

Upcoming Events:

- January 24, 2009
Special Yoga Event for Women Cancer Survivors @ Prancing Peacock
- February 8, 2009
2009 Planning Meeting
- April 4, 2009
D&R Canal 5k

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Team Survivor Tri-State provides exercise and health education programs for women with a past or present diagnosis of cancer. Classes are free but registration is required.

Message from the President

Hello Survivors!

Happy New Year! As we get into the swing of 2009, I'm happy to announce some exciting changes at TSTS. First, I have moved from the Executive Director position to the Board President position. As Board President, I have the responsibility to guide TSTS and, along with the Board of Directors and staff, make the major decisions for the organization. I'm thrilled to have the opportunity to do this, as TSTS continues to be a big part of my life.

I'm delighted to announce that TSTS has a new Director! Susan Holden is a TSTS member and has been an active volunteer for the last few years. Susan will be handling the day-to-day operations of the organization, and I very much look forward to working with Susan as TSTS continues to grow and expand.

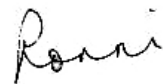
You may notice that TSTS has a new logo. This new logo reflects the more professional turn TSTS is taking, and it is more consistent with other

Team Survivor logos nationally. We'd like to know what you think of the change!

Please feel free to contact Susan at susan@teamsurvivortristate.org, or me at ronni@teamsurvivortristate.org if you have any questions, ideas or concerns.

Let's do amazing things this year!

Happy Training,



Director's Report

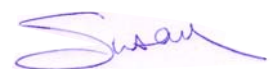
We have turned the calendar page to a new year. 2009 and all of the possibilities it holds are stretched out before us. Instead of focusing on resolutions which are so common this time of year, I challenge each and every one of you to think about the possibilities for you for this year ahead. Think of it as a list of wishes, of goals, of hopes. Unlike resolutions which are usually built upon what you want to change, keep this list positive. Build your list as a set of accomplishments that you hope to have by year's end.

In a few weeks we will be holding our 2009 Planning Meeting for TSTS. Together we will be building a list of what we hope to collectively accomplish by year's end. I can't help but look back at what TSTS was when I first joined and see how much success this group has experienced over the last few years. Membership and programming has increased substantially, empowering more survivors to take control of their bodies and their health. Laughter, support and smiles are abundant. So many women have crossed a race finish line feeling proud of their accomplishment while

showing bystanders that cancer survivors can be strong. I am honored and inspired to be a part of this organization. I look forward to the year ahead and all that I know we will accomplish together.

When you put down this newsletter, give some intentional thought to the year ahead of you and what you hope to accomplish. If you wish, I would love to hear some of your goals. In next month's newsletter, after our Planning Meeting, I will share some of ours.

Make today great!



2009 Planning Meeting Set for Sunday, February 8, 2009

Join us for our 2009 Planning Meeting, and get a chance to meet your fellow TSTSers, hear what's new for TSTS in 2009, give your input for future programs and races for 2009, and share a fun morning with friends.

Bagels, coffee, and such will be served.

WHERE: Home of Bonnie Crowley, 15 Southern Hills Drive, Skillman NJ

WHEN: Sunday, February 8, 2009, 11:00 am - 1:00 pm

RSVP: info@TeamSurvivorTriState.org or 609-306-7733 by February 1

If you can't make the meeting, but still have some ideas to share please send them along!

Noticed the New

Look of Our Newsletter?

Over the next few months we will be evolving the look of TSTS to match our new logo.

Stay tuned!

Monmouth County Walking Group Is Back!

Get out and enjoy those crisp winter morning with fellow TSTSers. Dates are subject to change. Check website calendar for more information on the meeting location.

Walking group is open to all members but RSVP required to [TSTS](#) and to walk leader, [Coleen](#).

Saturdays: 8AM Thompson Park, Lincroft 4 mile walk park info	Sundays: 10AM Dorbrook Park, Colts Neck 2.5 mile walk park info
Jan-17	Jan-18
Jan-31	Feb-01
Feb-07	Feb-08 @ 8am
Feb-14	Feb-15
Feb-21	Feb-22
Feb-28	Mar-01

Check out www.TeamSurvivorTriState.org and click Calendar for a listing of our classes and walking groups.

Fitness Tip of the Month: High Plank to Downward Facing Dog

Combining these two common yoga exercises will help you feel more grounded and balanced, while improving your core strength and stretching the muscles at the back of your legs.

1. Start in a high plank position by placing your hands beneath your shoulders with your toes on the ground behind you, hip width apart. This position is similar to if you were on the up portion of a push-up. Your body should form a straight line, or plank, from your shoulders through your hips to your feet.
2. As you exhale, begin lifting your hips to the ceiling while keeping your legs as straight as you can. Relax through your neck and shoulders, keeping your head between your arms. Your tailbone should point upward. It is not necessary that your heels be on the floor, but that is a goal. Remain in downward facing dog for a few deep, intentional breaths.
3. As you inhale, shift your body weight and move back into high plank. Remain in this position for a few deep, intentional breaths before flowing back into downward facing dog.



