

Yee Gu.aa Yáx X'wán | "Be of Brave Heart"

Brave Heart Volunteers

Spring 2012



In this issue

Thank you for helping us make a difference	I
From our Executive Director	2
BEHIND-THE-SCENES: BHV Programs	4
In Loving Memory of Margaret Dangel	5
SPOTLIGHT: Sherie Mayo	6
French Crepe Recipe	6
In Loving Memory of Ruth Amdal	7
Highlights	8
Upcoming Events	9
The Staff of Brave Heart Volunteers	11
A Very Special Thanks	12

At top, Freda Young makes soup for a monthly C:ARE luncheon.



Thank you for helping us make a real difference in our community!

As you read through this newsletter, we hope you will realize the myriad ways your donations and support have impacted each and every person BHV serves. BHV is working hard to provide essential care and dignity to individuals and families as they face some of life's most challenging moments. Challenges such as chronic or terminal illness, the loss of a loved one, or caregiving for a parent or spouse who no longer knows who they are.

We are so grateful for your past support and would like you to know how much your continued support means to us. We would not be able to continue providing free resources, education and care to Sitkans without those of you who attend our fundraisers, volunteer, present at Brave Heart Trainings, and make donations to our organization. Please take some time to read and enjoy all the latest Brave Heart Volunteers news.

"All my life I have been independent. When I couldn't make choices for myself, I didn't know who I was. Brave Heart Volunteers handed my dignity back, just when I thought it was lost."

-Receipient of BHV services

Brave Heart Mission

Transforming lives by providing seamless support and quality educational services for caregivers and individuals facing illness, isolation, end of life, or grief.

Brave Heart 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.

Brave Heart Volunteers

Yee Gu.aa Yáx X'wán
Compassionate Caregiving, Respite,
and Education Services

Board

Dennis Longstreth, President
Joanne Clys, Vice President
Sherie Mayo, Treasurer
Ruth Culp, Secretary
Aleeta Bauder, At Large
Myron Fribush, MD
Margaret Andrews, Honorary
Fr. David Elsensohn, Honorary
Jean Frank, Honorary
Shirley Winters, Honorary
Curt Ledford, Honorary Finance Advisor
Brita Speck, Legal Advisor

Staff

Willow Moore, Executive Director
Carmill Goldsberry, Program Director
Amanda Taylor, Americorps Volunteer
Martine Kulesa, Jesuit Volunteer

P.O. Box 6336
Sitka, AK 99835
(907) 747-4600 (tel)
(907) 747-8840 (fax)

Offices located on the 2nd floor of the
Pioneers Home Manager's House, the
first tan outbuilding on the grounds of the
Alaska State Pioneers and Veterans Home
at 120 Katlian St., Sitka

Website:
www.braveheartvolunteers.org
email:
willow@braveheartvolunteers.org

From our Executive Director

Welcome to our Spring 2012 Newsletter. First of all, I would like to thank each and every individual, business and organization that has made the choice to support Brave Heart Volunteers (BHV). We couldn't do it without you. When you invest in BHV, every dollar stays in our community, providing services to Sitkans during some of the most challenging times of their lives. Your support allows us to help people like Jan, a retired educator, mother of three and wife to Ben. Jan and Ben (not their real names) are typical of many who receive BHV services. Jan and Ben planned ahead, had health insurance and had been retired for 8 years when Ben was diagnosed with cancer. During the course of Ben's treatment they found that their insurance and savings did not cover many of the costs involved. Soon, Jan and Ben had to take out a second mortgage on their home. Additionally, Ben and Jan had to move south for further treatment and found their expenses rapidly accumulated. Caring for Ben became a full-time job that prevented Jan from returning to work. The rest of the family provided as much support as they could, but it was not enough. Brave Heart Volunteers assisted this family to link into resources and services down south and to apply for a grant that purchased medical equipment. When the family returned to Sitka, BHV staff and Volunteers provided 20 hours a week of free assistance. Because she did not want to leave her husband's side, Jan was provided with free counseling services in her own home. Brave Heart staff assisted Jan with the financial and legal issues at end-of-life. Through close coordination with organizations like SCH Home Health and SAIL, BHV also helped to line up all the home modification and support services necessary for Ben to achieve his final goal: dying at home, surrounded by loved ones.

After Ben passed away, Jan attended BHV's Grief and Support Group. Two years later, Jan is now a trained Brave Heart Volunteer, passing on the gift she received when she was going through one of the most challenging and wrenching times of her life. She is giving others the support necessary to learn how to live well again, even after the loss of a loved one.

BHV celebrated its 10th birthday this past year. It is hard to believe that just 10 short years ago, there were no hospice-like organizations in Sitka. Now, thanks to your support, we serve more than 400 Sitkans each quarter and enjoy a rich partnership with every related Health and Human Service organization in our community. As well as celebrating BHV's 10th year of existence, my family recently celebrated a special birthday as well. Our little girl, Ada, joined our family this year (see the pink bundle in my arms). I think many of you parents out there will understand when I say that I have had many extra midnight hours to think over the last





Above, Willow, Justin, Ada, and Kai.

few months. In addition to walking laps around my living room singing lullabies, I found myself thinking a great deal about BHV and Sitka. I thought about the community that my children will grow up in, and ultimately, about the community that I want to leave for my children.

