

TEAM SURVIVOR Bulletin

January/February 2003 Announcements & Program Listings

Happy New Year! This year Team Survivor California enters the fourth year of our Mission—to provide free and accessible exercise programs to all women affected by cancer. Its amazing to reflect back and see the growth that has taken place, and yet we have many more visions for our Mission. We continue to seek out new opportunities to bring more programs and more participants into the organization, and look to all of you for your inspiration, assistance, and involvement!

VERY IMPORTANT ANNOUNCEMENT

Once a year, Team Survivor hosts its only fundraiser: Indoor Cycling (Spinning)-A-Thon. So please mark your calendars and join us in our efforts to raise funds for Program Expansion and Growth.

Event: PedalMania (formerly known as Saddle Up)

When: Saturday, February 8th, 2003

Time: 12:00 pm to 5:00 pm

Where: Y.A.S. (Yoga and Spinning)

1101 Abbot Kinney Blvd., Venice, CA 90291
(corner of Abbot Kinney & Westminster)

Why: Raise funds for great cause!

Great workout and ALOT of Fun!

What: Indoor Cycling (a.k.a. Spinning)

How: RIDE with us! New or Experienced Cyclists...

Sponsor our riders-many are survivors

"Buy" a Seat

Recruit riders—friends, family, associates

Recruit Corporate sponsorships, Media

Recruit Food and beverage sponsors

Donate prizes and giveaways

Teach/Lead at the spinning event

Volunteer time as planner or to staff event

Info: Keri Uejo (310) 829-7849

keri@teamsurvivor-la.org

Walk & Talk Groups:

Why walk? Walking is one of the top physician-recommended forms of exercise. It's a "functional" movement that is a necessary part of daily life. It doesn't require any equipment other than proper shoes and attire, water and sunscreen. Come join us or call us to start one in your area!

- ♦ **New! Culver City Walk**, Tuesdays 6 p.m., starting Jan. 14th. See page 3.
- ♦ **Change: Santa Monica** : Saturday mornings ONLY.
- ♦ **New! Huntington Beach Walk**, 1st & 3rd Wed. mornings 8:30 a.m., starting Jan. 15th. See page 3.
- ♦ **Change: Fullerton Walk**—new time Sat. 8:30 a.m. & new location, with optional breakfast after. See page 3.
- ♦ **Change: Irvine Walk**—on hiatus for winter
- ♦ **Change: Mission Viejo Walk**—on hiatus for winter

See page 3 for complete listing of all walks.

Winter Classes:

Lying Down & Letting Go Classes resume on Monday, January 20 (Burbank) and Tuesday, January 21 (West LA). These classes offer strengthening, stretching and stress management exercises that are gentle, safe and easy for anyone to do. See page 2.

Yoga in the South Bay Classes continue in its beautiful new location at The Wellness Community—South Bay Cities in Redondo Beach. The winter session runs for 12 weeks, from Jan. 9th to Mar. 27th. See page 2.

L.A. Marathon (LAM):

Sun., March 2nd: Taste the LAM excitement by walking or running the **LAM 5k!** **Train with Team Survivor**—it's a great way to prep for the Danskin Triathlon. **AND...**the dedicated Marathon Runners who have chosen us as their recipient charity for monies they raise **need your help as Water Station volunteers!** Contact Ni Bueno (310) 798-7153 or nbueno@teamsurvivor-la.org

DANSKIN Triathlon Training:

Informational Meeting: Jan. 26th, noon-1:00 pm At Mount St. Mary's College pool (see pg. 2 for directions.) We will be offering its training program for participants. Explore the program without pressure, commitment or fund-raising requirements. Contact Ni Bueno (310) 798-7153 or nbueno@teamsurvivor-la.org

Dragon Boat Racing:

Team Survivor is creating a team to compete with other cancer survivor teams! Similar to Crew Rowing, Kayaking, and Paddling—its always fun, challenging, and a bonding experience. Across North America, teams compete with the mission to make a difference in the fight against breast cancer. Contact Lauren Scott (310) 538-9945 or lauren@arandaswoodcraft.com

TSLA Job Opportunities:

Outreach Manager to oversee Participant & Volunteer outreach, and Public Relations activities. Paid W -2 position, with approximately 12-20 hours per week.

