



# Sons of Norway Fagernes Lodge 5-616



**July, August, September 2016**

## Upcoming Events

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All meetings are at the Blair Community Center unless indicated otherwise

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**July 10, 2016 - Parade at Trempealeau Catfish Days**

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**August 27, 2016 at noon**

*Potluck picnic in Blair Park with Norwegian Bingo*

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**August 28, 2016 - Parade at Ettrick Fun Days**

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**September 18, 2016 - Parade at Blair Cheese Festival**

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**September 24, 2016, 1:00**

*Program by Glenn Borreson*

**Servers: Leland and LaVonne Wier**

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**October 22, 2016, 1:00**

*Silent auction for the Foundation, cut stamps and make Norwegian hearts*

**Servers: Roger and Fran Instenes and Eddie Thompson**

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## Highlights from the District 5 Convention

by **Mary Herness, Fagernes Lodge Delegate**

The District 5 convention, June 22-25, 2016, was held at Marshfield, WI. A brief sampling of many events included:

- a presentation about Viking longhouses by President Owen Christianson & his wife. We viewed this on a video, enhanced by their narration sharing the steps of the actual authentic construction of a longhouse in northern WI on their property.

-another highlight of the convention was the retelling of sagas, also by Pres. Christianson & wife, wearing authentic Viking costumes that she had fashioned. The sagas prove, without a doubt, that Erik the Red and Leif Erikson landed in their Viking ships in North America centuries before Columbus was even born. Keep in mind that the sagas are part fiction and part actual events. This delightful storytelling presentation gave us insights about the Vikings sailing dangerous seas, engaging in fierce battles, surviving in humble homes, coping with times of near starvation, courageous Viking women giving birth to the first white persons in NA and their unflinching determination to explore.

-Saturday morning we were privileged to hear International President, Jon Tehven speak. He had the unique gift of combining Norwegian humor with the serious business of Sons of Norway. That morning the heavy business concerning resolutions, bylaws and election of officers was tempered with music led by an American Norwegian teacher of music and language. He taught in Norway for numerous years, and had acquired an impressive repertoire of folk music that he sang for us. What a treat!

-the other side benefit of attending this convention was the opportunity to meet new interesting people. The shared pride and love of our Norwegian heritage became the focus of numerous conversations.

-The District 5 convention in 2017-2018 will be hosted in LaCrosse, WI, at the Radisson Hotel.

-The new district 5 website is [www.sonsofnorway5.com](http://www.sonsofnorway5.com) Send all web postings to [inputd5@sonsofnorway5.com](mailto:inputd5@sonsofnorway5.com)

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**PARADE SEASON continues! Trempealeau Catfish Days on July 10th; Ettrick Fun Days on August 28th; and Blair Cheese Fest on September 18th.**

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## ***a little in English...***

### **Petroglyphs were used as billboards**

The first interpretations of the petroglyphs at Kirkenes in Finnmark suggest that the place may have been an important hub for northern people of the Stone Age. The site is strategically located halfway into the fjord at Kirkenes in Finnmark. 6-7000 years ago, waterways were the most efficient way to travel. This was the highway for Stone Age people moving around, including hunting for prey. And right here at Gamnes, between the outlet of a river and the mouth of a fjord, which opens up to the Barents Sea, there are a lot of rock drawings. Of reindeer and moose, in herds and alone, with and without their young. Generally the animals in the rock carvings face in different directions. But here most of the reindeer are depicted with their muzzles facing the same way.

“The reindeer are heading into the fjord. That may indicate that the rock art depicts a migration route,” says Anja Roth Niemi. She is the project manager for the archaeological excavations under the auspices of the University Museum in Tromsø, UiT - The Arctic University of Norway. Niemi believes drawings showed where the animals lived and how they moved in the area. They were vital messages from one hunter to another.

### **Messages in stone**

At this time, people in the north became more sedentary. This is shown in excavations of settlements. Smaller groups probably went out to hunt, and they followed the animals that changed pastures with the seasons. The central location made the carvings visible from several directions. Sea levels were higher then, and when hunters came to the fjord by boat they could hardly miss the drawings on the coast.

“The rock art was very visible to people who traveled past. We imagine that this was an important landmark on the route,” says Niemi. She thinks precisely the lack of variety in the artwork says something about the importance the place had for the people who used it. “Maybe the drawings were a kind of databank. This may have been a place where hunters exchanged information on animal behavior.”

