



NORDLAND NEWS

Nordland Lodge 5-544, 418 W Milwaukee St., Janesville, WI

September-October 2016

Volume 30, Issue 5

Fra Presidenten

I know it goes without saying, but we again send out Thank You to those who serve for weekly Kiwanis meetings as Kiwanis is so crucial to the continued success of Nordland Lodge. But we can always use more help, so please contact me or any of our officers to lend a helping hand.

We always welcome any suggestions for programs or other ideas you may have to help make our upcoming Social meetings more interesting and relevant to you. Let us know if you have any stories or remembrances that you would like to share. Stories of your ancestors emigration to America or of their life in Norway today.

We are anticipating a very interesting program on October 19th. Finn Brobakken, from Snertingdal, Norway will be in the USA and he has included Nordland Lodge in his itinerary of programs he will be presenting. In less than a 40 year period of time, almost half of the residents of the 40 mile valley known as Snertingdal left for other countries, mainly the United States and Canada. There were multiple factors that led to the mass exodus from this particular valley: political, economic, social mores and structure. He will present his insights from growing up there as he learned his own relative's stories and found out more from neighbors who had family members who left Norway. Make plans to attend and ask your friends to come too. Light refreshments will be served.

This is your Lodge and we need, but more importantly, want your input to help make Nordland Lodge the best it can be! We look forward to seeing you for our upcoming Fall meetings! See you soon at the Lodge!

Mange Takk!!!

William Hendrickson, President

Nordland Lodge 5-544

Janesville, WI

September-October Coming Events

Tuesday, September 6, 2016, 7:00 pm. Board meeting at the lodge.

Wednesday, September 21, 2016, 6:30 p.m. Social Meeting at the lodge. Program will be on Lag Stevnes. There will be a Power Point presentation on the general, over-all purpose of Lags as well as other people sharing their experiences in attending these Stevnes. There will be a potluck supper. Bring a dish to pass and your own table service.

Tuesday, October 4, 2016, 7:00 p.m. Board meeting at the lodge.

Wednesday, October 19, 2016, 6:30 p.m. Special program by Finn Brobakken of Snertingdal, Norway. (see Bill's letter above) Light refreshments of Norwegian pastries and beverages will be served before Finn's presentation.

UPCOMING PROGRAMS

On September 21st we will have a program about Lag Stevnes in the United States. We will have a Power Point presentation to learn about the organization and purpose of these Stevne. There will also be some members that will share their experiences of attending the Stevne relating to the area from which their ancestors came.

Emigration from Snertingdal

We are anticipating a very interesting program on October 19th. Finn Brobakken, from Snertingdal, Norway will be in the USA and he has included Nordland Lodge in his itinerary of programs he will be presenting.

In less than a 40 year period of time, almost half of the residents of the 40 mile long valley known as Snertingdal left for other countries, mainly the United States and Canada. There were multiple factors that led to the mass exodus from this particular valley: political, economic, social mores and structure. He will present his insights from growing up there as he learned his own relatives' stories and found out more from neighbors who had family members who left Norway. Make plans to attend and ask your friends to come too. Light refreshments will be served. (Finn speaks fluent English)

(Note) My grandparents, father and uncle came to this country from Snertingdal and I have visited there several times. I never knew Finn until he visited my church (Luther Valley) two or three years ago with relatives of his that he was visiting in Beloit. I found out that he had gone to school with my cousin in Snertingdal and his home is near by. Also, we may be distantly related! Small World!. Olga

Phone Numbers

If you have any questions or need to contact the Nordland Lodge, please call one of the phone #s listed below.

Bill Hendrickson, President	608-754-3751
Pat Mahlum, Secretary	608-365-1369
Olga Fast, Treasurer	608-879-2730

Greg Ragan, FIC

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8082 Harvest Hills Dr.

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815-623-8817 1-800-442-4146

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Gratularer Med Dagen

SEPTEMBER BIRTHDAYS

Helen Mortensen	3	Egil Svennevig	5
Ron Martin	26		

OCTOBER BIRTHDAYS

Marline Strait	2	Catherine Engler	9
John Eyster	12	Betty Lang	20
Dale Anderson	22	Julia Vazquez	23
Doug Mahlum	27		



Important Reminders!

Cultural Skills: Check out Cultural Skills on (sonsofnorway.com) to help you decide which of these skills you would like to learn and to submit for inclusion in the current District 5 contest which runs from June 1, 2016 through December 31, 2016. Some of you have started on a skill but just need to complete the forms for submission. sonsofnorway5.com is the District 5 website which gives specific information on the contest.

Sports Medals: If you are interested in walking, bicycling, skiing or other sports, you can keep track of the hours you spend and submit the forms in order to receive pins for those activities. The website has information needed for that too.

Norwegian Bake Sale: Plans are being made to have another Norwegian Bake sale before the holiday season. This has been very successful in the past. Start making plans as to what Norwegian foods you can bake to contribute to this only fund raiser we will be having. You can start baking well in advance of the sale, storing the cookies in metal containers. They keep very well if stored in this manner.

Do you want a "baking day" before the bake sale. Maybe this would be an opportunity to learn how to make something that you haven't tried before. Let Pat or me know.

The mission of Sons of Norway is to promote, preserve and cherish a lasting appreciation of the heritage and culture of Norway and other Nordic Countries, while growing soundly as a fraternal benefit society offering maximum benefits to its members.

