



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.

Licensed Funeral Directors:

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Robert Walczyk, Sr.
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Josh Vandebush
Shawn Kamke
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Carl Pauc
Alex Bahrke

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Pre-Need Specialist:

Barb Holford

After Care Coordinator:

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Holiday Music Out of Key: When songs become sad



— By Eleanor Haley, December 2, 2014



My Christmas season starts with a quiet tradition; it's one I picked up from my mother although it was never officially passed down. It doesn't commence after devouring my last piece of Thanksgiving pie or walking through the doors of Target at midnight on Black Friday; it starts when I get out my tattered copy of the *Big Book of Christmas Songs* and sit down at the piano and play from *Angels We Have Heard on High* to *Silent Night* and every carol in between.

This piano book is my favorite to play; partly because I'm not all that good and most of the songs are so familiar I can fake my way through. But mostly because playing the piano soothes me and allows me to reflect on the past, present and future. Christmas songs, which are ingrained with nostalgia and memory, are especially prone to send me back to a time when our hearts truly seemed light.

'*The first Noel the angels did say...*' and I'm standing in our church one December morning. My family is spread out over two pews, singing the hymn's harmonies just a bit too loud. My overly concerned and self-aware family is cautious to never do anything that might be considered showy or obnoxious, except where a harmony line is involved.

'Away in a manger no crib for a bed...' and I'm listening to the timid and slightly off pitch crooning of a child's Christmas pageant. My mother, the director of the children's choir, is sitting in front of the singers mouthing the words as a sea of charmed parents sit behind her smiling lovingly.

'There's a song in the air! There's a star in the sky!' and I'm surrounded by my mother and her teary eyed siblings as they sing their deceased mother's favorite Christmas song. I'm unsure of the words or why my aunts and uncles are sad, but I know the moment is important.

'Silent night, holy night...' and I'm choking through the song's familiar words at our church candle light service the year we found out my mother was sick. Fast forward a year and I'm singing with my family in a dim room around a brightly lit Christmas tree on Christmas Eve; each of us wondering how the absence of someone could be so felt so fully.

I had a hard time with Christmas songs in the year or two after my mother died. A few notes of Judy Garland's *Have Yourself a Merry Little Christmas* or Bing Crosby's *Silent Night*, and I

Continued on page 7

Proko - Wall News



BIRTHDAY CAKE WINNERS

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

Happy Birthday!

August 29: Darlene Charneski

September 4: Paula Prantis

October 24: Dianne Mathies



Darlene Charneski



Paula Prantis



Dianne Mathies

Proko-Wall Staff Out & About in the Community!

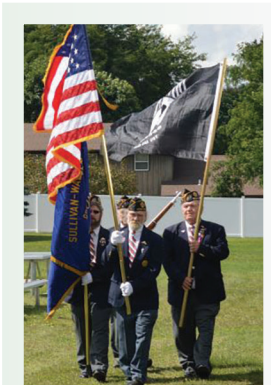


Dementia Training – October 4th

The Purple Angel Initiative is a multi-agency effort to raise awareness & provide education to the community regarding community members living with dementia, as well as their caregivers, in an effort to promote inclusion for these folks when it comes to staying connected to businesses in our community. This training & designation is beneficial for Proko-Wall and the community we serve.



2018 Senior Expo, Shopko Hall
Peggy George and Barb Holford – October 3rd



First Annual Veteran Recognition Ceremony: Honoring Veterans, Active Duty Military, Police and Fire/Rescue, Josten Park, Bellevue – September 8th



Fall Bus Trip, Door County – Pam and Roxann; Marlyce, Anne and Funeral Director, Joshua Ferguson – October 16th



Pancake and Porkie Breakfast, Prince of Peace
Funeral Directors, Bob Walczyk, Jr. and Alex Bahrke – October 28th

Bus Trips for Widows and Widowers

Proko-Wall understands that after the funeral service is over, the tide of friends and relatives showing their love and support slows to a ripple. It is when the room is empty and survivors are left to their own thoughts and memories that the pain of loss is greatest. For that reason, Proko-Wall provides unique aftercare attention. Since 2001, Bus Trips for Widows and Widowers are one of the ways Proko-Wall has reached out to those dealing with the loss of a spouse in the year following the death. Surviving spouses, along with a guest, are invited to two bus trips – one in the spring and one in the fall. The trip is an effort to include those traveling this grief journey to join others on the same path in a completely non-threatening environment. Past excursions have been to Miller Park for a Brewer Game, Amish Country in Bonduel, fish boil and shopping in Door County and Memories Ballroom in Port Washington. All trips conclude with a visit to an ice cream shop!

