



Tomorrow™

Published quarterly since 1996 for those left behind.

Fall 2016 Vol. 21 Issue 2

"A Traveling Companion on Your Life Journey"

The Mice in the Maze from Carol Wautlet

I recently attended a fund raising event for a small child and his family, arranged by family and friends of theirs. A young couple I know is struggling with the weight of learning their child has cancer. In the confusion and whirlwind that happened in days, their child was rushed to Children's Hospital for further testing, then diagnosed with an aggressive form of Leukemia. Enduring medical jargon, Chemo and many tests, scans and hospital life would become "home" for the next days that became weeks. Back home, family and friends quickly organized this fund raiser. Held in spring, when people look forward to a renewal of all things, flowers sprouting, outdoor events, the end of the school year, this young family was forced to tackle the uncertainty their child faced, discarding any plans for a fun summer.

The benefit had raffles and prizes, T-shirts and other items for sale. The main event was to be a "Mouse Race", so to speak. Anxious and excited observers could place bets on the small white mice they thought would win, each mouse identified by colored tape on their tails. The maze was cleverly constructed on a horizontal board about 8 ft. by 4 ft., complete with obstacles like small plastic barriers and corridors and openings that would lead to the cheese.

A lively event, organizers dressed in costumes in celebratory fashion, with hats adorned with plumes, and men in suits of color who took bets and riled the crowds in excitement of which mouse might be the first to find the "cheese" at the end of the maze. The winners would get a portion of the money from bets for each race, and the family would get the rest of the proceeds from each race. I as well as others visually inspected the white mice, held captive in a glass aquarium like structure, trying to guess which mice might be winners. I placed my first bet on a mouse with blue

tape on his tail that looked active in the cage. I recall looking with others at the maze, visually locating the starting line and the finishing area complete with block of cheese, but noted having a slight feeling of unsteadiness as the "last call for bets" was announced for the first race. While many in attendance appeared jovial, it was silently understood that this was a fundraiser for a family whose child was in the fight of his life. Literally. I said a quiet prayer for the family and four year old Cullen, pushing back the feelings of the anguish they must be facing each day. I prayed that this little boy's parents will not have a reason to "be one of us", to be a *The Compassionate Friends* group member.



*This is what my
grief was like.
It was like being
in a maze with
people all around
trying to direct
me through it.*

Image courtesy of Ventrilock. / FreeDigitalPhotos.net

At the strike of a bell to signify the official start of the race, the mice were placed at the starting line, 8 of them, all color coded. As they began to weave through the obstacles, climbing over one another and turning in circles, the crowd cheered and yelled to their respective mice, as if to direct them through the maze. "No, no, turn around" a man shouted behind me. Others cheered as their mice got closer to the end, or took a turn that was a closed end. One mouse got close to the cheese, only to crawl over the wall back in the opposite direction away from the cheese before finding it, erupting in shouts and laughter from observers. And then it struck me. This is what my grief was like. It was like being in a maze with people all around trying to direct me

through it. And like the mice, it seemed I couldn't find my way through it. Futile attempts were made by many to offer advice on how to get through it, or what to do, or not do. It was like being in a fog, where you can't see where you are, or where you are going. Others outside of the maze direct you, but they don't understand that you can't understand THEM; that nothing makes sense after losing a child. Those outside of the maze can't understand that we all have to find our way through the maze. And each way may be different for each person. It takes time. It's confusing; there is no "right way". And sometimes, like the mouse that made his way toward the cheese, only to go over the wall away from it, seemed to mirror days when I thought I made progress, only to find myself feeling the strong waves of grief at times unexpectedly. And of course, there are those people, the *The Compassionate Friends* people, who've been in the maze, who know what that feeling is like. The constant confusion, feeling like

CONTINUED ON BACK PAGE...

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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Yoga Helps Those Struggling with Grief

from Allie Pedretti

Letting go is not only possible on our mat, but in all aspects of life.

