



Norse Valley Lodge 5-491

Nytt Notes April 2026

I Love a Parade...

Here are your Norse Valley representatives who braved the windy New London conditions for the March 21st parade!



Our Next Lodge Meetings is scheduled at Our Saviour's Lutheran Church located at 3009 North Meade Street in Appleton.

Saturday April 18th at 6:00 p.m.

It's our annual "Chili cook-off and the Cookie bake-off" contest so get those award winning recipes out and prepare enough food so our Lodge meeting attendees can taste test and award grand prizes. Linda Hash won last year's golden ladle for her Chili recipe and Sharron Huss won the golden spatula for her scrumptious cookies. Who will win the awards in 2026?

Sunday May 17th at Noon: Syttende Mai Picnic at Dercks Park

It only happens about once in ten years but our Picnic celebrating Norway's Constitution Day actually falls on May 17th. The Lodge will provide lefse, hot dogs, and ice cream. If you can't make it to Oslo this year, we are a much closer alternative! We will have trivia contests and field games for children of all ages to have fun. All we ask is that you bring a side dish and a smile on your face.

Dercks Park is located at the corner of Kensington Drive and Guyette Drive, just west of highway 441 in south east Appleton (1/2 way between Menards and Target Stores).

The next Feeding America volunteer event is coming up on May 6th!

Please mark your calendars for **Wednesday May 6th from 12:30 a.m. to 3:00 p.m.** to help the less fortunate in Northeast Wisconsin at Feeding America. Norse Valley members can volunteer at Feeding America on the north side of Appleton, at that time. We will pack boxes with food items.

Please contact Norse Valley member Linda Hash, (lhash@new.rr.com), our volunteer coordinator, if you would like to help out on Wednesday, May 6th. I'm looking forward to it and I hope to see you there!



Cherry Blossoms are in bloom in Stockholm during April

What is a “Koslapp”?

Translating to “cow release” in English, kosläpp is a traditional Swedish practice marking the transition from winter confinement to spring pasture for dairy cows.

They attract crowds by the hundreds when advertised in the Swedish countryside. It is the moment when cows are let out to pasture for the first time that year. It’s impossible not to smile at the sight of happy cows skipping and jumping around. ‘Kosläpp’ usually take place in April.



Tell me you aren’t smiling right now!!!

The farms usually host some educational events, trivia, or scavenger hunts for the kids and there are often some newborn calves for petting before the kosläpp. Kids often sit atop their parents’ shoulders.

The cows continue to dance and buck long after they are released so you’ll still see a lot of action further down the pasture.

The cows are released over the course of 20-30 minutes, so the fun lasts for a while.

Biking in Denmark is HUGE!

In Denmark, bicycling is one of the primary forms of transportation. In sunshine, rain, hail, snow - you will see bicyclists on their way to work, the grocery store, or social events. "The bike is a Dane's best friend", particularly in the larger Danish cities that offer an extensive network of bicycle lanes. It also helps that the country's terrain is primarily flat.

The Danes ride many different types of bike, from racing cycles to the large box-like cargo bikes used to transport of goods and children, too. At rush hour, bike lanes in Copenhagen can be as crowded as car traffic in other parts of the world.

- Nine out of ten people in Denmark own a bike
- Danes cycle about 1 mile a day on average
- Cycling accounts for 21% of trips under 6 miles and 15% of all trips

More than 100 years of biking

Danish cycling culture is as old as the bicycle itself. Bikes were first introduced to the country in the 1880s, and during the 1920s and 1930s, the bicycle became a widespread symbol of equality and freedom. People of all social classes began biking side by side - in the cities on their way to work, and in the countryside on their days off.

The increased prosperity of the late 1950s saw some Danes replacing bikes with mopeds and automobiles. Just like their colleagues around the world, Danish urban planners believed the future belonged to cars, trucks, and ever-wider highways.

In the early 1970s, however, the Mideast oil crisis put an end to that development. 'Car Free Sundays' were introduced in Copenhagen, and protests demanding Copenhagen to become car-free took place. Strøget, the main shopping street in Copenhagen, became *pedestrian only* in 1962.

Over time, concerns about air pollution, climate change, and the need for desk-bound people to get enough exercise, have helped bicycles make a big comeback. Denmark's heavy taxes on petrol and automobiles are a factor too.

Born on a bike

Today, cycling is a deeply ingrained part of Danish culture, and newcomers, who do not know how to cycle, are encouraged to learn as soon as they arrive. Danish children usually learn to bike before they begin school at age 6, and often much earlier. Until then, they are carried around in small seats attached to one of their parents' bicycles.



Another alternative for families with children is the cargo bike - a sort of oversize tricycle with a large wooden box on the front invented in the 1980's in Copenhagen. It's estimated that a quarter of all

Copenhagen families with two or more children own one of these cargo bikes for transporting kids, groceries, and other necessities. Danish cargo bikes have also won design awards and become a Danish export success.

Cycle superhighways

In order to serve the large number of cyclists, contemporary urban planners in Denmark are working to develop the physical cycling infrastructure all over the country. Wide cycle paths and cycle bridges increase safety, and 'cycle superhighways' are being expanded in the greater urban areas to increase access and reach.

A cycle superhighway is a cycle route, where the commuters' needs have been given the highest priority, providing a smooth ride with fewer stop and increased safety. The main purpose of the cycle superhighways is to create better conditions for cyclists, and to connect work, study, and residential areas, making it a lot easier for commuters to bike to and from work instead of taking a car. Furthermore, the cycle superhighways run near bus and train stations making it attractive to combine cycling with public transportation.

In order to be categorized a 'cycle superhighway', a cycle route must comply with a set of quality measures such as air pumps, footrests, safer intersections, green waves, and traffic lights timed to average cycling speed. The cycle superhighways are marked by road signs as well as orange signage spots in the asphalt making it way easier for bike commuters day and night, they simply follow the orange "C" in the asphalt in front of them.



Attention Facebook Users

Be sure to Follow our lodge's Facebook page (@norsevalley) and check in regularly to Like and Share our posts if you happen to miss them in your feed.

The more our posts are Shared and Liked, the more exposure our lodge gets which is great advertising for us. Don't forget that our website norsevalley.org is a great place to find out about upcoming events and check out photos from past events.

Got a question? Send an email to norsevalley@gmail.com.

If you have any questions or concerns about lodge activities, please contact Lois Gruetzmacher at gmacher@charter.net or 920-527-1337.