



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**

1630 E. Mason St.
Green Bay, WI 54302

Phone: (920) 468-4111 or
(800) 750-4222

Fax: (920) 468-3540

www.prokowall.com

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Home and Crematory



Tell Two Jokes and Call Me in the Morning: How Humor Helped My Family Grieve

Today's post comes to you from Stacy Beller Stryer. Stacy is a pediatrician, parenting expert, author, and lover of humor and the great outdoors. She lost her husband to cancer when her daughters were ages 7 and 9 and has recently written a book to help newly widowed parents through their journey and that of their children. We're pretty excited to have her writing here, so I'll get out of the way and let her get to it.

Humor has always been a big part of my life. No, let me rephrase that. Humor has often been a necessary part of my life. Humor was a particularly good friend of mine several years ago when my husband was diagnosed with and eventually succumbed to glioblastoma, a brain tumor. You might wonder "why" or "how" I could even think about laughing during such a traumatic period, but this is when I needed it most. The year of my husband's illness was so difficult and overwhelming that I welcomed any break from thinking about his treatment, our future, or his chances of survival. Humor provided a distraction, allowing me to think about something besides cancer, even if only for a few minutes. It gave me a reason to smile and laugh, and instantaneously decreased the stress level in our house.

I didn't actually sit around a table telling jokes or devise a stand-up comedy routine about my life, although others have done this to cope with their grief. I merely tried to find ways during my husband, Dan's illness, to make my family feel normal. I frequently reminded all of us, particularly our 6 and 9-year-old daughters, that life consisted not just of sad times but happy ones too, sometimes simultaneously. I organized sleepovers and play dates with friends who I know would make Rachael and Becca laugh. We baked animal shaped cookies with outrageous decorations, slurped jello through a straw, and ate dessert for dinner and dinner for dessert. Fun with food was a favorite theme.

Two specialties in our household were the whip cream escapade and the Singing in the Rain revival. The escapade involved buying cans of whip cream and squirting them into our children's mouths and onto the tips of their noses. Of course, they then had to do the same to us. Even Dan, who wasn't feeling well and rarely smiled those days, loved it!

The Singing in the Rain revival included three willing family members, umbrellas, raincoats, rain boots and a shower, although an outdoor sprinkler on a hot day or even a mud puddle would work wonderfully, too. On this particular day we turned the water on, donned our gear, climbed into the shower together, fully clothed; and belted out the song, "Singing in the Rain." Years later we still talk about that day in the shower and, believe it or not, it is a fun, happy memory that occurred during one of the worst times of our lives.

The period after Dan's death was so incredibly sad. Those who approached me were at a loss for what to say. Friends and family tried to help with words of support but, to be honest, it was the humorous, distracting stories that did the most good and provided a moment of relief from my

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!

November 4: Diane Courtney

December 21: Dick VanLangendon

January 31: Diane Sheber



Diane Courtney



Dick VanLangendon



Diane Sheber

Celebrating 20 Years, by Bob Walczyk, Owner Forever Friends

It was twenty years ago when I finally acted upon an idea that had been brewing for two years. That would be 140 years in dog years, not sure if a cat ages as quickly, but whether we talk human years or dog years, Forever Friends Pet Funeral Home is approaching a big anniversary. I am proud to be recognized as one of only a few dedicated facilities in the state of Wisconsin and the only facility and staff of its type in Northeast Wisconsin, designed solely for the purpose of caring for deceased pets.

Do you have a pet? Have you ever experienced the grief of the death of your pet? To learn more, call Donn Foote, Manager of Forever Friends at (920) 884-6060 or go to www.foreverfriendspets.com.

Rewarding Work



When people ask what I do for a living, they are often surprised to learn I enjoy my job. I hear, "How can you do this... Work at a place that cremates pets? It's got to be hard?" Well, the answer is "Believe it or not – it's rewarding work."

My background had been in the landscape business for 12 years before coming to Forever Friends Pet Funeral Home and Crematory, and I always have had a passion for animals. Whether it be the care and love I show to my own dog, or finding an abandoned or injured animal and taking them to the wildlife sanctuary to make sure they are cared for properly. Then an opportunity arose to work at Forever Friends, and I thought, "Is this something I can do? I never thought of caring for a pet after their death." And

not long after I started to work at Forever Friends I realized not only am I caring for a pet, but I'm caring for a family as well.

