



*Published quarterly since 1996 for those left behind.*

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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**PROKO-WALL Funeral Home  
& Crematory**

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Home and Crematory



## A Year of Firsts

— by Jeane Smits, Managing Funeral Director at Proko-Wall Funeral Home

This Saturday will be 6 months of life without my mother. She left us minutes before snowstorm Austin roared into town on January 27th. Our family spent the 28th huddled in our homes, listening to the wind howl and watching the snow accumulate inch by inch on the tundra, slowly letting the reality of life without her seep into our minds and hearts. On February 1st, we laid her to rest in Allouez Catholic Cemetery, her beautiful pink casket gently lowered into her vault decorated with pink roses, one for each of the children who mourn her. So cold, even the birds hold their song. We disperse from the cemetery, and so began our year of firsts.

My nephew experienced the first birthday without Grandma. No card with a dollar for every year of age signed by Grandma. No lemon meringue pie or black magic cake with boiled frosting. But birthdays need to be celebrated, life is worth living. And we did.

Then a month later, April, Mom's birthday. As she celebrated in heaven with those who went before her, we struggled. As I looked through the Sunday paper's ads, I would grow excited, thinking Mom would like that, that would look cute, I should buy that for her. Quickly following, the heart dropping realization that I will never again give her gifts. Trips to the store were worse. Snowbirds returning from their winter homes bumped into us. "Sorry about your Mom". The words bringing both sting and comfort at the same time. Not a lot of celebrating that day. But a couple of days later, dinners at Sammy's and the Basket where we make toasts in her honor. Friends and relatives share stories and our hearts are filled.

A few weeks later, Easter. Sunday services were definitely more poignant, the promise of the resurrection bringing hope of reunion. The familiar church hymns bring tears to my eyes. Now, I must admit, my siblings and I are very spoiled. At 54 years old, this was the first Easter that I did not receive a basket filled with Seroogy's fudge eggs, a white chocolate bunny, marshmallow peeps, and starburst jellybeans. This year, my Dad gave us angels that had graced Mom's bedside at the Meng Residence the last month of her earthly journey. Taken from her nightstand, they gave Mom comfort and a taste of home when she was too ill to be home. Mine now rests by Mom's photo continuing her



*Continued on page 7*



# Proko - Wall News



## HAPPY BIRTHDAY!!

*Birthday Cake winners registered at the Proko-Wall booth at the Senior Expo for a FREE birthday cake.*

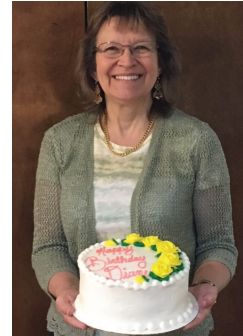
**May 30:** Betty Dombroski

**June 6:** Diane Schmidt

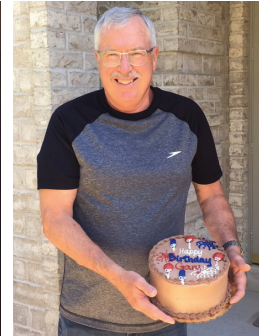
**July 9:** Gary Dombroski



Betty Dombroski



Diane Schmidt



Gary Dombroski

## Spring Bus Trip, May 21<sup>st</sup>

This year's Spring Bus Trip was to the Manitowoc Rahr Museum and Maritime Museum. Lunch was at the Courthouse Pub, with a stop at Beerntsen's Confectionary for ice cream.

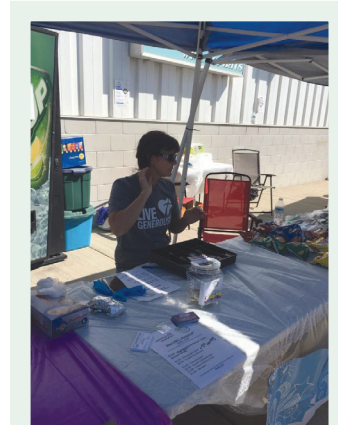


## Bellevue Senior Picnic, July 15<sup>th</sup>



Proko-Wall was the title sponsor at this year's Bellevue Senior Picnic. Peggy George and other attendees enjoyed great food and great music.

