

PROGRAM BULLETIN

**Dragon Boat 2004
The LA Pink Dragons (LAPD) &
The Orange Roughys**

Linda Gero, Judy Burrows and Regina Savage, Dragon Boat captains this year, shared the following dreams and memories with outgoing Program Director, Keri Uejo.

Reflecting on our rookie year 2003, we succeeded through sweat and tears, through perseverance, dedication, passion, and luck. Much gratitude is felt for Lauren Scott, former Team Survivor Board President, who lead the charge to create the Dragon Boat opportunity for us. Dr. Howard Chen of Long Beach bought us our boats, and our many volunteer coaches, paddlers, and other supporters assisted us in reaching our goals. Now, as we enter our 2nd season, we know how much we've gained and grown from this sport. We believe strongly in this opportunity as a path to heal, empower, and learn. Now our dream is to bring this to others so they can experience the beauty, power and spirit that we have come to know through team effort

As cancer survivors, we naturally put mental limitations on ourselves as protection. Dragon Boating helps us get in touch with our physical bodies, to learn how we work and what we need to feel good. Then, we can safely extend our boundaries. By exploring these "edges" we can strengthen ourselves physically and restore our faith and self-confidence in ourselves.

**We need more survivors for race teams!
Come out and try it once ...
we think you will be hooked!**

Survivors are raising funds to help defray the costs of equipment, entry fees, and boat storage.
For details, contact Team Captain Linda (323) 221-2334

HIGHLIGHTS:

Hikes

May 22nd Sat. Angeles Crest
June 19th Sat. Angeles Crest
See page 3 for more details

Dragon Boating

Now practicing Wednesday & Saturday
Practice is open — Invite family and friends to paddle with us!

Race Schedule

Come cheer us on!
Vancouver, BC June 18-20
Long Beach, CA July 31-Aug 1
Newport Beach, CA August 15
Seattle, WA September 3-5
San Francisco, CA September 25-26
See page 2 for more details

**Lying Down & Letting Go™ Yoga—
New Class in Sherman Oaks
starts on May 6th!**

See page 2 for more details

Save The Date!!!

**Sat. November 13th
PedalMania Spin-A-Thon Fundraiser
& Team Survivor California's
5th Anniversary Celebration!**

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

Special Events

**REVLON RUN/WALK
May 8, 2004 Saturday**
Its not too late to sign-up!
Come "hang" with us and
lunch in the SkyBox!
**TEAM Survivor/Spirit of
Santa Monica #281**

<https://www.revlonrunwalk.com/la/secure/teamwebpage.cfm?pID=9401>

Call (310) 477-8557
Info@teamsurvivor-la.org

**THEATER WORLD PREMIER
Benefit for Team Survivor**

"Two Ships Passing"

A 1960's family drama in Boston

**May 7 Fri. 8:00 pm
May 8 & 9 Sat. & Sun. 7:00 pm**

Tickets \$20 Call (323) 467-7237
Pan Andreas Theater
5125 Melrose Ave (near Western),
Los Angeles, CA

**Be our guest: reception following
opening night performance.**

DANSKIN TRIATHLON

Run/walk 3 mi • Swim .5 mi • Bike 13 mi

**Frank G. Bonelli Park
San Dimas, CA**

*"The Woman who starts the Race is not
the same Woman who finishes the Race"*

**June 5th Sat. (Expo/Clinics)
June 6th Sun. (Race Day)**

OUR WOMEN ARE WORKING HARD TO
RAISE PLEDGE & SUPPORT FUNDS

Call TSLA Office about training, booth sitting, donations and team support.



PROGRAM BULLETIN: LOCATIONS, TIMES & PLACES

DRAGON BOATING

The 2004 Season Just Kicked into High Gear!!!

