



NORDLANDET LODGE 5620

Volume 13, Issue 2

April, May, June 2016

Membership Breakfast-April 16th

Quality Inn in Rhinelander

Mark your calendars for Saturday, April 16th and join us for our Membership Breakfast at the Quality Inn in Rhinelander, beginning at 9 a.m. The meal will be catered by the Cafe & Pub in Rhinelander and will have a Scandinavian flavor to it including eggs, sausage, potatoes, lefse, smoked salmon, muffins, an assortment of fruit and cheese, Scandinavian desserts and plenty of coffee.

The program will feature Helge Vestnes, a Sons of Norway Representative, and a true Norwegian, who will talk about the history of Sons of Norway and the benefits of being a Sons of Norway member.

The cost is \$10 per person, but any current member, who brings a prospective member, will eat free and so will the guest. In addition any guest who signs up for membership will receive a \$20 discount on their first year membership dues.

To make a reservation, please call Lee Samuelson at 715-277-3331 so that we can provide the caterer with the number of people attending. Call now, pay at the door! Remember, if you bring a prospective member neither of you will have to pay.

Fra Presidenten

Spring is here! And with the new season we get occasional snow flakes, rain drops, breeze, sometimes warm sunshine, sprouting daffodils and tulips, and a reawakening of the Sons of Norway Nordlandet lodge. Busy months are ahead, and all members will want to mark your calendars for these wonderful meetings.

A breakfast meeting is scheduled for Saturday April 16 when we will hear from Helge Vestnes, our Sons of Norway representative, who will update us on all the benefits of Sons of Norway membership. Be sure to be there and bring a prospective member with you. All the details are in this newsletter.

Then in May, we hold our annual Syttende Mae celebration, commemorating Norway's Independence Day. Make your reservations early for Saturday, May 14. Also let us know what dishes and Scandinavian goodies you'll be bringing. See the sign-up form in this newsletter.

In addition to the Syttende Mae feast, we'll be treated to a presentation by Paul Hesse who with his son and two others sailed a 39-foot sailboat from Oslo, Norway, to Bayfield, Wisconsin in 100 days two years ago. You do not want to miss this adventure.

In June, we have a meeting about Rosemaling at Trinity Church on Saturday, June 18. In July, our annual picnic will be held this year at Pioneer Park in Rhinelander on July 16.

We're counting on all of our members to support these activities.

Fraternally , Fred Olsen, President.

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Iron Age Settlement Discovered in Norway

Archaeologists in Norway recently collected an array of Iron Age artifacts from an excavation site near Ørland Airport. Known to be a promising area that was likely to yield relics, the region was unavailable for exploration due to government restrictions on archaeological digs until an expansion at the nearby airport offered an opportunity for excavation.

At one time on the edges of a secluded bay, the 22-acre survey site appears to have been a 1,500-year-old farming and fishing community. "It was a sheltered area along the Norwegian coastal route from southern Norway to the northern coasts. And it was at the mouth of Trondheim Fjord, which was a vital link to Sweden and the inner regions of mid-Norway," said Ingrid Ystgaard of the Norwegian University of Science and Technology (NTNU).

Among the preliminary findings were postholes for three longhouses and waste piles called middens, where garbage would have been discarded. Fortunately for the researchers, the low acidity of the sandy soil provided the perfect medium for preserving the contents of the middens, yielding animal bones, glass and amber pieces of jewelry and a shard of glass from a goblet.

A first-of-its-kind discovery for Norway, the Iron Age refuse provides researchers with valuable insights into what the villagers ate (fish and seabirds), what they wore and how they lived. The shard of glass also indicates that the village was wealthy enough that trade for glass would have been possible.

To learn more about the settlement visit <http://gemini.no/en/2015/12/iron-age-norwegians-liked-their-bling/>



A delicate blue glass bead that's at least 1500 years old was among the finds archaeologists have made at the Ørland Main Air Station dig

In Loving Memory

Frederick H. Lavey

Frederick H. Lavey passed away Feb. 26 at the age of 87. He is survived by his wife Sherry and sons Lance and Link (Anju). He was preceded in death by parents Harry and Helen and a sister. Frederick was born in Wauwatosa, was long-time resident of Muskego and retired to Rhinelander. A member of the United State Air Force, Fred worked at AC Delco as part of the Apollo Space Program, followed by a successful career as plant manager at Milwaukee Chaplet. He was a 32nd degree mason of the McKinley Lodge, an active member of Shriners and involved with several Muskego community organizations. Internment will take place at Arlington Park Cemetery with private memorial.

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e - Mail Addresses

Nordlandet Lodge 5-620, like most organizations provides an "electronic" version of this newsletter to all members who have a current email address.

If you have an email address please consider this alternative to snail mail.

