



Sons of Norway Fagernes Lodge 5-616



June, July, August 2019



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

Upcoming Events for our Lodge

June 27, 6:00: Fyrbal at Pigeon Falls dam. Osseo Lodge hosts and provides food. Play Kubb

July 27, 2019, time TBD Trip to Veterans Park in Neillsville

Aug. 17, 2019, noon Potluck picnic in the Blair park, play Kubb

Sept. 21, 2019, 1:00, Meeting with Lannie Howe talking on his Iraq Service. Silent Auction. Servers: LaVonne Wier, Verle Austad, Darlene Walls



Our trip to the Veterans Memorial Park in Neillsville Wisconsin

Our lodge will be traveling to Neillsville, Wisconsin on July 27. Our tentative plan is: Meet at the parking lot at the Blair Zion Lutheran Church at 9 a.m. Consolidate rides. Head to Niellsville. Do the Highground. Eat lunch at Hardies in Niellsville. Perhaps return to the Highground. Return about 4:00.

The Highground was started by Tom Miller, a Vietnam Veteran. While the park opened in 1988, its journey began in 1964. Miller was profoundly impacted when his friend, Jack Swender, died in his arms on a battleground in Vietnam. The Highground has evolved to be a memorial park that pays tribute to the dead, and honors the survivors, their service, and their sacrifices. It also pays tribute to the people who supported them when they were away and upon their return. Today, The Highground has tributes to Vietnam Veterans, Women Veterans, (continued on page six)

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!

Our Float will be in three more 2019 parades

July 14 – Trempealeau Catfish Days

August 25 – Etrick Fun Days

September 15 – Blair Cheese Festival

a little in English...

Crosswords, Knitting and Gardening Lower Risk of Alzheimer's

Physical activity can prevent dementia in the elderly. But activities that stimulate the brain, such as reading, going to a concert or weeding the garden, also lower the risk of physical activity.

This was shown by a University of Gothenburg study, which was recently published in the journal Neurology. Researchers monitored 800 women over 44 years. When the study started in 1968, they were 47 years old, on average. When the study was completed in 2012, they were an average of 91 years.

The researchers regularly asked the women which physical and mental activities they were doing, which can stimulate the brain.

Physically active people halved their risk

During the 44 years of study, 194 women developed dementia— almost one in four.

It turned out that the most physically active women halved their risk of developing dementia due to vascular diseases in the brain, compared to the physically completely passive.

In addition, women over the years were asked about cultural activities. The women who were most culturally active were also protected against dementia, especially Alzheimer's.

Culture also protected the physically passive

Women who were artistically, intellectually or manually active had a 46 percent lower risk of developing Alzheimer's disease than cultural slackers.

Ergo, reading, singing in choirs, knitting, solving crosswords or weeding your garden can protect almost as much against dementia as strenuous physical activity.

These culturally active ladies also had a 34 percent lower risk of developing other forms of dementia.

litt på norsk...

Kryssord, strikking og hagearbeid senker risikoen for Alzheimers

Fysisk aktivitet kan forebygge demens hos eldre. Men også aktiviteter som stimulerer hjernen, som å lese, gå på konsert eller å luke i hagen, senker risikoen uavhengig av fysisk aktivitet.

Det viser en studie ved Göteborgs universitet, som nylig ble publisert i tidsskriftet Neurology.

Forskerne har fulgt 800 kvinner gjennom 44 år. Da studien startet i 1968, var de i snitt 47 år. Da studien ble avsluttet i 2012, var de i snitt 91 år.

Forskerne har jevnlig stilt kvinnene spørsmål om hvilke fysiske og mentale aktiviteter de drev med, som kan stimulere hjernen.

Fysisk aktive halverte risikoen

I løpet av de 44 årene studien varte, utviklet 194 kvinner demens, altså nesten en av fire.

Det viste seg at de mest fysisk aktive kvinnene halverte risikoen for å utvikle demens som skyldes kar-sykdommer i hjernen, sammenlignet med fysisk helt passive.

I tillegg var kvinnene gjennom årenes løp blitt spurt om kulturelle aktiviteter. De kvinnene som var mest kulturelt aktive, var også beskyttet mot demens, særlig Alzheimers.

