



Nurturing Yourself, The Social & Spiritual Realms by Alan Wolfelt, Ph.D.

The death of someone you love has resulted in a very real disconnection from the world around you. When you reach out and connect with your family and friends, you are beginning to reconnect. By being aware of the larger picture, one that includes all the people in your life, you gain some perspective. You recognize you are part of a greater whole—and that recognition can empower you. You open up your heart to love again when you reach out to others. Your link to family, friends and community is vital for your sense of well-being and belonging.

If you don't nurture the warm, loving relationships that still exist in your life, you will probably continue to feel disconnected and isolated. You may even withdraw into your own small world and grieve, but not mourn. Isolation can then become the barrier that keeps your grief from softening over time. You will begin to die while you are still alive. Allow your friends and family to nurture you. Let them in and rejoice in the connection. The following are a few ideas to help you care for your social self during your journey through grief.

Recognize that your friendships will probably change

Mourners often tell me how surprised and hurt they feel when friends fall away after a death. "I found out who my friends really are," they say. Know that your friends are doing the best they can, just as you are. They surely still care about you, but they may also be grieving the death. And more to the point, they don't know how to be present to you in your pain. Grief is awkward. They may not even be conscious of this reaction, but nonetheless, it affects their ability to support you.

The best way for you to respond in the face of faltering friendships is to be proactive and honest. Even though you're the one who's grieving, you may need to be the one to phone your friends and keep in touch.



When you talk to them, be honest. Tell them how you're really and truly feeling and that you appreciate their support.

If you find that certain friends can't handle your "grief talk," stick to lighter topics with them and lean more heavily on the friends who can. Over time, you will probably notice a natural attrition among your friends. You will need to grieve these losses, though you will likely also find that other friendships deepen and new ones emerge. By contrast, maybe you are one of the fortunate people who feel tremendous support and love from your friends after the death of a loved one. If so, rejoice that you have such wise and wonderful friends.

Find a grief "buddy"

Though no one else will grieve this death just like you, there are often many others who have had similar experiences. Rarely, are we totally alone on the path of mourning. Even when there is no guide, there are fellow travelers. Find a grief "buddy"—someone who is also mourning a death, someone you can talk to, someone who also needs a companion in grief right now. Make a pact with your grief buddy to call each other whenever one of you needs to talk. Promise to listen without judgment. Commit to spending time together. You might arrange to meet once a week for breakfast or lunch with your grief buddy.

Remember others who had a special relationship with your loved one

At times your appropriately inward focus will make you feel alone in your grief. But you're not alone. There are probably many other people who loved and miss the person who died. Think about others who were affected by the death: friends, neighbors, distant relatives, caregivers. Is there someone outside of the primary "circle of mourners" who may be struggling with this death? Perhaps you could call and offer your condolences. Or write and mail a brief supportive note. If you aren't a writer, call or stop in for a visit.

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NEW HOPE VALENTINE EVENT

Feb. 14th we host a Valentine Party for the Young at Heart. Especially invited are those who have lost their spouse; St. Patrick's in Green Bay from 9-1:30. Day includes "light breakfast" and lunch, prayer, games, prizes, and entertainment. To register call Sr. Pat 496-2160.



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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Caring for your spiritual self

When you are "torn apart," you may have many spiritual questions for which there are no easy answers: Is there a God? Why me? Will life ever be worth living again? That is why, if I could, I would encourage all of us where we are in the midst of grief to put down "Nurture my spirit" first on our daily to-do lists.

My own personal source of spirituality anchors me, allowing me to put my life into perspective. For me, spirituality involves a sense of connection to all things in nature, God and the world at large. I recognize that, for some, contemplating a spiritual life in the midst of the pain of grief can be difficult. Yet, life is a miracle and we need to remind ourselves of that, during both happy times and sad times. When it comes to our spiritual lives, we have an abundance of choices, all of which can be doors leading to the soul. Spirituality can be found in simple things: a sunrise or sunset; the unexpected kindness of a stranger; the rustle of the wind in the trees.

If you have doubt about your capacity to connect with God and the world around you, try to approach the world with the openness of a child. Embrace the pleasure that comes from the simple sights, smells and sounds that greet your senses. You can and will find yourself rediscovering the essentials within your soul and the spirit of the world around you.

