

The Local Cancer Community Update

June 9th, 2022 ● Submitted by Tim E. Renzemann

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!



Together we Live with Cancer!

Matthews Oncology Associates
Sheboygan Cancer & Blood Specialists

Sheboygan Physicians Group



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



More than one hundred survivors and co-survivors signed up to celebrate National Cancer Survivors Day at the Christopher Farm & Gardens on Sunday, June 5th!

A steady rain fell all morning as I set up for the day's activities and, I will admit, I was feeling a bit discouraged. Silly me! As so often happens, about the time that folks began to gather (noon), the rain began to let up considerably and, although a light drizzle came and went throughout the day, it was not enough to dampen the enthusiasm of those who attended.



Tours: Erika from the CF&G led a group tour of the Gardens (photo left)! There is too much to see in a single visit, so area survivors and co-survivors are encouraged to watch this update, get on the ST&BF POP UP e-mail list, and join us on our next visit!

"Bob the Builder" Birdhouse Building Workshop: Non-Hodgkin lymphoma survivor "Bob the Builder" Hartig

offered a birdhouse building workshop for young and old! Using this unique wedged mortise and tenon technique, these birdhouses are built without screws, nails, or glue! If you were not able to join us, watch for future opportunities to build a birdhouse and consider donating it to the CF&G (where you can already find some of these birdhouses).

Diagnosed in early 2017, Bob continues with maintenance treatment while staying active in our Local Cancer Community. In addition to "Bob the Builder" workshops, he is often an *instigator of great fun* at many of our activities (playing Farkle, shooting stomp rockets, flying kites & doing kite drops, building a wind-powered bubble blower, and so much more)!



Photo Above: "Bob the Builder" Hartig

Story Time: Our Local Cancer Community is filled with so many wonderful stories that deserve to be shared!

Amy Clarke was diagnosed with rectal cancer in October of 2012. She joined us for a ST&BF "Hiking Along the Cancer Journey" overnight backpack outing while undergoing treatment in the spring of 2013. Eventually, Amy's cancer would go into remission. Although she moved out of the area, she continued to participate in the group whenever she could (on one occasion, she drove about 1,000 miles from Colorado back to Sheboygan to participate in another "Hiking

"Along the Cancer Journey" outing). Amy and her husband Alan now live in northern Wisconsin. She experienced a recurrence in 2020 and, although she no longer lives in the area, she has continued to receive her cancer care with Dr. Matthews and continues to stay connected to the group and joins us whenever she can. Thanks for joining us, Amy!



Photo Above: Amy Clarke, cancer survivor

Rachel Darling was diagnosed with papillary thyroid cancer in December of 2018. She has always enjoyed an active lifestyle and attended her first ST&BF Gentle Yoga for Cancer Survivors session in the spring of 2019 and, soon after, completed the LIVESTRONG at the

YMCA program. More recently, she joined the 2021/22 ST&BF Indoor Row Group. Early in the season she shared some exciting news with us (news that we do not often hear). Rachel and her husband Nate are expecting their first child later this month!



Photo Above: Rachel Darling and husband Nate.

We can't wait to welcome another darling Darling into this world!

Barb Bogenschutz and her husband Lenny are both long-time cancer survivors. Barb was diagnosed with breast cancer in November of 2006 and Lenny was diagnosed with colon cancer in October of 2005. They have both remained very active in the Local Cancer Community because they are incredibly caring and kind

individuals... and because cancer has continued to impact the lives of two of their three daughters.



Photo Above: Barb Bogenschutz, cancer survivor

As Barb was sharing, I could not help but think back to May of 2020 (shortly after our TLC Survivorship Sessions began meeting virtually in response to the pandemic). I invited cancer patients/survivors to share their story with us, and Barb shared her story with us.

You can view a video of Barb's talk on our blog:

<https://scccf.org/post?s=story-of-survivorship-barb-bogenschutz-shares-her-story-filled-with-challenging-circumstances-and-cherished-experiences-2020-06-02>.

Thank you to Amy, Rachel, and Barb for sharing at least a small snippet of your stories! It is, I believe, through the sharing of our stories; whether in front of a large group or in a more private setting, oral or written; that we can learn from each other, teach one another, come to better understand ourselves, and often find a greater sense of meaning in purpose in all of our life stories and experiences, both good and not-so-good.

