



Spring 2015 Vol. 19 Issue 4

*"A Traveling Companion on Your Life Journey"*

## Grief Speaks: "How Can I Be Alone?!" from Megan Aronson

In the days following a death, there may be multitudes of supporters, friends, and family members surrounding and supporting you. But, soon enough, you're left rebuilding a new life without your loved one like a Buddhist Monk pieces a sand sculpture together, one grain of sand at a time.

It's natural to fear being alone in your grief. It feels a little like being tossed out to sea in the middle of a perfect storm, with no life jacket.

However, time alone can also bring healing when we use it to with intention - to express our pain, to honor and acknowledge the life, love, and memory of the deceased. We can build our own life jackets in the middle of that sea of grief. We can save ourselves from drowning in the pain.

Sometimes we want to believe another person can hold our hand and walk us through our own grief, when in fact, we can only walk the journey alone. Only you had exactly the relationship you had to your loved one. No matter how close your friends and family are to you, or to the person who died, their experience of the loss and their journey through grief is not going to be the same as yours. Even if you've lost a child, your grief will be different from your spouse's, and your way of dealing with it, different from theirs.

This can often tear families apart, when we cannot seem to connect in our grief journeys. We may wonder why the other person isn't acting/feeling/dealing the same way we are. Maybe they are grieving quietly in private, while you are willing to shed tears openly. Maybe they want to talk about it, but you're not ready to. Maybe they want to memorialize your loved one loudly and proudly, but your pain still feels too private to share.

A helpful way to see ourselves, and each other, on this journey is to imagine walking through a mine field. Only you know where



Image courtesy of Pat138241 at FreeDigitalPhotos.net

the mines - the deepest wounds and hurts within - are hiding in your field of grief. Only you know which wounds are too tender to touch, and which are ready to be seen and shared. If others try to walk alongside you, they may trip a wire unknowingly.

So, to support you in your grief, friends and family may have to tread very lightly, or simply follow your lead from behind.

Consider this quote:

***"When we honestly ask ourselves which person in our lives mean the most to us, we often find that it is those who, instead of giving advice, solutions, or cures, have chosen rather to share our pain and touch our wounds with a warm and tender hand. The friend who can be silent with us in a moment of despair or confusion, who can stay with us in an hour of grief and bereavement, who can tolerate not knowing, not curing, not healing and face with us the reality of our powerlessness, that is a friend who cares."***

- Henri J.M. Nouwen,  
The Road to Daybreak:  
A Spiritual Journey

It is helpful to garner support from valuable sources where and when you can - professional counselors, grief therapy, books, friends, family, and support groups can brace you. All these can serve as guideposts and underpinning on your journey.

But, remember also, that you are your best source of healing on this journey. You have the strength to work through your grief, even though you may feel completely lost in it at times.

You can be a friend to yourself. You can sit with yourself - in your quiet time, walks in nature, morning jogs, and afternoon prayers - and simply acknowledge your pain. You can learn to tolerate the "not knowing," the inability to fix, cure, or heal the irreversible effects of death. You can learn to sit with your grief, and when you do, it will begin to loosen its grasp on your life as you bravely stare into its face.

Rather than curse your time alone, seek to embrace it. Seek to morph it into a healing space you can return to time and again, like a child returns to its mother's breast. **CONTINUED ON PAGE 2...**

*PROKO-WALL Funeral Home publishes TOMORROW™ as a service to the families who trust us in the hours of their greatest need. TOMORROW will be sent to all of our families for one year following their loss. It is designed to provide our families with an understanding of their yesterdays, support for their todays, and a promise of hope for their tomorrows.*

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# The Challenges of Grief: It Really is Permission from Doug Manning

In an effort to be a more personal help I started posting a special email address some time ago. The response to that has been very good and I am enjoying answering each one very much. I think I am learning more than the ones who write.

The one overwhelming theme of the emails I receive is "finding permission to grieve". It is expressed in many differing ways, but the bottom line usually is how to respond to the pressure and advice from well meaning people. I honestly believe that most of the help we receive in our grief comes from our friends, but I also believe a great deal of the hurt we feel also comes from our friends.

