

The Local Cancer Community Update



Together we Live with Cancer!

Matthews Oncology Associates
Sheboygan Cancer & Blood Specialists

Sheboygan Physicians Group



September 15th, 2021 ● Submitted by Tim E. Renzelmann

News, Events and Activities in the Local Cancer Community including the **TLC (Together we Live with Cancer) Supportive Community**, **The Sheboygan County Cancer Care Fund**, the **Survive, Thrive & Be Fit** program and more!

A Grand Experience for Cancer Patients, Survivors & Guests at the Christopher Farm & Gardens!

On Sunday, September 12th, more than sixty cancer patients/survivors and their guests attended another “Survive, Thrive & Be Fit at the Christopher Farm & Gardens” outing! It happened to be Grandparents Day, so on this occasion we encouraged cancer patients/survivors to invite their children and grandchildren to join them as we scheduled a variety of “fun for kids of all ages” activities that included kite flying, stomp rockets, rock painting, a rock hunt and an amusement train ride on CF&G’s “Dairyland Express.”

I arrived a couple hours in advance to set up. As soon as I got out of my car, I was swarmed by mosquitoes... and, of course, I didn’t think to bring bug spray. As long as I kept moving in the light breeze it was annoying, but not terrible. And I was happy to see some breaks in the clouds. I did, however, contact one of our volunteers who came to the rescue with a few cans of bug spray!

The last thing I needed to do before guests would arrive was get my trilobite kite in the air to mark the location for the scheduled kite flying and a kite drop. With the increasing wind, it went up easily! I was happy!!!

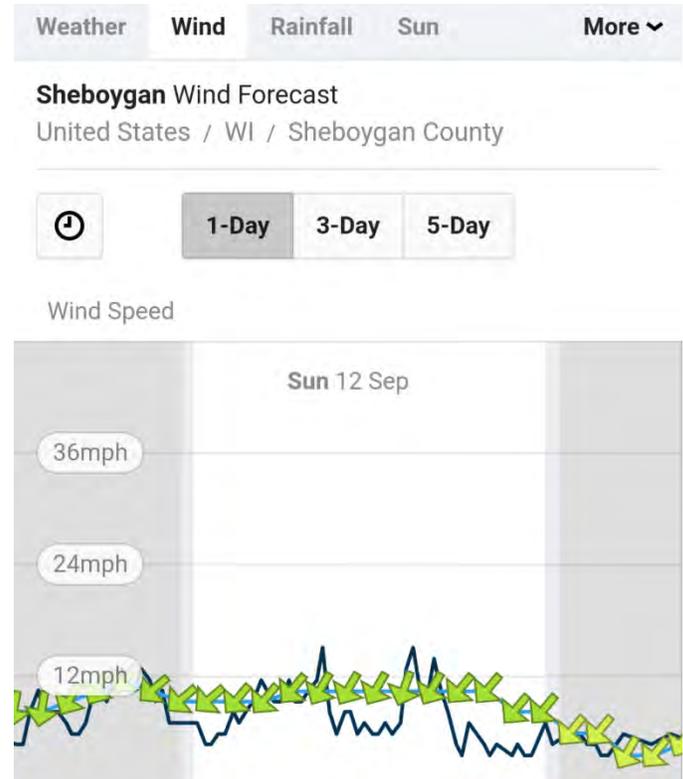
Photo Right: My trilobite kite flying high above the Kaleidoscope Garden.

At this point I returned to the parking area to greet guests as they arrived.



I was joined by volunteers Kirstin Opgenorth and Kathy Burch who greeted guests and I headed back to the kite flying field where we were to fly some kites starting at noon. When I got there, the kite was lying motionless on the ground!

As you can see from the below wind meter graphic from Sunday, about 1130A the wind just dropped! I was no longer so happy!!!



Around noon there was a slight pick-up in the wind (which you can also see in the above graphic) and, along with a group of volunteers including Sue & John Zalewski and Bob Hartig, we did all we could to try and get the trilobite back up in the air (see next photo). But eventually, the wind dropped again... as did the kite! The lack of wind not only kept the kites from flying but did nothing to ward off the mosquitoes! The wind finally started to pick up about 4P... as we were leaving!



With the kites grounded, we turned to a back-up activity (one that needed no wind). We pulled out a parachute for some fun & games. About the time we started to get the hang of it... it started to rain! We held the parachute over our heads and stood underneath it to keep us a little drier until the rain began to lighten up... but decided it just wasn't meant to be and headed to the next activity.

Erika of the CF&G along with volunteer Stacy Harriott offered Rock Painting opportunities for kids, young and old. As an added perk, this activity took place under cover of the Landscape Barn (photo below)!



In addition, "Amy Rocks Rock Hunt" (see next article in this Update) took place at the "Ye Olde Tennis Court Garden" throughout the visit



Photo Left: Josie and Vivi (granddaughters of cancer survivor Susan Portschy) proudly show off their Rock Hunt finds! By the end of the day, all but two rocks had been found!

"Bob the Builder" Hartig, with help from volunteers Maryellen and Tom Kloiber, offered a "Stomp Rocket" building workshop allowing this young Packer fan to launch a rocket far into the field!



By the end of the day, it appeared that many of the invited guests headed out early due to the two uninvited guests – mosquitoes and rain! But, as soon as the "Dairyland Express" horn began to blow and came chugging around the corner, the Train Depot filled with enthusiastic passengers waiting to board the train for Conductor Erika!



Special thanks to Jay Christopher, owner of the Christopher Farm & Gardens, and to Erika and the entire staff! Watch for our next visit in October that will, like last year, include a "Trick or Treat" Candy Scavenger Hunt! Costumes will be encouraged!!!

"Amy Rocks" Rock Hunt!



