



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:

Jeane Smits
Josh Vandembush
Joshua Ferguson
Carl Pauc
Alex Bahrke
Race Van Pay, Apprentice
Robert Walczyk, Jr.
Robert Walczyk, Sr.

Office Manager:

Kelly Wiegand

Office Assistants:

Amy Naniot • Bonnie Sabo

Pre-Need Specialist:

Mike Jarzin

After Care Coordinator:

Peggy George

**PROKO-WALL Funeral Home
& Crematory**

1630 E. Mason St.
Green Bay, WI 54302

Phone: (920) 468-4111 or
(800) 750-4222

Fax: (920) 468-3540

www.prokowall.com

© 2021 Proko-Wall Funeral
Home and Crematory



The Grieving You Need Most After the Funeral

—John Pavlovitz, *January 5, 2017*

My father died suddenly while on vacation three years ago. The event rattled the bedrock of my life in ways that are difficult to describe and taught me lessons I couldn't have learned any other way.

One of the truths I discovered, is that when you lose someone you love—people show up.

Almost immediately they surround you with social media condolences and texts and visits and meals and flowers. They come with good hearts, with genuine compassion, and they truly want to support you in those moments. The problem, is that you're neither prepared nor particularly helped by the volume then.

The early days of grief are a hazy, dizzying, moment by moment response to a trauma that your mind simply can't wrap itself around. You are, what I like to call a *Grief Zombie*; outwardly moving but barely there. You aren't really functioning normally by any reasonable measurement, and so that huge crush of people is like diverting thousands of cars into a one lane back road—it all overwhelms the system. You can't absorb it all. Often it actually hurts.

This usually happens until the day of the funeral, when almost immediately the flood of support begins to subside. Over the coming days the calls and visits gradually become less frequent as people begin to return to their normal lives already in progress—right about the time the bottom drops out for you.

Just as the shock begins to wear off and the haze is lifted and you start to feel the full gravity of the loss; just as you get a clear look at the massive crater in your heart—you find yourself alone.

People don't leave you because they're callous or unconcerned, they're just unaware. Most people understand grief as an *event*, not as the permanent alteration to life that it is, and so they stay up until the funeral and imagine that when the service ends, that somehow you too can move ahead; that there is some *finishing* to your mourning.

That's the thing you learn as you grieve: that grief has no shelf life; that you will feel this loss as long as you breathe, which is far after the memorial service and long after most people are prepared to stay. Again, they still love you dearly, they just have their own roads to walk.

Sometimes people leave because they suddenly feel estranged by the death. They



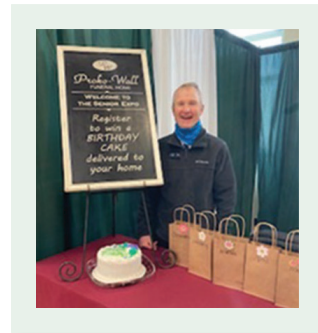
Continued on page 7



BIRTHDAY CAKE A MONTH RETURNS...

We are starting the Birthday Cake a Month again. There were 500 attendees at the Senior Expo at the Kroc Center on April 21st. We will begin drawing in May and publish the winners in the newsletter each month.

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



Spring Planting, Saturday, May 15th



Proko-Wall Recognition Ceremony

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

**Saturday, September 11th
11:00 am – 2:00 pm**

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

FREE EVENT

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

**Registration opens online at
www.Prokowall.com starting July 1st**

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/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 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 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 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
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, clee@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 programing.

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



Support Groups

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



Supporting a Grieving Friend

Always Bring the Donut

By Jenni Brennan, LICSW — September 18, 2020

“Can I ask you a random question?”

A question like this at the end of a therapy session is always enough to make a therapist's heart stop. But today's question was one that is probably on the minds of many people out there.

“My friend just had a death in the family and I want to do something for him. Is it appropriate for me to bring him a donut from his favorite bakery?”

First of all, I'd be hard pressed to find a time in which is **wasn't** appropriate to bring someone a donut from their favorite bakery but that's not the question right now.

Second, of all. **“Yes. Yes. One thousand times yes. Bring the donut. Always.”**

The most important thing any of us can do when someone we love is grieving is show up. Call them. Text them. Bring them donuts. Bring them dinner. Sit with them in silence. Sit with them and talk. Sit with them and cry. Sit with them and laugh.