Nurturing a spiritual life invites you to connect with nature and the people around you. Your heart opens and your life takes on renewed meaning and purpose. You are filled with compassion for other people, particularly those who have come to know grief. You become kinder, more gentle, more forgiving of others as well as yourself. Creating a sacred mourning space just for you may be one of the most loving ways you can help yourself heal. Yes, you need the support of other people, but nurturing yourself during difficult times can also involve going to "exile."

Whether it is indoors or out, give yourself a place for spiritual contemplation. The word contemplate means "to create space for the divine to enter." Think of your space, if only a simple room, as a place dedicated exclusively to the needs of the soul. Retreat to your space several times a week and honor your journey through grief.

Start each new day with a meditation or prayer

For many mourners, waking up in the morning is the hardest part of their day. It's

as if each time you awaken you must confront anew the realization that the person you loved so much has died. Starting the day off with tears and a heavy heart, day in and day out, is so draining. Yet it may be a necessary part of your grief journey, especially in the early weeks and months after the death. Later, however, you may begin to have the power to set the tone for your day by praying or meditating. When you wake up, stretch before getting out of bed. Feel the blood coursing through your body. Listen to the hum of your consciousness.

Repeat a simple phrase or prayer to yourself, such as:

"Today I will live and love fully. Today I will appreciate my life." You might also offer words of gratitude: "Thank you, God, for giving me this day. Help me to appreciate it and to make it count."

Organize a tree planting

Trees represent the beauty, vibrancy and continuity of life. A specially planted and located tree can honor the person who died and serve as a perennial memorial. You might write a short ceremony for the tree planting. (Or ask another family member to write one.) Consider a personalized metal marker or sign, too. For a more private option, plant a tree in your own yard. Consult your local nursery for an appropriate selection. Flowering trees are especially beautiful in the spring. You might also consider a variety of tree that the person who died loved or that reminds you of a place that was special to the person who died.

Visit the great outdoors

For many people it is restorative and energizing to spend time outside. Mourners often find nature's timeless beauty healing. The sound of a bird singing or the awesome presence of an old tree can help put things in perspective. Go on a nature walk, or camping, or canoeing. The farther away from civilization the better. Mother Earth knows more about kicking back than all the stress management experts on the planet—and she charges far less.

What was the favorite outdoor get-away of the person who died? It may be as awesome as a mountain peak or as simple as your own backyard. Wherever it is, go there if you can. Sit in quiet contemplation of your relationship. Offer up your thanks for the love you shared. Close your eyes and feel the person's spirit surround you.

Imagine the person who died as they are now, in heaven

Do you believe in an afterlife? Do you hope that the person who died still exists in some way? Most mourners I've talked to -- and that number runs into the tens of thousands -- are comforted by a belief or a hope that somehow, somewhere, their loved one lives on in health and happiness. For some, this belief is grounded in religious faith. For others it is simply a spiritual sense. If you do believe in an afterlife, you may feel like you can still have a kind of spiritual relationship with the person who died. You may still talk to her in the hopes that she can somehow hear you. You may send him unspoken messages every night when you go to bed. There is nothing wrong with trying to communicate with this person now and always—as long as your focus on this continued relationship doesn't prevent you from interacting with and loving people who are still alive.

If you believe in heaven, close your eyes and imagine what it might be like. Imagine the person who died strong and smiling. Imagine her waving to you. And imagine your reunion with her when, one day, you come to join her. ❖

Dr. Wolfelt is the author of over 25 books on grief and loss, director of the Center for Loss and Life Transition, on the faculty at the University of Colorado Medical School in the Department of Family Medicine and recipient of the Association for Death Education and Counseling's Death Educator Award.

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www.caringbridge.com

CaringBridge is a nonprofit, free online service connecting friends and family when a loved one is receiving care.

CaringBridge is a free, easy-to-use Internet Service developed to keep friends and family informed during important life events – medical treatment, childbirth, rehabilitation, end-of-life. Families may quickly and easily create a personal *CaringBridge* Web page, write journal entries and display photographs of their caring communities. Visitors who are provided the Web page address can read the journal and write their own messages of support and encouragement. ❖



S U P P O R T

GENERATIONS-HOPE FOR GRIEVING FAMILIES

Designed to support grieving families with children & teens ages 6-18. Complimentary dinner followed by separate support groups for parents & children. Upcoming dates: 12/8, 1/12, 2/9 from 5:30 - 7:30 pm Unity Campus, 2366 Oak Ridge Circle, DePere. Registration required. Contact Lisa DeSieno at 338-1111 or 800-990-9249.

