



INSTRUCTIONS

REMINDER:

Let's be sure to show our appreciation to Mr. Jay Christopher and the entire CF&G staff by treating this property with the utmost care and respect!

ARRIVAL:

- Gates open for set-up at Noon on Friday, August 18th for all registered participants.
- Items (i.e., camping gear) can be dropped off at the Schell House area (W658 Orchard Beach Dr.).
- After dropping items off, promptly move your vehicle and park along the Schauss House drive (W661 Orchard Beach Drive). See attached map.

CHECK-IN:

- After parking your vehicle along the Schauss House drive, please "check-in" by picking up your Participant Packet in the screen tent near the Schell House. Contact Tim (920.459.8378) for assistance.
- The area around the Schell House will be our Main Gathering Area for the WANDER-thon including the Schell House Kitchen Area, Deck, Firepit, Group Tenting Area (north of house), and more (see map).
- **RESTROOMS:** A single-stall portable restroom is available northwest of the Schell House and running water rest rooms are available in the Conservatory (see CF&G map).

FOOD & BEVERAGES (provided and available in our Main Gathering Area):

- **Water/Snacks:** Water and snacks will be available on the Schell House deck or in the kitchen.
- **Anytime:** DIY Hot Dogs, S'mores, Pudgy Pies can be made at the firepit at any time the fire is burning. Ingredients are in the Schell House. If you are looking for something, ask around.
- **Friday, 6P – Supper:** Burgers will be available on the deck of the Schell House.
- **Saturday, 7A – Breakfast Snacks:** Coffee, juice, and light breakfast options will be available in the Schell House kitchen area around 7A.
- **Saturday, 12:30P – Lunch:** Mini sandwiches from Town & Country in the Schell House kitchen.

FOOD & BEVERAGES (BYO):

- WANDER-thon Participants may bring their own food & beverages (alcoholic beverages allowed – please drink responsibly).

ACTIVITIES:

- See enclosed PASSPORT for a schedule of activities. Complete the Passport and turn in by 1P on Saturday for a chance to win a prize (the more you participate, the better your chance to win)!

DON'T FORGET:

- Dress appropriately: protective clothing (sun & rain), good walking/hiking shoes, extra clothes.
- Things to bring: Water bottle, headlamp/flashlight (if staying between sunset and sunrise), phone, bug spray, lawn chair, umbrella.

IMPORTANT NUMBERS:

- In an **EMERGENCY, CALL 9-1-1**
- For non-emergency, contact Tim at 920.459.8378



1	Drive to Schell House (drop off only/NO PARKING)
2	Parking (Park around the circle and on side of road)
3	Schell House Area (our MAIN GATHERING AREA for the event)
A	Group Tenting Area
B	Schell House Firepit (WANDER-thon Flame)
C	Screen Tents
X	Portable Rest Room



PASSPORT

WANDER-thon Participant:

Phone:

Directions: As you complete any of the below activities, have any other WANDER-thon participant sign to verify your participation. Each activity you participate in will earn you a raffle ticket!

Tickets: Turn your passport in at 1:00P to receive your tickets for the drawing or place your completed passport in the marked box in the screen tent with accompanying papers and make the selections at the bottom of the next page and your tickets will be placed accordingly.

IMPORTANT: See End of List (next page) for List of "ANYTIME ACTIVITIES"!

FRIDAY, AUGUST 18th

ACTIVITY	Time/Location	Description	Verification
Opening Ceremony	2:00P Schell House Firepit	Opening Words, Event Overview, Lighting of the WANDER-thon Flame!	
First Steps TOGETHER!	2:30P Schell House Firepit	We will kick the event off with our First Steps TOGETHER!	
Thirty Minutes of Steps #1!	2:30P to 3:00P Arbor Course	Complete at least one lap or as many as you want or can in thirty minutes!	# Laps
Group Art Project!	3:00P (until it is done) Landscape Barn	Join in this group art project featuring a large paint-by-number piece!	
Baggo Tournament	3:30P Tenting Area	Join a Team (2-Player) Single Elimination Team Tournament! Partners randomly assigned.	
Thirty Minutes of Steps #2!	4:45P to 5:30P Turkey Trail	We will meet at the Schell House firepit at 4:45P and take a walk to the Turkey Trot trail course.	# Laps
Supper: Burger Time!	6:00P-ish Schell House Deck	Special thanks to Josh Goodman who will be frying up some tasty burgers!	
Bonding Bonfire!	7:00P to 12:00A Schell House Firepit	Fixins for Hot Dogs, Pudgy Pies, S'mores, & more (available in the Schell House kitchen)!	
Qigong	8:00P to 8:25P Asian Tea Garden	"Five Treasures" qigong routine. Don't worry, you're only a short way from the Train Station.	
Dairyland Express!	8:30P Train Depot	Conductor Erika will take you on a night-time ride on the Dairyland Express!	
Fireside Chat!	9:15P Schell House Firepit	A quick Q&A. Then join in on a fun "This or That" conversation game"! OPTIONAL!	
Thirty Minutes of Steps #3!	11:00P to 11:30P Pond Loop	Complete at least one lap (or as many as you can) in 30 minutes! Headlamp advised!	# Laps

