



Tomorrow™

Published quarterly since 1996 for those left behind.

Winter 2013 Vol. 18 Issue 3

“A Traveling Companion on Your Life Journey”

A Father’s Perspective: How Early and Later Grief Are Different

By David Roberts

I am in the 11th year of my journey as a parent who has experienced the death of a child. My 18-year-old daughter Jeannine died on March 1, 2003, due to a rare form of cancer. I have adjusted to a world without Jeannine’s physical presence while finding meaning through service to others.

My grief will last for the remainder of my life; it is just different, more manageable and more integrated into my life. Based on my own experiences, I would like to illustrate some differences I have discovered between the early and later stages of my journey, using specific essentials that I believe are common to the experience of all bereaved individuals.



*When the world says, “Give up.”
Hope whispers, “Try it one
more time.” -Author Unknown*

For me the early stage lasted about 2-1/2 years after Jeannine’s death and the later stage started about four to five years after her death. I also present my observations with the knowledge that experiences between individuals differ and with the intent of helping individuals who have been affected by loss to begin to articulate their own progress during their journeys in a way that represents their unique experiences.

I identified four specific essentials that were meaningful for me in assessing my progress from early to later grief. They are as follows: journaling, emotional pain, milestone events, and support.

JOURNALING

During early grief, my journal functioned as an uncensored day-by-day written record of my emotions and thoughts after Jeannine’s death. My journey also served to at times recycle my thoughts and emotions. The recording and recycling of my thoughts and feelings were crucial to my ability to move from the raw pain of early grief to a point today where I have found meaning and am able to view Jeannine’s death from a different perspective. I was also able to look back on my early journal entries and acknowledge progress that I had made amid the raw pain that I experienced.

Today I journal only when I feel the need to remember something significant, like a dream or event that I wish to revisit later. My journaling today has a specific purpose: to provide clarity and new insights helps me continue to thrive in a world without the physical presence of my daughter.

EMOTIONAL PAIN

In the beginning, I was consumed with and immobilized by the pain of Jeannine’s death. Today, I strive to manage it, transform it, and to learn from it. My transformation started with simple intent, a desire to see Jeannine’s death differently. From there the universe provided me with the necessary resources to facilitate this process.

MILESTONE EVENTS

In early grief the anticipation of Jeannine’s birthday, holidays and her anniversary date, made me extremely uncomfortable. Consequently, I had a strong urge to avoid them altogether. Today I look at them as the opportunity to promote the deep spiritual bond that Jeannine and I share, through ritual and ceremony. One of the most powerful ceremonies that I conducted was on Jeannine’s ninth anniversary in 2011.

My ceremony with incense, prayer and music began at about 5:30 a.m. The numbers 5, 3 and 0 add up to 8, which among other things is the symbol for infinity. I burned Native American incense that was designed for, from my perception, cleansing and purification of the mind, body, and soul. The music that I chose was a combination of instrumental and lyrical pieces that had the same intent as the incense. I alternated music with prayer.

There were two prayers that I used. One is a Native American prayer I discovered. This prayer reinforces that our deceased loved ones are still with us in all forms in the universe. The second was a prayer wrote specifically for Jeannine, using Native American influences. In it, I prayed that Jeannine would continue to develop the wisdom and spiritual growth in her new life to help enlighten others, on their life journeys. It was empowering for me as Jeannine’s father to give her spirit permission to grow outside of our spiritual relationship; I also experienced a profound sense of peace.

CONTINUED ON PAGE 2...

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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The Most Difficult Holiday

In our lives there are many holidays or special days, such as birthdays, anniversaries, graduations, weddings, and Easter, to name a few. These are all difficult days for the bereaved, but for many, the most difficult holiday of the year is Christmas. This day more than any other means family together. They are synonymous and it is at this time we are so aware of the void in our lives. For many the wish is to go from Dec. 24 to Dec. 26. We continually hear Christmas Carols, people wishing everyone, "Merry Christmas"; see the perfect gift for our dead child, spouse, or relative and suddenly realize they will not be here. Listed below are some ideas and suggestions that others have found helpful in coping with the Holiday Season.

