



**Upcoming Events**

All meetings are at the Blair Community Center unless indicated otherwise

**January 23, 2016, 12:00**

Installation of officers by Owen Christianson

**Blair Norwegian Singers**

Potluck meal

**February 28, 2016, 12:00**

**Lutefisk meal and meeting**

at Drugans's Supper Club

**March 19, 2016, 1:00**

Sandy Iverson talks about

**Norway and World War II**

Servers: Byron and Marlys Britten and Shirley Stanford

**April 28, 2016, 1:00**

Jerry and Karen Trzebratowski

**Carving and Needlework**

Servers: Sonia & Lonnie Manske and Terry Thompson

**May 15, 2016 -Frokost**

**May 20, 2016 - Grand View Program**

**Lillehammer Hosts 2016 Winter Youth Olympic Games**

In February 2016, 1,100 youth athletes from around the globe will gather in Lillehammer, Norway for the second Winter Youth Olympic Games (YOG). In addition to a competition schedule including 15 winter events, athletes will also dedicate their time to the “learn and share program” of the YOG which focuses on team building, exploring other cultures, skill development and interactive workshops and exercises. “It’s a program that’s less about the competition— although the competition is a big component— and more about getting together for learning opportunities, and then taking those lessons and going back into their home communities,” said Wes Barnett, Team USA’s chef de mission for the Lillehammer event.

A key component of the planning for the youth games is the reuse of existing Olympic facilities and this year’s event in Lillehammer is no exception. Many of the Olympic facilities from the 1994 Olympics have been updated and will be used. In addition, there are also new venues for ice hockey and curling and Oslo Vinterpark’s halfpipe will be the home of freestyle skiing and snowboarding events. As well as reusing many of the original 1994 Winter Olympic venues in Lillehammer, the youth games will also build upon Norway’s proud history as hosts. For example, when the Olympic flame is lit by Her Royal Highness Princess Ingrid Alexandra in Lysgårdsbakkene Ski Jumping Arena at the opening of the youth games it will mark 22 years since her father, His Royal Highness Crown Prince Haakon, lit the Olympic flame in the same arena at the 1994 Games.Lillehammer

YOG Did you Know?

- The event is hosted from Feb. 12-21, 2016 in Lillehammer, Hamar, Gjøvik, Øyer and Oslo.
- There are 15 winter disciplines on the schedule, with some brand new events included like monobob and Young athletes range in age from 15 to 18 and hail from 70 nations.
- Snowboarder Silje Norendal, New York Rangers hockey player Mats Zuccarello, figure skater Yuna Kim and alpine skiers Lindsey Vonn and Kjetil Jansud are athlete Ambassadors for the games.
- Norwegian high school students studying building and construction and art and design participated in a program called “Learn and Freeze” in which art and sculptures of snow and ice were made to decorate Lillehammer during the games.

## Norwegian Group Wins Guinness World Record for Largest Quilt

The Norwegian Women and Family Association was recently awarded a Guinness World Record thanks to the help of dedicated knitters, crocheters and quilters association-wide.

In spirit of the organization's 100th anniversary, members set a goal to create the world's largest patchwork blanket – a blanket that would also outsize a quilt assembled by a Finnish sister organization.

Tensions were high as to whether or not the group would win the record. But, according to Elisabeth Rusdal, union leader, the organization beat the previous world record by a large margin.

Around mid-September hundreds of quilts that varied in both size and color flowed into Oslo. The effort's promotional materials stated that participants could either create a large blanket measuring 6.56 feet by 5.24 feet (200 centimeters by 160 centimeters) or a smaller baby blanket measuring 5.24 feet by 2.62 feet (160 centimeters by 80 centimeters). The final quilt was then assembled from the hundreds of smaller blankets to create the unique pattern and record-winning size.

The end result, which weighed in at 686 pounds (311.03 kilograms) and measured 6,095,376 square feet (566,279 square meters), took two years to complete even with the help of many participants across the country. The blanket was made using 2,148,293 feet (654,800 meters) of yarn that has been valued at \$26,365 (229,000 Kroner). Because participants were allowed to use any desired assembly method – whether it was quilting, knitting or crocheting – the combined blanket displayed an array of colors, patterns, and textures.

