



Sons of Norway Fagernes Lodge 5-616

July, August, September 2018



Upcoming Events for our Lodge

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

July 11, Annual trip

Our Lady of Guadalupe Shrine, La Crosse, meet Cance Park, Galesville at 10 a.m.

August 25, 2018, noon

Potluck Picnic at Blair Riverside Park, play Kubb

September 22, 2018, 1 p.m.

Silent Auction, possible video, servers needed

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!

District Five Events

2018 Kafe Stue, July 21st, 2018 at Mt. Horeb Community Center - 107 N. Grove Street, Mt. Horeb, WI. (Located behind Duluth Trading in the blue building with red trim) Contact: Lodge President Cheryl Wille-Schlesser - 608-219-4464 - roggrcher@mhtc.net. Details: **SAIL IN FOR THIS YEAR'S KAFFE STUE!, SATURDAY, JULY 21, 2018 SERVING FROM 9 AM to 2 PM.** Offering Traditional Norwegian Delights: Open-face and Lefse Wrap Sandwiches, Almond Cake, Apple Cake, Hot Dogs wrapped in Lefse, Norwegian Meatballs, Lefse, Rosettes, Fry Cakes (Donuts), Sweet Fruit Soup, Cherry or Blueberry Parfait. Fresh Fruit Cups, Cucumber Salad, Smørgrøt Porridge (a Norwegian delicacy), Norsk cookies: Berliner Kranser, Sandbakkels, Krumkake, Rosettes, Butter Cookies, Drinks: Coffee, Lemonade, Bottled Water. Norwegian Bake Sale with Lefse. Arrive early for best selection! Enjoy our air-conditioned location. **International Sons of Norway Convention, August 16th - 18th, 2018, Minneapolis, MN. at the beautiful Hyatt Regency Hotel in Bloomington, Minn.,** with convenient proximity to the MSP airport, Mall of America and downtown Minneapolis and St. Paul. Plan to join us as we honor Sons of Norway's past and chart our course for the future! A wide variety of exciting activities and events are in the works. Convention attendees may participate in **The 2018 Leadership Conference: Motivate – Maximize – Mobilize to Benefit Your Community & Your Lodge**, to be held on Wednesday, August 15, preceding the convention. With Folk art exhibition, Silent auction, Vendor displays, President's reception, Grand banquet. US Bank Stadium tailgate party – home of the Minnesota Vikings and the 2018 Super Bowl/ Group outings to iconic Twin Cities landmarks: Historic Fort Snelling and the elegant American Swedish Institute. **Zone 3 and Mandt Lodge Picnic, August 26th, 2018, 2056 Skaalen Rd Stoughton, WI.** Contact: Darlene Arneson 608-873-7209 Details: Join members from our neighboring lodges for some food and fellowship at the home of John & Darlene Arneson. Please bring a dish to pass! Tableware, coffee, juice and other beverages will be provided. You are welcome to bring along yard games (we have KUBB sets and bags) if you'd like. There will be Kubb available so you can test out your Viking skills! All members of your lodge, prospective members, and Masse Moro campers (past and present) are encouraged to attend. We will have a bucket drawing for some great items - feel free to bring items for it or just support it at the picnic! Bring along items and flyers for "Remarks for the Good of the Order" For more information call Darlene Arneson at 608-873-7209 or email

Our Float is scheduled in these summertime 2018 parades

May 27 – Arcadia Broiler/Dairy Days*
June 10 – Taylor Days*
July 15 – Trempealeau Catfish Days

August 26 – Ettrick Fun Days
September 16 – Blair Cheese Festival

* already happened

a little in English... Coffee can protect against heart disease

Coffee does not cause arrhythmia, researchers conclude. It might even protect you from it. Cardiac arrhythmia such as atrial fibrillation or ventricular fibrillation causes the heart to beat irregularly. Heart fibrillation is often harmless, but may also coincide with serious events such as strokes or heart failure. In the past, people with heart arrhythmia were often told to stay away from caffeine since it was assumed that the drug could increase the risk of rhythm disturbances. But in recent years studies have suggested that there is no such effect. Recently a team of Australian researchers went through the field research. Their conclusion is as follows: Coffee is safe and may even appear to protect against heart arrhythmia.

