



Sons of Norway Fagernes Lodge 5-616



April, May, June 2020



Upcoming Events for our Lodge

As of now, All Fagernes Lodge 5-616 meetings have been cancelled through the end of April. The March 21 meeting that was going to include a leprechaun and a troll was canceled. The Taste of Arcadia that our lodge was going to be part of along with the Arcadia Chamber of Commerce on March 28 was canceled. Our Frokost, Breakfast and Bake Sale, scheduled for May 2 is canceled. Masse Moro is canceled for 2020. 15-year-olds can attend as 16-year-olds next year. The June 25-28, 2020. District 5 Lodge Meeting and Convention in Madison, WI is cancelled. The International Lodge Meeting August 19-23, 2020 in Ringsaker, Norway is also canceled. (rescheduled for 2022.) See page 2 for schedule if social distancing is cancelled by April 30.



Our Sons of Norway Barneløpet Feb. 1, 2020

Our Fagernes Lodge Sons of Norway Barneløpet was held February 1 at the Arcadia Memorial Park. Thirteen young people tried cross-country skiing. They finished the race and won medals. Snow and trails were great. All ate Lompe med polse, cookies, and hot cocoa.

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 when they resume

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

Our Float is scheduled in these 2020 parades (tentative pending updates)

May 24 — Arcadia Broiler/Dairy Days; **June 7** — Taylor Days; **July 12** — Trempealeau Catfish Days; **Aug. 23** — Ettrick Fun Days; **Sept. 20** — Blair Cheese Festival

a little in English...

Dogs Mirror Their Owner's Stress Level

Long-term stress seems to transmit from human to dog.

Stress is contagious.

At least when we talk about acute stress.

It has also been shown that acute stress spreads between the human and its best friend, the dog.

But what about chronic stress? Recently, Swedish researchers investigated this topic.

And the results show that human stress levels probably reveal a lot about the condition of their pooch.

Hair tells about stress

Acute stress is easy to measure, in terms of the levels of the stress hormone cortisol in blood or saliva samples. But if you want to measure stress over a long time period, this is an impractical method. Fortunately, researchers have something better up their sleeve: hair.

Cortisol builds up in hair, and over time, hair gives a chronological overview of cortisol levels in the body. Thus, one can use hair strands from dogs and owners to analyze and compare the level of stress over time.

58 dogs and owners

Researcher Ann-Sofie Sundman and her colleagues recruited 58 pairs of dogs and female owners. Some were solely pets, while others were active in competitions. The dogs also walked with an activity meter for a week.

The owners influenced the dog

The results showed that the stress level of the owner seemed to have a clear impact on the stress level of the dog. On the other hand, the level of activity did not appear to have anything to do with long-term stress.

litt på norsk...

Hunden speiler eierens stressnivå

Langtidsstress ser ut til å smitte fra menneske til hund.

Stress er smittsomt.

I hvert fall når vi snakker om akutt stress.

Det er også vist at akutt stress smitter mellom mennesket og dets beste venn, hunden.

Men hva med kronisk stress? Nylig undersøkte svenske forskere akkurat det.

Og resultatet viser at menneskets stressnivå trolig har mye å si for tilstanden hos vovsen.

Hår fortalte om stress

Det er lett å måle akutt stress, i form av nivåene av stresshormonet kortisol i blod- eller spyttprøver. Men skal man vite hvordan det står til over lang tid, er dette en upraktisk metode. Heldigvis har forskerne noe bedre i ermet: Hår.

Kortisol bygges nemlig inn i håret, og med tida gir hårstrået en kronologisk oversikt over kortisolnivåene i kroppen. Dermed kan man altså bruke hårstrå fra hunder og eiere for å analysere og sammenligne stressnivået over tid.

58 hunder og eiere

Forsker Ann-Sofie Sundman og kollegaene hennes rekrutterte 58 par av hunder og kvinnelige eiere. Noen var rene kjæledyr, mens andre var aktivt med i konkurranser. Hundene gikk også med aktivitetsmåler i ei uke.

