

Fosselyngen Runespeak

mai og juni 2019
Volume 44 No. 3



Fosselyngen Lodge No. 5-082, Sons of Norway

PO Box 20957, Milwaukee, WI 53220

FOSSELYNGEN LODGE – CALENDAR OF EVENTS

MAY	13	Monday	Soc/Cult Meeting at Mt. Hope Lutheran Church in West Allis. Business Mtg. at 5 PM, Eat at 6 PM, Meeting/Program at 7 PM. The speaker will be our member Gale Tanger, Olympic Judge. Her topic will be: "The Norwegian Legacy of Winter Sports—a perspective of an Olympic Sports Official". (Page 3)
	18	Saturday	Charter Bus Trip to Stoughton – Info & Reservation Form (Page 9)
JUNE			No Monday Evening Lodge Meetings Scheduled for June.
	15	Saturday	Sons of Norway Zone 4 Meeting & Picnic at Heg Memorial Park in Wind Lake for all members.
JULY			No Monday Evening Lodge Meetings Scheduled for July.
	14	Sunday	Reserve this date on your calendar for our lodge picnic at Valley View Park in New Berlin. (Page 3)

OTHER ORGANIZATIONS – CALENDAR OF EVENTS

MAY	11	Saturday	Swed. Amer. Hist. Soc. Mtg. at Redemption Luth. In Tosa. 1:30 PM Program: "The Story of the Bishop Hill Settlement" (Page 6)
JUNE	23	Sunday	Swed. Amer. Hist. Soc. is Sponsoring 2019 Midsommar at Heidelberg Park Bavarian Bierhaus, 700 West Lexington Blvd., Glendale. 1 PM until 4 PM (Page 6)

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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 2019)

Greetings Members,

We are all excited that spring is finally here after the long Wisconsin winter. Hooray!

Our May 13th meeting speaker will be one of our very own members, Gale Tanger, who is an Olympic Judge. I hope you will join us for her topic "The Norwegian Legacy of Winter Sports- a perspective of an Olympic Sports Official". I am looking forward to it. We will enjoy a dinner of roast pork loin and potatoes, served at 6PM. We will have a business meeting prior to our program at 5PM (attend if you like or just come at 6PM for social, dinner and program).

We are still trying to fill the bus for our Stoughton trip on May 18th. If you haven't already submitted your reservation, please call Sue at 414-526-8312 and mail your reservation form and check to Gretchen as soon as possible. It will be a fun trip.

June and July are picnic months. We are all invited to the Zone 4 (of District 5) Sons of Norway picnic at Heg Memorial Park in Wind Lake on Saturday, June 15th. Details will be available at the May 13th meeting. (If you are interested in the Zone 4 picnic but can't attend the May 13th lodge meeting, you can call Sue at 414-526-8312 after May 13th to get the Zone 4 picnic details.)

Sunday, July 14th, is our lodge picnic at Valley View Park in New Berlin from 1PM-4PM. See details on page 3. Please plan to attend.

Mange takk to Arlette Johnson and Nancy Sande for hosting the meals for March and April! I'm looking forward to seeing you soon.

Kind regards, Sue Roedel

May 18th Bus Trip to Stoughton: See Info & Reservation Form on Page 9.

SPORTS MEDALS

With some signs that spring may be coming, some of you may be interested in beginning to work on one of the Sports Medal programs. Forms are available for Biking, General Fitness and Walking. Should you be interested, forms will be available at our Social/Cultural meetings or by contacting Dennis Dale at 414-771-3470 and having them mailed to you. Happy sweating!

Are you interested in helping Mt. Hope's Clothes Closet? If so, please bring a donation of new socks and/or underwear to our next meeting. Men's, women's, and children's sizes are appreciated. All items will go directly to local families in need. Thank you for your generosity and consideration.

FOSELYNGEN OFFICERS

President	Sue Berg Roedel	414-526-8312
Vice-President	Arlette Johnson	414-368-3324
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.

MONDAY, MAY 13TH, 2019
Social/Cultural Meeting
At Mt. Hope Lutheran Church In West Allis
(8633 W. Becher Street)

5 PM Business Meeting

6 PM Light Supper & Social

Meal: A dinner of roast pork loin and potatoes will be provided by the lodge, along with coffee and lemonade. Feel free to bring your own (BYO) drinks if you would like something different.

May and June birthday people please bring a dessert.

7 PM Meeting/Program:

Program: The speaker will be our member Gale Tanger, Olympic Judge.

Her topic will be: "The Norwegian Legacy of Winter Sports—a perspective of an Olympic Sports Official".

Gale, a 25-year member of the Fosselyngen Lodge, has served as a judge and official for U.S. and International Figure Skating for over 45 years. She has served at six Olympic Games.



