

TEAM SURVIVOR Bulletin

July/August 2003 Announcements & Program Listings

BIG CONGRATULATIONS TO:

All our women who participated in the Danskin Triathlon on June 22nd!!! This year our team honored Alever Jones, their fellow teammate and friend. Alever passed away in May—she was and continues to be a great inspiration to us all!

Our 2003 TSLA Danskin Triathlon Team:

Reviva Barak, Ruth Berk, Pam Burton, Jeanne Calamar, Heather Carter, Jennifer Ciminillo, Bracha Graber, Georgia Gowin, Alever Jones, Gertrude Lewis, Adalberta Perez, Mimi Rosenblatt, Ginny Shore, Roz Silver, Betty-Ann Stempel, Catherine Wagar, Sandy Zonnis
THANK YOU to Ni Bueno and her coaching staff for leading the group through another successful event!

Our Dragon Boating team—the L.A. Pink Dragons (LAPD)!!! They took a *bronze medal* in their first competition in Vancouver! Come see them compete again on July 26 & 27 in the Long Beach Dragon Boat Tournament. You'll see what all the talk and excitement are about...contact team captain Lauren at (310) 538-9945 for information. Also see page 2 for more details on being active with the team. Good luck to our L.A. Pink Dragons in the Long Beach Tournament!

PROGRAMS THAT ARE NEW OR CHANGED:

- ◆ Dragon Boating—*new*
Team of 20 survivors paddling in a boat in unison to the beat of an accompanying drummer. Join us!
- ◆ Culver City Walk & Talk—*hiatus*
- ◆ Griffith Park Walk & Talk—*time*
- ◆ Metro L.A. Walk & Talk—*new*
- ◆ Santa Monica Walk & Talk—*time/location/contacts*
- ◆ USC Walk & Talk—*hiatus*
- ◆ Van Nuys Lake Balboa Walk & Talk—*contacts*
- ◆ Burbank Yoga—*special summer session*
- ◆ West L.A. Lying Down & Letting Go™—*hiatus*
- ◆ Metro L.A. Yoga (Stentorian Fire Station)—*new*
- ◆ Metro L.A. Yoga (T.H.E. Clinic)—*new*
- ◆ Swimming & Aquatics—*new format*
- ◆ Orange County Running Club—*new*
- ◆ Fullerton Walk & Talk—*time/location*
- ◆ Huntington Beach Walk & Talk—*new*
- ◆ Irvine Walk & Talk—*time/day/contact*
- ◆ Hiking/Nature Walks/Outdoor Events—*coming soon.*

**For up-to-the-minute updates, call:
PROGRAM HOTLINE: (310) 281-6152**

Los Angeles Programs Meeting Times & Places

WALKING GROUPS

Griffith Park—Walk & Talk

- ◆ Tuesdays, 7:30 a.m.
- ◆ 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.
- ◆ Contact Patrice at (323) 906-1195

Long Beach—Walk & Talk

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

Metro L.A.—Walk & Talk

- ◆ 2nd Saturday of every month, 10 a.m.—varies
- ◆ Location and activity will vary each month
- ◆ Based from yoga class @ T.H.E. Clinic—see yoga info
- ◆ Contact Shirley at (310) 756-9862

Pasadena Rose Bowl—Walk & Talk

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

Culver City—Walk & Talk (on hiatus)

- ◆ Contact Keri at TSLA office (310) 829-7849x4

USC Campus Track—Walk & Talk (on hiatus)

- ◆ Contact Keri at TSLA office (310) 829-7849x4

Santa Monica—Walk & Talk

- ◆ Saturdays, rotates every week:
Call for time: 9:30 am –or– 10:30 am
- ◆ Location—rotates each week:
Call each week: Palisades Park -or-
In front of Shutters Hotel @ Pico Blvd. & beach
- ◆ Contact Diane at (310) 497-7772

Simi Valley—Walk & Talk

- ◆ Thursdays, 5:45 p.m.
- ◆ Meet at St. Rose of Lima Church, 1305 Royal Ave. in west parking lot. From 118 frwy, take First St. exit, go south approx. 1.3 miles to Royal Ave. & turn left; corner of Royal & Pride, across from Royal H.S.
- ◆ Contact Cathy at (805) 526-7985 (evenings) or (818) 887-2400 x421 (days)

