



Spring 2014 Vol. 18 Issue 4

"A Traveling Companion on Your Life Journey"

The Five Stages of Grief: Coping with Life and Loss

The stages have evolved since their introduction and they have been very misunderstood over the past three decades. They were never meant to help tuck messy emotions into neat packages. They are responses to loss that many people have, but there is not a typical response to loss as there is no typical loss. Our grief is as individual as our lives.

The five stages, denial, anger, bargaining, depression and acceptance are a part of the framework that makes up our learning to live without the one we lost. They are tools to help us frame and identify what we may be feeling. But they are not stops on some linear timeline in grief. Not everyone goes through all of them or in a prescribed order. Our hope is that with these stages comes the knowledge of grief's terrain, making us better equipped to cope with life and loss. At times, people in grief will often report more stages. Just remember your grief is as unique as you are.

DENIAL

This first stage of grieving helps us to survive the loss. In this stage, the world becomes meaningless and overwhelming. Life makes no sense. We are in a state of shock and denial. We go numb. We wonder how we can go on, if we can go on, why we should go on. We try to find a way to simply get through each day. Denial and shock help us to cope and make survival possible. Denial helps us to pace our feelings of grief. There is a grace in denial. It is nature's way of letting in only as much as we can handle. As you accept the reality of the loss and start to ask yourself questions, you are unknowingly beginning the healing process. You are becoming stronger, and the denial is beginning to fade. But as you proceed, all the feelings you were denying begin to surface.



Image courtesy of Sira Anamwong / FreeDigitalPhotos.net

Your grief is as unique as you are. The stages are not stops on some linear timeline. Not everyone goes through them all or in a prescribed order.

ANGER

Anger is a necessary stage of the healing process. Be willing to feel your anger, even though it may seem endless. The more you truly feel it, the more it will begin to dissipate and the more you will heal. There are many other emotions under the anger and you will get to them in time, but anger is the emotion we are most used to managing. The truth is that anger has no limits. It can extend not only to your friends, the doctors, your family, yourself and your loved one who died, but also to God. You may ask, "Where is God in this? Underneath anger is pain, your pain. It is natural to feel deserted and abandoned, but we live in a society that fears anger. Anger is strength and it can be an anchor, giving temporary structure to the nothingness of loss. At first grief feels like being lost at sea: no connection to anything. Then you get angry at someone, maybe a person who didn't attend the funeral, maybe a person who isn't around, maybe a person who is different now that your loved one has died. Suddenly you have a structure - - your anger toward them. The anger becomes a bridge over the open sea, a connection from you to

them. It is something to hold onto; and a connection made from the strength of anger feels better than nothing. We usually know more about suppressing anger than feeling it. The anger is just an indication of the intensity of your love.

BARGAINING

Before a loss, it seems like you will do anything if only your loved one would be spared. "Please God," you bargain, "I will never be angry at my wife again if you'll just let her live." After a loss, bargaining may take the form of a temporary truce. "What if I devote the rest of my life to helping others. Then can I wake up and realize this has all been a bad dream?" We become lost in a maze of "If only..." or "What if..." statements. We want life returned to what is was; we want our loved one restored. We want to go back in time: find the tumor sooner, recognize the illness more quickly, stop the accident from happening...if only, if only, if only. Guilt is often bargaining's companion. The "if onlys"

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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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Misconceptions About the Five Stages of Grief from Grief.com

Loss is a fact of life, and so are the reactions that follow, but the grief that accompanies significant loss is frequently misunderstood. Here are some of the more commonly held myths and misconceptions about grief, along with the facts to dispel them:

MISCONCEPTION #1 "The Five Stages of Grief are linear and must happen one right after another."

Not True. - The same way grief is unique as our fingerprint, how the stages will occur in someone's life is also unique to them.

MISCONCEPTION #2 "You must go through all of the five stages."

Not True. - Some people never go through the anger stage. Some people are never in denial. Some never find acceptance.

MISCONCEPTION #3 "The five stages only occur once."

Not True. - We often go through stages multiple times. We may experience them when a diagnosis happens and then again when the prognosis turns bad and again, when a loved one dies and many times over.

MISCONCEPTION #4 "We must follow the five stages."

