

Responding to Loss: Moving On, Moving Forward, Moving In from Lisa Irish

*Perhaps you have heard the phrase,
"Maybe it's time to move on..."*

These words are actually offered as (presumed) words of comfort to grieving people! I still shake my head at the idea that this is said by a friend or family member to someone who is hurting.

Move on...to me this suggests "moving away from" as in packing your bags and boxes and leaving. Or it suggests making a switch from one thing to another, as in "I don't like that sushi restaurant, let's try the new one down the street."

I don't understand how one can "move on" from the relationship of a mother or brother, dad or lover, dear friend or grand parent. A relationship is not static, it is not an object to be packaged up. It cannot be replaced. A relationship is as unique as the proverbial snowflake, as unique as you and I, as unique as the experience of grief each person feels when a loved one dies.

In fact, I have found that my work with folks who are grieving has led me to occasionally use the phrase "militant griever," to help them find their voice and claim their grief. I coach them to respond to such comments with, "Thank you for your support but I have found I have to do this in my own way." Respectful and polite, but setting clear boundaries to support self-care.

And then I introduce alternate language... "moving forward." It feels less pushy. "Moving forward" embraces the idea that you are alive and that life involves moving. These are not small ideas in the world of a griever, many would rather stay inside or avoid change. In their minds, accepting change means accepting their loved one is really gone.

So moving, in any way, is huge. Moving forward can be inviting, because



any place without pain would be a good place. But it's also scary because moving forward suggests moving away from what was, and what was included him or her in the picture. Moving forward requires accepting, once again, that the beloved is indeed absent from our life.

I hope there can be seeds of freedom in "moving forward" as well. I hope that image of forward movement can elicit hope itself as one considers what life might bring down the road.

It occurs to me, though, that these two "movements" in response to loss are not an adequate description. It's not about moving on or even moving forward. It's about "moving in." Grieving catapults us - our emotions, our intellect, our psyche, our spirituality...boom! We are thrust right into the depths of ourselves without any warning or any guidance.

For some, this experience is as frightening as it is sad. They have lived their lives caring for others or fulfilling responsibilities that has precluded much time for reflection. Others might have a road map due to their religious tradition, that acknowledges their pain and the new reality it creates, so the inner world is a bit more familiar.

Some people look for help, for any kind of reference point to make sense of the senseless. And some have instincts that lets

them trust the painful and circuitous process of grieving.

All of us, must respond to the two major demands of loss:

- 1) living life without him or her**
- 2) living life with myself!**

Grief, ultimately, becomes a process of moving inward, into an unknown territory of oneself. Without the beloved, we must face fears, loneliness, or inadequacy. The pain of the loss, coupled with this vast emptiness of uncertainty often creates resistance to traveling within. It hurts way too much. This is unfortunate, because along with our flaws and foibles, our inner world also contains precious jewels.

Deep within we may find courage or creativity, hope or compassion. We may discover a new or renewed connection to the Divine that has been waiting to offer us further healing in these painful,

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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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broken places. The journey of grief, as some call it, is a process of discovery in an unwelcome and mysterious territory. C.S. Lewis in *A Grief Observed*, described it this way, "Grief is like a long valley, a winding valley where any bend may reveal a totally new landscape."

Many griever, many people in general, resist the journey within. The hard work and painful acceptance that it demands is just too great. This is unfortunate, because the energy to resist the depths of ourselves is not very discriminatory. When we push down our deep fears, we also will be pushing down seeds of new insights, of confidence, of gifts we never knew existed. But of course this kind of reasoning is not very attractive when one is hurting. What everyone wants is for the pain to stop.

Grief, dear friends, is indeed a process. Our job is to find the tools and people that can comfort us along the way, along the difficult journey of grieving. Our job, as grievers, is to allow the process to move within us and to trust the outcome. Our job is to believe, to know, that the love we experienced with those who passed away will care for us still in this new time of our lives. ❖

Lisa Irish, a Board certified Chaplain at Yale New Haven Hospital - St. Raphael campus coordinates a bereavement program as part of her ministry. Her new website, "This Little Light" found at www.lisairish.com seeks to support others in finding and sharing their own light with the world.

