



GRØNNVIK LODGE
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Grønnavik Lodge Meetings are usually the third Tuesday of the month at Trinity Lutheran, 330 S. Broadway, Green Bay.



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Culture Corner

Smolahove is the Norwegian tradition of eating a sheep's head on the Sunday before Christmas. Families spend days cleaning for the holiday, finishing on *Skjeltesondag* (Skull Sunday). Since preparing for Christmas festivities depleted nearly all their resources including food, families had to resort to eat whatever was readily available, hence sheep heads.

Adult sheep are subject to a condition called Scrapie (a sheep and goat version of Chronic Wasting Disease), so lamb's heads are eaten instead. The skinned head (minus the brain) is cut in half, soaked in water for 24 hours, in a brine for another 24, then boiled. It's usually served with mashed potatoes, rutabaga, and plenty of akvavit. The fatty areas around the eyes and ears are eaten first, but the tastiest parts are the cheeks and tongue. The rest of the meat tastes like lamb, because, well, that's what it is.

While having a head on the dinner table staring at you as you eat it can be off-putting, what is even more disconcerting is that this dish has (not surprisingly) evolved into a delicacy. What could be worse than that? Would you believe that some people have been known to eat the eyeballs?

There, aren't you glad that you don't have that as one of your holiday traditions? If it does happen to be, fine. But please...don't bring *smolahove* for a lodge meeting treat.

Kinda makes *lutefisk* seem blasé, doesn't it?

Next newsletter submission deadline is December 21st.

Med Vennlig Hilsen

With Friendly Greetings

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

www.sonsofnorwaygb.blogspot.com gronnaviklodge@gmail.com Vol. 27, No. 6 Nov-Dec 2021

Meetings to Round out 2021

The November 16 meeting will be "Taste of Norway." Early birds were able to sign up for their choice of food to bring at the October lodge meeting. If you missed the sign-up sheet or the meeting, contact Karen (920-497-0878) or Colleen (griswoldrandy52@gmail.com) for your chance to bring your signature Norwegian delectable. Karen and Colleen will also be contacting members who have not responded. Be prepared to serve what you bring. The meeting is open to members, their families and friends, but not to the general public. It will also include a bake sale and installation of officers. Peggy may have the Immigrant trunk on display.

Dec 14 Christmas meeting. **Please note the special date.** It was decided that our usual Tuesday was too close to Christmas. Wondering what food to bring to the meeting? Why, Christmas cookies of course! We'll be feasting on cookies and hot chocolate, while Mary reads a story, we sing Christmas carols, and (if we've been good) a visit from The Nisse.

It's Time to be Thankful

For all who kept the faith that Grønnavik Lodge would survive and thrive, especially Joy, who kept our meetings going and our spirits up; Matt, for providing the expertise for those successful Zoom meetings; Peggy, for her generosity and for representing us at the District 5 meetings; Rita and Dave for their tireless work on the Foundation; Karen and Colleen for keeping us well-fed and the coffee flowing; our new members who enabled us to meet our recruitment goal; and all who renewed their memberships.

To all those I've run out of room to mention, you know who you are, and so do we! *Mange takk!* We're proof that you can't keep a good Norwegian down.

Future Meetings

November 16

December 14



Gratulerer med dagen! Birthdays

November

Abigail DeMeuse - 16th*
Ginny Pliner - 18th
Sharee Dost - 27th

December

Scott Iverson - 2nd
Judy Beerntsen - 7th
Sarah Schroeder - 17th
Bailey Below - 21st
Colleen Griswold - 24th
Linda Galt - 27th

*Heritage Member

Ah, Christmas. That time of year when you can gaze lovingly at a gaudy tree while eating candy out of a sock.

Fra President

Greetings fellow Scandinavians and others,

We have just about made it through another year. Our October Foundation Silent Auction was a wonderful success. Rita and Dave orchestrated the set up, coordination and fun. The proceeds exceeded past silent auctions; the amounts will be shared at our next meeting. It was great to have 30 people there to bid and enjoy hot dishes.

Speaking of food, we passed around a sign-up list for "Taste of Norway," which is our November meeting on the 16th. If you missed out, call Karen with what you can bring for either "Taste of Norway" or the bake sale (or both!) You are welcome to invite family and friends, but the general public will not be invited this year. Covid regulations will be followed.

