



GRØNNVIK LODGE
2844 University Ave
Green Bay, WI 54311

Next Meetings:
July 20
August 17

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Grønnavik 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 Grønnavik Lodge Green Bay"

Snippets

There are 4 scholarships being awarded to college students. The forms were changed this year to get more information from the candidates.

District 5 will continue with the TUBFRIM stamp project, so hang on to those cancelled postage stamps.

Sweatshirts, caps, and books are still available. Contact Peggy for more information.

Masse Moro will be setting up camp at Fall Creek from July 18-3. The limit this year is 40 campers. All the spots are taken, and there is a waiting list. It is hoped that 10-15 more campers can be accommodated. Staff has been hired and plans are being made to continue the magic of Masse Moro.

Photo Contest

Do you have a picture or two to submit for the "Sunrise Sunset Photo Contest"? Winter's wonders-themed photos are welcome, too. Joy will collect and compile, recruit volunteers to judge, then make a document to share with everyone. Send all entries to Joy (joybaing@gmail.com). Gentle judging is guaranteed.



Next newsletter submission deadline is June 21st.

Med Vennlig Hilsen

With Friendly Greetings

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

www.sonsofnorwaygb.blogspot.com gronnaviklodge@gmail.com Vol. 27, No. 3 May-June 2021

Hooray! Hooray! The 18th of May!

In-Person Meetings Return that Day!

Trinity Lutheran at 6:30 pm

Celebrate *Syttende Mai* with Conversation, Coffee and Cake. We'll be adhering to pandemic safety guidelines. Even though our faces are covered by masks, we know there'll be big smiles underneath!

District and International Meetings

Zone 4 of District 5
August 1, 2021, 10am – 4pm
Green Bay Botanical Gardens

Learn about flowers in Norway, and enjoy a tour of the Botanical Gardens. Open to all members. Free! More information and formal invitation coming soon.

District 5, hosted by *Idun* Lodge of Madison
June 15-19, 2022
Marriot Madison West, Middleton

This is the same hotel that will host *Sangerfest*, the Norwegian Music Group competition. Saturday night will be their grand concert, which District 5 delegates will attend after the banquet.

2022 Sons of Norway International
August 31-September 1, 2022
Omni Viking Lakes Hotel, Eagan, MN

Future Meetings

May 18

June 15 - Picnic?



Gratulerer med dagen!
Birthdays

May

Mollie Bergsbaken - 2nd
Robert Olson - 3rd
Lilianna Robshaw - 11th*
Jean Severson - 20th
Scott Naevestad - 29th
Jill Larson - 31st

June

Steve Christenson - 4th
Barbara Nelson - 13th
Sharon Rentmeester - 13th
Bonnie Vastag - 20th
Scott Brunner - 21st

**Heritage Member*

Fra President

Dear Grønnvikites,

Here we are marching through 2021. We are about halfway through and about to have the wonderful reuniting of members at Trinity at 6:30pm on May 18 for our *Syttende Mai* Celebration. Our plan for this meeting is to have conversation and coffee with a little cake on the side. All regulations of the pandemic will be observed. Be sure to use a mask and observe safe distances.

The power of Sons of Norway or any similar organization is in its shared goals and respect. We welcome anyone, Norwegian or not. We may make you eat *lefse* or play *kubb*, but that is about the worst you can expect. We need to all make the effort to get together so that we can plan for the future. Many trials and challenges are behind us, but we need to embrace the changes of the future with the same enthusiasm that our forefathers did when they sailed west to America.

Our Zoom Meeting in April went well with about 13 people present. We discussed the issues involved in making sure you know we are meeting. WE ARE MEETING ON MAY 18 AT 6:30 at TRINITY LUTHERAN. (That notice was sent to you.) We also talked about books, photos, and music. Elle mentioned that she was excited to share with you some of the changes to the library.

As we move through 2021 Olivia Schnur, a mental health counselor, reminds us of the need to follow our core values: Security, Creativity, Freedom, Honesty, Family, Intelligence, Leadership, Determination, Adventure, Safety, Love, Friendship, Faith, Variety, Health, Peace, Loyalty, Nature, and Respect, among others. At the Zoom meeting, each of us identified and shared values and how they have been challenged, changed or eliminated during this last year. As Frank said to me when the meeting ended, "What was all that honest sharing? After all, these are Norwegians." Dear me, Frank, you'd think he was stereotyping us. And that coming from a Brit!

I look forward to seeing you all on May 18 at 6:30 at Trinity Lutheran.

With Love,

Joy

In Loving Memory

Friend of Grønnvik Lodge and Charter Member, Glenn Trustem, passed away on Monday, April 12 in Naples, Florida. His wife Ann survives him. Many of us remember him from the earliest days of the Lodge, and his willingness to help. Glenn was 90 years old and has resided in Florida for many years. –"A life well lived" – Blessed be his memory. If anyone would like to send Ann a note, contact Darlene Gast (920-465-1936) for current information.

Grønnvik Lodge lost another friend with the passing of Florence Trondson on March 3. Flo received her 10-year membership certificate and pin in 2020. She spent 30 of her 42-year nursing career at St. Mary's in Green Bay, and volunteered there after her retirement. Her husband of 60 years, Paul, passed away in 2017. They are survived by their five children, spouses and six grandchildren. A \$25 donation has been made to the Sons of Norway Foundation in her memory.

Nordic Walking Trend

You may have seen people out walking with a pair of poles, and wondered what became of their skis. Or maybe you were curious if that person has issues with balance.

A sport unto itself, Nordic walking provides a better workout compared to regular walking. Here are several reasons to give Nordic walking a whirl.

Nordic walking:

- improves your overall fitness level
- works your upper body and core muscles as well as your lower body
- provides more stability
- is low impact on joints
- helps recover from injury by taking pressure off legs and feet
- was invented in Finland to maintain skiers' fitness year-round
- can be done on any terrain

Getting started:

- Buy or borrow a pair of Nordic walking poles (priced new from \$50 to \$200) (note: Nordic walking poles are different from hiking or skiing poles)
- Take a class or look up a YouTube video to learn proper technique
- Hit the trails or the park!
- Track your time or mileage for the Sons of Norway Sports Medal Program. Contact Matt Agen (262) 290-1122 or at matthewjagen@aol.com for more info.



Norway's "Time-Free Zone"



follow us @timefreezone

The small northern-Norwegian island of Sommarøy made a splash in the summer of 2019 with its proclaimed intent to declare itself "the world's first time-free zone." The effort was aimed at generating conversation, and drawing tourists to the area, where the midnight sun shines all night long from mid-May to late July.

A campaign video for the cause features footage of locals enjoying the golden sunlight, and is narrated by Sommarøy resident Kjell Ove Hveding, using air quotes to emphasize the irrelevance of standard notions of time:

*We do what we want when we want.
If you want to paint your house at "2am" it's ok.
If we want to cut the grass at "midnight" we will.
If we want to take a swim at "4am" we will.*

Want to know more about this tongue-in-cheek effort that made headlines around the world? You can view the video online by typing bit.ly/3rA8X4L into your internet browser. While you're there, you can also connect with the Time-Free Zone Facebook profile (@TimeFreeZone) to practice your Norwegian language skills and view more content from the publicity campaign.

Do you have a new address, phone number or email address? We need to know. Please contact Carol Brunner at 920-336-7044 or thebrunners@milwpc.com to update your information. *Takk!*