Summer 2015 Vol. 20 Issue 1

"A Traveling Companion on Your Life Journey

# Grieving Parents Look for Gentleness and Understanding from Friends and Counselors by Deb Kosmer, MSW

"When children die, the bond doesn't break... But the parents face two mutually exclusive facts. The child is gone and not coming back and the bond is...as powerful a bonding as people have in their abilities... Bereaved parents attempt to let go, not of the child, but of the pain." - Finkbeiner

My son Shawn taught me what it was like to be a bereaved parent, a lesson no one wants to learn or would ever volunteer for. My handsome, smart, talented, and outgoing son died instantly at age 14 after being struck by a car. There are no words to describe the bottomless pit of despair we parents find ourselves in when our child dies or our tremendous need for support for a very long time.

In the 15 years since his death, I have walked along side of, held hands of, and cried with many other bereaved parents as they shared their stories, their memories, their joys and their sorrow. Through their sharing and my own personal experience I have learned many things that are helpful and many that are not.

As dark as their thoughts may be, by bringing them into the open, their power to destroy is diminished.

Some parents find real help in support groups. Groups such as Compassionate Friends and Bereaved Parents are a source of comfort for many. In these groups, parents find others who are experiencing similar feelings of rage, quilt, powerlessness, disinterest in life, despair, hopelessness and disbelief. They can speak freely about these things without fear of judgment, criticism or



Image courtesy of David Castillo Dominici / FreeDiqitalPhotos.net

reprisal. As dark as their thoughts may be, by bringing them into the open, their power to destroy is diminished.

Our grief as parents is overwhelming. We need to tell our story again and again as we try to come to grips with what has happened. In support groups, parents at all different points in their grief journeys participate. This allows newer members of the group to see that these parents, who still miss their children, sometimes share laughter and the happy times they have begun to experience.

As grieving parents listen to each other's stories, sometimes the amount of grief in one room can seem too much to bear. Yet for most parents, as the meeting draws to a close, they linger, hesitant to leave this place where, though still so sad, they at least feel understood and less alone.

Counselors need to be very mindful of what they say and tread softly with these

folks. Bereaved parents are not looking to a counselor for advice, but rather for validation of their feelings and their right to those feelings. They are looking for someone who will just listen and be with them as they release some of their pain. They are looking for someone who will allow them the time that they need to sort through their feelings and who will not expect them to be over the death of their child in weeks or in months.

Bereaved parents are not looking to a counselor for advice, but rather for validation of their feelings and their right to those feelings.

One of the worst things a counselor said to me in a counseling session was "Pain is pain; there is no difference from one person's pain to another." In retrospect I know what she was trying to say, that we can't judge

CONTINUED ON PAGE 2...

PROKO-WALL Funeral Home publishes TOMORROW<sup>TO</sup> 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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#### ...CONTINUED FROM PAGE 1 / GRIEVING PARENTS LOOK FOR GENTLENESS AND UNDERSTANDING FROM FRIENDS AND COUNSELORS

each other's pain and should not try. When you are in pain, it doesn't really

matter that others may have more pain; yours is what matters and it hurts. Back then what I heard was "Pain is pain; it's the same whether you just broke up with your girlfriend, your goldfish dies or your 89 year-old aunt died." I wanted to shake her. Instead. when I calmed down, at our next session I proceeded to educate her on how hurtful and idiotic her words seemed to me. I knew firsthand that pain has different levels and meanings and is not all the same. I hurt when my Dad died at 56 and I hurt when my sister died at 31, and I hurt over many big and little things. But the death of my son was a hurt I had never even imagined.

### The overriding guilt issue is; I should not be here when my child is not. I should have protected my child.

Bereaved parents experience a loss of innocence and belief in the rightness of the world. We know how lives can be lost and changed in an instant. Most bereaved parents struggle with feelings of guilt and "if only". If only I'd taken him to the doctor sooner, kept him home from school, had not let her go out on that date, and on and on and on. The overriding quilt issue is; I should not be here when my child is not. I should have protected my child. Parents are not supposed to outlive their children. Many parents describe the death of their child as a death sentence of their own; they feel they died as well.