Amy & Alan Clarke

Amy (Uraynar) Clarke was diagnosed with stage III rectal cancer in 2012 at the age of 33. Her initial treatment included chemotherapy, radiation, and surgery. The following spring Amy signed up with about a dozen others for our first ever ST&BF "Hiking Along the Cancer Journey" overnight backpack trip on the nearby Ice Age

The World According to Tim: “It Might Not Be Easy, But It Will Be Amazing!”

By Tim E. Renzelmann

After I sent out the previous “Local Cancer Community Update,” Cory Jepsen-Hobbs (Dr. Bettag’s Nurse Practitioner until she retired in 2015, supporter of the Cancer Care Fund, and a long-time reader of this Local Cancer Community Update) responded, “As usual, Tim, your newsletter is filled with positivity. I love that!!”

I replied by explaining, “Sometimes (often times) the ‘positivity’ is as much because I need it... Perhaps as much, if not more than, anyone else!” 😊

Life can be challenging... and I am not always a very positive person... but I make no apologies for that.

I have a rather practical, pragmatic, and realistic mindset. Under the right circumstances, that can lend itself to positivity. Other times, not so much. To be honest, I find a good balance of positivity and negativity to be not only helpful for a healthy outlook on life but (at least for me) necessary.

I realize that the thoughts that go through my head, the words that come out of my mouth, and the words I write (whether on paper or on screen) are seldom one-in-the-same. In particular, when engaged in the kind of expressive, reflective, creative writing that I hope others will read (like when writing articles for this Local Cancer Community Update) I often find myself writing about a world that I wish to see... more than the world that I actually do see! I often find the writer in me writing the words that, at the same time, the reader in me wants (or needs) to read.

The world I see is not always the world I write about or the world I wish to see. Heck, the world I saw on Sunday at the Christopher Farm & Garden was not the world I wished to see.

I was wishing for sunny blue skies, pleasant weather, and enough wind to fly some kites. Instead, there would be mosquitoes to annoy me, rain to irritate me, and a lack of wind to disappoint me, resulting in frustration that our activities could not go on as planned. But today (Monday), after reflecting and writing about the time we shared at the CF&G I feel a greater (and, rightly so, more appropriate) appreciation for the day than I did as it transpired! Gaining greater appreciation for the things and experiences in my life that I write about, even if after the fact, is just one of the many benefits of this kind of writing.

Of course, nothing happens in a vacuum. Other things have happened: I had a good night’s sleep, I heard

Trail. There was a threat of thunderstorms and bad weather on the first day of hiking and everyone else, except for Amy and Alan - her boyfriend at the time, now her husband - had cancelled. As it turned out, the three of us enjoyed an absolutely gorgeous evening around the fire as the threatening weather turned out to be a few raindrops on our tents at about 2AM!

As we sat around the fire that night, I interviewed Amy and Alan for a “Survivor Spotlight” article that appeared in the TLC Supportive Newsletter, during which she stated, “I think anybody that wants to have a more positive outlook should find a way to brighten something up in their life and it will help.”

About eight years later, Amy joined us for our June visit to the CF&G. She was among several survivors who spoke that night and mentioned, “2020 was bad for all of us. It was made worse for me when I found out the rectal cancer had come back and metastasized to my lung.”

As Amy was recovering from one of her recent treatments/procedures she decided to paint some rocks. So, it seems Amy is continuing to find ways to brighten up her life as she continues on her cancer journey!



Some of those rocks she painted (pictured above) were scattered in the Ye Olde Tennis Court Garden at the Christopher Farm & Gardens on Sunday for others to find. Those who attended on Sunday, whether they found one of Amy’s rocks or not, had the opportunity to go to <https://scccf.org/contest?c=stbf-at-the-christopher-farm-gardens-amy-rocks> and download a photo along with a message of support and encouragement for Amy and/or anyone who may be in the midst of a cancer experience! Anyone who did so will be entered into a drawing for a couple of \$25 gift cards!

Thanks Amy! You really do rock!!!

positive comments about the visit, and I saw the photos uploaded to www.scccf.org/contests.

One very powerful photo from Sunday's event was submitted by Barb Bogenschutz. When she submitted it on Sunday night, I didn't immediately recognize the person in the photo or understand what she was doing:



Then I read the caption that Barb included:

"My daughter, Jennifer, a recent adrenal gland cancer survivor, submitted to the rain during our visit on Sept 12."

Tears filled my eyes! They weren't necessarily "bad tears", but they didn't seem like "good tears" either. Sort of a mix of the good tears and the bad.

I have been hearing about Jennifer's challenges over the past several months and it has been difficult to hear, so I can only imagine how difficult it has been to experience.

Seeing Jennifer sprawled out on the ground was a visual reminder of the struggles that she, and so many others, must endure in this life. It looks as though she has collapsed from exhaustion. The pain we all experience, day in and day out, must be recognized and should not be glossed over. And as Michael Stipe of REM reminds us through his lyrics, "Everybody hurts... sometime."

But Jennifer also appears to be relaxed, as if she's found a kind of peace with the world around her. Perhaps it was through her exhaustion that she found the strength to "submit" and let go. Paradoxically, letting go isn't easy and takes a lot of hard work! Part of the work of "letting go," I would suggest, is more about accepting the negativity in our lives rather than denying it, ignoring it, or thinking it doesn't exist!

As they say, in life you have to put up with the rain if you want to see the rainbow! Thank you, Jennifer for reminding me that those rainbows don't only exist in the sky... but in our hearts and in our minds as well!

And they certainly exist in a place such as the CF&G, no matter what the weather might be!

In my response to Cory, I also continued, "If you watched the Olympics (or are watching the Paralympics) I'm sure you saw this commercial:

https://youtu.be/fqWG5_7nwyk. I love it... Especially the message, 'It might not be easy, but it will be amazing!'"

