



Gender Differences in Grief by Tom Bekkers

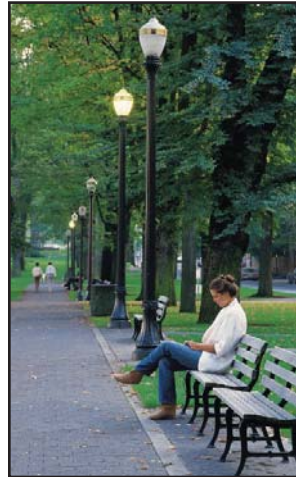
It is no surprise that men and women are profoundly different in a variety of ways and one of these key differences is the area of GRIEF. It can be helpful to understand how gender differences play a part in how we grieve, whether we are the person grieving or if it a family member or friend.

WOMEN frequently express that they feel their male counterparts are not grieving, or being supportive; often MEN say that they do not know how to best support their female loved ones, or how to handle the emotion and pain that stems from grief.

MEN tend to be more comfortable attending to life changes by taking on new roles and responsibilities that result from the death of a loved one. By doing something like learning new non-traditional roles such as cooking, cleaning or becoming a single parent, men may find this to be a distraction from their grief. Males view social relationships as more of a time to share activities than emotions. So often they state that they know the story in their head and they don't need to retell it. They tend to want to "fix it" and will rely on their own resources-often keeping feelings and emotions to themselves.

WOMEN, on the other hand, tend to be more emotional and will work on their grief by talking about it. They will tell their story over and over again because it helps them process and work through their grief. Women confide in friends, outwardly express their feelings and emotions, and "feel" their way through grief.

MEN say that they limit their expression of emotion because they may not want to appear weak. WOMEN report frustration with men demonstrating little emotion and their not wanting to talk about the person who died. WOMEN may view this as cold and think that the man is not grieving. MEN are often faced with the duty of being strong and so may be given little social support. Society has traditionally taught little boys



Both MEN and WOMEN need to hear from others their emotions are normal, their responses to the emotions are normal, and that they will be able to live and love again.

not to cry while on the other hand comforts little girls who do. Hopefully as we educate more, this message is changing. These conflicting gender messages can carry through one's entire life and may cause misunderstandings between males and females who are grieving. This can lead to frustration, anger, and feeling isolated in one's grief for both genders.

MEN are "inward" thinkers, they think of the "situation" not the emotional responses. This does not make them less emotional, or less responsive to those around them, they just have a different method of looking at the emotional response. The Woman in grief is looking for support. She will look to those that can understand and listen to her express her emotions. She is not looking to "FIX" anything, but regain her perspective and understand some purpose in her grief. Both MEN and WOMEN need support in grief. They need to hear from others their emotions are normal, their responses to the emotions are normal, and that they will be able to live and love again.

It is critical to stress that whether you are a MALE OR FEMALE, dealing with a loss of a loved one, if you choose to unwillingly express grief in any form at all, you will likely face serious consequences during your

future journey. It is a make or break choice for those of us who lose someone and are willing to express our grief fully, in whatever way we are comfortable. Not to express our grief is to set ourselves up for a life of illness, bitterness, anger, and lack of joy. Our ultimate goal is to feel connected with life once again with the confidence that we can embrace whatever comes our way with regards to life's challenges.

When we look at the gender differences in grief, what is important to remember is that neither way is right or wrong, just different. Both genders can learn from the other. If we learn to understand and accept one another's differences, we can learn to support one another without trying to change them. Grief is a very personal experience and everyone will do it in his or her own way. The best thing we can do is support one another during this journey. ♦

Tom Bekkers, MSW, APSW is a Grief Counselor with Unity Hospice and co-author of "The Widower's Toolbox: Repairing Your Life After Losing Your Spouse."

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Coping with Grief - It's Called Living Through It by Gail H. Stone

"Dad, I tried to wake Nana, I think she's dead."
"Grandpa died yesterday."
"Oh my God, Daddy's dead."
"Uncle Jack died today."
"Grandma died last night."
"I'm standing with the body of your deceased father-in-law."
"Hon, I think we should get a divorce."
"I'm sorry, but we weren't able to resuscitate your mother."
"Mike called. He thinks Mary is dead."
"I'm sorry to leave this on your voice mail, but Uncle Andy died last night."