Adhering to the organization's mission of improving conditions for Norwegian women and families, the blanket was disassembled and distributed across the country to a variety of health institutions and the Salvation Army. And, according to Elisabeth Rusdal, the record-winning blanket will keep many warm for many years to come.

## Support the Sons of Norway Foundation with Klubb

The Sons of Norway Foundation has a new Foundation level of giving program entitled Klubb

250, Klubb 500 and Klubb 1,000. This program is a sustaining membership drive that may be done on-line by credit card or by check. Donors will be



given three choices to support: Heritage & Culture Fund for grants, Scholarship Funds or Humanitarian Fund. Sons of Norway members have been very loyal donors to the Foundation. We want to

encourage members to make an ongoing commitment to growing the Foundation assets. You will be hearing the specific details by email blasts, newsletter articles, Sons of Norway's blog and Viking magazine.

Why begin now? Currently only one in five qualified scholarship applicants receive funding. These students are Sons of Norway's future. By doubling or tripling our current assets of \$6M we can provide scholarship aid to many more students (50-75). They will attain their degrees and move into the workforce as productive citizens.

Enlarging the Heritage & Culture Funds of the Foundation will give our local lodges and their communities the funding needed to bring quality Nordic themed programming to their areas: Festival participation, cultural presenters, art exhibits, musical offerings to name a few. We receive over 100 applications annually. We are able to partially fund approximately 70. Imagine larger Norwegian events in more locations. These will increase Sons of Norway's membership through better visibility. Sons of Norway will thrive. Our Humanitarian Fund has been called on many times since its inception in 1997. To date we have given over \$500,000 in natural disaster aid. In 2004 the Foundation created the Helping Hands to Member grants. Every year since then, Sons of Norway members across the US and Canada have received individual grants to help them recover following natural disasters including hurricanes, tornadoes and floods. Growing the Humanitarian Fund assets will allow this to continue. It is the true meaning of fraternalism to care about each and every member.

You may donate online at [www.sonsofnorway.com/foundation](http://www.sonsofnorway.com/foundation).

## *a little in English...*

### **Making Bottles Out of Paper**

Danish scientists and brewers have developed beer bottles out of paper. But is it possible to produce them quickly enough?

The current beer packaging is made from glass, metal or plastic. If beer could instead be sold in biodegradable bottles made of paper, it could be good for the environment. At the Technical University of Denmark (DTU), packaging researchers have started to collaborate with Carlsberg, one of the largest beer breweries in the world. The packaging company Ecoxpac is also participating in the research. The new biodegradable paper bottle could hypothetically be used for many things. "We have aimed high, so the goal is to also use paper bottles for beer as well," says Thomas J. Howard, a scientist at DTU.

### **Must be made in six seconds**

Pouring orange juice into paper cartons also posed a challenge in its time, which scientists were able to solve. Using a paper bottle for beer requires a cap that can maintain the carbonation, for starters. Paper beer bottles must be stacked, transported and handled without breaking the bottles.

According to the DTU researcher, the biggest challenge no longer lies in making the paper beer bottle, but in making it quickly enough. It needs to be produced in a very short time. This is something that breweries would require in order to use this innovation.

The critical time is six seconds—the speed required to make one bottle—for brewers to be interested in using it. At the same time, paper beer bottles need to be more environmentally friendly than the glass, metal or plastic currently used to bottle beer, which is not a given.

### **Drinking beer from paper bottles within three years**

The prototype for the new beer bottle is made from recycled newspaper. For now, these bottles take much more than six seconds to produce. The scientists are testing out using a vacuum to squeeze out the water from the paper in just seconds. This could cut down the production time.

The scientists have been given three years and almost 28 million Danish kroner (4 million US dollars) to make something completely new. Thomas Howard tells the DTU online newspaper that he is convinced that he will be drinking beer from a paper bottle in three years.

## *litt på norsk...*

### **Lager ølflasker av papir**

Danske forskere og bryggere har utviklet ølflasker av papir. Men går det an å produsere dem raskt nok?

I dag får du det i emballasje av glass, metall eller plast. Kunne ølet i stedet selges på nedbrytbare flasker av papir, kan det bli bra for miljøet. Ved Danmarks Tekniske Universitet (DTU) har emballasjeforskere begynt et samarbeide med Carlsberg, et av verdens største ølbryggerier. Også emballasjefirmaet Ecoxpac deltar i forskningen. Den nye bionedbrytbare papirflasken skal kunne brukes til mye. – Men vi har lagt lista høyt. Derfor er ambisjonen at den også skal kunne brukes til øl, sier forsker Thomas J. Howard ved DTU.

