

# Med Vennlig Hilsen

## With Friendly Greetings

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

Vol 29—No. 1—Jan/Feb 2023

### Kalender

#### January

17—Cultural meeting, 6:30  
Trinity Lutheran: Game  
Night, with snacks provided

#### February

16—Deadline for Newsleter  
21—Cultural meeting, 6:30  
Trinity Lutheran

### Gratulerer med dagen!

#### January

10 – Axel Gruenke\*  
11 – Eileen Below  
20 – Sarah Parks  
20 – Mike Taylor  
25 – Carol Brunner  
26 – Ila Iverson  
27 – Lily Duquaine\*  
28 – Erik Hepp  
28 – Kenda Stroess  
30 – Karen Eiseth

#### February

4 – Geri Nilsestuen  
7 – Carrie Arnold  
17 – Joy Bashara  
20 – Piper DePauw\*  
21 – William Rentmeester\*

Heellloooo! ...And in with the new. I'm so excited to have been (s)elected as Grønrvik Lodge's president. From newsletter editor to cultural director to president in the relatively short time I've been a member, I feel like the Amazing Bouncing Norwegian. I am honored to be serving after two amazing predecessors who leave big shoes to fill, but in the true spirit of Grønrvik Lodge, have promised their support. I've had the chance to volunteer with dedicated, creative members as we worked on projects and shared news, laughter, and even a family skeleton or two. And speaking of volunteering (Note the sneaky segue), there are plenty of opportunities. Make calls-Sign up -Share! Keep bringing those delectables for the group at our meetings, and if you haven't been, now's a great time to start. If serving on the Board is not your cuppa, why not provide the program at a Lodge meeting? Have you traveled? Do you have a collection/memorabilia to show us? Even if some of us have seen it before, we'd love to see it again.

Learn, Love your Norwegian Heritage and share those Latent Talents! How's that for alliteration?

Yours,

Eileen Larson Below



During our Julefest, our outgoing Youth Director, Peggy Schroeder, had a wonderful craft for the little (and a few big) kids. What a great way to help out our feathered friends during the colder months. Try one for yourself...your birds will thank you.

## **Peanut Butter Pinecone Bird Feeders**

### INGREDIENTS

pine cones

peanut butter

birdseed

string

optional: floral wire and ribbon

### INSTRUCTIONS

To help with clean up, lay newspaper down on your work area.

Spread peanut butter over the pinecone, getting in all the little crevices. I like to give my kids a plastic knife which makes for easy clean up, too.

Put a cupful of birdseed in a plastic bag (I use a grocery store bag, just make sure there are no holes in it), then place the pinecone inside and gently shake to coat.

Remove the pinecone and tie a piece of string or floral wire around the top stem of the pinecone. It is helpful to wind it around a couple of times to secure it well.

If desired, tie with a pretty ribbon and hang from a tree!

<https://fountainavenuekitchen.com/peanut-butter-pinecone-bird-feeders/>



**Fra Medlemsdirektør:**  
**Carol Brunner**

A Warm Welcome to our Newest Members: Alec Nitti of Green Bay; Matt and Stacey Gruenke with their children Aspen and Axel of Bellevue; and Carrie Arnold of Green Bay



**#6 on list of things to do in Norway in the winter: Experience *skrei* fishing**

Norway is a nation that's built on fishing, particularly on the migrating Atlantic cod called skrei. If you're into fishing, or are a real foodie, you should join us in Northern Norway between January and April, when the skrei return to the Norwegian coast to spawn. Go on a guided fishing trip, rent a boat, or fish from the shore in a picture-perfect arctic landscape. You are almost guaranteed to get a big cod on your hook! At the end of March, come along and enjoy the show at the World cod fishing championship in Svolvær in Lofoten.