Eierne påvirket hunden

Og resultatene viste altså at stressnivået hos eieren så ut til å ha klar innvirkning på stressnivået hos hunden. Det så derimot ikke ut til at aktivitetsnivået hadde noe å si for langtidsstresset.

If **Social Distancing** is cancelled April 30 or soon after, we can hopefully look forward to these lodge activities. May 15, at 11:20 p.m. - Syttende Mai Lunch at Rainbow Restaurant. Followed by Grandview program at 1:30 p.m. May 24 - Our float in the Arcadia Broiler Dairy Days Parade. June 19, at 6 p.m., Fyrbal at Blair Park with Osseo lodge. July 23 or 24 - Trip to Superior Fresh, Hixton hydroponic farm.

Focus on a Fagernes Member – Byron Britten



Byron Britten

Byron Britten was born at Whitehall Memorial Hospital, on November 1, 1944, to Arnold V. and Bernice (Knutson) Britten. He had/has two brothers, Vernal (deceased) and Bernard.

He attended three elementary schools - Brookside, Blair; Cataract, Cataract; and Angelo, town of Angelo. He spent one year of high school at Hixton High School and three years at Black River High School graduating there in 1963.

After graduation, he worked at Northern Engraving in Sparta and then was a farm laborer for two years. Then he began his trucking career by hauling cattle for Vernal Ellefson. He later became a grocery hauler for Roberts Wholesale, Eau Claire; Gateway Foods,

La Crosse and Anderson Trucking, St. Cloud, MN.

Byron met Marlys Sveen at the Osseo Town Hall Firemen's Dance. They went together for awhile, broke up, but got back together two years later. They were married November 4, 1967 in Pigeon Falls. They have three sons and one daughter and five grandchildren, three girls and two boys.

Byron and Marlys hobby farmed near Strum for 15 years. Byron served as a trustee on the French Creek Church Council, is the language director for our SON Fagernes Lodge and is also our SON float driver. In 1996, the couple went on a trip to Norway where they met family.

Byron enjoys being a SON member because, "It is rewarding to be amongst others who are interested in their Norwegian heritage and want to share and perpetuate it. It helps me keep up somewhat with the language. And It is challenging to keep people interested by learning new things."

Looking back, Byron said, "I learned to speak Norwegian mostly from my grandparents, Martin and Clara Knutson. We lived with them from when I was four until I was eight. They spoke only Norwegian to me and my brother."

Photos from FAGERNES LODGE'S Past



Approved Sons of Norway Fagernes Lodge 5-616 January 25, 2020 meeting minutes

The Sons of Norway Fagernes Lodge 5-616 met at the Blair Lutheran Church. We first gathered at the Rainbow Restaurant for a meal.

We recited the Pledge of Allegiance, and the national anthems were sung.

Minutes of the November and December 2019 meetings were read and approved.

Treasurer's report showed a balance on November 1, 2019 of \$3,006.85; on December 1, 2019 \$2,852.06, and December 31, 2019 of \$2,596.15. The amount of the annuity went from \$3,719.13 in September to \$3,720.79 in December. Report was approved.

Byron Britten gave us a language lesson on conversation.

Terry Thompson reported we have 48 adult members. Discussion ensued about people who have recently not renewed their membership. A list was given to our new vice president, Roger Instenes. He will contact them about renewing.

The Barneløpet is on February 1, 2020. A sign-up sheet was circulated for volunteers to make cookies, and another to work the event. Members were reminded to not include nuts in the cookies. Todd will supply the skis and other equipment for the event.

Mary Jo Fetsch reported that the Blair Community Center is not available for the Frokost on May 2, 2020. She requested Terry Thompson contact the Ettrick Town Hall representative to see if we can have our event at that location again.

