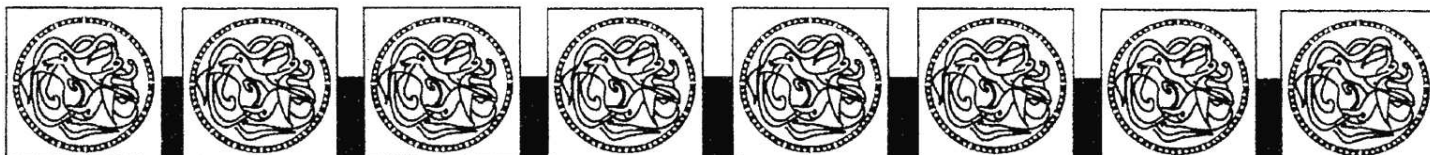


Fosselyngen Runespeak

mai og juni 2018
Volume 43 No. 3



Fosselyngen Lodge No. 5-082, Sons of Norway

PO Box 20957, Milwaukee, WI 53220

FOSSELYNGEN LODGE – CALENDAR OF EVENTS

MAY	14	Monday	Social/Cultural Meeting at <u>Norway House</u> . SYTTENDE MAI CELEBRATION Special Light Meal at 6 PM, Followed by Meeting/Program at 7 PM. Nick Rogneby has a program by author Eric Dregne planned. (Page 2)
	21	Monday	Lodge Officers' Meeting at <u>Norway House</u> 7PM Note: Any Member May Attend.
JUNE			No Monday Evening Lodge Meetings Scheduled for June.

OTHER ORGANIZATIONS – CALENDAR OF EVENTS

MAY	12	Saturday	Swed. Amer. Hist. Soc. Mtg. at Redemption Luth. In Tosa. 1:30 PM Program: Early Swedish Settlement at Pine Lake/Chenequa, WI.) (Page 7)
JUNE	24	Sunday	Swed. Amer. Hist. Soc. is Sponsoring 2018 Midsommar at a New Location, Heidelberg Park, 700 West Lexington Blvd., Glendale. 1:00 to 4:30 PM (Page 7)

Contents of This Issue:

- Pg. 1: Calendar of Events; Table of Contents
- Pg. 2: President's Report; May 14th Soc/Cult Meeting/Syttende Mai Celebration; How to Contact Lodge; Officers
- Pg. 3: Deaths This Past Year; Thanks from Ski for Light; Welcome; God Bedring; Sympathy; RE: Stoughton Trip
- Pg. 4: Pictures from Shirley Engelmann's presentation "Where Have Our Treasures Gone?"
- Pg. 5: Senior Yoga for Strength & Fitness
- Pg. 6: Eng/Norsk--Here's Where to View Old Norse Texts Online
- Pg. 7: Notices; Mail Staff; Swed. Amer. Hist. Soc. Events; Newsletter Input Deadline June 15th
- Pg. 8: Postal Page

Like the modern alphabet, runes were the written symbols of our Norse ancestors. Understood only by the very wise, they were used to communicate with others, as well as with the ancient gods.

FRA PRESIDENTEN

(mai og juni 2018)

Dear Members,

Is it really spring? As I write this message, people are shoveling snow! I was fortunate to have missed this and many storms as I have spent time in Florida.

I'm sorry I missed a great program in April by Shirley Engelmann on "Where Have All of our Treasures Gone?" I know she was a big hit! Thanks Shirley for another job well done. Thanks to all who pitched in to make it a success.

Our scholarship committee, Jan Gregoire, Ellie Thoresen, Marit Hoff and I met earlier this month. On behalf of the committee and the entire lodge, we would like to acknowledge and thank Vic Larson for his generous donation to our Scholarship funds- \$1,000.00 for book scholarships and \$1,000.00 for Masse Moro campers. The committee will be reviewing applications which are due by May 1st.

I look forward to seeing you at our Syttende Mai celebration at our social meeting on May 14th. Nick Nogneby has a program by author Eric Dregne planned. We will have a special light meal and ask our May and June birthday people to bring desserts.