If you have recently obtained an email address or have changed an existing email address please provide the address to me by email jgroh41@frontier.com

We do not share these addresses with any other organizations or individuals. Thank you for your cooperation.

Judy Groh, Editor



Calendar of Events

April 16th : 9am Membership Breakfast;
RSVP: Lee Samuelson 715-277-3331

May 14th, Saturday-- Syttende Mai
Call-- Charlotte Schowalter 715-487-5773

June-- Program on Rosemaling?

June 22-26, 2016 District 5 Convention
Hotel Marshfield in Marshfield, WI

JULY 16 -- PICNIC at the Logging Museum in Rhinelander

Sept --Meeting plus bake sale

Oct. 22 -- Election of Officers for 2017.



SYTTENDE MAI FROKOST

Our Nordlandet Lodge will celebrate Syttende Mai with a Frokost beginning at 12 p.m. on Saturday, May 14th at Trinity Lutheran Church in Rhinelander. The guest speaker will be Paul Hesse, who will talk about sailing from Oslo to Bayfield.

An array of Norwegian specialties will be featured. Among the menu items will be homemade bread, lefse, open face sandwiches, smoked salmon, herring, lox, meatballs, salami, cheese, hard boiled eggs, deviled eggs, fruit soup, krumkake, coffee cake, cookies and lots of coffee. The cost is \$8 for adults and \$4 for children 12 and under.

The Lodge will supply items such as smoked salmon, lox, cheese, sausage, herring and meatballs, but food donations are needed for the foods listed below. **If you can contribute one or more of the food items or help with one of the jobs listed below, we would be so grateful!**

Please review the list of food and help needed then call Charlotte Schowalter with your intentions at 715-487-5773. Tusen takk!

Frokost Food Donations

Lefse___ Deviled Eggs___ Bread___
Open Face Sandwiches___
Vegetable Dishes (Type)___ Salads (Type)
Hard Boiled Eggs___ FruitSoup___
Rosettes___ Sandbakkels___ Spritz___
Krumkaker___
Jams___ Lingonberries___

Help Needed

Decorating (4 p.m. Friday, May 13th)___
Food Preparation (11 a.m. Sat, May 14th)___
Clean Up 2:30 p.m. ___

Syttende Mai Reservation ---- Yes.....I will attend with guest _____

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NORDLANDET LODGE 5-620 **2014 Officers**

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Norwegian Baked Cheesecake with Brunost-Pecan

Adapted from nordicnibbler.com
Makes 6 servings

Crust:

- 225g (2-2/3 cup) graham crackers
- 50g (1/3 cup) unsalted butter

Filling:

- 300g (1-1/3 cup) skjørost cheese (or cottage cheese)
- 450g (2 cups) Snøfrisk cheese (or cream cheese)
- 225g (1 1/8 cup) caster sugar
- 3 large eggs
- 1tbsp lemon juice
- 1tsp lemon zest
- 175g (3/4 cup) sour cream

Topping:

- 160g (3/4 cup) sugar
- 40ml (2 3/4 tbsp) water
- 180ml (3/4 cup) double cream (or heavy cream)
- 50g (1 3/4 oz) brunost, sliced
- pecans, roughly chopped

[In May, Trig's Deli will carry gjost [brunost] a Norwegian brown goat cheese.]



Preheat oven to 170°C (325°F). Crush crackers with a rolling pin or a food processor. Pour into a bowl and add melted butter. Mix well. Line the bottom of a 22-24 cm (9 inch) diameter spring form cake tin with baking paper (not necessary if using a nonstick tin) and pour in crumb mixture. Press the crumbs down firmly to create a level base. Bake for ten minutes and let cool on a rack.

Put cheeses and sugar in a bowl and blend with an electric mixer until fluffy. Add one egg at a time to filling, mixing as you go. Add lemon juice, zest and sour cream and mix briefly. Use tin foil to wrap the bottom and sides of tin and place in a baking tray filled with 2-3 cm (3/4-1 inch of water). Pour the filling onto the top of the cake base. Place in 150°C (300°F) oven and bake for 70 minutes. Turn off the oven and open door slightly, allowing cake to sit in oven for another 30 minutes. Cake should have a slight jiggle at center but be set on sides. Chill in fridge.

Topping:

Heat sugar and water in a pan, over medium heat. Once sugar dissolves, stop stirring and continue heating until mixture turns an amber color. Take off heat so the sugar doesn't get too dark and add the cream and brunost. Stir well. Pour into a measuring cup and place in fridge to cool completely.

