



**GRONNVIK LODGE**  
2844 University Ave  
Green Bay, WI 54311

**SAVE THE DATES  
FOR FUTURE MEETINGS**  
May 19  
June 16

**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

**Grønnvik 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 Grønnvik Lodge Green Bay"

### Grønnvik Lodge Book Club

The March selection is "The Far Traveler: Voyages of a Viking Woman" by Nancy Marie Brown. A movie based on the book has been produced, and may be shown on PBS in the future. Nancy Marie Brown reconstructs a life that spanned—and expanded—the bounds of the then-known world. Icelandic sagas say a Viking woman named Gudrid set sail for the New World and stayed there for three years before returning home. Even after archaeologists found a Viking longhouse in Newfoundland, no one believed that Gudrid's story was true. Then, in 2001, a team of scientists discovered what may have been this pioneering woman's last house, buried under a hay field in Iceland, just where the sagas suggested it could be. Darlene Gast is hosting our lodge's Book Club meeting on Monday, March 30 at 7:00 pm. Her address is 2843 Newberry Ave. Call 465-1936 for more information.

### Masse Moro



Do you have a young person who might be interested in Norwegian Heritage Youth Camp? *Masse Moro* is July 12-25, 2020. Sign up is due by April 1. If interested, give Peg a call at 920-435-4263. Additional information is available at <http://www.massemoro.org>.

Next newsletter submission deadline is April 23rd.

# Med Vennlig Hilsen



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

[www.sonsofnorwaygb.blogspot.com](http://www.sonsofnorwaygb.blogspot.com) [gronnviklodge@gmail.com](mailto:gronnviklodge@gmail.com) Vol. 26, No. 2 Mar-Apr 2020

### Next Meeting: Syttende Mars

Yes, there is another ethnic group that celebrates on the 17th day of the month. With a tip 'o the hat to St. Patrick's Day, the evening's program will feature Vikings in Ireland, and our food offerings should include the colors of the Irish flag—Green, Orange and White. Joy has lots of tasty suggestions in her column.

### Community Service Opportunity

All Sons of Norway lodges are strongly encouraged to be involved in their communities. We, here at Grønnvik, have gathered food for Trinity's Food Pantry for many years. Now we have an opportunity to further assist them with the work they provide for those who lack the food they need to adequately feed themselves and their families.

Every Tuesday morning from 9:00 am to 11:00 am, Trinity's doors are open to help those in need. We are being asked to assist them on Tuesday mornings to help provide this service. A sign-up sheet will be passed at each meeting, and all who are able will be welcome to serve. Additional information will be available from Carol Brunner at the next meeting. Bring your questions.

### Digital Newsletter Opt-In

Good news! The Grønnvik Lodge newsletter can be delivered via email. If you are interested in this convenient, cost-saving and eco-friendly method of receiving lodge news via PDF, please contact Eileen at [eglbellow@gmail.com](mailto:eglbellow@gmail.com) with your preferred email address. Be sure to include "SOFN Newsletter" in the email subject line.

### Looking Ahead Grønnvik Meetings

**March 17**

**April 21**

Meetings are at 6:30 pm at Trinity Lutheran Church 330 S. Broadway, Green Bay



### Gratulerer med dagen! Birthdays

#### March

Ronald Jacobson - 1st  
Thomas Anderson - 9th  
Steve Below - 11th  
Elle Taylor - 13th  
Elvi Ruotsala - 15th  
James McKanna - 21st  
Kathryn Romsos - 23rd  
Kathy Braun - 23rd  
Karen Vedvik - 26th  
Charles Iverson - 29th\*

#### April

Shirley Pennock - 4th  
Mary Swain - 7th  
Nelson Agen - 10th  
Karen Hepp - 13th  
Joshua Agen - 19th  
Alaina Hepp - 26th  
\*Heritage Member

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## Fra President

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Happy spring, friends! As we start a new year in *Grønnavik* Lodge, let's renew our sense of pride and optimism. Here it is, the time of promises--promises of better weather, green grass and snow drops, plans for changes around the house and more. With our new and old members, it is an opportunity to get to know each other and try something different. Matt, our new sports director, has talked about walking and participating in a district challenge. Beth, our culture director, has enlightened us at each meeting with a snippet of fun facts about Norway, and is eager to lead a group or an individual working on a medal activity. Other directors who have been working with *Grønnavik* members over the years have encouraged being involved with children's activities, book enrichment from our library, writing down recipes for sharing, and volunteering for a variety of activities and causes.

Upcoming, we have a "March along with the Vikings in Ireland" for our March 17 meeting. It should be fun with you bringing some food to share that is orange, green or white. Let's think - lettuce, peas, celery, key lime pie, oranges, carrots, squash, mashed potatoes, candy, vanilla cake, milkshakes, etc. I know you'll think of something.

Meetings in April and May promise new authors, photos from Norway, and dancing around a Maypole. Celebrate being Norwegian with flair. See you at the upcoming meetings.