Remember our philosophy, “Ease their pain by walking in their shoes.” Proko-Wall’s staff has walked the aftercare path before. Our experience with doing the little things eases the pain of transition for families we care for. The list of aftercare services is simply this: “Any help that we can provide.” Proko-Wall’s aftercare services are available at no extra charge for the families we serve.



Brewer Game, Spring 2017 – Shawn Kamke, Funeral Director; Peggy George, After Care Coordinator; Barb Holford, PrePlanner



Kohler Design Center & South Pier Parlor for Ice Cream, Fall 2017

You are invited to ...

Light for the Longest Night

An ecumenical celebration of the coming of the Christ Child for those who suffer from any loss or sorrow.

7:00 pm • Thursday, December 20th, 2018

St. Anne's Episcopal Church

347 South Libal Street • De Pere, WI 54115

920-336-9571 • www.stannes.us



Not everyone is up and cheery for the Christmas celebrations. Dealing with the death of a loved one, facing life after divorce or separation, coping with the loss of a job, living with cancer or some other health crisis that puts a question mark on the future, and a number of other human situations make parties and joviality painful for many people.

This service grows out of an understanding that for many of us, Christmas is a time of worry, isolation, and even sadness. Family and community expectations can be over whelming.

Light for Longest Night is a quiet celebration of Christmas. This service, on the longest night of the year, celebrates the birth of Jesus in a sensitive, yet joyful way.

St. Anne's is a welcoming church, & we invite all Christians to join us.

“DEAR BOB,

I have been meaning to send a message regarding my experience since February but it's just amazing how time certainly flies. My first meeting with someone at Proko Wall was with Barb Holford in December. My father was diagnosed with Glioblastoma (brain cancer) and I made the tough decision to start preplanning for the funeral. Barb was great! She made me feel very comfortable and very supported. We were going to start a fund for my father but unfortunately his health took a turn for the worse and it wasn't going to be needed to be done. My father Howard LaFortune passed away January 28th. My Dad was a veteran and Josh Ferguson came and escorted him out of the nursing home covered in the American flag. It was very moving. Hardest and longest walk ever but Josh took his time. I greatly appreciated that. We then met Carl Pauc. I couldn't have asked for a better person to be by my side. It was like I've known him all my life. He just made us feel so comforted and supported. We can be a handful. I have 7 siblings so there are a lot of us to handle. Carl is amazing. He put small personal touches on everything and we were so happily surprised. It's nice to walk into one of the toughest evenings we were going to have and have a smile on our face from how beautiful it all was. One of our favorites was the picture of the microphone he added along side my Dad's picture. It couldn't have been more perfect. It was just one of many. They didn't go unnoticed. I never had to go looking for Carl for anything, he was always there to help. We had the wake at Proko Wall and then a funeral at the church. After the funeral Carl arranged for military honors. So moving. We then had a procession out to the cemetery with another short service out there. He even put the seal of the Navy on the hearse. The service at the cemetery on 2/3/18 was 15 degrees and snowing. Thank you for having blankets out there for us. Again, every little detail was perfect! I can not thank Carl and all the support staff from Proko Wall enough. One of the best decisions I've ever made was working with you! I thank you from the bottom of my heart.

