Join us in celebrating 22 years of Team Survivor Northwest!

We will honor past supporters and greet new friends in the style of the *roaring twenties*. Come as you please, in 1920’s high fashion style or just as you are. Enjoy a silent auction and reception, games of chance, delectable dining and a live auction and celebration.

Registration is now open for the 2017 TSNW Annual Gala and Auction. This year’s beautiful gala website hosts some exciting new features including:

- Online auction procurement forms
- Enhanced sponsorship opportunities
- Gala catalogue to see auction packages as they come in
- Program-inspired donation levels

**Saturday, October 14th  5:30pm**

**Meydenbauer Center**

**Bellevue, WA**

**REGISTER TODAY:**  [https://tsnw.ejoinme.org/gala2017](https://tsnw.ejoinme.org/gala2017)

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Alki Beach is located at 1701 Alki Ave. SW in West Seattle. We will be using Shelter 1 as indicated in this map and tables 3-10. Feel free to bring beach chairs and umbrellas to use on the beach.

For more info visit: [http://tinyurl.com/y8vg23kf](http://tinyurl.com/y8vg23kf)
The celebrating Life Dragon Boat Festival

Will take place this Saturday, July 22nd, at Lake Sammamish State Park in Issaquah.
The TSNW Dragon Boat team, Survivor Sake, will be competing so mark your calendars and come cheer them on. While you’re there enjoy some good food and entertainment.

Things to enjoy at the festival:

- Dragon boat races
- Raffle
- Entertainment
- Fun stuff for kids
- Vendors

Don’t miss out on this time-honored TSNW event. The annual Dragon Boat Festival brings together Dragon Boat teams and enthusiasts from across the state. Bring your friends, curiosity and your sun hat for a fun day on the lake. Help us cheer on Survivor Sake as they race to the finish. Our TSNW DB team just competed in the Kent race this past Saturday and they are pumped and ready to bring their enthusiasm and skills to their own backyard and we couldn’t be more excited. If you’ve never been to a Dragon Boat Festival and don’t know what this whole thing’s about, come join us this Saturday. You’ll be glad you did! For more info visit: http://celebratinglifedragonboatfestival.com/wp/.
It's been a wonderful summer in the beautiful Pacific Northwest and the long days and pristine dry weather have provided perfect conditions for the group of Team Survivor Northwest members training to summit Mount St. Helens this fall.

Led by long-time TSNW member and veteran climber Paula Tomlinson, the Mount St. Helens Fundraising Climb will take place on September 6. Tomlinson, who has led the TSNW annual fundraising climb since 2014, is expecting approximately 18 climbers, which will require breaking the team into two groups.

Tomlinson has numerous years of experience as a climber – summiting Mt. Baker, Mt. Adams (three times), and Mount St. Helens (twice – this will make it three) – all with TSNW. Asked what she loved the most about leading TSNW climbs, Tomlinson said:

For me the highlights are getting to know new members and the camaraderie that we build during the training hikes. There are usually a few members who find the training a little more challenging than the rest and have to work just a little harder, and seeing those members achieve a goal they never thought possible is very rewarding. I enjoyed team sports when I was in high school, and these climbs (as well as the training) are very much team efforts. It’s a great experience to see members helping each other during the train-

As part of the training, each climber is working toward fundraising at least $500 for TSNW. Anyone interested in supporting a climber can find the donation form by heading to this link: http://tinyurl.com/yaggkc3z. To view more pics visit: http://tinyurl.com/y8zc6p5l.

Tomlinson encourages all TSNW members to consider joining a climb sometime in the future. She suggests that anyone interested in working up to a climb should start by checking out TSNW’s Intro to Hike program or TSNW’s Urban Walking or Active Women/Health Women classes.
Our TSNW triathlon team has been training hard since May. With the enthusiasm and leadership of Coach Denise Geroux, these dedicated women will swim, bike and run their way to victory on **August 12th**, and we at TSNW couldn’t be more proud. Come cheer for them at **Lake Meridian Park in Kent** next month. For more race info visit: [http://regtorace.com/](http://regtorace.com/)
Bellevue College Women’s Softball Team Partnership

Back in May we received an email from Leah Francis, the coach of the Bellevue College Women’s Softball Team, telling us they would like to name TSNW the charity recipient of their upcoming game. Of course we gave them an enthusiastic yes! This amazing group of athletes raised $1100 to support TSNW programs.

When coach Leah stopped by to drop off the check, we instantly felt a connection and began to discuss other ways to partner with them. Leah wholeheartedly believes in volunteerism as a way of life and promotes it with her team whenever possible.

