

## Anger and Grief

Edited by Kenneth J. Doka, Ph.D., MDiv.

Many who grieve say, "How can I be angry at my beloved for dying?" They know they couldn't help dying. Aghast or ashamed at the idea of blaming them, these feelings get stuffed down and denied. Nonetheless these feelings exist, whether expressed or not.

Many people do in fact feel angry when someone we love dies. Angry at being abandoned, angry at the extent of the pain, angry that our life is changed, angry that managing grief feels difficult, and angry that the world suddenly feels different-empty, unsafe, or lonely.

Swallowed feelings don't disappear. Instead, they may become the basis for unresolved grief, depression, anxiety, and even chronic physical symptoms. Allowing your feelings, whatever they may be, is essential to coping with grief.

**People do get angry, and still they are good people.**

Our culture is not always comfortable with anger. Yet the feeling of anger itself is natural and not destructive; it's a feeling like any other. Still, most have not learned to accept anger as a natural part of human experience. People do get angry, and still they are good people. This is just one of many varied and intense emotions in response to losing someone you love.

### GRIEF SUPPORT BOOKS & VIDEOS

available for checkout from our library.

Stop by during office hours:

Mon.-Fri.

9 am-4 pm,

Sat. 9 am-Noon



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Image courtesy of Ambro / FreeDigitalPhotos.net

**Being able to say out loud, "I am angry," may be all that it takes to dissipate this intense emotion.**

Intense feelings need to be expressed, not denied. Being able to say out loud, "I am angry," may be all that it takes to dissipate this intense emotion. Then again, you may need to say, "I am angry" and express aloud all the stories and feelings that follow before the feelings resolve or disappear. To fully release anger, you may need to have some safe physical way to express it, like pounding a pillow, chopping wood, or yelling loudly in the privacy of your bathroom or out in the woods somewhere.

Anger can make a griever feel powerful in the face of experiences like loss, where one naturally feels pretty powerless. Some may prefer to be angry so as not to appear vulnerable, openly tearful, or sad.

**You can help someone else who is grieving by listening. Simply saying, "Tell me about your anger," instead of running away from such emotions can help.**

You can help someone else who is grieving by listening. Simply saying, "Tell me about your anger," instead of running away from such emotions can help. You may feel more comfortable hearing anecdotes about the dead person than the intense emotions around loss. However, listening to another's pain without offering judgments or advice is a rare gift to give.

Remember, anger is a natural part of grief. Suppressing or swallowing feelings delays coping and moving forward. Voicing your feelings, expressing anger and any other emotions, is empowering, strengthening, and helps us cope. ❖

Developed from *Journeys with Grief: A Collection of Articles about Love, Life and Loss*, edited by Kenneth J. Doka, Ph.D., MDiv., copyright Hospice Foundation of America, 2012.

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# How We Experience Grief

from the Center for Grief Recovery

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**Grief is experienced uniquely by each of us, often in waves, with emotional, cognitive, physical and social responses.**

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**GRIEF** is the natural healing process that occurs after a significant loss. It is experienced uniquely by each of us, often in waves, with emotional, cognitive, physical and social responses varying in terms of the intensity, duration, and order of our reactions to the loss. There are many components of a loss, and many variables that can affect your grief reaction.

## **EMOTIONAL** components of loss:

- Shock, numbness, feeling of unreality
- Helplessness
- Vulnerability
- Fearfulness
- Sadness
- Anger, irritability
- Emptiness, loneliness
- Guilt
- Carelessness, harming oneself or others in any way
- Outbursts, euphoria

## **COGNITIVE** components of loss:

- Slowed and/or disorganized thinking
- Confusion, aimlessness, difficulty concentrating
- Preoccupation, rumination
- Unaffected, no thoughts at all about the person or the circumstances
- Dreams
- Decreased self-esteem
- Altered perceptions, sensing the presence of the deceased person

## **PHYSICAL** components of loss:

- Fatigue, sleep disturbance
- Decreased or increased appetite
- Physical distress, nausea
- Anxiety, hypo- or hyperactivity
- Greater susceptibility to illness

## **SOCIAL** components of loss:

- Being unaware of others' needs
- Passivity
- Withdrawing from or avoiding others
- Decreased work productivity
- Loss of interest in usual pleasures, including hobbies and/or relationships
- Strained relationships, differences in grieving needs between self and others

