SCCCF Survive, Thrive & Be Fit Invited Back to the Christopher Farm & Gardens!
Wednesday, August 2nd from 4P to 7P!
Christopher Farm & Gardens

This past May we had almost fifty cancer survivors and co-survivors visit the healing grounds of the beautiful Christopher Farm & Gardens (CF&G) for a “Steps to SURVIVORSHIP Through the Lens” outing that included a “People’s Choice” Photo Contest. Voting has been completed and the winners have been tabulated… but I have decided to delay the announcement of those winners until our next visit to the CF&G on Wednesday, August 2nd.

In the meantime, let me pique your interest and maybe tease the winners with some “preliminary” results:

TOP FIVE PHOTOS: Survivor Category
Because we had a two-way tie for third place, six photographs were selected for the top five and were taken by (listed here in alphabetical order): Cindy Becker, Kathy Burch, Gene Mathes, Kathy Pluskat, Lori Pribek and Mary Rohde.

TOP FIVE PHOTOS: Co-Survivor Category
The top five photographs in the co-survivor category were taken by (listed here in alphabetical order): Bruce Becker, Jane Mathes, Jeff Pribek, Robyn Schneider and Jake Schnell.

JAY’S TOP PIX: Selected by Jay Christopher
Jay Christopher, owner of the Christopher Farm & Garden, selected his “Top Pix” (4) that will also be announced. Mr. Christopher has generously donated a special prize for the winners of “JAY’S TOP PIX”!

See attached flyer for details about our next visit to the CF&G that will include a yoga session on the property as well as a chance to experience the 13-circuit labyrinth!

Survive, Thrive & Be Fit “Survivor-Athletes” to Walk at Relay For Life!
Friday, July 21st, 4P to 10:30P
Sheboygan Falls High School Track

The Sheboygan County Relay For Life will be held on Friday, July 21st at the Sheboygan Falls High School Track.

This annual fundraiser for the American Cancer Society begins at 4:00PM. SCCCF Survive, Thrive & Be Fit “Survivor-Athlete” Leah Heusterberg will speak during the Opening Ceremony (6PM) which will be followed by the Survivor Lap and Caregiver Lap during which ALL area cancer survivors and caregivers are invited to participate (no fee required).

All SCCCF ST&BF Survivor-Athletes are welcome to join Leah and others as we walk the track until the Closing Ceremony (10PM) during which Mary Schueller, RN will speak (NOTE: Mary is a long-time SCCCF Board Members).

A “Feel Good” Story of Connections!
I first met Don & Mary Cole, proprietors of Cole’s Rowleys Bay Cabins, in the summer of 2011 on a return trip to the area after falling in love with Kayaking on the Mink River Estuary. The next year, on a fundraising trip around the Door County northern peninsula Don & Mary graciously allowed me to pitch my tent on their property and my wife, family and I have taken advantage of their incredible hospitality on more than a few occasions.

When I learned that Lori Pribek, one of our Survive, Thrive & Be Fit survivor-athletes and an “Active Survivor of Sheboygan” was spending a week in Door County with her family and they were looking for a chance to do some kayaking… I suggested she contact Don & Mary who also rent kayaks near the mouth of the Mink River Estuary. The week of Lori’s trip I received an e-mail from her that read:
Hi Tim, We met Don & Mary this morning. Jeff & I and family (6 total) kayaked the Mink River Estuary this morning. A peaceful nature adventure until we returned to Rowley’s Bay. The wind had picked-up and we were up against the waves. We were wet, but laughing & feeling like "mission accomplished".

I have a gift from Don & Mary. I'll bring it next week. They are a dear couple. Thanks for sending us to the right people!

Good day, Lori


The following week Lori dropped off the gift... a generous donation from Don and Mary to the Sheboygan County Cancer Care Fund!

Some might suggest that these connections are influenced by some “Divine Intervention.” I don’t know. But it certainly does suggest to me that life is a “Divine Experience”!

Upcoming Events & Opportunities:

SPECIAL NOTE: For these and other events and activities of the local cancer community visit www.scccf.org/news!

Route 43 Harley Davidson “Ride to Survive” to Benefit SCCCF!
Saturday, July 15th
Rt. 43 Harley Davidson, Sheboygan

TLC Survivorship Session: Rethinking Assumptions About Cancer & Cancer Survivorship!
Tuesday, July 18th at 6PM!
MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

SCCCF “Survive, Thrive & Be Fit” Gentle Yoga: July Session 2 of 2!
Wednesday, July 19th at 5:30P!
MOA/SCBS, 1621 N. Taylor Drive, Sheboyган

Sheboygan County Relay for Life
Friday, July 21st, 4P to 10:30P
Sheboygan Falls High School Track
4:00 PM – Start
6:00 PM – Opening Ceremony featuring comments from Honorary Survivor Leah Heusterberg (an active survivor-athlete in SCCCF’s Survive, Thrive & Be Fit Program) followed by Survivor Lap & Caregiver Lap
9:00 PM – Luminaria Ceremony
10:00 PM – Closing Ceremony with Mary Schueller, RN Call Courtney at 920.517.0478 for more info.