Yoga dates back more than 5,000 years. The word Yoga means "to join or yoke together," and it brings the body and mind together into one harmonious experience. Over time and with regularity, yoga practice teaches us to surrender to the present moment and being present, no matter what that moment entails.

Due to its strong mind-body connection, a consistent yoga practice brings many benefits to those who are grieving including:

- **Mood** Overall well-being improves with yoga practice. The combination of creating a strong mind-body connection, creating a healthy body, and focusing inward can all lead to improvement in your mood.
- **Stress Reduction** The concentration required during yoga practice tends to focus your attention on the matter at hand, thereby reducing the emphasis you may have been putting on the stress in your life.
- **Anxiety** One benefit to the controlled breathing used in yoga is a reduction in anxiety and depression. Some believe the negative feelings that you may be repressing are brought to the surface during some types of yoga exercise.
- **Self-acceptance** Focusing inward and realizing through your yoga practice that perfection is not the goal, self-acceptance begins to take over.
- **Self-control** The controlled movements of yoga teach you how to translate that self-control to all aspects of your life.
- **Mind-body connection** Few other exercises offer the same mind-body connection that yoga does. As you match your controlled breathing with the movements of your body, you retrain your mind to find that place of calm and peace that long-time yogis know.
- **Positive outlook on life** Continued practice of yoga results in a balance of many hormones and nervous system, which brings about a more stable, positive approach to life.
- **Concentration** Researchers have shown that as little as eight weeks of yoga practice can result in better concentration and more motivation.
- **Memory** Improved blood circulation to the brain as well as the reduction in stress and improved focus results in a better memory.



Image courtesy of nenetus / FreeDigitalPhotos.net

• **Social skills** In yoga, you learn the interconnectedness of all of life. Your yoga practice soon evolves from a personal journey to one connecting to the community at large where your social skills improve along with your yoga practice.

• **Calmness** Concentrating intently on what your body is doing has the effect of bringing calmness. Yoga also introduces

you to meditation techniques, such as watching how you breathe and disengagement from your thoughts, which calm the mind.

Don't beat yourself up if you find yourself unenthusiastic and resist rolling out a yoga mat.

It can be hard to start or return to a practice when your world has been turned upside down, so don't beat yourself up if you find yourself unenthusiastic and resist rolling out a yoga mat. There can be a tendency to want to run away, and returning your awareness back to your body might be bittersweet. Commit to being on the mat for that period of time - this will help you take the first step towards self-care.

If you are new to yoga, (and for that matter if you are an experienced yogi), follow the first instruction of yoga, non-violence to yourself or to others - known as ahimsa. If you maintain awareness with your breath during the practice you will know when you are pushing yourself too hard. Your breath should be easy - if you find that you are holding your breath back off of the pose and honor your edge. This is true whether you are grieving or not.

Always be mindful of how the various yoga poses are affecting your body - whether you're practicing yoga at home or with a Certified Yoga Instructor. Don't push your body into poses it's not ready for. Stay within your limits when you're stretching, being aware of how your body is reacting to each yoga pose. You don't need to be flexible to practice YOGA - all you need is the time to breathe and move. We hope this helps restore balance on your grief journey.

Our mantra at Pedretti Power Yoga, LLC - when life throws us curveballs and bumps-- "PBS": Pause, Breathe, Smile. ❖

Allie Pedretti is the owner of
Pedretti Power Yoga LLC, 805 George Street,
De Pere WI 54115 • (920) 544-3657
www.pedrettipoweryoga.com

SUPPORT GROUPS

AFFINITY VISITING NURSES HOSPICE:
Appleton (920)727-2000 or 1(866)236-8500

Time to Mourn: Six-week grief support for adults who have lost an adult loved one. Co-led by professionals trained in grief support. No fee. Advance registration required. Offered 3 times yearly.
Men Journeying through Grief: Meeting 1st Wednesday of every month from 6-8 p.m. in Neenah. For men only.

