



# NORDLANDET LODGE 5620

Volume 14, Issue 1

Jan, Feb, Mar 2017



Our Nordlandet Lodge will celebrate Syttende Mai with a Frokost beginning at 12 p.m. on Saturday, **May 13th** at Trinity Lutheran Church in Rhinelander.

**This year there will be no cost for members. Guests cost remains the same, \$10 for adults and \$4 for children 12 and under.**

The Lodge will again have Trigs cater some items such as smoked salmon, lox, cheese, sausage, herring, meatballs & potatoes, but food donations will still be needed for salads and desserts.

We also will need volunteers to set-up & decorate the night before and early Saturday to help prepare the small sandwiches, make coffee and put the food on the tables. And of course we will need lots of help with the clean-up.

## Nordlandet Lodge Executive Committee

[brief notes from the meeting]

The executive committee met on 18 February 2017 at the Rhinelander Pub & Café to discuss the status of our lodge.

Present were Fred Olsen, Gladys Miller, Lee Samuelson, Sharon Samuelson, and Judy Groh; Absent: Lauralee Martin, Charlotte Schowalter, Virginia Olsen, and Helen Sigurdson.

Over the past few years our attendance for lodge meetings has been way down which resulted in many meetings & programs being cancelled. A bigger problem is that there is always the same volunteers for events with age and health issues preventing some of them from continuing. We need new volunteers for our events & programs and increased membership in our lodge if we are going to survive.

Plans for Syttende Mai were made but the date was changed to May 13; the March Membership Breakfast meeting was cancelled. Plans for the picnic and the bake sale were put on hold until the next board meeting.

Lee Samuelson will send out a questionnaire to get input from all the members on how to deal with our volunteer crisis and declining membership. Please take the time to fill out this questionnaire and return ASAP.

Results from the questionnaire will be discussed at the next board meeting and reported in the next newsletter.

**Next Board Meeting:** 29 April 2017; 11am at Rhinelander Pub & Café.

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**Letter From: Cheryl Wille-Schlessler,  
District 5 Youth Director**

Following the District 5 Convention held at Marshfield, WI in June, 2016, there has been a flurry of activity coming from Kaia Ellis and Sarah Barnes, the administrators who oversee District 5's youth summer heritage camp, Masse Moro. New marketing materials have been written and the website has been redesigned under Sarah's leadership. Fundraising efforts continue to expand led by Kaia.

District 5 Board Treasurer Michael Palecek has begun writing articles of incorporation to establish a 501C3 tax status with the Internal Revenue Service. The breadth of the 501C3 document has yet to be finalized and may include more than Masse Moro alone. In addition, local lodges have begun contributing financial support for Camp, recognizing its importance to our youth and ultimately to our lodges, in general.

These actions will all aid in making our Camp more solvent, by hopefully attracting more campers and providing more accountability to the members of District 5, as Camp generates more revenue. It will allow our administrators more flexibility when applying for grants from Scandinavian heritage organizations, which require a tax exempt status as part of their application process. People who contribute to the 501C3 will be able to realize a tax exemption on their federal income taxes, once our documents are approved.

As contributions are given, listings of the Lodge names are posted on the *Masse Moro Facebook* page. Donations may be sent to me at the following address: 200 Beth Circle, Mt. Horeb, WI 53572. Please indicate whether you have a specific designation such as: the general fund, scholarships, naturalist programs, equipment purchases, or speakers. You may also choose no designation, allowing the staff to use your contribution to help in the best way possible.

If you would like to see the updates that have been made to the website, please search [Masse Moro.org](#). Youth directors in local lodges may also find this information helpful, as youth begin to inquire about life at Camp and ask for Lodge Supporting Grants.

Our Camp CD is available for purchase at the Masse Moro website. It is also listed on [sonsofnorway5.com](#) website. Kaia is working with Camp families to generate additional funds. Recently, a lefse fundraiser she led brought in over \$600.00!

One goal of the Masse Moro team is to cast a wider net in 2017 to attract campers from all of Sons of Norway's Districts. We will be working with Linda Pederson at the International Office to get our materials posted on the [SofN.com](#) website where youth will be able to access our information.

If you would like to hear more about our plans for Masse Moro, or you would like to become a Masse Moro partner by making a contribution, we welcome you! Please know that Kaia, Sarah, and I are available to speak to members at Lodge meetings. You may contact me at: [rogcher@mhtc.net](mailto:rogcher@mhtc.net) or by phone: 608-219-4464 to arrange a time. Thank you!

