



# Tomorrow™

*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.

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Home and Crematory



## Sharing Our Grief

— Deacon Jeff Prickette, MTS

As we enter the change to the spring season, a season of hope for so many reasons especially this year, the grief many of us are experiencing changes as well. Grief is very unique to each individual, almost as unique as fingerprints are to a person. As an introduction, it might help to explain some periods of grief in my life.

In 1979, when I was in my late teens, my father died. He passed away from lung cancer only three days following his diagnosis. It was the first person I had lost who was very close to me and it hurt terribly. I was in college at the time and going back to studies following the funeral was very difficult. Focusing on my classes was a challenge and there always seemed to be this aching void in my heart, missing my Dad. I had become close friends with a priest on campus and he certainly helped just by listening. As time went on, the pain of the loss lessened but there are still times today I miss my Dad.

In 1987, my mother died of a massive heart attack just 13 days before Christmas. The stunning loss of my other parent combined with the time of year when most everyone was celebrating, only magnified the loss of my Mom more and more. Recalling the heartache of my Dad's death eight years prior and knowing as a family we were "parentless" made the next several months very difficult. The consolation for me at that time was that I was a little over a year into my marriage and my wife, Mary, grieved with me.

We have also miscarried a child at 12 weeks, so I have experienced a wide range of grief. Hopefully I can relate in some way to your present grief journey.

Having counseled many individuals in their grief experience, the first item I would suggest is to be around people. Many will feel uncomfortable listening to you talk about your loved one so be understanding of them. As you spend more time with certain individuals, their level of comfort will increase and you will be able to talk with them on occasion about what is on your mind. That is always healthy. Even close friends will struggle with this, so just be patient!

The second suggestion is to get active or if you are already active, get more active. Your physical being will react well to this activity and your spiritual self will be helped to find direction. When my mother passed away, I became an active runner and I remember how therapeutic it was, especially since I wasn't good at running nor did I really enjoy it. Just having the activity helped the pain in my heart.

Since I am a Deacon in the Catholic Church, I would be remiss if I did not mention prayer and a relationship with God in the process of grief. The earlier suggestions are helpful, but if there is ever a time you need to have God in your life, it is when you are dealing with the loss of a loved one.

When my Mom passed away, I was actually mad at God. I would be driving or be alone and sometimes scream at



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## Toys for Tots Is a Wrap!



Amy Naniot and Alex Bahrke, staff at Proko-Wall, are pictured in front of one of the Toys for Tots collection boxes filled to the brim in the front lobby of the funeral home. Our generous community donated so many unwrapped toys that our collection box was overflowing.

## Treats for Local Fire Fighters



On November 23rd, Pete Sponholtz, Proko-Wall employee and former Fire Fighter, delivered boxes of cookies for each shift at 7 local stations and the Corporate Firefighter's office with a note saying, "On this Thanksgiving Day, we want to let you know we are thankful for YOU!...and that we know what it's like to work on holidays!" Your Friends at Proko-Wall Funeral Home. The treats were made by a local business – JL Sweets [www.jlsweets.com](http://www.jlsweets.com) Julie LaPlant 920-360-0902.

## 2020 Holiday Program



The Holiday Support Program was offered both in person and virtually this year. In-person guests wore masks and were socially distanced. Families received an ornament and a box of cookies. Those attending virtually had their ornament and box of cookies delivered. Although we suffered some technical difficulties, everyone expressed how wonderful it was to gather with people – especially others also experiencing the loss of their loved one. After the program concluded we had a small virtual ceremony to light the Hope and Light Tree located in the gazebo at the front of the property. Emily Coleman, a sophomore at South West High School sang 'O Holy Night' and the event was live streamed. New technology for Proko-Wall – no different than most of the country also learning new ways to connect and comfort one another. Nancy Basten and Kevin Makovsky were the raffle winners, each winning a poinsettia.

## Homeless Shelter Delivery



Jeane Smits, Bob Walczyk and Peggy George delivered a meal prepared by Burkel's One Block Over for the Homeless Shelter on Adams Street on January 20th, 2021. During the pandemic, meals can only be delivered and are served by volunteers staffed by the shelter. Eighty guests enjoyed pulled pork, rolls, beans, Asian cole slaw, potatoes, and sheet cakes.

If your family or business would like to sponsor a meal, go to [stjohnhomelesshelter.org](http://stjohnhomelesshelter.org) or Meal Train: [mealtrain.com/trains/mn21n3](http://mealtrain.com/trains/mn21n3) for more information.