Fraternally Yours,

Sue Berg Roedel 414-526-8312

MONDAY, MAY 14TH, 2018

Social/Cultural Evening

At Norway House

SYTTENDE MAI CELEBRATION

Special Light Meal

Followed by Meeting/Program

6 PM Special Light Meal

7 PM Short Meeting Followed by Program:

Program: Nick Rogneby has a program by author Eric Dregne planned.

NOTE: We ask our May and June birthday people to bring desserts.

HOW TO CONTACT FOSSELYNGEN LODGE:

To Phone: Call 414-526-8312

To Send Postal Mail:

Fosselyngen Lodge No. 5-082

Sons of Norway

PO Box 20957

Milwaukee, WI 53220

Fosselyngen Lodge Web Site:

<http://sonsofnorwaymilwaukee.org>

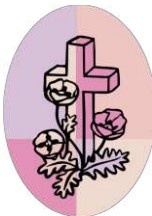
FOSSELYNGEN OFFICERS

President	Sue Berg Roedel	414-526-8312
Vice-President	Heidi Strom	262-716-9118
Treasurer	Gretchen Bjork	262-502-9197
Secretary (Correspondence)	Janice Gregoire	262-784-6953
Secretary (Recording)	Maureen Welli	414-774-0507

If you have any questions, please call one of the above officers.

Members who have passed away this past year (between April 15th, 2017 and April 16th, 2018):

Nancy Lurie
Larry Gjenvick
Ron Engebretson
Grace Jeffery
Delores Schmid
Harriet Dobbe
Inger Hole
Vernon Ellingson



Please remember these members and their families, and keep them in your thoughts and prayers.

ABOUT THE STOUGHTON CARPOOL TRIP THAT HAD BEEN PLANNED FOR APRIL 14TH

The trip was cancelled because of the very icy/snowy weather forecast on April 14th.

At the upcoming May 17th Social/Cultural meeting, we want to ask the people who had signed up for the trip if they want to re-schedule it as a future carpool trip to Stoughton, or if they would rather go to Stoughton on their own at a time of each person's convenience.

THANK YOU TO FOSSELYNGEN LODGE FROM SKI FOR LIGHT FOR OUR SUPPORT

Our lodge received a thank you letter from Ski for Light, Inc. for our help in supporting the 2018 Ski for Light International Week. This is the 43rd annual event. This year it is being held at the first class skiing trails at the Tahoe Donner Cross Country Ski Area near Truckee, California. More than 275 participants are registered for this event.

The letter states that while most of the participants first came to Ski for Light to learn to cross-country ski, they return year after year because they want to continue to support the SFL magic. A significant part of this magic is the focus on ability, equality and participation in all aspects of SFL by visually and mobility impaired skiers, and by volunteer guides and other volunteers who assist in putting on this life changing event.

The financial and volunteer support that SFL has received from Sons of Norway lodges over the past 43 years has been instrumental in their success.

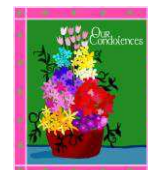
God Bedring

Please remember the following members who have had health issues and are now recuperating:

- Evonne Hurst
- Daryl Wunrow
- Gertie Mork

Sympathy

Fosselyngen Lodge extends its sympathy to the following:



- The family of Inger Hole who passed away March 25th. She was a member since 1956. She knitted mittens sold at Folk Fair.
- The family of Vernon Ellingson

Please Note: If you receive a notice or call that a member is sick, in a nursing home or has passed away, call Gertie Mork or Ellie Thoresen so that the person can be remembered and other officers notified.

Also, don't forget to notify Heidi Strom when a member of the Lodge passes away, since Heidi must notify the Sons of Norway office in Minneapolis. Many people do not purchase a newspaper, and others do not indicate in the obituary that they are a member of Sons of Norway.