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Helping Children After Tragedy

Children read our feelings and mirror our emotions. They will soak up our reassurance or fear, love or hate, safety or danger.



Do not try to keep what is going on from your kids. Even elementary school kids talk about planes crashing and terrorist attacks. Your family style may be to protect the kids from this reality, but many other families are telling their kids and then all kids talk to each other in school.

During the unfolding of a tragic event such as Malaysian Airlines Flight 317 and situations in the Middle East, most TV is live and you cannot anticipate what your children may see. Turn on the radio or show them pre-recorded news broadcast.

Talk to your kids about the event that is happening in simple language that they can understand, which is age appropriate (i.e. Some bad people shot at a plane and crashed it. or shot some etc. Some people are hurt and some have died.)

Reassure the kids about their safety. Tell them that while this is important that most of the world is safe and that the area you live in is safe. Also, reassure them that the police, security and many other government officials are doing a lot of things to keep them safe.

Children need words. Tell them what you are feeling, what you think about the situation. Then, encourage them to talk about what they think. It is important to

validate their feelings and clear up any misunderstanding and misinformation they have.

Be proactive and find ways to help. Say a prayer, light a candle, give blood, go to your place of worship, you and your kids can donate some money to an organization that is helping with

the situation. Make sure some of it comes from your kids, no matter how small the amount.

Reassure your kids a little more, watch them a little more, do obvious gestures that show you are keeping them safe and watching over them. Remember kids may have very illogical fears.

Kids grieve very differently from adults. They may not talk about things for weeks or months. Be available to talk about their grief whenever it may come up.

Keep as many normal routines going as possible; but, allow a little more time knowing that grief is exhausting for you and your children. Routines are very important, because doing normal things in abnormal times help us to feel normal again.

Remember for your kids and for yourself, the concept of possible vs. probable. Terrorist attacks are possible anywhere, anytime, but they are not probable in our lives today. While events may be tragic, try to put losses in perspective; that many things we do are risky in life, but we do them because fear does not stop death, fear stops life. ❖

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S U P P O R T

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, 9/1, 10/6 11/3; 6-7:30 pm.

Manitowoc County Office Complex
4319 Expo Drive; Manitowoc, WI 54220

Saturday, 9/13 and 9/27, 10/11 and 10/25,

11/8 and 11/22; 10 am-11:30am; Aurora
Medical Center Michigan Conference

Room; 5000 Memorial Dr., Two Rivers, WI
Wings of Hope helps families as they

grieve the loss of a baby through
miscarriage, stillbirth, ectopic pregnancy, or
SIDS. Contact Jenny Weier, Grief Facilitator
(920) 242-1153

Wednesday, 9/10, 10/8 and 11/12; 7-8:30
pm; S.O.S. (Survivors of Suicide) Aurora

Medical Center in the Superior Conference
Room; Two Rivers. For more information

contact Rhonda (920) 901-0779 or St. Peter
the Fisherman (920) 793-4531.

ECUMENICAL GRIEF SUPPORT

Healing Your Grieving Heart: Ecumenical
grief support sponsored by Resurrection and
St. Matthew parishes.

Upcoming sessions: Oct. 16, 23, 30, 11/6
and 13 at Resurrection from 6:30-8 pm.

Parish Contacts: Sheila DeLuca at 336-
7768 or Ann Froelich at 435-6811.

Journey Through Grief: For all those who
have suffered the death of a loved one,
offered by St. Bernard Church. Sessions are
offered on Tuesday evenings from 7-8:30
pm. Upcoming sessions: Oct. 7, 14, 21, 28
and Nov. 4. To register, call Sr. Caroline
Castellini, OP, 468-4811, ext. 103. No fee.