<https://www.visitnorway.com/plan-your-trip/seasons-climate/winter/things-to-do/>

Norwegian words for love and romance  
(Ord for kjærlighet og romantikk)

Elsker/ Love

Kjæreste / Boyfriend

Kjæresten / Girlfriend or Sweetheart (depends on context)

Kjærligheten / Love

Glede over å være sammen / Joy of being together

Jeg elsker deg / I Love You

Jeg er så forferdelig glad i deg / I am so terribly fond of you

Savner deg veldig mye! / Miss You Very Much!

Du vet hvor mye jeg elsker deg / You Know How Much I Love You

Vil du være min Valentin? / Will you be my Valentine?

Ha en fin Valentinsdag / Have a nice Valentine's Day

Kjærlighetens magi til evig tid / Magic of love everlasting

Du er min Valentine / You are my Valentine

Jeg er en håpløs romantiker / I am a hopeless romantic

Jeg er så glad for at jeg traff deg / I am so glad that I met you

Til min kjære på Valentinsdagen / For my beloved on Valentine's Day

Fra din Valentin / From your Valentine

Det er kun med hjertet, man kan se riktig / It is only with the heart, one can see right

Jeg elsker deg .. Du er mitt liv! / I love you .. You are my life!

Jeg elsker deg over hele mitt hjerte / I love you all over my heart

Elske deg / Love you Tenker på deg / Thinking of you

Elske deg så mye / Love you so much

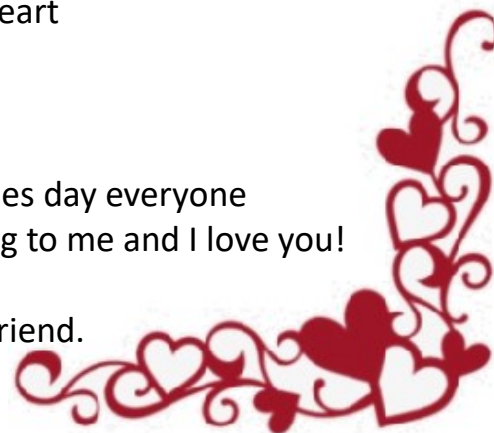
Åh eg bare elske deg / Aah I just love you

Ha en fin Valentinsdagen alle sammen / Have a nice Valentines day everyone

Du betyr alt for meg og jeg elsker deg! / You mean everything to me and I love you!

Jeg er så forelsket i deg / I am so in love with you

God Valentinsdag, vennen min. / Good Valentine's Day, my friend.



Ole and Sven applied for the same job, and since both applicants had similar qualifications, they were asked to take a test and led to a quiet room with no interruptions by the Manager.

When the results were in, both men had scored 19 out of 20. The manager went to Sven and said, "Thank you for coming to the interview, but we've decided to give Ole the job."

Sven,... "And why would you be doing that? We both got 19 questions correct."

Manager, "We have made our decision not on the correct answers, but on the question you got wrong."

Sven, "And just how would one incorrect answer be better than another?"

Manager, "That's simple - on question number 7 Ole wrote down, 'I don't know'. You put down, 'Neither do I.' "



**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



Like us on Facebook @Sons of Norway  
Grønnvik Lodge Green Bay



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## Fra vår sportsdirektør: Dawn BergsBaken

Is one of your New Year's resolutions to get more active? Adults are recommended to get 150 minutes of moderate-intensity exercise per week. But, getting that in the winter can be a challenge. A few tips to help you:

- Find resources at a public library such as exercise videos and books about low-impact movement and diet.
- Try new online videos, look for ones specifically targeting your age group and incorporate stretching, strengthening and low-impact cardio. This may include chair yoga, seated strengthening exercises or chair stretching.
- Schedule movement into your day. It's tempting to hunker in during the cold months, but try to add movement throughout your day. Simple things like completing 10 squats while preparing lunch or coffee, putting away laundry one item at a time to walk extra steps, march in place during commercial breaks of your favorite TV show or getting up out of your chair every hour to walk a short distance in your home.
- Add variety by incorporating these types of exercise into your routines: endurance, strength, balance, and flexibility.

With the New Year, now is the perfect time to start earning points for a sports medal. Medals are available in General Fitness, Skiing, Swimming, Biking, and Walking.

