

# TEAM Survivor<sup>TM</sup> Northwest

SUMMER 2010

## Fun in the San Juans!

BY THERESE CHAMBERS  
TSNW MEMBER & VOLUNTEER

I had an amazing time again this year on the TSNW San Juan Cycling Trip... what fun to share with friends the sense of accomplishment as you climb the hills and the exhilaration you feel as you coast down the other side...

We stayed at a hotel near the Anacortes Ferry Terminal - six women and a dog named Chewie in my room... each morning nearly 20 TSNW riders rolled down to the Ferry with our bikes and headed to one of the San Juan Islands for 30 miles or so of cycling... At the end of each day we rode back up the hill to the hotel to share stories and dinner...

Unfortunately I missed the first day of the trip - Lopez Island - but thoroughly enjoyed the second day on San Juan Island. We cycled through beautiful farmland and admired gorgeous gardens in full bloom... we road past an Alpaca ranch, saw lots of eagles and a camel tried to eat some of our cycling equipment during a photo stop... as the day heated up, we enjoyed shaded roads that ran through dense forest... we headed along the coast, enjoying incredible views of the white capped waters of the Strait of Juan de Fuca... YES... there were some hills, but we handled them like the super women we are!!! Some riders powered up the hills, while others opted for a more casual ascent... the ride was all about choosing the speed and distance that was most appealing to you...

On the third day some riders opted to go kayaking instead of tackling the strenuous hills on Orcas Island. The weather was perfect and the scenery amazing!!! Seven TSNW friends and a guide explored the waters around the San Juan Islands for nearly 3 hours... we visited 2 large seal colonies basking

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## Athlete-in-Training

BY LAUREL MANAOIS  
TSNW MEMBER

I can honestly say that those who know me would never have linked those three words to my name! My children and husband were the athletes in our family. I was the spectator and side-line enthusiast. When challenged, I would say that I run: I run the support car, I run the household, I run to the store, I run a department, at times I run in circles, I get run down.... That said, I have always been physically active, preferring brisk walking and hiking with my husband, or close acquaintances. Over the years, we have added ballroom dancing to the list. This is the closest I have come to a gym in years. Exercise with a social aspect has always been key to my participation; fair weather dictated my involvement.

Although diagnosed with breast cancer in June 2009, I considered myself to be in excellent health. I was in decent shape, had endurance, and had always recovered easily from physical stress. I knew that this baseline would assist

me in the ensuing months. Surgery, chemotherapy, and radiation followed. I struggled to accept the outpouring of support from family and friends; this was a private struggle. Dancing once a week, daily walks with our bulldog, and a full time job helped launch me into 2010 - my psychological reserves however, were on low.

In January I sought an outlet that would give ME a chance to re-emerge, and discovered the TSNW website. I cautiously attended a TSNW Run/Walk group meeting and was struck by the low-key, inviting discussion that was led by Monica. Simple, common-sense pointers hit a receptive cord. An appealing extra: TSNW did not know me. This was my opportunity to try something different, to do it with anonymity, and on my own terms.

Mid week emails and a calendar set the plan in place! Ultimately, this same encouragement led me to take the plunge and sign up for the Rock-N-Roll Half Marathon.

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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

## 2010 Golf Clinic

BY ALICIA SUPERNAVAGE,  
TSNW OFFICE MANAGER

We held our benefit Golf Clinic at Newcastle Golf Club on a beautiful June afternoon. With fabulous golf professionals, our golfers brushed up on their putting, driving and chipping skills. Together, we raised over \$14,000 to support women in their cancer recovery. We're looking forward to a great 2011 golf fundraising event.

Thank you to all of our donors, golfers and volunteers who made the event a success!



## Cycling for Fitness

BY MONICA STRASEN  
TSNW PROGRAM MANAGER

Biking for fitness is a slightly different animal than just the thought of hopping on your bike and pedaling down to the store. It's a great way to get in shape, but a complaint I often hear from people is that they bike a lot, but don't seem any fitter or leaner.

You need to diligently monitor the level of intensity you're working at when biking – it's harder to do than with certain activities, like running. Use of a heart rate monitor or RPE (see handout) can help with this. And, like any other activity, there is a fine line between under and over training. One or two strenuous outings per week, coupled with three to four moderate workouts, are plenty.