## Brat Sale, Denmark, August 8<sup>th</sup>



Connie Roberts, Peggy George and Julie Siefert are working the Brat Sale to raise money for the Alzheimer's Walk for a Cure on September 28.

## Veterans Picnic — Saturday, Sept. 7

Proko-Wall Recognition Ceremony Honoring  
Veterans, Police, Firefighters, and First Responders

“Free Community Event” — 11 am - 2 pm

Food & Live Music. Presentation begins at 12:30 pm.

Josten Park, Town Hall Road, Bellevue

RSVP: [www.ProkoWall.com](http://www.ProkoWall.com) by Sunday, September 1



Proko-Wall

Funeral Home & Crematory

920.468.4111 | 1630 E. Mason St. Green Bay, WI 54302



Thank You to Biebel's Catering – Food Partner



## Veteran's Day 2019



Proko-Wall honors the military veterans entrusted to our care in very special ways. Did you know the staff at Proko-Wall will help you obtain the military honors your loved ones have earned? Those honorably discharged are typically entitled to a flag,

a flag presentation ceremony which may include taps and firing detail, a presidential certificate, and possibly a grave marker or medallion.

Also, on the one-year anniversary of a veteran's death, Proko-Wall will fly the American flag in their memory, post signage in the funeral home letting guests know who the flag is flying in honor of and send a presentation card to the family. This year Veteran's Day will be on Sunday, November 10th and designated as a Federal Holiday on Monday, November 11th.

## We Clean Flags!



We clean American flags for FREE!

**Lindeman's**  
CLEANING

## Proko-Wall welcomes . . . Mike Jarzin

*Proko-Wall welcomes Mike Jarzin who will be responsible for meeting the needs of families as they preplan their own or their families' funerals. Mike brings extensive knowledge and extreme compassion to the work of making end of life decisions regarding celebration of life. Mike is available to meet with you at Proko-Wall or in your home.*

Mike Jarzin is a Licensed Pre-need Specialist with the Proko-Wall Funeral Home and Crematory. Mike has been serving families in a preneed capacity for over 26 years. He graduated from UW La Crosse with a Bachelors Degree in Wellness and Exercise Science.

Mike supports our belief that families are comforted by the fact that arrangements can be done in a responsible, thoughtful manner, prior to the emotionally charged environment that can exist when a love one has died.

A resident of Bellevue, Mike and his wife Ann have two college age children, is an active member of Faith Chapel Church and enjoys the outdoors by trail running, cycling and cross country skiing.





# Support Groups

## ATO SZE

(920) 562-6742 • 459 Choctaw Ct., Green Bay.  
Senior Lifestyle Consulting & Case Management.  
Contact Tammy Sze, atosze@yahoo.com

## ADRC

(920) 497-4672 • 300 Adams St., Green Bay.  
ASERA CARE HOSPICE SUPPORT  
GROUP. 2nd Wednesday of the month at  
2:00pm. Free and open to the public. Contact  
Mandy Sarazen at Amanda.Sarazen@aseracare.com  
**Healing Through Grief – Life After Care  
Giving** • (920) 448-4300 • Third Wednesday of  
each month. 4:00-5:30 pm. Free and open to the  
public. Contact Beverly Bartlett.

## AFFINITY VISITING NURSES HOSPICE

1 (866) 236-8500 • Appleton Fox Point Plaza,  
816 Winneconne Ave., Neenah.

## A 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. Call Angie Schuldts,  
angela.schuldts@ahah.net

## Men Journeying Through Grief

Meeting 1st Wednesday of every month  
6:00-8:00 pm in Neenah. For men only.

## ALZHEIMER/DEMENTIA SUPPORT GROUP

(920) 434-2024 • 3370 Deerfield Ln. W,  
Suamico. 1st Thursday of the month at 5:30.  
Contact Laura, sbasp@wi.twcabc.com

## AURORA AT HOME

(920) 838-1886 • Aurora BayCare Medical Center,  
2845 Greenbrier Rd., Green Bay.  
Contact Person: Lisa Falk (920) 838-1886 Lisa.  
falk@aurora.org. General Grief Support: 6-Week  
Series. Location: The Chapel of Aurora BayCare  
Hospital. Call for Dates and Times. Registration  
Required.

