



Sons of Norway Fagernes Lodge 5-616

April, May, June 2018



Upcoming Events

Note: The Blair Community Center is closed until further notice.

April 22, 2018 - 11 a.m.

Drugan's for lunch, short meeting. Stoughton Dancers, 2 pm, HHS

May 5, 2018 - 9 a.m.-noon

Frokost, At the Ettrick Town Hall

May 18, 2018 - 11 a.m.

Lunch at Rainbow Restaurant, then 2 p.m. Syttende Mai Program at Grandview

June 21, 2018 - 6 p.m.

We host the Fyrbal at Blair Park, it's Potluck

Save cancelled stamps. The Tubfrim project can use them. Stamps must be trimmed to have at least a 1/4 inch border. Bring them to the meetings.

Save your used printer cartridges and bring them to LaVonne or Terry. We get \$2.00 credit for each cartridge at Office Depot to use toward new cartridges and paper!

2018 International Folk Art Competition & Exhibition

Calling for entries

Show off your talent and celebrate Norwegian culture by participating in the **International Folk Art Competition & Exhibition, part of the 2018 International Convention in Bloomington, Minn., August 16-19**. Check-in for the event will begin on August 15, and the exhibits will be open for public viewing August 17 and 18.

Amateur and professional Sons of Norway members can compete or exhibit work in several Norwegian folk art categories including rosemaling, hardanger embroidery, hand knitting, photography and several others. All participants will receive a certificate of recognition and have the option to compete for 1st, 2nd and 3rd place ribbons.

Members will also have the chance to compete for the Best in Show Award given to judges' overall favorite item and the People's Choice Award, selected by popular vote.

Register in Advance!

Pre-registration is the only way to guarantee an artist's spot in the International Folk Art Competition & Exhibition – space is limited. Registration will be available in the coming weeks, and more information regarding requirements, categories, competition guidelines and more will be posted online at www.sonsofnorway.com/folkart. Please check back often for details.

Guidelines overview

- All participants must be Sons of Norway members.
- All items must have been completed within the last two years.
- Members do not have to compete in the district level in order to compete in the international level.
- Artists must bring items to the Folk Art Competition & Exhibition themselves or make arrangements for an attending member of their district to bring the items for them.
- Items mailed to Sons of Norway Headquarters or the International Convention location site will not be accepted.

If you have questions regarding the competition and exhibition, please contact Sons of Norway Headquarters at (800) 945-8851.

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. Go to page three for more about recruiting.

a little in English...

Here's Where to View Old Norse Texts Online

Norwegian archivists have found hidden treasures in medieval accounting protocols, including a slightly different version of the saga of St. Olaf.

In the 16th and 17th century there was limited access to parchment, and those who recorded the accounting protocols may have considered it a great idea to use old manuscripts to reinforce their binding.

Parchment was made from animal skins, most often from calves or sheep. If you needed large pieces of parchment, you might want to slaughter a sheep for each page. It was expensive to make new ones.

Around 1850, when historian P.A. Munch learned from the national antiquary of the day that there were a considerable number of parchment manuscript scraps "hidden" in accounting protocols from the 15th and 16th century, he must have been quite elated. The manuscripts were in Latin and Old Norse, but it was the Old Norse that Munch was interested in, especially the pieces from saga manuscripts.

He had known of many preserved saga scripts prior to this, but all those pieces that now came to light indicated that in the 1600s there were probably a great many copies of the sagas all around Norway, he believed.

And saga literature about the old Vikings must have still been popular.

Tor Weidling, senior archivist at the National Archives in Oslo, is one of the people who have worked with around 550 pieces of Old Norse manuscripts that have been collected over time. They are now posted online and can be viewed at www.digitalarkivet.no.

One example is a parchment manuscript scrap which tells the story of St. Olaf. This manuscript is from the last part of the 1100s, and you can find multiple pages here: <https://media.digitalarkivet.no/view/58518/32>

litt på norsk...

Her kan du se norrøne tekster på nett

Norske arkivarer har funnet skjulte skatter i regnskapsprotokoller fra middelalderen, blant annet en litt annerledes versjon av sagaen om Olav den hellige.