Long Beach Marina del Rey Newport Beach
Each team of 20 paddles in unison to the beat of a drum. You'll get a full body workout, strengthen your mental focus and breathing, and build team spirit....and have fun!
**Studies show that it does not cause/affect Lymphedema.*

RECRUITING: Paddlers, Callers, and Steerers

*Callers need smaller builds but big voices!
Steerers need small to average builds with good balance.*

- ♦ **We are all beginners learning proper paddling techniques—no experience necessary.**
- ♦ **Lifejackets and equipment provided.**

Weekly Coached Practice Schedule

- ♦ **Long Beach:** Sat. 7:30 am & Wed. 6:00 pm
 - ♦ **Newport Beach:** Sunday 10:00 am
- Call contacts below for detailed info and directions.*

Anyone can come practice with us—we need people to fill seats during practices. Invite family & friends.

- ♦ Stay tuned for Cardiovascular Interval & Flexibility training before or after boating practice.

Contact Linda (323) 221-2334 or Judy (714) 373-2448 for information and directions to practices.

2004 DRAGON BOAT RACE SCHEDULE:

Even if you're not paddling with the team, we LOVE a good cheering section—so come watch and support us!

June 18-20: Vancouver, BC Canada
July 24-25: Long Beach, CA
August 15: Newport Beach, CA
Sept 3-5: Seattle, WA
Sept 25-26: San Francisco, CA

INDOOR CORE FITNESS & RESISTANCE TRAINING

Pasadena Exercise Specialist Mike Strickland, NASM CPT

- ♦ 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.
- ♦ 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.

SPINNING® (INDOOR CYCLING EXERCISE)

- ♦ **Glendale—New!!!**
- ♦ 7 Indoor Cycling classes each week:
Tue/Thur 7—8 am -and- Mon/Wed/Fri 6—7 pm
- ♦ Please RSVP, and if its your first session, please arrive by 15 minutes prior class to review fitness needs with instructor. Ask for Cindy.
- ♦ Hosted by Pulse Fitness Systems, 612 E. Glenoaks Blvd., Glendale; (studio # is 818-243-9586)

PLEASE NOTE: All participants must have a Medical Release and Information/Waiver on file before attending classes and events. Contact 310/477-8557 for information.

LYING DOWN & LETTING GO™ and YOGA CLASSES

Burbank Lying Down & Letting Go™

- ♦ Mondays, 7:00 - 8:30 p.m.
- ♦ Spring 10 week session runs April 12th—June 28th
- ♦ Stay tuned for Summer Session Yoga taught by Floren- cia during July—Sept.
- ♦ Co-hosted by Providence St. Joseph Medical Center, corner of Buena Vista and Alameda; Ask front desk for room #.; Validated parking;
- ♦ Driving west: Exit 134 frwy at Buena Vista. North on Buena Vista, left on Alameda, left into main parking lot.
- ♦ Driving east: Exit 134 frwy at Buena Vista. Left on Bob Hope Drive, right on Alameda, right to main parking lot.
- ♦ Contact TSLA Office (310) 477-8557 to register.

East LA *COMING SOON!*****

Inglewood Yoga

- ♦ Mondays, 6:00—7:15 p.m. Begins June 7
- ♦ Co-hosted by Daniel Freeman Hospitals, 333 N. Prairie Ave. Inglewood (between Manchester & Florence)
- ♦ Contact TSLA Office (310) 477-8557 to register.

Los Angeles—Stentorian Fire Station Yoga

- ♦ Weekly, Thursdays, 6:00—7:00 pm
- ♦ Co-hosted by SFS, 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) 477-8557 to register. Must RSVP if first time.

Los Angeles—T.H.E. Clinic Yoga

- ♦ Saturday May 15, 23, 29 & June 5 10:00—11:15 am
- ♦ Co-hosted by T.H.E. Clinic, 3860 MLK Jr. Blvd., Los Angeles, CA 90008; 2 blocks west of Crenshaw Blvd., on south side of MLK Jr. Blvd.; Free parking.
- ♦ No classes at this location after June 5 due to LA Redevelopment project
- ♦ Register: Shirley Smith (323) 756-9862 or TSLA Office

Redondo Beach Yoga

- ♦ Weekly, Thursdays 6:00 - 7:00 p.m.
- ♦ Co-hosted by The Wellness Community—South Bay Cit- ies, 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 build- ing 109 at end of parking lot.
- ♦ Bring a quarter (25 cents) for City of Redondo parking.
- ♦ Contact TSLA Office (310) 477-8557 to register.

