

The Local Cancer Community Update

January 18th, 2023 • 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!



Together we Live with Cancer!

Matthews Oncology Associates
Sheboygan Cancer & Blood Specialists

Sheboygan Physicians Group



A Story About Stories: Stories Told and Stories Untold... Stories New and Stories Old!

I was deleting some documents from my computer from the past year and I came across several stories that I never got around to sharing with you through this Update. My work exposes me to many meaningful stories related to our Local Cancer Community and I do my best to share as many of them as I can, but honestly, there are just too many (there are times, in fact, it gets rather overwhelming)!!!

A philosophical riddle asks, "If a tree falls in the woods and no one is there to hear it, does it make a sound?" Similarly, I ask, "If a story unfolds but no one is there to share it, does the story exist?" 😊

I recall a solo backpack outing several years ago on a stormy night when I heard a tree fall not-so-far in the distance as I laid in my tent. I assure you, it made a sound so loud it echoed in my head for the rest of the night (and kept me wide awake)! When morning arrived, I had a much more appreciative feeling about the night as well as a bit of regret that no one else was with me to appreciate this beautiful yet scary moment. I feel the same way about the stories of the Local Cancer Community, many of which can be both beautiful and a bit scary. And when these stories aren't properly shared, I feel bad that others aren't able to appreciate them!

Many of the stories of our Local Cancer Community are fused with love, and joy, and strength, and courage. I especially love those stories! But many of the stories – the bitter-sweet stories that are both beautiful and scary - also involve pain, and suffering, and even death.

We tend to want our stories to have a storybook "happily ever after" ending. But let's be honest, happily

EVER AFTER is only a myth. Eventually, the "ever after" on this earth will come to an end and sadly, for some, that time comes way-too-soon!

As Stephen King once penned, "And will I tell you that these three lived happily ever after? I will not, for no one ever does. But there was happiness. And they did live."

And yet these stories deserve to be shared. To avoid, disregard, or ignore these stories is to neglect the full experience of being human.

These seemingly tragic stories of death that we often hear, as sad as they may be, are also often fused with love, and joy, and strength, and courage. Often, in the worst of times, when a person is forced to face their own mortality and their loved ones are overwhelmed by the personal grief and despair, they find the strength and the compassion to think of others and how their tragedy can be a positive influence on others.

Consider, for example, this story of Toni Meyer.

In Memory of Toni Meyer!



Toni Meyer
4/21/1964 to 10/30/2022

I met Toni several years ago as a participant in the Sheboygan County YMCA's LIVESTRONG at the Y program and, eventually, as a participant in various Survive, Thrive & Be Fit activities. In her quiet, gentle, but inspiring and influential manner, she set an excellent

example for other cancer patients/survivors to live a healthy and active life following a cancer diagnosis! She did what she and so many of us believe is “the right thing” to do and yet the disease took her life way too soon.

A few days after her passing Toni’s husband Jeff contacted me to explain that Toni had requested donations in lieu of flowers to one of several of her preferred organizations that included SCCCf. As her obituary read, “A special ‘Thank You’ to the caring staff at Sharon S. Richardson for their warmhearted phenomenal care, the heartfelt support of Sheboygan County Cancer Care Fund, and Livestrong at the Sheboygan YMCA.”

<https://www.suchonfh.com/obituaries/Toni-Meyer?obld=26273514>

Toni had a special impact on many area survivors, especially the LIVESTRONG at the Y participants and Survive, Thrive & Be Fit survivor-athletes including Kathy Burch (breast cancer survivor) who expressed her feelings this way:

You know how they say someone comes into your life for a reason. Toni came into my life through Livestrong when I was helping their group. We just clicked. Walking partners, workouts, dinners, phone calls, and texts messages made our friendship thrive. Toni was a person who didn't know the word give up. Toni always saw a glimmer of hope, blessing, and love in all that she did. Her positive attitude came through as she helped others to make sure all their needs were met first. Toni made people believe in themselves and what they were capable of doing and going beyond. Even as the time came closer for Toni to leave us, she continues to take care of the needs of others. Thank you, Toni for being the person who came into my life. You are the greatest gift of life-friendship- and I have received it. You will always be with me!

Toni, and all those that have lost their life to this dreadful disease, remind the rest of us how fortunate we are to be alive! And we owe it not only to them and their loved ones, but to ourselves, to live well... live responsibly... live gratefully... and live fully. And, for many of the survivor-athletes that I am privileged to work with... a part of that (a significant part of that) involves moving our bodies in healthy and life-affirming ways with the hope to see more tomorrows and get the most out of every today.

I would be remiss if I didn’t mention the many others whom we lost during 2022 (or before) whose lives were

honored through a memorial donation to SCCCf in 2022:

Anne Clarke, Victor Erickson, John Friedl, Marilyn Hanke, Lori Jo Isakson, Eugene King, Dan Lensink, Ken Liebergan, Toni Meyer, Bette Mikalowski, Diane Milz, Randy Milz, Lee Pattison, David Picard, Joan Rivera, Eugene Sebald, Kathleen Struve, Evelyn Wessel, and Peggy Wilcox.

