

TEAM SurvivorTM Northwest

SPRING 2010

TSNW Cycling Season Begins

BY MONICA STRASEN
TSNW PROGRAM MANAGER

The beauty of bicycling never ceases to amaze me – using yourself as an engine, you can move relatively quickly from one location to another, get some exercise, sightsee, and have fun!

I have to admit, though, that the saying people use when it comes to doing something they haven't done in a long time – "it's like riding a bicycle, you don't forget" makes me cringe. As adults, becoming re-acquainted with something we did as we were kids can seem daunting and somewhat intimidating, and yes, riding a bicycle can be one of those things.



Gearing Up to Climb Mount Adams

BY DAWN SILER
TSNW MEMBER & MOUNTAIN CLIMBER

A love of nature, skiing, hiking and a spirit of adventure have always been part of my intrinsic DNA. Every year over the past decade, I would trek to Europe to discover its palaces and peaks, hiking in my favorite corner of the world – the Swiss Alps. In April 2008, I was diagnosed with breast cancer. My heart sank as I wondered if my adventures would come to an end! As

I gained knowledge about my condition, I also gathered strength and support from family, a wonderful husband, and my spiritual community.

The disease that threatened to destroy my body and soul became a great blessing

and benefit. When I joined TSNW, I discovered wonderful camaraderie among new friends who had faced similar challenges as well as the motivation to participate in sports activities with other survivors. Most of all, I found an opportunity to give back in gratitude for all that I have received. Rather than travel this summer, I made a commitment to raise funds for TSNW by climbing Mt. Adams. What an honor and privilege to climb with these awesome women and to pay tribute to those who have succumbed OR survived cancer. Although I am the senior member of the team – at age 66 – and have physical challenges, I know that I will receive support and encouragement to accomplish this goal with heartfelt thanks – as I stand and celebrate with my colleagues on the summit.

Every other year TSNW members climb a local peak. This year, the peak is Mt. Adams and we're gearing up soon. The climb is also an awareness and fundraising opportunity for TSNW. For more information, contact Monica in the TSNW office at pm@teamsurvivornw.org or (206)732-8350.



At TSNW, we know that many of you are trying new and different activities as you work towards developing consistent exercise habits in your life. Variety in exercise is a good thing – it keeps both your mind and body balanced.

Our cycling program is structured with the idea that many of you are new to cycling and want to learn the skills and gain the confidence it takes to ride your bike out there in the world, but we're also cognizant of those TSNW members who are veteran cyclists and are looking to stretch their skills and fitness levels a little.

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The mission of Team Survivor Northwest is to support women in their cancer recovery through empowering programs of physical activity and health education.

Phone: (206) 732-8350
www.teamsurvivornw.org

The Inaugural Walk with Friends 5K Walk/Run

BY ALICIA SUPERNAVAGE,
TSNW OFFICE MANAGER

What an amazing first year! We held our first annual Walk with Friends 5K Walk/Run at Lake Forest Park Towne Center on March 27. Our four legged friends were also invited. Over 130 walkers and runners joined us for a beautiful course along the Burke Gilman Trail. The walk helped raise awareness and funds for TSNW, an organization that does so much to support women cancer survivors in the Northwest. After the walk, participants gathered in the Third Place Commons to celebrate the walk- with cake. As one participant said "At so many events like this, everyone disperses at the end. However, for this event so many of the participants gathered with their TSNW friends."

We look forward to seeing everyone next year!

Thank you to our volunteers and everyone who walked or ran with us. A special thank you to Paula Tomlinson, Maggie Brower, Third Place Commons and Lake Forest Park Towne Centre.



TSNW 2010 IMPORTANT DATES

JUNE

- 6 Race for the Cure
- 13 Shore Run
- 21 Golf Clinic at the Golf Club at Newcastle
- 26 Rock and Roll Half Marathon
- 30 Living Fit, 90/90 Day Challenge Celebration at Seward Park
- TBD Summer Weekend Hiking Kickoff

JULY

- 11-13 San Juan Bike Trip
- 19-22 Mountain Climb Mount Adams-Group 1

AUGUST

- 9-12 Mountain Climb Mount Adams-Group 2
- 15 Danskin Triathlon

SEPTEMBER

- 4 Seattle Celebrating Life! Dragon Boat Festival
- 19 Trek Triathlon
- TBD Marathon and Half Marathon Training Kickoff

NOVEMBER

- 6 Fall Gala
- 28 Seattle Marathon and Half Marathon

DECEMBER

- 7 Program Celebration & Member meeting

SAVE THE DATE!