It doesn't matter what you do so long as you sit with them in their grief and let them feel heard and seen.

If you are questioning whether bringing your grieving friend a donut is appropriate, go get one right now. You won't regret showing up for them and it will likely mean the world to your friend.

If you have a friend who experienced a loss a few months ago or the anniversary of that loss is coming up, now is probably a great time to bring them a donut too. Lots of people show up in the beginning following a loss but then the world moves on, often leaving the griever behind. Chances are that you've got people out there that you care about, right now, who are grieving alone and in silence.

Bring them the donut. Always.



America's Silent Cities

From the early colonies to our present towns, villages and cities throughout our Country; each have created laws, regulations ordinances, rules and codes to respect and obey.

Unfortunately, individuals and groups of people are always trying to modify or break those well intended ideals to satisfy egos, needs and power in various ways.

However, from the very beginning there were people who know there was a better system for a long and peaceful existence of history. They followed old world practices like religion, discipline, respect and created 'silent cities'. A place where everyone could get along ... side-by-side, rich or poor, every race, age, religion, and background.

A private place, a special city that has some rules, seldom challenged, and if so, seldom win out.

Every resident, young, old, religious or not, rich or poor, a good person or evil; together they protect their community with minimum traffic, signs, or noise.

All structures are architecturally correct, time tested and laid out correctly in neighborhood blocks.

We miss our friends, family, and certainly our pets, but we will all meet again because our new home is open, in our silent but beautiful city.

Our established city will outlast mother nature's wildness personality, we are rock solid.

There are no favorites. We all have a story to tell and if no one listens there is one person who always will.

The names of our silent cities are not New York, Chicago or Seattle. We chose names and places to remember. Woodside, Oak Grove, Rolling Hill, and others.

Our cities live in silent peace no matter what the rest of the world is doing. Join us as you will never have to move again.

Submitted by Ben Schenkelberg. A local architect who lives in Suamico.

Local Activities

May / June

Saturday, May 8 – Tuesday, August 31 –

Washed Ashore: Art to Save the Sea Exhibit.

9 am – 8 pm daily. Included with Garden

Admission; free for Garden Members.

2600 Larsen Rd., Green Bay.

(920) 490-9457 • info@gbbg.org

1st & 3rd Thursdays, (tentatively opened)

May 20 – Bellevue Bingo. 1-3 pm.

2828 Allouez Ave., Green Bay •

(920) 468-4196

Friday, June 4 – Smooth Hound Smith with

Feed the Dog. 7 pm. Meyer Theater, 117 S.

Washington St., Green Bay • (920) 433-3333

Friday, June 4 – Yoga in the Vineyard.

10-11 am. Parallel 44 Vineyard and Winerie,

5465 County Rd. P, Sturgeon Bay •

(888) 932-0044

Friday, June 4 – Music by the Vines: Backstage

Pass. 2-5 pm. Parallel 44 Vineyard and

Winerie, 5465 County Rd. P, Sturgeon Bay •

(888) 932-0044

Saturday, June 5 – Yoga in the Vineyard.

10-11 am. Parallel 44 Vineyard and Winerie,

N2185 Sleepy Hollow Rd., Kewaunee •

(920) 388-4400

Saturday, June 5 – Music by the Vines:

Mimosas & Music: That Guy. 11 am – 2 pm.

Parallel 44 Vineyard and Winerie, N2185

Sleepy Hollow Rd., Kewaunee •

(920) 388-4400

*Note: Go to 44wineries.com for many other
yoga and musician dates at Parallel 44 both in
Kewaunee and Sturgeon Bay.*

Saturday, June 5 – Greg Hahn. 8 pm. Meyer

Theater, 117 S. Washington St., Green Bay •

(920) 433-3333

Friday, June 11 – Saturday, June 26 – Let Me

Be Frank “Bays of Our Lives”. Times vary per

date. Meyer Theater, 117 S. Washington St.,

Green Bay • (920) 433-3333

Saturday, June 26 – 8th annual Fly a Kite

Fest! 10 am – 4 pm. Arnie Wolff Sports

Complex, 3218 Humboldt Rd., Green Bay

Saturday, June 19 – 4th Annual Cars

and Guitars Car Show. 8 am – 2 pm. The

Automobile Gallery, 400 block of South

Adams St., Green Bay • (920) 437-9024.