LIFE GOES ON

Faith Lutheran Church, Allouez; on-going monthly meetings; 2nd Wed. of month at 6:30 p.m. with topics and mutual sharing. Upcoming sessions: 12/14, 1/10, 2/8. Group is also suited for long-term care givers. Call 435-5524.

SHARE

For parents who have lost a baby through miscarriage, still birth or early death. 2nd Thurs. of every month 7pm-8:30pm. McKenna Library, Room 2838 at St. Vincent's. Upcoming sessions: 12/8, 1/12, 2/9; at 7pm. Call Lana Reinke or Theresa Shuck at 433-8634.

S.O.S. (SURVIVORS OF SUICIDE)

Green Bay - For family and friends to cope with the loss of a loved one due to suicide. 2nd Monday of every month 7-8:45pm at Bellin Mezzanine, 2020 S. Webster (former Lindy's Grocery); Meetings 12/12, 1/9, 2/13. Donna Bostedt 437-7527.

Two Rivers - Meetings held at St. Peter the Fisherman Church, 3218 Tannery Rd. on the second Wednesday of the month from 7-8:30pm. Upcoming meetings: Dec. 14; Jan. 11; Feb. 8; 920-794-7454 or 920-794-1572. ❖



- 4 (about 10 ounces) Chicken Wings separated at the joint
- Coarse Salt to taste
- Freshly ground pepper to taste
- 2 Tbsp reduced-sodium soy sauce
- 2 Tbsp honey
- 2 Tbsp rice vinegar
- 1/4 c long-grain white rice
- 1c small broccoli florets

B O O K R E V I E W

How Will I Get Through the Holidays Dr. James Miller

Review by Joan Faltynski

Common to the holiday season are the strains of the "Twelve Days of Christmas." Whether by design or by accident, we find a parallel in "12 Ideas For Those Whose Loved One Has Died" in the book *How Will I Get Through The Holidays*. In a mere 60 pages, the author offers twelve heartwarming and practical "self-helps" to cope with the holidays—when the hurt seems so unbearable.

- **Accept The Likelihood of Your Pain:** You have loved and you have been loved. The hurt you feel is an indication of your wonderful humanness.
- **Feel Whatever It Is You Feel:** Whatever else you do this holiday time, do your best to claim your own feelings. You're not a robot—you're a responsive human being who is capable of all sorts of emotions.
- **Express Your Emotions:** You must find release for what is going on inside you. The best means of expression is...be yourself.
- **Plan Ahead:** Realizing this year's holidays will not unfold as you may wish, you can plan to do the best you can, given the circumstances.
- **Take Charge Where You Can:** This is usually not the best time to make drastic changes; but some changes can be healthy and even important to make.
- **Turn to Others For Support:** By allowing others to help you, you can help them.
- **Be Gentle With Yourself:** Avoid committing yourself to doing more than you have the physical and psychological energy to handle.



- **Remember To Remember:** Remembering your loved one is a way of insuring that the past does not remain only in the past. It lives on still, in you and in others.
- **Search Out and Count Your Blessings:** Remain as open as you are able to what you have to appreciate, and to what may be given you during the holiday season.
- **Do Something For Others:** Reach out and offer something of what you have and of who you are, even if it feels like it's only a little.
- **Give Voice To Your Soul:** Anytime you suffer a serious loss, the spiritual side of you will be a part of whatever happens.
- **Harbor Hope:** You may wonder if your grief will ever end. It takes time, but it does happen.

In this season of caring and of gift giving, the most significant gift you give will be to yourself in the form of self-care. ❖

Joan Faltynski, a life long elementary and middle school teacher, reviews books and videos for Proko-Wall.