AURORA GRIEF CARE:

Green Bay: (920) 288-3094 Renee
For adults; 4-week session; January, April, July and October. Wed from 6:30-7:30 p.m., Aurora BayCare Hospital Chapel, 2845 Greenbrier Rd. Call or email renee.lubinski@aurorabaycare.com

Manitowoc/Two Rivers: (920) 288-5100 Sadie, Aurora BayCare Hospital: 5000 Memorial Dr., Two Rivers. Call or email at Sadie.nicolas@aurora.org

CAMP LLOYD

Week long day camp from 8:30 a.m. to 4:00 p.m. for grieving children, ages 7-14, Mauthe Ecumenical Center, UWGB Campus. Registration available January 2017. Contact Illene Cupit cupiti@uwgb.edu

THE CARE COMMUNITY

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

CHILDREN'S HEATH ALLIANCE OF WI INFANT DEATH CENTER:

For those who have experienced the unexpected death of a child visit, www.chawisconsin.org for a complete listing of grief support and bereavement resources.

CIRCLES OF FAITH GRIEF SUPPORT:

(920) 660-8066, Grief support meeting at St. James Parish, Cooperstown
Sept 11 Dr. Illene Cupit 6-8 PM
Nov 13 Coping with Loss During the Holidays 6:00-8:00 p.m., call Tom Bekkers

THE COMPASSIONATE FRIENDS:

(920)-370-3858, www.TCFGreenBay.org
For parents and grandparents grieving the loss of a child. Green Bay: Meetings 3rd Tuesday of the month, 7 p.m., First United Methodist Church, 501 Howe St.
July 19 Sibling Grief
Aug 16 The Grief Tool Box
Sept 20 Turning the loss into Legacy (DVD)
Oct 20 Fr. Tim Shillcox
Nov 17 Ask It Basket - Get your questions answered
Dec 15 Open Discussion: Holiday check in



SUPPORT GROUPS

DE PERE COMMUNITY CENTER:

(920)339-4097 Grief support groups held the 2nd Monday of every month at the De Pere Community Center, 600 Grant St. De Pere.

GRIEF SHARE PROGRAM: (920)965-2233 Pilgrim Lutheran Church, 1731 St. Agnes Dr. Meets Mondays 6:30-8:30 PM

HEALING TOGETHER SUPPORT GROUP: (920)321-2004 Call Pam Sengstock for more information on dates and times of sessions

HEALING YOUR GRIEVING HEART: Call Ann Froelich at (920) 435-6811, annfroelich@gmail.com or Sheila DeLuca at (920) 336-7786, sdeluca@gbres.org to register. For those who have lost someone through death. Tuesdays, 6:30-8 pm at Resurrection Parish, 333 Hilltop Dr., 9/13, 9/20, 9/27, 10/4 and 10/18

HEARTLAND HOSPICE SUPPORT GROUP: (920)336-6455 5-week sessions throughout the year in Green Bay, Shawano, and Peshtigo. Call for more information.

HELPGUIDE.ORG

Website offering tools and advice for stress relief. Click on the Grief & Loss link on left.

JOURNEY THROUGH GRIEF:

(920)468-4811 For all those who have suffered the death of a loved one. Meetings in St. Bernard's Parish office Tuesdays Oct 4, 11, 18, 25 and Nov 1 from 7-8:30 p.m.

LAKESHORE GRIEF SUPPORT PROGRAMS: (920)698-0998

All walk-in sessions and 4-week series are free and registration is not required. Call Robb Spaulding with questions. Walk in sessions: Meeting first Monday of every month, 6 p.m., Manitowoc County Office Complex, 4319 West Expo Drive Room 111, Manitowoc on 2nd and 4th Saturdays of each month at Aurora Medical Center, 5000 Memorial Dr., Two Rivers at 10:00AM in the Michigan Conference Room. Safe Harbor: (920) 682-7742 A grief group for teens: Meeting on the 1st and 3rd Mondays of the month from 6:30 - 7:45PM. First Lutheran Church 521 N. 8th St. Manitowoc. Contact Stephanie Bowman or email at sb_flcmanitowoc@sbcglobal.net Wings of Hope: (920) 242-1153 Helping families as they grieve the loss of a baby through miscarriage, stillbirth, ectopic pregnancy or SIDS. Jenny Weier, Grief Facilitator S.O.S (Survivors of Suicide): (920) 901-0779 Two Rivers For more information contact Rhonda.

