

Med Vennlig Hilsen

With Friendly Greetings

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

Vol 31—No. 1—Jan/Feb 2025

Kalender

January

11—Int Thank-You Day
21—Squirrel Appreciation Day
25—Cultural meeting: Noon,
Village Grille

February

2—National Hedgehog Day
6—National Sami Day (Norway)
15—**Pending**: Cultural meeting:
Noon, Trinity Lutheran Church
16—Deadline for Newsletter!!

Gratulerer med dagen!

January

8—Kathy Anderson
11—Eileen Below
19—Cheryl Meingast
20—Mike Taylor
27—Lily Duquaine*
28—Erik Hepp
28—Kenda Stroess
30—Karen Eiseth

February

4—Gretchen Misselt
4—Geri Nilsestuen
13—Amy Coleman
14—Janet Bohm
17—Joy Bashara
21—William Rentmeester*

Fra vår president: Godt Nytt År,
Mollie Bergsbaken Here we are starting a new year
– 2025! Let us hope for the best! As I write this, it is a
beautiful day! When the sun is out, we just feel ready to
meet the day. Let's keep the sunshine in our hearts and
meet the New Year fresh!

We celebrated Grønnavik's 30th Anniversary last year. Let us
work together to keep our lodge going in the future. Look-
ing over the list of lodges in District 5, another lodge has
disbanded. Only we can keep our lodge
strong. Let's "**Thrive in '25**".

We can do that by working together on making
our meeting filled with something for every-
one. Over the years, I have heard members say the pro-
grams aren't interesting; I don't get anything out of the
meetings; I've heard this for the past several years... Well!
Let's get going and make it interesting – fun – caring – and
educational. We kinda fall short at the begin-
ning of the year and finish strong the last few
months. I'm asking for some of our members
to step up. I'm sure you have Norwegian hob-
bies you could share with us. Artifacts you own that have a
story like Steve and Mary Olson sharing their trolls at Julef-
est. Let's work together to make our lodge strong and we
will "**Thrive in '25**".

Takk, Mollie B



Find and circle all of the Winter related words that are hidden in the grid.
The remaining letters spell a Japanese proverb.

L S O S E K A L F W O N S E L C I C I N
 L E Y C E K R A I M N D D R A Z I L B
 A S C A W V K A I O E C I K C A L B R D
 B W A R F A I T L C W A F I R E P L A C E
 O A N P I E L I G E R N H E A D B A N D
 N T I S N M E T H K E A D N D F R N E M
 S T H A M Y O S F S C K T N N O L O H A R
 Y I L R A W E I O C W O E U B G M C O I
 E R O S C O R S W S O I I B O S N A N N
 S N K O P T M O S P L O G I A S T G O N D
 D N I W P L T W T O E R N C O E G U L C
 S E O I S I O S N W D S R G A R E A P H
 E N L T N N L G I F R E E Z E T F L N I
 S R I S S G G S M F R O N B O O D I K S L
 T C F I R E W O O D H A I L S T O O B L L
 E H S S T N A P I K S C H P A C T I N K

BLACK ICE HAIL SEASON SNOWBOARD
 BLIZZARD HEADBAND SKATES SNOWFLAKE
 BOOTS HIBERNATION SKI DOO SNOWMAN
 CARNIVAL HOCKEY SKI PANTS SNOWSHOES
 CHRISTMAS HOLIDAYS SKIING SOLSTICE
 COLD ICE FISHING SLED SOUP
 EGG NOG ICICLES SLEET STEW
 FIREPLACE KNIT CAP SLIPPERY STORM
 FIREWOOD LONG UNDERWEAR SNOW CASTLE SWEATSHIRT
 FOG MITTENS SNOW PLOW TOBOGGAN
 FREEZE OLYMPICS SNOW SHOVEL VACATION
 FROST PARKA SNOW TIRES WIND CHILL
 GLOVES SCARF SNOWBALL WOOL SOCKS

Ole and his buddy Sven are standing on a hilltop looking down at some cows. Ole says, "That there's a nice bunch of cows." Sven says, "Herd." "Herd of what?" "Herd of cows, Ole." "Well of course I've heard of cows, who hasn't?" Exasperated, Sven exclaims, "No, a cow herd!" Ole shrugs his shoulders. "What do I care what a cow heard? I got no secrets from da cows."

Hva handler det om?

The Birkebeiner was the name for the rebels in the Norwegian civil wars between 1130 and 1240. Originally, they were made up of mostly criminal and peasant elements along the Swedish border. They were opposed to the king favored by the conservative party made up of the church, aristocracy, and merchants. This party was eventually called the Bagler.

