Get ready to Give!

Ready to take our relationship to the next level? Show your commitment to TSNW by setting up a recurring payment. It couldn't be easier...just visit

https://Connect.ClickandPledge.com/Organization/teamsurvivornw1/Campaign/givingtuesday

Thanks to the generosity of an anonymous sponsor, all recurring donations which run for at least six months will be matched up to an amount of $30,000!

Double the impact of your contribution by setting up a recurring donation!
Message From the President

Team Survivor Northwest has had a challenging 2018, and a great 2018. The challenge was saying goodbye to two fantastic and much appreciated staff members, Abbe Jacobson and Jamaica Baldwin. They had put TSNW on an even keel, doubling our membership, keeping our programs organized and our office humming.

The great part has been that our worries about replacing Abbe and Jamaica have been replaced by appreciation of Executive Director Dora Lipper and Office & Program Manager Monica Ramey. They have quickly jumped in, building on TSNW’s good foundation and helping us make this staff transition seamless.

Many of you remember Monica from before when she worked for Team Survivor, and have told us how glad they are, and how lucky TSNW is, to have her back. And Dora’s energy, mastery of TSNW’s organizational needs, and positive focus on fundraising have become strikingly apparent with the terrific results of this year’s Gala.

Thanks to our great former and current staff, and our board, members and volunteers, we celebrate these accomplishments:
- An enthusiastically received, sold-out two-day retreat at Islandwood, bringing in new members and allowing our long-time members to reconnect;
- Increased participation in TSNW Programs, sometimes requiring two boats to accommodate all the paddlers at Dragon Boating, up to twenty hikers at Mid-week Hiking, and enthusiastic participation at the many Active Women, Healthy Women classes;
- 2018 Give Big Campaign that raised over $15,000 to support our 2019 retreat; and
- The 2018 Mountain Climb of Mt. St. Helens had great weather this year, and all 8 TSNW member climbers made it to the summit.

TSNW, our organization of strong, active cancer surviving women, is an inspiration to me. Team Survivor has such a positive impact on its members by:
- Creating a community of support;
- Providing survivor-focused exercise programs;
- Inspiring and motivating to drive better outcomes; and
- Being a health-oriented active community of kick ass women.

As Bobby Jo Samuelson said at the Gala, “Our doctors save our lives. TSNW restores us to life.”

Lynn Prunhuber
President, Board of Directors
Team Survivor Northwest
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.

Team Survivor Northwest is actively seeking women who are interested in advancing the important work we do to join our Board of Directors. If you are interested in joining the Board, please contact Lynn Prunhuber (lprunhuber@gmail.com) or any current Board member for more information!

This is such an exciting time to join the staff of Team Survivor Northwest! I am so incredibly fortunate to have the opportunity to work for an organization about which I feel so passionately. After my cancer diagnosis in 2015 and surgeries, chemo and radiation that followed, I thought that the active part of my life was done. Then I went to the one-day TSNW retreat in 2017 and was blown away! The women there had done anything but give up on physical activity. They were thriving by participating in all of the activities that TSNW had to offer. I had never been a hiker but it seemed like a good idea to try and why not start with Mt. St. Helens? So I signed up to join the Mt Climbing training and I was hooked! This year, I joined the Survivor Sake Dragon Boat team and was all in with that, too! The women on those boats inspire me and encourage me and always make me laugh!

When the opportunity opened to become the Executive Director, I could not believe it! I now can use my skills and passion to help reach as many women as possible who have or have had cancer and help them experience what I have through joining TSNW.

My audacious goal is to double our membership every year and that is where you can help. Whenever you meet a woman who has had a cancer diagnosis at any time in her life, please do her the biggest favor by telling her about TSNW. She will thank you for it!

Surviving and Thriving.
The 2018 TSNW Gala was a huge success by all measures! The sold out event included a record number of attendees as well as a record high amount of funds raised. The Gala netted over $100,000 which will ensure that we can continue to provide our free fitness programs to women who have or have had cancer. Thank you to everyone who supported this fun event!
Seattle Cancer Care Alliance was our Photo Booth Sponsor.

The 2018 Julie Gralow Award was presented to Albert Ting and Charlene Wee for their endless volunteer hours devoted to coaching our dragon boat team, Survivor Sake.

Gala Chair Extraordinaire
Michelle Locke

Bellevue Medical Imaging was our Live Auction Sponsor!

Gregg Quinn & Associates was our Wine Sponsor!
Survivor Sake Dragon Boat Team had an amazing summer filled with many hours of practice and traveling to races around Washington, Oregon and British Colombia. Team Captains Suzi Desimone and Nealy Evans made sure the team stayed on track and organized and fully informed. This team always makes sure to have a good time and support each other on the water and off!

Spectacular Summer for TSNW Programs!

Thanks to the amazing support from their leader, Paula Tomlinson, the TSNW Mt Climb Team had two big climbs this year in very different conditions. They climbed the Enchantments at the peak of the summer smoke from nearby fires. When the group went to Mt St. Helens, led by Monica Ramey, it was a beautiful day. All 10 women made it to the boulder field and 8 women made it to the crater at the summit.

TSNW was well represented at Cycle the Wave by a great group organized by Jaimie Reavis.

The TSNW Triathlon Team swam, biked and ran their way through the summer thanks to their fabulous coach, Denise Geroux. The Girl Friends Triathlon was their goal and they blew it away!
Team Survivor Northwest
presents

THRIVE WITH INTENTION

Team Survivor Northwest 2019 Annual Fitness Retreat
IslandWood on Bainbridge Island, WA
February 2 & 3, 2019
Visit www.teamsurvivornw.org for more information!

Space is limited!
Register early!
https://form.jotform.com/outreachtsnw/2019_tsnw_retreat
SAVE THE DATE!

November 25th—Seattle Marathon
February 2nd-3rd—TSNW Retreat

TSNW Programs
ON-GOING ACTIVITIES:
Thursdays Nordic Walking
Fridays Urban Walking
Saturdays Dragonboating

Find an AWHW Class Near You

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