## Variables that can affect your grief reaction:

- Your own history of past losses, through deaths, divorce, relocation, lost dreams, phase of life changes
- Violations of one's safety (accidents, fire, personal trauma, world crises), or health changes
- Your current personal and situational stressors
- Your personal beliefs in a faith tradition or spiritual practice
- Your cultural and family expectations about loss
- If the loss is anticipated or unanticipated
- If the loss is marked by traumatic events
- The degree to which closure with the person was possible
- A "loss out of season," for the person who has died or for you
- Your ability to share the loss with others
- Your coping style and use of stress management resources
- Working through past hurts and forgiveness issues
- Finding a way to make meaning of the loss

As you can see, grieving is a multifaceted, individualized process for which there is no definitive timetable. As you grieve, you may wish to share your personal journey with family, friends and work colleagues. Professional and community organizations can offer helpful support, as can online resources like this website. ❖

*The Center for Grief Recovery is a full service, non-profit nationwide Counseling Center helping persons who are dealing with emotionally intense experiences such as Grief, Loss, Trauma, Depression or Abuse. You can learn more at <http://www.griefcounselor.org>.*



Image courtesy of khongkitwiryachan / FreeDigitalPhotos.net

## **In the Beginning**

by Deb Kosmer, MSW

**In the beginning we hurt so bad we can't even think straight. Our days and nights run together, as we cry out for relief from the pain that has seemed to swallow us whole. That pain accompanies us everywhere.**

**There is no place we can hide. It has taken over our life. It knows our name. It knows where we live.**

**It knows that our loved one has died and so do we sort of but not really. We are still looking for them to walk in the door, to say our name, to reach over and give us a hug.**

**With every day that passes our longing for them grows. We do not want to believe they are not coming back.**

**That reality chases us relentlessly, until one day their empty chair speaks louder than our denial, and the wall begins to break where we have hidden our heart. ❖**



## SUPPORT GROUPS & SPECIAL OPPORTUNITIES

### **SPECIAL! STUDY ON CHRISTIAN & ISLAMIC THEOLOGY**

Offered by Sr. Pat Clement of the Quad Parishes beginning September 21& 23 for 11 weeks.

Class meets Monday evenings from 6:30 pm to 8:30 pm or Wednesday mornings from 9:00 am - 11:00 am and generally meets every other week. A schedule of the exact dates will be given out during both sessions the first week.

There is no fee for the class and buying a resource book for \$11 is optional. Classes meet at Annunciation, room 105. To register, call 496-2160.

### **HELPGUIDE.ORG**

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

### **THE CARE COMMUNITY**

Web site provided by In-Sight Books, Inc. Visit [thecarecommunity.com](http://thecarecommunity.com) for Grief's Safe Place for those who have experienced a loss

### **CHILDREN'S HEALTH ALLIANCE OF WI INFANT DEATH CENTER**

For those that have experienced the unexpected death of a child, visit [www.chawissonsins.org](http://www.chawissonsins.org) for a complete listing of grief support resources.

### **THE COMPASSIONATE FRIENDS**

For parents and grandparents grieving the loss of a child.

**Green Bay:** Meetings 3rd Tuesday of the month at 7 p.m. at First United Methodist Church, 501 Howe St., 370-3858, [www.TCFGreenBay.org](http://www.TCFGreenBay.org)

### **SHARE**

For parents who have lost a baby through miscarriage, still birth or early death. Monthly Meetings: McKenna Library, Room 2838 at St. Vincent at 7 p.m. Upcoming sessions: 9/10, 10/8, & 11/12. Special event on 10/17, Pregnancy and Infant Loss Walk at the Wildlife Sanctuary. Call 433-8634

### **S.O.S. (SURVIVORS OF SUICIDE)**

For family and friends to cope with the loss of a loved one due to suicide. Meetings 7-8:45 p.m. at Bellin Executive Bldg., 2020 S. Webster 9/21, 10/19, & 11/16. Call Mary Doemel, 339-8952.

**Be The Light Walk for Suicide Prevention** Saturday, 9/12. Festivities 4 pm at St. Norbert College, Schuldes Sports Center. Visit [www.bethelight.com](http://www.bethelight.com)

### **SPECIAL! PILGRIM'S PROGRESS**

Tuesday's from 7-8:30 pm for 13 weeks (September 8th thru December 8th - no class on 11/17) at Our Saviour Lutheran Church, 120 S. Henry St., Green Bay.

