



Published quarterly since 1996 for those left behind.

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.

Licensed Funeral Directors:

- Robert Walczyk, Jr.
- Robert Walczyk, Sr.
- Jeanne Smits
- Eric Donaldson
- Josh Vandembush
- Shawn Kamke
- Joshua Ferguson

Office Manager:

Kelly Wiegand

Office Assistants:

Amy Naniot • Bonnie Sabo

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Barb Holford

After Care Coordinator:

Peggy George

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New Growth Through Grief

“To pass through our grief, we must first face the truth that someone we love has died.”

Grief is a healing process, not a disease. There is no right or wrong way to grieve any loss, each person grieves in their own unique way, because each relationship is unique to each person. At the time of your loved ones death, you might have heard some or all of these words: “You’re strong. You will recover, but recovery will be slow. You will grieve, and that is painful. Your grief will have many stages, and hopefully all of them will be healing. Little by little you will be whole again.” However, you were too numb to ask questions such as: “How long will it take? Will it hurt much? Will I ever be myself again?”

There are no pat answers to such questions, and answers will differ for each one as each person grieves differently. Yet there are stages of grief that are common for most people. There are many books available and articles on internet today about “stages of grief” – listing them in categories of 9, 12, 6 ... number of stages are not important. What is important is for you to allow yourself to grieve for however long it takes. Three common phrases of grief for many might be listed as:



- 1. Shock, denial, disbelief** that this has happened to me. The shock helps you get through the first weeks/months (sort of like bring wrapped in bubble wrap protecting you from harshness around you). You may think things are not real, this is just a bad dream.
- 2. Guts of grief** – where you do the most work: getting in touch with feelings, how to go on, feeling out of control, realizing you are never going to be the same person (and you are not – this loss changes you). There is no set time for grieving – it takes as long as it takes and this is different for each person.
- 3. Integration within self** – coming to know “you will go on”, and in time you will look forward to tomorrow. In time you will begin to pick up the pieces and begin to build a NEW whole. If you continue to struggle through the painful times, even though progress seems minimal, you uncover an inner strength and realize what is truly important in life. And you begin to know healing.

As you go through these stages of grief and mourning, you might feel like it is winter all

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Proko - Wall News



BIRTHDAY CAKE WINNERS

Birthday Cake winners registered at the Proko-Wall booth at the Senior Expo for a FREE birthday cake.

Happy Birthday Alice, Joan and Katie!

March 25: Alice Miller

April 25: Joan Arves

May 10: Katie LaLuzerne



Alice Miller



Joan Arves



Katie LaLuzerne

2017 Spring Planting



We'd Like to Hear From You!

Help a Friend: If you think an issue of TOMORROW™ might help a friend suffering the loss of a loved one, please let us know.

Share a Recipe: Are you cooking for one? We'd love to publish your quick and easy recipes.

Submit an Idea: We are always looking for your thoughts to help us improve our caregiving services.

Provide Feedback: What do you like about the newsletter? What could be improved? Call or Email Peggy with your comments and suggestions.

Peggy George
Phone: (920) 468-4111
Fax: (920) 468-3540
Email: peggy@prokowall.com

Brewer's Bus Trip!



Pre-Planning is a Gift

A gift you have given your wife at a time she only wants to think about the day you were married.

A gift you have given your husband at a time he wants to be strong for the family but is distracted by choices he must make.

A gift you have given your child at a time he/she is overwhelmed with decisions but can only think they want one more chance to say "I love you."

A gift you have given your niece at a time she is remembering the wonderful cookies she ate at your house when she was a child.

A gift you have given your nephew at a time he is remembering how his favorite Uncle taught him to bait a hook.

A gift you give to those you love.

Call Barb for an appointment today—(920) 468-4111



Barb Holford

Barb brought 20 years of customer service expertise with her when she joined the Proko-Wall team in 2013, as the office manager. She is also a certified preplanning counselor and has recently taken over the role of Pre-Planning Specialist.