På 1500- og 1600-tallet var det begrenset tilgang på pergament, og de som lagde regnskapsprotokollene, kan ha sett det som en svært god idé å bruke gamle manuskripter til å forsterke innbindingen av dem.

Pergament ble nemlig laget fra dyreskinn, som oftest fra kalv eller sau. Trengte man store pergamenter, måtte man gjerne slakte en sau for hver side. Det var dyrt å lage nytt.

Da historikeren P.A. Munch rundt 1850 fikk vite av den daværende riksantikvaren at det var en ganske betydelig mengde biter av gamle manuskripter på pergament «skjult» i regnskapsprotokoller fra 15- og 1600-tallet, skal han ha blitt svært opprømt.

Manuskriptene var på latin og norrønt, men de var de norrøne Munch ble interessert i og spesielt bitene fra sagamanskripter. Han hadde jo kjent en del bevarte sagamanskripter fra før, men alle disse bitene som nå kom tilbake i lyset, tydet på at det fremdeles på 1600-tallet må ha vært en stor mengde sagaer rundt omkring i Norge, mente han.

Og at sagalitteraturen om gamle vikinger fremdeles måtte ha vært populær.

Førstearkivar ved Riksarkivet i Oslo, Tor Weidling er en av dem som nå har jobbet med de rundt 550 bitene av norrøne manuskripter som etter hvert ble samlet inn.

Nå er de lagt ut på nett og du se dem på digitalarkivet.no.

Et eksempel er en del av et manuskript på pergament, som forteller sagaen om Olav den hellige. Dette manuskriptet er fra siste del av 1100-tallet, og du kan se sider her: <https://media.digitalarkivet.no/view/58518/32>

A HUGE THANK YOU to Bob and Marie Thill

The Thills have hosted our lodge's Wii Bowling competition for the last 8 to 10 winters. They aren't even members of our lodge! Sorry, Marie and Bob that we haven't kept exact track of just how many years it has been. We've gotten together year after year at their house, had a potluck, played Wii Bowling and other games and always had an awesome time! This has allowed us to raise money for the Fifth District SON Scholarship. At our meeting on March 24, the motion was made and approved to award Bob and Marie with a \$50 gift certificate to Wason's Supper Club. Enjoy Bob and Marie, you so deserve it for your gracious hospitality! Thank you!

FOCUS ON A FAGERNES LODGE MEMBER: Fran Instenes

I was born May 6, 1957, the 12th child of the late Lloyd and Amanda (Brenengen) Wier. I was born on my sister Karmon's first birthday. My childhood home, near Centerville, was a small Guernsey dairy farm. We also had pigs, chickens, ducks, rabbits – even a pony and a sheep or two. I attended G-E-T High School. I worked at Gale Products in Galesville and did a lot of babysitting.

When I was 17, I met my future husband Roger Instenes at my sister Mary's wedding. Roger and I were married a year later on Dec. 6, 1975. We lived next to Roger's parents on their farm.

I worked with Roger on the family farm 10 years. We had a herd of sheep, gardens and berries.

We sold the sheep and cows, when milk prices were low, in an effort to purchase the family farm, but instead worked at Sexe's Green Acres. Later we moved to a farm near Dodge, managing it.

After the son (Roger) wanted to come home, we moved back to Hegg. I worked at a surplus store in Hixton several summers.

After a time, we moved down the road to Bue's farm for 16 years. I helped Roger farm there, worked at Grandview Care Center as a CNA, at the Surplus Outlet near Galesville, as well as at a home health care agency which I continue to do today.

During this time, I was diagnosed with fibromyalgia, kidney stones, and arthritis.

I also have several auto-immune diseases, but my faith keeps me going. I was blessed in overcoming a recent stroke.

I belong to the Farm Bureau organization and its women's group. I'm a member of the Sons of Norway Fagernes Lodge 5-616 and serve on committees there. I also belong to the North Beaver Creek Lutheran Church and serve on several of its boards. I'm a retired Sunday School teacher, Vacation Bible School teacher, church and W-ELCA secretary. I've been an officer in my circle, served on serving groups, and sang in the choir.

Roger and my children are Nathan and Melissa. Nathan, now 40, has three children. Melissa is married, has two daughters, and lives in Florida.