With the best of intentions they usually either trivialize our grief by trying to make it seem not so bad, (Your loved one is better off, etc.) or they pressure us to get over it a long time before we can possibly do so. I cannot count the times I have heard something like, "My friends are getting tired of my grief, or they think three months is long enough."

**Safe people are the ones who do not try to "fix" you. They just listen, try to understand, acknowledge and accept your pain without giving advice or guidance.**

I advise nearly everyone I deal with to find a friend or so who makes you feel safe and stick with them. Safe people are the ones who do not try to "fix" you. They just listen, try to understand, acknowledge and accept your pain without giving advice or guidance. These are rare creatures but hopefully they are out there and you can find them. If not, email me. Everyone needs a safe friend to talk with. I do not believe in grief counseling, nor do I do that, I believe in grief companionship. People in grief are not mentally ill, they are crushed on a journey and need someone to simply walk with them and feel their pain. They need permission to grieve as long as it takes, and whatever form it develops.

We also need permission from ourselves. I hear a lot of folks fighting with themselves because they are not making as much progress as they thought they would or think they should. I often tell people that if they broke their leg and the doctor put a cast on it, they would wear that cast without feeling weak or silly for as long as needed until the bone healed. Then they would go

**Healing will come, but it will not come quickly no matter how tough we might be.**



Image courtesy of Ambro at FreeDigitalPhotos.net

through months of physical therapy. But we think a broken heart should mend in three months?

Healing will come, but it will not come quickly no matter how tough we might be. Healing will come quicker if we do not fight ourselves in the process. We spend far too

much energy telling ourselves where we should be and how we should feel. One person said she wrote on her bathroom mirror, "I will not should on me today." Good idea. If we can simply acknowledge that we have been deeply wounded and that it will take a long time for that wound to heal, perhaps we can then give ourselves permission to be weak and weepy without adding any self hate to the mix. That is called permission to grieve. ❖

*Doug Manning is a grief author and speaker. Doug's books, CDs and DVDs are available at [www.insightbooks.com](http://www.insightbooks.com). This article and more are available on Doug's Blog at The Care Community [www.thecarecommunity.com](http://www.thecarecommunity.com).*

...CONTINUED FROM PAGE 1. **GRIEF SPEAKS: "HOW CAN I BE ALONE?!"**

Use your time with intention, in a personal quest to understand your own coping mechanisms, grieving process, and needs. This will better equip you to communicate your grief and needs with yourself, and your loved ones. You may only be able to say, "I can't do X, Y, or Z," right now, or, "I need you to do the dishes and make dinner tonight so I can just sleep." Or, you may even be able to have an honest conversation with your loved ones where you can simply say, "I have no idea what I'm feeling, and no idea what's going to set me off, I'm still trying to figure this out right now."

As you begin to understand your grief more and more, attempting to communicate whatever you can with those around you can be extremely powerful in strengthening your relationships at a time when they are most stressed. Most paramount, however, is the fact that this intentional self-care will fortify your relationship with yourself - the most important relationship you have.

Here are a few ideas for how to embrace your time alone, and use it to create a pathway to healing.

## **1.) TAKE TIME TO BE ALONE IN NATURE**

**OFTEN:** At first, it may feel very unnatural, or your sorrow may cloud your view of beauty and life completely. However, creating on-going rituals of walking in this "breathing space," can offer a powerful source of calm, quiet, and peace in the pain, slowly unfolding you to beauty again.

## **2.) 5 MINUTES OF QUIET REFLECTION:**

Taking as little as five minutes of quiet reflection daily can make a huge impact on your healing process. Consider this time your inflowing pipeline to filling your inner well, garnering strength to face whatever is ahead.

