

Med Vennlig Hilsen

With Friendly Greetings

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

Vol 29—No. 3—May/June 2023

Kalender

May

16—Syttende Mai Celebration

June

20—Cultural meeting, 6:30

Trinity Lutheran

21—Deadline for Newsletter

Gratulerer med dagen!

May

2 Mollie Bergsbaken

3 Robert Olson

11 Lilianna Robshaw *

15 Steven Pommerenke

29 Scott Naevestad

29 Birgit Ruotsala

31 Jill Larson

June

4 Steven Christenson

13 Barbara Nelson

13 Sharon Rentmeester

20 Bonnie Vastag

21 Scott Brunner

Fra vår president:
Eileen Larson Below

I hope to see you at Grønnavik's
Syttende Mai Eve meeting at the
Village Grille. Syttende Mai is

Norway's biggest celebration beginning with mid-morning parades made up of schoolchildren in marching bands. There are no military displays, although the Royal Guard gets in on the fun by picking dance partners from the throngs of onlookers. And on that day, politicians hold kjeft. Wouldn't that be nice!

I knew that Viking magazine would be showing up every other month now, but I wasn't expecting it to be so small. Just in case you missed this - to see Sons of Norway lodge members in action, go online at <https://www.sofn.com/happenings>. Memorials are now online at www.sofn.com/inlovingmemory.

My Montmorency cherry tree is coming out of its winter slumber. Hopefully that means jam for the Silent Auction in October. Which reminds me, if anyone out there is hanging on to those canning jars for me, I'll take them back any time. Mason/Ball/Atlas jars are reusable, but NOT recyclable. And they're \$1.25 apiece!

Yours, Eileen



Fra Kjøkkenet:
Karen and
Colleen

Tusen takk til alle who worked very hard baking and bringing Norsk treats to our meeting!! We did not serve mead but we did have coffee and krumkake!!
Special TAKK to Peggy and Charles for the beautiful center pieces.

Fra vår visepresident: “They” say April showers bring May flowers. Well, I think we’ll have a lot of flowers soon!
Mollie Bergsbaken



In March, our lodge hosted an impressive young man named Kyle Day. He is currently a student at UWGB, but was one of the Stoughton Norwegian Dancers in high school. He told us about the rigors of becoming a dancer (even gymnastics classes!), the history of Stoughton, the history of the dancers, and lots of other things including a demonstration of the hat kick. I must say, I got a kick out of that!

Just want to say, if you missed the April meeting of Grønnvik, you missed a good one. Our lodge hosted speaker Kari Tauring from Minne-



apolis. And she was a delight. Kari shared a few of her many talents with us. She sang and did a little dance. She played her cow horn and told stories of Viking women. Kari was very excited to see that we shared krumkake and coffee, two of her favorite things. Thank you to our members who shared Norwegian treats. You outdid yourselves, a vast array. Thank you! We had a fairly good turnout of 32 members and guests. Thank you again to Peggy and Charles for donating flowers to grace our tables and then given to those fortunate to have their “number” called.

Our May meeting will be a meal at the Village Grill on May 16th, cocktails at 5:30. Greeting at 6:15 and a buffet meal at 6:30. The price is \$23 per person. Covers meal, beverage, tax, and tip.

Please pay that night at check-in. If you would like to attend please give Mollie a call and let her know how many will be coming with you. Please let her know by May 8th at (715)853-4357.

Our June meeting will be on June 20th at Trinity Lutheran Church. It will be a Heritage show and tell and Lodge Anniversary. Honor heritage by bringing an item or story to share. We will also celebrate the history of Grønnvik. Anniversary cake will be shared. Please attend and share. “Behind the clouds, the sky is always blue.” — Norwegian Proverb

Mollie Bergsbaken, Your VP



May 8, 1945, known as V-E Day (Victory in Europe Day) is celebrated throughout Europe as the day the German Third Reich surrendered, ending World War II in Europe.

But the day holds a special significance in Norway. Most often referred to as frigjøringsdagen, or “liberation day,” it is also the day that marked the end of German occupation of Norway, which began on April 9, 1940. It is a historical accident that frigjøringsdagen falls so closely to Norway’s national day, celebrated on May 17. But the closeness of these two momentous holidays is in part what has made the celebration of Syttende Mai so special for Norwegians in the latter half of the 20th century: After so many years under the governance of other powers, whether Denmark, Sweden, or Germany, Norway could finally reclaim its national identity after the Nazis capitulated. Ed note: I recommend reading this article and the stories, very powerful.

Excerpts from, “Remembering May 8 and May 17 in the year 1945” <https://www.norwegianamerican.com/remembering-may-8-and-may-17-in-the-year-1945/>

Fra vår sportsdirektør: Dawn BergsBaken

The sports medal highlighted this month is Biking (Syllelmerke.)

REQUIREMENTS FOR SYKKELMERKE

Age	Bronze	Silver	Gold	Enamel
0-14	100	200	300	400
15-39	150	300	450	600
40-54	125	250	375	500
55-69	100	200	300	350
70+	60	80	100	120

Units are in miles

Biking is a great option for people who have joint concerns or overall stiffness, especially in the lower body because cycling doesn't put a lot of stress on your joints.

Benefits of biking include: strengthening your heart, blood vessels and lungs; improving mental well-being; improving strength and flexibility; helping with coordination, posture, and balance; and helping with conditions like arthritis and osteoarthritis.