–Stacie Glass, (Carl's new bff)

”

Support Groups

ATO SZE

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

ABUNDANT LIFE COUNSELING AND RENEWAL CENTER

(920) 482-2932 • 1221 Bellevue St. Ste #113,
Green Bay. Contact Carrie
abundantlifecounselingcenter@gmail.com

ADRC

(920) 497-4672 • 300 Adams St, Green Bay
ASERA CARE HOSPICE SUPPORT
GROUP. 2nd Wed. of the month at 2:00 pm.
Free and open to the public. Contact Mandy
Sarazen at amanda.sarazen@aseracare.com

Healing Through Grief – Life After Caregiving

Third Wednesday of each month. 4:00 to 5:30.
Free and open to the public. Contact Beverly
Bartlett at (920) 448-4300

AFFINITY VISITING NURSES HOSPICE

(920) 727-2000 or 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 Schuldt,
angela.schuldt@ahah.net

Men Journeying Through Grief

Meeting 1st Wednesday of every month
6:00–8:00 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, sbsp@wi.twcbc.com

AURORA AT HOME

(920) 288-5100 • Aurora BayCare Medical Center,
931 Discovery Rd, Green Bay. Kaitlyn Schobert.

Aurora at Home Hospice • Contact Kaitlyn
Schobert, Bereavement Coordinator. Event:
General Grief Support – 6 Week Series.
Location: The Chapel of Aurora BayCare
Hospital, 2-3:30 pm. Registration Required.
Call or email Lisa to register for future dates.
Lisa.falk@aurora.org

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. 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.

CELEBRATION CHURCH

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

CHILDREN'S HEALTH ALLIANCE OF WI INFANT DEATH CENTER

(414) 292-4046 • 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.chawisconsin.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. 12:00–2:00 pm. Contact Tom
Bekkers

THE COMPASSIONATE FRIENDS

(920) 370-3858 • 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 at 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 winter 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 meetings will be
held in Festival Foods Community Room,
2430 University Ave., Green Bay

GRIEF SHARE

Spring Lake Church • (920) 983-9090.
301 Adams St., Green Bay. Oct 2 – Jan 22,
Tuesdays 6:00 pm

New Hope United Methodist Church •

(920) 360-7396. 1950 Dickinson Rd.,
De Pere. Monday, 6:00 pm

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 Lane Green Bay.
Mondays, 6:30 pm

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.
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 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.
Click on the Grief & Loss link.

HOSPICE COMPASSUS

(920)-321-2004 • 3237 Riverside Dr, Green Bay
Healing Together Support Group
Call Karen Gainard for more information on
dates and times of 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. Contact:
Carol Mueller, Parish Nurse, cmueller@stedwardisidore.org or Lori Flanagan, pastoral
associate, lflanagan@stedwardisidore.org

MISCARRIAGE AND INFANT LOSS MEMORIAL

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

NEW HOPE GRIEF GROUP

(920) 496-2160 • Quad Parish Office,
1087 Kellogg St., Room 105. Grief Support
meetings 1:30–3:00 pm. Call Sr. Pat Clement to
register for pclement@quad-parish.org

PULASKI GRIEF SUPPORT

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

ST. ANNE'S EPISCOPAL CHURCH

(920) 336-9571 • 347 S. Libal St. DePere
Walking Through the Valley will take you
through a process of sharing and learning how
to cope with loss. Five Monday evenings: January
28, February 4, 11, 18, 25. Monday evenings from
6:30–8:00 pm. Individual grief support available
throughout the year. Call Deacon Mary Lynn
Adams or register online
www.stannes.us/grief-support-ministry.html

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.
Contact: Ruth Holloway, rholloway@sjbh.org

Support Groups

S.O.S. (SURVIVORS OF SUICIDE)

G(920) 339-8952 • Bellin Administrative Bldg., 2020 S. Webster Ave., Green Bay. For family and friends to cope with suicide loss. Meeting third 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, still birth, 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. throughout the year in the afternoon and evenings. 1:30-3:00 pm or 6:00-7:30 pm

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 Thursday of every month 5:30 – 7:30PM in Green Bay

Understanding Grief: Meeting monthly on Wednesdays.