**3.) NO EXPECTATIONS:** Hold no expectations on how or what you should feel, how or where you are in on your grief journey. Allow yourself the space to be angry, sad, scared. Breathe into these emotions, allowing them a soft space to be expressed through tears, journal-writing, and creative expression (ie: painting, drawing, cooking, singing, etc.).

## **4.) BE COMPASSIONATE WITH YOURSELF:**

Whenever you are alone with yourself and your thoughts, douse your pain with compassion. Speak to yourself like you would a good friend. When your innermost thoughts bubble up to the surface, you can say to yourself, "I'm so sorry you are hurting. I know you miss him deeply. I can see you are in so much pain."

By utilizing these "intentional tools" of self-care, self-nurturing, self-empathy and self-acknowledgement on your journey through grief, you can create a path to healing and learn how to be alone. ❖

*Megan Aronson is a grief author and currently completing her first book, which illumines this transforming healing process she uncovered through her experiences. Her journey is also highlighted on her popular blog, "A Writer's Journey Inside Out".*





## S U P P O R T

### S.O.S. (SURVIVORS OF SUICIDE)

For family and friends to cope with the loss of a loved one due to suicide. Meetings 7-8:45 p.m. at Bellin Executive Bldg., 2020 S. Webster 3/16, 4/20 & 5/18. Call Mary Doemel, 339-8952.

### THE CARE COMMUNITY

In-Sight Books, Inc. web site for Grief's Safe Place. Visit [thecarecommunity.com](http://thecarecommunity.com) for those who have experienced a loss.

### SHARE

For parents who have lost a baby through miscarriage, still birth or early death. **Monthly Meetings:** McKenna Library, Room 2838 at St. Vincent at 7 p.m. Upcoming sessions: 3/12, 4/9 & 5/14. Special SHARE service on 4/9 at 1 pm at Allouez Chapel and Cemetery. Contact Lana Reinke at 433-8634.

### JOURNEY THROUGH GRIEF

For all those who have suffered the death of a loved one, offered by St. Bernard Church. To register, call Sr. Caroline Castellini, OP, 468-4811 ext. 103, no fee.

### DE PERE COMMUNITY CENTER

Grief support groups will be held the 2nd Monday of every month at the De Pere Community Center, 600 Grant St. De Pere.

### LIFE AFTER LOSS

Meetings are held at Golden Living Center-Village Gardens, 1st Floor Conference Room, 1640 Shawano Ave., Green Bay, on the 4th Monday of every month from 3-4 p.m. on 3/23, 4/27, call for May meeting date. For more info, call 866-268-3203

### HEALING TOGETHER SUPPORT GROUP HOSPICE ADVANTAGE

Meets the 4th Tuesday of every month at the Green Bay Harmony Café, 1660 W. Mason St., from 4-6 p.m. Call Pam Sengstock at 321-2004 for more info.

### CIRCLES OF FAITH GRIEF SUPPORT

Grief support meeting at St. James Parish, Cooperstown on 3/8 & 5/17 from 6 to 8 p.m. Call Tom Bekkers 660-8066.

### NEW HOPE GRIEF GROUP

Grief Support meetings on Tuesdays, from 1:30-3:00 p.m. in room 105 at Annunciation Church, 1087 Kellogg St., Sessions: 4/21, 28, 5/5, 12 & 19. Register by calling Quad parish at 496-2160

### HELPGUIDE.ORG

Offering tools & advice for stress relief. Click on the Grief & Loss link on left. ❖

## B O O K R E V I E W

### "Life After Loss" by Bob Diets

Review by Molly Nicholson

*Life After Loss: A Personal Guide Dealing with Death, Divorce, Job Change and Relocation* is Bob Diets' guide to navigating the winding path of grief. Diets' narrative voice guides readers through their unique grief they experience with unconditional, judgment-free support. Diets is a minister who integrates his personal grief experiences within the helpful information of this guide.

*Life After Loss* is unique because it acknowledges that the loss of a marriage, a home, or a job can be equally as trying as a death. Even seemingly minor losses in our lives necessitate grief work that Diets outlines. This book is full of hope and gentle guidance through the darkest times of grief. Diets reiterates throughout the book that most grief takes over three years until a person can completely reengage with their new life. He reinforces that grief is unique and that yours is normal. Grief is a process that we must work through because with loss, there is an opportunity for growth.