Administrative Manager to provide administrative support for programs and organization. Paid W -2 position, with approximately 12-16 hours per week.

Contact Karen Van Kirk for more information: (310) 829-7849 x3 or kvankirk@teamsurvivor-la.org

For up-to-the-minute program changes, call:

PROGRAM HOTLINE: (310) 281-6152

Los Angeles Programs Meeting Times & Places

AQUATICS

Westside Swimming / Water Exercise

- ◆ 2nd & 4th Sundays (adjusted for school holidays)
Confirm on **HOTLINE**: Jan 26, Feb 9, Feb 23
- ◆ 11:00 a.m. - 12:00 p.m. (**new one hour format**)
- ◆ Mount St. Mary's College, 12001 Chalon Road
- ◆ West on Sunset Blvd., turn right on Bundy Drive. Travel 1.5 miles to Norman Pl. and turn right. Turn left at the end of Norman onto Chalon Rd. Driveway for College on the right. Stop at gate for directions to Fitness Center/Pool. Free parking at the College.

INDOOR TRAINING

Pasadena

- ◆ Tuesdays 7:00 - 8:00 p.m.
- ◆ **TEMP LOCATION for Jan. 2003**: Braun Athletic Center, California Institute of Technology (CalTech)
- ◆ South of the corner of Wilson Ave. & California Blvd., about 1/3 of the way down the block
- ◆ Free parking on Wilson Ave. or in the parking lot near Cal Tech tennis courts
- ◆ **STAY TUNED FOR MOVE TO NEW FACILITY: Feb 2003**

CYCLING - OUTDOOR

Van Nuys

- ◆ Tuesdays 6:30 a.m. & Saturdays 7:30 a.m.
- ◆ Rides are approximately 1 hour (6 - 10 miles)
- ◆ Please call Ruth at (818) 782-6074 for directions to the meeting place for these rides.

LOW IMPACT AEROBICS/BODY CONDITIONING

South-Central Los Angeles

- ◆ Saturdays 9:00 - 9:45 a.m.
- ◆ THE WELL, 1061 E. 54th Street
- ◆ NW corner of Central Ave, and 54th St.
- ◆ Entrance to THE WELL is on ground flr, off 54th St.
- ◆ Secured parking in garage (entrance off 54th Street; honk horn and someone will open the gate for you)

LYING DOWN & LETTING GO™

Burbank

- ◆ Mondays, 7:00 - 8:30 p.m. Jan. 20—Mar. 24
- ◆ Providence St. Joseph Medical Center
- ◆ Corner of Buena Vista and Alameda
- ◆ Directions heading west: Exit 134 fwy at Buena Vista. North on Buena Vista, left on Alameda, left into main hospital parking lot.
- ◆ Directions heading east: Exit 134 fwy at Buena Vista. Left on Bob Hope Drive, right on Alameda, right into main hospital parking lot.
- ◆ Ask at front desk for directions to class

West Los Angeles

- ◆ Tuesdays, 7:00 - 8:30 p.m. Jan. 21—Mar. 25
- ◆ Wilshire Boulevard Temple (dance studio)
- ◆ Irmas Campus: 11661 W. Olympic Blvd.
- ◆ Northeast corner of Olympic and Barrington
- ◆ Free parking - enter lot off of Barrington

Call for free class registration: (310) 829-7849

YOGA

Redondo Beach

- ◆ Thursday, 6:00 - 7:00 p.m. Jan. 9—Mar. 27
- ◆ The Wellness Community—South Bay Cities, 109 West Torrance Blvd., Redondo Beach.
- ◆ From Torrance Blvd., cross PCH & Catalina, see ocean, start downhill and turn right into 2nd drive-way. Push button to get ticket, go to upper parking lot. See building 109 at end of parking lot. Bring a quarter (25 cents) for City of Redondo parking box.