DE PERE COMMUNITY CENTER

Grief support groups will be held the second
Monday of every month at the DePere
Community Center at 600 Grant St. DePere,
WI 54115. Upcoming sessions are 9/8,
10/13 & 11/10 from 5:30-6:30pm.

LET'S TALK GRIEF

Based on Hospice Advantage's Healthy
Grieving Model. An open discussion group.
All are welcome. Held at Harmony Café,
1660 W. Mason St. in Green Bay (10/28)
and Harmony Café, 233 E. College Ave in
Appleton (9/23 & 11/25) from 6-8 p.m.
Call Pam Sengstock at 321-2004 for more
information. ❖



GROUPS

NEW HELPGUIDE.ORG

Web site offering tools and advice for stress relief. Click on the *Grief & Loss* link on left.

THE COMPASSIONATE FRIENDS

For parents and grandparents grieving the loss of a child.

Green Bay - Meetings 3rd Thursday of month at 7pm at First United Methodist Church, 501 Howe St. 7:00 pm, 370-3858, www.TCFGreenBay.org

GENERATIONS

HOPE FOR GRIEVING FAMILIES

Designed to support grieving families with children & teens ages 6-18. Dinner followed by separate support groups for parents & children. Meetings from 5:30 - 7:30 pm 9/11, 10/9 & 11/13 at Unity Campus, 2366 Oak Ridge Circle, DePere. Registration required. Contact 338-1111 or 800-990-9249.

THE CARE COMMUNITY

Web site provided by In-Sight Books, Inc. Visit thecarecommunity.com for Grief's Safe Place for those who have experienced a loss

SHARE

For parents who have lost a baby through miscarriage, still birth or early death. McKenna Library, Room 2838 at St. Vincent's. Upcoming sessions: 9/11, 10/9, and 11/13; at 7pm. 433-8634

SHARE MISCARRIAGE MEMORIAL SERVICE 11/6 1:00 pm

For babies miscarried less than 20 weeks. Allouez Cemetery, Chapel service followed by graveside blessing and reading of names. Friends, siblings & extended family members welcome. Please contact Lana Reinke or Theresa Shuck at 433-8634.

S.O.S. (SURVIVORS OF SUICIDE)

For family and friends to cope with the loss of a loved one due to suicide. Third Monday of every month 7-8:45pm at Bellin Executive Bldg., 2020 S. Webster; meetings on 9/15, 10/20 and 11/17

Be The Light Walk for Suicide

Prevention, Sept. 6th at Voyageur Park, De Pere; 4:30 pm. \$5 for registration

International Survivors of Suicide Loss

Day, Sat. Nov. 15 at Bellin Hospital, Kresge Center (3rd Floor) 8:30 am-2:00 pm; For anyone who has lost someone to suicide, join us for this powerful day of healing. \$10 reg. fee includes breakfast and lunch. Call Mary Doemel, 339-8952. ❖

BOOK REVIEW

"A Time to Grieve" by Carol Staudacher

Meditations for Healing After the Death of a Loved One

Review by Joan Faltynski

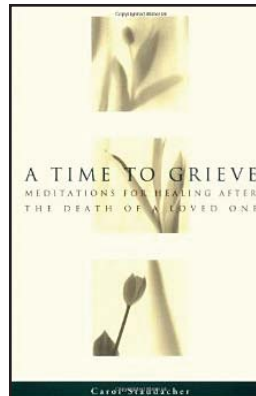
Weeks, months and years of training are a given, when the challenge we face is the pursuit of a dream job, career or even a trophy. But no amount of training or experience can prepare us for the most profound emotional challenge we must endure in the loss of a loved one through death.

Walking that long, lonesome road toward wholeness demands every ounce of energy we can muster, at a time when energy is so hard to come by.

I don't want someone to talk to, I want someone to be here, to sit with me and not expect me to talk.

