



Face Fears and Feelings with Strength and Courage from Lisa Irish

Give your feelings permission to be...

I started to cry last night.

Defenses were down, warm friendship held my heart, and I began sharing my "truth". It's as if I gave *Sadness* the permission to be real. Slowly, I felt the ache of loss, the sting of loneliness as *Sadness* revealed itself. Part of me wanted to run away. Part of me knew *Sadness* was just waiting, and would continue to wait, until I took the time to be sad.

My life took a little detour last week. I broke my ankle and ended up with surgery, plate and screws, and a future managed by medical appointments. Plans and trips were cancelled and my husband gained a new vocation in his retirement - caregiver. At this point, I feel like "me" except when I'm moving from one place to another...slowly. I'm learning new definitions for patience, freedom, hope, kindness. And sadness.

I share this with you so we can consider, together, how we care for our feelings...sadness in particular. I offer these thoughts with humility. Looking at the lives around us and the rest of the world, so many people face such difficulty and tragedy that my situation seems quite minor. In this larger context, it is minor. At the same time, it's my leg and my life. The feelings that are triggered are part of me, as well.

I would suspect that most of us keep *Sadness* on a shelf. Unless it's an immediate trauma or loss, we keep busy to avoid the feeling. Or we try to convince ourselves "it could be worse," or "I have to stay strong." The dull presence or the poignant twinge of emotion sit alongside our life, but rarely gains our full attention. Is it just the pain we are seeking to avoid? Or are there demands sitting underneath the pain, the prospect of change for example, if we accept the *Sadness* into our hearts and minds?



Image courtesy of iPhotography by BJWOK at FreeDigitalPhotos.net

It Takes Strength and Courage

by David L. Griffith

*It takes strength to be firm,
it takes courage to be gentle*

*It takes strength to stand guard,
it takes courage to let down your guard*

*It takes strength to conquer,
it takes courage to surrender*

*It takes strength to be certain,
it takes courage to have doubt*

*It takes strength to fit in,
it takes courage to stand out*

*It takes strength to feel a friend's pain,
it takes courage to feel your own pain*

*It takes strength to endure abuse,
it takes courage to stop it*

*It takes strength to stand alone,
it takes courage to lean on another*

*It takes strength to love,
it takes courage to be loved*

*It takes strength to survive,
it takes courage to live.*

We humans often focus on achievement and responsibility at the cost of more tender places. We work to defend against painful feelings, but end up denying ourselves the fullness of who we are. And we are, in fact, complex, amazing creatures! We are capable of accomplishment and strength, sincerity and presence. With mercy's touch, we learn to accept and embrace ourselves, and step into the possibility of grace.

Our "yes" to life - joys and challenges, sadness and love, hope and loss - is our "yes" to God. Today I say "yes", even to the sadness. I desire to step (or hop at this point) into the possibility of grace and be who God created me to be.

A few years ago, I received these words to the left, from a dear friend, Loren. Her life ended too soon, but her passion inspires me today. As you read this quote, think about the strength and courage you need to accept your feelings. Trust God's mercy to comfort you in times of sadness, guiding you toward wholeness. Rely upon God's love for you and these gifts of strength and courage as you share your "truth" and feel your feelings. ❖

Reprinted with permission of Lisa Irish from her "This Little Light" website Glimmer message on 10/2/2015. In addition to publishing her website, Lisa is a Chaplain in a New Haven, CT hospital providing support during times of crisis, end-of-life and for those who are grieving. www.lisairish.com

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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How to Prepare Financially for a Longer Life

from
Kyle Daniel
Vander Loop



Image courtesy of Ambro at FreeDigitalPhotos.net

If you ask people, many of them will tell you that they are not afraid of dying so much as they may be afraid of outliving your resources. No one looks forward to the time when you can no longer care for yourself. When that time comes, your ability to live as good a life as physically possible will depend on what preparations you make today. Exercise, eat right, stay mentally fit and financially prepared.

Long-term care can be expensive and costs can quickly impact a person's financial security. People are living longer, which increases the odds of developing a chronic illness that could require on-going care. If the day comes that you are unable to do basic things, such as dressing yourself, getting in and out of bed, eating a meal or going to the bathroom alone, you will need to be prepared for the costs of paying professional caregivers for the help you need.

Medicare, in general does not cover the custodial care required for chronic medical conditions.

As health care costs escalate, an increasing number of people are protecting themselves by planning for long-term care. Though Medicare covers skilled care for acute conditions such as heart attacks and broken bones, in general, it does not cover the custodial care required for chronic medical conditions.

