



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

SAVE THE DATES FOR OUR MEETINGS
Sept. 22
Oct. 16

Med Vennlig Hilsen



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

www.sonsofnorwaygb.blogspot.com gronnaviklodge@gmail.com Vol. 24, No. 5 Sept-Oct 2018

Frokost With Friends

Salmon, cheese, cold cuts, coffee cake and so much more are on the menu for the annual *frokost*. And of course, coffee, lots of coffee!

Learn about Vikings during a presentation by Peggy Schroeder.

Children can make a Viking shield and discuss how to be a Viking.

This is the perfect time to invite friends and relatives to learn about the great community spirit we have at Grønnavik Lodge.

Sat. Sept. 22
9:30 am

Trinity Lutheran
330 S. Broadway
Green Bay

Suggested
donation
\$5.00 adults
\$2.50 children

Viking House Ceremony

A ceremony at the Viking House at UWGB honored former lodge member Harry Olson. At the Aug. 1 occasion, Harry's son Tom Olson was recognized for sponsoring the House and making its move to the campus possible.

Attending the ceremony were several lodge members pictured below, from left to right. Front row, Mary Swain, Carol Brunner, Dr. Heidi Sherman. Back row, Rita Running, Darlene Gast, Joy Basher, Bonnie Vastag, David Running, Eileen Below, Bob Olson, Peggy Schroeder, Frank Ingram, Steve Below.

Harry is remembered for his pride in his Norwegian heritage and for his fluency in Norwegian. This editor benefited greatly from Harry's generosity when he translated many pages from a *bygdebok* for genealogy research.

(Continued from page 2) Serra studied archaeological finds and pored over Norse sagas and medieval texts to develop a list of ingredients and cooking techniques that were likely used during the Viking Age that lasted about 300 years from the 8th to 11th centuries.

Through research and trial and error he developed recipes he says are as "historically accurate as possible with the information we have" He co-wrote a cookbook called "An Early Meal: A Viking Age Cookbook and Culinary Odyssey."



**Looking Ahead
Grønnavik Meetings**

Oct. 6 Zone Meeting at Viking House, UWGB
Nov. 13 Dec. 18

**Gratulerer
med dagen!**



Sept - Oct Birthdays

- Marlene Bergum 9, 15
- Peggy Schroeder, 9, 17
- Patricia L. - Rynning, 9, 26
- Wayne Romsos, 10, 1
- Logan Dost, 10, 7 *
- Frank Ingram, 10, 8
- Heidi Sherman, 10, 22
- Steven Olsen, 10, 23
- Shameka Olson, 10, 23 *

*Heritage Member

**Velkommen
New Members!**

The Dost Family, Jim, Sharee, Logan, Evan
2790 Carrera Ct., Green Bay

Stephen Olsen, 5951 Old Settlers Road, Denmark

Heidi Sherman
612 S. Baird, Green Bay

► **- Fun Fact** IKEA names sofas, coffee tables, bookshelves, media storage and doorknobs after places in Sweden; beds and wardrobes after places in Norway and dining tables and chairs after places in Finland.

Silent Auction Supports Foundation

It's time for the annual Silent Auction benefitting the Sons of Norway Foundation and our own local programs.

What will you donate to the evening's fun? Items should be new or almost new and could be something you purchased or an item that you made or baked.

Popular items in the past include baskets, gift cards, food and dinners. Use your imagination.

Be sure to bring cash or check so you can participate in the sometimes very competitive bidding.

Half of the money raised at this event goes to the Sons of Norway Foundation for humanitarian projects and scholarships, while the other half stays with our lodge to sponsor future events.

Besides the auction, our lodge supports the Foundation with proceeds from the Piggy passed at most meetings and a \$25.00 donation in memory of deceased members.

Oct. 16
6:30 pm

Trinity Lutheran
330 S. Broadway
Green Bay



Fra President

I hope you are all enjoying the end of summer. October's bright blue weather will be upon us in no time.

I want to say thank you to Marlene Bergum, Peggy Schroeder, Bob Olson, Rita Running and Ken Eliason for helping make our August Membership Breakfast at Village Grille a great success. It was a fun event which got the word out about our great organization. Thank you again.

September brings us to *Frokost* held at Trinity on the 22. We will be enjoying a heritage breakfast and fellowship and learning about Vikings.

Our busy time of the year is coming up.. October 16 brings the Zone meeting held at the Viking House at UWGB. Our October meeting features our annual silent auction to benefit the Sons of Norway Foundation. Let's be creative in the items we bring for our auction.

