



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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Fall is visually a season of loss... but spring comes again giving us hope

— By Pat Ratajczak, Aftercare Coordinator, Proko-Wall Funeral Home

Transitions are hard for everyone. One of the most challenging transitions for me is the seasonal change from Summer to Fall. I like the Spring and Summer seasons. I am the type of person who likes the warmer weather. I like being able to get outside without the burden of putting on a sweatshirt or jacket, being able to plant my flowers and watch as they grow and give color and beauty to our yard. So, for me, when the pages on the calendar turn and I start to see leaves on the trees begin to turn yellow, I get a sinking feeling knowing that Fall is right around the corner and knowing Winter is also not far away.

When grieving a death, changes, whether it be seasonal or otherwise, can take every bit of emotional energy. My dad died in August of 2011 and my mom died in December of 2014. Each Fall, I experience the reminder that they are no longer with me. Wounds I thought had healed seem to open back up and the feelings of grief come rushing back.

There may be additional pain that comes with the upcoming days--anniversaries, birthdays, or other significant events. Along with experiencing a more acute sense of grief during these special days, we are aware that the holidays are coming. Halloween, hunting season and Thanksgiving approach. Special times we yearn to spend with our loved one. Pumpkin carving, football games, hayrides, bonfires, and apple picking, all activities that draw families together, reminding us of our loss. We may become numb during these times, feeling like the world moves on without us. Grief can make it difficult to fully participate in events that produced so much joy previously. Their existence now a reminder of death and loss.

There isn't a more profound reminder of death and loss than Dia De Los Muertos (translation: Day of The Dead). Held on November 2nd is a literal celebration and a remembrance of those we lost. In the Mexican tradition it is believed that the border between heaven and earth opens, and the dead awake to feast, drink, dance and play with their loved ones. Offerings of favorite foods are left at gravesites, the house is decorated in flowers, music plays and loved one's photos are in prominent display. Day of the Dead reminds us to try to find joy in what brought our loved one's joy.

Fall is visually a season of loss. Our beautiful flowers drop their blooms and begin to wither. The leaves on the trees give a vibrant show, before eventually turning brown, letting go, and falling to the ground. The sun sits lower in the sky, sets earlier, and gives less warmth and light. As the temperatures began to cool, we begin to spend more time indoors where our loneliness may be felt even deeper. Even the animals begin preparing for the winter ahead, either by stockpiling necessary food or by leaving and migrating to warmer climates. Even they know change is coming.

Let's revisit one of our most visual signs of change, our Autumn trees. The barren trees teach us about the necessity of letting go. Do you know why the trees shed their leaves? The fallen leaves provide nourishment in the soil, allowing for more leaves to bud with the arrival of Spring. Let this lesson help us through all the Autumns in our lives, knowing that change is coming, trusting that new life is waiting under the fallen leaves. Underneath the ground, a new life is preparing for its time to break through, and new growth will begin.

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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 Betty, Tom, and Rose!

May 30: Betty Dombroski

June 4: Tom Miller

July 19: Rose Maloney



Betty Dombroski



Tom Miller



Rose Maloney

Rejuvenate! Caregiving in Bloom, June 20th

On June 20th, Proko Wall participated in “Rejuvenate! Caregiving in Bloom: An evening for caregivers and the people they care for in the gardens” This was a program of the Brown County Caregiver Coalition in partnership with the Green Bay Botanical Gardens. Proko Wall is a member of the Brown County Caregiver Coalition.



Camp Lloyd, June 19th-23rd

Proko Wall is a proud supporter of Camp Lloyd. Camp Lloyd is a weeklong camp held at UWGB for grieving children (grades 2-9) who have recently lost a loved one. Pat Ratajczak, Proko Wall's Aftercare Coordinator, attended the closing ceremony for the camp.



Spring Bus Trip, June 21st

The spring “Bus Trip” for widows and widowers hosted by Proko Wall, was held on June 21st. Guests took a tour aboard Door County Trolley. Stops included a wine and cheese tasting at Harbor Ridge Winery, a chance to shop at Wood Market and a guided tour of Eagle Bluff Lighthouse. Guests enjoyed lunch at the English Inn. A final stop was made at Grandma Tommy's for ice cream to top off the day.



