

Team Survivor Bulletin

March / April 2002 Newsletter

Program Update

New Walking Groups -

Long Beach and Fountain Valley

Team Survivor has launched two new "Walk and Talk" walking groups. See the insert for details on time/place.

Santa Monica Walks - Saturdays

The Saturday morning walks in Santa Monica are back! - and now meeting at 10:30 a.m. See insert for details.

New Location for South Bay Yoga

The next South Bay yoga session will begin March 7, 2002. Call Ni Bueno at (310) 798-7153 for location and details.

Danskin Women's Triathlon

Team Survivor will again send a team to the Danskin Women's Triathlon to be held June 22/23 in Sacramento. This event consists of a 1/2 mile swim, a 12 mile bike ride and a 3 mile walk/run. We will have a training program that will support anyone - first-timers and experienced triathletes - in their preparation. The training program will include swimming lessons and workouts, run/walk clinics, group bike rides and clinics, etc. You are welcome to join the group for any of the training sessions even if you aren't planning on doing the event. In addition, you can form a relay team and split up the events, or join us in Sacramento on the Team Survivor Walking Team for the 3 mile walk.

To learn more, please attend the kickoff meeting for the triathlon training program, March 3, 2002 at Mount St. Mary's College pool in Brentwood, following the swim clinic (12:00 PM). Please let Ni Bueno know if you will be attending (310) 798-7153 or nbueno@teamsurvivor-la.org.

Lying Down & Letting Go™

The next sessions of "Lying Down & Letting Go"™ will begin in April 22 in Burbank and April 23 in West Los Angeles. This is a stretching and strengthening class that is gentle, safe and easy for anyone to do. It combines moves from dance, yoga and physical fitness to build strength and release stress. See the insert for time/place details and call the TSLA office (310) 829-7849 to register.

Hiking - Multiple Locations

Watch the mail for news of an upcoming day hike and picnic in the *Orange County* area.

In addition, all Team Survivor participants are welcome to join the group training for the Mt. Whitney backpack on some of their training hikes:

March 16: Rocky Peak (Simi Valley)

April 27: Strawberry Peak (northeast of Glendale)

Call Ni Bueno (310) 798-7153 for times and directions.

Save the Date! Revlon Run/Walk

On Saturday, May 11, join Team Survivor and the "Spirit of Santa Monica" team (400-strong) at the Revlon Run/Walk for Women at the L.A. Coliseum (5 km = 3.1 miles). This exciting and inspirational event is a fund-raiser for breast and ovarian cancer. The event organizers also need volunteers - call the TSLA office (310) 829-7849 for a volunteer application. Make plans now to be at this event!

Program Hotline

Remember 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 (949) 275-3888.

Los Angeles Programs Meeting Times & Places

AQUATICS

Westside Swimming / Water Exercise

- ◆ 2nd & 4th Sundays (adjusted for College closures*— *CALL BY FRIDAY TO CONFIRM DATES*):
March 3 & 24*, April 14 & 28
- ◆ 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

- ◆ 1st (**West Hollywood**) & 3rd (**Redondo Beach**) Sundays
March 3 & 17, April 7 & 21
- ◆ 12:00 - 12:50 p.m.
- ◆ The Speed Center
- ◆ West Hollywood: 650 North La Peer
- ◆ Redondo Beach: 1636 PCH, near Ave H (in Kenpo Karate Studio)
- ◆ Both locations have free parking in adjacent lots
- ◆ 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 AND LETTING GO™

Burbank

- ◆ Monday evenings
- ◆ 7:00 - 8:30 p.m.
- ◆ January 21 - March 18
- ◆ Providence St. Joseph Medical Center
- ◆ Corner of Buena Vista and Alameda
- ◆ Directions heading west: Exit 134 freeway at Buena Vista. North on Buena Vista, left on Alameda, left into main hospital parking lot.
- ◆ Directions heading east: Exit 134 freeway 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