How the Wisconsin Camaro Club Came to Raise Funds for SCCCf: A Conversation with Billy Kreutz, Rob Zorn, and a Story About Dave Deicher!



I previously shared the story about “How SCCCf Became a Part of the 2022 Camaro Rally!”

<https://sccc.org/post?s=wisconsin-camaro-clubs-rally-2022-donates-4000-to-sccc-2022-07-28>

That event along with a subsequent Wisconsin Camaro Club “Cars for Cancer” event brought in about \$4,500 for SCCCf in 2022. Since then, I had the opportunity to sit down and chat with Billy Kreutz, Treasurer/Sponsorship Director of the Wisconsin Camaro Club and Rob Zorn, fellow Camaro Club member and area cancer patient/survivor. Here are some excerpts from our conversation:

Who Is the Wisconsin Camaro Club?

Billy: The Wisconsin Camaro Club is comprised of about 2,700 members and Camaro enthusiasts. Our goal is to raise money for charities through our enthusiasm for Camaros. Being a bunch of Camaro nuts, we like to get together for car shows, cruises, and other events to raise money.

How SCCCf Became a Part of the 2022 Camaro Rally!

Billy: My lifelong friend, Rob, was diagnosed with esophageal cancer over a year ago. Rob and I have known each other forever. As his friend, I saw the change in his lifestyle. Obviously, a cancer diagnosis can be quite a financial burden and some of the medications that Rob has to take are extremely expensive. Of course, being the man that Rob is, he

wanted to take care of his own bills. But he eventually accepted some relief and submitted some of his receipts. Within about a week he had a reimbursement check in his hand.

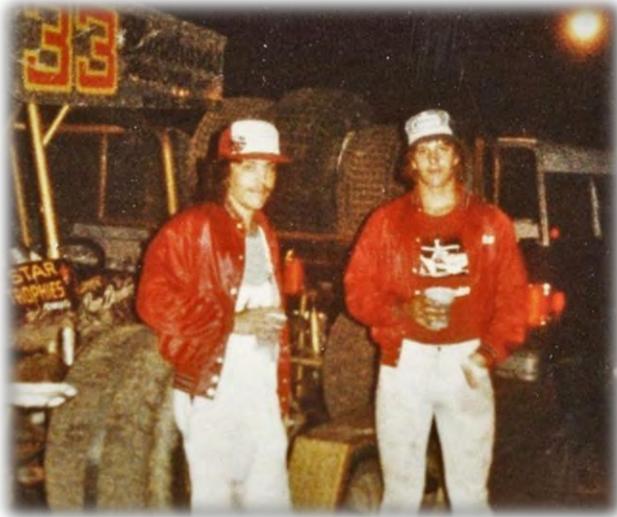


Photo: Billy Kreutz (left) and Rob Zorn (right) in the pits forty years younger in 1983.

Billy: Hearing this really inspired me to put my best effort forward to raise awareness for cancer patients who are fighting; financially or emotionally. As the Treasurer and Director of Sponsorship for the Club, I saw this as an opportunity to utilize the Club to give back; both in honor of Rob, one of our members, and on behalf of all those who are facing similar struggles. We put the 2022 Camaro Rally together in a relatively short period of time. But, now that we have more time and already have some sponsors on board, we are planning for a bigger Camaro Rally in 2023, to be held again at Road America on August 24th, 25th, & 26th and, again proceeds are going to go to the Sheboygan County Cancer Care Fund! This past year we were able to donate \$4,000 and, at this next event, I am hoping to double that in 2023 and we are planning other “Cars for Cancer” events.

Rob’s Cancer Story

Rob: Back in November of 2021, during deer hunting season, I wasn’t feeling well. My wife had just had COVID, but I had tested negative, so I went hunting with the guys. Mid-week of deer hunting I lost my taste and smell, couldn’t eat or drink, and progressively got worse. Eventually, my wife took me in to the ER and I tested positive for COVID. Because it was COVID, no one wanted to touch me, but they took some blood tests that showed my liver enzymes were high. That led to a CT scan, through which they suspected esophageal cancer that was eventually confirmed through a biopsy.

Further testing had determined that the cancer had spread from my esophagus to my liver, my bones, and my adrenal gland.

Everything came on so suddenly and I really wasn’t prepared to hear that I had cancer. It was pretty grim! My wife and I were together when we heard the diagnosis and we both just broke down crying. Our nurse navigator suggested that we take the time to grieve for a couple of days... but then we should put it behind us and start to fight. That is what we’ve tried to do.

I’ve been feeling pretty good and treatments have been going well. The last scan suggested that the cancer may not be shrinking as much... but it appears treatment is still effectively managing the disease. I realize that my cancer is not going away – it’s not “curable,” but I am hopeful that we can continue to manage and control it. I am continuing with treatment and we’ll do more scans and re-evaluate in early 2023.