1. *Family get-togethers may be extremely difficult.* Be honest with each other about your feelings. Sit down with your family and decide what you want to do for the holiday season. Don't set expectations too high for yourself or the day. If you wish things to be the same, you are going to be disappointed. Do things a little differently. Undertake only what each family member can handle comfortably.
2. *There is no right or wrong way to handle the day.* Some may wish to follow family traditions, while others may choose to change.
3. *Keep in mind the feelings of your children or family members.* Try to make the holiday season as joyous as possible for them.
4. *Be careful of "shoulds."* It is better to do what is most helpful for you and your family. If a situation looks especially difficult over the holidays, don't get involved if possible.
5. *Set limitations.* Realize that it isn't going to be easy. Do the things that are very special and/or important to you. Do the best that you can.
6. *Once you have made the decision on the role you and your family will play during the holidays,* let relatives and friends know.
7. *Baking and cleaning the house can get out of proportion.* If these chores are enjoyable, go ahead, but not to the point that it is tiring. Either buy baked goods or go without this year.
8. *If you used to cut your own tree, consider buying it already cut this year.* Let your children, other family members, neighboring teens, friends, or people from your church help with the decorating of the

tree and house. If you choose not to have a tree this year, get a ceramic tree or a small table top tree.

9. *Emotionally, physically, and psychologically it is draining.* You need every bit of strength. Try to get enough rest.
10. *What you choose to do the first year you don't have to do the next.*
11. *One possibility for the first year may be to visit relatives, friends, or even go away on a vacation.* Planning, packing, etc., keeps your mind somewhat off the holiday and you share the time in a different and hopefully less painful setting.
12. *How do we answer, "Happy Holidays?"* You may say, "I'll try" or "Best wishes to you."
13. *If shopping seems to be too much, have your relative or close friend help you.* Consider shopping through a catalogue.
14. *If you are accustomed to having Christmas dinner at your home, change and go to relatives, or change the time (instead of 2 p.m., make it 4 p.m.).* Some find it helpful to be involved in the activity of preparing a large meal. Serving buffet style and/or eating in a different room may help.
15. *Try attending religious services at a different time or church or synagogue.*
16. *Some people fear crying in public, especially at religious services.* It is usually better not to push the tears down any time. You should be gentle with yourself and not expect too much of yourself. Worrying about crying is an additional burden. If you let go and cry, you probably will feel better. It should not ruin the day for other family members, but will provide them with the same freedom.
17. *Cut back on your card sending.* It is not necessary to send cards, especially to those people we will see over the holidays.
18. *Do something for someone else, such as volunteer work at soup kitchens or visit the lonely and shut-ins.* Ask someone who is alone to share the day with your family. Provide help for a needy family.
19. *Donate a gift or money in your loved one's name.*
20. *Share your concerns, feelings, apprehensions, etc. with a relative or friend as the holiday approaches.* Tell them that this is a difficult time for you. Accept their help.



21. *Holidays often magnify feelings of loss of a loved one.* It is important and natural to experience the sadness that comes. To block such feelings is unhealthy. Keep the positive memory of the loved one alive.

22. *Often after the first year the people in your life may expect you to be over it.* We are never over it but the experience of many bereaved is that eventually they enjoy the holidays again. Hold on to **HOPE**.

23. *Don't forget,* anticipation of any holiday is so much worse than the actual holiday.

From Hope for the Bereaved (now out of print)

...CONTINUED FROM PAGE 1.

SUPPORT

In the beginning, the support that was most meaningful to me, was exclusive to bereaved parents. It was crucial to be with other parents who understood the pain when I was in the company of other bereaved parents.

Today, my support group has expanded to individuals who have helped me develop clarity and spiritual awareness that has allowed me to look at life and death from a totally different perspective. These individuals have not experienced the death of a child, but their ability to be witnesses to my journey has been a tremendous source of inspiration to me.

Additionally I don't measure the effectiveness of support from others through frequency of contact; I measure it more by quality of contact. There have been individuals who have come into my life for the sole purpose of getting me through a challenging moment in my journey, never to appear again.

In early grief, I never appreciated the gifts I received from my transient angels, but today I realize that they have been just as crucial a part of my support group as those who have been with me for the long haul.

