

The Local Cancer Community Update



Together we Live with Cancer!

Matthews Oncology Associates
Sheboygan Cancer & Blood Specialists

Sheboygan Physicians Group



May 12th, 2022 • 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!

Cancer Patients/Survivors and Co-Survivors Heal the Earth While the Earth Heals Them!

A group of about twenty Survive, Thrive & Be Fit cancer patients/survivors and co-survivors, as part of our second annual "Restoration Day" at the Christopher Farm & Gardens to commemorate Earth Day on Friday, April 29th, took the time to heal the earth while the earth healed them!

With the guidance of the incredibly knowledgeable CF&G staff, we got our hands dirty planting more than thirty native trees and clearing a large area of invasive Honeysuckle. It is our small gesture of gratitude for all that the CF&G has offered to us over the years as well as an opportunity to be part of "something greater" that may live on long beyond any of us!



Rob identifies one of the many trees that we planted during last year's "Restoration Day" that survived their first winter!



Colleen and Jane work together on a chilly but sunny day.



Rob and Tiffany demonstrate how to successfully plant a potted tree.



Erika explains the importance of understanding the water table when deciding what and where to plant.

Missing & Vision of the Christopher Farm & Gardens:

The mission of The Christopher Farm & Gardens is to bring together horticulture, landscape design, education and the arts to inspire and enlighten guests.

We are dedicated to providing a space for enjoyment, understanding, and conservation of native Wisconsin plants, trees, animals and the Lake Michigan shoreline.

The vision of The Christopher Farm & Gardens is to continually grow with a focus on education and preservation of God's earthly creations.



Dan, Candy, and Diane successfully plant another tree!



"Many hands make for light work." We cleared this large section of land of invasive Honeysuckle quickly.

Special thanks to Jay Christopher, owner of the



Christopher Farm & Gardens, and the warm and knowledgeable staff! As a city boy (who greatly enjoys experiencing nature – even if I don't fully understand it), working with Rob (left) and the rest of the CF&G staff provides a greater appreciation for the many aspects of nature that I too often take for granted!

Plans are being made for another "Restoration Day" in June. If you are interested in being a part of this next project that will focus on removing invasive daisies, be sure you are on the ST&BF "POP UP" e-mail list (contact Tim for details).

We also have a tentative "POP UP-opportunity" at the Christopher Farm & Gardens scheduled for Tuesday, May 17th. Activities may include "Wandering the Wonderful Gardens," some "Qigong for Cancer Survivors" (no experience required and beginners welcome), and a "Bonding Bonfire" (with hot dogs and s'mores)! Contact Tim for details.

And, mark your calendar for Sunday, June 5th as we continue our tradition of gathering at the Christopher Farm & Gardens to celebrate National Cancer Survivors Day! See attached flyer for details!

CORRECTION: ST&BF Indoor Row Group – List of 2021/22 Season Survivor-Athletes/Rowers!

Correction: I omitted one of our ST&BF Indoor Row Group survivor-athletes in the last issue. Here is (hopefully) a complete list of survivor-athletes/rowers who participated in the 2022/23 season!: Linda Ansay, Cindy Becker, Mike Brachmann, Kathy Burch, Rachel Darling, Lisa Glander, Bob Hartig, Leah Heusterberg, Jennifer King, Maryellen Kloiber, Dan Kunda, Kirstin Opgenorth, Tim Renzelmann, John Seaman, Beth Stockdale, Tom Strojinc, Dennis Sundell, Cindy Walvoord, Rae-Ellen Weber, and Sue Zalewski.



Photo Above: Most of the team members participated in the 2022 Lake Michigan Crossing!

The Indoor Row Group completed a successful 2021/22 season (11/1/21 through 4/30/22). Although some may continue to row, many will spend the off-season enjoying other activities!

But, before we know it, the 2022/23 Indoor Row Group season (which begins on 11/1/22) will be upon us! We invite and encourage you join us! Watch this Local Cancer Community Update for details, or contact Tim!

ST&BF “Navigating Along the Cancer Journey” Orienteers Participate in Badger Orienteering Event!

Orienteering is a competitive or noncompetitive recreational activity in which participants use a map and compass to navigate between checkpoints along an unfamiliar course (as in the woods). On Sunday, May 1st, a couple of ST&BF survivor-athletes - Leah Heusterberg and Tim Renzelmann - teamed up and completed the Advanced Short course at the Badger Orienteering Club event at Greenbush. Leah and Tim were just happy to successfully locate all nine controls over the 3.4k course of challenging terrain, and finished 7th out of 12 entries.

Pos	Athlete	Time
1	Brian Tuson	57:07
2	Anna Pandelova	1:02:00 +4:53
3	Sean Merewood	1:05:30 +8:23
4	Emiliya Mihalova	1:07:53 +10:46
5	Susie Madden	1:20:34 +23:27
6	Robert Doro	1:23:07 +26:00
7	Survive Thrive & Be Fit	1:43:51 +46:44
8	Madeline McCarren	1:51:40 +54:33
9	Moab Dreamers	2:08:20 +1:11:13
-	Trevor Rolando	MP
-	Tom Southworth	MP
-	Bird Ladder	MP

Watch for future “POP UP-portunities” for Navigating Along the Cancer Journey opportunities and mark your calendar for November 5th or 6th (date to be determined) as the Badger Orienteering Club returns to Greenbush for a fall orienteering event!

The World According to Tim: May Challenge – 30 on 30 of 30 for 30! Reminders of Life Lessons Already Learned!