The litany of phone calls and conversations on death or parting has all occurred in the past 30 years of my life, most in the last 20. Whether I was the one delivering or receiving these messages, the speaking of each one was the start of the long, seemingly endless process of grieving. Often, I felt so sucker punched that I doubted I could go on. Getting up the next day seemed impossible, yet somehow I almost always did.

Something deep inside told me I had to, that there was no other way to get through it, but to keep moving. I attribute that to my deep belief in a higher plan and a sense that getting through this trial was like going through a tunnel. I told myself that if I put one foot in front of the other, I would eventually come out the other side and be able to feel somewhat whole again. Sometimes, it was all I could do to put one toe in front of the other, but all forward movement I deemed positive.

The last five instances happened with the past five years, with my mother and sister-in-law and godfather's deaths back to back in '99, '00 and '01. Looking for the

reason why I have been given so many opportunities to experience the grip of grief first hand, I now believe it was in order to help others and ease their way.

If you've been here, you know. There's no magic pill to get you through the immense pain, intense sadness and amazing denial, anger and upset that you feel. However, I did create, through trial and error, a few simple practices which have profoundly impacted my journey through the tunnel and I would like to share them with you.

EVERY SINGLE DAY, LET IN THE LOVE OF FAMILY, FRIENDS AND CO-WORKERS

On those days that you feel you can't bear to see anyone or when you realize that some of them have moved on, thinking in error that you are "better", read through the cards you've received. Save and then play voice mail messages and reread e-mails of support. Give your heart a visible reminder that others do care and want to share your pain. Let them - mentally off-load a bit of it onto their shoulders. Don't try to carry it all by yourself. It can crush you and it will try. Don't let it!

CREATE A MORNING OR EVENING MEDITATION TIME

Even if you can't see how to find the time, do it somehow. This was especially helpful to me in getting through the horrible time of adjustment to life along after my divorce and then again when my Mom died. I had always said a few wake-up prayers, but found I needed more. I started with Jerry Jampolsky's book, "Love is the Answer" and read one (short) chapter a day. Then, I bought the book "A Course on Miracles" and meditated on the daily passages. While the 365 lessons seemed to represent a huge commitment, the daily phrases were so

empowering that I continued. Additionally, I saved affirmations from various sources like *Science of Mind* magazine and *The Daily Word* and read them daily. Any quote from a book or article that I thought would motivate me to get up and make the day a less painful one than the day before, I saved and re-read daily. I posted the best of them around my office and in my meditation area. I still do. When you actively start looking for empowering passages, you will be touched and inspired by what comes your way.

EXPRESS YOURSELF IN SOME WAY OFTEN!

I would recommend that you do it daily, as well. I found out the hard way that keeping emotions bottled up or trying to ignore them hurt more in the long run and adversely affected my health. Talk to people about your loved one, write about him/her, start a journal of your thoughts and feelings, scream whenever you can find a place where you won't alarm the neighbors, family members or fellow travelers, do some kind of physical exercise to work off steam - whenever and wherever you can vent, do so daily.

To anyone caught in the black and blue morass of grief, I invite you to consider adding these three emotionally healing practices to your daily life. They have helped me come through some horribly upsetting times, still sad at heart, but feeling more serene in the knowledge that I can and will go on - living my life to the best of my ability - for my dear ones and with my dear ones safely ensconced in my mind and heart forevermore. ❖

Gail H. Stone is the founder and president of Creative Mastery Coaching, LLC, a life skills consulting firm dedicated to performance development.



