



Sons of Norway Fagernes Lodge 5-616

January, February, March 2020



Fagernes Lodge meetings take place at Blair Community Center unless otherwise stated

Upcoming Events for our Lodge

Jan. 25, 2020, 1 p.m. Eat at Rainbow Restaurant Move to Blair Zion Church for Meeting, Officer Installation & Barnelopet discussion

Feb. 1, 2020 at 1 p.m. Barnelopet at Arcadia Memorial Park. See page 8

Feb. 22, 2020 at 1 p.m. Meeting at Blair Zion Church. Exchange Student Speaks. Servers: Roger & Fran Instenes & Virgie Stecha

March 28, 2020, 1 p.m. Meeting at Blair Community Center. Leprechauns and Trolls program. Servers: Todd & Mary Jo Fetsch & Dan Toth



Our Sons of Norway - Blair Juletrefest, Dec. 1, 2019

Fagernes Lodge members donated wrapped Christmas gifts with gender and age labels to be given to children who came to enjoy our Juletrefest. They enjoyed a meal, a visit from the Julenisse, dancing around the Christmas tree with him, and the gifts he handed out. A number of area children received a couple of gifts each at the event shortly before Christmas. Striking a pose isn't the easiest thing to do with this number of active kiddos, but a pose became possible after a few tries.

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!

At our first meeting for the new 2020 year, on January 25, new 2020 officers will be installed. The new officers list, along with their offices, is on page 7.

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. 13** — Blair Cheese Festival

a little in English...

6 Things You Didn't Know About Ice

Ice is solid water. It plays an important role for our globe. Climate scientists Anne Britt Sandø and Vidar Lien explain some of ice's secrets.

1. Two types of ice on Earth

On Earth, there are two types of ice: What scientists call land ice consists of fresh water, while sea ice consists of salt water. "In the sea ice, salt is gradually excreted. So new sea ice has a lot of salt in it, while old sea ice will be quite fresh, says Lien.

What happens inside the ice is that the salt is squeezed into pockets that get very high salinity. Eventually, these pockets begin to melt, and the brine makes small irrigations in the ice before it eventually runs out. Thus, the sea ice becomes fresher and fresher. Fresh sea ice can have more than two percent salt, while seawater typically is between three and 3.5 percent salt, the scientists explain. "Old sea ice contains less than one percent salt," says Lien.

2. The world's oldest ice

"The southernmost continent of the globe has an extra layer of 'insulation' that keeps it cold. The ice you find on the bottom of the Antarctic ice deck is about a million years old. The oldest ice core taken from it is 800,000 years old, while the oldest ice in Greenland is about 100,000 years old," says Lien.

Other facts about ice:

3. Saltwater mostly freezes at -1.8 degrees [Celsius, or 28.7 degrees Fahrenheit]. Fresh water freezes at zero degrees [Celsius, or 32 degrees Fahrenheit].

4. About 10 percent of the world's land area and about seven percent of the seas are covered by ice.

5. Ice reflects away 90 percent of the sunlight.

6. The ice caps in Greenland and Antarctica are so large that they affect the earth's gravity.

litt på norsk...

Seks ting du ikke visste om is

Is er vann i fast form. Den spiller en viktig rolle for kloden vår. Klimaforskerne Anne Britt Sandø og Vidar Lien forklarer noen av isens hemmeligheter.

1. To typer is på jorden

På jorden finnes det to typer is: Det som forskerne kaller landis, består av ferskvann, mens sjøis består av saltvann. I sjøisen blir saltet etter hvert skilt ut. Så ny sjøis har mye salt i seg, mens gammel sjøis vil være ganske fersk, sier Lien.

Det som skjer inni isen, er at saltet blir klemt sammen i lommer som får veldig høy saltholdighet. Etter hvert begynner disse lommene å smelte, og saltlaken lager små irrigasjoner i isen før den til slutt renner ut. Dermed blir sjøisen ferskere og ferskere. Fersk sjøis kan ha mer enn to prosent salt, mens sjøvann typisk ligger på mellom tre og 3,5 prosent salt, forklarer forskerne. Gammel sjøis inneholder under én prosent salt, sier Lien.