If you haven't seen the above Toyota commercial, I strongly encourage you to watch it. I'm not promoting Toyota... but the message is powerful. We shouldn't expect life to be easy. But we can expect it to be amazing!

Yoga and Tai Chi and Qigong, Oh My! Which One Is for You?

By Tim E. Renzelmann



Yoga, Tai Chi, and Qigong are each very different and unique practices, but all three basically have the same intent – to improve overall health and well-being. They are three paths to the same destination.

So, which one is for you?

I have a little bit of experience with all three, but I am certainly no expert of any. And I certainly haven't a clue which one would be best for you! That is for you to determine. But allow me to offer a few personal observations of all three practices.

Our very first "Survive, Thrive & Be Fit" activity that was offered in February of 2010 was a "Gentle Yoga for Cancer Survivors" class that has remained a popular activity amongst fellow survivors. Yoga is a mind-body exercise that combines movement and internally directed focus on awareness of the self, the breath, and energy (or prana). At ST&BF "Gentle Yoga for Cancer Survivors" we primarily practice gentle Hatha yoga which focuses primarily on the pose (asana) while stretching and connecting with the breath. For me, this type of yoga has been especially helpful in improving flexibility and balance. I especially enjoy the connection with others (especially our ST&BF group – whether in-person or virtually), although many enjoy practicing yoga alone.

Join us for "Gentle Yoga for Cancer Survivors" with Kaitlynn Kiela, CYT on Monday, September 27th at Vollrath Park at 530P or check out this previously recorded session by Kaitlynn:

https://us02web.zoom.us/rec/share/hQbfUosbxa06ofAirURM_inoK_MwZTaSGCcByEuzy57DRME3KHj3rt94bWHD_36AR.LUNqoJ7ITqmHS_QZ?startTime=1621290742000

“Tai Chi for Cancer Survivors” was first offered in 2014. Tai Chi is rooted in the Martial Arts with movements specifically designed for combat and defense. In fact, Tai Chi has been a demonstration sport in the Olympics. Like yoga, there are many different types of Tai Chi. ST&BF “Tai Chi for Cancer Survivors” focuses on the Yang style designed to combine slow intentional movement, mindfulness, breath, and Qi (vital energy) for health and vitality. It is the slow and graceful movement that appeals to me along with the concentration and commitment required to learn forms that range from basic to quite complex.

Join us for “Tai Chi for Cancer Survivors” with Michael Finney, CYT on Wednesday, September 22nd at Firehouse Park at 530P or view Michael’s “Grasp Sparrow’s Tail” video:

https://youtu.be/wn9uz_oPXU8

“Qigong for Cancer Survivors” is a relatively new ST&BF activity. Like both Yoga and Tai Chi, Qigong has different types. Medical Qigong is one of the four branches of Traditional Chinese Medicine (TCM) along with acupuncture, herbal medicine, and medical massage. ST&BF “Qigong for Cancer Survivors” is a self-healing practice that consists of a series of movements designed to improve the flow of Qi throughout the body and enhance overall well-being. It is the simplicity of this practice, which seems to allow me to experience a deeper relaxation, that I find particularly appealing.

Join us for “Qigong for Cancer Survivors” virtually or in-person or view this online “Five Treasures” video:

www.nga.org/five-treasures

<https://www.youtube.com/watch?v=gO5g3XxQV9w>

So, which one is right for you? I encourage you to try them all and find out for yourself. You may find out, as I have, that all three of them are right for you... but at different times and for different reasons. When I am looking to find a deeper connection with others, I may practice yoga. When I am looking for discipline and to sharpen my focus, I may practice Tai Chi. When I am looking for a simple but effective way to relax, I may practice Qigong. Your reasons may be different... but the only way you will know what your reasons might be is by giving them all a try!

SCCCF “Flowers for the Fund” Winter/Holiday Fundraiser!

Featuring Quality Products from Caan’s Floral!

Consider beautifying your home or place of business this upcoming Holiday Season while support the Sheboygan County Cancer Care Fund by ordering vouchers for Caan’s Floral products! Place your order

by October 4th. Vouchers and gift cards will be mailed in late October and can be exchanged at Caan’s Floral for product between November 22nd and December 15th!

See attached order form for details!



ST&BF Pre-Recorded Sessions and Instructional Videos: Gentle Yoga, Tai Chi and Qigong for Cancer Survivors

Enjoy any of these on-line opportunities anytime!

NEW - PRE-RECORDED Yoga Session – May 17th, 2021

Facilitated by Kaitlynn Kiela, CYT

https://us02web.zoom.us/rec/share/hQbfUosbxa06ofAirURM_inoK_MwZTaSGCcByEuzy57DRME3KHj3rt94bWHD_36AR.LUNqoJ7ITqmHS_QZ?startTime=1621290742000

PRE-RECORDED Yoga Session – February 16, 2021

Facilitated by Kaitlynn Kiela, CYT

<https://us02web.zoom.us/rec/share/8p-g4x1LJSYnybnxHkDx4qFnlCOGOjybcxW8H0-9vO0xjgIPzcOWxDx2XPrAoUso.QJVzytaB14P0JWaX>

PRE-RECORDED Yoga Session – January 11, 2021

Facilitated by Stacy Harriott, CYT

https://us02web.zoom.us/rec/share/iNbf3EqUsDPori5huP7OWPLPkbs8vtxBVxF5i194v2ZliBqk_KVWP4YmECFsWHOQ.y4uUtQpX2hMOQmRS?startTime=1610407916000

PRE-RECORDED Yoga Session – November 16th, 2020

Facilitated by Kaitlynn Kiela, CYT

<https://us02web.zoom.us/rec/share/Pm6wpbMiGj2pJO-O7KSMT-CmXU0Zxo18QrxPCSbyhEaO6yNFTrlSifHksGvaVTs.jjw0HbOY7G-gwERX?startTime=1605569606000>

