

Team Survivor Bulletin

July / August 2002 Newsletter

Program Update

Walking Groups - New & Changes

Los Angeles and Orange Counties

Team Survivor is hosting two new weekly walking groups in Orange County - in **Irvine** (Monday evenings) and **Mission Viejo** (Thursday evenings).

The meeting time for the **Crenshaw/Baldwin Hills** walking group in Los Angeles County has been changed to Wednesdays at 5:45 p.m. (for the duration of Daylight Savings Time).

The Wednesday evening **Redondo Beach** walk has been suspended. If you are interested in leading a walking group in the South Bay area at any time during the week, please contact the TSLA office at (310) 829-7849.

There is a possibility of forming a weekly walking group in **Griffith Park** and in the **Simi Valley** area as well. Please contact the TSLA office at (310) 829-7849 if you are interested in either of those walks.

See the insert for details on meeting time/place for all of our walking groups.

Sierra Madre Pool

The community pool in the City of Sierra Madre has offered to allow Team Survivor participants to swim for free on Monday evenings during the summer. For details, please call or e-mail Ni Bueno at (310) 798-7153 or nbueno@teamsurvivor-la.org.

Swim Fest

Make plans to bring your friends and family to TSLA's second annual "Swim Fest" at Mount St. Mary's College. This is an informal day at the pool with some friendly racing and the always-popular "Pajama Relay."

- ♦ Sunday, August 25
- ♦ 10:30 am— 1:30

2002 Summer / Fall Hiking Series

Our 2002 Summer / Fall Hiking Series will meet on the following dates:

- ♦ Saturday, July 13 - Malibu Creek (Malibu)
- ♦ Saturday, August 10 - Big Santa Anita Canyon (Arcadia)
- ♦ Saturday, September 14 - Hidden Pond Loop (Newbury Park)
- ♦ Saturday, October 12 - Location TBA

The hikes are progressively more challenging, so plan to attend them all and build your skills and endurance!

Plan to bring a picnic lunch and water and sunscreen for the trail. For directions and parking info, please call Ni Bueno at (310) 798-7153 or e-mail nbueno@teamsurvivor-la.org.

Lying Down & Letting Go™

The class will take a break for the summer, and return in the fall (October). Check the TSLA Hotline periodically for similar classes we may be adding this summer.

Program Hotline Reminder

Call the TSLA hotline at (310) 281-6152 to learn any last-minute L.A. schedule changes.

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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. For more information about Team Survivor contact the Los Angeles office at (310) 829-7849 or the Orange County office at (949) 275-3888.

Fitness Information

Heat! by Ni Bueno, MSS

The warmer temperatures of summer can bring on serious heat-related illness. It's important to recognize the signs and symptoms of these illnesses and to know how to treat them. Elevated body temperature occurs when the body's internal heat production is no longer in balance with external heat loss, or the body's cooling mechanism. The body's main heat-regulating mechanisms are sweating and shivering. The body's internal heat is produced by muscular contractions. As the body's temperature rises, the heart rate elevates in order to increase the blood flow to the skin and produce sweat. This is apparent on a hot day when a person's face becomes flushed. Sweating one way of dissipating heat. As sweat evaporates from the skin, it cools the body.

Who Is Affected? Almost anyone can suffer from heat-related illness. Healthy individuals can be at risk due to poor acclimatizing or unfamiliarity with the symptoms of heat-related illness. If a person exercises in an environment with a climate that is hotter or more humid than they are used to, they risk the chance of heat illness. Another constituent to heat illness can be dehydration. Individuals who use oil or gel-based sunscreens may unknowingly block their sweating mechanisms. Elderly individuals and children may be at higher risk due to inadequate hydration. A person who is acutely ill with fever and/or gastrointestinal illness, or who has a chronic illness such as uncontrolled diabetes, eating disorders, or hypertension is also at risk.

What Can Happen? There are three types of heat-related illnesses: heat cramps, heat exhaustion, and heat stroke. Heat cramps occur when excessive electrolytes and water are lost during and after intense exercise. The calves and abdominal areas are common areas for cramps. A person may also experience dizziness. Moving the individual to a cool place and hydrating with water will usually calm the muscular cramps.