By **Tim E. Renzelmann**

Every year since my diagnosis (May 11, 1992) I have found a way to commemorate my cancer-versary with some kind of physical challenge. For example, on my 20th Cancer-versary I completed a 3-day/100k backpack outing on the nearby Ice Age Trail and for my 25th Cancer-versary I challenged myself to run 25-kilometers at the South High track in what I dubbed an O.K.A.Y. Run and invited others to join me for their own O.K.A.Y. run/walk.

Last year I challenged myself throughout the month of May to complete at 29-minutes or more of exercise on

29 days of the month of 29 different activities for 29 years of cancer survivorship. It was fun, interesting, and challenging! So this year I am going for 30 on 30 of 30 for 30!

As of this writing, activities have included orienteering, Tai Chi, Qigong, rowing, a body weight workout, running (roads), walking, running (trails), kiting, a bleacher workout, and stationary biking. Already, this year’s challenge has reminded of two very different but valuable life lessons!

Focus on what you CAN do, not what you CAN’T!

One day last week I planned a “body weight workout.” This is not something I do regularly (but probably something I should do more often) and I included it in this challenge mainly due to its simplicity, convenience, and the fact that no special equipment is needed. I simply came up with ten different body weight exercises (push ups, lunges, squats, etc.) and performed each exercise for one-minute followed by a 30-second rest and I repeated all ten exercises a second time.

Although I am familiar with “burpees” (an exercise that starts from a standing position, dropping your hands to the ground just in front of the feet, hopping both legs behind you, doing a push up, hopping both feet back to your hands, standing up, and finish by jumping up... and repeating) it is not an exercise I do regularly. In fact, I can’t remember the last time I did them. But I do recall being able to do them, although not feeling particularly graceful. On this occasion, I found that once I placed my hands at on the ground by my feet, I simply was not able to hop both legs behind me (most likely due to reduced range of motion that comes with age). Admittedly, I was a bit humbled and humiliated to find one more thing that I can no longer do... but glad that no one was there to see it! 😊

It would have been easy (but no less humiliating) to just quit... or find a different, perhaps easier, exercise. But one of the lessons I have learned as a lifelong athlete, especially as I’ve aged, is the importance of focusing on what I can do instead of what I can’t. As my Dad often reminded me, “You are an Ameri-CAN not an Ameri-CAN’T!” So, I made a few modifications. During the first 1-minute stint I walked my legs back instead of hopping back. For the second 1-minute stint I grabbed a nearby chair and instead dropping to the ground I dropped to the seat of the chair.

I finished the 30-minute routine, slightly disappointed but satisfied in knowing I did the best I could! And now, with a couple of modifications for burpees, maybe I’ll do them a little more often!?!

Pick Activities that You Enjoy: It should be a “PLAYOUT” not a “WORKOUT”!

After going for a morning run over the weekend, I wanted to *go fly a kite!* So, I headed to Deland Park to take advantage of the S/SE winds.

In my younger years I probably would not have considered “flying kites” to be exercise. But I’m older. Slower. And wiser. When it comes to exercise, I have learned that anything (as long as it is safe and within one’s abilities) is almost always better than nothing.

Kiting is more than just standing with a kite line in my hand. It starts as I haul my gear up from the basement and load it into my car and doesn’t end until I unload my gear, make adjustments and repairs, and carry it all back down to the basement. In between, while I’m on the kite field (usually for at least 2-3 hours), I’m almost constantly moving to anchor the kites, set up the kites, launch the kites, adjust the kites, put up more kites, and then pull them all down and pack them up. It involves lots of walking, bending, twisting, moving. But, more importantly, it’s a lot of fun!

I enjoy opportunities to fly with my fellow kite pilots; whether through SCCCF’s Survive, Thrive & Be Fit “Great Heights with Delightful Kites” or as a member of the Wisconsin Kites Club. But on this occasion, I decided to fly alone, as I often do. But the cool thing about flying kites is that you are almost never alone! Kites attract people of all ages! Kites, literally and figuratively, bring people together! And kites make people smile!

During this particular flying session, my kites caught the attention of a lot of people (young and old). Some blew their horns as they drove by. Some waved from a distance. Many took pictures. And some approached



me because I happened to be at the other end of the kite line! We chatted. Like so many kite pilots, I love to share the kiting experience! I enjoy sharing what I’ve learned about kites and I especially enjoy getting others (especially kids) interested and involved!

When it comes time to take down my kites I often look to see if there is anyone around that might be interested in helping. On this occasion, there was a mom and dad with about six kids varying in ages of about 6 to 16. I asked if any of them wanted to help bring down one of the kites. As usual, they responded enthusiastically!

I am still relatively new to kiting... but I have learned to respect kites. Shortly after I purchased my first larger kite (the white trilobite on the left of the previous photo) I saw this:

<https://www.youtube.com/watch?v=6Vom-dadLnQ>

Description: During a kite-flying festival in Taiwan, the tail of a kite became entangled around the neck of a 3-year-old girl, sweeping her into the air, where she was whipped around in strong winds for 30 seconds before returning to the ground. She was not seriously injured.

So, after sharing some kite basics and safety, the younger kids helped me “walk down” and pack up one of my kites as well as my anchor system (these kites need to be securely anchored as they generate tremendous pull). One of the kids asked, “How do you launch the kite?” I still had a kite in the air, so I suggested we walk it down and then they could re-launch it. Again, they responded enthusiastically.

There is something almost magical about watching a kite take flight!

Eventually, the entire family helped me pack up my final kite and then they headed to their car. One of the younger boys quickly turned around and ran back towards me. I assumed he had forgotten something. “Thank you for showing us your kites!” he said, before quickly turning back. “Thanks for your help!” I replied as he jumped in the car and they drove off!