Come and walk with others as we travel through life's high places and low places, on our way to the world which is to come. This course will transform your thinking, heal your grieving, console your confusion and encourage you on the journey. The book, *Pilgrim's Progress*, was written by a pastor, from prison, in the 1600's. His book has brought light and hope to many a pilgrim through the ages.

### **DE PERE COMMUNITY CENTER**

Grief support groups will be held the 2nd Monday of every month at the De Pere Community Center at 600 Grant St. De Pere, WI 54115.

### **CIRCLES OF FAITH GRIEF SUPPORT**

Grief support meeting at St. James Parish, Cooperstown on 9/13 & 11/15 from 6 to 8 p.m. Contact Tom Bekkers at 660-8066.

### **NEW HOPE GRIEF GROUP**

Grief Support meetings on Tuesdays, from 1:30-3:00 p.m. in room 105 at Annunciation Church, 1087 Kellogg St., Sessions: 9/1, 8, & 15. Register by calling Quad parish at 496-2160.



### **LAKESHORE GRIEF SUPPORT**

All sessions are free and registration is not required. For more information please call Robb Spaulding at 920-698-0998

**Monday** 9/14, 10/5, 11/2, 6-7:30 p.m.

Manitowoc County Office Complex, 4319 Expo Dr., Manitowoc, WI 54220

**Saturday** 9/12, 9/26, 10/10, 10/24, 11/14, 11/28, 10-11:30 am; 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

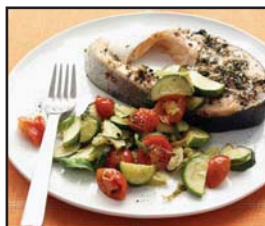
**S.O.S. (Survivors of Suicide)** Aurora Medical Center in the Superior Conference Room; Two Rivers. For more information contact Rhonda 920-901-0779 or St. Peter the Fisherman 920-793-4531. ❖

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

### **Herb-Rubbed Salmon Steak**

from [www.delish.com/recipes](http://www.delish.com/recipes)

- 8 oz. salmon steak
- 1 tsp olive oil
- 2 Tbsp fresh mint (finely chopped)
- 1/2 tsp dried oregano
- 4 cherry tomatoes
- 1 small garlic clove (minced)
- 1 scallion
- 1 small zucchini (halved lengthwise, then sliced crosswise 1/4 inch thick)
- coarse salt and ground pepper



Sprinkle half the rub mixture evenly over both sides of the salmon. Bake salmon until opaque throughout (about 10 minutes).

Meanwhile, in a medium nonstick skillet, heat remaining oil over medium heat. Add zucchini and cook, tossing occasionally until tender, 6-8 minutes. Stir in scallion, tomatoes and remaining rub mixture. Cook just to heat through, about 1 minute. Season with salt and pepper and serve with the salmon.

The garden fresh taste of gently cooked zucchini and tomatoes pairs beautifully with the rich, hearty taste of salmon. ❖

Preheat oven to 425°. Place salmon in a small baking dish or ovenproof skillet; drizzle with ¼ teaspoon olive oil. Make the rub: In a small bowl, stir together mint, garlic, oregano, ¼ teaspoon salt and 1/8 teaspoon 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.

## GRIEF SHARE PROGRAM

Videos and discussions to find comfort and healing from grieving the death of someone close.

**Pilgrim Lutheran Church**, 1731 St. Agnes Dr. Meets 6:30-8:30 p.m. 9/14, 21, 10/5, 12, 19, 26, 11/2, 9, 16, (Surviving the Holidays on the 23), & 30. For info call 498-9681.

**Celebration Church**, 3475 Humboldt Rd., Tuesdays from at 6:30 - 8:00 pm. Call Sue at 406-2536 for schedule.

## LIFE AFTER LOSS

### Asera Care Hospice Support Group:

Life After Loss: Hope Through Healing, adult drop-in support group 9/28 & 10/26 at Golden Living Center, 1640 Shawano Ave. 497-4672

### Heartland Hospice Support Group:

5-week sessions throughout the year in Green Bay, Shawano, and Peshtigo. For more info and to register, call bereavement coordinators, 336-6455.