Photo: Rob Zorn shows his favorite Camaro at the 2022 WI Camaro Rally at Road America.

Rob: You really have to be very positive when facing something like this, and I think I have been... with a lot of help from family, friends, and co-workers! They all help me keep my spirits up.

I’ve worked 36 years at Sargento. They’ve been very good to me through all of this. I’ve been on short-term disability since April and will probably go on long-term disability and retire from Sargento around April of next year.

A Great Story: Billy, Rob, and Dave Deicher!

Note from Tim: Back in July, while meeting with Billy at Road America to discuss the event, I mentioned the

name of another race car enthusiast and long-time cancer survivor who, sadly, passed away a little over a year ago - Dave Deicher, only to discover that Dave and Rob were both good friends with Dave. I asked Billy to repeat that particular story.

Billy: Rob and I were a part of Dave's pit crew when he raced for my Dad. It's what we did and what we lived for! We had some great times racing with Dave in Plymouth, 141 in Frances Creek, Sturgeon Bay, Wilmont, Beaver Dam, Hales Corners. Eventually, Dave parted with my Dad and got his own race car, as did I. When Dave was dealing with his cancer the first time, he sold his car. We could tell he really missed it. At one point he admitted that he really missed racing and he would love to get behind the wheel again. So, I asked him, "Why don't you hop in my car and race it for a night?" He asked, "Are you serious?" I said, "Absolutely!"

The following week was the County Fair so we got him fitted for the car. He went out and qualified well, just two rows back in the feature. On the second lap, he took the lead and, through several pain-staking restarts (because anything can happen on a restart), he was able to hold everyone off and win the feature!

It was really satisfying to see that happiness back in Dave! The photo of him getting out of the car that night, with the excitement on his face, says it all (see photo below)!



I think it was a really big night for all of us. I had hoped the experience might inspire him to get back into

racing... and the following year he got his own car and was right back at it!



Photo above: Billy Kreutz (left) and Rob Zorn (right) alongside their respective Camaros!



Photo above: It was like Billy and Rob provided a special Camaro car show for me on the day of our conversation!

Mark your calendar (volunteers will be needed) for the 2023 WI Camaro Rally at Road America, August 24-27. Proceeds will once again benefit the Sheboygan County Cancer Care Fund!

"Hunting for Cure" Organizer, John Uttech & Friends Along with Dave Rautmann, Continue to Support the Cancer Care Fund!

Late last month I received a generous online donation to SCCC from David Rautmann. In the memo line, David typed, "Pheasant hunters." When I reached out to Dave to thank him for the donation and to inquire about how these "pheasant hunters" raised money, he explained. But before I talk about that donation, I have to talk about a couple of other fundraising events.



Many of you may recall the "Hunting for a Cure" fundraising event that took place every January from 2017 through 2020, with an online version in 2021. The event started when John Uttech, the event founder and organizer, connected with Mary Ann Waldbauer (photo left), who founded

and organized the Unity Music Festival through 2019, raising almost \$450,000 for SCCCFC.

John and his friends had been rabbit hunting together in January for several years, and they wanted to turn it into something more. He learned about the Sheboygan County Cancer Care Fund and Mary Ann shared many of her fundraising ideas and techniques with John.

I am not a hunter. I will also admit that when I first heard John's idea for a Rabbit Hunt Tournament, I was thrilled but pictured a small event that might raise a few hundred or couple thousand dollars. I had no idea that this event would quickly grow and raise nearly \$150,000 between 2017 and 2020 with a smaller online version in 2021 due to the pandemic.

As Dave explained to me, he had supported the "Hunting for a Cure" event several years by donating a pheasant hunt outing as one of the many silent auction and raffle items for this annual fundraiser. This past fall, he invited Dave and a group of his friends (many of whom were involved in the Hunting for a Cure event) to enjoy a pheasant hunt on his property. At the end of the day, when John and his friends offered to pay Dave for the experience, Dave graciously refused. In response, this group of generous guys pitched in and directed the money to SCCCFC!



Photo Above: John Uttech (second from the right) and friends, including David Rautmann (not pictured) continue to support SCCCFC!

Dave Rautmann's donation reminded me of the hard work and dedication that Mary Ann Waldbauer and John Uttech (and the many that worked alongside them) provided over the years and that continues to be a part of the work that SCCCFC does today!

"On the tenth day of Christmas, UAW Local 833 Donated \$500 to the Sheboygan County Cancer Care Fund!"

Special thanks to the Emil Mazey Hall and UAW Local 833 Women's committee for their support of SCCCFC with a \$500 donation! What a wonderful way for this organization to celebrate the "Twelve Days of Christmas" while helping local organizations!



