

Med Vennlig Hilsen

With Friendly Greetings

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

Vol 29—No.4 —July/August 2023

Kalender

July

18—Picnic at Meadowbrook Park. Eat at 6:30

19—National Hot Dog Day!!

August

15—Cultural meeting, 6:30
Trinity Lutheran

21—Deadline for Newsletter

Gratulerer med dagen!

July

- 1 Emily Jensen
- 4 Darlene Gast
- 5 Vera Dauffenbach
- 12 Paris Riggle
- 16 Adam Ruotsala
- 16 Rita Running
- 19 Carla Krines
- 24 Sandra Milward
- 25 Ron Widell
- 26 James McIntosh
- 31 Jim Dost

August

- 4 Natalie Brunner
- 5 David Running
- 12 Charles Schroeder
- 13 *Ryan DeMeuse
- 14 Matt Gruenke
- 24 Linda Swiertz
- 24 Carol Dost
- 27 Kari Jensen

Fra vår president:
Eileen Larson Below

Uff Da! ice cream. I just had to buy it, take a photo and fire it off to a couple of Grønnavik Lodge

members. I was crushed to learn that another Lodge member had discovered it some time ago; and further disappointed when the description read "Schoep's Wisconsin French Vanilla." Oh, well, it tasted great.



Summer's finally decided to show up. Our annual potluck picnic and Kubb "tournament" will be July 18th at Meadowbrook Park. "Vikings in Ireland" is the topic for the August 15th meeting at Trinity, as Elle and Mike Taylor recap their trip to the Emerald Isle. Saturday, September 16 is our Breakfast at Trinity with the latest on the Midwest Viking Festival.

Are you a Facebook aficionado? Follow Facebook with a Fervor? Have I got a deal for you! Our intrepid Bonnie has decided that she'd like to give up the torch as Grønnavik's contact, so we're looking to fill her shoes. Let the world know what Grønnavik is up to. Interested? Let me know.

District 5 will soon be launching its Recruitment Challenge. From August 1 through October 31, every new member recruited will earn Grønnavik Lodge \$10, or \$20 for a family. (This does not include Heritage members or adding a new Adult to a Family membership, but feel free to recruit them, too!)

Yours,

Eileen Larson Below



Fra vår visepresident: Attention Lodge members: let's wear a logo T-shirt for the Viking Fest – Taste of Norway and whenever to promote Sons of Norway and our lodge. We need a minimum order of 24 pieces (T-shirts and sweatshirts combined.)

T-shirt: S-XL \$15

Hooded Sweatshirt: S-XL \$29.95

Extended sizes add \$2 per size up to 5X.

Orders can be placed at July and August meetings. If I have orders in by last week of August, the shirts will be available for pick up at Frokost so that we can wear them for Viking Fest.

Any questions, please contact Mollie via text, email, or call. 715-853-4357

Tidbit from Eileen: We had a lot of fun with a trivia contest at our Syttende Mai Eve dinner meeting. A suggestion was made that I include a trivia question in my newsletter column each time, so here goes:

In square miles, Norway is slightly larger than which state in the USA?

- | | |
|---------------|--------------|
| A. California | B. Montana |
| C. Wisconsin | D. Louisiana |

Fra Kjøkkenet: Tusen takk to our helpensjon the June gathering!! Carrying in & out, up & down, serving & all around!! July 16th: picnic, byo and a dish to pass.
Karen and Colleen August 15th: Vikings in Ireland! Potato bar and green desserts! Put your thinking caps on, go through your recipe books, cupboards, grocery store shelves, see what you come up with!!
Sign our list and/or call Colleen or Karen. Mange Takk!!



Vår stiftelsesdirektør: Interested in reading? Join a small group who meet periodically to share reading of books written by a Norwegian/Scandinavian author or subject. Contact person is Peggy Schroeder.
Rita Running

Grønnavik Lodge celebrated Norwegian Constitution Day or Syttende Mai (May 17) with a dinner at the Village Grille in Bellevue on May, 16. Mange Takk to Mollie for making food and site arrangements and to Eileen, who led a spirited trivia game following the meal, complete with costume and prizes.