A New Face at Proko-Wall... Welcome Pat Ratajczak



I would like to introduce myself. My name is Pat Ratajczak and I am the Aftercare Coordinator here at Proko-Wall Funeral Home. I grew up on our family's dairy farm just outside of Champion, and graduated from Luxemburg Casco High School. I have an associate degree from NWTC and many of you will recognize me from the ten years I spent working in banking and lending at Green Bay and De Pere Credit Unions.

During that time, I was called to become more involved in my home parish of St. Joseph in Champion as a Lector, Eucharistic Minister and Parish Council. This stirred in me a love and a passion for ministry and when presented with the opportunity to begin work in my parish, I decided to take a leap of faith and pursue that path. I became the Business Manager for my parish of St. Joseph, as well as the parish in Luxemburg and stayed in that role for about six years. With encouragement and support of a good priest friend, I completed the Green Bay Diocese Commissioned Ministry Program and eventually went on to pursue a Theology degree from Silver Lake College.

I then began work with the parishes of St. Thomas the Apostle in Humboldt, St. Kilian in New Franken and my home parish as Pastoral Associate. Once again, with a little prodding from my priest friend and now pastor, along with one of my professors from Silver Lake, I went back to school and graduated in 2010 with a Master of Theological Studies degree with an emphasis in Pastoral Care, from St. Norbert College. I was appointed by the Bishop of the Green Bay Catholic Diocese as the Parish Director (Pastoral Leader) at St. Louis Parish in Dyckesville, where I remained for almost ten years. I resigned from my position in 2021.

So how does a Pastoral Leader end up the Aftercare Coordinator at Proko-Wall? While I may not work for the church anymore, but am still called to minister, especially to those on their grief journey. Helping people with their grief work is natural fit for me as a spiritual caregiver. When Bob Walczyk called and asked me to join the Proko-Wall team this past May, I knew I had found my niche. Please call me to say hello or to inquire about the numerous ways that I can support you at 920-468-4111.

I am also a Certified Funeral Celebrant and have led many celebrations of life in the funeral home. I find this ministry especially rewarding. While my background is Roman Catholic, most of the funerals I preside involve families with no real church ties and I have the flexibility to serve people of all faiths. I specialize in tailoring a service that meets the family's needs and uniquely tells their loved one's life

story. No two services are alike, each is special, just like your loved one. As a side note, I am also a Wedding Celebrant.

My husband Terry and I live in the Dyckesville area and continue to be members of St. Louis Parish. We have three indoor house cats: Simon, our fourteen-year-old Orange Tabby, Havana, who is about six years old and Brewer, who is three. In addition to our indoor cats, I started taking care of an outdoor feral kitty this past winter, whom we named Diamond, only to find out Diamond had four little kittens, whom we are now also taking care of. As you can tell, I have a soft spot for cats. I volunteer at Ruby's Pantry-St. John's site in Luxemburg, and I am a member of the Luxemburg Area Chamber of Commerce. In my spare time, I do a lot of genealogy research and like to just sit and relax around our outdoor firepit in the summer.

As your Aftercare Coordinator, I want to remind you of the many opportunities and resources that Proko-Wall provides for the families we serve. From bus trips for widows and widowers, to a Spring Planting event and Holiday Program, to our quarterly newsletter, our goal is to walk with your family during the first year after the loss of a loved one. We also have a library filled with many books on grief that can be checked out from the funeral home. As is stated on our website "we are committed to helping a family keep the memories of their loved ones alive. By creating unique tributes to a life well lived with renewed dedication to walking with a family after the 'service' is over." My promise to you, as the Aftercare Coordinator, I will use my twenty years of pastoral care and ministry experience to help families navigate through the journey of grief and be of assistance in any way I can.

Proko-Wall Funeral Home
INVITES VETERANS & THEIR FAMILIES
VETERANS PICNIC
REMEMBER AND HONOR

Saturday, September 16
11am-2pm
Prince of Peace
3425 Willow Road, Green Bay

Support Groups

ATO SZE

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

ADRC (Aging & Disability Resource Center)

Accurate, unbiased information on all aspects of life related to aging or living with a disability. 300 S. Adams St., Green Bay. adrcofbrowncounty.org or (920) 448-4300

ALZHEIMER AND DEMENTIA CAREGIVER SUPPORT GROUP

SS Edward and Isidore Parish, 3667 Flintville Rd., Suamico. 3rd Monday of the month at 10 am. Carol Mueller, (920) 865-7844 for additional information.

