



## Blake Joseph Groulx

April 2, 1997 - September 8, 2024

Blake Joseph Groulx (1997-2024)

Blake Joseph Groulx, 27, of Minneapolis, Minnesota, died on September 8, 2024 of cardiac issues while finishing the last stretch of the City of Lakes Half Marathon in Minneapolis.

Blake was born in Midland, Michigan in 1997. He graduated from Midland High School in 2015 and from Michigan State University College of Agriculture and Natural Resources in 2019 with a Bachelor of Science in Packaging. In 2018, Blake worked as a Packaging Intern at TreeHouse Foods in Oak Brook, Illinois, and in 2019 at Dow in Midland, Michigan. In 2020, Blake started his career at General Mills as a Packaging Engineer in Minneapolis. It was in this city where Blake found his true home, where he felt embraced by the richness of its diversity, liveliness, and acceptance.

Blake embodied these same traits and lived to build a longer table. A perpetual host, Blake's table was always set and his bar always stocked ready for family and friends old and new. His warm smile was inviting to all in the room, and when he threw his head back laughing, his roar was contagious. He was the straw that stirred the drink, that energized the crowd, but that somehow made each person feel seen, heard, special, and loved. He was passionate about and actively involved in Betty's Family Network, General

Mills's LGBTQ+ employee network. Blake's love language was quality time and in countless ways he created memories with his family and friends whether it was through his cooking, sibling book club, community service, hiking, camping (preferably in the Fall due to the decreased likelihood of bugs), tennis, pickleball, running, traveling, hanging out at the cottage, or game nights. He would pull out that red box, *We're Not Really Strangers*, and say, "If you don't cry by the end, you didn't win." He could bring down the house on the dance floor (even after ripping his pants), belt out karaoke, or sit with you in the quiet of the morning while sipping coffee. If only he could have created more hours in the day for his people, he surely would have.

Blake's people included his sisters from whom he was largely inseparable. Whether a seeming language only they spoke or an exchange of knowing glances that erupted into laughter, they shared a bond from birth that strengthened into the best of friendships as they became adults. Where one was, the others were. Blake was their biggest fan and loving supporter.

Blake was fortunate in his life to have found his person, James. In each other, they found their best selves and built a relationship full of authenticity, reciprocity, humor, security, trust, and love. Their families witnessed both their independent and combined growth and watched with joy as they flourished. Blake and James discovered their love of musicals and created a tradition of sushi dinners before show nights. They would have celebrated their two-year anniversary next week and no doubt Blake would have been impeccably dressed but James knows Blake is "looking good, feeling gorgeous" wherever he is now.

Blake loved watching funny TV and movies with his dad and they particularly loved *Seinfeld* and *Mrs. Doubtfire*. As Blake grew older, his relationship with his mom changed from one of parent-child to one of friendship and adventure. Up for anything, they looked to each other to be travel buddies, pickleball

partners, and joyful companions full of laughter and smartass banter. With personalities that mirrored each other, their exchanges could be zesty!, but their laughs were louder and their hugs were harder.

Creative and artistic, Blake was a gifted artist. While a senior in high school, he won the 2015 Congressional Art Competition for Michigan's Congressional Fourth District with his charcoal illustration, "Portrait of Evie," which was displayed in the U.S. Capitol for a year. His drawings hang on his walls at home and of those of his loved ones. In the same creative vein, Blake loved to decorate for Halloween and the first day after Labor Day was fair game for decorations to go up! His family and friends always waited to see that year's costume and jack-o-lanterns.

Blake is survived by his mother Dr. Sandra Kaye Smith, his father Joseph Groulx, siblings Bryan Groulx, Morgan (Ted) Matuszewski, and Madelyn (Ruturaj Jadeja) Groulx, and the love of his life, James Menden. He is also survived by his niece and nephew, Sophia and Jace Matuszewski, who he loved so much and of who he was so proud, his paternal grandmother, Elizabeth ("Grandma Groulx") Groulx, Kathy ("Nonie") VanSteinburg, and his many aunts, uncles, cousins, and so many dearly loved friends. Blake was preceded in death by his paternal grandfather, William Groulx, and his maternal grandparents, Virginia Sebela and Bernard Smith.

A visitation will be held on Friday, September 13, 2024 from 4:00PM to 6:00PM at Northeast Chapel, 2901 Johnson Street N.E., Minneapolis, MN 55418. Celebration of Life service to follow at 6:00 PM. A private ceremony will be held in Michigan at a later date for immediate family. In lieu of flowers, the family requests donations be made in Blake's honor to The Bridge for Youth or the American Heart Association. The family also encourages heart health screenings and regular visits with your health care professional.