Personal belongings that link the parents to their child are very important. Equally important is hearing their child's name and knowing that others have not forgotten. Since they can never make new memories with their child, the memories they have become ever more precious.

Mothers and fathers often grieve differently and the death of a child can be very hard on a marriage. It has been my experience that troubled marriages before the death of a child become increasingly troubled. Strong marriages seem to fare better and may become even stronger in time but a child's death still takes a toll. Sometimes one parent blames the other, whether they acknowledge it or not.

Counselors, friends and family who want to be supportive need to listen without judgment, be comfortable around the expression of strong feelings and compassionate and encouraging as the parents struggle to survive.

The attachment and continuing bonds between parent and child are something that in time grieving parents realize can never be taken from them, even by death. A percentage of parents, of course, never reach this place and never move much beyond the point of learning of the death. That is truly sad; as then, other lives have been lost as well.

Many counselors speak of grief never really ending, which is true, and of "heavier" grief enduring for two to three years. In my own experience and from the many bereaved parents I have known personally and professionally, I would say that most grieving parents find the second year harder than the first because it is then we begin to realize our children really are not coming back and get some sense of just how long a time we will have to live without their physical presence. Grief often continues to be difficult through the fifth year and beyond. Even parents who have resigned themselves to their fate and appear to be coping well are often still experiencing intense hurt.

### *In time. we learn that our* lives can be good, beautiful and meaningful again

It is not uncommon to visit with parents and learn that they have experienced the death of a child 40 or 50 years ago, and see them tear up still as they talk about it. This does not mean that they never dealt with their loss. It's just that as long as they live, it's never really over. This is the difficult reality all bereaved parents must live with. In time, we learn that our lives can be good, beautiful and meaningful again, yet there will still be moments of sadness and longing for our children and what might have been.



#### 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 information.

#### CIRCLES OF FAITH GRIEF SUPPORT

Grief support meeting at St. James Parish, Cooperstown on 7/12 from 6 to 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: 8/18, 25, 9/1, 8, & 15. Register by calling Quad parish at 496-2160

#### **HELPGUIDE.ORG**

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

#### CHILDREN'S HEALTH ALLIANCE OF WI INFANT DEATH CENTER

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

Dedicated to the memory of my son; Shawn J. Schmitz, 3/10/75-10/25/89 who died instantly after being struck by a car and to "The Many Bereaved Parents" who have supported me and others along their grief journey. .

Deb Kosmer, MSW, was Bereavement Support Coordinator for Affinity Visiting Nurses Hospice in Neenah, WI and wrote this article in 2004. She can be reached today at debrakosmer@amail.com.

Visit Us Online at prokowall.com for past issues of TOMORROW and other resources.



phone: 920.468.4111 or toll-free: 800.750.4222









#### G R O U P S

#### 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 6/15, 7/20 & 8/17. Call Mary Doemel, 339-8952.

#### THE CARE COMMUNITY

In-Sight Books, Inc. web site for Grief's Safe Place. Visit <u>thecarecommunity.com</u> 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: McKenna Library,
Room 2838 at St. Vincent at 7 p.m.
Upcoming sessions: 6/11, 7/9 & 8/13.
Special SHARE service on 7/16 at 1 pm at Allouez Cemetery Chapel. Contact Lana Reinke at 433-8634.

#### MISCARRIAGE AND INFANT LOSS MEMORIAL SERVICE

June 7 at 9:30 am at Resurrection Parish, 333 Hilltop Dr., Green Bay. Contact Sheila DeLuca for more information 336-7768.

#### DE PERE COMMUNITY CENTER

Grief support groups will be held the 2nd Monday of every month at the De Pere Community Center at 600 Grant St. De Pere, WI 54115.

#### 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 6/22, 7/27 & 8/24. For more info, call 866-268-3203 ❖

### BOOK REVIEW

### The Bereaved Parent

by Harriet Sarnoff Schiff • Review by Molly Nicholson

The Bereaved Parent is Harriet Sarnoff Schiff's combination of personal loss and anecdotal research. Schiff has a gentle narrative voice that instantly captures your attention as she talks about losing children of all ages and the different grief that follows. Originally published in 1978, some of the chapters on housewives seem slightly outdated, but the remainder of the book is uplifting and hopeful without seeming overbearing. She confronts many questions and struggles that grieving parents must overcome. including how fathers and mothers grieve differently.