AURORA AT HOME GRIEF SUPPORT GROUP

Held every 3rd Tuesday every month. Aurora BayCare Hospital, 2845 Greenbriar Rd., Green Bay. Lisa Falk to register and location, lisa.falk@aah.org or (920) 838-1886

CAMP LLOYD

A week-long day camp for grieving children, entering grades 2-9 held at UWGB, 2420 Nicolet Dr., Green Bay, on the Third week of June each year. Contact Ilene Cupit at (920) 465-2775.

CHILDREN'S HEALTH ALLIANCE OF WI INFANT DEATH CENTER

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. www.chawisconsin.org for a complete listing of grief support and bereavement resources for all family members. Joanna O'Donnell, (414) 337-4571 or jodonnell@chw.org

CIRCLE OF FAITH GRIEF SUPPORT

Grief support meeting at St. James Parish, Cooperstown, 18228 County R, Denmark. Contact Tom Bekkers at (920) 660-8066 for information.

THE COMPASSIONATE FRIENDS

First United Methodist Church, 501 Howe St., Green Bay. For bereaved parents, grandparents or adult siblings grieving the loss of a child (of any age), grandchild, or sibling. Call (920) 370-3858. Meetings 3rd Tuesday of the month at 6-7:30 pm. www.compassionatefriendsgreenbay.org

COMPASSUS HOSPICE

Grief Support Groups will address ways to cope with grieving the death of a loved one. Learn what to anticipate, how to cope with your grief, and personal techniques to assist you and your loved ones. There are many support groups available throughout the Northeast Wisconsin region. For more information contact Kacie Doxtator at (920) 819-8174.

FROM MOURNING TO HOPE

Grief & Suicide Survivor Support held at Central Church, 831 Schoen St., Green Bay. Sessions are faith based. Membership of Central Church or any church is not necessary to participate. For upcoming sessions, contact Curtis Benjamin at (920) 288-2217, www.FMTH.com or griefinfo@gmail.com

GRIEF SHARE

Grief Share is faith-based and is for people grieving the death of a family member or friend. This is a national program that is found locally at congregations listed below. Griefshare.org

Beautiful Savior Lutheran Church

2160 Packerland Drive, Green Bay. (920) 499-7405. Register: griefshare@beautifulsavior.com

Central Church

831 Schoen St., Green Bay. Contact Curtis Benjamin at (920) 288-2217 or griefinfo@gmail.com. Held on Wednesdays from September 13–November 29 beginning at 6:30 p.m.

Green Bay Community Church

600 Cardinal Ln., Green Bay. Monday evenings from 6:30 – 8:30 pm September 11– December 12. Casey Entringer (920) 434-9225 or gbcc.me/groups.

Pilgrim Lutheran Church

1731 St. Agnes Dr., Green Bay. Carol at (920) 965-2233 for more information.

St. Bernard Catholic Church

2040 Hillside Ln., Green Bay. Contact Deacon Bernie, (920) 301-3275.

St. John Evangelical Lutheran Church

14311 Maribel Rd., Maribel. Nicole at (920) 973-0828 for more information.

Spring Lake Church

302 N. Adams St. #110 & 2240 Klondike Rd., Green Bay. Call (920) 983-9090 for more information.

GRIEVING WITH GREAT HOPE

St. Thomas the Apostle

5930 Humboldt Rd., Luxemburg. Contact Molly Gallagher, (920) 737-1805. Parish. ministries@threecatholicchurches.com

Prince of Peace

3425 Willow Rd, Green Bay. Contact Deb Hohensee. (920) 468-5718 ext. 105. 5-week series from 6-8pm, Tuesdays, Sept. 12–Oct. 17.

