THANK YOU FOR GIVING BIG!

We are thrilled to announce that we exceeded our goal for GiveBig. With your generous support we raised over $15,000 (including matching donations) for next year’s retreat at Islandwood.

As many of you remember, this year’s retreat sold out in less than 2 weeks — a first for Team Survivor Northwest, but based on participant feedback, we’re pretty confident it won’t be the last.

We’d like to thank the following people for their GiveBIG donations:

Message From the President

Happy Spring to All,

The good weather has finally arrived, and Team Survivor’s seasonal programs have started and are in high gear. Dragon boaters, ably captained by Suzi Desimone and Nealy Evans, are out in large numbers, sometimes requiring 2 boats for practice, we have so many paddlers. And Midweek Hiking, thanks to Kim York’s organizing and all our volunteer hike leaders, is attracting record numbers, which allows us to accommodate both faster and more moderate-paced hikers.

Spring brings changes to Team Survivor’s office also. Two new, able and energetic board members have joined the Board of Directors. We welcome Vicki Katzman, who was also elected Treasurer, and Kristin Lacey to the board. We will happily take advantage of their skills and commitment to Team Survivor.

Sadly, however, our two wonderful staff members will be leaving Team Survivor in June and July. Jamaica Baldwin, who earned her MFA in Poetry while she was working as TSNW’s Office Manager, is enrolling in a Ph.D. program in Poetry at the University of Nebraska-Lincoln. We are proud of her achievement and glad for her future prospects and will miss her here.

And Abbe Jacobson, our energetic Outreach Manager who accomplished so much, doubling TSNW’s membership numbers, bringing our website into the modern era, putting on the most successful Fitness Retreat in 2018, reaching out to new members and making membership renewals easier, will be leaving her job to hike the Camino de Santiago in Spain. We know how committed Abbe is to TSNW, and although we are glad to see her take on this life-focusing trek, we hope to see Abbe at TSNW in the future. We will miss her!

Thank to Abbe and Jamaica for their great work for Team Survivor, and for being such a great team together. Their commitment to and support of TSNW have changed us for the better.

We thank all our members and supporters for your contributions to a very successful Give Big Campaign, which will support the 2019 Fitness Retreat and help make it affordable to all.

With gratitude for your ongoing support,

Lynn Prunhuber
President
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.

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**We Heard You Loud and Clear!**

The response we received from retreat participants was unanimous: *we must find a way to bring back Dance Church!* Well, we listened. Up and coming choreographer Kate Wallich is partnering with TSNW to bring Dance Church exclusively to TSNW members.

Kate describes her class as a "non-exclusive approach to dancing" simply geared toward getting people's bodies moving. There are no mirrors and no judgement. The class is focused on body positivity and fun [http://katewallich.com/#/dance_church](http://katewallich.com/#/dance_church).

The first of 3 classes will be held on June 2 class will be held at Fremont Abbey Arts, [4272 Fremont Ave. N](http://katewallich.com/#/dance_church), from 9-11 am. Participants should wear comfortable clothes and bring a bottle of water.
ONE TEAM
ONE DREAM
...to Heal, Thrive and Survive

TEAMSurvivor NORTHWEST

TSNW Overnight Retreat
Islandwood
February 3-4, 2018
TSNW Fundraising Mountain Climb Off to a Great Start!

TSNW Member, and veteran climber, Paula Tomlinson, is back training a group of women this summer in the mountains. Under her leadership, participants can reach for their very best – conquering what once may have seemed like an insurmountable goal. The culmination of this year’s training will either be a hike in the Enchantments (August 20) or a summit of Mount St. Helens (September 10). Climbers will choose one or both endeavors.

Currently more than 10 climbers have signed up for this major effort. The Fundraising Mountain Climb has been a tradition at Team Survivor Northwest for many years. Each climber commits to raising $500 for TSNW. The program is a win-win, raising awareness and funds for TSNW while providing a top-notch training program for participants.

Please join TSNW in cheering for and supporting the following climbers: Debra Birt, Lauren Calaby, Diane Edwards, Sandi Glasow, Julie Head, Vicki Katzman, Karen Lazzara, Julie Logan Luther, Wendy McAbee, Bobby Jo Samuelson. To donate on behalf of a climber, click HERE.
We’re Hiring!

TSNW Staff:
Team Survivor Northwest will be hiring a new Office Manager to begin mid-June and a new Executive Director to begin mid-July. If you know of a strong candidate tell them to stay tuned for more information and a detailed job description.

Bellevue AWHW Instructor:
We are looking for an energetic, passionate fitness instructor to take over the Bellevue Active Women Healthy Women class. The instructor should have experience working with cancer survivors and instructing participants of all fitness levels. Access to a venue is a plus.

Responsibilities and skills include, but are not limited to: providing a safe and welcoming environment for women in and out of treatment, designing and teaching well-rounded classes that focus on building strength, but also include light cardio and stretching, providing modifications to accommodate varying fitness levels and helping participants identify the right level of challenge for them on any given day.

If you know a fitness instructor you think would make a good addition to the TSNW community, please have her contact Jamaica Baldwin operations@teamsurvivornw.org or Abbe Jacobson outreach@teamsurvivornw.org for more details.

Team Survivor Northwest is an equal opportunity employer. All qualified applicants will receive consideration for employment without regard to race, color, religion, sex, pregnancy, age, national origin, disability, sexual orientation, gender identity or expression, marital status, genetic information, protected veteran status or other factors protected by law.
SAVE THE DATE!

Women of Wonder 5k/10k:
September 9th

Annual Gala:
October 13th

Thrill the World:
October 27th

Eastside thriller classes begin Sept. 29th

TSNW Programs

ON-GOING ACTIVITIES:
Thu Nordic Walking
Fri Urban Walking
Tues & Sat Dragonboating

SEASONAL ACTIVITIES:
Thurs & Sun Triathlon Training
Wednesday 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 Comm. Center)
Bellevue: Thursdays 6:30-7:30 (Cascade Place II)
Burien: Thursdays 3:00-4:00 (Highline Cancer Center)
Cherry Hill: Saturday 10:00-11:00 (Swedish Hospital)