Caption: "On the 10th day of Christmas...the Women's committee donated \$500 to the Sheboygan County Cancer Care Fund. This wonder non-profit offers financial assistance for eligible cancer patients and survivors in an effort to help them manage the financial challenges of their diagnosis. Presenting the check. Chair, Tina Grunow, Rufus Martinez, Jr., Gail Behrens, LuEllen Dhein, & Angie Dickmann."

Here are some of the many other organizations that have benefitted from the UAW Local 833's "Twelve Days of Christmas" Giving: 1st Day) Jen's Journey, 2nd Day) Family Connections, 3rd Day) Family Connections, 4th Day) Sheboygan County Food Bank, 5th Day) Mental Health America, 6th Day) Veterans Service Office, 7th Day) Sheboygan Police K-9 Fund, 8th Day) Dogs2DogTags, 9th Day) Kindred Hearts, **10th Day) Sheboygan County Cancer Care Fund**, 11th Day) Foster Kids Gift Drive, 12th Day) Sheboygan Mead Public Library.

To learn about the many ways UAW Local 833 is helping the community and follow their efforts:

<https://www.facebook.com/Local833local>

It's NEVER "Just Another Visit" to the Christopher Farm & Gardens!

Wednesday, January 11th

Visiting the Christopher Farm & Gardens is so much more than just some casual fun. Of course, if that's what you want it to be, that's perfectly fine. But, for many of us, these visits offer a special kind of therapy – nature therapy. And the wonderful folks at CF&G have made that therapy available to us all year-round.



Most of us intuitively know that spending time in nature has a calming effect, makes us feel good, and offers many benefits of health and well-being and there is much evidence to support these benefits which are as important during these winter months as they are in the midst of summer.

Photo Above: I enjoyed this quiet spot that overlooked the partially-frozen conservatory pond for an impromptu qigong session during the "Wander the Wonderful Gardens" portion of my visit.



After we took some time to "Wander the Wonderful Gardens" we gathered at our favorite fire pit for an evening "Bonding Bonfire" that included hot dogs & s'mores!

Watch this update for an article about nature therapy (also known as ecotherapy) at the CF&G and make sure you are on our "POP UP" e-mail list to receive details for POP UP events including our next visit to the CF&G!

FEBRUARY'S FEATURED Survive, Thrive & Be Fit Activity: Gentle Yoga for Cancer Survivors!

February marks the anniversary of our very first "Survive, Thrive & Be Fit" activity – a Gentle Yoga for Cancer Survivors session that took place on February 1st, 2010! To commemorate the 13-year anniversary of ST&BF we have scheduled four special yoga sessions that can be attended in-person (space is limited) or virtually (via Zoom).

Wednesday, February 1st – 530P: Facilitated by Kaitlynn Kiela, CYT. We gather exactly 13 years since our very first yoga session for a session that Kaitlyn has designed to "Celebrate yoga and togetherness"!

Tuesday, February 7th – 530P: Facilitated by Carrie Green, CYT – cancer survivor and LIVESTRONG at the Y coordinator. Join us celebrate the combined 23 years (13 years of ST&BF plus 10 years of LIVESTRONG) of activity for local cancer patients & survivors!

Wednesday, February 15th – 530P: Facilitated by Katie Boge, CYT. Katie facilitated the very first ST&BF yoga session 13 years ago and we are thrilled to have her back for what is sure to be a fun session!

Tuesday, February 21st – 530P: Facilitated by Stacy Harriott, CYT. Stacy, who is also a cancer survivor, will lead us in Kundalini Yoga.

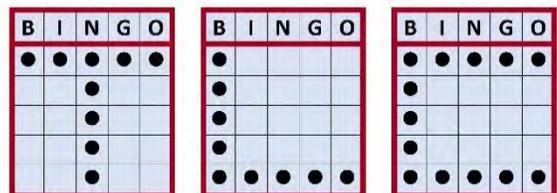
The goal of Kundalini yoga is to activate an individual's untapped energy by balancing the seven chakras or energy centers in the body and to bring about greater self-awareness. It is different from other forms of yoga because it involves various components such as poses, breathing techniques, movement sequences, meditation, and mantras.

There are several science-backed benefits of Kundalini yoga. According to research, it may help ease stress and anxiety, improve cognitive functioning, and boost self-perception and self-appreciation.

The class will begin by tuning with a mantra followed by a series of poses, deep relaxation, meditation, and a closing mantra.

FEBRUARY'S FEATURED TLC Event: TLC Survivorship Can Be Fun Game Gathering!

Monday, February 13th – 6P (following the TLC Survivorship Session that starts at 5P).



Join us immediately following our TLC Survivorship Session for a chance to play some TLC Bingo and win a few prizes... either in-person or virtually! Yep, you can join us in person (space is limited) or, as long as you RSVP early enough, I'll send you your Bingo card(s) or you can pick them up beforehand and you can play along at home! We'll play five Bingo Games: Warm-up, T (for "Together we"), L (for "Live with"), C (for "Cancer!"), and a final game!

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

Enjoy any of these on-line opportunities anytime!