One of the things that makes Sitka such a wonderful place to live is that we are a vibrant and culturally rich community that cares for our own. Specifically, I believe that the word “neighbor” means much more to most Sitkans than just proximity. Sitka is already well on its way to being one of the best places in Alaska (and in America) to live at any age. It is my goal to make Sitka one of the BEST places in Alaska (and in America) to face chronic or terminal illness, end of life, the loss of a loved one, or to be a caregiver. BHV is making great strides towards this goal through our education, respite, goal-development and support services.

BHV celebrated our 10th year of existence this past year by achieving two major goals: Creating our Legacy Endowment Fund and expanding our services to meet the growing needs of our community. Now we are asking for your help in sustaining these goals. Please consider donating to BHV’s 2012 fundraising campaign or leaving a lasting legacy by remembering BHV in your will. All financial contributions will go directly to support Sitkans, like Jan and Ben, who are facing some of the most difficult challenges of their lives.

I hope that by the time BHV celebrates our 20th birthday (and my daughter celebrates her 10th birthday) Sitka will be known throughout Alaska as one of the best places to live, face chronic, terminal illness or be a caregiver at any stage of the lifecycle. Planning ahead is not always enough. With your help, we can ensure that every Sitkan is afforded the dignity and options they deserve when facing some of life’s most difficult challenges.

Thank you so much for everything you do. My best to you and your family.

Willow Moore

Community Partners:

Alaska Mental Health Trust Authority
Center for Community
Sitka Community Hospital Home Health
Agency
Sitka Counseling and Prevention Services
Sitka Pioneer Home
SAIL (Southeast Alaska Independent
Living)
SEARHC (SouthEast Alaska Regional
Health Consortium)
United Way of Southeast Alaska

Local Sponsors: In alphabetical order

Abby’s Reflection Apparel and Quiltworks
Alaska Computer Center
Alaska Raptor Center
Allen Marine Tours
The Back Door Café
Balanced Practice
City and Borough of Sitka
Coliseum Theaters
Fairweather Prints
Fishermen’s Eye Gallery
The Hames Center
Hames Corporation
The Highliner Café
Holland America
Mountain Miss
Russell’s
Sitka AK Permanent Charitable Trust
Sitka Elks Lodge #1662
Sitka Moose Lodge #1350
Sitka Rotary
Sitka Rose Gallery
Sitka White Elephant Shop, Inc.
Sitka Woman’s Club
University of Alaska Southeast, Sitka
Campus
USCG Spouses and Women’s Association
Wells Fargo
Westmark Hotel
White’s and Harry Race Pharmacy
Wintersong Soap Company
Yellow Jersey Cycle Shop

*Brave Heart Volunteers is supported
by donations from people like you.*

Donations can be made by check or
online through Paypal.



BEHIND-THE-SCENES: Brave Heart Volunteers' Programs



Kyler Sumauang takes a break and poses with his Great Grandma, Melba Van Horn.

Learning through Service

Brave Heart Volunteers partnered with AmeriCorps, the Swan Lake Senior Center, and Sitka Community Schools to implement the Learning through Service program for the 2011-12 school year. Once a week, BHV AmeriCorps Volunteer Amanda Taylor, and JVC Northwest Volunteer Martine Kulesa, transport fifth grade students from Keet Gooshi Heen Elementary School to the Senior Center, where they help serve the noon meal. The seniors are delighted to interact with the young people, and on the way back to school, the kids are often heard saying, "that was fun!" and "can we go again tomorrow?"

Creative Storytelling

Over a year ago, Bonnie Cottrell and Amanda Taylor started two storytelling groups with residents at the Pioneer Home. They used a creative storytelling method called "Timeslips" which "opens storytelling to everyone by replacing the pressure to remember with the encouragement to imagine." One of the groups continues to meet each week. And with the help of Skye Workman, the residents have written many exciting stories so far.



Bonnie and Amanda leading a weekly storytelling session at the Sitka Pioneers' Home.



Bonnie playing for a Pioneer Home resident.

Music Memories

Past volunteer, Bonnie Cottrell, played the piano at the Pioneer Home and the Community Hospital once a week from September 2010 to June 2011. She played songs and asked trivia questions about tunes from the late 1800's through the 1950's: for example, what song did Bob Hope sing at the end of his shows? "Thanks for the Memories" The residents often sing along. Most people know "Mairzy Doats and Dozy Doats," but the all time favorite is "You are My Sunshine!" Thanks to Tiffany Gluth for volunteering her time to continue this program.



In Loving Memory of Margaret Dangel
 If you have been a volunteer or care-receiver with Brave Heart Volunteers, during the past five years, you have received a birthday card crafted by Margaret Dangel. Margaret passed away last March “after an illness so brief that most of the family didn’t know she was sick,” her family wrote. Ruth Culp, Margaret’s daughter and Vice President of the Brave Heart Board of Directors, says “My mother lived to be 90 years old and was a strong supporter of the work that Brave Heart does.” We still have a small supply of Margaret’s cards, and each time we send one we think of her, and we say “Thank You!”

To all those who volunteer . . . THANK YOU!