Admittedly, there have been times I have felt a little silly as an almost 60-year old out flying kites! Aren’t there better ways for me to spend my time? More-often-than-not, like on this occasion, there isn’t!

I think of this young boy. I think of the lady who, on another occasion, approached me and said, “I just had to come over here and thank you for flying your kites! I was watching them outside my window. They’re beautiful!” I think of another young boy on another occasion who helped me take down a kite. As they left,

his mom turned to me with tears in her eyes and said, "Thank you! I really think he needed this today!"

These are people I may never see again. And, if I do, I probably wouldn't recognize them... nor would they recognize me (unless I'm at the end of a kite line)! But these are lifelong connections made possible by the string of a kite!

Sure, kiting is exercise! Kiting is good for the body, the mind, AND the spirit! And kiting is fun! So "go fly a kite" and have some fun!!!

"WANDER-thon" at the Christopher Farm & Gardens Details Announced!



An aerial view of the Christopher Farm & Gardens.

The inaugural "WANDER-thon" to benefit the Sheboygan County Cancer Care Fund is scheduled for Friday & Saturday, August 19th & 20th at the Christopher Farm & Gardens!

Please consider taking part in this unique opportunity to support SCCCf while enjoying the peace, tranquility, and beauty of the Christopher Farm & Gardens!

Join us in thanking Mr. Jay Christopher for donating the use of his amazing property on this occasion and for generously being our matching donor sponsor!

See attached flyer, FAQ, and Donor/Pledge sheet for more details!

Bob Rammer Jr. Golf Classic Set for June 4th – REGISTRATION OPEN!



The Bob Rammer Jr. Golf Classic is an annual scramble tournament to honor the late Bob Rammer Jr. Since 1988, the benefit raises money for people going

through cancer treatment. All proceeds go to local charities based in Sheboygan.

This year's event takes place on Saturday, June 4th at Riverdale Golf Course!

This is a Team Scramble Event. Cost is \$70 per person and includes 18 holes of golf, meal ticket, donation to SCCCf and We Believe. Reservations are necessary and can be made by calling 920.946.9315 by May 31st!

A long-time supporter of SCCCf, the Bob Rammer, Jr. Golf Classic began supporting SCCCf in 2007 and has donated almost \$40,000 to the Fund since!

Special thanks to Anthony Rammer, Tim Mayer, Patty Mayer and all who organize, support, and participate in this annual event!

See attached flyer for more info or visit their FB page:

<https://www.facebook.com/RammerClassic/>

Complete a CUMULATIVE Marathon Walk/Run or Century Bike Ride!



Only five more weeks left in the Spring CUMULATIVE Marathon Walk/Run or Century Bike Ride!

There is still time for you to complete, log and submit your miles so we can add your name to our finisher's list!

Our goal – **AT LEAST 22 FINISHERS!!!**

CONGRATULATIONS to these ST&BF SPRING 2021/22 Cumulative FINISHERS (NO Recently Added Finisher):

SPRING Cumulative Marathon (26.2m) Walk/Run	
Survivor-Athlete (Each ★ represents completed marathon/century since Spring '21)	Completion Date
Sue Zalewski ★ ★ ★ ★ ★	4/21
Cindy Walvoord ★ ★ ★	4/7
Tim Renzelmann ★ ★ ★ ★ ★	4/1
Medical Caregiver (Each ★ represents completed marathon/century since Spring '21)	Completion Date
Mary Schueller ★ ★ ★ ★ ★	3/24
Cumulative Century (100-mile) Bike Ride	
Survivor-Athlete (Each ★ represents completed marathon/century since Spring '21)	Completion Date
Bob Hartig ★ ★ ★ ★	3/29

To qualify for the finishers list, area cancer patients/survivors, their co-survivor guests, and professional caregivers simply need to record and accumulate 26.2 miles of walking/running or 100 miles of biking in as few or as many segments as they want. The "Spring" event ends on June 20th and the "Summer" event will start on June 21st! Simply complete the Cumulative log sheet (attached) and then submit them to become a recognized finisher!

“Flowers for the Fund” Flower Pick-Up Day – Monday, May 16th!



If you ordered your “Flowers for the Fund”... Don’t forget... Monday, May 16th is flower pick-up Day!

Flowers will be delivered to the clinic early Monday morning and will be available for pick-up from 10A to 6P!

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 – March 28th, 2022
Facilitated by Kaitlynn Kiela, CYT

https://us02web.zoom.us/rec/share/QKjn3-essLR28fdly-tBEkbcQ91PcX1A7zPdvoRubIW1kkBDPp7XIUUM6mplP_8ML-6WgdQ7CEhMPAVu5?startTime=1648506648000

PRE-RECORDED Yoga Session – February 10th, 2022
Facilitated by Katie Boge, CYT

https://us02web.zoom.us/rec/share/grCh-sWmjflrQ61bn10RHqzB3ABOWmh4ol7UBHSUmiMM3_LoJ57gVySDTND5pue.AyG0iKhpFSCqg1QW?startTime=1644535796000

PRE-RECORDED Yoga Session – January 31st, 2022
Facilitated by Kaitlynn Kiela, CYT

https://us02web.zoom.us/rec/share/IB2LTPXMdN_wAwA11kQ1Kv6tgi2sNhGgZQXsX51_Wk_nwLxOIJBJ3rtDutTFa0UX.GJgvEHGszNQxL9a6?startTime=1643670118000

PRE-RECORDED Yoga Session – December 14th, 2021
Facilitated by Michael Finney, CYT

https://us02web.zoom.us/rec/share/t1Q1W4PrS7Qxa8wVakSLZxPAEQgdqQEihbctncozmmGuH591XE6VDIMZxVRnpj9x_EBSxH6-2dfyF0dy?startTime=1639524463000

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

Tim’s Picks (for beginners... of which I am one):

Dr. Jeff Tarrant – NeuroMeditation Institute: Five Elements

https://www.youtube.com/watch?v=8R2gUv-Uw_w

Five Waves Qigong - 12-Minute-Long White Cloud Qigong

<https://www.youtube.com/watch?v=AwMzXQ-Wpc>

Leah’s Pick: Qigong w/Kseny Gray

Kseny Gray (YouTube Channel)

<https://www.youtube.com/channel/UCJYjsMmSjHqb4PhiUdcyRsg>

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.