### **Hoping to find more**

Niemi hopes this rare find may inspire walkers to look a little longer at the stone as they pass. Because even the untrained eye can detect petroglyphs. “Look for lines that seem a bit misplaced. We think there may be several drawings in the area, and it would be wonderful to find them.”

## ***litt på norsk...***

### **Helleristninger ble brukt som oppslagstavle**

De første tolkningene av helleristningene ved Kirkenes i Finnmark tyder på at stedet kan ha vært et viktig knutepunkt for steinaldermenneskene i nord. Stedet ligger strategisk plassert halvveis inn i fjorden ved Kirkenes i Finnmark. For 6-7000 år siden var vannveien den mest effektive måten å reise på. Dette var motorveien for steinaldermenneskene som beveget seg rundt, blant annet på jakt etter bytte. Og akkurat her på Gamnes, mellom utløpet fra elva inne i landet og fjordmunningen som åpner opp mot Barentshavet utenfor, er det masse motiver i fjellet. Av reinsdyr og elg, i flokk og alene, med og uten unger. Vanligvis peker dyr i helleristninger i alle retninger. Men her er de fleste reinene avbildet med snuten samme vei.

– Reinen går innover fjorden. Det kan tyde på at bergkunsten avbilder en trekkroute, sier Anja Roth Niemi. Hun er prosjektleder for de arkeologiske utgravingene i regi av Universitetsmuseet i Tromsø, UiT Norges arktiske universitet. Niemi tror tegningene viste hvor dyrene befant seg og hvordan de beveget seg i området. De var livsviktige beskjeder fra en jeger til en annen.

### **Beskjed i berget**

På denne tida ble folk i nord mer bofaste. Det viser utgravinger av boplasser. Sannsynligvis dro mindre grupper ut for å jakte, og de fulgte etter dyrene som byttet beite med årstidene. Den sentrale plasseringen gjorde helleristningene synlige fra flere kanter. Vannlinja lå høyere den gangen, og når jegerne kom i båt på fjorden kunne de nesten ikke unngå å få øye på tegningene i vannkanten. – Bergkunsten var veldig synlig for folk som reiste forbi. Vi ser for oss at dette var et viktig landemerke på reiseruta, sier Niemi. Hun tror nettopp mangelen på variasjon i motivene kan si noe om hvilken betydning stedet hadde for menneskene som brukte det. – Kanskje tegningene var en slags kunnskapsbank. Dette kan ha vært et sted der jegerne utvekslet informasjon om dyrenes atferd.

### **Håper å finne flere**

Arkeolog Anja Roth Niemi håper det spesielle funnet kan inspirere turgåere til å kikke litt ekstra på steinen de passerer. For selv et utrent øye kan oppdage helleristninger. – Se etter streker som virker litt malplasserte. Vi tror det kan være flere tegninger i området, og det hadde vært fantastisk å finne dem.

<http://forskning.no/kultur-arkeologi-steinalder/2016/03/helleristninger-ble-brukt-som-oppslagstavle>

**Editor's Note:** *The following is a writing done by Mary (Hanson) Herness. She recently attained an award in the Cultural Skills Reading Program, Level 4. This level required not only reading and reporting on 5 books by Norwegian authors, but also one project. She wrote the following about her family genealogy, which was one of many project options. Mary read this at the Fyrbal on June 21, 2016, and I thought it would be of interest to those who could not attend that event. Congratulations to Mary for a job well done!*



Mary Herness and Shirley Stanford, Cultural Director

### **My Steadfast Viking Ancestors**

Paternal great-grandpa, Toger Hansen, in 1867, yearned for America. Farewell Skogstad farm, Hov, Sondreland, Norway, siblings and Dad. Two adventuresome brothers off to Kristiana, New York, Minnesota and Wisconsin. Found his Norwegian bride, Katherine Louisa, 1879, in LaCrosse, WI. By 1882, Pigeon Falls and Pedar Ekern's 160 acre farm beckoned. Shoemaker by trade, but a clapboard house Toger built alongside a valley spring. Five children filled the shanty on the "old place" where Toger and Louisa farmed. His 48 years, too short a lifetime, the Hanson farm - our heritage still today.