ST&BF Qigong for Cancer Survivors (Home Practice)!

Follow Along Video

[Contact Tim for Details!](#)

PRE-RECORDED Yoga Session – October 11, 2022!

Gentle Yoga for Beginners & Re-Beginners!

Facilitated by Kaitlynn Kiela, CYT

<https://us02web.zoom.us/rec/share/MRldMsah0j0LaTHjPof-oAZGEBhfmFay3gWTnqfNCK79lqWR4VjffBuB0f15ef.oBG4qlcPXK9U1Rcc>

PRE-RECORDED Yoga Session – April 26, 2022

Facilitated by Stacy Harriott, CYT

<https://us02web.zoom.us/rec/share/q1nQXUxvL9tpOn6Ls7ltvbcfZxTKAZ6K1h12tsScCrAz2vKGLwkn9lw4XW6eYhj.i3gPU0EznZVIEJCe>

PRE-RECORDED Yoga Session – March 28th, 2022

Facilitated by Kaitlynn Kiela, CYT

https://us02web.zoom.us/rec/share/QKjn3-essLR28fdly-tBEkbcQ9IPcX1A7zPdvoRublW1kkBDP7XIU6m6mPL_8ML-6WgdQ7CEhMPAVu5?startTime=1648506648000

PRE-RECORDED Yoga Session – February 10th, 2022

Facilitated by Katie Boge, CYT

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

PRE-RECORDED Yoga Session – January 31st, 2022

Facilitated by Kaitlynn Kiela, CYT

https://us02web.zoom.us/rec/share/1B2LTPXMdN_wAwA11kQ1Kv6tgi2sNhGqZQXSx51_Wk_nwLxOIJBi3rtDutTFa0UX.GJgVehGszNQxL9a6?startTime=1643670118000

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, CYT

https://youtu.be/T_JifFzJds

Grasp Sparrow's Tail – by Michael Finney, CYT

https://youtu.be/wn9uz_oPXU8

Qigong Instructional Video: "Five Treasures"

National Qigong Association Website Video

www.nqa.org/five-treasures

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

See attached calendar and flyers for details, visit

www.scccf.org or call 920.457.2223.

Thursday, January 19th – 10A & 11A

ST&BF Indoor Row Group

1-hour reserved time slots.

Contact Tim about Indoor Row Group Details!

Saturday, January 21st – 9A

LIVESTRONG at the YMCA Boot Camp

Call 920.451.8000 ex 130 for LIVESTRONG details!

Sheboygan YMCA, 812 Broughton Dr, Sheboygan

Monday, January 23rd – 2P, 3P, 4P, 5P

ST&BF Indoor Row Group

1-hour reserved time slots.

Contact Tim about Indoor Row Group Details!

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Monday, January 23rd – 445P

ST&BF Qigong Practice **IN-PERSON & Virtual**

Follow Along Video, 40-minute practice.

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, January 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=TjF1d1BwNVpKaXVNWjZvTjNqQ2RmUT09>

Tuesday, January 24th - 2P, 3P, 4P, 5P

ST&BF Indoor Row Group & Virtual Coaching Session with Certified Row Coach Colin at 4P!

Casual Rowing Opportunities at 2P, 3P, 5P!

Contact Tim about Indoor Row Group Details!

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Thursday, January 26th - 10A & 11A

ST&BF Indoor Row Group

1-hour reserved time slots.

Contact Tim about Indoor Row Group Details!

Saturday, January 28th – 9A

LIVESTRONG at the YMCA Boot Camp

Call 920.451.8000 ex 130 for LIVESTRONG details!

Sheboygan YMCA, 812 Broughton Dr, Sheboygan

Tuesday, January 31st – 10A & 11A

ST&BF Indoor Row Group

1-hour reserved time slots.

Contact Tim about Indoor Row Group Details!

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!

January, 2023

Events and Activities of the Local Cancer Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9A-IRG	2	3 10A-IRG	5 PPU-CF&G: Jan. 5, 11, 18, or 25!	5 2P-IRG 445P-QiIP/V	6	7 9A-LSBC
8	9 2P-IRG 445P-QiIP/V 530P-YogaIP/V	10 2P-IRG(CC@4)	11 PPU-CF&G: Jan. 5, 11, 18, or 25!	12 10A-IRG	13	14 9A-LSBC
15	16 2P-IRG 445P-QiIP/V 530P-YogaIP/V	17 2P-IRG 5P-TLCSIP/V 6P-TLCST&BF	18 PPU-CF&G: Jan. 5, 11, 18, or 25!	19 10A-IRG	20	21 9A-LSBC
22	23 2P-IRG 445P-QiIP/V 530P-YogaIP/V	24 2P-IRG(CC@4)	25 PPU-CF&G: Jan. 5, 11, 18, or 25!	26 10A-IRG	27	28 9A-LSBC
29	30	31 10A-IRG				



ST&BF POP UP-opportunity details will be communicated via e-mail to those on the "POP UP" e-mail list (contact Tim for details) and those who RSVP in advance for individual activities!

