

# The Local Cancer Community Update

May 23<sup>rd</sup>, 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!



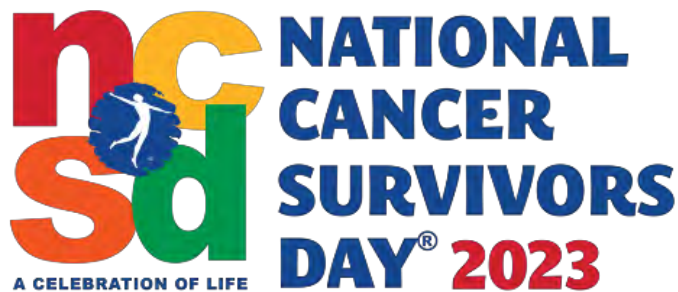
Together we Live with Cancer!

Matthews Oncology Associates  
Sheboygan Cancer & Blood Specialists

Sheboygan Physicians Group



**REGISTER NOW: National Cancer Survivors Day at the Christopher Farm & Gardens – Sunday, June 4<sup>th</sup>!**



**Sunday, June 4<sup>th</sup> from Noon to 5P!**

Area cancer patients and survivors are invited to attend a National Cancer Survivors Day Celebration of Life on Sunday, June 5<sup>th</sup> at the **Christopher Farm & Gardens!**



With nearly seventeen million people living with and beyond cancer in the U.S. today – and more than forty-three million cancer survivors worldwide – everyone knows someone whose life has been touched by cancer.

National Cancer Survivors Day is an annual Celebration of Life that is held on or around the first Sunday of June to recognize and honor cancer survivors, raise awareness of the ongoing challenges cancer survivors face, and celebrate life. According to the National Cancer Survivors Day Foundation, “A ‘survivor’ is

anyone living with a history of cancer – from the moment of diagnosis through the remainder of life.”

A variety of activities will be scheduled throughout the day including a chance to “Wander the Wonderful Gardens” of this unique location between Noon and 5P!

**12:00P to 5:00P – Wander the Wonderful Gardens!**

*Grab a map and explore this unique and beautiful location!*

**12:30 – Guided Tour w/CF&G Staff!**

*A chance to learn a bit about this expansive place.*

**2:00P – Carnival Games at the Conservatory!**

*Put on your clown nose, enjoy some fun carnival games, win raffle tickets for prizes, visit the photo booth, grab some carnival snacks! Let’s be silly and celebrate survivorship!*

**3:30P – Sharing Time & Story Time!**

*Storytellers: Survivors, Co-survivors, CF&G Staff!*

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

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

RSVP Is Required! Call 920.457.2223 or e-mail

[trenzelmann@physhealthnet.com](mailto:trenzelmann@physhealthnet.com)

Additional details will be provided to those who RSVP!

**Honor the Survivor(s) in Your Life:  
Be a “CARNY” at the June 4<sup>th</sup>  
National Cancer Survivors Day Event!**

Honor the survivor in your life by volunteering to be a “carny” and run one of the carnival games or handing out some snacks/beverages during this year’s NCSD “Celebration of Life” at Christopher Farm & Gardens! If interested in volunteering, please contact Tim at [trenzelmann@physhealthnet.com](mailto:trenzelmann@physhealthnet.com) or 920.457.2223!

Thank you in advance!!!

**REGISTRATION OPEN: Bob Rammer Jr. Golf Classic - Saturday, June 3<sup>rd</sup>!**



The Bob Rammer Jr. Golf Classic is an annual scramble tournament to honor the late Bob Rammer Jr. Since 1988, the benefit raises money for people going through cancer treatment. All proceeds go to local charities based in Sheboygan.

This year's event takes place on Saturday, June 3<sup>rd</sup> at Riverdale Golf Course!

This is a Team Scramble Event. Cost is \$70 per person and includes 18 holes of golf, meal ticket, donation to SCCC and We Believe. Reservations are necessary and can be made by calling 920.946.9315 by May 30<sup>th</sup>!

A long-time supporter of SCCC, the Bob Rammer, Jr. Golf Classic began supporting SCCC in 2007 and has donated almost \$42,000 over the years!

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

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

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



*A threesome of survivors (Tim Renzelmann, Lenny Bogenschutz, and Tom Friedrichs) participated in last year's event. We have added a fourth and hope to beat last year's score – 76! Wish us luck!*

**ST&BF Indoor Row Group (IRG) Completes Eighth Season!**

Survive, Thrive & Be Fit has offered a wide variety of physical activities and opportunities for cancer patients and survivors that has changed throughout the years. Currently, the most popular activities include: Survive, Thrive & Be Fit at the Christopher Farm & Gardens, Gentle Yoga for Cancer Survivors, Steps to Survivorship, and the Indoor Row Group.

The ST&BF Indoor Row Group got its start in the Fall of 2015 through a simple challenge – to gather interested cancer patients/survivors to train for and complete a relay-style crossing of Lake Michigan. No... We don't actually row a boat on the waters of Lake Michigan in March (or any other time for that matter), but we row a distance equal to crossing Lake Michigan using rowing ergometers in the Lakeview Center of the Sheboygan YMCA! Even though we have more rowing ergs available to us in the MOA/SCBS 2<sup>nd</sup> Floor Conference Room, we appreciate the Sheboygan YMCA welcoming us each year to allow us to accomplish this challenge in a public setting! It has remained our "signature event"!



**A Bit of Trivia:** This year's Lake Michigan Crossing included four survivor-athlete/rowers who participated in our first crossing (2016) as well as three who completed the crossing for their very first time. The fourteen survivor-athlete/rowers in this year's Crossing had a combined total of 63 crossings – avg. 4.5 crossing per participant! That tells me that those who participate find both the event AND the training involved to be enjoyable and worthwhile!!! We'd LOVE to have you join us next year! Those of us who have been doing this for a while are getting older... and gaining a greater appreciation for the saying that "Many Hands Make for Light Work!"

This year we completed our eighth Lake Michigan Crossing about an hour and fifteen minutes faster than our first crossing in 2016.