Passport Activities/Prizes Sponsored By:
**Matthews Oncology Associates and
 Sheboygan Cancer & Blood Specialists!**



Together we Live with Cancer!

Matthews Oncology Associates
 Sheboygan Cancer & Blood Specialists

Sheboygan Physicians Group

SATURDAY, AUGUST 19 th				
ACTIVITY	Time Location	Description	Verification	
Qigong!	5:15A to 5:40A Schell House Firepit	We will start our day with a "Five Treasures" practice as dark turns to light!		
Sunrise Greeting!	5:50A to 6:05A Schell House Fire Pit	Join us as we enthusiastically greet the sunrise (at exactly 6:00AM) and a new day!		
Thirty Minutes of Steps #4!	6:15A to 7:00A Schell House Firepit	Meet at the Schell House firepit at 645A and take a walk to the Turkey Trot trail course.	# Laps	
Breakfast Snacks!	7:00A-ish Schell House Kitchen	Coffee and light breakfast snacks will be available in the Schell House kitchen.		
Gentle Yoga!	8:00A	Leah Heusterberg will lead you in a gentle yoga session.		
Golf: Closest to the Pin!	9:00A Humming Curves	Join us for "Closest to the Pin" (in 1 or 2 strokes) Challenge!		
Dairyland Express!	11:00A Train Depot	Take a ride on the Dairyland Express Train (contingent on weather)!		
Bonding Bonfire!	11:00A to 2:00P Schell House Firepit	As the event winds down, gather for a Bonding Bonfire before the Closing Ceremony.		
Thirty Minutes of Steps #5!	12:00 to 12:30P Arbor Course	Complete at least one lap (or as many as you can) in 30-minutes!	# Laps	
Lunch by Town & Country!	12:30P Schell House Kitchen	Enjoy mini sandwiches provided by Town & Country Restaurant.		
ANYTIME ACTIVITIES:				
Bonding Bonfire	The firepit is available for our use but must always have a responsible adult fire tender or needs to be extinguished!			
Scavenger Hunt!	Complete as much of this CF&G Scavenger Hunt (designed by Erika & Robyn) as you can!		Attach Answer Sheet	
Autograph Party!	Collect autographs and get to know your fellow WANDER-thon participants better!		Attach Signature Sheet	
Steps to Survivorship!	Using a fitness tracker or app, record and report your TOTAL steps for the event: Total Recorded Steps:			
Survivorship Through the Lens!	Take a photo or selfie that you will submit to the SCCC website by Wednesday, 8/23!			
Labyrinth!	Walk the Labyrinth (see map) anytime. Information and tips are in your packet and posted at the Labyrinth entrance.			
Raffle Tickets	1:00P Screen Tent	Turn in your Passport to receive your raffle tickets. If leaving before 1P, see below:		
Closing Ceremony	1:30P Schell House Firepit	Closing Comments, Final Words, Extinguishing of the WANDER-thon Flame!		

PRIZES: We will be having a drawing for multiple \$25 Gift Cards. Please return your Passport to Tim in the screen tent at 1P to receive your drawing tickets so you can place them where you want. Drawing will take place during the Closing Ceremony! If you leave before 1P, place your Passport and other forms in box in the screen tent and indicate which Gift Cards you are interested in and your tickets will be evenly divided between them. Good luck!