Looking ahead to December, watch for more information about Hazelwood's Holiday open house. Sons of Norway will decorate the bedroom of the historic 1837 Victorian home on Monroe Avenue. The event will be held December 9 and 16 from noon to 5 pm.

St. Olaf's Day

July 29th marks *Olsok*, or St. Olaf's Day. Originally celebrated to honor the King—and later Saint—Olaf, the day has more than 900 years of history behind it. Who was Olaf II of Norway and why is he celebrated today?

Much of what we know about King Olaf comes from the sagas, written in the late twelfth century. Written almost two centuries after Olaf's death, the *Heimskringla* contents are often questioned but recount the tales of many of Norway's early Kings.

King Olaf was born sometime around 995 near what is now Ringerike. He was the great-great-grandson of Harald Fairhair, the first king of Norway. Olaf himself would take the throne in 1015 at about the age of 20. Within a few years, Olaf consolidated his power by eliminating rivals to the throne. But the wealthy men in Norway grew discontent with King Olaf's strong-handed ruling and supported Canute the Great's invasion of Norway in 1026. After a series of battles, King Olaf would eventually die in the Battle of Stiklestad in 1030.

King Olaf made several significant contributions during his short reign, most notably the spread of Christianity across Norway. For this he was eventually named the Patron Saint of Norway. His sainthood led Olaf to become a major figure in medieval literature in Norway.



St. Olaf continues to be a major influence in Norwegian culture. Olav/Olaf has been a popular name amongst Norwegian males for centuries. The St. Olav medal is the highest decoration the Norwegian crown awards. This year Olsok will be celebrated with festivals and feasts across Norway, to mark the official day of *Rex Perpetuus Norvegiae*, Norway's eternal king.

Excerpt from Sons of Norway Newsletter Service July/August 2023

Fra Medlemsdirektør: Carol Brunner

With regret, we announce the passing of Ginny Pliner on May 14, 2023. Ginny, along with her late husband Terry, was a charter member of Gronnvik Lodge in 1994. She loved attending Gronnvik's meetings, and came as often as she could these last few years. She was also a member and volunteer in many other community activities. Her career choice was education, where she taught third grade in various Green Bay schools. A funeral service was held on May 22 at Blaney Funeral Home. Our thoughts and prayers go out to her children and families.

Sven says to Ole "I found dis pen, is it yours?"

Ole replies - "Don't know, give it here"

He then tries it and says "Yes it is"

TRIVIA ANSWER
B. Montana (147,037 square miles, Norway is 148,729.) FYI: California is 163,694, Wisconsin 65,498, and Louisiana 52,375.



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



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



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Fra vår sportsdirektør: Dawn BergsBaken

Let's talk about swimming! The svømmermerke is the Sports Medal Program's swimming pin.

In addition to the benefits of a general work out plan such as better sleep, improved brain function, increased strength, stamina, and stability; swimming adds a few extras. Swimming is a full-body workout, which means you get a lot of metabolic benefit for your cardio buck. It works your legs, arms, back, and core! Swimming can strengthen your lungs. If you have asthma or COPD, swimming can train your respiration muscles to enhance lung volume and aid breathing technique. Plus, pools provide an excellent setting for working out if you have asthma because they are humid, warm, and usually low pollen areas. Swimming helps



REQUIREMENTS FOR SVØMMEMERKE

Age	Bronze	Silver	Gold	Enamel
0-7	15	30	45	60
8-14	40	75	110	150
15-39	60	115	170	230
40-54	50	95	145	190
55-69	40	80	120	160
70+	30	60	90	120

Units are in miles

25 yard pool: 66 lengths (33 laps) = 1 mile

25 meter pool: 64 lengths (32 laps) = 1 mile

50 meter pool: 32 lengths (16 laps) = 1 mile

with chronic pain. The buoyancy of the water adds resistance to make the work out challenging. It is also low impact at the same time. This makes swimming an ideal workout for people with many forms of arthritis and fibromyalgia.

The City of Green Bay has three public pools. Colburn Pool (the only pool with designated lap lanes), Joannes Aquatic Center, and Resch Aquatic Center. Visit <https://greenbaywi.gov/418/Aquatic-Facilities> for more information.

<https://www.everydayhealth.com/fitness/health-benefits-of-swimming/>