## Lake Michigan Crossing HISTORY

2016 – 10:03:49 (8<sup>th</sup>)

2017 – 9:30:02.6 (7<sup>th</sup>)

2018 – 9:17:05.6 (6<sup>th</sup>)

2019 – 8:48:52.7 (4<sup>th</sup>)

2020 – 8:34:21.2 (1<sup>st</sup>) **BEST TIME!**

2021 – 8:59:20.4 (5<sup>th</sup>)

2022 – 8:40:02.1 (2<sup>nd</sup>)

2023 – 8:48:43.1 (3<sup>rd</sup>)

Although our time was about fifteen minutes behind our all-time best finish, we were pleased with our finishing time considering some of the disruptions and setbacks several of our team members experienced throughout the season (sometimes life just gets in the way).

Another highlight of the season was the 2023 Concept2 Virtual Team Challenge. Presented by Concept2, this monthlong challenge is based on the total meters rowed by participating teams in January. The Indoor Row Group accumulated 2,443,210 meters (which is the most meters our team has ever rowed during any similar monthlong challenge) and placed 121<sup>st</sup> out of 761 teams from around the world while placing 1st in the “Medical Facility” division! Participating IRG members included: Linda Ansay, Cindy Becker, Mike Brachmann, Kathy Burch, Rachel Darling, Michelle Fink, Lisa Glander, Bob Hartig, Leah Heusterberg, Jennifer King, Maryellen Kloiber, Tim Renzelmann, John Seaman, Tom Strojinc, Cindy Walvoord, Rae-Ellen Weber, and Sue Zalewski.

But the greatest accomplishment of this (and every) IRG Season is the fun we experience along the way!

The Indoor Row Group is different from many of our other ST&BF activities in that it is much more of a “team sport” or activity. Team sports allow individuals to come together as they work towards a common goal. Like many other team sports, the focus of IRG is not on the individual performance but on the collaborative effort of the group and involves cooperation, socialization, accountability, commitment, and support... all while having fun together! Consider these comments from two of our IRG survivor-athletes:

*“It is fun rowing in a group to visit with old friends and make new acquaintances. The meters go by quickly rowing at the clinic as we discuss, laugh, and joke with each other in casual row sessions. But some row sessions can be competitive as in biathlons, team challenges, or striving for personal “best” times. The exertion level & distance is always a personal choice, and a good workout whatever you choose to do. We cheer each other on just for showing up to row at whatever level, and I love that. Thanks to SCCCf for*

*providing us this opportunity to improve our health.” – Maryellen Kloiber.*

*“I enjoyed rowing in-person this season. It was a lot more fun rowing with my fellow enthusiasts rather than seeing everyone through Zoom. There were always great conversations to pass the time. I especially liked participating in team rowing workouts and challenges. They gave me the incentive to push myself to go a little faster!” – Sue Zalewski.*

## **ST&BF Indoor Row Group Survivor-Athletes Qualify for Concept2 Million-Meter Club!**

Congratulations to the twelve IRG members who have earned a spot in the Concept2 Million Meter Club by rowing a million meters (and are recognized with each subsequent million meters)! See attached!

## **A Tale of Two Cindys: Cindy Becker & Cindy Walvoord – Members of the 2022/23 Indoor Row Group!**

While highlighting our ST&BF Indoor Row Group after another successful season which ended on April 30<sup>th</sup>, I wanted to share some comments from two of our IRG Team Members: Cindy Becker and Cindy Walvoord. Both Cindys share a breast cancer diagnosis as well as a strong commitment to physical exercise and activity. Cindy Becker is a familiar face at many of our ST&BF activities while Cindy Walvoord chooses to participate primarily from the comfort of her own home (although her recent retirement may allow for more in-person participation). Their contrasting stories, goals, experiences, and histories illustrate that Survive, Thrive & Be Fit offers opportunities and benefits to a wide variety of area cancer patients and survivors. All you need is the desire to stay physically active and have some fun doing it!

### **Cindy Becker: Breast Cancer, Diagnosed in 2008**



I had abnormal mammograms in the past. In 2008, when they first started using 3-D digital mammography, I was diagnosed with triple negative breast cancer. My Dad had just been diagnosed

with Acute Myeloid Leukemia so it was an especially stressful time because I was advocating for myself and

my Dad. I underwent four rounds of chemotherapy. Here I am, almost fifteen years later, and I am just thrilled to still be here!

### **Cindy Walvoord: Breast Cancer, 2018**



I went in for my regular mammogram that revealed some irregularities and was diagnosed with breast cancer on March 8, 2018. I'll always remember the date because it was two days before my granddaughter's

third birthday. I admit, I freaked out because my mom had died from cancer at age 63!

The cancer was caught early and there was no nodal involvement which meant no chemotherapy. By the end of May I had completed surgery, radiation, and physical therapy.

I just reached my five-year mark! That's a good thing! But I may begin to worry more when I get closer to my mom's age.

### **Both Cindys Have Been Physically Active Most of Their Lives!**

**Cindy B:** I've been very active my whole life: walking, biking, and I played a lot of racquetball when I was younger. I love yoga and do it almost every day and I've really enjoyed our Qigong sessions which really helps me relax. I know I'm not as active as I was when I was younger and my balance isn't what it used to be. Yoga and Qigong both help with my balance, but I know I'm getting older. I really think stretching is important. Every morning when I wake up, I do my stretches in bed even before my feet hit the floor. I have to be careful with my back as just one misstep out of bed, or bending over to put on a sock before stretching out can cause an injury. So those few extra minutes are well worth it! I just do the best that I can.

**Cindy W:** I've always been active. After college I got involved at the Y and participated in women's volleyball leagues, softball leagues, and many fitness classes. I've been active at the fitness center in Oostburg since it opened (2009). I typically enjoy a variety of activities, ellipticals, weights, and walking. It's to the point where exercise is like a drug for me and I am addicted. I feel sick if I can't do it.

I had a skin cancer removed from my forehead and the doctor recommended that I do NOTHING for a few days – no walking, no nothing – until the stitches were out because he wanted to keep the blood flow to that area down. That was the worst torture.

### **Cindy B Prefers Working Out with Others:**

I prefer working out with others. It's more social. I have a variety of fitness equipment in the basement and I've invited others to join me. It's not that I am very competitive, I just enjoy being with people. It keeps me accountable and motivated, it's more social, and the time just seems to fly by when you're with others. But I also like doing some things, like walking, alone sometime. When I go by myself, I can walk as fast or as slow as I want and it also allows me time to be with my own thoughts because I think we all need that alone time.