## CAMP LLOYD

2420 Nicolet Dr., Green Bay. A week-long day  
camp from 8:30 am-4:30 pm for grieving children,  
ages 7-14, held at the UWGB Campus in June.  
Watch for registration in January. Contact Illene  
Cupit cupiti@uwgb.edu

## THE CARE COMMUNITY

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

## CELEBRATION CHURCH

(920) 965-6343 • 3475 Humboldt Rd.,  
Green Bay. **Divorce Care:** Tuesdays  
6:30-8:00 pm. Contact Lynn Duncan,  
lynnd@celebrationchurch.tv

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

(414) 337-4571 • The Infant Death center  
connects with families who experience a sudden  
and unexpected death of an infant to better  
understand their unique grieving needs and  
provides appropriate resources. Staff works closely  
with professionals serving grieving families  
to provide additional resources and self-care  
information for the professional. Visit  
[www.charwisconsin.org](http://www.charwisconsin.org) for a complete listing of  
grief support and bereavement resources.

## CIRCLE OF FAITH GRIEF SUPPORT

(920) 660-8066 • 18228 County R, Denmark.  
Grief support meeting at St. James Parish,  
Cooperstown. September 8<sup>th</sup>, 6:00-8:00 pm.  
Contact Tom Bekkers

## THE COMPASSIONATE FRIENDS

(920) 370-3858 • compassionatefriendsgb.org  
For bereaved parents, grandparents or adult  
siblings grieving the loss of a child (of any age),  
grandchild, or sibling. Green Bay: Meetings 3rd  
Tuesday of the month, 7 pm at First United  
Methodist Church, 501 Howe St.  
info@compassionatefriendsgb.org

## DE PERE COMMUNITY CENTER

(920) 339-4097 • 600 Grant St., De Pere.  
Call to register for classes in Watercolor painting,  
Fabric projects, Oil painting and Themed  
luncheons to name a few.

## FROM MOURNING TO HOPE

(920) 737-2790 • Central Church,  
831 Schoen St., Green Bay.  
Contact Curtis, griefinfo@gmail.com  
From Mourning to Hope Saturday sessions  
6:30pm will be held in Festival Foods  
Community Room, 2430 University Ave.,  
Green Bay. Sunday sessions will be held at  
Central Church at 9:00am

## GRIEF SHARE

### Beautiful Savior Lutheran Church

(920) 499-7405 • 2160 Packerland Dr., Green Bay.  
Thursdays, 6:00 pm

### Green Bay Community Church

(920) 434-9225 • 600 Cardinal Ln., Green Bay.  
Mondays September 9, 6:30-8:30 pm.  
Facilitator: Kim Sechler, Pastoral Care Pastor

### New Hope United Methodist Church

(920) 964-0143 • 1950 Dickinson Rd., DePere.  
Mondays, 6:00 pm

### Spring Lake Church

(920) 241-1227 • 301 Adams St., Suite 110,  
Green Bay. [https://www.griefshare.org/holidays/  
events/30516](https://www.griefshare.org/holidays/events/30516). Surviving the Holidays,  
November 17, 1:30-3:30 pm. Rene Lubinski,  
renee.lubinski@aurora.org

## 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.  
October 17, 24, 31; November 7, 14, 2019. 6:30-  
8:00 pm. at Resurrection Parish, 333 Hilltop Dr.,  
Green Bay. (Please park in lot off of Delahaut.)

## HEARTLAND HOSPICE SUPPORT GROUP

(920) 336-6455 • 1145 W Main Ave., De Pere  
Heartland Hospice offers a variety of support  
group activities throughout the year.  
Call or email Rebecca Busch at  
rebecca.busch@Hcr-manorcare.com for more  
information on dates, locations and to register  
for current support group programming.

## HELPGUIDE.ORG

Website offering tools and advice for stress relief:  
[helpguide.org](http://helpguide.org). Click on the Grief & Loss link.

## HOSPICE COMPASSUS

(920)-321-2004 • 3237 Riverside Dr., Green Bay  
**Healing Together Support Group**  
Call Karen Ganiard for more information on  
dates and times of monthly sessions,  
Karen.ganiard@compassus.com

## LAKESHORE GRIEF SUPPORT PROGRAMS

**Safe Harbor** • (920) 682-7742 • A grief group  
for teens: Meeting on the 1st & 3rd Mondays of  
the month, 6:30-7:45 pm. 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

## Stepping Stones Suicide Support Group

(920) 901-0779 • Manitowoc. Grief support for  
those who lost someone to suicide. For more  
information, contact Curtis Green at  
curt.green01@gmail.com

## LIFE LOSSES GRIEF SUPPORT

(920) 865-7844 • SS Edward & Isidore Parish,  
3667 Flintville Dr., Suamico.