Thursday, May 12th – 3P to 6P

ST&BF “POP UP” Opportunity (a “POP UP-portunity”!

Includes “Great Heights with Delightful Kites,” “Steps to Survivorship,” and “Qigong for Cancer Survivors! Details announced via the ST&BF POP UP e-mail list!

Deland Park, 812 Broughton Drive, Sheboygan

Saturday, May 14th – 9A

LIVESTRONG at the YMCA Boot Camp

YMCA membership NOT REQUIRED! YMCA receptions will direct you to room location!

Sheboygan YMCA, 821 Broughton Drive, Sheboygan

Monday, May 16th – 10A to 6P

Flowers for the Fund Spring Fundraiser Flower Pick Up

Pre-Order Flower Sale (limited supply available for sale)

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Tuesday, May 17th – 4P to ??

ST&BF “POP UP” at the Christopher Farm & Gardens

As long as the weather cooperates, this “POP UP-portunity” will include Wandering the Wonderful Gardens, Qigong for Cancer Survivors, and a Bonding Bonfire. RSVP required. More details will be sent via the ST&BF POP UP e-mail list (contact Tim for details).

Christopher Farm & Gardens, W736 Orchard Beach Dr., Sheboygan

Christopher Farm & Gardens, W736 Orchard Beach Dr., Sheboygan

Thursday, May 19th – 2P

ST&BF Qigong IN-PERSON & Virtual

Approximate 30-minute Qigong practice promoting stretching, strength, and balance.

RSVP Required for In-Person Participation!

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Zoom Meeting ID: 833 9821 3314, Password: 892356

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

Saturday, May 21st – 8A

ST&BF Steps to Survivorship

Meet at the YMCA flagpole by 8A!

Sheboygan YMCA, 812 Broughton Drive, Sheboygan

Saturday, May 21st – 9A

LIVESTRONG at the YMCA Boot Camp

YMCA membership NOT REQUIRED! YMCA receptions will direct you to room location!

Sheboygan YMCA, 812 Broughton Drive, Sheboygan

Monday, May 23rd – 5P

ST&BF Qigong Practice IN-PERSON & Virtual

With follow along video. 25-minute session.

RSVP Required for In-Person Participation!

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Zoom Meeting ID: 833 9821 3314, Password: 892356

[https://us02web.zoom.us/j/83398213314?pwd=TjF1d1](https://us02web.zoom.us/j/83398213314?pwd=TjF1d1BwNVpKaXVNWjZvTjNqQ2RmUT09)

[BwNVpKaXVNWjZvTjNqQ2RmUT09](https://us02web.zoom.us/j/83398213314?pwd=TjF1d1BwNVpKaXVNWjZvTjNqQ2RmUT09)

Monday, May 23rd – 530P

ST&BF Gentle Yoga IN-PERSON & Virtual

With Stacy Harriott, CYT. 60-minute session.

RSVP Required for In-Person Participation!

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Zoom Meeting ID: 833 9821 3314, Password: 892356

[https://us02web.zoom.us/j/83398213314?pwd=TjF1d1](https://us02web.zoom.us/j/83398213314?pwd=TjF1d1BwNVpKaXVNWjZvTjNqQ2RmUT09)

[BwNVpKaXVNWjZvTjNqQ2RmUT09](https://us02web.zoom.us/j/83398213314?pwd=TjF1d1BwNVpKaXVNWjZvTjNqQ2RmUT09)

Saturday, May 28th – 9A

LIVESTRONG at the YMCA Boot Camp

YMCA membership NOT REQUIRED! YMCA receptions will direct you to room location!

Sheboygan YMCA, 812 Broughton Drive, Sheboygan

Monday, May 30th – 10A to 2P

ST&BF Steps to Survivorship Walk/Run

Take a walk through Firehouse Park and enjoy viewing kites being flown by a few ST&BF survivor-athletes who are also members of the Wisconsin Kites Club during this club event!

Firehouse Park, County Y, Town of Sheboygan

Saturday, June 4th – Tee Times Start at 8A

FUNDRAISER: Bob Rammer Jr. Golf Classic

Team Scramble Event. \$70 per person (18 holes of golf, meal ticket, donation to SCCC and We Believe).

Reservations necessary. Limited tee times available.

Respond by May 31st!

Riverdale Golf Course, 5008 S. 12th St., Sheboygan

Saturday, June 4th – 9A

LIVESTRONG at the YMCA Boot Camp

YMCA membership NOT REQUIRED! YMCA reception will direct you to room location!

Sheboygan YMCA, 812 Broughton Drive, Sheboygan

Sunday, June 5th – Noon to 5P

National Cancer Survivors Day Celebration at the Christopher Farm & Gardens

Activities Include: Wander the Wonderful Gardens, Great Heights with Delightful Kites, CF&G Tour, Sharing/Story Time, a Train Ride, Bob the Builder Birdhouse Workshop & More!

