

Med Vennlig Hilsen

With Friendly Greetings

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

Vol 31—No. 3—May/June 2025

Kalender

May

17—Norwegian Independence Day

20—Cultural meeting: 6:30, Trinity Lutheran Church

June

17—Cultural meeting: 6:30, Trinity Lutheran Church

21—Deadline for Newsletter!!

Gratulerer med dagen!

May

2 – Mollie Bergsbaken

3 – Bob Olson

11 – Lilianna Robshaw*

19 – Roy Jilburg

21 – Gerald Tallackson

21 – Randy Bellin

23 – Jola Gray

28 – James Bartholomew

29 – Sue Hepp

29 – Scott Naevestad

31 – Jill Larson

June

3 – Ruby Freitag

4 – Steve Christenson

13 – Barbara Nelson

13 – Sharon Rentmeester

13 – William Danek

20 – Bonnie Vastag

21 – Scott Brunner

25 – Gabriel Glesner

28 – Donald Overby

28 – Gene Nelson

Fra vår sportsdirektør: Dawn Bergsbaken

After the long, dark winter it's common to feel down. But, what if it's something more? If you are feeling mood changes, muscle cramps or weakness, bone and joint pain (especially in your back), have frequent illness or infections, and fatigue it could be vitamin D deficiency or insufficiency.

Often called the sunshine pill, Vitamin D is fat-soluble and plays a critical role in the proper functioning of your bones and immune system. It is suspected of playing a role in preventing cancer and protecting against chronic conditions including depression, type 2 diabetes, heart disease, and multiple sclerosis.

If any of this sounds like you, please discuss this with your doctor. It is the most common nutritional deficiency worldwide and the easiest to treat. I can tell you from experience that it is nothing to mess with.

<https://my.clevelandclinic.org/health/diseases/15050-vitamin-d-vitamin-d-deficiency#symptoms-and-causes>



Bare til din informasjon:

Are you trying to email Mollie B and can't figure out why she's not answering? Please make sure you are using mollie.bergsbaken@live.com and not the gmail address.

Vennligst legg til i bønnelisten din:

Please add Mary Swain and Carol Dost to your prayer lists as they both deal with health issues.

Fra vår president: Hallo,

Mollie Bergsbaken Spring is finally here!! Grass is getting green, the flowers are budding and blooming, birds just a chirping, and a warm breeze is upon us. Well, some days it's very windy but that didn't fit into my poetic opening.

Our April meeting – Påske Night was a pleasant time. Interesting program, the sharing and caring, the Påske treats made by Karen Vedvik and me, and don't forget the chicken coloring contest. Rita Running, Carol Brunner, Karen Vedvik, and Kenda Stroess won prizes for their fabulous coloring.

We decided to do something different for Syttende Mai. This year, we will be having a pizza and game night. Don't shy away...I'm sure it will be fun. All you have to do is bring a little cash because we will all be chipping in to pay for pizza. And be prepared for a little fun. We will have various games for your participation. I'm sure there will be lots of laughs and a good evening.

At our June meeting, we will celebrate our Lodge Anniversary. Pins and certificates will be presented. Jill Larsen will be sharing a program about Iceland. And we will share cake and ice cream.

I feel the board is doing an excellent job of selecting programs and activities for everyone in the lodge to participate in and enjoy. The more participation from members, the stronger the lodge. I realize that some of our members cannot be at our meetings and events because of age or distance. But it is a good thing for us to reach out to those who are unable to attend for whatever reason. To keep our lodge strong, let's reach out via phone, cards, and letters. Our sunshine person, Marlene Bergum, does a good job of this, but we can all bring that sunshine to one another!

Peace & Love Always,

Mollie B



"Ole and Lena were visited by a door to door salesman, Lowell Thompson. He tried to convince them if they bought the big freezer he was selling, they would save enough on food bills to pay for the freezer. Ole responded that they were paying for the house on what they were saving on rent. And they were saving on movie tickets with the price of cable TV." Finally, Ole said, "And we're saving on laundry with the new washer and dryer. So, I guess we have to say, we can't afford to save any more right now."

Fra Kjøkkenet: We will be celebrating Syttende Mai on the 20th of Mai. Playing games and ordering pizza! Bring cash, \$'s, we will all be paying for Karen and Colleen yummy pizza. BYO—bring your own beverages. Don't forget! Cash & Beverages!

