



# NORSEMEN OF THE LAKES

LODGE 5-650

MARCH, 2018



## FRA PRESIDENTEN

Hello Norsemen of the Lakes  
Lodge Members!

We made it through a busy January and February with many activities, fun experiences, and ending with victorious Norwegian Olympians! I'm sure many of you were glued to the TV sets as you watched them win medal after medal. We are also so proud of the United States winners, many who have Norwegian heritage. Those opening and closing ceremonies were phenomenal especially those drones in the sky making those images. Wasn't that amazing?!

Since we've met last for our Christmas buffet and program at Covenant Harbor, Marra, Barb, and I attended the January 27th Zone 3 meeting at the Janesville Lodge. It was a good day getting an update of what plans are being projected for the future for our Lodges and our growth structure. We do want to talk about developing our membership through some methods to get some new, younger members who can take the helm and continue on the program while some of us step back and watch the younger leaders take charge. We have a 20 year history behind us and hope we can continue as Norsemen into the future.

Our next meeting is scheduled for Tuesday, March 13th at 6 p.m. at the Sherwood Senior Living Home in Williams Bay. Their address is 116 Cherry Street. We will be in the room closest to Cherry Street for our dinner. Bring a hot dish, salad, or dessert for our buffet table. We'll meet at 6:00 p.m., eat at 6:15 p.m. and try to be in the theater by 7 p.m. for our movie.

The feature movie will be "Olaf's Frozen Adventure." It features Norwegian Christmas traditions and you'll enjoy the different items that are Scandinavian within this feature film from Disney. We also have a number of other Norwegian films that you'll enjoy for our hour of entertainment. Come with a new joke, a new adventure, and some Olympic highlights that you enjoyed.

We look forward to seeing you on the 13th for a great time of fellowship and preparation for our 2018 Sons of Norway activities.

Sincerely,

Brian Ogne  
President of Sons of Norway  
Norsemen of the Lakes Lodge 5-650



## 2018 Calendar

**Tues, March 14<sup>th</sup>** – Plan to meet at the Sherwood Lodge in Williams Bay to enjoy a potluck supper at 6:15 p.m. and a fun movie about Norway at 7:00 p.m. in their beautiful theater.

**Tues, April 11<sup>th</sup>** – Williams Bay Lutheran Church at 6:15 p.m. Bring a hot dish, salad, or dessert to pass.

**Tues, May 9<sup>th</sup>** – Williams Bay Lutheran Church at 6:15 p.m. Celebrate our 17<sup>th</sup> of May Constitution Day with a sumptuous buffet with special Norwegian treats.

**Tues, June 13<sup>th</sup>** – Enjoy a picnic in the park. Location yet to be determined.

**Bring a friend!**



## Gratulare Med Dagen

February

Bill K. 2/18

Corlene B. 2/21

March

Terry Y. 3/22



# OFFICIAL APPROVED BALLOT

## 2017-2018 Norsemen of the Lakes Officers Lodge 5-650

President and Fundraiser .....	Brian Ogne
Vice President .....	Paul Johnsen
Secretary .....	Ginny Andersen
Treasurer .....	Barb Ogne
Financial Secretary .....	Corlene Bartels
Newsletters and Counselor .....	Susan Ogne
Grants, Awards, and Foundation Information .....	Marra Andreas
Program Director .....	Carol Anderson
Program Assistant .....	Luann Copeland
Marshall .....	Bob Pederson
Marshall .....	Judi Johnsen
Greeters and Badges .....	Bill and Joye Kaul
Greeters .....	Anne Hope
Trustee .....	Amy Tacheny
Trustee .....	Dennis Westgor
Food Coordinators .....	Barb Ogne Diane Voss
Walworth County Promos and Marketing .....	Brian Ogne
Cultural Chairman .....	Catherine Nolan

### ***Scheduled meeting dates for 2017, first six months:***

1. Tues, March 14<sup>th</sup> – Plan to meet at the Sherwood Lodge in Williams Bay to enjoy a potluck supper at 6:15 p.m. and a fun movie about Norway at 7:00 p.m. in their beautiful theater.
2. Tues, April 11<sup>th</sup> – Williams Bay Lutheran Church at 6:15 p.m. Bring a hot dish, salad, or dessert to pass.
3. Tues, May 9<sup>th</sup> – Williams Bay Lutheran Church at 6:15 p.m. Celebrate our 17<sup>th</sup> of May Constitution Day with a wonderful buffet with special Norwegian treats.
4. Tues, June 13<sup>th</sup> – Enjoy a picnic in the park. Location to be determined.