Along with this general guide to grief, there are helpful chapters about how to talk to children about death and divorce. Another poignant chapter is how religion becomes intertwined with our grief, and how this can be both helpful and harmful. Throughout the guide there are individual and group exercises to work through grief. He gives his readers tools to turn unhealthy situations for grief into moments of growth that can ultimately lead to full acknowledgement of the loss and culminates in engaging in living once again. ❖

Reviewed by Molly Nicholson, a graduate of the University of Minnesota Program of Mortuary Science and is a funeral director at Proko-Wall Funeral Home



Image courtesy of FrameAngel at FreeDigitalPhotos.net

*Life After Loss acknowledges that the loss of a marriage, a home, or a job can be equally as trying as a death.*

## D I N N E R F O R O N E

### Red Pepper & Lemon Baked Chicken

#### INGREDIENTS:

- 1 chicken breast, skinless and boneless
- Half of a red pepper chopped fine
- 1 lemon
- 1 Tbsp. of dried oregano
- 1 tsp. black pepper (more or less, whatever you prefer)



#### DIRECTIONS:

1. Preheat oven to 425 degrees.
2. Squeeze lemon juice into a small baking pan.
3. Add red pepper to the pan and mix with a fork.
4. Remove fat from chicken breast and place chicken in the pan.
5. Turn chicken over a few times and put some of the chopped red peppers on top of the chicken along with the black pepper and oregano.
6. Place in oven for about 30 minutes.
7. Turn the chicken at least once.
8. Serve with your favorite side dish or salad. ❖



# GRIEF SUPPORT GROUPS

*"Shared tears and laughter are healing; trying to help others is a potent pain reliever."*

—Erin Diehl, who lost her husband of 43 years to cancer.

## LIVING WITH LOSS

### **Asera Care Hospice Support Group:**

1294 Lombardi Ave., Green Bay, call Mandy for schedule, 497-4672.

### **Heartland Hospice Support Group:**

5 week sessions throughout the year in Green Bay, Shawano, and Peshtigo. For more info on dates and locations, and to register, call bereavement coordinators, 336-6455.

### **Appleton- Affinity Visiting Nurses Hospice:**

meetings every 1st Tuesday at 2:30 p.m. at Thompson Community Center, 820 W. College Ave

**Men Journeying through Grief:** For men only. Meetings every 1st Wed. at 6-8 p.m. at 816 W. Winneconne Ave., Neenah.

**Peace through Grief:** Looking at the many pieces of life that are affected by a loss; 6-week program looking at the emotional, physical, spiritual and social aspects of grief. Pre-registration required. Call 727-2000 or 1-866-236-8500 for any of the above programs.

## ECUMENICAL GRIEF SUPPORT

### **HEALING YOUR GRIEVING HEART**

Ecumenical grief support from Resurrection and St. Matthew parishes. Sessions 3/5, 12, 19 & 26 from 6:30-8 p.m. at Resurrection. Parish contacts: Sheila DeLuca, 336-7768, or Ann Froelich, 435-6811.

## GRIEF SHARE PROGRAM

Videos and discussions to find comfort and healing from grieving a death.

**Pilgrim Lutheran Church,** 1731 St. Agnes Dr. Meets 6:30-8:30 p.m. 3/2, 16, 30, 4/13, 27, 5/4 and 18. For more info call 965-2233.

**Celebration Church,** 3475 Humboldt Rd., meets weekly on Tuesday from 3/3 thru 5/12 at 6:30 - 8:00 pm. Call Sue at 406-2536.