In 1893, Grandpa Mauritz Christianson, sisters Klara & Julie, on the Hekla sailed. West Toten was their birthplace, but opportunity, jobs, freedom in America called. To Iowa, onto Chippewa Falls, WI, penniless siblings greeted by brother, Clarence. Morris wed petite Norwegian bride, Helen Solberg, in 1901 in the rural Cadott Church. Ten children were born: farms in Cadott, Elk Mound, Taylor, Northfield and Stanley. A legacy of farming, parenting, gardening, crying, praying, laughing, singing. A long journey, the list of descendants growing, always with pride in heritage. Drywood Cemetery, a place for Baby Myrtle and maternal grandparents to rest.

Daughter of Husman, paternal Grandma Jenny Marta, just 14, with mixed feelings in 1905 must bid Sondreland goodbye, joining her Nordby family setting sail. Crossing the Atlantic to Quebec, their final destination Pigeon Falls, WI. Herman Hanson, son of Torger, in 1909, chose Martha for his bride, in Blair. Torger's wooden shanty, their home, soon the birthplace of two children. A new house and barn, built in 1915, on the prairie, welcomed four more children. Martha Nordby Hanson, her childhood culture carried in her heart, teaching us the Norwegian language, religion, songs, memories and recipes for lefse, sot suppe.

A Scandinavian heritage: love family, be humble, unpretentious, hospitable to all. Thanks to Torger, a farm where six generations survived depression and good years. Jenny Marta - you touched our lives with lesson and gifts money cannot buy. Morris, you chose Grandma Helen, and now aunts, uncles, cousins share your love. Deep roots church, music, a sense of humor, education a high priority. A work ethic unequaled: farmers, teachers, businessmen, sales, medicine, builders. Your genes flow through our bloodstreams, eye and hair color, stature, ambitions. Will generations, still uncounted, keep your tough steadfast Viking spirit alive?

**From the editor:** I have noticed several people have incorrect phone numbers and one person has an incorrect address in the lodge directory at the Sons of Norway headquarters. Please check and make sure **yours** is correct the next time you send in your renewal, or call it in to 1-800-945-8851. I can't make the change for you, or I would do it.

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**The Syttende Mai Bake Sale and Frokost** was a success! We had lots of goodies for sale, and many people participated in our Frokost meal. Thanks to all who worked or contributed to the event!

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**PAST HAPPENINGS AT FAGERNES LODGE.**



Jerry and Karen Trzabratowski talked about cultural skills at the April 2016 meeting.



Todd and Mary Jo, the chief kitchen cooks, have fun at the May Frokost.



Members and guests enjoy the Frokost meal in May.



Lodge members enjoyed a meal together at the Rainbow Restaurant on May 13, 2016, prior to the Grand View Syttende Mai program.



The 2016 Ambassador, Terry Thompson, is crowned by the 2015 Queen, Virgieann Stecha, at the Fyrbal on June 21, 2016..



Our convention delegates, Todd Fetsch, Mary Herness, and Mary Jo Fetsch enjoy lunch while the Blair Norwegian Singers sang at the 2016 District 5 Convention in Marshfield.

**President's Message**

Fra Presidenten,  
Hilsen Venner, ..

We survived the convention!! Lots of delegate work was done with many by-laws and resolution changes. I served on the Laws Committee, which streamlined the by-laws. District 5 convention in 2018 will be in LaCrosse, right close to home! There were many interesting people there, and I even ran into people I knew from western Minnesota where I grew up. Even got some great cookie recipes. I found out Starbuck, Minnesota claims to have the largest lefse in the world. I have relatives from there.

I learned what Kubb is and hope to teach it to the lodge. I am in the process of making a set of Kubb. Many vendors were there, and I got music for our gatherings and possibly for the float.

I suggest we get a group together to go to Marshfield to visit Owen Christianson's long house some midweek day. Two hour drive one way. He would love to give us a tour.

Our own Blair Norwegian Singers did a fine job and everyone loved them!

I talked with Jon Grinde. He wants to come celebrate our lodge's 25th anniversary. Plans will be announced later about when we will have a celebration...probably at Drugan's in October.

LaVonne has redone the brochure for our lodge, and I like it! Please get some copies at meetings so you can give them out to prospective members.

We hope to have some more improvements to our float by the Catfish Days parade.

Hjetelig hilsen i fra, Todd (Heart felt greetings from...Todd.)

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**NEWS FROM OUR MEMBERS**

Leland and LaVonne Wier are building a new house on the farm. It is made with ICF blocks, and is a little different from the regular "stick-built" home. To watch the progress, go to LaVonne's Facebook page.

