



GRØNNVIK LODGE
2844 University Ave
Green Bay, WI 54311

**STAY TUNED FOR
MARCH AND
APRIL INFO**

PRESIDENT: Joy Bashara, 920-445-1585
1460 Maple Hills Dr, Green Bay, WI 54313

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

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

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

 Like us on Facebook. "Sons of Norway Grønnavik Lodge Green Bay"

Winter Blues?

Are you tired of sitting on the couch during the pandemic? Does the cold weather prevent you from getting outside? Try taking up a new activity that gets you up and moving and that you can do indoors! How about some dance lessons? Or maybe join a bowling team! How about some warm water for swimming or a water aerobics class at the Y? Feeling more meditative? Tune into PBS and try some chair yoga! You can do all these things and more and earn sports

medals while you're at it! The *Idrettsmerke* (EE-dretss-merk-eh) Sports & Fitness Medal Program rewards Sons of Norway members for living an active lifestyle...and it doesn't have to be outdoors! You earn points for time spent on activities such as billiards, zumba, tai chi, jogging, kubb, Pilates, sit-ups, push-ups, hiking, golfing, weightlifting and more. Ask Matt (262-290-1122 or matthewjagen@aol.com) for a record card to start getting credit toward a medal.

Next newsletter submission deadline is February 21st.

Med Vennlig Hilsen

With Friendly Greetings

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

www.sonsofnorwaygb.blogspot.com gronnaviklodge@gmail.com Vol. 27, No. 1 Jan-Feb 2021

Happy New Year

Mantra for 2021
Stay Positive... Test Negative

Norwegians have a saying for this.

It keeps them in a positive mood

Despite the horrible weather conditions

*"DET FINNES IKKE DÅRLIG VÆR, BARE DÅRLIGE
KLÆR"*

"There is no such thing as bad weather, only bad clothing."

The challenging weather in Norway

May help us to understand the Norwegian culture

Climate shapes cultures

It influences behaviors

How people relate to one another

How people relate to strangers

How people make friends

How they eat

How they meet

How they interact

How they party

TIP: Like most things in life, weather is what you make it to be. Change your mindset, buy a proper jacket, and do not let the weather stop you. You will feel as happy as a Norwegian.

Virtual Meetings

January 19

February 16



Gratulerer med dagen!
Birthdays

January

Eileen Below - 11th

Jonathan Robshaw - 11th

Sarah Parks - 20th

Michael Taylor - 20th

Carol Brunner - 25th

Ila Iverson - 26th*

Lily Duquaine - 27th*

Erik Hepp - 28th

Kenda Vedvik - 28th

Karen Eiseth - 30th

February

A Geraldine Nilsestuen - 4th

Addison DePauw - 8th*

Florence Trondson - 9th

Joy Bashara - 17th

Piper DePauw - 20th*

William Rentmeester - 21st*

*Heritage Member

Fra President

Dear friends,

We start the New Year with confidence that things will get better. I hope that your holiday activities were filled with memories of the past and acceptance of a smaller calmer celebration. In my family we had less people, less food but more laughs.

Now to our Sons of Norway lodge...what will we be doing? Let us have a target of March 2021. It may not happen but if it does we're going to howl with delight!! We will try Zoom meetings in January and February. We will try to have worthwhile things to share. Give it a try if you can.

My thoughts are with each one of you until we meet again.

Love, Joy



With heavy hearts, we announce the passing of our favorite Viking storyteller, Adrian Spendlow, pictured here with his wife, Heidi Sherman. Adrian was a poet, actor and world-renowned performance artist from Scarborough, England. Locally, he had presentations at *Grønnavik* Lodge and for the National Railroad Museum, and served as the "Skald in Residence" at the Viking House at UWGB. His unique tales included themes from folklore, history and traditional stories.