Not True. - The stages reflect where we are. What makes what Kübler Ross did so amazing and stand the test of time is - she didn't create something, rather she identified something that naturally occurs in our behavior after loss and change.

MISCONCEPTION #5 "You must have exactly one of those emotions in the five stages."

Not True. - The stages are general emotions that contain many other emotions. For example, Denial also contains shock. Anger contains rage, bitterness, and annoyance. Bargaining is the "if only's" and the "what-if's." Depression contains sadness, despair, emptiness and yearning. Acceptance just means you acknowledge the reality of the loss. It does not mean you're okay with it or you like it. ❖

...CONTINUED FROM PAGE 1.

cause us to find fault in ourselves and what we "think" we could have done differently. We may even bargain with the pain. We will do anything not to feel the pain of this loss. We remain in the past, trying to negotiate our way out of the hurt. People often think of the stages as lasting weeks or months. They forget that the stages are responses to feelings that can last for minutes or hours as we flip in and out of one and then another. We do not enter and leave each individual stage in a linear fashion. We may feel one, then another and back again to the first one.

DEPRESSION

After bargaining, our attention moves squarely into the present. Empty feelings present themselves, and grief enters our lives on a deeper level, deeper than we ever imagined. This depressive stage feels as though it will last forever. It's important to understand that this depression is not a sign of mental illness. It is the appropriate response to a great loss. We withdraw from life, left in a fog of intense sadness, wondering, perhaps, if there is any point in going on alone? Why go on at all? Depression after a loss is too often seen as unnatural: a state to be fixed, something to snap out of. The first question to ask yourself is whether or not the situation you're in is actually depressing. The loss of a loved one is a very depressing situation, and depression is a normal and appropriate response. To not experience depression after a loved one dies would be unusual. When a loss fully settles in your soul, the realization that your loved one didn't get better this time and is not coming back is understandably depressing. If grief is a process of healing, then depression is one of the many necessary steps along the way.

ACCEPTANCE

Acceptance is often confused with the notion of being "all right" or "OK" with what has happened. This is not the case. Most people don't ever feel OK or all right about the loss of a loved one. This stage is about accepting the reality that our loved one is physically gone and recognizing that this new reality is the permanent reality. We will never like this reality or make it OK, but eventually we accept it. We learn to live with it. It is the new norm with which we must learn to live. We must try to live now in a world where our loved one is missing. In resisting this new norm, at first many people want to maintain life as it was before a loved one died. In time, through bits and pieces of acceptance, however, we see that we cannot maintain the past intact. It has been forever changed and we must readjust. We must learn to reorganize roles, re-assign them to others or take them on ourselves. Finding acceptance may be just having more good days than bad ones. As we begin to live again and enjoy our life, we often feel that in doing so, we are betraying our loved one. We can never replace what has been lost, but we can make new connections, new meaningful relationships, new interdependencies. Instead of denying our feelings, we listen to our needs; we move, we change, we grow, we evolve. We may start to reach out to others and become involved in their lives. We invest in our friendships and in our relationship with ourselves. We begin to live again, but we cannot do so until we have given grief its time. ❖

Reprinted from Grief.com

*Grief is a
miraculous
gift which is given
to us to help
heal that pain.*

*If you allow it...
Grief always works.
Grief always heals.*



SUPPORT

GENERATIONS

HOPE FOR GRIEVING FAMILIES

Dinner followed by separate groups for parents & children. 3/13, 4/10, 5/8; from 5:30 – 7:30 pm Unity Campus, 2366 Oak Ridge Circle, DePere. Register with Lisa DeSieno at 338-1111 or 800-990-9249.

S.O.S. (SURVIVORS OF SUICIDE)

For family and friends to cope with the loss of a loved one due to suicide.

Green Bay - 2nd Mon. of mo. 7-8:45pm at Bellin Mezzanine, 2020 S. Webster (former Lindy's Grocery); Call Mary at 339-8952.

Two Rivers - Meetings held at St. Peter the Fisherman Church, 3218 Tannery Rd. on the 2nd Wednesday of the month from 7-8:30pm. Upcoming meetings: 3/12, 4/9, 5/14; 920-794-7454 or 920-794-1572.