BOOK REVIEW

"Through the Eyes of a Lion" by Levi Lusko

Review by Renee Natzke

This book was gifted to me soon after my young son, Jack, passed away. From the moment I read the back cover I was anxious to get started. The author is a pastor who lives in Montana with his wife and daughters. His five year old daughter, Lenya, suddenly dies just days before Christmas.

This book is not only the story of his daughter's death, but more so how you can take a tragedy and turn it into purpose, like the Lusko's have done.

Levi uses biblical references to relate to modern day experiences of grief or other difficult times in your life. He explains how you should look beyond what is in front of you and focus on what God has in store for you, ultimately heaven. Each person will experience pain and grief in this life and it

Even when you know your child is in heaven, it still hurts like hell.



is what you do with that pain that could be very powerful. With ideas such as "using your pain as a microphone", or facing your fear and "running towards the roar" each chapter is uplifting and gives hope and faith to a hurting heart.

God has a plan for each life and He allows pain to give people a new platform to rise to.

This book is not only for those who are grieving but for anyone who wants to have a different perspective when they are faced with troubles in their life. This book has given me a positive, faithful outlook for my future without my son here on earth. You can find a copy of this book in the Proko Wall library donated in memory of Jack. ❖

This book, as well as other videos and books, is available for checkout at Proko-Wall's Community Library

COOKING FOR ONE

Egg Stata from Judith Knudsen

Sometimes, it can be hard to get motivated when cooking a meal for just one. The first step to success is to make cooking healthy meals a priority. Planning ahead and arming yourself with a few tips and tricks will put you on the path to triumph in the kitchen. Here are some tips to make food preparation easier when cooking for one.

TIP 1: If a recipe calls for a can of beans or soup and you would like to divide the recipe in half, use the amount you need and either refrigerate or freeze the remaining food. Label the container with the contents and date.

TIP 2: Enjoy breakfast for dinner every now and again. Remember, eggs come in one-serving portions naturally. If you don't go through a dozen eggs in a few weeks, you can buy eggs in a carton of six instead.



INGREDIENTS:

- 2 whole eggs
 - 1/4 cup reduced-fat milk
 - 1 slice whole-wheat bread, torn into small pieces
 - 1/4 cup sharp cheddar cheese, shredded
 - 1/4 cup diced onions (frozen is easiest)
 - 1/4 cup diced bell peppers (frozen is easiest)
 - 1 pinch each of garlic, oregano and crushed red pepper
 - Salt and pepper, to taste
1. Spray an oven-safe glass dish with non-stick cooking spray and preheat oven or toaster oven to 350°F.
 2. In a small mixing bowl, beat eggs and milk. Add veggies, cheese and bread and toss to coat.
 3. Pour into prepared dish and bake for about 25 minutes, or until top is browned and knife inserted into the center comes out clean.

This recipe is a great way to use late summer vegetables. ❖



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.

LIFE LOSSES GRIEF SUPPORT GROUP:
(920)865-7844 Grieving can happen at any stage in your life, whether it is the death of a loved one, loss of a job, ending a relationship, etc. Join with other adults for three weeks to share and support each other through the grieving process. Wednesday, Sept. 14, 21, and 28, 2016. 6:15 - 7:45 p.m. Marion Room SS Edward and Isidore Parish 3667 Flintville Road

LIVING WITH LOSS: (920) 497-4672
Asera Care Hospice Support Group:
Lantern Release Fort Howard Cemetery Oct 6th 5:00 p.m., 2633 Development Dr. Green Bay, Call Mandy

