

Med Vennlig Hilsen

With Friendly Greetings

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

Vol 30—No. 5—Sept/Oct 2024

Kalender

September

14—Frokost: Eat at 9:30am at Trinity Lutheran Church, see page 3

October

4 and 5—The Midwest Viking Festival at UWGB, more info on page 1 and 4.

15—Cultural Meeting, 6:30 at Trinity Lutheran Church

21—Deadline for Newsletter

Gratulerer med dagen!

September

9—Matt Agen

13—Jim Ruotsala

15—Marlene Bergum

17—Peggy Schroeder

26—Pat Larson-Rynning

26—Muriel Wallestad

October

2—Deborah Schneider

7—Paul Gast

7—Logan Dost

8—Frank Ingram

10—Evan Dost

15—Diane Schleicher

19—Tyler Overby*

20—Phyllis Fitzgerald

23—Steve Olsen

Fra vår president:

Eileen Larson Below

September (already?) brings Frokost, Grønnavik's annual breakfast meeting at Trinity on Saturday, the 14th. If you missed out on your chance at the August meeting to sign up for a dish to bring, call Karen V at 920-497-0878. She'll be able to offer lots of suggestions.

The Midwest Viking Festival, marking its third year at UWGB, is fast approaching-Friday and Saturday, October 4th and 5th, to be exact. This event has developed into a great boost for our Lodge, so please consider staffing a booth for a couple of hours while welcoming visitors, recruiting new members and selling our wares. If interacting with interested and enthusiastic festival-goers is not your cuppa, drop off some donations of Scandinavian treats to sell. Grønnavik's Baking "Committee" donates and spends hours preparing treats for sale, but before the event is over, our supply of goodies is long gone. Oh...and we're STILL looking for a canopy with sides to borrow.

October's Lodge meeting is the Silent Auction. Be thinking of the bounty that's been taking up residence in your closets for much too long, and donate it/them for the SofN Foundation. You know what they say about one man's trash being another man's treasure!

Officer elections are coming up. If serving as an officer sounds appealing, let us know!

Regards,

Eileen Larson Below, President, Grønnavik Lodge

eglbellow@gmail.com 920-609-3878

**Det er
interessant!!**

500 million people have used this invention and likely had no idea that a Norwegian toymaker had a hand in its development. Resusci Annie, also known as a CPR dummy, was developed in Norway in the 1950s.

The Inventors

A self-made Stavanger businessman, Åsmund S. Lærdal launched a greeting card business in 1940, and moved into wooden and later flexible plastic toys. In the mid-1950s Lærdal moved from enriching childhoods to sustaining lives when he began developing anatomically correct medical aid devices with anesthesiologist Bjørn Lind. Starting with artificial wound training simulations in collaboration with the Red Cross and Norwegian Civil Defense, in 1960 the pair developed and released the medical simulator known as Resusci Anne (later Annie). The practice mannequin was used to safely teach mouth-to-mouth resuscitation and airway ventilation techniques, a medical revolution at the time. Later the mechanism for chest compressions was incorporated in conjunction with a group of Baltimore engineers.

The manufacture of medical training aids wasn't just a theoretical mission; Lærdal had personal motivation to increase the public's knowledge of lifesaving measures: he had rescued his own son Tore in a near-drowning incident.

The Famous Face

Lærdal struggled to design the face for the mannequin and the inspiration for the face was based on a teenage girl who had died in Paris in 1890, called "the Unknown Woman of the Seine." Her expression appeared so serene that her death mask, initially produced to attempt to identify her, was later sold across the continent as a work of art. Lærdal saw one of these masks in Norway, and decided to model his medical mannequin after the face that was familiar to many. The first resuscitation model was named Anne, after one of Lærdal's previous toy dolls, and finally the unknown girl had a name.



*Photo Credit: Wood Library Museum of Anesthesiology
<https://www.woodlibrarymuseum.org/museum/resusci-anne/>*

Training Leads to Acceptance

The use of a life-sized doll rather than other humans helped the public accept resuscitation as a valuable life-saving measure. Lærdal and Lind immediately began teaching mouth-to-mouth resuscitation in Stavanger area schools and found that 73% of students who had learned using the mannequin could achieve successful results three months later. Public acceptance grew as Lærdal and Lind published every successful resuscitation in the local paper.

