Thank you to Koichi Kitazumi for the following summary on this year’s 13th Annual Seattle Dragon Boat Festival. In addition to the numerous folks that Koichi highlights, Team Survivor Northwest would like to thank the fabulous announcer, David Mentz, who did a wonderful job of calling out each race at the festival; all the organizers who helped make the event a success; and the Survivor SAKE Dragon Boat Captains, Lisa Black and Jill Landback, whose leadership helped net $732 for the organization through the TSNW raffle. Job well done, to all of you!

The 13th Annual Seattle Dragon Boat Festival was a complete success. The committee which was comprised of Albert Ting, Jean Vye, Jules Halvarson, Koichi Kitazumi and Michelle Locke set out to do two things this year; raise awareness and funds for Team Survivor Northwest and heighten the overall experience of the festival.

Whether you were a racer, spectator or just a casual passerby, the committee envisioned the festival through the lens of an attendee and created customized experiences just for them. The video monitors which displayed race results, live racing and spectacular scenery from a drone was just one of the many upgrades added to the scale of the event. The large beer garden, additional vendors and the good weather made for a great event.

This event could not function without all the assistance we got from our Vollies (volunteers). Not only was the turnout of vollies amazing, but they were very friendly and helpful which also adds to the overall experience. The festival would like to also recognize Lisa Harkins, Troy Nishikawa, Team Starbucks and Team Sunrise for their behind-the-scenes hard work to make the event flow seamlessly without flaw.

Of course the highlight of the day was the Cancer Survivor ceremony. It’s always inspiring to bring the fast paced racing schedule to a halt and take a very intimate timeout to recognize the impact that cancer has had to our families, friends and community. TSNW has always been a shining example of life after cancer recovery. It is with great honor that this festival is able to be associated with and to support TSNW over the last 13 years. We look forward to continued support and creating further awareness of TSNW’s recovery programs.

We are still in the midst of closing the books, but we are confident in our fundraising efforts for TSNW. This year we did not nearly reach the potential of what we feel this event could fundraise, but it created a template for what could be a great opportunity for next year. Grants, sponsorships and a bigger race grid will all add up to a larger contribution to TSNW.

The continued partnership between the Festival and TSNW is strong. Further collaboration and planning will strengthen the partnership to create a great experience for racers and festival attendees alike.

A very special and heartfelt thanks to Koichi Kitazumi for contributing this summary for our newsletter and for your wonderful leadership of the Dragon Boat Festival!
Long-time Dragon Boaters celebrate their 80’s

Did you know that the Survivor SAKE Dragon Boat Team boasts a combined survivorship of 150+ years and that 4 of our amazing boaters are over 80? That’s an impressive statistic and speaks to the research that shows being active is good for your mind and body!

Seated left to right:
Lorraine Hansen;
Bev Wagner;
Judy Wolcott;
Dana Isherwood
Donation deadline is Sept 15.
Registration deadline is Sept 23; register [here](#).
Sign-up to volunteer [here](#).

As many of you know, the Team Survivor Northwest’s Annual Gala and Auction is a little over five weeks away and will take place on October 1st at the Meydenbauer Center in Bellevue. We’ll open the doors at 5:30 for a cocktail hour and silent auction, then move into the main dining area for dinner and the always fabulous live auction. Our gala committee is hard at work fine-tuning all the details that make our gala such a special evening.

Here’s a sampling of some of the amazing items in the auction this year:

- an overnight stay with breakfast and dinner at Cave B Winery overlooking the Columbia Gorge,
- a robotic car building party for 8 at Impinj and
- an amazing Seahawks package that includes 2 club level seats, 2 pre-game side line passes, 2 tickets to the “Celebrity Suite” and much more.
- Also, back by popular demand is our restaurant bidding frenzy, dessert dash and 50/50 and Golden Ticket raffle.

A special shout out to the many organizations and companies that are helping to make this event possible, in particular the Seattle Cancer Care Alliance (SCCA), which is underwriting this year’s Gala. Through our partnership we continue the fight against cancer and to spread the message of hope through TSNW programs and activities and the outstanding physicians and nurses at SCCA. Thank you for your support. SCCA! We cannot do this without you!

If you have not done so already, now is the time to register for this year’s gala!

Have 9 friends, family and/or coworkers you’d like to bring? Purchase a table for $900 and be a table host for the evening. Believe me your guests will thank you for it. (We’re told our gala is the most fun of any galas people have attended!)

Want your friends to register separately? Easy enough. Become a table captain by reserving a table, giving it a name and telling your guests to note the name when they register.

