



Sons of Norway Fagernes Lodge 5-616



January, February, March 2017

Upcoming Events

All meetings are at the Blair Community Center unless indicated otherwise

January 21, 2017, Noon

Installation and Potluck

Guests: Ron & Sandy Iverson

Servers: Everyone

February 4, 2017 - 5:00

Wii Bowling at the Thill's in French Creek

February 18, 2017, 1:00

Barnelopet at the Blair Park - See article inside

February 26, 2017 - Noon

Meal at Drugan's

March 25, 2017, 1:00

Dave Glomstad - Norwegians in the Civil War

Servers: Olin Fimreite, Roger & Fran Instenes

April 22, 2017, 1:00

Carol Grow - Norwegian sweaters

Servers: LaVern & Ruby Henderson, James & Vicki Hovre

A Romantic Restoration

A current restoration project taking place at Maihaugen, one of Northern Europe's largest open-air museums in Lillehammer, Norway, is generating anticipation for the project's completion.

The endeavor is steeped in Norwegian culture, a bit of romance and a royal twist.

Just weeks ago, the disassembled 1930s childhood home of H.M. Queen Sonja of Norway was moved from its original location at Tuengen allé 1b at Vinderen, Oslo, to Maihaugen in Lillehammer. The home is to be reassembled, furnished in an authentic manner, and opened to the public as part of a popular attraction at the museum that features homes representing each decade from the 1920s through 2001.

Work is now underway to breathe life into the house, which will showcase replicated and original furnishings used from 1935 to 1968. Queen Sonja lived there for most of her childhood years, until 1968 when she married then Crown Prince Harald. According to Maihaugen's website, the home was one of the few places the couple could meet during the nine years they were dating.



The house is constructed in the functionalist style, with hipped roof, horizontal cladding, windows by the corners and balconies with steel rails.

Museum guests can look forward to the official opening of the project on August 29, 2018, the date of Their Majesties' 50th wedding anniversary.

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...

The Smell of Cookies Boosts Coffee Sales

Pleasant aromas may tempt you to buy coffee or rolls, according to Swedish researchers.

Is our desire to shop affected by smells on the street? Swedish researchers wanted to investigate whether consumers were more aware of shop signs when they were exposed to different scents.

They recruited 100 people on Kungsgatan, [a street] in Stockholm. They were equipped with special eyeglasses that can measure the eye's migration, so-called eye-tracking glasses. This enabled the researchers to see exactly what consumers' gaze fell upon.

Participants did not know that some of them were exposed to a steam machine, which pumped the aroma of chocolate chip cookies toward them as they unsuspectingly strolled past a certain café.

More attentive

The analysis of the goggles' data revealed what participants directed their eyes to, and for how long.

The participants who were exposed to the odor were 50 percent more attentive to the café signs than those whose noses did not smell delicious aromas, according to the researchers.

The researchers sprayed steam with the smell of chocolate chip cookies at the participants who passed by on the sidewalk.

A total of 27 percent in this group remembered that they had seen the signs on the sidewalk or on the wall afterwards. They were also more positive about the brand that sponsored the study.

In addition, their propensity to buy something at the café increased by 40 percent compared to the control group.

Fragrance in combination with signage

"The sign material is crucial for the smell to have any effect on sales. The scent must be combined with relevant information in the environment," says Professor Anders Gustafsson in a press release from Karlstad University.

"The insights provided through the eye-tracking study help us optimize how we hang signage," said Leif Sjöblom, who is responsible for innovations in [the café].

litt på norsk...

Duften av sjokoladekjeks kan øke kaffesalget

Godlukt kan gjøre at du bli mer fristet til å kjøpe kaffe eller boller, ifølge svenske forskere.

Blir kjøpeysten vår påvirket av lukten på gata? Svenske forskere ville undersøke om forbrukere ble mer oppmerksomme på butikkskilt når de ble utsatt for ulike dufter.

De rekrutterte 100 personer på Kungsgatan i Stockholm. De ble utstyrt med spesielle briller som kan måle øynenes vandring, såkalte eye-tracking-briller. Dermed kunne forskerne se nøyaktig hva forbrukernes blikk falt på.

Deltakerne visste ikke at noen av dem ble eksponert for en dampmaskin, som pumpet duften av sjokoladekjeks mot dem mens de ruslet itetanende forbi en bestemt kafé.

Mer oppmerksomme

Analysen av brillenes data avdekket hva deltakerne rettet blikket mot, og hvor lenge.