Barb is a lifelong resident of Green Bay and a graduate of East High School. She and her husband, Tim, along with their

daughters, Constance, Haley and Nada, live on the west side of town. Spending time with family is her passion. She is an active member of St. Jude Parish.

Barb enjoys teaching youth swimming at the Greater Green Bay YMCA, camping, fishing, biking, photography and playing with her dog, Ranger.

Support Groups

ABUNDANT LIFE COUNSELING AND RENEWAL CENTER

(920) 482-2932 • 1221 Bellevue St. Ste #113, Green Bay. Contact Carrie abundantlifecounselingcenter@gmail.com

ADRC

(920) 497-4672 • 300 S Adams St, Green Bay 2nd Weds of the month at 2:00 pm. Free and open to the public. Contact Mandy Sarazen at amanda.sarazen@aseracare.com

AFFINITY VISITING NURSES HOSPICE

Appleton (920) 727-2000 or 1 (866) 236-8500 Fox Point Plaza, 816 Winneconne Ave, Neenah

A Time To Mourn

Six-week grief support for adults who have lost an adult loved one. Co-led by professionals trained in grief support. No fee. Advance registration required. Offered 3 times yearly. Call Angie Schuldt, angela.schuldt@ahah.net

Men Journeying Through Grief

Meeting 1st Wednesday of every month 6:00-8:00 in Neenah. For men only.

ALZHEIMER/DEMENTIA SUPPORT GROUP

(920) 434-2024 • 3370 Deerfield Ln, W Suamico. 1st Thursday of the month at 5:30. Contact Laura, sbsp@wi.twcbc.com

ASERA CARE HOSPICE SUPPORT GROUP

(920) 497-4672
ADRC 300 S Adams St, Green Bay
Drop in - No charge 2nd Weds of each month at 2:00 pm. Call Mandy, amanda.sarazen@aseracare.com

AT HOME

(920) 288-5100 • Aurora BayCare Medical Center, 931 Discovery Rd, Green Bay. Kaitlyn Schobert. Call or email kaitlyn.schobert@aurora.org.
Manitowoc/Two Rivers, Sheboygan and Oshkosh

AURORA HEALTHCARE BEREAVEMENT GROUP

(920) 288-3094 • 2845 Greenbrier Rd, Green Bay For adults; 4-week session; January, April, July & October. Monday 1:00-2:30 pm, Aurora BayCare Medical Center Chapel, call or email Renee Lubinski, renee.lubinski@aurorabaycare.org

THE BRIDGE BETWEEN

(920) 864-7230 • 4471 Flaherty Ln, Denmark Sarah Everson, info@bridge-between.com www.bridge-between.com

CAMP LLOYD

2420 Nicolet Dr, Green Bay
A week long day camp from 8:30 am-4:00 pm for grieving children, ages 7-14, held at the Mauthe Ecumenical Center on UWGB Campus. Registration will be available January 2017. Contact Illene Cupit, cupiti@uwgb.edu

THE CARE COMMUNITY

In-Sight Books, Inc. web site for Grief's Safe Place. Visit Insightbooks.com for those who have experienced a loss.

CELEBRATION CHURCH

(920) 965-6343 • 3475 Humboldt Rd, Green Bay
Divorce Care: Tuesdays 6:30-8:00. Contact Lynn Duncan, lynnd@celebrationchurch.tv

CHILDREN'S HEALTH ALLIANCE OF WI INFANT DEATH CENTER

(414) 292-4046 • The Infant Death center connects with families who experience a sudden and unexpected death of an infant to better understand their unique grieving needs and provides appropriate resources. Staff works closely with professionals serving grieving families to provide additional resources and self-care information for the professional. Visit chawisconsin.org for a complete listing of grief support and bereavement resources. Contact Joanne at Jodonnell@chw.org

CIRCLE OF FAITH GRIEF SUPPORT

(920) 660-8066 • 6131 Scenic Ct, Denmark Grief support meeting at St. James Parish-Cooperstown, March 12 & May 21 6:00-8:00 pm. Contact Tom Bekkers at tbeekers@centurytel.net