When I am with a family, and it's their first time losing a pet, many are surprised such a business is available for their pet, but when they arrive at our state-of-the-art facility, they get a good understanding of the care their pet will receive. They leave knowing their pet is being treated in a most dignified manner, and they are reassured.

The death of a pet can be difficult for a family. Caring for families at this time in their lives is a fulfilling occupation. There is a satisfaction in knowing families are appreciative and thankful for my services. They walk away knowing their loved one is in the hands of someone that cares. That is what drives me every day and makes it easy to say "Believe it or not, it's rewarding work."

(920) 884-6060

www.foreverfriendspets.com

Forever
FRIENDS

PET FUNERAL HOME AND CREMATORY
LOCALLY-OWNED AND OPERATED

A Moment in our Lives. Forever in our Hearts.

645 Heyrman Street
Green Bay, WI 54302

“

BOB,

Thank You! I received a copy of your newsletter in the mail today, and as I was reading a thank you note from another family, I realized I never sent you a note! I wanted to reach out to let you know that I think funeral directors are unsung heroes. My mother passed away late on a Sunday evening, and by the time the visitation took place on Friday and the funeral on Saturday, you had become part of our "family." The kindness and compassion you and your staff showed to our family was truly special. You made one of the most terrible events in our lives become more bearable and you helped us honor my mother in a way that was so meaningful. Your thoughtful touches, kind words and the steps you took to make things easier on our family will never be forgotten.

Thank You for all you did for us. We wish you, your staff, and your family a wonderful holiday season and happy new year.

Best regards,

Sincerely, Jenifer (Mother – Carol)

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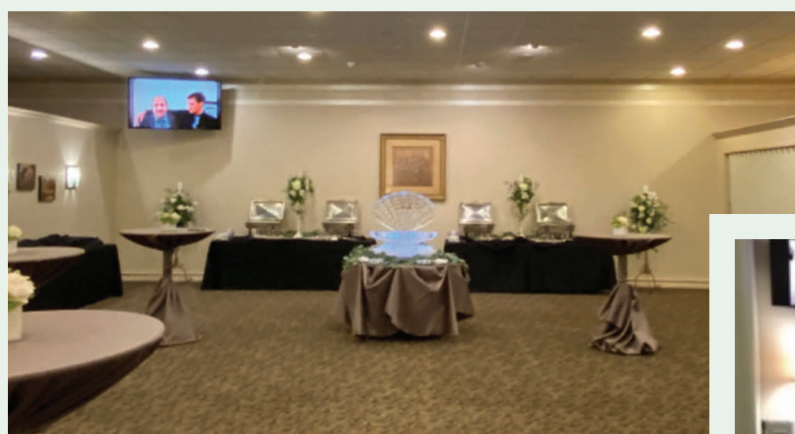
Receptions at Proko-Wall Funeral Home



At a time when families have so much to prepare, let Proko-Wall take care of planning and serving the reception. We will take care of all the arrangements so you can spend time with out-of-town guests, family and friends.

Fresh cuisine offered by the area's finest caterers will be provided – most from local growers. Tables, chairs, plates, cups and utensils are included. Linens, bartenders and wait staff can be added for an additional charge.

Receptions are typically scheduled for two hours and can be held before or after a visitation, gathering, memorial service or funeral. Ask your director for best times.



Support Groups

A TO SZE

(920) 562-6742 • 4593 Choctaw Ct., Green Bay. Senior Lifestyle Consulting & Case Management. Contact Tammy Sze, atosze@yahoo.com

ADRC

(920) 497-4672 • 300 Adams St., Green Bay. **Healing Through Grief—Life After Caregiving** Third Wednesday of each month. 4:00-5:30 pm. Free and open to the public. Contact Beverly Bartlett at (920) 448-4300

ASERACARE Hospice Support Group

(920) 339-9065. Meets at ADRC, 330 Adams St., Green Bay. **Group meetings on hold until restrictions are lifted.** 2nd Wednesday of the month at 2:00 pm. Free and open to the public. Contact Mandy Sarazen at Amanda.Sarazen@aseracare.com

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 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 pm. Contact Laura, sbasp@wi.twcabc.com

AURORA AT HOME

(920) 838-1886. Aurora BayCare Hospital, 2845 Greenbriar Rd., Green Bay. Call Lisa Falk to register.