How we measure progress in our grief journeys varies for everybody. Different essentials will be used to assess progress because of individual differences. The key is to commit to transforming our lives after catastrophic loss, to thrive as a result of the challenges presented by adversity. ❖

David J Roberts, LMSW, CASAC, became a parent who experiences the death of a child, after his daughter Jeannine died of cancer on 3/1/03 at the age of 18. He is a retired addiction professional and is also an adjunct professor in the psychology-child at Utica College, Utica, New York.

Used with permission from hellogrief.org



S U P P O R T

GENERATIONS-HOPE FOR GRIEVING FAMILIES

Dinner followed by separate support groups for parents & children. Upcoming dates: Thursdays, 12/12, 1/9 & 2/13 from 5:30 – 7:30 pm Unity Campus, 2366 Oak Ridge Circle, DePere. Register with Lisa DeSieno at 338-1111 or 800-990-9249.

SHARE

For parents who have lost a baby through miscarriage, still birth or early death. 2nd Thurs. of every mo. 7-8:30pm. McKenna Library, Room 2838 at St. Vincent's. Sessions: Jan. 9; Feb. 13. A special SHARE Christmas Memorial Service will be held Dec. 12 at 7 pm. Call Lana Reinke or Theresa Shuck 433-8634.

S.O.S. (SURVIVORS OF SUICIDE)

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

Green Bay: 3rd Mon. of month 7-8:45pm (except Dec.) at Bellin Executive Bldg., 2020 S. Webster (former Lindy's Grocery); Meetings; 1/20 & 2/17. Dec. 9th is Christmas Social & Remembrance at 6:00 pm, Bring a dish to pass and photo. Call Mary at 339-8952 or 920-794-1572.

Two Rivers: Meetings held at St. Peter the Fisherman Church, 3218 Tannery Rd. on the 2nd Mon of mo. from 7-8:30pm. Upcoming meetings: 12/11; 1/8 & 2/12. Call 920-794-7454 or 920-794-1572. ❖



B O O K R E V I E W

"Winter Grief, Summer Grace"

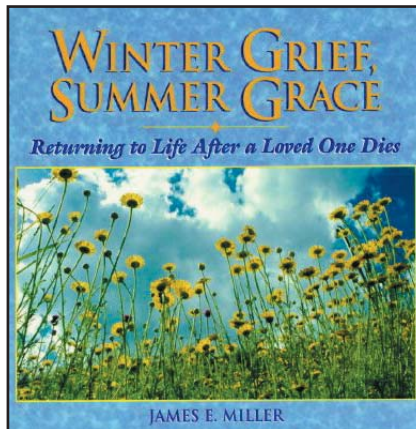
by Dr. James E. Miller

Review by Joan Faltynski

One of the fringe benefits of being a "Wisconsinite" is the luxury of experiencing the change of seasons. From the first glimpse of the blossoms of springtime to the last howling wind of winter, we see, we touch, we feel and we learn life's lessons as they are tucked into each new season.

Lessons from death as well as from life can be gleaned from the autumn, winter, spring and summer seasons of grief, after the loss of loved one through death. James Miller, in *Winter Grief, Summer Grace* does a masterful job of assisting us, who walk the road of grief, to treasure the seasons of that journey. Breathtaking photography speaks loudly to the sacredness of each season and serves as reflection, reassurance and comfort as we rest secure in the arms of Mother Nature, who intuitively eases the pain of our broken heart and aching spirit.

Other companions on our journey found in this tiny treasure are the comforting words



of wisdom from scripture, sages, and soul-friends who have walked this road before us. Each season closes with two pages replete with practical ideas for self care and outreach opportunities.

Whether death of a loved one was a recent experience, or you happen to feel the need for some

perspective and peace from a death experience of months or years ago, this is truly what the doctor ordered. I am confident that the layout, language and lessons of this work will bring solace to your sorrow and peace from the panic of your grieving heart. ❖

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.

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

Roast Pork Tenderloin

from *The Pleasures of Cooking for One* by Judith Jones

Pork tenderloin, rubbed with mustard, garlic, and ginger, is roasted then thinly sliced to be enjoyed at dinner with winter squash or other vegetables on the side; with leftovers to enjoy later in the week.