### **Cindy W Works Out on Her Own:**

I'm fine working out by myself. I enjoy the solitude. Last winter, when they were redoing the fitness center, I would just put on all of my layers and be out walking at 3 in the morning. It's quiet, the birds are quiet until the sun comes up and then they start singing and it's really cool being out there with my thoughts. Maybe now that I am retired and should have a little more time I may get involved in some group activities... but I don't see the time that I work out on my own decreasing.

### **Cindy B Was Active with ST&BF, Then LIVESTRONG:**

I attended the very first ST&BF Gentle Yoga for Cancer Survivors session in 2010, and I've been active ever since. I enjoy the variety of things we do, especially Yoga and Qigong but also Pickleball and our visits to the Christopher Farm & Gardens. I also attended the LIVESTRONG at the Y program along with my husband Bruce. We really enjoyed it and it introduced Bruce to Pickleball, which has become his passion!

Cindy is a long-time ST&BF participant that includes:

- First ST&BF/Yoga Session Participant
- A.S.S. (Active Survivors of Sheboygan) 10-year Veteran (every season)
- ST&BF Indoor Row Group 8-year Lake Michigan Crossing Veteran (every crossing)

### **Cindy W Was Active with LIVESTRONG, Then ST&BF:**

I went through the LIVESTRONG at the Y program in September of 2018. That was great! I was working at the time so I was only able to attend one day a week and, shortly after that, I got on the e-mail list. I read the newsletters, but I didn't really get involved right away. In early 2021, I noticed the A.S.S. (Active Survivors of

Sheboygan) Log Sheets and started filling them out and sending them in.

**Cindy B: On Keeping an Exercise Log**

Prior to becoming an A.S.S. (Active Survivor of Sheboygan), I never really logged or tracked my exercise. But I've found it has motivated me and it challenges me to reach my goals and even go beyond my goals. Even though I don't consider myself to be very competitive... I do like the challenge of earning my A.S.S. points!

**Cindy W: On Keeping an Exercise Log**

I've always kind of kept track of my activities on a calendar, although I never really compared year-to-year. I'm a competitive person and keeping track of my activities is a way for me to compete with myself. When you started the "Cumulative" Marathon Walk/Run, I figured I could do 26.2 miles in a couple of weeks. When I reached that distance, I kept going and kept logging my walks. I was a little surprised when I looked at my three-month total. I know I'm getting older... and slower... and I have my share of injuries and problems... but I figure I'm still doing pretty good!

Name: <u>Cindy Walvoord</u> Phone: <u>920-4453</u>		MARCH, 2023		Cumulative Total/Week, Row, Walk	
Active Survivors of Sheboygan		Exercised 30+ minutes	Exercised 60+ minutes	Rowing	Walking
Date	Activity/Comments	YES	NO	Rowing	Walking
1	Wk Walk / Row	YES	NO	4.0	134.9
2	Th Walk / Row	YES	NO	4.0	134.9
3	Fr Walk / Row	YES	NO	4.0	134.9
4	Sa Walk / Row	YES	NO	4.0	134.9
5	Su Walk / Row	YES	NO	4.0	134.9
6	Mo Walk / Row	YES	NO	4.0	134.9
7	Tu Walk / Row	YES	NO	4.0	134.9
8	We Walk / Row	YES	NO	4.0	134.9
9	Th Walk / Row	YES	NO	4.0	134.9
10	Fr Walk / Row	YES	NO	4.0	134.9
11	Sa Walk / Row	YES	NO	4.0	134.9
12	Su Walk / Row	YES	NO	4.0	134.9
13	Mo Walk / Row	YES	NO	4.0	134.9
14	Tu Walk / Row	YES	NO	4.0	134.9
15	We Walk / Row	YES	NO	4.0	134.9
16	Th Walk / Row	YES	NO	4.0	134.9
17	Fr Walk / Row	YES	NO	4.0	134.9
18	Sa Walk / Row	YES	NO	4.0	134.9
19	Su Walk / Row	YES	NO	4.0	134.9
Winter Cumulative ERD / Spring Cumulative START				3.0	5.26
20	Mo Walk / Row	YES	NO	3.0	5.26
21	Tu Walk / Row	YES	NO	3.0	5.26
22	We Walk / Row	YES	NO	3.0	5.26
23	Th Walk / Row	YES	NO	3.0	5.26
24	Fr Walk / Row	YES	NO	3.0	5.26
25	Sa Walk / Row	YES	NO	3.0	5.26
26	Su Walk / Row	YES	NO	3.0	5.26
27	Mo Walk / Row	YES	NO	3.0	5.26
28	Tu Walk / Row	YES	NO	3.0	5.26
29	We Walk / Row	YES	NO	3.0	5.26
30	Th Walk / Row	YES	NO	3.0	5.26
31	Fr Walk / Row	YES	NO	3.0	5.26
TOTAL		31		130	444

Here is a copy of one of Cindy W's March Log Sheet. Her consistency and variety are impressive! It may be difficult to read, but Cindy's 3-month (winter) walking distance total was 299 miles! Great job!

**Why Rowing Appeals to Cindy B:**

I love rowing. I feel like it is a great full-body workout and it even makes my back feel better. It's good for my heart, and I have some cardiac history in my family. It's also good for my lungs, and I think it alleviates some of my allergy symptoms including shortness of breath. Even though we're getting older we just need to stay as active as we can. Plus, it just makes me feel better, and who doesn't want to feel better! I often row four or five sets of 1500 meters with a break in between each set. I've been doing various Qigong movements during those breaks. The combination of the two allows me to

get the exercise I need and also allows my body to rest, recover, and relax. I love that.

I know there are some team members who have rowed many million meters, but my goal is to reach a Million Meters... that is a challenge for me! Of course, when I reach a million meters, I plan to continue. And I love the Row Across Lake Michigan!

**Why Rowing Appeals to Cindy W:**

A couple years ago I was having some knee pain and I think walking, either on the hard road surfaces or even my treadmill, may have been contributing to the problem. Because of that, the notion of using a no-impact rowing ergometer appealed to me and I had heard that you were loaning out the rowing ergs during the off-season. It's a great exercise, so I purchased my own erg. The convenience of having an erg right at home is wonderful. Some days I'll row for 10-minutes, other days I'll spend 30-, 40-minutes or more! I haven't rowed with the group yet, but now that I am retired, I may join the group more often next season.