Heat exhaustion usually occurs when a person is training hard and/or wearing heavy clothing. Sweat is absorbed by the clothing, rather than evaporating off of the skin. A person who is experiencing heat exhaustion may appear gray or ashen and feel weak, dizzy, fatigued, or have a headache. This person is usually sweating profusely. This person should be moved to a cooler place and should remove as many clothes as possible; a fan may be used to further cool the person. They should also be encouraged to drink liquids, preferably water.

Heat stroke is the least common of heat-related illnesses, but the most serious. Many people experience heat stroke from dehydration through heat loss. The body's temperature rises significantly and overloads the thermoregulatory system. The body's cooling mechanism fails and sweating ceases. The person's skin is hot and dry, and sweating is not present. The person may also be irritable, disoriented, and walking unsteadily. The condition can become life threatening and medical professionals should be called.

How Do You Avoid Heat-Related Illness? Several precautions should be taken in order to prevent heat-related illness. Lightweight and light-colored clothing is recommended. As long as the clothing is wet, heat will continue to dissipate. You should also hydrate before you begin to feel thirsty, preferably, 10-20 minutes before exercising in warmer environments. A sport drink with electrolytes may be necessary if the person is exercising in the heat for longer than an hour. If the weather is humid, lower the intensity of the activity. Humid conditions don't allow the body to sweat and body temperature stays elevated. Planning activity in the early morning or evening when temperatures are lower is the best precaution.

Reference: Anderson, M. and Hall, S., Sports Injury Management, Williams & Wilkins. Media, PA, 1995

Fitness Calendar

Participating in community fitness events is a great way to measure your progress and the preparation helps you to stay motivated with your exercise routine. This section looks ahead to events throughout the year that you can target. The Team Survivor office has more information about all of these events:

Month	Event	Additional Notes
September	Klondike Trail of '98 International Road Relay (9/6-7, Alaska)	Relay legs of 5 - 15 miles; run with a team of other women cancer survivors from Team Survivor Perseverance (Juneau, Alaska).
	Walk/Run for Ovarian Cancer (9/15, Studio City)	Fund-raiser for Ovarian Cancer Coalition.
	Orange County Race for the Cure™(3.1 miles) (9/22, Newport Beach)	Fund-raiser for breast cancer research/services.
November	LA County Race for the Cure™ (3.1 miles) (11/4, Pasadena)	Fund-raiser for breast cancer research/services.

Los Angeles Programs Meeting Times & Places

AQUATICS

Westside Swimming / Water Exercise

- ◆ 2nd & 4th Sundays (adjusted for College closures* - *CALL BY FRIDAY TO CONFIRM DATES*): July 14 & 28, August 11 & 25
- ◆ 10:30 a.m. - 12:00 p.m.
- ◆ Mount St. Mary's College, 12001 Chalon Road
- ◆ From Sunset Blvd. traveling west, turn right on Bundy Drive. Travel 1.5 miles to Norman Place and turn right. Turn left at the end of Norman onto Chalon Road. The driveway for the College will be on the right. Stop at the gate to get directions to the Fitness Center/Pool.
- ◆ Free parking at the College.

INDOOR TRAINING

Pasadena

- ◆ Tuesdays 6:45 - 8:00 p.m.
- ◆ Breakthru Fitness, a private fitness studio
- ◆ 753 S. Arroyo Parkway, Pasadena
- ◆ Corner of Fillmore St.; 2 blocks south of California Ave.
- ◆ Professional Sports Care Building (southwest corner)
- ◆ Free parking lot in front of building

CYCLING - INDOOR

- ◆ **Redondo Beach,**
- ◆ Sundays, July 21 & August 18
- ◆ 12:00 - 12:50 p.m.
- ◆ The Speed Center
- ◆ Redondo Beach: 1636 PCH, near Ave H (in Kenpo Karate Studio)
- ◆ Free parking in adjacent lot
- ◆ You must reserve a bike by noon on the Friday before the class. *Classes with fewer than 3 registrants will be cancelled.* To reserve a bike & get detailed directions: (310) 798-7153 or nbueno@teamsurvivor-la.org