NAVIGATING THE WATERS OF GRIEF
UNITY HOSPICE'S ADULT
BEREAVEMENT: (920) 338-1111
Green Bay Area: Unity Office, 2366 Oak Ridge Cr. DePere, Tuesdays 6:00 - 7:30 Aug 23- Sept 20; Oct 4 - Nov 1; Nov 15 - Dec 13. Tuesdays 1:30 - 3:00. Sept 20- Oct 18; Nov 15 - Dec 13, Registration required.
Wausaukee Area: 1st Wed. 10-11:30
Marinette Area: 1st Wed. 12:30 - 2:00
Sturgeon Bay Area: 2nd Wed. Noon - 1:30
Kewaunee Area: 2nd Wed. 3:00 - 4:30
Gillett Area: 4th Wed. 12:00 -1:30
Shawano Area: 4th Wed. 3:00 - 4:30
Grief Connection: ongoing grief support group for adults that meets the 3rd Thursday 6:00 - 7:30PM

UNITY HOSPICE'S ADULT
BEREAVEMENT (cont.): (920) 338-1111
Generations: Hope for Grieving Families: Designed to help the whole family, adults, children and teens. Meetings 2nd Thur. of every month 5:30 - 7:30 p.m., Heritage Hill.
Women's Luncheon: Meeting 3rd Wednesday of every month from 12:00 - 1:30PM, at a local restaurant for conversation & support. Lunch is purchased off the menu.
Men's Dinner: Meeting 1st Thursday of every month from 6:00 - 8:00PM at a local restaurant for conversation & support.
Understanding Grief: Meeting monthly on Wednesdays in Sturgeon Bay at Noon.

NEW HOPE GRIEF GROUP: (920) 496-2160
Grief Support meetings at Annunciation Church, 1087 Kellogg St., Aug 23, Aug 30, Sept 6, Sept 13 and Sept 20 1:30-3:00pm. Call to Sr. Pat Clement to register

PERMISSION TO MOURN: (920)652-7804
St. Francis of Assisi, 1416 Grand St., Manitowoc, Sat. Oct. 8th 8:45am - 3:30pm. \$15 includes lunch Registration deadline Sept. 30. Contact Ruthann Ross

PULASKI GRIEF SUPPORT: (920)822-3223
Open to all faiths and all ages. No registration required. Call for schedule.

S.O.S. (SURVIVORS OF SUICIDE):
Green Bay (920) 339-8952, For family and friends to cope with suicide. Meeting 7 - 8:30pm, Bellin Mezzanine, 2nd floor, 2020 S. Webster, Sept 19, Oct 17, Nov 21, Dec 12, Call Mary Doemel.

SHARE: (920) 433-8634
For parents who have lost a baby through miscarriage, still birth or early death.
Monthly Meetings: 2nd Thurs. at McKenna Library, Room 2838, St. Vincent at 7pm

Special SHARE Service for parents who have lost a baby through miscarriage only. Nov 3 at 1pm, Allouez Cemetery Chapel. Call Lana Reinke at (920) 433-8634. ❖

...CONTINUED FROM FRONT PAGE.

you're going in circles, not getting anywhere, and that with each turn, you're more lost. That is what my grief was like, and sometimes still is, more than 5 years later. ❖

Carol Wautlet was the sixth of seven children born to parents from the World War II era. Her mother was a "World War II bride" and her father was a Prisoner of War who was wounded in action. Carol grew up surrounded by grief. Her baby brother passed away before she was age 4, an experience that shaped the rest of her life and certainly her parent's and sibling's lives as well. Her grandparents passed on by the time she was 9; her father passed when she was 15, and she lost her 24-year old son Rob 7 years ago. Carol's employment has been in various social science fields, or "helping" professions.

Carol holds a BS in Social Change and Development and a MA in Counseling. Currently, she works as a HR Manager and serves on the Steering Committee of The Compassionate Friends, Green Bay Chapter.

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FUNERAL HOME AND CREMATORY
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Tomorrow™

Calendar of Events

RESOURCES AND THE ARTS

Aging and Disability Resource Center of Brown County (920) 448-4300

Mon - Fri 8:00 a.m. - 4:00 p.m., 300 S. Adams St. www.adrcofbrowncounty.org.

