



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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**PROKO-WALL Funeral Home  
& Crematory**

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Green Bay, WI 54302

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Home and Crematory



## True Friends 'Errand-Hang' With You

— By Peggy George

This is a new term for me – I wonder how many of you have heard about it. Errand Hang is a relatively new term getting some traction on the Internet which is apparently common in other countries. Simply put – the Errand Hang is meeting up with someone to run errands with you. You know how someone may call to have lunch or coffee with you and you say, “I have a couple of errands to run and then I can meet with you.” Well... what if you run the errands together? For grieving people, the function partly eliminates the need for lengthy catch-ups or awkward conversations and partly helps to get routine errands done when you have no motivation to do them.

Litsa Williams, MA, LCSW-C at What's Your Grief says this about “Grief and the Errand Hang.”

We've long touted the benefits of finding grief-friends. We've also explained that it is important to remember that not all friends are right for all of your needs. In grief, identifying and seeking support from your errand hang friends can be SO HELPFUL. Why?

1. While you're grieving, your motivation is often zapped. Errands feel like a greater chore than ever. A friend for company and motivation can be more helpful than ever!
2. There are often new errands you have to run, and many of them are heavier than usual. Maybe it is dealing with probate issues and closing bank accounts. Perhaps it is just running the errands that your partner took care of for you before they died. Whatever the reason, a little moral support from a friend can be critical.

An errand hang friend can be a mental health lifeline, though from the outside it just looks like they're waiting in line with you to return the nine pairs of shoes you bought and never wore right after your mom died. Internally they are actually the only reason that you left your house and did a single thing you felt good about today.

The list of errands you can run with your friend is endless. Go to two different grocery stores to pick up ingredients for an elaborate dessert for someone's birthday you aren't even attending. Wait in the lobby during a routine dental visit – decide to stop at the candy store right after! Stop at the



*Continued on page 7*





## BIRTHDAY CAKE WINNERS

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

Happy Birthday George and Lois!

**June 1:** George Boronow

**Jul 29:** Lois Schmitz

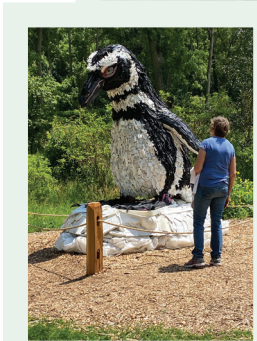
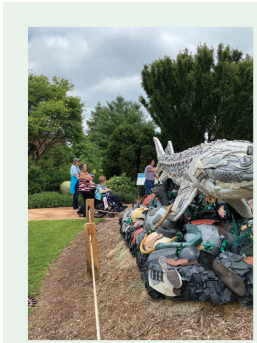


George Boronow



Lois Schmitz

## Summer Bus Trip “Without the Bus,” June 23<sup>rd</sup> & 24<sup>th</sup>



The “Spring Bus Trip ‘Without’ the Bus” was held June 23 and June 24th at Green Bay Botanical Gardens. Around 80 guests enjoyed a boxed lunch from Biebel’s, Music provided by Scott Batterham and Brian James, Gelato from Sara’s and the majesty that is the Green Bay Botanical Garden. This year, GBBG is hosting the ‘Washed Ashore’ Exhibit. If you get a chance – Check it out!!

“ **DEAR JOSH,**  
Thank you for everything you did for our family. Making sure we all had our time with Dave. You shine a light on everything you touch.  
*Sincerely, Dave’s family* ”

## Grandparents Day Celebration!

Saturday, September 18th from 9 am - noon  
ADRC parking lot- 300 S. Adams St, Green Bay

### Reserve Your Spot Today!

Reserve your spot and join us at the Farmer’s Market ADRC table! Grandparents can pick up a tote bag containing valuable information and a local resource packet. Grandchildren will receive their own drawstring bag filled with goodies! Stop by anytime between 9-noon to pick up your gift bags!