Now that we have grandchildren in Florida, it gives us a reason to fly in order to see them. I enjoy visiting them and having four-year-old Vanya call me on the phone. I also love that her mom sends short videos of Vanya's and her 16-month-old sister Vivian's activities and talented work.

I enjoy simple life and nature walks as well as gardening and attending the grandkids' concerts, programs and sporting events. I've enjoyed having up to 100 entries every year for 22 years in the Trempealeau County Fair. I enjoy my life in the country with my husband, and hope to soon enjoy other things when he retires.

Ready, Set, Go...Let's reach out and recruit members together

This year the International Board set a new member recruitment goal of 3,300 paid members. That's a new member recruitment goal of 9% across all lodges. For a lodge of 70 members, this is a goal of 6 new dues paid members. For lodges of 50 or fewer members, the goal is to recruit 4 new members this year.

What you need to know – Lodges that meet their goal will receive a terrific prize that includes first access to a new Cultural Program, a 2018 Founders Award Certificate, and a bonus \$100 Gift Card, generously provided by our Financial Services team to support lodge recruitment. Members recruiting in 2018 will receive the all-new 2018 Recruiter Pin and a Certificate of Appreciation. Member recruiter bonus: monthly \$25 gift card drawing for those recruiting a new member that month. These gift cards have been generously funded by our Financial Services team and two benefit partners: the Sons of Norway Visa® credit card program through U.S. Bank and Films of Norway.

The first Starter Kit is FREE to each lodge, but supplies are limited, so please email your order to membership@sofn.com by May 1, 2018.



Recruiter Pin

PAST HAPPENINGS AT FAGERNES LODGE.



New Members Merlin Fredrickson, Darlene Walls, Patty Truax, and Verle Austad joined us for our January 27, 2018 meeting at the Zion Lutheran Church in Blair.



January meeting attendees are, far back, Roger Instenes, Byron Britten, Eileen Trim, Vergie Stecha. Second row, Danny Toth, Eddie Thompson, Todd Fetsch, Ron Iverson, Terry Thompson, Shirley Stanford, Marlys Britten, Virginia Ronning, Fran Instenes. Seated, LaVonne Wier, Charlotte Dah, Fern Galstad, Mary Jo Fetsch and Mary Herness.



We all had a great time at Bob & Marie Thill's place on Saturday night, February 17th. Thirteen people did Wii bowling to support the Sons of Norway Foundation. We raised \$65.00! Mary Tjerstad was the high bowler for the third time since we started doing the Wii bowling. Here's an action shot of Fran Instenes as she tries for a strike.



Fagernes Lodge members enjoying a potluck meal at the January 2018 meeting at Zion Lutheran Church, Blair.



Barnelopet winners, 6- to 9-year-olds, Henry Fetsch, Stein Howard and Harley Sweet.



Barnelopet winners, 3- to 5-Year-olds, Isla Fetsch, Carsten Howard and Rafael Hanson.

President's Message

Ord fra din Fagernes Losje Presidenten,
(Greetings from your Fagernes Lodge president),

Snow is melting, rivers are open, Robins are singing (stupid Robins...where are the worms??), Geese are back (not too smart either!!), snowblower finally works pretty good and elections are looming on the horizon. So the Spring Equinox is upon us. And Daylight Savings time has hit us so our days are longer. That means more activities.

So it is with our Sons of Norway Lodge in Blair.

We did have some fun at Wii bowling at Thills'. There was more snow for our Baneløpet in Arcadia. We had 6 participants. They all received medals for their efforts!! We all had Lompe...good stuff!!

Now on to our Spring activities! Norwegian Dancers in Holmen, Syttendi Mai activities as well as our annual Frokost (note: Osseo Lodges' Waffle breakfast on April 7th at South Beaver River Lutheran Church on Highway B ..10 to noon). Election of officers ?? too. We host Osseo Lodge for St Hans dag in June...Parades start in May in Arcadia, Then of course there is the District Sons of Norway Lodge Convention in LaCrosse in June AND the SON International Convention in August in Minneapolis Whew!! Lots going on!!!!

So there you have it. Hopefully we can add new members for our and their enjoyment of Lodge activities. So keep that Newsletter handy so you know What's going on When and Where!!!!!! I hope I didn't forget something or some one to recognize!!!