- ◆ Tuesday evenings
- ◆ 7:00 - 8:30 p.m.
- ◆ January 22 - March 19
- ◆ Wilshire Blvd. Temple (dance studio)
- ◆ Irmas Campus: 11661 W. Olympic Blvd.
- ◆ Northeast corner of Olympic and Barrington
- ◆ *Please contact the TSLA office to register for either Lying Down & Letting Go™ class. Call (310) 829-7849 or e-mail info@teamsurvivor-la.org*

YOGA

Torrance

- ◆ Thursday evenings, 7:00 - 8:00 p.m.
- ◆ Next series begins March 7
- ◆ Call Ni Bueno to register and get directions (310) 798-7153

WEEKLY WALKING GROUPS

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

Los Angeles Programs Meeting Times & Places

WEEKLY WALKING GROUPS

Crenshaw / Baldwin Hills

- ◆ Tuesdays 4:00 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 to confirm meeting time/location before attending this walk*

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

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

Redondo Beach

- ◆ Wednesdays 5:30 p.m.
- ◆ Torrance Beach Park
- ◆ Meet on bike path, where it ends at Torrance Beach

NEW!!

Santa Monica

- ◆ Wednesdays 5:30 p.m.
- ◆ Saturdays 10:30 a.m.
- ◆ **Wednesdays through April 3:** Palisades Park, corner of Ocean Ave. and Washington Ave.
- ◆ Metered parking is available along Washington (25 cents for 5:30 - 6:00 p.m.)
- ◆ **Wednesdays after April 3 and Saturdays:** 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

NEW!!

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

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. Next session starts April 9.

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.

YWCA Encore Program-Santa Monica

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

Variety of Classes - Santa Monica YWCA

Mention Team Survivor and your \$35 annual membership fee at the Santa Monica YWCA will be waived. You pay just \$4.50 per class. Try yoga, "Strong & Stretched", pilates mat classes and more!

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

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). Free.

Orange County Programs Meeting Times & Places

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

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)

NEW!!

For more Orange County program info:

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

Saddle Up!

by Ni Bueno, MSS

Saddle up for Team Survivor was held at The Speed Center in West Hollywood on February 9, 2002. The event was a huge success! We raised funds for Team Survivor's fitness programs and had a great time in the process. Our thanks to the top pledge raisers: Bart Stoehr, Jeanne Calamar, Sandy Zonnis, and Carol Hunt. Many thanks to the instructors (Jenny Tate, Jaylon Davis, Ruben Barajas, Rochelle LeBlanc, and Zino Macaluso) and all who cycled!

Ruthie Bolton, guard for the Sacramento Monarchs of the WNBA, was our guest celebrity. She was kind enough to donate her time to Saddle Up. Ruthie lost her mother to cancer two years ago, and her sister has cancer as well. She talked about the importance of fitness and self-care. Ruthie also cycled for two classes; her manager, Angie, also cycled! Thank you, Ruthie, for finding time in your busy schedule to join us!

Saddle Up had six riders who cycled for the entire five hours: Bart Stoehr, Carol Hunt, John Stesney, Emily Hope, *and two of our own TSLA participants*, Pamela Burton and Jeanne Calamar!! Sandy Zonnis, *another TSLA participant*, cycled four hours! The riders were kept well hydrated and fed (thank you, Janet Van Kirk) throughout the day.

Saddle Up for Team Survivor would not have been successful without the Saddle Up Committee: Georgia Gowin, Gertrude Lewis, and Sandy Zonnis. The committee helped with registration, raising funds and prizes, and publicity. Thank you to Michael Monteroso for allowing us to come in and take over The Speed Center for the entire day. The set-up and behind-the-scenes details could not have been as well-organized without the help of Andy Anagnos.

What was most impressive about the day was the team effort. The volunteers dedicated their Saturday to the event and worked very well together as a team. Participants of Team Survivor also got a chance to meet women from other parts of Southern California.

