

TEAM Survivor

N O R T H W E S T

SUMMER 2013

SUMMER TIME IS DRAGON BOATING TIME!

BY SUSAN BARNES, TSNW MEMBER AND PADDLER

The TSNW dragon boaters welcomed nine new paddlers to Survivor Sake this year. The team, including the newbies, competed in three out-of-town race events — in Olympia, Portland and Kent.

The racing season closes with the **Seattle Dragon Boat Festival** on Lake Union, a benefit for TSNW. The team, led by Captain Kathleen Sallee, Co-Captain Judy Wolcott and Coach Jules Halvarson, is celebrating a successful 2013 season during which paddlers improved their skills and their times over 2012 and had a heck of a good time doing so.

Survivor Sake paddlers are looking forward to two more months of sharpening their skills on Lake Washington and hope to welcome more newbies to join the fun in August and September. No need to wait until next March.

There is plenty of time left in 2013 to learn the sport. Come try us out!



WHAT DO YOU THINK?

BY BRENDA FROST, TSNW BOARD OF DIRECTORS VICE PRESIDENT

As part of our strategy work, the TSNW Board is embarking on a strategic planning process and we want to invite you to be part of that work. It is important for us to periodically look at our work to be sure that we are fulfilling our mission through our programs and activities. This helps us ensure that we are providing the programs and activities that meet the needs of our members and provide the most value.

We have formed a committee to move this process forward:

- Brenda Frost, Board Vice President
- Karen Johnson, Advisory Board
- Adrienne Coleman, Outreach Coordinator
- Alicia Supernavage, Associate Director

Where do you come in?

We've identified several groups that are important to Team Survivor Northwest and we will be reaching out to gather input. The first part of this process will be an online survey. You can expect to receive a link to that survey right around August 16. We ask that you take time to respond by August 27. Next, we will be conducting community meetings. At these meetings, we will present the results and ask for your feedback and thoughts. We are scheduling those sessions the week of September 9 in the evening. If you are interested in being part of our community meetings, please contact Adrienne Coleman, TSNW Outreach Coordinator (outreach@teamsurvivornw.org) directly or you can respond in the survey.

We will keep you updated on our progress and report our findings at our Annual Member Meeting in early 2014.

Questions? Feel free to reach out to any of the committee members. We look forward to hearing from you!



The mission of Team Survivor Northwest is to support women in their cancer recovery through empowering programs of physical activity and health education.

Phone: (206) 732-8350
www.teamsurvivornw.org

WHAT A GREAT WALK WITH FRIENDS!

What an amazing walk! Held at Marymoor Park, this year's *Walk With Friends* raised over \$27,000 for Team Survivor Northwest programs. Exactly 200 walkers in 25 teams joined us for a great 5k course along the Sammamish River Trail.

Top Fundraising Teams included Survivor SAKE, TSNW Urban Hikers, The K Team and Team Okojobi.

The teams with the most walkers were Survivor SAKE, The K Team and Team Caroline.

Our top individual fundraiser was Marguerite George.

Thank you to all of our fundraisers for your patience with our new online fundraising tools. And thank you to our volunteers who kept all of our walkers moving in the right direction! Keep your calendars open for next year's walk in mid-April! Great job to Chairs Nora Smith and Paula Tomlinson and the entire committee.

Special thanks to our Presenting Sponsor, Pawsitive Packleader, and our sponsors Fleet Feet and Athena Water!

GIVEBIG

A BIG thank you to everyone who donated to TSNW on May 15th through The Seattle Foundation's GiveBIG. GiveBIG was a tremendous success by raising \$9,700 from donors and The Seattle Foundation's stretch money. The Seattle Foundation's GiveBIG is a one-day, online charitable giving event to inspire people to give generously to nonprofit organizations who make King County a stronger, more vibrant community for all. GiveBIG is designed to raise money for the more than 1,300 nonprofit organizations that are profiled on The Seattle Foundation's website.

