

# Med Vennlig Hilsen

## With Friendly Greetings

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

Vol 32—No. 1—January/February 2026

### Kalender

#### January

13—National Rubber Ducky Day  
17—Cultural meeting at Village Grill, noon  
27—Bubble Wrap Apprecia-

#### February

2—National Tater Tot Day  
20—National Tartar Sauce Day  
21—Deadline for Newsletter!!  
21—Cultural meeting, hot dish potluck, Trinity, noon

### Gratulerer med dagen!

#### January

11 – Eileen Below  
19 – Cheryl Meingast  
20 – Mike Taylor  
25 – Carol Brunner  
27 – Lily Bea Duquaine\*  
28 – Kendra Stroess  
28 – Erik Hepp  
30 – Karen Eiseth

#### February

4 – Gretchen Misselt  
4 – Geri Nilsestuen  
13 – Amy Coleman  
14 – Janet Bohm  
17 – Joy Bashara  
21 – William Rentmeester\*

### Scientists: Why knitting is the key to inner peace

A Swedish study shows that knitting is good for more than just your wardrobe. It offers mental benefits that are of great value. Traditionally, knitting has been a pleasant and calming activity that makes us think of grandmothers and older aunties. But modern and internationally renowned knitting luminaries like Lærke Bagger have given knitting a funky twist, making it a super popular hobby for all ages.

### Easier to handle life

A study from the University of Gothenburg shows that people with mental health problems can use knitting as a form of medicine. The researchers investigated what people with mental health problems themselves have to say about how knitting affects their situation. A total of 600 statements were collected from Ravelry, a free, English-language social network dedicated to knitting, crocheting, weaving, felting and yarn production. The collected statements were then analyzed using recognized qualitative analysis methods.

### Three positive effects

The results of the analysis revealed three ways in which knitting is beneficial to health. It helps people to calm down and relax. As a hobby, it also gives people an identity as knitters in an informal setting. Finally, knitting helps to structure life and has a beneficial impact on mental health. Overall, the knitters who participated in the study experienced their hobby as a highly valued activity that had a beneficial effect on their health, both in the short and long term. Some of the knitters had also observed a change in their mental processes, explaining that it was easier for them to think clearly and control their thoughts when they were knitting.

“Occupational therapists’ job is to make people’s lives work. There is clearly a potential in knitting needles and yarn that healthcare should absolutely not underestimate,” they write.

The Swedish study is not alone. A 2007 Harvard Medical School study, for example, showed that knitting stimulates the body’s natural relaxation and lowers the heart rate by an average of 11 beats per minute—which lowers overall blood pressure.

### Fra vår sportsdirektør:

Dawn BergsBaken

Greetings to All,

Fra vår president: Mollie Bergsbaken

Hope the Holidays were days of joy and wonderment, special days spent with family and friends. Recapping the last months of the year for Grønnavik:

November was our annual Taste of Norway. Attendance was great. We received about a dozen visitors who enjoyed the tastes alongside our members. Good eats and good conversations.

Our December meeting was met with a fantastic crowd. Over 50 guests and members. Good to see the young and not so young enjoying the night. Mary Swain shared her annual Christmas story read in braille. The younger attendees sat close to Mary as she explained how braille is read. She let the children experience what braille feels like and then shared her story with them. We also enjoyed musical entertainment provided by the Baylander Barbershop Chorus, a group of 15 men and 1 lady. As I looked out at the audience, I noticed just about everyone tapping their toes with a smile on their faces. Very, very nice presentation. We invited the group to stay and have cookies and coffee with us which they DID NOT turn down! Some of them visited with our members. Good time was had by all. The Julnissie made his annual appearance with greetings and treats.

And time marches on, so we start 2026! Our January meeting will be on January 17<sup>th</sup> and will be held at Village Grill (801 Hoffman Rd, Green Bay) at noon. We will order off the menu, and the meeting will have a gnome theme!

We are also planning a Saturday meeting for February 21<sup>st</sup>, at Trinity. We will have a meal together first at noon, so be thinking of a good casserole (aka hotdish) to bring and share. Peggy Schroeder will have the program.

One of our topics for the next board meeting will be programs for the upcoming year. If you have a suggestion on programs, by all means, please share it. Know of a speaker, a craft, or a food prep you'd like to see, let me know. Know of some musical entertainment? Should we continue having our picnic in July or do something else? Do you have a preferred park to have it at? Let me know. The board doesn't know what our members are thinking if you don't share your thoughts.

Looking forward to another eventful year at Grønnavik Lodge. Takk, Mollie B.



Ole was bartending one slow night. A dung beetle walks in. Ole says, "come on in, grab a stool!"