The officers were elected at our October meeting, and they will be installed in November. We will see you there.

Joy Bashara, President

District News

Peggy Schroeder attended the District 5 Board meeting October 8 and 9 at Madison Marriot West. This is the hotel where the District 5 convention will be held June 15-18, 2022. There are many wonderful activities planned. Saturday night will feature the *Songerfest* concert performed by Norwegian singers from the Midwest. Why don't you plan to attend? If you would like to be a delegate, let Joy know.

The *Barnebirke* (children's skiing race in Hayward, WI) will be held February 24, 2022. We will supply cookies for the event. Helpers are needed to work in the cookie tent.

There was a long report about Masse Moro. Camp was held July 18-31, 2021. There was a limit on the camp capacity and many adjustments had to be made, but

District News (Cont)

the campers had a great experience. Members are invited to visit the camp.

Because so many adults have asked, plans are being made to have an Adult Heritage Camp at Spring Grove, MN. the first weekend in October, 2022. We might consider joining groups from H.R. Holland and Norse Valley on a bus trip. It should be a great experience. More details will follow.

If you have any questions, contact Peggy.

New Sports Medal

If you've been craving new fitness goals to challenge yourself, we are here to help with a new sports medal! *Hederspris* [hay-dersh-prees] is the outstanding sports achievement award. This pin is for members who've earned the bronze, silver, gold and enamel medals in each of any three sports medal categories. As of last year, the other new pin that was created *Idrettshelt* [ee-dretts-helt]—the sports hero pin—which is the 5th level within any sports medal category. Some of our lodge members have already collected the *Idrettshelt* and are ready for another challenge. Go for the *Hederspris*!

For those of you who don't already know, the Sports Medal program celebrates the Norwegian tradition of *friluftsliv* (outdoor life and recreation). Enjoy solo or group skiing, swimming, walking, or biking, and earn sports medals at any age or ability level. Did you know that if your favorite sport isn't included in the list above, we can customize a point value for your preferred activity? It can be chair yoga, weightlifting, bowling...you name it! As long as it's a recreational activity that gets you up and moving, it can count.

Contact Matt Agen (matthewjagen@aol.com, 262-290-1122) to get started or log on to the SofN website and go to the Sports Medal page for forms and details.

Silent Auction Was a Big Success

Mange Tusen Takk (Many thousand thanks)

After a year's hiatus (because of Covid in 2020), *Grønnavik* Lodge celebrated Sons of Norway Foundation month with a silent auction on October 19, 2021.

There were double the number of items to bid on and purchase this year! Uff Da! *Mange Tusen Takk* to all those who enjoyed shopping and purchasing from over 100 items.

I hope you found something that caught your attention for purchase during the silent auction. The proceeds are divided between the SofN Foundation and our lodge. Our members were very supportive with donations of items and purchases as well as donations over and above sales.

Did you know that there are three sources of donations that *Grønnavik* sends to the Sons of Norway Foundation? Each year our lodge sends the donation from our October silent auction. Also, at many meetings, we pass the piggy bank and ask members to put in their coins. This money is also sent to the Founda-

tion. Lastly, a \$25 donation is given in memory of lodge members who have passed away.

The Sons of Norway Foundation is the charitable arm of Sons of Norway. It gives Grants to Heritage Projects, Scholarships to Students to study in Norway and the U.S. and assistance to members dealing with Medical Costs and Natural Disasters.



Viking Fest Featured Stories, Singing and Fighting!



The Vikings invaded Green Bay on Saturday, October 2 at the Viking House on the UWGB campus. Former Sons of Norway District 5 Cultural Director and District 5 President Owen Christianson, who built the Viking House, was present, with representatives from Michigan, Minnesota and Virginia.

Grønnavik Lodge staffed a Sons of Norway information table. The attendance was estimated at 500 (*Grønnavik* Lodge member and UWGB professor Heidi Sherman lost count at 400 in the morning.) This free event took place between 10:00 am and 4:30 pm. and featured a Viking village, demonstrations, authentic clothing, a battle reenactment, storytelling, signing, dancing and an opportunity to learn about the Viking way of life.

Professor Sherman was instrumental in organizing this event in memory of her late husband, storyteller Adrian Spendlow.