Happy October!

We value the individual process; we nourish hope; we witness our priorities and challenge each other toward growth while making room for uncertainty and the transformation of suffering into wisdom.

From the Mission and Vision of Breast and GYN Health Project
Gratitude—so much Gratitude

♦ Thank you to our AWESOME bulk mailers—you come in, work like Santa’s elves on December 23rd, clean up and leave. You are industrious, thorough and delightful company. Thank you to Fry, Julie M, Arlene, Jeanette, Karen, Bojan, Kate, Barbara, Paula, Eva, Nancy, Melinda and Jacque.

♦ Thank you to our Warmliners for bearing witness to the incredible cancer journey of those seeking our help. Thank you, Beryl, Chris, Felicia, Ilene, Lori, Margie & Terry.

♦ Thank you to the ever efficient, effective Fall Concert Committee—planning this event was a pleasure due to your interest, talents, dedication, and historical memory.

♦ Thank you to the Fall Concert artists—brilliant—you were simply brilliant. Thank you for sharing your time & talent.

♦ Thank you Fall Concert Platinum and Gold Sponsors—Pacific Builders, Aflac Gary Ogle, Cairns Architecture, Eureka Symphony, JLF Construction, Mad River Hospital, Coast Central Credit Union, and Hospice of Humboldt.

♦ Thank you Fall Concert Silver and Bronze Sponsors—Cloney’s Pharmacies, Community Realty, Eureka Payments, Drs. Luh, Harmon and MacDonald, Radiation Oncologists, Lynn and John Pettlon, Sequoia Gas, Umpqua Bank, George Epperson, DDS, German Motors of Arcata, Stanley Hino, MD and Cynthia Savage, Humboldt Mortgage Company, Lima’s Professional Pharmacy, Ray Wolfe Construction and Wendt Construction.

♦ Thank you Times Standard—your generosity with Sales for Survivors and your ongoing support is greatly appreciated!

♦ Thank you to Pamela Mostovoy—the knitted hats will be worn well!! They are beautiful!

♦ Thank you to Jeannette Lackett and Karen Rice—Your handwriting is lovely!

♦ Thank you to the Eureka Natural Foods tablers—Maya, Fry, Nancy K, Susan, Audrey, Kate, Cece, Nancy D, Felicia, Suzi, Stephanie, and Melinda. Thanks for your time!!

♦ Thank you to Eureka Natural Foods—$1,813 was donated after a week of the Change 4 Change at Eureka Natural Foods. Your customers and staff were all so enthusiastic and supportive.
Gratitude—so much Gratitude

- Thank you to Jennifer Pace — the new couch is lovely and will be often used!!
- Thank you to Heidi Bourne - for the continued Mindful Meditation leadership.
- Thank you to Marlena Kogel— your doTERRA Essential Oils presentation was so interesting!
- Thank you to Humboldt Herbal - the I Love Me Tea you donated will be used in our chemo kits.
- Thank you to Pat Getz-Jewett - your beautiful bags are such a thoughtful gift to women going through treatment!
- Thank you to the Teachers Rock team - your painted rocks are beautiful and appreciated. Teachers really do rock!
- Thank you and welcome to our three new volunteers—Maya, Daniel and Becky - we are excited about having you join our team.
- Thank you Marcy Foster for office supplies.
- Thank you and congratulations to Karen and Gary Madsen— celebrating their 50th anniversary. Thank you for asking your family and friends to contribute to BGHP in lieu of giving gifts.
- Thank you to our Facebook contributors— we appreciate your online contributions via Facebook - although we are not able to see your names or contact information if you are not giving through an event - we do appreciate you and thank you!
- Thank you to the monthly and quarterly supporters via “Donate Now” button or by having their credit cards billed by BGHP monthly.
- Thank you to Brook and Harriet—thank you for tabling at Pride!!
- Thank you to Lou Moerner - for social media coaching!
- Thank you to Brea Sorrells Olmstead and the Open Door IT team—your time and direction really helped!!
- Thank you to Eva—for your IT guidance and patience for us and with us. Also for launching the August eNews.
- Thank you to the Safeway Foundation— Help us say thanks to Safeway Foundation for donating $15,000 to Breast and GYN Health Project! This money is to be used for patient navigation and outreach. We can do great things with the support of great partners like Safeway Foundation.
What is happening in October?

"Party in Pink" Zumbathon
Eureka Municipal Auditorium
Saturday, October 13th
5:30-7:30 pm

Come see McKinleyville High School's Girl's Volleyball Teams on their "Dig Pink Night"
Thursday, October 4th, at 5:30pm Wear Pink
These young women create a positive energy-filled gymnasium with their breast cancer awareness month spirit! Thank you to the team members, their family and friends, as well as our generous business community for coming out to support local people dealing with breast cancer and the Breast and GYN Health Project.