The Blair Community Center will not be available for our meetings in February and October. The Blair Lutheran Church will be used for those meetings.

Russell Glomstad told us he has a bunch of 78 records with lots of good music.

LaVonne Wier reported that she will initiate the Adopt-A-School reading program at Arcadia Elementary with grades first through fourth. Due to knee surgery, she will not introduce the program until February 28th. It will run through May 1, 2020

We sang Happy Birthday to Donald Ronning. Roger Instenes won the \$5.00 drawing.

President Todd discussed the polo shirts that several people have signed up to order. They will be ordered later, and others can sign up to buy them.

LaVonne read the thank you's from the area food pantries for our monetary Christmas gifts.

The 2020 District 5 convention will be in Madison June 24-28, 2020. We are allowed 2 delegates, and 2 alternates. Election of the delegates will be at our February meeting. The names of the delegates has to be submitted to District 5 by March 5, 2020. Members do not have to own insurance or other products to be a delegate. They do, however, have to own a Sons of Norway product to go to the International convention. That convention will be in Norway in 2020.

President Fetsch has discussed using the Blair church for meetings with the current Vicar. He indicated that it shouldn't be a problem.

The lodge approved sending \$50.00 to the Barnebirke event in Hayward, rather than making and bringing cookies to the event.

President Fetsch installed the new officers for 2020.

Respectfully submitted, LaVonne Wier, Secretary

HAPPY BIRTHDAY!

Due to privacy concerns,
only the month is listed

April

Cheryl Bragger, Kassandra
Dobson, Peter Fetsch, Rafael
Hanson, Gavin Instenes,

Jescey Thompson, Eileen
Trim, Marty Zubke

May

Christy Anderson, Laura
Dobson, Fern Galstad, Fran
Instenes, Elijah Jacobs,

Virginia Ronning, Will
Volkman, Leland Wier

June

Henry Fetsch, Russell
Glomstad, Joseph Iverson,

Recipe Pan-Fried Whitefish

Ingredients

For the whitefish - White pepper, Sugar, Salt, 1/2 cup breadcrumbs, Salt to taste for the breading mixture, 5-6 Tbsp. butter

For the dressing

1 tsp. horseradish
1 Tbsp. chopped chives, 1/2 tsp. lemon zest
5 Tbsp. sour cream
2 Tbsp. mayonnaise

For the whitefish

Season the de-boned fillets with the salt and white pepper.

Lightly whisk one egg in a shallow bowl. In a separate bowl, combine the breadcrumbs and salt.

Dip the fillets in the egg and then dredge in the breadcrumb mixture.

In a large frying pan at medium-high heat, add the butter and fry the fillets until they are golden brown.

Drain the extra fat by placing the fillets on a paper towel. This will also keep them crispy. If you wish, serve the fried fillets on top of a decent portion of the potato salad.

President's Message

Ord fra din Fagernes Lodge Presidentin,

Well it is Pie Time, cleaning out the cherries (from our tree) in the freezer and using mothers pie crust recipe using lard. Turned out real good. Then of course doing some carving..carvings were to to travel with us to Norway and Germany and Switzerland. Didn't happen. Still dealing with that. Tickets refunded etc and working on train layout. Trying to get the trains to work right and do some trackage modifications.

So you see there are things to do when and whenever Sons of Norway events can not meet.

I hope you are all well at the 6 ft distances. Read some good Norwegian Books. I'm reading about the adventuresome Arctic Explores including Roald Amundsen. Amazing camping trips. I am learning also about life up in those cold areas. Yes there is life up there!!

So no Sons of Norway activities until further notice. Stay healthy and safe until we see you again. Perhaps in May. No Frokost then you know. Probably we will be able to meet for the Summer Solstice event in June...Fyrbal June 19th and trip to Hydroponic farm on June 23rd.

