



# Sons of Norway Fagernes Lodge 5-616



**April, May, June 2017**

## Upcoming Events

All meetings are at the Blair Community Center unless indicated otherwise

**April 22, 2017, 1:00**

***Carol Grow - Norwegian sweaters***

***Tom Kunkel will visit.***

**Servers: LaVern & Ruby Henderson, James & Vicki Hovre**

**May 19, 2017, 1:30**

***Syttende Mai program at Grand View***

**May 20, 2017, 10:00 - 1:00**

***Frokost at the Blair Community Center - See article inside***

**June 21, 2017 - Noon**

***Fyrbal in Pigeon Falls with Osseo Lodge***

**July 15, 2017**

***Trip to Countryside Lefse, then eat at Sweet Temptations in Whitehall***

**August 19, 2017 - noon**

***Potluck Picnic in the Blair Park and play Kubb***

## Are You Using Your Sons of Norway Benefits?

In addition to offering many ways to celebrate Norwegian culture, your Sons of Norway membership gives you access to many outstanding discounts. Whether you're looking to save money around town or around the world, Sons of Norway can help keep some of that money in your wallet.

### 1. Perkspot

As a member, you have dozens of exciting discounts available to you daily through Perkspot. What is it? Perkspot is a service that collects deals from leading retailers from around the country and puts them all at your fingertips. For example, Sons of Norway members are eligible for a 15 percent discount on TurboTax products on Perkspot – just in time for tax season!

### 2. Cost Saving Travel Discounts

Is a trip to Norway in your future? As a member, you're eligible for a five percent discount on packages through our friends at Borton Overseas and five percent off flights through Icelandair. Even if you're not traveling abroad, discounts on hotels such as Best Western or Carlson Hotels, or on car rentals through Avis will help offset the cost of travel this spring.

### 3. Free Financial Review

You probably already know that Sons of Norway offers superb financial products, but how much do you know about them? As a member, you're eligible for a free financial review with your lodge Financial Benefits Counselor to determine which financial products will provide you peace of mind and a sound financial future.

To see a complete list of the benefits of being a Sons of Norway member, log on to [sonsofnorway.com/member\\_benefits](http://sonsofnorway.com/member_benefits).

Upcoming Parades: May 28 - Arcadia Broiler Days; June 4 - Taylor Old Fashioned Days; July 9 - Trempealeau Catfish Days; August 27 - Ettrick Fun Days; September 17 - Blair Cheese Festival

If you don't have one on you, get yourself some blank membership applications, and carry one with you. You never know when you might have an opportunity to bring in a new member. Make sure to put your member number on the form and fill it out with the Fagernes Lodge information **before** you have someone complete the form. Application forms are available on the Sons of Norway site, and at each lodge meeting. Membership cost is \$41.75 for individual; \$34.75 for spouse; and \$22.34 for youth who do not have a parent or grandparent as a Sons of Norway member.

## ***a little in English...Happy Salmon Swim Longer***

Salmon's reluctance to swim far may be due to anxiety or fear. After being born in a freshwater river, salmon swim out into the vast ocean to grow big and strong. Many salmon swim far to get where they are going, but it's not always the case. Scientists at Umeå University in Sweden now think that anxiety or fear may be the reason why some salmon don't want to swim as far as their friends. "By treating salmon with anti-anxiety drugs, we could see that happy salmon wandered further and faster than untreated salmon," said Gustav Hellström, one of the researchers behind the study, in a press release from Umeå University.

### **Twice as fast**

The study was conducted both in controlled environments and in a natural environment, specifically in a farm outside Umeå in northern Sweden. Half of the fish were given doses of the drug oxazepam, which is used to treat people for anxiety and unease, among other things. Half of the fish were given no treatment. In both controlled and natural surroundings the now-anxiety-free salmon swam almost twice as fast as their untreated brothers. This effect diminished gradually, however, as the drug disappeared from their blood. Two previous studies have shown that anti-anxiety drugs can have an effect on fish. Researchers therefore believe that the increase in migration may be due to lower levels of anxiety which normally would have the effect of the salmon taking fewer risks.