Special thanks to Speedo, Kaiser-Permanente, Denmat, Jamba Juice, Sparkletts, Trader Joe's, Mary Kay, LuisaLuisa, and New Venus Productions for your donations of gifts and food.

Saddle Up was a lot of fun - plan to join us next year!

Our sincere thanks to *Toyota Corporation* for their sponsorship of our programs

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
March	LA Marathon, 5km (3.1 miles), Bike Tour (20+ miles) (3/3)	Running, walking, cycling. Participants may raise pledges for Team Survivor.
May	Revlon Run/Walk for Women (3.1 miles) (5/11) Vancouver Marathon and Half Marathon (5/5)	Fund-raiser for breast/ovarian cancer research. Training program / fund-raiser for The Wellness Community - West L.A. Info: (310) 314-2555.
June	Danskin Women's Triathlon Series (1/2 mile swim-12 mile bike-3 mile run/walk) (6/22)	3 month training program: swim clinics, bicycling rides, run/walk sessions.
July	Team Survivor Mt. Whitney backpacking trip	Waiting list for this event is full. Call Ni Bueno for location/dates of prep hikes open to all.
November	Race for the Cure (3.1 miles) (date TBA)	Fund-raiser for breast cancer research/services.

Survivors' Column

August 14, 2000, was the day that changed my life. Yes, this was the day when I received my diagnosis of breast cancer. Shock, disbelief, denial and fear only begin to describe the feelings that I experienced. I moved through life in a daze, despite the frenzy of cancer activity that overtook my life during the next couple of weeks. Researching information, getting second and third opinions, changing doctors and even medical facilities. The pressure of having to make important decisions about my treatment within a very short time turned my life completely upside down.

During this hectic time, I got a flyer describing a breast cancer support group. This sounded like something that would be helpful and, not being one to waste an opportunity, I went to the very next meeting. Listening to the group talk, I noticed that everyone seemed very comfortable, friendly and happy. I couldn't understand why a group of women who had breast cancer and had gone through a variety of treatments that included chemotherapy, lumpectomies and mastectomies could be so upbeat. I had visions of mutilated chests so vivid in my mind I could not even say the word mastectomy let alone consider having one. Even after listening to these women speak, it was hard for me to believe that I could go on living after having a breast removed.

Engrossed in my own thoughts, my attention was brought back to the group when a woman named Catherine began to speak. She discussed her pre-cancer life as one that was very professionally active but physically inactive. After a chance meeting with a woman training to climb Mt. Whitney, she became inspired, decided to train with her and successfully completed the climb. She spoke about how the training got her in shape and made her feel great. By now, I was really listening to her story. Truthfully, I had never even heard of Mt. Whitney, but hearing her describe the experience made me want to climb to the top of the mountain also. I wasn't sure how I was going to accomplish it, but I was sure going to try.

An exercise group called Team Survivor was the next topic I heard discussed. The group had my attention now! Was I really hearing this? For the past year, all I had been thinking about was becoming more active and getting into shape. I had just lost a significant amount of weight and did not want to gain it back. I knew that to keep the weight off I needed to exercise, but up to that point, I had been unsuccessful in my quest for an exercise program. Now that I was facing a year of cancer treatment, exercise and weight management were the last things I thought I would be able to focus on. What I was hearing about sounded like a gift from heaven. A ready-made group of women, all about my age, all affected by cancer, who wanted to exercise.

During the next 12 months, I had 7 surgeries and 6 months of

chemotherapy. I lost all my hair and was hospitalized a number of times with infections resulting from my low white cell count. I was even unlucky enough to be bitten by a dog, while visiting a woman who graciously offered to show me her free flap reconstruction, as I was considering my own surgery choices.

What a year! In spite of everything I went through, I continued to work at my job on a limited basis and walked with my Team Survivor group every Saturday. Those Saturday walks were the part of my week that sustained me most during that difficult time. There was always someone to talk to and more important, a group of friends to have breakfast with after our walk.