Art Garage (920) 448-6800

Sept 1 *The Royal Order of the Painted Buffalo* 6-9 p.m., Oct 7 *Northeast WI Watercolor Society* 5-8 p.m.

The Bridge-Between Retreat Center (920) 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.

Downtown Green Bay (920) 437-5972

Downtowngreenbay.com, Sign up for "What's up Downtown newsletter" to find activities in Green Bay

Farmer's Markets

Allouez Farmer's Market (920) 448-2800, Thursdays through October 6 1900 Libal St. 3:30 - 6:30

Farmer's Market on Broadway (920) 437- 2531, Wednesdays through Sept 28 3:00 - 8:00PM

East DePere Farmer's Market Thursdays through mid Oct., Seroogy's 7:00 am - Noon

West DePere Farmer's Market Tuesdays through mid Oct., Festival Foods 7:00 a.m. - Noon

Green Bay Farmer's Market (920) 437-5972, Saturdays through October 29 Washington St, 7:00 a.m. - Noon

Oneida Farmer's Market (920) 496-5649, Thursdays through October 19 N7332 Water Circle Pl, Oneida, Noon - 6

Fox Cities PAC: (920) 730-3760

Fri Sept 2 *Rob Brackenridge Presents Wiscomedy* 7:00

Fri Sept 9 *Grupo Barak* 7:00

Fri Sept 30 *Lewis Black* 8:00

Oct 4-9 *Book of Morman* 7:30, Sun. 6:30

Sat Oct 15 *Peppa Pig* 5:00

Thurs Oct 27 *Moody Blues* 8:00

Sat Nov 5 *Herman's Hermits* 7:30

Thurs Nov 17 *Ron White* 8:00

Sat Nov 26 *Straight No Chaser* 8:00

Green Bay Botanical Gardens:

(920) 490-9457 \$5-9

Sept 10 *Fall Family Art Festival*, 9-4

Sept 11 *Grandparent's Day*, 9-6



Green Bay Visitors & Convention

Bureau: (920)494-9507 GreenBay.com

Hazelwood: Call (920) 437-1840 to register for events.

Sept 7 & 8 and Sept 10

If Tombstones Could Talk Walking Tour, Woodlawn Cemetery 6:30PM \$7.00

Sept 17 *Downtown Walking Tour* 10:00 a.m. \$5.00

Oct 15 & 22 *Poe Evermore at Haunted Hazelwood* 5-9 p.m. \$10.00

Heritage Hill:

(920) 448-5150

Heritagehillgb.org

Sept 10 *Vintage Vehicles* 10 a.m. - 3 p.m.

Sept 13 *Lunch and Lecture* 11:30 a.m. - 1:30 p.m.

Sept 14 *Segway Tours* 5:30 - 7 p.m.

Sept 15 *Bootlegger's Party* 5:30 - 9 p.m.

Oct 15 & 22 *Halloween at Heritage Hill* 4 - 8 p.m.

Nov 15 *Lunch and Lecture* 11:30 a.m. - 1:30 p.m.

Meyer Theatre: (920) 494-3401

Sept 15 *An Evening with Roger McGuinn* 7:00

Sept 30 *Fri Night Fish Fry* 6:30

Sept 23 - Oct 15 *Rattle Those Pots and Pans* 8:00

Oct 27 *An Evening with Bruce Hornsby* 7:00

Nov 9 *Home Free: A Country Christmas* 7:00

Neville Public Museum Exhibits: (920) 448- 4460

July 16- Oct 30, 2016, *Eyes on the Skies*

May 27- Oct 30, 2016, *Ice Age Imperials*

Apr 16, 2016 - Apr 9, 2017,

Life and Death at Fort Howard

Plus, check out *Exhibits Exposed* third Wednesday of each month at 6:00

St. Norbert College: (920) 403-3950

Evergreen Theatre:

Sept 23 - Oct 1, August: *Osage County*

Oct 7 - Oct 9, *The Blue Bird Prince*

Nov 17 - Nov 20, *The Secret Garden*

Fall 2016 Cooking Classes - tickets at snc.edu/outreach/cookingclasses

Salvation Army: (920) 593-2362

Super Senior Days, **Sept 28, Oct 26 and Nov 30** at the Kroc Center. Call Karrie for information.