Van Nuys Lake Balboa Park—Walk & Talk

- ◆ 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.
- ◆ Contact Catherine at (818) 901-1812

Los Angeles Programs Meeting Times & Places

For up-to-the-minute updates, call: TSLA PROGRAM HOTLINE: (310) 281-6152

AQUATICS

Westside Swimming / Aqua Exercise*

*in cooperation with

YWCA Santa Monica/Westside Encore Program

- ◆ 11:00 a.m. - 12:00 p.m.,
- ◆ 2nd & 4th Sundays each month—confirm on TSLA Hotline (310) 281-6152
- ◆ July 13th & 27th, & August 10th & 24th
- ◆ 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.
- ◆ Contact Keri Uejo (310) 829-7849 x4

CORE FITNESS & RESISTANCE TRAINING

Pasadena

with Exercise Specialist Mike Strickland, NASM CPT

Must call TSLA Office to register prior to attending for first time: (310) 829-7849

- ◆ Weekly on Tuesdays 7:00* - 8:00 p.m.
* If first time, must RSVP and arrive by 6:45 pm or earlier to review fitness needs with trainer. Ask for Mike Strickland.
- ◆ Hosted by Breakthru Fitness, 87 Fraser Alley, Pasadena. (Lower floor of 88 W. Colorado Blvd & accessible via Fraser Alley.) Located on corner of Delacey St. & Colorado Blvd., in Old Town Pasadena. Free 90 minute parking in Delacey St. parking structure.

CYCLING - OUTDOOR

Van Nuys to Lake Balboa

- ◆ Most Tuesdays 6:30 a.m. **AND** Saturdays 7:30 a.m.
- ◆ Rides are approximately 1 hour (6 - 10 miles)
- ◆ Contact Catherine at (818) 901-1812 for meeting spot and directions.

DRAGON BOATING

Los Angeles Team: L.A. Pink Dragons (LAPD)

- ◆ Team of 20 cancer survivors paddling in the ocean in unison to the beat of a drummer. If you are a survivor and want to join the team, contact Lauren.
- ◆ OPEN TO ALL: Team invites anyone interested to join the practice workouts—we need people!
- ◆ *Weekly Practice Schedule:* (unless at an event)
6:00 pm on Wed. & 7:30 am on Sat.
Launch from Long Beach—call for directions
- ◆ *Spectator Fun!!!* Team invites everyone to watch them race—and come to have fun!
- ◆ *Upcoming Races/Festivals:* (confirm with Lauren)
July 26 & 27: Long Beach Dragon Boat Tourn.
Sept 27 & 28: San Francisco Dragon Boat Race
- ◆ Contact Lauren (310) 538-9945 or
email lauren@teamsurvivor-la.org

HIKING & NATURE WALKS

Contact Keri Uejo at TSLA office (310) 829-7849 x4.

LYING DOWN & LETTING GO™ & YOGA CLASSES

Burbank—Join us for Summertime Yoga!!!

- ◆ Mondays, 7:00 - 8:30 p.m.
- ◆ Summertime Yoga: July 7th—Sept 29th.
- ◆ Fall session of Lying Down & Letting Go™ resumes Oct. 13th—Dec. 15th.
- ◆ 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.
- ◆ Validated parking. Suggested to bring yoga mat, blanket, water and socks.
- ◆ Contact TSLA Office (310) 829-7849 for free registration.

Metro Los Angeles—Stentorian Fire Station

- ◆ Weekly, Thursdays, 6:00—7:00 pm
- ◆ Limited space, so RSVP if its first time.
- ◆ 1409 W. Vernon Ave., Los Angeles, CA 90062; Northwest corner of Vernon & Normandie;
- ◆ Free parking, enter lot from Normandie
- ◆ Contact Shirley Smith at (323) 756-9862 or TSLA Office (310) 829-7849 for free registration.

Metro Los Angeles—T.H.E. Clinic

- ◆ 1st, 3rd, 4th (& 5th) Saturdays, 10:00—11:15 am
(On the 2nd Saturday of each month will be a special activity announced the week prior.)
- ◆ 3860 MLK Jr. Blvd., Los Angeles, CA 90008; 2 blocks west of Crenshaw Blvd., on south side of MLK Jr. Blvd.; Free parking.
- ◆ Contact Shirley Smith (323) 756-9862 or TSLA Office (310) 829-7849 for free registration.