If you have a story to tell... please let me know!



Drawing: Kathy Burch, breast cancer survivor, helped distribute prizes to just about every cancer survivor who attended, endured a few rain drops, and listened to some wonderful stories!

Train Ride: We concluded the day with the much anticipated and much enjoyed train ride on the Dairyland Express! Special thanks to "Conductor Erika"!



More about the Dairyland Express:

<https://www.christopherfarmandgardens.org/areas-of-interest/dairyland-express/>

Special thanks (again) to Jay Christopher of the Christopher Farm & Gardens and Erika Lusthoff for their kindness and hospitality on this day and over the past five years! This was our 37th visit to this amazing place... and every visit is new, fresh, and exciting!

If you missed this visit, you can view photos on our website from this (and previous) visits:

<https://scccf.org/contests>

Mary Schueller (SCCCF board member and long-time oncology nurse – now retired) provided many of the photos in this article and took many other great photos of the day that you can view here:

<https://www.snapfish.com/share?via=link&token=CZ4tnzrkSFnyB7VYrRtzQ/AUS/27952615745070/SNAPFISH>

The Great Butterfly Release at the Christopher Farm & Gardens on National Cancer Survivors Day!

Submitted by Barb Bogenschutz

When Jennifer was in grade school she enjoyed "hunting" butterflies in our backyard. She became so good at it she entered her collection in the County Fair and earned a 4H Merit Award.

When her son Gabe showed an interest in "growing" butterflies, Jenny was eager to help him. They ordered what they needed and were very successful.

Jenny's boyfriend, Adam, wondered if Christopher Farm & Gardens would permit them to release the butterflies during National Cancer Survivors Day. The more we thought about it we all fell in love with the idea.

It was solemn and meaningful for our family considering Jennifer's recent diagnosis. We are very appreciative we were permitted to release our butterflies to the beautiful and sacred Christopher Farm and Gardens.



Photo Above (taken from video provided by Adam Schlies): Jennifer John Baptiste gently hands off a butterfly for release to her son Gabe as Jennifer's older son Israel looks on. Photo Right (taken by Barb Bogenschutz): Jennifer's niece, Brenna Goodman, releases a seemingly reluctant butterfly.



Note from Tim: Perhaps the greatest honor of doing this work is the privilege of hearing and witnessing so many life-affirming stories, stories that deserve to be shared! The greatest challenge is that I am unable to share them all! The greatest benefit is the constant inspiration that I (and I suspect many others) get from these stories!

Stories like this one remind me that the stories of our lives do not just happen to us. Sure, there is plenty in this life that is beyond our control. But as Charles Swindoll observed, "Life is ten percent what happens to us and ninety percent of how we react to it."

Upcoming Opportunities at the Christopher Farm & Gardens!

JUNE: Restoration Project – Daisy Pull (removing invasive daisies), most likely later this month.

JULY: Casual Visit and Game Night!

AUGUST: "WANDER-thon" 24-hour fundraising event to benefit SCCC Fund!

Watch for ST&BF "POP UP" Opportunities ("POP UP-portunities")!



We plan to take advantage of the pleasant Wisconsin weather and will be offering a variety of "POP UP" activities in the months ahead... so make sure you are on the ST&BF POP UP e-mail list (contact Tim) and watch for these (and other) opportunities:

- ST&BF at the Christopher Farm & Gardens
 - Restoration Projects
 - Casual Visits
 - Game Night
- Great Heights with Delightful Kites (kite flying)
- Swinging Survivors/Drive to Survive (driving range, miniature golf)
- Steps to Survivorship
- Qigong for Cancer Survivors
- DISC-over DISC Golf

Wisconsin Camaro Rally 2022 to Benefit the Sheboygan County Cancer Care Fund!



We are excited to announce that the Wisconsin Camaro Rally 2022 has selected the Sheboygan County Cancer Care Fund as one of two charities to benefit from this

year's event scheduled for Friday, July 22nd through Sunday, July 24th at Road America in Elkhart Lake!

The event will include the 55th Anniversary of the Chevrolet Camaro Parade. This special parade will highlight each model year of the Camaro as they drive the track which will be led by the one and only Camaro VIN N100001!



This very special piece of Camaro and automobile history will also be available during the All-Camaro Car Show.