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**e - Mail Addresses**

Nordlandet Lodge 5-620, like most organizations provides an "electronic" version of this newsletter to all members who have a current email address.

**If you have an email address please consider this alternative to snail mail.**

We do not share these addresses with any other organizations or individuals. Thank you for your cooperation.

**Judy Groh, Editor**

## District 5 Events

Mar 18: SON Zone 3 Officer Training,  
Mauston, WI

May 17: Early registration deadline for **Masse Moro Norwegian Heritage Camp**

Jul 16-29: **Masse Moro Norwegian Heritage Camp** - Beaver Creek Reserve - Eau Claire, WI

June 27-July 1, 2018 District 5 Convention,  
Hotel Radisson in La Crosse, Wisconsin.

### NORDLANDET LODGE 5-620 2017 Officers

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### *A Romantic Restoration*

A current restoration project taking place at Maihaugen, one of Northern Europe's largest open-air museums in Lillehammer, Norway, is generating anticipation for the project's completion.

The endeavor is steeped in Norwegian culture, a bit of romance and a royal twist.

Just weeks ago, the disassembled 1930s childhood home of H.M. Queen Sonja of Norway was moved from its original location at Tuengen allé 1b at Vinderen, Oslo, to Maihaugen in Lillehammer. The home is to be reassembled, furnished in an authentic manner, and opened to the public as part of a popular attraction at the museum that features homes representing each decade from the 1920s through 2001.

Work is now underway to breathe life into the house, which will showcase replicated and original furnishings used from 1935 to 1968. Queen Sonja lived there for most of her childhood years, until 1968 when she married then Crown Prince Harald. According to Maihaugen's website, the home was one of the few places the couple could meet during the nine years they were dating.

The house is constructed in the functionalist style, with hipped roof, horizontal cladding, windows by the corners and balconies with steel rails.

Museum guests can look forward to the official opening of the project on August 29, 2018, the date of Their Majesties' 50th wedding anniversary.



## Norwegian Fjellbrød

Makes 1 loaf. Adapted from <https://mydearkitcheninhelsinki.com/2014/11/21/fjellbrod-a-nutritious-norwegian-bread/>

- 1 cup plus 2 tbsp (2.7 dl) whole milk
- 1 cup plus 2 tbsp (2.7 dl) lukewarm water
- 2 plus ¼ tsp (11 ml) dry yeast
- 3 cups (7.2 dl) whole-wheat flour
- 1 cup (2.4 dl) rye flour
- ¼ cup (0.6 dl) rolled oats
- 1 tbsp (15 ml) light brown sugar
- 1 plus ½ tsp (7.5 ml) salt
- 3 tbsp pumpkin seeds
- 3 tbsp sunflower seeds
- 3 tbsp flaxseeds

Heat milk in a pan until lukewarm. Add warmed milk, lukewarm water and yeast to a mixing bowl. Leave for 10 minutes.

In another bowl combine remaining dry ingredients and seeds and lightly mix. Add liquid yeast mixture to bowl of dry ingredients and mix. Dough will be very sticky.

Scrape mixed dough onto well-floured counter and form into a rough loaf shape. Add loaf to buttered loaf pan. Top with extra seeds as desired.

Place on middle rack of oven and heat to 100C (212F). After 30 minutes, add oven proof pan of boiling water to the bottom rack of oven. Raise temperature to 175C (347F) and bake for 1 additional hour. Test center of bread with a toothpick and pull from oven when baked. Wait 5 minutes and remove bread from mold and allow to cool on a wire rack.

## Norwegian Baked Goods

You may not have realized it, but February marks “National Bake for Family Fun Month,” a perfect opportunity to try great recipes with your loved ones. Of course, Norway has a strong tradition of baking, giving you more than enough recipes to fill the month. From sweet to savory, Sons of Norway’s Recipe Box is a great resource to help you plan your month of baking.

Located in the members section of the Sons of Norway website, the Recipe Box offers many of the Norwegian classics; recipes for Fyrstekake, Berlinerkranser and Bløtkake are all at your fingertips. Don’t forget: baking isn’t reserved for desserts, either. You’ll also find recipes for meals like Nøkkelost Quiche or Pumpkin Waffles with Lingonberry sauce.

Keep in mind that many of the recipes found in the members section also qualify for the Sons of Norway Cultural Skills cooking unit. That means while you’re exploring traditional Norwegian baked goods you could be earning your way to a medal!