**Why Physical Activity Is Important to Cindy B:**

I want to stay healthy and active so I can see my grandchildren grow up and get married! Maybe I'll even be a great grandparent someday! I think that is more important to me now because, after my diagnosis, I didn't think that was possible. It's looking more and more possible!

**Why Physical Activity Is Important to Cindy W:**

Now that I'm retired, I really don't have any specific goals with my exercise, but I suspect I'll do more. A few weeks ago, when it was so nice, I got my morning run in and then later in the day I thought, "It's so beautiful out, I'm going to go for another walk." So I was getting in eight or nine miles a day! Plus, I'd still go down and row in the afternoon. Maybe I did a little too much... but I think I'll find the right balance.

I think one of the reasons I have been so active is that I have always struggled with my weight... and I feel that if I stop moving I'm just going to gain weight. Granted, I'm still gaining some weight as I get older but I hope that I am slowing it a little... especially so I can have that bowl of ice cream!

People that I know who don't exercise will often tell me that they don't have the time. But we've all got the same amount of time. That's why I get up at 3 o'clock in the morning and work out! I make the time!

**Thank you to Cindy Becker and Cindy Walvoord for sharing your comments with us!**



Plan on joining the ST&BF Indoor Row Group for our 2023/24 season which will run from November 1<sup>st</sup> through April 30<sup>th</sup>! In the meantime, some current team members will continue to row year-round (some with the use of our Concept2 ergometers that team members can “adopt” over the off-season) while others will focus on other activities!

## “Flowers for the Fund” Spring Flower Sale: Thank You to All Who Participated!

**Flowers for the Fund!**  
2023 Spring Flower Sale!  
Pro-Paid Orders Due by Thursday, April 13<sup>th</sup>!

**YOUR CHOICE:**

- Pick Up Your Pre-Paid Order on Tuesday, May 16<sup>th</sup>!  
MOA/SCBS Parking Lot,  
1621 N. Taylor Drive, Sheboygan  
Between 11:00 and 5:00!
- Purchase a Voucher to be redeemed at Caan's  
between April 21<sup>st</sup> and May 31<sup>st</sup>!

Beautiful Hanging Flower Baskets and Planters from Caan Floral & Greenhouses in a variety of types, colors and sizes are available to order with proceeds benefiting SCCCF. All orders must be pre-paid!  
For Details on How to Place Your Order, Contact Tim at 920.457.2231!

10" Hanging Baskets - \$20.00
2" Watering Can (mixed) Planters - \$25.00
10" Combo (mixed) Planters - \$25.00
12" Combo (mixed) Baskets - \$40.00
Caan's Gift Certificates - \$25.00

Thank you to all who participated in the 14<sup>th</sup> Annual Flowers for the Fund Spring Flower Sale benefiting the Sheboygan County Cancer Care Fund!

Once again, this year's top seller was LeRoy Hoppke and the next top seller was Jennifer King!

Thanks also to Kate Ratajczak who organized a flower sale with Margo's boutique store in Oostburg (<https://www.facebook.com/shopatmargos/>).

## A Mother's Story - Kate Ratajczak: “Was I Going to Die? Was My Baby?”

I was thrilled to reconnect with Kate Ratajczak! Kate was diagnosed with breast cancer in October of 2016, when she was 13 weeks pregnant. Imagine that!

Kate was referred to the Sheboygan County Cancer Care Fund by a co-worker at the time – Leah Heusterberg, a long-time participant in SCCCF's Survive, Thrive & Be Fit program and a good friend of SCCCF!

Kate shared her story at the 2020 Hunting for a Cure fundraising event that benefitted SCCCF.:



Kate (far right) in 2020 with her husband Jake, Maeve (2 years old) daughter Nora (6 years old) and son Finn (11 years old).

*“A few months into my treatments, finances became an issue. I was unable to breast feed because of the mastectomy. I was able to provide donated breast milk to Maeve but needed to supplement with*

*formula as well. Formula was a cost we hadn't thought*

*of. The Sheboygan County Cancer Fund assisted us with diapers and formula while I was having chemotherapy and not working. What a blessing!”*

Read more here:

<https://scccf.org/post?s=saturday-january-18th-hunting-for-a-cure-fundraising-event-benefits-the-sheboygan-county-cancer-care-fund-2020-01-28>

Kate mentioned to me that she had recently connected with another woman, Alison, who had been diagnosed with cancer while she was pregnant. Alison indicated, “Right after I was diagnosed, my nurse navigator said to me, “I have a woman who went through this all and is your age – do you want to talk to her?” I didn't hesitate. I said yes right away. I met Kate right before treatment started. As soon we met, I knew we were going to be lifelong friends, bonded by super rare experiences.”

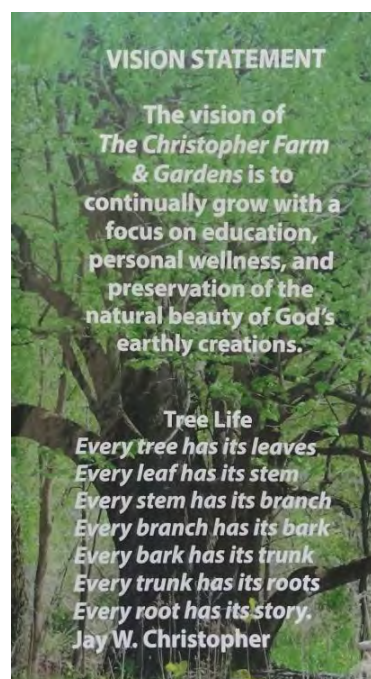
The two recently came together for the Susan G. Komen Foundation's Real Talk podcast in recognition of Mother's Day. To listen to this podcast featuring two incredible moms speaking about an experience of motherhood that, thankfully, few must endure, follow the below link:

<https://realpink.komen.org/fighting-while-expecting/>

To read: **Kate's Story: Was I Going to Die? Was My Baby?**

<https://www.komen.org/blog/kates-story-was-i-going-to-die-was-my-baby/>

## ST&BF at the Christopher Farm & Gardens: Project (Tweety) B.I.R.D. – Area Cancer Patients Experience Healing by Tending to Mother Earth!