Må lages på seks sekunderÅ helle appelsinjuice på pappkartonger bød også i sin tid på utfordringer. Dem klarte forskerne å løse. Men skal en papirflaske brukes til øl, må den for det første ha et lokk som holder kullsyren på plass. Papirølet må også kunne stables, transporteres og håndteres uten at flasken går i stykker. Ifølge DTU-forskeren er den største utfordringen ikke lenger å kunne lage selve papirølflasken, men å lage den fort nok. Den må kunne produseres i stort antall på svært kort tid. Akkurat det er nemlig et krav fra ølbryggeriene om de skal bruke denne innovasjonen.

Den kritiske tiden er seks sekunder. Så fort må det nemlig gå å lage en flaske, om bryggeriene skal være interesserte i å bruke den. Samtidig er det også et krav at papirølflasker faktisk er mer miljøvennlige å bruke til øl enn glass, metall eller plast. Det er heller ikke opplagt.

Drikker øl av papir om tre år Prototypen for de nye ølflaskene lages av resirkulert avisepapir. Inntil videre tar det mye lenger tid enn seks sekunder å lage en slik flaske. Derfor prøver forskerne seg nå fram med vakuumpressing, for å få presset vannet ut av papiret på få sekunder. Det kan kutte produksjonstiden.

Tre år og 28 millioner danske kroner har forskerne fått til å forsøke å lage noe helt nytt. Thomas Howard sier til nettavisen ved DTU at han er overbevist om at han om tre år drikker øl av en papirflaske.

Source:

<http://forskning.no/2015/03/vil-lage-olflasker-av-papir>

**2016 District 5 Convention** - *From LaVonne:* The biennial convention will be held June 22-26, 2016 in Marshfield. As a past representative of the lodge at conventions, I strongly encourage our lodge members to consider being a delegate to the convention. You get to see many wonderful people, and learn more about our district and the Sons of Norway. Some of us have been delegates more than once, and I'm sure all would say it is worthwhile. However, it would be great to have someone else have the chance to attend and represent our lodge. The selection of delegates is not too far away. Please think about it. Delegates need to be chosen and reported the District Secretary by March 5th.

## PAST HAPPENINGS AT FAGERNES LODGE.



We were *cozy* at City Hall for our October 2015 meeting. The silent auction was a success!



Mary Herness and guests wore their bunads and told about them at the November 2015 meeting.



Shirley Stanford presented a book report as part of her requirement to earn a cultural award in reading at our November meeting.



Here are the hungry folks getting ready to partake of the goodies at the December Christmas potluck and sing-a-long. Yum, yum!

## President's Message



Godt Nyttår!!!

Yes it is finally winter!! Snow and the cold!! Well that's Wisconsin. Time to go skiing, snowshoeing, skating and winter camping!!! I'll be doing that this weekend with my Boy Scouts!! Brrrr!!! Should be fun...get rosy cheeks out of that...hopefully not pneumonia!!! Smile!!!

In revue since last we met....we had a fun Christmas gathering ..good food as usual!! Nice weather too. Now we look forward to the new year as we develop a program of activities for the new year. As always, contact a program committee member to share your ideas.(Mary Jo Fetsch, Eileen Trim, Charlotte Dahl and Mary Herness). Many Ideas can be found on the Sons of Norway website...remember to click on the red members box to get to those ideas!!! Maybe another trip to Norskedalen or even travel to Vesterheim!!!!?????

I still think it would be fun to have a Fagernes Birkebeiner in our area. Give out ribbons and cookies for the kids who participate.. I'm sure we could find a place for this but we would need people to run it and conjure up prizes.

The days are getting longer and we focus on our Spring activities...or Spring Frokost. So let share ideas on what we can do for that.

I look forward to our 2016 installation of officers where District Sons of Norway Chairman Owen Christianson will do the honors. Hopefully he can also share with us some program ideas. Let's, too, look forward to next Christmas when we can try to have a Juletreffest for our lodge...have a Christmas tree for the kids...gifts and a Jule Nisse!!!! Hilsen, Todd

### HAPPY BIRTHDAY!

Due to privacy concerns, only the month is listed.