Birkebeiner backed King Sverre, supposedly the illegitimate child of Sigurd II of Norway. (Historians generally agree that he really was an imposter.) Upon Sverre's death in 1202, the Bagler power increased. And when Sverre's son Haakon III of Norway died after only 2 years in power, it left Haakon's two year old son behind Bagler territory.



The coat of arms of Lillehammer

A small group of Birkebeiners skied the dangerous voyage through the mountains separating Gudbrandsdalen and Østerdalen to bring the boy that would grow up to be Haakon IV safely to his mother. By 1240, Haakon IV ended the civil wars and weakened the role of the aristocracy in Norway.

This dangerous voyage is commemorated every year not only at Hayward, WI in the US, but also in Edmonton, Canada and Falls Creek, Australia.

Fra Medlemsdirektør: Carol Brunner

Gronnvik Lodge has a new member from San Diego, California. Eugene Salvatore Nelson has transferred to our lodge in honor of a Norwegian relative from the Green Bay area. With great gratitude we welcome you. If ever in the Green Bay area, we would be happy to have you attend one of our meetings.

As we begin a new year, let's give a special acknowledgment to our Golden Members. This membership is awarded to members age 65 and older, who have been members for over 30 years. We recognize Colleen Griswold, Gretchen Misselt, Diane Schlieicher, Mary Swain, and Greg Welhaven for their continuous years of membership. Thank you. May there be many more Golden Members in the years to follow.

On leaving the position of Gronnvik's Membership Secretary after eight years, I want to thank all of the members who supported me. You truly did make a difference.

Blessings, Carol Brunner



Ser du etter noe å gjøre?

Are you looking for an idea for a cultural day trip? Some options in the area include Norskedalen in Coon Valley, WI, the Norsk Museum and store in Norway, IL, and Livsreise in Stoughton, WI. Schedule a meal and entertainment next door at Mandt Lodge. Visit the Koshkonong Prairie, a site of Norwegian immigration in the 1800s, in Eastern Dane County, WI. Ask the Koshkonong Prairie Historical Society for more help in planning your visit. See the Waldemar Ager Association Museum in Eau Claire, WI, or Colonel Heg Park, Racine County, WI. The Minnekirken in Chicago, IL, still uses Norwegian as part of their liturgy, and the church has recently completed a major renovation. Travel to see the Viking Ship in Geneva, IL. Enjoy the beauty of Door County, WI, and see the stave kirke on Washington Island. At UW Green Bay one can visit the Viking House. Journey to the Troll Capital of the World- Mt. Horeb, WI. Enjoy lunch at the Grumpy Troll Brew Pub or Skål Public House. See Norwegian artifacts at the Driftless Historium. Ha en flott tur!



Vi prøver noe nytt:

To avoid the cold dark nights of winter (and who really likes to drive on nights like that?) Grønnvik Lodge is going to meet on Saturdays at noon in January and February.

Fra Kjøkkenet: Karen and Colleen

Takk to each of you for sharing you Jul småka-

ker. Nisse was very pleased!

Looking forward to everyone meeting at the Village Grille, 25th of Januar! We will have installation of officers and a program by Peggy Schroeder.

Pending: Wait for phone tree or email info. 15th of Februar, we will meet at 12 noon at Trinity Lutheran Church! Please bring sandwiches or salads to share! We will have sign-up sheets at our Januar meeting or call Colleen at 920-366-8355 or Karen at 920-497-0878.

Takk! See you soon!



Grønnavik Lodge

Green Bay, WI

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



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Grønnavik Lodge Green Bay



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Fra vår sportsdirektør: Dawn BergsBaken

Hvordan Ikke Være en Slutter:

New Year's is a perfect time to reflect and take stock of ourselves. This usually results in some form of New Year's resolution for self-improvement. If not thought through, these resolutions are doomed to fail, usually by the second Friday of January. That's why that day is known as Quitter's Day.

There are many reasons why our goals fail, but the cost to our mental health is often overlooked. Strategies to prioritize our mental health during our struggles to achieve our goals include making them custom tailored to you; take the journey one day at a time; and think about the now and the little steps to achieve our goals.

Tips for creating resolutions that help you reach your goals while still helping your mental health:

- Pick a goal that motivates you: Don't worry what others are doing! This is to improve your life.
- Break down goals into smaller, manageable goals: baby steps get you farther.
- Focus on progress, not perfection and stay positive: are you better than yesterday?
- Lean on others for support and motivation
- Practice self-compassion: give yourself the same grace you give others.
- Set a date that works for you: it's your goals...start on 3/15, your birthday, whatever works!
- Don't compare yourself to others: they don't have the same struggles that you do.
- Know when to ask for help: there are several organizations that help with mental health.