- 1 clove garlic, peeled
- Kosher salt
- 1 tsp. Dijon mustard
- 1 tsp. grated fresh ginger
- 1 pork tenderloin (about ¾ pound)
- Freshly ground pepper
- Vegetables such as winter squash or root vegetables (about ¾ pound), coarsely chopped
- 1 tsp. olive oil

Chop garlic fine, then add 1 teaspoon salt and mash with the flat side of a big knife. Smear mustard, mashed garlic and ginger all over pork, and pepper generously. Refrigerate until ready to roast. (The Garlic-ginger coating should be applied at least an hour ahead, but the longer you let it sit, the more the flavors mix.)

Preheat oven to 375 degrees and place tenderloin in the middle of a baking dish. Rub vegetables with olive oil and season with 1/8 teaspoon salt. Scatter them around pork in the baking dish. Roast 30 to 45 minutes (or until a thermometer inserted in tenderloin registers 155 degrees). Remove meat and let it rest 5 to 10 minutes. If vegetables aren't quite done when pork is, give them another 5 to 10 minutes (until tender). Serve slices of pork on a plate with veggies all around; season to taste with salt and pepper. ❖



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: 12/19, 1/16 & 2/20; 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. Monday evenings. Registration appreciated. Call 965-2233 for schedule of dates and times.

FROM MOURNING TO HOPE

Comfort on the Longest Night, Saturday, Dec. 21, Call 920-737-2790 for details.

THE CARE COMMUNITY

Visit thecarecommunity.com for Grief's Safe Place for those who have experienced a loss.

HOLDING CARE

Bereavement Group at St. Philip the Apostle Adult Center. Upcoming meetings: Jan. 13, 20, 27 from 2:00 until 4 pm. Call before the day. Call Sr. Helen Keyzer, 468-7848 Ext. 14.

AURORA GRIEF SHARE

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

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

NAVIGATING THE WATERS OF GRIEF

Unity Hospice's Adult Bereavement

Support: Green Bay Area: Unity Office, 2366 Oak Ridge Cr., De Pere.; Tuesdays, from 6-7:30pm; Call for upcoming 2014 schedule. Coping With Grief During the Holiday Season, Nov. 19-Dec. 17; Afternoon Session 1:30-3:00; Evening Session 6:00-7:30pm Registration 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. Lunch is available for purchase off the menu.

Adult Bereavement Support: Sturgeon Bay, Gillett & Marinette: Call 1-800-900-9249 for upcoming schedule

LIVING WITH LOSS

Appleton – Affinity Visiting Nurses Hospice; 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. Men Only. Call 727-2000 or 1-866-236-8500. for any of above.

LAKESHORE GRIEF SUPPORT PROGRAMS

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

Manitowoc: Monday 12/2, 1/6/2014 & 2/3; 6-7 pm, Manitowoc County Office Complex, 4319 Expo Drive

Two Rivers: Saturday, 12/14, 12/28, 1/11/2014, 1/25, 2/8 & 2/22; 10-11:30 am Aurora Medical Center, Michigan Conference Room, 5000 Memorial Dr.

PULASKI GRIEF SUPPORT

Open to all faiths and all ages. Third Wednesday of month at 6 pm. At Assumption B.V.M. in the church basement in St. Clare Room. New Entrance (door next to the St. Vincent DePaul drop box) Call 822-3223.

CIRCLE OF FAITH GRIEF SUPPORT

Denmark & Surrounding Areas: St. James Catholic Parish, Cooperstown; Session, January 19 from 6-8pm. Contact: Tom Bekkers, 660-8066.

NEW HOPE

Grief support meetings on Tuesdays from 1:30-3:00pm at Annunciation, 1087 Kellogg St., room 105. Upcoming sessions, Jan. 28; February 4, 11, 18 & 25. Register by calling Quad-Parish office at 496-2160.