Christopher Farm & Gardens, W580 Garton Rd, Sheboygan

Saturday, June 11th – 9A

LIVESTRONG at the YMCA Boot Camp

YMCA membership NOT REQUIRED! YMCA reception will direct you to room location!

Sheboygan YMCA, 812 Broughton Drive, Sheboygan

Wednesday, June 15th – 5P

ST&BF Qigong Practice IN-PERSON & Virtual

With follow along video. 25-minute session.

RSVP Required for In-Person Participation!

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Zoom Meeting ID: 833 9821 3314, Password: 892356

[https://us02web.zoom.us/j/83398213314?pwd=TjF1d1](https://us02web.zoom.us/j/83398213314?pwd=TjF1d1BwNVpKaXVNWjZvTjNqQ2RmUT09)

[BwNVpKaXVNWjZvTjNqQ2RmUT09](https://us02web.zoom.us/j/83398213314?pwd=TjF1d1BwNVpKaXVNWjZvTjNqQ2RmUT09)

Wednesday, June 15th – 530P

ST&BF Gentle Yoga IN-PERSON & Virtual

With Stacy Harriott, CYT. 60-minute session.

RSVP Required for In-Person Participation!

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Zoom Meeting ID: 833 9821 3314, Password: 892356

[https://us02web.zoom.us/j/83398213314?pwd=TjF1d1](https://us02web.zoom.us/j/83398213314?pwd=TjF1d1BwNVpKaXVNWjZvTjNqQ2RmUT09)

[BwNVpKaXVNWjZvTjNqQ2RmUT09](https://us02web.zoom.us/j/83398213314?pwd=TjF1d1BwNVpKaXVNWjZvTjNqQ2RmUT09)

Saturday, June 18th – 9A

LIVESTRONG at the YMCA Boot Camp

YMCA membership NOT REQUIRED! YMCA reception will direct you to room location!

Sheboygan YMCA, 812 Broughton Drive, Sheboygan

Saturday, June 25th – 9A

LIVESTRONG at the YMCA Boot Camp

YMCA membership NOT REQUIRED! YMCA reception will direct you to room location!

Sheboygan YMCA, 812 Broughton Drive, Sheboygan

Wednesday, June 29th – 5P

ST&BF Qigong Practice IN-PERSON & Virtual

With follow along video. 25-minute session.

RSVP Required for In-Person Participation!

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Zoom Meeting ID: 833 9821 3314, Password: 892356

[https://us02web.zoom.us/j/83398213314?pwd=TjF1d1](https://us02web.zoom.us/j/83398213314?pwd=TjF1d1BwNVpKaXVNWjZvTjNqQ2RmUT09)

[BwNVpKaXVNWjZvTjNqQ2RmUT09](https://us02web.zoom.us/j/83398213314?pwd=TjF1d1BwNVpKaXVNWjZvTjNqQ2RmUT09)

Wednesday, June 29th – 530P

ST&BF Gentle Yoga IN-PERSON & Virtual

With Stacy Harriott, CYT. 60-minute session.

RSVP Required for In-Person Participation!

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Zoom Meeting ID: 833 9821 3314, Password: 892356

[https://us02web.zoom.us/j/83398213314?pwd=TjF1d1](https://us02web.zoom.us/j/83398213314?pwd=TjF1d1BwNVpKaXVNWjZvTjNqQ2RmUT09)

[BwNVpKaXVNWjZvTjNqQ2RmUT09](https://us02web.zoom.us/j/83398213314?pwd=TjF1d1BwNVpKaXVNWjZvTjNqQ2RmUT09)

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.com ● www.sccc.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!

May, 2022

Events and Activities of the Local Cancer Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 AM-NAtCJ	2 300P-IRGIP/V	3	4 1000A-QiIP/V	5	6	7 900A-LSBC
8	9 500P-QiIP/V 530P-YogaIP/V	10	11 430P-SCBF 600P-SS	12 PPU-GHwDK	13	14 900A-LSBC
15	16 FftF Pick Up	17 PPU-CF&G	18	19 200P-QiIP/V	20	21 800A-Steps 900A-LSBC
22	23 500P-QiIP/V 530P-YogaIP/V	24	25	26	27	28 900A-LSBC
29	30 Memorial Day! 12P-Steps	31				

POP UP!



ST&BF "POP UP" ACTIVITIES NOT LISTED ON THIS CALENDAR WILL BE ANNOUNCED VIA THE "POP UP" E-MAIL LIST (CONTACT TIM FOR DETAILS)!

- KEY:**
- FftF Pick Up** = Flowers for the Fund Spring Flower Sale Flower Pick-Up (11A to 6P)
 - IRGIP/V (In-Person & Virtual)** = Indoor Row Group Session (contact Tim in advance to join virtually)
 - LSBC** = LIVESTRONG Boot Camp at Sheboygan YMCA
 - PPU-CF&G** = Potential "POP UP" ST&BF at the Christopher Farm & Gardens (contact Tim for details)
 - PPU-GHwDK** = Potential "POP UP" Great Heights with Delightful Kites (contact Tim for details)
 - QiIP/V (In-Person & Virtual)** = QiGong Practice for Cancer Survivors
 - SCBF (In-Person & Virtual)** = TLC Survivorship Can Be Fun Game Gathering
 - SSIP/V (In-Person & Virtual)** = TLC Survivorship Session (peer support opportunity)
 - Steps** = ST&BF Steps to Survivorship (walk/run)
 - Yoga IP/V (In-Person & Virtual)** = ST&BF Gentle Yoga for Cancer Survivors

NOTE: IP/V = Indicates activities that are available as BOTH In Person (Live) & Virtual (via Zoom) participation.