Tomte  
Household spirit  
Red cap  
Stable chores  
Yuletide  
Porridge  
Nicholas  
Gift giver  
Gnome  
Tuft  
Gardvord  
White beard  
Buck goat  
Sprite  
Pat of butter  
Farmstead  
Trickster  
Protect  
from evil  
Short  
tempered  
Stealing wheat  
Pranks  
Horses  
Good luck  
Traditions  
Guardian  
Super strength  
Yule goat  
Braided tails  
Shapeshifter  
Gray clothes  
Easily offended  
Invisible ones

G N O M E X R A N D O M T R A D I T I O N S P R I T E Y U L E Z  
A S U P E R S T R E N G T H O M T E G A R D V O R D P O R R I D  
R E D C A P E A S I L Y O F F E N D E D S H A P E S H I F T E R  
D T R I C K S T E R H O U S E H O L D S P I R I T B R A I D E D  
V I S I B L E O N E S T U F T E S T E A L I N G W H E A T G O O  
O R P R A N K S G U A R D I A N S H O R T T E M P E R E D F A R  
M S T E A D B U C K G O A T N I C H O L A S G I F T G I V E R D  
L O T H E S P R O T E C T F R O M E V I L S P R I T E T O M T E  
Y U L E G O A T G R A Y C L O T H E S P A T O F B U T T E R X X  
S H O R S E S T R A D I T I O N S R E D C A P S U P E R S T R E  
T N G T H P O R R I D G E G N O M E T U F T E W H I T E B E A R  
D B R A I D E D T A I L S G U A R D I A N P R O T E C T F R O M  
E V I L S H O R T T E M P E R E D S T E A L I N G W H E A T G O  
O D L U C K S H A P E S H I F T E R G R A Y C L O T H E S T O M  
T E H O U S E H O L D S P I R I T P O R R I D G E N I C H O L A  
S G I F T G I V E R B U C K G O A T Y U L E G O A T S T A B L E  
C H O R E S P A T O F B U T T E R G A R D V O R D E A S I L Y O  
F F E N D E D I N V I S I B L E O N E S T R I C K S T E R P R A  
N K S G O O D L U C K S U P E R S T R E N G T H G N O M E T U F  
T E S T A B L E C H O R E S W H I T E B E A R D B R A I D E D T  
A I L S S H O R T T E M P E R E D P R O T E C T F R O M E V I L  
G R A Y C L O T H E S S H A P E S H I F T E R F A R M S T E A D  
B U C K G O A T N I C H O L A S G I F T G I V E R Y U L E G O A  
T S T E A L I N G W H E A T G U A R D I A N P O R R I D G E S P  
R I T E T O M T E H O U S E H O L D S P I R I T G O O D L U C K  
E A S I L Y O F F E N D E D I N V I S I B L E O N E S T R A D I  
T I O N S B R A I D E D T A I L S S H O R T T E M P E R E D G R  
A Y C L O T H E S S T A B L E C H O R E S G N O M E T U F T E W  
H I T E B E A R D S H A P E S H I F T E R P R O T E C T F R O M  
E V I L S U P E R S T R E N G T H Y U L E G O A T B U C K G O A  
T G A R D V O R D P A T O F B U T T E R S T E A L I N G W H E A  
T P R A N K S G O O D L U C K F A R M S T E A D T R A D I T I O  
N S I N V I S I B L E O N E S G R A Y C L O T H E S S P R I T E

## From Sons of Norway Headquarters:

As of September 1, 2025, membership cards will no longer be mailed for annual renewals. Members can print off their card from our website under their profile or save a digital copy to their phone to show proof of membership. For members who belong to a lodge with property, card mailings stopped as of December 1.

These changes are being made due to the rising costs of postage and our desire to continue to be good stewards of our resources. Please encourage members to create a profile so that they can access the card and print one from their computer.

## Fra Kjøkkenet: Karen and Colleen

January 17<sup>th</sup>: we hope to see you at the Village Grille!

February 21<sup>st</sup>: we will meet at Trinity. It will be a good old-fashioned casserole lunch.

Check out your recipes, create a dish to share. See you there!

Takk,  
Kitchen





**Grønnvik Lodge**

**Green Bay, WI**

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



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Valentine's Day in Norway ([Valentinsdag](#)) focuses on experiences, nature, and cozy moments over grand gestures, with popular ideas including romantic winter walks in the snow, skiing, enjoying hot chocolate with panoramic views (like in Bergen), cozying up with high-quality wool items or candles, and exchanging simple gifts like red roses or chocolates. It's about meaningful connections, valuing quality over quantity, and embracing the beautiful Norwegian winter landscape for dates, often with phrases like "Jeg elsker deg" (I love you).