VELKOMMEN

Welcome New Member:
Nancy Kelly

CHANGE OF ADDRESS

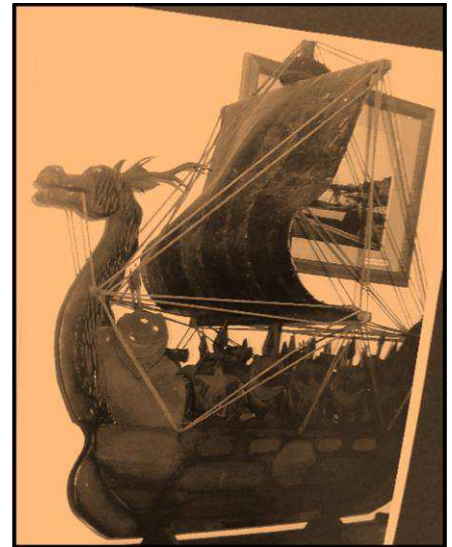
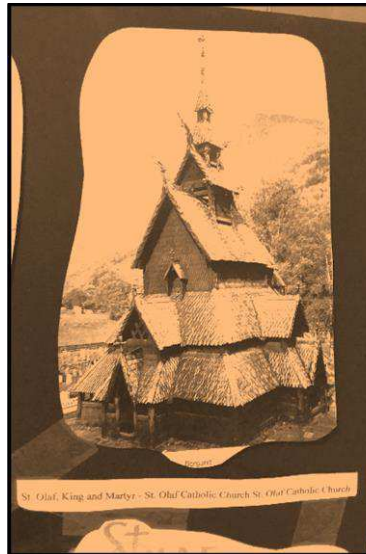
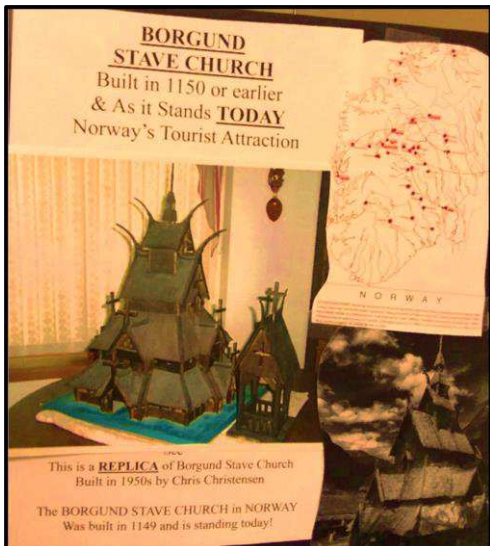
If you have a change of postal address, **please** notify the Sons of Norway International Headquarters Membership Department at 800-945-8851.



Shirley Engelmann gave us her presentation "Where Have Our Treasures Gone?" at the April 9th Social/Cultural Meeting.

Shirley explained where many of our Norwegian heritage items at Norway House have been sent to, such as Livsreise Norwegian Heritage Center in Stoughton, WI., among other places.

(Thank you to Gary Christianson for the photos on this page.)



Ride Share: If you need help getting to or from a meeting or event, please contact Heidi Strom at 262-716-9118 and we will make every effort to find a ride for you. Thank you.

MEMBERSHIP FORMS

Please do not use any old membership forms. Heidi is getting new ones - call her for any new members at 262-716-9118.

SENIOR YOGA FOR STRENGTH & FITNESS

There was a Milwaukee Journal Sentinel On-Line article on March 19th, 2018 by Journal Sentinel reporter/photographer Angela Peterson titled, "In Motion: It's Never Too Late to Start Yoga". This article featured our lodge member, Jack Lofte, doing his yoga exercises at the Wisconsin Athletic Club's downtown location, as he has been doing there for the past four years.



Jack Lofte shows the **Warrior #1** pose of the "**Strengthening Warrior Sequence**".

(Photo: Angela Peterson/Milwaukee Journal Sentinel, used by permission.)

In the article, Jessica Kieser, Jack's yoga instructor for these four years, states that the number one reason she encourages seniors to take up yoga is to help prevent falls. She says, "As we age, often time our activity levels go down. Our muscles' strength tends to decline, and our balance gets a little shaky. It's a great way for seniors to learn how to gain strength and improve their balance. In addition to the strength and balance benefits for seniors, yoga also helps with life stresses through breathing exercises." Jack adds, "It is fun and invigorating, and I even get cardio exercise value out of it."

One of Jack's several yoga exercise routines described in the Journal Sentinel on-line article is the three-step "**Strengthening Warrior Sequence**" shown in the three photographs on this page.



Jack shows the **Warrior #2** pose of the "**Strengthening Warrior Sequence**".