There has been a growing interest in the benefits of nature to improve the quality of life of individuals dealing with stress, depression, and serious health conditions such as cancer. The positive impact of nature on health and well-being has been examined and supported by many studies over multiple disciplines.

Area cancer patients/survivors and co-survivors have

experienced this “positive impact of nature” from the many visits to the Christopher Farm & Gardens (we’ve visited 57 times since May 2017) and, in return, we have provided some healing to Mother Earth through a variety of projects facilitated by CF&G staff including Spring Restoration Projects, Daisy Days, Fall Seed Collecting, and our newest effort, Project (Tweety) B.I.R.D. Project (Tweety) B.I.R.D. (B.I.R.D. is an acronym for “Bluebird Investigation, Rejuvenation & Discovery) is another collaborative effort between the Sheboygan County Cancer Care Fund’s Survive Thrive & Be Fit Program and the Christopher Farm & Gardens.

The practical objective of Project (Tweety) B.I.R.D. is to help rejuvenate the bluebird population for the betterment of the environment, but this type of activity can have a profoundly positive impact on the well-being, not only for the birds but for humans as well!

Here is an update on Project (Tweety) B.I.R.D. from project leader and cancer survivor Tom Friedrich from our most recent workday (photos submitted by Mary Schueller):

*There has been a substantial decline across the United States in the bluebird population. Bluebirds are considered to be a rather delicate breed and are known to be picky about their nesting habits. So, to help rejuvenate the bluebird population, many people have taken it upon themselves to create “Bluebird Trails” which is what we are doing through this project.*

*Bluebirds are notoriously picky when choosing nesting cavities. A lot of research has gone into identifying the preferred nesting conditions of bluebirds. We will be using the guidelines recommended by the Bluebird Restoration Association of Wisconsin (BRAW) and the North American Bluebird Society (NABS) to build preferred nesting boxes and locate them in the appropriate habitat.*



*Photo Above: Tom Friedrichs explains the nesting habits of Bluebirds to a group of cancer patients/survivors and co-survivor volunteers.*

*A benefit of catering to bluebirds is there are other birds that will use the same boxes and prefer the same prairie or open space habitat and edges – Tree Swallows, Chickadees, and House Wrens.*

*Today, we are installing two bluebird nesting boxes and we are gathering the supplies to build more than a dozen more that will be installed throughout the CF&G property as the project progresses.*



*Photo Above: Tom Friedrichs (center-right) drives the first pole for a soon-to-be-installed bluebird house while Bruce Becker assists and Robyn (Director of Education and Visitor Experience at the CF&G), Cindy Becker, and Tim Renzelmann look on.*

*A big part of a Bluebird trail is monitoring, which has a big impact on success, and is quite fun. We will be developing a process that will include weekly monitoring by lead individuals. The monitoring will include opening the access panels and recording important information that will be submitted at the end of the year. There will be opportunities for anyone interested to observe this process with the lead person(s).*



*We came upon these four eggs in one of the nesting boxes. Tom observed that the lining of feathers around the nest suggests that these are tree swallow eggs. Bluebird nests consist of grasses, pine needles and thin bark strips. Nevertheless, this clutch (eggs laid during nesting attempt) will be monitored and reported.*

We ask, if you are visiting CF&G and not involved in the official monitoring of these nesting boxes, that you observe any activity at a distance with binoculars so as not disturb the birds and prevent them from becoming stressed.



If you are interested in getting involved in this or similar projects, be sure you are on the ST&BF "POP UP" e-mail list (contact Tim for details) and watch for details.

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

See attached calendar and flyers for details, visit [www.scccf.org](http://www.scccf.org) or call 920.457.2223.

**Saturday, May 27<sup>th</sup> – 9A**

**LIVESTRONG at the YMCA Boot Camp**

*Call 920.451.8000 ex 130 for LIVESTRONG details!*

Sheboygan YMCA, 812 Broughton Dr, Sheboygan

**Wednesday, May 31<sup>st</sup> – 3P**

**Pickleball Play!**

*Join us for some casual pickleball. Players of all levels (beginners to advanced) are welcome! Paddles and balls provided.*

*RSVP RECOMMENDED in case of severe weather!*

Vollrath Park, N. 3<sup>rd</sup> St & Park Ave., Sheboygan

**Wednesday, May 31<sup>st</sup> – Start Times: 4P, 530P**

**ST&BF Steps to Survivorship!**

*Walk, jog, or run with other cancer survivors and co-survivors. Qigong 15 minutes before start times.*

*RSVP RECOMMENDED in case of severe weather!*

Shoreline 400 Rail Trail/Kiwanis Park – Starts at trailhead at Jefferson Ave & Pennsylvania Ave.

**Saturday, June 3<sup>rd</sup> – Call for Tee Time!**

**FUNDRAISER: Bob Rammer Memorial Golf Classic!**

*34<sup>th</sup> Annual Best Ball Scramble benefits SCCCF!*

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

Riverdale Golf Course, 5008 S. 12<sup>th</sup> St., Sheboygan

**Saturday, June 3<sup>rd</sup> – 9A**

**LIVESTRONG at the YMCA Boot Camp**

*Call 920.451.8000 ex 130 for LIVESTRONG details!*

Sheboygan YMCA, 812 Broughton Dr, Sheboygan

**Sunday, June 4<sup>th</sup> – Noon to 4P**

**National Cancer Survivors Day Celebration at the Christopher Farm & Gardens!**

*Activities include: Wander the Wonderful Gardens, CF&G Tour, Stories from Survivors (& others), a Train Ride, and more!*

*RSVP REQUIRED for Participation!*

Christopher Farm & Gardens, W580 Garton Rd, Sheboygan

**Monday, June 5<sup>th</sup> – TBD**

**Survive, Thrive & Be Fit at the Christopher Farm & Gardens – POP UP-portunity!**

*Tentative: Project (Tweety) B.I.R.D.*

*Details will be sent via the ST&BF POP UP e-mail list!*

Parking location to be determined.

