

Med Vennlig Hilsen

With Friendly Greetings

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

Vol 32—No. 3—May/June 2026

Kalender

May

19—Cultural meeting,
630pm, Trinity Luth Church

June

21—Deadline for News-
letter!!

23—Cultural meeting,
630pm, Trinity Luth Church

Gratulerer med dagen!

May

02 – Mollie Bergsbaken

03 – Robert C Olson

11 – Lilianna Robshaw *

19 – Roy Jilburg

21 – Gerald Tallackson

21 – Randy Bellin

23 – Jola Gray

28 – Jim Bartholomew

29 – Sue Hepp

29 – Scott N Naevestad

June

03 – Ruby Freitag*

04 – Steven Christenson

09 – Becky Hauer

13 – Barbara Nelson

13 – Sharon Rentmeester

13 – William Danek*

18 – Karen Skarda

20 – Bonnie Vastag

21 – Scott Brunner

25 – Gabriel Glesner*

27 – Samantha O'Neill*

28 – Donald Overby

28 – Gene Nelson

Hallo,

Fra vår president: Mollie Bergsbaken

Oh my! Hard to believe that spring has sprung and summer is almost here. It has been a different type of spring, but a lesson for all of us. Time marches on but not always the way we like it. Some of our spring days have been warm and sunny and others, not so much. But we keep traveling on.

At our May meeting, we will be hearing from Annemarte and Vegard on living in Norway. We will also be having some musical entertainment. Norwegian desserts will be served for our refreshments. In June, we have our treats planned, but still working on our program.

Thank you to member Joy Bashara for the program in April on her last book she wrote. I'd like to encourage members to step up and offer telling about something you have done, studied, or created.

I would also like to say thank you to all members that helped out last month. Our "kitchen ladies" were unable to attend the meeting and so many of our members stepped up to help get our kitchen duties done. Coffee made, sandwiches plated and set out, and other prep things. And to clean up afterwards. That's what makes our lodge a great one. And it also shows there is a lot to get ready – perhaps lend Karen and Colleen a hand if you can and give them a big thank you. Thanks again!

I want to remind members that we will again be at Viking Fest in the fall. Just a reminder if any of you would be sharing Norwegian craft items.

Takk, Mollie B, Pres.



Grønnvik Lodge participated in the Kroc Center's International and Community Festival, held Friday, March 17, 2026, 4-7 pm at the Kroc Center located on Lime Kiln Road. It was announced that there were 533 attendees, many of them children.

Vår stiftelsesdirektør: Rita Running

We were one of 49 booths/tables with displays that presented Norwegian items to invite questions and stories of the individuals and families who stopped by to view and chat about Norwegian culture. Our lodge brochures were available to those interested in finding out more about lodge activities in Green Bay. Over 100 enjoyed a sample krumkake, a special treat.



Norwegian proverbs:

“Bak skyen er himmelen alltid blå.” ---- Behind the clouds, the sky is always blue.

“En svale gjør ingen sommer.” ---- One swallow doesn't make it summer.

“Man fanger ikke fisk med tørre fingre.” ---- You can't catch fish with dry fingers.



Noen kjente nordmenn:

Kulturdirektøren: Peggy Schroeder

Dr. Adolph Gundersen was born in Asnes, Norway. Graduated from the Royal University in Oslo 1890. In 1891, he opened his practice in La Crosse and served as Lutheran Hospital's first medical director when it opened in 1902. In 1930, Dr. Gundersen moved his office from downtown La Crosse to a new clinic next to the hospital to be closer to his patients. Gundersen Clinic and Lutheran Hospital expanded over the years until what it is today — a world-class medical facility with 325 beds. In 1995, the clinic and hospital formed Gundersen Lutheran, Inc. and became Gundersen Health System in 2013.

Roald Dahl was born in Wales to Norwegian parents, he is a children's author of many well know books such as James the Peach and Charlie and the Chocolate Factory.

JCM Hanson was born in Valdres, Norway. He came to the us at age 9 attended Luther College. Did Library work at the U of W and later founded the Library of Congress catalog system.