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

Easy Chicken and Dumplings

INGREDIENTS:

- 1/4 cup plus 3 Tbsp buttermilk baking mix
- 9 ounces frying chicken, cut up
- 1 tsp vegetable oil
- 3-1/2 Tbsp condensed cream of chicken soup
- 3 Tbsp plus 1 tsp water
- 1/2 carrot, sliced
- 1-3/4 Tbsp milk
- 1/4 onion, sliced

DIRECTIONS: Combine 1-3/4 Tbsp baking mix and salt and pepper to taste in a shallow bowl. Coat chicken with mixture. Heat oil in a Dutch oven over medium-high heat. Saute chicken until browned on all sides. Remove chicken and discard fat. Stir soup, water, carrots and onion into Dutch oven. Place chicken, skin side up, on soup mixture. Cover and bring to a boil. Reduce heat to low and simmer 40 minutes. Combine remaining baking mix and milk in a bowl until a soft dough forms. Drop dough by spoonfuls into simmering mixture. Simmer uncovered 10 minutes. Cover and simmer 10 minutes more. ❖



S U P P O R T

GENERATIONS

HOPE FOR GRIEVING FAMILIES

Dinner followed by separate groups for parents & children. 3/14, 4/11, 5/9; 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); Meetings 3/11, 4/8, 5/13. Call Jonna Bostedt 437-7527 or Mary 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: 3/13, 4/10, 5/8; 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 mo. 7pm-8:30pm at St. Vincent's. Upcoming sessions: 3/14, 4/11, 5/9; at 7pm.

SHARE MEMORIAL SERVICE

At Allouez Cemetery for anyone who has had a loss of 20 weeks or less gestation on April 11 at 1pm. 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 336-6455 or 1-866-631-3149.

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

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

Men Journeying through Grief: Meetings every 1st Wed. for men only 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 program. Call to register 727-2000 or 1-866-236-8500. ❖

B O O K R E V I E W

More Than Surviving: Caring For Yourself While You Grieve

by Kelly Osmont

Review by Joan Faltynski

When one of our loved ones is taken from us through death, the hole in our heart feels as deep as the Grand Canyon. Whether the cause of death was natural, terminal illness, age or accident, the cloud of pain hangs heavily over us for a long time. Our emotional and physical state is at an all time low, and the thought or suggestion, by family or well meaning friends, that we should "care for ourselves" is hard to accept.

In a simple, common sense approach Kelly Osmont offers food for thought and a much needed support system in her book entitled *More Than Surviving*. Having walked the road of grief in the loss of her 19 year old son, Aaron, to an accident, Kelly shares her insights from firsthand experience. She speaks from the heart when she reminds us that "your body is being taxed to the limit while you're trying to heal."

"Grief is unavoidable, misery is optional."

That we will grieve is a given. How we grieve is a choice. Our mind works overtime when faced with the stress of grief. To assist us in focusing our thoughts, Kelly suggests three simple, yet profound motivators:

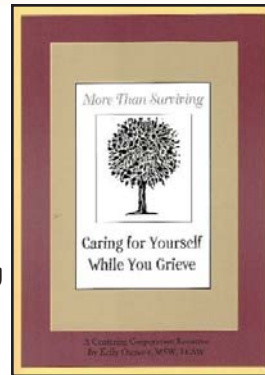
You deserve to live

- You are not closer to your loved one when you hurt
- Only you can do your grief work.

"Talking it out is the best medicine of all."

For some time, when agony is intense and the emotions run rampant, the tendency to retreat is common. Human nature has these built-in survival skills. Instead of using this tactic, Ms. Osmont encourages use of the valuable tool of talking it out with a good listener. She reminds us that, "repeating your story is healthy."

Attempting to control or hide our emotions is doing ourselves a disservice. Living with the reality of our loss is cause for a variety of emotions to surface. We need to give ourselves permission to allow this to happen. In *More Than Surviving*,



the author walks us through the following facts...facts that we've known all our lives but need to reaffirm when faced with death:

- Crying lets the pain out.
- Feeling angry is a normal reaction to loss.
- Guilt and regrets are tough feelings to tackle.
- Depression can be a common component of grieving.

"Quiet time heals"

So often we're led to believe that busying ourselves and filling time with feverish activity will ease the pain or hasten the healing process. Nothing could be farther from the truth. Bustling about does a better job of burying the pain and actually delays the healing process.

This book does a wonderful job of portraying the value of healing through memories. Quiet time avails us of this opportunity. Time alone should be distinguished from loneliness. The former tends to relieve stress while the latter intensifies it.