### **An anxious animal**

It is the salmon's nature to be anxious. It has many enemies who want to eat it, and thus it relies on hiding in the river to avoid predators. So says Torbjørn Forseth, senior scientist at the Norwegian Institute for Nature Research, NINA. "One can certainly describe salmon as an anxious animal. We know for example, that the biggest salmon rarely swims up in smaller waterways, probably because it has fewer hideouts there," says Forseth. Young salmon that migrate out to sea, smolt, also have good reason to be anxious. On the way they meet many potential enemies, and there are few who survive the perilous journey. "Fewer than five percent survive, and it could be as little as under one percent," the now-late Ove Skilbrei of the Institute of Marine Research told forskning.no last year. (<http://forskning.no/2015/04/smolt-historien-om-en-dramatisk-ungdomstid>)

Torbjørn Forseth at NINA says that smolt mostly swim at night, partly because darkness provides protection against predators. He believes that it thus seems logical that a fish with lowered anxiety takes greater chances than a fish with a normal level of anxiety.

### **litt på norsk...**

#### **Glad laks svømmer lenger**

Laksens motvilje mot å svømme langt kan skyldes angst eller redsel. Etter at den blir født i en ferskvannselv, skal laksen svømme ut i det store havet

for å vokse seg stor og sterk. Mange laks svømmer langt for å komme seg dit de skal, men det er ikke alltid tilfellet.

Nå tror forskere ved Umeå universitet i Sverige at angst eller redsel kan være årsaken til at noen laks ikke vil svømme like langt som sine venner. – Ved å behandle laksen med angstdempende legemidler, kunne vi se at den glade laksen vandret lenger og fortore enn den ubehandlede laksen, sa Gustav Hellström, en av forskerne bak studien, i en pressemelding fra Umeå universitet.

### **Dobbelt så fort**

Studien ble gjennomført både i kontrollerte omgivelser og i et naturlig miljø, nærmere bestemt i et oppdrettsanlegg utenfor Umeå nord i Sverige. Halvparten av skene kk doser av legemiddelet oxazepam, som i mennesker brukes i behandling av blant annet angst og uro. Halvparten av skene kk ingen behandling. I både kontrollerte og naturlige omgivelser svømte den nå angstfrie laksen nesten dobbelt så fort som sine ubehandlede brødre. Denne effekten avtok derimot etter hvert, i takt med at legemidlet forsvant fra blodet.

To tidligere studier har vist at angstdempende legemidler kan ha en effekt på sk. Forskerne tror dermed at økningen i vandring kan skyldes lavere nivå av angsten som normalt ville gjort at laksen tok færre risikoer.

### **Et engstelig dyr**

Det ligger i laksens natur at den er engstelig. Den har mange ender som vil spise den, og dermed er den avhengig av skjul i elva for å unngå rovdyr. Det forteller Torbjørn Forseth, seniorforsker ved Norsk institutt for naturforskning, NINA. – Man kan nt beskrive laksen som et engstelig dyr. Vi vet blant annet at den største laksen sjelden svømmer opp i de små vassdragene, sannsynligvis fordi den har færre skjulesteder der, sier Forseth. Unglaks som vandrer ut mot havet, smolt, har også god grunn til å være engstelig. På sin vei møter den mange potensielle ender, og det er få som overlever den farefulle ferden. – Under fem prosent overlever, og det kan være så lite som under en prosent, sa nå avdøde Ove Skilbrei ved Havforskningsinstituttet, til forskning.no i fjor. (<http://forskning.no/2015/04/smolt-historien-om-en-dramatisk-ungdomstid>)

Torbjørn Forseth ved NINA forteller at smolt stort sett svømmer om natta, blant annet fordi mørket gir beskyttelse mot rovdyr. Han mener at det dermed virker logisk at en sk med hemmet angstreaksjon tar større sjanser enn en sk med normalt angstnivå.