The pain of loss, family demands, legal matter details, and pressures from every direction seem to close in on us. Accompanying the reality of these pressures is usually the advice of a family member or friend, "take care of yourself."

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



Carol Staudacher, in her book entitled *A Time to Grieve*, proves to be that valued individual who accompanies those words with a "how to" manual. The very format of the book - single page presentations of a feeling experienced in grief, a reflection, and a self-care tip for the day - is so sensitive to the one whose life and heart are shattered by grief.

People tell me not to "dwell on it," to go on with my life.

Just as a doctor may suggest one-a-day brand vitamins for a boost in physical health, I recommend a daily dose of this book. This quote shared by Carol is well worth our consideration.

Life is like music; it must be composed by ear, feeling and instinct, not by rule.

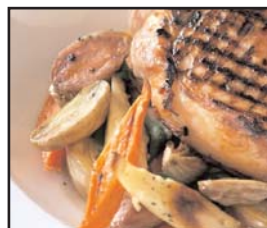
One day at a time is the best advice anyone can give us, whether our challenge is coping with death or any other of life's unexpected events. ❖

DINNER FOR ONE

Pork Chop & Roasted Root Vegetables

from *Women's Day* magazine

- 1 medium carrot, cut into 3-in. sticks
- 1 small parsnip, cut into 3-in. sticks
- 5 tsp olive oil
- Kosher salt and black pepper
- 1 bone-in pork chop (1 in thick; about 8 oz.)
- 1 tsp whole grain mustard
- 1 tsp maple syrup
- 1 scallion, thinly sliced



Meanwhile, heat 2 tsp of remaining oil in an oven-safe skillet over medium-high heat. Season the pork with ¼ tsp salt and 1/8 tsp pepper and cook until browned, 2 to 3 minutes per side.

Transfer the pork to the baking sheet, nestling it among the vegetables, and roast until pork is cooked through and vegetables are tender, 6-8 minutes more.

In a small bowl, combine mustard, syrup, remaining 1 tsp oil and scallion. Serve with the pork and vegetables. ❖

Heat oven to 425°F. On a rimmed baking sheet, toss carrot, parsnip, 2 tsp oil, ¼ tsp salt and 1/8 tsp pepper. Roast for 15 minutes.



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.

GRIEF SHARE PROGRAM

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

Green Bay: Pilgrim Lutheran Church: 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. New session begins September 8 and will meet most Monday evenings.

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

AURORA GRIEF CARE

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

Manitowoc/Two Rivers: Aurora Baycare Hospital: 5000 Memorial Dr., Two Rivers. Call Sheila Hamilton at 920-288-5100 with questions or Sheila.Hamilton@aurora.org. Check in at Hospital Front Desk.

NAVIGATING THE WATERS OF GRIEF

Unity Hospice's Adult Bereavement Support:

Green Bay Area: Unity Office, 2366 Oak Ridge Cr., De Pere; September 9 through October 7 from 6-7:30pm; Registration req., call 338-1111 or 1-800-900-9249.

(Special holiday grief meeting November 18-December 16 from 1:30-3:00 p.m. or 6:00-7:30 p.m.)

Grief Connection: ongoing grief support group for adults that meets the 3rd Thursday of every month. Upcoming meetings are September 18, October 16, and November 20 from 6:00-7:30 p.m.

Generations: Hope For Grieving Families:

Designed to help the whole family, adults, children, and teens. Support group meetings meet the second Thursday of every month from 5:30-7:30 p.m. in De Pere. The upcoming events are September 11, October 9, and November 13.

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.

PULASKI GRIEF SUPPORT

Open to all faiths and all ages. Third Wednesday of month at 6:30 pm. At Assumption B.V.M. in the church basement in St. Clare Room. Enter at the southwest door. No registration required. 822-3223.

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: For men only. Meetings every 1st Wed. at 6-8pm at 816 W. Winneconne Ave., Neenah. Pre-registration is not required, but appreciated for planning purposes.

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 the above programs.