Joy

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## Bergen Water Pretzels

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Ingredients:

1 1/2 cups water or milk  
1 1/2 ounces fresh yeast  
1/4 cup butter or margarine  
1/2 cup flour 1/4 teaspoon salt

Heat the water (or milk) and stir in the yeast. Melt the butter and add with flour and salt to make a firm dough. Divide into 20 pieces.

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## Travel Tips

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*Matt Agen conducted a helpful session on travel tips to Norway at our February lodge meeting.*



At our last meeting, we had a lively discussion about members' travels to Norway, and many thoughtful suggestions were shared. We also learned that several of our members have trips to Norway planned for the near future! If you have more ideas you'd like share with those who are planning to go, please give them to Matt, with the idea that we will publish some of them in future newsletters for all members to read. Here are just a few tidbits from what was shared at the meeting:

- 1) Norwegians are very friendly to travelers.
- 2) Should you travel by train, bus, boat, or car? They're all good – it just depends on where you want to go.
- 3) Try to stay as long as possible -- there's a lot to see!
- 4) Repeat trips are a good idea to see what you missed the first time around.
- 5) You don't need to speak Norwegian -- nearly everyone speaks English.
- 6) Just about every location is beautiful, but be sure to see the *fjords*.
- 7) Alcohol is expensive!

Roll each into a long tube and form into classic pretzel shape. Preheat oven to 425 degrees. Bring a wide pot of water to a boil. Add a few pretzels at a time and bring the water back to a boil. At first, the pretzels will sink to the bottom. When they rise back to the top, remove them with a slotted spoon and place on a baking sheet. Bake pretzels for 10 minutes.

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## Walk Wisconsin to Minnesota and Ringsaker!

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Join members from all over District Five as we celebrate the 125th anniversary of the founding of the Sons of Norway and support our youth heritage camp, *Masse Moro*! We are asking our lodge members to keep track of miles walked, run, swam, skied, or accumulated through other activities using a pedometer or similar device (e.g., a Fitbit, cell phone, etc.). All ages can participate! Heritage (youth) members may wear pedometers during their practices, games, and tournaments to collect additional miles for their respective lodges. The Challenge timeline is from November 1, 2019 - June 15, 2020. The objective is to virtually track the miles from various sporting activities and go the distance from *Grønnavik* Lodge to Minneapolis, MN (where Sons of Norway was founded), and then to Ringsaker, Norway, where the International Lodge Meeting and Convention will be held. Contact Matt (262-290-1122) for a simple tracking sheet to record the mileage from your activities. You may choose to find sponsors who will donate an amount per mile for your efforts, and we also have a patron who has pledged to donate on behalf of our athletes, if we meet our goal! Monies will be deposited into the District 5 Nordic Legacy Foundation, with the intent of providing funding to *Masse Moro*.

Lodges that complete the challenge will be recognized in the following ways: Lodge names and locations will be posted on the District 5 webpage; Lodges will receive a certificate suitable for framing in recognition of member efforts; Pictures of some active participants will be shared at the District 5 Convention in Madison, WI. Our goal is 4,262 miles, which is the number of miles from 330 S Broadway (*Grønnavik* Lodge) to Minneapolis, MN (278 miles) + the number of miles from Minneapolis, MN, to Ringsaker, Norway (3,984 miles). Ask Matt for a tally sheet at the next meeting, and please turn in any miles that you have already recorded, so that we can update our totals. Our members have already logged over 400 miles to date!

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## Culture Corner

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After a debate on social media about how the Sami culture was represented in the 2013 box office hit movie "Frozen," Disney took the time to address the audience's concerns and looked to the experts. The animators collaborated with a group of Sami people to get their input on the film's sequel.

The Sami parliaments of Norway, Sweden and Finland, along with the Saami Council (a non-government organization of the Sami people) reached out to Disney to collaborate on the film. Both parties signed a contract to work together to "ensure that the content of "Frozen 2" is culturally sensitive, appropriate and respectful of the Sami and their culture."

Sami influences can be seen throughout the sequel. The fictional community featured in "Frozen 2," Northuldra, is inspired by the Sami. Two main characters, Anna and Elsa, head north to meet the Northuldra, a group that lives closely with reindeer, much like the Sami in real life. The clothing worn by the Northuldra characters was inspired by the traditional Sami clothing known as *gakti*.

Additionally, a South Sami musician and composer, Frode Fjellheim, who created the intro song for the original "Frozen," has music featured in the sequel. This time, the Northuldra characters sing the song. Fjellheim's music uses *joik*, an ancient chanting type of singing from the Sami.

In exchange for the input the Sami provided for the film, Disney agreed to produce a dubbed version of the movie in the North Sami language- the most commonly spoken form of the Sami language-which was released alongside the Norwegian version in December 2019.

-From Sons of Norway 12/19/19 blog post

"Frozen" is the third highest-grossing animated film at \$1.2 billion. "Frozen 2" is second with \$1.4 billion. "The Lion King (2019)" sits at first place with \$1.6 billion.

Source: <http://www.wikipedia.org>