SCCCF “Survive, Thrive & Be Fit” Four Miles of Fitness/Disc Golf!
Wednesday, July 26th, 6 to 8P!
Road America Track, Elkhart Lake
Please contact Tim in advance to receive a Pass for the day (otherwise, there is a $5 entry fee).

TLC Survivorship Can Be Fun: at the Levitt Amp Music Series!
Tuesday, July 27th at 6PM!
John Michael Kohler Arts Center, Sheboygan

SCCCF “Survive, Thrive & Be Fit” Steps to Survivorship at the Christopher Farm & Gardens!
Wednesday, August 2nd from 4P to 7P!
Christopher Farm & Gardens

SCCCF “Survive, Thrive & Be Fit” Gentle Yoga: August Sessions
Tuesday, August 8th and August 22nd at 10:30A
MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

SCCCF “Survive, Thrive & Be Fit” Steps to Survivorship: Poker Walk/Run
Wednesday, August 9th from 4P to 7P
Sheboygan South High School Track

SCCCF “Survive, Thrive & Be Fit” Four Miles of Fitness/Disc Golf!
Wednesday, August 14th, 6 to 8P!
Road America Track, Elkhart Lake
Please contact Tim in advance to receive a Pass for the day (otherwise, there is a $5 entry fee).

TLC Survivorship Session!
Tuesday, August 15th at 6PM!
MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

SCCCF “Survive, Thrive & Be Fit” Gentle Yoga: August Sessions
Tuesday, August 22nd at 10:30A
MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Tim E. Renzelmann
trenzelmann@physhealthnet.com
MOA/SCBS Cancer Coach (920.458.7433)
SCCCF Vice President (920.457.2223 – 920.45-SCCCF)
www.moa-sCBS.com ● www.scccf.org
www.facebook.com/CancerCareFund
11th Annual
RIDE TO SURVIVE
POKER RUN
Saturday, July 15th

SHEBOYGAN COUNTY CANCER CARE FUND

In honor of Bob and Sandy Steinbruecker

Registration Starts 10:00am at Route 43 H-D

Lake Church Inn  Dawg House  Greg's Tap
Fudgieknuckles   Tiki Beach and Resort Bar

Arrive by 5pm at the final stop, Tiki Beach and Bar
Resort for live music, food, drinks, fun, prizes along
with raffles and a silent auction.

For More Information Call
Route 43 H-D: (920)458-0777
Together we Live with Cancer!

Survivorship Session:
Rethinking Assumptions About Cancer & Cancer Survivorship!

Tuesday, July 18th at 6PM!

Join us as we review certain problematic messages that are commonly embedded in our cultural understanding of cancer. Becoming more aware of these underlying messages has the potential to improve the way we think about, manage and live with or after cancer.

Light Refreshments Will Be Served!
You are invited to bring a side dish/snack to pass!
RSVP Always Appreciated!

LOCATION:
Matthews Oncology Associates ● Sheboygan Cancer & Blood Specialists
1621 N. Taylor Drive, Sheboygan ● Second Floor Conference Room
● Call 920-458-7433 (Ask for Tim) for more information!
Survive, Thrive & Be Fit!
Gentle Yoga for Cancer Survivors!

SUMMER YOGA: JULY

Wednesday Nights
July 12th & 19th at 5:30PM

MOA/SCBS Second Floor Conference Room
1621 N. Taylor Drive, Sheboygan

Area cancer survivors are encouraged to experience the benefits of this fun and popular gentle yoga class! These FREE sessions will include gentle stretching, breathing and meditation to bring some peace, healing and relaxation to the mind and body. No experience necessary.

Teacher: Katie Boge, CYT

Space is limited! Pre-registration is strongly recommended!
We will hold class outdoors if conditions allow!

To Register: 920.457.2223 or trenzelmann@physhealthnet.com

The Sheboygan County Cancer Care Fund is a “Beacon of Hope” for cancer patients and survivors of Sheboygan County, offering financial “Gestures” and healthy “Survive, Thrive & Be Fit” activities to eligible community members!