### Space is Limited!

Reservations required.  
Call ADRC to register (920) 448-4300

### Chance to Win a Gift Basket!

By attending this event, you will also be entered to win a gift basket, containing a variety of donated items. Don’t forget to fill out the entry slip when you pick up your resource packet and goodie bag!

Event sponsored by:



Resource packets will contain information from community agencies/providers to help support grandparents raising grandchildren

ADRC cannot endorse or recommend any organization, product, or service.



## **Recognition Ceremony**

**To Honor Active & Retired  
Veterans, Police, and First Responders**

★  
**Saturday, September 11<sup>th</sup>  
11:00 am – 2:00 pm**



★  
**Prince of Peace  
3425 Willow Road, Green Bay**

★  
**FREE COMMUNITY EVENT**

**Jerry Voelker Polka Band  
Great Food / Presentation**

**Registration opens online at  
[www.Prokowall.com](http://www.Prokowall.com) starting July 1st**



Thank You to Biebel's Catering – Food Partner

*All plans are pending due to COVID-19 restrictions*



# Support Groups

## A TO SIZE

(920) 562-6742 • 4593 Choctaw Ct., Green Bay.  
Senior Lifestyle Consulting & Case Management.  
Contact Tammy Sze, atosze@yahoo.com

## ADRC

(920) 497-4672 • 300 Adams St., Green Bay.  
**Healing Through Grief—Life After Caregiving**  
Third Wednesday of each month. 4:00-5:30 pm.  
Free and open to the public. Contact Beverly Bartlett at (920) 448-4300

## ASERACARE Hospice Support Group

(920) 339-9065. Meets at ADRC, 330 Adams St., Green Bay. **Group meetings on hold until restrictions are lifted.** 2nd Wednesday 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

(920) 727-2000 or 1 (866) 236-8500 • Appleton 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 pm in Neenah. For men only.

## ALZHEIMER/DEMENCIA SUPPORT GROUP

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

## AURORA AT HOME

(920) 838-1886. Aurora BayCare Hospital, 2845 Greenbriar Rd., Green Bay. Call Lisa Falk to register. Every other Wednesday, 12:30-2:00 pm

## CAMP LLOYD

920-465-2703 or 920-465-2775 • 2420 Nicolet Dr., Green A week-long day camp from 8:30 am - 4:30 pm for grieving children, ages 7-16. Registration is open in January for the following summer camp Contact Illene Cupit cupiti@uwgb.edu or register online at [www.uwgb.edu/camp-loyd/camperregistration](http://www.uwgb.edu/camp-loyd/camperregistration)

## THE CARE COMMUNITY

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

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

(414) 337-4571. 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 [www.charwisconsin.org](http://www.charwisconsin.org) for a complete listing of grief support and bereavement resources.

## CIRCLE OF FAITH GRIEF SUPPORT

(920) 660-8066 • 18228 County R, Denmark. Grief support meeting at St. James Parish, Cooperstown. 12:00-2:00 pm. Contact Tom Bekkers

## THE COMPASSIONATE FRIENDS

(920) 370-3858. [www.compassionatefriendsgb.org](http://www.compassionatefriendsgb.org)  
For bereaved parents, grandparents or adult siblings grieving the loss of a child (of any age), grandchild, or sibling. Green Bay: Meetings 3rd Tuesday of the month at 6:00 pm. First United Methodist Church, 501 Howe St. [info@compassionatefriendsgb.org](mailto:info@compassionatefriendsgb.org)

## COMPASSUS HOSPICE

(920) 321-2004 • 2960 Allied St., Green Bay. In-person Grief Support Groups. Contact Kacie Doxtator, [Kacie.doxtator@compassus.com](mailto:Kacie.doxtator@compassus.com)

## DE PERE COMMUNITY CENTER

(920) 339-4072 ext. 2230 • 600 Grant St., De Pere. Contact Cindy Lee, [clee@deperewi.gov](mailto:clee@deperewi.gov)