## AURORA GRIEF CARE

**Green Bay:** For adults; four-week session; Wednesdays from 1-2 p.m., Aurora Baycare Hospital Chapel, 2845 Greenbrier Rd. 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, Tues., 9/22 thru 10/20, 6-7:30 pm, 11/17 thru 12/15, Coping with Grief During the Holiday Season, 1:30-3 pm and 6-7:30 pm. Registration required, call 338-1111

**Grief Connection:** ongoing grief support group for adults that meets the 3rd Thursday of every month from 6 to 7:30, call 338-1111.

### Generations: Hope for Grieving Families:

Designed to help the whole family, adults, children, and teens. Support group meetings meet the 2nd Thursday of every month from 5:30-7:30 p.m. in De Pere, 2366 Oak Ridge Cir., call 338-1111.

**Women's Luncheon:** monthly on 3rd Wed. from 12-1:30 p.m. at a local restaurant for conversation & support. Call 338-1111 for location. Lunch is purchased off the menu

**Understanding Grief:** One time overview of grief. Wednesday, 9/16 in Gillett & Wednesday, 10/28 in Marinette at 11:00 am Call 338-1111 for location.

## PULASKI GRIEF SUPPORT

Open to all faiths and all ages. 6:30 pm at Assumption B.V.M. in the church basement in St. Clare Room. Enter at the southwest door. Call 822-3223 for meeting schedule.

## LIVING WITH LOSS

### Appleton- Affinity Visiting Nurses

**Hospice:** meetings every 1st Tuesday at 2:30 p.m. at Thompson Community Center, 820 W. College Ave

**Men Journeying through Grief:** For men only. Meetings every 1st Wed. at 6-8 p.m. 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 info 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 the above programs.

## HEALING YOUR GRIEVING HEART

Grief Support, Thursday, 10/1, 8, 15, 29, & 11/5 from 6:30-8 pm at Resurrection Parish, 333 Hilltop Dr., Green Bay, WI 54301. For Registration call Ann Froelich, 435-6811 or Sheila De Luca, 336-7768.

## JOURNEY THROUGH GRIEF

Grief Support Group, Tuesday, 10/6, 13, 20, 27, & 11/3 from 7-8:30 pm at St. Bernard Church Office, 2040 Hillside Lane, Green Bay, WI 54302. Registration is required. Call Sr. Caroline at 468-4811, Ext. 103. ❖

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# Tomorrow™

## Calendar of Events

**NUMBERS & EVENTS TO REMEMBER**  
**Meyer Theatre, 494-3401,**  
[www.meyertheatre.org](http://www.meyertheatre.org)

**St. Norbert College, 403-3950**  
[www.snc.edu/performing\\_arts/tickets](http://www.snc.edu/performing_arts/tickets)

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

**Wisconsin Travel Info, 800-373-2737.**

**Neville Public Museum Exhibits:**

*Centennial Architecture of Green Bay, 4/2015-4/2016*

*Extreme Deep: Mission to the Abyss, 9/2015-1/2016*



*Sisters in Spirit, 9/2015-2/2016*

*The Port of Green Bay, 3/ 2014 - 3/ 2020*

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

**National Railroad Museum;** 437-7623

**Village of Bellevue Leisure Services:**

All are welcome. Questions, Registration or information, 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; \$.50 per card.

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

**Green Bay Botanical Gardens:** 490-9457, \$5-\$9

Art Harvest, 9/12; 9-4 pm

Grandparent's Day, 9/13; 9-5 pm

Garden of Lights, 11/27-12/30

**Heritage Hill: 448-5150**

Sat., 9/12, *Harvest Festival*

Sat's, 10/17 & 24, *A Brothers Grimm Halloween*

**Hazelwood: 437-1840**

*If Tombstones Could Talk, 9/9, 10 & 12;* Woodlawn Cemetery

**Local Farmer's Markets**



**Allouez Farmers Market**

Thursdays thru October, 4-7 pm; Bellin Plaza on Libal St.