(Photo: Angela Peterson/Milwaukee Journal Sentinel, used by permission.)



Jack shows the **Warrior #3** pose of the "**Strengthening Warrior Sequence**".

(Photo: Angela Peterson/Milwaukee Journal Sentinel, used by permission.)

a little in English...

Here's Where to View Old Norse Texts Online

Norwegian archivists have found hidden treasures in medieval accounting protocols, including a slightly different version of the saga of St. Olaf.

In the 16th and 17th century there was limited access to parchment, and those who recorded the accounting protocols may have considered it a great idea to use old manuscripts to reinforce their binding.

Parchment was made from animal skins, most often from calves or sheep. If you needed large pieces of parchment, you might want to slaughter a sheep for each page. It was expensive to make new ones.

Around 1850, when historian P.A. Munch learned from the national antiquary of the day that there were a considerable number of parchment manuscript scraps "hidden" in accounting protocols from the 15th and 16th century, he must have been quite elated.

The manuscripts were in Latin and Old Norse, but it was the Old Norse that Munch was interested in, especially the pieces from saga manuscripts.

He had known of many preserved saga scripts prior to this, but all those pieces that now came to light indicated that in the 1600's there were probably a great many copies of the sagas all around Norway, he believed.

And saga literature about the old Vikings must have still been popular.

Tor Weidling, senior archivist at the National Archives in Oslo, is one of the people who have worked with around 550 pieces of Old Norse manuscripts that have been collected over time.

They are now are posted online and can be viewed at:

www.digitalarkivet.no

One example is a parchment manuscript scrap which tells the story of St. Olaf. This manuscript is from the last part of the 1100's, and you can find multiple pages here:

<https://media.digitalarkivet.no/view/58518/32>

litt på norsk...

Her kan du se norrøne tekster på nett

Norske arkivarer har funnet skjulte skatter i regnskapsprotokoller fra middelalderen, blant annet en litt annerledes versjon av sagaen om Olav den hellige.

På 1500- og 1600-tallet var det begrenset tilgang på pergament, og de som lagde regnskapsprotokollene, kan ha sett det som en svært god idé å bruke gamle manuskripter til å forsterke innbindingen av dem.

Pergament ble nemlig laget fra dyreskinn, som oftest fra kalv eller sau. Trengte man store pergamenter, måtte man gjerne slakte en sau for hver side. Det var dyrt å lage nytt.

Da historikeren P.A. Munch rundt 1850 fikk vite av den daværende riksantikvaren at det var en ganske betydelig mengde biter av gamle manuskripter på pergament «skjult» i regnskapsprotokoller fra 15- og 1600-tallet, skal han ha blitt svært opprømt.

Manuskriptene var på latin og norrønt, men de var de norrøne Munch ble interessert i og spesielt bitene fra sagamanuskripter.

Han hadde jo kjent en del bevarte sagamanuskripter fra før, men alle disse bitene som nå kom tilbake i lyset, tydet på at det fremdeles på 1600-tallet må ha vært en stor mengde sagaer rundt omkring i Norge, mente han.

Og at sagalitteraturen om gamle vikinger fremdeles måtte ha vært populær.

Førstearkivar ved Riksarkivet i Oslo, Tor Weidling er en av dem som nå har jobbet med de rundt 550 bitene av norrøne manuskripter som etter hvert ble samlet inn.

Nå er de lagt ut på nett og du se dem på: www.digitalarkivet.no

Et eksempel er en del av et manuskript på pergament, som forteller sagaen om Olav den hellige. Dette manuskriptet er fra siste del av 1100-tallet, og du kan finne flere sider her:

<https://media.digitalarkivet.no/view/58518/32>

(From Sons of Norway Newsletter Service)



TUBFRIM
NO-3540 NESBYEN - NORGE



Save used stamps and expired or used phone cards for Tubfrim to help disabled children and youth in Norway. **Trim stamps so that you have at least 1/4 inch but not more than 1/2 inch around the edge of stamp. (See Tubfrim article on Page 7 of the September/October 2016 issue of Runespeak.)**

You may bring your stamps along to our next meeting.
Tusen Takk!