THE CARE COMMUNITY

Web site provided by In-Sight Books free of charge - www.thecarecommunity.com.

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: Mar. 13; Apr. 10; May 8; Call Lana Reinke or Theresa Shuck at 433-8634.

LIVING WITH LOSS

Heartland Hospice Support Group - 5 week sessions throughout the year in Green Bay, Shawano & Peshtigo.

For more info on dates and locations, and to register, call bereavement coordinators 336-6455 or 1-866-631-3149.

Asera Care Hospice Support Group - 1294 Lombardi Ave., Green Bay, call Mandy for schedule, 497-4672.

Affinity Visiting Nurses Hospice - Appleton - Meetings every 1st Tuesday at 2:30 pm at Thompson Community Center, 820 W. College Ave.

Men Journeying through Grief: Meetings every 1st Wed. at 6-8pm at 816 W. Winneconne Ave., Neenah. Pre-registration appreciated.

Peace through Grief: Looking at the many pieces of life that are affected by a loss; 6-week informational and support program looking at the emotional, physical, spiritual and social aspects of the grief experience. Pre-registration required. Call 727-2000 or 1-866-236-8500. for any of above. ❖

BOOK REVIEW

"I'm Grieving As Fast As I Can" by Linda Feinberg

Review by Joan Faltynski

Anyone who has walked the lonely road of grief would be the first to admit that the road is rocky. That terrain becomes even more challenging to tread with the death of a young person, whether the death was expected or unexpected. A whole new set of challenges stare the surviving spouse in the face on a daily basis, when they feel least prepared to accept them. Included in that mixed bag are single parenthood, financial insecurity and isolation, to name a few.

Your grief-stricken body wishes little more than the luxury of time and space to slow down, sort out and absorb the trauma of the moment. But life has other plans and pressures from all sides, screaming for answers and your undivided attention.

Linda Feinberg, founder of the first non-profit organization for young widowed people, and author of *I'm Grieving As Fast As I Can*, empathetically walks that rough road with you. Through sharing of insights and posing questions, you are able to identify feelings, name your pain, address issues at hand and take the initial steps toward healing with renewed confidence.

Realities such as anger, unfinished business, fear, guilt, holidays, holding on and letting go are far more capable of being faced when supported by Linda's insights and experience. Being good to yourself is usually low on the priority list at a time like this, yet one of the most vital steps you take toward healing and wholeness. This book is one of those "be good to yourself" decisions. ❖

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



DINNER FOR ONE

Sassy Spicy Foil-Baked Fish for One by Food.com

INGREDIENTS:

- 1/3 lb white fish fillet (cod, halibut, rockfish, snapper, etc)
- 1/4 cup chopped onion
- 1/4 cup chopped green bell pepper
- 1/4 cup chopped zucchini
- 1/4 cup chopped yellow squash
- 1 roma tomato, quartered
- 2 tablespoons olive oil
- 1 garlic clove, minced
- 1 tablespoon red pepper flakes
- 1/2 lemon
- Cajun seasoning, to taste

DIRECTIONS:

1. Preheat oven to 450 degrees.
2. Rinse and dry your fish, and rub each side with some olive oil.



3. Season each side with cajun seasoning.
3. Place fish in the center of a very long piece of foil on a cookie sheet.
4. Toss veggies, garlic, pepper flakes, cajun seasoning and remaining olive oil in a bowl until everything is coated.
5. Spread veggie mixture over fish fillet.
6. Squeeze juice of lemon over veggies and fish. The rest of the lemon may be placed on top of the mixture while it bakes for extra lemon flavor (optional).
7. Fold foil around fish and vegetables so that a packet is formed.
8. Bake at 450 for 15 minutes.
9. Open foil, place on plate, and dig in! ❖



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 COMPASSIONATE FRIENDS

For parents and grandparents grieving the loss of a child.

Green Bay - Meetings 3rd Thursday of month: 3/20, 4/17 & 5/15; 7pm at First United Methodist Church, 501 Howe St. 7:00 pm, 370-3858.