Call for free class registration: (310) 829-7849

Other Related Programs

Join Total Woman Gym & Spa—NEW!!!

Mention Team Survivor and get discounted member rates—call Jessica Dunn (949) 733-0478. Locations in Irvine, Mission Viejo, Glendale, Westlake Village, Northridge & Woodland Hills. Women's-only gym that has Cardio, Weights, Yoga, Pilates & more!

Encore Program: YWCA Santa Monica/Westside

- ◆ Thursdays, 10:30 a.m.: Guided exercise in heated pool and informal peer support for women who have had breast cancer surgery.
- ◆ For other types of classes and workouts, mention Team Survivor and annual membership at this YWCA will be waived. You pay only a small per-class fee. Call Sharon at (310) 452-3881

The Wellness Community—Foothills

- ◆ Recruiting a team for the "Strides for Hope" Vanco u-ver Marathon—weekend of May 2, 2003. Training and expenses will be paid for participants—call ASAP for training info: Terry Hayes (626) 796-1083.
- ◆ Classes that TWC-F offers—for more information & complete list, call (626) 796-1083.

Dynamic Strength Training:

Tuesdays, 5:30-6:30 pm (Pasadena)

Fridays, 1:30-2:30 pm (Pasadena)

Tai Chi: Wednesdays, 5:00-5:45 pm (Pasadena)

Yoga: Thursdays, 2:30-3:30 pm (Pasadena)

Wednesdays, 2:00-3:00 pm (Burbank)

The Wellness Community—South Bay Cities

- ◆ Classes that TWC-SB offers—for more information & complete list, call (310) 376-3550:
 - Yoga: Wednesdays, 9:30-10:30 am
 - Thursdays, 6-7 pm (**TSLA class**)
 - Fridays, 2-3 pm
 - Tai Chi: Thursdays, 9-10 am
 - QiGong: Thursdays, 10:30-11:30 pm
 - Gentle Exercise: Thursdays, 12 pm-12:45 pm

Dynamic Strength Training—St. Vincent Med Ctr

- ◆ Weekly program with elastic resistance tubing.
- ◆ Mon 10:30-11:30a, Tue 2:30—3:30p, Thu 2-3p
- ◆ St. Vincent Medical Center, Seton Hall, 201 S. Alvarado St., L.A. Call Claudia at (213) 484-7887

Exercise for Breast Cancer Survivors -Placentia

- ◆ Stretch, balance & resistance training for breast cancer survivors. Led by Meredith Laskow. Tuesdays, 7:00 - 8:00 p.m. Backs Building, 201 N. Bradford, Placentia. Email: meredithbead@netzero.net

Los Angeles Programs Meeting Times & Places

WALKING GROUPS

Culver City—Walking Group – NEW!!!

- ◆ Tuesday, 6:00 p.m., **starts Jan. 14th**
- ◆ Meet at bleachers at Paddle Tennis Courts, on corner of Elenda St. & Culver Blvd. (Elenda is east of Sepulveda and west of Overland.) Parking lot is on southeast corner of Elenda & Culver.
- ◆ **More info:** Call Gail at (310) 815-1685

USC Cromwell Track—Walking Group

- ◆ Fridays, 12:30 p.m., **resumes Jan. 17th**
- ◆ Track is on McClintock Ave. off Vermont Ave.—walk onto campus through Gate 6. Free parking on 36th Place or 36th Street, or in Smart & Final/Taco Bell lot on Vermont Ave., or metered on Vermont Ave.
- ◆ **More info:** Call Leigh at (213) 740-9040 (work) or (213) 764-4403 (home)

Griffith Park—Walking Group

- ◆ Tuesdays, 10:00 a.m., **resumes Jan. 7th**
- ◆ Meet in front of Griffith Park Pony Rides Concession
- ◆ Free parking in Pony Rides lot; From <5> frwy, take Los Feliz exit & enter park from Riverside Dr/Griffith Park Dr. entrance; drive about 1/4 mile up the road and look for Pony Rides parking lot on your right.
- ◆ **More info:** Call Patrice at (323) 906-1195