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2016 BIRTHDAY GREETINGS

April

- 4/2 Lauralee Martin
- 4/9 Hayden Schultz
- 4/12 Aubrey Czarnik
- 4/12 Judy Groh
- 4/27 Anita Jane Roddy
- 4/30 Mabel Johnson



May

- 5/2 Scott Mullin
- 5/5 Gretchen Schowalter
- 5/7 Jeanne Lynn Milewski
- 5/8 Ava Rose Madsen
- 5/8 Greta Jane Madsen
- 5/16 Alene Margo Lantz
- 5/16 Trevor Morgan
- 5/26 Donna Offerdahl

June

- 6/3 Lexi Kaylee Rae Morgan
- 6/5 John Martin
- 6/11 Joanne Larson
- 6/12 Rachel Pederson
- 6/14 James Pederson
- 6/18 Susan Schowalter
- 6/21 Charlottee Schowalter
- 6/22 Dean Marin
- 6/23 Gene Rogne
- 6/24 Garret Czarnik

Celebrating your Heritage as a Family

Is your family looking for a way to spend quality time together that celebrates your Norwegian heritage? You're in luck: there are several options available for you from Sons of Norway. Whether you want to get the family dancing or are interested in Sámi culture, there is nearly something for every family get together. Let's look at some of the ways you can turn family time this spring into Norsk family time!

An excellent place to begin with is the Family Matters section of Viking magazine. What makes this resource so great are the suggested activities available for kids of all ages. Take the most recent Family Matters edition, the Celebrating Sámi from the February Viking. In it you'll find sample activities for kids from preschool all the way to teenagers. It also provides resources to take learning beyond the pages of the magazine and onto the internet and into books that will add depth to understanding the Sámi or one of the other topics. These include exploring genealogy, folk dancing, chip carving and more.

Speaking of folk dancing, did you know that Sons of Norway has a cultural skills program specifically designed for children? Through the youth Cultural Skills Program, your kids or grandkids can explore figure carving, knitting or one of the other Norwegian crafts. Best of all, they'll receive a pin from Sons of Norway Headquarters as a reward for their hard work. The youth cultural skills are also a great opportunity for kids to segue into many of the adult Cultural Skills programs, potentially kicking off a lifelong interest in their Norwegian roots.

The last option for family programming is the Sports Medal Program. We all know that Norwegians are renowned for their love of the outdoors and springtime provides ample opportunities to explore the outdoors. Whether it's skiing or walking in your neck of the woods, the Sports Medal Program gives your family the chance to earn medals for getting outside and kickstarting a healthy lifestyle.

If you're interested in any of these programs you can learn more by visiting the Members Section of the Sons of Norway website or by contacting

Joe Eggers, Membership Coordinator at membership@sofn.com.

Family Matters

Celebrating the Sámi

Scandinavia's indigenous people are a vivid part of the area's history and culture in our corner.

For thousands of years, the Sámi (Sámi) have inhabited northern Scandinavia, in a region called Sápmi, which stretches across the high plains of Norway, Sweden, Finland and Russia's Kola Peninsula. The Sámi have their own flag, language and traditions. February 9 marks Sámi National Day, and celebrations abound!

Fun Fact: The Sámi folk costume is called *gákti* or *gákti*. There are at least 10 different styles, depending on geographic region.

By Tradition, for example, the traditions span all of Sápmi. Work, where visitors can watch reindeer racing and hear drumming, sample food, attend art exhibits and also language classes. Recognize this day by teaching the young people in your life about the Sámi.

Activities for Young People

CHILDREN **PRESCHOOL**
Build a Lasso
Used by Sámi past and present, a lasso (LASS) is a tool like temporary shelter, ideal for reindeer herding. Help your little one build their own version from blankets, ribbons and other household items. Get inspiration from *Northern Lasso* (sonsofn.com), a company that makes both traditional and modern lassos.

EXPAND IT! Read "Children of the Northlight," an illustrated book about the Sámi culture by Inga and Edgar Farn of Aalesund, sonsofn.com.

ELEMENTARY AGES
Draw a Flag
The Sámi flag was first used in 1986 and approved as the official flag in 1992. The colors reflect the Sámi national costume. Draw and color the flag with the appropriate colors. Find an example at sonsofn.com and watch "Sámi Flag."

EXPAND IT! The symbols on the flag represent elements such as fire, water, nature, sun and moon. The red half of the circle stands for the sun and the blue half represents the moon. Identify which parts of the flag symbolize the elements.

LEARN MORE

SÁMI,
The historical resources of the Sámi
2014.5

Sámi, Walking with Reindeer
By Erika Carlson
sonsofn.com

Sámi, Sámi Sámi!
2014.5
2014.5
sonsofn.com

Sámi Sámi Sámi!
sonsofn.com

2016 Recruitment Challenge

Are you up for a challenge? For the next year, your lodge is pitted against other lodges from across Sons of Norway to find the ones that best ability to attract new members and bring new ones in. You may be wondering how just one person can make a difference in a year-long contest. It's easy! Here are three simple ways you can help lead your lodge to glory!