COFFEE AND CONNECT BEREAVEMENT

Prince of Peace, 3425 Willow Rd., Green Bay. Contact Deb Hohensee 920-468-5718 ext 105. Meets 2nd Thursday of each month at 9 am

HAYLOS (Hope After Your Loved One's Suicide)

Central Church, 831 Schoen St., Green Bay. Faith-based, peer-led support group. Thursdays, September 14, 28, October 12, 26, beginning at 6:30 p.m. haylos.org or contact Curtis at (920) 288-2217 • griefinfo@gmail.com

HEALING YOUR GRIEVING HEART

Resurrection Parish, 333 Hilltop Dr. Green Bay. Five-week program for those who have lost someone through death. 6:30-8:00 pm, Thursdays, October 26 – November 30. Ann Froelich (920)366-7605 annrfroelich@gmail.com Sheila De Luca (920) 217-6259 or sheiladeluca63@gmail.com

PROMEDICA HOSPICE BEREAVEMENT SUPPORT & GRIEF EDUCATION

Facilitate grief support/education opportunities year-round and are free to the public. 1145 W. Main Ave., De Pere. Patricia Hovde at (920) 278-3478 or patricia.hovde@promedica.org

JOURNEY THROUGH GRIEF

Our Lady of Lourdes Parish, 1307 Lourdes Ave., De Pere. Second Tuesday of each month 9:00-10:00 am. Robin Therese at (920) 336-4033 for additional grief groups & information.

LIFE LOSSES GRIEF SUPPORT

SS Edward & Isidore Parish, 3667 Flintville Dr., Suamico. (920) 865-7844. Carol Mueller, cmueller@stedwardisidore.org or Lori Flanagan, lflanagan@stedwardisidore.org

MISCARRIAGE AND INFANT LOSS MEMORIAL

Resurrection Catholic Church, 333 Hilltop, Green Bay. Call (920) 336-7768 for dates and times.

RISE ABOVE COUNSELING

An 8-session grief therapy group led by a licensed counselor for coping with loss. The Depot, 200 Dousman Street, Green Bay. Contact Andy Johnson (920) 340-0939 or andy@riseabovecounselingwi.com



Support Groups

BEREAVEMENT SUPPORT GROUP

For anyone grieving the loss of a loved one. St. Elizabeth Ann Seton Parish, 2771 Oakwood Dr., Green Bay. Held from 1:30pm to 3:00 pm on Mondays, October 30 – November 27. Please contact Sr. Mary Peters at (920) 499-1546.

SERENITY BEREAVEMENT SUPPORT GROUP

St. John the Baptist Church, 2597 Glendale Ave., Green Bay. (920) 434-2145 ext. 209. Contact Ruth Holloway, rholloway@sjbh.org

SHARE of NORTHEAST WISCONSIN

St. Vincent Hospital. For parents who have lost a baby through miscarriage, still birth, SIDS or neo-natal death. Virtual at <https://www.hshs.org/SacredHeart/Events/Support-Groups/Infant-Loss-Support-Group>. Keegan McKeown at keegan.mckeown@hshs.org

SUICIDE LOSS SUPPORT GROUP, (formally known as B.C.S.O.S. Brown County SURVIVORS OF SUICIDE)

Unity Hospice Education Center, 2079 Lawrence Dr., De Pere. Family and friends to cope with suicide loss. Meeting third Monday of each month 6:00 pm. Survivor and facilitator Mary Doeml (920) 339-8952 and/or griefcenter@unityhospice.org for information.

UNITY GRIEF AND EDUCATION CENTER

Groups are open to any adult member of the community who has experienced a death. 2079 Lawrence Dr., De Pere. Registration required for all groups call (920) 339-6700; email griefcenter@unityhospice.org. www.unityhospice.org/grief-support/

Navigating Grief: A 6-week support group meeting held on Tuesdays throughout the year (1:30-3pm OR 6-7:30 pm).

Virtual Grief Connect: This group meets the 1st & 3rd Thursday evening (6-7:30 pm) via Zoom. **Healing Thru the Arts:** A hands-on creative workshop for adults who have experienced a death. Held the 2nd Wednesday of the month (1:30-3:30 pm OR 6-8pm), this 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.

Generations – Hope for Grieving Families: Activities and topics are tailored to children and teens ages 4-18, while adults share their own grief experience. Generations begins with dinner followed by concurrent groups for children/teens and adults. Held the second Thursday of the month in summer.