Thanks to Lærdal's innovation, mouth-to-mouth resuscitation and CPR were soon adopted across the world as an essential part of first aid.

Sources:

- https://en.wikipedia.org/wiki/Resusci_Anne
- <https://emsmuseum.org/collections/archives/education-simulation-and-training/resusci-annie/>
- <https://www.livescience.com/cpr-doll-resusci-annie-face.html>
- <https://one-million-lives.com/the-laerdal-commitment/>
- <https://www.simulationinformation.com/hall-of-fame/members/hall-of-fame-inductees-asmund-s-laerdal/>
- <https://www.cambridge.org/core/services/aop-cambridge-core/content/view/S1049023X00043569>

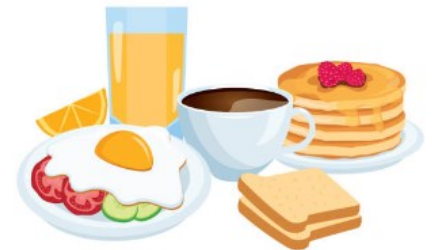
Fra medlemsdirektør: A big welcome to Kathy Anderson! Kathy has been with us as a guest for many years, attending with her late husband, Tom. Now we are very happy that she has joined us as a Grønnvik member.

Carol Brunner



Fra Kjøkkenet: Karen and Colleen Hei! We hope to see you Saturday, September 14th, at Trinity, it's FROKOST!!! Meeting starts at 9:30. Please, bring your breakfast goodies to share in by 9am to get setup. We need more volunteers to make and bring foods for our Norwegian Breakfast! Please call Colleen (920) 366-8355 or Karen (920)497-0878.

October 15th, we will be asking you to bring a casserole-hot dish to share. Bring out your recipe books, search for something yummy!!! Or try a new recipe, you know how we love to try new recipes too!



Takk, Kitchen Crew



Fra vår sportsdirektør: Dawn BergsBaken Many people think old age is a time to slow down. But, the older you get, the more important exercising becomes. According to a recent Swedish study, physical activity was the number one contributor to longevity. As the saying goes, “not only adding years to your life, but adding life to your years!”

Benefits include: maintain or lose weight; reduce the impact of illness and chronic disease; enhance mobility, flexibility, and balance; improve quality of sleep; boost your mood and self-confidence; and improve brain function. Who doesn't need any of that?

Getting moving doesn't do any good if you become injured when starting. A few tips to keep in mind to increase chances of success: get a physical exam to evaluate where you are and help map out how to get to where you want to go; don't skip the warmup; and start slow.

Staying motivated can also be a problem as you age. Some ways to stay on track include: focus on short-term goals; reward yourself when you successfully complete a workout, reach a goal, (or simply show up!); keep a log; and find support.

So let's get going!!

<https://www.helpguide.org/articles/healthy-living/exercise-and-fitness-as-you-age.htm>

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Grønnvik Lodge
Green Bay, WI

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

Membership:

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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Grønnvik Lodge Green Bay



gronnviklodge@gmail.com

fra vår visepresident: Mollie Bergsbaken In June, we celebrated the lodge's 30th anniversary. Thinking about that, I wonder who were the leaders? How did they serve? Why did they serve? The answer is...THEY SERVED!! And their serving made for a strong and lasting lodge. So, my question is, who will serve now? We are in need of someone to step up and take the position of Lodge President. There are lodges disbanding every year and one of the main reasons is that they are unable to find someone to take the leadership role.

Help Grønnvik look to the future. Please consider serving our lodge as president. If you are willing to accept the position, please let Mollie Bergsbaken know at (715)853-4398. We would like to hold elections in October and installation would be in January or February.

For mer informasjon: In case you haven't heard...this years' Midwest Viking Fest will be held on the UWGB grounds at the Long House on Oct 4th and 5th. There are many ways you can help make this year a success. Not only can you help in our booth and bake goodies, but there are also several fundraisers being put on to help defray the cost of the festival for attendees. For more information on the festival including schedule of events use the following links:

<https://www.uwgb.edu/viking-house/midwest-viking-festival/>

On Facebook at Midwest Viking Festival 2024