De deltakerne som ble eksponert for lukt, ble 50 prosent mer oppmerksomme på kaféskiltene enn de som ikke kk deilige dufter i nesen, ifølge forskerne.

Forskerne sprøytet ut damp med lukten av sjokoladechips-kjeks til deltakerne som gikk forbi på fortauet.

Hele 27 prosent ere i denne gruppen husket at de hadde sett skiltene på fortauet eller på veggen etterpå. De var også mer positive til varemerket som sponset studien.

I tillegg økte tilbøyeligheten deres til å kjøpe noe på kaféen med 40 prosent i forhold til hos kontrollgruppen.

Duft i kombinasjon med skilt

– Skiltmaterialet er avgjørende for å lukten skal ha noen effekt på salget. Duften må kombineres med relevant informasjon i omgivelsene, sier professor Anders Gustafsson i en pressemelding fra Karlstads universitet.

– Innsikten som studien med eye-tracking gir, gjør at vi kan optimalisere hvordan vi skilter butikken, sier Leif Sjöblom, som er ansvarlig for innovasjoner hos [kaféen].

Excerpted and translated from: <http://forskning.no/2016/10/bolleduft-far-oss-til-kjoepe-mer-kaffe>

Norwegian Couple Serves Pizza and Coffee to Burglar !

Retired couple Arne and Kari Solli were awakened in the middle of the night by sounds coming from their kitchen at home in Skien, Telemark. Someone had broken in, so Kari (68) went to investigate. Catching the intruder red-handed, Kari made it to the kitchen first and shouted for Arne (70) to come to her aid. He ran into the room to find an incoherent man standing in just a t-shirt and underwear. Without hesitation, Arne angrily threw him out into the cold night. Within moments, however, he realized that the intruder seemed to have problems and that he felt sorry for him.

That is when the Sollis decided to invite the burglar back in. Kari brewed some coffee and they gave the man pizza and some warm socks. Arne offered to drive him home or call the man's friends, but the man couldn't remember where he lived and barely knew who he was. Arne then called the police to have the burglar picked up.

Arne Solli says that it was an odd situation. Though the intruder had rifled through drawers and taken a few things, they decided not to prosecute. As they sat in the kitchen for about an hour, Arne had to reassure the man that it was safe to stay. The Sollis felt at ease with the man, but the burglar was a bit nervous.

When asked whether he'd take in an intruder again, Arne said, "We can't have all kinds of people running through the door—we have more coffee, but we're out of pizza," he said, chuckling.

Come one, come all, to the First Annual Barnejolet !

February 18, 2017 at the Blair Park

Registration is at 9:00 a.m.

A barnelopet is a cross country ski event for the "barnes", the children. Volunteers will be needed to help with registration at the starting point, and provide goodies for the participants, and more. Bring your kids and grandchildren with their skis for a great winter outing. Let's all come out and enjoy the kids enjoying themselves!



PAST HAPPENINGS AT FAGERNES LODGE.



Ron Iverson, Todd Fetsch, Andrew Jonsten, Eileen Trim and Jon Grinde at our 25th anniversary in Arcadia.



One of our charter members, Beverly Solberg, speaking at our 25th celebration.



Members enjoying our 25th celebration on October 30, 2016



LaMoine Jacobs shows where his ancestors came from in Norway at our Nov meeting.



LaMoine Jacobs, Mary Herness and Olin Fimreite led a panel discussion on their ancestry in Norway.



Mary Herness points to the area in Norway where her relatives came from.



An excited little girl loved the presents she received from the Julenisse at our Juletefest in December 2016.



Eileen Trim, Christine Giese, Shirley Stanford and Charlotte Dahl learn how to make the tree baskets.



The Julenisse and children dance around the Juletre to the music of the Blair Norwegian Singers.

President's Message

Fra Presidenten, Kjær Venner, Godt Nytår!!!

Lots of activities have occurred since our last greetings!!

Our Juletre Fest in December was lots of fun. We danced around the Juletre with the barne and the Julenisse. Pictures are on the Sons of Norway Blair Facebook page. Hopefully you can get still photos of the activity from someone who was there. There was a short video too of the fun activities. The Norwegian Singers sang Norwegian Christmas songs and led us in singing. We then had some great potluck food. Virgie Stecha's meat balls and gravy were great. The other foods were great too. Some mashed potatoes and rutabagas complimented the meatballs and gravy. Of course the dessert items were yummy!!! I look forward to next year's Jule program and hope the Julenisse can grow a white beard for the occasion!!! Many gifts were given out to the Barne that came and participated in the program. Lets hope that next year we can have more barne participation, although we were happy with the participation we had this year. Thanks for coming.