You Are Invited to the Fosselyngen Lodge Picnic

Sunday, July 14th, 2019 1PM-4PM

Valley View Park, 5051 S. Sunny Slope Rd., New Berlin, Shelter #2

Cost- \$5.00 per member, \$8.00 guests. Pay at the picnic.

Hamburgers, Brats, Hot Dogs and Salads. Soft drinks and water provided. Feel free to bring your own preferred drink.

RSVP to Sue at 414-526-8312 or email sjroedel@gmail.com by June 20th.

Games: ladder golf - bean bag toss – bingo

2019 SCANDINAVIAN FESTIVAL SATURDAY, OCTOBER 5TH

At Ronald Reagan Elementary School
in New Berlin

Please reserve this date on your calendar for the Scandinavian Festival

The featured entertainment for the 2019 Scandinavian Festival has been secured. It will be the SmörgåsBandet from Long Island, NY that will come here and entertain us along with our other local entertainers. This lively group is shown in the picture below. If you would like to see more information about them, go to <http://smorgasbandet.com>. There is YouTube info at their website if you would like to listen to samples of their music.

Watch for more information about the Scandinavian Festival in future issues of Runespeak.



Note to anyone who wants a vendor booth at the festival: You must fill out a copy of the "Request for Exhibitor Space" form and submit it to the Nordic Council per instructions on the form. The sooner you do this, the better the chance you'll have to get your preferred spot, as vendor registrations are already being received by the Nordic Council. If you received the *Runespeak* issue that you are now reading via email, a copy of the form is attached to the email that delivered this newsletter. Otherwise, request a copy of the form from John Schneble (phone 414-771-4176 or email csljohn@att.net).

God Bedring

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

- Karen Sanderson
- Gertie Mork

Sympathy

Fosselyngen Lodge extends its sympathy to the family of John Seastrand in the loss of his wife Ann who passed away on April 19th. Ann was a great supporter of Norway House & Fosselyngen Lodge.



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

Also, don't forget to notify Arlette Johnson when a member of the Lodge passes away, since Arlette 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 were a member of Sons of Norway.

Many thanks to Gertie Mork for all of the years that she sent out get-well cards to the sick members and sympathy cards to the families of the deceased members!

Members who have passed away this past year (between May 2018 and May 2019):

Karen Gardiner
Judy Tarbox
Dave Bickler
Lorry Schimelfyeng
Norris Veum
Helen Larsen
Jean Moberg
Alonzo Johnson



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

Oriental Salad

From Nancy Sande

(Served at the April 8th, 2019 Social/Cultural Meeting)

Cut up into small pieces, put in salad spinner to dry, then into a large covered bowl and refrigerate until just before serving time:

- 1 large bunch of bok choy and/or romaine lettuce (about 8 cups total)
- Finely chopped chives or green onions to taste

Sauté together until golden brown in large frying pan:

- 2 packs Chicken Ramen Noodles (broken up) and the flavor packs
- 1/3 cup butter
- 1/2 cup slivered almonds
- 1/4 cup sesame seeds

Cool and put in plastic Ziploc bag.

Mix together in small covered container and refrigerate:

- 3/4 cup oil
- 1/4 cup red wine vinegar
- 1/2 cup sugar
- 3 T. soy sauce

Just before serving time, shake dressing well and pour on greens just enough to moisten them. Add the Ramen mixture and toss again. Enjoy the crunch!

Notes: Put the Ramen in a large Ziploc bag and use a meat tenderizer tool to break them up. I make everything the day before. Also, I put the vinegar and sugar together to heat until the sugar dissolves. If there is leftover salad, refrigerate until the next day and you have a whole new salad with “cooked” noodles and still crunchy greens. Doesn’t keep much longer than that. Any questions...call Nancy Sande (414-231-3586) or (C 414-878-5696).

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 is 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>

(From Sons of Norway Newsletter Service)

**Swedish-American Historical Society of Wis.
Saturday, May 11th, 2019 @ 1:30 PM
“STORY OF BISHOP HILL SWEDISH
COLONY”**

Erik Jansson, leader of the Janssonist religious sect in Sweden, left Sweden in 1846 guiding his dedicated followers to America where he established the Swedish Colony of Bishop Hill in Illinois. For several decades, letters home to Sweden extolling the fertile agricultural land in the Midwest stimulated migration for more than 1000 of his followers. Bishop Hill Colony population increased and flourished as it grew, but the colorful and dramatic history of the colony ended in 1861. With the site presently preserved as Bishop Hill Historic District, the story of the colony of Bishop Hill is an intriguing history of Swedish American immigrants.

