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Don't wait! Register today for the Third Annual Kids & Cops B-ball Game.

Everyone! Come to the Third Annual Kids and Cops Basketball game Saturday, March 10, from noon to 4 p.m. at the Menominee Nation Arena in Oshkosh.

There is still time for girls and boys in sixth to twelfth grades to register for game. Registration is required and can be done online.

Space is limited to 75 youth, and this year's game is bigger than ever. Just click the button at the right to find the form.

What:

Kids & Cops Basketball Game

When:

Sat., March 10, 12 to 4 p.m.

Where:

Menominee Nation Arena
1212 S. Main St.,

Youth and police officers will play on mixed teams. Participants will get shirts, medals and prizes. Complimentary lunch and refreshments will be provided.

If you have questions about the event, contact Fit Oshkosh by calling 920-267-8687 or email using the button at right.

Oshkosh

[Register Online](#)

[Email Fit Oshkosh](#)

Color-Brave Community Read: *Deep Diversity* continues

The next discussion in the Color-Brave Community Read: *Deep Diversity* will be March 20, from 6:30 to 8 p.m. at Fit Oshkosh headquarters, 36 Broad St., Oshkosh. This is the “rain date” from the session that was cancelled in February.

This is the second of our conversations in this series. Pastor Jan LaVake of Our Saviors Lutheran Church will share her thoughts on readings from the book. There will be a lively and thought-provoking Color-Brave Conversation after her presentation. Pastor Jan calls the Color Brave Reads “just plain gifts.”

In the book, *Deep Diversity: Overcoming Us vs. Them*, author Shakil Choudhury explores the way our brains can determine how we interact with people. Each chapter offers specific ways that readers can break “prejudice habits.”

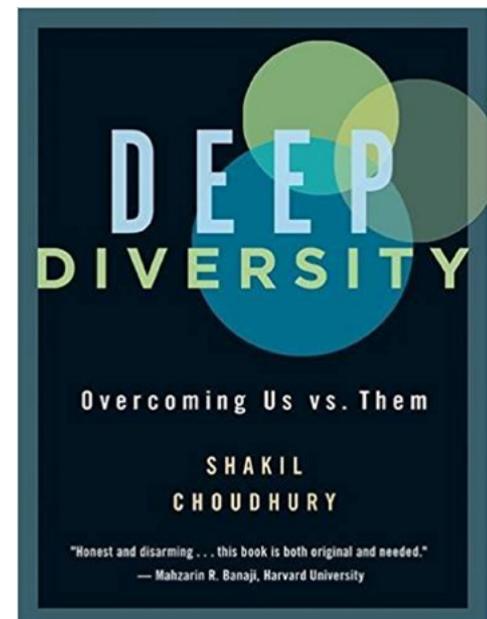
You can order the book at Amazon.com and use Amazon Smile to designate Fit Oshkosh as your non-profit of choice so that Fit will receive a percentage of your purchase.

The final discussion of *Deep Diversity* will be Tuesday, April 15.

If you have questions email Fit using the link provided.

[Order Deep Diversity](#)

[Email Fit Oshkosh](#)



What:
Color-Brave
Community Read

Where:
Fit Oshkosh
Headquarters
36 Broad St.,
Oshkosh

When:
Tues., March 20 and
April 15
6:30-8 p.m.

Summer reading:

The Autobiography of Malcolm X

Please plan to join us for the Fit Oshkosh summertime Color-Brave Community Read.

This summer we will read *The Autobiography of Malcolm X* as told to Alex Haley.

Three sessions will be held May 15, June 19 and July 17, from 6:30 to 8 p.m. at Fit Oshkosh headquarters, 36 Broad St., Oshkosh.

This classic autobiography traces Malcolm's experiences with discrimination and racially motivated violence from his childhood through his assassination in 1965.

You can order the book at Amazon.com and use Amazon Smile to designate Fit Oshkosh as your non-profit of choice and Fit will receive a percentage of your purchase.

What:

Summertime Color-Brave Community Read:
Autobiography of Malcolm X

Where:

Fit Oshkosh Headquarters
36 Broad St.,
Oshkosh

When:

Tuesdays: May 15, June 19
and July 17
6:30-8 p.m.

Colleen Bies creates photo portraits

Photographer Colleen Bies has created 20 portraits of People of Color from Oshkosh for a traveling exhibition by Fit Oshkosh that will premier at the Paine Art Center and Gardens on April 19. A sample of her work is at the right.