<http://forskning.no/sk-skehelse/2016/12/glad-laks-svommer-lenger>

# Kvikk Lunsj with Apples and Mascarpone Cream

Adapted from newscancook.com

Kvikk Lunsj is the Norwegian equivalent of the wafer and chocolate Kit Kat™ bar. Introduced by Freia founder and hiking enthusiast Johan Throne Holst in 1937 as the perfect portable snack to enjoy while hiking or skiing, Kvikk Lunsj has become a favorite of Norwegians during eastertime family hikes and cross-country ski trips to the mountains.

- 3 apples, peeled and coarsley chopped • 2 lemons
- 2 tbs. icing sugar (powdered sugar)
- 1 tsp. cardamom
- 3/4 cup mascarpone
- 2 tbs. icing sugar (powdered sugar)
- 4 Kit Kat™ bars (Kvikk Lunsj), coarsley chopped

Add chopped apples, sugar, cardamom and juice from two lemons to a pan. Cover with lid and simmer for 2-3 minutes. Mash apple compote with a whisk and cool. Add remaining sugar to mascarpone and whisk together. Serve apple compote topped with mascarpone cream and coarsely chopped chocolate bars in a glass or a bowl and enjoy.

## Frokost and Bake Sale

May 20, 2017

10:00 - 1:00

**We need workers and bakers for our annual event, our only fundraiser of the year. Please have baked items arranged on paper plates, packaged, and marked with a price. We need everyone in the lodge to bring goodies and/or help. More information will be available at the April meeting.**



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## NEWS FROM OUR MEMBERS

Leland and LaVonne Wier and Serzh moved into the new house on the hill in March 2017.



# PAST HAPPENINGS AT FAGERNES LODGE.



Zone 2 Director and officers of the Fagernes Lodge at January 2017 installation



Eddie Thompson, Mary Jacobs, Charlotte Dahl, Todd Fetsch, Lamoine Jacobs, Marlys Britten and Shirley Stanford with the Drugan's troll in February 2017.



Our first Barnelepet and the children who participated on February 18, 2017.



The "lunch ladies" at the Barnelepet, Charlotte Dahl, Shirley Stanford, and Mary Jo Fetsch



Roger Instenes shooting for a strike at the Wii Bowling for the Foundation event in February 2017.



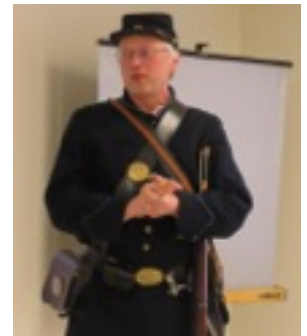
Waiting to bowl are Eileen Trim, Terry Thompson, and Fran Instenes, and Eddie Thompson



Sports medal recipients for 2016: Todd Fetsch, Fran Instenes, Eileen Trim, Roger Instenes, Jescey Thompson, Danny Toth and LaVonne Wier



Dorissa Duellman reported on her 2016 trip to Norway at our March meeting.



David Glomstad, president of the La Crosse Wergeland lodge, gave a very informative and interesting history of Company B from La Crosse during the Civil War, at our March 2017 meeting.

**President's Message**

Ord fra din Fagernes Losje Presidenten:  
Greetings from your Fagernes Lodge president.

Well, god dag. Its been a fun last three months in our lodge. We got installed by Ron Iverson, our District 2 officer from Westby; we did our Wii bowling at Thill's (Byron was crowned the new champion!!); we had our first successful Barneløpet event in Blair on crunchy snow; we had a great gathering at Drugan's (Troll headquarters!) where sports medals were awarded; We had an interesting Civil War presentation by David Glomstad and a presentation of her trip to Norway by Dorissa Duellmann. And of course the tasty little lunches that followed those presentations...Thank yous go out to those providers. And of course the yummy lutefisk at Drugan's!!



So we've had some good food and fun. (See inset picture of guys and lompe.) More to come.

Next few months we look forward to: A Norwegian Sweater presentation by Carol Grow; Tom Kunkel, our financial advisor, will visit the lodge for our April meeting; our Frokost in Blair as well as our visit to Grandview Center for Syttende Mai with our annual Fyrbal with Osseo Lodge. Then our first parade at end of Mai.