- 1] First, it's important to remember that keeping members is just as important as recruiting new members for your lodge.
- 2] The second tip is to always be recruiting! There's a reason for everyone to join SON.
- 3] The third tip follows up from the second. Try and keep a new member form handy. You never know when you'll come across someone who is interested in genealogy or an upcoming event.

What does your lodge get if it wins? The top scoring small and large lodges in each district will get \$250 to spend on whatever they see fit! The top overall large and small lodges will also appear in the Viking in 2017.

You can find a copy of the complete rules online at www.sonsofnorway.com/challenge.

Wedding Gifts That Disappeared

The ancient Norwegian tradition survived until the mid-1800s before it became illegal. Herleik Baklid has investigated sagas, kings' letters, wills, court records, legal documents and old laws to find traces of a certain Norwegian wedding tradition, namely bridal gifts. Baklid has found evidence that this practice dates back to the 1100s. Folk traditions survived the church's marriage traditions and were kept alive until the mid-1800s, when a new Norwegian law abolished the rights the bride had to these gifts.

Widow's Insurance

When we think of wedding gifts today, we tend to think of kitchenware, silverware and gorgeous designer items that the happy couple receives from friends and family on the big day. But in the Middle Ages the gifts had an entirely different purpose. To understand the idea behind these gifts, it is important to understand why people got married in the past. Economic reasons stood behind the couple's union, for the most part. Throughout history, it turns out that the groom often gave one or more traditional gifts to the bride.

"The bride could take out these gifts if she became a widow. The basic principle behind these gifts was that she would be secure if her husband died," Baklid tells forskning.no. "This was a society without government aid. Therefore the groom and his future in-laws were responsible for providing the bride with economic security," he continued. Throughout history there have been three different categories of gifts that the bride got from her husband-to-be. Probably only a few people have heard of festegaven (the engagement gift) and benkegaven (the bunk gift), while morgengaven (the morning gift) lives on. Baklid has found all three of these extending far back into Norwegian history.

Strengthening the Agreement

Marriage during the Norwegian medieval period until the end of the 17- and 1800s was primarily an economic affair. The marriage was generally agreed upon between the bride and groom's family. When this agreement or betrothal was settled, the future married couple was referred to as betrothed, better known today as engaged. Immediately the flow of gifts started from the future groom. "The betrothal gift was given at the engagement. This was a gift that would strengthen the marriage arrangement," explains Baklid. The gift could be anything from silver spoons, silver jugs and jewelry, to land. The bride was entitled to cash in all of this should she become a widow.

Entertainment and humor

Before the actual ceremony, the groom had to promise gifts that would convince the bride to leave her parents. This was often negotiated between the various parties on the bride's and groom's behalf, how the bride would "be released from the bunk", i.e. stop sleeping in a bed at her parents. Hence the name of

the second traditional gift: benkegave or bunk gift. A bunk gift can most likely be connected to bride purchasing, an even older tradition. Simply put: the gift says what the groom is willing to pay for his future wife. This gift could consist of anything from a horse and saddle to jewelry and property.

One last gift at dawn

The morning after her wedding night, the bride received a final gift from the groom. This is what we know today as morgengaven, the morning gift, which is the oldest of the three gift practices. "The morning gift can be traced through the Germans all the way back to the Roman Empire," says Baklid. This gift could consist of so many things. For example Knud Nielsen from Tinn in Telemark gave Helge Torgrimsdatter among other things a horse, a saddle, three animal pelts and 120 thalers as a bunk gift and morning gift. In higher classes, such as among the royals, the morning gift could be property.

Removed by law

But after the 1800s, the traditions began to eventually die out. There were several reasons for this. What may surprise most is that Baklid has not found evidence that the church opposed these traditions. "These were gifts that had a clear practical-economic function that didn't actually come into conflict with church teachings about marriage," he explains. But the Norwegian laws that gave the widow legal claim to the gifts were removed in 1854. Part of the reason may have been because they could cause problems in litigation. Extended inheritance would instead compensate for the valuables she lost. Something else that might explain the tradition's demise is the notion that you married one another out of love, and not for economic considerations. But before they disappeared completely, the gifts took a slightly different turn. "The bunk gift continued as a form of entertainment for a few decades, before going away. Betrothal gifts changed style, into more personal gifts, such as a hymnal or a watch," says Baklid. Finally the face of marriage had changed so much that there was no longer room for the old customs. "Marriage was seen as an economic matter until the end of the 1700s, but after that, the romantic ideal came into play," said Baklid.

Traces in today's society

Old Norwegian traditions still have a tendency to creep into our modern society. It does not take much to see that we still partially practice our ancestors' ancient customs. "The bunk gift disappeared, but the morning gift on the other hand, has sprouted up again. Although betrothal gifts disappeared around 1870, engagement rings came into practice," says Baklid. "The symbolism is perhaps a little different now; the gifts are supposed to express love and not to provide financial security in the event of widowhood," he added.