"Nurture yourself"

Unlike the olympian mindset which forever pushes the human spirit to the limits in search of a sense of fulfillment, grief calls us to nurture-- and even pamper--our body and spirit as we seek wholeness and healing. Part of that process includes regaining a sense of our own personal self worth and right to feel good again. This we do through proper rest and relaxation, by recognizing the value of exercise and by attempting to re-establish healthy eating habits.

We have heard and read over and over that "time is a great healer," and Ms. Osmont advises us to fill that "time" with supportive friends. Her message is that we honor our deceased loved one best by truly living in his or her memory. As you meander through the pages of this heartwarming account of self-care amidst grief, you can't help but feel supported and understood. ❖

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

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: 3/21, 4/18 & 5/16; 7pm at First United Methodist Church, 501 Howe St. 7:00 pm, 370-3858

Door County -Quarterly meetings on the 2nd Thursday of month at 7pm. Upcoming meeting, April 11 at Door County Memorial Hospital. We welcome bereaved parents, siblings and grandparents. Contact Dawn Sandusky 920-854-9801 or 1-800-589-2669, www.doorcountytcf.org.

NAVIGATING THE WATERS OF GRIEF

Unity Hospice's Adult Bereavement:

Green Bay Area - Unity Office, 2366 Oak Ridge Cr., De Pere; Tuesdays, Mar. 19 thru Apr. 16 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 Monthly Luncheon - on 3rd Wed. from Noon-1:30pm. Call 338-1111.

Understanding Grief - one-time workshop; Upcoming sessions and locations: 11am-12:30pm; Kewaunee, Thur., 3/28; Shawano, Mon., 4/29; Wausaukee, Wed., 5/8.

Sturgeon Bay, Gillett & Marinette - Call 1-800-900-9249 for upcoming schedule

AURORA GRIEF SHARE

For adults; four-week session; Wednesdays from 1-2pm, Aurora Baycare Hospital Chapel, 2845 Greenbrier Road. Call 288-3094 or renee.lubinski@aurorabaycare.com.

GRIEF SHARE PROGRAM

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

Celebration Church, Green Bay -3475 Humboldt Road, Upcoming grief support sessions: Jan. 8 - April 2 from 6:30-8pm. For more information call 406-2546.

ECUMENICAL GRIEF SUPPORT

St. Bernard Church, Green Bay - *Journey through Grief*, Sessions are offered on Tuesday evenings from 7-8:30pm. Upcoming sessions: Feb. 26; Mar. 5, 12, 19, and 26. Call Sr. Caroline Castellini, OP, 468-4811, ext. 103.

Resurrection & St. Matthew, Green Bay - *Healing Your Grieving Heart*, Tuesdays, Apr. 9, 16, 23, 30; May 14 from 6:30-8pm at Resurrection Church. Call Sheila DeLuca at 336-7768, sdeluca@gbres.org or Ann Froelich at 435-6811, annrfroelich@gmail.com

Annunciation, Green Bay - *New Hope*, Tuesdays from 1:30-3:00pm. 401 Gray St., room 105. Enter off Kellogg Street. Upcoming sessions: Apr. 23, 30; May 7, 14, 21. To register call Sister Pat at 496-2160.

LAKESHORE GRIEF SUPPORT

St. Francis of Assisi, 601 N. 8th St., Manitowoc: Mon., 3/4, 4/1, 5/6: 6-7:30pm
Aurora Hospital, 5000 Memorial Dr., Two Rivers: Saturdays, Mar. 9, 23; Apr. 13, 27; May 11, 25 from 10-11:45am

SEEKING PEACE THROUGH LOSS

Five week sessions offer grief support for adults who have experienced the loss of a loved one; Prince of Peace Catholic Community, 3425 Willow Road; Upcoming sessions: Tuesdays, Apr. 2, 9, 16, 23, 30 4:00-5:30pm. For more information and to register contact Kathie Tilot 468-5718; ktilot@princeofpeaceparish.com or Kathy Aicher, 465-1600; kaicher@new.rr.com.

FROM MOURNING TO HOPE

Ecumenical Grief Support available by calling 920-737-2790 for details.

INTERIM HEALTHCARE GRIEF SUPPORT

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. Sessions: March 11; April 8; May 13. Call Lori 336-6054.