When making your plans for a secure retirement, it's also important to consider long-term care needs as a way of helping to protect your assets so they aren't exhausted by possible extended-care costs. By planning ahead, you can help maintain your independence and help ensure you have financial security to live your life your way. There are quite a few factors to consider when planning for long-term care. For this reason, it's important to work with a financial professional who understands your needs, and who can design a plan that will meet those needs at a cost you can afford. Specifically, look for a financial professional

Give the Gift of Pre-Planning

Life is a series of milestones, milestones we mark, honor and celebrate. The birth of a baby, the graduation of a child, a wedding, a retirement, all require thoughtful planning. For all these significant events, we honor the occasion and take pride in every detail.

The passing of a loved one brings sadness and grief, but it also brings the opportunity to celebrate a life well lived.

The passing of a loved one brings sadness and grief, but it also brings the opportunity to celebrate a life well lived. Like any other milestone, there is comfort in knowing that a plan is in place to honor and celebrate that life. And having that plan in place brings real emotional and financial benefits.

Pre-planning is a "gift" to loved ones. It enables them to focus on honoring a loved one's life, rather than worrying about difficult decisions at a distressing time. It allows them to celebrate the life of a loved one and the memories they treasure. It gives family and friends a chance to celebrate a life together knowing they are honoring very special and sacred wishes.

For the person who pre-plans, it can bring peace of mind. It is a record of individual wishes that results in a unique

service without guesswork or undue stress on the part of others. Overwhelmingly, our families agree that a funded, pre-planned funeral is a good idea and are grateful to their loved ones for easing their burden at a difficult time.

The costs of funeral services, on average, have risen 4.5 percent annually in the past 27 years. Like any other milestone, funeral arrangements can be complex and costly. Pre-planning helps assure rational, thoughtful decisions are made and helps avoid the emotional over-spending that may occur in a time of crisis and grief.

By pre-planning funeral expenses, you do more than eliminate financial strain on your family. The funeral home can also ensure that expenses are Medicaid and Social Security exempt and will be there when needed. Finally, pre-funded funeral arrangements can be transferred to any funeral home in the United States, especially helpful for the Wisconsin "snowbirds". ❖

To learn more,
call (920) 468-4111
or email:
info@prokowall.com

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who is supported by a well-established company with a solid history of strength and stability. A company that is well-positioned to deliver long-term value and will be there when you need it most. The right long-term care plan can provide you with options on how you receive the care you need and where. It gives you choices about how your final years are lived and where. And maybe, with such a plan can help reduce the fear of outliving your resources. ❖

Article prepared by Northwestern Mutual with the cooperation of Kyle Daniel Vander Loop. Kyle Vander Loop is a Financial Representative and Insurance Agent with Northwestern Mutual Life based in De Pere. To contact Kyle, call (920) 435-7597 or email kyle.vanderloop@nm.com.



www.caringbridge.com

CaringBridge is a nonprofit, free online service connecting friends and family when a loved one is receiving care.

CaringBridge is a free, easy-to-use Internet Service developed to keep friends and family informed during important life events – medical treatment, childbirth, rehabilitation, end-of-life. Families may quickly and easily create a personal CaringBridge Web page, write journal entries and display photographs of their caring communities. Visitors who are provided the Web page address can read the journal and write their own messages of support and encouragement. ❖



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. Meeting at 6 pm. at Bellin Executive Bldg., Mezzanine Room, 2nd floor, 2020 S. Webster on 3/15, 4/18 & 5/16. Call Mary Doemel, 339-8952.

THE CARE COMMUNITY

In-Sight Books, Inc. web site for Grief's Safe Place. Visit thecarecommunity.com for for those who have experienced a loss.

SHARE

For parents who have lost a baby through miscarriage, still birth or early death.

Monthly Meetings: 2nd Thur. at McKenna Library, Room 2838, St. Vincent at 7 p.m. Sessions: 3/10, 4/14 & 5/12, 433-8634.

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

JOURNEY THROUGH GRIEF

For all those who have suffered the death of a loved one. Meetings in St. Bernard's Parish office 3/29, 4/5, 12, 19 & 26 from 7-8:30 pm. Call Sr. Caroline at 468-4811 to register. No fee but registration is required.

DE PERE COMMUNITY CENTER

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

LIFE AFTER LOSS

Asera Care Hospice Support Group: Support group at the Brown County ADRC once a month beginning 3/9 at 2 pm. Call Mandy at 497-4672.