November 13 brings our Taste of Norway which always attracts visitors. Also, in November we will decorate at Hazelwood again. Please be willing to help out the decorators with items they may need. This year our lodge will be decorating the kitchen.

December 18 we celebrate Juletefest with the Nisse making an appearance, I'm sure. Please don't forget to donate items for Trinity's food pantry any time we meet there.. So sad, but the need is getting greater. Any help will be appreciated.



Also, I would like to ask all members for any ideas or requests for programs for the upcoming year. Please let an officer know your ideas or concerns.

Peace to all of you, *Mollie Bergsbaken*

What Did The Vikings Eat?

Daniel Serra, Sweden, brings his expertise on medieval cooking to the area in Sept. Sponsored by The Viking House at UWGB, he's teaching three day-long workshops where participants learn by cooking a meal which they get to eat.



Sept. 21, Everyday Food in the Viking Age.

Sept. 22, Ritual Food in the Viking Age.

Sept. 23, Open-pit Fire and Clay Oven Cooking. For complete information see www.uwgb.edu/viking-house

Serra also appears at the Neville Museum Sept. 20 with the program The Taste of the Viking Age. All programs require registration.

(Continued on page 4 . . .)

The August Membership Breakfast found David Running, below, visiting with Financial Benefits Counselor, Helge Vestnes, on the right. A cultural display and presentation explained Sons of Norway to visitors.



Lodge News

◆ **Book Club** meets Oct. 22 at 7 pm to discuss "Bold Spirit: Helga Estbys Forgotten Walk Across Victorian America" by Linda Lawrence Hunt. Everyone is welcome to attend the group which reads Scandinavian authors and books about Scandinavian culture.



Meeting place is Rita Running's home at 1229 Gail Drive, Green Bay. Please RSVP at 469-1388 or gbdr@aol.com

In 1896, a Norwegian immigrant and mother of eight children named Helga Estby was behind on taxes and the mortgage when she learned that a mysterious sponsor would pay \$10,000 to a woman who walked across America. Hoping to win the wager and save her family's farm, Helga and her teenaged daughter Clara, armed with little more than a compass, red-pepper spray, a revolver, and Clara's curling iron, set out on foot from Eastern Washington heading west.

◆ **Congratulations** to Peggy Schroeder who was elected to the District 5 Board during the June convention. Also, Peggy attended the Leadership Conference at the International Convention in Minneapolis in August.

◆ **Grandchildren Experience Masse Moro**



(Masse Moro is a Norwegian heritage camp for youth ages 9-15 years old sponsored by the Sons of Norway Fifth District. This year's session was July 15-28. The camp is located near Eau Claire in Beaver Creek Nature Reserve in Fall Creek. Grønnavik and District 5 offer scholarships for children and grandchildren of members.)

Sandy Milward had two granddaughters attend and she wrote about their experience at camp.

"I can't thank everyone enough for the amazing experience for my granddaughters Dagny & Freya. This is their third year and they came home with even more fun stories of the two-week adventure. Thank you to the Fifth District and thank you to Grønnavik Lodge for helping to provide this amazing experience for my girls.

"Thank you to the camp administrators, counselors, the cooks, nurse and all the behind the scenes people who make this possible, *Mange tusen takk*. My three children enjoyed this camp for six years each, and now my grandchildren are enjoying the same experience Masse Moro is a wonderful cultural experience for our youth."

Peggy Schroeder's grandson Charles Iverson was a first time camper and he sent this letter.

"Dear Grønnavik Lodge, Thank you to everyone who contributed scholarship money towards my experience at camp. I just want to let you all know that the memories I've made at Masse Moro are not ones that I'll soon forget.

"I've learned so much about Norway's culture all whilst having an amazing time. I got the chance to be a part of so many fun activities like Kubb or even four corner dodgeball. I can't wait to go back next summer!"

Sincerely, *Charles Iverson*

◆ **Congratulations** to the following who received membership awards recently.

Reaching the milestone of 25 years or greater were Mary Swain, Ken Eliason, Karen Eiseth and Colleen Griswald,

Acknowledged for reaching the 10 year mark were Eric Hepp, Kenda Vedvik Stroess and Carol Dost.

◆ **God Tur to Julie Clabots** who is adding to her international travel by spending the 2018-2019 school year in Ostrava, Czech Republic through Youth for Understanding. She will attend high school and live with a host family.