Another Successful TSNW Gala

By Linda DeStephano

The 2016 TSNW Gala & Auction was a huge success and resulted in raising over $114,000 to help fund health and fitness programs that benefit women cancer survivors. Brenda Frost and Linda DeStephano were the gala co-chairs for “an evening under the stars” at the Meydenbauer Center on October 1st, where over 225 guests attended. While enjoying champagne, wine, coconut shrimp and other appetizers, guests strolled through the silent auction area and bid on an amazing array of items. A live auction and scrumptious dinner followed, where the bidding was fast and furious. Winning bidders left with premier artwork, vacation packages and certificates for experiences including a robot building party, a private party live performance by a popular band, and exclusive Seahawks tickets and autographed memorabilia.

The Seattle Cancer Care Alliance was a major sponsor for the gala and the wine was again generously underwritten by Chateau Saint Michelle Winery. Many health care providers were in attendance, including The Polyclinic, Seattle Cancer Care Alliance, Overlake Hospital and Red Cedar Wellness. We also appreciated Julie Canas travelling up from the Bay Area to remind us of the importance of exercise on our health and wellbeing. Dr. Julie Gralow and Dr. Laura James presented the Gralow Award to Paula Tomlinson, for her tireless dedication to TSNW, including serving as a board member for over 8 years, training cancer survivors to summit mountains and generously providing monetary donations that impacted various TSNW programs. A special thanks to our photographer, Natalia Dotto, for her beautiful photos. Visit the TSNW website to get access to her photos.

A large group of volunteers helped make the gala a success and TSNW is forever grateful. We hope to see
Seattle Dragon Boat Team

Dragon Boat season has officially ended for the year. Our end of season/holiday party is planned for December 18th. As a team, we love spending time together, so parties are one way that we stay connected during the off-season. During the past year, in addition to our races in Olympia, Kent, and Seattle as a survivor team, some of us also raced with Club SAKE, our umbrella Dragon Boat club. Club SAKE just had its ‘end of season’ party and several TSNW paddlers received special recognition. Keiko Yanagihara received an award for highest attendance as well as her overall contributions to the team. Survivors and non-survivors alike gave her a standing ovation. Laurie Cogan received an award for “Most Improved New Paddler” on the survivor team. Karyn Ostfeld was awarded Club SAKE “Rookie Coach of the Year.” We look forward to the start of next season around the beginning of April 2017. Mark your calendar for the Dragon Boat orientation meeting to be held on March 25 from 9-12 at SCCA first floor conference room. We love having new paddlers join us.

WOW—Women of Wonder 5k and 10k

Once again Team Survivor Northwest was the proud beneficiary of the Women of Wonder 5K/10K, held on September 11 at Greenlake. More than 600 women, many dressed in Wonder Women outfits, lined up at the start line for what has become a festive and much anticipated event for fitness enthusiasts throughout the Puget Sound area.

The event started with a bang on a chilly Sunday morning with the Little Wonders race. Kids ages 10 and under competed in an 800 yard dash and the competition was fierce! TSNW provided more than a dozen volunteers who helped with registration, finish line duties and overseeing finisher medals. A big shout out to a number of teens from Seattle Preparatory School and Ballard High School who came to help along with a squad of Bishop Blanchet Cheerleaders who cheered for racers on the course. Their enthusiasm really helped racers along the way.

All participants were treated to a wine and mimosa garden, free pre-race yoga, hot pink technical racing shirts, and a finish line festival that featured a fun awards ceremony.

At press time, Promotion Events, the company that runs the Women of Wonder 5K/10K, was still calculating the total proceeds to be donated back to TSNW. It is anticipated it will be upward of $600. TSNW thanks Promotion Events for partnering with us and we look forward to another successful event next fall! Keep an eye out for the 2017 date as you plan your exercise calendar!
**TSNW Holiday Giving Campaign**

We’re calling on all our supporters to help us ring in the new year right by donating to Team Survivor Northwest. We’re looking to raise $3000 which will help us fund new projects and programs in 2017. Your donations have helped us hire amazing staff (Thank you Jamaica and Abbe!), keep our programs at no cost to our members, and continue to find new ways to support our members. These are just a couple physical examples of what we can do with your donations. Won’t you please give this year? If every member gave $25, we would raise over $5000. Make it part of your holiday tradition.

And if you’re tired of getting little trinkets for the holidays, tell your friends and family to donate in your name to TSNW. Go to our website for a message you can copy and send to your friends—either in your annual holiday card or via email.

And thanks for giving to Team Survivor Northwest!

**TSNW Annual Retreat**

It’s hard to believe it’s almost December, but prepared or not, we’ll be filing taxes and making plans for next summer sooner than we think, while still showing up at work and showing up for our friends and our family. Often in the midst of our busy lives we expend so much, and lose track of what we need to replenish.

*Team Survivor Northwest* has organized a one-day retreat titled, “*Self-Care: Because You Can’t Pour from an Empty Cup.*” This day is all about learning to care for you, how to keep those cups full day in and day out. We have three amazing speakers scheduled who will touch on topics such as holistic eating, starting over, and mindfulness as well as some great fitness classes, because as we all know exercise is the number one way to stave off cancer recurrence, and well shucks, it’s what we do.