Sherman Oaks Lying Down & Letting Go™ — New!!!

- ♦ 8 week session: May 6—June 24, Thur 7:00—8:30pm
- ♦ Hosted by: weSpark Cancer Support Center, 13520 Ventura Blvd, Sherman Oaks; between Coldwater Cyn. & Woodman Ave., south side of street;
- ♦ **LIMITED SPACE—MUST RSVP:** Call TSLA Office (310) 477-8557 and ask for special registration packet.

West Los Angeles Lying Down & Letting Go™

- ♦ Tuesdays, 7:00 - 8:30 p.m.
- ♦ Spring 10 week session runs April 20th—June 29th
- ♦ Hosted by 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) 477-8557 to register.



PROGRAM BULLETIN: LOCATIONS, TIMES & PLACES

HIKING, WALK & TALKS, BIKING, & SPINNING (INDOOR CYCLING)

DAY HIKES & NATURE WALKS

Sat. May 22—Little Jimmy to Mt. Islip, Angeles Crest
Sat. June 19—Mt. Williamson, Angeles Crest
Sat. Aug. 28: - Mt. Baden Powell, Angeles Crest
 ♦ These hikes are for TS participants exclusively.

Sat. July 31—Mt. Gleason, Angeles Crest
 ♦ This hike is open to invite family and friends! This will be in late afternoon/evening with moonlight back

General Info:

- ♦ *Exertion Levels:* most of our hikes are easy to moderate—we usually plan for two groups paced slower and faster. Call with questions for each specific hike.
- ♦ Bring water (at least 2 liters), food, sun protection, day-pack and proper shoes. Call us for guidance.
- ♦ *Time:* 9 am to approximately 1pm, except July 31.
- ♦ Exact times, meeting spot, driving/carpool directions, and special requirements are available from office.
- ♦ MUST RSVP prior to hike: Call Lindsay at TSLA Office (310) 477-8557 or email: lindsay@teamsurvivor-la.org

BACKPACKING TRIP

July 2—5 San Jacinto Backpacking Trip
 Interested in a breathtaking, exhilarating experience? It'll be here before you know it! Ask us about preparation details and information. Call Lindsay at TSLA Office (310) 477-8557 or email: lindsay@teamsurvivor-la.org

BIKING - OUTDOOR

Van Nuys to Lake Balboa—Outdoor Biking
 ♦ Most Tue & Sat mornings, depends on weather & holiday
 ♦ Ride to Lake Balboa to meet the Walking group
 ♦ Call first to coordinate with Ruth at (818) 782-6074

PLEASE NOTE: All participants must have a Medical Release and Information/Waiver on file before attending classes and events.
Contact 310/477-8557 for information.

AQUATICS—SWIMMING & YWCA ENCORE PROGRAM

Brentwood/MSMC: Swimming/Aqua Exercise
 ♦ 2 Sundays a month, 11:00 a.m. - 12:00 p.m.
 ♦ **May 2 & 9**
 ♦ 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 TSLA Office (310) 477-8557 for more info.

In cooperation with the YWCA Santa Monica Westside Encore Program

Thurs, 10:30 a.m. @ Loews Santa Monica Hotel
 ♦ Guided exercise in heated pool and informal peer support for women who have had breast cancer surgery.
 ♦ Also, for other classes and workouts, mention Team Survivor and annual membership at this YWCA will be waived. Pay only a small per-class fee.
 ♦ Call Sharon Donaldson at (310) 452-3881

WALK & TALK GROUPS

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

Griffith Park—Walk & Talk
 ♦ Call Patrice at (323) 906-1195 to set time and location.