GRIEF SHARE PROGRAM

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

Pilgrim Lutheran Church - Green Bay; 1731 St. Agnes Dr., Videos and discussions to find comfort and healing from grieving the death of someone close. Registration appreciated. Contact 965-2233 for schedule of dates and times.

Celebration Church - Green Bay; 3475 Humboldt Road, Upcoming grief support sessions: Feb. 4 - April 29 from 6:30-8pm. For more info call 406-2546.

CIRCLE OF FAITH GRIEF SUPPORT

Denmark & Surrounding Areas - St. James Parish, Cooperstown; Session, March 9 and May 4, 6-8pm. Call Tom Bekkers 660-8066.

GRIEF CONNECTION

5-week session of Navigating the Waters of Grief followed by ongoing grief support group for adults.. Upcoming Sessions: 3/20, 4/17, and 5/15 from 6-7:30 p.m. at the Unity Office in De Pere. 2366 Oak Ridge Circle.

PULASKI GRIEF SUPPORT

Open to all faiths & ages. 3rd Wed. of mo. at 6 pm, Assumption B.V.M. basement in St. Clare Room. New Entrance (door next to the St. Vincent DePaul drop box) 822-3223.

AURORA GRIEF SHARE

For adults; 4-week session; Wed. from 1-2pm, Aurora Baycare Hospital Chapel, 2845 Greenbrier Rd. Call for schedule, 288-3094 or renee.lubinski@aurorabaycare.com.

NAVIGATING THE WATERS OF GRIEF

Unity Hospice's Adult Bereavement Support: Green Bay Area: Unity Office, 2366 Oak Ridge Cr., De Pere.; Tuesdays, March 18 thru Apr. 15 and May 13 thru June 10 from 6-7:30pm; Afternoon Session May 14 thru June 11 from 1:30-3:00; Call 338-1111 or 1-800-900-9249 to register.

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

Understanding Grief: one-time workshop offered for any adult who has experienced the death of a loved one; Upcoming sessions and locations: 11 am-12:30 pm; Kewaunee, Thur., Mar. 27; Shawano, Mon., Apr. 30; Wausaukee, Wed., May 7.

NEW HOPE

Grief support meetings on Tuesdays from 1:30-3:00pm at Annunciation, 401 Gray St., room 105. Entrance off Kellogg St. Upcoming sessions: Apr. 29; May 6, 13, 20, 27. Call quad parish office at 496-2160.

JOURNEY THROUGH GRIEF

Offered by St. Bernard Church. Sessions are offered on Tuesday evenings from 7-8:30pm in the Parish Office building. Tuesdays, March 4, 11, 18, 25; April 1. Call Sr. Caroline Castellini, OP, 468-4811, ext. 103.

HEALING YOUR GRIEVING HEART

Ecumenical grief support sponsored by Resurrection and St. Matthew Churches. Sessions: Thursdays, March 13, 20 & 27, April 3 and 10, 6:30-8pm at Resurrection Church. Call Sheila DeLuca at 336-7768, sdeluca@gbres.org or Ann Froelich at 435-6811 ext. 310 annrfroelich@gmail.com

FROM MOURNING TO HOPE

Ecumenical Grief Support in Green Bay available by contacting "From Mourning to Hope" at 920-737-2790 for details.

LAKESHORE GRIEF SUPPORT PROGRAMS

All sessions are free and registration is not required. For more information please call Robb Spaulding at 920-320-4232.

Monday 4/7 & 5/5; 6-7:30 pm

Manitowoc County Office Complex
4319 Expo Drive; Manitowoc

Wednesday 4/9 & 5/14; 7-8:30 pm;

(Survivors of Suicide) St. Peter the Fisherman Parish Hall, 3218 Tannery Road; Two Rivers
Saturday 4/12, 4/26, 5/10, & 5/24; 10-11:30am; Aurora Medical Center, Michigan Room; 5000 Memorial Drive, Two Rivers

INTERIM HEALTHCARE GRIEF SUPPORT GROUP

Group meets Second Monday of every month at De Pere Community Center, 600 Grant St., DePere; Maple Room (Lower Level) from 5:30-6:30pm. Upcoming sessions: March 10; April 14; May 12. Call Lori at 336-6054. ❖

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**NUMBERS & EVENTS
TO REMEMBER**

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

Wisconsin Travel Information, 800-373-2737.