**Tuesday, June 6<sup>th</sup> – Start Times: 4P, 530P**

**ST&BF Steps to Survivorship w/Urban Poling Option!**

*Walk, jog, or run with other cancer survivors and co-survivors. Contact Tim to reserve a set of urban poles (trekking poles). Qigong 15 minutes before start times.*

*RSVP RECOMMENDED in case of severe weather!*

Shoreline 400 Rail Trail/Kiwanis Park – Starts at trailhead at Jefferson Ave & Pennsylvania Ave.

**Wednesday, June 7<sup>th</sup> – 445P**

**ST&BF Qigong Practice**

*Follow Along Video, 30-minute practice.*

*RSVP RECOMMENDED! Virtual option ONLY if it is moved indoors (MOA/SCBS).*

Taylor Park, N. Taylor Drive & Erie Ave., Sheboygan

Zoom Meeting ID: 833 9821 3314, Password: 892356

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

**Wednesday, June 7<sup>th</sup> – 530P**

**ST&BF Gentle Yoga IN-PERSON & Virtual**

*Facilitated by Kaitlynn Kiela, CYT.*

*RSVP RECOMMENDED! Virtual option ONLY if it is moved indoors (MOA/SCBS).*

Taylor Park, N. Taylor Drive & Erie Ave., Sheboygan

Zoom Meeting ID: 833 9821 3314, Password: 892356

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

**Saturday, June 10<sup>th</sup> – 9A**

**LIVESTRONG at the YMCA Boot Camp**

*Call 920.451.8000 ex 130 for LIVESTRONG details!*

Sheboygan YMCA, 812 Broughton Dr, Sheboygan

**Monday, June 12<sup>th</sup> – TBD**

**Survive, Thrive & Be Fit at the Christopher Farm & Gardens – POP UP-portunity!**

*Tentative: Project (Tweety) B.I.R.D.*

*Details will be sent via the ST&BF POP UP e-mail list!*

Parking location to be determined.

**Tuesday, June 13<sup>th</sup> – 445P**

**ST&BF Qigong Practice**

*Follow Along Video, 30-minute practice.*

*RSVP RECOMMENDED! Virtual option ONLY if it is moved indoors (MOA/SCBS).*

Taylor Park, N. Taylor Drive & Erie Ave., Sheboygan

Zoom Meeting ID: 833 9821 3314, Password: 892356

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



**Tuesday, June 13<sup>th</sup> – 530P**

**ST&BF Gentle Yoga IN-PERSON & Virtual**

*Facilitated by Kaitlynn Kiela, CYT.*

*RSVP RECOMMENDED! Virtual option ONLY if it is moved indoors (MOA/SCBS).*

Taylor Park, N. Taylor Drive & Erie Ave., Sheboygan

Zoom Meeting ID: 833 9821 3314, Password: 892356

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

**Wednesday, June 14<sup>th</sup> – 3P**

**Great Heights with Delightful Kites!**

*Contingent on weather/wind condition.*

Deland Park, Broughton Drive, Sheboygan

**Wednesday, June 14<sup>th</sup> – 3P**

**Pickleball Play!**

*Join us for some casual pickleball. Players of all levels (beginners to advanced) are welcome! Paddles and balls provided.*

*RSVP RECOMMENDED in case of severe weather!*

Deland Park, Broughton Drive, Sheboygan

**Saturday, June 17<sup>th</sup> – Watch for Details!**

**FUNDRAISER: Cars for Cancer!**

*Organized by the Wisconsin Camaro Club!*

<https://wisconsincomaro.com/2023-events/upcoming-events/>

Vogel Chevrolet, 710 Park Ave., Kiel

**Saturday, June 17<sup>th</sup> – 9A**

**LIVESTRONG at the YMCA Boot Camp**

*Call 920.451.8000 ex 130 for LIVESTRONG details!*

Sheboygan YMCA, 812 Broughton Dr, Sheboygan

**Monday, June 19<sup>th</sup> – TBD**

**Survive, Thrive & Be Fit at the Christopher Farm & Gardens – POP UP-opportunity!**

*Tentative: Project (Tweety) B.I.R.D.*

*Details will be sent via the ST&BF POP UP e-mail list!*

Parking location to be determined.

**Tuesday, June 20<sup>th</sup> – 5P**

**TLC Survivorship Session IN-PERSON & Virtual**

**TOPIC: “Survivorship Can (& SHOULD) Be Fun!”**

*Casual Peer-to-Peer Support Group for Cancer Patients/Survivors and Co-survivors! See attached for details!*

*RSVP APPRECIATED 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, June 20<sup>th</sup> – 6P**

**TLC Survivorship Can Be Fun Game Gathering: ColorKu (Team Play) and Other Games!**

*See attached for details!*

*RSVP APPRECIATED for In-Person Participation!*

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

**Tuesday, June 20<sup>th</sup>**

**ST&BF Spring “Cumulative” Events END!**

*Log Sheets Due by July 15<sup>th</sup>!*

See attached for details!

**Wednesday, June 21<sup>st</sup>**

**ST&BF Summer “Cumulative” Events START!**

*Good Luck!*

See attached for details!

**Wednesday, June 21<sup>st</sup> – Start Times: 4P, 530P**

**ST&BF Steps to Survivorship w/Urban Poling Option!**

*Walk, jog, or run with other cancer survivors and co-survivors. Contact Tim to reserve a set of urban poles (trekking poles). Qigong 15 minutes before start times.*

*RSVP RECOMMENDED in case of severe weather!*

Lakefront North – Starts across from YMCA (near the Lottie Cooper).

**Thursday, June 22<sup>nd</sup> – TBD**

**Survive, Thrive & Be Fit at the Christopher Farm & Gardens – POP UP-opportunity!**

*Tentative: Daisy Days.*

*Details will be sent via the ST&BF POP UP e-mail list!*

Parking location to be determined.

**Saturday, June 24<sup>th</sup> – 9A**

**LIVESTRONG at the YMCA Boot Camp**

*Call 920.451.8000 ex 130 for LIVESTRONG details!*

Sheboygan YMCA, 812 Broughton Dr, Sheboygan

**Wednesday, June 28<sup>th</sup> – TBD**

**Survive, Thrive & Be Fit at the Christopher Farm & Gardens – POP UP-opportunity!**

*Tentative: Daisy Days.*

*Details will be sent via the ST&BF POP UP e-mail list!*

Parking location to be determined.