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

Santa Monica—Walk & Talk
 ♦ Saturdays, rotates every week: 9:30 am -or- 10:30 am
 ♦ Location rotates each week: Palisades Park -or- In front of Shutters Hotel @ Pico Blvd.
 ♦ Contact Diane at (310) 497-7772

OTHER RESOURCES & SUPPORT CENTERS

The Wellness Community—South Bay Cities
 A free program of support, education, and hope for people with cancer and their loved ones.
 Call (310) 376-3550 or visit www.wellnessandcancer.org
 ♦ Support Groups, Informational Lectures, Nutritional Lunches, Writing Workshops, Yoga, Tai Chi, and more.

The Wellness Community—Foothills
 Call (626) 796-1083 or visit www.thewellnesscommunity.org/foothills
 ♦ Support Groups, Informational Lectures, Nutritional Lunches, Writing Workshops, Yoga, Tai Chi, and more.

weSpark Cancer Support Center
 Offers various groups, programs, activities, and classes to lighten and enhance your journey in recovery.
 Call (818) 906-3022 or visit www.wespark.org

St. Vincent Medical Center—Los Angeles
 Claudia at (213) 484-7887; Seton Hall, 201 S Alvarado St.

UCLA Ted Mann Family Resource Center
 Research/Resource/Support Groups & Lecture Series
 (310) 794-6644 or CancerResources@mednet.ucla.edu



Los Angeles Area Program

11110 W. Ohio Ave.
 Ste. #111
 Los Angeles, CA 90025
 (310) 477-8557 phone
 (310) 477-4669 fax
 info@teamsurvivor-la.org

TEAM Survivor Los Angeles is an Area Program of TEAM Survivor California, a non-profit 501(c)(3) organization founded in 1999 to provide free exercise, health education and support programs for all women living with cancer. Our mission is to enable women to take an active role in regaining and maintaining their health and well-being. 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. Please contact our office for more information on how to participate or find the Area Programs nearest you.

THANK YOU to our Host Facilities & Supporting Organizations

- ◆ Breakthru Fitness
- ◆ LA Stentorian Fire Station
- ◆ Mount St. Mary's College
- ◆ Partnered for Progress
- ◆ Providence / St. Joseph Medical Center
- ◆ Pulse Fitness Systems
- ◆ T.H.E. Clinic
- ◆ The Wellness Community—Foothills
- ◆ The Wellness Community—South Bay
- ◆ weSpark Cancer Support Center
- ◆ USC/Norris Cancer Center
- ◆ Wilshire Boulevard Temple
- ◆ YAS Yoga & Spinning
- ◆ YWCA Santa Monica/Westside

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 PERMIT NO. 601
 Santa Monica, CA

*To be added or removed from the Team Survivor mailing list
 Please contact Lindsay at 310-477-8557 or lindsay@teamsurvivor-la.org*

TEAM Survivor Los Angeles Organization & Program Leaders

Executive Director

Melinda Ewen

Administrative Asst

Lindsay Connors

Hours: M-F 9am—noon

Program Director

Shirley Smith

Dragon Boat Captains

Judy Burrows
 Karren Ganstwig
 Linda Gero
 TK Kimura

Outdoor Hiking & Backpacking Leaders

Bruce Rankin
 Catherine Wagar

Indoor Fitness Trainer

Mike Strickland

Indoor Cycling (Spinning)

Cindy Miller

Board of Directors

Pamela Burton
 Linda Gero
 Bruce Rankin
 Catherine Wagar
 Karen Van Kirk

Professional Advisory Board

Marilou Terpenning, M.D.
 Kimberly Fowler, J.D.
 Sharon Donaldson, YWCA
 Florencia Dunayevich, R.D.
 Samantha Wood, M.P.T.

Lying Down & Letting Go™ & Yoga Instructors

Florencia Dunayevich
 Joyce Gauss
 Olivia Israel
 Karen Penhale

Griffith Park Walk Leader

Patrice Grullion

Pasadena Walk Leader

Linda Gero

Santa Monica Walk Leaders

Diane Schreiber
 Sonya Telias

Swimming/Aquatics YWCA Encore Coaches

Lindsay Connors
 Sharon Donaldson

Triathlon Coach

Ni Bueno

Van Nuys Walk/ Outdoor Bike Leaders

Ruth Berk
 Georgia Gowin
 Gertrude Lewis
 Catherine Wagar