PRE-RECORDED Yoga Session – October 20th, 2020

Facilitated by Stacy Harriott, CYT

https://us02web.zoom.us/rec/share/1V8r0yhusm176mAlwQpC_0qamGiYzGWifXDOwEq_ZPQUT-9dgdFdtIjGcJtg3G.Vxi39wNezjysKezp?startTime=1601332457000

PRE-RECORDED Yoga Session – September 28th, 2020

Facilitated by Kaitlynn Kiela, CYT

https://us02web.zoom.us/rec/share/uyk30aursX6cC1499IW2jRdE-nw15PrMW_nGDSz7tSiSsyEmt5o6kxYlZgaDatv.PjEn77uculbeZeZ_?startTime=1601332457000

ADDITIONAL FREE SESSIONS compliments of Plymouth Yoga

Facilitated by Kaitlynn Kiela, CYT

<https://www.plymouthyoga.com/gentle-classes.html>

PRE-RECORDED Tai Chi Instructional Videos

8 Brocades – by Michael Finney

https://youtu.be/T_JifFiZJds

Grasp Sparrow's Tail – by Michael Finney

https://youtu.be/wn9uz_oPXU8

Qigong Instructional Video: “Five Treasures”

National Qigong Association Website Video

www.nqa.org/five-treasures

Quick Look Calendar: Upcoming Events & Activities in the Local Cancer Community!

See attached calendar and flyers for details, visit www.scccf.org or call 920.457.2223.

All **VIRTUAL** sessions are **via Zoom** and require the same sign-in link and meeting credentials!

Monday, September 20th – 430P to 600P, 7P to ??

TLC Survivorship Can Be Fun

Casual Games and Activities

MOA/SCBS, 1621 N. Taylor Dr, 2nd Fl Conf Rm

Monday, September 20th – 600P to 700P

TLC Survivorship Session

Topic: Making Plans During Unpredictable Times!

MOA/SCBS, 1621 N. Taylor Dr, 2nd Fl Conf Rm

Wednesday, September 22nd – 530P to 630P

TLC Tai Chi for Cancer Survivors

With Michael Finney, CYT

Firehouse Park, Cty Hwy Y, Town of Sheboygan

Virtual or Live – See Below for Explanation

Thursday, September 23rd – 900A to 930A

ST&BF VIRTUAL Qigong for Cancer Survivors

NQA's Five Treasure Casual Practice

Zoom Meeting ID: 833 9821 3314, Password: 892356

<https://us02web.zoom.us/j/83398213314?pwd=TjF1d1BwNWpKaXVNWjZvTjNqQ2RmUT09>

Thursday, September 23rd – 930A to 1000A

TLC VIRTUAL Local Cancer Community Update

TOPIC: Fall Update!

Zoom Meeting ID: 833 9821 3314, Password: 892356

<https://us02web.zoom.us/j/83398213314?pwd=TjF1d1BwNWpKaXVNWjZvTjNqQ2RmUT09>

Monday, September 27th – 330P to 445P

ST&BF Pickleball Play

Paddles Available!

Vollrath Park, N. 3rd & Park Ave, Sheboygan

Monday, September 27th – 500P to 530P

ST&BF Qigong for Cancer Survivors – 5 Treasures

NQA's Five Treasures Casual Practice

North Point Overlook (atop Broughton Drive Hill)

Virtual or Live – See Below for Explanation

Monday, September 27th – 530P to 630P

ST&BF Gentle Yoga for Cancer Survivors

Kaitlynn Kiela, CYT

North Point Overlook (atop Broughton Drive Hill)

Virtual or Live – See Below for Explanation

October – Mark Your Calendar for These Special Opportunities!

Saturday, October 9th – 1100A to 300P

ST&BF Great Heights with Delightful Kites with WI Kites Club “One Sky One World Fly for Peace”

Watch for details!

Deland Park, Broughton Drive, Sheboygan

Saturday, October 9th – 1100A to 1200P

TLC Tai Chi for Cancer Survivors (w/kite backdrop)

Sheboygan YMCA Green Space, Just North of YMCA

Thursday to Saturday, October 14th to 16th

ST&BF Hiking Along the Cancer Journey

Day Hikes, Overnight Backpacking & More

Zillmer Trails, Hwy SS, New Prospect

ST&BF “POP UP” Activities!

Activities, Locations, Dates and Times TBD!

Possible activities include: “Great Heights with Delightful Kites” (kite flying), “Swinging Survivors/Drive to Survive” (golf), “Steps to Survivorship” (walk/jog/run), “Pickleball Play” (pickleball) and more with details sent via the ST&BF POP UP e-mail list!

ST&BF Active Survivors of Sheboygan (A.S.S.) Team/Activity Logs!

Year-round! Still Time to Make the 2021 Team!!!

See attached or contact Tim for details!

EXPLANATION – Virtual or Live Sessions: *If event format is switched from Live to Virtual (due to weather/conditions), confirmation and details will be sent out via the TLC/ST&BF POP UP E-mail List. Contact Tim to insure you are on that list!*

See attached calendar for additional events and activities!

Tim E. Renzelmann – 920.458.7433, 920.457.2223

trenzelmann@physhealthnet.com

MOA/SCBS Cancer Coach (920.458.7433)

SCCCF Vice President (920.457.2223 – 920.45-SCCCF)

www.sheboygancancer.org ● www.scccf.org



Together we Live with Cancer!