Wausau Area:

1st Wednesday of every month 10:00-11:30 am

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

Gillett Area:

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

Women's Luncheon: Meeting 3rd Wednesday of every month from 12:00-1:30 pm 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.



As Proko-Wall Funeral Home and Crematory approaches 50 years serving our community we thought a look back at the history of different aspects of our industry might prove interesting reading. The next few issues will provide some historical references, what prompted changes and what is the reality today for the funeral business. The history is fascinating and sometimes surprising and we hope you enjoy these articles.

The History of the Hearse

Middle Ages ca. 476A.D. to 1500 A.D.

Many of our present day burial practices can be traced to this time period.

When someone died in the Middle Ages, the body was placed on a bier or on a "herse." The term hearse has an interesting story.

The hearse was not originally a vehicle to transport the dead, but was in fact a rake. The evolution of the hearse from, a primitive farm tool to today's vehicle for transporting the dead, is anything but straight forward. The story begins with Roman farmers who would plow their fields with an implement called a hirpex (Latin for "rake"). The hirpex was a triangular implement made of wood or iron with raking spikes attached to one side. In 51 B.C. when the Romans conquered Gaul, they introduced the hirpex to Western Europe, and eventually it reached Great Britain as the "harrow".

The name changed once again in the 11th century when the Normans invaded Britain, pronouncing "harrow" as "herse". They noticed that when the rake was inverted, or turned upside down, the rake resembled their religious candelabras. The candelabra, resting on the altar, had always played an integral part in the Norman funeral service. In time, it increased in size as additional candles were incorporated to honor a rapidly growing list of saints and to celebrate new holidays.

By the 2nd century the larger herse (or candelabra) was placed over the bier during funeral services for a distinguished person. Hundreds of years later, in the 15th century, the herse had grown in size. It now measured six feet long, skewered scores of candles and was a masterpiece of craftsmanship. By that time, it had taken a prominent place on the lid of the coffin during the funeral procession. By the 16th century in Great Britain, the wheeled cart conveying the coffin and the candelabra became known as a hearse (the later English spelling of herse) – thus, the final step in the rake's evolution to today's funeral vehicle.

Originally hearses were carried by people. The extremely slow pace that we still see in funeral processions is often mistaken as simply a sign of respect for the dead. While this may be true today, in the 16th century, when the lighted candelabra was a ceremonial part of the funeral cortege, the slow pace which the processions took was a matter of common sense. If the bearers carried the hearse too fast the candles would blow out. It is interesting that this slow pace is still reflected in our motorized hearse's speed. Incidentally, the term "funeral" comes from the Latin "funeralis" which means a torchlight procession.

The Cemetery History Book, Todd W. Van Beck (1994)



Local Activities

December

Thursday, November 15 – Sunday, January 6

2018 Festival of Trees • 9:00 am – 5:00 pm
National Railroad Museum, 2285 S. Broadway,
Green Bay, (920) 437-7623

Friday, November 23 – Sunday, December 30

WPS Garden of Lights • visit gbbg.org for times
Green Bay Botanical Garden, 2600 Larsen Rd.,
Green Bay, (920) 490-9457

Tuesday, November 27 – Sunday, December 2

Fiddler on the Roof • foxcitiespac.com for times
Performing Arts Center, 400 W. College Ave.,
Appleton, (800) 840-9227

Friday, November 30 – Sunday, December 23

A Frank's Christmas • ticketstaronline.com for
times • Meyer Theater, 117 S. Washington St.,
Green Bay, (920) 494-3401. Let Me Be Frank
Productions' annual holiday show.