THE COMPASSIONATE FRIENDS

(920) 370-3858 • www.TCFGreenBay.org. For siblings, parents and grandparents grieving the loss of a child. Meetings 3rd Tuesday of the month, 7 pm at First United Methodist Church, 501 Howe St. tcfgreenbay@aol.com

DE PERE COMMUNITY CENTER

(920) 339-4097 • 600 Grant St., De Pere. Grief support groups held the 2nd Tuesday of every month, 5:30-6:30 pm on the lower level. dbarron@mail.de-pere.org

FROM MOURNING TO HOPE

(920) 737-2790
Central Church 831 Schoen St., Green Bay. Contact Curtis. griefinfo@gmail.com

GRIEF SHARE PROGRAM

Central Church • (920) 737-2790. 831 Schoen St., Green Bay, WI 54302. Contact Curtis griefinfo@gmail.com

Green Bay Community Church • (920) 434-9225. 600 Cardinal Lane, Green Bay, WI 54313. Meets Mondays 6:30-8:30 PM Contact Tracy tracyl@gbcc.me

Pilgrim Lutheran Church • (920)-965-2233. 1731 St. Agnes Dr. Meets Mondays 6:30-8:30 PM Call Linda psiegmman@new.rr.com

HEALING YOUR GRIEVING HEART

Call Ann Froelich at (920) 435-6811, annrfroelich@gmail.com or Sheila DeLuca at (920) 336-7786, sdeluca@gbres.org to register. For those who have lost someone through death. Resurrection Parish, 333 Hilltop Dr., Green Bay

HEARTLAND HOSPICE SUPPORT GROUP

(920) 336-6455 • 1145 W Main Ave, De Pere 5 week sessions throughout the year
Green Bay, Shawano, and Peshtigo.

Activity Groups:

Creative Expressions Project Group—3rd Thursday each month, 6:00-7:30 pm. Craft supplies provided

Journaling the Journey—3rd Wednesday each month. Supplies will be provided 6:00-7:30 pm

Call or email Jennifer (920) 309-0821 jennifer.stallsmith@hcr-manorcare.com for more information on dates, locations and to register

HELPGUIDE.ORG

Website offering tools and advice for stress relief: helpguide.org. Click on the Grief & Loss link.

HOSPICE COMPASSUS

(920)-321-2004 • 3237 Riverside Dr, Green Bay
Healing Together Support Group
Call Pam Sengstock for more information on dates and times of sessions. pamela.sengstock@compassus.com

JOURNEY THROUGH GRIEF SUPPORT GROUP

(920) 468-4811 ext. 103 • 2040 Hillside Ln, Green Bay. St. Bernard Parish. Sr. Caroline Castellini, caroline@stbernardcong.org

LAKESHORE GRIEF SUPPORT PROGRAMS

Safe Harbor

(920) 682-7742 • A grief group for teens: Meeting on the 1st & 3rd Mondays of the month, 6:30-7:45 pm. First Lutheran Church 521 N. 8th St. Manitowoc.

Contact Stephanie Bowman or email at sb_flcmanitowoc@sbcglobal.net

Wings of Hope

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

Stepping Stones Suicide Support Group

(920) 901-0779 • Manitowoc. Grief support for those who lost someone to suicide. For more information, contact Curtis Green at curt.green01@gmail.com



Support Groups



LIFE LOSSES GRIEF SUPPORT

(920) 865-7844 • 3667 Flintville Dr, Suamico Ss. Edward & Isidore Parish. Contact: Carol Mueller, cmueller@stedwardisidore.org or Lori Flanagan, lflanagan@stedwardisidore.org

MISCARRIAGE AND INFANT LOSS MEMORIAL

(920) 336-7768 • 333 Hilltop Dr, Green Bay Open to all faiths. Resurrection Parish, June 4th at 9:00 am. Contact: Sheila DeLuca, sdeluca@gbres.org

NEW HOPE GRIEF GROUP

(920) 496-2160
Grief Support meetings at Quad Parish Office, 1087 Kellogg St, Room 105, Green Bay. Aug. 22nd through Sept. 19 at 1:30-3:00 pm. Call Sr. Pat Clement to register. pclement@allofuswestgb.org

PULASKI GRIEF SUPPORT

(920) 822-3223 • 124 E Pulaski St, Pulaski Open to all faiths and all ages. No registration required. Call for meeting schedule.