Wondering when and if we go back to the Blair Community Center for meetings or switch to Zion Lutheran Church for meetings. Open for discussion.

Hilsen Fra Todd

Message from our Secretary and Adopt-a-School Representative LaVonne Wier

The book of Sigrid Undset's poems, Ungdom/Youth, was distributed to the Arcadia, Whitehall, Galesville, Blair, Ettrick, Taylor and Trempealeau public libraries. Copies were also given to the Arcadia, Whitehall, GET, and Blair-Taylor high school libraries. The librarians were delighted to receive the book and thanked us heartily. There is a sticker in each book saying they are a gift from the Sons of Norway Fagernes Lodge 5-616. This second shipment of 18 books was sent to us at no charge from our lodge member in Florida, Terry Thorkildson. Copies were made available at the March meeting for our members. A \$4 donation to the lodge was paid for each book, as previous books were distributed for that dollar amount.

HAPPY BIRTHDAY!

Due to privacy concerns, only the month is listed.

April

Julia Berg, Judy Bleken,
Cheryl Bragger, Kassandra
Dobson, Keoinia Dobson
Peter Fetsch, Rafael Hanson,

Gavin Instenes, Jescey
Thompson, Eileen Trim,
Marty Zubke

May

Laura Dobson, Fern Galstad,
Fran Instenes, Elijah Jacobs,
Virginia Ronning, Terry

Thorkildson, Victor Volkman,
Will Volkman, Leland Wier

June

Henry Fetsch. Lynn
Thompson

Adopt-A-School

We received notification in March from Sons of Norway that our lodge has been awarded the \$250 grant for the Adopt-A-School Helping Hands project. The lodge voted last fall to apply for this grant, with the stipulation that the lodge must spend the same amount on the project.

About 65 books for the reading program were brought to the Blair-Taylor School library. LaVonne did a presentation to the elementary children, and wrote an article for the school newspaper. She didn't get an opportunity to talk directly to the middle and high school children.

As of this date (March 26), there are about 18 book reports. The children have until May 1 to read and make their reports. We shall see if the volume picks up as the deadline draws near. All the books brought to the Blair-Taylor school library will be retrieved after May 1 and will be available for lodge members to use towards a cultural reading medal. Those books will not become part of the school library system. Kim Joten has been very helpful with this project. The books might be brought back next winter to Blair-Taylor, or we may choose to have the reading program in another area school.

LaVonne will make available a listing of all the books. She will keep them at her house and be the "librarian" to sign them out to members.

There have not been any further requests for our assistance at Blair-Taylor with help or presentations, but they may still request people from our group for some activity.

District 5 Convention

Our delegates to the District 5 convention, which will be held in La Crosse, WI from Wednesday, June 27, 2018 through Monday, July 1, 2018, are Charlotte Dahl, Eileen Trim, and LaVonne Wier. Alternates are Terry Thompson, Marlys Britten; and Fran Instenes.

Submitted by President Todd Fetsch

Greetings! My name is Jennifer King and I am the Area Coordinator for World Heritage Student Exchange Organization. We are currently in need of more people to act as local Area Representatives and Host Families for our organization in your area. An Area Representative should be someone who is interested in promoting communication between cultures, who enjoys working with teens, and who likes helping others. The ideal candidate should be at least 26 years old, energetic, and well-organized. An Area Rep is considered a part-time paid volunteer and receives a stipend of roughly \$700-\$1000 for each foreign exchange student they place and supervise in their area. World Heritage provides all materials to the local Area Rep and training and back-up support are continuously provided. We are also seeking host families for the 2018-2019 school year. By opening up your heart and your home as a host family, you will be giving an exceptional young person the opportunity of a lifetime. In return, your World Heritage Exchange student will bring a fresh new outlook on life and a bit of his or her native country into your home. It is truly the meeting of two cultures – not as a tourist but as a "family" – learning from each other and living together.

Please feel free to forward this to anyone in your organization that you feel might be interested in either opportunity or to print it and post it on a bulletin board. I would be glad to speak with anyone who might have an interest in the program. You can reach me at 262676-1230 or via e-mail at:

jennifer@world-heritage.org. To find out more about our organization log onto www.whhosts.com

Thank you for taking the time to read this letter and pass it on. I hope to hear from you soon!