Free to attend! Good food; family friendly;

lawn games; face painting; live music

9:30 am – 2 pm – Johnny Wad. Bring non-

perishable food

items for NEW

Community

Shelter.



Sunday, June 27 – Church Picnic. 11 am –

4 pm. Nativity of Our Lord, 2270 S. Oneida

St., Green Bay • (920) 499-5156

July

Thursday, July 15 – Thursday, July 22 – Green

Bay Restaurant Week.

Thursday, July 15 – Sunday, July 18 – Pulaski

Polka Days. Times vary per date. 448 E.

Pulaski St #9209, Pulaski • (920) 660-9126 •

pulaskipolkadays.com

Friday, July 23 – Saturday, August 14 –

Let Me Be Frank “Pennings From Heaven”.

Times vary per date. Meyer Theater, 117 S.

Washington St., Green Bay • (920) 433-3333

August

Sunday, August 8 – Church Picnic. 10 am

Mass. Prince of Peace 3425 Willow Rd.,

Green Bay • (920) 468-5718

Sunday, August 15 – 2021 Harvest Fest

Picnic. 11 am – 3:30 pm. Ss. Edward &

Isidore, 3667 Flintville Rd., Suamico •

(920) 865-7844

September

Tuesday, September 7 – Bingo. 6:30-9 pm.

St. Philip the Apostle, 312 Victoria St.,

Green Bay • (920) 468-7848

Sunday, September 12 – St. Joseph Parish

Church Picnic. 9 am polka mass with Jerry

Voelker and his Jolly Gent. St. Joseph Parish,

5996 County Rd K, New Franken. A lawn

tractor pull, parcel post, kids' games, ice

cream bar, basket raffle, raffle, bar wheel, live

auction, silent auction, along with plenty of

food and drink!

Farmer's Markets

Downtown, Green Bay

Saturdays, May 29 – November 13. 7 am –

Noon. S. Washington St. from Walnut to

Stuart.

On Broadway, Green Bay

Wednesdays, May 26 – September 29,

3-8 pm. Broadway St from Dousman St. to

Walnut St.

Downtown, DePere

Thursdays, June 17 – September 30, 3-8 pm.

George St. Plaza.

Market on Military, Green Bay

Thursdays, June 17 – October 28, 2-7pm (or

dusk in the fall). Corner West Mason and

Military.



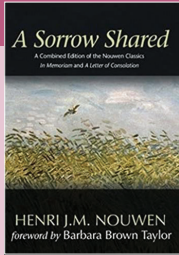
Bingo Covid-19 Safety Guidelines

1. Space out attendees and limit to three (3) at circle tables and four (4) at long tables. (5 circle tables = 15, 4 long tables = 16 for a limit of 31 attendees).
2. Barrier installed at the table for handing out bingo cards.
3. Cards limited to four (4) per player, volunteer will hand out the cards to the attendee.
4. No change will be given. Exact change needed to receive cards (50 cents each),
5. Bingo chips will be set out at each spot player location.
6. No sharing of chips. Leave cards and chips on table at conclusion of the session.
7. Masks required by workers and all attendees.
8. One (1) cash bag needed to collect exact change for cards (change will not be given) and another cash bag used for the payouts to Bingo winners.
9. Prepackaged snacks and beverages will be available only during the intermission.
10. Bingo cards and chips would be scanned with the UV light and picked up with gloves. Tables and chairs would get sanitized after completion of program.
11. Anyone not feeling well or displaying symptoms of Covid-19 will be asked to stay home.
12. Anyone who has been exposed to someone that tested positive will not be allowed to participate.



Book Review: A Sorrow Shared

– By Henri J.M. Nouwen



This book by Henri Nouwen combines two of his classics *In Memoriam* and *A Letter of Consolation*, in which Nouwen explores the depths of his grief upon the death of his mother and writes tenderly and wisely to his beloved father, who is searching for hope and the light of Christ in the midst of the darkness of his great loss and sorrow.