## FROM MOURNING TO HOPE

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

## HAYLOS (Hope After Your Loved One's

**Suicide):** Faith-based peer led support group providing hope, emotional support and assistance to survivors of suicide. Meets 2nd and 4th Thursday of each month at 6:30 pm. This group meets in person. [HAYLOS.org](http://HAYLOS.org)

**Hope Beyond Today** is a 7-week class designed to help you move forward with life using DVD and discussion format. Class begins Wednesday, Sept. 29, 6:30 pm. This group meets in person.

**Healing Notes of Hope** workshop. Saturday, September 25, 10 am - 1 pm Lunch will be included. This workshop features the modality of music as one of the numerous tools for healing your grief along with other helpful hints. Reservations [griefinfo@gmail.com](mailto:griefinfo@gmail.com) or (920) 664-2685.

**Hope for the Holidays:** Sat., Nov. 6, Noon - 3 pm. This workshop uses DVD and discussion. There are numerous ideas which will be helpful for the holiday season and lunch will be provided. Reservations [griefinfo@gmail.com](mailto:griefinfo@gmail.com) or (920) 664-2685.

## GRIEF SHARE

### Beautiful Savior Lutheran Church

(920) 499-7405 • 2160 Packerland Dr., Green Bay. Thursdays, 6:00 pm

### Green Bay Community Church

(920) 434-9225 • 600 Cardinal Ln., Green Bay. Mondays, 6:30 pm. Facilitator: Kim Sechler, Pastoral Care Pastor

### New Hope United Methodist Church

(920) 360-7396 • 1950 Dickinson Rd., De Pere. Mondays, 6:00 pm

### Pilgrim Lutheran Church • (920) 965-2233.

1731 St. Agnes Dr., Green Bay. Mondays, 6:30 pm

### St. John Evangelical Lutheran Church

(920) 973-0828 • 14311 Maribel Rd., Maribel. Wednesdays, 6:00 pm-8:00 pm

## Spring Lake Church • (920) 241-1227.

302 N. Adams St. #110, Green Bay. Mondays, 1:30 - 3:30 pm.

## GRIEVING WITH GREAT HOPE

(920) 217-8164. Five-week session. St. Thomas the Apostle, 5930 Humboldt Rd., Luxemburg. Call Cheryl Maricque for dates and times. Parish. [ministries@threecatholicchurches.com](mailto:ministries@threecatholicchurches.com)

## HEALING YOUR GRIEVING HEART

Contact Ann Froelich at (920) 435-6811 or [annfroelich@gmail.com](mailto:annfroelich@gmail.com) or Sheila De Luca at (920) 217-6259 or [sheiladeluca63@gmail.com](mailto:sheiladeluca63@gmail.com) to register. A five-week program for those who have lost someone through Death. Thursdays, Sept. 2, 9, 16, 23, and Oct. 7. Thursdays, Nov., 9, 16, 23, 30, and Dec. 7. 6:30-8:00 pm at Resurrection Parish, 333 Hilltop Dr., Green Bay (Please park in lot off of Delahaut.)

## HEARTLAND HOSPICE SUPPORT GROUP

(920) 241-4593 • 1145 W. Main Ave., De Pere. Heartland Hospice offers a variety of support group activities throughout the year. Call or email Melissa Shea, [Melissa.Shea@hcr-manorcare.com](mailto:Melissa.Shea@hcr-manorcare.com) for more information on dates, locations and to register for current support group programming.

## HELPGUIDE.ORG

Website offering tools and advice for stress relief. Click on the to <Mental Health> then <Grief & Loss> link.