Village of Bellevue Leisure Services:

(920) 468-5225 All are welcome.

Bingo; 3rd Thur. of month; 1-3 p.m.; Community Center; \$.50 per card.

Weidner Center: (920) 465-2400

Sept 27 *Rocking Road to Dublin* 7:30

Oct 15 *Garrison Keillor* 7:30

Oct 18 *Loreena McKennitt* 7:30

Oct 22 *Ailey II* 7:30

Oct 25 & *Daniel*

Oct 27 *O'Donnell* 7:00

Oct 27 *Take 6 & Manhattan Transfer - The Summit* 7:30

Nov 11 *Disenchanted* 7:30

Nov 18 *Neil Berg's 100 years of Broadway* 7:30

Nov 19 *The Glen Miller Orchestra* 7:30

Nov 29 *Rudolph the Red Nosed Reindeer* 7:30



CALENDAR OF EVENTS

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

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

LOCAL ACTIVITIES DATES & TIMES

SEPTEMBER

Tuesdays Sept 6, 13, 20, 27 *Move with the Mayor* Join Mayor Jim Schmitt and other prominent Green Bay citizens for a 30-minute walk, 11:55 a.m. - 12:45 p.m.



Thursday Sept 29 *World Heart Day* 11:55AM - 12:45PM

Lunch to follow walk

Events at City Hall, 100 Jefferson St.

Sat., Sept 3 & 10, Wed Sept 7

Bird Walk Wildlife Sanctuary 7 - 10 a.m., Free, (920) 391-3671

Fri., Sept 9 *Fish Fry Our Saviour* Lutheran Church, 4:45 pm, Dine in/carryout call (920) 468-4065 or info@oslc-gb.org by 4 p.m.

Sat., Sept 10 *Fall Harvest Fest* Our Saviour Lutheran Church, Noon - 6 p.m.

Fri., Sept. 16, 4 - 8 p.m., Sat., Sept. 17, 10 a.m. - 6 p.m. *Wet Whistle Wine Fest* Von Stiehl Winery, \$10, (920) 955-5208

Sat., Sept 17 *Oneida Big Apple Fest*, Oneida Apple Orchard, 10 a.m.-4 p.m. Free, (920) 496-5020

Sat. Sun., Sept 17-18, Thurs. Fri., Sept 22, 23, Sat. Sun., Sept 24, 25

Showcase of New Homes, Brown County Homebuilders Assoc. 10 a.m. - 5 p.m., (920) 494-9020

Wed. & Thurs., Sept 21-22 *Super Sixties*, Riverside Ballroom, 5 p.m., \$30 - \$44, (920) 544-4244

Sat., Sept 24 *Electronics Recycling* Wildlife Sanctuary 9 a.m. - 1 p.m. (920) 391-3671

Sat., Sept 24 *Dog Days of Summer* New Zoo, (920) 434-7841

Fri-Sat., Sept 25-26 *10th Annual Lorelei Oktoberfest*, Lorelei Inn (920) 432-5921

OCTOBER

Sat., Oct 1st *Spooktacular* Lambeau Field 9 a.m. - 3 p.m.

Sat., Oct 1st *Super Sixties* Riverside Ballroom, 5 p.m. (920) 544-4244

Sun., Oct 2 *St. Joseph Fall Fest & Chili*, 1224 12th Ave., 11:30-3pm, Grandma's attic, Bargain basement, Grandpa's workshop, Book Nook, Bakery & Games, (920) 496-2160

Mon., Oct 3 *Franciscan Transitus Service - Celebration of the death of St. Francis*, St. Mary's of the Angels. 6 p.m., Open to the public, (920) 437-1979

Wed., Oct 5 *Forever Young Senior Festival*, Shopko Hall, 8 a.m. - 2 p.m., Free admission, (920) 405-1134