## 25 Years at Proko-Wall!



Amy celebrated 25 years working at Proko-Wall as office staff on January 15th, 2021. This is half as long as Proko-Wall has been in business!! Other than Bob Walczyk Jr. and Sr., Amy has been employed here the longest. Thank You and Congratulations Amy.

## BBBS – Fund the Gap



COVID-19 had an impact on Big Brothers Big Sisters of NE Green Bay. Proko-Wall was a proud sponsor of the effort to raise funds for services and programs for the "Bigs" and "Littles" in our community.



# Safe Disposal of Medications Saves Lives



Spring is here and so is the urge to clean out your dwelling space!! If you have been hunkered down this winter, you probably cleaned out a cupboard, the basement, the garage, your closet or under the bed! Now what do you do with all the stuff? Well Brown County Resource Recovery <https://www.browncountyrecycling.org/what-do-i-do-with> is at your disposal – literally! They have information on how to dispose of everything from aerosol cans to yard waste. This is the information they provide on what to do with prescription drugs. **April 27th** is National ‘Take Back Day’ for prescription drugs.

Due to COVID-19, some public spaces where drug disposal boxes are located are closed. Check to verify the disposal box near you is available before traveling. For more information go to [www.doseofrealitywi.com](http://www.doseofrealitywi.com)

## Prescription Drugs

The Brown County Port & Resource Recovery Department does NOT accept prescription drugs.

Waste pharmaceuticals are a far-reaching issue that affects more than just hazardous material programs.

Unused drugs present opportunities for environmental contamination, drug abuse and accidental poisonings.

Taking the easy way out and simply throwing your unused medications in the trash or flushing down the drain can lead to significant environmental problems.

Proper disposal through collection events is necessary to ensure the drugs are completely destroyed by incineration.

## Collection Sites

The Brown County Port & Resource Recovery Department does NOT accept prescription drugs.

### Brown County Sheriff's Department

2684 Development Drive – Investigative Division, (920) 448-4200  
Mon. - Fri.: 8:00 am - 4:00 pm, except holidays

### Ashwaubenon Public Safety

2155 Holmgren Way, (920) 492-2995  
Mon. - Fri.: 8:00 am - 4:30 pm

### DePere Police Department

325 S. Broadway St., (920) 339-8070 | Drop box in lobby  
Mon. - Fri.: 8:00 am - 4:30 pm

### Green Bay Police Department

307 South Adams St. | Drop box in lobby, (920) 448-3200  
Sun. - Sat. 7:00 am - 10:00 pm

### Hobart Village Hall

2990 S. Pine Tree Rd. | Drop box in business office lobby  
(920) 869-1011; Mon. - Fri. 8:00 am - 5:00 pm

### Howard Village Hall

2456 Glendale Avenue, (920) 434-4640  
Mon. - Thu.: 8:00 am - 5:00 pm, Fri.: 7:30 am - 11:30 am

### Lawrence Town Hall

2400 Shady Ct., (920) 336-9131  
Mon. - Fri. 8:00 am - 4:00 pm

### Oneida Police Department

2783 Freedom Rd. | Available 24/7; (920) 869-2239

### Village of Wrightstown Police Department

352 High St., (920) 532-5567  
Mon., Wed., Thurs.: 8:00 am - 4:30 pm; Tues.: 8:00 am - 6:00 pm;  
Fri.: 8:00 am - noon

**Accepted materials include:** pills, liquids, salves, powders, inhalers, pet meds

**Not accepted:** sharps, biological material

Collections are for Brown County residents ONLY and offered at no cost to participants.

“

Dear Peggy,

Thank you for the touching Memorial Service which I attended virtually on Dec 5th honoring those who passed over into eternal life. Your inclusion of staff and others in the service was appreciated. Plus, home delivery of delicious cookies and a beautiful tree angel as a memorial. All so very healing. Thank you and the entire staff for your caring and compassionate presence in the painful experience of loss. You are all remembered in my prayers.