We are both excited and thankful for the opportunity to expand our service related projects to include TSNW sponsored events! We are dedicated to making a difference in our community and promoting the value of service within our program.

- Leah Francis

Leah and team will be supporting TSNW at the Women of Wonder 5k/10k in September and the Thrill The World Event in October. We hit the jackpot with these women! We are beyond excited to have them in our corner. When you see them at an event make sure you give them a warm TSNW welcome. There will be opportunities next spring to give back some of the love they’ve shown us by attending their games. We will keep you posted on that when the time nears.
Team Survivor Northwest – Brimming with Activity!

We are excited to report that Team Survivor Northwest has record numbers in some of its program and activities this summer. It doesn’t hurt that we have been enjoying many long, sunny hot summer days! The glorious Pacific Northwest summer weather has provided the perfect backdrop for Dragon Boaters, hikers, walkers, cyclists and even members of TSNW’s Active Women Healthy Women classes.

For details on all TSNW programs visit: https://teamsurvivornw.org/programs/

“*The weather has gotten so nice, we have abandoned the indoor workouts and are finally outside enjoying the summer evenings,*” said Kim Brasfield, the AWHW Instructor at Swedish Issaquah. “*We are enjoying the cool nights, fresh air, hang gliders off Poo Poo point, and the occasional walk with or without dogs.*”

Midweek Hike Leader Kim York reports record participants in the seasonal Midweek Hike program. The Midweek Hikers are halfway through their hiking season, having hiked 14 of the planned 26 hikes since May.

“We have eaten our lunches at many beautiful waterfalls and alpine lakes, including Lake 22 and Mason Lake,” York said. “*Now that most of the snow has melted from our favorite trails, the wildflowers are starting to put on a show for us. We look forward to upcoming trips to Mount Rainier and to reaching higher alpine wonderlands.*”

York described attendance at hikes this season at “record levels”. In addition to the regular midweek hikes, York and hike leaders launched a new “Introduction to Hiking” program which has been meeting one Saturday a month since May and is geared toward new hikers.

Other programs enjoying record participation include the annual Mount St. Helens Fundraising Climb and Survivor Sake – TSNW’s Dragon Boat team.

According to Paula Tomlinson, leader for the Mount St. Helens climb, there are 18 participants planning to climb the mountain in September as part of an effort to raise funds for TSNW.

“It’s a large enough group that we will have two climb teams,” Tomlinson said. The two groups plan to summit Mount St. Helens on September 6.

Dragon Boat Captain Suzi Desimone shared that there are 5 new committed paddlers this season. “We’ve had the biggest turnouts I think we have ever had for our practices,” Desimone said. Sometimes there are so many paddlers that they need to take out two boats.
Other current highlights of TSNW’s programs and activities include:

- The **Triathlon Training** is in full swing. Twelve TSNW members are participating in the training.

- Eight women participated in the **TSNW San Juan Bike Ride** this year and enjoyed great weather for their ride through Orcas, San Juan Island and Lopez.

- **Nordic Walkers** and **Urban Walkers** have been meeting each week and enjoying wonderful treks through the beautiful Pacific Northwest.
Help Us Welcome Halle Hutchison to the TSNW

Please join us in welcoming Halle Hutchison to our board. Bringing a different perspective - Halle’s challenges with cancer have been experienced through being a caregiver and advocate for her husband, a two-time cancer survivor. When Brian was diagnosed with stage four throat cancer in January 2004 - they entered the all-too-familiar world of confusion, emotion, and vulnerability. Several years - and another battle with cancer in 2008 - later, both Halle and Brian believe that the sense of empowerment that comes from proactively pursuing mental, emotional and physical experiences has a profound impact on positive outcomes.

Halle’s connection to TSNW came through Abbe Jacobson, our Outreach Manager - and prior to TSNW Halle served on the board for Portland-based Forward Stride. A marketer by trade, Halle enjoys helping wellness-focused non-profits reach more people and have a bigger impact on people’s lives. She joined our board in November 2016, and in January, became our secretary. Halle helped with this years’ Walk with Friends event and our recent web site redesign - and has plans to get out and try Dragon Boating later this year.

“Team Survivor Northwest really needed someone on the board with expertise in marketing,” said Outreach Manager, Abbe Jacobson. “We are incredibly lucky to have someone of Halle’s caliber on board.”
It’s That Time Again Folks!

Time to get ready for the annual Women of Wonder 5k & 10k on Sept. 10th. We are delighted to be the charity beneficiary for this event for the third year in a row. The year’s WoW “promises to be the biggest and best one yet!” In addition to the races, participants will enjoy women-sized technical fabric shirts, finisher medals, chocolate brownies, cookies, wine, mimosas, temporary tattoos, a photo wall, free kids dashes, flowers, a women centric post run/walk festival and more. Come out and join the fun!