Walk With Friends



PRESENTING SPONSOR:



MESSAGE FROM THE BOARD OF DIRECTORS

BY KERRY BRANNEN,
TSNW BOARD PRESIDENT

My name is Kerry Brannen and I serve as Team Survivor Northwest Board President. Six years ago, I began volunteering with TSNW to support my mom as she trained for her first ever triathlon. Since then I've had the privilege of volunteering with a number of programs (marathon training, mountain climbing, and hiking) and getting to know many of our members. Working with these inspirational women motivated me to join the Board.

As Board liaison to this year's Gala team, I am excited to announce the **Team Survivor Northwest Annual Gala and Auction** will be held on **Saturday, October 19th from 6-10pm** in the Grand Ballroom of The Bellevue Hilton. The evening includes a cocktail reception with silent auction followed by dinner and live auction. The Annual Gala is crucial in providing the programs our members enjoy by raising over 50% of our yearly funds in a single night! The 2012 Gala was an incredible event. The hard work of the gala committee, combined with your contribution of buying tickets, donating auction items and generous bidding set the bar high for 2013.

Shortly after the 2012 Gala came to a close, this year's Chairperson Jody Veeder and the gala committee started working hard to make this year the biggest and best ever. Tim Leahy returns as our auctioneer extraordinaire setting the stage for a fun-filled evening of bidding on new and exciting auction items. New this year, Michelle Millman, KIRO 7 news anchor and cancer survivor, joins the team as gala emcee. The night will hold many favorite gala traditions (hint: get your running shoes ready for the Dessert Dash) as well as some new surprises (buy a \$50 Golden Ticket; raffle winner to select a Live Auction item).



2013 ANNUAL GALA COMMITTEE AT RALLY ON THE ROOF
Photograph Courtesy of Danielle Giles

There are 3 simple ways you can help us reach our \$120K goal:

- **Buy tickets** to attend the Annual Gala and Auction on Saturday, October 19th with family and friends (\$100/person or \$900/table of 10)
- **Donate** an auction item - for example: tickets, trips/getaways, unique experiences, gift certificates
- **Volunteer** as a Table Captain by encouraging friends and family to join your table or volunteer to help out during the auction

To learn more, visit:
www.teamsurvivornw.org/gala

The committee is working hard to create an extraordinary evening and your generous participation is going to make it the best ever! I look forward to seeing you, your friends and family at the Annual Gala and Auction on Saturday, October 19th.

Thank you from the TSNW Board and staff for your continued support and participation. You are what it's all about!

TSNW 2013-14 IMPORTANT DATES

AUGUST

18 Iron Girl Triathlon

SEPTEMBER

21 Tour de Whidbey Ride

OCTOBER

19 Fall Gala - Bellevue Hilton

DECEMBER

1 Seattle Marathon and Half Marathon

JANUARY 2014

24-26 Annual Fitness Retreat at Fort Worden

APRIL 2014

27 Save the Date! - Walk With Friends 5K

WAYS TO SUPPORT TEAM SURVIVOR NORTHWEST

TSNW supports female cancer survivors as they reclaim their bodies, spirits and lives. Cancer and its treatment often leave people physically and financially drained. Therefore, TSNW is committed to providing fitness programs that support women in regaining their strength and vitality free of charge to members.

To continue to offer programs such as Active Women/Healthy Women, Dragon Boating, Triathlon Team Training and the Annual Fitness Retreat, we rely on the generosity of people like you. Your generosity insures that female cancer survivors have a place to go to reclaim their future. There are many ways to give to TSNW:

Donate Online

There is a link on our website (www.teamsurvivornw.org) through which you may make a secure donation. Just click on Donation on the front page of the website. You will be linked to our donations page.

Mail us a donation in the form of a check or money order

Our address is 200 NE Pacific St. Ste. 101, Seattle, WA 98105

Support Team Survivor Northwest through Amazon.com!