Long Beach—Walking Group

- ◆ Fridays, 12:00 p.m.
- ◆ Meet at bottom of ramp @ Ocean & Junipero; free parking on street or metered parking @ ramp bottom
- ◆ **More info:** Call Lauren at (310) 538-9945

Pasadena Rose Bowl—Walking Group

- ◆ Thursdays, 5:30 p.m.
- ◆ Meet at entrance to Parking Lot K on Seco Street, near the bridge over the wash.
- ◆ **More info:** Call Linda at (323) 221-2334

Santa Monica—Walking Group

- ◆ Saturdays, 10:30 a.m.
- ◆ Meet in front of Shutters Hotel, where Pico Blvd. runs into beach. Metered parking on street (\$1/hr) or Valet at Shutters (.50 / hr)
- ◆ **More info:** Call Judy at (310) 230-4422 or Barbara at (310) 260-2147.

Simi Valley—Walking Group

- ◆ Thursdays, 6:00 p.m.
- ◆ Meet at St. Rose of Lima Church, 1305 Royal Ave. Meet in west parking lot. From 118 fwy, take First St. exit, go south approx. 1.3 miles to Royal Ave. and turn left; corner of Royal Ave. & Pride St., across from Royal High School
- ◆ **More info:** Call Cathy at (805) 526-7985 (evenings) or (818) 887-2400 x421 (days)

Van Nuys Lake Balboa Park—Walking Group

- ◆ Tuesdays 7:30 a.m. **AND** Saturdays 8:30 a.m.
- ◆ Lake Balboa Park; Exit 101 frwy @ Balboa, turn north. Cross Burbank Blvd., turn east into 1st entrance of park; drive up and around curve; park in first lot on left. Meet @ junction of sidewalk & walking path.

Orange County Programs Meeting Times & Places

Indoor Weight & Resistance Training—NEW!!!

- with Exercise Specialist Stacey Smout, MS*
- ◆ Tuesdays, 7 p.m.—8 p.m.: 8 week winter session
 - ◆ **Starts Jan. 7, 14, 21, & 28; Feb. 4, 11, 18, & 25**
 - ◆ Hosted by FITNESS SOLUTION GYM, 16561 Bolsa Chica #106, Huntington Beach. (Bolsa Chica & Heil)
 - ◆ Contact Betty @ (949) 275-3888 to reserve a spot.

Join Total Woman Gym & Spa—NEW!!!

Mention Team Survivor and get discounted member rates—call Jessica Dunn (949) 733-0478. Locations in Irvine, Mission Viejo, Glendale, Westlake Village, Northridge & Woodland Hills. Women's-only gym that has Cardio, Weights, Yoga, Pilates & more!

2003 O.C. Hiking Series—NEW!!!

Enjoy hiking, nature, group activities?
Call Betty (949) 275-3888 with suggestions on days, times, hiking trails, or to help lead or sweep hikes.
Hikes planned for: Mar., May., Jul., Sept., Nov.

Fountain Valley—Walking Group

- ◆ Tuesdays, 10:30 a.m., Meet @ Mile Square Park, NW corner of Warner and Euclid (Euclid park entrance)

Fullerton—Walking Group—CHANGED!!!

- ◆ Saturdays, 8:30 a.m., **starts January 11th**
- ◆ Meet @ North O.C. Court House, corner of Harbor & Valley View. From the 91 frwy, drive north on Harbor to Berkeley and turn left. Meet in parking lot on Berkeley. Optional breakfast following walk.
- ◆ **More info:** Call Candace (714) 871-8511

Huntington Beach—Walking Group—NEW!!!