## LIFE LOSSES GRIEF SUPPORT

(920) 865-7844 • SS Edward & Isidore Parish, 3667 Flintville Dr., Suamico. Contact: Carol Mueller, Parish Nurse, [cmueller@stedwardisidorie.org](mailto:cmueller@stedwardisidorie.org) or Lori Flanagan, Pastoral Associate, [lflanagan@stedwardisidorie.org](mailto:lflanagan@stedwardisidorie.org)

## MISCARRIAGE AND INFANT LOSS MEMORIAL

(920) 336-7768 • Resurrection Green Bay, 333 Hilltop, Green Bay.

## NEW HOPE GRIEF GROUP

(920) 496-2160 • Quad Parish Office, 1087 Kellogg St., Room 105. Grief Support groups suspended until restrictions due to the pandemic are lifted. Call Sr. Pat Clement to register; [pclement@quad-parish.org](mailto:pclement@quad-parish.org)

## ST. BERNARD GRIEF SUPPORT GROUP

(920) 496-4811 • 2040 Hillside Ln., Green Bay

## SERENITY BEREAVEMENT SUPPORT GROUP

(920) 434-2145 ext. 209 • St. John the Baptist Church, 2597 Glendale Ave., Green Bay. October 7 - November 4, 1:30-3:00 pm or 6:30-8:00 pm; Blesfest, Sept 12, 10:00 am - 4 pm; Holy Hour Rosary, ongoing Monday - Friday 7-8 am. Contact: Ruth Holloway, [rholloway@sjbh.org](mailto:rholloway@sjbh.org)

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

(920) 339-8952 • Bellin Administrative Bldg., 2020 S. Webster Ave., Green Bay. For family and friends to cope with suicide loss. Meeting third Monday of each month 6:30 pm virtually.

## Support Groups

### SHARE of NORTHEAST WISCONSIN

(920) 433-8634 • St. Vincent, 835 S. Van Buren St., Green Bay. For parents who have lost a baby through miscarriage, still birth, SIDS or neo-natal death. Currently, meetings are offered virtually at NationalShare.org every third Thursday at 7 pm Central Time. A support group meeting for those grieving any loss is held every Tuesday at 7 pm. Contact Keegan McKeown, keegan.mckeown@hshs.org

### UNITY HOSPICE BEREAVEMENT

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

**Unity Hospice Grief Support:** Registration required for all groups. **Registration required for all groups. Registration required. Groups on hold while COVID-19 restrictions are in place. Please call with interest or to inquire about current grief support options.**

**Navigating the Waters of Grief:** A 6-week support group meeting on Tuesdays in De Pere open to any adult member of the community who has experienced the death of a loved one. Multiple offerings throughout the year in the afternoon and evening.

**Grief Connection:** Meets the third Thursday of every month from 1:30-3:00 pm or 6:00-7:30 pm in De Pere. This group provides discussion opportunities on grief related topics relevant to those attending.

**Understanding Grief:** Meeting monthly on Wednesdays.

*Marinette Area:*

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

*Sturgeon Bay Area:*

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

*Sister Bay Area:*

3rd Wednesday of every month 1:00-2:30 pm

*Gillett Area:*

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

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

**Healing Thru the Arts:** A hands-on creative grief workshop for adults offered the 4th Thursday of the month from 2:00-3:30 pm or 6:00-7:30 pm. Craft supplies provided. The workshop is led by a grief counselor who will provide support and guidance throughout the session.

### Virtual Generations – Hope for Grieving

**Families:** Virtual Generations is designed to provide grieving families with children and teens ages 4-18 a safe place to explore and share their grief experience and is held on the 2nd and 4th Thursday of the month from 5:45-7:30 pm. The group is hosted on Zoom—a free, safe, and user-friendly platform allowing members to connect virtually “face to face.” Parents and guardians meet from 5:45-6:30 pm and share their grief experience. Children and teens meet from 6:45-7:30 pm for activities tailored to their age specific group. Registration is required. To register, call 800-990-9249. We will be happy to set up an information session with you to share more about the group and the technology. Event Contact Name: Theresa. Event Contact Email: bereavement@unityhospice.org

## Fact-Checking your Estate Planning Knowledge

There are various misconceptions about some of the tools used in estate planning. While this list is not exhaustive, it is intended to clear up some of those fallacies and prompt you to evaluate your current estate planning devices. Some of the most common misconceptions about estate planning include:

**Using a will allows you to avoid probate.** A will is actually a tool for the probate system and acts as instructions for the court.