Coming events include a **Barne Løpet** in Blair at the City Park on **February 18th**. Our first Barne Løpet. Let's make it a great fun event for the kids and adults!!!!!! This is a children's ski race . We will have Sons of Norway Ski racers bibs for the kids. We will have Medals to give out to the race winners. We will give out cookies and hot chocolate. We will have 'lumpe'...a Norwegian sausage wrapped in Lefse as a snack...hopefully. Will have see if we can get a 'Norwegian' sausage to place in the lefse...perhaps a good quality hotdog (Pat's--Falls- Bushy's??) will have to do.

I and others will set the track for the ski racers course (hopefully) the day before the race.

Let me know if any of you wish to help with this event...our first Barne Løpet!!

I repeat!!! Lets make this a real fun event for all!!!

We will need people to help with food and ceremonies...and to enjoy being out in this good Norwegian weather!!! So Snow, Snow. Snow!!!! (That's a prayer for snow since it is raining today!!!!)

Our future programs include lots of other interesting activities. See the included tentative schedule of events. Remember that includes parades. Our January meeting includes the swearing in of the 2017 officers. Ron Iverson, Zone 2 director will be there to install the officers so hopefully you all can be there.

The April meeting will be on Norwegian Sweaters. So everybody wear their Norwegian Sweaters. Carol Grow from Black River will make the presentation. Sweaters will be for sale at 1/2 price.

Remember to practice singing the Norwegian version of "Happy Birthday"!!!! We need to learn that song!!!!

Takk fer alles

Hilsen,

Todd Fetsch Presidenten

HAPPY BIRTHDAY!

Due to privacy concerns, only the month is listed.

January

Galen Berg, Erling Ofsdahl,
Donald Ronning, Alexander

Solberg, Renee Solberg,
Danniel Toth

February

Charlotte Dahl, Sierra
Instenes, Beverly Solberg,
Jacob Thompson

March

Izabella Britten, Zacharie
Dobson, LaVern Henderson,
Kenneth Husmoen, Gage
Instenes, Lonnie Manske,
Sonia Manske, Charlene
Saxe, Shirley Stanford,
Dawn Volkman, Susan Zubke

The Recruitment Challenge is Back! Are you up for a challenge? For the next year, your lodge is pitted against lodges from across Sons of Norway to attract and enroll as many new members as possible. Now in its third year, the 2017 Recruitment Challenge will put your lodge's skills to the test and it's up to you to help out.

You may be wondering how just one person can make a difference in a year-long contest. It's simple. Here are three ways you can help lead your lodge to glory:

1. **First**, it's important to remember that retaining current members is just as important as recruiting new members for your lodge. Keep that in mind if you notice someone has been absent for an extended period of time. Sometimes a friendly phone call or email is a great reminder that everyone in the lodge is important.

2. The **second tip** is to always be recruiting! There's a reason for everyone to join Sons of Norway. Do you know someone who loves cooking? The cooking unit of the Cultural Skills Program might be just the right incentive to encourage someone to join. Do you know someone who loves traveling? Sons of Norway's partnerships with car rental companies, hotels and Borton Overseas can more than offset the cost of membership. It's a good idea to familiarize yourself with some of the benefits of membership on the Sons of Norway website at www.sonsofnorway.com.

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 their genealogy or an upcoming lutefisk dinner. Let's face it: people sometimes forget. Having a membership form on hand is a great way to help someone join right away rather than hoping they'll remember later on.

4. Finally, include your lodge Financial Benefits Counselor in your recruitment plans. Don't forget: outstanding financial products are the bedrock of Sons of Norway and provide invaluable support for the organization and lodges. Sons of Norway's financial products are a major incentive for members to join lodges, so your Financial Benefits Counselor could be your secret weapon!

What does your lodge get if it wins? \$250! That's right - 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 an issue of Viking in 2018.

Watch for more 2017 Recruitment Challenge updates and tips throughout the year. In the meantime, you can find a copy of the complete rules online at www.sonsofnorway.com/challenge.

Your Financial Benefits Counselor is Tom Kunkel. Contact him at tomkunkel2004@yahoo.com, or call 1-844-233-7667. He'd be happy to talk to you!

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

NEWS FROM OUR MEMBERS

All I got is that everyone is already sick of winter. I'll share a ditty I learned in grade school: January, February, March. You make my nose blue, and my fingers stiff as starch. January, February, March, please pass! Hurry up, April, and bring the green grass.

