



GRONNVIK LODGE
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Grønnvik Lodge Meetings are usually the third Tues.
of the month at Trinity Lutheran, 330 S. Broadway, Green Bay.

SAVE THE DATES FOR OUR MEETINGS
July 18 Bay Beach Picnic
August 15 4 Weeks in Norway



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Tusen Takk . . .

to member Peggy Schroeder for the numerous times she has donated centerpieces and plants from Schroeder's Flowers to lodge meetings and events. These floral beauties brighten the room and our hearts. Perhaps you've been the lucky winner of one of these raffle drawings or door prizes. We really appreciate your generosity!

Prisons continued from page 2 . . .

"The punishment is that you lose your freedom. If we treat people like animals when they are in prison they are likely to behave like animals. Here we pay attention to you as human beings," noted Arne Nilsen, when he was the governor of Bastøy.

There are 70 staff on the island during the day, 35 of whom are uniformed guards. Their main job is to count the prisoners – first thing in the morning, twice during the day at their workplaces, once at a specific assembly point at 5 pm, and finally at 11 pm, when they are confined to their respective houses. Only five guards remain on the island after 4 pm. Two prisoners operate the ferry traveling to the mainland, and so far, there have been no attempts to escape.

Sources for this article include: "The Norwegian Prison Where Inmates Are Treated Like People," *The Guardian*, Feb. 25, 2013; "The Radical Humaneness of Norway's Halden Prison," *The New York Times Magazine*, March 26, 2015; www.wikipedia.com.



Great Helpers . . .Heritage night in June included this quilt featuring bunads, brought by Rita Running. Helping display this unique piece are granddaughters of David and Rita, left, Piper, and right, Addison DePauw. Residents of Darlington, Wisconsin, they used their youthful energy to help set up and clear the meeting room. We appreciated their assistance!

Norwegian Jakob Ingebrigtsen, 16 years old, became the youngest mile runner in history to break four minutes at the Prefontaine Classic in Eugene, Oregon, on May 27, with his time of 3:58.07.

Med Vennlig Hilsen



Sons of Norway, Grønnvik Lodge 5-632, Green Bay, Wisconsin

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Looking Ahead

Grønnvik Meetings

Sept. 16 Oct-17

Gratulerer

med dagen!

July-Aug.
Birthdays



Darlene Gast, 7, 4
Vera Dauffenbach, 7, 5
Paris Marit Riggle, 7, 12 *
Rita Running, 7, 16
Adam Ruotsala, 7, 16 *
Luke Ruotsala, 7, 18 *
Carla Krines, 7, 19
Joseph Olson, 7, 20*
James McIntosh, 7, 26

David Running, 8, 5
Sophia Vedvik, 8, 5
Ryan DeMeuse, 8, 13*
Ramona Eliason, 8, 22
Carol Dost, 8, 24

*Heritage Member

Tusen Takk!

The lodge offers a hearty thank you to the family of Paul Trondson for their donation in memory of Paul, who died in January. The gift has been reserved for a special project which will be announced later.

It's Picnic Time

It's summer and time for the annual family picnic at Bay Beach. Following tradition, the picnic features that Norwegian style hot dog, *varm pølse med lefse*, (hotdogs wrapped in home made lefse).



Each family is asked to bring:

- ◆ A generous dish to pass.
- ◆ Something to eat on and to eat with.
- ◆ Their own beverages.

Children receive \$2.00 for ride tickets at the amusement park.

Visiting with friends, old and new, and playing Bingo complete the evening.

This is a great opportunity to introduce friends and family to our lodge.

Who will you invite?

July 18
6:30 pm
Annual Picnic
Bay Beach
Shelter # 2

4 Weeks In Norway

Julie Clabots, lodge member and a senior at Ashwaubenon High School, reports on her summer 2016 adventure in Norway. She was one of 17 Americans who spent four weeks there participating in the State 4-H International Exchange.

For three weeks, Julie lived with a family in the small village of Åsen, population about 600, located 90 minutes north of Trondheim.

Then all the American students gathered in Oslo for a week of camp at Bygdø Royal Farm, site of the royal family's organic farm and summer residence.

Refreshments featuring pie and ice cream end the evening.

Aug. 15
6:30 pm
Trinity Lutheran
330 S. Broadway
4 Weeks in Norway

Fra President

Hallo,

As I write this, I can't believe we're making plans for the 4th of July! Summer is speeding by. Hope you are enjoying it with family and friends.

Looking back at our May meeting – heard a few comments that we really didn't celebrate Syttende Mai the right way! I apologize if some were disappointed. Let me just say we had plans to celebrate with friends from Trinity Church, but those plans had to be changed, and it was decided to do the white potluck!

I believe all had an enjoyable meal. Our program for the night was presented by Ramona Eliason and she took us along on her trip to Norway. I always like to hear about travels to Norway. Thank you Ramona!

I apologize, but I was unable to attend the June meeting, so I have no recap on that. I'm sure you heard some fascinating stories and saw some family treasures.

Our July meeting will be a picnic at Bay Beach. It's always a fun gathering. Bring a dish to pass – your own tableware and drinks – and enjoy lefse med pølse! Did I hear someone call Bingo?