**A will is private and so are your assets.** Probate court is a public legal proceeding and everything in your estate that passes through it will become public record. The probate court is also required to notify all known creditors and allow them the opportunity to file claims against the estate.

**A Power of Attorney document is durable after death.** The authority a Power of Attorney possessed, whether it be for finances or health care, are lost upon the death of the person they represented. All remaining decision making is left to the designated personal representative named in either a will or a trustee named under a trust.

**You lose control of assets held in a trust.** You can maintain control over assets in a Revocable or Living Trust during your lifetime by naming yourself as the Trustee. Only upon your death or incapacity will your successor trustee assume control of the assets. (Note that they must do so in accordance with the provisions of the trust.)

Working with an experienced estate planning Attorney will allow you to use these tools effectively, and can help you to avoid costly mistakes. Contact us today at GageMichaels Law Firm to learn more or to schedule a consultation.

Disclaimer: This article is made available for educational purposes only. It should not be relied upon for legal or tax advice and is not a substitute for legal research or a consultation with a qualified attorney.

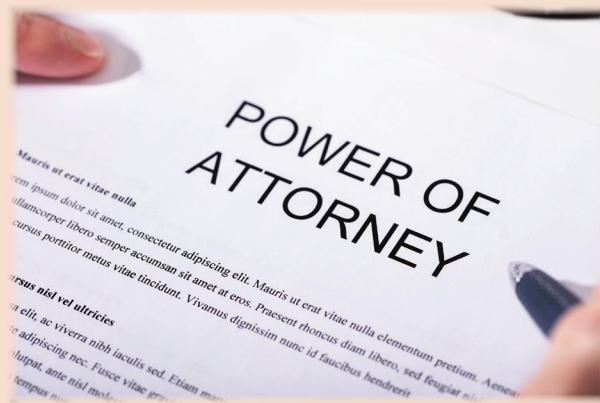
*Andrea Gage-Michaels is a lawyer who has more than 20 years of experience in representing the best interests of others and helping them make informed decisions. “I consider my work with elders to be one of the most rewarding experiences of my career.” You can reach Andrea at:*

340 N. Broadway, Suite 440

Green Bay, WI 54303

920-888-GAGE (4243)

Andrea@GageMichaelsLaw.com



“ Once again Proko-Wall staff (actually I mean friends) – for once again going way above and beyond our expectations – we cannot put into enough words to thank you from the bottom of the Allen Family’s heart. The compassion not only the time our husband, father, gpa’s unexpected passing that was painful and heartbreaking. Then add the COVID-19 restrictions and the limited options and wanting to do the best for everyone we love, to not put them in a very difficult position in what to do. ”

It is so special during the immediate year especially when we are still at different places in our grief process, that they provide celebrations of our loved ones and meeting so many people that we can understand them. The events are so special.