- KEY:**
- IRG = Indoor Row Group** (Contact Tim for details on how to sign up/reserve a time slot)
 - IRG(CC@4) = Indoor Row Group Includes: Virtual Session w/Certified Row Coach Colin at 4P**
 - LSBC = LIVESTRONG Boot Camp** (at Sheboygan YMCA – call 920.458.1000 ext 130 for details)
 - PPU-CF&G (TBD) = Potential Pop Up at Christopher Farm & Gardens** (tentatively scheduled for a Wednesday in January – info to be communicated via the POP UP e-mail list – contact Tim for details).
 - QiIP/V (In-Person & Virtual) = Qigong Practice for Cancer Survivors**
 - TLCSBF = TLC Survivorship Can Be Fun Game Gathering (TBD)**
 - TLCSIP/V = TLC Survivorship Session** (Peer-to-peer supportive opportunity)
 - TLCST&BF = TLC ST&BF Survivor Athlete Recognition Night** (Immediately following TLC Survivorship Session)
 - YogaIP/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>

RSVP is recommended for all activities to be informed of any last-minute changes! Contact Tim at 920..457.2223 or trenzelmann@physhealthnet.com.

Sign up for BOTH the Local Cancer Community Update e-mail list and the ST&BF POP UP (POP UP-opportunities) e-mail list! Call 920.457.2223 for details!

“Survive, Thrive & Be Fit!”



Introductory
Qigong

Gentle
Yoga



for Cancer Survivors!

Mondays, January 9th, 16th, & 23rd!

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, continuous movements. 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. Additional sessions may be added.

	Qigong	Gentle Yoga
Mondays	445P to 525P	530P to 630P
January 9 th	Follow Along Video	Gentle Yoga
January 16 th	Follow Along Video	Gentle Yoga
January 23 rd	Follow Along Video	N/A
	Contact Tim to learn about the 6-week Challenge!	Facilitated by Stacy Harriott, CYT

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 920.457.2223 or trenzelmann@physhealthnet.com



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!

Indoor Row Group!

JOIN THE 2022/23 INDOOR ROW GROUP!

- The Indoor Row Group (IRG) welcomes Survivor-Athlete/Rowers of all abilities! Season runs from November 1st through April 30th!
- IRG meets regularly at MOA/SCBS with additional indoor rowing options at the Sheboygan & Sheboygan Falls YMCAs.
- The IRG season offers a variety of individual and team challenges.
- NEW Members are welcome to join us at any time throughout the season!

Contact Tim for details or to schedule an Indoor Row Group Info/Demo Session!



Above: Survivor-Athletes after completing the 7th Annual Lake Michigan Crossing!

The 8th Annual Lake Michigan Crossing will take place on Saturday, March 11th, 2023!

Join us... as "Many hands make for light work"



Benefits of Indoor Rowing:

- Rowing is easy to learn and can be enjoyed by all ages and abilities!
- Rowing is a low impact activity offering smooth, rhythmic and impact free motion for comfortable and injury free exercise!
- Rowing exercises all major muscle groups through a wider range of motion than most other exercises thereby promoting strength, fitness, flexibility and mobility!
- Rowing with others provides a supportive, social and enjoyable environment!
- Rowing is a time-efficient exercise that allows for a great workout in little time!

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



Making Sheboygan County
The Healthiest Place
To Survive Cancer!

“Survive, Thrive & Be Fit!”



Introductory
Qigong

Gentle
Yoga



for Cancer Survivors!

February’s Featured ST&BF Activity: **GENTLE YOGA!**

	Qigong	Gentle Yoga
Day/Date	445P to 515P	530P to 630P
Wednesday February 1st	Follow Along Video	Kaitlynn Kiela, CYT Celebrate Yoga & Togetherness!
Tuesday February 7th	Follow Along Video	Carrie Green, CYT: 23 Combined Years of LIVESTRONG & ST&BF
Wednesday February 15th	Follow Along Video	Katie Boge, CYT: A Special 13-Year Reunion!
Tuesday February 21st	Follow Along Video	Stacy Harriot, CYT: Growing Our Practice with Kundalini Yoga!

IN PERSON: *RSVP Required. Space is Limited!*

VIRTUAL: *Use Meeting ID: 833 9821 3314, PASSCODE: 892356*

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

MORE INFO: 920.457.2223 or trenzelmann@physhealthnet.com



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

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

visit www.scccf.org or call 920.457.2223



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

Matthews Oncology Associates
Sheboygan Cancer & Blood Specialists

Sheboygan Physicians Group

TLC offers opportunities to connect with other area cancer patients/survivors and co-survivors in a casual and supportive setting!

Monday, February 13th!