**Monthly grief support gathering:** 2nd Tuesday  
of each month, 5:30-6:30 pm

**Life Losses Grief Support Group:** Wednesdays,  
November 6, 13, 20, 6:00-7:30 pm

**The Story of Loss and Hope:** Erin Stoffel  
Ullmer will share her story as a survivor of  
the Trestle Trail Bridge Shooting Thursday,  
November 21, 6:30 pm, Resurrection Hall  
Contact: Carol Mueller, Parish Nurse,  
cmueller@stedwardisidorie.org or  
Lori Flanagan, pastoral associate,  
lflanagan@stedwardisidorie.org

## MISCARRIAGE AND INFANT LOSS MEMORIAL

(920) 336-7768 • Resurrection, 333 Hilltop,  
Green Bay. Contact: Sheila De Luca, Pastoral  
Associate

## NEW HOPE GRIEF GROUP

(920) 496-2160 • Quad Parish Office,  
1087 Kellogg St., Room 105. Grief Support  
meetings 8/27, 9/3, 9/10, 9/17 & 9/24. Tuesdays  
1:30-3:00pm. Call Sr. Pat Clement to register  
pclement@quad-parish.org

## PULASKI GRIEF GROUP

(920) 822-3223 • 124 E Pulaski St., Pulaski.  
Open to all faiths and all ages. No registration  
required. Call for meeting schedule.

## ST. BERNARD GRIEF SUPPORT GROUP

(920) 496-4811 • 2040 Hillside Ln., Green Bay.  
Call Sr. Caroline. caroline@stbernardcong.org

## SERENITY BEREAVEMENT SUPPORT GROUP

(920) 434-2145 ext. 209 • St. John the Baptist  
Church, 2597 Glendale Ave., Green Bay.  
Oct. 3-Oct. 31, Thursdays from 1:30-3:00 pm.  
In the Fireplace Room in church.  
Contact: Ruth Holloway, rholloway@sjbh.org

## Support Groups

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

Green Bay (920) 339-8952 • Bellin Administrative Bldg., 2020 S. Webster Ave. For family and friends to cope with suicide loss. 3rd Monday of each month, 7:00-8:30 pm.

### SHARE of NORTHEAST WISCONSIN

(920) 433-8634 • St. Vincent Hospital, 835 S. Van Buren St., Green Bay. For parents who have lost a baby through miscarriage, stillbirth, SIDS or neonatal death. Monthly Meetings: 2nd Thursday of each month at 7:00 pm. Contact Lana Reinke, lana.reinke@hshs.org or Theresa Shuck, theresa.shuck@hshs.org

### UNITY HOSPICE BEREAVEMENT

(920) 338-1111 • 2366 Oak Ridge Cr., De Pere.

#### Navigating the Waters of Grief:

Registration required. A 5-week support group meeting on Tuesdays in De Pere open to any adult member of the community who has experienced the death of a loved one. Multiple offerings throughout the year in the afternoon and evenings.

Afternoon (1:30-3:00 pm): Sept. 24 – Oct. 22  
Evenings (6:00-7:30 PM): Oct. 1 – Oct. 29

**Generations: Hope for Grieving Families.** Designed to support grieving families with children and teens ages 6-18. Dinner is served each evening at no charge. Meetings 2nd Thurs. of every month 5:30-7:30 pm in Green Bay.

**Grief Connection:** Meets the third Thursday of every month from 1:30-3:00 pm or 6:00-7:30 pm in De Pere. This group provides discussion opportunities on grief related topics relevant to those attending.

**Hope and the Holidays:** A 5-week support group meeting on Tuesdays from Nov. 12-Dec. 10 in De Pere. This group provides discussion on topics which include grief around the holidays, traditions, self-care, and finding hope. Afternoon sessions meet from 1:30-3:00 pm and evening sessions meet 6:00-7:30 pm.