Brave Heart Volunteers has a lot to be thankful for. We are so grateful for the support and effort of our past and present volunteers. Without them, we would not be able to provide or sustain our array of programs and services. Thank you so much for your help!



Two new events from 2011 — Grant Training and our Birthday Extravaganza. (Clockwise from above: Amy Underhill; Zia Brucaya and Lexi Fish; Lily Herwald and Willow Moore; Jean Frank and Auriella Hughes; Lauren Allen.)



SPOTLIGHT: Sherie Mayo

Board Member and Volunteer Extraordinaire

by Martine Kulesa and Elizabeth Le

Brave Heart's annual Fourth of July Crepe Booth was created by Sherie Mayo in 2004, inspired by a trip she took to France. The event's ongoing success is due in large part to Brave Heart Volunteers board members, including Sherie, for their help organizing and planning the fundraiser. Efforts are further helped by community members and businesses that donate ingredients and supplies as well as volunteers who cook, serve, set-up and take down the booth every year.

Last July, Sherie rose early every morning during the holiday weekend to prepare fresh crepe batter for the BHV booth and also volunteered to make and serve crepes throughout the four-day festivities. Sherie also generously donated ingredients for the crepe filling, and offered to share her crepe recipe (at right).

Sherie was born in San Francisco, California, and raised in Seattle, Washington, where she attended Franklin High and graduated from Issaquah High. Sherie is the oldest of her five siblings; she has two sisters and two brothers. Sherie and her family arrived in Juneau in 1974 and stayed there for several years to fish commercially. During the autumn seasons, they would travel to Sitka to continue fishing and Sherie fell in love with this small and close knit community. "There is positivity about commercial fishing here," says Sherie. She has made Sitka her home since 1980, and has a blended family of nine children.

Sherie has been involved with Brave Heart Volunteers since 2002, when her father passed away and she received support from volunteers. Since then, she has participated both as a volunteer and board member. Sherie says that she chooses to continue participating with Brave Heart Volunteers because she enjoys "being involved in the BHV community and meeting wonderful people that I would not normally get the chance to know." Sherie also values staying involved with her family and in the broader community by helping out wherever she can.

Above right, Ruth Culp, Sherie Mayo, and Val Barkhoefer at the July 4th Crepe Booth 2007.



French Crepe Recipe

Ingredients:

- 6 eggs (at room temperature)
- 2 cups flour
- 2 cups milk
- 1/4 cup sugar
- 1/8 cup vegetable oil + more for pan

To Prepare Batter:

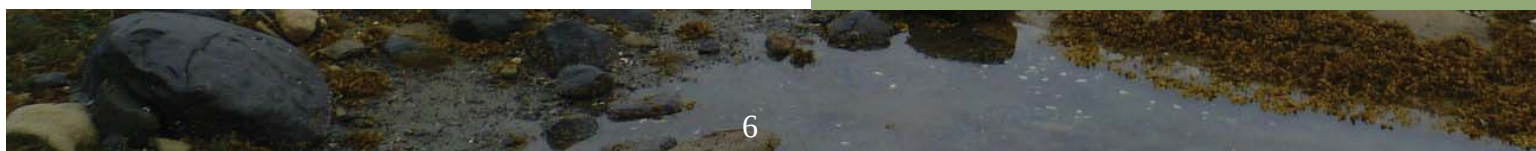
1. Mix dry ingredients well.
2. Mix wet ingredients: beat milk and eggs together.
3. Mix the wet and dry ingredients together, making sure not to over-mix.

To Prepare Crepes:

1. Pour a little vegetable oil on a folded paper towel, and wipe the pan evenly.
2. Pour in some batter and quickly spread evenly around pan, covering the whole surface.
3. Let cook for about 1 minute. Then flip with a spatula, and cook the other side for about 30 seconds.

Repeat these steps until you are out of batter, stacking cooked crepes on a plate. Voilà!

- Sherie Mayo



When Sherie is not fishing, she spends her free time with her 18 grandchildren, reading, cooking and baking, and completing various crafts projects. She also enjoys practicing yoga at home or at the studio, and playing the mandolin. Hiking Thimbleberry Creek, her favorite trail, is another thing Sherie loves doing because it is accessible and leads to other trails. When the weather allows, she likes to spend time gardening and working on her property. In all things she chooses to do, Sherie finds personal satisfaction in setting a goal and working hard to accomplish it.

Sherie makes sure to practice self-care, which is essential for someone who spends so much of her time helping others. She reenergizes through solitude, saying "it is important to create a space for alone time."

Sherie has been involved with Brave Heart Volunteers for ten years. Her many roles with BHV include: Board President, Board Treasurer, long-time volunteer, and a financial donor.

Thank you, Sherie, for all of your hard work and dedication!

In loving memory of an extraordinary woman, mother, wife and friend: Ruth Amdal.



Sherie's mother, Ruth Amdal, passed away in October 2011. Anyone who knew Ruth Amdal will always remember her for her warmth, bright eyes, laughter and generosity of spirit. Since moving to Sitka in 2008, Ruth Amdal gave an enormous amount of

time and energy to numerous, important Sitka causes, including working as a Brave Heart Volunteer. Thank you to Ruth, Sherie and your extended family for making BHV a family tradition. Ruth will be deeply missed in the BHV and Sitka community alike.