**Green Bay Farmers Market**

Saturdays Thru October 25, 7:00 am - Noon

**Farmers Market on Broadway**

Wednesdays Thru October 21 3:00 pm - 8:00 pm

**De Pere Farmers Market**

Thursdays, Thru Oct. 15; 7:00 am - Noon, Seroogy's parking lot

**Oneida Farmers Market**

Thursdays, Thru September, Oneida Business Park

**Meyer Theatre: 494-3401**

**Fri, 9/11, Cinderella's Tom Kiefer,** 8:00 pm; \$35

**Sat. 9/12, JJ Heller & Cloverton,** 7:00 pm; \$15-20

**Fri-Sat., 9/18-10/10, "Activity Bus" Denmark,** 8:00 pm; \$30.

**Thurs, 10-/15, Leon Russell in Concert,** 7:00 pm; \$25.

**Fri, 10/16, A Special Acoustic Evening with Mary Chapin Carpenter,** 7:30 pm; \$39.50-\$59.50

**Sat., 10/17, Creedence Clearwater Revival,** 8:00 pm; \$30

**Fri, 10/23. The Oh Hellos,** 8:00 pm; \$15.

**Sat., 10/24, Paula Poundstone,** 8:00 pm; \$30

**Tues, 11/3, An Evening with Gordon Lightfoot,** 8:00 pm; \$50-\$55.

**Sat., 11/7, Lou Gramm, the Voice of Foreigner,** 8:00 pm; \$50

**Thurs., 11/12, Life is Manditori-a Community in Concert,** 7:00 pm; \$20

**Sat., 11/14, Jason Isbell,** 8:00 pm; \$39.50-\$49.50

**Fri., 11/20, Orleans & Friends,** 8:00 pm; \$40

**Weidner Center: (465-2400)**

**Fri, 10/9, Whose Live Anyway?,** 7:30 pm; \$39.50+

**Sat., 10/10, Home Free,** 7:30 pm, \$22 +

**Wed., 10/14, Celtic Women,** 7 pm; \$48.50 +

**Tues, 10/20, Joseph and the Amazing Technicolor Dreamcoat,** 7:30 pm; \$41.00 +

**Sun. 10/25, Ronnie Milsap,** 3:00 pm; \$46.25 +

**Tues. 10/27, The Midtown Men,** 7:30 pm, \$38/50 +

**Fri., 11/6, Cirque Mechanics: Pedal Punk,** 7:30 pm; \$25.00 +

**Thurs-Fri., 11/19-20, It's a Wonderful Life: A Live Radio Play,** 7:30 pm; \$27.50 +



**Sat., 11/21, The Princess Bride,** 7:30 pm; \$35.25 +

**Sat., 11/28, Mannheim Steamroller Christmas,** 7:30 Pm; \$54.50 +

**Fox Cities PAC: 920-730-3760**

**Fri, 9/18, Kidz Bop Kids "Make Some Noise" Tour,** 6:00 pm; \$20 +



# CALENDAR OF EVENTS

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

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

**Mon., 10/5, A Wild Evening with Halestorm, 8:30 pm; \$33 +**

**Thurs., 10/8, Cirque Alfonse: Timber!, 7:30 pm; \$25 +**

**Fri., 10/9, Melissa Etheridge, 7:30 pm; \$49 +**

**Tues-Sun., 10/13-18, Kinky Boots Various times, \$50 +**



**Tues., 10/20, One Man Breaking Bad: The Unauthorized Parody, 7:00 pm; \$45 +**

**Fri, 10/23, Foreigner, 8:00 pm; \$50 +**

**Tues, 10/27, Twelfth Annual Fox Cities Choral Music Festival, 7:00 pm; \$6-12**

**Fri., 10/30, Masters of Illusion-Believe the Impossible, 7:30 pm; \$30 +**

**Wed.-Sat., 11/4-7, Help! My Husband has gone missing: My Daughter is getting married & I am having hot flashes!, 7:30 pm & 2:00 pm, \$35 +**

**Wed., 11/11, Jackson Browne, 7:30 pm; \$60 +**

**Tues- Sun., 11/17-22, Dr. Seuss' How the Grinch Stole Christmas!, \$45+ ♦**

## SEPTEMBER

**Fri., 9/4; Senior Day at the NEW Zoo, 9am-6pm, 434-7841**

**Fri., 9/11; Fish Fry, Our Saviour Lutheran Church, 4:45 pm, Dine in or carryout by calling 468-4065 or emailing info@oslc-gb.org by 4:00 pm**