–Kim Allen





# Local Activities



## Orchards

### Apple Store, Green Bay

1502 W. Mason St. 920-499-6671.  
steve@woodorchard.com; Open Monday -  
Friday 8 am - 5 pm; Saturday 9 am - 4 pm

### Apple Valley Orchard, De Pere

1670 Mar-El Rd. 920-336-0667. Call for hours

### Blaser's Acres, Green Bay

2556 School Ln. 920-655-0483.  
Open daily 9 am - 6 pm

### Cherry Lane Orchards, Sturgeon Bay

7525 Cherry Ln. 920-856-6854.  
Call for hours

### Krowas Orchards, Bailey's Harbor

7591 Logerquist Rd. 920-839-9022.  
Call for hours

### Lautenbach's Orchard Country Winery & Market, Fish Creek

9197 WI-42. 920-868-3479. Open Sunday -  
Monday 9 am - 5 pm; Friday & Saturday  
9 am - 6 pm

### Moder's Gardens, Green Bay

3439 Lineville Rd. 920-434-0730.  
Open daily 7 am - 6 pm

### Oneida Apple Orchard, Oneida

3976 W. Mason St. 920-869-2468.  
Open Tuesday - Friday 10 am - 6 pm;  
Saturday 9 am - 1 pm

### Sequist Orchard, Sister Bay

11482 WI-42. 920-854-4199. Open Monday -  
Saturday 9 am - 5 pm; closed Sunday

### Sunny Hill Farm, Suamico

1922 Oak Rd. 920-434-9009. Open every day  
except Saturdays, 7 am - 7 pm in the summer

### Wood Orchard, Egg Harbor

8112 WI-42. 920-868-2334. Open daily  
9 am - 5 pm



## Other Events

### Thursday Night Market @ Titledtown

Thursday nights, July 22 - Sept. 22, 4:30 pm -  
8:30 pm. Titledtown District, Lombardi Avenue,  
Green Bay. Over 70 vendors each week; blends  
Wisconsin culture and fun with food, drinks, and  
shopping.

### Fish Fry

Sept. 10; Oct. 8; Nov. 2, 5:00-6:30 pm.  
Our Saviour Lutheran Church, 120 S. Henry  
St. 920-468-4065. Details: Dine in or call for  
carryout by 4:15pm at (920) 468-4065

### BE THE LIGHT WALK 2021

Sat., Sept. 11, 6 - 9:30 pm. KI Center,  
333 Main Street, Downtown Green  
Bay. For more information, go to  
BETHELIGHTWALK.COM



### 2021 Walk to End Alzheimer's

Sat., Sept. 25. Event opens at 8:30 am. Ceremony  
is at 9:45 am. Walk begins at 10 am. Johnsonville  
Tailgate Village at Lambeau Field,  
1265 Lombardi Avenue, Green Bay.  
Contact Cari Josephson at 920-609-1342 or  
cjosephson@alz.org



### Brown County Showcase of Homes Fall 2021

(920) 494-9020. Sept. 18 & 19, Sept. 23-26



### 7 Habits of Highly Effective People (6-week class)

Oct. 6, 6-7:30 pm. Led by Pastor David Hatch.  
Call (920) 468-4065 to register

### Hot Cider Hustle Half Marathon & 5K Run/ Walk

Oct. 17, Downtown Green Bay. For more  
information, go to wisconsinruns.com/  
greenbayhotciderhustle

### National Railroad Museum Festival of Trees

Nov. 17, 2021 - Jan. 7, 2022, Green Bay



## Toys for Tots



What better way to start the Holiday Season  
than by sharing the Christmas Spirit with a  
family in need? Proko-Wall Funeral Home is  
again happy to be a drop off site for Toys for Tots.  
This year's campaign dates are Nov. 11 - Dec. 15.  
Please drop off unwrapped toys at Proko-Wall  
Funeral Home, 1630 E. Mason St, Green Bay,  
from 9:00 am - 4:00 pm weekdays or 9:00 am to  
noon Saturdays. Here are some suggestions on  
toys to give:

- Sporting equipment like bags and balls
- Books
- Backpacks
- Board games
- Radio-control cars/trucks
- Hand-held electronics
- Skateboards/helmets

Do not give toys that look like realistic  
weapons or food items. Let's support our United  
States Marine Corps in collecting toys for area  
children in need.

The Local Impact for Green Bay, WI, during  
2020: 27,708 toys to 8,720 families.