DE PERE GRIEF SUPPORT

2nd Mon. every month at the DePere Community Center Maple Room, 600 Grant St., 5:30-6:30 pm. 12/9, 1/13 and 2/10. Call Lori 336-6054. ♦

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FUNERAL HOME AND CREMATORY
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Tomorrow™ Calendar of Events

NUMBERS & EVENTS TO REMEMBER

Meyer Theatre, 494-3401,
www.meyertheatre.org
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.
Neville Public Museum Exhibits:
69th Art Annual Juried Exhibition:
through Jan. 5, 2014; *Out of the
Shadows-Fuera de las Sombras:* through
Feb. 9, 2014; *MuseumPLACE: A
Celebration of Community:* Through Feb
2, 2014; *The Port of Green Bay:* Through
Mar. 2, 2014; *Holiday Memories: Prange's
Christmas Windows:* Fri. Nov. 29, 2013 –
Mon. Jan. 13, 2014;
Salvation Army: Social Group
Women's, Tuesdays at 6 pm; Men's,
Tuesdays at 6 pm, 626 Union Ct.
National Railroad Museum; *Festival of
Trees;* Nov. 28, 2013-Jan. 5, 2014.
The Polar Express; Nov. 29-Dec. 1;
\$14.50 and up.
Village of Bellevue Leisure Services:
All are welcome. Questions,
registration or info, call 468-5225.
Book Club 3rd Tues. of month; 2:30pm;
Jitter Bean Café, Monroe Rd.
Bingo; 3rd Thur. of mo.; 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
New Leaf Winter Farmers Market; KI
Convention Center, downtown Green
Bay; 8 am-Noon. Dec. 14, 17; Jan. 14,
28; Feb. 1, 18, 26.

D E C E M B E R

Fridays and Saturdays starting Nov. 29 till Dec. 30 *WPS Garden of Lights;* Botanical Gardens; \$4-\$11; 5-9 pm. Call 490-9457
Sat.-Sun. Dec. 1, 7-8, 14-15, & 21-22 *A Hazelwood Holiday;* Noon – 4 pm, Hazelwood Historic House; \$2.50-\$4.00; Call 437-1840.
Dec. 3-6, 17-21, 23, 27-28 *A Frank's Christmas;* 8pm, Meyer Theatre.
Wed. Dec. 4 *A Christmas Carol;* Fox Cities PAC, 7:30 p.m. Admission \$25+.
Wed. Dec. 4 *UWGB Chamber Ensembles;* 7:30pm, Weidner Center; Free admission; Call 465-2400.
Thur. Dec. 5 *Cribbage Tournament;* St. Jude Catholic Church, Green Bay. 496-2160.
Fri. Dec. 6 *UWGB Wind Ensemble & Symphonic Band;* 7:30pm, Weidner Center; \$4-\$6. Call 465-2400.
Sat., Dec. 7 *St. Norbert College Christmas Spectacular;* St. Norbert Abbey, St. Norbert College; Free. 7 pm. 403-3950.
Sat. Dec. 7 *Breakfast with Santa;* 9:30am, East Town Mall; \$5; Proceeds to Sting Cancer Group, Preble High.
Sat. Dec. 7 *Green Bay Holiday Dance Classic;* 9:30am; Brown County Arena; \$3 students; \$5 adults. Call 494-3401.
Sat. Dec. 7 and Dec. 14 *Craft Show;* East Town Mall; 10-6 pm. 468-8500.
Sat. Dec. 7, 12, and 21 *The Spirit of Christmas Past;* Heritage Hill State Historical Park; Noon-4 Call 448-5150.
Sat. Dec. 7 *Christmas in Algoma;* Downtown Algoma, Call 487-5498.
Wed.-Sat. Dec. 11-14, 2013 *Daddy D Christmas;* 6:30pm, Riverside Ballroom; \$30-\$49. Call 544-4244.