Ten cups - no effect. – Aleksandr Voskoboinik and his colleagues have looked at the results of several types of studies. For example, population studies where researchers have mapped people's diet and lifestyle, and compared them to data on disease. But they've also looked at experiments where participants have been told to drink coffee or to give it up so that the researchers could compare the effect.

The results seem consistent: Even large amounts of coffee - up to ten cups a day - seem to have no negative effect on the heart rate. This corresponds to information that the Landsforeningen for hjerte- og lungesyke [National Association for Cardiovascular Disorders] published on its websites as early as 2015.

According to the new research it is possible that caffeine actually helps by blocking the substance adenosine, which may help trigger atrial fibrillation.

Three cups are safe

Voskoboinik and colleagues may not recommend that everyone toss back ten cups of coffee a day. However, they believe the research data supports that it is completely safe - and perhaps beneficial - to enjoy three cups. It is completely in line with a study of the overall effect of coffee on health, which gave the green light to three to four cups a day.

However, the researchers point out that there may be individual differences. There are cases when patients report experiencing heart rhythm disorders associated with caffeinated drinks. In those cases it may be a good idea to limit intake, they write. But otherwise, there's no reason to worry. And what if you want a tiny piece of chocolate with your coffee? Yes, we have research that hints that that, too, could prevent heart arrhythmia. Enjoy your coffee break!

litt på norsk... Kaffe kan beskytte mot hjertesykdom

Kaffe gir ikke hjerteflimmer, konkluderer forskere. Kanskje det til og med beskytter.

Hjerterytmeforstyrrelser som atrieflimmer eller ventrikkelflimmer gjør at hjertet banker uregelmessig. Hjerteflimmer er ofte ufarlig, men kan også henge sammen med alvorlige hendelser, som slag eller hjertesvikt.

Tidligere fikk mennesker med hjerteflimmer ofte beskjed om å holde seg unna koffein, siden man antok at stoffet kunne øke risikoen for rytmeforstyrrelser. Men i senere år har studier pekt mot at det ikke finnes noen slik effekt.

Og nå har et team av australske forskere gått igjennom forskningen på feltet. Konklusjonen deres er som følger: Kaffe er trygt og kan til og med se ut til å beskytte mot hjerteflimmer.

Ti kopper – ingen virkning. – Aleksandr Voskoboinik og kollegaene hans har sett på resultatene fra flere typer studier. For eksempel fra befolkningsstudier hvor forskere har kartlagt folks kosthold og livsstil, og sammenlignet det med data over sykdom. Men også fra eksperimenter der deltagerne har fått beskjed om å drikke kaffe eller å la være, slik at forskerne kunne sammenligne virkningen.

Resultatene virker samstemte: Selv store mengder kaffe – opptil ti kopper om dagen – ser ikke ut til å ha noen negativ effekt på hjerterytmen. Dette stemmer med informasjon som Landsforeningen for hjerte- og lungesyke la ut på sine nettsider, allerede i 2015.

Ifølge den nye forskningen er det mulig at koffein faktisk hjelper, ved å blokkere stoffet adenosin, som kan være med på å utløse atrieflimmer.

Tre kopper er trygt

Voskoboinik og kollegaene vil kanskje ikke akkurat anbefale alle å tulle ned ti kopper kaffe om dagen. Men de mener det er støtte i forskningsdataene til å si at det er helt trygt – og kanskje beskyttende – å nyte tre kopper. Det er helt i tråd med en studie av kaffens generelle virkning på helsa, som ga grønt lys for tre til fire kopper om dagen.

Forskerne påpeker imidlertid at det kan være individuelle forskjeller. Det finnes tilfeller hvor pasienter rapporterer at de opplever hjerterytmeforstyrrelser i forbindelse med koffeinholdig drikke. Da kan det være en god ide å begrense inntaket, skriver de. Men ellers er det altså ingen grunn til bekymring. Og om du vil ha en ørliten bit med sjokolade til kaffen? Ja, da har vi jammen forskning som henter om at det også kan virke mot hjerteflimmer.

God pause!

Focus on a Member: Roger Instenes

I was born in Whitehall on Nov. 9, 1948 to Gladys and Spencer Instenes. We lived on a farm near Beaches Corner, Ettrick. My sisters, Suzanne and Mary, and I are the fifth generation of family on that farm. I loved being outdoors all my life.