Use this link and a portion of your purchase will go towards TSNW.
http://www.amazon.com/?_encoding=UTF8&tag=teamsurvornort-20&linkCode=ur2&camp=1789&creative=9325

Employer Gift Matching

Your employer may have a gift matching program. If they do, we will supply the necessary paperwork for your employer. These employers have given matching donations to TSNW in the past: Microsoft, Starbucks, The Bill and Melinda Gates Foundation, Merrill Lynch, Macy's, Nintendo

Charitable Bequests and Wills

The language in your will can be as simple as the following phrase: "I hereby bequeath to Team Survivor Northwest, 200 NE Pacific St, Suite 101, Seattle, WA 98105...(state dollar amount, percentage or other asset being given)."

Make it Automatic: A monthly contribution program to Team Survivor Northwest

You determine the amount of your monthly contribution, e.g. \$25, \$50, \$75

You decide whether to charge your credit card, debit card or checking account

Each month TSNW will automatically receive your contribution to support our ongoing programs.

You may change your contribution amount or exit the program at any time – please allow 2 weeks for processing

TSNW uses Click & Pledge for processing. This is a commercial, secure site for processing credit card and banking information. Accepted credit cards are: Visa, MasterCard and Discover. Click & Pledge can process contributions from banks and credit unions as well.

WISH LIST

There are many ways to give to Team Survivor Northwest. One way is to donate any of the items listed below.

We appreciate all the ways you share your time, talent, and treasure with Team Survivor Northwest and the women we serve! **Contact Alicia at (206) 732-8350 for more information.**

- Newsletter printing
- Computer and tech help- cash to hire a professional or volunteer time
- Combined office & program space
- Office supplies: copy paper, permanent markers, toner cartridges, etc.

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Adrienne Coleman
Outreach Coordinator
outreach@teamsurvivornw.org

TSNW THANKS OUR SPRING 2013 DONORS

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You're Cordially Invited

Team Survivor North West Annual Auction & Gala

Saturday, October 19, 2013
6:00pm – 10:00pm
Hilton Bellevue Hotel

300 112th Avenue SE, Bellevue, WA 98004
Parking and entry on lower level—FREE PARKING
Cocktails | Dinner | Auction
\$100 per person or \$900 for Table of 10
Cocktail Attire

To learn about fun and rewarding Gala Volunteer Opportunities, contact **Jody Veeder** at jveeder@wavebroadband.com Or call at 425.530.9035

Register to attend the Gala or make a donation in lieu of attendance, at teamsurvivornw.org/gala



THE BIGGEST EVENT OF THE YEAR IS ALMOST HERE

Team Survivor Northwest's Annual Gala, "Celebrate Under the Stars" is just around the corner this October 19th, 2013!

From 6:00 p.m. to 10:00 p.m. at the Hilton Hotel in Bellevue, you will be entertained by the best with food, beverages and a silent and live auction. We invite YOU to come celebrate with us!

COME VOLUNTEER AT TSNW'S GALA!

If you aren't planning to attend Team Survivor's Gala on October 19th, consider volunteering for the event. It's a great way to give back to Team Survivor and enjoy the Gala. We are already planning for the event and need lots of volunteers!

We need over 30 volunteers to run this fabulous event. Join us by donating your time before or during the event. Opportunities are varied; helping with set up, monitoring auction tables, picking up desserts, helping with the live auction, auction runners, greeters and wine table sales.

Contact Paige Hansen-Shankar at paige.hshankar@gmail.com.

OTHER VOLUNTEER OPPORTUNITIES:

- Outreach ambassador 5 hours per week
- Tech volunteer 5 hours per month
- Program volunteer 5 hours per week
- Event coordinator monthly 20 hours
- Grant writer monthly 20 hours

JOINING TEAM SURVIVOR NORTHWEST



Joining is easy and membership is free. Membership is open to any woman with a past or present diagnosis of cancer at any stage of treatment and any fitness level.