Matthews Oncology Associates
Sheboygan Cancer & Blood Specialists

Sheboygan Physicians Group



Making Sheboygan County
**The Healthiest Place
To Survive Cancer!**

September, 2021

Events and Activities of the Local Cancer Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 400P-SS/DS	2	3	4
5	6 LABOR DAY	7 500P-Qi5TV 530P-LCCUV	8 400P - HAtCJ 530P-TC	9	10	11
12 12P-ST&BF@ CF&G	13 330P-PBP 500P-Qi5TL/V 530P-YogaL/V	14	15 200P-Qi5TV 230A-LCCUV	16	17	18
19	20 430P- TLCSS/SCBF	21 CUM-Spring ENDS	22 CUM-Fall 530P-TCL/V PPU-FHP	23 900A-Qi5TV 930A-LCCUV	24	25
26	27 330P-PBP 500P-Qi5TL/V 530P-YogaL/V	28	29	30		

WATCH FOR UPDATES TO THIS CALENDAR.

KEY: HAtCJ = Hiking Along the Cancer Journey (Day Hikes & Fireside Chat)

LCCUV = VIRTUAL Local Cancer Community Update

PBP/Step = Pickleball Play & Steps to Survivorship – Vollrath Park

PPU-FHP = Possible POP UP – Firehouse Park

QG5TV = QiGong “Five Treasures” (casual video/practice) Virtual

QG5TL/V = QiGong “Five Treasures” (casual video/practice) Live or Virtual

SS/DS = Swinging Survivors/Drive to Survive – Sunset Hills Golf Course & Driving Range

ST&BF@CF&G = Survive, Thrive & Be Fit at the Christopher Farm & Gardens

TCL/V = Tai Chi for Cancer Survivors (virtual or outdoor) Live or Virtual

TLCSCBF = TLC Survivorship Can Be Fun (Game Gathering)

TLCSS = TLC Survivorship Session

YogaL/V = Gentle Yoga for Cancer Survivors (virtual or outdoor) Live or Virtual

Virtual Activities (via Zoom): ZOOM Meeting ID: 833 9821 3314, PASSCODE: 892356

ZOOM Link: <https://us02web.zoom.us/j/83398213314?pwd=TjF1d1BwNVpKaXVNWjZvTjNqQ2RmUT09>

L/V (Live/Virtual) and PPU (Potential POP UP) activities will be based on weather/conditions with details communicated via the ST&BF POP UP e-mail list at least 24 hours prior to event/activity. Contact Tim for Details!

For details, see the most recent issue of the Local Cancer Community Update, visit www.scccf.org or call 920.457.2223.

Sign Up for the Local Cancer Community Update! See Tim



Together we **L**ive with **C**ancer!

Matthews Oncology Associates
Sheboygan Cancer & Blood Specialists

Sheboygan Physicians Group

The TLC Supportive Community provides cancer patients/survivors and co-survivors with health and wellness opportunities for body, mind and spirit!

Monday, September 20th!

Survivorship Session

6:00P to 7:00P

TOPIC: *Making Plans
During Unpredictable
Times!*

Join us for this opportunity to connect or reconnect with others in our Local Cancer Community!

Survivorship Can Be Fun

4:30P to 6P

7:00P to ??

Join us for a “Four Corners” Game Night that will include: Crokinole, Farkle, Mancala, Cribbage and a Puzzle (or bring a game of your own)!

Fully vaccinated individuals need not wear a facial covering!

RSVP Very Much Appreciated!

Light snacks provided!

LOCATION: Matthews Oncology Associates ● Sheboygan Cancer & Blood Specialists
1621 N. Taylor Drive, Sheboygan ● Second Floor Conference Room

● For More Info and to RSVP: trenzelmann@physhealthnet.com or call 920-457-2223 ●

“Survive, Thrive & Be Fit!”



Gentle
Yoga

Introductory

Tai Chi/Qigong



for Cancer Survivors!

LIVE/OUTDOORS & VIRTUAL Sessions!

Yoga and Tai Chi/Qigong are similar and in many ways. In Yoga, each posture is held for a period of time while Tai Chi/Qigong consists of slow relaxed movements with no pauses from one posture to the next. Both practices heavily focus on using the breath to find inner stillness while promoting aerobic capacity, balance, flexibility, increased energy and stamina, calmness and relaxation while also alleviating stress.

Gentle Yoga
for Cancer Survivors
with Kaitlynn Kiela, CYT

Mondays, September 13th & 27th

530P • North Point Overlook

Introductory Tai Chi/Qigong
for Cancer Survivors
with Michael Finney, CYT

Wednesdays, September 8th & 22nd

530P • Kohler-Andrae State Park &
Firehouse Park

Qigong “Five Treasures”
for Cancer Survivors:

September 7th @ 5P^(VIRTUAL), 13th @
5P^(North Point Overlook), 15th @ 2P^(VIRTUAL), 23rd
@ 9AP^(VIRTUAL), & 27th @ 5P<sup>(North Point
Overlook)</sup>

If Virtual (via Zoom):

Meeting ID: 833 9821 3314

PASSCODE: 892356

<https://us02web.zoom.us/j/83398213314?pwd=TjF1d1BwNVpKaXVNWjZvTjNqQ2RmUT09>

IMPORTANT: Locations and formats (LIVE OUTDOOR or VIRTUAL) may change based on weather and conditions! Changes will be communicated about 24-hours prior via the ST&BF “POP UP” e-mail list! Contact Tim for details!



Making Sheboygan County
**The Healthiest Place
To Survive Cancer!**



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



Together we **Live with Cancer!**

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VIRTUAL (Via Zoom) **TLC "Quick"** Local Cancer Community Updates

Purpose: These casual sessions will begin with a simple 25-minute ST&BF Qigong for Cancer Survivors casual practice using the National Qigong Association's "Five Treasures" routine/video and then lead into a topic/discussion starting 30-minutes later! You are invited to join us for one or both by logging in at either the listed start times:

This Month's Topic:

COVID-19 & Fall Activity Update: As the weather gets cooler and daylight shrinks, we hope to move some small group activities indoors safely and effectively. Join us to learn more and be a part of the discussion!