#### January

Galen Berg,  
Erling Ofsdahl, Donald

Ronning, Alexander Solberg,  
Renee Solberg, Danniell Toth

#### February

Charlotte Dahl, Valerie  
Fuller, Sierra Instenes,  
Beverly Solberg, Matthew  
Solberg, Jacob Thompson

#### March

Izabella Britten, Zacharie  
Dobson, La Vern Henderson,  
Kenneth Husmoen, Gage  
Instenes, Lonnie Manske,  
Sonia Manske, Charlene  
Saxe, Shirley Stanford

## Norwegian Pancakes - Pannekaken

Adapted from allrecipes.com  
Makes 6 servings

- 3 eggs • 1 1/2 cups milk
- 1 cup all-purpose flour • 1 tsp

- sugar • 1/4 tsp salt
- topping of your choice

Lightly mix eggs and milk in blender. Add flour, sugar and salt and blend until smooth and no lumps remain. Heat pan over medium-high heat. Coat pan with butter or cooking spray and add 1/4 cup of pancake

batter. Tilt pan to coat evenly with batter. Cook until the top of the pancake looks dry, roughly 30 seconds. Use spatula to carefully flip the pancake and cook for a few seconds on the other side until browned. Roll served with your favorite topping of fresh berries, syrup or lingonberry jam.

## Grants and Scholarships Reminder

The deadlines for grants are:

- Local Lodge Partnership Grant deadline is January 15
- General Heritage & Culture Grant deadline is February 1
- Helping Hands to Children Grant deadline is February 15

The deadline for scholarship applications begins March 1. To learn more, visit [www.sonsofnorway.com/foundation](http://www.sonsofnorway.com/foundation). For questions, please email [foundation@sofn.com](mailto:foundation@sofn.com).

## Jo Nesbø's Oslo: Guided tours in the footsteps of Harry Hole

Travelers to Norway's capital have an intriguing new way to get acquainted with the city: guided walking tours that cover the stomping grounds of Harry Hole, Jo Nesbø's most famous character. His ten-part crime novel series, translated into 46 languages, are the most successful Norwegian crime novels of all time. Following in the gumshoe's footsteps, you'll read about a variety of locales, like the Royal Palace and back-alley "crime scenes." The tour guides, who have received Jo Nesbø's seal of approval, pepper their tour with interesting facts on Oslo's history, and details about the author and his famous character.

Amble down Karl Johans Gate while the guide points out the sites of various crime scenes, as well as the haunts of Nesbø's criminals. You'll see the University of Oslo, National Theater, Hotel Continental, Storting, Egertorget Square and Oslo Courthouse. A quick stop at Nesbø's publisher, Aschehoug Publishing House, provides some background on the books, and then you pick up the trail of Harry Hole again, following him to St. Olavs Square. See Vår Frelzers Gravlund (Cemetery), described in several books, and visit the graves of Edvard Grieg and Henrik Ibsen.

Stroll through the Bislett/St. Hanshaugen neighborhoods to Sofies Gate, which Harry Hole calls home. Get a glimpse of old Oslo and eat traditional Norwegian fare at Harry's favorite eatery, Schrøder Restaurant, established in 1925. Nearby you'll find the watering hole where Harry is a regular, the Underwater Pub. On Tuesdays and Thursday evenings, come back for live opera performances. Stop under the balcony of the Royal Palace and hear the history of Norway's Royal family, and a bit of Norway's political background.

Available in Norwegian and English, tours take place Tuesdays at 5 p.m. Meet up location is the lobby of the Best Western Karl Johan Hotell. No registration is necessary and 200 kroner cash is payable directly to the guide for a two-hour walking tour (100 NOK for kids). The tour wraps up at the Summit Bar, on the 21st floor of Radisson Blu Scandinavia Hotel. Private group tours may be booked separately in German, English, Russian or Norwegian through the Oslo Guidebureau.

You don't need to know any of the Harry Hole novels to enjoy the tour- about half of the content is dedicated to Nesbø's famed anti-hero, and the rest of it highlights Oslo's architecture and famous Norwegians.

Your Financial Benefits Counselor is Tom Kunkel. Contact him at [tomkunkel2004@yahoo.com](mailto:tomkunkel2004@yahoo.com), or call 1-844-233-7667. He'd be happy to talk to you!