Fri. Dec. 13 *Bingo;* St. Patrick Parish; 7pm. Food available at 5 pm.
Fri. Dec. 13 *Monthly Fish Fry;* Our Saviour Lutheran Church; serving 5-6:30pm; \$6-15. Call 468-4065 before 4:15 for carryouts.
Fri. Dec. 13 – Dec. Sat. 21 *White Christmas;* Webb Theatre, St. Norbert College. \$15-20.
Dec. 13-14 Fri.-Sat. *Doc Severinsen's Jingle Bell Doc;* Fox Cities PAC, 7:30 pm. \$35+.
Fri.-Sat. Dec. 13-14 *Green Bay Symphony Orchestra Holiday Pops Concert;* 7:30pm, Weidner Center. 494-3401.
Fri.-Sun. Dec. 13-15 *Green Bay Nutcracker Ballet;* Meyer Theatre; \$15-\$35. 494-3401.
Fri.-Sat. Dec. 13-14 *Holiday-Fest at the NEW Zoo;* 5-8pm. \$4-6. Call 434-7841.
Sat. Dec. 14 *Christmas & Candlelight;* Hazelwood Historic House Museum, \$2.50-\$4.00; Call 437-1840.
Mon. Dec. 16 *Allouez Village Band Concert;* 7pm at Meyer Theatre; Free Admission. Call 406-8834.
Sun. Dec. 15 *Mannheim Steamroller Christmas;* Weidner Center, 7 pm; \$55-100; Call 494-3401.
Mon. Dec. 16 *Lorie Line Born in Bethlehem;* Fox Cities PAC, 7:30 pm. Admission \$49.50.
Wed. Dec. 18 – Sat. Dec. 21 *Christmas with the Knights 2013;* Bemis Center, St. Norbert College. 403-3950
Wed. Dec. 18 *Live Outside Nativity;* 5:30pm, 6pm, 6:30pm with Soup Supper 5-7 pm; Our Saviour Lutheran Church. 468-4065
Wed.-Sat. Dec. 18-21 *Daddy D Christmas;* 6:30 pm, Stadium View ; \$30-49. 544-4244.



CALENDAR OF EVENTS

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

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

Thur. Dec. 19 *Martina McBride - The Joy of Christmas*; Resch Center, 7:30 pm; Call 494-3401. \$39.50-49.50.

Sat. Dec. 21 *Christmas Brass & Organ*, Green Bay Symphony; St. John the Evangelist Church, 7:30 pm. 494-3401.

Sun. Dec. 22 *Oak Ridge Boys Christmas*; Weidner Ctr, 3 & 7, \$29-\$47. 494-3401.

Mon. Dec. 30 *Harlem Globetrotters*; 7pm, Resch Ctr; \$21-\$119. 494-3401.

Tues. Dec. 31 *Best of 2013*; Meyer Theatre, 9 pm. \$45; Call 494-3401. ❖

JANUARY

Thur. Jan. 9 – Sun. Jan. 12 *Music Man Jr.*; Hall of Fine Arts – Webb Theatre, St. Norbert College. 403-3950

Fri. Jan 10 *Monthly Fish Fry*; Our Saviour Lutheran Church; Serving 5-6:30pm; \$6-15. Call 468-4065 before 4:15 for carryouts.



Fri. Jan. 10, & 24 *Bingo*; St. Patrick Parish; 7pm. Food available at 5 pm.

Fri. Jan 10 *The Tru TV Impractical Jokers Tour*; 7:30pm, Meyer Theatre, \$35-\$85. Call 494-3401.

Sat. Jan. 11 *Einstein Science Expo*; 9am-4pm, Shopko Hall. 494-3401.

Thur.-Sun. Jan. 16-19 *WBAY RV & Camping Show*; Brown County Arena & Shopko Hall. Call 438-3270.

Thurs. Jan 16 *What's Funny after 50?*; 8 pm, Meyer Theatre; \$25. 494-3401.

Thur.-Sun. Jan. 23-26 *All Canada Sport Show*; Shopko Hall. 494-3401.

Fri. Jan. 17 *Disney Live*; Resch Center, shows at 3:30 & 6:30 pm \$15-56.

Sat. Jan. 18 *Doctors in Recital*; area physicians with a passion for music. Meyer Theatre, 7 pm. Admission \$20.

Fri. Jan. 24 *Comedian Frank Caliendo*; Weidner Center, 8 pm. \$38.

Sat. Jan. 25 *Fox Valley Symphony: Celebrating Women Composers*; Fox Cities PAC, 7:30 pm.

Sat. Jan. 25 *Fox Valley Symphony: Celebrating Women Composers*; 7:30 pm. Admission starting at \$25.

Sat. Jan. 25 *Winterfest on Broadway*; 11-8pm; Broadway District. 437-2531.