2. Klodens eldste is

Klodens sørligste kontinent har et ekstra lag med «isolasjon» som gjør at det holder på kulden. Isen du finner på bunnen av isdekket i Antarktis er rundt en million år gammel. Den eldste iskjernen hentet derfra er 800 000 år gammel, mens den eldste isen på Grønland er omtrent 100 000 år, sier Lien.

Andre fakta om is:

3. Saltvann fryser stort sett på 1,8 minusgrader. Ferskvann fryser på null grader.

4. Omtrent 10 prosent av verdens landareal og cirka syv prosent av havene er dekket av is.

5. Is reflekterer bort 90 prosent av sollyset.

6. Iskappene på Grønland og i Antarktis er så store at de påvirker jordens tyngdekraft.

Sunshine News: LaVonne Wier is having knee surgery in January 27. How about sending her a card at 17625 Hammond Lane, Galesville, WI 54630.

Focus on a Fagernes Member – Marlys Britten



Marlys Britten

Marlys Britten was born at the Whitehall Memorial Hospital in Whitehall, Wis. on August 31, 1945, to Milan O. Sveen and Doris (Maloney) Sveen. She is the oldest of three and has two sisters, Ruth and Marilyn.

She attended Pigeon Falls (Wis.) Elementary Grade School and Huskelhus School. She went on to attend Whitehall Memorial High School and graduated there in May 1963. The summer of her graduation, she typed abstracts working from Burr Tarant's law office. That fall, she began working at the Home Investment Company in Pigeon Falls. About 2.5 years later, she was working for Ed Philip's Company in Eau Claire, Wis.

She met Byron Britten at the Osseo (Wis.) 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.

Marlys has been a homemaker throughout her married life. She also has held offices in the Women of the Evangelical Lutheran Church in America, both in French Creek and in Strum. She has sang in the Ladies Church Choir in Strum and in the French Creek Church Choir. Presently, she mostly sings with the Blair Norwegian Singers group and with the Share the Music ladies at Marinuka Manor. For a number of years, she was a member in the Galesville Music Study Club, when it existed, and held an office in that club, as well.

In 1996, she and husband Byron took a fun and interesting trip to Norway (Marlys's first airplane ride) where they met family.

Marlys said, "I am a member of the Sons of Norway because I enjoy learning about Norway and my heritage. It is challenging to find new and interesting facts about Norway but also to retain the core purpose of SON."

She went on to say, "My dad was full Norwegian, but my mother was not. Growing up, I only learned a minimal amount of Norwegian because mom did not speak it or understand the culture. Byron and dad always enjoyed sharing their mutual language."

PAST HAPPENINGS AT FAGERNES LODGE



At our Fagernes Lodge October 19, 2019 meeting, Jozie and Ella Britten, granddaughters to members Byron and Marlys Britten, gave an enthusiastic presentation on their stay at Masse Morro Camp the summer of 2019.



At our November meeting, Fagernes Lodge President Todd Fetsch instructs Virgieann Stecha, Don and Virginia Ronning how to make a Jule Craft heart basket tree decoration. Eddie Thompson looks on.



Todd Fetsch demonstrates woodworking at Blair/Taylor Snowfest.



Daisy Tjerstad and Trevor Tjerstad were just two of the area children who received Christmas gifts, donated by Fagernes Lodge members, at our Juletefest on Dec. 1, 2019.



We held a brief business meeting after our Juletefest Sunday, Dec. 1. President Todd Fetsch awarded sports medals for walking to Fran Instenes and Charlene Saxe.



Boys learned how to make Krumkake from LaVonneWier Snowfest organizer and part of the SON Blair's Adopt-a-School Program.

Bidos (Reindeer Stew)

Source: www.reciperemiscing.wordpress.com

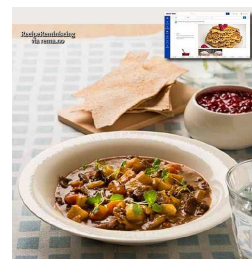
Ingredients: 1.1 lb. / 500 g filet of reindeer or reindeer steak (other big game or even beef can be used of course but then the authenticity is lost)
4 Tbsp. flour, 2 pt. / 10 dl water,
4 potatoes, 2 carrots,
1/2 onion, 1 tsp. salt, 1/4 tsp. pepper

Recipe and Procedure:

1. Cut the meat into cubes, and place in a casserole.
2. Make flour thickening by mixing flour and about 3 ml or 1/2 tsp. of water (cold). Pour flour thickening and remaining water over the meat. Bring to the boil, stirring to avoid lumps in the sauce.
3. Peel potatoes and cut them in half. Peel carrots and cut them into thick slices. Chop the onion. Put the potatoes and vegetables in the pot and cook until potatoes are tender.
4. Season with salt and pepper. If you want a darker sauce you can add a few drops of caramel. Serve bidos with freshly baked whole wheat bread, butter and cranberries.