CAMP LLOYD

920-465-2703 or 920-465-2775 • 2420 Nicolet Dr., Green A week-long day camp from 8:30 am - 4:30 pm for grieving children, ages 7-16. Registration will be available February 2022. Contact Illene Cupit at cupiti@uwgb.edu or register online at www.uwgb.edu/camp-lloyd/camperregistration

THE CARE COMMUNITY

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

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 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 6:00 pm. First United Methodist Church, 501 Howe St. compassionatefriendsgb@gmail.com; www.compassionatefriendsgreenbay.org

COMPASSUS HOSPICE

(920) 321-2004 • 2960 Allied St., Green Bay. Contact Kacie Doxtator, Kacie.doxtator@compassus.com. All Compassus support groups are held on Zoom—a simple, easy-to-use and completely free platform you can join with a computer, phone, or tablet. No subscription or account is needed. Grief Support Groups:

Man Cave Monday

1st and 3rd Monday every month, 5 pm. A safe place for men to freely express their grief of a loved one and exercise their mourning. www.zoom.us/join; Meeting ID: 702 498 2318; Password: 80398039

Open Group

Every Tuesday, 7 pm. Open to everyone experiencing the loss of a loved one. www.zoom.us/join or dial in (301) 715-8592; Meeting ID: 302-372 4369; Password: 721020

Widows Group

Every Wednesday, 2 pm. Open to women experiencing the loss of a spouse. www.zoom.us/join or dial in (646) 558-8656; Meeting ID: 504 625 615; Password: 1357 Contact us: Dawn Thomas, (201) 249-3582, dawn.thomas@compassus.com. John Cooper, (215) 557-7300, john.cooper@compassus.com

DE PERE COMMUNITY CENTER

(920) 339-4072 ext. 2230 • 600 Grant St., De Pere. Contact Cindy Lee, clee@deperewi.gov

FROM MOURNING TO HOPE

(920) 737-2790 • Central Church, 831 Schoen St., Green Bay. Contact Curtis, griefinfo@gmail.com. Faith based peer led support group providing hope, emotional support and assistance to survivors of suicide. Carrie, the lead facilitator is a double suicide survivor since childhood and received her training through the American Foundation for Suicide Prevention. Meetings are held the second Thursday of each month at 6:30 pm. This group meets virtually – at least 24 hours prior; email griefinfo@gmail.com or call (920) 664-2685 to ensure that the link is received.

GAMBLERS ANONYMOUS

Annunciation, 1087 Kellogg St, Green Bay. For more info, Timothy 920-883-9714. Saturdays 9 am; Tuesdays 5:30 pm, Thursdays 7 pm.

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, 6:30 pm.

New Hope United Methodist Church

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

Pilgrim Lutheran Church • (920) 965-2233. 1731 St. Agnes Dr., Green Bay. Mondays, 6:30 pm

St. John Evangelical Lutheran Church

(920) 973-0828 • 14311 Maribel Rd., Maribel. Wednesdays, 6:00 pm-8:00 pm

Spring Lake Church

(920) 241-1227. 302 N. Adams St. #110, Green Bay. Mondays, 1:30 - 3:30 pm.

GRIEVING WITH GREAT HOPE

(920) 737-1805. Five-week session. St. Thomas the Apostle, 5930 Humboldt Rd., Luxemburg. Call Molly Gallagher for dates and times. Parish.ministries@threecatholicchurches.com

HEALING YOUR GRIEVING HEART

Resurrection Parish, 333 Hilltop Dr., Green Bay. Contact Ann Froelich at (920) 435-6811 or annfroelich@gmail.com or Sheila De Luca at (920) 217-6259 or sheiladeluca63@gmail.com to register. Tuesdays, March 15, 22, 29; April 5, 12 at Resurrection Catholic Church. A five-week program for those who have lost someone through death. 6:30-8:00 pm. (Please park in lot off of Delahaut.)