The support I got from my friends, family, colleagues and my Team Survivor group was incredible. Letters, cards, company at chemo treatments, visits and meals, all made me realize how caring the people I knew were.

Now that my treatment is complete, I am planning to participate with Team Survivor in the Danskin Triathlon in Sacramento this June. I am confident that I can bike 12 miles and do a 5K walk, although I am not nearly as confident about the ½ mile lake swim. I have a lot of work to do to prepare myself but am committed to doing it. My Team Survivor friend, Georgia, completed the triathlon last year and continues to be an inspiration to me as I train and regularly question myself about whether or not I can really do it.

I am proud to say that I am healthier, thinner and stronger than I have ever been, and ready to tackle whatever crosses my path. Participating in Team Survivor diverted my attention from my cancer treatment and instead allowed me to focus on activity and exercise.

I have become a very different person than who I was on August 13, 2000. No longer do I take things for granted or make the assumption that if I don't get to something today, it will be available for me tomorrow. Most importantly, I have a new respect for the people in my life. I treasure and value every relationship I have.

Mastectomy easily rolls off my lips now since it is no longer the terrible curse that I once saw it as. It's my hair that I miss the most. When it's long enough to put in a pony tail, I am planning a pony tail party and inviting everyone I know who has one, including my surgeon. I am also committed to giving back to Team Survivor for everything it has given to me. I feel fortunate to have been elected to the Board of Directors and am determined to help bring this program to as many women as possible. Thank you Team Survivor for giving me a life better than the one I had before I got cancer.....**Sandy Zonnis**

Lectures & Education

Ted Mann Family Resource Center-UCLA
Colon and Other Gastrointestinal Tract Cancers
March 12 · J. Randolph Hecht, M.D. · 7:00 p.m.

Fatigue and "Chemo Brain" after Cancer Treatment
April 9 · John Glaspy, M.D. · 7:00 p.m.

Lectures are held in the RPB Auditorium at the Jules Stein Eye Institute. Call (310) 794-6644 for more information.

The Wellness Community-Foothills

The Wellness Community - Foothills offers periodic workshops and lectures for people fighting cancer and their families.

Call (626) 796-1083 for more information.

Ways to Help

- ♦ Volunteer at the Revlon Run/Walk for Women - Saturday, May 11, or the weeks leading up to the event (call (310) 829-7849 for an application)
- ♦ Provide healthy recipes for a planned Team Survivor cookbook (sold as a fund-raiser). Call (310) 829-7849

Memorial/Honorary Gifts

Thank you very much to all of our donors. Our programs depend on your generosity. The following memorial and honorary gifts were made December 2001 - January 2002:

In Honor Of: Joey Gottfried Marjorie Oracion

TEAM Survivor

C A L I F O R N I A

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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.teamsurvivorcal.org
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.*

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

Executive Director

Karen Van Kirk
kvankirk@teamsurvivor-la.org

Board of Directors

Pam Burton (member-elect)
Bruce Rankin
Lauren Scott
Catherine Wagar
Sandy Zonnis

Medical Advisory

Marilou Terpenning, M.D.

Program Director (O.C.)

Betty Van Kirk
TeamSurvivorOC@yahoo.com

Program Director (L.A.)

Ni Bueno nbueno@teamsurvivor-la.org

Indoor Training Trainer

Mike Strickland

Swim Coach

Kristine MacRae

Indoor Cycling Instructor

Jenny Tate

Low-Impact Aerobics Instructor

Natalie McReynolds

Lying Down & Letting Go™ Instructor

Karen Penhale

Yoga Instructor

Joyce Gauss

Lake Balboa Walk/Bike Leader

Ruth Berk

Thursday Pasadena Walk Leader

Linda Gero

Redondo Beach & Long Beach Walk Leader

Lauren Scott

Saturday Santa Monica Walk Leader

Judy Kates