ST. BERNARD GRIEF SUPPORT GROUP

(920) 496-4811 • 2040 Hillside Ln, Green Bay Call Sr. Caroline. caroline@stbernardcong.org

ST. PHILIP BEREAVEMENT GROUP

(920) 468-7848 • 312 Victoria St, Green Bay Mondays. August 14, 21 and 28, 1:00-3:00 pm.

SERENITY BEREAVEMENT SUPPORT GROUP

(920) 434-2145 ext. 214
St. John the Baptist Church, 2597 Glendale Ave, Green Bay. Contact: Sr. Kathy Lange, klange@sjbh.org

S.O.S. (SURVIVORS OF SUICIDE)

Green Bay (920) 339-8952. For family and friends to cope with suicide loss. Meeting 3rd Monday of each month, 7:00-8:30 pm at Bellin Administrative Bldg., 2020 S. Webster Ave. Call Mary Doemel, mdoemel2@new.rr.com

SHARE

(920) 433-8634
For parents who have lost a baby through miscarriage, still birth, SIDS or neonatal death.
Monthly Meetings: 2nd Thurs. of each month, St. Vincent Chapel, 835 S Van Buren St, Green Bay at 7:00 pm. Call/email Lana Reinke, lanareinke@hshs.org or Theresa Shuck theresa.shuck@hshs.org

UNITY HOSPICE BEREAVEMENT

(920) 338-1111 • 2366 Oak Ridge Cr., De Pere

Navigating the Waters of Grief:

Registration required.

Grief Connection: 3rd Thursday of every month 1:30-3:00 & 6:00-7:30 pm De Pere

Generations: Hope for Grieving Families Designed to help the whole family, adults, children and teens. Dinner is served each evening at no charge. Meetings 2nd Thursday of every month 5:30-7:30 pm in Green Bay

Men's Dinner: 1st Thurs. of every month from 6:00-8:00 pm at a local restaurant for conversation

& support. Lunch purchased off menu.

Understanding Grief: Meeting monthly on Wednesdays.

Wausaukee Area:

1st Wednesday of every month 10:00-11:30

Marinette Area:

1st Wednesday of every month 12:30-2:00

Sturgeon Bay Area:

2nd Wednesday of every month 12:00-1:30

Kewaunee Area:

2nd Wednesday of every month 3:00-4:30

Gillett Area:

4th Wednesday of every month 12:00-1:30

Shawano Area:

4th Wednesday of every month 3:00-4:30

Women's Luncheon: 3rd Wednesday of every month from 12:00-1:30 pm, at a local restaurant for conversation & support. Lunch purchased off menu.



Walk Your Grief Journey with Support

— Curtis Benjamin, *From Mourning to Hope* Director at Central Church

Grief support groups can be a healing resource for those who have experienced the death of someone close, but choosing a grief support group can be a very complicated decision for someone who is grieving. The following are some suggestions on how to navigate the process of selecting a group that will best fit your needs.

People often look for a support group with others who have suffered a similar loss, but it's best to look for a support group that includes those who have experienced a variety of losses. When someone has the same type of relationship as you to their deceased loved one, it's likely they have similar questions as you. This sounds ideal, but they can't help you find the answers to your questions nor can you provide solutions to assist them. A diverse group allows you to look at your questions from a different perspective and, the discussion will assist you in finding the solution to your questions.

These programs typically gather as a large group and then

break into smaller groups of 8-12 people for discussion. Smaller groups permit more sharing, a sense of security and allow the groups to become more intimate in connecting with one another. You may even connect with someone in the group and go out for coffee or lunch. These new friends in your support group will most likely become part of your personal support system.

Remember, there may be days you simply cannot force yourself to do anything and that you are the one in charge of your own healing. Optimally, you will commit to attending three continual weeks to begin your grief work. The first week will be the hardest but continue for the next two before making a decision if the group is right for you. Participating in more than one group at the same time will overwhelm you emotionally. You can complement your healing by attending occasional seminars or utilizing private counseling. Grief is hard work so treat yourself gently.