”

# Support Groups

## ATO SZE

(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 Schultdt, angela.schultdt@ahah.net  
**Men Journeying Through Grief:** Meeting 1st Wednesday of every month 6:00-8:00 pm 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 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 Bay. Day camp, 8:30 am-4:30 pm, for grieving children, ages 7-16. Registrations will be available in January 2021. Contact Illene Cupit at cupiti@uwgb.edu or register online at www.uwgb.edu/camp-lloyd/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.chawisconsin.org](http://www.chawisconsin.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

## COMPASSUS HOSPICE

(920) 321-2004 • 2960 Allied St., Green Bay. In-person Grief Support Groups on hold. Contact Kacie Duxtator, Kacie.duxtator@compassus.com to join a virtual support group by dialing 312-626-6799; Meeting ID 95075251394#

## DE PERE COMMUNITY CENTER

(920) 339-4072 ext. 2230 • 600 Grant St., De Pere. Contact Cindy Lee, cleed@deperewi.gov

## FROM MOURNING TO HOPE

(920) 737-2790 • Central Church, 831 Schoen St., Green Bay. Contact Curtis, griefinfo@gmail.com. Faith-based peer led support group providing hope, emotional support and assistance to survivors of suicide. Carrie, the lead facilitator is a double suicide survivor since childhood and received her training through the American Foundation for Suicide Prevention. Meetings are held the second Thursday of each month at 6:30 pm. This group meets virtually – at least 24 hours prior; email griefinfo@gmail.com or call (920) 664-2685 to ensure the link is received.

## 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.

240 Klondike Rd. Green Bay. Call for information.

## 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

## HEALING YOUR GRIEVING HEART

Call Ann Froelich at (920) 435-6811, annfroelich@gmail.com to register. A five-week program for those who have lost someone through Death. 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. Heartland Hospice offers a variety of support group activities throughout the year. Call or email Melissa Shea, 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@stedwardisidore.org or Lori Flanagan, Pastoral Associate, lflanagan@stedwardisidore.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

## 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. Contact: Ruth Holloway, 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.

## 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 on Tuesdays at 7:00 pm Central Time. Contact Mary Salam, mary.salam@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.



## Support Groups

**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](mailto:bereavement@unityhospice.org)



## Throwing Rocks at God's Windows

By Lynn Elb, Patient Advocate



“What did we do to deserve this? Where was God when I prayed for a miracle? Why did they have to die now?”

I'm sure you could add a million more questions to the list. Questions are always welcome at our monthly grief support group and we often find ourselves “wrestling with God” over the injustices we feel. As the Jewish proverb says, “If God lived on earth, people would break His windows.”

You've probably already come to realize that no one else can make sense of your suffering for you. People often want to try anyway – they preach about this or that and they tell you why it happened, but they're not God. I think it makes some people feel better to think they have the answers all figured out. It certainly doesn't make us grieverers feel better.

Many of the questions don't have acceptable answers anyway. Think about it. Can you think of a single explanation for your loved one's death that would make you say: “That makes so much sense – now I see why there was no other way and that he or she had to die”?

I doubt it. That's why you won't find me trying to explain any rationale for your loved one's death. I have plenty of questions for God myself. So come along with me and take your questions to the Almighty. Bring your rocks if you need to.

*I am exhausted from crying for help; my throat is parched.*

*My eyes are swollen with weeping, waiting for my God to help me. – Psalm 61:2*

One of the things I believe God is unlikely to do for you is explain the rationale for what He did or didn't do in your loved one's life. I think it is human nature to wonder why our loved one had a short life and—some other not-so-nice person lives a long life. Or why our loved one met a violent death while others pass peacefully in their sleep. Or even why the healing we prayed for never came but others got their wish. I must confess I have a lot of questions for God when I see young mothers in our cancer practice fighting for their lives at the same time elderly folks with dementia in nursing homes are praying to die.



There are so many things I don't understand about the deaths of people I've loved. For the most part I have decided, like the psalmist, not to “concern myself with matters too great or too awesome to grasp.” (Psalm 131:1, 2) Instead, I focus on what I do understand: that God loves us and has the power to rebuild our shattered lives.

*I have loved you with an everlasting love; I have drawn you with loving kindness. I will build you up again and you will be rebuilt. – Jeremiah 31:3,4*

This is why I believe God is the best one to turn to with our suffering, anger and pain.

“It's alright – questions, pain and stabbing anger can be poured out to the Infinite One and He will not be damaged. For we beat on His chest from within the circle of His arms,” writes Susan Lenzkes, author of When Life Takes What Matters Most.

*He tends His flock like a shepherd: He gathers the lambs in his arms and carries them close to His heart. – Isaiah 40:11*

Go ahead and take all your questions and hurl them toward Heaven. Go ahead and beat on His chest as he holds you in His arms. Go ahead and throw some rocks at God's windows. He will either give you the answers you seek or the peace you need to lie with the questions. Besides, broken windows are no big deal to an all-powerful God!