Importance of Tracking and Reporting Volunteer Hours

Many of the new members may not know the importance of keeping track of volunteer hours. Here is a good explanation (and a good refresher for current members.) As always, if you have any questions, please ask. Someone will find out for you!!!

Keeping track of volunteer hours for Sons of Norway is crucial for maintaining the organization's tax-exempt status, validating its "fraternal" purpose, and securing, managing, or recognizing the community impact of its members. Hours logged on projects, such as those listed on FraternalGive.org, quantify the impact of community service, which helps secure grants and justifies tax-exempt status to authorities.

Key Reasons for Tracking Volunteer Hours:

- **Tax Exempt Status:** As a member of the American Fraternal Alliance (AFA), Sons of Norway must report annual community and fraternal service hours to maintain its tax-exempt status.
- **Lodge Achievement Program:** Hours are tracked to help lodges qualify for the annual Lodge Achievement Program.

Measuring Community Impact: Tracking shows that the organization is fulfilling its mission to support members and the community, with data showing that over 92,000 hours of community service were donated in a recent year, according to [Sons of Norway's impact report](#).

- **Grant Funding & Support:** Documenting hours helps verify the commitment of volunteers to potential donors or when applying for grants.

Strengthening Brotherhood: Recording hours reinforces the shared commitment of members to fraternal spirit and encourages community involvement.

The lodge secretary keeps and updates the Secretary's Activity and Hour Tracking Spreadsheet. This tool is only utilized by lodge secretaries.

There are four categories to be tracked:

Fraternal Support Groups: time spent on member only group events, such as a monthly lodge meeting, language class, or book club. This is the time that is actually spent during the meetings.

- **Fraternal Support Individuals:** time spent by individuals on lodge business and programming outside a group setting, such as the editor working on the newsletter at home. This includes time preparing for the meetings (making reminder calls, making food for the meeting, and driving to the meeting) Lodge members should fill out an Individual Activity Tracking Sheet monthly and turn them into the secretary for these activities.

Community Support Groups: focus on the community, outreach, and charitable work lodges do such as a dance performance at a local school or a lodge group cleaning up a local park. This is the time spent at the event such as hours manning the Viking Fest tent and during displays at the Heritage House.

Community Support Individuals: activities done by individual members on behalf of Sons of Norway. These hours include baking and making crafts for the Viking House.

Members should only track volunteer time spent on projects organized by or related to Sons of Norway at a lodge, district, or international level. If someone is volunteering for another organization—their church, or Boy Scout group, for example—those activities should not be included.



Grønnavik Lodge

Green Bay, WI

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Grønnavik 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
Grønnavik Lodge Green Bay



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While lemons are a winter fruit by harvest, in Norway, they are a staple summer accessory used to brighten, flavor, and complement the season's fresh, light cuisine. Lemons are commonly served with fresh summer prawns, grilled mackerel, and salmon, reflecting a crisp, refreshing, and sunny aesthetic for outdoor dining.



Lemon-Flecked Norwegian Sunshine Cake (*Solskinnskake*)

For the cake:

6 eggs, separated
1 tsp. cream of tartar
1/8 tsp. salt
1 1/4 cup sugar
Grated zest of 1 lemon
2 tsp. lemon juice
1 cup cake flour, sifted

Preheat oven to 350°F. Lightly grease a 9-inch springform pan. Beat the egg whites in a large bowl for a minute or so until frothy. Add the cream of tartar and salt and continue to beat until stiff. Add the sugar, then beat until stiff again.

In a small bowl, beat the egg yolks. Add the whites, lemon zest, and lemon juice and carefully fold in. Fold in the flour just until incorporated, then pour the batter into the prepared pan. Bake for 40 minutes, or until a toothpick inserted in the middle comes out clean. Set on a wire rack to cool, then run a knife along the perimeter and remove from the pan.

For the icing:

1 1/4 cups powdered sugar, sifted
2 Tbsp. whipping cream
2 Tbsp. lemon juice
Grated lemon zest for garnish, optional

While the cake cools, make the icing. In a medium bowl, whisk the powdered sugar with the cream and lemon juice until smooth. Spread the icing on the cake and serve. Garnish with a little more lemon zest, for color, if you'd like.

Source: DaytonaDanielson.com