NB! To get nice color and good taste on the dish, it is important to pour the flour thickening over the meat before starting to cook it.

Tip: Leek and other vegetables can be added to the casserole for variation. But then it is no longer a simple and authentic bidos but tastes incredibly delicious anyway.



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Calling All Cooks

Do you have a delicious Norwegian recipe you'd like to share – perhaps one that's a favorite among those in your lodge? We'd love to hear about it! Sons of Norway invites all members to submit their favorite Norwegian or Nordic inspired recipes to be considered for inclusion in our Recipe Box located on the homepage at sonsofnorway.com. For a chance to be featured, simply email your recipe to jkohlnhofer@sofn.com. Feel free to include a high-quality photo of your dish or dessert if you have one, as well as a brief description explaining its history or family connection. We'll make sure all entries receive full credit if posted.

HAPPY BIRTHDAY!

Due to privacy concerns,
only the month is listed

January

Jillian Bagstad, Donald
Ronning, Danniell Toth

February

Lance Bagstad, Charlotte
Dahl, Sierra Instenes, Mary
Jacobs, Isla Kettinger, Jacob
Thompson

March

Izabella Britten, Zacharie
Dobson, Gage Instenes,
Vanya Rivero, Charlene Saxe,
Shirley Stanford, Patricia
Truax, Dawn Volkman, Susan
Zubke

Digitizing Archives Means Access to Cultural Heritage for All

The National Archival Services of Norway and the National Library of Norway (Arkivverket og Nasjonalbiblioteket) will receive a 2020 budget windfall to convert and store items of cultural heritage and other historical data. Concerts, photos, historical audio recordings, property records, and even school records will be digitized. Minister of Culture Trine Skei Grande says that it is unusual to see such a large budget available to a historical archive. 127 million Norwegian kroner (US\$ 13.8 million / Can\$ 18.3 million) has been earmarked for the conversion project, to the delight of the archive and library staff. Minister of Culture Trine Skei Grande told Aftenposten that it is urgent to save the historical materials and make them available to all. "Your mailing address should not determine your ability to find information. Now we are preparing for as much of the historical documentary heritage as possible to be available from your home PC. You will no longer need to go to a library to find the information," says Grande. Floppy disks from the 1980s are also slated to be digitized, as they are vulnerable to damage. Trine Skei Grande says that many digital databases are in danger of disappearing if no action is taken.

President's Message

Ord fra din Fagernes Losje Presidentin

Greetings to you all in the year 2020! It's hard to believe we are now in a new -nenum of time. It's hard to believe that the time of 2020 was a time back when Buck Rogers and Flash Gordon were living in the future! Now we are here in that future!

So here goes: This year of 2020 should be a good year for Fagernes Lodge activities! I say that because the program committee is meeting as I write this letter. Good, active and interesting activities will be presented to us at our next meeting on Jan. 25. Perhaps, too, other ideas other than the Program Committee presentation will be promoted at our next meeting Jan. 25.

Our third annual Barneløpet XC ski race will be held at the Arcadia Memorial Park in Arcadia, WI on Saturday Feb. 1. So we need to have some snow to hold those fun races! Maybe there is a Norwegian Snow Dance to encourage Odin and his god relatives to send us some snow. Maybe Thor will throw his hammer to break open the snow domain of the Mountain Trolls to let the snow fall on our tiny kingdom that day. I, the Troll Groomer of Troll XC ski trails am ready to assist! I have emerged from my snow cave and ready to groom trails!

We had a great Juletreffest in December where the Julemann appeared as the Julenisse! We had a good turnout of barne to enjoy the presents and goodies for munching! Music was provided by the Julefiddler Verle.

Well we will have more to share at our next meeting, We will need to plan the Barneløpet day...cookies, beverages, Snow, Lømpe, Pølse, hot chocolate , snow, snow, snow!

We look forward to our program committee for our meetings and special activities.