Heartland Hospice Support Group: 5 week sessions throughout the year in Green Bay, Shawano, and Peshtigo. More info on dates and locations, and to register, call bereavement coordinators, 336-6455.

CIRCLES OF FAITH GRIEF SUPPORT

Grief support meeting at St. James Parish, Cooperstown on 3/17 & 5/15 from 6-8 p.m. Contact Tom Bekkers at 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: 4/26, 5/3, 10, 17, & 24. 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

"For Those Who Live" by Kathy La Tour

Helping children cope with the death of a brother or sister.

Through interviews with siblings and from her own personal experience after the death of her 24-year old Navy pilot brother, Kathy La Tour offers help and understanding for this turning point in the surviving child's life.

In Kathy's words,



Image courtesy of imagerymajestic at FreeDigitalPhotos.net

None except those who have been through it can explain the agony a family experiences when a child dies. For the parents it is the loss of their future and the dealing with innumerable feelings: guilt, anger, depression, remorse and grief so intense that it can be debilitating. For surviving children there is a whole set of unique problems; each age, in fact, presents a new set of problems with which to deal. Children often encounter the same stages of grief as do their parents. There can be feelings of loneliness, guilt, anger and self-destruction, as well as, the constant frustration at their inability to alleviate the pain around them. It is a time when children need all the support of a positive family experience; and yet, ironically, a time when parents have the least to offer as they struggle to survive their own grief.

Children often encounter the same stages of grief as do their parents.

Every family is unique. But what they share with thousands of others is the process of readjustment. Whether the child died, by accident, illness, suicide or murder, the family that remains survives and, in a sense, forms a new family, one with a different set of roles and values.

From Art Peterson, Former Executive Director of The Compassionate Friends, "*Bereaved siblings frequently suffer a double loss, that of a brother or sister through death and of their parents, at least temporarily, through grief. This book is an outstanding contribution toward the solution of this frequently overlooked problem.*" ❖

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

Italian Pork Chop from Fit Zone

INGREDIENTS:

- 1, 4-ounce boneless pork chop
- 1/4 cup fat free Italian dressing

DIRECTIONS:

Place pork chop in a shallow dish and pour dressing over. Cover and marinate in refrigerator, turning occasionally, 3 hours or overnight.



Prepare grill or broiler. Remove chop, reserving marinade. Grill or broil 7 minutes, basting occasionally with reserved marinade. Turn and grill another 6-7 minutes, basting, until just cooked through. Serve with boiled baby red potatoes or baked potato and 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.

GRIEF SHARE PROGRAM

Videos and discussions to find comfort and healing from grieving someone close.

Pilgrim Lutheran Church, 1731 St. Agnes Dr. Meets 6:30-8:30 p.m. Current series continues 3/7, 14, 21, 28 & 4/4, 498-9681.
Celebration Church, 3475 Humboldt Rd., Tuesdays from at 6:30 - 8:00 pm. 2/16-5/3. Call Sue at 406-2536 for information.

AURORA GRIEF CARE

Green Bay: For adults; 4-week session; Wed. from 1-2 p.m., Aurora Baycare Hospital Chapel, 2845 Greenbrier Rd. Call 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, 1:30-3 pm, 3/22-4/19 and 6-7:30 pm, 3/8-4/5. 338-1111

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

Generations: Hope for Grieving Families: Adults, children & teens. Support group meeting the 2nd Thur. of mo. from 5:30-7:30 p.m., 2366 Oak Ridge Cir., De Pere, 338-1111.

Women's Luncheon: monthly on 3rd Wed. 12-1:30 p.m. at a local restaurant, 338-1111.

Understanding Grief: One time overview of grief. Wednesday. Call 338-1111.

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, 3/27, 4/4 & 5/2 at 7:30 p.m.
Manitowoc County Office Complex, 4319 Expo Dr., Manitowoc, WI 54220
Saturday: 3/12, 3/19, 4/9, 4/23, 5/14 & 5/21 at 10-11:30 am; 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, Grief Facilitator 920-242-1153

S.O.S. (Survivors of Suicide): Aurora Medical Center in the Superior Conference Room; Two Rivers on 3/9, 4/13 & 5/11 at 7-8:30 pm. contact Rhonda 920-901-0779 or St. Peter the Fisherman 920-793-4531.

Safe Harbor: grief group for teens; Manitowoc First Lutheran Church on 3/7, 3/21, 4/4, 4/18, 5/2 & 5/16 at 6:30-7:45 pm. Call Stephanie Bowman 682-7742.