*To add your news to the newsletter, make sure to submit it timely to the editor for the next edition.*

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<p><b>HAPPY BIRTHDAY!</b></p> <p><i>Due to privacy concerns, only the month is listed.</i></p> <p><b>July</b></p> <p>Bailey Anderson, Mary Jo Fetsch, Todd Fetsch, Tarryn Hanson, Haily Henderson,</p>	<p>Noelle Henderson, Alexis Jacobs, Shauna Jacobs, Chynelle Koterwski, Eddie Thompson, Sergei Wier,</p> <p><b>August</b></p> <p>Brendan Berg, Marlys Britten, Kaleb Dobson, Olin</p>	<p>Fimreite, Ruby Henderson, Virgieann Stecha, Terry Thompson, LaVonne Wier</p> <p><b>September</b></p> <p>Cynthia Anderson, Marleen Berg, Gene Hogden, Ralph Solberg</p>
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## Draken Harald Hårfagre Sails to North America

In April, the Draken Harald Hårfagre, the modern world's largest Viking ship, set sail on a new mission: to reach North America following the route traveled by Leif Erikson in 1000 A.D. Titled Expedition America 2016, the ship's voyage to North America is timed to coincide with summer festivals, including the Tall Ship Challenge Great Lakes 2016 in August, where it will participate as the only Viking ship. In September and October, it will make stops in New York City and Mystic, Connecticut.

Since the Vikings made few records about ship-building and sailing techniques, the Draken Harald Hårfagre is a replica longship based on details gleaned from Norse sagas and modeled after ships uncovered in archaeological digs. Outfitted with a sail of red silk, the craft can reach top sailing speeds of 14 knots, or 16 mph. When winds are low, 25 pairs of oars propel the ship. Although there are a few modern additions such as safety and navigation equipment and communication gear, the ship itself was hand-built, solely using traditional boat-building methods. To honor tradition, the ornate dragon's head prow of the ship was revealed in a ceremony prior to the ship's launch from Haugesund, Norway in April. The colorful carved adornment was traditionally mounted right before departure to protect the crew from bad weather, pirate raids and evil, and removed while in port.

A task not for the faint of heart, the 32-person crew for the expedition was selected from 4,000 applicants hailing from the U.S. and Europe. Captain Björn Ahlander praised his crew, stating that they have to withstand rain, cold, harsh mental and physical demands and get by on little sleep and no privacy. The owner of the ship, Norwegian entrepreneur Sigurd Aase says that the project's "aim is to explore the world, embrace the Viking spirit to look beyond the horizon and seek adventure, to inspire people to take on challenges."

To see footage of the Draken Harald Hårfagre in action, visit [drakenexpeditionamerica.com](http://drakenexpeditionamerica.com) or follow the ship on facebook at [facebook.com/drakenharaldharfagre](https://www.facebook.com/drakenharaldharfagre)

## Summer Fun with Family

July is a busy month! How busy? Not only does Independence Day in the U.S. fall in July, but so does National Picnic Month, National Hot Dog Month and National Ice Cream Month! With so many opportunities for family fun, how can you decide the best way to celebrate? You're in luck: here are some exciting ways to celebrate all that July has to offer with your family with a Norwegian twist!

An obvious way to participate in **National Picnic Month** is with a family picnic, right? Instead of opting for the usual peanut butter and jelly sandwiches and potato salad, consider adding a few traditional Norwegian foods. Open-faced sandwiches are just one authentic option, but the Recipe Box on the Sons of Norway website is full of other alternatives.

Adding hot dogs to your picnic fare is another easy way to add a Norwegian touch. Norwegians love their pølse, in fact, they consume almost 100

million pounds of the sausages each year. A lot of hot dogs are eaten with lefse, but tortillas or pita bread could be substituted for a similar feel. Although hot dogs are often eaten with ketchup or mustard, they're also enjoyed with remoulade.

Finally, let's talk about **National Ice Cream Month**. Last July, Kristiansand created the world's largest ice cream cone, so it's clear they take their ice cream seriously in Norway. One way to start is with your cone: forgo the usual waffle cone and instead opt for one made of homemade krumkake. The hard work will be worth it! You can find plenty of recipes to make Norwegian-inspired ice cream at home, too. Some of our favorites are recipes that include berries or Norwegian chocolate bars. With ice cream, though, it's hard to go wrong!

July can quickly fill up to become a busy month, but these simple ideas can help you enjoy them a little more. However you mark the month, celebrate it with your family!

