

# Med Vennlig Hilsen

## With Friendly Greetings

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

Vol 31—No. 2—March/April 2025

### Kalender

#### March

18—Cultural meeting: 6:30,  
Trinity Lutheran Church  
19—National Poultry Day  
22—International Goof-off Day

#### April

15—Cultural meeting: 6:30,  
Trinity Lutheran Church  
17—National Cheese Ball Day  
21—Deadline for Newsletter!!  
25—National Zucchini Bread Day

### Gratulerer med dagen!

#### March

7 – Jon Reuter  
11 – Steve Below  
13 – Roberta Kutlik  
13 – Elle Taylor  
23 – Kathryn Romsos  
23 – Kathy Braun  
26 – Karen Vedvik

#### April

3 – Noah Jensen  
7 – Mary Swain  
8 – Sally Schlise  
13 – Karen Hepp  
15 – Dawn Bergsbaken  
15 – Lynn Jensen  
16 – Bjorg Jensen

Hallo,

Ah, February has been some-  
thing this year. Dealt us snow –

subzero temps – wind—and now, 30's and 40's! Ugh, winter! And I consider myself a winter person. I am sorry to have cancelled our February meeting, but I feel it was a safe move. Hopefully, we can gather in March. We will be starting off the evening sharing a meal of hot dishes (more on that from our Social Chair) I feel we will have an interesting program. Scott Brunner will be doing a presentation of philately – stamp collecting. Apparently, Scott has been doing this since he was a young boy!

As I am writing this, the April meeting is still in the planning stage.

Some upcoming events that you may want to plan for are Viking Fest and Heritage Weekend. Viking Fest will be held September 19<sup>th</sup> and 20<sup>th</sup>. Please mark your calendars – we plan on having our booth there again. This has been a terrific fundraiser for the lodge and a fun time. Keep in mind we will need baked goods. Last year we had some Norsk crafts. And we will need members to help at the event. It's early, but please mark your calendars and plan accordingly. Many hands make light work!

Also, District 5 is planning Heritage Weekend for October 3<sup>rd</sup> through 5<sup>th</sup> in Norway, IL. Please check The Friendly Fifth for more info at <https://sonsofnorway5.com/> If you would like to attend, I would advise to book your lodging early. It's an enjoyable time.

Aso, a reminder to contribute to the Food Pantry at Trinity. Assistance is needed all year long.

Senere,

Mollie Bergsbaken, Pres.

Fra vår president:

Mollie Bergsbaken



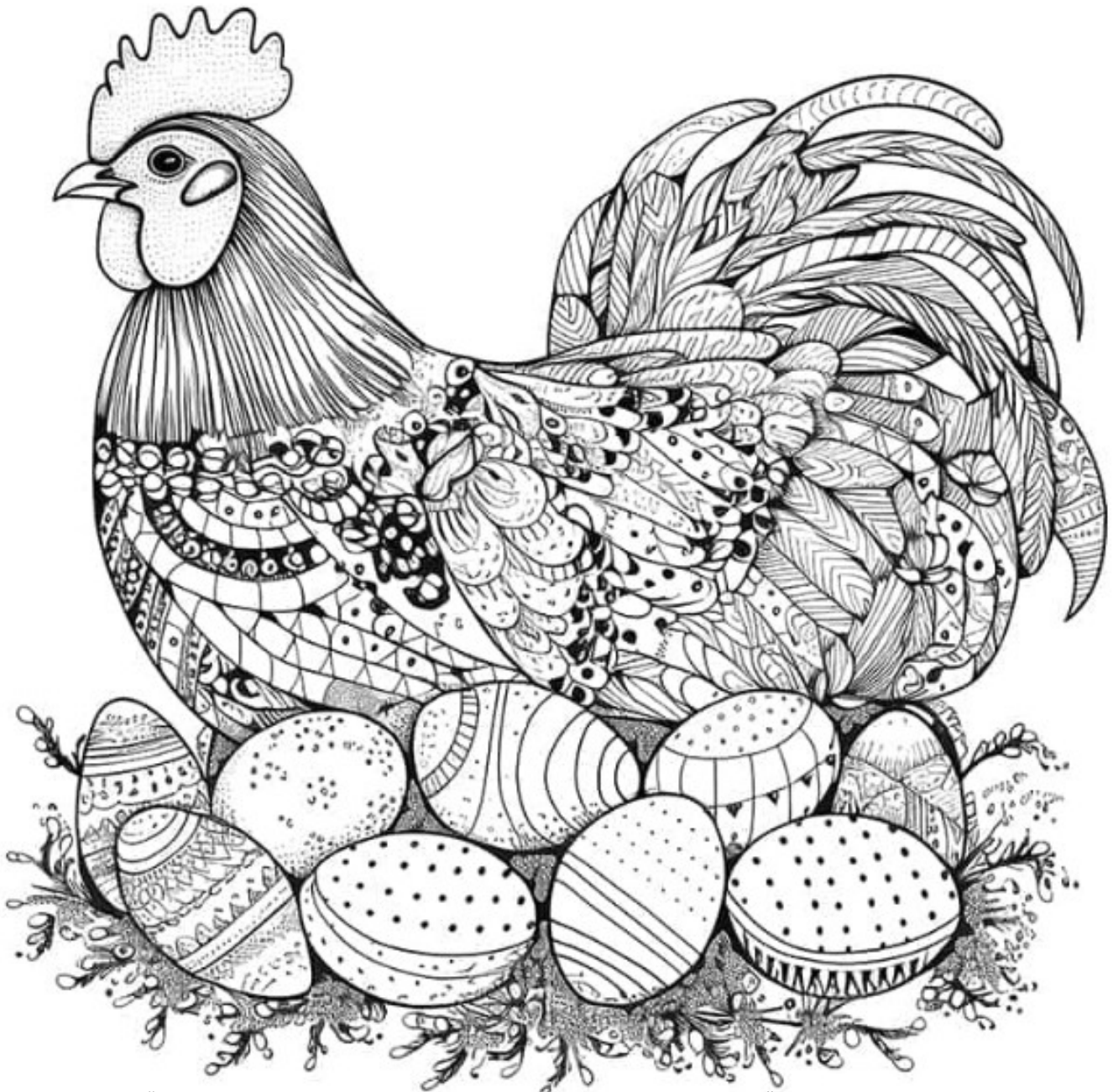
## Det er et faktum!