Ruth Amdal and Auriella Hughes sharing a friendly moment together at the Brave Heart office in 2009.



Going Green: The E-Newsletter Option

In an effort to go green and save some green, Brave Heart Volunteers is offering the option of receiving our yearly newsletter via email. Brave Heart has also created a monthly e-newsletter as a companion to our yearly paper newsletter. Email officeadmin@braveheartvolunteers.org or call us at 747-4600 and sign up to receive either or both of these electronic newsletters.

Donate Online with PayPal

Brave Heart can now accept donations online through Paypal. This service is fast, secure, and has an option to set up monthly payments. Check it out on our website!

Calling all Brave Heart Bowls Cooks!

Have you ever donated home-cooked soup, bread, or dessert to a Brave Heart Bowls event? BHV is creating our own cookbook, and is looking for recipes that have appeared at some of our events.

Email officeadmin@braveheartvolunteers.org or stop by our office if you're interested in sharing!



Sharing ideas at the Caregiver Education and Support Services Planning Dinner in January 2011.

Congratulations to Auriella Hughes (left) for being recognized at SAFV's Honoring Women event this year. Thank you for your outstanding work and phenomenal contributions to Sitka!



Highlights

Following a national trend, over the last three years Brave Heart Volunteers' referral rate has more than tripled.

In the first three months of 2012 Brave Heart Volunteers served 403 individuals

- » 113 were unduplicated individuals who participated in Caregiver Education and Support programs, Grief/Bereavement Support group programs and volunteer training programs.
- » 120 were unduplicated Individuals who received basic case-management or weekly visiting services.
- » 170 were unduplicated individuals served through our Learning Through Service, or other direct service programs

Additionally, 100% of caregivers served by BHV reported that they learned new things and that the information provided allowed them to provide better support and care.



Leaving a Lasting Legacy: Planned Giving to Brave Heart Volunteers

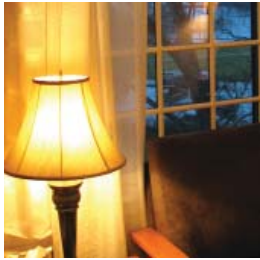
What will your legacy be? Every one of us will ultimately face the challenges of chronic illness, terminal illness, caregiving for a family member or friend, or end of life. Help Brave Heart Volunteers create a positive future by ensuring that no Sitkan dies alone or runs out of options when caring for a loved one. Please consider making a difference for years to come by joining our legacy program and including BHV in your Will.

No matter how big or small, leaving something to us in your will really makes a difference. A bequest may provide for a specific dollar gift, a percentage of your estate, or specific asset(s) to be given in support of an organizations various programs and endeavors. Bequests, like other gifts, can be designated for many purposes or given without restriction. Planned gifts can provide valuable tax benefits as well.

We're working together to ensure a better future for all Sitkans. The combined generosity of those who remember us in their will can add up to something truly amazing. If you have any questions about our services or if you're interested in leaving a legacy to BHV, the next step is to contact us at 747-4600 for more information. Please feel free to request a copy of our legacy booklet. It contains everything you need to know about leaving a legacy to Brave Heart Volunteers.

Above, volunteer Brooke Carson visits Jean Moulton.

Upcoming Events — *Mark Your Calendar!*



Hope Through Healing Grief Support and Education — Free of charge Ongoing group, each Monday from 6:00-8:00pm

Those who have experienced a loss at any point in their lives and would like to learn more about the process of grieving and also connect with others who are experiencing similar loss are invited to attend the “Hope Through Healing” Bereavement Education Group provided by Brave Heart Volunteers. Meetings will be held Monday nights from 6:00 pm- 8:00 pm in the Pioneers’ Home Manager’s House, and are confidential and free of charge. The group will be led by Beverly Rivard, LCSW, MAC. Call Brave Heart Volunteers for more information.



C:ARE Luncheon — Free of charge

Third Wednesday of each month at Noon

You are invited to our BHV’s free monthly C:ARE (Connect: Advocacy, Resources, Education) luncheons, held at noon the third Wednesday of every month. Local professionals present on a variety of topics pertinent to family or professional caregivers, volunteers, and interested community members. For more information, please call Brave Heart Volunteers.



Donor Appreciation Dinner

June 29 at the Pioneers’ Home Manager’s House

Each one of you has played an important role in Brave Heart Volunteers’ past, present and especially our future. For all of you who contributed financially, we would like to show you exactly how your contribution has made an enormous difference. Each and every dollar donated allows BHV to help individuals and family caregivers who are facing illness, isolation, end of life, or grief. The loyalty from our supporters is the reason BHV is where we are today. If you are a financial supporter of BHV, please keep an eye (and an ear) out for a personal invitation to this year’s Donor Appreciation Dinner. Call BHV with further questions.



Fourth of July Booth

Sunday, July 1 through Wednesday, July 4th

BHV will again host a 4th of July Booth at the Baranof Playground. Jean Frank will soon be contacting volunteers to work in 3 person teams for 2 1/2 hour shifts at our booth July 1-4. 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 the phone request. Please call Brave Heart Volunteers with any questions.