June 17th, Grønnavik Anniversary, 31 years of celebrating our Scandinavian Heritage! We will celebrate with cake, ice cream and beverages.

Sosekjøtt & Spring Mashed Potatoes

As winter fades into spring, temperatures start to rise, and outdoor activity increases, try this delicious, hearty dish that is sure to fill you up. (*Serves 4-6*)

Ingredients

For the sosekjøtt:

2.2 pounds (1 kg) chuck steak or shoulder steak (høyrygg/bog)
3 Tbsp. butter, for frying
1 large onion, cut into thin wedges
6 Tbsp. butter
5 Tbsp. flour
4 cups (1 liter) beef stock
1 bay leaf
Salt and pepper

For the spring mashed potatoes:

1 1/2 pounds (about 700 g) starchy potatoes, peeled and cut in half
3 Tbsp. lightly salted butter
1 cup (240 ml) milk
Salt and pepper, to taste
1 cup (150 g) green peas
1 bunch dill, chopped
2 spring onions, chopped

Directions:

To make the stew, start by cutting the meat into large chunks, about 1 1/2 inches (4 cm). Season well with salt and pepper.

In a large, heavy-bottomed pot or dutch oven, heat 1 tablespoon of butter over medium-high heat, until hot and bubbling. Brown the meat in 3 batches (to avoid overcrowding), turning with tongs, for about 3-5 minutes per batch; add one tablespoon more butter with each batch (adding more if necessary). Transfer the meat to a large plate and set aside.

In the same pot, add the 6 tablespoons of butter and melt over medium-high heat. Add in the flour, whisking to combine. Cook for about 5 minutes or until the mixture has turned dark brown, whisking often to ensure it doesn't begin to burn. The darker the color, the darker the stew will be. Slowly pour in the beef stock, whisking until blended.

Add in the browned meat, onion wedges, and bay leaf. Bring to a simmer. Lower the heat and cover with a lid, cooking for 2 hours until the meat is tender. Remove the lid, return the stew to a gentle simmer, and cook for 30 minutes more until thickened slightly. Remove from the heat.



While the stew is cooking for the remaining 30 minutes, prepare the spring mashed potatoes. In a large pot, cover the potatoes with cold salted water and bring to a boil. Lower the heat and simmer for 15 minutes or until the potatoes are barely tender when pierced with a knife. Drain the potatoes and return them to the pot. Add the 3 tablespoons butter, along with the milk, and mash until creamy. Season with salt and pepper. Gently stir in the green peas, dill, and spring onions.

Serve the spring mashed potatoes immediately with the warm sosekjøtt.

photo credit: **North Wild Kitchen**

Recipe source: <https://northwildkitchen.com/sosekjott-spring-mashed-potatoes/>



Grønnvik Lodge Green Bay, WI

President: Mollie Bergsbaken, 715-853-4357
851 New York Ave. Oostburg, WI 53070

Membership: Eileen Larson Below, 920-609-3878
2844 University Ave. Green Bay, WI 54311

Editor: Dawn BergsBaken, 920-860-1106
851 New York Ave. Oostburg, WI 53070
dawnthenorskeditor@gmail.com

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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Gronnvik Lodge Green Bay



gronnviklodge@gmail.com

Fra vår Medlemssekretær:

Our June Anniversary Celebration is going to be quite the event with many of our members receiving pins and certificates.

So to continue with our list of 30 year Golden Members we congratulate Marlene Bergum, Darlene Gast, Diane Overby, Donald Overby, Rita Running, Peggy Schroeder and Gerald Talackson.

25 years: Joanne Coleman.

20 years: Mollie Bergsbaken, Geri Nilsestuen, Sally Schlise and Linda Swiertz.

10 years: Steve Christenson, Roberta Kutlik, Steve Olson and Sharon Rentmeester.

Plus, we have Polar Bear Badges for 10 year Heritage Members Lily Bea Duquaine, Lyla Overby and William Rentmeester.



It is with sorrow we announce the passing of Gronnvik member Patricia Larson-Rynning on March 5, 2025. Joining our organization in 2014, Pat always arrived with a smile on her face, and attended meetings as often as she was able these last years. Of her many talents were knitting and sewing. Pat was a faithful member of Bethel Lutheran Church where her memorial service was held on March 11, 2025. We will miss her.