The Jærhøns or Norske Jærhøns is the only indigenous breed of domestic chicken in Norway. It is named for the traditional district of Jæren in the county of Rogaland. The Jærhøns was the principal chicken breed of Norway until imports of foreign breeds began in the nineteenth century. The Jærhøns was selectively bred at the state-controlled breeding station at Bryne in Jæren from its establishment in 1916 until it closed in 1973. Breeding stock was then transferred to the state agricultural college at Hvam, Nes.

The Jærhøns lays approximately 215 eggs per year, about 20% less than industrial purpose-bred layers. The eggs are white and weigh a minimum of 55g.



<https://en.wikipedia.org/wiki/J%C3%A6rh%C3%B8ns#:~:text=The%20J%C3%A6rh%C3%B8ns%20or%20Norske%20J%C3%A6rh%C3%B8ns,in%20the%20county%20of%20Rogaland.>



**Én siste note fra Carol Brunner:** We are very happy to announce our newest member, Gwen Oleniczak, who is following in the footsteps of her grandmother, Kathy Anderson. Welcome!

And adding to our list of Golden Members are Vera Dauffenbach, Karen Eiseth, Scott Naevestad, Bonnie Vastag, Karen Vedvik and Muriel Wallestad, with several additional members to be recognized later this spring. Thank you for being faithful in your membership.

**Fra Kjøkkenet:**  
**Karen and Colleen**

Hei,  
I am sure we all hope our weather will cooperate with us! Gathering 18th of March, no snowstorms or bad weather please!!

Due to cooler temperatures, we are asking you to bring a hot dish/casserole to share! We all enjoy old fashion casseroles, so check those cookbooks. If you don't cook but still wish to contribute, please add \$'s to our contribution basket. This helps to defray all the extra costs.

April 15th, we celebrate Påske! Mollie and I will bake treats to share! Beverages will be provided. Takk så mye!

## Appelsinkake / Orange Cake

This refreshing and easy recipe is a Norwegian favorite at Eastertime.



Photo Credit: norskrtradisjonsmat.no

### Ingredients:

150 g (2/3 cup) butter  
2 dl sugar (3/4 cup plus 1.5 Tbsp.) sugar  
3 eggs  
1 lemon  
1 orange  
3 dl (1 1/4 cup) all-purpose flour  
2 tsp. baking powder  
2 dl (3/4 cup plus 1.5 Tbsp.) powdered sugar

### Glaze:

2 Tbsp. lemon juice  
2 Tbsp. orange juice  
1 Tbsp. softened butter

### Directions:

- Preheat the oven to 175° C / 350°F.
- Wash the fruit. Zest the peel and squeeze the juice of both the lemon and orange.
- Beat the butter and sugar until white and fluffy. Add the eggs, one at a time, and then the zested peel and fruit juices (reserve 2 Tablespoons of lemon and 2 Tablespoons of orange juice for the glaze).
- Sift together the flour and baking powder and mix this with the wet ingredients.
- Pour the batter into a greased and floured bundt cake pan. Bake the cake for approximately 45 minutes. Use a knitting needle or toothpick. to know if the cake is fully baked. No batter should remain on the needle/toothpick. Cool the cake.

### Glaze:

- Mix the icing sugar, softened butter and reserved fruit juice to make a smooth glaze. Pour glaze evenly over the cake. If desired, sprinkle a bit of grated orange peel over top before the icing hardens.



**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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Fra vår sportsdirektør: Dawn BergsBaken

**Jøss! Visste du dette?**

Every year our lodge gets a request from Ski for Light asking for a donation...I often thought, "Why are they asking us? Are Norsk just easy marks for a few bucks?" Turns out there is SO much more to the story.

Back in the early 50's a blind musician/farmer named Erling Stordahl was formulating a plan, he wanted to teach cross-country skiing to blind people. This led to the Ridderennet (The Knight's Race) in 1964 in Beitostølen, Norway . Currently, the Ridderennet hosts more than 1000 disabled participants and guides from over 19 countries.

In 1975, the Race for Light was started in the US. This first year, it didn't look like there were enough funds to hold the race. The Sons of Norway Foundation pulled through to help fund it. Now named Ski for Light, it celebrated its 50<sup>th</sup> anniversary this year in Provo, Utah. And Sons of Norway lodges still help fund this inspiring event.

So, what's up with the name? This is also thanks to Erling Stordahl. He took inspiration from Peer Gynt. In the legend, a Norwegian Knight escaped bad guys by making a leap of faith into an abyss, not knowing if he would succeed. Making the metaphorical struggle from ignorance and the unknown to enlightenment and success. This is what Erling saw in the challenge for the blind and visually impaired to learn to ski. The joy comes from the unknown of their abilities to the success of learning and overcoming a challenge. WOW!



**SKI FOR LIGHT, INC.**

<https://www.sfl.org/>  
<https://www.ridderennet.no/>