To learn more about the history of this Camaro:

<https://youtu.be/8XZqVUuxMWM>

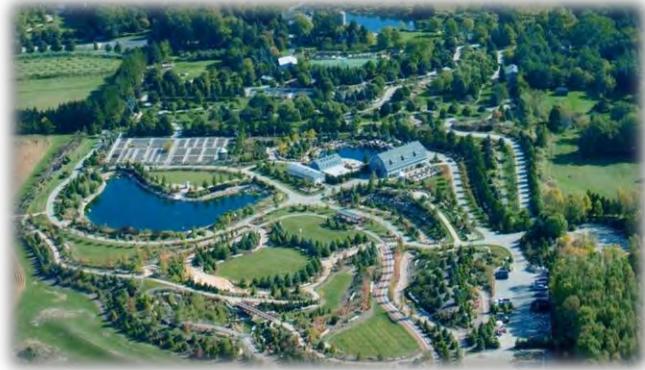
Watch future issues of this Local Cancer Community Update for more details about this event, see the attached flyer, or visit the Wisconsin Camaro website:

<https://wisconsincamaro.com/rally2022/>

or Facebook page:

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

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



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 SCCC Fund 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!

Complete the Spring CUMULATIVE Marathon Walk/Run or Century Bike Ride by June 20th!



Only two 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 spring finisher's list!

Our goal – AT LEAST 22 FINISHERS!!!

The SUMMER Cumulative Marathon Walk/Run and Century Bike Ride starts on June 21st!

CONGRATULATIONS to these ST&BF SPRING 2021/22 Cumulative FINISHERS (Recently Added Finisher):

SPRING Cumulative Marathon (26.2m) Walk/Run	
Survivor-Athlete (Each ★ represents completed marathon/century since Spring '21)	Completion Date
Dione Knop ★	5/15
Emily King ★	5/7
Barb Bogenschutz ★	4/27
Sue Zalewski ★★★★	4/21
Lenny Bogenschutz ★	4/12
Cindy Walvoord ★★★	4/7
Tim Renzelmann ★★★★	4/1
Co-Survivor (Each ★ represents completed marathon/century since Spring '21)	Completion Date
Mike King ★	5/15
Medical Caregiver (Each ★ represents completed marathon/century since Spring '21)	Completion Date
Mary Schueler ★★★★	3/24
Cumulative Century (100-mile) Bike Ride	
Survivor-Athlete (Each ★ represents completed marathon/century since Spring '21)	Completion Date
Rae-Ellen Weber ★★	4/11
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!

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!

PRE-RECORDED Yoga Session – May 23, 2022

Facilitated by Katie Boge, CYT

https://us02web.zoom.us/rec/share/Gu_V2wLE9gb-jbBJAPqJfbewd3yz450xb44xw5EOGsgHhUCiltZDXBGwybmh00TK.Rjw2_YSz033UWiwK?startTime=1653345149000

NEW! PRE-RECORDED Yoga Session – March 28th, 2022

Facilitated by Kaitlynn Kiela, CYT

https://us02web.zoom.us/rec/share/QKjn3-essLR28fdly-tBEkBcQ9IPcX1A7zPdvoRubIW1kkBDPx7XlUM6mpIP_8ML.-6WgdQ7CEhMPAVu5?startTime=1648506648000

PRE-RECORDED Yoga Session – February 10th, 2022

Facilitated by Katie Boge, CYT

https://us02web.zoom.us/rec/share/qrCh-sWmjiflRQ61bn10RH2qB3ABOWmh4oI7UBHSUMiMM3_LoJ57gVySD_TND5pue.AyG0iKhFSCqg1QW?startTime=1644535796000

PRE-RECORDED Yoga Session – January 31st, 2022

Facilitated by Kaitlynn Kiela, CYT

https://us02web.zoom.us/rec/share/IB2LTPXMDN_wAwA11kQ1Kv6tgi2sNhGqZQXSx51_Wk_nwLxOIJBj3rtDutTFa0UX.GJgvEHqSzNQxL9a6?startTime=1643670118000

PRE-RECORDED Yoga Session – December 14th, 2021

Facilitated by Michael Finney, CYT

https://us02web.zoom.us/rec/share/t1Q1W4PrS7Qxa8wVakSLzXPA_EQgdqQEjhbcncozmmGuH591XE6VDIMZxVRnpj9x._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=AwrMzXQ-Wpc>

Leah's Pick: Qigong w/Kseny Gray

Kseny Gray (YouTube Channel)

https://www.youtube.com/channel/UCJYjsMmSiHqb4PhiUdc_yRsg

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.