Seattle Celebrating Life Dragon Boat Festival

September 4, 2010

Stan Sayres Memorial Park

Information and registration at: www.seattledragonboatfestival.org

Join us for a fabulous day of fun, festivities and awareness. A day LOADED with dragon boat racing on Lake Washington. The festival is a benefit for Team Survivor Northwest. We invite cancer survivors, competitive dragon boat clubs, health professionals, community teams and their families for a great day of dragon boat racing and camaraderie. We look forward to seeing you there!



Message from the Executive Director

BY REBECCA CEDERGREEN,
TSNW EXECUTIVE DIRECTOR

Two years ago I knew two cancer survivors. Today I know many, many more. Some have shared very personal stories with me; others have walked with me while sharing very little about themselves. I have paddled alongside survivors, cheered you on at events, taken numerous photos of you crossing finish lines, climbing mountains, doing yoga, laughing and sweating—truly celebrating life!

Just before the first day of spring we had a record day - warm, sunny, and calm. One of our members came into the office and invited us sailing that afternoon. What else would we do but trade in the office for a couple hours on the water?



This was a gift, but the real gift was listening and learning. Listening to a life well lived, learning something new, and enjoying life together outside of our normal context. We talked about babies, new careers, traveling, spouses, and bucket lists, while making new friends!

These are the moments we need to drink in, breath in, take hold of, and seize; if for no one else than for ourselves. That's my wish for you. Rather than say no to that invitation, opportunity, risk, or adventure - say yes. Say yes to celebrating your life today, and thank you for helping me to do the same!

TSNW Cycling Season Begins

Continued from Page 1

Annelise DiGiacomo, our cycling coach, put together a cycling schedule for this year hoping to accommodate the broad range of cycling abilities that TSNW represents. We'll be offering rides on many of our area's bike trails, so you can become familiar with your bike, the skills you need, and the places you can go and ride safely. We'll also have rides that are more adventurous and skill-oriented in nature for those of you training for big rides this year or just want to get out on the roads with other riders.

From Annelise:

"I am looking forward to another fun year of cycling providing to each of you the skills you need to get the most out of your cycling- whether it's about cycling for recreation and enjoying the many trails in our local region or training for a specific event and you're looking to improve your performance on the bike overall.

My approach is focused, patient and encouraging and I always strive to keep the learning experience positive and enjoyable. I believe, with the proper coaching, guidance and support, anyone can learn to get the most out of their cycling - no matter where they're starting at and what goals they set out to achieve! So, if you haven't joined us yet for a ride, I encourage you to come on out and join us. We always have a good time and I never leave any cyclist behind! I hope to see you soon!"

And of course, the summer wouldn't be complete without our annual ride in the San Juan Islands - three days of fun riding in a gorgeous location, on July 11, 12, 13.

And most importantly, come on out and ride!

For more information on the TSNW Cycling Program, a copy of the 2010 cycling schedule, or to be put on the ride notification list, contact Monica in the TSNW office at (206)732-8350 or pm@teamsurvivornw.org



June 21, 2010 • 2pm to 4pm
The Golf Club at Newcastle

To benefit Team Survivor Northwest

GOLF
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2010

TEAM
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Northwest

Dear Friend of Team Survivor Northwest

For two consecutive years, program participation among survivors has been rising- a 56% increase in the past two years. Your help is more important than ever. Please join us in making a difference in the lives of women living with and beyond cancer.

Join us in chipping away at the ever growing needs of women living life after cancer. You can do this by making a donation and joining us at our fun filled clinic.



- State of the Art practice facility
- Five stations - drives, irons, chipping, putting, bunker
- Snacks and drinks between stations
- Happy hour to share techniques and stories of the day

- Clinic donation \$195 (minimum)

Register on line at www.teamsurvivornw.org
or call the office at 206-732-8350



The Role of Soy on Breast Cancer Risk and Survival

This article is recommended by our Medical Advisory Board.

BY DR. WENDY CHEN
FEBRUARY 2010

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Soy products, like tofu and soymilk, contain chemicals called phytoestrogens that may mimic how estrogen acts in the body. In laboratory studies, phytoestrogens sometimes increase breast cancer cell growth.¹⁻³ On the other hand, lower rates of breast cancer are seen in many Asian countries, where diets are higher in soy. This seeming conflict has caused debate about the role of soy in breast cancer risk and survival.

