



Sons of Norway Fagernes Lodge 5-616

October, November, December 2020



Upcoming Events for our Lodge

As far as I know, there are no upcoming meetings or events scheduled for our lodge at this time due to COVID-19. Therefore, you will find this Newsletter a bit out of the ordinary. I hope it will provide you with entertaining and interesting information nevertheless. In lieu of meetings, several interesting audio/visual presentations can be accessed at sonsofnorway5.com/programs/speakers_bureau.php They can be viewed at your convenience by just clicking on a topic OR they can be watched live every Tuesday 6:20 p.m. (Central) or 7:20 p.m. (Eastern) by computer at gotomeet.me/SofN-D5 By cell phone: 646-749-3112. Access code: 509-077-557

A message from David Crabb, Fraternal Engagement Manager
 Now that fall is here and most lodges would normally be starting to resume activities after the summer break, it is important that lodges be able to operate in some fashion during the pandemic. Given the absence of clear existing policies that allow alternate methods of meeting and conducting lodge business, a referendum, in addition to new policies created by the Corporate Matters and Governance Committee, rounds out a package of tools that the International Board has adopted. These policies will allow lodges to operate and conduct business during the current pandemic and any future unusual circumstances in which they are unable to meet in person. My note: I'm sure we will be hearing more about this in the future.



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



Throwback Photo from December 2012

A photo of Fagernes Lodge's Christmas meeting in 2012 showcases a flourishing lodge. It's sometimes fun to look back at where we have been. The two children in the photo are my grandchildren Jescey and Jacob Thompson. You should see them now! Jescey is a high school sophomore and Jacob is a high school senior. Some of these members are no longer with us and the rest of the members have all changed at least some.

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!

Sons of Norway is proud to present the 2020 Christmas ornament shown above. This beautiful, hand-painted polyresin ornament features a Telemark-inspired floral rosemaling design in bold, festive colors with a gold satin ribbon. It measures 3" in diameter and comes in a decorative, gold-stamped gift box with satin lining and an informative insert. Ornament is \$22 (limit 10). The original design was painted by Judy Ritger of River, Wisconsin. To order phone (612) 386-2619 or email info@phusionprint.com. Note: YOUR CREDIT CARD WILL REFLECT PHUSION LLC - NOT SONS OF NORWAY ****

a little in English...

Slik trener jeg for å holde hjernen i form

Hjernen er et av organene som får aller mest ut av trening, forteller forskerne oss. Men hvordan trener lege, hjerneforsker og forfatter Kaja Nordengen selv for å holde hjernen sunn og rask?

– Mitt mantra er det ikke spiller så stor rolle hva slags utfordringer du finner for hjernen din, så lenge du utfordrer den, sier hun til forskning.no.

Kajas hjernetreningsprogram

1. Puss tennene eller barber deg med «feil hånd».

Finmotorikken din kan trenes opp i din ikke-dominante hånd, og du kan lære deg til å bruke begge hender når du skal løse en oppgave.

2. Finn frem brettet og spill et parti sjakk.

Sjakk trener deg både i konsentrasjon, problemløsning, mønstergjenkjennelse og strategisk planlegging.

3. Gå av bussen et stopp før eller etter din holdeplass.

Ved å bryte ut av mønsteret og lære deg nye ruter og steder du kan legge til ditt mentale kart, trener du orienteringsevnen din.

4. Gå av og på sykkelen fra «feil» side.

Hvis du bryter med rutinen, utfordrer du hjernen og styrker nervecellekontakter du sjelden bruker.

5. Gjør nye arbeidsoppgaver i hjemmet eller bytt med partneren din.

Bytt om på oppgaver slik at den som for eksempel skifter dekk heller må lære seg å bruke symaskinen, og motsatt. Bor du alene, skift dekk selv, sy i den knappen du vet mangler eller følg en komplisert oppskrift når du lager middag. Det er slik vi får dannet nye nervecellekontakter.

6. Bruk datamusen med «feil» hånd i en dag.

Hjernen har godt av å bli brukt litt utenfor de faste rutinene. Når du trener opp motorikken i motsatt hånd, trener du hjernen og danner nye nervecelle- kontakter og helt nye nervecellebaner.

