



Sons of Norway Fagernes Lodge 5-616

Jan. Feb. Mar. 2024 Newsletter



Upcoming Events

Jan. 27 12:00 noon,
Rowekamp kids on Masse
Moro; **Potluck** at noon

Feb. 10, 1:00, Barnelopet in
Arcadia Memorial Park
Feb. 16, 4:00, Wii Bowling at
Bob + Marie Thill's; **Potluck.**
\$5 per person,

Feb. 24, 1:00, Lois Hoff and
Edith Kling, Rosemaling
Program. Servers: Roger and
Fran Instenes.

March 23, 1:00, Glenn
Borreson, Farming Like A
Viking Program. Servers:
Rowekamps.

The Stamps for the Wounded can
use our cancelled stamps. Trim
them to a 1/4 inch border. Give to
LaVonne at one of our meetings.

Bring your used printer cartridges
to meetings and give to LaVonne.
She can turn in 10 per month at
Office Depot and get a \$2.00 each
credit to defray the cost of ink and
paper for publishing our
newsletters and brochures.



Photo Left: Nancy Anderegg,
Marlys Britten and Fran Instenes
ready the kitchen for our Juletre fest
celebration on December 3. **Photo
below right:** From left: Todd Fetsch,
Keith Witte, Kathy Ekern, Byron
Britten, Keith Ekern, Leland Wier
and Roger Instenes take a keen
interest in our Juletre fest activities.



Photo left: In Nov. distributed
area posters "Call All Children"
and parents to receive a free
meal and gifts for the kids
(member donated) at our
Juletre fest. The Julenisse
arrives and dances with the
kids around the Juletre before
gift opening. Poster and more
pictures on page 7.

HAPPY BIRTHDAY! Due
to privacy concerns, only the
month is listed

January Jillian Bagstad,
Donald Ronning, Danniell Toth

February Lance Bagstad,
Charlotte Dahl, Hannah
Fredrickson, Sierra Instenes,
Isla Kettinger, Lora Lebakken,
Jacob Thompson

March Zacharie Dobson,
Valerie Dyb, Gage Instenes,
Vanya Rivero, Charlene Saxe,
Shirley Stanford, Dawn
Volkman

President's Message

Greetings from our Lodge President,

Winter has not officially come yet except for the calendar date. That's usually when we go to our daughter and family in Florida.

We had a good turnout, good food, gifts and music at our Juletfest. The Julenisse visited and danced around the Juletre with the kids and Fran. We are at another year's end and looking forward to 2024.

Coming up is the Barnelopet in Arcadia, (hoping for snow), installation of officers, Wii bowling, and new programs. Also looking forward to our Frokost, bake sales, Fyrbal, parades and more.

I Hope everyone had a great, Merry Christmas and I'm wishing all a Happy New Year.

Your president, Roger Instenes

Another Great Recipe:

Hearty Hunters Stew

Ingredients

8- 10 Potatoes, peeled
2 Parsnips, peeled
2 Carrots, peeled
3 Yellow Onions, peeled
3 Cloves of Garlic
1/3 pound of Mushrooms, Shiitake or other
10-12 slices of Beef or Venison
1 ¼ cup Dark Beer
1 Cup of beef stock or cube beef stock
9 Juniper Berries

Butter and Oil, Corn Starch for thickening, Water. Garnish with 2 Tbsps of chopped parsley and 2 Tbsps thyme leaves.



Directions

Step 1 Season the meat with Salt and Pepper, braise the meat in butter and oil and set aside

Step 2 Slice the potatoes, parsnips, carrots, onions and garlic. Brown the vegetables together with the mushrooms in the same pan where you braised the meat. Cook for about 5-7 minutes.

Step 3 Return the meat to the pan. Add the beer to deglaze the pan and add enough water to cover the vegetables and meat.

Step 4 Add the stock, if you are using a cube of stock make sure that it completely dissolves, simmer for about one hour or until the meat is quite tender.

Step 5 To thicken the stew mix 1-2 tablespoons of corn starch with an equal amount of water. Add the water and corn starch mixture to the stew and stir as you pour it in so that lumps do not form in your stew.

Step 6 Garnish your stew just before serving with the Parsley and Thyme.

News from Fagernes Secretary LaVonne Wier, Coming up on February 22, 2024 is the Hayward Barnebirke. LaVonne plans to go work the event with others from District 5. She will transport cookie donations to the event on February 21. Cookies can be homemade or store bought. Please do not make cookies with nuts in them. If you can donate cookies, let LaVonne know at 608-539-3243 or 2nor1rus@gmail.com. She will need them by February 20. We give out THOUSANDS of cookies to the little skiers, so we need as many cookies from each lodge as we can get. Money donations are also welcome so the committee can purchase cookies. More news page 5.



Photo from the Barnebirke website of kids participating in the Barnebirke in Hayward.



Sons of Norway Pins, shown above, help members mark and commemorate important achievements and milestones of lodge life.

If you've done it, we likely have a pin for it!