## Coats for Kids



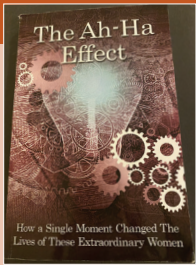
Cleaning out closets? Trying to find something  
to do while staying at home? Save those coats for  
the 2021 Coats for Kids campaign. Proko-Wall  
Funeral Home will once again be a drop off site  
for new and gently used clean coats. Remember  
some kids in middle school could wear an adult  
size coat. Let's work together, with the Salvation  
Army to keep our community's kids warm this  
winter.

In 2020, The Salvation Army of Greater  
Green Bay Distributed 2,063 Coats to Children  
in Need. We expect to serve about 3,000 children  
this year. Due to COVID-19, we are hoping to  
receive more new coats than gently used coats.  
We would prefer if the gently used coats could  
be donated in separate plastic bags so they would  
not be touching what might be a new coat.

Please consider donating to keep a kid warm  
this winter by dropping off new or gently used  
coats Sept. 27 - Oct. 28 at Proko-Wall Funeral  
Home located at 1630 E. Mason St. from  
9:00 am - 4:00 pm weekdays or 9:00 to noon  
Saturdays.

# Book Review: The Aha-Effect: How a Single Moment Changed the Lives of These Extraordinary Women

– By Amie Malchow



“The Aha-Effect: How a Single Moment Changed the Lives of These Extraordinary Women”, is an inspirational book, including eighteen beautiful stories and courageous women. Amie Malchow is one of the co-authors, and currently a Green Bay resident who found a great deal of support from Proko-Wall, after tragically losing her mother to Pancreatic cancer. Her story “Led by Faith, Raised by My Mother”, is Inspirational, particularly for those who have lost a loved one and struggle to move forward in a positive direction. Amie’s walk by faith was not always the easiest at times, but it was certainly the most fulfilling, and she hopes to bring peace of mind and hope to others through experience and breakthrough. Although her story holds pain from both heartbreak and loss, she shares a familiar feeling that many are able to relate to, and she would like to share a few words of wisdom with her readers:

“I want every woman to believe in herself and never give up hope, to hang onto her faith - regardless of the severity of the storm, and to remember that she is worth every goal and dream that her heart holds. As women, we are unique and beautiful individuals of all races, yet we all share something in common; a divine purpose. Whether you have discovered yours, or you feel you are facing a road block, remember that your faith will guide you where you are meant to be. So be true to yourself, be proud of your journey, and cherish the woman you have become today.”

Regardless the struggle you are facing, “The Aha-Effect” is the perfect “go to” book for discovering your purpose, enabling your strength, and finding comfort and acceptance throughout your experiences.

*Continued from page 1 — True Friends ‘Errand-Hang’ With You*

post office to drop off a package or pick up stamps – who doesn’t need stamps? Sure you can order them online but let’s do it the old fashioned way. Return that dress you bought two months ago (the one you will never wear) at the mall. While there, eat at that trendy restaurant everyone’s talking about.

You may have different friends for different errands. My sister has a friend who loves to thrift shop. She uses the stuff she finds and repurposes it – that’s so much more fun with a friend than alone. What if you have minor repairs – Let’s go to the hardware store to get a new stopper for the sink. How many times do you go to the hardware store or one of those big box stores and come home with more than you planned to buy? Go together – we all need stuff!

An ‘Errand Friend’ can also be someone who helps clean or helps with yard work. You might need supplies for some of these routine tasks. Go to the store together, get what you need, then put on some loud music and breakout the dustpan! Maybe just do one room – maybe just clean out the refrigerator. What is some of that stuff? Then, maybe, go to the grocery store and buy something decadent! A happy result of doing routine errands with a friend is it usually requires no planning. Just join up with your friend wherever they are going. Spontaneous and just for the heck of it errands, tasks, excursions are what add richness to friendships. Ann Helen Peterson from Culture Study says: “I think this sort of friendship is often gendered: women stereotypically do a lot of errands and housework; women love to just hang out and chat. But men do this too, they just do it with sports in the background. Those hangouts are somewhat more appointment based, but when there’s three football games on over the course of a day, you can kinda just agree to show up. Same with playing golf: oh, you wanna just spend like four hours walking and talking??? You know what? Men also love to hang out and talk. Intimacy is for everyone.”