Green Bay Botanical Gardens

Fri.-Sat. Mar. 7 Ikebana Show; 9 am - 4pm, 490-9457.

Fri. Mar. 4 & 28 Soup with Substance; 5:30-8pm

Sat. April 5 Spring Thaw Symposium 9 a.m. - 3:30 p.m.

Sat. May 3 - Fri. May 9 Spring 2014 Trip: Gardens of the Brandywine Valley Bus trip, visit website for details.

Sun., May 11 Mother's Day at the Garden featuring Brunch; 9a.m. - 5 p.m.

Thur., May 15 Taste Bud; Outdoor Culinary Experience & Silent Auction 5-8 p.m. RSVP (920) 491-3691.

Mon., May 26 Memorial Day Open House at the Gardens; 9 a.m. - 5 p.m.

Fri.-Sun, May 30-June 1 30th Annual Garden Fair 5-8 p.m.

Meyer Theatre, 494-3401

www.meyertheatre.org

Sat. Mar. 1 River Roots 2014 with Cory Chisel and the Wandering Son; Tickets starting at \$45.

Sun. Mar. 2 The Temptations; Tickets starting at \$45.

Wed. Mar. 5 - 6 SPANK! Harder - The Sequel; Reserved seating, \$35.

Sat. Mar. 8 Vic Ferrari Symphony on the Rocks; tickets starting at \$25.

Wed. Mar. 12 Gaelic Storm; reserved seating, \$30.

Thur. Mar. 13 Men are from Mars, Women are from Venus; reserved seating, \$40.

Fri.-Sat. Mar. 21-21 Project Pink; 8p.m. Reserved seats, \$25 advance, \$30 door.



Mon. Mar. 24

Allouez Village Band; free admission.

Sat. Mar. 30 A

Mighty Fortress is our Basement - Church Basement Ladies; reserved seating, \$30.

April 4, 5, 10, 11, 12, 17, 18, 19, 24, 25, 26 Matinee April 26 Let Me Be Frank Productions: Beauty And The Beaver; reserved seating, \$29.

Sun. Apr. 6 Civic Symphony of Green Bay;

Tues. Apr. 15 "The Music of "Bentgrass"

Wed. Apr. 16 Red Green's How To Do Everything Tour; reserved seating, \$49.50.

Tues. Apr. 22 Allouez Village Band Concerts; 7pm

Mon. May 19 Allouez Village Band Concerts; 7pm

Neville Public Museum Exhibits,

A Century of Discovery: Creating A Community Legacy; (Thru Oct. 26, 2014)

Not at Ease: A Veteran Print Project; (Thru May 31, 2014)

A World at War: 100th Commemoration of the Start of WWI; (Thru June 1, 2014)

National Railroad Museum, 920-437-7623 or www.nationalrrmuseum.org

Sat. Apr. 5 Great Bunny Train; 9:00 a.m., (920)437-7623

The Bridge Between Retreat Center, 4471 Flaherty Lane, Denmark, WI 920-864-7230 or info@bridge-between.com.

Salvation Army, Social groups Women's, Tuesdays at 6 pm; Men's, Tues. at 6 pm.

Village of Bellevue Leisure Services: All are welcome. Call 468-5225.

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

Bingo; 3rd Thur. of month; 1-3pm; Community Center.

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

Weidner Center, 465-2400

Sat. Mar. 1 and Mar. 5-8 Censored on Final Approach; 7:30 pm., from \$9.



Sat. Mar. 1 We're Going on a Bear Hunt; Tickets \$13.

Fri. Mar. 7 Wind Ensemble & Symphonic Band; tickets \$4-6.

Sat. Mar. 8 Green Bay Symphony Orchestra; 7:30pm, tickets from \$15.

Thur. Mar. 13 UWGB Jazz & Vocal Jazz Ensemble; 7:30 p.m., \$4-6. **Thur. Mar. 13 The Reduced Shakespeare Company**; 7:30pm, \$27.50.

Sat., Mar. 15 Celtic Woman The Emerald Tour; 7:30pm, \$39.

Wed. Mar. 19 Dinosaur Zoo Live; tickets \$18.50.