Ordering pins from the online store is easy, just go to the website:
www.sofnlodge.logoshop.com

From there, you'll see the pins available for purchase. Happy shopping!



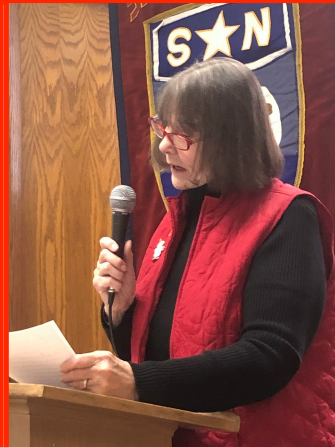
Top 2 photos: Tom Boudreau and LaVonne Wier, the Zone 2 Directors, held a training session at the Blair Lutheran Church on October 7, 2023. There, Kielyn and Weston Rowekamp presented about Masse Moro and how much fun it is to learn various things about the Scandinavian heritage and culture.



Next 4 photos: At our Oct. + Nov. meetings, members presented facts and interesting stories about their ancestors. Pictured are Terry Thompson and Leland Wier, Kielyn Rowekamp, Roger Instenes and Kathryn Mann.



Roger Instenes



Kathryn Mann



At our Oct. meeting, Byron Britten gives us our Norwegian lesson while President Roger Instenes studies the sheet.

October, November 2023 Fagernes Lodge Activities

Events of Possible Interest

January 20, 2024 @ 6:00 pm - 8:30 pm CDT Bingo Sons of Norway Mandt Lodge- 5-314 317 South Page Street, Stoughton, WI. The public is always welcome at Mandt Lodge! Bingo is held the third Saturday of the month except for December. The lodge is located at 317 South Page Street in Stoughton. There will be food available after 5 PM and bingo begins at 6 PM. Our 2023 dates for the first three months are: January 21, February 18, March 18.

February 3, 2024 @ 2:00 pm - 4:00 pm CST Come join the Lanesboro Son's of Norway Heimbygda Lodge for an afternoon viewing of a **Norwegian movie**. Free and open to the public. Treats and coffee provided. Located at 200 Parkway Ave. S., Lanesboro, MN, 55949.

We are Growing! Welcome to all the new members since 2020!

Nancy Anderegg, joined 11-02-2023; Hannah, Ryan and Sophia Fredrickson, joined 04-14-2023; Betty Glomstad, joined 02-25-2020; Janice Hartung, joined 10-21-2021; Lora Lebakken, joined 11-28-2021; Kathryn Mann, joined 01/16/2023; Rodney Moen, joined 07-26-2022; Emilee Papenfuss, joined 10-10-2022; Kielyn and Weston Rowekamp, joined 03-21-2021 and Jescey Thompson, joined 05-28-2021.

More News from Fagernes Secretary LaVonne Wier, "Do you have a relative/neighbor/friend you would like to have as a member of our lodge? Are they always 'on the fence' about joining? How about giving a year membership to that person(s) for a birthday or other occasion gift! That's how one of our newest members recently joined Sons of Norway...her sister bought her a year's membership. Want to know how to do that gift? Ask me and I will help you do it."

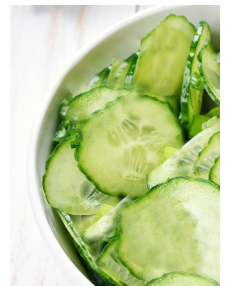
Aiso, "Bring your trimmed cancelled stamps to the January meeting. I plan to send a package of the collected stamps to the organization we chose, very soon."

Meatball Snacks (Kjøttkakepinnemat)

Make bite-size Norwegian Meatballs. Attach to a toothpick. Add a small piece of marinated, drained well, cucumber or small piece of Boston lettuce (for marinade see Cucumber Salad). Place into desired vegetable.

Cucumber Salad (Agurksalat)

Ingredients: One cucumber, 2/3 cup white vinegar
2/3 cup water, 3 1/2 Tbsp. sugar
1/4 tsp. Salt, dash of white pepper
Fresh, finely chopped parsley



a little in English...

Many people are familiar with the history of the Norwegian resistance movement during World War 2, but less widely known is it that the Norwegian-American community also reacted when German forces invaded Norway on April 9th 1940. The following is an excerpt of an article published in May of 1940 in Sons of Norway's member magazine that shows how the organization and many others came together to support the Norwegian people.

Joining Forces for Norway's Sake

Work has already begun to help Norway in the moment of the greatest disaster in the nation's history. A humanitarian organization has been incorporated in the state of Illinois under the name "Norwegian Relief, Inc." with Arthur Andersen, president of the Norwegian-American Historical Association, as National Treasurer.

For this cause there has been an unprecedented degree of cooperation between Norwegian organizations and groups in America. Regardless of everything that can divide us, we are all united by concern for the old fatherland.

As soon as the first shots were fired over Norwegian soil Sons of Norway's board of directors, by personal contact and via telegraph, came to the unanimous decision to commence a fundraising operation. In various other places around the country and among other organizations similar plans were being laid.