IN MEMORIAM

Mae Swain

Mae Swain, 91, formerly of Janesville, WI died Wednesday, July 6, 2016, in Bartlett, TN. She was born May 14, 1925, in Plymouth Township, WI, the daughter of Carl and Mabel Swain Nelson. She married Stanley Swain on June 18, 1949, at Luther Valley Church, rural Beloit, WI. They were the parents of one daughter, Linda.

Mae and Stan were long-time members of Nordland Lodge #5-544 where Stan served at President of the Lodge and Mae was active on various committees. They were also active members of Luther Valley Church.

Six years ago Mae moved to Bartlett, TN to live close to her daughter and grandchildren. She is survived by her daughter Linda (Gary) Proseus, grandchildren Erik Proseus and Melissa Nicholson and three great-grandchildren and one expected in December. She was also survived by her sister-in-law, Madge Nelson and numerous nieces and nephews. She was predeceased by her husband Stan; parents; step-father, Halfdon Hanson; sister, Mildred Hawley; brothers: Arland, Donald and Lester Nelson; and step-sisters: Dorothy Tews, Beatrice Carroll, and Helen Mennenga.

Funeral services were held at Newcomber-Silverthorn Chapel On The Hill, Orfordville, WI, at 2 p.m., on Monday, July 11, 2016, with Pastor Jack Way of Luther Valley Church officiating. Burial was at Luther Valley Cemetery.

Beverly Ruth Sparby

Beverly Ruth Sparby, 87, of Janesville, WI, died on August 7, 2016, at Evansville Manor. She was born on December 2, 1928 in Monico, WI, the daughter of James and Ruth Selvig. She married Robert W. Sparby on September 4, 1948 in Rhinelander, WI. They have been residents of Janesville since 1954. He died on May 19, 2012.

Bev and Bob were charter members of Nordland Lodge 5-544. They were also active members of Trinity Free Lutheran Church, Janesville, WI.

Bev was survived by her five children: Donald Sparby of Belleville, WI, Ruth Baker of Baraboo, WI, Wanda Micklos of Lostant, IL, Scott Sparby of Janesville, WI and Linda Nash, Janesville, WI as well as 13 grandchildren and seven great-grandchildren. She was preceded in death by her parents; husband; brother and sister-in-law, James and Angie Selvig; and a great-grandson, AJ Micklos.

Funeral services were held at 12 noon, Monday, August 15, 2016 at Trinity Free Lutheran Church with Pastor Jon Benson officiating. Interment was at Milton Lawns Memorial Park, Janesville.

What Friluftsliv Does To Your Brain

The Norwegian value of *friluftsliv* or outdoor living is not a recent trend, but a treasured tradition. Attributed to Henrik Ibsen, who first penned the word in 1859 in the poem "På Viddene" (On the Mountain Plateau), the term was popularized by explorer Fridtjof Nansen in a 1921 speech given to *Den Norske Turistforening* (DNT)-the Norwegian Trekking Association.

Has the spirit of *friluftsliv* waned since 1921? Consider that North American children have less unscheduled time than they used to, spending half as much time outdoors as they did 20 years ago. They stare at TV, tablets, phones, video games or computers for an average of six hours per day. Many adults spend more time sedentary and indoors, contributing to stress and poor physical condition.

We are missing out on the physical and mental benefits of *friluftsliv*.

Breathing fresh air and hiking in nature can help recharge your batteries while having a calming effect. Outdoor recreation not only has positive effects on our fitness and can burn 400-700 calories per hour, it actually changes our brains for the better.

A 2015 study published in Proceedings of the National Academy of Sciences, showed that people who went for a nature hike versus an urban hike showed lower levels of worry and experienced better moods. The blood flow was reduced to the part of the brain that is tied to sadness, self-criticism and depression.

Time spent in green space also improves problem-solving skills. Our brains are constantly bombarded with digital messages and artificial lighting, lowering our ability to sort information and think creatively. One study showed participants scoring 50 percent higher on a creativity test after their TV and gadgets were swapped for time outdoors.

The outdoors can also increase your ability to focus. People with ADHD who have difficulty concentrating on work or school were shown to have drastically reduced symptoms after being prescribed a daily hike, whether or not they were on medication. Nature walks have also been proven to combat dementia by staving memory loss and making space for new memories.

You don't have to live near a wilderness to reap the benefits of hiking. Experiencing the outdoors in a green space like a park, or near a body of water produces benefits after only five minutes a day. The best part is that the outdoors costs nothing, and is always open!

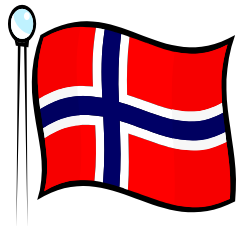
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Sons of Norway
Nordland Lodge 5-544
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Looking Ahead-5th District Events



October 1, 2016-Frokost at Vennelag Lodge, Mt. Horeb. 7:30-11 am.

June -December 31, 2016-Cultural Skills contest.

Check the Sons of Norway District 5 web site for events in the district. Lodge newsletters are posted on the web site, so check these out to see what other lodges are doing. Sonsofnorway5.com

Holiday events and Lutefisk Dinner dates should be posted soon.

Nordland News

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October 15, 2016

Events at our lodge are good reasons to invite friends and family to join us. When they enjoy being with us and doing the great things we do at the lodge, then maybe that would be the time to ask them to join. We need to continue working on building up our membership. **New Members Are Important to Nordland Lodge.**