*Used with permission, Bereavement Publications, Inc. Fall 2009*

# Local Activities

## March

**Sunday, March 7** – *Sunday Lent Concert with Jacob Rudd*. Featuring original music about Christ on guitar, piano, ukulele & banjo. St. Elizabeth Ann Seton, 2771 Oakwood Dr., Green Bay, (920) 499-1546

### Cup O Joy Events:

**Friday, March 5** – *Danen Kane*. 7 pm. The lyrics are vulnerable, almost aching, yet marked by an undeniable sense of hope.

**Saturday, March 6** – *The Healy Family*. These sisters bring a whole variety of styles! Featuring a Celtic Vibe!

**Friday, March 12** – *Mind the Gap & Open Field*. A trio of piano, guitar and percussion brings you a night of soulful acoustic music.

**Friday, March 19** – *Cochren & Co.*

**Saturday, March 20** – *Cenese Ridge Bluegrass Band*

**Friday, March 26** – *Friday Open Mic*

**Saturday, March 27** – *Hard Rockers, Disciple*

Cup O Joy, 525 N. Taylor St., Green Bay, (920) 435-3269 • [www.cupojoy.com](http://www.cupojoy.com)

## April

### Cup O Joy Events:

**Friday, April 2** – *Don Shire*

**Saturday, April 10** – *Daren Streblow Comedy*

**Friday, April 23** – *Tasha Layton*

Cup O Joy, 525 N. Taylor St., Green Bay, (920) 435-3269 • [www.cupojoy.com](http://www.cupojoy.com)

## May

### Cup O Joy Events:

**Saturday, May 1** – *Ryan Stevenson*

**Saturday, May 15** – *Spoken4 Quartet*

**Friday, May 21** – *I AM They*

Cup O Joy, 525 N. Taylor St., Green Bay, (920) 435-3269 • [www.cupojoy.com](http://www.cupojoy.com)

### Let's try Snowshoeing or Cross-Country Skiing!

Everyone is anxious to get out of the house. Why not try a new exercise outdoors to shake off the winter blues and take in some fresh air? Maybe even grab a sled and take a ride down a hill!

Call these sites before you go to check on 'Trail Reports' and to find out about rental equipment.

**Baird's Creek Preservation Foundation**  
500 Beverly Rd., Green Bay  
920-328-3505 • <https://bairdcreek.org/>

**Bay Beach Wildlife Sanctuary**  
1660 East Shore Dr., Green Bay  
920-391-3671  
<https://www.baybeachwildlife.com/>

**Brown County WI Barkhausen Waterfowl Preserve**  
2024 Lakeview Dr., Suamico  
(920) 448-6242  
<https://www.browncountywi.gov/community/parks-department/general-information/>

**Brown County Reforestation Camp**  
4418 Reforestation Rd., Suamico  
920-448-6242  
<https://www.browncountywi.gov/community/parks-department/trail-conditions-winter/>

**Green Bay Botanical Garden**  
2600 Larsen Rd., Green Bay  
920-490-9457 • <https://gbbg.org/>

For the best trails in Green Bay, go to [alltrails.com](http://alltrails.com) to get details and maps and difficulty ratings. Snowshoe, Hike, Walk or Cross-Country Ski. Let's get out there and enjoy mother nature.

- Baird Creek East Loop
- Fonferek's Glen
- Baird Creek West Loop
- Cofrin Memorial Arboretum Trail
- Fox River Trail
- Barkhausen Waterfowl Preserve
- Navarino Nature Center Loop Trail
- Woodchuck, Hussong, Squirrel, and Raccoon Loop, Bay Beach Wildlife Sanctuary
- Reforestation Camp
- He-Nis-Ra Nature Path

You're going to be hungry after all that exercise. Top Chili restaurants in Green Bay:

- Drift Inn
- Al's Hamburger
- Hagermeister Park
- Hinterland Brewery
- Krolls West
- Stadium View Sports Bar
- Bayside Side Bar – Fish Creek (Worth the drive)



# Proko - Wall News

## Giving Back...



Donn Foote is the manager of Forever Friends and takes time to give back to the community.



Donn volunteers at the YMCA.

## Her First Deer!



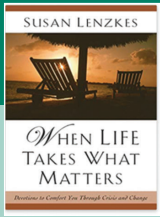
"Oh my goodness! Dad, I just shot a deer!" – Isabella Ferguson, a 12-year-old 7th grader shot her first buck this year while hunting with her dad, Director Joshua Ferguson. Congrats Izzy!