Sunday, September 10th, 2017
Green Lake Park
8am – noon

WoW combines all of our favorite things: fitness, friends and

For more info and to register visit:  https://teamsurvivornw.org/event/women-wonder-5k-10k/
2017 San Juan Bike Trip

Nina Fogg just led another fabulous bike ride through the San Juan Islands. The group started out on Lopez Island and day 2 they were on their way through San Juan Island ending their tour on Orcas Island where they dined for lunch before boarding the ferry home. Both evenings they stayed at the Ship Harbor Inn, which has graciously hosted them for years. TSNW member, Colleen Broughton, joined the group for the first time this summer and had this to say:

In three days there were 80 miles ridden, 18 fatigued thighs, 12 years of tradition, 9 women, six ferry rides, two new riders, one pair of purchased shoes stuffed in a bike bag on a shopping stop, and zero flat tires. Bicycling the San Juan Islands was full of strenuous miles and stunning scenery: it was soul recharging. There’s something special when a group of confident women convince you, someone they’ve never met before, to trust, to believe, to imagine no other possibility than, you WILL do it. The confidence ripples out and seeps into you, and despite the challenges--because aren’t there always challenges--you follow, watch, learn and they help you become a Possibilitarian too.

“This year’s ride was dedicated to the beloved Bonnie Wegmen, the original Team Survivor Possibilitarian, and her incredible leadership and athletic spirit. She’d want us to invite you to join, and she’d be confident you could do it.” - Colleen Broughton

Join the trip next summer. Email operations@teamsurvivornw.org for more information.
Team Survivor Northwest Launches New Website!

If you have not had the chance to check out TSNW’s new website – now is the time to do it! You can find us at the old domain – www.teamsurvivornw.org. But when you head to the site you will find a whole new look!

This past year the TSNW Board and Staff has been working hard to grow membership at TSNW. To aid in that effort it was decided that it was time to refresh the TSNW look on the web. The Website Development Team consisted of Board Vice Chair Lisa Black; Board Secretary Halle Hutchison; Operations Manager Jamaica Baldwin; and Outreach Manager Abbe Jacobson.

After reaching out for competitive bids last spring, the Website Development Team chose Creekside Collaborative to build the website. Creekside Collaborative is a Bellingham-based web development company with experience building sites for other local non-profits.

The team worked hard to create a new website that told the wonderful story of TSNW and its members while highlighting the organization’s many programs, events and activities in a simple, streamlined way. The result is a website that is reader friendly and esthetically pleasing. One aspect of the new website that is particularly helpful are new “effort meters” that indicate whether an activity is gentle, moderate or vigorous. This should help new members make informed decisions on which activity best suits them when getting started.

The site also contains pertinent articles on exercising after a cancer diagnosis which should make it easy for anyone searching for fitness opportunities after cancer to find us.

Our research during the development process also indicated that many women survivors find us after doing a search for “cancer survivors in Seattle”. We included survivor stories on the website with the hope that more women will find us in Google searches and join us as a result.

“Our goal was to enable more women to find us, see who we are and come join us,” said Lisa Black. “TSNW is an amazing organization and we believe that this new website captures what is unique and wonderful about us.”
If you’re getting ready to shop on Amazon, visit Team Survivor Northwest’s page first. Look for the link on the home page under “Get Connected”. You will be directed to the Amazon home page and then you can shop like normal. Amazon will donate a 6% of what you spend back to Team Survivor! Giving made easy.

Support TSNW when you shop at Amazon!

Office Hard at Work on New Marketing Material

This past spring the TSNW office staff has been diligently working to get the word out about Team Survivor Northwest’s awesome activities and programs. As part of that effort we have revamped the organization’s marketing material to provide current information with a refreshed look.

The new marketing material includes a new brochure and flyer which we are now using at tabling events throughout the Puget Sound area. The Dragon Boat Team also created their own brochure which was designed to match the new marketing material. The result is a streamlined, new professional look that we hope will capture the eye of potential new members.

“All the new marketing material showcases TSNW in a succinct way while making all of our activities look fun and inviting,” said Abbe Jacobson, Outreach Manager. “We hope it will show female cancer survivors that TSNW can help make a difference in their recovery.”

Discounts

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

SAVE THE DATE!

July 22—Celebrating Life Dragon Boat Festival
August 12—Triathlon (Lake Meridian)
August 19—TSNW Picnic (Alki) NEW
September 10—Women of Wonder 5k (Greenlake)
October 14—TSNW Annual Gala (Meydenbauer Center)
October 28 —Thrill The World Event