UNDER THE CROSS COPING WITH GRIEF

Discussion-focused group open for all facing difficult life transitions. Faith Lutheran Church; meetings on Sunday mornings from Feb. 3 through March 31; Call Pastor Athey with any questions: 920-784-5736.

RURAL AREA GRIEF SUPPORT

Pulaski Area - 3rd Wed. of mo. at 6 pm at Assumption B.V.M.church basement in St. Clare Room. Enter next to the St. Vincent DePaul drop box. Call 822-3223.

Denmark Area - St. James Parish, Cooperstown; Session, March 17 from 6-8pm. Call Tom Bekkers, 660-8066. ❖

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**NUMBERS & EVENTS
TO REMEMBER**

Green Bay Visitors & Convention Bureau, 494-9507, 24/7 call 494-1111.
Wisconsin Travel Information, 800-373-2737.

Green Bay Botanical Gardens

Fri.-Sat. Mar. 1-2 Ikebana Show; 490-9457.
Fri. Mar. 8 & Fri. Mar. 22 Soup with Substance; 5:30pm
Fri.-Sat. Apr. 26-27 Cocoa Bean Mulch & Potting Soil Sale
Fri., May 10 National Public Gardens Day; 9am
Sun., May 12 Mother's Day Open House; 9am
Thur., May 16 Taste Bud; 5-8pm
Mon., May 27 Memorial Day Open House at the Gardens; 9am
Fri.-Sun, May 31-June 2 29th Annual Garden Fair



Meyer Theatre, 494-3401, www.meyertheatre.org
Sat. Mar. 2 SPANK! The Fifty Shades Parody; 7:30pm
Sat. Mar. 9 Vic Ferrari Symphony on the Rocks; 8pm,
Thur. Mar. 14 Gaelic Storm; 8pm,
Sat. Mar. 16 WINE: Behind the Curtain; 6-9pm,
Mon. Mar. 18 Allouez Village Band Concert; 7pm 406-8834.
Fri.-Sat. Mar. 22-23 Project Pink; 8pm
Fri. Mar. 29 Ralphie May; 7:30pm
Sat. Mar. 30 Joan Rivers; 8pm
Apr. 5-6; 11-13; 18-20; 25-27; 1974 Hortonville Teachers' Strike; 8pm,
Sun. Apr. 28 John Pinette; 7pm
Mon., May 20 Allouez Village Band Concert; 7pm
Neville Public Museum Exhibits
Museum Place: A Celebration of Community (thru 11/17/13); *Who are the Hmong?* (thru 5/26/13); *An Artistic*

Discovery (4/27/13-6/2/13); *Selections from the Green Bay Art Colony* (thru 4/14/13); *The Artist as Teacher Part I: The Fine Arts* (thru 5/5/13); *The Golden Age of Video Arcade Games Featuring the Collection of Bradley Czech* (5/25/13-9/2/13)

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

National Railroad Museum, 437-7623
Mrs. Low's Great Railroad Journey; March 9; For Girl Scouts.

A Day in the Life; April 23, 24, 25; 3-day hands-on exploration of U.S. History, grades 3-8.

The Great Easter Bunny Train; 9am, March 23 & 24; Easter Bunny welcomes everyone aboard his train.



St Norbert College, 403-3950

www.snc.edu/performingarts/
tickets: **Fri., Mar. 1 Big Band Snowball**; 7:30-10:30; Michels Common Ballroom,
Sun. Mar. 3; Space Pirates; Webb Theatre
Tue. Mar. 5 Musical Cabaret Spring 2013; 6pm; Walter Theatre
Mar. 7-14 Godspell JR.; 6:30 pm, Dudley Birder Hall

Fri.-Sun. Mar. 15-17 The Little Mermaid; Walter Theatre

Sat.-Sun. Mar. 16-17 De Pere Antique Show & Sale; Schuldes Sport Center; 715-355-5144.