I remember a pedal tractor I had at the age of five. My grandparents lived with us in part of the same house. I drove that pedal tractor in and out of both parts of that house. My dad bought a new John Deere 50 tractor in 1953. I remember waiting in the yard for him to come driving it home.

I attended Beach Country School through Sixth Grade and then I went to Blair Public School. I graduated Blair High School in 1966. After high school, I stayed working on the farm, working for other farmers and working for Gale Packing Company cutting lima beans etc. In 1969, I worked for Arnold Brovold and Roland Ekern running harvesting equipment. I went to many farm shows and other events with friends, especially David Tjerstad and Les Herried. David and I rode motorcycles together.

In 1974, I met Franacee Wier and we were married in 1975. David had married her sister, Mary, in 1974. We have two children, Nathan and Melissa. We worked on the family farm ten years until low milk prices forced us to leave. We then ran a farm in Dodge, Wis. for a year and a half until the owner's son wanted to come back home and try the third time to work it again.

We moved to Hegg, Wis. and I worked at Independence Cabinet and Fran at Hixton Antiques until we moved to and worked Vernon Bue's farm 16 years, nearly buying it, but were again forced to leave due to low milk prices. Now, 16 years later, we live over the hill on Borreson Lane. Our children married and have given us five grandchildren.

I've worked at Gold N Plump Mill for 15 years and will retire this fall. Our son has worked at Allied Co-op in Galesville now for over 20 years. Our sons' three children are Gage, Sierra and Gavin. Our daughter and her family live in Florida. She runs a dog service and teaches exercise and Zumba classes. Her husband, Bert, works for IBM. They have two girls, Vanya and Vivian. We love our home and Fran and I share nine perennial flower beds, other flowers and garden. We attend North Beaver Creek Lutheran Church and I have taken part in church offices for years. I'm looking forward to retirement, but will still work in the spring at Allied Co-op part-time where Nathan works. I've worked mornings in spring there for many years before going to work the rest of the day at Gold N Plump.

Adopt-A-School Update

The Adopt-A-School reading program at Blair-Taylor was held from January 2018 through May 1, 2018. Many books were on display in the school library. Ms. Kim Joten kept track of the books and received the book reports for us. There were several children who read and reported on books. Two girls did reports on 5 or more books. There may have been other children who read the books, but did not choose to do a report. As I was leaving the awards ceremony on June 6, one boy talked briefly to me as he walked by. He said, "I like your books," and smiled. He was not one of the children who handed in a book report. With our money incentive, \$46.00 was paid out in award money.

Next winter we may do the same program at Blair-Taylor, or choose another school for the reading incentive program.

Now that the books are back in our possession, this is an opportunity for lodge members to read them. They are now being kept in Leland and LaVonne Wier's home. Contact LaVonne at 608-539-3243 or 2nor1rus@gmail.com if you want to sign-out a book(s). With a little work, you can complete the requirements for cultural skills awards in literature. It really isn't very difficult! The information and forms are on the Sons of Norway website, www.sofn.com. Search for "cultural skills literature." Talk to our cultural directors if you have any questions.

PAST HAPPENINGS AT FAGERNES LODGE



People enjoying the potluck lunch at our Fyrbal on June 21 at the Blair Riverside Park. Left side of table, Eileen Trim, Shirley Stanford, Darlene Walls, Patty



People enjoying the potluck lunch at our Fyrbal on June 21 at the Blair Riverside Park. Left side of table, Mary Jo Fetsch, Sandy Iverson, two Osseo Lodge members on the left side and two on the right side of table, Ron Iverson and Marleen Berg.



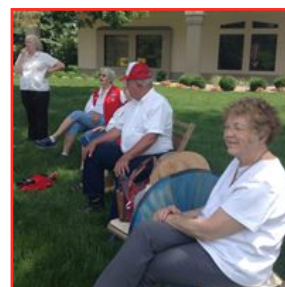
At our Fyrbal on June 21 at the Blair Riverside Park, LaVonne Wier received a recognition award for getting five new members to join our lodge in 2017. Award given by President Todd Fetsch.



