

Med Vennlig Hilsen

With Friendly Greetings

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

Vol 29—No.5 —September/October 2023

Kalender

September

16—Frokost, eat at 9:30.
(see info in Karen's column,
pg 3)

23—First day of Fall

27—Ancestor Appreciation
Day

October

6 and 7—Midwest Viking
Festival at UWGB Long-
house. (info on pg 2)

17—Cultural Meeting, pot-
luck.

28—National Chocolate Day

Gratulerer med dagen!

September

9 – Matt Agen

13 – Jim Ruotsala

15 – Marlene Bergum

17 – Peggy Schroeder

26 – Pat Larson-Rynning

October

7 – Logan Dost

7 – Paul Gast

8 – Frank Ingram

10 – Evan Dost

22 – Heidi Sherman

23 – Steve Olsen

Fra vår president: September, already? Eek! But
Eileen Larson Below the year is far from over for
Grønnavik Lodge. Besides our

September through December Lodge meetings, we have
some exciting off-site outreach opportunities coming up to
round out the year.

Frokost is Saturday, September 16, eating at 9:30, at Trinity.
Besides the delectable food, we'll be treated to a threefold
feast of topics: A Midwest Viking Festival update; Birgit Ru-
otsala's quilts; and SofN Scholarship recipient Emily Jen-
son's take on her recent studies in Norway. That morning
offers a full plate in more ways than one!

Grønnavik's welcoming booth will be the first spot attendees
encounter at the Midwest Viking Festival at UWGB on Octo-
ber 6&7. Get in on the fun. Volunteer! Bring a Norwegian
treat to sell. This is a great opportunity for us to recruit
new members and raise funds for the Lodge.

October 17 brings the Silent Auction. So, start digging
through your closets for donations to benefit both Grønnavik
Lodge and the Sons of Norway Foundation.

"Festival of Trees" at the National Railroad Museum will be
the place for you and 20,000 other visitors to view
Grønnavik's Nordic Christmas tree. 2023's festival will run
November 16 through December 31. Hours vary.

Hazelwood's Ethnic Christmas is back, and we've had our
claim staked on the main floor bedroom since early June.
The dates for this event will be on two Saturdays, Decem-
ber 9 and 16, from noon 'til 5:00.

Whew!

Eileen Larson Below



Tidbit from Eileen:

The gas and oil industry runs the economy in Norway, but what percentage of their domestic power comes from hydroelectric plants?

- A. 18%
- B. 54%
- C. 73%
- D. 98%

Syprosjekt, noen? (sewing project, anyone?)

Joanne Coleman, a former member of H. R. Holand Lodge, was going through her late mother's things, and found a kit for a red, size medium busserull (traditional Norwegian work shirt) that she wants to give away. Her mother was Myrle Welhaven. Let me (Eileen) know if you're interested and I'll contact her. eglbelow@gmail.com. I've checked online and the shirts retail for over \$100!



Fra Medlemsdirektør: Carol Brunner Here's a clarification on membership dues. If you joined on May 1 of any given year, your dues will always be due on May 1st. For example: You joined and paid dues on May 1st. The following year you didn't pay your dues until August 1st. Your new due date is NOT August 1st. It will always remain May 1, unless you drop your membership and at some time in the future rejoin starting in another month. If you ever have questions, don't hesitate to ask. I'll be happy to help.

Some of you have already met our newest member, - Karen DeGroot. May she feel welcomed, and find Gronnvik Lodge the friendly and culturally informative place we strive to be. See you again in September, Karen.

Gronnvik Lodge members have several activities to pick from this fall. One to highlight is the return of the Adult Heritage Weekend, being held this year in Stoughton, WI from October 27 -29. Wonderful speakers, exhibits and entertainment will be provided by host Mandt Lodge. Come for one day, or for all three. This will be one to remember.



Viking Festival Liaison: Birgit Ruotsala UW-Green Bay is the proud host of the annual Midwest Viking Festival which explores Scandinavian history and the daily life of the region from a thousand years ago. Located at the Viking House grounds north of the Wood Hall lot, the festival celebrates the craft traditions, food, stories and many other aspects of medieval Scandinavia (Denmark, Iceland, Norway, and Sweden). Nearly 3,000 intrepid explorers joined us last year and we invite you to join the next expedition. Kom igjen! If you haven't already volunteered for helping at the event and/or contributing to the bake sale, please consider doing so. Contact Birgit Ruotsala at (920) 327-3335 to see how you can help.