Some studies in Asian women have suggested that soy lowers the risk of breast cancer development, recurrence and survival.⁴⁻⁶ Recent findings from the Shanghai Breast Cancer Survival Study of more than 5,000 Chinese women diagnosed with breast cancer found that a high soy diet lowered the risk of recurrence and breast cancer death.⁶ Women who ate more than 15 grams of soy protein per day had a 30 percent lower risk of recurrence compared to women who ate less than 5 grams of soy protein per day.⁶ Although the amount of soy protein varies by brand, typically, one cup of soymilk contains 6-8 grams of soy protein and a 4-ounce serving of regular tofu contains 9-10 grams.⁷⁻⁸

TSNW Wish List

There are many ways to give to Team Survivor Northwest. One way is to donate any of the items listed below. We appreciate all the ways you share your time, talent, and treasure with Team Survivor Northwest and the women we serve! **Contact Alicia at (206) 732-8350 for more information.**

For a few reasons, it is difficult to know how findings from studies in Asia apply to women in the U.S. Women in Asia tend to eat much more soy than women elsewhere. In fact, among Caucasian women in the U.S. the highest soy intake levels often fall into the lowest level of soy intake among women in Asia.⁹⁻¹⁰ Thus, the low levels of soy that U.S. women tend to eat may be too low to have an impact on breast cancer risk.

In addition, the sources of soy differ among women in Asia and U.S. Most women in the Shanghai study and other studies in Asia ate soy in the form of lightly processed whole foods. We do not know if these findings would apply to soy intake from soy supplements or pills or soy protein added to many processed foods commonly sold in the U.S. as soy products (such as soy chips, cereals and bars).

The timing of soy intake may also be important. Women growing up in Asian countries, such as Japan and China, tend to eat soy throughout their lives, beginning at a young age. Because few non-Asian women have a comparable lifetime exposure to soy in their diets, it is hard to know how these findings apply to non-Asian women. We do not know whether a breast cancer survivor who begins eating large amounts of soy later in life after a cancer diagnosis would get the same benefit from soy. However, the Shanghai study suggests that it is unlikely that dietary soy would be harmful among breast cancer survivors.

If you are a breast cancer survivor, talk to your health care provider about adding soy into your diet before making any major changes. Dr. Wendy Chen, a medical oncologist at the Dana Farber Cancer Institute often discusses this study with her patients when they ask

- Urgent – Microwave needed! Ours just stopped working and is used by staff and volunteers in the office.
- Computer and tech help- cash to hire a professional or volunteer time
- Printing for quarterly newsletter
- 10'x 20' or larger, storage space
- Combined office & program space
- Office supplies: permanent markers, copy paper, toner cartridges, etc.

about soy: "Although we don't know if soy protein among U.S. women would be protective against breast cancer, this study shows that soy in food form is probably safe for breast cancer survivors."

References

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Volunteer:

- Office reception 10 hours per week
- Outreach ambassador 5 hours per week
- Tech volunteer 5 hours per week
- Program champion 5 hours per week
- Event coordinator monthly 20 hours
- Grant writer monthly 20 hours

TSNW Thanks our Winter 2010 Donors

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Spring Programs

BY MONICA STRASEN, TSNW
PROGRAM MANAGER EXTRAORDINAIRE

I love spring...it's lighter earlier in the morning and later into the evening, flowers start blooming, and the weather hints at being warmer. All good reasons to love spring, but the main reason I look forward to this season is that TSNW launches most of our outdoor programs and we all can rejoice over getting back outside again!

We have a variety of programs to choose from, so join us this spring and summer and take advantage of the Northwest outdoors:

Cycling: TSNW's cycling program is all about getting you comfortable with your bike - whether it's been years since you've ridden one or you ride one every day. Join us for one ride or all rides, we go all over the greater Puget Sound area and have an annual San Juan Islands bike trip.

Dragon Boat: There is no better place to be on the water than the area we live in... and no better time than Seattle spring and summer! Dragon Boat paddling is an invigorating and fun team activity, and the TSNW team would love to have you come out and give paddling a try - they practice twice a week during the spring/summer and newcomers are always welcome.

Ways to Support Team Survivor Northwest

Team Survivor Northwest supports female cancer survivors as they reclaim their bodies, spirits and lives. Cancer and its treatment often leave people physically and financially drained. Therefore, Team Survivor Northwest is committed to providing free fitness programs that support women in regaining their strength and vitality. To continue to offer programs such as Active Women/Healthy Women, Dragon Boating, Triathlon Team Training and the Annual Fitness Retreat, we rely on the generosity

Hiking: Our Midweek Hike program, which meets on Wednesdays, is a popular spring/summer activity - if you're able, there is nothing like hiking during the middle of the week - less people on the roads and the trails! Of course, not everyone can get away midweek, so last year we were able to start a weekend hiking program as well. Weekdays or weekends, getting out in the back country is a wonderful way to get exercise and take in the natural beauty we are surrounded with.

Run and Walk Training: We train for two key events - the Rock 'n' Roll Half Marathon in June and the Seattle Half Marathon in November. We welcome runners, walkers, beginners, veteran runners/walkers, and any and all distances. Whether you're training for a half marathon or not, we'd love to have you run/walk with us.