Hope and the Holidays: A 5-week holiday grief support group held on Tuesdays in November and December (1:30-3 pm OR 6-7:30 pm).

Online Resources

HELPGUIDE:

www.helpguide.org

THE CARE COMMUNITY:

www.insightbooks.com

FOR GRIEF:

www.forgrief.com

WHAT'S YOUR GRIEF:

www.whatsyourgrief.com

MY GRIEF CONNECTION:

www.mygriefconnection.org

T.A.P.S.: www.taps.org

OPENTO HOPE: www.opentohope.com

Continued from page 1 — Fall is visually a season of loss...

Each year when tulip sprouts start to emerge from the ground and tiny buds begin to form on our crab apple tree, I am reminded of what is possible, I am reminded that there is meaning and joy in life. The other side of grief is seeing what it is to live.

Even though at times it may feel hopeless, it is not. There are ways of coping and things that can be done to help us prepare for Autumn and the holidays within it.

- Plan ahead. This is one of the most helpful things you can do help lessen the stress for you and your family. Keep expectations realistic.
- Find a quiet and safe place where you can find solace. Allow yourself to laugh and cry.
- Soothe and pamper yourself. You know what you need, and it is not selfish to give yourself attention. Self-care is very important.
- Make foods that are warm and nourishing to the body and soul: make soup or chili or just seek out foods that bring you comfort.
- Talk with supportive friends, family members, clergy, or counselors. Expressing your grief and feelings helps in the healing process.
- Writing out thoughts and feelings through journaling, poetry or writing a letter to the person who died.

- Practicing different forms of art such as drawing, painting or creating a collage.

Using some of these techniques can help take the edge off the experience of grief and transform it into something that will nourish our souls.

The beauty of the changing season cannot be denied, the colors of the Autumn leaves unfold a new beauty that no other season can match. Amidst our grief we may have moments that allow us to reminisce and reflect on the beauty of our beloved and the joy that their lives brought.

For many, Fall is a season of plenty, of abundance, a time of harvest. Fruits and vegetables finally ripened are canned and stored. Barns and silos filled for the winter. I encourage us to try to harvest gratitude and a bounty of memories. I challenge us to, look for some joy every day, even for just a moment. To celebrate what you have, and what you had. The hidden blessing of memories is that they cannot be erased, not even by death. My hope is that your harvest of memories brings more smiles than tears in the days ahead.

There is not one path to take with grief. There is no predetermined list of items through which you must work. Grief is just like the seasons: coming, going, and cycling over time. As Summer moves into Autumn, and Autumn into Winter, nature seems to go dormant. Even the dreaded Winter is a necessary season, a time of quietness and rest. But remember, the promise of Spring is coming, leading us again to Summer, my favorite season.

Local Activities

Farmer's Markets: Green Bay Area

Green Bay Farmer's Market

South Washington St. 920-437-5972. Saturdays, through Oct. 28th 7 am to Noon.

Farmer's Market on Broadway

North Broadway, Green Bay. 920-437-2531. Wednesdays after Labor Day until September 27th from 3-7 pm.

East DePere Farmer's Market

101 N. Broadway, George St. Plaza. 920-403-0337. Thursdays from 3-7 pm through September 28th.

Market on Military

Green Bay Plaza (corner of W. Mason and Military Ave). 920-544-9503. Thursdays, through Oct. 26th from 3-7 pm or dusk in the fall.

Oneida Farmer's Market

N7332 Water Circle Pl. 920-496-5649. Thursdays through Sept 28th, Noon - 6 pm.



Orchards

Apple Store

1502 W Mason, Green Bay. 920-499-6671. steve@woodorchard.com

Blaser's Acres

2556 School Lane, Green Bay. 920-655-0483.

Cherry Lane Orchards - Apples and Cherries
7525 Cherry Ln., Sturgeon Bay. 920-856-6854.

Hillside Apples

E2237 Hwy 54, Casco. 920-837-7440. hillsideapples@gmail.com

Lautenbach's Orchard Country Winery/Market
9197 WI-42, Fish Creek. 920-868-3479.