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
- ◆ Northwest corner of Central Avenue and 54th Street
- ◆ Entrance to The Well is on the ground floor, off of 54th Street
- ◆ Secured parking available in garage (entrance off 54th Street; honk horn and someone will open the gate for you)

LYING DOWN & LETTING GO™

- ◆ *Lying Down & Letting Go™* (held in Burbank and West Los Angeles) will be on hiatus for the summer, restarting in October 2002.
- ◆ Please contact the TSLA office for more information or to register for either of the fall Lying Down & Letting Go™ classes. Call (310) 829-7849 or e-mail info@teamsurvivor-la.org
- ◆ Also, please check the TSLA Hotline periodically to see if we are able to offer a replacement class for the summer (310) 281-6152.

YOGA

Gardena

- ◆ Thursday evenings, 6:00 - 7:00 p.m.
- ◆ Contact Ni Bueno to register and get directions (310) 798-7153 or nbueno@teamsurvivor-la.org

WALKING GROUPS

- ◆ The meeting time/place details for our Walking Groups are listed on the other side of this page...

Los Angeles Programs Meeting Times & Places

WALKING GROUPS

Crenshaw / Baldwin Hills

- ◆ Wednesdays, 5:45 p.m.
- ◆ Kenneth Hahn State Recreational Area, off La Cienega Blvd, about 1/2 mile south of Rodeo Rd.
- ◆ Free parking in the park
- ◆ **Please call Leigh at (323) 735-9015 (evenings) or (213) 740-9040 (days) to confirm meeting location within the park before attending this walk**

NOTE DAY & TIME CHANGE

Santa Monica

- ◆ Wednesdays 5:30 p.m.
- ◆ Saturdays 10:30 a.m.
- ◆ Meet in front of Shutters Hotel, where Pico Blvd. runs into the beach.
- ◆ Metered parking available on street (\$1/hour) or Public Valet Parking is often available at Shutters (50 cents / hour)
- ◆ **More Information (Saturday Walks):** Call Barbara at (310) 260-2147

Long Beach

- ◆ Tuesdays 12:00 noon
- ◆ Meet at the bottom of the ramp at Ocean and Junipero
- ◆ There is free parking on the street and metered parking at the bottom of the ramp
- ◆ **More Information:** Call Lauren at (310) 538-9945

Pasadena

- ◆ Thursdays 5:30 p.m.
- ◆ Rose Bowl
- ◆ Meet at the entrance to Parking Lot K on Seco Street, near the bridge over the wash
- ◆ Free parking at the Rose Bowl

Van Nuys

- ◆ Tuesdays 7:30 a.m.
- ◆ Saturdays 8:30 a.m.
- ◆ Lake Balboa Park
- ◆ Exit 101 fwy. at Balboa, turn north. Cross Burbank Blvd., the park is on your right. Turn east into the 1st entrance into the park. Drive up the road and around the curve; park in the first paved lot on your left. A sidewalk goes from alongside the parking lot to the walkway around the lake. Meet at the junction of the sidewalk and the lake walkway. Look for the Walk Leader with a clipboard.
- ◆ **More Information:** Call Ruth at (818) 782-6074

Orange County Programs Meeting Times & Places

WALKING GROUPS

Fountain Valley

- ◆ Tuesdays, 10:30 a.m.
- ◆ Meet at the Mile Square Park, northwest corner of Warner and Euclid
- ◆ Park in Visitor's Parking at hospital across the street (southeast corner of Warner and Euclid)

NOTE DAY & TIME CHANGE

Irvine

- ◆ Mondays, 6:00 p.m.
- ◆ Meet at the parking lot at Woodbridge Lake's North Lagoon (off Stonecreek)

NEW!!

Mission Viejo

- ◆ Thursdays, 6:00 p.m.
- ◆ Meet at the Vista del Lago Shopping Center (near Coldwell real estate office)

NEW!!