Brave Heart Volunteers

747-4600



*Thank you to all who contributed
to Brave Heart Bowls 2011!*

This is our largest fundraising event of the year.

Thank You to our Corporate Sponsors:

White's and Harry Race Pharmacy

and

Hames Corporation

Sea Mart & Market Center

We are very grateful for receiving sponsorship
and continued support from these businesses.

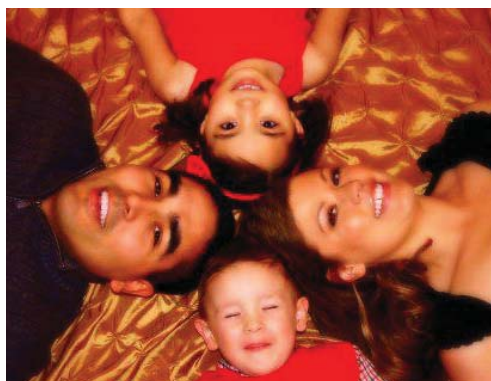


The Staff of Brave Heart Volunteers

Willow Moore, Executive Director

Please see Willow's letter on page 2.

Carmill Goldsberry, Program Director



A born and raised Alaskan, Carmill Goldsberry is the newest addition to the Brave Heart staff. Her family moved to Sitka last year, when her husband

accepted the vice principal position at Mt. Edgecumbe High School. Prior to the move, they had spent the last seven years in Nome, where she worked as an accountant for the regional Native Corp. They have two children, Mecca who just turned 5 and Guy who just turned 3. Carmill says "being raised in Rural Alaska has always instilled in me a strong commitment to our community and furthermore my Alaskan Native heritage has always put an emphasis on cultural awareness and respect for our Elders."

In her free time Carmill stays active with her children; she enjoys volunteering at her daughter's preschool and serves as the treasurer of the board of directors. As a family it's important for her and her husband to pass down their culture. They subsist off the land as much as possible, whether it's the fall moose hunt and family berry picking, or summertime when they travel to Bristol Bay to be with family and put away fish for the year.

Carmill's strong financial background coupled with her community involvement and strong cultural ties brings a great element to Brave Heart Volunteers. While she is fairly new to Sitka, she is excited to jump in and be a part of the Brave Heart Volunteers family. "I'm excited to call Sitka our new home; I grew up in a fishing community in Bristol Bay, where my entire family still commercial fishes, so it's exciting to live in a community that shares that common thread of home."

Amanda Taylor, AmeriCorps Volunteer



Well, patrons of Sitka, you have done it. I tried to deny your ability to suck me in and make your mark on me, but you have succeeded. The staff, the volunteers, and the wonderful ladies at the Pioneers' Home have helped me settle nicely into this community.

I have been privileged to be a part of the Alaska Day celebration, the Volunteer Appreciation dinner (where I got to practice and share my creative writing), and my favorite so far – the Brave Heart Bowls Fundraiser. Thank you so much for teaching and supporting me through my first years here, I sincerely appreciate each and every one of you. I have been so lucky to be part of something so wonderful.

Martine Kulesa, Jesuit Volunteer



Martine Kulesa arrived in Sitka in August 2011 as the Jesuit Volunteer with Brave Heart Volunteers. She was born and raised in Washington State, and recently graduated from Gonzaga University in Spokane, WA. Martine is very excited to have been able to spend a year working with the community and

the other volunteers in the area; she enjoys sharing her time and talents with others, and being able to learn from them at the same time. "BHV works with absolutely amazing people, and I am very thankful for the opportunity to get to know them and their families." This year has been full of challenges, achievements, and much growth, and Martine has greatly enjoyed being a part of Brave Heart Volunteers' many wonderful programs and services.

A Very Special Thanks To:

Donations from October 2010 to March 2012

BHV Supporters (\$1-\$99)

Carin Adickes
Eric Hanson and Su Alibee
Frances Alderson
Robert Alexander
Ruth Amdal
Shirley Anderson
Margaret Andrews
Anna and Marty Baggen
Doris Bailey
John and Jan Baird
Candi Barder
Evelyn Bates
Deanna and Lee Bennett
Linda Bergdoll Schmidt
Janet Berlin
Nancy Jo Bleier
Gordon Blue
Ken and Karen Boyer
Lisa Brendle
Steve and Bonnie Brenner
Cleo Brylinsky
Beth Caffery
Cheryl Call
Marlene Campbell
Toby Campbell
Susan and Bob Carlson
Thelma Carter
Jere and Karen Christner
Charlie and Jan Clark
Paul Columb
Peter Corey
Helen Dangel
Bill and Carole Denkinger
Laura Dobler
Rita Docter
Dorothy Dunne
Patricia Durham
Jerry Dzugan
David Elsensohn
Fontaine and Curt Ledford
Ellen Frankenstein
Maggie Gallin
Jack and Sandra Griffith
Ben and Kar Grussendorf
Marilyn Guhl
Paty and Scott Harris
Randy and Catherine Hawk
Colin Herforth
Lisa Herwald (Trestle, LLC)
Riger and Ce Higley
Rebecca Himschoot
Bridget Hitchcock

