



Not what we give,
But what we share,
For the gift
without the giver
Is bare.

~James Russell Lowell

Spring is in full swing and the summer rays are just around the corner. School is winding down and teachers are preparing the students for their next year – so naturally, school is wild with the celebrated fact summer vacation is practically here!

I am excited to experience my first Alaskan summer: the sun lighting up the sky long past my bed time and rising for a new day before I even think about hitting “snooze” on my blaring alarm. My internal clock is amiss already with the long days,

but a wish of mine has been granted – an almost never ending day! How wonderful. (We'll see, eh?)

Last week, this same time, BHV was bustling with the excitement and preparation of our first annual birthday party. Our Birthday Extravaganza was a huge success (and lots of fun)! Thank you to the volunteers, Board members, care-receivers, Belly Meat, the Channel Club and the community who attended lunch, dinner and the dance to support the expansion of all our BHV programs and services. You have helped make the first ten years such an amazing accomplishment.

If you have any comments or suggestions about this event, feel free to share them with us via email, phone, or come by the office.

In other news:

- 1. Great news for Sitka non-profits!** Jim Dinley announced last night at the assembly meeting that municipal governments and school districts will receive additional funding from the state. This money was hoped for—but very unexpected. The City is receiving an amount that is nearly enough to cover the city's budget deficit!
- 2. The next Caregiver Education and Support Services group is coming up:** keep your eyes and ears open for the upcoming topic, date and time!
- 3. A hospital bed has become available.** If anyone is in need of this, please call 747-4600 for more information.
- 4. Anyone who attends Sitka Lutheran Church and is able to ride-share for Sunday services,** please call BHV 747-4600. You must be comfortable assisting in transferring someone from a wheel chair to a car and vice versa.
- 5. Brave Heart Volunteers is creating our first ever cookbook!** There are few instruments as powerful as food

in bringing a family together. Over the years we received so many requests for the soup recipes served at our Brave Heart Bowls events, 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.

BHV's Being "Green" Tip of the Week: According to Whole Living magazine, more than 800 hotels are now donating leftover toiletries to Clean the World, a non-profit that sterilizes, repackages, and distributes these items within impoverished countries and U.S. homeless shelters.

Before you book your next hotel, check out cleantheworld.org to see if where you will be staying is being green with their leftovers!

I wish nothing but a peaceful and relaxing weekend to all.

Enjoy,

Amanda

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**Donations can be sent to: Brave Heart Volunteers
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