Think about what you want to accomplish – is it riding a century? Being able to ride up hills without walking? Ride your bike without neck pain? Goals are as pertinent here as with any other activity, yet people often take more of a casual approach to how they train on their bike than many other activities.

### THINGS TO CONSIDER:

How does your bike fit you? This falls into two categories – 1) Does the bike you have fit the needs of what you want to do? If you want to be a fast road rider and have a mountain bike with knobby tires, you may have the wrong bike. 2) Does your bike fit your body? There is an exact science these days as to how to fit a bike to a body, so if you don't know, it may be well worth taking it to a bike shop and having this looked at. Having a proper fitting bike isn't just a matter of comfort and efficiency, it is also crucial in injury prevention – a bad fitting bike can cause your body all sorts of woes.

What are your weak links? Do you have a bad knee, or suffer from carpal tunnel syndrome? Doing exercises to shore up whatever areas need help is a good idea – the repetitive and constant nature of cycling can easily exacerbate areas that are weak.

## TSNW 2010-11 IMPORTANT DATES

### 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

### FEBRUARY 2011

- 4-6 Annual Fitness Retreat at Ft. Worden in Port Townsend

Cycling biomechanics – Learn correct posture and pedaling techniques. This relates to injury prevention and also efficiency.

Enjoyment – The feeling of whizzing down the road with the wind whipping past you is one of the reasons people bike in the first place. Take time to enjoy your rides, even while training!

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

## Fun in the San Juans Continued from Page 1

on the rocks with their pups – one mom and baby found us so interesting that they came rather close to our kayaks and followed us for a while... we spied a pair of eagles and lots of jelly fish on our adventure... another incredible day!!!

We have lots of stories to share about the trip... just ask... we had so much fun!!!

## Message from the Executive Director

BY REBECCA CEDERGREEN,  
TSNW EXECUTIVE DIRECTOR

There is an old proverb that seems to embody the community of TSNW:

*If you want to travel fast travel alone  
If you want to travel far travel together*

Most of us can agree this is a great concept. The challenge begins when we attempt to live it out together. For over 15 years TSNW has found ways to do just that!

This proverb helps me gain perspective when life presents a situation where I want to scream and run, rather than stay and work alongside. Admittedly I get a rush discovering the common place that resides beyond an individual's reach.

Working alongside others requires so much more of us. It requires time to understand different perspectives, clarify our common goals and move forward with greater focus and force. It may take more time, but the rewards are lasting.

Understanding our own goals goes a long way to making this work. TSNW Programs offer many venues for members to reach their personal goals. At the same time our philosophy is reflected in how we deliver: we do it together.



Occasionally I am asked if TEAM, in our name, is an acronym. No, it's a word that means we experience the benefits of shared purpose, community, camaraderie, and accomplishment.

Together the TSNW community has breadth and depth. Members exhibit strength, force, support, vulnerability, and courage. Interestingly, it is individual courage that brings us together, allowing us to travel together well, to stay engaged, to gain perspective, to push harder, go farther, and come to trust and understand ourselves and others more deeply.

As TSNW continues to grow and diversify, our ability to travel far together will be tested. We will rise to the challenge by growing in courage, and clarity, both individually and as a community. This is the journey of traveling far, that we do it together.

## Athlete-in-Training Continued from Page 1

At first only my husband and children knew. Shopping for a novice athlete-in-training provided fun mother-daughter bonding moments. I received supplemental advice from my daughter, the tri-athlete, and a concerned question from my son, "Aren't you doing it with Dad?" In a role reversal, my husband became my side-line enthusiast.

Training, I discovered, was/is by far the best part of this experience. I began to look forward to the weekend gathering spots, the new ground to cover, the challenge of longer distances and ultimately decreasing time, the tips for hills and sore muscles, the opportunity to be inspired by the women around me. I laughed at myself stretching before a walk, getting my gear ready the night before an early morning session, switching from a cold-weather stocking cap to a baseball cap over a "proceeding" hairline, and seriously shopping at REI for portable fuel!

I grew stronger listening to the amazing women who shared the cancer survivor journey. The walking conversations ranged from where to shop for mastectomy apparel and medi-spa locations, first attempts at "running" long distances, to stretching tips - not just for walking, but also for post radiation effects. We talked, we laughed, we commiserated, and the miles receded behind us. I heard their stories and continue to be inspired by the strength that is collectively represented at Team Survivor NW.