New Year, New Goals

While common goals are focused around health (work out more, eat better)... what about setting a literary goal for yourself this year? Whether it's a specific number of books to read this year; or to read a book you've always meant to start; or to finally finish that tome you keep putting off to the side... As your new lodge librarian, I challenge each of you to come up with a reading goal to add to your new year's resolutions!

To help with your goal, check-out www.goodreads.com, or download the app. This website helps you find your next favorite book. You can create to-read book lists, read book reviews, participate in online book clubs, create annual reading goals, check-out what your family and friends (including me!) are reading and more!

For those of you looking for Scandinavian reads, check out a book from our lodge library! And if you're looking for Scandinavian recommendations, please ask me. Some of my favorite authors include Karen Blixen, Knut Hamsun, and Erlend Loe.

To check out a book from our library, please contact me, elle.sophia.taylor@gmail.com or 920-284-8649. As Mary Pope Osbourne said, "Reading is a passport to countless adventures." Are you ready to turn the next page?

By Elle Taylor

Although she wasn't present, Mary Swain provided the music to set the mood for the December Lodge meeting. Participants shared memories of bubble lights, lit candles on the tree (with a bucket of water close by), and the care of icicles, long before they became known as tinsel. We talked of lutefisk and gingerbread houses, and of *Julebukking*, which Dave Running described as a kind of Christmas version of trick or treating. Subdued get-togethers with family were mentioned, although Carol Dost planned to travel from family to family. She made the remark that will stick with us for a long time: "You can never have too many Christmases."

Double-Duty Sweaters



Norwegian wool sweaters are something we associate with tradition, cozy warmth and, if we're lucky, the people who knitted them. But did you know that they were made to protect us not only from cold, but also to ward off malicious spirits?

The patterns made by dual color strands not only protected the wearer from the cold, but also—it was believed—from malicious spirits. The superstition was that evil could sneak in at the hems of a person's clothing. To confuse any menacing forces, the sleeves, neck and lower hem of a sweater were adorned with intricate zigzag, checkerboard, X and V patterns.

The prominent sweater patterns are:

Setesdalskofte also called a *lusekofte* (lice jacket), for the white V-shaped stitches that are regularly knitted into a darker color, to provide extra warmth. This pattern comes from Setestdal, a valley in southern Norway.

Typically knitted in the colors of the Norwegian flag, the *Mariusgenser* sweater was worn by skier, fighter pilot and movie star Marius Eriksen in the film *Troll i Ord*.

The *Fanakofte*, named for the municipality south of Bergen, combines several motifs for the ultimate pattern mash-up: checkerboard, 8-pointed roses, and "lice" within stripes.

Selburose is an 8-pointed octogram, sometimes perceived as a snowflake or star. Teenager Marit Guldsetbrua Emstad of Selbu (near Trondheim) knitted the first "snowflake mittens," and the pattern put her town on the map.

Culture Corner

Norwegian National Horse

The Norwegian Fjord Horse is one of the world's oldest and purest breeds.

It is believed that the ancestors of the modern Fjord horse migrated to Norway and were domesticated over 4,000 years ago. Archaeological excavations at Viking burial sites indicate that the Fjord horse type has been selectively bred for at least 2,000 years. The Vikings used them as a war mount. For hundreds of years they were used on mountainous Norwegian farms.

Quite small, but very strong, Fjord horses are smart, calm and reliable. Their mane is typically clipped in a distinctive short crescent shape to show a black stripe down the middle (a horse version of a punk rock hairdo!). Today they are a favorite at Norwegian riding and therapeutic schools--their temperament and small size make them suitable for children and disabled individuals.

In 1994, the Fjord horse, along with the other two native breeds of Norway, safely drove many winning competitors and celebrities to different venues at the Winter Olympics in Lillehammer.

The Fjord horse is featured on the coat of arms of both Gloppen and Eid in Nordfjord.

The horse in the movie *Frozen*? You guessed it, a Fjord horse.

Do you have a new address, phone number or email address? We need to know. Please contact Carol Brunner at 920-336-7044 or thebrunners@milwpc.com to update your information. *Takk!*