Litsa Willaims concluded her article with: What if You’ve Never Been an Errand Hang Person?

That’s ok! Just because you haven’t been errand-hanging before doesn’t mean you can’t start now. In fact, grief can be a great excuse start. Remember all those people who said “let me know if there is anything you need” right after the death? Well, viola! Here’s what you need.

Make a quick list of things (inside or outside the house) that are feeling particularly daunting. This can be anything from doing laundry to getting new tires on the car to going grocery shopping to assembling that Ikea dresser that has been in a box in the corner for two months. Now, start thinking through who might be willing to come over and errand hang with you while you get the task done.

Just Ask – Seriously. Right now.

If you’re hesitant about asking, don’t think too hard! Just send them a quick text. If you think they’ll think it’s weird because there is no errand-hang precedent set, that’s okay too. Just label that from the outset. (“Hey, I’m worried this is going to sound totally out of left field, but grief is brutal and I need some out of left field support. I keep putting off getting new tires, for no clear reason other than lack of motivation. Or maybe it’s this feeling like I’m moving through cement half the time. Who knows? Regardless, any chance you could come with me for some motivation and some company (and to help me make sure I get it done!)”. Simple enough, right?

Errand Hang – really just another spin on what we all know to be true. We are each other’s angels, and we need to show up for one another.

–Source: Litsa Williams, MA, LCSW-C, *What’s Your Grief*

## Recipe: Brownie in a Mug

Recipe by: Allison, Celebrating Sweets

*Satisfy your brownie craving in minutes with this fudgy and delicious Brownie in a Mug. Grab a spoon and dig in*

<https://celebratingsweets.com/brownie-in-a-mug/>

3 Tbsp. granulated sugar  
3 Tbsp. all purpose flour  
1-½ Tbsp. unsweetened cocoa powder  
Pinch of salt

2 Tbsp. chocolate chips – plus more for topping  
1 ½ Tbsp. vegetable oil, melted coconut oil or melted butter

3 Tbsp. milk  
¼ Tsp. vanilla extract  
Ice cream, whipped cream, powdered sugar, berries for garnish

**Prep Time: 2 minute. Cook Time: 1 minute.**

1. Place sugar, flour, cocoa powder and salt in a mug. Use a small whisk or fork, and stir until combined, and free of lumps. Stir in chocolate chips. Add oil, milk and vanilla, stir with a spoon or small rubber spatula until just combined (try not to over mix it).
2. Sprinkle a few additional chocolate chips over the top and cook in the microwave for about 90 seconds (microwave times may vary). Eat immediately with ice cream, whipped cream, powdered sugar, or berries.

### Tips for making a Brownie in a Mug:

- A standard size mug is fine. I have made this in a 12oz mug and a 16oz mug.
- Don't over mix your ingredients, which can lead to a tough brownie.
- Don't overcook it. Microwaves vary, so start by cooking it 1 minute, and then an additional 15-30 seconds as necessary.
- Do *not* skip the chocolate chips. They make our brownie fudgy.
- Looking for a fun twist? Try one of these: Add a dollop of raspberry jam to the brownie batter. Stir in some chopped peanut butter cups. Add a tablespoon of chopped walnuts. Drizzle the top with caramel sauce.

### Nutrition info:

Calories: 291kcal. Carbohydrates: 39g. Protein: 2g.  
Fat: 14g. Saturated Fat: 3g. Cholesterol: 2mg.  
Sodium: 40mg. Potassium: 57mg. Fiber: 1g. Sugar: 27g.  
Vitamin A: 35IU. Calcium: 44mg. Iron: 1.2mg