Tuesday, September 7th

5:00PM – ST&BF Qigong "Five Treasures" Casual Practice

5:30PM – TLC Virtual LCCU: COVID & Fall Activity Update/Discussion

Wednesday, September 15th

2:00PM – ST&BF Qigong "Five Treasures" Casual Practice

2:30PM – TLC Virtual LCCU: COVID & Fall Activity Update/Discussion

Thursday, September 23rd

9:00AM – ST&BF Qigong "Five Treasures" Casual Practice

9:30AM – TLC Virtual LCCU: COVID & Fall Activity Update/Discussion

Zoom Meeting ID: 833 9821 3314 ● PASSWORD: 892356

<https://us02web.zoom.us/j/83398213314?pwd=TjF1d1BwNVpKaXVNWjZvTjNqO2RmUT09>

**Matthews Oncology Associates ● Sheboygan Cancer & Blood Specialists
1621 N. Taylor Drive, Sheboygan ● Call 920-458-7433 (Ask for Tim) for more information!**

Survive, Thrive & Be Fit!

Saturday, October 9th



Introductory

Tai Chi!

Join us along with **Michael Finney, CYT** - a lifelong student of the Martial Arts, who was introduced to Tai Chi many years ago stating, *“It goes beyond the physical to challenge you on so many levels.”* Michael will lead this Introductory OUTDOOR Tai Chi class from 11AM to Noon in the green space just north of the YMCA.



Great Heights with Delightful

Kites!

Join us at the **Wisconsin Kites Club** *“Sheboygan Fun Fly: One Sky, One World Kite Fly for Peace”* at Deland Park between 10A and 3P! Bring a kite of your own... or there will be some extras!

Registration Required by calling 920.457.2223 or e-mail trenzelmann@physhealthnet.com by Thursday, October 8th!



Making Sheboygan County
The Healthiest Place
To Survive Cancer!

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!”

Hiking Along the Cancer Journey:



Zillmer Trail & Dundee Mountain!

Thursday, Friday & Saturday
October 14th, 15th & 16th!

Join us for multiple day hikes, evening and morning campfires, or consider a one or two-night backpack outing!

DAY HIKES: Dates, times, and distances to be determined. If interested, contact Tim to discuss preferences... and we'll plan accordingly!

CAMPFIRES: Consider joining us for a campfire on Thursday night, Friday morning, Friday night and/or Saturday morning!

BACKPACKING: A limited number of backpackers will be allowed on Thursday night and/or Friday night! A limited supply of gear is available. Contact Tim if interested.

Sign up by contacting Tim (920.457.2223 trenzelmann@physhealthnet.com) as soon as possible so we can gather information to finalize the itinerary. A final itinerary will be sent out to all who sign up.

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Making Sheboygan County
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Active Survivors of Sheboygan Activity Log

About the Sheboygan County Cancer Care Fund & Survive, Thrive & Be Fit!

The Sheboygan County Cancer Care Fund (SCCCF), whose primary focus is to assist local cancer patients and survivors with financial “gestures” to help them cope with the financial challenges of a cancer diagnosis, has approved more than \$1.5 MILLION in financial assistance for those in our community experiencing cancer since June of 2002.

In 2010, SCCCf kicked off the Survive, Thrive & Be Fit (ST&BF) program! ST&BF consists of FREE healthy and active-living opportunities for area cancer patients and survivors including: Gentle Yoga for Cancer Survivors, Steps to Survivorship walk/runs, the Indoor Row Group, Pickleball Play, Survivorship Through the Lens outdoor photography opportunities, Hiking Along the Cancer Journey day hikes and overnight backpack outings, “Introductory Tai Chi,” “Great Heights with Delightful Kites” kite-flying outings, this “Active Survivors of Sheboygan” activity log and more.

Research shows that being active after a cancer diagnosis can reduce treatment side effects, positively impact recovery from treatment, increase the rate of survival and contribute to a greater quality of life. Additionally, ST&BF connects local cancer patients and survivors in a positive and supportive environment in which they can share personal stories, helpful information and best practices while gaining support, encouragement, inspiration and friendship.

Making Sheboygan County the Healthiest Place to Survive Cancer!

Join with other cancer patients/survivors (co-survivors are often also welcome and encouraged to participate) as we work towards Making Sheboygan County the Healthiest Place to Survive Cancer!

In addition, your participation can earn you a few perks. Exercise 30-minutes or more 8-11 days during the month and you will earn one point,

12-15 days to earn 2 pts, 16-19 days to earn 3 points, 20 or more days to earn 5 points. Earn enough points and you will also earn the right to to “wear the blue” of Survive, Thrive & Be Fit as well as other apparel and merchandise!

Plus, earn greater health and fitness and the pride that comes with it while being a part of this healthy movement!

You are encouraged to watch the “Local Cancer Community Update” (contact Tim to have this about-weekly e-mail newsletter sent to your e-mail address or view it at www.scccf.org/news) for a variety of ST&BF activities throughout the year along occasional point updates!

BENEFITS of Survive, Thrive & Be Fit:

- Live an active lifestyle during and after your cancer diagnosis!
- Connect with other area survivor-athletes committed to a healthy and active lifestyle!
- Join us in “Making Sheboygan County the Healthiest Place to Survive Cancer!”

Active Survivors of Sheboygan Activity Log!

You choose the activity you participate in, the duration and the intensity that is best for your fitness level. Then, record your activity and verify that the day has included at least thirty minutes of exercise/activity and if that exercise/activity was completed during any of our scheduled ST&BF sessions.