Have You Had a Financial Checkup Lately?

If not, contact your field staff representative, Greg Ragan, to set up an appointment to discuss your financial needs at no cost to you. This is a benefit of membership.

Greg Ragan, Sons of Norway
Fraternal Benefits Counselor,
Insurance & Investments
1-800-442-4146

SWEDISH AMERICAN HISTORICAL SOCIETY of WI

Saturday, May 12, 2018, 1:30 p.m. at
Redemption Lutheran Church, 4057 North Mayfair
Road (Hwy. 100, just north of Capitol Dr.)
Wauwatosa, Wisconsin

EARLY SWEDISH SETTLEMENT AT PINE LAKE/CHENEQUA, WI

History tells us it was 1841 when the first Swedish settlement in Wisconsin was established in the area of Chenequa, Wisconsin. Who were they? Why did they choose Wisconsin and why the Pine Lake/Chenequa area? What was their life in the new country like? What happened to the settlement? Did they stay? Join us as SAHSWI member John Elliott takes us back in history to the Early Swedish Settlement at Pine Lake/Chenequa, Wisconsin.

When searching the internet, use

www.freelanthropy.com

and designate Fosselyngen Lodge #82. For each search done, the Lodge earns money.

www.sonsofnorwayblog.blogspot.com

Designed to provide up-to-date commentary or news on issues related to Norway and Sons of Norway.

NEWSLETTER MAILING STAFF

John & Ann Seastrand, Karen Riccobono,
and Karen Sanderson

Thanks for helping with the
March/April issue.

SWEDISH AMERICAN HISTORICAL SOCIETY of WI NEW SCANDINAVIAN MIDSOMMAR 2018 PLANS

SWEDISH AMERICAN HISTORICAL SOCIETY OF WI is SPONSORING 2018 MIDSOMMAR AT A **NEW LOCATON** AND WE HOPE YOU'LL MARK YOUR CALENDAR AND PLAN TO JOIN US.

We're celebrating the Summer solstice the Scandinavian way on **Sunday, June 24, 2018, at Heidelberg Park, 700 West Lexington Blvd., Glendale.** We'll decorate the majstang (maypole), make flower crowns, have a procession to raise the decorated pole and dance around it. Join us for a program of music and dance groups and enjoy a game of Kubb. Bring flowers, greenery and your lawn chairs to join us for a free afternoon of fun from 1:00 to 4:30 p.m. with food available for purchase from 12 – 1 p.m.

Visit us at www.sahswi.org for updates as we make our plans, or call 414-352-7890 for further information.

Dear Members,

If you would like your newsletter emailed to you, please email me at csjohn@att.net .

John Schneble, Editor

Notice: All articles & information for the July/August 2018 newsletter are **due by June 15th**. Email articles to the editor, John Schneble, csjohn@att.net or mail to: 1024 North 121st Street, Wauwatosa, WI 53226. The editor reserves the right to edit all articles.



**Fosselyngen Lodge No. 5-082
Sons of Norway
PO Box 20957
Milwaukee, WI 53220**

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SECRETS TO A LONG AND HAPPY MARRIAGE

At All Saints Lutheran Church, they have a weekly husband’s marriage seminar. At the session last week, the pastor asked Ole, who was approaching his 50th wedding anniversary, to take a few minutes and share some insight into how he managed to stay married to the same woman all these years.

“Vell,” Ole replied to the assembled husbands, “I’ve tried to treat her nice, spend money on her, but best of all I took her to Norway for da 20th anniversary!”

The pastor responded, “Ole, you are an amazing inspiration to all the husbands here! Please tell us what you are planning for your 50th anniversary.”

Ole proudly replied, “Vell, I’m gonna go back to Norway to get her.”

(As seen in the Norskeland newsletter)

Monthly meetings vary. Please see page one for dates, times, and location of meetings.
Web site: <http://sonsofnorwaymilwaukee.org>

The mission of Sons of Norway is to promote and preserve the heritage and culture of Norway and provide quality insurance and financial products to its members. Sons of Norways mission er a fremme og ivareta norske kulturtradisjoner, og samtidig tilby de beste forsikrings-og finansprodukter til alle medlemmer.

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