HEARTLAND HOSPICE SUPPORT GROUP

(920) 241-4593 • 1145 W. Main Ave., De Pere. Heartland Hospice offers a variety of support group activities throughout the year. Call or email Melissa Shea, Melissa.Shea@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 to <Mental Health> then <Grief & Loss> link.

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.

NEW HOPE GRIEF GROUP

(920) 496-2160 • Quad Parish Office, 1087 Kellogg St., Room 105. Grief Support groups suspended until restrictions due to the pandemic are lifted. Call Sr. Pat Clement to register; pclement@quad-parish.org

ST. BERNARD GRIEF SUPPORT GROUP

(920) 496-4811 • 2040 Hillside Ln., Green Bay

SERENITY BEREAVEMENT SUPPORT GROUP

(920) 434-2145 ext. 209 • St. John the Baptist Church, 2597 Glendale Ave., Green Bay. Thursdays, April 21st -May19th from 1:30-3 pm. Contact: Ruth Holloway, rholloway@sjbh.org

Support Groups

S.O.S. (SURVIVORS OF SUICIDE)

(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 6:30 pm virtually.

SHARE of NORTHEAST WISCONSIN

(920) 433-8634 • St. Vincent, 835 S. Van Buren, Green Bay. For parents who have lost a baby through miscarriage, still birth, SIDS or neonatal death. Currently, meetings are offered virtually at NationalShare.org on Tuesdays at 7:00pm Central Time. Contact Mary Salam, mary.salam@hshs.org

UNITY GRIEF AND EDUCATION CENTER

(920) 339-6700 • 2079 Lawrence Drive, Suite B, De Pere. Registration required for all groups by calling Unity Grief and Education Center at (920) 339-6700 or emailing bereavement@unityhospice.org. Visit Unity's website for up-to-date information:

www.unityhospice.org/grief-support/

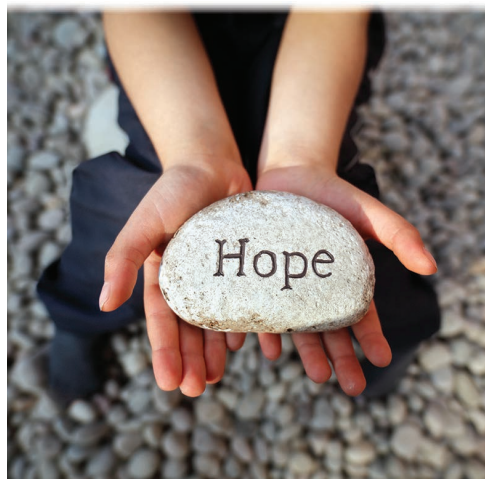
Navigating the Waters of Grief: A 6-week support group meeting on Tuesdays in De Pere open to any adult member of the community who has experienced the death of a loved one. Upcoming sessions include: March 8 - April 12 (6-7:30 pm), March 29 - May 3 (1:30 - 3 pm), May 17-June 21 (6-7:30 pm via Zoom).

Grief Connection: This group provides discussion opportunities on grief related topics relevant to those attending. Virtual Grief Connect. Meets the 1st and 3rd Thursday evening (6-7:30 pm) of every month virtually via Zoom.

Healing Thru the Arts: A hands-on creative workshop for adults who have experienced a death. The workshop will guide participants to process and incorporate memories and their loved one through a creative project. Participants need not have any prior art or crafting experience. Upcoming session: Wednesday, February 23, 1:30-3 pm or 6-7:30 pm.

Generations – Hope for Grieving Families:

Activities and topics are tailored to children and teens ages 4-18, while adults share their own grief experience. Children and adult groups run concurrently. Held the second and fourth Thursday evening of the month in the Green Bay area.



Understanding Wisconsin Probate (Part 1)

By Cheryl Young, Brown County Register in Probate

When dealing with family members after the death of a loved one, I often hear statements such as “I wish I would have known how difficult this was going to be” or “I will definitely make an estate plan now so my family doesn’t have to go through this process when I pass away.” Immediately following a loved one’s passing, it is an extremely emotional and difficult time to try and deal with all the decisions, paperwork, and stress of administering an estate. While it’s difficult to think about and easy to avoid, it is important to understand the probate process and prepare, in advance, for what happens to your estate. There is a common misconception that, no matter what, probate should be avoided at all costs. While in some instances this may be true, it is not always the case. Often times, probate can be the best solution to handling an estate. While there are many estate planning alternatives, everyone’s situation is unique. It is important to consult with an estate planning attorney so, when the time comes, your loved ones will have a clear understanding of your wishes. Having an estate plan, and communicating that plan in advance to your family and loved ones, will help everyone navigate the estate process.