Misty Ridge Orchard

N5126 Advent Rd, De Pere. 920-851-8387

Moder's Gardens

3439 Lineville, Green Bay. 920-434-0730.

Oneida Nation Apple Orchard

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

Sequist Orchard

11482 WI-42, Sister Bay. 920-854-4199.

Sunny Hill Farm

1922 Oak Road, Suamico. 920-434-9009.

Wood Orchard

8112 WI-42, Egg Harbor. 920-868-2334.



Pumpkin Patches

Berryland

East Frontage Rd: 5687 Steinkraus Ln, Abrams. 920-826-7297

Blaser's Acres

2556 School Lane, Green Bay. 920-655-0483.

Mulberry Lane Farm

W3190 County Rd B, Hilbert. 920-989-3130.

Peters Pumpkin Patch

N181 State Hwy 55, Kaukauna. 920-243-8411

Star Orchard

253 County Rd CE, Kaukauna. 920-759-9294.



September

Lecture & Dinner Series: The Green Bay Packer Heritage

Led by Green Bay Packer Team Historian, Cliff Christl. Sept. 7, 5:30-8:30 pm at Heritage Hill State Park. 920-448-5150. Cost is \$30 for member and \$45 for Non-Member.

Woodlawn Cemetery Walk

Woodlawn Cemetery, 1542 Webster Ave., Green Bay. 920-437-1840. Recurring daily Sept. 11-13. Sept. 7 & Sept. 8, 5:30 pm; Sept 10, 4 pm. This walking tour takes place outdoors in the fall, so please dress accordingly. Flashlights and lightweight portable lawn chairs are recommended.

Daddy D Productions: Cruisin' to the Classics

Held at The Automobile Gallery, 400 S. Adams St., Green Bay. Sept. 14. 6 pm. Daddys.com or Greenbaydinnertheater.com; 920-371-2250.

Annual SNC Day

Sept. 16. St. Norbert College. 10 am - 5 pm. Free. 920-403-3089.

Veteran's Picnic

Sept. 16. 11 am - 2 pm. Prince of Peace Church, 3425 Willow Rd, Green Bay. Free community event to honor our veterans. Event hosted by Proko Wall and sponsors.

igNight Market

Sept. 16., Broadway District, Green Bay. 5 pm to 10 pm. 920-437-2531.

Senior Citizen at the NEW Zoo

4378 Reforestation Road, Green Bay. Sept. 21. 9:00 am - 6 pm. 920-434-7841. The NEW Zoo & Adventure Park is proud to honor senior citizens with a special day at the Zoo this Sunday, August 21st. Free Zoo admission will be offered all day to those age 62 years and older. In addition to free zoo admission, they will also have free cookies and coffee at the Mayan Restaurant while supplies last! This free admission discount can only be claimed upon arrival to the Zoo and not through advance online purchases.

License to Cruise Classic Car Show

Sept. 29th beginning at 3 pm. Fox Cities Exhibition Center behind the Hilton Paper Valley Hotel.

Octoberfest

Sept. 30, College Ave., Appleton, 9 am.

Fall Family Festival

Sept. 30. 9 am - 4 pm. Green Bay Botanical Gardens, 2600 Larsen Rd., Green Bay. Free admission. 920-490-9457.

October

Harvest Festival

Oct. 1. Hillside Apples LLC., E2237 Hwy 54, Casco. 920-837-7440. hillsideapples@gmail.com

Daddy D Productions: The Four C Notes (Four Season's Tribute)

Oct. 5. Riverside Ballroom, 1560 Main St., Green Bay. 6 pm meal. 7 pm show. Matinee: Noon meal & 1 pm show.

igNight Market

Oct. 14. Broadway District, Green Bay. 5-9 pm. 920-437-2531.

Great Pumpkin Train

Oct. 14., Recurring weekly on Sat. until Oct. 21. National Railroad Museum. 9 am - 5 pm. \$17 per person. 920-437-7623.

November

Stained Glass Dragonfly Class

Nov. 9. Sponsored by Central Church but held at off-site location. Cost: \$30. Contact Curtis Benjamin at 920-288-2217, griefinfo@gmail.com

Daddy D's Salute to Our Veterans

Nov. 9. 6 pm. Held at The Automobile Gallery, 400 S. Adams St., Green Bay. 920-371-2250.