I completed the half-marathon with a time much better than anticipated and muscles that screamed back at me, laughing as I crossed the 5k, 10k markers, and finally 13.1 miles (really?!). Monica was there at the T-gathering spot with warm congratulations, sage stretching, and icing advice as I drank down my chocolate milk - per recommendation. I crossed the finish line alone, but realize that I am not. Thank you, TSNW.

## Joining Team Survivor Northwest

Team Survivor Northwest is the club you never wanted to join and are so glad that you did. Joining is easy and membership is free. Membership is open to any woman with a past or present diagnosis of cancer at any stage of treatment and any fitness level. To become a member and be eligible to participate in all of the great fitness classes offered, simply fill out the membership forms found at <http://teamsurvivornw.org/?content=Membership> and send them to the Team Survivor Northwest office at 200 NE Pacific Avenue, Suite 101, Seattle WA 98105. Or call Alicia at (206)732-8350. She will be glad to send you copies of the forms. Once the completed forms arrive in the office, you will receive your membership card that is your ticket to the many wonderful programs of Team Survivor Northwest. Come join in the fun, fitness and friendship that is Team Survivor Northwest. Together, we will climb mountains, survive and thrive!



# The Science of Laughter

BY SIGRID CROMPE AND  
LESLIE ALBRECHT, TSNW VOLUNTEERS

The Cancer Treatment Centers of America indicate that people are turning to humor for therapy and healing since the natural physiological process of laughter helps to relieve physical and emotional distress or discomfort. Medical journals have acknowledged that laughter therapy can help improve quality of life for patients with chronic illness. Although research has not provided evidence that laughter can heal illness, nor has it shown endorphins are secreted during laughter, it does show that laughter changes our biochemical state by decreasing stress hormones and increasing infection fighting antibodies. Further benefits include connection with others, an ability to see the world in a new perspective, changes in behavior, and it increases our energy levels!

While there is an array of information on the benefits of laughter, Dr. Robert Provine, professor of psychology and neuroscience at the University of Maryland, Baltimore County, has taken an interest in the science of laughter in his book *Laughter: A Scientific Investigation*. Provine posits that “[l]aughter no more evolved to make us feel good or improve our health than walking evolved to promote cardiovascular fitness.”

His process begins with the evolution of laughter, covering historical, neuroscience, and experimental information. His chapter, *Laughing Your Way to Health*, states that the idea of the therapeutic effects of laughter dates back to antiquity and has been more recently popularized by Norman Cousins’ book *Anatomy of an Illness*. According to Provine, Cousins’ release came at a time when the medical and nonmedical communities were open to the mind-body connection, resulting in the accepted view of the power of positive emotions on our health. Interestingly, there is very little research on the science of laughter.

Provine’s attention to laughter and health covers various researches done on laughter and its biochemical response, which has shown that the motor act of laughter causes the body to experience a range of physiological response. These findings have led to more promising research on the effect to the body’s immune system.

Also interesting is that he indicates there is very little scientific support for the popular notion that people who are naturally cheerful or optimistic live longer, healthier lives. A seven decade study on optimism and humor initiated in the 1920s found that the two may act as adaptive coping mechanisms to a passing crisis, rather than a long-life indicator. Provine suggests that both laughter and humor may work together to confront life’s challenges, thereby producing health-sustaining benefit.



Provine closes his chapter on laughter and health indicating research is at a promising crossroads with much work to be done to make the connections between behavior and its neural foundation. Even though science continues to debate, Provine believes the scientific prospect of faster and better healing is reason enough to engage laughter in the promise of improved mood and quality of life.

Comedian Steve Allen indicates that the art of laughter requires practice. We can start by exposing ourselves to those parts of life that we experience as humorous. For example, we can increase our exposure to comics, sitcoms, joke books, and comedy clubs, and we can also look for the humor around us by seeing the world through the eyes of exaggeration and a broad silly perspective... Consider keeping a clown nose or a jar of bubbles handy, keeping a humor log on your computer and writing down that funny joke someone tells you so that you can share it with someone else.

We know that laughter is a social signal that binds people together, and we also know that laughter is contagious. What a wonderful way to engage community in our lives!