## AURORA GRIEF CARE

**Green Bay:** For adults; four-week session; Wednesdays from 1-2 p.m., Aurora Baycare Hospital Chapel, 2845 Greenbrier Rd. Call for schedule, 288-3094 or email renee.lubinski@aurorabaycare.com

**Manitowoc/Two Rivers:** Aurora Baycare Hospital: 5000 Memorial Dr., Two Rivers. Call Sheila Hamilton at 920-288-5100 with questions or Sheila.Hamilton@aurora.org.

## NAVIGATING THE WATERS OF GRIEF UNITY HOSPICE'S ADULT BEREAVEMENT

**Green Bay Area:** Unity Office, 2366 Oak Ridge Cr., De Pere, Tuesdays, 3/3-3/31 and 4/14-5/12. Registration call 338-1111

**Grief Connection:** ongoing grief support group for adults that meets the 3rd Thurs. of month from 6 to 7:30, call 338-1111.

**Generations: Hope for Grieving Families:** Designed to help the whole family, adults, children, and teens. Support group meetings meet the 2nd Thurs. of every month from 5:30-7:30 p.m. in De Pere, 2366 Oak Ridge Cir., call 338-1111.

**Women's Luncheon:** monthly on 3rd Wednesday from 12-1:30 p.m. at a local restaurant. Call 338-1111 for location.

**Understanding Grief:** One time overview of grief. Please call Unity office for exact location of event, Kewaunee, 4/1, Shawano, 4/8 and Wausaukee, 5/16, call 338-1111.

## PULASKI GRIEF SUPPORT

Open to all faiths and all ages. 3rd Wednesday of month at 6:30 p.m. at Assumption B.V.M. in the church basement in St. Clare Room. Enter at the southwest door. No registration required, 822-3223.

## THE COMPASSIONATE FRIENDS

For parents and grandparents grieving the loss of a child. **Green Bay:** Meetings 3rd Tuesday of the month at 7 p.m. at First United Methodist Church, 501 Howe St., 370-3858, [www.TCFGreenBay.org](http://www.TCFGreenBay.org)

## LAKESHORE GRIEF SUPPORT PROGRAMS

All sessions are free and registration is not required. For more information please call Robb Spaulding at 920-698-0998

**Monday** 3/2, 4/6, 5/4, 6-7:30 p.m. Manitowoc County Office Complex, 4319 Expo Dr; Manitowoc, WI 54220

**Saturday** 3/14, 3/28, 4/11, 4/25, 5/9 & 5/23, 10-11:30 a.m.; Aurora Medical Center Michigan Conference Room; 5000 Memorial Dr., Two Rivers, WI

**Wings of Hope** helps families as they grieve the loss of a baby through miscarriage, stillbirth, ectopic pregnancy, or SIDS.

Contact Jenny Weier, 920-242-1153

**S.O.S. (Survivors of Suicide)** Aurora Medical Center in the Superior Conference Room; Two Rivers. For more information contact Rhonda 920-901-0779 or St. Peter the Fisherman 920-793-4531. ❖

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**NUMBERS & EVENTS  
TO REMEMBER**

**Meyer Theatre**, 494-3401,  
www.meyertheatre.org  
**St. Norbert College**, 403-3950  
www.snc.edu/performing arts/tickets  
**Green Bay Visitors & Convention  
Bureau**, 494-9507, 24 hour service call  
494-1111.  
**Wisconsin Travel Information**, 800-  
373-2737.  
**Neville Public Museum Exhibits:**  
*70th Annual Art Juried Exhibit*, Mar 4-  
May 10; *Centennial Architecture*, 4/18-  
April, 2016; *Spies, Traitors, Saboteurs,*  
*Fear and Freedom in America*, 5/23-9/7;  
*The Port of Green Bay*, Mar. 2014-2020.  
**Salvation Army: Social Group**  
*Women's*, Tuesdays at 6 pm; *Men's*,  
Tuesdays at 6 pm, 626 Union Ct.  
**National Railroad Museum;**  
Sat-Sun, Mar 21-22, 3/28-29, *Great  
Bunny Train*, 9-5pm \$11-12, 437-7623  
**Village of Bellevue Leisure Services:**  
All are welcome. Call 468-5225.  
**Book Club** 3rd Tues. of month;  
2:30pm; Jitter Bean Café, Monroe Rd.  
**Bingo;** 3rd Thur. of month; 1-3pm;  
Community Center; \$.50 per card.  
**Movie Matinee;** 2nd Thur. of month;  
1:30-3:30pm; Bellevue Community  
Center, 1811 Allouez Ave.; \$1.00  
**New Leaf Winter Farmers Market;** KI  
Convention Center, downtown Green  
Bay; Saturday, 8 am-Noon, Mar 7, 28  
**Green Bay Botanical Gardens:**  
490-9457, **Fridays, Mar 13 & 27,**  
*Soup and Substance*, 5:30- 8 pm  
**Fri, May 8, National Public Gardens  
Day**, 9 am- 5 pm, Free Admission  
**Sun., May 10, Mother's Day at the  
Garden & Brunch**, 9 am- 5pm, Free  
adm for all Mothers, 9:30-1:30 Brunch,  
RSVP required