Daddy D's Salute to Our Veteran's Day Show

Held at Riverside Ballroom, 1560 Main St., Green Bay. Nov. 11 & 12. Nov. 11: Matinee - Noon meal, show at 1 pm. Evening shows both days, 6 pm meal and 7 pm show.

Festival of Trees

Nov. 16 - Dec. 31. National Railroad Museum. 9 am - 5 pm, Mon.-Sat. 11 am - 5 pm on Sunday. 920-437-7623.

The Polar Express

Nov. 17-19. National Railroad Museum. Fridays: 4 pm, 6 pm, 8 pm. Saturdays: 2 pm, 4 pm, 6 pm, 8 pm. Sundays: 4 pm, 6 pm, 8 pm. Tickets sold through Ticket Star, www.ticketstaronline.com. 1-800-895-0071; 920-437-7623.

Winter Arts & Crafts Fair

Nov. 19. Bay Beach Wildlife Sanctuary Banquet Hall. 9 am - 1 pm. Free. 920-448-3308.

Holiday Gift and Craft Show

Nov. 25. Resch Expo. 8 am - 5 pm. \$7. 715-526-9769.

Green Bay Community Theatre

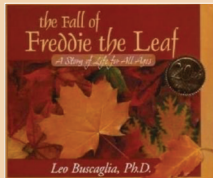
Robert Lee Brault Playhouse, 122 N. Chestnut Ave., Green Bay. 920-435-6300 Green Bay Community Theater. boxoffice@gbcommunitytheater.com

Book Review: The Fall of Freddie The Leaf

- A Story of Life For All Ages

- By Leo Buscaglia

(Reviewed by Joan Faltynski (Oct. 16, 1939–May 4, 2013) in Fall 1997 issue)



Do you ever recall hearing the line, “Good things come in small packages”? Leo Buscaglia supports the truth of that statement in his tiny treasure of photography, wisdom and wonder entitled, “The Fall of Freddie the Leaf.” As the title page indicates, this is “a story of life for all ages.”

Within the confines of these few pages, we walk with Freddie from birth to death, absorbing the life lessons taught by his companion leaves as they journey together through the seasons. Freddie, the story’s protagonist, was an active listener and a careful observer of the signs of the seasons. As any good student, his curiosity led to perpetual questions of Daniel, his leafy sage.

Change never comes easy, whether we are leafy or human in nature. Yet, growing with and through change enables all of us to face life and death with wonder and awe, ever conscious of their being part of a bigger plan.

Moving from the newness and excitement of spring and summer he feels in his stems, Freddie become apprehensive as fall delivers the shocking experiences of frost and painfully strong

winds. His experience differs little from ours as aging and illness approach our doorstep.

Like Freddie, we question the reason for this disruption to our upbeat and comfortable lifestyle. In all his wisdom, Daniel attempts to enlighten Freddie on the purpose for fall, which is to have leaves change their home and, in people language, to die.

Walking through life, with eyes and ears open to the song of the seasons does wonders to the human psyche, in a fashion similar to the impact it had on Freddie’s leafy psyche. Mother Nature is truly the best of teachers who, ever so gently, tutors us through the harsh lessons of life and death.

Joan Faltynski, a life-long elementary and middle school age teacher, worked part-time for Proko-Wall and reviewed books and videos. This book, as well as other videos and books, is available for checkout at Proko-Wall’s Community Library.

Will we all die? ... “Yes, no matter who big or small, how weak or strong.”

“We experience the sun and the moon, the wind and the rain. We learn to dance and to laugh. Then we die.”

Local Activities *cont.*

The Christmas Express by Pat Cook

Nov. 24. 7:30 pm; Nov. 25 & 26, 4 pm. Please note: the 26th is a Sunday—this is the only show with a second Sunday. Nov. 29, 30 & Dec. 1 at 7:30 pm. Dec. 2 & 3. 4 pm.

Fox Cities Performing Arts Center

400 W. College Ave., Appleton. Please contact the Center’s ticket office by e-mail at tickets@foxcitiespac.com or by phone at 920-730-3760.