Thurs. Mar. 27 360 Degree Thursdays; 6:30 p.m. Donations appreciated.

Fri. Mar. 28 Jillian Michaels: Maximize Your Life Tour; 7:30 pm., tickets from \$25.

Wed. Apr. 2 Man of La Mancha; tickets starting at \$37.25.

Sat. Apr. 5 The Official Blues Brothers Revue; 7:30 p.m., tickets from \$27.50.

Sat. Apr. 12 Green Bay Symphony Orchestra - Ode to Joy!; 7:30pm, tickets starting at \$15.

Mon. Mar. 14 H.M.S. Pinafore; tickets \$49.50.

April 25 - May 3 Communicating Doors; 7:30 p.m., tickets \$15.

Thur. May 1 Rose and the Nightingale: The Spirit of the Garden; 6:30pm

Thur. May 22 Bring It On: The Musical; 7:30 p.m., Tickets starting at \$35.

Fox Valley PAC, 730-3760

Fri. Mar 7 Diavolo

Tue. Mar. 11 TAO: Phoenix Rising

Sat. Mar. 15 Fox Valley Symphony: Cory Chisel and the Wandering Sons

Sun. Mar. 16 A Modern Swingin' Salute to Frank Sinatra Starring Michael Matone and the Masters of Jazz

Tues. Mar. 18 - 23 Ghost The Musical

Wed. April 9 Step Afrika!



CALENDAR OF EVENTS

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

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

Fri. April 11- 13 *Disney's Beauty and the Beast*

Fri. April 25 *Daryl Steumer of Genesis*

Tues. April 29 *Mariachi Los Camperos de Mati Cano Viva Mexico, Viva America!*

Sat. May 3 *Fox Valley Symphony: Carmina Burana*

Tues. May 6-11 *Sister Act*

Fri. May 16 *Tent Show Radio's 20th Anniversary Tour Celebration*

M A R C H

Fri.-Sun. Feb 28 - Mar. 2 *Beja Shrine Circus*; Brown County Arena; 494-3401.

Tues., Mar. 4 *Mardi Gras Potluck*; St. Thomas More School Gym, 6 p.m..

Sat. Mar 1, *Mardi Gras*; St. Joseph, 5:30-11 p.m.

Sat. Mar 1, 15, 22 & 29 *New Leaf Winter Farmers Market*; 80+ Vendors. KI Convention Center, 8 a.m. - Noon.

Sat. Mar. 1 *Project Growth*; Children's Museum of Green Bay, 10:30 - 1:00 p.m.

Sun. Mar. 2 *Bird of Prey Tour*; Bay Beach Wildlife Sanctuary, 1 p.m..

Fri., Mar. 7 *Perch Dinner*; Annunciation, 5:00-7:00 p.m.

Fri.-Sat. Mar. 7-8; *Woodworking Annual Show*; 9:30am; Southwest High School; 822-8214. Tickets starting at \$11.

Fri. Mar. 14 *Friday Night Fish Fry*; 5:00-6:30pm; Our Saviour Lutheran Church, 120 S. Henry

Fri., Mar. 14 *Bingo*; St. Patrick Parish; 7pm.

Fri., Mar. 14 *Fish Bake*; St. Jude Café

Sat.-Sun. Mar. 8-9 *Arti Gras*; Shopko Hall; 435-5220.

Thur. Mar. 13 & Mar. 20-21 *Daddy D's Stuck in the 60's*; Riverside Ballroom, 6:30 p.m. Tickets starting at \$28.

Thur.-Sun. Mar. 13-16 *WBAY Home and Garden Show*; Brown County Arena & Shopko Hall; 438-3270. Adults: \$8, Seniors: \$7.

Sat. Mar. 15 *Rummage Sale*; Annunciation, 9a.m.-2p.m.



Tues. Mar. 18 *Birthday Party for the Animals*; Bay Beach Wildlife Sanctuary, 10-11 a.m. Ages 8 & under; \$3.75.

Mon. Mar. 17 *St. Patrick's Day at St. Patrick's*; 5:30pm Mass, Irish Supper.