The Brown County Register in Probate is appointed by the Circuit Court Judges to provide assistance with the administration of estates and other matters. All probate files are maintained by the Register in Probate office and are available to the public. The Register in Probate records all documents and proceedings of the court, guarantees that all forms are properly processed and ensures all issues are settled in compliance with State Law. We also keep a record of all wills admitted to probate and file for safekeeping. Just as important, we understand this period of time is very emotionally difficult and confusing. Our office aspires to ease the pain and confusion that accompanies a probate proceeding. We are here to serve the public, and we take that job very seriously.

It is also important to understand, while we are here to accept your documents for filing, answer questions, and ensure your probate procedure complies with all Wisconsin legal requirements, we are not attorneys. We cannot advise you, or help you make decisions concerning which probate process might be best for your unique situation. It is our belief the best way to proceed with the probate process, especially in a contentious or difficult estate, is with the guidance of an attorney who specializes in probate. A personal representative has a huge fiduciary responsibility when administering an estate, and must agree to submit personally to the jurisdiction of the probate court and be bound by the laws of Wisconsin. The potential for added stress when undertaking a difficult, legal process without the advice of an attorney should be taken very seriously and should be considered when assuming this role, during an already difficult time.

WHAT IS PROBATE?

Probate is the process in which a decedent’s property and assets, known as their “estate”, ensures all taxes and creditors are paid, and distributes any remaining interest to beneficiaries designated in a valid Last Will and Testament, or, if no Will exists, to the heirs at law. It also protects beneficiaries from future claims of the decedent’s creditors. The probate process must follow Wisconsin law, and is supervised by Register in Probate. In the following series, I’ll continue to share information on the different types of probate, answer common question, and address misconceptions about the probate process.



Cheryl A. Young has been the Brown County Register in Probate since May 2014. The Register in Probate is located at the Brown County Courthouse, 100 S. Jefferson Street, Green Bay, WI. Please call our office at 920-448-4275 with any questions. Past and Future Issues of the Tomorrow Newsletter can be found online at www.prokowall.com/resources/newsletters

Local Activities

March

Every Tuesday

Bingo • St. Philip Church, 312 Victoria St., Green Bay, (920) 468-7848, Doors open at 5:00, Bingo begins at 6:30. Cash only. Refreshments available. Bingo ends April 26th for the summer.

3rd & 5th Thursday of the month

Bingo. 1:00-3:00 pm. Community Center, 1811 Allouez Ave., (920) 468-5225. All are welcome. Play bingo, chat with friends, and enjoy free snacks and refreshments. Cards are \$0.50 each. All money collected is given out as prizes, ranging from \$3-\$10 per game. All equipment is provided; no daubers allowed. *Sponsored by Proko-Wall Funeral Home*

Friday, March 4

Perch Fry. 5-7 pm. St. Jude, 1420 Division St., Green Bay.

Fridays, March 11, March 25

Fish Dinner. 5-7 pm. Annunciation Church, 401 Gray St., Green Bay.

Tuesday, March 22 – Sunday, March 27

Paper Drive! • A designated dumpster will be in the 13th St. parking lot of St. Joseph, 1224 12th Ave., Green Bay. Acceptable paper includes any clean paper or cardboard normally put in a city recycling bin. Please NO garbage!

Saturday, March 26

Quad Fest Dinner. Riverside Ballroom, 1560 Main St., Green Bay.