Festival Foods Marcus Theater Piggly Wiggly Target Quik Trip Wal-Mart

Autograph Party

Directions: Talk to your “WANDER-ful” WANDER-thon participants... if one or two of the questions below applies to them, have them answer and sign!

No more than two signatures from the same person!

Submit this form by 1P along with your Passport!

Your Name:		
Ask others this...	If “Yes” answer here:	And sign here:
Do you have a favorite childhood show?	Show:	
Have you ever been on television?	Show:	
Are you passionate about something?	Passion:	
Do you play a musical instrument?	Instrument:	
Do you have grandchildren?	How Many:	
Do you have a nickname?	Nickname:	
Do you speak a foreign language?	Language(s):	
Did you attend a memorable concert?	Performer:	
Have you travelled to another country?	Country(s):	
Have you met a celebrity?	Celebrity:	
Do you have a favorite season?	Season:	
Have you done something risky?	What?	
Have you’ve been in trouble?	Why?	
Have you had a recent surgery?	Surgery:	
Do you enjoy physical activity?	Exercise:	
Do you have an enjoyable hobby?	Hobby:	

Have you been on a sports team?	Team(s):	
Do you have a favorite subject to learn?	Subject:	
Is there a word that describes you?	Word(s):	
Do you have an artistic/creative talent?	Talent:	
Have you lived in another state?	State(s):	
Do you <input type="checkbox"/> Have or <input type="checkbox"/> Want a tattoo?	Description:	
Do you have a favorite movie?	Movie:	
Do you have a favorite food/beverage?	Food/beverage:	
Have you ever won something?	Prize:	
Is there something you are proud of?	What:	
Do you have a goal for the future?	Goal:	
Is there an interesting fact about you?	Fact:	
Do you have a favorite place?	Place:	
Do you have a pet?	Pet(s):	
Do you have a pet peeve?	Pet Peeve:	
Do you have a fear or phobia?	Fear/phobia:	
Do you have a favorite TV show?	TV show:	
Do you have a favorite game?	Game:	
Has your name been in the paper?	Why:	
Do you have an idol or hero?	Idol or hero:	
Do you have a favorite book?	Book:	
Do you have a favorite song?	Song:	
Is there something that surprises you?	What:	
Is there someone/something you love?	Who/what:	

Thirty Minutes of Steps!

Walk, jog, or run at least one lap of the marked courses below during any of the scheduled times. (NOTE: If you walk/jog/run 30-minutes during each of the five sessions, you will have gotten your 150-minutes of exercise in for the WEEK) 😊

ARBOR COURSE (about 375m)

(Marked with yellow & orange cones)

Friday – 2:30P

Saturday – 12:000



POND COURSE (about 300m)

(Marked with flags)

Friday – 11:00P to 11:30P

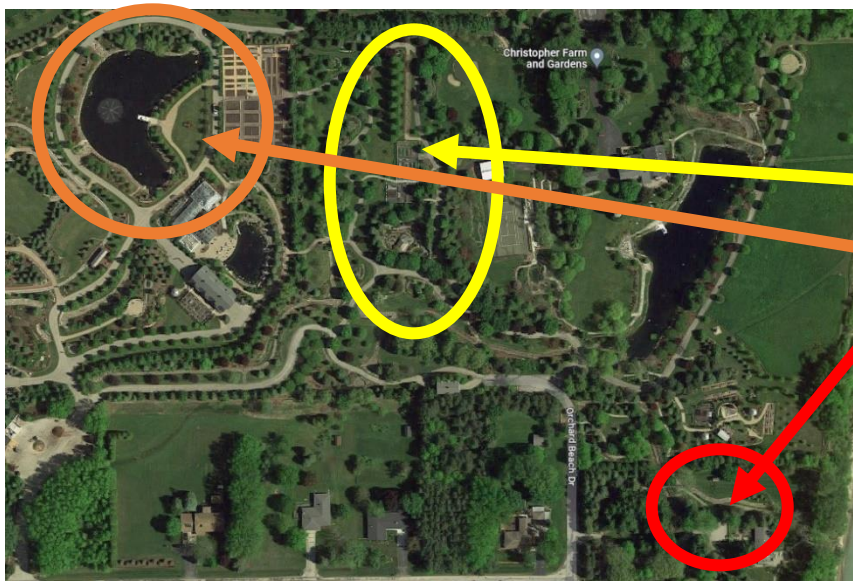


Turkey Trot Course (meet at Schell Fire Pit)

(Marked with flags)

Friday – 4:45P

Saturday – 12:00P



LOCATION OF COURSES IN REFERENCE TO SCHELL HOUSE/WANDER-thon Main Staging Area:

- Arbor Course
- Pond Course
- Schell House/WANDER-thon Main Staging Area
- Turkey Trail Course: Meet at the Schell House firepit at designated time and we will walk there together.