**Thursday, June 29<sup>th</sup> – 4P (Driving Range), 5P (Mini Golf)**

**ST&BF Swinging Survivors (Driving Range) & Putt Putt (Mini Golf)!**

*Cost covered for cancer survivors with advance RSVP.*

Sunset Hills Golf Course & Driving Range, W3634 Sunset Hills, Sheboygan Falls

**Tim E. Renzelmann – 920.458.7433, 920.457.2223**

[trenzelmann@physhealthnet.com](mailto:trenzelmann@physhealthnet.com)

MOA/SCBS Cancer Coach

SCCCF Vice President

[www.sheboygancancer.com](http://www.sheboygancancer.com) ● [www.scccf.org](http://www.scccf.org)

# June, 2023

## Events and Activities of the Local Cancer Community



Together we Live with Cancer!

Matthews Oncology Associates  
Sheboygan Cancer & Blood Specialists

Sheboygan Physicians Group



Making Sheboygan County  
The Healthiest Place  
To Survive Cancer!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 FR: Rammer Golf Classic 9A-LSBC
4 NCS D at CF&G	5 ?-CF&G(PU)	6 4/530P-SUP(PU)	7 915A-Qi(PU) 10A-Yoga(PU)	8	9	10 9A-LSBC
11	12 ?-CF&G(PU)	13 445-Qi(PU) 530P-PYoga(PU)	14 3P-GHwDK(PU) 3P-PBP(PU)	15 ?-CF&G(PU)	16	17 FR: Cars for Cancer 9A-LSBC
18	19 ?-CF&G(PU)	20 TLCSSIP/V-5P TLCSCBF-6P CUMFSpringEnd	21 4/530P-SUP(PU) CUMSumStart	22 ?-CF&G(PU)	23	24 9A-LSBC
25	26	27	28 ?-CF&G(PU)	29 4P-DtS/PP(PU)	30	

**KEY:** **CF&G(PPU)** = ST&BF at the Christopher Farm & Gardens (**POP UP-portunities:** Project B.I.R.D. & Daisy Days)  
**CUMSpringEnd** = Cumulative Spring Walk/Run, Row, Ride **END!** See attached for details!  
**CUMSumEnd** = Cumulative Summer Walk/Run, Row, Ride **START!** See attached for details!  
**DtS/PP(PU)** = Drive to Survive (Driving Range) & Putt-Putt (mini golf) at Sunset Hills  
**GHwDK(PU)** = ST&BF Great Heights with Delightful Kites (Deland Park)  
**LSBC** = LIVESTRONG Boot Camp (at Sheboygan YMCA – call 920.458.1000 ext 130 for details)  
**NCS D at CF&G** National Cancer Survivors Day at Christopher Farm & Gardens (**Advance RSVP Required**)  
**PBP(PU)** = Pickleball Play (Deland Park, Broughton Dr., Sheboygan)  
**Qi(PU)** = ST&BF Qigong Practice for Cancer Survivors (6/7-Taylor Park)  
**SUP(PU)** = ST&BF Steps to Survivorship w/Urban Poling Option (6/6-Shoreline 400, 6/21-YMCA)  
**TLCSCBF** = TLC Survivorship Can Be Fun Game Gathering (TBD)  
**TLCSSIP/V** = TLC Survivorship Session (Peer-to-peer supportive opportunity)  
**Yoga** = ST&BF Gentle Yoga for Cancer Survivors (6/7 – Taylor Park, 6/13 – Deland Park)  
**FR-Cars for Cancer** = **FUNDRAISER** Cars for Cancer with the Wisconsin Camaro Club  
**FR-Rammer Golf Classic** = **FUNDRAISER** Scamble Outing at Riverdale CC benefitting SCCC

**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 STRONGLY RECOMMENDED for ALL ACTIVITIES as last-minute changes may occur!**

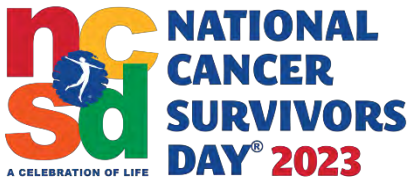


**PU (POP UP-portunities):** RSVP is STRONGLY RECOMMENDED!  
Changes (due to weather or other factors) and additional activities will be communicated via e-mail to registered participants and the "POP UP-portunities" e-mail list!

To RSVP or more info: Tim – 920.457.2223 or [trenzelmann@physhealthnet.com](mailto:trenzelmann@physhealthnet.com)



# Survive, Thrive & Be Fit!



## A CARNIVAL at the Christopher Farm & Gardens!

**Sunday, June 4<sup>th</sup> from Noon to 5PM!**

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



### **12:00P to 5:00P – Wander the Wonderful Gardens!**

Grab a map and explore this unique and beautiful location!

### **12:30P – Guided Tour w/CF&G Staff!**

A chance to learn a bit about this expansive place.

### **2:00P – Carnival Games at the Conservatory!**

Put on your clown nose, enjoy some fun carnival games, win raffle tickets for prizes, visit the photo booth, grab some carnival snacks! Let's be silly and Celebrate Survivorship!

### **3:30P – Sharing & Story Time!**

Stories from Survivors, Co-survivors, CF&G Staff!

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

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

**REGISTRATION REQUIRED! Deadline – Tuesday, May 30<sup>th</sup>!**

To Register, Call 920.457.2223 or e-mail [trenzelmann@physhealthnet.com](mailto:trenzelmann@physhealthnet.com)



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

[www.christopherfarmandgardens.org](http://www.christopherfarmandgardens.org)

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

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34th Anniversary

# BOB RAMMER JR.

## GOLF CLASSIC

BEST BALL SCRAMBLE

### SATURDAY, JUNE 3, 2023

located at

### RIVERDALE COUNTRY CLUB

SHEBOYGAN, WISCONSIN



Reserve your tee time *today!*

FOLLOW US FOR UPDATES

BOB RAMMER GOLF CLASSIC 

TEE TIMES BEGIN AT 8AM

\$70 PER PERSON

INCLUDES:

18 HOLES OF GOLF | MEAL TICKET | CHARITY DONATION

RESERVATIONS ARE NECESSARY *BEFORE MAY 30*

**CALL 920.946-9315 FOR RESERVATIONS**

ALL PROCEEDS FROM THIS EVENT  
WILL BE DONATED TO



SHEBOYGAN  
COUNTY  
CANCER  
CARE  
FUND  
A Division of Sheg





## ONE MILLION METER CLUB:

Linda Ansay (4 Lake Michigan Crossings)



