

Med Vennlig Hilsen

With Friendly Greetings

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

Vol 30—No. 4—July/August 2024

Kalender

July

4—Queen Sonja's Day
16—Potluck Picnic, eat at 6:30
at Meadowbrook Park,
670 Hillcrest Heights, Howard
29—St Olav's Day

August

19—Crown Princess Mette-
Marit's day
20—Cultural Meeting at Trini-
ty, 6:30pm
21—Deadline for Newsletter

July

1 – Emily Jensen
4 – Darlene Gast
5 – Vera Dauffenbach
8 – Diane Overby
9 – Todd Huehns
12 – Paris Riggle
16 – Rita Running
19 – Carla Krines
22 – Suvi Worley*
26 – James McIntosh
28 – Eilo Worley*
31 – Jim Dost

Gratulerer med dagen!

August

5 – David Running
7 – Judy Dickinson
12 – Charles Schroeder
13 – Ryan DeMeuse*
18 – Gunnar Coleman
19 – Vivian Danek
22 – Evan Deutschmann
24 – Carol Dost
24 – Linda Swiertz
27 – Kari Jensen
30 – Dixie Jorns

Et lite notat fra Rita: July book club news, would you like to join us?

Date: Tuesday, July 15, 7 pm

Location: We will meet at the home of Bonnie Vastag 2592 Farmington, Suamico. Please contact Bonnie to RSVP and get directions : email: bonnievastag@gmail.com or call: 920-217-7737

Book: The End of Drum Time by Hanna Pylvainen (check brown county library or used book store)

This is a story about Sami (Lapp) reindeer herders living in northern Scandinavia, where Norway, Sweden, Finland and Russia come together. It centers around the culture of the Sami people of Norway and Finland in 1851. It is a story about the disintegration of their traditional way of life due to the forces of church, state, and civilization. Reindeer are migratory, so the Sami must be nomadic and follow the herds, but farmers, ministers, tax collectors, sheriffs and storekeepers interfere with the Sami lifestyle. The author paints a vivid, believable and tragic picture of the little-known Sami people and their challenges. You come to believe in and root for the indigenous peoples. (information taken from online review of readers)

Fra vår president:
Eileen Larson Below

We took a trip down Memory Lane at our 30th Anniversary meeting in June. Bonnie Vastag and Karen Vedvik treated



Karen Vedvik, Mary Swain, and Bonnie Vastag.

us to a history of Grønnavik Lodge, while Mollie Bergsbaken recognized our four enduring Charter members. Karen and Bonnie, along with Mary Swain were there. The fourth, Colleen Griswold, was unable to attend. Additional recognition went to members joining in the first 5 years: Peggy Schroeder, Darlene Gast, Marlene Bergum, Rita Running, Carol Brunner, and Bob Olson (not present). To round out the evening, other long-standing members chimed in with their recollections and insights.

Mollie made a heartfelt appeal to all about the work we need to do to keep our lodge alive and thriving. Volunteer! Contribute! Talk us up! As Marlene Bergum pointed

out, it can be as simple as wearing your Grønnavik or SofN t-shirts when you're out and about, to encourage conversations and questions.

Thanks to Howard resident Joy Bashara, we'll again be pot-lucking at Meadowbrook Park for our annual Picnic, July 16 at 6:30. Join us for Kubb and a rollicking game or two of Bingo. Pølse med lefse will be the main menu offering, and the



Peggy Schroeder, Darlene Gast, Marlene Bergum, and Rita Running.

rest will be up to you. Pot-luck, but I'm sure that, if you really are at a loss for what to bring, Karen Vedvik (920-497-0878) will be happy to offer suggestions.



Carol Brunner

I have yet to hear about a canopy with sides that we might be able to borrow for the Viking Fest, Oct 4&5. It's needed to display our signs and handouts, and protect those of us who volunteer (and our wares) from the elements and marauding mosquitoes. This event has been a great fundraiser for our lodge.

Happy Fellesferie!

Regards, Eileen Larson Below



hvordan kan du hjelpe, spør du?

It's never too early to think about how you can help to make this year's Viking Festival a success for our lodge. Volunteering to man the booth, baking for the sale, and getting the word out are just a few examples of ways to make this year the best yet!!!

Fra fungerende medlemsdirektør: Carol Brunner

Så Beklager for Tapet Ditt: It is with deep regret that we share with our members the passing of James McKanna on April 6, 2024. Jim was a Grønnavik member since 2019, and attended meetings as often as able. We send our caring thoughts to his long time close friend, Carol Dost.

Gi en varm velkomst! Grønnavik Lodge has two new couples to welcome: Gail and Jim Bartholomew from Sturgeon Bay, and Deena and Randy Bellin of Green Bay. Thank you for joining, we are happy to have you as members.



Sitting is the new smoking: 10 side effects of sitting all day

Fra vår sportsdirektør: Dawn BergsBaken

The CDC estimates that Americans sit per day an average of 6.5 to 8 hours, while a study by Harvard Health says respondents sit for 10.4 hours! This results in health risks from your head to your toes. The effects of prolonged sitting include:

1. Risk of injury due to weak leg and glute muscles. If you don't use them, you lose them.
2. Weight gain. Muscles release molecules when you move. These molecules help process the fats and sugars that you eat. When you don't move, you not only gain weight, but you are at greater risk of developing metabolic syndrome.
3. Pain from your hips because sitting causes your hip flexors to tighten and pain from your back because of bad posture which can lead to compression of your discs resulting in chronic pain.
4. Mental health risks. It's not known why, but people that sit the most have a higher risk of depression and anxiety. These risks can be reduced with regular exercise.
5. You have an increased risk of lung, uterine, and colon cancer. Again, the reasons for this are not known.
6. Cardiovascular disease is increased. Experts say people who sit more have a 147% higher risk of suffering from a heart attack or stroke.
7. Diabetes risk increases. Just five days of bed rest can increase insulin resistance.
8. Varicose veins from blood pooling in your legs. This isn't harmful, but can lead to life threatening conditions, like blood clots.
9. Deep vein thrombosis (DVT) is a type of blood clot that forms in your legs. When one of these clots breaks off it can block blood flow to other area of the body. Sitting too long, especially during long periods of travel can cause DVT.
10. Stiff shoulders and neck from hunching over or craning your neck.

So get off your duffs and get moving!!

<https://www.healthline.com/health/workplace-health/things-that-happen-when-you-sit-down-all-day>



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
Grønnvik Lodge Green Bay



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Uff-Da!

After more than 50 years of wedded bliss, Ole wakes up one morning to find that Lena has died after a long illness. Ole calls 911 so an ambulance can come get her remains.

"Ya, dis here's Ole. Lena died, and I need you to come get her."

"OK Ole, I'm sorry to hear that. We'll send someone right down. What's your address?" asks the dispatcher.

"It's, ahh, 4857 Eucalyptus St.," says Ole.

"OK, Ole. Could you spell 'Eucalyptus' for me?" the dispatcher asked.

There is a long pause...

"I tell ya vat," says Ole. "How 'bout I drag her down to Oak St. and you meet me there?"

Fra Kjøkkenet: Karen and Colleen

Juli: for our annual Pølse med

Lefse picnic, please bring your

own: beverages, table setting,

utensils, and a dish to share with

members. Lefse will be provided

by Mollie and Dawn, and Karen V. will be bring the

pølse!

August: Please bring cookies or bars to share.

Beverages will be provided.



WE NEED YOU!

If you have (or know of) a canopy with sides that our lodge can borrow for the Viking Festival on Oct 4th and 5th, please let Eileen know.