Redondo Beach

- ◆ Weekly, Thursdays 6:00 - 7:00 p.m.
- ◆ 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 driveway. 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.
- ◆ Contact TSLA Office (310) 829-7849 for free registration.

West Los Angeles

Summer hiatus now but:

- ◆ Fall session will resume Oct. 14th—Dec. 16th
- ◆ Tuesdays, 7:00 - 8:30 p.m.
- ◆ Wilshire Boulevard Temple (dance studio); Irmas Campus: 11661 W. Olympic Blvd., Los Angeles, CA 90064; Northeast corner of Olympic and Barrington
- ◆ Free parking - enter lot off of Barrington
- ◆ Contact TSLA Office (310) 829-7849 for free registration.

Orange County Programs Meeting Times & Places

Indoor Weight & Resistance Training

with Exercise Specialist Stacey Smout, MS

- ◆ Weekly on Tuesdays, 6:30–7:30 p.m.
- ◆ Summer: July 1, 8, 15, 22, 29 & August 5, 12, 19, 26
- ◆ Hosted by FITNESS SOLUTION GYM
16561 Bolsa Chica #106, Huntington Beach.
(cross streets Bolsa Chica & Heil)
- ◆ Contact Betty @ (949) 275-3888 to reserve a spot.

TSOC Running Club

- ◆ Weekly on Saturdays, 7:30 a.m.
- ◆ Meet @ Coco's parking lot in Irvine, 4595 Barranca
- ◆ RSVP to Betty (949) 275-3888
- ◆ Train for Race for the Cure in Newport Beach in Sept.

Fountain Valley—Walk & Talk

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

Fullerton—Walk & Talk—Let's start walking!!!

- ◆ Contact Candace (714) 871-8511 for times and locations that fit your schedule.

Huntington Beach—Walk & Talk on the Beach

- ◆ Contact Kathy (714) 846-8794 for times and location.

Irvine—Walk & Talk

- ◆ Weekly on Tuesdays, 6 pm;
- ◆ Meet @ parking lot of Woodbridge Lake's North Lagoon (off Stonecreek)
- ◆ Contact Kathy for more information (949) 552-5007

Newport Beach Fashion Island—Walk & Talk

- ◆ 2nd & 4th Friday each month, 10:00 a.m.
- ◆ Meet @ NIKE Goddess store—optional lunch after walk.
- ◆ Contact Betty @ (949) 275-3888

Join Total Woman Gym & Spa!!!

You can get a Team Survivor discount by calling Jessica Dunn (949) 733-0478, Mention Team Survivor. This is a women's-only gyms with locations in Irvine, Mission Viejo, Glendale, Westlake Village, Northridge & Woodland Hills. They have cardio, weights, yoga, pilates & more! **we need a minimum of three members to get this discount applied*

Other Related Programs—Partnering Organizations

The Wellness Community—Foothills

- ◆ Classes that TWC-F offers:
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)
- ◆ Call (626) 796-1083 for more information or to register for any of the TWC-F events or classes above.

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

The Wellness Community—Orange County

- ◆ Classes that TWC-OC offers—for more information & complete list, call (714) 543-3200:
Tour de Fitness Exercise: 1st & 3rd Tues. 10a-noon
Yoga: Wednesdays 10:45 am
Qi Gong & Meditation: 1st & 3rd Thurs. 7-8pm

The Wellness Community—Foothills

- ◆ Classes that TWC-F offers:
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)
- ◆ Call (626) 796-1083 for more information or to register for any of the TWC-F events or classes above.