So, lots going on!. Let's try and sign up new members to join us!!! Memorize your SON member number!!!

Come and enjoy the fellowship and fun;!!!!  
There you go!!!!

Respectively submitted,  
Todd Fetsch, your humble president, ya sure!!!!

**HAPPY BIRTHDAY!**

Due to privacy concerns, only the month is listed.

<p><b>April</b></p> <p>Julia Berg, Judy Bleken, Kassandra Dobson, Keoinia Dobson, Rafael Hanson,</p>	<p><b>May</b></p> <p>Laura Dobson, Fernn Galstad, Jack Hardiman,</p>	<p><b>June</b></p> <p>Henry Fetsch, James Hovre, Lynn Thompson</p>
<p>Gavin Instenes, Jescey Thompson, Eileen Trim, Marty Zubke</p>	<p>Fran Instenes, Elijah Jacobs, Virginia Ronning, Victor Volkman, Will Volkman, Leland Wier</p>	



*Tom Kunkel, FIC, and our Valkyrien Lodge Financial Benefits Counselor will be writing an article for this and future issues of the "NYHETER BREVET" Newsletter.*



Listed below is a brief paragraph on each of the products and services available to you as a member of the Sons of Norway. Learn how your lodge will benefit when you make the decision to purchase a Sons of Norway product.

Finally, a brief "Did You Know?" about Financial Benefits Counselors - or FBCs).

### PRODUCTS AND SERVICES

We offer complimentary financial reviews; Tax-free and Roth IRAs, Non-Qualified Account Rollovers and Transfers, Bank CD Alternatives with higher interest rates, Lifetime Income, Retirement Planning, Estate Planning, Charitable Giving and Pre-Funded Funeral & Final Expense Plans. Most importantly, we offer Universal Life and Whole Life Insurance.

### YOUR LODGE BENEFITS

Each Spring, a "Revenue Sharing Check" is mailed to your lodge from the Sons of Norway. This check represents a percentage of all the insurance and products purchased by members of your lodge for the previous year. Some lodges have received checks for hundreds of dollar and a few even received thousands of dollars! So why not do you business with Sons of Norway and help your lodge earn fraternal benefits?

### DID YOU KNOW?

Sons of Norway's Financial Benefit Counselors are NOT employees of the company? Instead, they are all independently-contracted representatives who have a strong interest in being involved with Sons of Norway. FBC's pay for all their expenses and travel to lodge meetings and are only paid commission for helping members purchase the Sons of Norway products.

Support the Sons of Norway and contact your Lodge's Financial Benefits Counselor for your on-going needs.

With warm regards,  
Tom Kunkel, FBC

*NOTE: Investment advisory services offered through Horter Investment Management, LLC, a SEC-Registered Investment Advisor. Horter Investment Management does not provide legal or tax advice. Investment Advisor Representatives of Horter Investment Management may only conduct business with residents of the states and jurisdictions in which they are properly registered or exempt from registration requirements. Insurance and annuity products are sold separately through Tom Kunkel. Securities transactions for Horter Investment clients are placed through Trust Company of America, TD Ameritrade and Jefferson National Life Insurance Company.*

**Tom Kunkel will visit the lodge for our April 22nd meeting. Come and see him and hear what he has to say!**

**FOCUS ON A FAGERNES LODGE MEMBER:** I forgot to ask anyone for this issue, so...look for someone in the next issue.

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### ADDITIONS AND CORRECTIONS TO THE LODGE BROCHURE:

Under the list of adult members, the phone number for Keonia Dobson is her grandmother's number, 608-989-9073. Charlotte Dahl's correct phone number is 608-989-9073.

Under the Call Chain: Add Lamoine Jacobs, 715-538-2232, to the end of the list that is started by Todd Fetsch.

Under Programs, Dates and Servers: Glenn Borreson will give his presentation at our **October** meeting. We will have the silent auction and crafts at the **September** meeting.