The below listing does not include all ST&BF POP UP Opportunities. These "POP UP-portunities" are often scheduled last-minute and announced via the ST&BF POP UP e-mail list. Contact Tim for details or to be added to that e-mail list.

Thursday, June 9th – 3P to ??

ST&BF POP UP "Bundled" Activities: Great Heights with Delightful Kites, Steps to Survivorship, DISC-over DISC Golf, BAGGO (Cornhole), Qigong for Cancer Survivors

Details are provided via the POP UP e-mail list (contact Tim for details and to be added to this list).

Firehouse Park, 3909 Cty Rd Y, 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

Monday, June 13th – 3P to ??

ST&BF POP UP "Bundled" Activities: Pickleball Play, Steps to Survivorship, Qigong for Cancer Survivors, DISC-over DISC Golf, BAGGO (Cornhole), Qigong for Cancer Survivors (plus "Food Truck Monday")!

Details are provided via the POP UP e-mail list (contact Tim for details and to be added to this list).

Vollrath Park, N. 3rd St. & Park Ave, 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=TjF1d1BwNVpKaXVNWjZvTjNqQ2RmUT09>

Wednesday, June 15th – 530P

ST&BF Gentle Yoga IN-PERSON & Virtual

With Kaitlynn Kiela, 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=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

Monday, June 20th – 2P

ST&BF Qigong Practice IN-PERSON & Virtual

With follow along video. 45-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=TjF1d1BwNVpKaXVNWjZvTjNqQ2RmUT09>

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=TjF1d1BwNVpKaXVNWjZvTjNqQ2RmUT09>

Wednesday, June 29th – 530P

ST&BF Gentle Yoga IN-PERSON & Virtual

With Kaitlynn Kiela, 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=TjF1d1BwNVpKaXVNWjZvTjNqQ2RmUT09>

Monday, July 4th – 730A

Sheboygan YMCA Freedom Run/Walk (2m & 5m)

Sign up for this annual event and join us at the "Making Sheboygan County the Healthiest Place to Survive Cancer" near the start between 7-715A to connect with other area cancer patients/survivors and co-survivors for a group photo!

Sheboygan YMCA, 812 Broughton Drive, Sheboygan

More details here:

<https://sheboygancountyyymca.org/events.html>

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.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!

June, 2022

Events and Activities of the Local Cancer Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 800A-FR:RGC 900A-LSBC
5 1200P-NCSD@CF&G	6	7 1000A-QiIP/V	8	9 3P-PU-Bndl	10	11 900A-LSBC
12	13 3P-PU-Bndl	14	15 500P-QiIP/V 530P-YogaIP/V	16	17	18 900A-LSBC
19	20 200P-QiIP/V	21	22	23	24	25 900A-LSBC
26	27	28	29 500P-QiIP/V 530P-YogaIP/V	30		

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: **FR:RGC** = FUNDRAISER: Bob Rammer Jr Golf Classic (8A to ??)

LSBC = LIVESTRONG Boot Camp at Sheboygan YMCA

NCSD@CF&G = National Cancer Survivors Day at the Christopher Farm & Gardens

PU-Bndl = POP UP "Bundled" Activities: Could include Great Heights with Delightful Kites, Steps to Survivorship, Drive to Survive/Swinging Survivors, DISC-over DISC Golf, Qigong for Cancer Survivors & More! Details distributed via the "POP UP" e-mail list (contact Tim for details)

QiIP/V (In-Person & Virtual) = QiGong Practice for Cancer Survivors

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

“Survive, Thrive & Be Fit!”



Gentle
Yoga

Introductory
Qigong



for Cancer Survivors!

JUNE 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
Wednesdays • 530P

June 15th w/Kaitlynn Kiela, CYT
June 29th w/Kaitlynn Kiela, CYT

Qigong for Cancer Survivors
with Follow Along Videos
45-minute sessions:
6/7 at 10A • 6/20 at 2P
25-Minute Qigong (prior to Yoga):
6/15 & 6/29 • 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



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



WISCONSIN CAMARO, INC.