D I N N E R F O R O N E

Teriyaki Chicken Wings Courtesy of Martha Stewart

at www.delish.com/recipes

1. Heat broiler with rack 4 inches from heat. Arrange wings on aluminum-foil-lined rimmed baking sheet; season with salt & pepper. Broil, turning once, until lightly browned, 20 min.
2. Whisk together soy sauce, honey, and vinegar. Reserve 2 tablespoons for dipping.
3. Remove wings from broiler; brush with remaining sauce. Return to broiler, turning and brushing with sauce twice, 2-4 minutes. Brush with pan juices before serving.
4. In a small saucepan with lid, bring 1/2 c water and 1/2 tsp salt to a boil; add rice and stir. Cover; reduce heat to low, and simmer 15 min. Scatter broccoli over rice; cover, and cook 5 min. Remove from heat without removing lid. Set aside to steam, off heat, 10 minutes.
5. Using fork, gently fluff rice, mixing with broccoli. Serve wings with broccoli rice and sauce. ❖



GRIEF SUPPORT GROUPS

"Shared tears and laughter are healing; trying to help others is a potent pain reliever."

—Erin Diehl, who lost her husband of 43 years to cancer.

THE CARE COMMUNITY

Web site provided by In-Sight Books, Inc.
Visit thecarecommunity.com.

THE COMPASSIONATE FRIENDS

For parents and grandparents grieving the loss of a child.

Door County – Door County Memorial Hospital, Conference Room #3; 2nd Thursday of month at 7pm. Meetings 12/8, 1/12, 2/9. Worldwide Candle Lighting Service on Sun. Dec. 11 at 6:30pm at United Methodist Church in Sturgeon Bay. Call Dawn Sandusky, 920-854-9801.

Green Bay – Meetings 3rd Thursday of month: 12/15, 1/19, 2/16; 7pm at First United Methodist Church, 501 Howe St. Contact Donna Wilkinson, Chapter leader 391-0734.

GRIEF SHARE PROGRAM

Support group for people experiencing the death of a loved one.

Celebration Church-Green Bay 3475 Humboldt Rd. Meetings every other Tues., 7-9 pm; Sessions: Jan. 10 thru Apr. 3, 2012. Prayer Room, Celebration Church, \$12 for workbook. Call Dan Junio 468-1122.

Pilgrim Lutheran Church-Green Bay; 1731 St. Agnes Dr. Videos and discussions to find comfort and healing. Sunday evenings from 6:30-8:30pm. Call 965-2233 to register.

Central Church, 831 Schoen St., Grief Support available by contacting "From Mourning to Hope" at 920-737-2790.

LIVING WITH LOSS

Heartland Hospice Support Group 5 week sessions throughout the year in Green Bay, Shawano & Peshtigo. Call 1-866-631-3149.

NAVIGATING THE WATERS OF GRIEF

Unity Hospice's Adult Bereavement

Support: Green Bay Area: Unity Office, 2366 Oak Ridge Cr., De Pere.; Call for a 2012 schedule. Registration req., call 338-1111 or 1-800-900-9249.

Women's Luncheon: monthly on 3rd Wednesday from Noon-1:30pm at a local restaurant for conversation & support. Call 338-1111 for location.

LAKESHORE GRIEF SUPPORT

Manitowoc –St. Francis of Assisi drop-in share group the first Monday of each month from 6-7:30pm. Registration appreciated. Sessions held at the St. Francis of Assisi Parish Office, 608 N. 8th St. Call 920-684-3718.

LIVING WITH LOSS

Appleton – Affinity Visiting Nurses Hospice; meetings 1st Tuesday at 2:30 pm Thompson Community Center, 820 W. College Ave.

Men Journeying through Grief – Meetings 1st Wed. at 6-8pm at 816 W. Winneconne Ave., Neenah for men only.

Peace through Grief – Looking at the many pieces of life that are affected by a loss; 6-week support program. Pre registration required at 727-2000 or 1-866-236-8500.

HEALING YOUR GRIEVING HEART

Ecumenical grief support sponsored by Resurrection and St. Matthew parishes. Upcoming sessions: Evening of Reflection for those suffering a loss; Jan. 17 at Resurrection; repeated Jan. 26 at St. Matthew, from 6:00-8:30pm. Parish. Contacts: Sheila DeLuca at 336-7768 or Ann Froelich at 435-6811.