Submit you're A.S.S. logs (by the 15th of the end of the month):

By mail: Active Survivors of Sheboygan, 1621 N. Taylor Drive, St. 100, Sheboygan, WI 53081

By e-mail - Scanned/photographed copies or via the MS Excel spreadsheet: trenzelmann@physhealthnet.com

For More Information:

Call: 920.457.2223

E-mail: trenzelmann@physhealthnet.com

Visit: www.scccf.org

SEPTEMBER 2021		Name: _____				
Date	Day	Activity(s)	Time or Distance	Did you exercise for 30 minutes or more?	Part of a ST&BF-scheduled event/activity?	
1	We			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
2	Th			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
3	Fr			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
4	Sa			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
5	Su			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
6	Mo			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
7	Tu			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
8	We			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
9	Th			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
10	Fr			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
11	Sa			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
12	Su			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
13	Mo			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
14	Tu			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
15	We			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
16	Th			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
17	Fr			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
18	Sa			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
19	Su			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
20	Mo			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
21	Tu			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
22	We			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
23	Th			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
24	Fr			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
25	Sa			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
26	Su			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
27	Mo			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
28	Tu			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
29	We			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
30	Th			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Total "Yes" Checks for the Month:						

20 or more "Yes" checks = 5 pts. 16 to 19 checks = 3 pts. 12 to 15 checks = 2 pts. 8 to 12 = 1pt.
 At the end of the month (and before the last day of the next month) submit this form to Tim.

OCTOBER 2021		Name: _____				
Date	Day	Activity(s)	Time or Distance	Did you exercise for 30 minutes or more?	Part of a ST&BF-scheduled event/activity?	
1	Fr			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
2	Sa			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
3	Su			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
4	Mo			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
5	Tu			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
6	We			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
7	Th			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
8	Fr			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
9	Sa			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
10	Su			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
11	Mo			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
12	Tu			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
13	We			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
14	Th			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
15	Fr			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
16	Sa			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
17	Su			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
18	Mo			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
19	Tu			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
20	We			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
21	Th			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
22	Fr			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
23	Sa			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
24	Su			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
25	Mo			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
26	Tu			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
27	We			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
28	Th			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
29	Fr			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
30	Sa			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
31	Su			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Total "Yes" Checks for the Month:						

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 At the end of the month (and before the last day of the next month) submit this form to Tim.

Survive, Thrive & Be Fit!

Steps to Survivorship

2021 ST&BF FALL

Cumulative

Marathon Walk/Run and/or
Century (100-mile) Bike Ride!



What is a *Cumulative Walk/Run*? No need to walk/run the entire distance at one time! Complete shorter segments as you work to complete a Full Marathon (26.2 mi) distance!

What is a *Cumulative Bike Ride*? Total your rides to complete a century (100 miles) and/or metric century!

Participation Dates: Wednesday, September 22nd through Monday, December 20th!

Eligible Participants: Area cancer patients/survivors, co-survivors & professional caregivers.

This is a “**Casual/Non-Competitive**” event. Just complete and record your distance on the ENTRY/LOG and submit when you have completed the Full Marathon Walk/Run and/or the 100-mile Bike Ride and no later than December 31st!

Guest Co-Survivors: Co-survivors must be the guest of a participating cancer patient/survivor.

Medical Oncology Caregivers: Local oncology doctors, nurses and support staff.

Updates/Results: Updates along with more information are available at www.scccf.org/events.

For more Information: Contact Tim at trenzelmann@physhealthnet.com or 920.457.2223.

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2021 WINTER “Flowers for the Fund”

featuring vouchers for



Proceeds Benefit the
Sheboygan County
Cancer Care Fund



4422 South 12th Street | Sheboygan, WI 53081
Phone (920)452-4111 | Toll Free 1-800-952-7686

www.scccf.org • 920.457.2223

<p>ORDER DEADLINE: Monday, October 4th</p> <p>CHECKS PAYABLE TO: SCCCF</p> <p>Vouchers will be mailed in mid-October.</p> <p>Vouchers may be redeemed at Caan's between November 22nd and December 15th!</p> <p>Please PRINT CLEARLY!</p>			Name				Name				Name			
			Address				Address				Address			
			City/St/Zip				City/St/Zip				City/St/Zip			
			Phone				Phone				Phone			
Product	Photo	Cost Each	<input type="checkbox"/> I Will Pick Up* <input type="checkbox"/> Please Mail		<input type="checkbox"/> I Will Pick Up* <input type="checkbox"/> Please Mail		<input type="checkbox"/> I Will Pick Up* <input type="checkbox"/> Please Mail							
			Quantity Ordered	Sub Total	Quantity Ordered	Sub Total	Quantity Ordered	Sub Total						
16" Mixed Noble Fir Wreath w/Cones	A	\$22												
24" Mixed Noble Fir Wreath w/Cones	A	\$32												
30" Mixed Noble Fir Wreath w/Cones	A	\$39												
34" Mixed Noble Fir Wreath w/Cones	A	\$45												
18" Caan's Decorated Balsam Wreath	B	\$20												
26" Caan's Decorated Balsam Wreath	B	\$29												
32" Caan's Decorated Balsam Wreath	B	\$39												
36" Caan's Decorated Balsam Wreath	B	\$49												
26" Caan's Premium Balsam Wreath	C	\$29												
32" Caan's Premium Balsam Wreath	C	\$39												
24" Mixed Noble Fir Teardrop	D	\$12												
36" Mixed Noble Fir Candy Cane	E	\$40												
30" Mixed Noble Fir Cross	F	\$40												
12" Evergreen Welcome Planter	G	\$40												
30" Caan's Deluxe Balsam Swag	H	\$24												
Caan's Evergreen Hanging Basket	I	\$30												
Caan's Pinecone Chandelier	J	\$29												
Caan's Evergreen Spruce Top Planter	K	\$60												
25-foot Evergreen Mixed Roping	L	\$45												
\$15 Caan's Floral Gift Card	-	\$15												
\$25 Caan's Floral Gift Card	-	\$25												
\$50 Caan's Floral Gift Card	-	\$50												
ORDER TOTAL														

*Please call (920.457.2223) to arrange pick up of vouchers (1621 N. Taylor Drive, Suite 100, Sheboygan, WI)