Be well and safe

Hilsen

Presidentin Todd

Unapproved Sons of Norway Fagernes Lodge 5-616 February 23, 2020 meeting minutes

The Sons of Norway Fagernes Lodge 5-616 met on February 23, 2020 at the Blair Lutheran Church. We recited the pledge of allegiance and sang the national anthems.

Our guest speakers, Elmer and Louise Mattila, of the Winona lodge, were introduced.

Secretaries report of January 25, 2020 was read, amended, and approved. Treasurers report shows a balance of \$2,490.15 in checking.

There was no membership report. LaVonne told the lodge that several members have not yet renewed their membership. Vice President Roger Instenes talked to them. He contacted the headquarters to have renewal notices sent to these individuals, as they didn't recall getting the renewal notices.

LaVonne Wier reported that she will be going to Arcadia Elementary on February 28, 2020 to introduce the reading program to the first through fourth grade students.

We sang happy birthday to Charlotte Dahl. There were no anniversaries in February.

Virginia Ronning won the \$5.00 drawing.

Byron Britten gave us a lesson on greetings, and we reviewed last month's lesson.

Polo shirts have not been ordered. Marlys Britten has the sign-up sheet. The cost will vary depending on which size is ordered.

The Barnelopet event was reviewed. There were 13 skiers, good snow, good tracks, good weather, good lompe med poles. Thank you to all the helpers who worked that day and provided refreshments.

The 2020 District 5 convention is June 24-28 in Madison, WI. LaVonne Wier and Christy Anderson were selected to attend the convention. Alternates are Charlotte Dahl and Eileen Trim.

The location for our Frokost was discussed. Terry Thompson has set up the Ettrick Town Hall for the event. There was a lot of discussion on whether it should be there or at the Blair Lutheran Church.

There are pros and cons for each location. After a vote, it was decided to hold the event at the Blair Lutheran Church.

A reminder was given that the October 24, 2020 meeting will be at the Blair Lutheran Church. The March 2020 meeting will be at the Blair Community Center. There is some possibility that the other Blair Lutheran Church may become a community center. If that happens, we can explore the possibility that we move our meetings to that venue. We would like to be able to display our charter and other items. That is not permissible at the current Blair Community Center.

President Todd Fetsch proposed that the lodge purchase a small sandwich board for our lodge. It could be utilized to advertise our meetings and events. An approximate cost is \$200.00. It would be heavy duty plastic and much lighter than our big sign. Christy Anderson found several comparable items on the internet that were somewhat cheaper. LaVonne Wier suggested Todd explore options for this item. His results will be presented at the March 2020 meeting and we can vote on whether or not we want to purchase a sign.

Todd informed us that a great-great-granddaughter of Paul Strum and Serna Toppen wishes to find contacts who would be familiar with the first Sons of Norway lodge, which was in existence in 1913. A picture of the members of the lodge was shown. It is speculated that some of the original members came to Blair from the Ole Bull colony in Potter, Pennsylvania.

This is the 125th anniversary year of the Sons of Norway. The question was asked if we want to do a special event sometime. We can do publicity to be shared with the local media. No event was planned at this time.

President Todd said it would be neat to go to the grand opening of the new Sons of Norway headquarters in Minneapolis this year. The date is unknown. There is more information about it in the January 2020 Viking magazine.

The next meeting is on March 28, 2020 at the Blair Community Center. LaVonne Wier and Eileen Trim are servers.

Elmer and Louise Mattila gave us a very interesting presentation with a slide show of their trip around Iceland in 2013.

We enjoyed a delicious lunch served by Roger and Fran Instenes and Virgieann Stecha.

Respectfully submitted, LaVonne Wier, Secretary



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At Our February Meeting

Elmer and Louise Mattila of Winona shared their presentation of a trip to Iceland at our February 22, 2020 Sons of Norway meeting. We learned a lot of things about Iceland. The Mattila's do a lot of traveling and take photographs of their trips. We feel very fortunate to have had them as our guest speakers. Pictured with them is Fagernes Lodge President Todd Fetsch.