**Understanding Grief:** Meeting monthly on Wednesdays.

*Gillett Area:* 4th Wednesday of every month 12:00-1:30 pm

*Marinette Area:* 1st Wednesday of every month 12:30-2:00 pm.

*Sturgeon Bay Area:* 2nd Wednesday of every month 12:00-1:30 pm.

*Wausaukee Area:* 1st Wednesday of every month 10:00-11:30 am.

**Women's Luncheon:** Meeting 3rd Wednesday of every month from 1:30 – 3:00pm, at a local restaurant for conversation & support. Lunch is purchased off the menu.

**Healing Thru the Arts:** A hands-on creative grief workshop for adults offered the 4th Thursday of the month from 10:00 am-12 noon or 2:00-4:00 pm. Craft supplies provided. The workshop is led by a grief counselor who will provide support and guidance throughout the session.



## Funeral Food: How Eating and Grieving Go Together

— written by Jacob Terranova

Don't underestimate the power of a home-cooked meal.

Food is often used as a way to connect with each other, express our sympathy, and help families through the most difficult time of their life. Among the flowers and sympathy cards, a family's table gets filled with casserole dishes and baggies of baked goods. It seems one of the best ways to heal a grieving heart is through the stomach.

### Food: The Universal Gift

The food might differ, but sending a meal as a way of saying "I'm sorry for your loss" is common across cultures and religion. From the Jewish tradition of Seudat Havraah, or meal of condolence, to the classic funeral Jell-O salad, food is a common way to comfort.

In her book, *Death Warmed Over: Funeral Food, Rituals, and Customs from Around the World*, Lisa Rogak explores the history of funeral foods and the traditions behind them.

Here are a few examples of regional traditions:

- In the Hindu faith, meat isn't allowed during the mourning period, so baskets of fruit or vegetable samosas are common to give families.
- Down in New Orleans, funeral food comes in the form of a jambalaya.
- The Amish bring a raisin-filled funeral pie. It became a favorite because the ingredients were readily available and the pie keeps pretty well.
- In the American South, classic feel-good comfort foods like fried chicken and macaroni and cheese are common.
- In Sweden, Funeral Glogg is commonly used to toast the departed.
- The Midwest is famous for classic funeral hot dishes and casseroles.
- Utah and Idaho have their signature dish: Funeral potatoes. Funeral potatoes are a popular dish for all kinds of events, but they got their start as a common side dish at Mormon after-funeral dinners.



### Why Food?

The use of food for grief goes way back. The funeral feast was part of both ancient Egyptian and Roman funeral traditions. Even humans living 12,000 years ago had funeral feasts.

The reasons behind each culture's tradition of giving food to mourners are different. But the core idea is the same. At a time of loss, it's about community and human connection.

For the person making the meal, it's an honest and personal expression of sympathy. In our busy world, taking the time to buy ingredients and prepare a meal means a lot. To the person receiving the meal, it's not only a touching gift, but it also gives them one less worry during that stressful time.

### Funeral Food Tips and Resources

Here are some tips when it comes to funeral food. Feel free to share them with your families!

- Attach a list of ingredients to meals that you leave for a family. This can help avoid any issues with dietary restrictions. Also, leave instructions on how to reheat and store the food properly.
- If you don't have time to cook, buy fresh produce to drop off for the family. With all the other planning they have going on, it will save them a trip to the grocery store.
- Buy disposable containers, paper plates, and plastic silverware to limit the number of dishes for the family to clean.
- The best meals are simple ones. Try to keep the food to something that freezes well, can be reheated easily, and doesn't spoil quickly.
- If you're looking for inspiration, check out Rogak's book *Death Warmed Over* for some recipes from around the world.

*What are some of the special funeral meals you or your families make? For me, it's taffy apple salad — sweet, simple, and sure to bring a smile to someone's face.*

<https://www.frazerconsultants.com/2016/07/funeral-food-how-grieving-and-eating-go-together/>



# Local Activities



## Orchards

### Apple Store, Green Bay

1502 W. Mason St., 920-499-6671.

Monday – Saturday, 9 am – 5 pm

### Apple Valley Orchard, De Pere

1670 Mar-El Rd. 920-336-0667. Call for hours

### Blaser's Acres, Green Bay

2556 School Ln. 920-655-0483. Open daily

8 am – 6 pm

### Cherry Lane Orchards, Sturgeon Bay

7525 Cherry Ln. 920-856-6854. Open daily

8 am – 5 pm

### Krowas Orchards, Bailey's Harbor

7591 Logerquist Rd. 920-839-9022. Open

Monday – Saturday 9 am – 5 pm;