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Product: Poinsettias	Photo	Cost Each	<input type="checkbox"/> I Will Pick Up* <input type="checkbox"/> Please Mail		<input type="checkbox"/> I Will Pick Up* <input type="checkbox"/> Please Mail		<input type="checkbox"/> I Will Pick Up* <input type="checkbox"/> Please Mail		Quantity Ordered	Sub Total	Quantity Ordered	Sub Total	Quantity Ordered	Sub Total
4.5" Poinsettia (1 plant/pot)	-	\$7												
6.5" Poinsettia (1 plant/pot)	-	\$13												
7.5" Poinsettia (2 plants/pot)	-	\$25												
8.5" Poinsettia (3 plants/pot)	-	\$35												
CHECK ONE: Indicate Variety for above item(s) NOTE: 10" Poinsettias are also available. If interested, purchase price of below vouchers can be applied to the cost of the 10" poinsettia.	M N O P Q R S T U		<input type="checkbox"/> Classic Red <input type="checkbox"/> Xmas White <input type="checkbox"/> Ice Punch <input type="checkbox"/> Marble <input type="checkbox"/> Red Glitter <input type="checkbox"/> Pink <input type="checkbox"/> Tapestry <input type="checkbox"/> Burgundy <input type="checkbox"/> Tri-Color		<input type="checkbox"/> Classic Red <input type="checkbox"/> Xmas White <input type="checkbox"/> Ice Punch <input type="checkbox"/> Marble <input type="checkbox"/> Red Glitter <input type="checkbox"/> Pink <input type="checkbox"/> Tapestry <input type="checkbox"/> Burgundy <input type="checkbox"/> Tri-Color		<input type="checkbox"/> Classic Red <input type="checkbox"/> Xmas White <input type="checkbox"/> Ice Punch <input type="checkbox"/> Marble <input type="checkbox"/> Red Glitter <input type="checkbox"/> Pink <input type="checkbox"/> Tapestry <input type="checkbox"/> Burgundy <input type="checkbox"/> Tri-Color							
4.5" Poinsettia (1 plant/pot)	-	\$7												
6.5" Poinsettia (1 plant/pot)	-	\$13												
7.5" Poinsettia (2 plants/pot)	-	\$25												
8.5" Poinsettia (3 plants/pot)	-	\$35												
CHECK ONE: Indicate Variety for above item(s) NOTE: 10" Poinsettias are also available. If interested, purchase price of below vouchers can be applied to the cost of the 10" poinsettia.	M N O P Q R S T U		<input type="checkbox"/> Classic Red <input type="checkbox"/> Xmas White <input type="checkbox"/> Ice Punch <input type="checkbox"/> Marble <input type="checkbox"/> Red Glitter <input type="checkbox"/> Pink <input type="checkbox"/> Tapestry <input type="checkbox"/> Burgundy <input type="checkbox"/> Tri-Color		<input type="checkbox"/> Classic Red <input type="checkbox"/> Xmas White <input type="checkbox"/> Ice Punch <input type="checkbox"/> Marble <input type="checkbox"/> Red Glitter <input type="checkbox"/> Pink <input type="checkbox"/> Tapestry <input type="checkbox"/> Burgundy <input type="checkbox"/> Tri-Color		<input type="checkbox"/> Classic Red <input type="checkbox"/> Xmas White <input type="checkbox"/> Ice Punch <input type="checkbox"/> Marble <input type="checkbox"/> Red Glitter <input type="checkbox"/> Pink <input type="checkbox"/> Tapestry <input type="checkbox"/> Burgundy <input type="checkbox"/> Tri-Color							
ORDER TOTAL	-													

*Please call (920.457.2223) to arrange pick up of vouchers (1621 N. Taylor Drive, Suite 100, Sheboygan, WI)

Fresh Cut Evergreen Selections

<p>A</p>  <p>Mixed Noble Fir Wreath w/Cones Sizes: 16", 24", 30", 36"</p>	<p>B</p>  <p>Caan's Decorated Balsam Wreath Sizes: 18", 26", 32", 36"</p>	<p>C</p>  <p>Caan's Premium Balsam Wreath Sizes: 26", 32"</p>
<p>D</p>  <p>24' Mixed Noble Fir Teardrop</p>	<p>E</p>  <p>36' Mixed Noble Fir Candy Cane</p>	<p>F</p>  <p>30' Mixed Noble Fir Cross</p>
<p>G</p>  <p>Evergreen Welcome Planter</p>	<p>H</p>  <p>Caan's 30' Deluxe Balsam Swing</p>	<p>I</p>  <p>Caan's Evergreen Hanging Basket</p>

<p>J</p>  <p>Caan's Pinecone Chandelier</p>	<p>K</p>  <p>Caan's Evergreen Spruce Top Planter</p>	<p>L</p>  <p>25 foot Evergreen Mixed Roping</p>
---	--	---

Caan's Grown Premium Grade Poinsettias

<p>M</p>  <p>Classic Red Sizes: 4.5", 6.5", 7.5", 8", 10"</p>	<p>N</p>  <p>Christmas White Sizes: 4.5", 6.5", 7.5", 8", 10"</p>	<p>O</p>  <p>Ice Punch Sizes: 4.5", 6.5", 7.5", 8", 10"</p>
<p>P</p>  <p>Marble Sizes: 4.5", 6.5", 7.5", 8", 10"</p>	<p>Q</p>  <p>Red Glimmer Sizes: 4.5", 6.5", 7.5", 8", 10"</p>	<p>R</p>  <p>Pink Sizes: 6.5", 7.5", 8", 10"</p>
<p>S</p>  <p>Tapestry Sizes: 4.5", 6.5"</p>	<p>T</p>  <p>Burgundy Size: 6.5"</p>	<p>U</p>  <p>Tri-Color Size: 8"</p>