

Med Vennlig Hilsen

With Friendly Greetings

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

Vol 30—No.1 —January/February 2024

Kalender

January

16—Cultural Meeting 6:30,
Trinity Luth Church

February

20—Cultural Meeting 6:30,
Trinity Luth Church
21—Deadline for Newsletter

Gratulerer med dagen!

January

10—Axel Gruenke*
11—Eileen Below
19—Cheryl Meingast
20—Sarah Parks
20—Mike Taylor
25—Carol Brunner
27—Lily Duquaine*
28—Kenda Stroess
28—Erik Hepp
30—Karen Eiseth

February

4—Gretchen Misselt
4—Geri Nilsestuen
7—Carrie Arnold
13—Amy Coleman
17—Joy Bashara
20—Piper DePauw
21—William Rentmeester*

Fra vår president:
Eileen Larson Below

Happy New Year to all. Lots
of great things coming up for
Grønnavik Lodge! Mike and Elle

Taylor worked diligently on the 2024 meeting and events calendar, and have done their usual over-the-top job. Did you get a copy at the December Lodge meeting? There are still a couple of spots available to fill with programs, so if you have something to share, let me know. eglbelow@gmail.com

And speaking of meetings and programs, at the January 16 Lodge meeting Nels Lawrence will educate us on “Wooden Skis in War and Peace: From craftsmanship to wartime deployment.” Kari Jensen is on tap for the February 20 meeting. His topic is “The Washington Island Stavkirke,” a gem right here in our backyard. Let’s all keep our fingers crossed that Mother Nature grants us decent weather for both.

Do you happen to have any spare trinkets? You know, those pens, notepads, refrigerator magnets, etc. that you got at sales pitches, tours, or the dentist’s office? We don’t care which business’s name is on it. We’d like to start a Treasure Trove of fabulous prizes for games or for random awards. If you really can’t use them (How many rubber husbands do you need?), bring ‘em in. Takk!

Yours,

Eileen Larson Below



Hva du gikk glipp av!

Catching the Christmas Spirit at the National Railroad Museum Festival of Trees. Our Nordic inspired tree, below, was available to see from November 16th to Jan 1. Lots of beautifully decorated trees...and the trains are pretty cool too! The tree was decorated by Mollie and Dawn Bergsbaken and Karen Vedvik.



Our Julfest entertainment: Jake Eggert from Mischief and Magic had everyone laughing and waiting for his next creation!

I was getting a little worried when the 6 foot balloon came out and even more worried when he got IN-SIDE of it!



Hazelwood's Ethnic Christmas display, above: Our lodge, directed by Rita Running, decorated the Hazelwood Historic House Museum bedroom with nisse. The event was held two Saturdays in December.



Alaina Nolls, left, modeling her fetching Viking Balloon Helmet at our Julfest.

Mary Swain, right, reading her annual Christmas Story in braille. Her helpers were Elle and Mike Tayler.

In the background is our Holiday Giving Tree. Decorated with socks, underwear, hats and mittens. All items are donated to Trinity Lutheran Church for their outreach programs.



Kathy Anderson doesn't drive at night, and is looking for a ride to and from Lodge meetings. She lives on Green Bay's West Side. Can you help?

Contact far_mor_6@msn.com

Notater Fra Kjøkkenet: Karen and Colleen

January 16, 2024: We are asking you, each of our members, to bring & enough to share your favorite snack. It will be fun to see and taste a variety of goodies!

February 20, 2024: Please look for your favorite cupcake and/or bar recipe. Bring to share and enjoy with our beverages. An adventure to see what members bring! Please, bring foods ready to set on table and be served. (Already cut and with a serving utensil.) Takk!



Vår stiftelsesdirektør: Rita Running

Mange tusen takk to all who donated and purchased silent auction items at our meeting October 17. The proceeds of the auction are divided between the Sons of Norway Foundation and our lodge. It is a special way to support the Sons of Norway Foundation and to know that other lodges nationally are also coordinating some event to support the Foundation.

The Sons of Norway Foundation started in 1966 to help achieve the goals of preserving and promoting Norwegian heritage and culture and to provide assistance to Sons of Norway members, lodges and communities. It awards scholarships and grants to promote the heritage and culture of Norway and provides assistance to members and communities in times of crisis.



The Sons of Norway Foundation started in 1966 to help achieve the goals of preserving and promoting Norwegian heritage and culture and to provide assistance to Sons of Norway members, lodges and communities. It awards scholarships and grants to promote the heritage and culture of Norway and provides assistance to members and communities in times of crisis.

Nordic Winter Vegetable Soup

Warm up this winter with this delicious, simple and healthy soup. Recipe from: <https://www.foodandwine.com/recipes/nordic-winter-vegetable-soup>

Ingredients:

- 2 Tablespoons extra virgin olive oil
- 1 large onion, thinly sliced
- 2 leeks, white and tender green parts only, thinly sliced
- 2 garlic cloves, minced
- 1 cup pearl barley
- 8 cups low-sodium vegetable broth
- 4 cups water
- 10 thyme sprigs
- 2 bay leaves
- 1 1/2 lbs. celery root, peeled and cut into 1/2-inch cubes
- 1 lb. parsnips, peeled and cut into 1/2-inch pieces
- Salt and freshly ground pepper
- 1 lb. baby spinach
- 1 teaspoon freshly grated nutmeg

Directions:

In a large pot, heat the oil. Add the onion, leeks and garlic and cook over moderate heat, stirring occasionally, until tender, about 5 minutes. Stir in the barley. Add the vegetable broth, water, thyme and bay leaves and bring to a boil. Add the celery root and parsnips and season with salt and pepper. Simmer over moderately low heat until the barley and root vegetables are tender, about 40 minutes.

Stir in the spinach and nutmeg and simmer for 5 minutes. Season the soup with salt and pepper and serve in deep bowls.

Serve with:

Hearty whole-grain rye bread



Grønnvik Lodge

Green Bay, WI

President: Eileen Larson Below, 920-609-3878
2844 University Ave. Green Bay, WI 54311

Membership: Carol Brunner, 920-336-7044
555 Hilltop, Green Bay, WI 54301

Editor: Dawn BergsBaken, 920-860-1106
851 New York Ave. Oostburg, WI 53070
dawnthenorskeditor@gmail.com

Grønnvik Lodge Meetings are usually the third Tuesday of the month at Trinity Lutheran Church, 330 S. Broadway, Green Bay, WI



Like us on Facebook @Sons of Norway
Grønnvik Lodge Green Bay



grønnviklodge@gmail.com

Combatting the Long Winter

As winter approaches and the days get darker, it is common for moods to do the same. In fact, many people suffer from seasonal affective disorder during this time of year. With this knowledge, how can we be proactive in combating the effects of a long winter? Perhaps we take notes from residents in Tromsø, Norway. During the winter months in Tromsø, there are only two to three hours of indirect sunlight, however its inhabitants don't seem to be as affected by seasonal sadness as one might think.

A study done at the University of Tromsø found that sleep was slightly disturbed but there was "no increase in mental distress during the winter." Health psychologist, Kari Leibowitz, concluded that one's mindset was the vital factor in determining how they would be affected by the winter. A positive mindset toward stressful events, such as a dark wintertime, not only enhanced moods but also influenced physiological responses. Amazingly enough, she also found that attitudes increased with latitude showing that positive thoughts were present where they were most needed.

Sons of Norway, Newsletter Service, January/February 2024