Can’t make the gala but want to support TSNW? Choose one or more of the following:

- Donate a registration fee for another member to attend
- Donate auction items (ideas below)
- Volunteer to set-up the morning of the gala
- Volunteer to help pick up donated items

Keep those donations coming! Thank you to everyone who has already donated for the auction! We are still looking for more items. Some ideas are private dinners/dinner party, weekend retreats, sailing adventures, balloon rides, sports tickets, spa packages, restaurant gift cards, wine, children’s dress up trunk and artwork. Don’t feel shy as we can always package smaller items together to make a glorious basket.

We are still looking for volunteers for the gala itself. To sign-up to volunteer and select the duties you prefer visit [http://signup.com/go/6KcFRs](http://signup.com/go/6KcFRs).
8th Annual Thrill the World at Redmond Town Center—October 29

How do you Thrill the World?

By dancing to *Thriller* of course! TSNW is pleased to be selected as the non-profit charity partner for this year’s Thrill the World event sponsored by Redmond Zombies. This is a great family event – really! The event takes place on Saturday, October 29. The festivities start at noon with the worldwide dance at 3:00pm. All proceeds go directly to TSNW to support our programs.

Classes are taught by Master Zombie Teresa Osborn and Co-Master Zombie Brenda Frost.

**Seattle classes**: Tuesdays, Sept. 27 through Oct. 25, 6:30-7:30pm at First Church Seattle. Registration begins at 6:15pm Sign-up [here](#). Classes are $5.

**Eastside classes**: Saturdays, Sept. 24 through Oct. 22, 10:30-12:00 at Redmond Senior Center. Sign up by calling Redmond Senior Center at 425-556-2314. Classes are $5 in advance; $7 at the door.

Don’t want to dance? We need volunteers on the day of the event to help with set-up, staffing our TSNW booth, crowd control, registration, and clean-up.

Want to see what all the excitement is all about? Check out photos and videos from past years [here](#).

Meet the Board—Mark Brandjord

Like many of you, I have personal connections to the brutal impacts of cancer. As a result, finding ways to eradicate cancer has become very important to me; and my hope is to see the end to cancer within my lifetime. Unfortunately, we still appear to be a long way from realizing that dream. Until that dream can become a reality I have decided to spend some of my time and resources assisting organizations that support cancer survivors. Helping TSNW allows me to honor my wife and her fight against cancer, and to make a contribution to the fight that others have undertaken.

Support Team Survivor Northwest by shopping on Amazon!

If you’re getting ready to shop on Amazon, use this [link](#). You’ll be directed to the Amazon home page and then you can shop like normal. Amazon will donate 6% of what you spend back to Team Survivor! Giving made easy.
Hikers summit Mt. St. Helens

We’d like to congratulate the 2016 Team Survivor Northwest mountain climb team (Karina Miller, Gloribel Mondragon, Paula Tomlinson and Sarah McMurchie) who completed 15 training hikes that culminated in a successful summit of Mt St Helens on August 15th!

Team Survivor Northwest trains a group of women each year to summit a peak in Washington state. The training varies depending on the goal peak, but typically includes approximately 15 different weekend training hikes from March through August. These hikes not only build strength and endurance; they are also an opportunity to enjoy the beauty of Western Washington and get to know fellow members and supporters better. If you’re interested in training with the group next year, please contact the TSNW operations manager (operations@teamsurvivornw.org).

September 11—Women of Wonder 5k and 10k @ Greenlake; register
October 1—Annual Gala & Auction @ Meydenbauer Bellevue; register
October 29—Thrill the World event @ Redmond Town Center; register to learn; register for the event

Mark your calendars now so you don't miss these great events.

Get ready for 2017. Do you have an upcoming appointment with your doctor? Why not take your membership form along and get it signed! This is a liability insurance requirement for us — thanks for your help!
To get on the email list for ongoing programs, contact Jamaica at operations@teamsurvornw.org

ON-GOING ACTIVITIES:
Thu/Sun Run/Walk team work-outs
Tue/Sat Dragon Boat Practice
Wed Mid-Week Hikes
Thu Nordic Walking
Fri Urban Hiking

Find an AWHW class near you!

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<td>Mondays</td>
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<td>6:30-7:30</td>
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<td>Burien</td>
<td>Thursdays</td>
<td>3:00-4:00</td>
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Seattle Yoga Arts is offering TSNW members a 10% discount from January to June 2016. Visit SeattleYogaArts.com for the

Mark your calendars for the annual member meeting. We are grateful to Brooks for hosting our meeting again this year. This is the perfect opportunity to upgrade your running shoes before the meeting starts.

**Annual Member Meeting**

**NEW DATE: January 19th**

6-8pm
Brooks Trailhead
3400 Stone Way N.
Seattle, WA 98103