The Rodney Marsalis Philadelphia Big Brass with Fox Valley Symphony Orchestra

Sept. 23. 7:30 pm. Thrivent Hall

Step Afrika

Oct 3. 7:30 pm. Thrivent Hall

William Shatner: Live on Stage

Oct. 13. 7:30 pm. Thrivent Hall

Jackie Venson, singer/songwriter and guitarist

Oct. 20. 7:30 pm. Kimberly-Clark Theater

Derek Hough: Symphony of Dance

Nov. 1. 7 pm. Thrivent Hall

Jim Brickman Hits Live: And a Little Bit of Christmas

Nov. 9. 7:30 pm. Kimberly-Clark Theater

The Hip Hop Nutcracker

Nov. 25. 7:30 pm. Thrivent Hall

Straight No Chaser, Male Acappella group

Nov. 26. 7 pm. Thrivent Hall

The Meyer Theatre

117 S. Washington St., Green Bay.

920-494-3401; 800-895-0071. Tickets can be purchased seven days a week online at ticketstaronline.com. Ticket Star’s call center is open 10 am – 2 pm Mon. – Fri. and evenings and weekends when there is an event.

Let Me Be Frank Productions

Fort Howard: We Wipe America

If you worked at Fort Howard in the 1970s, you wiped America, literally. Music from the 70s.

Sept. 15–Oct. 14. Meyer Theatre. Contact

Cindy at 920-676-8883 or cindy.rasmussen@pmiwi.com.

Glenn Miller Orchestra

Oct. 18, 7 pm.

The Fab Four–The Ultimate Beatles Tribute

Oct. 26. 7:30 pm.

Fantastic: A Tribute to Elton John

Nov. 9. 7 pm.

Let Me Be Frank Productions

A Frank’s Christmas

Nov. 24 – Dec. 30. Meyer Theatre. Contact Cindy at 920-676-8883 or cindy.rasmussen@pmiwi.com.

The Weidner Center for the Performing Arts

2420 Nicolet Dr., Green Bay. Tickets on sale through TicketStar at ticketstaronline.com or 1-800-895-0071. (920) 465-2726.

Comedian Jo Koy

Sept. 16. 8 pm.

Weidner Philharmonic Dance Dance Evolution

Sept. 30. 6:30 pm.

Cinderella, World Ballet Series

Oct. 12. 7 pm.

Broadway Musical – Hairspray

Nov. 10. 7:30 pm.

“ DEAR FRIENDS AT PROKO WALL,

I can’t thank you enough for the wonderful bus trip to Door County on June 21st! What a kind gift you offered to those of us who lost a loved one! You have supported me in so many ways as I journey through my grief process. Your caring ways have overwhelmed me. Thank you so much! God Bless Everyone! –Helene Rosner

Recipe: Mocha Mug Cake

Recipe by: Ree Drummond

<https://www.thepioneerwoman.com/food-cooking/recipes/a34225893/mocha-mug-cake/>

*Love chocolate cake but find it hard to have just one piece? This mug cake is perfect for you!
Make a single serving to enjoy when the chocolate bug bites.*

Ingredients:

3 tbsp. all-purpose flour
3 tbsp. sugar
2 tbsp. unsweetened cocoa powder
1 tsp. instant espresso powder
1/4 tsp. baking powder

1/4 tsp. salt
3 tbsp. milk
3 tbsp. vegetable oil
1/4 tsp. vanilla extract
3 tbsp. chocolate chips
Whipped cream and chocolate chips if desired for topping

Directions:

1. Combine the flour, sugar, cocoa powder, instant espresso, baking powder and salt in a 12-ounce microwave-safe mug. Stir well with a fork. Add the milk, vegetable oil and vanilla and stir until smooth, making sure there are no lumps of flour or cocoa in the bottom of the mug. Stir in the chocolate chips.
2. Microwave on high for 1 minute 15 seconds to 1 minute 30 seconds, or until a toothpick inserted into the center comes out clean. (Make sure you don't overcook the cake or it will be dry.) Let cool for 2 to 3 minutes, then top with whipped cream and chocolate chips.

Additional:

Prep Time: 10 min. Servings: 1