CIRCLES OF FAITH GRIEF SUPPORT

St. James Parish, Cooperstown; Sessions, 9/7 and 11/16 from 6-8pm. Contact: Tom Bekkers, 660-8066.

UNDERSTANDING GRIEF

One time overview of grief; Wednesday Oct. 1 from 11:00-12:30p.m. in Gillett, and Wednesday, October 22 from 11:00-12:30 p.m. in Marinette. Please call Unity office for exact location of event. Contact: call 338-1111 or 1-800-900-9249. ❖

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Calendar of Events

NUMBERS & EVENTS TO REMEMBER
Meyer Theatre, 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 Cities 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:
Touchdown! Green Bay Packers Hall of Fame, Inc. (6/5/14-2/28/15)

A Century of Discovery: Creating a
 Community Legacy. (1/25/14-10/26/14)

Fridays on the Fox: Friday night
 entertainment series thru September from
 5-9 pm on the downtown City Deck. Varied
 entertainment from comedians to dance
 troupes to bands to outdoor movies. Food,
 beverages and children's area on-site at the
 event. No carry-ins.

Farmers' Market on Broadway: Wed. 3-
 7pm; Broadway District; thru 10/1.

Green Bay Farmers' Market: Downtown
 Green Bay, just East of Monroe Ave.; 95
 vendors; 7am-noon; thru Oct. 25.

Oneida Farmers' Market:
 Located at the Oneida one stop Hwy. 54.
 Thursdays, 12:00-6:00 p.m. Thru 10/9.

De Pere Farmers' Market:
 East De Pere, 144 N. Wisconsin Street.
 Thursdays, 7:00-12:00 p.m. Thru 10/16.

Stadium District Farmers' Market:
 Stadium View parking lot; Thursdays, 3 p.m.
 Thru 10/30.

Village of Bellevue Leisure Services:
 All are welcome.

Bingo: 1-3pm; Community Center; \$.50 per
 card. (9/18, 10/16, 10/30, 11/20, 12/18)

Movie Matinee: 1:00-3:00pm; Bellevue
 Community Center, 1811 Allouez Ave.;
 \$1.00 (includes movie, popcorn & drink).
 (9/11, 10/9, 11/13, 12/11)

Wisconsin Harvest Fair: Saturday,
 September 27, 8:00 am.- 6:30 pm. Coach bus
 trip, call (920) 468-5225 for more info.

Chicago Shopping: Saturday, November 15,
 7:30am. - 11:00pm. Coach bus trip, call
 (920) 468-5225 for more information.

St. Bernard/St. Philip Bus Trip: Wednesday,
 Sept. 24, 9:30 a.m. - 3:45 p.m. Rawhide
 Boy's Ranch trip including a buffet lunch at
 11, a presentation about Rawhide, and a
 tour of the grounds. \$6.50 for lunch plus
 cost of bus. For more information call Sr.
 Caroline (920) 468-4811 ext. 103

S E P T E M B E R

Wed. Sept. 3 *The Moody Blues*, Fox Cities
 PAC, 7:30 p.m., tickets start at \$65

Thurs. Sept. 4 *Senior Citizen Day at NEW Zoo*,
 9a.m.-6p.m. Free for 62+

Sat. Sept. 6 *Art Harvest Fall Family Festival*,
 Green Bay Botanical Garden, 9a.m.-4p.m.
 Free admission

Sat. Sept. 6 *Heritage Festival*, Heritage Hill
 State Historical Park, call (920) 448-5150 for
 more information

Sun. Sept. 7 *Grandparent's Day at Green Bay
 Botanical Gardens* from 9:00 a.m. to 5:30
 p.m. Admission is free for all Grandparents.