Here's the whole band that played for the Sons of Norway Fagernes Lodge Frokost and Bake Sale on Saturday, May 5th at the Ettrick Town Hall: Verle, Russell, Jerry and Wally. What great guys! They went from there to play again at another fundraiser. Mange tusen takk from the Fagernes Lodge!



Todd Fetsch and Mary Jo Fetsch, Charlene Saxe, Marlys Britten, Eileen Trim, Leland Wier, Danniell Toth. Waiting for the Arcadia Broiler Dairy Days Parade on May 27, 2018.



Marlys Britten, Eileen Trim, Mary Jo Fetsch, Byron Britten, Charlene Saxe waiting to board the Sons of Norway Float for the Arcadia Parade.

President's Message

Greetings kjare vennlig Norske people!!

It's hot,hot, hot!!

Now a thunderboomer! Cooling down.

We've had great beginning of summer. The Fyrbal was nice. Only four Lodge members from Osseo showed up. But it still was fun time. The food was awesome as usual. I love those pot lucks!! Well, we challenged Trygvaasen Lodge to a Kubb match. They managed to beat Fagernes Lodge...we must beat them next time. Fun was had by both teams.

Ron and Sandy Iverson, our retiring SON DISTRICT REPRESENTATIVE, even played on our team after delivering a farewell greeting.

LaVonne, Charlotte and Eileen attended our SON District convention in LaCrosse last weekend. I'm sure they will have an interesting report for the Lodge.

Maybe they will have your ordered District Five pins if you ordered one. We survived the Arcadia Broiler-Dairy Days Festival Parade, as well as Taylor Days, – more to come though, if you missed these. Catfish days are coming on July 14.

There is a Lodge fun day on July 11 – A visit to our Lady of Guadalupe. Details perhaps are in this newsletter. Telephone calls were made to members about this. Call your program committee for details if you have questions.

So, here is my project for the summer – a pizza / bread oven for our backyard. To make things even hotter? Photo to the right. It's not quite done yet. It's taking longer than I thought.

So , see you at the next parade or Lodge event.

Hilsen, fra presidentin Todd



Todd's Bread/Pizza Oven

Pssst: Are you keeping your Sons of Norway Membership a secret?

Spread the word about the fun and fellowship we share as Sons of Norway members. The more the merrier! Nonmember friends and family are welcome to attend a lodge meeting, volunteer activity or an event as your guest (even if they aren't ready to sign up yet). Remember, anyone with an interest in Nordic culture and heritage is welcome to join Sons of Norway.

HAPPY BIRTHDAY!

Due to privacy concerns, only the month is listed

July

Bailey Anderson, Mary Jo Fetsch, Todd Fetsch, Tarryn Hanson, Chynelle

Koterwski, Eddie Thompson, Darlene Walls, Jack Wier

August

Marlys Britten, Kaleb Dobson, Olin Fimreite, Ruby Henderson,

Virgieann Stecha, Terry Thompson, LaVonne Wier

September

Cynthia Anderson, Ralph Solberg

District 5 Convention by LaVonne Wier

Fagernes Lodge delegates, Eileen Trim, Marlys Britten and LaVonne Wier attended the District 5 meeting in La Crosse on June 29-30. Charlotte Dahl attended on the first day as a non-delegate.

Several bylaw changes and resolutions were discussed and voted upon. Speakers presented very interesting information. One noteworthy item is that District 5 has scholarships available, and very few applicants. Members are encouraged to look into applying for the various scholarships and grants. What an "endowment" is was clarified. Someone gives a set amount of money to an organization, such as Sons of Norway. Scholarships or grants are issued from the interest accrued in the fund. The principal is never given out. Some people have given endowments to the District in gifts, or in their wills.

A particular item of interest was a recommendation to the International Sons of Norway to reinstate the Golden Membership classification that was discontinued for anyone reaching the requirements after January 1, 2018. This item will be discussed and voted upon at the International meeting in August in Minneapolis. To be a Golden Member and be entitled to reduced membership dues, a person would need to be age 65 and been a member in Sons of Norway for 30 years or more. People who attained that level prior to January 1, 2018 have been "grandfathered" in to continue the reduced rate of dues. There was a very high level of support for reinstating the Golden Membership for anyone reaching that level of age and participation.