7. Lær fem nye ord på et språk du ikke kan.

Å lære nye ord setter i gang de samme belønningssystemene som aktiveres av god mat. Hele hjernen samarbeider alltid, men for språkfunksjonen vår er det først og fremst hjernebarken som er viktig.

litt på norsk...

How I Exercise to Keep My Brain in Shape

The brain is one of the organs that gets the most out of exercise, researchers tell us. But how does doctor, brain researcher and author Kaja Nordengen exercise her brain to keep it healthy and fast?

“My mantra is that it does not so much matter what kind of challenges you find for your brain, as long as you challenge it,” she tells forskning.no.

Kaja's brain exercise program:

1. Brush your teeth or shave with the "wrong hand."

Your fine motor skills can be trained in your non-dominant hand, and you can learn to use both hands when solving a task.

2. Find the board and play a game of chess.

Chess trains you in concentration, problem solving, pattern recognition and strategic planning.

3. Get off the bus one stop before or after your stop.

By breaking out of your usual pattern and learning new routes and places, you add to your mental map, and train your navigational skills.

4. Get on and off the bike from the "wrong" side.

If you stray from your routine, you challenge your brain, strengthening nerve cell contacts that you rarely use.

5. Do new chores at home or swap chores with your partner.

Switch tasks so that the person who, for example, changes spare tires learns to use the sewing machine, and vice versa. If you live alone, change tires yourself, sew on a button you know is missing or follow a complicated recipe when making dinner. This is how we form new nerve cell contacts.

6. Use the computer mouse with the "wrong" hand for a day.

The brain benefits from being used a little outside of regular routines. When you train your motor skills on the opposite hand, you train your brain and form new nerve cell contacts and completely new nerve cell pathways.

7. Learn five new words in a language you do not know.

Learning new words sets in motion the same reward systems that are activated by good food. The whole brain always cooperates, but for our language function it is first and foremost the cerebral cortex that is important.

District Five - Top Nordic-American Photographers

In the 2020 District 5 Scandinavian Photo Contest, 331 photos were submitted. The top ten photographs and top troll picture were picked by voters throughout Wisconsin, Illinois, Indiana, Michigan, Ohio and Tennessee and awarded People's Choice Awards winner. The top 56 photos will all be in a playing card deck from Sons of Norway District 5.

Tie for first place in the People's Choice balloting were Diane Piper from Solvang lodge (Westby WI) and Ken Johnson from Polar Star lodge (Montgomery IL):



As an educational aid, each of the playing cards are titled to help you learn more about interesting Nordic scenes. Soon, there will be a downloadable PDF on the sonsofnorway5.com website, so you can learn even more about each of the cards.

You can view all 331 photos entered in the contest here:
<http://www.sonsofnorway5.com/galleries/details/27-District-5-Scandinavian-Photo-Contest>

You can order the Scandinavian Photo Contest playing cards here:
http://www.sonsofnorway5.com/financial/district_5_merchandise.php **OR** see the order form on page 4.



Deal yourself a great hand with the District 5 Scandinavian Photo Contest playing cards. Enjoy the best, beautiful Scandinavian scenes from our 2020 contest, submitted by Sons of Norway members from 25 lodges in District 5. The cards will be available on or before October 1 and will ship to your home. What a great Christmas stocking stuffer for your friends, relatives and lovers of all things Scandinavian! Proceeds will support District 5 Nordic Legacy Foundation projects including Masse Moro Norwegian cultural youth camp.

ORDER FORM (WITH SHIPPING) - SCANDINAVIAN PHOTO CONTEST

- | | | | |
|--------------------------------|--------------------|----------------------|-------------------|
| ___ \$14 (1 deck) | ___ \$46 (4 decks) | ___ \$100 (10 decks) | D5 ordered |
| 1,000 decks | | | |
| ___ \$25 (2 decks) | ___ \$56 (5 decks) | ___ \$250 (30 decks) | (when they |
| are gone, they're gone) | | | |
| ___ \$36 (3 decks) | ___ \$75 (7 decks) | | |

Want more than 10 decks, one ship-to? Order at \$10/deck.