Mar. 16 & 22-23 Knights on Broadway: Broadway Today; 7:30-9:30pm

Wed.-Sat., Apr. 17-20 A Little Night Music; Webb Theatre

Sat.-Sun., Apr. 27-28 Spring Choral Concert; Walter Theatre

May 3-5 & 9-11 Auntie Mame; 7:30pm Webb Theatre

Fri.-Sat., May 10-11 America Sings; 7:30pm Walter Theatre

Thur.-Sun., May 16-19 Annie JR; Webb Theatre

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

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

Adult Cooking; 3/13, 4/10, 5/8, 5:30-6:30 pm; Mustard Seed Cafe

Weidner Center, 465-2400

Fri. Mar. 1 UWGB Wind Symphonic & Symphonic Band & Choral; 7:30pm

Mar. 2, 6-9 These Shining Lives; 7:30pm

Sat. Mar. 9 Green Bay Symphony Orchestra; 7:30pm,

Thur. Mar. 21 Elvis Lives; 7:30pm, Weidner Center

Wed. Mar. 27 Celtic Crossroads; 7:30pm,

Fri. Apr. 5 The Minetti Quartet and pianist Andreas Klein; 7:30pm

Fri. Apr. 12 John Tesh; 7:30pm

Sat. Apr. 13 Green Bay Symphony Orchestra; 7:30pm

Fri.-Sat. Apr. 26-27, May 2-4 Love's Labor's Lost; 7:30pm,-Cofrin Family Hall.

Wed., May 1 UWGB Concert Choir & Symphonic Band; 7:30pm

Fri., May 3 UWGB Chorale; 7:30pm Fox Valley PAC, 730-3760

Fri. Mar 8 Laughter is the Best Medicine

Tue. Mar. 12 Justin Hines;

Thur. Mar. 14 Spamalot

Fri. Mar. 15 Brian Regan

Sat, Mar 16 Wildwood Film Festival

Sun. Mar 17 FV Symphony Music of Disney

Wed. Mar 20 Scrap Arts Music

Mar 22-23, Freddy Cole Quartet

Sat. Mar 23, Little Big Town

Apr. 9-May 5 Disney's The Lion King

Sat. May 11 FV Symphony



CALENDAR OF EVENTS

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

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

MARCH

Fri.-Sun. Mar. 1-3 *Beja Shrine Circus*; Brown County Arena; 494-3401.

Sat. Mar. 2 & 16 *ARTgarage Saturday Performance*; 7-9pm; 448-6800.

Wed. Mar. 6 *Daughtry & 3 Doors Down*; 7pm, Resch Center; 494-3401.

Wed. Mar. 6, 13, 20 *Wednesday Night Café*; 4:45-6:30pm; Our Saviour Lutheran, 120 S. Henry

Thur. Mar 7 *Bob Seger & The Silver Bullet Band*; 7:30pm, Resch Center; 494-3401.



Fri. Mar. 8 *Bingo*; St. Patrick Parish; Food at 5pm, Bingo at 7pm.

Fri. Mar. 8 *Fish Bake*; St. Jude Café; 5-7.

Fri. Mar. 8 *Brown County Civic Music Association Concert*; 7:30pm, West High School Auditorium; 338-1801.

Fri.-Sat. Mar. 8-9; *Woodworking Annual Show*; 9:30am; Southwest High School; 822-8214.

Fri. Mar. 8 *Friday Night Fish Fry*; 5:00-6:30pm; Our Saviour Lutheran Church, 120 S. Henry

Sat. Mar. 9 *Rummage Sale*; Annunciation; 9am-2pm.

Sat.-Sun. Mar. 9-10 *Arti Gras*; Shopko Hall; 435-5220.

Thur.-Sun. Mar. 14-17 *WBAY Home and Garden Show*; Brown County Arena & Shopko Hall; 438-3270.

Fri. Mar. 15 *Fish Fry*; Annunciation, 5-7pm.

Sun. Mar. 17 *St. Patrick's Day at St. Patrick's*; 4pm Mass, Irish Supper, prizes.

Fri.-Sun. Mar. 22-24 *WBAY Pet Expo*; Brown County Arena; 438-3270.

Fri. Mar. 22 *Bingo*; St. Patrick Parish; Food at 5pm; Bingo at 7pm.

Fri. Mar. 22 *Fish Bake*, St. Jude Café; 5-7pm.