We're Updating Our Mailing List and Need Your Help

We are asking every member to provide, via a [web form](#), the following information: name, mailing address, county, preferred email, birthdate and cancer type. This information will allow us to:

- Keep you better informed about local classes. While information on all events and classes will always be available on our website, and any member can attend any class, we will be able to tailor email blasts for local events to members in the event's vicinity. For example, information about a recurring program in Bucks county PA won't be emailed to someone on the Jersey shore and vice versa.
- Communicate the demographics of TSTS to potential sponsors. We will never disclose any member's personal information, but some sponsors are interested in knowing what our membership base looks like. This information will allow us to say with confidence how many members we have of certain ages, in certain areas, with certain types of cancer.
- Share information on applicable partner programs. While TSTS supports any woman of any age and cancer diagnosis, not all other groups do. Knowing more about you will allow us to share information with you on other programs that might be for only a certain cancer type or a certain age group.

You will be receiving an email with a link to the web form or you can click [here](#). If you do not update your information, you will no longer receive emails from TSTS.

The definition of insanity is doing the same thing over and over and expecting different results.

- attributed to Benjamin Franklin

Yoga for Women Cancer Survivors January 24th, 1:30p

The Prancing Peacock in Yardley, PA is offering a special free yoga class. The practice will be adapted offering special benefits to people undergoing treatment for cancer. This class includes breathing exercises, slow arm stretches, healing yoga sequences, restorative yoga, and balancing work appropriate for women during and after cancer treatment. Learn how to cultivate hope, remove stigmas, and provide healing within a community encouraging support, compassion, patience and courage. This class will be taught by Doris Szeto, RYT, who is certified at OM Yoga in NYC. Doris just finished part one of a teacher training for Women Cancer Survivors at OM and was inspired to offer this class to warrior women everywhere.

"Creating What You Want In Life" Workshop



On January 10th, TSTS members shared an afternoon of great company and an outstanding presentation by Joy Sanchez.

Joy presented concepts based on the "structural" work of Robert Fritz. She reviewed why problem solving rarely results in long term success. Rather, individuals need to focus on what they value. By making intentional decisions that are in line with what we value, we can create the life that we desire.



Recipe of the month: Orange-Ginger Tofu

1 pound firm tofu	1/3 cup soy sauce
1 cup fresh orange juice	1 teaspoon canola oil
1/4 cup rice vinegar	4 teaspoons dark sesame oil
3 cloves garlic, minced	1 tablespoon minced ginger
1/4 teaspoon red pepper flakes	1 chopped green onion
1/4 cup chopped cilantro	

1. Turn the tofu on its side and cut it into 4 thin slices. Cut each slice diagonally to make 2 triangles each (8 triangles total.) Cover tofu with a paper towel and place a heavy skillet on top. Set aside for 30 minutes, allowing for excess water to drain from the tofu.
2. Whisk together the orange juice, vinegar, soy sauce, oils, garlic, ginger, and red pepper flakes. Arrange tofu in a baking dish in a single layer. Cover with the marinade, and sprinkle with the green onion and cilantro. Cover with plastic wrap and refrigerate for at least 30 minutes up to overnight.
3. Preheat oven to 350 degrees.
4. Pour off some of the marinade so that the tofu is covered halfway. Bake for 40 to 45 minutes, without turning, until the tofu is golden and most of the marinade has been absorbed. Makes 4 servings.

Each serving packs 19g of protein and up to 100% RDA of calcium. While evidence is mixed, some doctors prefer for women with certain types of hormone sensitive cancer to reduce their intake of soy based products, like tofu. Please consult with your physician regarding your specific situation.

Miracles: You do not have to look for them. They are there, 24-7, beaming like radio waves all around you. Put up the antenna, turn up the volume - snap... crackle... this just in, every person you talk to is a chance to change the world...

- Hugh Elliott

Update on Eric Shanteau

Eric Shanteau, Olympic swimmer and keynote speaker at our 2nd Annual Thrive & Survive Brunch last November, competed at the Short Course Nationals in December. This was Eric's first competition since undergoing surgery for testicular cancer. He finished second in the 200-yard individual medley, attaining a new personal best of 1 minute, 42.59 seconds.



Kevin C. Cox/Getty Images

Information in this newsletter is for informational purposes only.

You have received this newsletter because you have previously requested to be included on our mailing list. If you would no longer like to receive updates, please reply with "unsubscribe" in the subject line.

Contribute to Our Newsletter

If you would like to submit an idea or share a story to be included in our monthly letter, please contact Susan@TeamSurvivorTriState.org

Coming Next Month:

- Recap of the 2009 Planning Meeting
- Member Update
- How You Can Help TSTS
- More News and Tips

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