Save your printer cartridges and bring them to LaVonne. We get \$2.00 credit for each cartridge at Office Depot to use toward new cartridges and paper!

**FOCUS ON A FAGERNES LODGE MEMBER:** OOPS! I didn't receive a submission in time to feature a member for this newsletter. Tune in next time. There'll be someone in the next issue to read about!

**\*\*\*\*Masse Moro 2016 Dates: Sunday, July 17 2:00 PM through Saturday, July 30, 9:30 AM\*\*\*\***

**Thank you to Scandiana Lodge who continues to offer scholarships for the camp:**

In August 1995 eight year old Sarah Paulsen of our lodge passed away. Because Sarah was very involved with the Sons of Norway, and was fascinated with her family's background and with Norwegian culture, friends and family, along with the Scandiana Lodge felt a scholarship established in Sarah's name would be appropriate. The scholarship will not only carry on her love for the Norwegian Heritage, but will also enable other children to have the opportunity to attend the Sons of Norway Heritage Camp in Eau Claire, in honor of Sarah. The scholarship will cover one quarter of the camp cost. Parents may be concerned that getting this scholarship would prevent them from utilizing the District 5 Matching Fund Grant, but this award will have no bearing on other matching funds. This scholarship could be given in addition to District 5 and Local Lodge Matching Fund Scholarships. However, if the applicant's Local Lodge is financially unable to give their children Matching Fund Scholarships, the Sarah Paulsen Scholarship would qualify them for the District 5 Matching Fund Scholarship.

**Rules:**

1. The scholarship is open to any child age 9-15, who is interested in learning about the language and culture of Norway.
2. The applicant must be a heritage member or a child or grandchild of a Sons of Norway member, and belonging to a District 5 Lodge.
3. The applicant will write an essay of no more than 500 words. The topic is "Why I believe it is important to know about our heritage" or "Why I want to attend Norwegian Heritage Camp".
4. All applicants will complete a brief application form.
5. Applicant will include 2 letters of reference, including one from a local Lodge officer.
6. Applications must be postmarked before April 15. Decisions will be made by May 1, and winners will be notified by mail. Checks will be issued and mailed directly to the Scholarship Recipient before June 1.
7. Judges will be the Scandiana 600 Sarah L Paulsen Memorial Scholarship Fund Committee.

**Sarah Paulsen Scholarship 2016**

The Sarah Paulsen Memorial Scholarship Committee announces the following scholarship information from Scandiana Lodge 5-600. There will be 3 scholarships made available for the year 2016, each in the amount of \$175.00 to cover 25% of the total fee for year 2016 District Five Heritage Youth Camp. Like last year, the Scholarship Committee will not do any direct mailings to any Lodges or Lodge Officers. The committee feels and hopes that with your help this announcement can be shared with lodges and members throughout District Five.

Hope you saved the cancelled stamps from all those Christmas cards. The Tubfrim project can use them. Stamps must be trimmed to have at least a 1/4 inch border. Bring them to the meetings.

**Don't forget the District 5 Cultural Skills Contest!!**

District 5 has initiated skills contest. The lodge and member in District 5 that receives the most cultural pins in the same time period will receive a prize. If several people all get the same number of pins, then a name will be drawn from this group of people. The contest period will be January 1 - May 31, 2016. All awards will be presented at the 2016 District 5 Convention, June 25, 2016. The awards will be a one-time prize. If you have any questions you may contact Esther Charlton at [esthersofn@aol.com](mailto:esthersofn@aol.com).



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## Celebrate Founders' Day! 2016 Recruitment



Are you ready to show your Sons of Norway pride? January 16th marked Sons of Norway's Founders Day, a day to celebrate the organizations beginning and acknowledge the contributions made by 18 Norwegian immigrants back in 1895. It's an amazing thing to see how our organization, which was founded to create a social safety net for Norwegian immigrants, has grown into the largest Norwegian cultural organization in the world!

While Founders Day is a great day to celebrate Sons of Norway's past, it's also an opportunity to celebrate where we're headed. With thousands of hours dedicated to our communities and reputation built on strong, dependable financial products, Founders Day is the perfect time to demonstrate your pride in being a part of Sons of Norway!

Don't forget to wear your Sons of Norway pins proudly! And when anyone asks about your membership pin, explain with pride that you belong to Sons of Norway and then invite them to learn more at an upcoming lodge meeting!