4:30P to 5:00P – Casual Meet & Greet

Survivorship Session

5:00P to 6:00P

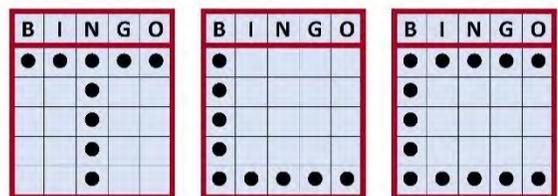
Discussion: The Experience of Being Alive!

Joseph Campbell once stated, “I don’t think people are searching for the meaning of life as much as they are searching for the experience of being alive.” Bring your thoughts and comments (or a token, photo, or symbol) of “the experience of being alive.”

Survivorship Can Be Fun Game Gathering: BINGO!

6:00P to ???

Please join us as for TLC BINGO...



And a chance to win a prize!

Join In-Person or Virtually Via Zoom!

Space for “In-Person” Participation is limited!

Advance RSVP for “In-Person” Participation is RECOMMENDED!

Meeting ID: 833 9821 3314, PASSCODE: 892356

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

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

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



LIVESTRONG®

AT THE YMCA

The Sheboygan County Cancer Care Fund,
The Sheboygan County YMCA,
And Area Cancer Patients & Survivors Are

Making Sheboygan County the Healthiest Place to Survive Cancer!

Active Survivors of Sheboygan (A.S.S.) Activity Log!

Earn a Spot on the A.S.S. Team (Olympian, Varsity, Junior Varsity, Team Member) based on how many days per month you exercise for 30-minutes or more!

Eligible Participants: **To be true to the “Active SURVIVORS of Sheboygan” name, this challenge is open to area cancer patients/survivors ONLY!**

- 1) You choose the activity, the duration, and the intensity of your daily activity.
- 2) Record your activity on the A.S.S. log and verify that you have completed at least thirty minutes of exercise/activity (and if you attended a scheduled in-person LIVESTRONG or Survive, Thrive & Be Fit activity that day).
- 3) **20+ “Yes” checks/month = 5 pts. 16 to 19 = 3 pts. 12 to 15 = 2 pts. 8 to 12 = 1pt.**
- 4) 3-month average: Gold/Olympian = 4.00+, Silver/Varsity = 3.00-3.99, Bronze/Junior Varsity = 2.00-2.99, Team Member = 1.00-1.99

Cumulative Walk/Run, Row, and/or Bike Log!

Walk/Run 26.2 miles, Row 100 kilometers,,and/or Bike 100 miles cumulatively (in as many or as few days as you want). Complete one, two, or all three events each season.

Eligible Participants: Area cancer patients/survivors, co-survivors (must be the guest of a participating survivor), and local oncology medical professionals.

- 1) Accumulate 26.2 miles/42.2 kilometers walk/run, 100-kilometers/62-miles rowing, and/or 100-miles/161 kilometers biking during each season (Winter, Spring, Summer, and Fall).
- 2) Record and total your daily distances on the attached log. You only need to record until you reach the event distance(s) for each event and/or season.
- 3) **You may “finish” one, two, or all three events** (run/walk, row, bike). Remember to carry monthly totals over during seasonal events if necessary (winter, spring, summer, fall).

*Submit current logs monthly (preferred) or by 4/15, 7/15, 10/15, and 1/15
to be included in updates and incentives.*

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

E-mail: Send scanned/photographed copies to trenzelmann@physhealthnet.com

Contact: SCCCf ST&BF – Tim E. Renzelmann, trenzelmann@physhealthnet.com, 920.457.2223
YMCA LIVESTRONG – Carrie or Denice, 920.451.8004, ext 130

Name:			Phone:		<h1>JANUARY, 2023</h1>						
<input type="checkbox"/> Survivor <input type="checkbox"/> Co-Survivor <input type="checkbox"/> Medical Caregiver											
Active Survivors of Sheboygan				I exercised 30-minutes or more today?	I attended a LIVESTRONG or ST&BF Activity?	Cumulative Run/Walk, Row, Bike:					
Date	Day	Activity/Comments				Run/Walk: <input type="checkbox"/> 26.2 miles <input type="checkbox"/> 42.2 kilometers	Row: <input type="checkbox"/> 62.1 miles <input type="checkbox"/> 100 kilometers	Bike: <input type="checkbox"/> 100 miles <input type="checkbox"/> 161 kilometers			
<i>Winter Cumulative Carryover from Previous Month:</i>											
1	Su		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
2	Mo		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
3	Tu		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
4	We		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
5	Th		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
6	Fr		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
7	Sa		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
8	Su		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
9	Mo		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
10	Tu		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
11	We		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
12	Th		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
13	Fr		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
14	Sa		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
15	Su		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
16	Mo		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
17	Tu		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
18	We		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
19	Th		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
20	Fr		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
21	Sa		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
22	Su		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
23	Mo		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
24	Tu		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
25	We		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
26	Th		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
27	Fr		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
28	Sa		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
29	Su		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
30	Mo		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
31	Tu		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
TOTAL											

Active Survivors of Sheboygan: Track the days of the month that you exercise 30-minutes or more: 20+ "Yes" checks/month = 5 pts. 16 to 19 = 3 pts. 12 to 15 = 2 pts. 8 to 12 = 1pt.