Fox Cities Performing Arts Center,

400 W. College Ave., Appleton, (800) 840-9227

Saturday, March 12

Fox Valley Symphony • 7:30 pm

Tuesday, March 15

Lucy Loves Desi • 7:30 pm

Tuesday, March 22 - Thursday, March 24

Church Basement Ladies • foxcitiespac.com for times

Tuesday, March 29

Rain – A Tribute to The Beatles • 7:00 pm

Weidner Center for Performing Arts,

2420 Nicolet Dr., Green Bay, (800) 840-9227

Wednesday, March 16

The Stranger (1946; Film Screening) • 7:00 pm

Thursday, March 24

Andrew Santino & Chris Distefano • 7:30 pm

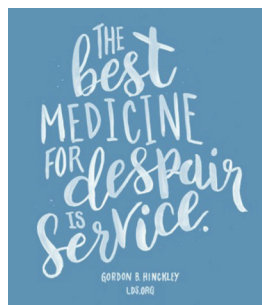
Saturday, March 26

Joe Lovano – Jazz Fest 52 • 7:30 pm

April

April is National Volunteer Month!

Reach out to your local Volunteer Organization. Volunteer Center of Brown County, (920) 429-9445. Serving 180 local nonprofits.



3rd & 5th Thursday of the month

Bingo. 1:00-3:00 pm. Community Center, 1811 Allouez Ave., (920) 468-5225. All are welcome. Play bingo, chat with friends, and enjoy free snacks and refreshments. Cards are \$0.50 each. All money collected is given out as prizes, ranging from \$3-\$10 per game. All equipment is provided; no daubers allowed. *Sponsored by Proko-Wall Funeral Home*

Sunday, April 3, Monday, April 4, Wednesday, April 6

Parish Mission – “Come and See!”. 6 pm. St. Philip the Apostle Church, 312 Victoria St. Green Bay. A 3-day mission focusing on Unity, Oneness in Community. Facilitated by Rev. Phillip Schoofs. Come and see the “Goodness of the Lord” and how we can grow groups our neighborhoods and community into one! Questions? Call the parish office at 920-468-7848.

Friday, April 1

Perch Fry. 5-7 pm. St. Jude, 1420 Division St., Green Bay.

Friday, April 8

Fish Dinner. 5-7 pm. Annunciation Church, 401 Gray St., Green Bay.

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

Saturday, April 2

Kansas • 7:30 pm

Monday, April 4

Whose Live Anyway • 7:30 pm

Wednesday, April 6

Black Violin • 7:30 pm

Saturday, April 9

Fox Valley Symphony • 7:30 pm

Sunday, April 10

Georgia on My Mind • 6:30 pm

Friday, April 15

Chicago • 8:00 pm

Tuesday, April 19 - Sunday, April 24

Dear Evan Hansen • foxcitiespac.com for times

Wednesday, April 27

Neil Berg • 7:30 pm

Weidner Center for Performing Arts,

2420 Nicolet Dr., Green Bay, (800) 840-9227

Sunday, April 16

The Wizard of Oz (Film with Live Symphony) • 2:30 pm

Saturday, April 9

Jim Jefferies – The Moist Tour • 7:00 pm

Thursday, April 16

Sebastian Maniscalco • 7:00 pm

Saturday, April 20

The Snows of Kilimanjaro (1952; Film Screening) • 7:00 pm

Thursday, April 26

Brit Floyd – World Tour 2022 • 7:30 pm

Saturday, April 30

Jo Koy – Funny is Funny World Tour • 8:00 pm

May

3rd & 5th Thursday of the month

Bingo. 1:00-3:00 pm. Community Center, 1811 Allouez Ave., (920) 468-5225. All are welcome. Play bingo, chat with friends, and enjoy free snacks and refreshments. Cards are \$0.50 each. All money collected is given out as prizes, ranging from \$3-\$10 per game. All equipment is provided; no daubers allowed. *Sponsored by Proko-Wall Funeral Home*

Tuesday, May 24 – Sunday, May 29

Paper Drive! • A designated dumpster will be in the NE corner of the St. Jude parking lot, 1420 Division St., Green Bay. Acceptable paper includes any clean paper or cardboard normally put in a city recycling bin. Please NO garbage!

Wednesday, May 25

Charity Golf Outing • Thornberry Creek at Oneida, 4470 N Pine Tree Rd., Hobart. (920) 660-5282. Shotgun Start: 11:00 am.

Proceeds benefit the Alexandrina Pregnancy Resource Center. For more info,

Fundraiser.support/alexandrinagolfouting

Saturday, May 28 – Monday, May 30

Celebrate DePere 2022 • Voyager Park, DePere, (920) 370-3778. See celebratedepere.com for times each day.