Encore Program: YWCA Santa Monica/Westside

- ◆ Thursdays, 10:30 a.m. @ Loews Hotel Santa Monica
- ◆ 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. Pay only a small per-class fee.
- ◆ **More info:** Call Sharon at (310) 452-3881

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

Lectures & Education

The Wellness Community -South Bay Cities

Workshops and Events—(310) 376-3550

- Jul 23: Navigating Managed Care & Cancer-Related Legal Issues by Barbara Schwerin, JD 630-830pm
Jul 26: Cancer Clinical Trials—comprehensive overview by N. Simon Tchekmedyan MD Must call to RSVP. 930am-noon
Aug 6: Colorectal & Carcinoid Cancer 6-8pm
Aug 8: Reiki-Awareness & Self-Healing 1230-2pm
Aug 19: Vocal Integration Concept Sound Therapy 7-8pm

The Wellness Community—Foothills

Workshops and Events—(626) 796-1083

- Aug 18th: "Ask the Doctor about Oriental Medicine" with David Boyd, PhD, DTOM, LAc

Ted Mann Family Resource Center-UCLA

Weekly Support Groups—(310) 794-6644

Many options on times, days, and types of groups

Cancer Lecture Series—(310) 794-6644

- July 15: 7–9 pm "Cancer & Healing: Mind-Body"
Aug 12: 7–9 pm "Cancer Vaccines"



NONPROFIT ORG
U.S. POSTAGE
PAID
PERMIT NO. 601
Santa Monica, CA

Team Survivor Los Angeles
Team Survivor Orange County
1223 Wilshire Boulevard, #570
Santa Monica, CA 90403-5400

TSLA Phone: (310) 829-7849
TSOC Phone: (949) 275-3888
Fax: (310) 829-6959

Email: info@teamsurvivor-la.org
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 & Support Organizations

- ◆ Breakthru Fitness (*Pasadena*)
- ◆ Fitness Solution Gym (*Huntington Beach*)
- ◆ Los Angeles Stentorian Fire Station (*Metro L.A.*)
- ◆ Mount St. Mary's College (*Brentwood*)
- ◆ NIKEgoddess (*Newport Beach*)
- ◆ Partnered for Progress (*Metro L.A.*)
- ◆ Providence / St. Joseph Medical Center (*Burbank*)
- ◆ T.H.E. Clinic (*Metro L.A.*)
- ◆ The Wellness Community—Foothills (*Pasadena*)
- ◆ The Wellness Community—South Bay (*Redondo Beach*)
- ◆ The Wellness Community—West Los Angeles
- ◆ Wilshire Boulevard Temple (*West Los Angeles*)
- ◆ YAS Yoga and Spinning Center (*Venice*)
- ◆ YWCA Santa Monica/Westside & Encore Program

Team Survivor Personnel & Program Leaders

Executive Director

Karen Van Kirk
kvankirk@teamsurvivor-la.org

Administrative Manager

Melinda Ewen
melinda@teamsurvivor-la.org

Outreach Director

Shirley Smith
shirley@teamsurvivor-la.org

Program Director (Los Angeles)

Keri Uejo
keri@teamsurvivor-la.org

Program Director (Orange County)

Betty Van Kirk
TeamSurvivorOC@yahoo.com

Program Specialist/Triathlon Coach

Ni Bueno
nbueno@teamsurvivor-la.org

Professional Advisors

Marilou Terpenning, M.D.
Kimberly Fowler, J.D.
Samantha Wood, MPT
Sharon Donaldson, YWCA Dir. of Programs

Board of Directors

Ruben Barajas Pam Burton
Bruce Rankin Lauren Scott
Catherine Wagar Karen Van Kirk

Core Fitness & Resistance Trainers

Mike Strickland, Stacey Smout

Swim Coach/YWCA Encore Program

Lindsay Connors,

Lying Down & Letting Go™ & Yoga Instructors

Karen Penhale, Joyce Gauss, Olivia Israel,
Florence Dunayevich, Jill Simanton

Dragon Boat Team Captain

Lauren Scott

Culver City Walk Leader

Gail Kadar

Fullerton Walk Leader

Candace Cunningham

Griffith Park Walk Leader

Patrice Grullion

Huntington Beach Walk Leader

Kathy Gurden

Irvine Walk Leader

Kathy Rodarte

Long Beach Walk Leader

Lauren Scott

Pasadena Walk Leader

Linda Gero

Santa Monica Walk Leaders

Diane Schreiber, Sonya Telias

Simi Valley Walk Leader

Cathy Kocur

Van Nuys Walk/Bike Leaders

Catherine Wagar, Gertrude Lewis,
Georgia Gowin