Please help us promote world peace—one student at a time! Kind regards, Jennifer King World Heritage International Student Exchange

Midwest Regional Coordinator
262 676 1230 phone

Norwegians Embrace Easter Crime Novel Tradition

While many people currently celebrate Easter as we traditionally know it, for Norwegians, this time of year also brings another unique national pastime known as Påskekrim, or Easter Crime. For more than 90 years, the eagerness to crack open a spine-tingling crime novel during the holiday break has been widely embraced. Throughout Norway you'll find book shelves stocked with murder mysteries, horror programs featured on the local television and radio stations and even crime cartoons printed on the back of milk cartons.

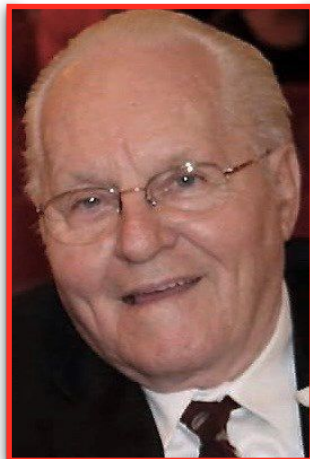
Although nobody knows exactly how this unusual tradition developed into the phenomenon it is today, many believe it originated in the early 1920s when two young men from Bergen wrote the book "Bergenstoget Plyndret I Natt" ("Bergen Train Robbed Last Night"). In hopes of promoting their new novel, the pair decided to place a front-page ad in the Oslo daily newspaper, *Afterposten*, and titled it the same as the book. Readers were initially frightened after believing a train had indeed been robbed, and the simple marketing tactic generated such notoriety that the book became a huge success. Publishers then capitalized on the infamous Easter-time "crime" in the years to follow, and ultimately turned Påskekrim into an annual tradition. Find your own murder mystery just in time for the holiday break by logging in to the digital edition of Viking magazine and checking out the following issues:



Nordic Noir, page 38—<http://msp.imirus.com/Mpowered/book/vvk14/i4/p38>

Read On, page 24—<http://msp.imirus.com/Mpowered/book/vvk16/i7/p24>

Summer Reading Guide, page 20—<http://msp.imirus.com/Mpowered/book/vvk15/i7/p18>



*In Memory of Galen
Roger Berg*

Galen Roger Berg of Ettrick died Saturday, Jan. 20, 2018. He was born in Galesville, Jan. 11, 1938.

On Sept. 26, 1959, Galen married Marleen Potter at St. Paul's Lutheran Church in Cataract. They were blessed with 58 years of marriage, four children and seven grandchildren.

Galen and Marleen owned and managed Ettrick Lumber Company for many years.

Galen has been a member of our SON Fagernes Lodge 5-616 since 1989. He was the lodge President for years and was a great leader for us. He was instrumental in initiating, designing and building our float that we enter in local parades every year. That float provides much enjoyment and is a source of income for our lodge.

He was an outstanding leader, businessman, community supporter, church member, neighbor and friend. He is dearly missed.



Sons of Norway Fagernes Lodge 5-616
 Terry Thompson, Editor
 W19077 Mason Road
 Ettrick, WI 54627
twinspring@wildblue.net
 608-865-1220

Cucumber Salad (Agurksalat)

1 Cucumber; 2/3 Cup vinegar, white; 2/3 Cup water; 3 1/2 Tbsp sugar; 1/4 Tsp salt; Dash of white pepper; Fresh parsley

This sweet and sour cucumber salad is a classic side dish that is light, refreshing and easy to make.

Slice the cucumbers thin and place in a bowl. Mix vinegar, water, sugar, salt and white pepper in a small bowl. Pour the dressing over the cucumbers and mix well. Refrigerate for at least 30 minutes, then sprinkle with finely chopped parsley and serve.



From District Five Website

The 2017 D5 Bowling Tournament was a great success! We had Wii bowlers and regular bowlers this year. 120 members from around the district took part in the tournament and raised \$650 for the 5th District Scholarship. Thank you Sons of Norway District 5 members! Of the 120 Wii bowlers this year, the highest scoring bowler is Byron Britten from our Fagernes Lodge! Congratulations to Byron, great job!