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

Sunday, May 8

Earth Wind and Fire • 7:30 pm

Tuesday, May 10

Live in Central Park Revisited – Simon and Garfunkel Tribute • 7:30 pm

Wednesday, May 18 - Sunday, May 29

Frozen • foxcitiespac.com for times

It's not too late to try snowshoeing, cross-country skiing, or sledding! Call these sites before you go to check on “Trail Reports,” rental equipment, and restrictions.

Ariens Hill • 1941 True Ln., Green Bay, (920) 569-7505. Tubing General Admission: \$8 Daily - Unlimited; \$4 Daily - Single Ride; \$3 Community Night - Unlimited.

Baird's Creek Preservation Foundation •

500 Beverly Rd., Green Bay, (920) 328-3505. bairdcreek.org/

Bay Beach Wildlife Sanctuary •

1660 East Shore Dr., Green Bay, (920) 391-3671. www.baybeachwildlife.com/

Barkhausen Waterfowl Preserve •

2024 Lakeview Dr., Suamico. (920) 448-6242. www.browncountywi.gov/community/parks-department/general-information/

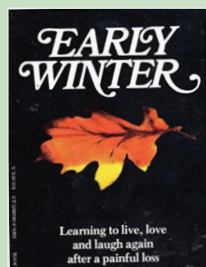
Brown County Reforestation Camp •

4418 Reforestation Rd., Suamico, (920) 448-6242. www.browncountywi.gov/community/parks-department/trail-conditions-winter/

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

Book Review: Early Winter

– By Howard Bronson



Have you ever had the uncanny experience of browsing in a bookstore, and having a title so capture your attention that to purchase or not is hardly a question? Instead, of bookstore browsing I was bookshelf browsing at Proko-Wall Funeral Home. Both the title of this book, Early Winter, and the simple artistry of a single leaf cover design, drew me into it immediately. Reading it became one of those treasures we all seek in life, and more especially in death – specifically in coping with death.

Sadly, we do not often recognize the wonder of the bond between parent and child. Howard Bronson, author of Early Winter, defines that marvelous process as he attempts to cope with the unexpected death of his dearly loved father. The son lived with the childlike illusion that his parents would be with him until a ripe old age. The untimely death of his dad harshly shattered that illusion.

“I set out to learn how to live with it.”

Our parents, Bronson learned, try hard to teach us life’s special lessons by sharing their wisdom and experience.

Unfortunately, we view these bits of wisdom-doled out little by little – as platitudes we attempt to master “later” I life. Life however, is not always that generous. Many of the lessons we fail to learn while we have our parents with us are finally mastered when we face their death . . . and in those lessons our parents live on. While healthy, Bronson remembers, the process is not devoid of pain.

The author’s father, Gordon Bronson, left many lessons as a legacy to his family, friends and business associates. His son listened attentively as he walked the road of life with the father he came to know intimately and love deeply. Good news is an all-too-rare gift, and thankfully, Howard shares the wealth of his dad’s wisdom in this book. His memories include these treasured lessons his father bequeathed.

- “How long we live isn’t nearly as important as how we live.”
- “Consideration of other peoples’ time is a gesture of great respect.”
- “A humorless man is like a wagon without springs, each bump becomes a great jolt.”

**“To forget the pain of losing a loved one
is to forget their love as well.”**

During his struggle to learn how to live with the pain, his father’s strength, passed on in those lessons, brought more wisdom;”

- “If we share our pain instead of burying it, we will heal.”
- “Appreciate the value of your parents before they die; you’ll create a peace that will guide you long after they’re gone.”
- “When a loved one dies, your life explodes. Draw upon their wisdom and spirit to put the fragments back together.”

Early Winter is written in the language of a friendly conversation with one who understands your sense of loss. For those with close family ties, this book encourages you to value that gift more each day. For others, whose busy lifestyle frequently serves as an excuse for downplaying the need for family ties, this work touches the heart . . . and moves you to take a long look at your priorities.

This book review was written by Joan Faltynski for the 3rd issue of Proko-Wall’s newsletter – Tomorrow in 1997. This book and others are available at Proko-Wall’s Community Library.