PULASKI GRIEF SUPPORT

Open to all faiths and all ages. 6:30 pm at Assumption B.V.M. in the church basement in St. Clare Room. Enter at the southwest door. Call 822-3223 for meeting schedule.

CHILDREN'S HEALTH ALLIANCE OF WI INFANT DEATH CENTER

For those that have experienced the unexpected death of a child, visit www.chawissonsinsin.org for resource listing.

LIVING WITH LOSS

Appleton- Affinity Visiting Nurses Hospice: meeting 1st Tues. 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. Pre-registration appreciated.

Peace through Grief: Looking at the many pieces of life affected by a loss; 6-week info and support program looking at the emotional, physical, spiritual and social aspects of the grief experience. Pre-reg. (920) 727-2000 or 1-866-236-8500.

HEALING YOUR GRIEVING HEART

For those who have lost someone through death. Tuesdays, 6:30-8 pm at Resurrection Parish, 333 Hilltop Dr., 3/8,15,22,29 & 4/5. Call Ann Froelich at 435-6811, annfroelich@gmail.com or Sheila DeLuca at 336-7786, sdeluca@gbres.org to register.

FIRESIDE CHAT ON GRIEF

Panel discussion on surviving grief by several folks who have had traumatic and sudden losses. Reflective thought and questions will be invited from attendees. Our Saviour Lutheran Church, 120 S. Henry St., on 3/29 at 7-8 pm. Please RSVP 468-4065. ❖

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**NUMBERS & EVENTS
TO REMEMBER**

Green Bay Visitors & Convention

Bureau, 494-9507, 24-hour 494-1111.

Wisconsin Travel Information,

800-373-2737.

The Bridge-Between Retreat

Center, 864-7230, Provides a contemplative bridge to deepen relationships with self, God, neighbors & creation. A vibrant community built upon spirituality, wholeness, sustainable living, farming & preservation of our heritage.

Neville Public Museum Exhibits:

Centennial Architecture of Green Bay, 4/2015-4/2016, *Feline Fine: Art of Cats Exhibit*, 3/6-4/17, *Lure of the Ocean*, 3/6-5/8, *Winter Warm Up Music & the Museum*, *James Unplugged*, 3/19, Noon-3 pm, *Hardcore History: Frank Lloyd Wright*, 3/8; 1 and 6 pm, *The Port of Green Bay*, 3/ 2014 - 3/ 2020

Salvation Army: *Social Group Women's*, Tuesdays at 6 pm; *Men's*, Tuesdays at 6 pm, 626 Union Ct.

National Railroad Museum:

437-7623, 3/12-13, *Great Bunny Train Village of Bellevue Leisure Services:* All are welcome. Call 468-5225. *Book Club* 3rd Tues. of month; 2:30pm; *Jitter Bean Café*, Monroe Road. *Bingo*; 3rd Thur. of mo.; 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

Fish Dinners:

Fri. 3/4, 3/18, St. Jude

Fish Dinner, All you care to eat baked fish and the fixings. Desserts & soda available. 5-7 pm, \$5-8; 496-2160

Fri. 3/11, 4/8, 5/13, Our Saviour Fish Fry, 120 S. Henry St., 5-6:30 pm; Perch, Cod,



Combination and Chicken Strip dinners include potato, home-baked rolls and coleslaw. Desserts available. New Kids Chicken strip & fries dinner available. Carryouts call 468-4065 or email info@oslc-gb.org by 4 pm.

St Bernard Parish, 468-4811

Fri., 3/18, 4/15, 5/20 *Covenant of Love Date Night*, Meet couples, learn about God's plan for marriage. 6:30 pm

Green Bay Botanical Gardens:

490-9457; \$5-\$9

4/1 *Soup & Substance*, 5:30-8 pm

4/8-10 *Ikebana Show*

5/6 *National Public Gardens Day*

5/8, *Mother's Day & Brunch*

5/12 *Taste Bud*, 5-8 pm

5/30, *Open House for Veterans*

GB Farmer's Market, 437-5972

Saturdays, 5/28 - 10/15, 7am-Noon

Heritage Hill, 448-5150

5/30 *A Soldier's Remembrance*

Hazelwood, 437-1840

5/21 *Astor Neighborhood*

Walking Tours, 10 am

Green Bay Blizzard, 499-2549

Resch Center, \$12-35

3/6 *Neb. Danger*, 3:05 pm

3/18 *Minn. Havok*, 7:05 pm

4/15 *Billings Wolves*, 7:05 pm

4/24 *IA Barnstormers*, 3:05 pm

5/6 *Sioux Falls Storm*, 7:05 pm

5/13 *Cedar Rapids Titans*, 7:05 pm

ArtGarage, 448-6800

3/5 *A Band of Seahorses*

3/11 *Open Mic Night*

4/2 *1st Sat. Performance*

4/10 *Performer's Spotlight*

5/13 *Open Mic Night*

Meyer Theatre, 494-3401

www.meyertheatre.org

3/4 *Vic Ferrari Symphony on the*

Rocks, 8 pm \$30-100

3/5 *Paul Reiser*, 8 pm, \$35

3/9 *Gaelic Storm*, 7:30, \$35

3/18-19 *Project Pink*, 8 pm, \$30-50

3/21 *Allouez Village Band*, Free, 7 pm

3/24 *America*, 7 pm, \$75-250

4/8-30 *Kewaunee County Pickers*, \$30

4/10 *The Smithereens & Martha Davis & the Motels*, \$50-100

4/17 *Civic Symphony of GB*, \$7-40

4/18 *Allouez Village Band*, Free

4/27 *Red Green*, 7 pm, \$49.50

5/16 *Allouez Village Band*, Free

Weidner Center,

465-2400

3/17 *Dancing in the Streets*

4/8 *Wild Kratts Live!*, 7 pm, \$25+

4/12 *Monzil Brass*, \$25+

5/1 *Rain-Tribute to the Beatles*, 7:30pm, \$49.50+

5/12 *Joe Bonamassa*, 8 pm, \$82-128

St. Norbert College, 403-3950

www.snc.edu/performing arts/tickets

3/4 *Big Band Snowball Dance*, 7:30pm \$16

3/13 *Seven Last Words of Christ*, St. Norbert Abbey, 1 & 3 pm, \$14

3/17-20 *The Wizard of Oz*, Walter Theatre, \$12-16

4/8-16 *Emilie*, Webb Theatre, 2:30 & 7:30, \$12-14

4/17 *Bell Choir Concert*, Dudley Birder Hall, 1 pm, Free Adm.

4/29 *Spring Band Concert*, Walter Theatre, 7:30 pm, \$6

4/29-5/7 *Steel Magnolias*, Webb Theatre, 2 & 7:30 pm, \$18

5/1 *Spring Showcase 2016*, Walter Theatre, 3:30 pm \$10-15

5/6-7 *America Sings 2016*, Walter Theatre, 7:30 pm, \$18-23

5/12-21 *Knights on Broadway Spring Showcase*, Dudley Birder Hall, 2 & 7:30 pm, \$7-14

5/21 *GB Girl Choir 20th Anniversary Concert*, Walter Theatre, 3 pm, \$10-\$15



CALENDAR OF EVENTS

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

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

Fox Cities PAC, 920-730-3760

- 3/5 *Daniel Tiger's Neighborhood*, 6:30 pm, \$25+
- 3/8-13 *Rodgers & Hammerstein's Cinderella*, \$45+
- 3/20 *Creole Carnival*, 7:30 pm, \$25+
- 4/5-10 *Motown the Musical*, \$45+
- 4/15 *Mark Morris Dance Group*, 7:30 pm, \$30+
- 4/20 *The Improvised Shakespeare Co.*, 7:30 pm, \$25+
- 4/22-23 *Christine Ebersole Cabaret*, 8 pm, \$30+
- 5/5 *Jane Lynch*, 7:30 pm, \$45+
- 5/7 *Rosanne Cash w/ Fox Valley Symphony*, 7:30 pm, \$39+
- 5/17-22 *Chicago*, 7:30 pm, \$45+

M A R C H

Fri.-Sun. 3/4-6, Beja Shrine Circus, BC Arena, \$10-26 494-3401

Fri-Sun. 3/4-6, GB Film Festival, St. Norbert College, \$20-75, 436-4777

Sat. 3/5, Winterfest, St. Joseph Parish, 9th St. Adult fun night. Pulled, pork, turkey, shredded beef & Jambalaya. Auction, raffles, music, bakery & games. Free, 5:30-11 pm. 496-2160

Sat. 3/5, GB Packers

Project Play 60, Lambeau Field Atrium, 10 am- 4 pm, 569-7500



Sat. 3/5 & 3/11, Build a Bluebird House, Barkhausen Waterfowl Preserve, 10 am, \$10/Kit, 448-6242