Nouwen clearly names the feelings of grief and sadness that both he and his father are experiencing – real feelings that so many feel as we mourn the loss of loved ones. Nouwen offers consolation to his father with these words: “I am writing you this letter in the firm conviction that reality can be faced and entered with an open

mind and an open heart, and the sincere belief that consolation and comfort are to be found where our wounds hurt most.” (p. 58)

Nouwen also writes of holding on to hope in the midst of facing new life for his mother and for themselves. He writes: “Thus our separation from mother brings us to a new inner unity and invites us to make that new unity a source of joy and hope for each other and for others as well.” (p. 65)

What a gift Nouwen gives us in this little book – both comfort and hope in the midst of grief, both consolation and peace as one faces a new way of living following the death of a dear loved one.

Reviewed by Ann Froelich.

Continued from page 1 — The Grieving You Need Most After the Funeral

may have been used to knowing you as part of a couple or as a family, and they aren’t able to navigate the new dynamic the loss has created. They simply don’t know how to relate to you the way they once did, and so they withdraw.

Or sometimes people see you from a distance and mistake your visible stability for the absence of need, as if the fact that you’re functioning in public doesn’t mean you don’t fall apart all the time when you’re alone—and you do. We all carry the grief as bravely and competently as we can in public, but none of us are strong enough to shoulder it alone. People often say of a grieving person, “They’re so strong”, but they’re not. They’re doing what they have to in order to survive. They need you to come alongside them.

Other times people avoid you because they believe that they will say the wrong thing; that somehow they will remind you of your loved one and cause you unnecessary pain. Trust me, the grieving don’t lack for reminders. They are intimately aware of the absence in their lives, and you acknowledging it actually makes them feel *better*. It gives them consent to live with the grief, and to know that they can be both wounded and normal.

Friends, what I’m saying, is that it’s wonderful to be present for people when tragedy occurs. It’s a beautiful thing to express your love and support for those you love in any way you feel is right in those first few days.

It does matter. No compassion is ever wasted.

But if there’s anything I would tell you, as someone who’s walked through the Grief Valley, is that the time your presence is most

needed and most powerful, is in those days and weeks and months and *years* after the funeral—when most people have withdrawn and the road is most isolating. It is in the countless ordinary moments that follow, when grief sucker punches you and you again feel it all fully.

It’s been five years since I lost my father, and on many days the pain is as present and profound as that first day.

Remind yourself to reach out to people long after the services and memorials have concluded.

Death is a date in the calendar, but grief is the calendar.



Recipe: 15-Minute Homemade Donuts

https://www.cookingclassy.com/wprm_print/29605

These homemade donuts taste just as good any cake donut you could buy at your local bakery but you can make them at home in just 15 minutes!

1-1/4 cups (176g) all-purpose flour (scoop and level to measure)
2 tsp baking powder
1/4 tsp salt
1/2 cup (120 ml) buttermilk*
1/4 cup (50g) granulated sugar
3 Tbsp (42g) melted butter
3-4 cups vegetable oil, for frying

For Coating:

1/3 cup (66g) granulated sugar**

Yields: 35 donut holes

Prep Time:

0 hours 13 minutes

Cook Time:

0 hours 2 minutes

Total Time:

0 hours 15 minutes

1. Pour about 1/2-inch oil into a large saute pan or pot and heat over medium heat to 355° F (keeping an eye on it as it is heating). Meanwhile prepare donut dough.
2. In a medium mixing bowl, whisk together flour, 1/4 cup sugar, baking powder and salt.
3. Separately whisk together buttermilk and melted butter. Pour buttermilk mixture into flour mixture and using a fork, stir in dry ingredients and mix just until combine (be careful no to over-work dough).
4. Roll dough into 1/2 Tbsp balls. Once the oil has reached 355° F, fry about 1/2 the dough balls at a time.
5. Fry until just golden brown on bottom, then flip and cook reverse side until golden brown.
6. Carefully remove with a spider strainer or metal tongs drain onto a paper towel lined baking sheet.
7. Pour 1/3 cup sugar into a dish, roll donuts in sugar. Repeat this process with remaining dough.

Notes

* If located in a drier climate, use 1/2 cup + 1 Tbsp buttermilk, but if needed, add a little extra buttermilk to bring dough together.

** Cinnamon sugar, powdered sugar or a vanilla glaze are other great options for coating fried donuts.

• Use a thermometer to take temperature of oil so donuts fry up properly.

• Don't try to fry all the donut holes at once, otherwise you'll lower the temperature of the oil and they won't fry properly (they'll start absorbing the grease).

• These are best eaten within a few hours!