Join us as SAHSWI member John Elliott explores the 15 year history of the colony and member/author Martha Bergland adds the story of her ancestor Anders Berglund who arrived at Bishop Hill in 1847.

Come and stay for FIKA (The Swedish Coffee Time Tradition) after the presentation!

**Redemption Lutheran Church
4057 North Mayfair Rd.
(Hwy. 100, just north of Capitol Dr.)
Wauwatosa, Wisconsin.**

Visit us at www.sahswi.org or call 414-352-7890.
Email swedishamericanhistoricalwisc@gmail.com.

**SWEDISH AMERICAN HISTORICAL
SOCIETY OF WI, INC.**

Invites you to our
**2019 SCANDINAVIAN MIDSOMMAR
CELEBRATION**

Sunday, June 23rd, 2019
1 – 4 p.m.

at the Heidelberg Park at Bavarian Bierhaus
700 West Lexington Blvd., Glendale.

Celebrate the longest day with us
in the Swedish way.

Help decorate the majstång (maypole) with greens and flowers. Join in the procession of raising the decorated pole with singing and dancing around it. Learn traditional dances. Make a flower crown to wear. Enjoy the game of Kubb. Special activities for the children. Traditional Swedish music by our own Swedish Duo. Enjoy Norwegian Lykkeringen Folk Dancers and dance along.

Bring flowers, greenery (no thorns, please) and your lawn chairs to join us for a **free** afternoon of fun at our Scandinavian Midsommar Celebration starting 1:00 p.m. until 4:00 p.m.

Swedish food provided for purchase in the park by Bavarian Bierhaus staff from 12 p.m. to 3 p.m.

Visit us at www.sahswi.org. or call 414-352-7890 or 262-781-6113 for further information.

OSLO RANKED 2ND HEALTHIEST CITY IN THE WORLD

Oslo was recently named the world's second healthiest city. Using key metrics like life expectancy at birth and work-life balance, the online home rental company, Spotahome, created a healthy index to rank 89 global cities. Of the global cities analyzed, Oslo and Helsinki were the only two Scandinavian countries to make the top 10.

While it's no secret that Norway continues to top lists for work-life balance and happiness, Oslo also scored particularly high in green space, life expectancy and air/water quality. Since the city has already unveiled plans to go green by 2025, it's easy to see why it ranked so high. The initiative includes making the city center car-free, and adding more pedestrian and bike friendly areas.

Additionally, the life expectancy in Norway is 84 years for women and 81 years for men, which is among the highest in the world. On the list, Oslo scored an average of 6.61 points out of 10. Amsterdam took the number one spot on the list with an average of 6.97 points. To view the full list, visit spotahome.com/healthiest-cities-world.

(From Sons of Norway Newsletter Service)

FISH WASTE TO POWER CRUISE SHIPS



A new initiative will use green energy to power ships in Norway. Norwegian company Hurtigruten plans to convert at least six of its cruise liners to use biogas made from fish waste by 2021. Converting the ships to use this fossil-free fuel will reduce greenhouse gas emissions and help efforts to eliminate pollutants.

The reason for using fish waste is due to Norway's high number of fishery sectors and access to high volumes of organic waste, placing Norway in a great position for the biogas market. The ships will also use large battery packs capable of storing energy produced from renewable sources.

In addition to using biogas, Hurtigruten will be banning single-use plastics to create environmental sustainability. Hurtigruten's numerous efforts will help decrease the ships' negative impact on the environment and will be a solid step toward environmental preservation. To learn more about Hurtigruten's efforts in going green, visit <https://www.hurtigruten.com/us/press-releases>.

(From Sons of Norway Newsletter Service)

NORDIC WALKING

At our April 8th Social/Cultural meeting, our guest speaker was Susanna Rosario, an owner of Nordic Specialists of Oconomowoc, a store that sells equipment for many Nordic sports such as Nordic walking, skiing, snow shoeing, skating, etc.

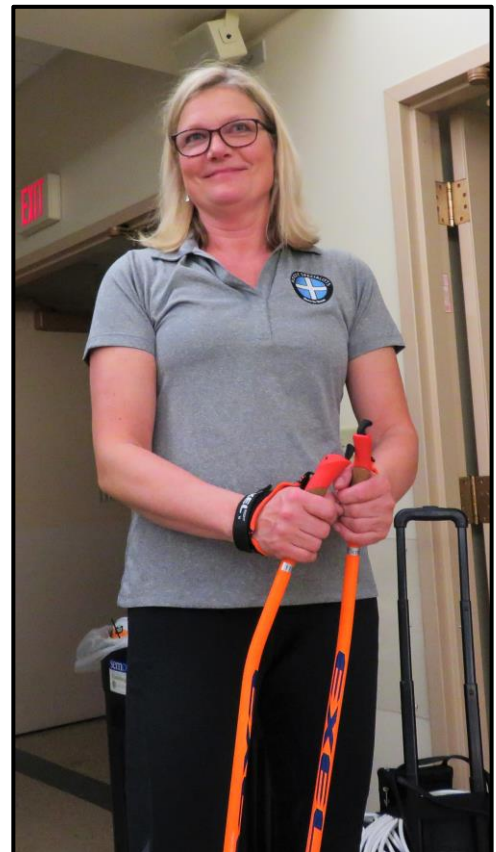
Susanna is one of several certified instructors at the store who provide lessons in Nordic walking and the other Nordic sports.