Round Up at the Register at all Ray’s Food Place & ShopSmart in Humboldt County all of the month of October!!!!

HSU Football "Sack Cancer" Night - Sat., October 27th vs Central Washington. This Annual Event honors local people dealing with breast cancer. Wear Pink and come visit BGHP's Information Table!

Punt, Pass & Pink - Mad River Radio (KISS FM, MIX and The Edge) once again partners with local high school football and cheer teams to recognize breast cancer awareness month and raise funds for BGHP.
10% or more of your purchase supports BGHP services when you shop & dine at these businesses on the following days:

**TUESDAY, OCTOBER 2**
The Diver Bar & Grill, Eureka
Mad River Brewery, Blue Lake

**FRIDAY, OCTOBER 5**
Scrapers Edge, Eureka
Plaza: Be Inspired, Arcata
Fieldbrook Market, Fieldbrook 15% of sales

**SATURDAY, OCTOBER 6**
Surfside Burger Shack, Eureka
All Under Heaven, Arcata 50% of sales
Art Center, Arcata 20% of sales
Chumoyo Spa, Blue Lake
Caravan of Dreams, Arcata
Scrapers Edge, Eureka
Arcata Exchange, Arcata
Bookleger, Eureka
Clauvia’s Organic Herbs, Arcata Farmers’ Market
Humboldt Herbals, Eureka
Ferndale Clothing, Ferndale 25% of sales
Belle Starr, Arcata & Eureka
Hot Knots, Arcata
Bubbles, Arcata
Fabric Temptations, Arcata
The Shanty, Eureka 8:30 pm to 2:00 am
Whiplash Curve, Eureka
North Town Books, Arcata
Garden Gate, Arcata

**SUNDAY, OCTOBER 7**
Blue Moon Gift Shop, Garberville

**TUESDAY, OCTOBER 9**
Adventures Edge, Arcata & Eureka
Westside Pizza, Arcata
Mad River Brewery, Blue Lake

**WEDNESDAY, OCTOBER 10**
Big Blue Café, Arcata

**THURSDAY, OCTOBER 11**
Six Rivers Brewery, McKinleyville 25% beer sales
Five Eleven Restaurant & Pearl Lounge, Eureka

**FRIDAY, OCTOBER 12**
Fin-n-Feather Pet Shop, Eureka
Soul to Soul Spa, Arcata

**SATURDAY, OCTOBER 13**
Yarn, Eureka
Singing Tree Garden Nursery, McKinleyville
Miller Farms, McKinleyville

**MONDAY, OCTOBER 15**
Signature Coffee, Redway
Beachcomber Café, Trinidad
Garden of Beadling, Garberville

**TUESDAY, OCTOBER 16**
Banana Hut Hawaiian BBQ, Eureka
Mad River Brewery, Blue Lake

**THURSDAY, OCTOBER 18**
Lighthouse Grill, Trinidad

**FRIDAY, OCTOBER 19**
Stars, Eureka 15% of sales
Stars, Arcata
Heart Beat, Arcata
Here & There & Vintage, Eureka
Arcata Scoop, Arcata
Spring Hill Farmstead
Goat Cheese, Bayside
Beachcomber Bayside, Bayside

**SUNDAY, OCTOBER 21**
Myrtle Ave Pet Center, Eureka

**TUESDAY, OCTOBER 23**
Ramones, All locations
Mad River Brewery, Blue Lake

**WEDNESDAY, OCTOBER 24**
Linden and Co Salon & Spa, Eureka 100% of services

**THURSDAY, OCTOBER 25**
The Alibi, Arcata

**SATURDAY, OCTOBER 27**
Holly Yashi, Arcata

**TUESDAY, OCTOBER 30**
Mad River Brewery, Blue Lake

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**One Day Events**

**SATURDAY, OCTOBER 13**
Zumbathon – Party in Pink
Michael Whiteley and City of Eureka at Eureka Mun.

**SATURDAY, OCTOBER 24 – 100% OF SERVICES**

Linden & Co. Salon & Spa
Thank you to Linden and his colleagues for 10 years of donating a day of their expert services in honor of local people with cancer!
Thank you to all who make an appointment and donate to BGHP! Schedule an appointment at (707) 441-9428.