To learn more: visit www.scccf.org or call 920.457.2223
Survive, Thrive & Be Fit! Steps to Survivorship!

Four Miles of Fitness & Disc Golf AT ROAD AMERICA

Join fellow cancer survivors & co-survivors for a walk, jog, run, bike ride or disc golf on the scenic grounds of Road America in Elkhart Lake!

6:00PM to 8:00PM

JUNE: Monday the 12th & Wednesday the 28th
JULY: Monday the 10th & Wednesday the 26th
AUGUST: Monday the 14th & Wednesday the 30th
SEPTEMBER: Monday the 11th & Wednesday the 27th

Contact Tim 920.457.2223 for details on an admission pass into the track and our group meeting location!

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Together we Live with Cancer!

“Survivorship Can Be Fun”
at the Levitt AMP Music Series

Sponsored by JOHN MICHAEL KOHLER ARTS CENTER
expect the unexpected

Thursday, July 27th

6PM: This Big Life

7PM: Lucie Silvas

ABOUT THE LEVITT AMP SHEBOYGAN MUSIC SERIES:
FREE Thursday evening Levitt AMP Sheboygan Music Series is an open lawn venue. The Arts Center Festival Green will be the site for great music, family fun, and delicious food and drink. Concertgoers are encouraged to bring lawn chairs or blankets for their seating comfort. Grounds, food, and concessions are open at 5:30PM. No alcohol carry-ins are allowed.

For more, visit: https://www.jmkac.org/participate/summer-concerts

Contact Tim for group meet-up location/instructions!

LOCATION: Matthews Oncology Associates ● Sheboygan Cancer & Blood Specialists
1621 N. Taylor Drive, Sheboygan ● Second Floor Conference Room
● Call 920-458-7433 (Ask for Tim) for more information! ●
Survive, Thrive & Be Fit!
Steps to Survivorship!
A “Healing” Walk in the Park

At THE CHRISTOPHER FARM & GARDENS
Sheboygan, Wisconsin

Wednesday, August 2\textsuperscript{nd} • 4P to 7P

Join fellow cancer patients, survivors and co-survivors at this beautiful privately-owned property along the Lake Michigan shoreline for some “Steps to Survivorship”! Take a few “Survivorship Through the Lens” photos, enjoy a “Gentle Yoga for Cancer Survivors” session or experience the 13-circuit outdoor labyrinth!

5:30PM: People’s Choice Photo Contest Winners Announced
(From our May 17\textsuperscript{th} visit to the Christopher Farm & Gardens)

Open to local cancer patients/survivors and a guest!
Call 920.457.2223 by 7/26 to be added to the Guest List!

Please dress appropriately, wear comfortable shoes and be prepared to walk about 1.5 miles to tour the Christopher Farm & Gardens W580 Garton Road, Sheboygan.

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To learn more: visit www.scccf.org or call 920.457.2223
Survive, Thrive & Be Fit!
Gentle Yoga for Cancer Survivors!

SUMMER YOGA: August
Tuesday Mornings
August 8th & 22nd at 10:30A

MOA/SCBS Second Floor Conference Room
1621 N. Taylor Drive, Sheboygan

Area cancer survivors are encouraged to experience the benefits of this fun and popular gentle yoga class! These FREE sessions will include gentle stretching, breathing and meditation to bring some peace, healing and relaxation to the mind and body. No experience necessary.

Teacher: Kaitlynn Kiela, CYT

Space is limited! Pre-registration is strongly recommended!
We will hold class outdoors if conditions allow!

To Register: 920.457.2223 or trenzelmann@physhealthnet.com

The Sheboygan County Cancer Care Fund is a “Beacon of Hope” for cancer patients and survivors of Sheboygan County, offering financial “Gestures” and healthy “Survive, Thrive & Be Fit” activities to eligible community members!

To learn more: Visit www.scccf.org or call 920.457.2223
Survive, Thrive & Be Fit!
Steps to Survivorship!

$1 “ALL IN” Poker Walk/Jog/Run
Wednesday, August 9th • 4P to 7P

Come on out to enjoy some “Steps to Survivorship!”
Every hour on the hour we will hold an optional 30-minute $1 “ALL IN” Poker Walk/Jog/Run: $1 (minimum) to play.
Players will receive one card for each lap he/she completes during a 30-minute period. Once a participant accumulates five cards he/she must discard one card BEFORE receiving another card. Players may choose to “HOLD” at any time.
Using only the cards in the players hand (cards are not transferrable), the player with the best hand wins half of the pot with the other half benefitting SCCCF!
Location: Sheboygan South High School Track

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To learn more: visit www.scccf.org or call 920.457.2223