Tips to Walk a Labyrinth

There is no set ritual for walking a labyrinth. If you have never walked a labyrinth before, consider these tips:

Before entering. Calm and clear your mind. Consider a contemplative question, intention, prayer, a particular circumstance, or challenge in your life to hold in your mind before you step into the labyrinth.

Enter the labyrinth. Begin by walking slowly and following its path, trusting the path to reach your destination.

Walk the Path. As you concentrate on your steps, everything else can melt away.

Reaching the Center. Sit or stand for as long as feels right. Take a few deep breaths, and in silence ask yourself: What am I feeling right now?

Walking back. When you are ready, leave the center and return along the same path. Bring to mind the contemplative question, intention, prayer, image, or personal circumstance you began with.

After walking. Try journaling about your labyrinth experience. What did you discover? What changed from the time you entered to the time you exited the labyrinth?

May you find peace and healing on the path!



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

Song of The Christopher Farm & Gardens

"Song of The Christopher Farm and Gardens"

Have you seen Christopher Gardens and Farm?

And if you haven't I'll spread the alarm.

With grasses and flowers and apples galore,

Once you have been here you'll want to see more.

The sun on the prairie is sparkling and bright.

The grapes on the arbors are growing just right.

A ride on the train is all that you need,

To see this is something so special, indeed.

Jayrassic Park is where hostas are found,

With dinosaur bones all lying around.

The watershed map is a beautiful view;

Filled in with glass chips of a magical blue.

The ducks and the chickens make such a fine brood.

The eggs that they lay are tasty and good.

The bees are a buzzing around all the hives;

To make sure the grasses and flowers all thrive.

The Japanese Tea House is calm and serene;

Nestled in a corner so quiet and green.

Spring at the garden when daffodils sway,

Tell us that summer is not far away.

There are pickles and jellies, potatoes and beets.

Where else can you find such wonderful treats?

The place is a haven, and everything grows.

Mother Nature is happy right down to her toes.

Written by: Barbara Pragalz

Set to the tune, "Sweet Betsy From Pike"

Sung by: Anne Schuessler

Christopher Farm and Gardens 2020

"Have you seen Christopher Gardens and Farm?" If you have not this song about the Christopher Farm and Gardens will introduce you to a few of the many wonderful features and gardens. If you have, then you will find this lovely song falls no note short of perfect in it's description.

The song was written and set to the tune of "Sweet Betsy From Pike" by Barbara Pragalz, a retired music teacher from Sheboygan. Mrs. Pragalz is the mother of one of our staff members, Rob Pragalz. After visiting the gardens on a number of occasions and hearing that Mr. Christopher has always wanted a song written about the farm, Mrs. Pragalz put pen to paper, and verse to music.



Garden Locations

- | | | | | |
|---------------------------------|-------------------------------|-------------------------|-----------------------------------|---------------------------|
| 01. Cut Flower Garden/Golf Hole | 07. Perch Pond | 13. Renaissance Garden | 19. Patriot Berry Patch | 25. Art Arbor |
| 02. Ye Olde Tennis Court | 08. Greenhouse & Conservatory | 14. Amphitheatre | 20. Jayrassic Park | 26. Prayer Garden |
| 03. Asian Garden | 09. Conservatory Patio | 15. Specialty Evergreen | 21. Service Entrance Intersection | 27. Astilbe Path |
| 04. Kitchen Garden/Potting Shed | 10. Greenhouse Intersection | 16. Da' Vine Garden | 22. Railroad Garden | 28. Children's Farm |
| 05. Grape Arbor/Stone Wall | 11. Council Ring | 17. Bioswale Trail | 23. Rock Swale Intersection | 29. Lake Michigan Prairie |
| 06. Pumpkin Patch | 12. Train Depot | 18. Kaleid-o-scape | 24. Pathway to Conservatory | 30. Labyrinth/Bear Woods |