FOCUS ON A FAGERNES LODGE MEMBER: I didn't have any submissions for this issue, so...you're going to hear about me, LaVonne Wier, the editor.

My parents were Fred Sr and Mildred Fredrickson. I had a great life on the farm in Franklin. My four brothers and I are several years apart in age, so I played by myself in an imaginary world of dolls and baking and riding with Roy Rogers. I loved helping Mom and feeding calves. We enjoyed being in 4-H.

Life was marvelous at West Franklin School. Each day was full of fun and learning. With 6 grades, the older ones helped the younger ones and the teacher. The children put on Halloween and Christmas pageants under the totelage of Mrs. Bibby. Mrs. Bibby turned out to be a lifelong friend.

In high school I took every typing, accounting, shorthand, business course, forensics and band. Soon after graduation I was hired at Antigo Air Force Station as a clerk-typist. I met my first husband at Antigo. We moved to Chicago in 1977. In 1978 we moved to Vandenberg Air Force Base, California. In 1980 we came to Minneapolis and both worked for the 934th Airlift Wing. We divorced in 1984. I joined the Reserves at age 26 in 1981. I worked in Supply and travelled to many states and overseas on military assignments. The last few years I worked in the chaplain service.

Some sweet sister-in-laws decided I should meet Leland Wier. I did, and we married on April 25, 1987. I was hired at Social Security in LaCrosse, where I stayed for 22 years. We bought Leland's home farm in 1991. After 19 years of marriage, we adopted our son, Sergei (Serzh) in Russia in 2006. We were fortunate God allowed the circumstances to happen so we could be parents. It has been a whirlwind of experiences, delights and stress for us. Serzh graduated from Luther High School in Onalaska in 2016. He works for Supreme Graphics in Arcadia.

I retired from civil service in 2009 and from the Air Force Reserves in 2001. Since retirement I have worked for the Census, a church, McDonald's, and most recently, as a baker for Sacia Orchards. I love to sing and direct the church choir. Leland and I both teach Sunday School.

Leland is a life-long farmer. We sold the milk cows in 2010 and he became a rural mail carrier sub. He recently got a full-time route. We still have some beef cattle that I help take care of. We love our pug dogs.

A new chapter will soon start as the "house on the hill" on our farm is completed. It is "senior friendly". We hope to spend many years together there. God has given us so many blessings. I thank Him for His immeasurable grace in my life.

Saved the cancelled stamps from all those your mail. The Tubfrim project can use them. Stamps must be trimmed to have at least a 1/4 inch border. Bring them to the meetings.

The Lodge Brochure will be finalized after our January meeting. Please make sure you have contacted Sons of Norway at the headquarters if you have had a change of address or telephone. No one but YOU can make that change. Check your renewal statement for accuracy before sending in your renewal. Please tell them your information, including e-mail address. It makes it easier to get things to you when everything is correct. Thanks!!



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Krumkaker with Espresso Cream and Juniper Berry Cream

Makes 40 krumkaker. Adapted from <http://www.northwildkitchen.com/krumkaker-espresso-juniperberry-cream/>

For best results, egg, flour, sugar and butter will all weigh equal amounts.

- 3-4 eggs (weighed on a scale) • flour (equal weight to eggs)
- sugar (equal weight to eggs) • butter (equal weight to eggs)
- lukewarm water (half the weight of other ingredients) • traditional Norwegian iron and cone-shaped mold

Add butter to a small pan and melt over low heat. Let cool. Mix eggs, flour, sugar and melted butter in food processor or blender. Add water and mix again. Allow batter to rest for a minimum of 15 minutes. Heat iron on stove over medium heat. Alternatively, if you are using an electric iron, follow the manufacturer's directions for use. Grease warm iron with butter to prevent sticking. Add 1 Tbsp of batter to iron and close. Cook for roughly 30 seconds on each side until light gold. Remove from iron and wrap around cone-shaped mold. Once set, remove and set aside. Repeat until all batter is used.

Espresso Infused Whipped Cream and Juniper Berry Whipped Cream

- 2 cups (500 g) heavy cream • 1/2 cup espresso beans • 1/4 cup dried juniper berries, crushed gently
- 1 tsp sugar

Add espresso beans and half the cream to a jar and cover with a lid. In a second jar, place juniper berries and remaining cream, and cover. Place both in refrigerator overnight.

Strain both mixtures and discard beans and berries. Add 1 tsp sugar to espresso cream and whisk until stiff peaks form. Repeat with juniper berry cream but reduce the amount of sugar by half. Serve with krumkaker.