Tips for improving your experience: keep a good position by making sure that your bike fits properly; keeping good posture (keep your shoulders back, keep elbows slightly bent, keep a light touch on the handlebars and don't put too much pressure on your arms, and keep your chin down and neck stretched); start out slowly; and stay safe by wearing a helmet, riding with traffic, and using a headlight.



The Mailman was making a delivery to Ole's house and noticed a Penguin walking around the side yard. After asking Ole where it came from and finding out that it just showed up a couple of days before, he told Ole that Penguins don't normally walk around Minnesota and maybe Ole should take him to the Zoo. Ole agreed with him and said he would do it this afternoon.

The next day while driving by Ole's the Mailman noticed the Penguin was still there. He stopped and said to Ole, " I thought you said you were going to take the Penguin to the Zoo yesterday." Ole replied, "I did, and we had so much fun that dis afternoon we are going to a Twins game."

Welcome! Welcome! We are pleased to have three new members join us. Jon Reuters, Alaina Noll, and Jeri Stiles, all from Green Bay. Jeri is a transfer from Sons of Norway Central Lodge, and Alaina is the daughter is Karen and Erik Hepp. Please introduce yourself to these new members when you see them at our next meeting.

Fra Medlemsdirektør: Carol Brunner

ANNIVERSARY TIME June is when we celebrate the signing of Gronnvik's Charter,...and there always is CAKE! This year we will recognize Karen Hepp with a pin and certificate for reaching her 10 year anniversary as a member. Plus I will announce four 'Honorable Mentions'.

Så Beklager for Tapet Ditt: It is with sorrow that we announce the death of Tom Anderson on March 20, 2023. Tom was very proud of his Norwegian heritage; he was an active member of Grønnvik Lodge for 28 years and had served on several committees. He often contributed food and treats ar our meetings, and even fresh blackberries from their woods. A celebration of life was held at the Ashwaubenon Community Center on April 16th. Our thought and prayers are with his wife Kathy and family.



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

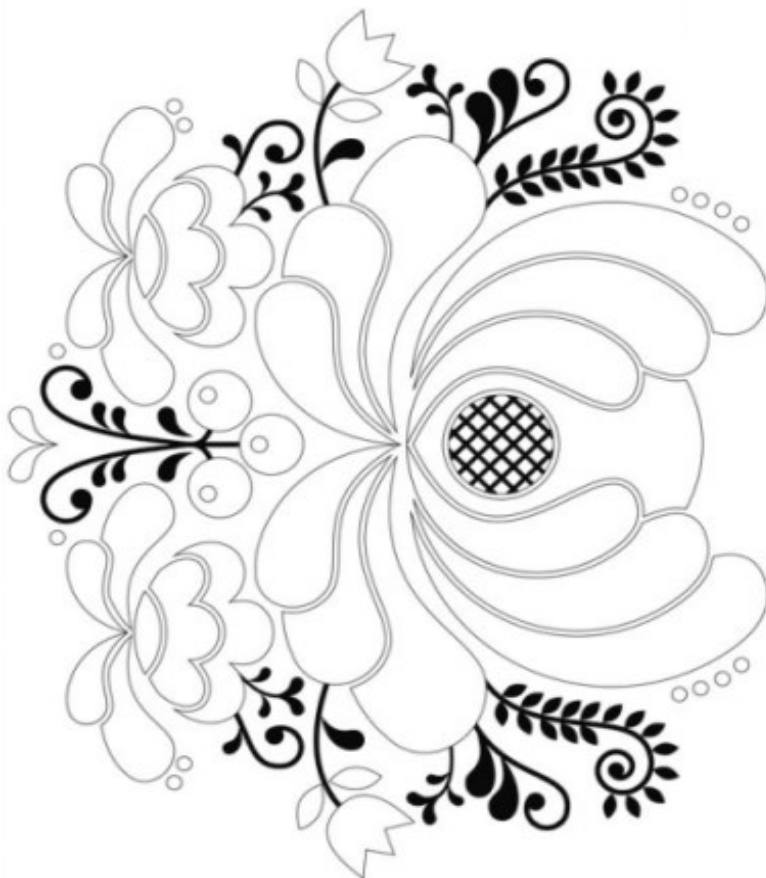


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Grønnvik Lodge Green Bay



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Color the Norwegian Bunad Pattern:



WORD SEARCH

Bunad
Park
Seattle
Syttende
National

Brooch
Ballard
Washington
Coast
Nordic

Folk
Glacier
Mountain
Viking

E	N	O	R	D	I	C	L	C	V	J	R
F	L	L	S	K	T	X	D	R	T	E	L
N	S	O	L	R	L	L	D	S	I	E	V
O	D	Q	A	A	G	U	A	C	F	P	N
T	R	M	N	P	N	O	A	O	A	E	X
G	A	B	O	U	C	L	L	G	D	L	U
N	L	R	I	U	G	K	N	N	K	T	J
I	L	O	T	V	N	I	E	P	J	T	V
H	A	O	A	Q	K	T	B	U	N	A	D
S	B	C	N	I	T	L	A	A	T	E	Y
A	V	H	V	Y	T	M	T	I	B	S	M
W	X	O	S	A	C	B	V	S	N	O	P