May 2024 eNewsletter
We Want to Hear from You!

BGHP's Board of Directors is starting to do our 3 year strategic planning process. If you have not already replied to a survey, your input is encouraged.

- What are BGHP’s strengths?
- What are BGHP’s problems?
- What opportunities do you see that you would like BGHP to undertake?

Your feedback is vital to us. Thank you for all that you do to help local cancer patients.
23rd Annual Vacation Benefit Raffle

Drawing June 22, 2024
7 PM • ON FACEBOOK LIVE @BREASTANDGYNHEALTHPROJECT

NEED NOT BE PRESENT TO WIN

TICKETS AVAILABLE AT 707.825.8345

JIQUILILLO, NICARAGUA
SEVEN NIGHTS WITH AIRFARE FOR TWO

GUANAJUATO, MEXICO
SEVEN NIGHTS WITH AIRFARE FOR TWO

WINDSOR, CA
SEVEN NIGHTS FOR TWO

PEPPERWOOD, CA
TWO NIGHTS FOR TWO

STAYCATION
WIN AN ELECTRIC BICYCLE

THE BREAST AND GYN HEALTH PROJECT OFFERS SERVICES TO THOSE WITH BREAST OR GYNECOLOGIC CANCER CONCERNS.

ALL PROCEEDS STAY LOCAL!

TICKETS
1/$10
3/$25
7/$50
15/$100
40/$250
100/$500
225/$1000

MORE INFO AT WWW.BGHP.ORG

THANK YOU TO OUR SPONSORS

Nancy Noll
Pacific Builders
Redwood Capital Bank
Providence

Cairns Architecture
Mid City Motor World
Coast Central Credit Union
Wilderness Market

Gary Ogle Insurance Services LLC, Recology Humboldt County.
Jackson & Eklund, CPAs, Lima’s Professional Pharmacy, Omy Dental, Patterson Conners Insurance, Sequoia Gas/ Blue Star Gas, Pierson Building Center.

Roy E. Corsetti, CPA, Almquist Lumber Company.
Individual Sellers Are The Success Of The Annual Vacation Raffle!

Please help sell one packet of 15 tickets!

Packets are available in BGHP’s front office. Available for pick up Mon-Fri 9am-5pm OR we are happy to mail you a packet!

10 Tips to Sell Your Tickets!

1. Make a list of people you are going to reach out to and when: Family, Friends, Co-workers, Neighbors, Service Organizations, Book Club, Church, PTA, People You Do Business With, etc.
2. Text or message on Facebook or Instagram.
3. Send a personalized email: Part of the email can have standard language, but the rest is catching up with people you care about.
4. Pick up the phone and call.
5. Zoom or Video Chat for a more personalized conversation.
6. Remind folks that all donations stay local.
7. Always express appreciation - like sending a thank you note.
8. Start now so you have time to connect with everyone.
9. Use whichever communication media is right for you!

Please call us if you have questions, need suggestions, or posters!
707-825-8345
Six Rivers Running Club's 41st Annual Atalanta's Victory Run- a running and walking celebration of women and a benefit to the Breast and GYN Health Project.
Flat course, 2 and 5 mile available, starting and finishing by the Arcata Co-op.

Click Here to Register for Atalanta's Walk & Run!
Atalanta Team Fundraising
Start Your Own Teams &
Fundraise for BGHP!

Six Rivers Running Club is having it’s 41st Annual Atalanta’s Victory Run in partnership with the Breast & GYN Health Project

If you would like to participate in the race please make sure to complete the online registration at https://www.atalanta-run.com/

Please note that you do not need to participate in the race to run or donate to a Fundraising Donation Page for BGHP.

All donations help support local cancer patients!

Click the link to get started!

https://www.zeffy.com/en-US/peer-to-peer/20c87ca6-ddf3-4c5e-bd46-a7dla686675d

Click Here to Learn about Team Fundraising!
Help Wanted

Atalanta's Walk/Run Race
41st annual Six Rivers Running Club’s all women Walk & Run is **Sunday, May 12th**.

We are looking for volunteers to help with:
- Registration
- Shirts & Bib Table
- End of the race flowers & race ribbons
- Snack Table
- Informational table

Contact Beronica at 707-825-8345 for more info.