Local Activities

June

Thursday, June 1- June 4

PAC Appleton • *Beautiful*
Call for times • (920) 730-3760

Wednesday, June 7

PAC Appleton • *Spend the Night with Alice Cooper*
8:00 pm • (920) 730-3760

Thursday, June 8

St. Patrick, 211 N. Maple St, Green Bay
TIMEEEEE – Electronic Recycling
3:00 – 7:00 pm • (920) 496-2160

Thursday, June 8 - June 22

SNC Hall of Fine Arts – Webb Theater
Cats • Call for times (920) 403-3950

Daddy D Productions: 50's Rock and Roll

Riverside Ballroom, 1560 Main St, Green Bay

June 8 (Evening Show)

5 pm Open • 6 pm Dinner • 7 pm Show

June 9 (Evening Show)

5 pm Open • 6 pm Dinner • 7 pm Show

June 15 (Evening Show)

5 pm Open • 6 pm Dinner • 7 pm Show

June 16 (Evening Show)

5 pm Open • 6 pm Dinner • 7 pm Show
Dinner & Show: \$44/person
Show Only: \$30/person • (920) 544-4244

Friday, June 9 - June 24

Meyer Theatre, 117 Washington St, Green Bay
Let Me Be Frank Productions:
My Twin Bridge Summer at 8:00 pm • (920) 433-3333

Tuesday, June 13th

Heritage Hill, Green Bay at 6:00 pm
*Asera Care 6th Annual Dove Release and
Community Memorial Service* • No charge.
Please RSVP to add loved one's name to memorial
program. Mandy Sarazen, (920) 497-4672

Saturday June 24

Peace United Methodist Church
919 Schwartz St, Green Bay
Movie and Ice Cream Social at 12:00 - 3:00 pm
(920) 468-5414

August

Sunday, August 13

Annunciation Rummage, 401 Gray St, Green Bay
Rummage Sale at 11:00 am - 3:00 pm
(920) 496-2160

Saturday, August 26

Peace United Methodist Church
919 Schwartz St, Green Bay
Movie and End of Summer Pizza Palooza
12:00 - 3:00 pm • (920) 468-5414

Wednesday, August 30 - September 10

PAC Appleton • *Wicked*
Call for times • (920) 730-3760

July

Thursday, July 6

Meyer Theatre, 117 Washington St, Green Bay
#IMOMSOHARD at 8:00 pm • (920) 433-3333

Tuesdays, July 11 – August 8

St. Norbert Campus
Knights on the Fox Picnic at 5:00
Concert at 6:30-8:00 • (920) 337-3181

Wednesday, July 12

PAC Appleton • *Diana Ross*
8:00 pm • (920) 730-3760

Saturday, July 15

Peace United Methodist Church
919 Schwartz St, Green Bay
Movie and Family Game Day at 12:00 - 3:00 pm
(920) 468-5414

Friday, July 14 - Saturday August 12

Meyer Theatre, 117 Washington St, Green Bay
Let Me Be Frank Productions:
Getting Pickled in Oconto "Bond Style" at 8:00 pm
(920) 433-3333

Sunday, July 16

Meyer Theatre, 117 Washington St, Green Bay
Tig Notaro at 7:00pm • (920) 433-3333

Wednesday, July 19 - July 22

SNC Hall of Fine Arts- Walter Theater
The Showcase of Stars
Call for times (920) 403-3950

Church Picnics

June 3, 2017

St. Francis Xavier,
De Pere • *Pasta Dinner*
5:00 - 7:00 pm
(920) 336-1813

June 4, 2017

St. Francis Xavier,
De Pere • *Polka Mass*
11:00 am - 4:00 pm
(920) 336-1813

June 4, 2017

St. Matthew
11:30 am - 3:30 pm
(920) 435-6811

June 4, 2017

St. Bernard • *Dinner*
11:00 am - 1:30 pm
Purchase tickets in advance
(920) 468-4811