Sat. Mar. 23 *Everybody's Rummage Sale*; 8am, Shopko Hall; 494-3404.

Sat. Mar. 23 *Maple Syruping Celebration*; 10am, Barkhausen Waterfowl Preserve; 448-6242.

Tue. Mar. 26 *Party For the Animals*; 10am, Bay Beach Wildlife Sanctuary; 391-3671.

Sat. Mar. 30 *Easter EggStravaganzoo*; 8am, NEW Zoo; 434-7841.

Sat. Mar. 30 *Blessing of Easter Food Baskets*; Noon; St. Mary of the Angels Church. 437-1979. ❖

APRIL

Apr. 4-5 & 11-13 *Daddy D's Country Jamboree*; 6:30pm, Riverside Ballroom; 544-4244.

Fri. Apr. 5 *Brown County Civic Music Association Concert*; 7:30pm, West High; 338-1801. Auditorium; 338-1801.

Sat. Apr. 6 *Big Event for Little Kids*; 9am, Shopko Hall; 494-3401.

Tue. Apr. 9 *FREE International Film*; 6-8pm; NWTC; 498-5702.

Apr. 11-13 & 17-21 *The Dixie Swim Club*; Green Bay Community Theater; 435-6300.



Fri. Apr. 12 *Friday Night Fish Fry*; 5-6:30pm; Our Saviour Lutheran; 120 S. Henry St.

Fri. Apr. 12 *Bingo*; St. Patrick Parish; Food at 5pm; Bingo at 7pm.

Fri.-Sun. Apr. 12-14 *Let's Play Green Bay*; Shopko Hall; 494-3401.

Sat. Apr. 13 & Apr. 20 *Build a Bat House*; 10am, Barkhausen Waterfowl Preserve; 448-6242.

Fri. Apr. 19 *New Truck Show*; 10am, Shopko Hall & Brown County Arena; 494-3401.

Sat. Apr. 20 *Birthday Party For the Animals*; 9am NEW Zoo; 434-7841.

Thur. Apr. 25 *Cribbage Tournament*; St. Jude Café, 7pm.

Fri. Apr. 26 *Bingo*; St. Patrick Parish; Food at 5pm; Bingo at 7pm.

Fri. Apr. 26 *Bill Engvall & Larry the Cable Guy*; 8pm, Resch Center; 494-3401.

Sat.-Sun. Apr. 27-28 *Titletown Train Show*; Shopko Hall; 494-3401.

Sun. Apr. 28 *Card Party*; Annunciation Hall, 1pm. ❖

MAY

Sat. May 4 *YMCA Healthy Kids Day*; 10am, Shopko Hall; 494-3401.

Sat. May 4 *Ladies Luncheon*; Call 468-4065 in April for details. Our Saviour Lutheran Church; 120 S. Henry St.

Fri. May 10 *Bingo*; St. Patrick Parish; Food at 5pm; Bingo at 7pm

Fri. May 10 *Friday Night Fish Fry*; 5:00-6:30pm;

Our Saviour Lutheran Church; 120 S. Henry

Sat., May 11 *Springs Wings*; Bay Beach Wildlife Sanctuary; 391-3671.

Sat., May 11 *Green Bay Chill*; 8pm, Resch Center; 494-3401.

Sat. May 11 *Brown County Civic Music Association Concert*; 7:30pm, West High School auditorium; 338-1801.

Sat.-Sun., May 11-12 *Eco Expo*; Shopko Hall; 494-3401.

Sun., May 12 *Mother's Day Brunch at Heritage Hill*; 448-5150.

Sat., May 18 *Astor Neighborhood Walking Tours*; 10am, Hazelwood Historic House; Adm \$5; 437-1840.

Sat., May 18 *Cellcom 5K and Kid's Run*; 8:30am, Lambeau Field; 432-6272.

Sat., May 18 *Opening Day Celebration at Heritage Hill*; 10am, Heritage Hill; 448-5150.

Sat.-Mon., May 25-27; *Celebrate De Pere*; Voyageur Park; 336-7980.

Mon., May 27 *Memorial Day-A Soldier's Remembrance*; 10am, Heritage Hill; 448-5150. ❖

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.