**Thurs, May 14, Taste Bud**, 5-8 pm  
**Mon, May 25, Memorial Day at the  
Garden**, 9 am- 5 pm, free veterans adm  
**Fri -Sun, May 29-31, 31st Annual  
Garden Fair**, various hours & fees  
**Weidner Center:** 465-2400  
**Wed.-Sat. Mar 4-7, Months on End,**  
UWGB Theatre, 7:30 pm, \$15-\$20  
**Sun. Mar 8, Dinosaur Train**, 3 pm, \$25.  
**Fri., Mar 13 The Fortunate Sons**, Police  
benefit show, 7:30 pm, \$10  
**Fri., Mar 20, The Priests**, 7:30 pm,  
\$38.50  
**Sun., Mar 22, Moscow City Ballet's Swan  
Lake**, 7:30 pm, \$35.00  
**Sat., Apr .11, Green Bay Symphony  
Orchestra Final Performance**, A Tribute  
to Youth Concert, 7:30 pm  
**Wed. Apr 15 Orchid**  **Ensemble**, 7:30 pm,  
\$22  
**Thurs, Apr 16, The Best of the Second  
City**, 7:30 pm, \$38.50  
**Sun. Apr 26 Elling Swings Sinatra**,  
7 pm, \$31.35  
**Sat., May 16, Say Goodnight Gracie**,  
7:30 pm, \$38.50  
**Meyer Theater:** 494-3401  
**Fri, Mar 6, Friends of the Bob & Tom  
Comedy Tour**, 8:00 pm, \$30  
**Sat. Mar 7, Vic Ferrari Symphony on the  
Rocks**, 8:00 pm, \$27-37  
**Wed., Mar 11, Blackberry Smoke**, 7pm,  
\$25  
**Thurs, Mar 12, Gaelic Storm**, 8pm, \$30  
**Fri, Mar 13, An Intimate Evening with  
Clint Black**, 8:00 pm \$45 -50  
**Mon, Mar 16, Allouez Village Band  
Concert**, 7:00 pm, Free Admission.  
**Thurs, Mar 19, Phil Vassar**, 8 pm, \$35.  
**Thurs, Mar 26, The Church Basement  
Ladies**, 8 pm, \$30.  
**Thurs,-Sat, Apr 3-25, Real Housewives  
of the U.P.**, 8 pm, \$30.