Fullerton

- ◆ Mondays, 6:30 p.m.
- ◆ Laguna Lake
- ◆ From 57 fwy., exit Imperial Highway, go west. Make a left on Harbor Blvd, then a right on Hermosa Drive. Left on Lakeside Drive. Park on the street.
- ◆ **More information:** Call Candace (714) 871-9188

Newport Beach

- ◆ 2nd and 4th Fridays of each month
- ◆ 10:00 a.m.
- ◆ Meet at the NIKEgoddess store - Fashion Island
- ◆ Those who wish stay for lunch after the walk

Walk Leaders Needed: We need to find leaders to help with these Orange County walks. Walk Leaders ask people to sign in each week and stay in touch with the group members to remind them about the program.

If you are interested in helping with the walks or need more Orange County program info:

Call Betty at (949) 275-3888
or e-mail TeamSurvivorOC@yahoo.com

Other Exercise & Cancer-Related Programs

The Wellness Community - Foothills *Return to Wellness*

A twice-weekly 10-week fitness, nutrition, education and support program for women who are at least 3 weeks post-treatment for breast cancer. Combination of discussion and exercise in each session.

The next Return To Wellness sessions will begin:

- ◆ June 25
- ◆ September 10

Please call (626) 796-1083 to learn more and register.

TWC-F also offers *weekly classes* designed especially for individuals fighting cancer:

Dynamic Strength Training: Tues, 5:30-6:30 (Pasadena)

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

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

Wednesdays 2:00-3:00 (Burbank)

QiGong: Thursdays, 11:00 - 12:00 (Burbank)

Call (626) 796-1083 for more information.

Encore Program

YWCA of Santa Monica/Westside

Pool exercise and informal peer support for women who have had breast cancer surgery. Call Sharon at (310) 452-3881.

Ted Mann Family Resource Center-UCLA

Support groups & classes, including QiGong; Healing Through Art; Journal Writing; Women Together (breast cancer support group); Family & Friends support group; Living Beyond Limits (for women with metastatic or recurrent disease); DCIS groups. (310) 794-6365

Walking Training Programs - Marina del Rey/Santa Monica

TSLA Participant Jan King leads a training group for the Avon 3-Day Breast Cancer Walk. The group meets Sunday mornings at 8:15 at the base of the Venice Fishing Pier (Washington Blvd.) If you are interested in learning more, please contact Jan King at janbking@earthlink.net.

Exercise for Breast Cancer Survivors - Placentia

Stretch, balance and resistance training. Tuesdays, 7:00 - 8:00 p.m. Backs Building, 201 N. Bradford, Placentia. Led by Meredith Laskow. (meredithbead@netzero.net)

Discounts Available for Team Survivor Participants!

YWCA of Santa Monica / Westside

TSLA Participants have the opportunity to take a variety of classes at the YWCA of Santa Monica / Westside. Try yoga, "Strong & Stretched", pilates mat classes and more!

Call (310) 452-3881 and ask for Sharon. Mention Team Survivor and your \$35 annual membership fee at the Santa Monica YWCA will be waived. You pay just \$4.50 per class.

Body Builders Gym - Silver Lake

TSLA Participants can receive a one-year membership at Body Builders Gym in Silver Lake for \$190 (regular price is \$375). In addition, you can receive a "starter" personal training session for \$30 / hour (regular price \$50 / hour). Please contact Erik at (323) 668-0802 and mention Team Survivor.

Lectures & Education

The Wellness Community-South Bay

Benefits of Exercise and Cancer. Ni Bueno, MSS will address exercising during treatment, post-treatment, and after surgery. Stretches and exercises will be presented. Ni Bueno is the Program Director for Team Survivor and a certified Cancer Exercise Specialist. Dress comfortably.

- ◆ Saturday, August 24, 10:00 - 11:30 a.m.
- ◆ The Wellness Community -South Bay Cities
109 West Torrance Blvd.
Redondo Beach, CA 90277

Call 310-376-3550 for more info

Ted Mann Family Resource Center-UCLA

Cancer, the Law and You
July 9 · Barbara Ullman Schwerin, Esq. · 7:00 p.m.

Herbal Medicines: An Update for the Cancer Patient
August 20 · Michael Rotblatt, M.D., PharmD. · 7:00 p.m.

Call (310) 794-6644 for more information.