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

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

Additional activities may be added. Details can be found in the most recent issue of the **Local Cancer Community Update**, visit www.scccf.org or calling **920.457.2223**.

Sign Up for the Local Cancer Community Update! See Tim



Friday to Saturday, August 19th to 20th

A “WANDER-thon” at the Christopher Farm & Gardens!

**A 24-Hour Fundraising Event Benefitting the
Sheboygan County Cancer Care Fund!**

“Wander the Wonderful Gardens” of this idyllic location!

Accept the challenge to meet minimum fundraising obligations to benefit the Sheboygan County Cancer Care Fund to be a part of this unique 24-hour opportunity!

There will be wellness opportunities, group activities, a ride on the Dairyland Express (a 16-inch gauge amusement park train), tours by CF&G staff, and an oral history of CF&G presented by Mr. Jay Christopher or Erika Lusthoff! Confirmed participants will receive updates on the event schedule and activities.

There are options for single-day or overnight participation with designated space for tents or small campers (restrictions apply) as well as the option to leave at night and return in the morning.

This is an exclusive opportunity and space is limited. Participants are encouraged to register and collect donations/pledges early to be assured a spot (a confirmation of participation will be sent). Pre-registration is required.

**Registration will close
when event is full!**



**THE CHRISTOPHER
FARM & GARDENS**
Sheboygan, Wisconsin

Two-Day/24-Hour:
Friday at 2PM to
Saturday at 2PM with
Options to Camp Out at
CF&G!

Single Day
Participation:
Friday - 4P to 8P or
Saturday - 10A to 2P

Matching donation
sponsor: Jay W.
Christopher,
Christopher Farm &
Gardens.

Donate at
www.scccf.org/donate

Space is LIMITED!

For Details, visit
www.scccf.org/events
or call 920.457.2223!

Sheboygan County
Cancer Care Fund

920.457.2223
www.scccf.org

2022 Sheboygan County Cancer Care Fund **WANDER-thon**

Questions & Answers (first edition)!

What is a “WANDER-thon”?

The CF&G has graciously invited area cancer patients/survivors and co-survivors to visit the Gardens on a regular basis through SCCCF’s Survive, Thrive & Be Fit program. We have participated in a wide variety of activities over the years but the most popular is what we refer to as “Wandering the Wonderful Gardens.” There is so much to see and experience by just wandering! And it just made sense to refer to an event that allows participants to wander for 24 hours as a “WANDER-thon”!

When is the 2022 “WANDER-thon”?

The event will be offered “rain or shine” starting at 2P on Friday, August 19th and concluding with a Closing Ceremony” on Saturday, August 20th at 2P!

What must I do to participate?

If interested in participating in this fundraising event, you will need to complete a registration form and agree to meet fundraising obligations by collecting donations/pledges in support of the event. We encourage you to collect donations/pledges in advance.

Is there a deadline?

This is an exclusive event. Space is limited, registration will be limited and based on a first-come, first-serve basis. Participants are encouraged to register and collect donations/pledges early to secure a spot. A confirmation e-mail will be sent to all participants as soon as they meet the registration obligations and are eligible to participate.

What are the fundraising obligations?

Two-Day/Overnight Participation: \$100

Single Day (Friday from 4P to 8P or Saturday from 10A to 2P): \$75

How do I register?

Read, complete and submit the registration form with all current donations/pledges to reserve your spot at the event. You are encouraged to continue to collect donations and pledges. A “Confirmation of Participation” will be sent to those who have registered and met their fundraising obligation.

How do I collect donations?

Online donations can be made at www.scccf.org/donate (click on the “DONATE” button – please instruct donor to note “WANDER-thon” in the memo section), by check (receipts will be sent according to information on the check), or cash (receipts can be provided for cash donations if all information is provided on the donation/pledge sheet). Participants should track all donations (online, check, and cash) on the Donation/Pledge sheet.

When are donations/pledges due?

Collected donations and a list of pledges (to be collected at a later time) should accompany your application. Additional donations collected after registration can be turned in at any time or at the event. Pledges collected after the event should be turned in by August 31st.

Can I bring my children?

Participating parents may bring their own children (12 & under) as guests and children (13-17) will have a \$25 fundraising obligation.

What activities are being planned?

This is our inaugural event and planning is underway. Visit the event page at www.scccf.events for updates.

What are the overnight accommodations?

Overnight accommodations include designated space for tent camping, small RV/campers (with restrictions) or participants may leave at night and return in the morning.

Tents: Typical 4-person tents, less than 70 square feet, are appropriate. If you are considering a larger tent, contact Tim with dimensions.

Small Campers: If you are considering bringing a small/single-axle camper you **MUST** contact Tim for prior approval. Camper hook-ups (electricity, water, sewer) are **NOT** available.

Are there fundraising incentives?

Bedrooms at a guest house on the property will be offered to sponsors or top fundraisers. Visit the event page at www.scccf.org for updates.

Overnight accommodations include designated space for tent camping, small RV/campers (with restrictions), or participants may leave at night and return in the morning. Additionally, bedrooms at a guest house on the property will be offered to sponsors or top fundraisers.

What if I have additional questions?

Feel free to contact us at 920.457.2223 for questions (as well as comments and donations) or e-mail Tim Renzelmann at trenzelmann@physhealthnet.com.

NOTE: This Q&A will be updated as we get closer to this first-time event!

VISIT www.scccf.org/events for UPDATES!

2022 Sheboygan County Cancer Care Fund **WANDER-thon** Registration Form & Donation/Pledge Sheet!

Directions: Complete this form to register for the event. Confirmation and details will be sent (via e-mail).