The show is titled Color-Brave Photo Project: Black and Brown Faces, a new narrative. Colleen is a photojournalist and the owner of Capture Life Moments.



“I wanted to capture the emotions and personalities of people in the moments between the smiles,” Colleen said. “I try to get them to talk about themselves, their hopes, what motivates them and why they are in Oshkosh as I am working.”

Colleen took many photos of each subject, then selected the ones she felt best captured the subject. She then planned how the exhibit will look in the gallery, working with Tracey Robertson, executive director of Fit Oshkosh, and Aaron Sherer, Paine Art Center and Gardens director.

Along with her photo portraits, the project will publish a book containing the stories of the people featured in the exhibition. A portion of those stories will be incorporated in the portraits. The stories were collected by humanities experts from the University of Wisconsin Oshkosh who interviewed the people in the photographs.

A Hmong-American, Colleen is a local girl, having moved to Oshkosh from Appleton when she was an infant. She is a graduate of North High School, received a bachelor's degree at

UW Whitewater and a Master of Business Administration at UW Oshkosh. After high school, she served in the Army National Guard for over 12 years.

In addition to her work as a photographer, she does finance and product management at Candeo Creative, a marketing and advertising agency in Oshkosh.

She is particularly qualified to tell the stories of Black and Brown people, having experienced racism since she was a child. Fellow elementary school students would ask her questions that they would never ask White students. And at Whitewater, she was the target of racial slurs.

The exhibit will open at the Paine Art Center and Gardens April 19 through April 25, and then travel to locations in the Fox Valley including Marion University in Fond Du Lac and the Appleton Public Library in Appleton. A full schedule is being finalized and will be posted on our website once completed. There will be Color-Brave Conversations at each location.

The project was funded by grants from the Wisconsin Humanities Council and the Oshkosh Area Community Foundation.

Thank you for eating soup at the Lunch Box Restaurant

The Lunch Box restaurant, 200 City Center, Oshkosh, has donated \$100 Fit Oshkosh. The donation comes from collaboration called "Soups for Social Justice" between Fit Oshkosh and Lunch Box where \$1 from every bowl of Creamy Potato and Bacon soup sold between January 12 and February 22 was donated to Fit Oshkosh.

"When Tracey asked me if I wanted to partner with Fit, I said yes before she finished her sentence," Lunch Box owner Clark Muller said. "I think education is the most powerful tool to facilitate understanding and wanted to help. As a group we were ecstatic at the local turnout and look forward to ways to contribute further."



Although the fundraiser has ended, Lunch Box will continue to have the soup, which you should try because it is delicious. "It is our signature soup," Clark says. "We plan to try some new recipes in the near future."

The restaurant also serves a variety of tasty sandwiches, salads and beverages. Everything is just the way you like it because, to order, you fill out a paper (or virtual paper online) to choose all the ingredients you want in your salad or sandwich.

You can order online at [Lunch Box Menu](#) or by calling 920 572 9786 and by just going to the restaurant. They are open Monday through Friday from 9 a.m. to 7 p.m., Saturday 9 a.m. to 3 p.m. and Sunday from 9 a.m. to 2 p.m. Eat in at the comfortable restaurant, or take out.

Thanks to everyone who patronized Lunch Box in support of Fit Oshkosh.

Long-time Oshkosh Resident Joins Board



Joe Wiedenmeier recently was named as a member of the Fit Oshkosh Board of Directors.

Joe has volunteered as our go-to guy for technical support for more than a couple of years and has served as a videographer at several Fit Oshkosh events.

He is active in social justice organizations and was one of the founding members of PFLAG of the Greater Oshkosh Area. PFLAG is the United States' first and largest organization that assists people who are lesbian, gay, bisexual, transgender, or queer, and their families and their allies.

He also is president of the Friends of Oshkosh Community Media.

Joe is a long-time resident of Oshkosh. He owned and operated a graphic arts and audio-visual production company, for 12 years. After selling the business, he was a computer technician with the Oshkosh Area School District for seven years and then was the information technology director at Lourdes Academy in Oshkosh for 14 years. He retired in 2016.

He has a bachelor's degree from UW Oshkosh in Speech and Radio TV Film.

He and his wife, Mary, are members of First Congregational Church in Oshkosh. They have two adult sons, Brian and Ross.

Fit Oshkosh, Inc.
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fitoshkoshinc.org

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