**3rd ANNUAL ALL CAMARO RALLY AND CAR SHOW
AT ROAD AMERICA ELKHART LAKE, WI**

July 22nd, 2022 - July 24th, 2022

Friday July 22nd - Camaro Autocross at Road America Motorplex

Saturday July 23rd - Car Show, Sunset Cruise on Track, & Banquet

Sunday July 24th - Kettle Moraine Cruise & Brunch

For more information visit us at:

<https://WisconsinCamaro.com/rally2022>

Or at our Facebook Page:

Wisconsin Camaro

A portion of our proceeds will be donated to the local Sheboygan County Cancer Care Fund!





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 SCCC'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/Oversight 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:
Address	<input type="checkbox"/> Cancer Patient/Survivor <input type="checkbox"/> Co-Survivor <input type="checkbox"/> Professional Caregiver <input type="checkbox"/> SCCC Friend/Supporter		
City, State, Zip	E-mail Address:	Phone:	
Waiver: In consideration of the acceptance of my registration for the "WANDER-thon" on August 19 th & 20 th , 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 SCCC on a timely basis.			
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 SCCC/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
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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
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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:

Survive, Thrive & Be Fit!

Steps to Survivorship

Spring 2022

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: Sunday, March 20th through Monday, June 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 June 30th!

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



ENTRY/LOG: 2022 SPRING Survive, Thrive & Be Fit *Cumulative* Marathon Walk/Run and/or 100-mile Bike Ride!

Name:	E-mail Address:
<input type="checkbox"/> Cancer Patient/Survivor <input type="checkbox"/> Undergoing Treatment <input type="checkbox"/> Post Treatment Date of Diagnosis: _____ / _____ / _____ <input type="checkbox"/> Co-Survivor/Guest <input type="checkbox"/> Medical Oncology Caregiver	Address:
	City/State/Zip:
<input type="checkbox"/> Cumulative Marathon (26-mile) Walk/Run <input type="checkbox"/> Cumulative Century (100-mile) Bike Ride	Phone:

Instruction: Simply list (below) interval dates, distances and cumulative totals!

DISTANCES: Marathon = 42,200 m (26.2 mi) • English Century = 100 mi (160.9 km)

- A separate ENTRY/LOG must be completed for the Walk/Run or Bike Ride events.
 - Distances may be recorded in meters or miles (but please be consistent).
 - Upon completion of the Full Marathon (26.2 mile) walk/run or the Century (100-mile) bike ride, submit to Tim.
 - Spring Cumulative Run/Walk and/or Bike logs must be received by June 30th!
 - Participation awards and random prizes for cancer patients/survivors to be determined!



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 “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

May 2022**Name:**

Date	Day	Activity(s)	<input checked="" type="checkbox"/> May Challenge	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
2	Th				<input type="checkbox"/> Yes
3	Fr				<input type="checkbox"/> Yes
4	Sa				<input type="checkbox"/> Yes
5	Su				<input type="checkbox"/> Yes
6	Mo				<input type="checkbox"/> Yes
7	Tu				<input type="checkbox"/> Yes
8	We				<input type="checkbox"/> Yes
9	Th				<input type="checkbox"/> Yes
10	Fr				<input type="checkbox"/> Yes
11	Sa				<input type="checkbox"/> Yes
12	Su				<input type="checkbox"/> Yes
13	Mo				<input type="checkbox"/> Yes
14	Tu				<input type="checkbox"/> Yes
15	We				<input type="checkbox"/> Yes
16	Th				<input type="checkbox"/> Yes
17	Fr				<input type="checkbox"/> Yes
18	Sa				<input type="checkbox"/> Yes
19	Su				<input type="checkbox"/> Yes
20	Mo				<input type="checkbox"/> Yes
21	Tu				<input type="checkbox"/> Yes
22	We				<input type="checkbox"/> Yes
23	Th				<input type="checkbox"/> Yes
24	Fr				<input type="checkbox"/> Yes
25	Sa				<input type="checkbox"/> Yes
26	Su				<input type="checkbox"/> Yes
27	Mo				<input type="checkbox"/> Yes
28	Tu				<input type="checkbox"/> Yes
29	We				<input type="checkbox"/> Yes
30	Th				<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.