2 vanilla bean, seeds scraped (or substitute)
  8. 1 cup butterscotch chips (6 ounces)
  9. Whipped cream and store-bought caramel sauce, for serving
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1. Fill a medium bowl with ice water. Set a fine mesh sieve in another medium bowl; set the bowl in the ice water bath.
  2. In a small skillet, combine 1 1/2 tablespoons of the cream with the Scotch, brown sugar, water and salt and cook over moderate heat just until the sugar is dissolved. Let cool slightly.
  3. Put the egg yolks in a medium bowl. In a heavy, medium saucepan, bring the remaining 3 1/2 cups of cream to a simmer with the vanilla bean and seeds. Remove from the heat. Add the butterscotch chips to the hot cream and let stand until melted, 2 to 3 minutes. Whisk until smooth. Gradually add the hot butterscotch mixture to the egg yolks, whisking constantly.
  4. Return the mixture to the saucepan and cook over low heat, stirring constantly with a heatproof rubber spatula, until thick, about 15 minutes. Do not let it boil. Strain the pudding into the bowl in the ice bath and stir in the Scotch mixture.
  5. Pour the pudding into glasses and refrigerate until thoroughly set, at least 4 hours or overnight. Serve the pudding with whipped cream and caramel sauce.

Make Ahead: The pudding can be refrigerated for up to 3 days.

I hope everyone has a fabulous weekend,

# Amanda

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“Golly gee-wiz.”

-GRANDMA SAYS



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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 find hope and healing in the face of devastating loss.

If you would like to receive Brave Heart Volunteers Heart Soundings,  
please click [HERE](#) and reply "RECEIVE".