Sunday 10 am – 5 pm

### Lautenbach's Orchard Country Winery

### & Market, Fish Creek

9197 WI-42. 920-868-3479. Open Monday

through Saturday 9 am – 6 pm;

Sunday 9 am – 5 pm

### Moder's Gardens, Green Bay

3439 Lineville Rd. 920-434-0730.

Open daily 7 am – 6 pm

### Oneida Apple Orchard, Oneida

3976 W. Mason St. 920-869-2468.

Open Tuesday – Friday 10 am – 6 pm;

Saturday 9 am – Noon

### Sequist Orchard, Sister Bay

1922 Oak Rd. 920-854-4199. Open Monday –

Thursday 9 am – 5 pm; Friday & Saturday

9 am – 6 pm; closed Sunday

### Sunny Hill Farm, Suamico

1922 Oak Rd. 920-434-9009. Open every day

except Saturdays, 7 am – 7 pm in the summer

### Wood Orchard, Egg Harbor

8112 WI-42. 920-868-2334. Open daily

9 am – 6 pm

## Weidner Center

Weidner Center for Performing Arts,

2420 Nicolet Dr, Green Bay. 920-465-2726.

Tickets 800-895-0071. weidnercenter.com

### Ballet Folklórico – University of Naryarit

Sept. 6, 7:30 pm

### Weidner Philharmonic: *The New World*

### *Symphony for a new symphony*

Sept. 28, 7:30 pm

### Lewis Black

Sept. 29, 7 pm

## RENT

Oct. 9, 7:30 pm

### Brown County Civic Music – Chamber Music Society of Lincoln Center

Oct. 12, 7:30 pm

### A Very Special Evening with Vince Gill

Oct. 19, 7:30 pm

### Russian Ballet Theatre presents Swan Lake

Oct. 25, 7:30 pm

### Florentine Opera

Oct. 23, 6:30 pm

### PAW Patrol Live! The Great Pirate Adventure

Nov. 9, 9 am & 2 pm; Nov. 10, 10 am & 2 pm

### And So We Walked: An Artist's Journey on the Trail of Tears

Nov. 14 & 15, 7:30pm; Nov. 16, 2 pm & 7:30 pm

### Cirque Dreams Holidaze

Nov. 21, 7 pm

### Larry the Cable Guy

Nov. 30, 8 pm



## Other Events

### Proko Wall Recognition Ceremony Honoring Veterans, Police, Firefighters and EMTs Retired and Active

Sat., Sept. 7, 11 am – 2 pm. Presentation at 12:30 pm. "Free Community Event" – Food and Live Music, Josten Park., Green Bay. RSVP to [www.ProkoWall.com](http://www.ProkoWall.com) by Sept. 1.

### City Stadium Run for Veterans

Sat., Sept. 7, 8 am. Green Bay Register at [www.citystadiumrun.org](http://www.citystadiumrun.org)

### If Tombstones Could Talk

Sept. 4 & 5, 6:00 pm. Woodlawn Cemetery.

Sept. 7, 4:00 pm. Woodlawn Cemetery.

Sept. 21, 10 am, Astor Walking Tour.

To reserve your spot as an individual or as a group, please call 920/437-1840 or e-mail [bchsvolunteer@netnet.net](mailto:bchsvolunteer@netnet.net)

### Fish Fry

Sept. 13; Oct. 11; Nov. 8, 5:00–6:30 pm.

Our Saviour Lutheran Church, 120 S. Henry St. 920-468-4065. Details: Deep Fried Perch, Baked Cod, Perch/Cod Combination, Chicken Strips; includes choice of Baked Potato or French Fries, homemade coleslaw, homemade rolls and beverage. Desserts available for purchase. Prices \$5–\$15. Carry-outs available; call (920) 468-4065 no later than 4 pm.