To become a member and be eligible to participate in all of the great fitness classes offered, simply fill out the membership forms found at teamsurvivornw.org and send them to the Team Survivor Northwest office at 200 NE Pacific Avenue, Suite 101, Seattle WA 98105. Or call Alicia at (206)732-8350. She will be glad to send you copies of the forms. Once the completed forms arrive in the office, you will receive your membership card that is your ticket to the many wonderful programs of Team Survivor Northwest.

Come join in the fun, fitness and friendship that is Team Survivor Northwest. Together, we will climb mountains, survive and thrive!

Team Survivor Northwest has a spectrum of fitness programs to assist you in your recovery and survivorship. Please visit www.teamsurvivornw.org for more program information.

PROGRAMS

ACTIVE WOMEN, HEALTHY WOMEN

BY KERRI SCHILLER,
TSNW PROGRAM MANAGER

If you've never tried an Active Women, Healthy Women class, you should give it a try! This class is unique- the instructors have the ability to tailor the class to your fitness level.

Why strength training?

We naturally lose muscle as we age and cancer treatments can cause us to lose even more—but regular strength training (sometimes called weight lifting) builds your muscles back up again, sometimes even stronger than they were before treatment! Stronger muscles help you do just about everything better and with less

effort. It can improve your golf game, make you a stronger paddler, or simply make it easier to lift the kids or grandkids.

Why Active Women, Healthy Women?

Active Women, Healthy Women (AWHW) is a safe, fun way to do strength training under the guidance of an instructor who understands the issues faced by cancer survivors.

Strength training benefits women of all ages and fitness levels. And recent studies have shown strength training is safe and effective for cancer survivors - even for those who have lymphedema or are at risk of developing it.

See our website for more information about Active Women, Healthy Women classes and all of our other programs.

WHERE CAN I TRY IT?

New AHW classes starting soon:

Swedish Issaquah

July 10 – August 14: Wednesdays 6-7pm
Sept. 16 – Oct. 21: Mondays 6-7pm

Swedish First Hill

July 11 – August 15: Thursdays 10-11am
Oct. 10 – Nov. 14: Thursdays 10-11am

Highline Cancer Center in Burien

Thursdays 3-4pm

Ongoing AHW classes:

Sportzal Fitness Studio, Bellevue

Thursdays 6:30-8:00pm

Queen Anne Community Center

Wednesdays 5:30-7:30pm

PROGRAMS AT A GLANCE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Active Women/Healthy Women <i>Port Hadlock</i> 4:20 – 5:20pm Active Women/Healthy Women 9/16-10/21 <i>Issaquah</i> 6 – 7pm Swedish Medical Center	Dragon Boating <i>Leschi</i> 6 – 8pm Leschi Marina	Active Women/Healthy Women <i>Seattle</i> 5:30 – 7:30pm Queen Anne Community Center Active Women/Healthy Women 7/10-8/14 <i>Issaquah</i> 6 – 7pm Swedish Medical Center Midweek Trail Hiking <i>Various times and locations</i>	Active Women/Healthy Women 7/11-8/15 and 10/10-11/14 <i>First Hill</i> 10 – 11am Swedish First Hill Nordic Walking 10:30am – noon <i>Various locations</i> Active Women/Healthy Women <i>Burien</i> 3 – 4pm Highline Cancer Center Active Women/Healthy Women <i>Bellevue</i> 6:30 – 8pm Sportzal Fitness Studio	Urban Hiking 9am <i>Various locations</i>	Dragon Boating <i>Leschi</i> 9:15 – 11am Leschi Marina
Outdoor Cycling and Triathlon Training — Various days and times						

200 NE Pacific St., Suite 101
Seattle, WA 98105

Please notify the TSNW office
if you would like to be removed
from our mailing list.

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*The mission of Team
Survivor Northwest is to
support women in their
cancer recovery through
empowering programs
of physical activity and
health education.*

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www.teamsurvivornw.org