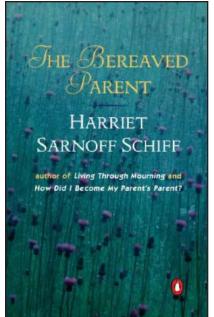
Schiff is relatable as she describes losing

her young son to an illness throughout the

book. Her own past is paired with how she

decided to start living again after her loss

and grief had consumed her life. She



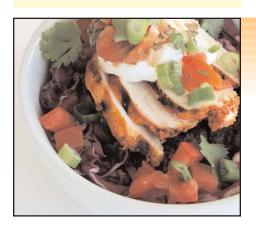
The decision to live is the pivotal moment that any grieving parent faces.

stresses that the decision to live is the pivotal moment that any grieving parent faces. For her, the reason to continue living was to care for her other children and to work on her marriage. This decision is an extremely personal one. Schiff also addresses the high divorce rate among bereaved parents, and she openly discusses how her marriage struggled but survived her loss.

While some of the chapters are outdated, *The Bereaved Parent* is generally applicable to modern loss.

The gentle guidance within the pages are insightful and helpful. Schiff's patient and calming tone makes this book worth reading for anybody who has lost a child of any age. \*

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



## DINNER FOR ONE

# Fresh Burrito Bowl

#### INGREDIENTS:

- 1/4 cup black beans
- 1 teaspoon chicken broth
- Pinch of oregano
- Pinch of cumin
- Pinch of cayenne pepper
- Pinch of garlic powder

- 1/2 cup red cabbage, sliced thin
- 3 ounces precooked grilled chicken breast, sliced thin
- 2 tablespoons nonfat Greek yogurt
- 2 tablespoons fresh salsa
- Fresh cilantro and sliced green onions for garnish

#### **DIRECTIONS:**

- 1. Microwave black beans with chicken broth, oregano, cumin, cayenne pepper and garlic powder on high for 30-45 seconds until heated. Set aside.
- 2. Add red cabbage to your bowl and spoon the black beans on top. Layer sliced chicken, greek yourt, salsa and cilantro and green onions. Enjoy immediately! \*

# 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 a death.

Pilgrim Lutheran Church, 1731 St. Agnes
Dr. Meets 6:30-8:30 p.m. 6/1,15, 29, 7/13, 17, & 8/10. For more info call 965-2233.

Celebration Church, 3475 Humboldt Rd., Tuesdays from at 6:30 - 8:00 pm. Call Sue at 406-2536 for schedule.

#### LIVING WITH LOSS

Asera Care Hospice Support Group: 1294 Lombardi Ave., Green Bay, call Mandy for schedule. 497-4672. Special community memorial service and dove release 6/16 at 6:00 pm at Heritage Hill. Free and open to the public, RSVP by 6/10 at 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.

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. Preregistration is not required, but appreciated for planning purposes

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

#### **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. Check in at Hospital front desk.

#### 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 6/1, 7/6 & 8/3, 6-7:30 p.m.

Manitowoc County Office Complex, 4319

Expo Dr; Manitowoc, WI 54220

Saturday 6/13, 27, 7/11, 25, 8/8 & 22, 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. Call Jenny Weier, Grief Facilitator 920-242-1153 S.O.S. (Survivors of Suicide) Aurora Medical Center in the Superior Conference Room; Two Rivers. For more info call Rhonda 920-901-0779 or St. Peter the Fisherman 920-793-4531.