Make checks out to "**D5 Nordic Legacy Foundation**"
Checks will not be cashed until orders ship to you.

Name: _____

Address: _____

City/St/Zip: _____

Email: _____

Phone: _____ Lodge: _____

Send your order to: Mike Palecek, SofN D5 treasurer, 5747 Sandy Lane, Racine WI 53406
Questions: email: mikep@sonsofnorwayracine.com

The Origins of Norway's Most Iconic Sweater

It's no wonder Norwegians are known for their sweaters, considering Norway's long, dark winters, culture of outdoorsiness and reputation for quality craftsmanship. Though Nordic sweaters come in many styles and colors, one stands out from the crowd as the most iconic and enduring of all: the Marius sweater.

The classic red, white and navy blue pattern of the Marius sweater echoes the colors of the Norwegian flag, but its ties to Norway run even deeper. The design was adapted from a traditional Norwegian pattern and began its rise to international fame in 1953, when lifelong knitter Unn Søiland Dale created Lillun Sports A/S.

Previously, Dale had been employed as a model and often worked on knitting projects for her friends while waiting on set for photo shoots. As her reputation grew, she received more orders, and before long she left modeling behind to go into business selling knitwear. She also began selling her tradition-inspired patterns to Sandnes Uldvarfabrik, and many of those patterns—most notably Marius—went on to become timeless classics in Norway and around the world.



Photo credit: Unn Søiland Dale

Norway's Most Iconic Sweater

Sunshine News

Cindi Anderson fell in June. They thought she had broke her arm. In September they realized she broke her shoulder, also. She had a surgery on the shoulder. **Byron Britten** had cataract surgery September 22 and is doing very well, Marlys said. Much better than his first eye 3 1/2 yrs ago that he is still struggling with. **Karmon Everson**, not a Fagernes Lodge member but sister to Leland Wier and Terry Thompson, is on hospice. She has liver failure.

HAPPY BIRTHDAY!

Due to privacy concerns,
only the month is listed

October

Tami Bagstad

November

Byron Britten, Roger
Instenes, Nora Iverson

December

Verle Austad, Josephine
Britten, Rylie Dobson, Cody
Dooley, Isla Fetsch, Michael
Fuller, Mary Herness,
Lamoine Jacobs

A Letter From Foundation Chair Leslee Lane Hoyum

(A Good Read)

YOUR HUMANITARIAN FUND EXPANDS ITS COMPASSION

In this difficult time of COVID-19, it is easy to understand why our founding members banded together to provide financial support to one another and their families should trouble befall them. Now, 125 years later, Sons of Norway not only has wonderful financial products to help you, but also has a very compassionate Foundation.

The Sons of Norway Foundation Board of Governors (BOG) felt the Foundation could offer even greater care through the Humanitarian Fund—and now it has. The Helping Hands for Members section now has a revised Disaster Relief Assistance grant and a new Medical Relief Assistance grant.

The changes were prompted in response to members who suffered unusual property loss not covered under previous Foundation Humanitarian Fund guidelines, and those who had incurred expenses for extreme medical illness or injury that went unreimbursed. The BOG determined that the Humanitarian Fund needed to be amended to fulfill the original humanitarian intent of Sons of Norway's founding members. In April 2020, the BOG voted to amend the fund guidelines to expand the scope of the expenses it covers.

Sons of Norway members now have increased access to financial assistance through grants for land and property damage caused by natural disasters: No longer must the president have issued a formal declaration of a natural disaster, nor is FEMA registration required. Furthermore, applicants may be eligible for up to \$5,000 in aid, rather than the previous limit of \$1,000. Relief provided by the Foundation is for expenses not fully reimbursed by insurance or other sources, such as personal fundraising events, government assistance or other charitable organizations. Applicants must demonstrate that they have sustained damage to their land or to structures permanently affixed to their land.