Continued from page 1 — Tell Two Jokes and Call Me in the Morning: How Humor Helped My Family Grieve

grief. The benefit of laughter was apparent during a series of email exchanges I had with a friend of mine, Jennifer, whose husband died suddenly a few years after Dan. We began corresponding soon after his accident, when just a few weeks after her husband’s death she asked me if I still dreamt about Dan.

I responded, “Very rarely, but I never did a lot. I always ask for a sign from him to let me know he’s around – but I have strict conditions – make it obvious, don’t do it at night, and don’t make it scary! I think it’s too much for him!”

She wrote, “Stacy, I am loving this exchange. You had me laughing so hard with your description of the conditions you placed on Dan for the sign! I laughed because I did the same thing, so the laughter was both from sheer hilarity (“not at night”) and from relief that I’m not the only crazy weirdo (oops, I meant to type widow).” We wrote more about dreams and life after death, where sorrow was mixed with humor. “Stacy, Hilarious! What do you think they serve in the after-life? Bon-bons and triple cream cheese? (my heaven).”

Humor continues to play an important role in my life, even years after Dan’s death. My younger daughter, Eva, grieved for a long time after her dad’s death (not that we ever stop grieving in one form or another). At first she wouldn’t smile or laugh because she felt guilty and thought that if he couldn’t enjoy life anymore, she shouldn’t be allowed to either. She shut out her feelings toward him and others, both negative and positive, in order to avoid the pain. Over the years, however, she has learned how to compartmentalize his death and is no longer paralyzed when she thinks about him and the fact that he is no longer with us in body.

I know she is better because of her humor. If I blame something, let’s just say her stubbornness, as being inherited from her dad, she may respond with, “Oh, way to blame the dead guy!” Dan would have absolutely loved this because she is sticking up for him, including him in our conversations, and comfortable enough to joke about a difficult aspect of her life.

October 10, 2017. This article, and many more, addressing multiple aspects of Grief, can be found at www.whatsyourgrief.com.

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Recipe: Small Batch Vanilla Cupcakes

Recipe by: Allison Celebrating Sweets

<https://celebratingsweets.com/small-batch-vanilla-cupcakes/>

For those times that you're craving a cupcake, you need a quick dessert, or you're baking for just a few people – this is the recipe to have at the ready. Five cupcakes, made from scratch, ready in minutes. It doesn't get much better.

Cupcakes:

½ cup all-purpose flour
½ teaspoon baking powder
1/8 teaspoon salt
1 large egg

¼ cup granulated sugar
2 teaspoons pure vanilla extract
4 tablespoons melted butter and slightly cooled
¼ cup milk, preferably whole or 2%

Vanilla Frosting:

¾ cup powdered sugar
3 tablespoons unsalted butter, room temperature
¼ teaspoon pure vanilla extract
1-2 teaspoons milk

Directions–Cupcakes:

1. Preheat oven to 350°F. Spray 5 muffin cups or place 5 liners in a muffin pan.
2. In a small bowl, combine flour, baking powder, and salt. Set aside.
3. In a large bowl, whisk the egg and sugar for about 30 seconds. Add the vanilla extract and melted butter and whisk until well combined.
4. Add half the dry ingredients to the wet ingredients and whisk until just combined. Add the milk, and whisk until just combined. Add the remaining dry ingredients and whisk until combined (being careful not to overmix).
5. Divide the batter evenly between 5 muffin cups (each cup will be between ⅔ and ¾ full). Bake for 14-16 minutes, until a toothpick inserted into the center of a cupcake comes out clean. Cool completely before frosting.

Directions–Frosting:

1. Beat powdered sugar and butter until smooth. Add vanilla extract and 1 teaspoon of milk. Beat on medium speed for several minutes, until light and fluffy. If the frosting appears too thick, add an additional teaspoon of milk, if it appears too thin add a little more powdered sugar.
2. Frost the cupcakes using a butter knife. Top with sprinkles, if desired.

Notes:

Proper flour measuring: Fluff the flour with your measuring cup to lighten it. Scoop the flour and level off with a knife.

This frosting makes enough to spread a moderate layer on top of each cupcake. If you would like a generous amount of frosting, or if you want to pipe the frosting on top of the cupcakes, you can double the frosting.