Friday, November 30; Saturday, December 1

Holiday Victorian Tea • 1:00 – 3:00 pm. \$22.
Reservations required. Hazelwood Historic
House Museum, 1008 S. Monroe Ave., Green
Bay, (920) 437-1840

December 1, 2, 30, 31, January 1, 2

Parallel 44 Annual Holiday Open House • Taste
wine, sample gourmet food & take a tour with
the winemaker (Saturdays only). Parallel 44
Winery, N2185 Sleepy Hollow Rd., Kewaunee,
(920) 388-4400, Parallel44.com

Wednesday, December 5 – Saturday, December 8

Daddy D's Christmas Review • 6:00 pm Dinner,
7:00 pm Show • Stadium View, 1963 Holmgren
Way, Green Bay, (920) 544-4244

Thursday, December 6

Live Nativity • 5:30, 6:00 & 6:30 pm. Our Savior
Lutheran Church, 120 S. Henry St., Green Bay,
(920) 468-4605. Contact Michelle Burhite

Saturday, December 8 – Saturday, December 5

Ethnic Christmas • 11:00 am – 7:00 pm
Hazelwood Historic House Museum,
1008 S. Monroe Ave., Green Bay, 920-437-1840

Wednesday, December 12 – Saturday, December 15

Daddy D's Christmas Review • 6:00 pm Dinner,
7:00 pm Show • Riverside Ballroom, 1560 Main
St., Green Bay

Friday, December 14

Monthly Fish Fry • 5:00 – 6:30 pm • Our Savior
Lutheran Church, 120 S. Henry St., Green Bay,
(920) 468-4605. Contact Michelle Burhite

Wednesday, December 19

Candle Lighting Ceremony • 1:00 pm
The Compassionate Friends, First United
Methodist Church, 501 Howe St., Green Bay,
920-370-3858. Please bring a framed photo and a
candle & a memento to place on the table.

Thursday, December 20

Bingo \$.50 per card. 1:00 – 3:00 pm. Village of
Bellevue Leisure Services, Community Center,
(920) 468-5225. All are welcome.

Weidner Center for Performing Arts,
2420 Nicolet Dr., Green Bay, (800) 840-9227

Saturday, December 1

Handel's Messiah • 7:30 pm

Tuesday) December 4

Mannheim Steamroller • 7:30 pm

Friday, December 7; Saturday, December 8

Holiday Pops • 7:30 pm; 2:00 pm

Wednesday, December 12

(There's No Place Like) Swing for the Holidays •
6:30 pm

Friday, December 21

A Charlie Brown Christmas • 7:00 pm

Fox Cities Performing Arts Center,
400 W. College Ave., Appleton, (800) 840-9227

Friday, December 7

10th Annual Advent Concert • 7:00 pm

Tuesday, December 11

A Motown Christmas • 7:00 pm

Friday, December 14

Boogie and the Yo Yoz • 7:30 pm

Friday, December 21

98 degrees at Christmas • 7:30 pm

Saturday, December 22

Lorrie Line – Lord of Lords • 7:30 pm

January

Fox Cities Performing Arts Center, 400 W. College
Ave, Appleton, (800) 840-9227

Tuesday, January 8 – Sunday, January 13

Anastasia • foxcitiespac.com for times

Thursday, January 17

Authentic Illusionist, Jay Owenhouse • 7:30 pm

Friday, January 18

Stayin' Alive • 7:30 pm

Saturday, January 26

Fox Valley Symphony – Winter Concert • 7:30 pm

Friday, January 11

Monthly Fish Fry • 5:00 – 6:30 pm. Our Savior
Lutheran Church, 120 S. Henry St., Green Bay,
(920) 468-4605. Contact Michelle Burhite

Thursday, January 17

Bingo \$.50 per card. 1:00 – 3:00 pm. Village of
Bellevue Leisure Services, Community Center,
(920) 468-5225. All are welcome.

Weidner Center for Performing Arts,
2420 Nicolet Dr., Green Bay, (800) 840-9227

Thursday, January 17

Daniel Tiger's Neighborhood – Live • 6:30 pm

Saturday, January 19

Doctors in Recital • 7:00 pm

Wednesday, January 26

The Bad Plus – Jazz Fest 49 • 7:30 pm

Saturday, January 26

Winter in the Garden • 10:00 am – 1:00 pm.