**Sun., Apr 19, Civic Symphony of Green  
Bay**, 3:00 pm, \$7-17  
**Mon, Apr 20, Allouez Village Band  
Concert**, 7:00 pm, Free Admission.  
**Mon., May 18, Allouez Village Band  
Concert**, 7 pm, Free Admission.  
**Fox Cities PAC:** 920-730-3760  
**Wed-Thur. May 3-4, Shen Yun  
Performing Arts**, 7:30 pm, \$63.50+  
**Fri, Mar 6, Laughter is the Best  
Medicine: Colin Mochrie & Brad  
Sherwood**, 7:30 pm,  
\$28.50  
**Thur, Mar 12, Danu 20th  
Anniversary Tour**, Irish  
music, 7:30 pm, \$35+   
**Sat., Mar 14, Fox Valley Symphony  
Orchestra**, 7:30 pm,  
**Thurs, Mar 19, The Great Gatsby**, 7:30  
pm, \$35+  
**Tues-Sun, Mar 24-29, Annie**, Various  
times, \$43 +  
**Sat., Apr. 18, Wild Kratts- Live!**, 10:30  
am, \$20 +  
**Fri, Apr 24, Mark Twain Tonight!**, 7:30  
pm, \$35 +  
**Tues, Apr. 28, Pilobolus modern dance**,  
7:30 pm, \$30 +  
**Sat., May 2, Fox Valley Symphony  
Orchestra**, 7:30 pm,  
**Tues-Sun., May 5-10, Jersey Boys**,  
various times, \$43 +  
**Sun., May 17, An Evening with Heart**,  
7:30 pm, \$59.50 +  
**Sat., May 30, An Evening with Johnny  
Mathis**, 7:30 pm, \$58.50 +  
**Green Bay Blizzard:**   
Resch Center, 494-3401  
**Sun. 3/1 Nebraska Danger**  
**Sun. 3/22 Iowa Barnstormers**  
**Sun. 3/29 Bemidji Axemen**  
**Sat. 4/18 Billings Wolves**  
**Sat. 5/16 Wichita Falls Night Hawks**  
**Sat. 5/30 Cedar Rapids Titans**



# CALENDAR OF EVENTS

*"Time, they say, heals all wounds...*

*But time works its magic only when it's used well." — Carol Luebering*

## Green Bay Gamblers Hockey:

Resch Center, 494-3401

**Sun. 3/15** Dubuque

**Tues. 3/17** Waterloo

**Fri. 3/20** Muskegon

**Wed. 3/25** Bloomington

**Fri. 3/27** Lincoln

**Sat. 4/4** Bloomington

**Tues. 4/7** Dubuque



## MARCH

**Fri. -Sun., Mar 6-8, Beja Shrine**

Circus, Brown County Arena \$20-26, 494-3401

**Sat., Mar 7, Arti Gras**, Shopko Hall, 10 am - 5 pm, 435-5220

**Sat., Mar. 7 Mardi Gras**, St. Joseph's Parish, 936 Ninth St, 5:30-11 pm. 496-2160

**Fri, Mar. 13, Fish Fry**, Our Saviour Lutheran Church, 120 S. Henry St., 5-6:30 pm, perch, baked cod, chicken tenders, carryouts available, \$6-\$13. 468-4065

**Fri., Mar 13, Baked Fish Dinner**, St. Jude Parish, 1420 Division St., 5-7 pm, 496-2160

**Fri., Mar 13, Bingo**, St. Patrick's Parish, 211 N. Maple, 5-7 pm, 496-2160

**Tues., Mar 17, St. Patrick Day Celebration**, St. Patrick Parish, 211 N. Maple St., Mass at 5:30 followed by meal. 496-2160

**Thurs.-Sat, Mar 19-21, 3/26 Daddy D Country Jubilee**, Riverside Ballroom, 5:30 pm \$28-44, 544-4244

**Thurs-Sun., Mar 19-22, WBAY Home & Garden Show**, BC Arena & Shopko Hall, \$7-12, 403-1199



**Thurs-Sun, Mar 19-22, Aladdin Ballet**, St. Norbert Walter Theatre, \$8-\$16, 403-3950

**Fri., Mar 20, Perch Dinner**, Annunciation, 401 Gray St. 5-7 pm, 496-2160

**Sat-Sun, Mar 21-22 De Pere Antique Show and Sale**, Schuldes Sport Center St. Norbert, 715-355-5144

**Fri., Mar 27, Baked Fish Dinner**, St. Jude Parish, 1420 Division St., 5-7 pm, 496-2160

**Fri., Mar 27, Bingo**, St. Patrick's Parish, 211 N. Maple, 5-7 pm, 496-2160

**Fri.- Sun., Mar 27-29, WBAY Pet Expo**, Brown County Arena, \$2-7, 405-1199

## APRIL

**Fri, Apr 10, Fish Fry**, Our Saviour Lutheran Church, 120 S. Henry St., 5-6:30 pm, perch, baked cod, chicken tenders, \$6-\$13. 468-4065