Kultur beskyttet også fysisk passive

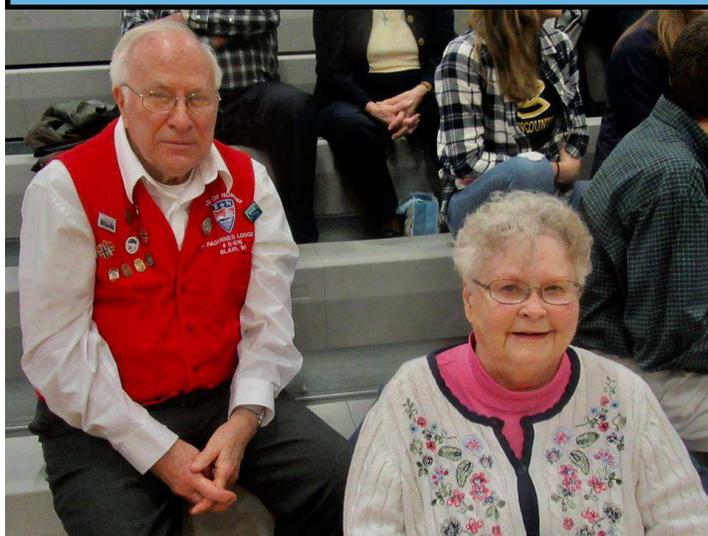
Kvinner som var kunstnerisk, intellektuelt eller manuelt aktive hadde hele 46 prosent lavere risiko for å utvikle Alzheimers sykdom enn kulturelle latsabber.

Ergo kan det å lese, syng i kor, strikke, løse kryssord eller luke i hagen beskytte nesten like mye mot demens som å være i høy fysisk aktivitet.

Disse kulturelt aktive damene fikk også 34 prosent lavere risiko for å utvikle andre former for demens.

Sunshine News: Verle Austad is having heart surgery in July. How about sending him a card at 327 Greenbriar Lane, Apt. 2, Blair, WI 54616-8894

Focus on a Fagernes Member – Lynn Thompson



Eddie and Lynn Thompson

Lynn Thompson was born in Chicago, IL on June 27, 1934 to Harry and Vivian (Peterson) Juul. She had one sister. Her father managed a nursing home. When he passed away his wishes were honored that he be buried by a tree outside the nursing home and that his funeral be held at the home. Her mother was not just a stay-at-home mom, but worked away from home, not at the nursing home, however.

Lynn married shortly after high school and bore four sons, Glen, Ray, Craig and Bill Hughes. The family farmed in Washington Coulee. They attended North Beaver Creek Church where Lynn met Eddie Thompson. They both sang in the church choir and were later married on July 2, 1977. They sang in the Blair Norwegian Singers group.

Together they joined the Sons of Norway Fossen Lodge 534 in Black River Falls in 1983. They later became charter members of the Blair Sons of Norway Fagernes Lodge 5-616. Lynn was treasurer of the Blair Lodge for many years and Eddie has served as President and Vice-President for many years as well. They were very active participating in a great many events with the group. They are Golden Members of the Sons of Norway now, which means members must be at least 65 years old and in good standing for 30 years or more. They have been members for 36 years.

After her marriage to Eddie, Lynn worked a variety of jobs including Secretary of the North Beaver Creek Lutheran Church, also being active in its women's group. At various times, she worked at Adele's Jewelry Story in Blair, for Blair Veterinary with Dr. Koxlien and at the Blair A to Z Store. She also drove the Grandview Care Center van taking patients to doctor appointments.

In 2005, a stroke changed Lynn's life dramatically. She was in the hospital for a time and then went home and was assisted and cared for by Eddie for 10.5 years. Eddie had hip surgery in 2016 at which time Lynn went to reside at Grandview Care Center. After surgery, Eddie joined her at the home for rehabilitation lasting three weeks before he returned home. Lynn has resided at the home since then, likes it there and enjoys their programs. Eddie visits daily along with their beloved 13-year-old dog, Lilly. Presently Lynn is grandmother to five and great grandmother to 10.

PAST HAPPENINGS AT FAGERNES LODGE



Dedicated, hard-working members like Virginia Ronning, Todd Fetsch and Charlene Saxe made for a successful Frokost and Bake Sale at the Ettrick Town Hall on Saturday, May 11, 2019.



Our float was somewhat sparsely populated for the Arcadia Broiler Dairy Festival parade in May, but that sure didn't detract from a super nice looking float and a beautiful day.



It was a privilege to present 3rd and 4th grade students from Blair-Taylor their reading awards today. We brought books to school under our Adopt-A-School program. They were challenged to read and do book reports on the books. The children indicated that they really enjoyed the books. Two children did more than the 5 books = \$15.00 award. (2 actually did 7!). Total awards given out \$83.00. Congratulations to these super kids!



The Blair Norwegian Singers at Our Saviors Lutheran Church in Whitehall for Syttende Mai fundraiser for the Whitehall welcome sign. From the left, Frank Hughes on the keyboard, Christine Geise, Marlys Britten, Helen Amundson, Charlotte Dahl, Leland Wier, Charlene Saxe, Eddie Thompson, Serene Dahl, Paul Syverson, Terry Thompson and Cindi Anderson.



Four Hardanger fiddles made by Verle Austad that were on display during the Stoughton Norwegian Dancers performance at Blair-Taylor Middle/High.



Cindi Anderson wore her beautiful bunad. Look at all that wonderful Hardanger embroidery! In the background is our member, Eileen Trim and Arlene Severson, at Blair-Taylor Middle/High for Stoughton Dancers.