Free • Green Bay Botanical Garden,
2600 Larsen Rd., Green Bay, (920) 490-9457

February

Fox Cities Performing Arts Center,
400 W College Ave, Appleton • (920) 730-3760

Thursday, February 7 – Sunday, February 24

The Lion King • foxcitiespac.com for times

Weidner Center for Performing Arts,
2420 Nicolet Dr., Green Bay, (800) 840-9227

Thursday, February 7

Cirque Mechanics presents 42FT –

A Menagerie of Mechanical Marvels • 7:30 pm

Tuesday) February 12

a very small consortium • 6:30 pm

Saturday, February 16

Tim Hawkins • 7:00 pm

Sunday, February 17

The Rainbow Fish • 2:00 pm

Friday, February 22 – Thursday, February 28

Lombardi • weidnercenter.com for times

Saturday, February 23

Ron White • 8:00 pm

Friday, February 8

Monthly Fish Fry • 5:00 – 6:30 pm. Our Savior
Lutheran Church, 120 S. Henry St., Green Bay,
(920) 468-4605. Contact Michelle Burhite

Thursday, February 14 – Sunday, February 24

With This Ring • gbcommunitytheater.com for
times • Green Bay Community Theater, (920)
435-6300

Saturday, February 16

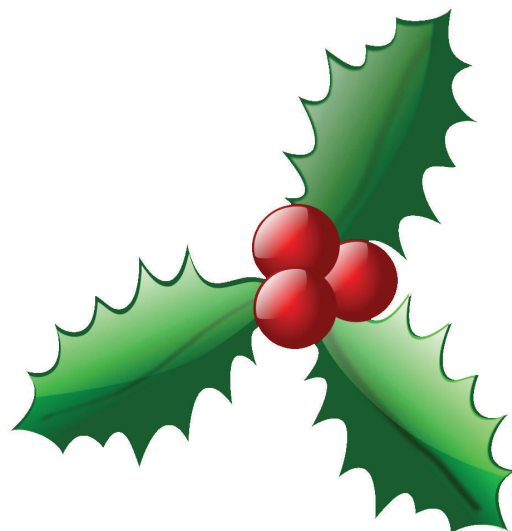
Green Bay Civic Symphony • 7:00 Heroes Battling
for Freedom. Meyer Theater, 117 S. Washington
St., Green Bay, (920) 432-4676, info@gbccivic.org

Thursday, February 21

Bingo \$.50 per card. 1:00– 3:00 pm. Village of
Bellevue Leisure Services, Community Center,
(920) 468-5225. All are welcome.

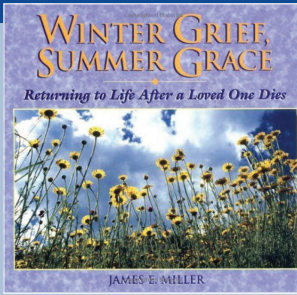
The holiest of holidays are those kept by
ourselves in silence and apart; the secret
anniversaries of the heart.

–Henry Wadsworth Longfellow



Book Review: Winter Grief, Summer Grace

– By Dr. James Miller



One of the fringe benefits of being a “Wisconsinite” is the luxury of experiencing the change of seasons. From the first glimpse of the blossoms of springtime to the last howling wind of winter, we see, we touch, we feel and we learn life’s lessons as they are tucked into each new season.

Lessons from death as well as from life can be gleaned from the autumn, winter, spring and summer seasons of grief, after the loss of loved ones through death. James Miller, in Winter Grief, Summer Grace, does a masterful job of assisting us, who walk the road of grief, to treasure the seasons of that journey. Breathtaking photography speaks loudly to the sacredness of each season and serves as reflection, reassurance and comfort as we rest secure in the arms of Mother Nature, who

intuitively eases the pain of our broken heart and aching spirit.

Other companions on our journey found in this tiny treasure are the comforting words of wisdom from scripture, sages and soul-friends who have walked this road before us. Each season closes with two pages replete with practical ideas for self-care and outreach opportunities. Whether death of a loved one was a recent experience, or you happen to feel the need for some perspective and peace from a death experience of months or years ago, this is truly what the doctor ordered. I am confident that the layout, language and lessons of this work will bring solace to your sorrow and peace from the panic of your grieving heart.