Cumulative Run/Walk, Row, Ride: Accumulate specified distances each season to "finish"! GRAY column = daily distance, BLUE column = cumulative distance.

Submit logs monthly or no later than April 15, July 15, October 15 and January 15! Scan/photograph and e-mail to trenzelmann@physhealthnet.com or drop off/mail to SCCC ST&BF, 1621 N. Taylor Ste 100, Sheboygan, WI 53081.

Details at www.scccf.org or call Tim at 920.457.2223.

Name:			Phone:		<h1>FEBRUARY, 2023</h1>						
<input type="checkbox"/> Survivor <input type="checkbox"/> Co-Survivor <input type="checkbox"/> Medical Caregiver											
Active Survivors of Sheboygan				I exercised 30-minutes or more today?	I attended a LIVESTRONG or ST&BF Activity?	Cumulative Run/Walk, Row, Bike:					
Date	Day	Activity/Comments				Run/Walk: <input type="checkbox"/> 26.2 miles <input type="checkbox"/> 42.2 kilometers	Row: <input type="checkbox"/> 62.1 miles <input type="checkbox"/> 100 kilometers	Bike: <input type="checkbox"/> 100 miles <input type="checkbox"/> 161 kilometers			
<i>Winter Cumulative Carryover from Previous Month:</i>											
1	We		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
2	Th		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
3	Fr		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
4	Sa		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
5	Su		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
6	Mo		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
7	Tu		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
8	We		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
9	Th		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
10	Fr		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
11	Sa		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
12	Su		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
13	Mo		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
14	Tu		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
15	We		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
16	Th		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
17	Fr		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
18	Sa		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
19	Su		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
20	Mo		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
21	Tu		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
22	We		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
23	Th		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
24	Fr		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
25	Sa		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
26	Su		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
27	Mo		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
28	Tu		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
TOTAL											

Active Survivors of Sheboygan: Track the days of the month that you exercise 30-minutes or more: 20+ "Yes" checks/month = 5 pts. 16 to 19 = 3 pts. 12 to 15 = 2 pts. 8 to 12 = 1pt.

Cumulative Run/Walk, Row, Ride: Accumulate specified distances each season to "finish"! GRAY column = daily distance, BLUE column = cumulative distance.

Submit logs monthly or no later than April 15, July 15, October 15 and January 15! Scan/photograph and e-mail to trenzelmann@physhealthnet.com or drop off/mail to SCCC ST&BF, 1621 N. Taylor Ste 100, Sheboygan, WI 53081. Details at www.scccf.org or call Tim at 920.457.2223.

Name:			Phone:		<h1>MARCH, 2023</h1>						
<input type="checkbox"/> Survivor <input type="checkbox"/> Co-Survivor <input type="checkbox"/> Medical Caregiver											
Active Survivors of Sheboygan				I exercised 30-minutes or more today?	I attended a LIVESTRONG or ST&BF Activity?	Cumulative Run/Walk, Row, Bike:					
Date	Day	Activity/Comments				Run/Walk: <input type="checkbox"/> 26.2 miles <input type="checkbox"/> 42.2 kilometers	Row: <input type="checkbox"/> 62.1 miles <input type="checkbox"/> 100 kilometers	Bike: <input type="checkbox"/> 100 miles <input type="checkbox"/> 161 kilometers			
<i>Winter Cumulative Carryover from Previous Month:</i>											
1	We		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
2	Th		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
3	Fr		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
4	Sa		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
5	Su		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
6	Mo		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
7	Tu		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
8	We		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
9	Th		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
10	Fr		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
11	Sa		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
12	Su		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
13	Mo		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
14	Tu		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
15	We		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
16	Th		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
17	Fr		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
18	Sa		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
19	Su		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
Winter Cumulative END / Spring Cumulative START!											
20	Mo		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
21	Tu		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
22	We		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
23	Th		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
24	Fr		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
25	Sa		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
26	Su		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
27	Mo		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
28	Tu		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
29	We		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
30	Th		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
31	Fr		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
TOTAL											

Active Survivors of Sheboygan: Track the days of the month that you exercise 30-minutes or more: 20+ "Yes" checks/month = 5 pts. 16 to 19 = 3 pts. 12 to 15 = 2 pts. 8 to 12 = 1pt.

Cumulative Run/Walk, Row, Ride: Accumulate specified distances each season to "finish"! GRAY column = daily distance, BLUE column = cumulative distance.

Submit logs monthly or no later than April 15, July 15, October 15 and January 15! Scan/photograph and e-mail to trenzelmann@physhealthnet.com or drop off/mail to SCCC ST&BF, 1621 N. Taylor Ste 100, Sheboygan, WI 53081. Details at www.sccc.org or call Tim at 920.457.2223.