Sept. 9, 10, 6:30 p.m. Sept. 13, 2 p.m.
If Tombstones Could Talk, Woodlawn
 Cemetery, \$6, Reservations, (920) 437-1840

Sept. 11-12 *Radio Days*, Riverside Ballroom;
 6:30 p.m.; (920) 544-4244

Fri. Sept. 12 *Bridging the Arts*, 5-8 p.m.,
 downtown De Pere, (920) 403-0337

Fri. Sept. 12 *Monthly Fish Fry*, Our Saviour
 Lutheran Church, 120 S. Henry St.; serving
 baked cod, deep fried perch, chicken strip
 dinners. 5:00-6:30 p.m.; 468-4065

Fri. Sept. 12 *Bingo*, St. Patrick
 Parish, 211 N. Maple, doors
 open at 5:00, bingo at 7:00
 pm. 496-2160

Sept. 12-13 *Wet Whistle Wine
 Fest*, Von Stiehl Winery-
 Algoma; 800-955-5208

Sat. Sept. 13 *Foxy Lady Cruise to benefit Green
 Bay Trinity Lutheran School*. 5:30-7:30 p.m.,
 boarding at 5:15 p.m. \$35 includes hors
 d'oeuvres, music, and cash bar.
 (920) 468-4065 for tickets



Sat. Sept. 13 *Green Bay Kayak Tours*, 9 am.,
 Barkhausen Waterfowl Preserve;
 (920) 448-6242

Sat. Sept 13 *Green Bay Symphony Orchestra*,
 Weidner Center, 7:30 p.m., (920) 494-3401

Sept 13-14 *County of Brown Renaissance Faire*,
 Brown County Fairgrounds, (920) 366-4442

Sept. 16-21 *The Book of
 Mormon*, Fox Cities PAC,
 7:30 p.m., from \$55.

Thurs. Sept. 18 *Heritage
 Sampler Dinners*, Farm
 Market Kitchen, 6 p.m., (920) 487-9750

Thurs. Sept. 18, *Gallery Night*, 5-8 pm;
 Various Art Galleries, (920) 437-2531

Fri. Sept. 19 *Bridging the Arts*, 5-8 p.m.,
 downtown De Pere, (920) 403-0337

Sept. 19, 20, 25, 26, 27 *Let Me Be Frank
 Productions: "Behind the Music" The Guernsey
 Boys*, 8 p.m. Meyer Theatre. Reserve
 tickets \$29

Sat. Sept. 20 *Oneida Big Apple Fest*,
 10 a.m. - 4 p.m., Oneida Apple Orchard,
 (920) 496-5389

Sat. Sept. 20 *9th Annual Walk for Wildlife*,
 8 a.m.-12 p.m., Bay Beach Wildlife
 Sanctuary, (920) 391-3671

Sat. Sept. 20 *Rails and Ales Brewfest*,
 9 a.m. - 5 p.m., National Railroad Museum,
 (920) 437-7623

Sun. Sept. 21 *The Head and the Heart*, Meyer
 Theater 7 p.m., (920) 494-3401

Wed. Sept. 24, *55+ Senior Group Rawhide
 Boy's Ranch* trip sponsored by St. Bernard/St.
 Philip, departs 9:30 am. Call 468-4811 for
 final cost and reservation.

Thurs. Sept. 25 *Brian Regan*, 7:30 p.m.;
 Weidner Center. (920) 465-2217 for info.

Fri. Sept. 26 *Bingo*, St. Patrick Parish, 211 N.
 Maple, doors open at 5 pm, bingo at 7 pm.

Sat. Sept. 27 *Fallfest on the Fox*, 10 a.m.-2
 p.m., downtown Green Bay, (920) 593-4338

Sat. Sept. 27 *Wisconsin Harvest Fair Bus Trip*
 by Bellevue Leisure Services departs from K-
 Mart West at 8 am. \$16-\$20 per person for
 bus. Scarecrow making, antique tractors,
 carnival rides, farmers market & more at
 state fairgrounds in West Allis. Call
 468-5225, deadline 9/19/14. ♦



