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“Life is like a game of cards. The hand that is dealt you represents determinism; the way you play it is free will.”

Jawaharal Nehru

This past week the Sitka AmeriCorps had an opportunity to host the Juneau Saga AmeriCorps. We definitely had a great time: we spent a day and evening on Bomderashni Island and hung out with a whale that was circling around just off shore for half an hour! He was so close that we could have touched him had we been in a kayak just at the edge of the rocks. It was definitely a life experience and an amazing thing to share with such an inspiring group of people.

Programs like AmeriCorps offer such a unique insight into the world of others. I have awed at this fact over and over again throughout the past several months. We all come from such different backgrounds, brought together by the mere interest in travel, adventure, and a hunger for new direction. AmeriCorps provided an opportunity to seek new perspectives, immerse in a different environment and culture, and in doing so, opened new paths of possibilities and insights. Transformed by our own detachment from wherever we were before, a new spark of confidence

and determination formed here and lies in the hands of all this years AmeriCorps (and will be taken wherever we may go).

Those of you involved with BHV are similar to the AmeriCorps; you're all brought together by a common thread – seeking a path of opportunity. Regardless of your role, BHV is the source to help rebuild or enhance a path that needs reworking, support, and a change.

BHV and partnering news:

- 1. This weekend sounds perfect to set out on the water: join SAIL on their Wild Life Cruise this Saturday, May 21 at 1:30pm and enjoy Sitka's gorgeous scenery. Boarding begins at 1pm in Crescent Harbor. Tickets are on sale at Old Harbor Books and the SAIL office (514 Lake Street Suite C): \$15 for SAIL consumers, \$40 for the general public. Rain or shine – it will be a beautiful day for fun, adventure, and hopefully some wild life! Support our community and SAIL this weekend! Please call SAIL offices for more information at 747-6859.**
- 2. Brave Heart Volunteers invites family caregivers, friends, and volunteers to a Caregiver Education and Support Service Meeting on Wednesday, May 25th, at Noon in the Pioneer Home Manager's House. "Advance Directives and Living Wills" will be discussed by Klaudia Leccese, Social Worker at the Pioneer Home. Present and former caregivers of someone experiencing chronic or terminal illness, Alzheimer's or other related health issues are invited to attend and participate in this discussion. Lunch will be provided.**

If you have any comments or questions concerning the information above, please call BHV at 747-4600.

BHV's Being "Green" Tip of the Week: [Reuse Glass Bottles/Containers](#)

Our house saves every kind of container imaginable and uses them for Tupperware (we have a strict budget that doesn't allow for the purchase of the real stuff). The best containers to save are the glass jars and bottles: reuse to bring coffee, milk or juice to work; store the last of your milk in the fridge and recycle that giant gallon jug (saves space); store extra sauces, green beans, corn . . . you name it! Peel the labels off and make your own!

Have an enjoyable and relaxing weekend,

Amanda

Brave Heart Volunteers

AmeriCorps Volunteer

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