Sat. 3/5, Arti Gras, Shopko Hall, 10 am - 5 pm, \$10-13, 435-5220

Thurs-Sun. 3/10/-13, WBAY Home & Garden Show, Arena & Shopko Hall, 405-1199

Thur. 3/17, St. Patrick's Day Celebration, St. Patrick Parish, 211 N. Maple St., 5:30 Mass followed by corned beef & cabbage, music, prizes & green beer. Res. required by 3/7, 496-2160

Fri.-Sun. 3/18-20, WBAY Pet Expo, BC Arena, \$4-11, 405-1199

Sat.-Sun. 3/19-20, De Pere Antique Show & Sale, Schuldes Sport Center, St. Norbert, 16 & over \$4.50, 715-355-5144

Sat.-Sun. 3/19-20, Woodworkers Guild Show, GB Southwest High, 9:30 am - 4 pm, 202-2357

Wed. 3/23, Paschal Meal, 5:30 pm Mass with program & dinner, St. Patrick Parish, RSVP 496-2160.

Thurs.-Sun. 3/24-27, Marvel Universe Live!, Resch Center, \$27-\$102, 494-3401



Sat. 3/26, Easter at the Wildlife Sanctuary, 391-3671

Sat. 3/26, Maple Syruping Celebration, Barkhausen Waterfowl Preserve, 9:30 am-3 pm, \$3-5, \$15 family, 448-6242

Sat. 3/26, Easter EggStravaganza, NEW Zoo, 8 am-4 pm, 434-7841

A P R I L

Fri.-Sun. 4/1-3, Northeast WI Motorama, BC Arena & Shopko Hall, \$6-10, 660-2674

Sat. 4/9, Spring Rummage Sale, Annunciation Parish, 401 Gray St., 8 am-2 pm 496-2160

Sat. 4/9 & 4/16, Build a Bat House, Barkhausen Waterfowl Preserve, 10 am, \$10/Kit, 448-6242

Sat. 4/9, The Meals, The Mass, The Mystics, St. Bernard's Parish, 9am - Noon, Reflection for women where A. Boerschinger shares her love of cooking with insight on the Saints & Mystics. Free will offering, RSVP at mgarcia@gbdioec.org or 920-272-8276

Sat. 4/9, Big Event for Little Kids, Shopko Hall, 9-3:30 pm, 469-1236

Sat. 4/9, Everybody's Rummage Sale, Shopko Hall, 8 am-2 pm, 405-1134

Thur. 4/14-16 & 4/20-24, I Hate Hamlet, GB Community Theatre, \$19

Fri. 4/15, NE Wisc. Truck Expo, BC Arena & Shopko Hall, 1-5 pm, 405-1134

Sat. 4/16, Jennifer Nettles, Resch Center, 7:30 pm, \$39-50, 494-3401

Tues. 4/19, STAR TREK: The Ultimate Voyage, Resch Center, 7:30 pm, \$25-55 494-3401

Wed.-Thurs. 4/20-21 & 4/29-30, Daddy D Pop-Pourri, Riverside Ballroom, 5:30 pm, \$30-44, 544-4244

Sat. 4/23, "B" Earth" Day Party for the Animals, 9 am-2 pm, NEW Zoo, \$5-7, 434-7841

Sat.-Sun. 4/23-24, Titledown Train Show, Shopko Hall, \$1-7, 494-3401

Sun. 4/24, Earth Day Event, Bay Beach Wildlife Sanctuary, Noon-3 pm, Free Adm. 391-3671

Thur. 4/28, Brantley Gilbert, Resch Center, 7 pm, \$34-40, 494-3401

M A Y

Wed. 5/4, May Crowning, St. Patrick Parish, 211 N. Maple, 6 pm

Thur, 5/5, Carrie Underwood, Resch Center, 7 pm, \$46-76, 494-3401

Sat. 5/7, YMCA Healthy Kids Day, Shopko Hall, 10 am-3 pm, 494-3401

Sat. 5/7, Mother's Day at the NEW Zoo, 9 am- 6 pm, 434-7841

Sat. 5/14, Spring's Wings, Wildlife Sanctuary, 11 am- 3 pm, 391-3671

Sat. 5/21, Cellcom 5K & Kids' Run, Lambeau Field, 9 am, 432-6272

Sun. 5/22, Cellcom GB Marathon, Lambeau Field, 7 am, 432-6272

Fri-Sat. 5/27-28, Let's Go Frogging, Barkhausen, \$3-5, 448-6242

Fri.-Mon. 5/28-30, Celebrate De Pere, Voyageur Park, 336-7980 ♦



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.