### Green Bay Botanical Garden, Brews, Bistros & Bonfires

Sat., Sept. 14, 6:00–9:00 pm. 2600 Larsen Rd., Green Bay, 920-490-9457

### BE THE LIGHT WALK for Suicide Prevention

Sat., Sept. 14, 6:00 pm. KI Center, Downtown Green Bay. For more information go to [BETHELIGHTWALK.COM](http://BETHELIGHTWALK.COM)



### 2019 Walk to End Alzheimer's

Sat., Sept. 28, 8:00 am. Johnsonville Tailgate Village, Lambeau Field

### Brown County Showcase of Homes Fall 2019

Sept. 21–22 & Sept. 26–29. 920-494-9020

### Whole Man Ministry Course: *Experiencing the Breath of God: God Revealing Himself in the Liturgy*

Our Saviour Lutheran Church, 120 S. Henry St., Green Bay; 6:00–8:00 pm on Wednesday evenings in October. Call (920) 468-4065 to RSVP.

### Haunted Hazelwood

Oct. 5, 11 & 12: 5:00–8:00 pm. To reserve your spot as an individual or as a group, please call (920) 437-1840 or e-mail [bchsvolunteer@netnet.net](mailto:bchsvolunteer@netnet.net)

### The Hot Cider Hustle – Green Bay Half Marathon & 5k

Sun., Oct. 27. 310 N. Washington St. <http://wisconsinruns.com/greenbayhotciderhustle>.

### Hazelwood Harvest Tea

Nov. 15 & 16. 1:00–3:00 pm. To reserve your spot as an individual or as a group, please call (920) 437-1840 or e-mail [bchsvolunteer@netnet.net](mailto:bchsvolunteer@netnet.net)

### National Railroad Museum Festival of Trees

Nov. 15, 2019 – Jan. 5, 2020, Green Bay

### Christmas Tree Jubilee 2019

Tues., Nov. 20, 5:30–8:30 pm. Vandervest Harley-Davidson, Green Bay. \$40 per person Benefitting Ribbon of Hope. Join us in our journey to empower, provide choice, focus on abilities and instill hope in those facing cancer and the choices and struggles that accompany a diagnosis Contact Barb Pahnke (930) 655-6069 [bkpahnke@sbcglobal.net](mailto:bkpahnke@sbcglobal.net) or Stacey Nellen-Kolze (920) 393-4912 [stacey@nellswigsboutique.com](mailto:stacey@nellswigsboutique.com)

### Green Bay Holiday Parade 2019

Sat., Nov. 23 10 am–Noon. Downtown Green Bay

### WPS Garden of Lights Green Bay Botanical Garden

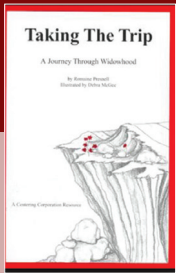
Weekends Nov. 29 – Dec. 30. (920) 490-9457. 2600 Larsen Rd., Green Bay



# Book Review: Taking the Trip – A Journey Through Widowhood

– By Romaine Presnell

*Reviewed previously by Joan Faltynski (Oct 16, 1939 – May 4, 2013)*



Loss of a partner – unexpectedly or through prolonged suffering – rarely puts us in a writing mood. Trying to keep thoughts in any semblance of order expends far more energy than we can or care to muster.

Hard as it is to believe, writing – in journal or diary form – is a highly recommended and proven form of self-care during the grieving process. Romaine Presnell is one who has been there, losing her husband to bladder cancer in less than two years from the time of diagnosis. She used the writing of a journal to bring her from desperation to hope. This journal she shares in her book entitled *Taking the Trip*.

In a mere thirty pages of easy, yet heart-warming reading, we see and feel our own emotional roller coaster and feel supported by virtue of taking this trip of sadness in solidarity with this friend and many others who have walked this path before us.

Try as we might to accept the frequently heard advice that “time is the great healer”, those words are slow in sinking into the fiber of a hurting heart. Romaine is proof of the truth of this advice. Her journal aids each reader to this realization of grief. “*You will do it your own way. You will do it in the time it takes you.*” Don’t deprive yourself of this gift of healing.

*Joan Faltynski (October 16, 1939 – May 4, 2013), a life-long elementary and middle school teacher, reviewed this book and many others for Proko-Wall. Checkout this book at Proko-Wall’s community library. See our complete list at Proko-Wall.com*

*Continued from page 1 — Our Year of Firsts*

tradition of soothing presence. The grandchildren received statues of birds that Mom had around the house. Birds were an obsession of hers, hummingbirds, orioles, cardinals, the hunt for the first robin of Spring. Not candy, but just as sweet-cherished gifts for certain.