# Previous Events

## Visitation

SEP **13.** 4:00 PM - 6:00 PM (CT)

Northeast Chapel  
2901 Johnson Street N.E.  
Minneapolis, MN 55418  
(612) 781-6828  
[info@washburn-mcreavy.com](mailto:info@washburn-mcreavy.com)

## Celebration of Life

SEP **13.** 6:00 PM - 7:00 PM (CT)

Northeast Chapel  
2901 Johnson Street N.E.  
Minneapolis, MN 55418  
(612) 781-6828  
[info@washburn-mcreavy.com](mailto:info@washburn-mcreavy.com)

# Tribute Wall

WD

“ Wendy D. planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Blake Joseph Groulx.

Wendy D. - September 20, 2024 at 10:30 AM

PH

“ Phillip H. planted a grove of 5 [Memorial Trees](/store/Product.aspx?ProductId=4518) in honor of Blake Joseph Groulx.

Phillip H. - September 15, 2024 at 11:03 AM

PJ

“ 1 file added to the tribute wall



Pruthvisinh Jadeja - September 14, 2024 at 04:26 AM

PJ

Blake during his childhood with his Sis Madelyn

Pruthvisinh Jadeja - September 14, 2024 at 04:29 AM

EB

“ RIP Blake 🙏🙏

Elizabeth Bell - September 13, 2024 at 10:25 PM

JB

“ Jacob B. planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Blake Joseph Groulx.

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**Jacob B.** - September 13, 2024 at 05:07 PM

MK

“ While the time I got to know Blake was short, he made a lasting impression on me. I got to know Blake this summer - I was an intern at General Mills working on his packaging team. Not only was he extremely smart and quick-witted, he was kind enough to let me follow around in his shadow while he showed me the ropes. Being a female college student from the Bible Belt of South Carolina, I was initially weary about disclosing my female fiancé to others. Blake was not just accepting, but he was celebratory for the both of us. He is an incredible mentor and friend, and I'm extremely fortunate for the time we had together. I got excited on days that Blake came into our office instead of headquarters (I got the chance to talk his ear off). Blake is one of those people you think is really cool from afar and then when you get to know them you realize they are ACTUALLY cool. He snuck me into the second row during a guest presentation and I felt like I had been invited to the cool kids table (the other interns sat in the back, but all of the Betty's Family org sat in the front). I felt 100% comfortable and authentic in his presence, and I would wholeheartedly agree that he had room for everyone at his table. Thank you Blake for showing me authenticity, humor, honesty, and kindness. This loss is beyond immeasurable for everyone he came in contact with; it is all extremely unfair. I will deeply miss him and will continue to think of him fondly for the rest of my days.

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**Mackenzie Kelley** - September 13, 2024 at 04:35 PM



“ Days of Sunshine Bouquet was purchased for the family of Blake Joseph Groulx.



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September 13, 2024 at 11:47 AM



“ Amy, Nicky, Mike -Treehouse Foods family planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Blake Joseph Groulx.

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**Amy, Nicky, Mike -Treehouse Foods family** - September 13, 2024 at 11:47 AM



“ We feel extremely sorrow to learn the sudden and accidental demise of beloved Blake. We pray to God to rest his soul in peace & give his parents, siblings & other family members the mental strength in this tragic, situation and to bear this unforgettable & unfortunate loss. Om Shanti.



*Regards*

*Pruthvirajsinh Jadeja & his family members*

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**Pruthvisinh Jadeja** - September 13, 2024 at 11:04 AM

PK

“ Phil Kleinschmit purchased the Beautiful in Blue for the family of Blake Joseph Groulx.



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**Phil Kleinschmit** - September 13, 2024 at 10:35 AM

PK

“ Phil Kleinschmit planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Blake Joseph Groulx.

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**Phil Kleinschmit** - September 13, 2024 at 10:35 AM

RM

“ Rachel M. planted a grove of 5 [Memorial Trees](/store/Product.aspx?ProductId=4518) in honor of Blake Joseph Groulx.

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**Rachel M.** - September 13, 2024 at 08:25 AM

ZC

“ Zane C. planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Blake Joseph Groulx.

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**Zane C.** - September 12, 2024 at 08:52 PM



“ Dreams From the Heart Bouquet was purchased for the family of Blake Joseph Groulx.