This is a not-to-miss event. Registration will be open Monday, December 5. We will have limited availability so don’t wait to register. In the meantime please mark your calendars for **Saturday, February 25th from 9-5pm, Spring Street Center in Capitol Hill.**

**Meet the Board—Lisa Black**

I joined TSNW in early 2010, two weeks out of treatment for breast cancer. I’ve been devoted to the organization ever since. I have participated in Active Woman/Healthy Woman, never missed a retreat, served as finance chair for the Gala in 2013 and have become an avid Dragon Boat paddler. This organization, and the women in it, have meant so much to me and to my partner Bob that we’re both very invested in doing whatever we can to support TSNW. Several things have come together this year that inspired a desire to be on the TSNW Board. One is that my two year term as co-captain of the Dragon Boat team is coming to an end. The other is that after 17 years at Intel, I decided to retire. I now have more time and really want to increase my contribution to TSNW. I’m hopeful that my years of professional experience in software and program management as well as my love of TSNW will bring value to the board and to the organization.
8th Annual Thrill the World at Redmond Town Center

We had another amazing year performing with people from around the world in a simultaneous performance of “Thriller” on October 29 at Redmond Town Center. Team Survivor Northwest was proud to be the official beneficiary of this annual event. In total, the event raised $8000 for TSNW. The event featured a live band, a DJ, make-up booth, zombification station, and activity booths from TSNW, AT&T, YMCA Sammamish, and Pro Image Sports. Redmond Town Center is a major sponsor every year, and Pro Image Sports sponsored the main stage. Over 300 zombies danced at 3:00pm in the largest gathering in the world. You can check out the photos and official video, and see some of our Dragon Boaters, on the Redmond Zombies website.

Midweek Hiking Group

TSNW’s Midweek Hiking group had a wonderful 2016 season, with fabulous hikes and little inclement weather. Our core leader/organizer extraordinaire Elaine Eigeman passed her organizational duties on to Kim York, who kept us all perking along with timely hike notices, pictures of previous hikes, and inspiration for the next hike.

On our mid-season hike to Glacier Basin on Mt. Rainier, we ran into a number of TSNW member friends, and caught up with them. September’s hikes were to Summerland on Mt. Rainier, Snow Lake, Melakwa Lake and Kendall Katwalk. Congratulations to Keiko Yanagihara, who gets the Perfect Attendance award for making all the hikes, a debt of gratitude for post-hike melons, and the inspiration. And Elaine, too, for getting out there when you could this year. Exercise really is the best thing we can be doing, but the friendships we have made in this group are precious and life-sustaining. Thanks to all of the wonderful hike leaders in addition to Kim York (Pat Livingston, Therese Chambers, Ann Russell, Nora Smith, Lisa Farin, Lynn Prunhuber, Ann Chryst, and Judy Maleng) who helped make this program go in 2016. We welcome new members, especially at the beginning of the season. We look forward to more great hikes in 2017. Join us in April!
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

<table>
<thead>
<tr>
<th>Location</th>
<th>Days</th>
<th>Time</th>
<th>Location Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Port Hadlock</td>
<td>Mondays</td>
<td>4:20-5:20</td>
<td>(Discovery Physical Therapy)</td>
</tr>
<tr>
<td>Issaquah</td>
<td>Mondays</td>
<td>6:30-7:30</td>
<td>(Swedish Medical Center)</td>
</tr>
<tr>
<td>Edmonds</td>
<td>Mondays</td>
<td>7:00-8:00</td>
<td>(Swedish Medical Center)</td>
</tr>
<tr>
<td>Auburn</td>
<td>Tuesdays</td>
<td>5:30-6:30</td>
<td>(Multicare Auburn Medical Center)</td>
</tr>
<tr>
<td>Seattle</td>
<td>Wednesdays</td>
<td>5:30-6:30</td>
<td>(Queen Anne Community Center)</td>
</tr>
<tr>
<td>Bellevue</td>
<td>Thursdays</td>
<td>6:30-7:30</td>
<td>(Cascade Place II)</td>
</tr>
<tr>
<td>Burien</td>
<td>Thursdays</td>
<td>3:00-4:00</td>
<td>(Highline Cancer Center)</td>
</tr>
</tbody>
</table>

Mark your calendars for the annual member meeting—meet the 2017 Board of Directors and Officers, learn about initiatives planned for 2017, and give input on our strategic direction. We’re 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

Do you have a company or product that wants to promote TSNW? Contact Jamaica at the TSNW office to talk about your event.

TEAM Survivor Northwest

TSNW Guiding Principles:
Inclusion – we serve all women, without regard to race, age, color, sexual orientation, gender identity, national origin, physical or mental disability, or religion, with any type of cancer diagnosis, at any fitness and skill level.
Quality – Program delivery is mindful of the physical and emotional sensitivities surrounding cancer.
Access - Our programs are free of charge to TSNW Members and offered within the Puget Sound Region.
Education - We continually share with our community, through a variety of methods, important and emerging information related to cancer survivorship.
Support Team Survivor Northwest by shopping!

Buy a pre-loaded PCC Natural Markets Scrip Card at the Team Survivor Northwest office for $20. TSNW automatically receives 5% of all purchases made using your card. You can use the card at any PCC store and recharge it at any location.

Did you know that you can get discounts just for being a card carrying member of TSNW? Show your membership card at the following businesses to get a special member discount:
- Recycled Cycles
- Sylvia’s Swimwear
- Escape Outdoors

We're on Facebook! TeamSurvivorNW - Seattle

If you’re getting ready to shop on Amazon, use this link. You’ll be directed to the Amazon homepage and then you can shop like normal. Amazon will donate 6% of what you spend back to

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

January 19 — Member Meeting at Brooks Headquarters
February 25 — TSNW Annual Retreat
March 4 — Annual TSNW Snowshoe Trip
March 25 — Dragon Boat Orientation; SCCA, 9am-12n

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!