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## 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.**

- Computer and tech help- cash to hire a professional or volunteer time
- Printing for quarterly newsletter
- Printing for marketing materials
- 10'x 20' or larger, storage space
- Combined office & program space
- Office supplies: permanent markers, copy paper, toner cartridges, etc.

### 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

## Nutrition Tip of the Quarter

BY LESLIE ALBRECHT AND SIGRID CROMPE, TSNW VOLUNTEERS

We have been volunteering in the TSNW office for awhile now. Alicia asked us to help put together the summer and fall newsletters while she's off having her baby. Her suggestion to brainstorm new ideas produced the idea of including a nutrition tip. We girls have enjoyed several shared lunches in the office the past couple of months, and have discovered the wonderful grain, quinoa (pronounced keen-wa). We thought we'd share this superfood with you.

The World's Healthiest Foods website @ <http://whfoods.org/> is absolutely loaded with nutritional information. May we suggest a look? At the top of the page is a foods list, scroll down to the grains section to click on the information for quinoa.

Quinoa is an amino acid-rich (protein) seed that has a fluffy, creamy, slightly crunchy texture with a somewhat nutty flavor when cooked. While most commonly considered a grain, quinoa is actually a relative of leafy green vegetables like spinach and Swiss chard. The best part is that it is a complete protein, meaning it includes all nine essential amino acids.

Quinoa is well-endowed with the amino acid lysine, which is essential for tissue growth and repair. It is also a good source of magnesium, of significant importance for postmenopausal women since it relaxes blood vessels to provide cardiovascular health.

Quinoa is also a very good source of manganese and a good source of copper, two minerals that serve as co-factors for the superoxide dismutase enzyme. Superoxide dismutase is an antioxidant that helps to protect the mitochondria from oxidative damage created during energy production, as well as guard other cells, such as red blood cells, from injury caused by free radicals.

When researchers looked at how much fiber 35,972 participants in the UK Women's Cohort Study ate, they found a diet rich in fiber from whole grains such as quinoa, and fruit, offered significant protection against breast cancer for pre-menopausal women. (Cade JE, Burley VJ, et al., International Journal of Epidemiology). Fiber supplied by whole grains offered the most protection. Pre-menopausal women eating the most whole grain fiber (at least 13 g/day) had a 41% reduced risk of breast cancer, compared to those with the lowest whole grain fiber intake (4 g or less per day).

Quinoa can also help women avoid gallstones, as shown in a study published in the American Journal of Gastroenterology, and as a whole grain, is claimed to substantially lower Type 2 Diabetes risk.

Of particular significance for all you fitness enthusiasts is that Self magazine considers quinoa amongst the top foods that runners should consider including in their diets. One cup of cooked quinoa has just 220 calories, is a great source of healthy carbohydrates, and also provides 5 grams of fiber and 8 grams of protein per serving.

We have included a couple of recipes we are crazy about. Please do consider trying this nutritious grain in your dietary

### SAVE THE DATE!

## Fall Gala: Celebrate Under the Stars

November 6, 2010 • 6-10 PM

Join us for dinner, silent and live auctions, great music and a great cause! At the Seattle Harbor Club in downtown Seattle. For more information, visit [www.teamsurvivornw.org](http://www.teamsurvivornw.org) or call the office at (206) 732-8350.

intake. Be sure to rinse quinoa well before the cooking process. It is prepared like rice (two to one ratio), cooks in approximately 10-20 minutes, and is done when the germ circle is visible.

### BLACK BEAN QUINOA SALAD

1 c. quinoa prepared in 2 c. chicken broth, 1+ c. black beans, and an amount to your liking of chopped celery, red pepper (preferably organic), red onion, tomato, avocado, and corn (preferably non GMO organic)

Dressing: In blender combine ¼ c. each mayo and nonfat yogurt, ¾ pkg. ranch dressing mix, ¼ t. hot sauce, small jalapeno diced, 2 cloves garlic diced, juice of 2 limes, small bunch of cilantro. This makes plenty extra and keeps well for a couple of weeks in the refrigerator.

### VEGGIE QUINOA FRIED RICE

Your choice of veggies, some favs: handful of sugar snap peas and chopped broccoli, 1 large sliced carrot(s), 1 sliced yellow squash, 1 small onion, 1 c. bean sprouts, shitake mushrooms (amt. to your liking), 1 egg, and ¼ to ½ c. soy sauce. Cook 1 c. rice and 1 c. quinoa, separately, each in 2 c. chicken broth.