September 12, 2024 at 01:28 PM



“ Chandler Carrie Sam Taylor Hunter Alex planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Blake Joseph Groulx.

**Chandler Carrie Sam Taylor Hunter Alex** - September 12, 2024 at 01:28 PM



“ Serene Reflections Bouquet was purchased for the family of Blake Joseph Groulx.



September 12, 2024 at 12:36 PM



“ Bottoms of the 9th Kickball Team planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Blake Joseph Groulx.

**Bottoms of the 9th Kickball Team** - September 12, 2024 at 12:36 PM

KS

“ Ken & Debbie Saari purchased the *Fall Fantasia* for the family of Blake Joseph Groulx.



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**Ken & Debbie Saari** - September 12, 2024 at 12:27 PM

ER

“ Emily Rollend purchased the *Sweetest Sunrise Bouquet* for the family of Blake Joseph Groulx.



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**Emily Rollend** - September 11, 2024 at 09:25 PM

ER

“ Emily Rollend planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Blake Joseph Groulx.

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**Emily Rollend** - September 11, 2024 at 09:25 PM

KK

“ Kevin, Kelly, and Kassidy Kempen purchased the *Beautiful in Blue* for the family of Blake Joseph Groulx.



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**Kevin, Kelly, and Kassidy Kempen** - September 11, 2024 at 08:02 PM

KK

“ Kevin, Kelly, and Kassidy Kempen planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Blake Joseph Groulx.

Kevin, Kelly, and Kassidy Kempen - September 11, 2024 at 08:02 PM

JT

“ During my career as an art teacher at Midland High School it was my sincere pleasure to have Blake as a beginning art student. It was a profoundly rewarding experience to watch Blake develop his confidence and skill as a gifted artist. Blake particularly loved portrait drawing and with his permission I used his portrait of Rachel McAdams to inspire future art students. There's a little less joy in the world with your passing. You were a beautiful person; mind, body, heart and soul.

My sincere sympathy to your family and friends and especially to Blake's partner James, who must be an extraordinary person to have been worthy of his love and commitment. Your heart gave out and ours broke. You'll be sorely missed by so many.

Jeanne Townsend



Jeanne Townsend - September 11, 2024 at 07:15 PM

WG

Never had the pleasure of seeing this art piece. Very beautiful, what a talent he was as an art student.

William Groulx - September 11, 2024 at 08:19 PM

CM

“ Blake was a such a bright light to everyone in his path! I feel blessed to have met him during his Dow internship. He was so loved and will be missed dearly.

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**Colleen Milster** - September 11, 2024 at 06:35 PM

CM

“ Colleen M. planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Blake Joseph Groulx.

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**Colleen M.** - September 11, 2024 at 06:29 PM

CO

“ Long may you run, Blake. I didn't know you personally but ran by you in the half. Wishing you many beautiful lake runs and respite in the afterlife.

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**corey** - September 11, 2024 at 05:07 PM

EM

“ Blake was one of the most genuine, caring, witty and bright people I've ever met. It was so easy to connect with him, and I sure missed him when he moved, but I was so glad he seemed to have found such happiness. To Morgan and the rest of beautiful, sweet Blake's family, I am so sorry for your loss. And I'm sorry for the world because we lost a soul who made this place better. 💕

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**Erica Meyer** - September 11, 2024 at 05:00 PM

JJ

“ Blake was so special, sweet, kind, intelligent, funny, and handsome. He was one of a kind. It is truly a tragedy to lose such a wonderful person.

*Julie Johnston*

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**julie Johnston** - September 11, 2024 at 02:16 PM



“ Enchanted Cottage was purchased for the family of Blake Joseph Groulx.



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September 11, 2024 at 01:53 PM

AJ

“ Angie Kerr and Julie Johnston planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Blake Joseph Groulx.

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**Angie Kerr and Julie Johnston** - September 11, 2024 at 01:53 PM



“ Fairest of All was purchased for the family of Blake Joseph Groulx.



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September 11, 2024 at 01:26 PM

TS

“ The Stahl's planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Blake Joseph Groulx.

The Stahl's - September 11, 2024 at 01:26 PM



“ Peaceful White Lilies Basket was purchased for the family of Blake Joseph Groulx.



September 11, 2024 at 11:48 AM

RM

“ Ray McLaughlin planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Blake Joseph Groulx.

Ray McLaughlin - September 11, 2024 at 11:48 AM



“ Days of Sunshine Bouquet was purchased for the family of Blake Joseph Groulx.



September 11, 2024 at 10:50 AM