Breast Health Coalition Conference

Saturday, July 20 · 9:00 - 11:30 .am.
King/Drew Medical Center/Claude H. Hudson Auditorium
12021 Wilmington Ave
Los Angeles
(323) 756-9862

Volunteer Opportunities

Walk Leaders - We are looking for individuals to lead weekly or bi-weekly walking groups in the South Bay of LA County, and in Fountain Valley, Mission Viejo, Irvine and Newport Beach in Orange County. This is a great way to connect with new people. It includes greeting the walkers and having them sign-in, welcoming new walkers and gathering their contact info, and staying in contact with the group about schedule adjustments.

Hike Leaders - We are also seeking individuals to help lead and "sweep" hikes in our Summer/Fall Hiking Series. This requires experience and comfort with hiking in different environments.

Outreach Assistants - We also need volunteers to staff the booths at these upcoming health fairs - distributing Team Survivor information, meeting new participants, and promoting the exercise / wellness concept!

- ◆ **Sat., Sept. 15** - Ovarian Cancer Run (Studio City)
- ◆ **Thurs., Sept. 19** - LA County Health Fair (Arcadia)
- ◆ **Sat., Oct. 12** - Take-A-Hike (Malibu)

Please call Lauren at (310) 538-9945 for information.

Cookbook

TSLA is still collecting recipes for a planned cookbook (with a focus on healthy recipes) that we will sell as a fund-raiser and use as a recognition gift.

An hour of personal training or coaching costs about \$60 in this area...a yoga or indoor cycling class will run you \$10 - \$15 per session...next time you consider the free classes and coaching you get from Team Survivor, please help to show your appreciation by writing down one of your favorite healthy recipes and mailing it (along with any story that you would like to include) to the TSLA office:

1223 Wilshire Blvd. #570
Santa Monica, CA 90403

Call (310) 829-7849 for information on copyrights, etc. Thank you for your help!

Study Participation

The Wellness Community facilities throughout Los Angeles County are recruiting women to participate in a study that will compare the effectiveness of traditional/face-to-face support groups with on-line support groups. Women in the on-line groups who need a computer will be provided with one. Participants must be diagnosed with primary breast cancer Stage I, II or III within the past 18 months. The study will measure the impact of the support group participation on quality of life, pain, depression, social support, body image and post-traumatic growth. Call (310) 314-2566 or e-mail hagerty@la.wellnesscommunity.org.

Looking for a Challenge?

One of the newest Team Survivor organizations in the country, Team Survivor Perseverance (TSP) in Juneau, Alaska, will be fielding a team in the Klondike Trail of '98 International Road Relay this September.

This 110-mile relay between Skagway, Alaska and Whitehorse, Yukon has 10 legs that vary in distance from 5 to 15 miles. Team Survivor Perseverance (TSP) is recruiting a team of women cancer survivors to participate. The event is held September 6-7, 2002. More information on the event is available at www.sportyukon.com.

For more information about joining TSP's Klondike Relay team, contact Team Survivor Perseverance at teamsurvivorperseverance@hotmail.com or (907) 364-4663.

Remembering

We are sorry to report that Martha Pena, an early and very active member of Team Survivor LA, passed away in March 2002. Martha was a member of our first-ever triathlon team, completing the Danskin Women's Triathlon in San Jose in June, 2000. She will be missed.

Thank Yous

Team Survivor has been the fortunate recipient of a great deal of volunteer energy and community support lately. We would like to extend our thanks to:

Revlon Run/Walk for Women Volunteers & Supporters:

- ◆ Santa Monica Hematology-Oncology Consultants
- ◆ Berlex
- ◆ Pharmacia
- ◆ Ortho-Biotech
- ◆ Bristol Myers Squibb
- ◆ Novartis
- ◆ AstraZeneca
- ◆ Amgen
- ◆ Andy Anagnos
- ◆ Angie Anagnos
- ◆ Pam Burton
- ◆ Judy Kates
- ◆ Barbara Maller
- ◆ Lauren Scott
- ◆ Judith Shibley

MML, Inc., a public relations, marketing and events company based in Venice, hosted an Aerosoles Sample Sale with all proceeds going to Team Survivor.

The following companies donated **prizes for our "Legendary Bingo" fund-raiser**, which raised over \$600 to support TSLA's 2002 Mt. Whitney Trip!