Triathlon training: Triathlon training was one of the first programs that was offered by TSNW and continues to be one of our most popular. The sport of triathlon (swim, bike, run or walk) is also gaining popularity as a worldwide event and there are many races to choose from. Many TSNW members enter the world of exercise, believe it or not, by training for a triathlon - our training is comprehensive, so even if you're just learning what a triathlon is by reading this paragraph, our coach can have you ready for an event by the end of this summer!

of people like you. Your generosity insures that female cancer survivors have a place to go to reclaim their future. There are many ways to give to Team Survivor Northwest:

- **Donate Online:** There is a link on our website (www.teamsurvivornw.org) through which you may make a secure donation. Just click on Donation on the front page of the website. You will be linked to our donations page.
- **Mail us a donation** in the form of a check or money order. Our address is 200 NE Pacific St. Ste. 101, Seattle, WA 98105



For more information about these programs and their schedules, contact Monica in the TSNW office at (206)732-8350 or pm@teamsurvivornw.org

- **Employer Gift Matching:** Your employer may have a gift matching program. If they do, we will supply the necessary paperwork for your employer. These employers have given matching donations to TSNW in the past: Microsoft, Starbucks, The Bill and Melinda Gates Foundation, Merrill Lynch, Macy's, Nintendo
- **Charitable Bequests and Wills:** The language can be as simple as the following phrase: "I hereby bequeath to Team Survivor Northwest, 200 NE Pacific St, Suite 101, Seattle, WA 98105...(state dollar amount, percentage or other asset being given)"

Seasonal Programs

The following programs are sign-up only. For more information, please call Monica at 206-732-8350 or email pm@teamsurvivornw.org.

- Half Marathon and Marathon Run or Walk Training
- CrossFit
- Dragon Boating
- Outdoor Cycling
- Mid-Week Hiking
- Swimming
- Triathlon Training

Ongoing Programs

The following classes are drop-in year-round. No sign up is required. Just show up!

- Active Women / Healthy Women
- Survivor Striders West Sound/ Olympic Peninsula
- Urban Hiking
- Viva Dance
- Yoga

Living Fit 90 Day 90 Miles Challenge

BY ALICIA SUPERNAVAGE,
TSNW OFFICE MANAGER

It's easy, it's fun, and it's rewarding! All of our summer programs kick off this month and to give everyone a little extra incentive, we are launching our annual "Living Fit 90 Day/90 Mile Challenge." After the 90 days, join us on June 30 for a picnic celebration at Seward Park.

Every member, in every program can join the fun. Whether your program measures miles or minutes you can achieve 90 miles in 90 days at your own pace and in your own way. Here's how it works:

- From April 1 to June 30 log your time and miles with a goal of 90 miles in 90 days.
- Every mile counts – walking, hiking, cycling, swimming, paddling, even walking the dog – because we know it impacts your overall fitness.

- Count every minute (20 minutes equals 1 mile) – Active Women, Healthy Women, Swimming, Yoga, Viva Dance, you decide.
- If you choose, ask your friends and family's support by securing pledges for your challenge.
- Combine your time and miles on June 30, 2009 and celebrate your achievement of 90 Days/90 Miles!

Mileage tracking forms are available at www.teamsurvivornw.org.

We are excited to be a part of your fitness program to ensure we have done everything in our power to help you reach your goals. Have FUN and enjoy the 90/90 challenge!

Team Survivor Northwest has a spectrum of fitness programs to assist you in your recovery and survivorship. Please visit www.teamsurvivornw.org for more program information.

PROGRAMS AT A GLANCE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Swimming Queen Anne 11:00am - 12:00pm Swimming Mercer Island 5:00 - 6:00pm	Active Women Level 1 Port Hadlock 4:50 - 5:50pm Survivor Striders Chimacum 6:00pm Active Women Seattle-SCCA 6:00 - 7:00pm Viva Dance Renton 7:30 - 8:30pm	Active Women Rainier Valley 6:00 - 7:00pm Dragon Boating Leschi 6:00 - 8:00pm CrossFit Redmond 7:30 - 8:30pm	Mid-Week Hiking Various locations 9:00am Active Women Level 2 Port Hadlock 5:50 - 6:50pm Port Townsend Walk at Co-op 6:00pm Active Women Seattle-UW 6:15pm - 7:30pm	Active Women Highline 2:30 - 3:30pm Active Women Bellevue 6:30 - 8:00pm	Urban Hiking 9:00am Yoga Columbia City 5:00pm - 6:15pm	Dragon Boating Leschi 8:00 - 9:30am



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The mission of Team Survivor Northwest is to support women in their cancer recovery through empowering programs of physical activity and health education.

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