Was it Easter without the fruit tray that Mom put extra strawberries and blueberries on? Was it Easter without strawberry fluff in the iridescent bowl? Yes, it was. Mom loved gathering her nest together, and in her honor, surrounded by her treasures, we celebrated Easter as family.

Mother’s Day. Ugh. Now a motherless daughter. Avoiding the store, the cards, the flowers. By far the most difficult first. A week later, the comfort of the Spring Planting at Proko-Wall. My Dad painted a rock that reads simply “RS + JS”. It rests on his kitchen windowsill from where he watches the birds at their feeders. The petunias planted in her honor flourish. A week after dreading their sight, I again appreciate the flowers.

May, the month of my birth. For years, my parents would call me on my birthday and begin to sing happy birthday. My Mom would get the giggles about halfway thru and for the rest of the song, Dad would finish the duet on his own. This year Dad calls and sings solo from beginning to end. I cry later, missing her laugh and appreciating how painful that must be for him too. This year, I open a card with only one signature and long for two. A cardinal appears at the feeder

and I know she is thinking of me. I make it through another first and feel her love.

I travelled in June. Dad slipped me money to buy myself something special telling me Mom would have wanted him to. I search for souvenirs to bring home to share my journey. Again, I must remind myself she is gone and put the gift down. Instead, I try to experience my adventure with her childlike glee, and I know she approves.

On Sunday, I visited her grave. After mighty storms again rolled through Green Bay on Saturday, this time bringing thunder and lightning instead of snow, I wanted to see if there was any damage at the cemetery. Branches, leaves and entire trees were scattered about, but the kalanchoe, geranium and cardinal ornament on her grave remain upright and unharmed, not a petal out of place. I take this as a sign that she is ok. I linger, listening to the birds sing and feeling the warmth of the sun on my face. I am struck by how different the day was from that bitterly cold day in February and I realize we are halfway through our year of firsts.



“HIJOSHUA,

I just wanted to touch base and express my gratitude for your excellent handling of my dad’s services. We were all truly blown away by the level of genuine, real caring you displayed. You actually tried as much as possible to learn who my dad was, and what our family needed. What an important job you have. It is obvious that you hold reverence for the time of death as being when we truly touch the heart and soul of what living is.

I also wanted to let you know that the memorial display you made of the map, which I declined to use for the services, was actually something my mom LOVED when she saw it after you dropped off his things at the house. She thought Bob would have just loved it too. Thank you. –Michelle

”

## Recipe: Mama's Best Broiled Tomato Sandwich

Recipe by: KATIA

<https://www.allrecipes.com/recipe/25911/mamas-best-broiled-tomato-sandwich/?internalSource=hub%20recipe&referringId=15053&referringContentType=Recipe%20Hub&clickId=cardslot%2015>

*"A broiled sandwich, made of fresh seasoned tomatoes, with an Italian taste. A Perfect match for "warm tomato soup."*

**Prep Time: 10 minutes**

**Cook Time: 5 minutes**

**Ready In: 15 minutes**

2 tablespoons olive oil  
2 tablespoons balsamic vinegar 4 ripe tomatoes, sliced  
3 tablespoons mayonnaise  
1/2 teaspoon dried parsley  
1/4 teaspoon dried oregano  
1/4 teaspoon black pepper  
3 tablespoons grated Parmesan cheese, divided  
4 slices bread, lightly toasted

### Nutrition info – per serving:

509 calories; 34.8 g fat; 43.2 g carbohydrates;  
9.6 g protein; 14 mg cholesterol; 605 mg sodium.

### Directions:

1. Preheat oven to broil.
2. In a shallow bowl, whisk together the olive oil and vinegar. Marinate the tomatoes in the mixture, stirring occasionally.
3. Meanwhile, in a small bowl, combine mayonnaise, parsley, oregano, black pepper and 4 teaspoons Parmesan cheese. Spread mixture on each slice of toasted bread. Place marinated tomatoes on 2 slices and sprinkle with remaining Parmesan cheese.
4. Place on a baking sheet and broil for 5 minutes, or until cheese turns golden brown. Serve immediately, open faced or closed.

*Enjoy!*