Barb Johnson of Polar Star Lodge in District 4, Aurora IL, gave a wonderful presentation of the activities her lodge has worked on and completed for many cultural awards. They have their own Facebook Page, under Sons of Norway Polar Star Lodge 5-472, Aurora IL, where there are lots of pictures of their activities. She highly recommended doing cultural skills projects with several people involved. They acquired their many cultural awards by working together and, more importantly, completing the paperwork together. Mostly due to those fun and interesting activities, the Polar Star Lodge increased their membership by more than 32.8% in one year! She highly recommended having cultural activities at lodge meetings.

There was a banner contest, with 7 lodges participating. They will have a banner contest at the convention in two years. If our lodge is interested in developing a banner, plans and construction could start very soon. Many of the lodges do not have their own building, just like us.

The vendors had wonderful displays and items to sell. The craft show was spectacular, with paintings, hardanger, rosemaling, woodcarving, and other items. Lodge members who would like to showcase their craft at the next District convention may want to start making plans. Our lodge did not have any displays at this convention. People who are familiar with Deb Nelson Gourley of Astri My Astri Publishing may be interested in purchasing her books soon. She will no longer publish her books, and she is selling her current supply at half the regular price. You can check this out at www.astrimyastri.com.

Richard Fairchild, the District 5 Webmaster, gave us an in depth look at the District 5 website. It has loads of wonderful information. All we have to do is look at it and be privy to many good ideas. Included are the names of people who do presentations at the lodge level and their contact information. Our program planning committee is encouraged to visit the site for the plethora of resources available.

Karen Broadhead of Wergeland Lodge was elected as our new Zone 2 Director, replacing Ron Iverson. Tom Boudreau is the other Zone 2 Director, and he covers the northern region of Zone 2. Sherrie Framness is the first alternate Zone 2 Director. LaVonne Wier is the second alternate. It was discussed at our Zone 2 group that more emphasis will be given to having zone meetings to share information and ideas. Tom Boudreau encouraged anyone in Zone 2 to come to the meeting. It is not just for the officers.

The Sons of Norway International Lodge Meeting will be held August 16-18 in Bloomington, Minnesota - right in our own backyard! Anyone can go to the convention. As this meeting usually is a long way from our location, this is a great opportunity to attend without incurring a large expense. If you have somewhere to stay in the Twin Cities, you might consider attending! It will be at the Hyatt Regency Hotel in Bloomington, Minnesota. You can find information about the event at www.sofn.com. There are 16 official delegates from District 5 to this meeting. LaVonne Wier and Sherrie Framness are the delegates from Zone 2, with alternates being Douglas Framness and Karen Broadhead.

The hours and agenda are not posted as of June 30.

Wergeland Lodge still have t-shirts and convention pins available for purchase. If you haven't ordered those items already (LaVonne picked up the orders placed at the Frokost), you can contact Adrian and Ramona Johnson, 4650 Juniper St, La Crosse WI 54601, 608-386-3460, ajrjathome@msn.com. Pins are \$5. Shirts M-L-XL are \$12; sizes 2XL and 3XL are \$15. You can talk to them about picking your order up or paying to have it mailed to you.

Your delegates spent time trimming stamps during the convention, and turned in two pounds to Mary Bennett.

Please remember to leave at least 1/4 inch all around the stamps. We had to throw away a lot of stamps that didn't meet the requirements. We enjoyed meeting people and exchanging ideas. With all business completed, the meeting was adjourned early.

Our Lady of Guadalupe Shrine

On July 11, members of our Fagernes Lodge are taking a trip to Our Lady of Guadalupe Shrine located at 5250 Justin Road, La Crosse. We will meet at Cance Park in Galesville to share rides at 10 a.m.

Here is some information on it from Wikipedia.com: The shrine was an inspiration of Cardinal Raymond Leo Burke, while he was Bishop of La Crosse, who wanted to establish a place of lasting worship for Roman Catholics to go on pilgrimage to in the Diocese of La Crosse.[4] On September 28, 1999 a letter was sent for consideration to the Vatican, and on November 11, 1999 the Holy See gave the project its approval and blessing. 70 acres (280,000 m²) of woodland near the south end of La Crosse were then donated by Robert and Lucille Swing.

Groundbreaking began on June 17, 2001.