CALENDAR OF EVENTS

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

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

OCTOBER

Wed. Oct. 1 *Forever Young Senior Festival*, Shopko Hall, 8 a.m. - 2 p.m., (920) 405-1134

Oct. 2, 3, 9, 10, 11 *Let Me*

Be Frank Productions: "Behind the Music" The Guernsey Boys, 8 p.m. Meyer Theatre. Matinee Oct. 9, 11 at 1 p.m. Reserve tickets \$29

Sat. Oct. 4 *De Pere's 4th Annual Downtown Soup Walk*, 11 a.m.- 3 p.m. (920) 403-0337

Sat. Oct. 4 *FV Symphony Orchestra Opening Night*, 7:30 pm; \$29-49, FC PAC, 920-730-3760

Sun. Oct. 5 *Fall Fest*, St. Joseph Parish, 936 9th St., 11:30 - 3:30 pm

Fri. Oct. 10 *Monthly Fish Fry*, Our Saviour Lutheran Church, 120 S. Henry St.; serving baked cod, deep fried perch, chicken strip dinners. 5:00-6:30 p.m.; 468-4065

Fri. Oct. 10 *Bingo*, St. Patrick Parish, 211 N. Maple, doors open 5 pm, bingo 7, 496-2160.

Oct. 10-11 *Zoo Boo*, NEW Zoo, 3-8p.m., (920) 434-7841

Sat. Oct. 11 *Great Pumpkin Train*, National Railroad Museum, 9 a.m.-5:30 p.m., (920) 437-7623

Sat. Oct. 11 *Switchfoot*, 7:00 pm; \$25, Fox Cities PAC, 920-730-3760

Tues. Oct 14, *Sweet Honey in the Rock*, 7:30 pm; \$25, FC PAC

Fri. Oct. 17 *Camelot*, 7:30 p.m.; Weidner Center. (920) 465-2217 for more information

Oct. 17-18 *Zoo Boo*, NEW Zoo, 3-8 p.m., (920) 434-7841

Fri.-Sat. Oct. 17-18 & 24-25 *Halloween at Heritage Hill*, 5-9 pm, (920) 448-4150

Sat. Oct. 18 *Great Pumpkin Train*, National Railroad Museum, 9 a.m.-5:30 p.m., (920) 437-7623

Sat. Oct. 18 *Annual Halloween Event*, Bay Beach Wildlife Sanctuary, (920) 391-3671

Tues. Oct 21 *11th Annual Fox Cities Choral Festival*, 7 pm; \$6-12, FV PAC 920-730-3760

Thurs. Oct. 23 *Shake, Rattle & Riverside*, *Riverside Ballroom*, 6:30 p.m., (920) 544-4244

Thurs. Oct 23 *Ramsey Lewis with Philip Bailey*, 7:30 pm; \$35-55, FC PAC, 920-730-3760

Fri. Oct. 24 *Bingo*, St. Patrick Parish, 211 N. Maple, doors open 5 pm, bingo 7, 496-2160.



Oct. 24-25 *Zoo Boo*, NEW Zoo, 3-8p.m., (920) 434-7841

Oct. 24-25 *Halloween at Heritage Hill*, 5-9 pm; (920) 448-5150

Fri. Oct. 24 *Sweet Street*, Shopko Hall, (920) 405-1134

Sat. Oct. 25 *Once Upon a Halloween*, Children's Museum of Green Bay, 4-7 pm., (920) 432-4397

Sat. Oct. 25 *Cher*, Resch Center, 8:00 p.m., (920) 494-3401

Sat. Oct. 25, *360 Allstars*, 7:30 p.m.; Weidner Center. (920) 465-2217

Sat. Oct. 25 *Downtown Trick or Treat*, downtown De Pere, 10a.m.-12p.m., (920) 403-0337

Tues. Oct 28 *Natl Acrobats of People's Rep of China*, 7:30 pm, \$25, FC PAC 920-730-3760

Thurs. Oct. 30 *Shake, Rattle & Riverside*, *Riverside Ballroom*, 6:30 pm, (920) 544-4244