While the quinoa and rice are cooking, sauté the sugar peas, broccoli, carrots, squash, onions and mushrooms in about 2 T. olive oil until just soft. Mix in rice, quinoa, and soy sauce, then make a whole in the center, add the raw egg, and mix in. This makes quite a bit, and will last a few days in the fridge, but would be easy to cut the amounts in half. I sometimes add prawns to this – again as many or as little as you like.

### SAVE THE DATE!

## Half Marathon Training

We are happy to be offering comprehensive training for the Seattle Marathon and Half Marathon on November 28th. Whether you're training for a specific event or not, whether you're just beginning or a veteran walk/runner, whether you're a walker or a runner, whether your distance is three or twenty six miles, you are invited to train with us! *For more information, contact Monica in the TSNW office.*

## 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

## 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!

Please take advantage of the opportunity to give back to Team Survivor and join in the fun in one of the following ways:

### Volunteer for one of the Race Days

We will need volunteers to help during the Festival on Saturday, as well as workers to set-up on Friday and take-down on Saturday. No special skills will be required for most jobs - just bring your enthusiasm, smiles and the ability to follow directions

received on-site upon arrival. Each volunteer shift is about 4 hours. There will be morning, afternoon and evening options.

Contact our Volunteer Coordinator, Marti at celebratinglife.volunteer@gmail.com with the following:

- The day(s) you would prefer to volunteer (Friday or Saturday)
- Time availability and restrictions. General idea of time of day that works for you.
- If you have a special skill (first aid, dragon boating experience, super-heavy lifting) please let us know

### Organize a Community Team for the Race

Recruit your family, friends, co-workers and co-hobbyists to form a team of paddlers for a full day of racing, fun and competition at the Festival. We will provide life vests, paddles, two practices... as well as a coach and tiller for your team.

Check out our website at www.seattledragonboatfestival.org and then contact Team Liaison Cheri Rutherford at celebratinglife.novice@gmail.com for more information. Paddles up!

Team Survivor Northwest has a spectrum of fitness programs to assist you in your recovery and survivorship. Please visit [www.teamsurvivornw.org](http://www.teamsurvivornw.org) for more program information.

## PROGRAMS AT A GLANCE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Swimming</b> Queen Anne 11:00am - 12:00pm  <b>Swimming</b> Mercer Island 5:00 - 6:00pm	<b>Active Women Level 1</b> Port Hadlock 4:50 - 5:50pm  <b>Survivor Striders</b> Chimacum 6:00pm  <b>Active Women</b> Seattle-SCCA 6:00 - 7:00pm  <b>Viva Dance</b> Renton 7:30 - 8:30pm	<b>Active Women</b> Rainier Valley 6:00 - 7:00pm  <b>Dragon Boating</b> Leschi 6:00 - 8:00pm  <b>CrossFit</b> Redmond 7:30 - 8:30pm	<b>Mid-Week Hiking</b> Various locations 9:00am  <b>Active Women Level 2</b> Port Hadlock 5:50 - 6:50pm  <b>Port Townsend Walk at Co-op</b> 6:00pm  <b>Active Women</b> Seattle-UW 6:15pm - 7:30pm	<b>Active Women</b> Highline 2:30 - 3:30pm  <b>Active Women</b> Bellevue 6:30 - 8:00pm	<b>Urban Hiking</b> 9:00am  <b>Yoga</b> Columbia City 5:00pm - 6:15pm	<b>Dragon Boating</b> Leschi 8:00 - 9:30am
<i>Half Marathon and Marathon Walk/Run Training- Various days and times</i> <i>Outdoor Cycling- Various days and times • Triathlon Training- Various days and times • Mt. Climb Training- Various days and times</i>						



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**INSIDE THIS ISSUE**

- ✓ Athlete-in-Training
- ✓ 2010 Golf Clinic
- ✓ Cycling For Fitness
- ✓ The Power of Laughter
- ✓ Nutrition Tip
- ✓ 2010 Dragon Boating
- ✓ And more...



*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**  
**Fax: (206) 732-0263**  
**[www.teamsurvivornw.org](http://www.teamsurvivornw.org)**