Not Even Major Forest Fires Can Hold TSNW Climbers Back!

It was a pleasure to train with and climb with this group of amazing women.”

“We battled through some extraordinary circumstances together and have forged great friendships!”

- Coach Paula Tomlinson

Fifteen TSNW members trained for 5 months to climb Mount St. Helens in September. And it just so happened that the day they were scheduled to climb (Sept. 6) the air was thick with smoke from surrounding forest fires. Nearly the entire group set out in the wee hours of the morning on September 6 — still in the dark — to climb Mount St. Helens as part of a fundraising effort for TSNW. Each climber received support and training from TSNW, specifically Climb Leader Extraordinaire Paula Tomlinson, and in exchange each worked to raise $500 for the organization. Continued on next page...
At the end of the day nearly all the climbers made it at least to the boulder fields near the top of the mountain and 5 members summited all the way to the top. And along the way the group as a whole raised $11,200 for TSNW!

The climbing team consisted of Paula Tomlinson at the helm.

And intrepid climbers included Maggie Brower, Mary Carney, Therese Chambers, Elaine Chin, Laurie Cogan, Kelly Griffin, Dora Lipper, Linda Owen, Cathy Spurgeon, and Pam Stoeffler. The 5 members who made it to the top were Carol Shafer, Bobby Jo Samuelson, Kelly Griffin, Elena Wood, and Patty Livingston.

“I had never even thought about climbing Mt. St. Helens but with the support and encouragement of my TSNW hiking friends, I not only climbed it, in less than optimal conditions, I summited!” TSNW Member Carol Shafer said.

“The climb left me with a belief in my strength, the ability to conquer my fear, my heart full of love and joy, all while being touched by awe and reverence for our precious Earth.”

Special thanks to Paula Tomlinson for her amazing leadership overseeing this entire climb effort. And TSNW wants to thank each and every climber for your wonderful fundraising efforts. Because of each of you we will be able to expand and improve TSNW’s Active Women/Healthy Women program!

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**Save the Date!**

Join TSNW for a weekend retreat at Islandwood in Bainbridge

*February 3-4, 2018*

*More Details Coming Soon!*
To get on the mailing list for ongoing programs, contact Jamaica at outreach@teamsurivor.nw.org.

**TSNW Board of Directors:**

- Lynn Prunhuber, President
- Lisa Black, Vice President
- Jenn Nudelman, Treasurer
- Holly Hutchison, Secretary
- Jaimie Reavis

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**Time to Get Your Zombie On!**

Join us for the 9th Annual Simultaneous Dance of Michael Jackson’s ‘Thriller’ in 2017!

October 28th at the Redmond Town Center

11:00am to 3:30pm

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**EVENT SCHEDULE**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
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<tbody>
<tr>
<td>11:00am</td>
<td>Dance Registration Check-In, Photo booth, Zombie Makeup and more</td>
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<tr>
<td>12:00pm</td>
<td>Live Music: Ricky Venture Review, Seattle's premier variety dance band</td>
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<tr>
<td>12:45pm</td>
<td>Costume Contest Youth and Adult First Round</td>
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<tr>
<td>1:15pm</td>
<td>Costume Contest Youth and Adult Finals</td>
</tr>
<tr>
<td>1:45pm</td>
<td>More Live Music from Ricky Venture Review</td>
</tr>
<tr>
<td>2:30pm</td>
<td>Dancer Registration Check-in Closes</td>
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<tr>
<td>2:45pm</td>
<td>Dancers Assemble in Center Court for the Check Presentation</td>
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<tr>
<td>3:00pm</td>
<td>“THRILL THE WORLD” World-wide Simultaneous Dance</td>
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<tr>
<td>3:10pm</td>
<td>Zombie March, Sign Out and Certificate Pick Up</td>
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OH WHAT A NIGHT!

TSNW GALA 2017

Meydenbauer Center - October 14
You Made It happen

Thank you to all who joined us at the Meydenbauer Center on Saturday for a fun-filled evening of celebration, prohibition style. We loved seeing all you flapper gals and dapper gents. Because of you we were able to raise enough funds to continue our work helping women cancer survivors thrive in the Puget Sound Area.

Special thanks to Seattle Cancer Care Alliance for donating the photo booth. We hope you all took a moment to stop by and get your picture taken. We couldn’t have done it without you. Thanks to Ambassador Wines of Washington and Ninkasi Brewing for providing the night’s spirits, to Savoy Dance Troupe for the entertainment and to Tim Leahy, our fabulous auctioneer, for keeping the night festive and on track. And a heartfelt thank you to Xola for infusing the evening with warmth, hope and song. Thank you to all our amazing volunteers, the heroes of the evening, who donated hours upon hours to make this gala a success. We appreciate you!

Our sincere gratitude goes out to board member, Jenn Nudelman, who stepped into the position of gala chair and did a knock out job. Thank you Jenn for your vision, creativity and dedication!!!

And last, but definitely not least, thank you to all the donors. We literally could not have done it without you.

La la pazaza - A good sport.

SAVE THE DATE!

Thrill The World:
Oct. 28, 2017

Office Closed for Holiday:
Dec. 18– Jan. 2, 2018

Annual Retreat:
Feb. 3 & 4, 2018

TSNW Programs

ON-GOING ACTIVITIES:
Thu  Nordic Walking
Fri  Urban Walking
Mon–Sat  AWHW

SEASONAL ACTIVITIES:
Thurs & Sun  Triathlon Training
Tues & Sat  Dragonboat Practice
Wed  Midweek Hiking

Find an AWHW class near you

Port Hadlock:  Mondays  4:30-5:30  (Discovery Physical Therapy)
Issaquah:  Mondays:  6:30-7:30  (Swedish Medical Center)
Edmonds:  Mondays  7:00-8:00  (Swedish Medical Center)
Queen Anne:  Wednesdays  5:30-6:30  (Queen Anne Community Center)
Cherry Hill:  Saturdays  10:00-11:00  (Swedish Medical Center)
Bellevue:  Thursdays  6:30-7:30  (Cascade Place II)

Support TSNW by shopping on Amazon!

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.