

Med Vennlig Hilsen

With Friendly Greetings

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

Vol 29—No.6 —November/December 2023

Kalender

November

14—Taste of Norway with-bake sale, see info on page 3. 6:30pm, Trinity Lutheran
23—Turkey Day!

December

19—Cultural Meeting, Julfest, 6:30pm, Trinity
28—National Chocolate Day

Gratulerer med dagen!

November

16 Abigail DeMeuse
20 Ethan R Deutschmann
27 Sharee L Dost
29 Jeri Stiles

December

5 Joanne W Coleman
7 Judy A Beerntsen
7 Lyla G Overby*
16 Kevin M Coleman
21 Bailey Below
24 Colleen M Griswold
30 Treiva Mae Wilterding

Fra vår president:
Eileen Larson Below

Mange Takk to all who played their part for Grønnavik at the Midwest Viking Festival. First and foremost, Birgit and Heidi, who

both did extraordinary jobs; along with our bakers, booth workers, lodge boosters, set-up and take-down people—Mollie, Dawn, Karen V, Karen H, Rita, David, Carol, Peggy, Kenda, Mary S, Joy, Frank, Bob, Steve and Mary Olson, Jim R and Matt. The rain held off, the wind certainly didn't. But that didn't deter approximately 3,000 from attending!

The Silent Auction showcased much beautiful Rosemaling and lots of fun stuff. We also welcomed three interesting visitors, who we hope will be joining the lodge. Tusen Takk to Mollie, Dawn, Karen V, Karen H, Rita, David, Carol, Peggy, Kenda, Mary S...

Hmmm...Are we starting to notice a pattern here? Are the same faces showing up again and again? I'll admit that it *looks like quite a few people, but we can be spread pretty thin sometimes. And don't forget that there's a lot of giving that goes on behind the scenes.*

We need your contributions of time, talent, and of course, funds. Please contact Karen V (920-497-0878) to see what's needed for Taste of Norway...Present a program for a Lodge meeting...

Consider volunteering for Hazelwood's Ethnic Christmas in December...Find out what Mollie and Dawn will need to fill the Nisse's treat bags at Christmas. Opportunities abound!

See you on the *second Tuesday of the month, November 14 for Taste of Norway. Tell, or better yet, bring your family and friends.*

Yours,
Eileen



Fra Medlemsdirektør: Greetings to all of the members from Sturgeon Bay's H R Holand Lodge who are transferring to Grønnavik Lodge in Green Bay. We are very happy to have you join us, and we are eager to get to know each and every one of you. Together we can bring an even greater community awareness to our shared Norwegian history and culture. Please gather with us for our November 14th 'Taste of Norway' at Trinity Lutheran Church. WELCOME!

Viking Chest:

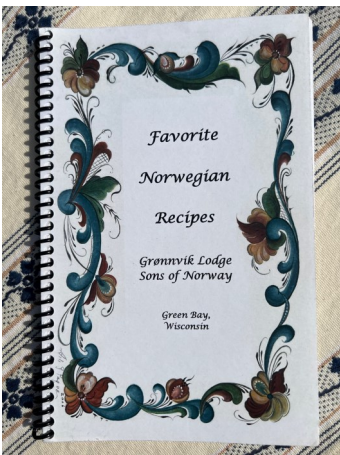
Submitted by Rita Running



Did you see Grønnvik's donation to the Viking Chest which was displayed at the Norwegian breakfast Saturday, September 16th? Owen Christianson researched, built and donated the Viking Chest when he was District Five Cultural Director. Owen had the idea to use the Viking chest to circulate a sample of Norwegian cultural items donated by various lodges. The chest travels from zone to zone for members to see what other lodges have contributed. As the collection grew, Owen built a second chest, called An Immigrant Trunk.

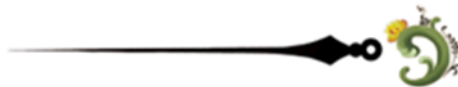
If Owen's name sounds familiar, it is because he and his wife, Elspeth, built and donated the Viking House to the UWGB campus. The Viking House was originally built on their property and then taken apart and rebuilt on UWGB campus property to be used as a teaching tool.

Some of the items inside the Viking Chest include rosemailed items, the Rune alphabet, a carved viking ship, other wood carved items, a keel rivet from the Draken Harald Harfagre, a hardanger embroidered piece, a commemorative mug, Norwegian songbooks and our Grønnvik Favorite Norwegian Recipe Cookbook, the second edition. The first edition cookbook is found in the Immigrant Trunk.



Pictured are the Viking Chest, our Grønnvik cookbook and a poem written by Darlene Gast

about our cookbook. The cookbook, poem and a Green Bay Press Gazette article about the cookbook can be found in the Viking Chest. What a treasure.