Fri.-Sun. Mar. 21-23 *WBAY Pet Expo*; Brown County Arena; 438-3270.

Fri. Mar. 28 *Bingo*; St. Patrick Parish; Bingo at 7pm.

Fri. Mar. 28 *Fish Bake*, St. Jude Café;

Sat. - Sun. Mar. 22 - 23 *De Pere Antique Show & Sale*; Schuldes Sport Center - St. Norbert College, 9-5 Sat. & 10-4 Sun., \$5

Sat. Mar. 29 *Everybody's Rummage Sale*; 8am, Shopko Hall; 494-3404, \$2. ❖

A P R I L

Thur.- Sat. Apr. 3-5, Apr. 9-13 *Dearly Beloved*; Green Bay Community Theater, 435-6300, Tickets \$18.

Fri., Apr. 4 *Perch Dinner*; Annunciation, 5:00-7:00 p.m.

Sat., Apr. 5, *St. Joseph's 150th Anniversary Mass*; St. Joseph, 4:30 p.m.

Sun., Apr. 6 *Card Party*; Annunciation, 1:00 p.m.

Fri. Apr. 11 *Brown County Civic Music Association Concert: Organist, Paul Jacobs*; 7:30pm, Weidner Center, (920)338-1801, Tickets \$11-\$26

Fri., Apr. 11, *Bingo*; St. Patrick Parish, 7 p.m.

Fri., Apr. 11 *Fish Bake*; St. Jude Café

Sat. Apr. 5 *Big Event for Little Kids*; 9am, Shopko Hall; 494-3401.

Fri. Apr. 11 *Friday Night Fish Fry*; 5-6:30pm; Our Saviour Lutheran; 120 S. Henry St.

Sat. Apr. 19 *Easter EggStravaganzoo*; 8am, NEW Zoo; 434-7841.

Sat. Apr. 5 *Birthday Party For the Animals*; 9am, NEW Zoo; 434-7841.

Thur. Apr. 24 *Cribbage Tournament*; St. Jude Café, 7pm.

Fri. Apr. 26 *Boys and Their Toys*; Children's Museum of Green Bay, (920)437-4397.



Fri. Apr. 25 *Bingo*; St. Patrick Parish; Bingo at 7pm.

Fri.-Sat. Apr. 26-27 *Titletown Train Show*; Shopko Hall; 494-3401.

Sat. Apr. 27 *Earth Day Event*; Bay Beach Wildlife Sanctuary, 12:00 p.m., (920)391-3671. ❖

M A Y

Fri.-Sat., May 2-3 *Sylvia*; Webb Theatre, St. Norbert College, 7:30 p.m., (920) 403-3950, Tickets \$15-\$17

Sat. May 3 *YMCA Healthy Kids Day*; 10am, Shopko Hall; 494-3401.

Thurs.-Fri. May 8-9 *Daddy D's Country Jamboree*; 6:30pm, Riverside Ballroom; 544-4244, \$28 show, \$44 show & dinner

Fri. May 9 *Bridging the Arts*, downtown De Pere, 5:00 p.m. 403-0337

Fri. May 9 *Bingo*; St. Patrick Parish; Bingo at 7pm

Sat., May 10 *Springs Wings*; Bay Beach Wildlife Sanctuary; 391-3671.

Sun., May 11 *Mother's Day at the Zoo*, NEW Zoo, 434-7841

Fri.-Sat., May 16-17 *Prevea Health Expo*, Lambeau Field, 432-6272

Sat., May 17 *Astor Neighborhood Walking Tours*; 10am, Hazelwood Historic House; Adm \$5; 437-1840.

Sun.-Mon., May 18-19 *Chris Padgett*, St. Agnes Catholic Parish, 6:00 p.m., 494-2534.

Sat.-Mon., May 24-26; *Celebrate De Pere*; Voyageur Park; 336-7980.

Mon., May 26 *Memorial Day-A Soldier's Remembrance*; 10am, Heritage Hill; 448-5150.

Sat., May 31 *Springtime at Heritage Hill*; 10:30 a.m., Heritage Hill, 448-5150

Sat., May 31 *Green Bay Farmers Market*; S. Washington St., 7:00 a.m., 437-5972.

❖ *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.*