Fri. Feb. 15 *Spaghetti Dinner*; St. Jude Parish; 5-7pm. 496-2160.

Thurs. Jan 30 *360 Degree Thursday*; Weidner Center, 6:30 pm. Free.

Fri. Jan 31 and Feb. 22 *Two and A Half Belgians*, Meyer Theatre, 8:00 p.m. Admission: \$29. Call 494-3401. ❖

FEBRUARY

Sat. Feb. 1 *Green Bay Cheer Classic*; Brown County Arena, 9:30 am. 494-3401.

Sat. Feb. 1 *Frosty Family Fun Night*; 5-8 pm, Bay Beach Wildlife Sanctuary. Call 391-3677. \$5.00 per carload.

Thur. Feb. 6 *Rosencrantz and Guildenstern are Dead*; Fox Cities PAC, 7:30 p.m. Admission: \$25.

Fri.-Sat. Feb. 7-8 *Monster Trucks XL Tour*; 1:30 and 7:30pm, Brown County Arena. Admission \$16-25. 494-3401.



Sat. Feb. 8 *Winter Family Festival*; Green Bay Botanical Gardens, 10am- 3 pm, Admission: \$2-7.

Fri. Feb. 7- Sat. Feb. 8 *An Evening with Judy Collins*; Fox Cities PAC, 8:00 p.m. Admission: \$55.

Sat. Feb. 8 *Green Bay Symphony Orchestra*; 7:30pm, Weidner Center. Call 494-3401.

Sun. Feb 9 *Pancake and Porkie Breakfast*; Annunciation Parish; Call 496-2160.

Wed. Feb. 12-Sun. Feb. 16 *Disney on Ice: Passport to Adventure*; Resch Center. Admission: \$20-\$63.

Wed. Feb. 12 – Mar. 2 *Wicked*; Fox Cities PAC, various times. \$49+.

Thur. Feb. 13 *Rock of Ages*; Weidner Center, 7:30 p.m. Admission: \$35-68. Call 494-3401.

Thurs. Feb. 13 - Sun. Feb. 16 *WBAY Boat Show & Waterfront Lifestyle Expo*; Brown County Arena/Shopko Hall. 438-3270.

Thur. Feb. 13 –Sat. 15 *The Prisoner of Second Avenue*; Green Bay Community Theater. \$10-18.

Fri. Feb. 14 and Fri. Feb. 28 *Bingo*; St. Patrick Church, 7 p.m. Green Bay. Food available at 5 pm.

Fri. Feb. 14 *Monthly Fish Fry*; *Our Saviour Lutheran Church*; Serving 5-6:30pm; \$6-15. Call 468-4065 before 4:15 for carryouts.

Fri. Feb. 14 - Sun. Feb. 22 *"The Lion, Witch & the Wardrobe"*; Webb Theatre, 7:30 pm. \$15-17. Call 403-3950.

Sat. Feb. 15 *Chris Botti*; Weidner Center, 7:30 p.m. \$39.59-72.50.

Sat. Feb. 15 *Valentine's Dinner*; St. Jude Catholic Church. RSVP 496-2160.

Thur. Feb. 20 *Aaron Neville*; Weidner Center, 7:30 p.m. Admission \$33-44.

Fri. Feb. 21 *Green Bay Film Festival*; Radisson Conference Center. 436-4777.

Fri. Feb. 22 *Baked Fish Dinner*; St. Jude Parish; 5-7pm.

Fri.-Sun. Feb. 21-23 *Wisconsin Deer Classic*; Shopko Hall. Call 494-3401.

Sat. Feb. 22 *Frozen Tundra Wine Fest*; Noon-6pm; Parallel 44 Winery. 388-4400.



Thur. Feb. 27- Sun. Mar. 2 *Get Smart*; Hall of Fine Arts – Webb Theatre, St. Norbert College. Admission: \$6-9. 403-3950

Thur. Feb. 27- Sat. March 8 *Censored on Final Approach*; Weidner Center, 7:30 pm. Admission \$9 - \$17. Call 465-2400.

Fri. Feb. 28 *Ikebana Show*; Green Bay Botanical Gardens, 9a.m. to 4 p.m. Call 491-3691 ext. 104 for more info. ❖

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.