August we will be hearing from members Julie Calbot. She will be sharing her month long trip to Norway when she traveled there through a 4-H program. And we will be enjoying pie and ice cream.

Hope you all enjoy a happy and safe summer!

Mollie Bergsbaken

Herring and Cucumber Salad

Published in *Grønnavik's Favorite Norwegian Recipes*, 2001. From *Eat the Norway* by Aase Strømstad.

¾ c. elbow macaroni (uncooked)
1 cucumber **¼ tsp. salt**
2 c. herring **1 ½ tsp. salt**
4 mushrooms **4 ½ tsp. olive oil**
¼ tsp. white pepper **3 T. white vinegar**

Peel cucumbers, slice lengthwise, scrape out seeds and dice into ½" cubes. Sprinkle ¼ tsp. salt on cucumbers. Let stand 15 minutes, drain well.

Cook macaroni, rinse with cold water, drain well. Slice mushrooms. Drain herring and cut into ½" pieces, pat dry. Put these ingredients in a large bowl. Blend the vinegar, olive oil, salt and pepper. Pour over other ingredients, mixing gently. Refrigerate at least one hour.

Curry Dressing

Blend, ¾ c. mayonnaise, 1 ½ c. sour cream and 2 to 4 tsp. curry powder (depending on your taste). Add to salad shortly before serving.

Book Club - Join the Fun

The group meets July 17, 7:00 pm, at Darlene Gast's, 2843 Newberry, Green Bay. All are welcome, just call Darlene, 465-1936, if you plan to attend.

Up for discussion is the light-hearted contemporary novel, *Angry Housewives Eating Bon Bons* by Lorna Landvik. It follows five neighbors over more than 30 years as they laugh and cry together at book club meetings.

The author depicts a special slice of American life, of stay-at-home days and new careers, of children and grandchildren, of bold beginnings and second chances, in which the power of forgiveness, understanding, and the perfectly timed giggle-fit is the CPR that mends broken hearts and shattered dreams.

Based in Minneapolis, Landvik proudly states she comes from, "a long line of Lutheran ministers" and you'll always find a few Norwegian references in her books.

Norway's Humane Prisons

Halden Prison (Halden fengsel) is a maximum-security prison in south Norway, near the Swedish border. Focused on rehabilitation, it has around 250 inmates and is the second-largest prison in Norway.

The first thing you notice when you enter the grounds of Halden Prison in Norway's far south-east is the forest: Pine and birch trees surround buildings of dark black brick with elegant windows. There's no concrete exercise yard here; it looks like a university campus.

Are Hoidal, the prison governor, (*In the US, he'd be called the warden.*) smiles at the incredulous reaction of visitors. The effect of the prison design was intentional.



The only thing that looked like a prison is the big wall. "You think this is a prison when you see the big wall, but the buildings [could] be a university, hospital, school, something like that," he says.

A 25-foot-high concrete wall encircles the compound, but nothing else speaks of a maximum-security prison — no guard towers, no guns, no razor wire.

"We have a lot of drug smugglers — it's near the border [with Sweden]. We have murderers, rapists. ... We have everything in this prison," Hoidal says. "They have done bad things, Hoidal says, but they are not bad people. That's a really important distinction. They are "human beings, we treat them with respect." And that's the philosophy behind this prison, which opened in 2010.

Norway spends \$90,000 a year to house each prisoner - three times what is spent on inmates in the United States. Norwegians think it's a good investment: The recidivism rate is less than 30 percent, half of what it is in the US And Norway's prison population is one-tenth that of the US on a per capita basis.

Among other activities, sports and music are available to the prisoners, who interact with the

unarmed staff to create a sense of community. Here treatment is focused on helping inmates prepare for life after they get out.

Staff tend to come from a social work background rather than criminal justice or military, as in the US. There is a philosophy of "dynamic security" that "sees interpersonal relationships between the staff and the inmates as the primary factor in maintaining safety within the prison."

Halden's officers are put in close quarters with the inmates as often as possible. They socialize with the inmates every day, in casual conversation, often over tea or coffee or meals. Inmates can be monitored by surveillance cameras on the prison grounds, but they often move unaccompanied by guards, requiring a modest level of trust.

The inmates have the opportunity to act out, but somehow they choose not to. In the first five years, the isolation cell, furnished with a limb-restraining bed, was never used.

Bastøy, a second prison cited as a humane model, has 115 prisoners on an island about an hour south of Oslo. It is the largest-low-security prison in Norway.

Small, brightly painted wooden bungalows dotted around the landscape house the prisoners. Accommodating up to six people, every man has his own room and they share a kitchen and other facilities. The idea is to closely duplicate living conditions outside of prison to ease the transition to freedom.

The men earn the equivalent of about \$8 a day and are given a monthly food allowance of around \$90. It's used to buy provisions at the island's well-stocked mini-supermarket for the breakfasts and evening meals they prepare themselves. A noon meal is provided in the dining hall.

Prisoners in Norway can apply for a transfer to Bastøy when they have up to five years left of their sentence to serve. Every type of offender, including men convicted of murder or rape, may be accepted, so long as they fit the criteria, the main one being a determination to live a crime-free life on release. (*Cont. on back page . . .*)