She demonstrated how to walk with Nordic walking poles, using the poles to help propel oneself forward efficiently.

She explained the many health benefits of Nordic walking over ordinary walking.

For example, there is reduced stress on hips and knees through the support of the poles, improved posture and balance, improved upper body mobility, exercise of more body muscles than walking without poles, and many other benefits.

Nordic walking with poles is suitable for people of all ages and fitness levels.



I don't mean to brag, but I finished my 14-day diet food in 3 hours and 20 minutes.

I lift weights only on Saturday and Sunday because Monday to Friday are weak days.

Ride Share: If you need help getting to or from a meeting or event, please contact Arlette Johnson at 414-368-3324, and we will make every effort to find a ride for you. Thank you.

MEMBERSHIP FORMS

Please do not use any old membership forms. Any new members should call Arlette Johnson at 414-368-3324 to get new forms.

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.

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>

NEWSLETTER MAILING STAFF

Karen Riccobono,
John & Ann Seastrand,
and Dean Schmidt.

Thanks for helping with the
March/April issue.

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

7042 Kinnikinnick Drive
Roscoe, IL 61073-9661

Phone: (800) 442-4146

Fax: (815) 623-8252

Email: gragan51@gmail.com

www.sonsofnorwayblog.blogspot.com

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

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 2019 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 82 – Cultural Charter Event to Stoughton, WI – Saturday, May 18, 2019

Bus Charter from Milwaukee State Fair Park 'n Ride to Stoughton

(LOCATION OF THE PARK 'N RIDE LOT AT STATE FAIR PARK:
Kearney & South 76th Street Park Ride Lot #4851)

Departure 8:30 am AND Return approx. 8 pm

Price - \$25 Fosselyngen members; Guests \$35; Members other Lodges \$30 (incl. name of Lodge)

Note - Price includes \$5 button to access all events. Brochures/maps/buttons packet provided on the bus. **RESERVATIONS ACCEPTED UNTIL MAY 6, 2019 AND are limited to the first 50 who register. Call Daryl Wunrow if you have questions at (414) 460-5285.**

Our agenda includes an afternoon presentation by the Stoughton HS Dancers and a concert by the Edvard Grieg Chorus. We expect to have reserved seating at the Dancer performance. There is an afternoon parade. Otherwise you are on your own for the day and food. Feel free to bring along a bag chair if you wish.

Check the official website for detailed festival event information. - The 2019 program is not yet available, but the 2018 information will give a good idea of what is going on from hour to hour. There is also a map of the event sites. <https://www.stoughtonfestivals.com/>

(Complete, tear off and send)

Name of participant - _____

Circle one: Lodge Mbr / Guest / Other Lodge Member _____ \$ _____

Name of participant - _____

Circle one: Lodge Mbr / Guest / Other Lodge Member _____ \$ _____

Name of participant - _____

Circle one: Lodge Mbr / Guest / Other Lodge Member _____ \$ _____

Name of participant - _____

Circle one: Lodge Mbr / Guest / Other Lodge Member _____ \$ _____

(Attach separate sheet, if needed, for additional reservations)

Total Amount of Check - \$ _____

Send your check and reservation list to –

Gretchen Bjork, W149N8235 Norman Drive, Menomonee Falls, WI 53051-3832



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

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Dated Material Postmaster:
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Ole was telling Sven, "I jus bought a new hearing aid. It cost me four tousand dollars, but it's state of da art. It's perfect."

"Really," answered Sven, "What kind is it?"

Ole replied, "Twelve turdy."

(As seen in Budstikken newsletter)

An elderly gentleman wasn't feeling well and became irritated with his doctor because he wasn't getting better after five visits.

"Look," said the doctor. "I'm doing all I can to help you. I can't make you younger!"

"I wasn't interested in getting any younger," said the man. "I just want to continue getting older."

(As seen in Norskeland newsletter)

Ole says: "Lena and me like to go to da mall and vatch people. Ve especially get a kick out of the younger generation vid da fancy ear rings, pony tails and lots of jewelry. And the girls are even vorse."

(As seen in 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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