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**Month-Long Donors**

ShopSmart and Ray’s Food Place
During the month of October, all Humboldt ShopSmart and Ray’s Food Place locations will be doing Register Roundup to benefit BGHP

Mad River Union madriverunion.com
25% of all new one-year subscriptions made online in October

Café Brio • Trinidad Eatery • Slice of Humboldt Pie
Primal Décor / S.T.I.L. (See website) • Good Relations
Tiger Touch Massage • Renata’s Crêperie
Abru Gubile Restaurant • Jitter Bean Coffee Co. (Super Hero)
Pure Water Spas • Shanty (Specialty drinks)
The first funding for our library came from Nancy Noll, an activist from Southern Humboldt who was passionate about the breast cancer movement and wanted to support the local grassroots movement she had heard about. In 1997 Nancy threw a birthday party and raised $3,500 in seed money for a resource library with the goal of purchasing books to educate patients on breast health and breast cancer. As an expression of gratitude, the BGHP library was named The Nancy Noll Library. Since then, BGHP’s library has become the largest resource on breast health and breast cancer in Northern CA.

Book Wishes Come True!

Thank you Janelle Bohannan, for your thoughtful donation of the updated version of:
♦ “Living Well Beyond Breast Cancer” (2nd Ed.) by Marisa C. Weiss and Ellen Weiss

Thanks to our dear Warmliner, Bonnie Etz, for donating the sweet children’s book (written by a member of her mother’s church):
♦ “An Angel just like you” by Cheri Cameron-Newell

Thank you to Peggy, the wonderful art therapist in Sacramento, who introduced this book (along with a healing art activity) to my young daughter when I was being treated for breast cancer:
♦ “Henry and the White Wolf” by Tyler Karu and Tim Karu

Thank you Lancey Johnston, for donating the deliciously inspiring recipe book:
♦ “Skinny Bitch: Ultimate Everyday Cookbook: Crazy Delicious Recipes that Are Good to the Earth and Great for Your Body” by Kim Barnouin

Other New Books in Our Library

♦ After Cancer Care: The Definitive Self-Care Guide to Getting and Staying Well for Patients After Cancer” by Gerald Lemole and Pallav Mehta

Book Wish List

♦ A second copy of Educare’s “Breast Cancer Survivorship Handbook” by Judy C. Kneece (Available on Amazon.com)
Help Wanted!

We are actively seeking donated gift certificates or items for our "Hope and Holidays in Humboldt" Bidding for Good On-Line Auction. The on-line auction begins November 9th. If you have items you'd like to contribute... please let us know.

You can watch the online auction as it develops at: 
www.biddingforgood.com/BGHP

BGHP has several outreach opportunities coming up this fall and winter so we would love to have volunteers tell our/their story and be a listening ear at the events we will be tabling at. Please call Maureen or Rose and let us tell you about the outreach plans we have for the next several months. We love to have volunteers accompany us for our “outings”!

Are you interested in helping with Eureka Zumbathon on October 13th?

“IT’S EXERCISE IN DISGUISE”

Punt, Pass & Pink
Are you able to attend the high school breast cancer awareness games?

Want to help put together gift baskets for the October 13th Zumbathon??

If you're interested in these or other opportunities, please contact Maureen : 825-8345 or volunteer@hcbhp.org
Saturday, September 29th was BGHP’s 17th Annual Fall Concert Benefit. The talented artists: Dr Luther Cobb; Daniela Minerva; the McKinleyville Community Choir; Cindy Moyer & chamber music group all delighted the audience with excellent music and song. A perfect evening was finished out with a tasteful reception featuring local wines and sweet and savory treats. A grand time was had by all!

Thank you for attending, for performing, for sponsoring, for providing the food, for preparing the reception, for decorating, for serving, for setting up, for cleaning up, for the lovely space and for supporting.
Advanced Disease Support Group
For those living with any Stage 4 Cancer
Arcata, BGHP Office
Every Monday, 1:00-2:30 p.m.

Arcata Breast Cancer Support Group
Arcata, BGHP Office
4:30-6:00 p.m.
2nd & 4th Thursdays of the month

Young Women’s Support Group
Arcata, BGHP Office
2nd & 4th
Wednesdays of the month
5:00 -6:30 p.m.

Gynecologic Cancer Support Group
Arcata, BGHP Office
2nd & 4th Tuesdays of the month
3:00-4:30 p.m.

Expressive Writers Group
Arcata, BGHP Office
1st & 3rd
Mondays of the month
3:30 to 5:30 pm

Hosted by BGHP: Lymphoma & Leukemia Group
Arcata, BGHP Office
1st Tuesday of the month
4:00 -5:30 p.m.
Contact: amandadevons@gmail.com or carolynleh@gmail.com

Please call to confirm times, or for more information if you’d like to attend a group.