June 11, 2017

St. Mary of the Angels
10:00 am - 5:00 pm
(920) 437-1979

June 11, 2017

All Saints, Denmark
After 10:15 am
Mass - 5:00 pm
(920) 863-5256

June 11, 2017

St. Willebrord
10:45 am - 4:45 pm
(920) 435-2016

July 9, 2017

St. Katherine Drexel,
Kaukauna • St. Mary's site
10:30 am - 6:00 pm
(920) 766-1445

July 22, 2017

St. Nicholas, Freedom
Jana Kramer Concert
5:00 pm - midnight
(920) 788-1492

July 23, 2017

St. Nicholas, Freedom
Polka Mass & Picnic
10:30 am - 3:00 pm
(920) 788-1492

July 30, 2017

St. Louis, Dyckesville
Polka Mass & Parade
10:00 am - 5:00 pm
(920) 866-2410

August 5, 2017

St. Agnes
5:00 - 10:00 pm
(920) 494-2534

August 6, 2017

St. Agnes
11:00 am - 6:00 pm
(920) 494-2534

August 6, 2017

St. Maximilian Kolbe,
Sobieski
After 9:45 am Mass
(920) 822-5255

August 13, 2017

Prince of Peace
After 10:00 am Mass
(920) 468-5718

August 13, 2017

St. Benedict, Suamico
After 10:30 am Mass
(920) 434-2024

August 13, 2017

Annunciation, Green Bay
11:00 am - 3:00 pm
(920) 496-2160

August 20, 2017

Ss. Peter and Paul
10:00 am - 4:00 pm
(920) 435-7548

August 20, 2017

Ss. Edward and Isidore,
Flintville
10:00 am - 5:00 pm
(920) 865-7844

August 26, 2017

De Pere Community Center
Senior Picnic • 12:00 pm
(920) 339-4062

September 3, 2017

St. Clare, Greenleaf-
Askeaton-Wrightstown
10:00 am - 5:00 pm
(920) 864-2550

September 3, 2017

St. Francis and St. Mary
Brussels Annual Kermis
10:00 am - 4:30 pm
(920) 825-7555

October 1, 2017

St. Joseph, Green Bay
Fall Fest
11:30 am - 4:30 pm
(920) 496-2160

October 29, 2017

Holy Cross, Kaukauna
Oktobefest
After 9:15 am - 5:00 pm
(920) 766-3773

Book Review: The Most Special Bear

– By Bonita Mason & Illustrated By Sandy Hendricks



Both Bonita and Sandy were born and raised in Wisconsin and collaborated to bring *The Most Special Bear* to families in need. Bonita was inspired to write the story, T-Bear, by the selfless dedication of Sandy, “The Bear Lady”, who had been looking for a way to help young relatives of hospice patients understand and cope with the death of a loved one. Sandy began the Grace Hospice bear program after her retirement and has personally made over a thousand bears for hospice patients.

James L. Jelinek, Bishop of The Episcopal Diocese of Minnesota writes: “T-Bear is a gift for children, especially those who have lost or are knowingly losing someone they love very much. We live in an era when more and more parents know that it is important to be honest about all of life, the pains and sorrows as well as the pleasures

and joys. We are learning to be truthful and open about death and dying as a part of life, something that is natural and not to be feared. Many of us have experienced great beauty and meaning and joy in walking with a loved one in the final stages of his or her life, and we want to help our own children to be open to such experiences as well. That is the gift that this lovely book helps us give our children.” *You can find a copy of this book in the Proko-Wall library.*