Janine Holzman
Fred and Margaret Hope
Katherine Hope
Glen and Liz Howard
Jessica Hudson
Kathy and Dave Ingallinera
Brian James
Amy Johnson
Jill Johnson
Judy Johnstone
Christie Jones
Amy Jordan
Frank and Sharon Joseph
Mollie Kabler
Jacob Kirkness
Kim Kirkness
Curt Ledford
Barb and Ron Lessard
Marilyn Licari
Janet Keck Love
Annabel Lund
Gladys MacIntyre
Rose MacIntyre
Kerry Madane
Rose Manning
Dorothy Breedlo McDaniel
Robert Medinger
Deborah Miller
Mary Miller
Grace and Morgan Brooks
Carol and Russ Music
Corazon Nisbet
Viola Olson
Lois Preensovich
Mary Ann Perkins
Cathy Poulson
Susan Price-Yonts
Michelle Putz
Muriel Reed
Jude Reis
Teri Rofkar
Georgia Rogers
Elaine Rose
Frank Rith
Lisa Sadleir-Hart
Teresita Santa Ana
Elizabeth Schafer
Seventh Day Adventist Church
Carolyn Servid
Rosemary Sheldon-Kalenze
John and Bobbie Sherrod
Beth Short Rhoads
Nancy Short
Eugene Solovyov and Sitka Rose Gallery

Libby Stortz
Andrea Thomas
Dorothy Thomsen
Kerry Wall-Madane
Annan Weiland
Kobi Weiland
Pat Welsh
Bradly Wheeler
Constance White
Trish and Dirk White
Lori Whitmill
Gregory Wong
Clyde Young

BHV Friends (\$100-\$199)

Dave and Lauren Allen and Allen Marine
Patricia Atkinson
Brenda Bean
Pauline Bergdoll
Melissa and Perry Broschat
Dr. Debra Bruschafer
Lisa Busch
Brenda Campen
Dennis and Bobbi Carlson
Mary Chambers
Jeannette Chavez
Grace Lutheran Church
Thomas and Maryl Conley
Marilyn Coruzzi
Chester Crenna
James Edwards
George and Tama Eliason
Camille Ferguson
Sheila Finkenbinder
Steve Fish
Fishing for Cats
Karen Forsythe
Bob and Sheryl Ginn
Good Search
Kristi Grenier
Cheri Hample
Dave and Paula Herdy
Betty Henning
Chris Wilbur and Lily Herwald
Mary Holzman
Neil and Joann Huff
Dottie Johnson
Erika Knox
Kara Knox
Kevin Knox
Martina Kurzer
Connie LaPerriere
T.E. Larson
Mike and Susan Litman

Giving to Brave Heart Volunteers makes a lasting difference . . .

When you give to Brave Heart Volunteers, you contribute a legacy of service to our community, and ensure that resources currently available to persons in need will still exist in the future. You ensure that no one in Sitka will ever need to go through life's most difficult moments alone. Brave Heart Volunteers has thrived for the last eleven years; help it survive as many more!

Terrance and M. Janell Lovett
Virginia Lutz
Deborah Lyons
Jody Marcello
Ocean Mayo Russ Bowman and Karen Meizner
Kathy Miller
Ron and Bitsy Mosher
Rachel Myron and Steve Lewis
Janette Nelson
Ann Parsons
Gary and Deborah Paxton
Sandy and Thad Poulson
ReMax Realty
Louis and Gail Roderick
Thomas Rogers
Greta Ryan
Jim and Marta Ryman
Laura Schmidt
Linda Schmidt
Sitka Emblem Club #142
John Stein
Hal Taylor
Letty Unterwenger
Joan Vanderwerp
Peter Weiland
Mardelle Westover
Charles Wilber
Brett Zaenglein

BHV Sponsors (\$200-\$499)

Kit Algood-Mellema
Alps Federal Credit Union
Aleeta Bauder
Lawrence and Pat Beaber
Barry Bergdoll
Thomas and Susan Brown
Dr. Elliot Bruhl
Sharon Cox
Caroline Crenna
Jame and Dennis Demmert
Daniel and Mae Dunsing
Valerie Edwards
Dr. Marty Grasmeder

Leanne Griffin
Jerry Deppa and Nancy Gustavson
Phyllis and Mark Hackett
Harbor Enterprises, Inc
Mary Hughes
Karen and Kan Jones
Dan and Betty Keck
Harriet and Ron McClain
John and Joyce MacDonald
Dorothy Mattin
Mike Mayo
Kathleen Moats
Colette Nelson and Ludvig's Bistro
Carole and Dorrel Newcomb
Dorothy Orbison
Norm and Barbara Richards
Ruth Roth
Elaine Strelow
Lorraine Thompson
Joann and Dewey Torgeson
Representative Peggy Wilson

BHV Sustainers (\$500-\$999)

American Seafoods Company
Ruth Culp
Trevor Harang
Chris and Charles Horan
Auriella Hughes
Annemarie LaPalme
Doris Northrup
Marg Parsons
Frank and Nicole Rogers
Sitka Moose Lodge #1350
Sitka Women's Club
St. Peter's by the Sea
United States Coast Guard Spouses and Women's Association
Mike and Tonya Venneberg
Dick Wilson
Alice Wolcott