Joan Faltynski (Oct. 16, 1939–May 4, 2013), a life long elementary and middle school teacher, reviewed books and videos for Proko-Wall. This book as well as others, is available for checkout at Proko-Wall’s community library.

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was done; a grief side-effect that hardly seemed fair because these were the songs closest to my heart.

Sometimes the only way I can conceptualize the holidays in the year or two after the death of a loved one is to think of it like a film negative; everything is opposite. Happy is sad and where we’re used to being filled up with the love

and warmth of the holidays, we’re now filled with a well of sadness that bubbles over and erupts into tears at the most unexpected and inconvenient of times.

When you’re grieving, small yet tender reminders like *I’m Dreaming of a White Christmas* and *Hanukkah Oh Hanukkah* can shock you and

rub you where you’re already raw. As if death hasn’t stolen enough from you already, it greedily takes your ability to enjoy a song you’ve loved for years and sadly I don’t have anything constructive to offer about this other than to say, I understand.

I see you paralyzed in the middle of your shopping because *O Holy Night* has begun playing over the stereo. I see you crying in church because you’ve just turned to this morning’s hymns and realized it’s *O Little Town of Bethlehem*. I see you looking sullen at the office holiday part because *Rockin’ Around the Christmas Tree* is playing. I get it. Actually a lot of people get it. You aren’t alone.

In the 8 years since my mother’s death these songs have recovered many of their positive qualities, but catch me on the wrong day and they still have the potential to grip my heart and bring me to tears. Except years later the tears are a mix of happy and sad emotion; they are happiness with a twist. My hope is that at the very least you will someday feel this melancholy fondness (if you don’t already) and as the song goes, until then you’ll, “...have to muddle through somehow.”

Snow Birds... Did you know...?

Basic health insurance plans and even Medicare do NOT offer coverage that addresses dying away from home.

It’s the last thing you would ever plan during a vacation, but the financial and logistic burden of dealing with a death away from home can be staggering.

Thankfully, there is a way to give yourself and your loved ones lasting peace of mind with MASA TRS (Transport & Relocation Solutions). MASA covers both the expense and logistics of transporting your body if the unexpected were to occur while traveling 75 miles or more away from home.

Getting started is easy: Submit membership information. Submit your one-time membership fee. Receive your Out of Area Protection Plan membership card and you’ll enjoy peace of mind anywhere you travel.

Whether on a day trip or traveling the world, MASA TRS makes sure you’re never far from home and your loved ones are spared from unnecessary financial and emotional pain. Call Barb Holford today.



Recipe: Broccoli Cheddar Soup

Recipe by: Joanie Zisk onedishkitchen.com

"I don't know about you but I could enjoy a hearty bowl of soup year-round. Soup is the perfect lunch and it's always an excellent dinner. This Broccoli Cheddar Soup recipe is just the right size if you're cooking for one."

1 cup broccoli florets	1-1/2 cups chicken broth
1/2 tablespoon olive oil	1/2 cup heavy cream
1/2 cup chopped onions	1-1/2 cups shredded sharp cheddar cheese
1 clove garlic, minced	1/4 teaspoon cumin
2 teaspoons all purpose flour	1/8 teaspoon chili powder

1. Bring a medium-sized pot of water to a rapid boil. Add a pinch of salt. Add the broccoli florets and cook until crisp-tender, 2 to 2 1/2 minutes.
2. Drain the broccoli in a colander and immediately transfer to a bowl filled with ice water. Leave broccoli in the ice water for 2 minutes, then transfer broccoli to the colander to drain.
3. Heat the oil in a medium-sized pot.
4. Add the onions and cook for 3 minutes. Add the garlic and cook for a minute longer.
5. Stir in the flour and cook and stir for 1 minute.
6. Whisk in the broth.
7. Stir in the cream.
8. Bring soup to a gentle boil, stirring constantly, then reduce the heat to low and simmer.
9. Stir in the cheese, cumin and chili powder.
10. Simmer the soup for 10 minutes, stirring occasionally.
11. Stir in the cooked broccoli.
12. Season with salt to taste.