- ◆ 1st and 3rd Wednesdays each month, 8:30 a.m.
- ◆ **Starts Jan. 15th & 29th, and Feb. 5th and 19th**
- ◆ Meet @ base of Huntington Beach Pier by Duke's.
- ◆ Optional "brunch" following walk.
- ◆ **More info:** Call Kathy at (714) 848-7128 or Rosario at (714) 554-6911

Newport Beach Fashion Island—Walking Group

- ◆ 2nd & 4th Friday each month, 10:00 a.m.
- ◆ Meet @ NIKEgoddess store—optional lunch after walk

Lectures & Education

The Wellness Community -South Bay Cities: Nutritional Lunch Lectures—(310) 376-3550

Jan. 3: 12pm-1pm: Nutrition for Cancer
Jan. 17: 12:30pm: Immune System—Chinese & Auyrvedic
Feb. 14: 12:30pm: Oriental Medicine & Nutrition
Feb. 28: 12:30pm: Oriental Medicine: Herbs & Acupuncture

Ted Mann Family Resource Center-UCLA Cancer Lecture Series—(310) 794-6644

Jan. 14: 7:00 to 9:00 pm "Traditional Chinese Medicine and Cancer: An Integrative Approach" with QiGong
Feb. 11: 7:00 to 9:00 pm "Targeted Cancer Therapies and Chemotherapy in the Post Genome Era"



NONPROFIT ORG
U.S. POSTAGE
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TeamSurvivorOC@yahoo.com
Web: www.teamsurvivor-la.org
www.teamsurvivorcal.org

Please contact us via phone or e-mail if you would like to be removed from our mailing list.

About Team Survivor

Team Survivor California was founded in 1999 as a nonprofit 501(c)(3) organization that provides free exercise, health education and support programs for all women affected by cancer. Our mission is to enable women to take an active role in regaining and maintaining their health and well-being and our programs are designed to make exercise a fun and supportive experience. Participants are required to have a medical release before participating in Team Survivor events or programs. To receive a medical release form or for more information about Team Survivor, please contact your nearest Team Survivor office listed above.

Thank You to Our Host Facilities

- ◆ Breakthru Fitness (*Pasadena*)
- ◆ California Institute of Technology (*Pasadena*)
- ◆ Fitness Solution Gym (*Huntington Beach*)
- ◆ Mount St. Mary's College (*Brentwood*)
- ◆ NIKEgoddess (*Newport Beach*)
- ◆ Providence / St. Joseph Medical Center (*Burbank*)
- ◆ The Well (*CA Black Women's Health Project - L.A.*)
- ◆ The Wellness Community—*Foothills*
- ◆ The Wellness Community—*South Bay Cities*
- ◆ Wilshire Boulevard Temple (*West Los Angeles*)
- ◆ Y.A.S. (Yoga and Spinning) - (*Venice*)

Team Survivor Personnel & Program Leaders

Executive Director

Karen Van Kirk
kvankirk@teamsurvivor-la.org

Program Director (Los Angeles)

Keri Uejo
keri@teamsurvivor-la.org

Program Director (Orange County)

Betty Van Kirk
TeamSurvivorOC@yahoo.com

Triathlon/Marathon Coach

Ni Bueno
nbueno@teamsurvivor-la.org

Medical Advisory

Marilou Terpenning, M.D.

Board of Directors

Ni Bueno Pam Burton
Bruce Rankin Lauren Scott
Karen Van Kirk Catherine Wagar

Indoor Training Trainers

Mike Strickland, Stacey Smout

Swim Coaches

Kristine MacRae, Debbie Bernstein

Low Impact Aerobics Instructor

Natalie McReynolds

Lying Down & Letting Go™ Instructor

Karen Penhale

Yoga Instructor

Joyce Gauss

Culver City Walk Leader

Gail Kadar

Fullerton Walk Leader

Candace Cunningham

Griffith Park Walk Leader

Patrice Grullion

Huntington Beach Walk Leaders

Kathy Bates, Rosario Torres

Lake Balboa Walk/Bike Leaders

Ruth Berk, Georgia Gowin

Long Beach Walk Leader

Lauren Scott

Pasadena Walk Leaders

Linda Gero

Santa Monica Walk Leaders

Judy Kates, Barbara Maller

Simi Valley Walk Leader

Cathy Kocur

USC Campus Walk Leader

Leigh Ruth