# Book Review: When Grief Takes What Matters

## Devotions to Comfort You Through Crisis and Change

– By Susan Lenzkes



This little gem was penned in 1993. The words and message are still relevant today. Ms. Lenzkes work feels personal both for her and for the reader. She opens with, “This is not an introduction; it’s a prayer. A prayer gathered from days of struggling to somehow turn words and sentences into comfort and hope. A prayer for you.”

Only 128 pages with two or three page devotions, each section is sprinkled with scripture and reflection. There are a few beautiful poems too. Through my years of reading for relaxation or comfort or understanding, the appreciation of poetry has eluded me. I’ve tried. This is not a book of poetry – more of a soothing conversation. I found the few poems Susan writes to be easy to read and heart felt.

My life is  
Your song, dear Lord,  
And if You choose to  
write that song,  
in part,

in a minor key,  
give voice to sing despite  
the taste of tears.  
With hands hard-clasped  
in pain,

and head bowed low  
In trust,  
I know you hear such  
minor songs  
as major praise.

Susan Lenzkes personal and poignant insights gently soothe the pain of loss without making us feel guilt for feeling hurt. This devotional work would be an excellent bedside book. Read it before you go to sleep or when you are trying to get up in the morning. These short, insightful, and gentle passages will surely be read over and over – a balm for an aching heart.

*This book and other publications are available in the library at Proko-Wall. Anyone grieving the loss of a loved one or anyone looking for ways to help someone who is grieving will benefit from reading this book. Reviewed by Peggy George, AfterCare Coordinator, Proko-Wall*

*Continued from page 1 — Sharing Our Grief*

God, asking why he would allow this to happen and why it seemed like I was the only person in the world who was sad. Grief does that to you, doesn’t it? Prayer was not a huge part of my grief process, although I now know it would have been very helpful. The one thing I certainly learned was that God has very big shoulders! If you want to be mad, believe me he can take it!

My last suggestion is to find someone in your life you can depend on to be a good listener, be it a family member, friend, counselor, spiritual guide or someone else you might know who is grieving. Knowing that you are not the only one who is grieving can be a comfort at times and you may be able to help that person as well! Be sure to check out the different groups available in your area.

Grief, like love, needs to be shared. When we share our grief without focusing totally on ourselves, a healthier attitude toward life is many times the result. If you are grieving, I can relate and so can many others. Allow yourself to be surrounded by love and you will be able to return love!



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## Black Bean Stuffed Sweet Potatoes

By: Brita Britnell — Prep time: 10 minutes; Cook time: 1 hour; Total time: 1 hour 10 minutes

*These Black Bean Stuffed Sweet Potatoes come together with just a few simple ingredients and make for a filling and delicious Vegan dinner!!*

- |  |   |
|--|---|
| 4 medium-large sweet potatoes  | 1/4 teaspoon of chili powder                  |
| 1/2 cup of Cashew Cream Sauce (you could also use sour cream or plain Greek yogurt if not vegan) | 1/2 teaspoon of sea salt                      |
| 1 teaspoon of lime juice   | 1 15oz can of black beans, drained and rinsed |
| 1/2 teaspoon of ground black pepper  |   |
| 1/2 of a medium red onion, finely diced (about 1 cup diced)                                      | For Serving:                                  |
| 1 1/2 tablespoons of oil (I used olive oil)  | 1/2 an avocado, chopped                       |
| 1/4 teaspoon of garlic powder  | Handful of cilantro, chopped                  |
| 1/4 teaspoon of onion powder   |   |
| 1/4 teaspoon of cumin  |   |



Pre-heat oven to 350 degrees F.

Place the sweet potatoes on a lightly greased baking tray and bake for 55-65 minutes or until a fork can easily be inserted into the flesh of the potatoes.

Prepare the cream sauce by whisking together the cashew cream sauce, lime juice, and black pepper. Set aside.

When the sweet potatoes have about 10 minutes left, heat the oil in a skillet over medium heat and then add in onion. Saute for 5 minutes until the onions begins to become translucent. Add in the spices stir and cook for an additional 3 minutes.

Add the black beans to the skillet and toss to combine. Continue to cook, stirring frequently, until the black beans are fully heated through. About 5 minutes. Take off of heat and set aside.

Once the sweet potatoes are done baking, let cool slightly. Once cool, cut the sweet potatoes open and shred the flesh from the skin so that the inside is mashed and easy to scoop out.

Evenly spread the black bean mixture, avocado, cilantro, and cashew cream sauce on top of the 4 sweet potatoes.

Serve immediately and ENJOY!!