GRIEF SUPPORT

Assumption B.V.M-Pulaski - Open to all faiths and all ages. 3rd Wed. of month at 6:30 pm. in St. Clare Room. Call 822-3223.

St. James Parish-Cooperstown - Dec. 18 from 6-8pm. Call for 2012 schedule; Contact: Tom Bekkers, 660-8066.

St. Philip-Green Bay - Grief support for anyone grieving the loss of a loved one. Upcoming sessions: Mondays 1/9, 1/16, 1/23 from 2:30 to 4pm in the Adult Center. Contact Sister Helen Keyzer 468-7848.

GROWING THROUGH GRIEF

Nativity of Our Lord Parish. Sessions offered several times throughout the year. Pre-registration is required. Call Kathy Baumann at 499-5156 for more information.

NEW HOPE BEREAVEMENT GROUP

Ecumenical grief support group. Meetings held on Tue. From 1:30-3:00 pm St. Jude, Room 109. Use Kellogg Street parking lot. Enter Door #2. Sessions: Jan. 24, 31; Feb. 7, 21, 28 from 1:30-3pm. Call Sr. Pat 496-2160.

SEEKING PEACE THROUGH LOSS GRIEF SUPPORT GROUP

Prince of Peace Catholic Community, 3425 Willow Road offers five week sessions of grief support for adults. Upcoming sessions: Tuesdays, Jan. 24, 31; Feb. 7, 14, 21 from 4-5:30pm; Contact Kathie Tilot, 468-5718, ktilot@princeofpeaceparish.com; or Kathy Aicher, 465-1600, kaicher@new.rr.com. ❖

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Tomorrow™ —Calendar of Events—



NUMBERS & EVENTS TO REMEMBER

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

Weidner Center, 465-2217
www.uwgb.edu/tickets

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

Fox Valley PAC, 730-3760,
www.foxcitiespac.com

**Green Bay Visitors & Convention
Bureau**, 494-9507, 24 hour service call
494-1111.

Wisconsin Travel Information,
800-373-2737.

Bay Beach Exhibit: Habitat House 2/3-
scale house demos wildlife accessing
homes; 8am-7:30pm. 391-3671.

Neville Public Museum Exhibits:
67th Art Annual (thru 2/12/12);
*Peregrine Falcon: The Return of an
Endangered Species* (thru 1/2/12); *The
Port of Green Bay* (thru 3/4/12); *Holiday
Memories: Prange's Christmas Windows*
(11/25/11 thru 1/15/12); Visit with
Santa & Bruce the Spruce Children
Only Shop Open – various hours and
days-call for schedule. 448-4460;
Moneyville (1/14/12 thru 5/6/12);
Woodcuts by Daniel F. Dickhut (12/5/11
thru 2/5/12)

Salvation Army: Social Group Women's,
Tuesdays at 6 pm; **Men's**, Tuesdays at 6
pm, 626 Union Ct.

Village of Bellevue Leisure Services:
All are welcome

Book Club 3rd Tues. of month; 2:30pm;
Jitter Bean Café, Monroe Road.

Bingo; 3rd Thur. of month; 1-3pm;
Community Center; \$.50 per card.

Movie Matinee; 2nd Thur. of month;
1:30-3:30pm; Bellevue Community
Center, 1811 Allouez Ave.; \$1.00.

Afternoon Social: play games provided
by participants. Snack & refreshment
provided. Bring your own games you
wish to play (i.e. dominos, yatzhee,
cribbage, etc); 4th Thur. of month;
1-3pm; Bellevue Community Center,
1811 Allouez Ave.

**Day Trip – Dancing Horses Lake
Geneva** (ages 55 & up). Vegas-style
performance with an Exotic Bird Show
and Dancing Waters. Includes coach
bus, box lunch, & Christmas Show;
Wed. Dec. 14; Departure & Return
Location: K-Mart (Lombardi Ave.)
8:15am; Festival Food- (Main Ave.
DePere) 8:30am; return time 6-6:30pm;
Fee \$64; Deadline Friday, Dec. 2. Call
Bellevue Leisure Services 468-5225.

D E C E M B E R

Nov. 25-Jan 8 Festival of Trees; National
Railroad Museum. 437-7623.