BHV Patrons (\$1,000-\$1,999)

The Channel Club
Bonnie Cottrell

Roger Hames and Hames Corporation
Carylon Hammack
Juneau Community Foundation
Frank and Cathy Sutton
Dirk and Trish White and White's and Harry Race
Larry and Karla Zervos

BHV Advocates (\$2,000-\$4,999)

Sherie Mayo
Sitka CHARR
State of Alaska Department of Labor
United Way of SE Alaska

BHV Benefactors (\$5,000-\$9,999)

Healthy Communities
Sitka AK Permanent Charitable Trust

BHV Director's Cabinet

(\$10,000-\$24,999)

Sitka White Elephant Shop, Inc
City and Borough of Sitka

BHV Founder's Circle (\$25,000+)

The Alaska Mental Health Trust
Authority
Jay Badagliacca

In-kind donations

Ellen Frankenstein
Girl Scout Troop #4125
Home Plus
Susan Hoyt
Rebecca Poulson
Phil and Sue Riggs
Frank and Gloria Scigliano

We would like to extend a heartfelt thank you to all anonymous donors as well!

Special thanks to David and Margaret Steward, for their incredible ongoing support and assistance.

Thank you, Todd Dokey, for your excellent technical assistance. You have been such a great help!

A huge thank you to community members who presented at Brave Heart Volunteer Trainings, our Exploring Life Transitions and Compassionate Care at End-of-Life Training, and our C:ARE luncheons. It is your expertise and experience that makes our events invaluable to both caregivers and volunteers. Thank you so much!

In Memory of Ruth Amdal

Ludvig's Bistro
Cheri Hample
Sherie Mayo
Joan Vanderwerp

In Memory of Wilma Ash

Barbara and Ron Lessard

In Memory of Augie Anderson

Betty and Carl Henning
Frank and Cathy Sutton

In Honor of Jay Badagliaca

Aleeta Bauder
Auriella Hughes

In Memory of Roy Bailey

Bill and Carole Denkinger
Doris Northrup
John and Bobbie Sherrod

In Memory of Clay Call and Millie Enloe

Virginia Lutz

In Memory of Kerry Chambers

Mary Chambers

In Memory of Jerry Cox

Teresita Santa Ana
Candi Barger
Aleeta Bauder
Nancy Jo and Roger Bleier
Dorothy Breedlove and Sherri McDaniel
Melissa and Perry Broschat
Jack and Sandra Griffith
The Guhl Family
Rita Docter
Scott and Paty Harris
Kathy Ingallinera
Dan and Betty Keck
T.E. and L.L. Larson
Mike Mayo
Linda Schmidt
Beth Short-Rhoads
Joan Vanderwerp
Mardelle Westover

In Memory of Carolyn Crain

Daniel and Mae Dunsing

In Honor of Margaret Dangel

Bonnie Cottrell
Auriella Hughes

In Memory of Dick Eliason

George Eliason

In Memory of Georgina Dapcevich

Katherine Hope
Auriella Hughes
Kathleen Moats

In Memory of Byron Davis

Joyce Davis
Kathleen Moats

In Memory of Robert Duncan

Auriella Hughes

In Memory of Dick Eliason

Aleeta Bauder

In Memory of Millie Enloe

Tom, Marylyn and Anya Conley

In Memory of Jane & George Ganey

Bridget Hitchcock

In Memory of Ben Grussendorf

JoAnn Huff

In Memory of Betty and Rocky Gutierrez

Charles and Christine Horan

In Memory of John J. Hammons

Daniel and Mae Dunsing

In Memory of Wesley D. Haworth

Daniel and Mae Dunsing

In Memory of Judith Hisey

Dirk and Trish White

In Memory of Mary Alice and Les Hughes

Auriella Hughes

In Memory of Chuck Johnson

Dorothy "Dottie" Johnson

In Memory of Juanita Koval

Bonnie and Max Cottrell

In Honor of Rosel LaPalme

Annemarie LaPalme

In Memory of Betty and John Larsen

Jane and Dennis Demmert

In Memory of Bert Laws

Aleeta Bauder
Karen Forsythe

In Memory of Barbara LeGuire

Auriella Hughes

In Memory of Karen Marie

John Stein

In Memory of August Mayo

Sheryl Mayo

In Memory of RJ McClintock

Grace Lutheran Church
Daniel and Mae Dunsing

In Memory of Milliree Morgan

Janet Keck Love

Louis and Gail Roderick

In Memory of Marc Todd Moats

Joyce Davis
Auriella Hughes
Kathleen Moats
Marg Parsons
Tom Rogers

In Memory of Doris Northrup

Aleeta Bauder

In Memory of Ray Northrup

Doris Northrup

In Memory of Doris & Raymond Northrup

Leanne Griffin

In Memory of Mr. and Mrs. Jose Ortiguerra

Corazon O. Nisbet

In Memory of Carl Oskbakken

Doris Northrup

In Memory of Frank A. Rogers

Deanna Bennett
Georgia and Frank Rogers

In Memory of Kathryn Rosendahl

David Elsensohn

In Memory of John Schafer

Elisabeth Schafer

In Memory of Stephen Snapp

Marg Parsons

In Memory of Mae Jean Taylor

Hal Taylor

In Memory of Pat Verney

Kim Kirkness
Frank and Cathy Sutton

In Memory of Ronald Welsh

Patricia Welsh
Muriel Reed

In Memory of John and Ruth Westphal

Barbara and Norm Richards

In Memory of Gwen Wright

Evelyn C. Bates
Ken and Karen Boyer
Bonnie Cottrell
Lillian "Sharon" Cox
Auriella Hughes
Viola M. Olson