### Norway's Easter Thrillers

Easter celebrations in Norway bring to mind visions of springtime ski excursions to mountain cabins, colorful decorations and time spent with friends and family. However, none of these Norwegian traditions are as unfamiliar and unusual to North Americans as the Norwegian Easter tradition of Påskekrim. Literally translated as "Easter crime," this phenomenon grips Norway each spring and fills bookstores with dark tales of murder and kidnapping and Norwegian TV and radio programming with popular crime series.

While it is uncertain exactly how Påskekrim has evolved and grown to become the Norwegian phenomenon it is today, it is believed to have started with a pair of students from Bergen who in the spring of 1923 published a crime novel titled, *Bergenstoget plyndret i natt* ("Bergen Train Robbed Tonight"). The students, Nordahl Grieg and Nils Lie wrote the novel under the pseudonym "Jonathan Jerv" and purchased advertisements in *Aftenposten* and other Oslo newspapers to promote their book. The advertisement, cleverly masquerading as an article headline in big, bold letters just beneath the paper's masthead, featured the novel's title "BERGEN TRAIN ROBBED TONIGHT" and caused a sensation among readers who believed it to be a real headline. Readers—concerned for the welfare of passengers on the train—had missed the tiny text

nearby (Pris 2 kroner, Gyldendal) denoting the price and publisher of the novel. The ingenious marketing stunt created such a buzz in Norway that the novel became a huge success and later was turned into a film in 1928. Publishers soon caught on to the novel's Eastertime sales success and Påskekrim became an annual tradition.

While Scandinavian crime writers are enjoying tremendous popularity worldwide as of late, efforts by publishers to replicate Påskekrim in Sweden have been unsuccessful and Easter crime remains an unparalleled Norwegian phenomenon.

To learn more about Norway's popular crime writers or to find titles, log in to the digital edition of *Viking* magazine and check out these issues:

Nordic Noir - <http://msp.imirus.com/Mpowered/book/vvk14/i4/p38>

Murder She Wrote - <http://msp.imirus.com/Mpowered/book/vvk15/i7/p38>

Read On - <http://msp.imirus.com/Mpowered/book/vvk16/i7/p24>

Summer Reading Guide - <http://msp.imirus.com/Mpowered/book/vvk15/i7/p18> The Golden Touch - <http://msp.imirus.com/Mpowered/book/vvk13/i3/p16>



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## Lillestrøm Bicycle Hotel

A new bicycle hotel has opened in Lillestrøm, Norway, as part of a project commissioned by Norwegian National Railways. Finding a natural home in Norway's "best cycling city," the hotel was constructed to further encourage commuting around the city on two wheels.

For a small monthly fee, the Lillestrøm Bicycle Hotel allows cyclers to store bicycles indoors while they're out of town or at work, providing a safe location and convenient storage option. With the hotel's practical location right next to the train station, it also offers commuters an incentive to choose commuting by bicycle and train over driving.

Bicycle hotels are not a new concept in Norway – there are several across the country – but this hotel is the nation's largest yet, with nearly 5,000 square feet (465 square meters) of storage. The Lillestrøm Bicycle Hotel can house 400 bikes at a time, a feat that took some inventive engineering to accomplish. The architects looked for interesting ways to maximize the space in the compact urban location by constructing multi-level storage racks to accommodate as many bicycles as possible.

In an effort to maximize the functionality of the building in a way that would also benefit those living in the area, the roof of the hotel offers a publicly-accessible green space with benches that provide visitors stunning views of Lillestrøm.

Currently there are also bicycle hotels in Norway's cities of Drammen, Gulslogen, Sandefjord, Moss and Asker – more will surely appear across the country as the popularity of the concept rises.

### Start riding!

Cycling can be a positive step toward a healthy lifestyle – a step that should be rewarded. Through the Sons of Norway Sports Medal program, you and your fellow lodge members can earn pins for the mileage you bike. Reach out to your lodge sports director or Sons of Norway Headquarters at [sportsmedals@sofn.com](mailto:sportsmedals@sofn.com) for more information.