Thur.-Sun. Dec. 1-4 The Polar Express;
National Railroad Museum. 5pm &
7pm. 437-7623

Dec. 2-Dec. 28 WPS Garden of Lights;
G.B. Botanical Gardens. 490-9457

**Fri-Sat. Dec. 2-3 2011
Daddy D's Christmas
Review**; Clarion Hotel;
Holiday Inn City
Center; \$45 + Tax Dinner & Show;
\$29 Show only. 544-4244



Dec. 2-4 & 8-10 Fruitcakes; Evergreen
Theatre; Dec. 2-3, 7:30pm; Dec. 4, 2pm;
Dec. 8-10, 7:30pm; Webb Theatre, St.
Norbert College. 403-3950.

Sat. Dec. 3 Christmas Tea Party; 2:30-
5pm; Hazelwood Historic House; \$15.
437-1840.

Dec. 3, 10, 17 A Heritage Hill Christmas;
10am-4pm. 448-5150.

Tue. Dec. 6 Avenged Sevenfold; 7pm,
Resch Center. 494-3401.

**Wed.-Fri. Dec. 7-9 2011 Daddy D's
Christmas Review**; Riverside Ballroom;
\$45 + Tax Dinner & Show; \$29 Show
only. 544-4244

**Fri. Dec. 9 Monthly Fish Fry at Our
Saviour Lutheran Church**, corner of
Deckner & Henry Streets; 5-7pm.
468-4065

**Fri-Sat Dec. 9-10 G.B. Symphony
Orchestra Holiday Pops**; 7:30pm; Weidner
Center; Adults \$13-\$44; Seniors \$8-\$39;
Youth \$10. 494-3401.

**Fri.-Sun. Dec. 9-11
Green Bay Nutcracker
Ballet**; Meyer Theatre.
494-3401.



**Sat. Dec. 10 2011 Daddy D's Christmas
Review**; KI Center/Hotel Sierra; \$45 +
Tax Dinner & Show; \$29 Show only.

**Sat.-Sun. Dec. 10-11 & Dec. 17-18
Victorian Christmas at Hazelwood Historic
House**; Noon-4pm. 437-1849.

**Tue. Dec. 13 Danu: A Christmas in
Ireland**; Fox Valley PAC, Appleton; 920-
730-3760; \$25+

Dec. 13-23 A Frank's Christmas; 8pm,
Meyer Theatre. 494-3401.

**Wed.-Sat. Dec. 14-17 2011 Daddy D's
Christmas Review**; Stadium View; \$45 +
Tax Dinner & Show; \$29 Show only.

Thur. Dec. 15 A Christmas Carol; Fox
Valley PAC, Appleton; 920-730-3760;
\$25+



CALENDAR OF EVENTS

"Time, they say, heals all wounds..."

"But time works its magic only when it's used well." -- Carol Luebering

Thur.-Sat. Dec. 15-17 *Christmas with the Knights 2011*; 6pm, Sensenbrenner Memorial Student Union, St. Norbert College. 403-3950.

Fri.-Sat. Dec. 16-17 *Holiday-Fest at the NEW Zoo*. 434-7841.

Sun. Dec. 18 *Children's Christmas Pageant*, 10:45am at Our Saviour Lutheran Church, corner of Deckner & Henry Streets. 468-4065

Sun. Dec. 18 *The Oak Ridge Boys Christmas Show*; 3pm & 7pm; Weidner Center; \$30-\$46. 494-3401.

Fri. Dec. 23 *Christmas at the Cathedral*; 7:30pm St. Francis Xavier Cathedral, 494-3401.

Wed. Dec. 28 *Harlem Globetrotters*; 7pm, Resch Center. 494-3401



Fri. Dec. 30 *Jim Brickman*; 7:30pm, Weidner Center; \$25-\$65. 465-2217. ❖

JANUARY

Fri. Jan. 13 *Monthly Fish Fry at Our Saviour Lutheran Church*, corner of Deckner & Henry Streets; 5-7pm. 468-4065

Fri. Jan. 13 *Kathleen Madigan*; Comedian; 8pm, Meyer Theatre. 494-3401.



Sat. Jan. 14 *Einstein Science Expo*; interactive fun, hands-on science; 9am-4pm; Shopko Hall. 494-3401

Thur.-Sun. Jan. 19-22 *WBAY RV & Camping Show*; Brown County Arena & Shopko Hall. 438-3270.