It soon became clear that these efforts must be united. A meeting was then held in the office of Dr. J.A. Aasgaard, the foreman for the Norwegian Lutheran Church in America, with representatives from many other Norwegian-American organizations including St. Olaf College, Daughters of Norway, Augsburg Seminary and College, The Norwegian Glee Club, the Norwegian-American Historical Association, the Bygdelag.

litt på norsk...

Mange kjenner historien om den norske motstandsbevegelsen under annen verdens krig, men mindre kjent er at det norskamerika reagerte også da tyske styrker invanderte Norge den 9. april 1940. Følgende er et utdrag av en artikkel publisert i mai 1940 i Sønner av Norges medlemsblad som viser hvordan organisasjonen og mange andre forenet for å støtte det norske folk. Vi vil løfte i flokk for Norges sak.

Arbeidet med å hjelpe Norge i den verste ulykken i landets historie er allerede kommet igang Norgeshjelpen er blitt inkorporert under staten Illinois lover under navnet "Norwegian Relief, Inc." med Arthur Andersen, presidenten for Det norskamerikanske Historielag, som nasjonal kasserer.

Det er i denne sak blitt et samarbeid som aldri for mellom norske organisasjoner og grupper i Amerika. Uansett alt som ellers kan skille, samles de i tanken på det gamle fedrelandet.

Det første skuddet var savidt losnet over norsk grunn, da Sonner af Norges hovedstyre ved personlig og telegrafisk samrad kom til enstemmig beslutning om å iverksette en innsamling. På forskjellige andre steder i landet og blandt andre organisasjoner begynte man også å legge planer.

Det blev snart klart at kreftene måtte forenes Etter en del personlig konferering ble så et møte holdt i formannen for Den norske lutherske kirke i Amerika dr. J. A. Aasgaards kontor med representanter for norsk-amerikanske landsorganisasjoner inkl. St. Olaf College, Dotre av Norge, Den norske luth. kirke i Amerika, Augsburg Seminary and College, Det norske sangerforbund, Det norsk-amerikanske historielag, Bygdelagenes fellesrad, Nordmanns-Forbundet og andre. Ingen av de innsamlende midler vil bli sendt til Norge for man har full visshet om at de kommer i rette hender.

Calling All Children !

Come Celebrate the Fun of Christmas at the
Sons of Norway Fagernes Lodge



Juletreffest !!

(Christmas Tree Festival)

The **Julenisse** (Santa)
will come to sing and dance
with the children
around the Juletre (Christmas Tree)



Sunday, December 3, 2023

1:00 meal followed by
Juletre celebration at

Blair Lutheran Church
126 S. Peterson Ave, Blair



Fun, food and gifts for
all the children!
Free admission!



Our youngest Juletreffest visitor
wants the Julenisse's attention.



Russell
Glomstad
wears his
lighted and
musical Santa
hat to our
Juletreffest
Celebration
Dec. 3.

Darlene Arneson, SON District 5 Secretary Gives Reasons to be a District 5 June 19-22, 2024 Convention Delegate

To: Represent my lodge. Make decisions for our district. Meet with people from far reaches of the district. Promote Norwegian culture. Work to ensure the perpetuity of SofN.

To: Share ideas in person with members from throughout the district. Learn new Lena and Ole jokes. Learn a new cultural skill. Learn about the Sami culture.

Objection: "But it costs too much." **Reply:** There is time to start now to raise money to help support delegates. There is time to apply for a grant to help pay registration. (D5 has matching grants and grants for up to \$200.) The hotel room rate is \$129 + tax – an unusually low rate for an upscale hotel. Breakfast is included – 2 breakfast vouchers per room. A double queen room accommodates 4 people – bring a friend for a roommate.

Objection: But I can't drive that far. **Reply:** Members from the eastern part of the district have traveled to WI for many conventions. It is the same mileage either way! There is time to start arrangements for carpooling with lodges in the same area. Invite other lodges along the way to cooperate on transportation. The site is the Indianapolis Crowne Point Airport hotel – flying is an option.

Conclusion: Oh, I guess I should be a delegate to the 2024 Sons of Norway District 5 Convention June 19-22, 2024!



Sons of Norway Fagernes Lodge 5-616
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February 15 Deadline:

Domestic scholarship applications due to Sons of Norway Foundation:

- Astrid G. Cates Scholarship
- Bernt Anker Scholarship
- Dan and Betty Rude Scholarship
- King Olav V Norwegian-American Heritage Scholarship
- Myrtle Beinhauer Scholarship
- Nancy Lorraine Jensen Memorial Scholarship
- Orel and Marie Winjum Memorial Scholarship
- Elaine Nelson Scholarship
- District 4 Scholarship
- Nordkap Lodge 3-215 Scholarship
- Sissel and Roger Espeland Memorial Scholarship Fund

January 15 Deadline:

International travel scholarship applications due to Sons of Norway Foundation:

- Douglas Warne - Rolf & Wenche Eng Scholarship
- Helen Tronvold Folk High School Scholarship
- Lund Fund Scholarship
- Oslo International Summer School Scholarship