- ◆ P.F. Chang's, Santa Monica
- ◆ California Pizza Kitchen, Santa Monica
- ◆ Dark Delicacies, Burbank
- ◆ Saints Hair and Beauty (Santa Monica)
- ◆ Salon Indigo (Santa Monica)
- ◆ Midnight Special Bookstore (Santa Monica)
- ◆ Jim Henson Creature Shop (Burbank)
- ◆ Jim Henson Studios
- ◆ Disney (Burbank)
- ◆ Cinema Secrets (Toluca Lake)
- ◆ Bodhi Tree Bookstore, West L.A.
- ◆ Geographia, Toluca Lake
- ◆ B.J.s (Burbank)
- ◆ French Quarter (West Hollywood)
- ◆ Acapulco (Burbank)
- ◆ Starbucks (Studio City)
- ◆ Trader Joe's (Toluca Lake)
- ◆ Olive Garden (Burbank)
- ◆ BandanaMap
- ◆ Andy Hallett (Karaoke Host, from the cast of "Angel")
- ◆ Pat Brady (KSA Talent)

Julianne Buescher, spent many hours organizing our Legendary Bingo fund-raiser and procuring the fabulous prizes that helped to make the evening a success.

Ruth Berk, our Van Nuys Walking and Cycling Leader, has done a tremendous job of compiling a photo and memorabilia record of TSLA's first 3 years of operation. If you would like to take a look at these books, please call the TSLA office at (310) 829-7849 to arrange a time!

Eric Flowers of Body Builders Gym in Silver Lake supplied Team Survivor with customized "stress-reduction" squeeze balls to use for program and promotional use.

Survivors' Column

"Where do you think you're going?" screeched the cancer-walk volunteer, planting himself in front of the opening to the giant pink tent.

"Oh," I squeaked, trying not to giggle. "Actually, I really need some water." It was only 9 a.m., but already incredibly hot outside, and the walk was about to start. I moved to go inside to reach the haven packed with shade, snacks, tables full of freebies, and yes - water.

He thrust his hands on his hips and said slowly, so that I was sure to understand, "THIS tent is ONLY for SURVIVORS!"

I totally clenched. I could feel my eyes pressing into glaring slits and the corners of my mouth curling up. As I stretched my fingers, my knuckles cracked and I, too, put my fists to my hips. Only for survivors, huh? I gave a little "look who's messing with the wrong grrr!" huff as we tried to stare each other down, and then I did the unthinkable, as usual.

Okay, okay - how was the poor guy supposed to know that I'd had my breasts and ovaries removed five years ago? I suppose I could have let him off easy and just hung my head low and played the pity card. I mean, all he saw in front of him was the spunky girl all Urban-Outfitted out who's obviously trying to sneak in and grab a bag full of free stuff not meant for someone who looks like me, right? But just what does a "survivor" look like anyway?

My own image of a survivor had always been something like Tom Hanks in *Castaway*: a scruffy, wide-eyed victim of the evils of nature, staying alive by sheer luck and a random can of Spam. Or worse (yet trendy): someone on TV struggling to win the "survivor" label by managing to not get caught eating the last rat.

Was I missing something? Was I not being a good little survivor? Last I knew, I was fighting for my life; last I knew, I did not get voted off cancer island for wearing a bad wig. So how did this guy really see me? How did I see myself?

Cancer - and spunk - run in my family. Twenty-four years ago, my Mom had her breasts removed and my Grandma, who just turned 88, had breast cancer, too, over forty years ago. So it's always been a part of my life, in one way or another, but never in a silent, scary way. I remember being very little when

Grandma took us swimming. I could see her scars behind the flopping empty cups of her bathing suit. She would plainly and honestly tell her story, devoid of shame and pity and fear. I thought she was the most beautiful, powerful warrior in the world. We would talk about Mom's surgery, too, and eventually came the point when I realized that my turn was coming up fast.

I started getting annual mammograms in my early twenties. I picked a doctor who understood my family history, and didn't tell me I was "too young to worry about it." We got along great! And he was so cool about my practical jokes. Well, until that one visit.

"Julianne. The biopsy came back positive. You have cancer."