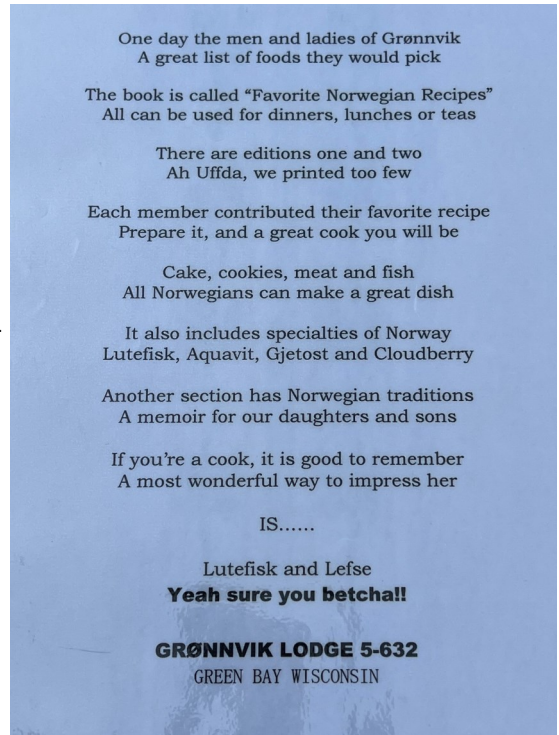


Nyheter fra hjemlandet:

Submitted by Scott Brunner

For over a hundred years Norway had 19 fylker (counties). In 2020 they merged some counties and Norway had 11 fylker. Now

they have determined that some of those mergers did not go well. A couple of those mergers are reverting back to their previous status. Starting the year 2024 Norway will now have 15 fylker (counties).



Notater Fra Kjøkkenet: Karen and Colleen

Mange Takk to each & everyone of you that contributed to our Frokost gathering!!! It was fantastic! And a big Mange Takk to Birgit for securing a place for us to gather!!! Thank you St. John's Lutheran Church!!! It was wonderful. Thank you, Birgit! October 17th, Takk to all who brings a choice of hot dish or salads. Am sure we'll enjoy many yummy foods! Get ready for November 14, our Taste of Norge gathering. If you



have not already signed up to bring and serve a Norwegian food, please call Colleen, 920 -366-8355 or Karen, 920-497-0878. We need your help, while at Viking Fest, we shared with many visitors to come join us. Taste Norwegian foods & celebrate the Norwegian heritage! We hope to encourage visitors to meet with us & consider joining us! Also keep in mind our bake sale table! Bring goodies to sell! December 19th, Jul Fest, please bring Christmas cookies to share & enjoy with coffee & cocoa.

Gummy!



Fra vår sportsdirektør: Dawn BergsBaken

How to keep your chin up when you're up to your eyeballs in snow!

Many of us feel the pressure of the winter months. Shorter days, Holiday hubbub, and colder weather stop us from keeping up with healthy habits that come easy in the summer. Eating right, exercise, socializing, and having a positive outlook are much harder when you feel...blah!

Harvard Pilgrim HealthCare has several strategies to overcome the blahs and focus of helping your mental health during the winter:

- **Getting the right amount of sleep.** This is important all year round, but even more so in the winter. It helps you feel more energetic, less stressed, and more resilient.
- **Spend time with friends.** We need social support to boost our mood, cope with stress and promote resiliency.
- **Practice mindfulness.** "This helps you relate to stress and uncertainty with greater skill, facility, and ease."
- **Keep moving.** "When you get your heart pumping, your brain releases a range of neurochemicals that promote feelings of well-being, which can even help with mild depression." Just 15 minutes can boost your mood!
- **Go outside.** It's tempting to wrap up in a blanket and binge watch TV...getting outside gets you exercise and sunshine. Both are beneficial to your well-being.
- **Use a light box.** This has been used for decades to treat seasonal affective disorder (SAD) and is proven to help. As always, consult your doctor first.
- **Go on a media diet.** "Upsetting news and anger-inducing headlines can take a toll on your mood. Have a plan for your news consumption. Choose a trusted news source, catch up, and then shut it off."



Grønnavik Lodge

Green Bay, WI

President: Eileen Larson Below, 920-465-6518
2844 University Ave. Green Bay, WI 54311

Membership: Carol Brunner, 920-336-7044
555 Hilltop, Green Bay, WI 54301

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

Grønnavik 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
Gronnavik Lodge Green Bay



gronnaviklodge@gmail.com

fra vår visepresident: Mollie Bergsbaken

That time in the calendar! Election of officers.

Please forgive me for being a bit tardy on this task. The slate of officers is usually presented in September so that they can be voted on and

installed by the first of the New Year. Well, the timing is a little off this year. Please think strongly about how you can help make our lodge a strong lodge. Voting will probably be done at the January meeting as our November and December meetings are quite busy with Taste of Norway and Julfest.

Here is a list of positions that are up for election this year.

Vice President: The vice president assists the president in any way. Assists the membership secretary. Leads in recruitment of new members. Recruits and presents the slate of officers for election.

Treasurer: Handles the monies of the lodge. Keeps financial records and pays all bills.

Membership Secretary: The membership secretary is responsible for handling and reporting membership records. Is the lodge resource for membership information.

Editor: Plans, coordinates and revise material and information for the newsletter.

Cultural Director: Plans activities to contribute to member understanding and appreciation of Norwegian heritage and culture.

Publicity Director: Creates a positive image and an awareness of the lodge and Sons of Norway through media coverage and other forms of communication. Publicizes lodge events and activities as well as promotes Sons of Norway to members and Community.