#### PULASKI GRIEF SUPPORT

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

#### 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

# NAVIGATING THE WATERS OF GRIEF UNITY HOSPICE'S BEREAVEMENT

Green Bay Area: Unity Office, 2366 Oak Ridge Cr., De Pere, Tuesdays, 6/2 thru 6/30, 6-7:30 pm, 7/28 thru 8/25, 1:30-3 pm and 6-7:30 pm. Registration required, call 338-1111 Grief Connection: ongoing grief support group for adults that meets the 3rd Thursday of every 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 Thursday 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 for conversation & support. Call 338-1111 for location. Lunch is purchased off the menu

Understanding Grief: One time overview of grief. Thursday, 8/20 in Sturgeon Bay at 11:00 am Call 338-1111 for location. ❖

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# NUMBERS & EVENTS TO REMEMBER

Meyer Theatre, 494-3401, www.meyertheatre.org

<u>St. Norbert College</u>, 403-3950 www.snc.edu/performing arts/tickets

<u>Fox Valley PAC</u>, 730-3760, www.foxcitiespac.com

Green Bay Visitors & Convention Bureau, 494-9507, 24/7 494-1111

Wisconsin Travel Information, 800-373-2737

Neville Public Museum Exhibits: Spies, Traitors, Saboteurs, Fear and Freedom in America, 5/23-9/7

Christopher Winters Photography, 6/6-9/10

The Port of Green Bay, 3/2014-3/2020

<u>Salvation Army</u>: Social Group Women's, Tuesdays at 6 pm; Men's, Tuesdays at 6 pm, 626 Union Ct.

National Railroad Museum: 437-7623

<u>Village of Bellevue Leisure Services</u>: All are welcome. Questions, registration or information, 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

Josten Park Concerts, 1st & 3rd Mondays, June, July , August; 6-8:30

pm, bring chair/blanket.

Green Bay Botanical Gardens: 490-9457



Fri -Sun, May 29-31, 31st Annual Garden Fair, various hours & fees

**Tuesdays**, 6/2-8/25, Children's Story Hour in the Garden 10 am

Wednesdays, 6/3-8/26, Cookouts in the Garden, 11am-1pm, free admission with lunch purchase

Wednesdays, 6/3-8/26, Free Wed. Evenings & Children's Discovery Station, 4-8 pm. Free admission for all

Weed 'n Feeds at the Garden, 6/10, 7/8, 8/12 & 9/9, 5-8 pm

Thursdays, 6/25-8/20, Sanimax concerts in the Garden, 6-7:30 pm

Sun. Jun 21, Father's Day, 9 am-8pm, free admission for all Fathers

Thurs, Jun 25, Kid's Day 9 am-3 pm, free admission for 17 & under with paid adult

**Sat July 4**, *Independence Day*, free adm for veterans & active military

Heritage Hill: 448-5150
Kids Free

Tuesdays; 10 am-4:30 pm



*Music on the Green*; 6:00 pm, 6/8, 18, 22, 7/6, 20, 8/10 & 8/24, free admission

Movie on the Green - National Treasure; movie starts at dusk, 6/18

Civil War Reenactment, 6/20-21

Heritage Players present: 1865, 150 Years Ago in Song & Story, 6/28, 7/5, 19, 26; 1:00-3:00 pm