February also happens to be National Heart Month, making it an opportune time to kick start a heart healthy diet. Norwegian baked goods tend to be a bit more focused on flavor than health, but you can still find a few that are heart friendly. Opt for healthier options like the traditional lefse (go easy on the butter!) or Almond Start. A good rule of thumb, though, is to remember enjoying these dishes in moderation will go a long way to keeping your heart healthy.

To access the members section you’ll need an account with a username and password. If you need an account, be sure to have *your username and an email address handy*. If you have questions about creating an account, contact Sherry at [fraternal@sofn.com](mailto:fraternal@sofn.com)

### January

- 1/6 Marie Marin
- 1/10 Patricia Anderson
- 1/13 Megan Carmean
- 1/14 Helen Sigurdson
- 1/15 Gladys Miller
- 1/21 Everett Ellingson
- 1/29 Sherry Lavey
- 1/31 Kelly Lyon

### February

- 2/2 Lu Albrecht
- 2/7 Ava Anderson
- 2/10 Mathew Carmean
- 2/20 Jeanne Clausen
- 2/23 Phillip Offerdahl
- 2/24 Marleen Ruegsegger

### 2017 Birthday Greetings

#### March

- 3/4 Jenna Anderson
- 3/5 Erik Gruenberg
- 3/7 Karen Race
- 3/10 Lee Samuelson
- 3/15 Evelyn Bjorkland
- 3/16 Taylor Poplawski
- 3/18 Celeste Lotz
- 3/20 Donald Halverson
- 3/22 Sharon Samuelson
- 3/26 Don Clausen



#### April

- 4/2 Lauralee Martin
- 4/9 Hayden Schultz
- 4/12 Aubrey Czarnik
- 4/12 Judy Groh
- 4/27 Anita Jane Roddy
- 4/30 Mabel Johnson

## SCIENCE CORNER

### ***IQ Test for Bees***

When one bee managed to reach the sugar water, the other bumblebees learned, too.



First a few bumblebees got to taste sugar water in the center of a blue disc, so that they would understand that an artificial flower was worth investigating.

Then researchers put Plexiglas over the discs and the bumblebees had to try to pull the discs out by a string. They managed just fine.

Another group of bumblebees got to take the IQ test right away, without tasting the sugar water first. Only 2 out of 110 got a hold of the sweets.

What really surprised the researchers was what happened when untrained bumblebees got the chance to watch an expert in action.

### ***An impressive creature***

Behind a glass wall the bees observed what happened. When they were released one by one, 60 percent of them managed to do what the mentor had done.

“The bumblebee is an impressive creature, and through our study we demonstrated that it is good at learning,” says Professor Eric Søvik at Volda University College, who participated in the research.

“The bumblebee has a brain that largely functions like that of humans,” he said on the college’s website.

A single well-educated bee was enough so that an entire colony of unskilled bees could acquire this capability.

“Some flowers are very difficult to pollinate. If you teach a few bumblebees to do this, they can transfer the knowledge to other bumblebees. Such cultural learning in bumblebees could be useful in the production of various plants, for example,” says Søvik.

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## ***Oslo Students Guide Urban Planning***

Thanks to the ingenuity of a Norwegian researcher, students in Oslo are helping to shape urban development through a new cellphone app. Traffic Agent, an interactive mobile game, allows students to report challenges and obstructions along their route to school with just a few simple clicks.

The idea for the app began a few years ago when researcher Vibeke Fredrikke Rørholt was approached by the city of Oslo and the Agency of Urban Development to improve the walk-ability of city streets for schoolchildren. Rather than using teachers or parents to funnel feedback from the kids, Rørholt proposed the most direct method—going straight to the children.



Since its debut in February, Traffic Agent is now used by more than 35 schools and has logged more than 5,000 reports. Users submit reports on conditions ranging from heavy traffic at street crossings, damaged pavement and unruly shrubs to broken street lamps. Reports are shared with participating schools and app analysts, but are collected anonymously and are identified only by which class the report came from. Reports are also delayed as an additional safety measure to ensure that students cannot be tracked or followed by the location of their reports.

Response to the app has been positive for both the students and city planners. “We just got a telephone call from a mom who said, “My boy reported two days ago that a bush blocked his path to school and he couldn’t see when he should cross the street. And he was so proud when the bush was trimmed a few days later. He came home and said, I did this,” says Rørholt.

As data is collected and problems resolved, the walkability of Oslo for adults and children alike improves. City planners are hopeful these changes will help foster a pedestrian friendly environment and encourage public transportation use as the city moves toward reducing vehicle traffic in the coming years.

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*Nordlandet Lodge 5-620  
JULEFEST 2016*