The first phase of construction included a Pilgrim Center, which features an orientation room, information desk, the Flores Mariae gift shop, and the Culina Mariana restaurant, and the Mother of Good Counsel Votive Candle Chapel. This phase was completed and dedicated December 12, 2002.

The second phase included an outdoor stations of the cross, a devotional area to St. Joseph the Workman and a rosary walk, in addition to construction on the Shrine Church. Groundbreaking for the church was on May 13, 2004. The Stations of the Cross were dedicated December 9, 2004, followed by the devotional area to St. Joseph the Workman on September 21, 2007 and the rosary walk on December 8, 2007.

Excavation for the third phase, the Memorial to the Unborn, began on October 29, 2007.

On July 31, 2008 the Shrine Church was dedicated. The dedication Mass was also presided over by Burke, who by then had been named Prefect of the Supreme Tribunal of the Apostolic Signatura, having previously served as Archbishop of Saint Louis and before that as Bishop of La Crosse, and who would be named a Cardinal in 2010. Burke was joined by Cardinals Justin Francis Rigali of Philadelphia, who had previously served as Archbishop of Saint Louis before Burke was named as his successor, and Francis Eugene George of Chicago, the closest cardinalatial see to La Crosse. The ceremony included an honor guard made up of members of the local area Knights of Columbus and Knights and Ladies of the Holy Sepulchre. Also in attendance were over 100 priests, and members of the St. Juan Diego Guild and Marian Catechist Apostolate.

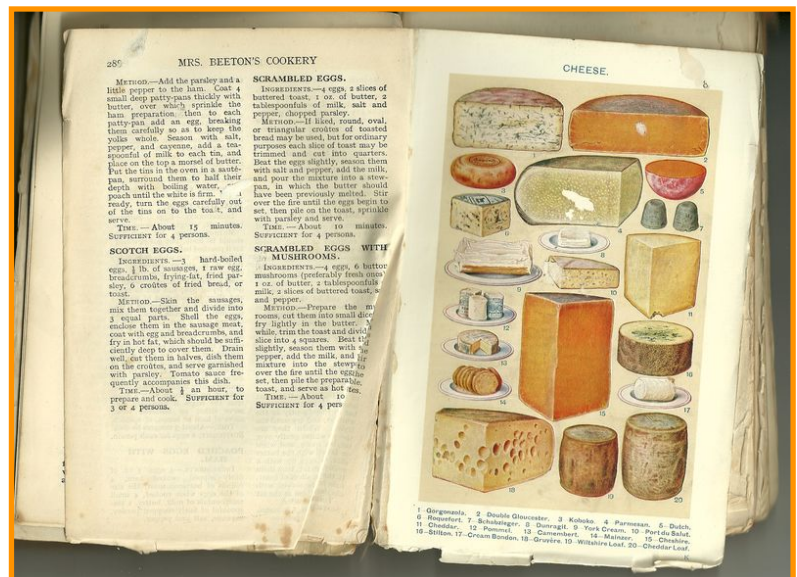
The Memorial to the Unborn was completed on December 12, 2008 and was also dedicated by Archbishop Burke.



Sons of Norway Fagermes Lodge 5-616
Terry Thompson, Editor
W19077 Mason Road
Ettick, WI 54627
twinsprng@wildblue.net
608-865-1220

Call for Recipes

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 jkohlhofer@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.



Member News: From Marlys and Byron Britten: "Our granddaughters are going to camp in a couple weeks. They applied and got scholarships toward their tuition of \$200 each. Thought we would share thinking that others may send children if they know there are scholarships out there to help. They are Izabella and Jozephine Britten.. A/k/a Ella and Jojie." Victor Volkman, 22-year-old grandson of Terry Thompson, graduated UCONN Cum Magna Laude, this spring, with a double major, Math and Economics, and a minor in Philosophy. He has accepted an offer from UCONN to go on to graduate school there on a full fellowship plus \$20,000 a year. News from Sports Director Leland Wier – Bowling for the Foundation scores were tallied after Leland sent them in this spring and the news came back that the top female bowler in all of District Five is Mary Tjerstad. Top male bowler in District Five is Terry Thompson. Ha. Ha. Ha. One should never assume – doesn't make me any less a woman.