WANDER-thon Participant Registration		
Name	<input type="checkbox"/> Two-Day/Overnight (\$100 fundraising level) <input type="checkbox"/> One- Day (\$75 fundraising level) <input type="checkbox"/> Friday (4P to 8P) <input type="checkbox"/> Saturday (10A to 2P)	I am participating as a: <input type="checkbox"/> Cancer Patient/Survivor <input type="checkbox"/> Co-Survivor <input type="checkbox"/> Professional Caregiver <input type="checkbox"/> SCCCf Friend/Supporter
Address		
City, State, Zip	E-mail Address:	Phone:
<p>Waiver: In consideration of the acceptance of my registration for the "WANDER-thon" on August 19th & 20th, 2022, I release the Sheboygan County Cancer Care Fund, Christopher Farm & Gardens, and any other entities and individuals who are in any way connected with the event from any liability or claims for any injury or illness which I sustain during my participation in this event or which is in any other way related to this event. I understand that this release is being relied upon by the persons permitting me to participate. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, recordings or any other record of this event for any legitimate purpose. As part of my participation in this event I agree to raise donations/pledges (at least \$100 for Two-Day/Overnight or \$75 for One-Day participation) and submit donations/pledges to SCCCf on a timely basis.</p>		
Signature		Date

Directions: Use the below to track donations/pledges. Pledges/donations can also be made online at www.scccf.org/donate. Please indicate "WANDER-thon" in the Memo field if donating online. Return cash and checks with this donation/pledge sheet to SCCCf/1621 N. Taylor Dr, Ste 100, Sheboygan. 920.457.2223.

Name	Donation/Pledge Amount: \$	Would you like a receipt sent? <input type="checkbox"/> YES <input type="checkbox"/> NO
Address	Has Donation/Pledge Paid/Collected? <input type="checkbox"/> YES: <input type="checkbox"/> Check <input type="checkbox"/> Cash <input type="checkbox"/> Online @ scccf.org/donate <input type="checkbox"/> NO (will be paid/collected at a later time)	
City, State, Zip	E-mail Address:	Phone:
Name	Donation/Pledge Amount: \$	Would you like a receipt sent? <input type="checkbox"/> YES <input type="checkbox"/> NO
Address	Has Donation/Pledge Paid/Collected? <input type="checkbox"/> YES: <input type="checkbox"/> Check <input type="checkbox"/> Cash <input type="checkbox"/> Online @ scccf.org/donate <input type="checkbox"/> NO (will be paid/collected at a later time)	
City, State, Zip	E-mail Address:	Phone:
Name	Donation/Pledge Amount: \$	Would you like a receipt sent? <input type="checkbox"/> YES <input type="checkbox"/> NO
Address	Has Donation/Pledge Paid/Collected? <input type="checkbox"/> YES: <input type="checkbox"/> Check <input type="checkbox"/> Cash <input type="checkbox"/> Online @ scccf.org/donate <input type="checkbox"/> NO (will be paid/collected at a later time)	
City, State, Zip	E-mail Address:	Phone:

2022 Sheboygan County Cancer Care Fund **WANDER-thon**

Registration Form & Donation/Pledge Sheet!

Name	Donation/Pledge Amount: \$	Would you like a receipt sent? <input type="checkbox"/> YES <input type="checkbox"/> NO
Address	Has Donation/Pledge Paid/Collected? <input type="checkbox"/> YES: <input type="checkbox"/> Check <input type="checkbox"/> Cash <input type="checkbox"/> Online @ scccf.org/donate <input type="checkbox"/> NO (will be paid/collected at a later time)	
City, State, Zip	E-mail Address:	Phone:
Name	Donation/Pledge Amount: \$	Would you like a receipt sent? <input type="checkbox"/> YES <input type="checkbox"/> NO
Address	Has Donation/Pledge Paid/Collected? <input type="checkbox"/> YES: <input type="checkbox"/> Check <input type="checkbox"/> Cash <input type="checkbox"/> Online @ scccf.org/donate <input type="checkbox"/> NO (will be paid/collected at a later time)	
City, State, Zip	E-mail Address:	Phone:
Name	Donation/Pledge Amount: \$	Would you like a receipt sent? <input type="checkbox"/> YES <input type="checkbox"/> NO
Address	Has Donation/Pledge Paid/Collected? <input type="checkbox"/> YES: <input type="checkbox"/> Check <input type="checkbox"/> Cash <input type="checkbox"/> Online @ scccf.org/donate <input type="checkbox"/> NO (will be paid/collected at a later time)	
City, State, Zip	E-mail Address:	Phone:
Name	Donation/Pledge Amount: \$	Would you like a receipt sent? <input type="checkbox"/> YES <input type="checkbox"/> NO
Address	Has Donation/Pledge Paid/Collected? <input type="checkbox"/> YES: <input type="checkbox"/> Check <input type="checkbox"/> Cash <input type="checkbox"/> Online @ scccf.org/donate <input type="checkbox"/> NO (will be paid/collected at a later time)	
City, State, Zip	E-mail Address:	Phone:
Name	Donation/Pledge Amount: \$	Would you like a receipt sent? <input type="checkbox"/> YES <input type="checkbox"/> NO
Address	Has Donation/Pledge Paid/Collected? <input type="checkbox"/> YES: <input type="checkbox"/> Check <input type="checkbox"/> Cash <input type="checkbox"/> Online @ scccf.org/donate <input type="checkbox"/> NO (will be paid/collected at a later time)	
City, State, Zip	E-mail Address:	Phone:
Name	Donation/Pledge Amount: \$	Would you like a receipt sent? <input type="checkbox"/> YES <input type="checkbox"/> NO
Address	Has Donation/Pledge Paid/Collected? <input type="checkbox"/> YES: <input type="checkbox"/> Check <input type="checkbox"/> Cash <input type="checkbox"/> Online @ scccf.org/donate <input type="checkbox"/> NO (will be paid/collected at a later time)	
City, State, Zip	E-mail Address:	Phone:

33rd Anniversary

BOB RAMMER JR.