Frokost Sign-Up:

Salmon	Dawn and Mollie
Sausage Tray	Colleen
Flaske (pancakes)	_____
Vaffle	Karen V.
Lefse	Darlene and Paul Gast
Eggs (2 dz, hard-boiled, and peeled)	Eileen and Steve
Fruit tray	Birgit and Jim
Tomato and Cuke tray	Elle and Mike
Cheese tray	Peggy
Assorted Brød	Carol B.
Almond tea brød	Karen V.
Kringle	Matt
Herring	Cream - Marlene Regular - Mary Swain
Pickled beets	_____
Jams	Eileen and Steve
Butter	Marlene
Milk, 1 gal	Bonnie
Juice	#1 - Bonnie #2 - Carol D.

Hjelp de som trenger det

Trinity's food pantry is open every Tuesday from 9-11 am. Individuals can come every week (if needed). All we ask for is first name, number of adults and number of kids. In the past couple of months, we've been serving over 20 households each week. Our singles (1-2 people) get a fully stocked bag of food and our families (3+ people) were getting 3 bags. But, recently we cut back to 2 bags since we've been running out of food so quickly. The items most needed are: chunky soup, cereal, pasta, peanut butter, meals in a can and pork and beans. Thank you and God Bless. Cindy

Notater Fra Kjøkkenet: Karen and Colleen

September: List shown is what members have signed up to bring for Frøkost on Sept 16th. If you haven't signed up yet, or see something we're missing, call Karen V.

October: Please bring your favorite hot dish or salad.

November: Never too early to start thinking about Taste of Norway. Karen will have sign up sheets during September and October.



Fra vår visepresident: Mollie Bergsbaken

Just want to say thank you to Joy Bashara for taking care of securing

our picnic location for June. We had a small number of members, but we had a good time. Steve Below did an excellent job calling bingo. Thank you to Mike and Elle for their program on Vikings in Ireland. Sounded like they enjoyed an adventurous trip. The baked potato bar was great. Thank you, Karen Vedvik for baking the potatoes. They were tasty. And thanks to all the kitchen helpers. The green desserts were a hit also. A shout out to Peggy Schroeder for providing flower/plants for our tables. Thank you! Thank you!! Thank you!!

Can't believe we are coming into the last third of the year. Frøkost in September and silent auction in October. Then getting ready for Taste of Norway and, OH MY, planning for Christmas.

Please remember to keep track of your hours. A lot easier to do it month to month than to try and figure it out at the end of the year – (words of experience!!) Just another reminder to please sign up to help at Viking Fest. It's a lot of fun meeting and talking to people about Sons of Norway and where they are from.

Thank you all for working together to make our lodge strong!

Takk, Mollie B.



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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Gronnvik Lodge Green Bay



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Fra vår sportsdirektør: Dawn BergsBaken

No time for walking and not into biking, swimming, or skiing? Guess what? You can still get fitter and earn a pin to prove it by participating in the Idrettsmerke or General Fitness Sports Medal Program. You can earn points based on the amount of time you spend doing any of the activities listed. Each point reward is based on 10-minute segments of the activity, and calculated according to how strenuous the activity is. Any activity can count towards an Idrettsmerke, so if

REQUIREMENTS FOR IDRETTSMERKE

Age	Bronze	Silver	Gold	Enamel
0-7	600	700	800	900
8-10	700	800	900	1000
11-13	900	1200	1560	1980
14-40	1200	1500	2700	3600
41-55	1275	1800	2400	3300
56-70	1050	1500	1890	2400
71+	900	1200	1560	1980

Units are in points (see left)

you don't see your activity of choice on the card, contact your Sports Director to create a program that accommodates to your activity.

ACTIVITY POINTS

Activity	Points	Duration
Aerobics (Land)	10	10
Aerobics (Water)	12	10
Backpacking/Hiking	6	10
Badminton	5	10
Baseball	8	10
Basketball	15	10
Bowling	5	10
Broombal	12	10
Curling	5	10
Dancing	6	10
Football	12	10
Golf	5	10
Handball	8	10
Jogging	10	10
Kayaking	12	10
Rollerblading	8	10
Jumping Rope	12	10
Rowing	12	10
Soccer	15	10
Tennis	12	10
Volleyball	8	10
Walking	4	10
Weightlifting	15	10
Wrestling	15	10