Fri. Jan. 20 *Dailey & Vincent*; Bluegrass Music; Fox Valley PAC, Appleton; 920-730-3760; \$20+

Sat. Jan. 21 *Doctors in Recital*; 7pm, Meyer Theatre. 494-3401.

Thur.-Sun. Jan. 26-29 *All Canada Sport Show*; Shopko Hall. 494-3401.

Fri. Jan. 27 *Swan Lake Fox Valley PAC, Appleton*; 920-730-3760; \$25 +

Fri. Jan. 27 *Soup With Substance*; hike, snowshoe, or blaze your own cross country skiing trail in the afternoon then warm up; 5:30-8pm, Green Bay Botanical Gardens. 490-9457.

Sat. Jan. 28 *Green Bay Family Extravaganza*; 10am-4pm; Brown County Arena. 831-5635.

Sat. Jan. 28 *Winterfest on Broadway*; many family friendly activities including ice sculpting, chili cook-off and more; 11am-8pm; Broadway District, 211 N. Broadway. 437-2531. ❖

FEBRUARY

Thur. Feb. 2 *Ladysmith Black Mambazo*; African Music; Fox Valley PAC, Appleton; 920-730-3760; \$24+

Feb. 3-4; 9-11; 16-17; 23-25 *Peter, Paul and Frank*; Music of the 60's by other Peters and Pauls. Let Me Be Frank Productions; 8pm, Meyer Theatre. 494-3401.

Sat. Feb. 4 *Frosty Family Fun Night*; take a hike, enjoy refreshment and listen to folk music; 5:30-8pm; Bay Beach Wildlife Sanctuary. Pre-registration required. 391-3677.

Tue.-Sun. Feb. 7-12 *Million Dollar Quartet*; Broadway musical; Fox Valley PAC, Appleton; 920-730-3760; \$53+



Feb. 9-11; 15-19 *Moon Over Buffalo*; Green Bay Community Theater; performances at 7:30pm each evening. Additional performances on Sat. at 4pm; and Sun. at 2pm. 435-6300.

Fri. Feb. 10 *Monthly Fish Fry at Our Saviour Lutheran Church*, corner of Deckner & Henry Streets; 5-7pm.

Fri. Feb. 10 *Soup With Substance*; hike, snowshoe, or blaze your own cross country skiing trail in the afternoon then warm up; 5:30-8pm, Green Bay Botanical Gardens. 490-9457.

Sat. Feb. 11 *G.B. Symphony Orchestra: Johann Strauss, "Voices of Spring," Richard Wagner, "Siegfried Idyll;" Peter Ilych Tchaikovsky, "Symphony No. 4"*; 7:30pm, Weidner Center; Adults \$13-\$44; Seniors \$8-\$39, Youth \$10. 494-3401.

Thur.-Sun. Feb. 16-19 *WBAY Boat Show & Waterfront Lifestyle Expo*; Brown County Arena & Shopko Hall. 438-3270

Feb. 17-25 *Blithe Spirit*; Evergreen Theatre; 7:30pm, Webb Theatre, St. Norbert College. 403-3950.

Sat. Feb. 18 *Civic Symphony of Green Bay Concert*; 7:30pm, Meyer Theatre. 432-4676.

Sat. Feb. 18 *Winter Gala*; feature music, hors d'oeuvres and dancing; 5pm-8pm; G.B. Botanical Gardens; \$50. 490-9457.

Tue. Feb. 21 *Doubt: A Parable*; Fox Valley PAC, Appleton; \$25

Feb. 23-Mar. 3 *UWGB Theatre: Criminal Hearts*; 7:30pm, Weidner Center; \$15 in advance; \$18 at the door; seniors \$12 in advance; \$15 at the door. 494-3401.

Sat. Feb. 25 *Stayin' Alive; Tribute to Bee Gees*; \$29; Fox Valley PAC, Appleton; 920-730-3760; \$29+

Sun. Feb. 26 *Clifford the Big Red Dog - Live!* 3pm Fox Valley PAC, Appleton; 920-730-3760; \$16 ❖



Proko-Wall has gathered information on as many local events as possible. Proko-Wall is not recommending any particular event and lists them only as a public service.