The BOG also voted to create a new Medical Relief Assistance Fund. It will reimburse out-of-pocket medical expenses for up to \$5,000 for members who have experienced severe financial hardship from extreme illness or personal injury. The Foundation may provide aid for expenses not fully reimbursed by insurance or other sources, such as those outlined above in the Disaster Relief Assistance information.

Only Sons of Norway members or their legal designees are eligible to apply. Applicants must have been Sons of Norway members for at least one year prior to application and must apply within 24 months of the property disaster or onset of the extreme illness or personal injury. The chair of the Foundation Board, in cooperation with the executive committee, annually appoints committees to review grant applications. The committees have the authority to request additional information from applicants if necessary. The committees make their recommendations to the BOG for a final decision. If the BOG denies any aid request, the applicant will be notified in writing.

To find out more about the revised and new grants under the Humanitarian Fund, go to sofn.com/foundation/grants or call 612-827-3611 or 800-945-8851. Applications are expected to be available Sept. 1, 2020.

President's Message

Ord fra din Fagernes Losje Presidentin.

Such a summer. I hope all is well with you and your family and critters. We are well. Fall colors are starting. I found a beautiful photo of colors in Nova Scotia. So vivid there and so many wonderful colors.

Our colors don't seem to match the North East colors. So take a trip and see them! We have friends in Vermont where we visit periodically, to see them and the leaves. And maybe get some Vermont Maple Syrup. My Red Ash tree is just starting to change.

My son Peter and I spent 4 days in the Boundary Waters Canoe Area of Northern Minnesota.

It has been mentioned to support the Sons of Norway Foundation with a donation since it is a worthy cause and October is Sons of Norway Foundation month. The Foundation supports SON activities and scholarships. It is a worthy cause. I'm suggesting that our lodge make a donation and its amount will be determined by the Executive officers with reference to past donations. That amount I do not have at the tip of my fingers. Our Treasurer has a number in mind. Perhaps it may appear in this Newsletter.

As far as other news of the lodge, it may appear in this Newsletter. It's tough keeping in touch when we are experiencing this pandemic. We hope it will be over...sometime. As of now, no meetings. I'm not sure if we will have our Christmas meeting. Poor Jule Nisse! Confusing times!

We plan on having our Barneløpet on the Saturday of the 6th of February...I hope. More information will follow in December and January.

I see other Lodges are having 'virtual' meetings using phones and computers. A bit complicated and we would all have to have compatible phones and computers. Who wants to tackle that one! I'm not that savvy with my electronic gadgets. However maybe one of you might step up to the challenge to bring us together...at least virtually.

So there you are. Have a safe and wonderful Fall. Attend the SBC Lutefisk dinner at the end of the month. It's an order beforehand event. I'm not sure if Blair churches or Bruce Valley church are having their Lutefisk dinners. Keep your eyes peeled to the newspapers etc.

Cheers! **Fra Presidentin, Todd Fetsch**

Update on Adopt-a-School by coordinator LaVonne Wier

The Arcadia Elementary School was our choice for the Adopt-A-School Reading Program this year. I presented the program to the elementary students and left the books with Cathy Wozney, the school librarian, near the end of February 2020. There was a lot of enthusiasm from the students to participate. This happened only a few weeks before the Coronavirus caused the closing of schools. The books are still at the school. With the extra challenges at the school this year, Cathy and I decided to suspend the program. As soon as I get the notification, she will retrieve the books. If there were any book reports completed before school closed last spring, the awards will be brought to the school for Cathy to present to those students. Hopefully, we can look forward to a continuation of our program in a future school year.



Sons of Norway Fagermes Lodge 5-616
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The Viking for Kids digital publication came out in August. It is published quarterly. It includes Scandanavian-inspired articles, quizzes, coloring pages and more! It is available for download. Visit sofn.com/VikingforKids.

LaVonne Wier visited Shirley Stanford, Fagermes member, (pictured here) in West Salem for the purpose of getting her computer to where it could be fixed. She found Shirley well and happy for the assist with her computer. Shirley used to live in the Blair area but moved to West Salem to be closer to relatives. We've missed her at our meetings.