Cindy Walvoord



Kathy Burch (5 Lake Michigan Crossings)



Rae-Ellen Weber (3 Lake Michigan Crossings)



Lisa Glander (6 Lake Michigan Crossings)



## TWO MILLION METER CLUB:

Maryellen Kloiber (4 Lake Michigan Crossings)



**Dennis Sundell (4 Lake Michigan Crossings)**



**Jennifer King (7 Lake Michigan Crossings)**



**Sue Zalewski (4 Lake Michigan Crossings)**



**EIGHT MILLION METER CLUB:**

**John Seaman (5 Lake Michigan Crossings)**



**FOUR MILLION METER CLUB:**

**Mike Brachmann (4 Lake Michigan Crossings)**



**TEN MILLION METER CLUB:**

**Tim Renzelmann (8 Lake Michigan Crossings)**





# “Survive, Thrive & Be Fit!”

## Steps to Survivorship

*Take some “Steps to Survivorship” with us as we walk, jog, or run along various local paved urban paths!*



Shoreline 400 Trail



Sheboygan Lakefront Path



Sheboygan Riverfront

- Gather and connect with fellow cancer patients/ survivors & co-survivors at the start and finish!
- Choose your own pace and distance!
- A Great Way to Complete the ST&BF CUMULATIVE Marathon Walk/Run (contact Tim for details)!
- Dates, times, and locations will be announced via the Local Cancer Community “POP UP” e-mail list!
- **NEW:** Give “Urban Poling” a try (a limited supply of poles available)!

*“Steps to Survivorship” may be scheduled with (bundled) other ST&BF activities (i.e., Pickleball Play, Great Heights with Delightful Kites, Gentle Yoga for Cancer Survivors, Qigong for Cancer Survivors, etc.)*

See the **“Local Cancer Community Update”** for specific dates, times, and locations or contact Tim for details: **920.459.8378** or [trenzelmann@physhealthnet.com](mailto:trenzelmann@physhealthnet.com)

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

To learn more:  
visit [www.scccf.org](http://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!

## JUNE Sessions!

*Yoga and Qigong are similar in many ways. In Yoga, postures are held for a period of time. Qigong consists of continuous, slow, relaxed movement. Both are calming and relaxing practices that focus on breathwork and mindfulness to find inner stillness. Both promote aerobic capacity, balance, flexibility, and increased energy and stamina. Join us for one or both!*

	Qigong	Gentle Yoga
Day/Date	445P to 515P	530P to 630P
Wednesday, June 7 <sup>th</sup> Taylor Park (Erie Ave & N. Taylor Drive, Sheboygan)	30-minute Practice	Stacy Harriott, CYT
Tuesday, June 13 <sup>th</sup> Deland Park (Broughon Drive, Sheboygan)	30-minute Practice	Stacy Harriot, CYT

**SUMMER SESSIONS** are “**POP UP-portunities!**” Summer sessions will be scheduled at an outdoor location and will be moved indoors (MOA/SCBS 2<sup>nd</sup> Floor Conference Room) in the event of inclement weather. Changes will be communicated to registered participants via e-mail. **RSVP REQUIRED!**

For More Info/To Register: 920.457.2223 or [trenzelmann@physhealthnet.com](mailto: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](http://www.scccf.org) or call 920.457.2223





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

---

Matthews Oncology Associates  
Sheboygan Cancer & Blood Specialists

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Sheboygan Physicians Group

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

Tuesday, June 20<sup>th</sup>!

4:30P to 5:00P – Casual Meet & Greet

### Survivorship Session

5:00P to 6:00P

#### **Topic: Survivorship Can (And SHOULD) Be Fun!**

Cancer is serious stuff! But fun is too!

Fun is essential to your health and happiness, and we'll share and look at ways to incorporate more fun into our everyday lives!

### Survivorship Can Be Fun Game

Gathering: ColorKu  
(Playing Together as  
a Team)!

6:00P to ???

ColorKu is a fun, easy-to-learn puzzle/game! We will break into teams to play! Other games will be available (or bring a favorite game of your own)!

***Join In-Person or Virtually Via Zoom!***

***Advance RSVP for RECOMMENDED and always APPRECIATED!***

**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](mailto: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.) **OR Active Survivors of Sheboygan's incredible support team (A.S.S.i.s.t.) Activity Log!**

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

Eligible Participants: A.S.S. Team is open to area cancer patients/survivors ONLY! A.S.S.i.s.t. Team is Open to Co-Survivors (must be a guest of a participating A.S.S. Team Member) and local oncology professionals.

- 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: Survive, Thrive & Be Fit, 1621 N. Taylor Drive, St. 100, Sheboygan, WI 53081

E-mail: Send scanned/photographed copies to [trenzelmann@physhealthnet.com](mailto:trenzelmann@physhealthnet.com)

Contact: SCCC ST&BF – Tim E. Renzelmann, [trenzelmann@physhealthnet.com](mailto:trenzelmann@physhealthnet.com), 920.457.2223  
YMCA LIVESTRONG – Carrie or Denice, 920.451.8004, ext 130

<b>Name:</b>			<b>Phone:</b>		<h1>MAY, 2023</h1>						
<input type="checkbox"/> Survivor <input type="checkbox"/> Co-Survivor <input type="checkbox"/> Medical Caregiver											
<b>Active Survivors of Sheboygan</b>				I exercised 30-minutes or more today?	I attended a LIVESTRONG or ST&BF Activity?	<b>Cumulative Run/Walk, Row, Bike:</b>					
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>Season Cumulative Carryover from Previous Month:</i>											
1	Mo		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
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23	Tu		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
24	We		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
25	Th		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
26	Fr		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
27	Sa		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
28	Su		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
29	Mo		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
30	Tu		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
31	We		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
<b>TOTAL</b>											

**Active Survivors of Sheboygan (or A.S.S.i.s.t.):** 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](mailto:trenzelmann@physhealthnet.com) or drop off/mail to SCCC ST&BF, 1621 N. Taylor Ste 100, Sheboygan, WI 53081. Details at [www.scccf.org](http://www.scccf.org) or call Tim at 920.457.2223.



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

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