**Fri., Apr. 10, Bingo**, St. Patrick's Parish, 211 N. Maple, 5-7 pm, 496-2160

**Sat., Apr. 11, Big Event for Little Kids**, Shopko Hall, 9 am- 3:30 pm, \$1-\$8, 469-1236

**Thurs, Apr 16, Northeast Wis. Truck Expo**, Shopko Hall & Arena, 1 pm - 8 pm, 405-1134

**Sat. Apr. 18, Everybody's Rummage Sale**, Shopko Hall, \$200, 494-3404

**Tues., Apr 23, Cribbage Tournament**, St. Jude Café, St. Jude Parish, 1420 Division, 7:00 pm, 496-2160

**Thurs- Sat., Apr 23-25 & 4/30-5/1, Daddy D Top 10 Billboard Hits**, Riverside Ballroom, 5:30 pm \$28-44, 544-4244

**Fri., Apr. 24, Bingo**, St. Patrick's Parish, 211 N. Maple, 5-7 pm, 496-2160

**Sat., Apr 25, Birthday Party for the Animals**, NEW Zoo, 9 am - 2 pm, \$5-7, 434-7841

**Sat.-Sun., Apr. 25-26, Titledown Train Show**, Shopko Hall, \$1-7, 494-3401

## MAY

**Fri-Sun., May 1-3, Incorruptible**, St. Norbert Webb Theatre, 7:30 pm, \$15-17, 403-3950

**Sat., May 2, YMCA Healthy Kids Day**, Shopko Hall, 10 am - 3 pm, games, bike rides, etc. 494-3401

**Fri, May 8, Fish Fry**, Our Saviour Lutheran Church, 120 S. Henry St., 5-6:30 pm, perch, baked cod, chicken tenders, carryouts, \$6-\$13. 468-4065

**Fri., May 8, Bingo**, St. Patrick's Parish, 211 N. Maple, 5-7 pm, 496-2160

**Fri, May 8, Alan Jackson**, Resch Center, 7:00 pm, \$25-59.50, 494-3401

**Fri- Sat., May 8-9, America Sings 2015**, St. Norbert Walter Theatre, 7:30 pm, \$18-23, 403-3950

**Sat. May 9, Springs Wings**, Bay Beach Wildlife Sanctuary, 391-3671

**Wed.-Sat., May 13-16, Peter Pan Jr.**, St. Norbert Webb Theatre, 6:30 pm, \$13, 403-3950

**Thurs, May 14, Meet the Martins**, Hazelwood Historic House, 437-1840

**Sat., May 16, Cellcom 5K & Kid's Run**, Lambeau Field, 8:30 am, 432-6272

**Sat., May 16, Astor Neighborhood Walking Tours**, Hazelwood Historic House, 10 am, \$5, 437-1840

**Sun., May 17, Cellcom Green Bay Marathon**, Lambeau Field, 7 am, 432-6272

**Sat- Mon, May 23-25, Celebrate De Pere**, Voyageur Park, 336-7980

**Mon, May 25, Memorial Day-A Soldier's Remembrance**, Heritage Hill 10 am - 4:40 pm, \$7-9, Veterans free, 448-5150

**Fri, May 29 Bridging the Arts**, Downtown De Pere, 5-8 pm, 403-0337

**Sat. May 30 Green Bay Farmers Market**, Washington Ave.

**Sun. May 31 Cruise into Summer**, Heritage Hill, 448-5150 ♦

*Proko-Wall has gathered information on as many local events as possible. Proko-Wall is not recommending any particular event and lists them only as a public service.*