County Fairs

JULY 19-23

Dane County Fair, Madison
(608) 224-0500

JULY 20-23

Kewaunee County Fair, Luxemburg
(920) 845-2941

JULY 25-30

Outagamie County Fair, Seymour
(920) 833-2941

AUGUST 1-6

Wisconsin Valley Fair, Wausau
(715) 261-1539

AUGUST 2-6

Door County Fair, Sturgeon Bay
(920) 746-7126

AUGUST 10-13

Vilas County Fair, Eagle River
(715) 479-2057

AUGUST 16-20

Brown County Fair, De Pere
(920) 336-7292

AUGUST 3-13

Milwaukee County Fair, Milwaukee
(414) 266-7000

AUGUST 17-20

Oconto County Fair, Gillett
(920) 373-3799

AUGUST 31-SEP 4

Sheboygan County Fair, Plymouth
(920) 893-5751

AUGUST 31-SEP 4

Shawano County Fair, Shawano
(715) 526-7069

SEPTEMBER 1-4

Calumet County Fair, Chilton
(920) 517-3440



DEAR ERIC,

“It’s the little things that count! You did a wonderful job with all the big things, too. We were very impressed with your patience (with us when we were deciding on things) and your expertise on everything imaginable. Thank everyone in the ‘back ground’ of Proko-Wall - they all do a very professional job! Thank You.”



Continued from page 1

around you, and wonder if you will ever know spring again and find joy and hope. Mary Fahy wrote the book “The Tree that Survived the Winter” – an adult fable for survivors who have come through a difficult time in life and after struggle and pain find joy, peace, hope and new meaning in their lives. I quote from this book the lesson the tree found within itself – that it not only survived the winter, but grew.

You have survived the winter because you are, and were, and always will be very much loved’ said the sun. ‘For that small place deep within you that remained unfrozen and open to mystery, that is where I have made my dwelling. And long, long before you felt my warmth surrounding you, you were being freed and formed from within, in ways so deep and profound that you could not possibly know what was happening. (p.34)

Because you have loved deeply and been loved deeply, accepting the reality that someone you love has died is painful, your life might seem like a long hard cold winter, and so you grieve. Remember grief is hard work and it is draining. By giving yourself permission to grieve, you will know the warmth of the sun around you. You will know healing and have new hope to go on living.



*****AUTO**SCH 5-DIGIT 54301

Ms. Barbara Kuehn Schumacher
2516 Martha Ave
Green Bay, WI 54301-1922



Recipe: Bacon, Egg and Cheese Cups — Bonnie Sabo

The literal meaning of the word “breakfast,” is to break the fast between dinner and the meal eaten after a person wakes up the next morning. Everyone should start their day off right by eating as many vitamins and nutrients as possible. The great thing about breakfast is there are many common breakfast foods that are considered super-foods because of their nutritional value such as eggs, whole grains, and fruit.

- 6 large eggs
- 1 cup diced mushrooms
- ¼ cup milk
- ⅔ cup shredded cheese of choice
- ½ cup diced onion
- Sea salt and pepper to taste
- 6 slices turkey bacon
- 1 cup fresh spinach



1. Preheat oven to 350°.
2. Heat skillet over medium-high. Cook bacon in the skillet until crispy. Once cooked, place on paper towel lined plate to drain excess fat.
3. Add veggies to pan and sauté for a few minutes until cooked through. Season with salt.
4. Whisk the eggs together in a large bowl and add the milk.
5. Spray a muffin pan with cooking spray.
6. Place the bacon crumbles at the bottom of each muffin tin. Next add the veggies. Then, pour the whisked eggs evenly into the muffin tins, ¾ of the way to the top. Finally, top with cheese and a sprinkle of salt and pepper.
7. Bake in the oven for approximately 15-20 minutes until cooked through.
8. Use knife to loosen egg cups from tin. Remove from muffin tin, serve warm.
9. Freeze in packs of two for easy breakfast on busy days.



“There is no remedy for love but to love more” – Henry David Thoreau

The Cure for Sorrow by Jan Richardson

Let us agree for now that we will not say the breaking makes us stronger or that it is better to have this pain than to have done without this love.

Let us promise we will not tell ourselves time will heal the wound, when every day our waking opens it anew.

Perhaps for now it can be enough to simply marvel at the mystery of how a heart so broken can go on beating, as if it were made for precisely this—as if it knows the only cure for love is more of it, as if it sees the heart’s sole remedy for breaking is to love still, as if it trusts that its own persistent pulse is the rhythm of a blessing we cannot begin to fathom but will save us nonetheless.