Raffle Ticket Tabling
Enjoy the lively Arcata Farmers Market while selling Vacation Raffle tickets on May 11th & 18th and Saturdays through June from 9-11am or 11-1pm!
Contact Beronica at 707-825-8345 if interested.

North Coast Journal's "Best of Humboldt" starts on May 1st.... Vote for BGHP, daily voting through May 30th is encouraged! Under the BONUS section... Nonprofit and/or Local Cause. Thank you!
https://boh.northcoastjournal.com/
Join us!

CONFIDENCE AND FINANCIAL PEACE OF MIND WORKSHOP

725 Sixth Street
Eureka, CA 95501

Wednesday, May 22nd, 2024
5:30 to 7:00 pm

Premier Financial Group
Fiduciary Wealth Management

Breast and GYN Health Project is pleased to sponsor an educational workshop for our supporters and the community!
RSVP
Please RSVP by calling BGHP (707)825-8345 or email rosegz@hcbhp.org

THE EVENT
Join us for a discussion on wealth management for financial peace of mind. Learn about organizing your finances, securing income, managing investments, navigating markets, finding financial coaches, and gifting strategies.

THE PRESENTERS

Teresa Conley, CFP®
Vice President, Principal, Advisor

Kyla Orr, FPQP®
Advisor

LOOKING FOR:
Potential Board of Directors

- Are passionate about women's health?
- Do you have personal experience with breast or gynecologic cancer, or know someone well who has had this experience?
- Are you Native American, Latinx or a Person of Color (BIPOC)?
- Do you have experience in nonprofit finance, fundraising, administration or event coordination?
- Are you ready to commit to raising the money needed to keep the BGHP healthy and active in our community?

If you can say yes to at least two of the above AND you have time and energy to give to the BGHP please explore the opportunity to serve on the Board of Directors.

We are a “hands-on” board in service to BGHP’s Mission. Monthly meetings plus committee work and fundraising participation are required. The board supports and ensures the excellent work of our grassroots organization.

Email Rose if you are interested!
RoseGZ@hcbhp.org
Twice a year newsletter

If you only get the monthly eNews and you’d like to get the twice-yearly newsletter, please send us your mailing address.

Subscribe

Click Here to View our Spring Newsletter
Special Thanks to:

- Thank you everyone selling and buying Vacation Raffle tickets
- Thank you to all who donated via Safeway Foundation through the month of April
- Thank you Tiffany, Marion, April, Cindy, Genia, Fatima, Diane, Mary, Debbie, Rena, Jane and Fry for helping with the Spring Newsletter mailing
- Thank you Hannah Swope Cal Poly Intern for all of your hard work
- Thank you Vacation Raffle Committee for calling volunteers to help with this year’s vacation raffle
- Thank you Jessy, 6RRC’s Atalanta’s Race Director, for helping BGHP’s Atalanta Committee
- Thank you Genia for assistance with Financial Planning mailing
- Thank you to everyone in our Give, Every, Month (G.E.M) Club. You keep BGHP steady through the good times and hard times.
- Thank you hat knitters and journal makers
- Thank you to everyone who donates in memory or in honor of loved ones
- Thank you to folks donating during Atalanta Race
It's Possible Because of YOU!

**Board of Directors:** Ann Jadro-Bettiga (Past President), Genie Brady (President), Celena Donahue (Secretary), Keri Furtado, Betty Cortez-Garcia, Sabrina DeLashmutt, Carla Diaz, Becky Giacomini, Lancey Johnston, Priscilla Lynn, Spencer Peña, Karen Roemke (Treasurer), and Susan Rasmussen (Minute Recorder)

**Warmliners:** Beryl Feldman, Debby Harrison, Lori Hendrick, Marion Lauter, Margie Nulsen, Felicia Oldfather, Ilene Poindexter, and Melinda Wilson

**Support Group Facilitators:** Sally Coyne, Amanda Devons, Carolyn Lehman and Sue Lee Mossman

**Services & Office Support:** Jane Kikendall (Medical Records Binders), Eva Laevastu (Salesforce & Website), Karen Roemke (Library) and, Terry Bean (Chemokits)

**Gardeners:** Ingrid Bailey, Mary Lou Bertolini, Betsy Ferguson, Helen Giacolone, Melinda Wilson and Rebecca Zettler