My experience with cancer meant that my "Things To Do Tomorrow" list became a "What's Today's Adventure?" challenge. Snowboarding, skydiving, Japanese sword fighting, ukulele playing, or smaller things, like visiting a new café for lunch, or taking a different road home. I wondered what I could do differently every day to expand and change my world, even if it meant shaking up someone else's. Even if it meant doing the unthinkable.

Like that guy at the Survivors Only tent. He seemed so angry, so uptight, I got tense just looking at him. And I didn't *want* to be tense! Besides, I needed a quick way to let him know that I had every right to walk wherever I damn well pleased! As we continued to stare each other down, I gave him a quick wink, and yanked my shirt up, flashing my flatter-than-flat self.

"Oh...uhh...I...you didn't look like a..." he stumbled.

"Hey, it's cool. I know," I said, "You too?"

"Well, no, my wife had cancer..."

"Is she doing okay?" I really wanted to know.

"Yeah, yeah! Fine! It's been five years last month!" he beamed.

"Hey, c'mon in, you gotta meet her!"

We headed for the snack booth and the three of us laughed over coffee and muffins. We still keep in touch...**Julianne Buescher**

Julianne's short film, *Resculpting Venus*, is available at www.newvenus.com. The film tells the entire story of Julianne's cancer experience - it is funny and bittersweet; it will make you smile at the same time it makes you think.

Staffing News

Please welcome new Team Survivor LA staff members **Peggy Peck** and **Keri Uejo**!

Peggy will be the Administrative Manager for TSLA. She will be responsible for administrative support for the TSLA programs and office. You can reach her at (310) 829-7849 or ppeck@teamsurvivor-la.org

Keri will be working as an additional Program Director for TSLA. Over the summer, she will be working with Ni and Karen to learn about our existing activities and to plan new programs and events. Keri is available at keri@teamsurvivor-la.org or (310) 449-1030.

We are very pleased and fortunate to have Peggy and Keri join us, and look forward to having our participants and partners get to know them!

More Thank You's

The Bay Valley Conference Women's Basketball Teams and **Jeanne Calamar** organized a fund drive in conjunction with the 2001/2002 basketball season for which Team Survivor was the recipient.

Triathlon Report

By the time you receive this newsletter, our 2002 Team Survivor triathlon team will have completed their participation in the Danskin Women's Triathlon Series event in Sacramento. Check the next newsletter for a full report on our team: Ruth Berk, Pam Burton, Jeanne Calamar, Georgia Gowin, Alever Jones, Gertrude Lewis, Catherine Wagar and Sandy Zonnis.



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 www.teamsurvivor-la.org

Exercise, health education and support programs for all women affected by cancer

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

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Thank You to Our Host Facilities

The Team Survivor programs are made possible by the work of our dedicated volunteers and the support of our host facilities. Thank you for your support!

- ◆ Breakthru Fitness (*Pasadena*)
- ◆ Mount St. Mary's College (*Brentwood*)
- ◆ Providence / St. Joseph Medical Center (*Burbank*)
- ◆ Workout Warehouse/The Speed Center (*West Hollywood / Redondo Beach*)
- ◆ Wilshire Boulevard Temple (*West Los Angeles*)
- ◆ The Well (*a facility of the California Black Women's Health Project - Los Angeles*)
- ◆ Aranda's Woodcraft (*Gardena*)
- ◆ NIKEgoddess (*Newport Beach*)

Team Survivor Personnel

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Low-Impact Aerobics Instructor
 Natalie McReynolds

Lying Down & Letting Go™ Instructor
 Karen Penhale

Yoga Instructor
 Joyce Gauss

Crenshaw/Baldwin Hills Walk Leader
 Leigh Ruth

Fullerton Walk Leader
 Candace Cunningham

Lake Balboa Walk/Bike Leaders
 Ruth Berk
 Georgia Gowin

Long Beach Walk Leader
 Lauren Scott

Pasadena Walk Leader
 Linda Gero

Saturday Santa Monica Walk Leaders
 Judy Kates
 Barbara Maller

Board of Directors

Pam Burton	Catherine Wagar
Bruce Rankin	Sandy Zonniss
Lauren Scott	