Enjoy this flavorful and easy to prepare treat. Recipe submitted by Christopher Mohs, Vikingland Lodge 1-495, Detroit Lakes, MN

Ingredients

1 cup whole wheat flour 1/3 cup flax seeds
2/3 cup rolled oats
1/3 cup sunflower seeds 2/3 cup hazelnuts (ground) 1 1/2 tsp salt
1 cup water

Directions

Preheat oven to 350 degrees F. Mix all dry ingredients together in a bowl. Then add water, 1/3 cup at a time, and mix in until you get a consistency of moist gravel (it should clump together when pressed into a ball, but not be too soggy). You may not use all of the water. Next, on a parchment lined baking sheet or tray (about 9 x 13 in size) dump out the mixture and press into one even layer with a spatula. Using a pizza cutter, score your Knekkebrød into rectangular pieces and bake for 60 minutes.

Remove and allow to cool down slightly. Break apart bread into your pre-scored rectangles and enjoy with your favorite jam.

Find more of Christopher's recipes on his blog at <https://www.pumpnickelandrye.com/>



Norwegian Knekkebrød
(Norwegian Thin Bread)

Calling All Cooks



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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

July

Bailey Anderson, Mary Jo Fetsch, Todd Fetsch, Alexis

Jacobs, Shauna Jacobs, Eddie Thompson, Jack Wier

August

Marlys Britten, Kaleb Dobson, Olin Fimreite, Ruby Henderson, Mary Anna-Mete Iverson, Anja Kettinger,

Virgeann Stecha, Terry Thompson, LaVonne Wier

September

Cynthia Anderson, Marleen Berg, Christopher Hamilton, Vivian Rivero

Veterans Memorial Park Trip story (continued)

the Native American Vietnam Veterans, WWI Veterans, WWII Veterans, Korean Veterans, and families that supported and lost loved ones through the Gold Star Tribute and Fountain of Tears.

In addition, the Highground has a Dove Effigy Mound, A United In Service Tribute, a Meditation Garden, a developmental forest with 4 miles of hiking trails, a museum, and a Learning Center. Also, now added is a camp just 20 minutes north of The Highground, which will be used to host Veteran Retreats and other Highground events.

The Highground will continue to pursue its mission of healing and education through added tours, Educational Days, and various expos.

The Highground, once a field with a beautiful view, has grown into a wonderful park encompassing that view, adding to its spirit.

President's Message

Ord fra din Fagernes Losje Presidentin,

Its finally summer...which we will celebrate the summer solstice this Thursday, June 27, with our Osseo Tryggvason Lodge friends in Pigeon Falls at the usual dam site at 6P p.m. I hope the weather is nice.

Lots has happened in our lodge since April. We are active! We sponsored the Stoughton Norwegian Dancers in the Blair High School, We had our Frokost, we participated in the Taste of Arcadia, Rode our float in the Arcadia Broiler- Dairy Days parade, had a young exchange student from Belgium who attended G-E-T High School speak to us and we 'ate a little lunch'! Great moments!

We wish to keep that up. I have certificates of our activities to give out when we have our regular meetings again or at an impromptu picnic gathering. Will see. There are prizes to give out as well.

Let's keep up the good work. We will see you at these activities which will be spelled out for you in this newsletter.

I hope your gardens are looking well. My peonies are doing well, especially my yellow one. Just Beautiful! My corn didn't come up well at all; I had to replant a couple of times. Maybe I will have corn in September!!

Presidentin Todd

A Slightly Different Town



On the Svalbard Islands of Norway lies the northernmost town in the world. Longyearbyen is a former coal mining town, but has since transformed into a cultural and commercial center. What makes Longyearbyen so unique isn't just its location, but the few strange laws that the residents must abide by. The most bizarre law might be that it's illegal for the dead to be buried in Longyearbyen due to the sub-zero temperatures. If a death does occur, the body is taken to the mainland. A woman also cannot give birth in the town; an expectant mother must go to the mainland to deliver her child. Cats are banned from the city in order to protect Arctic birds. Residents are required to carry a firearm when traveling outside of the settlement, but it is illegal to have a loaded firearm within the town. It is also customary to remove one's shoes when entering an establishment, even in the museum and church. These are only a few of the quirky facts about Longyearbyen. To learn more, visit <https://en.visitsvalbard.com/visitor-information/destinations/longyearbyen>

News from our Adopt-a-School Coordinator

Now that school is out, the library of books for our reading program are available! LaVonne Wier has them at her house. If you would like to borrow from the library, give her a call at 608-539-3243. With this great collection of reading material, anyone can take advantage of the library to read some great books.

Also, with a little bit of work, you can earn a cultural award in reading from Sons of Norway. A listing of all the books was sent in an e-mail several months back to members with internet. If you don't have the listing, she can get one for you.



Sons of Norway Fagernes Lodge 5-616
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We are looking good on our full-to-overflowing Sons of Norway Fagernes Lodge 5-616 float in the Etrrick Fun Days Parade in August of 2018. President Todd Fetsch's ideas to improve our float were put to use with member Charlene Saxe's artistic skills to yield a great-looking float. Thanks Todd and Charlene.