GOLF CLASSIC

BEST BALL SCRAMBLE

SATURDAY, JUNE 4, 2022

located at

RIVERDALE COUNTRY CLUB

SHEBOYGAN, WISCONSIN



Reserve your tee time *today!*

FOLLOW US FOR UPDATES

BOB RAMMER GOLF CLASSIC



TEE TIMES BEGIN AT 8AM

\$70 PER PERSON

INCLUDES:

18 HOLES OF GOLF | MEAL TICKET | CHARITY DONATION

RESERVATIONS ARE NECESSARY *BEFORE MAY 31*

FOR RESERVATIONS OR MORE DETAILS CALL 920.946-9315

ALL PROCEEDS FROM THIS EVENT
WILL BE DONATED TO



We Believe.

Survive, Thrive & Be Fit!



**National Cancer Survivors Day at
the Christopher Farm & Gardens!
Sunday, June 5th!**

Cancer patients/survivors and their guests are invited to enjoy a day to “Celebrate Survivorship” by exploring the beautiful Christopher Farm & Gardens with options to participate in a variety of activities!



12:00P to 5:00P – Wander the Wonderful Property!

Grab a map and explore the beauty of the CF&G.

12:00P to 1:30P – Great Heights w/Delightful Kites!

Experience the delight of simply flying a kite.

1:30P – Guided Tour w/CF&G Staff!

A chance to learn a bit about this expansive place.

3:00P – Congregating & Conversing at the Conservatory!

Light snacks and refreshments available.

3:30P – Sharing Time & Story Time!

Storytellers: Survivors, Co-survivors, CF&G Representatives

4:00P – “Dairyland Express” Train Ride!

A chance for us all to “be a kid again”! Choo! Choo!

4:30P – “Bob the Builder” Hartig Workshop!

It’s the easiest birdhouse you’ll ever build!

REGISTRATION REQUIRED! Deadline – Monday, May 30th!

To Register, Call 920.457.2223 or e-mail trenzelmann@physhealthnet.com



**THE CHRISTOPHER
FARM & GARDENS**

Sheboygan, Wisconsin

www.christopherfarmandgardens.org

*Christopher Farm &
Gardens is located at
W580 Garton Road,
Sheboygan.*

“Survive, Thrive & Be Fit!”



Gentle
Yoga

Introductory
Qigong



for Cancer Survivors!

MAY Sessions!

Yoga and Qigong are similar and in many ways. In Yoga, each posture is held for a period of time while 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. These Yoga sessions are about one-hour in length, Qigong sessions are between 25- and 45-minutes. Online opportunities are also available (see Local Cancer Community Update for details).

Gentle Yoga

for Cancer Survivors
Mondays • 530P

May 9th w/Stacy Harriot, CYT

May 23rd w/Katie Boge, CYT

Qigong for Cancer Survivors

with Follow Along Videos

45-minute sessions:

5/4 at 10A • 5/19 at 2P

25-Minute Qigong (prior to Yoga):

5/9 & 5/23 • 5P

ALL SESSIONS: IN PERSON (MOA/SCBS) or VIRTUAL!

If Virtual (via Zoom), use Meeting ID: 833 9821 3314, PASSCODE: 892356

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

RSVP Required for In-Person Participation (Space is Limited) – Contact Tim at trenzelmann@physhealthnet.com or 920.457.2223



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!

Steps to Survivorship

Winter 2021/22

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: Tuesday, December 21st through Saturday, March 19th!

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.

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





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.scccfc.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.scccfc.org

May 2022		Name: _____				
Date	Day	Activity(s)	✓ May Chall- enge	Time or Distance	Completed 30 minutes or more of exercise?	Part of a ST&BF- scheduled activity?
1	Su				<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
2	Mo				<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
3	Tu				<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
4	We				<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
5	Th				<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
6	Fr				<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
7	Sa				<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
8	Su				<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
9	Mo				<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
10	Tu				<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
11	We				<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
12	Th				<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
13	Fr				<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
14	Sa				<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
15	Su				<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
16	Mo				<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
17	Tu				<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
18	We				<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
19	Th				<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
20	Fr				<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
21	Sa				<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
22	Su				<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
23	Mo				<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
24	Tu				<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
25	We				<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
26	Th				<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
27	Fr				<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
28	Sa				<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
29	Su				<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
30	Mo				<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
31	Tu				<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
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.

June 2022		Name: _____				
Date	Day	Activity(s)	Time or Distance	Completed 30 minutes or more of exercise?	Part of a ST&BF- scheduled activity?	
1	We			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes	
2	Th			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes	
3	Fr			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes	
4	Sa			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes	
5	Su			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes	
6	Mo			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes	
7	Tu			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes	
8	We			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes	
9	Th			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes	
10	Fr			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes	
11	Sa			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes	
12	Su			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes	
13	Mo			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes	
14	Tu			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes	
15	We			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes	
16	Th			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes	
17	Fr			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes	
18	Sa			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes	
19	Su			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes	
20	Mo			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes	
21	Tu			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes	
22	We			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes	
23	Th			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes	
24	Fr			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes	
25	Sa			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes	
26	Su			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes	
27	Mo			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes	
28	Tu			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes	
29	We			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes	
30	Th			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes	
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.