Sat., October 8

Northeast WI Craft Beer Festival Shopko Hall, 6:00-9:00PM, \$40, (920) 494-3401



Sat., Oct 8 *Astronomy Night* Wildlife Sanctuary, 7 - 9 p.m., (920) 391-3671

Wed., Oct 12 *Public Pumpkin Carving* New Zoo, 4 - 8 p.m., (920) 434-7841

Fri., Oct 14 *Fish Fry Our Saviour* Lutheran Church, 4:45 pm, Dine in/carryout by calling (920) 468-4065 or emailing info@oslc-gb.org by 4 p.m.

Fridays-Saturdays, Oct 14-29 *Zoo Boo*, NEW Zoo, Fridays 3 to 8 p.m., Saturdays 4 - 8 p.m. (920) 434-7841

Sat., Oct 15 *Trick or Treat Trail*, Josten Park, Bellevue 10:00AM-Noon, Ages 2-10, Pre-registration req., (920) 468-5225

Fri., Oct 17 *Rails and Ales Brewfest*

National RR Museum, 6 - 9 p.m., \$35-\$65, (920) 437-7623

Fri.-Sat., Oct 28, 29 *Sweet Street* Shopko Hall, Fri 11 a.m. - 8 p.m. & Sat 9 a.m. - 4 p.m., \$6, under 2 free, (920) 405-1134

NOVEMBER

Sat., Nov 5 *Craft Sale* Annunciation Parish, (920) 496-2160

Sat., Nov 5 *Gallerie of Shoppes* KI Convention Center, 9 a.m. - 5 p.m., \$5

Sat., Nov 7 *Rummage Sale* Annunciation Parish, (920) 496-2160

Fri., Nov 11 *Free admission for Veterans* New Zoo, (920) 434-7841

Fri., Nov 11 *Fish Fry Our Saviour* Lutheran Church, 4:45 pm, Dine in/carryout by calling (920) 468-4065 or emailing info@oslc-gb.org by 4:00PM

Thurs. & Fri., Nov 3-4, 10-11 *Classic Country* Riverside Ballroom 5 p.m., \$30 & \$44, (920) 544-4244

Wed., Nov 16 *Peace Tree Lighting* Brown County Court House, 5 p.m. (920) 437-5972

Sun.-Sat., Nov 17- Dec 31 *Festival of Trees*, Natl RR Museum, \$5 (920) 437-7623

Thurs., Nov 17 *Gallery Night* Trolley Ride Olde Main St., Visit 15 galleries, 4 - 9 p.m., (920) 437-5972

Fri., Nov 18 & Sat. Nov 19 *Green Bay/DePere Antiquarian Society Antique Show* Rock Garden, Fri. 10 a.m. - 7 p.m. & Sat. 10 a.m. - 4 p.m.

Fri.-Sunday's Nov 18 - Dec 4 *Polar Express* National Railroad Museum Weekdays 5:00 & 7:00 p.m., Weekends 3:00, 5:00 & 7:00 p.m., (920) 437-7623

Thurs. -Sat., Nov 17-19 *White Tales* 5 p.m. Weeknights, Sat., Noon, Riverside Ballroom, \$30 & \$44, (920) 544-4244

Sat., Nov 19 *Green Bay Holiday Parade* 10 a.m.

Sat., Nov 19 *Holiday Extravaganza* Children's Museum, Green Bay. Immediately following the parade, (920) 432-4397

Sat., Nov 19 *Everybody's Rummage Sale* Shopko Hall, 8 a.m. - 3 p.m., (920) 405-1134

Fri., Nov 21 *Lighting Ceremony on Broadway*, Corner of Hubbard & Broadway, 5 p.m., (920) 437-2531

Thurs., Nov 24 *Happy Thanksgiving* Fri., Sat. Sun Nov 25, Nov 26, Nov 27, Dec 2, Dec 3 & Dec 4

Holiday Open House Parallel 44 Winery 10 a.m. - 5 p.m., (920)388-4400 ❖
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.