In Memory of Wayne Young

John & Bobbie Sherrod

Thanks for soup, bread and dessert donations for Brave Heart Bowls

The Back Door	Joanne Clyde	Bridget Hitchcock	Nancy Short
Aleeta Bauder	Ellen Frankensten	Jeren Hunt	Charlotte Swanberg
The Bayview Pub	Michelle Friedman	Larkspur	Amanda Taylor
Emily Beaulieu	Carmill Goldsberry	Dennis and Jean Longstreth	Steve Warren
Nancy Jo Bleier	Paula Hardy	Sherie Mayo	Pat Welsh
Tom and Susan Brown	Betty Henning	Justin Olbrych	Westmark Hotel
Tambi Calvert	Dennis Hicks	Susan Padilla	Fredi Young
Ruth Clup	Carrie Hisoaka	Terry Perensovich	

Thanks for volunteering, serving, set-up, break-down, ticket taking, greeting and cashiering at Brave Heart Bowls

Bitty Balducci	Ruth Culp	Dennis Longstreth	Eileen Reynolds
Aleeta Bauder	Meghan Doughty	Jean Longstreth	Kristin Rothblum
Emily Beaulieu	Rebecca Fritz	Rose Manning	Jasmine Shaw
Rob Billideau	Robin Grewe	Sherie Mayo	Nancy Short
Nancy Jo Bleier	Bev Holmgren	Patrick McMahon	Jessica Snyder
Seth Carrington	Kim Hunter	Mt. Edgecumbe Student	Ellen Voermans
Joanne Clyde	Steve Langhorst	Servers	Clyde Young
Kelly Connolly	Mary Levesque	Amanda Pile	

Thanks for donations, hand-thrown bowls, silent auction items and restored chairs for Brave Heart Bowls

907 Tattoo	Julie Doggett	Sarah Lawrie	Robertson's Gallery
Abby's Reflection Apparel and Quiltworks	Down to Earth: You Pick	Sherie Mayo	DJ Robidou
Agave Restaurant	Fairweather Prints	Harriet McClain	Russell's
Alaska Computer Center	Family Resource Center	Ron McClain	Salon 264
Allen Marine Tours	Carin Farley	Mountain Miss Gear and Gifts	Kristin Schmidt
Aquatic Alaska Adventures	Liz Faulkner	Murray Pacific	Sam Scotchmer
Jamie Autrey	Fishermen's Eye Gallery	Gaylen Needham	Seaside Barber Shop
The Back Door	Trevan Frank	Justin Olbrych	Simple Pleasures
Balanced Practice: Yoga	Nick Galanin	Old Harbor Books	Sitka Fine Arts Camp
Baranof Island Brewing Company	Beth Garrison	Orion's Sporting Goods	Sitka Rose Gallery
The Bayview Pub	Phyllis Hackett	Karen Parker	Spenards
Mike Bricker	Gracia Hardcastle	Megan Pasternack	Stereo North
Tom Brown	Harris Air	Petro Marine	Marge Steward
Norm Campbell	Carrie Hisoaka	Ritch Phillips	John Straley
The Cellar	Kris Hoffman	Pioneer Bar	Scott Taylor
Chocolate Moose	Wes Holloway	Isabella Pontual-Throne	Victoria's Pourhouse
Coliseum Theatre	House of Liquor	James Poulson	Videl
Joe D'Arienzo	Auriella Hughes	Michelle Putz	Pat Welsh
Dock Shack Café	Tommy Joseph	Raptor Rehabilitation Center	Wintersong Soap Company
	Deirdre LaBounty		Work and Rugged Gear
	Ed Laity		Yellow Jersey Cycle Shop

Save money and earn cash for BHV

when you use GoodSearch

Brave Heart Volunteers is a member of a special search engine called GoodSearch.com. When you use this website and designate Brave Heart Volunteers as your charity, we will receive a penny for each search at no cost to you!

Please make www.GoodSearch.com your home page or add it to your Bookmarks Toolbar.

In Honor of all Brave Heart Volunteers

Cheri Hample

In honor of Sherie Mayo, for her birthday

Ocean Mayo

Thank you for a matching donation for our Birthday Extravaganza

Trestle, LLC

Thank you to our partner in Brave Heart Bowls, UAS Sitka Campus.

Thank you for hosting our Birthday Extravaganza and donating a portion of the profits from the night!
The Channel Club

Brave Heart Volunteers

P.O. Box 6336
Sitka, AK 99835

Nonprofit Org
US Postage Paid
Sitka, AK 99835
Permit No. 33

Return Service Requested



Brave Heart Volunteers

Yee Gu.aa Yáx X'wán

Compassionate Caregiving, Respite, and Education Services in Sitka, Alaska



visit us online at www.braveheartvolunteers.org