**FOCUS ON A FAGERNES LODGE MEMBER:** In lieu of this feature, see Mary Herness' story on Page 3.

### **Frozen Ever After Attraction Takes Design Cues from Norway**

In June, Disney World officially opened Frozen Ever After, an addition to the Norway Pavilion at the World Showcase in Epcot. Set amongst the pavilion's replica stave church, Restaurant Akershus and the Kringla Bakeri Og Kafe, the Frozen Ever After attraction is inspired by hugely successful 2013 animated film, "Frozen." The attraction, as well as the original film, include several Norwegian and Scandinavian references and design elements.

"Our imagineers have traveled to Norway and recreated many of the buildings and facilities and facades modeled after famous buildings and some summer cabins that they found in Norway," said Melissa Valiquette, Vice President of Epcot at Disney. One such cabin is the Detlistua, a charming two-story cottage constructed in 1817 by Ole Halvorsen in Oppdal, which was later rebuilt in 1924 as part of Trondheim's Sverresborg Open Air Museum of Cultural History. Disney designers were inspired by its iconic and beautiful architecture and replicated the cottage's design to create the Royal Sommerhus, a meet and greet location for park attendees to meet film characters, Anna and Elsa.

In addition to the Royal Sommerhus, Disney also debuted the Frozen Ever After theme ride, which replaced Maelstrom, a boat ride which opened in the park in 1988. The new ride takes visitors through many of the iconic scenes of 'Frozen' as they pass along in a boat. In a nod to the history of the pavilion, runestones from the original Maelstrom ride are placed near the Royal Sommerhus.

#### **Lingonberry Bars**

From The Norwegian Kitchen by Kjell E. Innl

- Scant 2 cups of flour
- 2/3 cup sugar
- 1 tbsp baking powder
- Scant 2/3 cup unsalted butter • 1 egg
- 3/4 cup lingonberry preserves

Topping:

- 2/3 cup oatmeal
- 3 tbsp butter
- 1/2 cup sugar
- 1/2 tsp vanilla extract

Preheat oven to 400°F. Combine flour, sugar and baking powder and cut in the butter with a pastry blender. Add the egg and mix well. Spread into a greased 8x12" pan. Spread the preserves over the batter. Combine all ingredients for the topping and sprinkle over the batter. Bake 25-30 minutes, until golden. Cool in the pan.

(Note from LaVonne - Probably can use any berry preserves.)

Saved the cancelled stamps from all your mail. The Tubfrim project can use them. Please cut them first if you have time. Stamps must be trimmed to have at least a 1/4 inch border. Bring them to the meetings.

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!



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## **St. Olav's Day**

Celebrated across Norway on July 29, Saint Olav's Day is an official Flag Day and Norwegian feast day commemorating the accomplishments, contributions and memory of Olav II Haraldsson, otherwise known as the Patron Saint of Norway, Norway's Eternal King or Saint Olav.

Olav was the first king to hold effective control over all of Norway, and was also responsible for establishing and spreading Christianity in Norway. After spending time as a Viking warrior in the Baltic region during his teenage years, and later discovering Christianity during his time in England, Olav returned home to Norway in 1015 where he fought for control of a country ruled by petty kings. At just 22 years old, Olav was accepted as the first king to reign over the entire nation Norway.

Upon receiving military pressure from the king of Denmark and resistance from some citizens because of his enforcement of Christianity, Olav was forced to flee the country in 1028. After two years of hiding in Russia, Olav returned to Norway to reclaim his throne. It was at the Battle of Stiklestad near Trondheim in 1030 where he was ultimately killed. The Icelandic tales from historian Snorre Sturlasson speak of miracles that occurred during the battle as well as at the king's grave in Trondheim. In the year following his death, Olav was declared both a martyr and a saint.

Each year in celebration of Olav, the Saint Olav's Festival or Olavsfestdagene is held in Trondheim. Taking place from July 28 – August 6, festival activities include concerts, lectures, pilgrimage and free events along with celebrations and services at the famous pilgrimage destination Nidaros Cathedral.

As an additional way to celebrate St. Olav's Day this year, take a walk along the pilgrimage routes known as St. Olav Ways. Whether you're able to start the actual pilgrimage to the Nidaros Cathedral in Trondheim, or want to make the journey at home by independently tracking your walking mileage through the Sons of Norway Virtual Pilgrimage and Sports Medals program, beginning the pilgrimage route can be a great way to celebrate Saint Olav this July.