Celebrate the Fourth; 10am-4:30 pm Guard House Opening; 7/11-12. 10am- 4:30 pm

Garden Tram Tour, 7/17, 9-10:30 am, \$10

Hops on the Hill: 7/23, 6:00-8:30pm, \$45 advance,\$50 door

Guided Walking Tour, 7/31, 9-11 am, \$10

The County Fair, Sat-Sun, Aug 1-2 10-4:30 pm

Hazelwood: 437-1840 Petals & Porcelain, 6/5-7 Civil War Stories, 7/4



Flower Fairy Tea Party, 8/8

<u>Green Bay Bullfrogs</u>: 497-7225 6/1-8/7

<u>Green Bay Farmers Market</u>: Saturdays May 30 - October 25, 7:00 am - Noon

Farmers Market on Broadway: Wednesdays, June 3- October 21 3:00 pm - 8:00 pm

### De Pere Farmers Market:

Thursdays, July 9-Oct. 15; 7:00 am - Noon, Seroogy's parking lot

#### **Oneida Farmers Market**:

Thursdays, July 2-September, Oneida Business Park

#### Dine on the Deck:

Wednesdays, June 3-Aug 26; 11:30-1:30 pm, free live music, downtown Green Bay

#### Summer in the Park:

Thursdays, June 4-Aug 27,11:30 am - 2:00 pm, Free concert, Whitney Park

<u>Fridays on the Fox</u>: 437-5972 June 26-8/7, 6-9pm, City Deck Free admission

Bridging the Arts: 403-0337 Fridays, Jun 12-Aug 14, 5-8 pm, Downtown De Pere

Knights on the Fox: 403-4011 Tuesdays, Jul 7-Aug 4, 6:30-8pm,



St. Norbert College

Weidner Center: 465-2400 Tom Hawkins, 7/19, 7 pm

Miranda Sings, 8/6, 7 pm

Fox Cities PAC: 920-730-3760 Tues-Sun, 6/2-7 Dirty Dancing \$43+ Thurs, Jun 25, The 5 Milers

#### M A Y

Sat., May 30, St. Jude & St. Patrick Church Picnic, at 1420 Division St., 5pm-10pm, chicken dinner, burgers & beer, bake sale, raffles & entertainment. 496-2160

Sat., May 30, St. Patrick Parish Rummage Sale, 211 N. Maple St., 496-2160

#### I U N E

Fri-Sat., Jun 5-20, Duck Creek Dynasty, Meyer Theatre, \$30 494-3401

Sun., Jun 7, Eagles Live in Concert, Resch Center 8pm, \$89-\$179, 494-3401



Sun., Jun 7, St. Matthew Parish Picnic, 11:30-3pm. Food, beverages, silent auction & raffle

Wed-Thurs, Jun 10-11 If Tombstones Could Talk, Ft. Howard Cemetery, 6:30 pm, \$7-\$14

Fri-Sun., Jun 12-14, Woodland Art Show & Market, Radisson Hotel

Sat, Jun 13, Bellin Run, 8:00 am

Sat, Jun 13, GB Blizzard, 6 pm, Resch Center

**Sun. Jun 14**, St. Mary of the Angels Parish Picnic

Wed, Jun 17-21, Day Out with Thomas, National Railroad Museum, 8:30-6pm, \$18 for age 2+, 437-7623

Sat., Jun 20, Young Life Glow Run 5K, Downtown Green Bay, 8:30 am, 434-5854

Sat., Jun 20, Kenny Chesney/Jason Aldean, Lambeau Field, 5:00 pm, \$41-\$177 494-3401

**Sun., Jun 20**, *Renaissance Faire*, 10am-11pm , Brown Cty Fairgrounds, 366-4442

Sat., Jun 27, Fly a Kite Fest, 10am-4pm, Arnie Wolff Sports Complex 432-8899, Free admission

Sun. Jun 28, Holy Cross Parish Picnic, 10am polka mass, kids games/ bouncers, auction, Belgian pies, food, music by Red Clover 1-4pm ❖

#### J U L Y

Thur., Jul 9-16, *Green Bay Restaurant Week*. Various Brown Cty. restaurants, \$10 lunch or \$10/20/30 dinners. 888-867-3342

**Thur-Sun**, **Jul 16-19**, *Pulaski Polka Days*, 822-3869

**Fri.-Mon, Jul 17-Aug 17**, *Jail House Rock*, Meyer Theatre, 8 pm, \$30 494-3401

**Sun. Jul 18**, *Cherry De-Lite Festival*, Country Ovens in Forestville, live music grilling competition. 856-6767

Sun. July 19, St. Joseph Parish Polka Mass 10:30 am with Jerry Voelker & the Jolly Gents, 935 9th St. ❖

#### AUGUST

Sat., Aug 1, Kite Fest, Willow Creek Park in Bellevue, 10 am-2 pm Free admission

**Sun Aug 2**, Annunciation Parish Picnic, 11 am, food beverages & raffles 496-2160

Wed-Thurs, Aug 5-6 If Tombstones Could Talk, Allouez Cemetery, 6:30 pm, \$7-\$14

**Thurs., Aug 13**, *Taste on Broadway*, 5-11 pm, 437-2531

Wed.-Sun., Aug 19-23 Brown County Fair, \$9 advance, 3& under free, 336-7292

Fri-Sun.
Aug 28-30
Artstreet,
Downtown
Green Bay,
435-5220 �



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.