If anyone has ideas for the program committee talk to a member of the committee. Mary Jo Fetsch is the Chairperson.

Cheers for a good new year!!,
Fra Presidentin,
Todd Fetsch

About SON Foundation Scholarships

Sons of Norway Foundation Scholarships

The Sons of Norway Foundation awards 25 scholarships to promising students each year. The programs promote cultural exchange and support higher education to help students follow their dreams. Although application deadlines vary from Jan. 15 to Apr 1, it is not too early to think about applying. More information on the following Foundation funds can be found at <https://www.sofn.com/foundation/scholarships>.

The following scholarships have an application deadline of **January 15**:

- The Oslo International Summer School Scholarship
 - The Helen Tronvold Norwegian Folk High School Scholarship
 - The Helen Tronvold Adult Learner Scholarship
 - The Lund Fund Scholarship
 - The Douglas Warne—Rolf & Wench Eng Scholarship
- These scholarships have later deadlines:
- The Astrid G. Cotes and Myrtle Beinhauer Fund
 - The Nancy Lorraine Jensen Memorial Scholarship Fund
 - The Orel and Marie Winjum Memorial Scholarship

3 Tips for Preserving Cherished Family Heirlooms

No matter their condition, it is a joy to display your heirlooms and share the memories they evoke. Here are a few tips on caring for your heirlooms:

1. *Keep heirlooms out of bright sunlight and away from heat sources to avoid fading.*
2. *Clean surfaces gently, using soft cloths.*

**Dust wooden furniture and apply a beeswax-based polish up to twice a year. Clean painted wooden items with a damp cloth, then wipe dry. Avoid silicone polishes and abrasive or ammonia-based cleaners on wood, silver, pottery, or painted/gilded glass. *Clean pottery with a soft sponge. Wash silver in hot soapy water, then dry and buff.*

3. *Vintage textiles are too delicate for the gentlest machine wash.*

**Water may damage silk or wool items, and wet embroidery can bleed dyes. Spot cleaning may be your best option. Always test a small area first. Experts recommend a gentle, neutral-pH detergent like Orvus Paste for cleaning old fabrics. *Old stains and yellowing may be impossible to remove. To minimize discoloration, use cotton bags and avoid storing textiles in plastic bags or containers.*

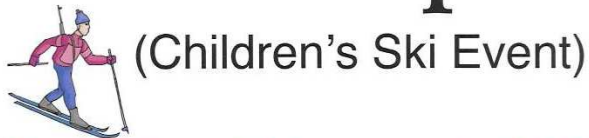
List of Fagernes Lodge Offices and Their New 2020 Offices

New officers will be installed at our January 25, 2020 meeting

President: Todd Fetsch; **Vice-President:** Roger Instenes; **Secretary:** LaVonne Wier; **Assistant Secretary:** Terry Thompson; **Treasurer:** Marlys Britten; **Program Committee:** Mary Jo Fetsch (Chairman), Eileen Trim, Marleen Berg, and Leland Wier; **Social Committee:** Fran Instenes (Chairman), Virginia Ronning, and Virgieann Stecha; **Float Committee:** Roger Instenes (Chairman), Todd Fetsch, Danniell Toth, and Byron Britten; **Sports Director:** Charlene Saxe; **Language Director:** Byron Britten; **Editor:** Terry Thompson; **Publicity:** LaVonne Wier; **Cultural Directors:** Virgieann Stecha, Charlotte Dahl; **Historian:** Cindi Anderson; **Sunshine:** Fern Galstad, and Charlotte Dahl; **Adopt-a-School:** LaVonne Wier; **Auditors:** Roger Instenes, and Eddie Thompson; **Financial/Membership Secretary:** Terry Thompson; **Nominating Committee:** Fran Instenes, and Mary Jo Fetsch.

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Barnelopet



Saturday, February 1, 2020

Arcadia Memorial Park

Registration at 1:00 p.m

\$2.00 fee per child

Prizes and snacks. Skis available.

Bring your skis if you have them

Sponsored by
 Sons of Norway
 Fagernes Lodge



Reminiscent of Barnelopet 2019

The 2019 Barnelopet was held at the Arcadia Memorial Park on Saturday, February 2, 2019. Lots of snow, lots of cold, but lots of fun for the nine children, parents and lodge members. Hearty Norwegians braved the winter weather, ate lompe and warmed up with cocoa.