**Fri., 9/11; Food Truck Friday, 11am-2pm, Museum Place**

**Sat., 9/12; Summer's Last Blast, Our Saviour Lutheran Church, 11 am - 9pm, Food & games, greenbaytrinity.org**

**Thurs & Fri., 9/17-18, 24-25; "Bye, Bye American Pie", 5:30 pm; Riverside Ballroom, \$28 or \$44, 544-4244**

**Fri., 9/19; Oneida Big Apple Fest, Oneida Apple Orchard, 10-4, Free, 496-5389**

**Fri., 9/19; Rails and Ales Brewfest, National RR Museum, 5pm-10pm, \$5-\$10, 437-7623**

**Fri., 9/19; Walk for Wildlife, Bay Beach Wildlife Sanctuary, 8am-Noon 391-3671**

**Fri-Sat., 9/25-26; 9th Annual Lorelei Oktoberfest, Lorelei Inn, 432-5921**

**Sun., 9/27; Oconto Falls Friends of the Arts, Romy's Holiday Inn on Kelly Lake, 1:00 pm, 920-848-7469**

**Sun., 9/27; St. Joseph Fall Fest & Chili, 1224 12th Ave., 11:30-3pm, 496-2160 ♦**

## OCTOBER

**Sat., 10/3; St. Patrick 150th Anniversary Celebration Dinner, Riverside Ballroom, 4:30 pm social, 5:30, Dinner, 496-2160**

**Sat., 10/3; Northeast WI Craft Beer Festival, Shopko Hall, 6pm-9pm, \$40, 494-3401**

**Wed, 10/7; Forever Young Senior Festival, Shopko Hall, 8am-2pm, Free, 405-1134**

**Fri., 10/9; Fish Fry, Our Saviour Lutheran Church, 4:45 pm, Dine in or carryout by calling 468-4065 or emailing info@oslc-gb.org by 4:00 pm**

**Fridays-Saturdays, 10/9-23, Zoo Boo, NEW Zoo, 3pm-8pm, 434-7841**

**Sat., 10/10 & 17, Great Pumpkin Train Ride, Natl RR Museum, 9-5, 437-7623**



**Thurs., 10/15; Heritage Sampler Dinners, Farm Market Kitchen, Algoma, 6:00 pm, 487-9750**

**Sat., 10/17; Trick or Treat Trail, Josten Park, Bellevue, 10am-Noon, Ages 2-12, Pre-registration req., 468-5225**

**Thurs-Sat., 10/22-30; The Nifty Fifties, Riverside Ballroom, \$28 or \$44, 544-4244**

**Fri.-Sat, 10/23-24; Sweet Street, Shopko Hall, 11am-8pm & 9am-4pm, \$6 (under 2 are free) 405-1134 ♦**

## NOVEMBER

**Sat., 11/7; Rummage Sale, Annunciation Parish, 401 Gray St., 496-2160**

**Fri., 11/13; Fish Fry, Our Saviour Lutheran Church, 4:45 pm, Dine in or carryout by calling 468-4065 or emailing info@oslc-gb.org by 4:00 pm**

**Fri., 11/13; Land of the Free (Because of the Brave), Riverside Ballroom, 5:30 pm, \$28 & \$44, Veterans & Seniors, \$5 off, 544-4244**

**Wed., 11/18; Peace Tree Lighting Ceremony, Brown Co. Courthouse, 6 pm, 437-5972**



**Thurs., 11/19; Heritage Sampler Dinners, Farm Market Kitchen, Algoma, 6 pm, 487-9750**

**Thurs., 11/19; Gallery Night, Trolley ride to 11 galleries, 437-5972**

**Thurs-Sat., 11/19-21; A Christmas Carol, Riverside Ballroom, 5:30 pm, \$25, 35 & 40, 544-4244**

**Fri., 11/20; Lighting Ceremony on Broadway, Old Fort Square, 5pm-8pm, 437-2531**

**Fri., 11/20; Holiday Window Traditions Unveil, Children's Museum-Green Bay, 5pm-7pm, 432-4397**

**Fri-Sunday's, 11/20-12/6; The Polar Express, Natl RR Museum, 3pm, 5pm, 7pm, \$17-\$29.50, 437-7623**

**Fri., 11/20; Green Bay/DePere Antiquarian Society Antique Show, Rock Garden, 10am-7pm & 10am-4pm, 432-4555**

**Sun.-Sat. 11/20-1/3/2016; Festival of Trees, Natl RR Museum, 437-7623**

**Sat., 11/21; Green Bay Holiday Parade, Downtown, 10 am, 437-5972**

**Sat., 11/21; Everybody's Rummage Sale, Shopko Hall, 8 am- 2 pm, \$2 405-1134 ♦**

*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.*