Fri. Oct. 31 *John Prine*, Meyer Theater, 8p.m., tickets start at \$50, (920) 494-3401 ♦

NOVEMBER

Tues. Nov. 4 *Straight No Chaser Happy Hour Tour*, 7:30 pm; \$37, FC PAC 920-730-3760

Thurs. Nov. 6 *Carolina Snowflake Ornament Workshop*, Heritage Hill, (920) 448-5150

Thurs Nov. 6 *Smokey Joe's Café*, 7:30 pm; \$45, FC PAC

Sat. Nov. 8 *Disney Fantasia*, 7:30 pm; \$29-49, FC PAC, 920-730-3760

Thurs. Nov. 13, *Dancing Pros: Live*, 7:30 pm; Weidner Center. (920) 465-2217

Thurs-Fri, Nov. 13-14 *Cheyenne Jackson*, 8:00 pm, \$35-75, FC PAC

Fri. Nov. 14 *Monthly Fish Fry*, Our Saviour Lutheran Church, 120 S. Henry St.; serving baked cod, deep fried perch, chicken strip dinners. 5:00-6:30 p.m.; 468-4065

Fri. Nov. 14 *Bingo*, St. Patrick Parish, 211 N. Maple, doors open 5 pm, bingo 7, 496-2160.

Sat. Nov. 15, *Les Stroud: Survivorman- Live in Concert*, 7:30 p.m.; Weidner Center. (920) 465-2217 for more information

Sat. Nov. 15, *Chicago Shopping Bus Trip* by Bellevue Leisure Services departs from K-Mart West at 7:30 am, \$36 per person. Discount shopping, Navy Pier, lakefront museums. Call 468-5225, deadline 11/7/14



Nov. 18-23 *A Christmas Story*, The Musical, \$43-95; Fox Cities PAC, (920) 730-3760

Wed. Nov. 19 *Peace Tree Lighting Ceremony*, Brown County Courthouse, 6 p.m., (920) 437-5972

Thurs. Nov. 20 *Eric Church*, Resch Center, 7 p.m., (920) 494-3401

Thurs. Nov. 20, *Gallery Night*, 5-8 pm; Various Art Galleries, 437-2531

Thurs. Nov 20 *Holiday Window Traditions Unveil*; 5:00-7:00pm, Santa & Bruce the Talking Spruce, hot choc, no charge; Children's Museum of Green Bay, 432-4397

Fri. Nov. 21 *Lighting Ceremony On Broadway*, Old Fort Square, 5-8 p.m., (920) 437-2531

Fri. Nov. 21 *A Frank's Christmas*, Meyer Theater, 8p.m., (920) 494-3401

Sat. Nov. 22 *Green Bay Holiday Parade*, Downtown Green Bay, 10 a.m., (920) 437-5972

Sat. Nov. 22 *Everybody's Rummage Sale*, Shopko Hall, 8 a.m.-2 p.m.

Nov. 24-Jan 4. *Festival of Trees*, National Railroad Museum, (920) 437-7623

Nov. 28-29 *Holiday Victorian Tea*, 2-4 pm, Hazelwood Historic House, \$15, (920) 437-1840

Nov. 28-30 *The Polar Express*, National Railroad Museum, (920) 437-7623

Fri. Nov. 28 *A Frank's Christmas*, Meyer Theater, 8 p.m., (920) 494-3401

Fri. Nov. 28 *WPS Garden of Lights*; tickets available ahead of time. Visit www.gbbg.com for more information. (11/28-11/30; 12/5-7; 12/12-14; 12/19-21; 12/26-30)

Sat. Nov. 29, *The Magic of Bill Blagg Live!* 7:30 p.m.; Weidner Center. (920) 465-2217

Sun. Nov. 30 *A Hazelwood Holiday*, Hazelwood Historic House, 12-4 p.m., (920) 437-1840 ♦

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.