*At each of the above meetings, we'll enjoy a special meal together, fellowship with fellow Sons of Norway members, and a wonderful and interesting program. Put these dates on your schedule and you'll receive more information on a monthly basis.*

## Norwegian Scientist Advances Study of Grid Cells in Human Brains



May-Britt Moser may not be a household name, however, she is a Noble Prize awardwinning scientist from Oslo, Norway, who holds a psychology degree and PhD in Neurophysiology from the University of Oslo. In 2014 Moser, along with the Edvard I. Moser and John

O'Keefe, were awarded the Nobel Prize for the discovery of human grid cells, a population of neurons that enables us to understand where we are in space. For example, the nerve cell in our brain called the hippocampus activates when we occupy a certain spot in a room. Then, other nerves activate when we move to another place in the room, forming a map of the environment in our brains.

With the identification of this grid, Moser and her scientific colleagues have set the bar for this field of study. Moser now continues to discover new information about human grid cells and hopes to ultimately map out how complex thoughts, such as memory, arise. To learn more about May-Britt Moser's discoveries, visit <https://goo.gl/z9ueLp>. "By discovering the grid cell network, we suddenly understood something fundamental about the mystery of the brain -how the brain generates a universal.

### Here's Where to View Old Norse Texts Online

Norwegian archivists have found hidden treasures in medieval accounting protocols, including a slightly different version of the saga of St. Olaf.

In the 16th and 17th century there was limited access to parchment, and those who recorded the accounting protocols may have considered it a great idea to use old manuscripts to reinforce their binding.

Parchment was made from animal skins, most often from calves or sheep. If you needed large pieces of parchment, you might want to slaughter a sheep for each page. It was expensive to make new ones.

Around 1850, when historian P.A. Munch learned from the national antiquary of the day that there were a considerable number of parchment manuscript scraps "hidden" in accounting protocols from the 15th and 16th century, he must have been quite elated.

The manuscripts were in Latin and Old Norse, but it was the Old Norse that Munch was interested in, especially the pieces from saga manuscripts. He had known of many preserved saga scripts prior to this, but all those pieces that now came to light indicated that in the 1600s there were probably a great many copies of the sagas all around Norway, he believed. And saga literature about the old Vikings must have still been popular.

Tor Weidling, senior archivist at the National Archives in Oslo, is one of the people who have worked with around 550 pieces of Old Norse manuscripts that have been collected over time. They are now are posted online and can be viewed at [www.digitalarkivet.no](http://www.digitalarkivet.no). One example is a parchment manuscript scrap which tells the story of St. Olaf. This manuscript is from the last part of the 1100s, and you can find multiple pages here: <https://media.digitalarkivet.no/view/58518/32> map of the environment."

### Sour Cream Porridge (Rømmegrøt)

- 4 dl (1 2/3 cups) 35% fat sour cream
- About 3 dl (1 1/4 cups) flour
- About 1 1/4 liters (5 cups) full fat milk
- 3/4 tsp salt
- Sour cream porridge must be made from high fat (35%) natural sour cream, with no stabilizers or gelatin added. For the best results, use homemade sour cream. Heat 2 1/2 dl (1 cup)



whipping cream to 35° C (95° F), almost body temperature, then whisk in 2 tablespoons buttermilk. Let stand at room temperature at least 8 hours, until thickened.

- Simmer sour cream, covered, about 15 minutes.
- Sift over 1/3 of the flour. Simmer until the butterfat begins to separate out. Skim off the fat.
- Sift over the remaining flour and bring to a boil. Bring the milk to a boil and thin the porridge to desired consistency. Whisk until smooth. Simmer about 10 min.



## Ylvis Creates a New TV Series



Ylvis tells strange stories from Norway. Accompanied by music. It will be something new and unusual. Brothers Bård and Vegard Ylvisåker are making a whole new type of television program. "Stories from Norway" will appear on the channel TV Norge next year. The program is about weird Norwegian stories. Ylvis jokes about how we exaggerate little things. Then they create dramatic musicals out of these events. One example is when artist Justin Bieber came to visit. "The idea with this series is to describe various stories around Norway. Some of these stories are very famous. For example, the Bieber visit and the theft of the painting 'The Scream'," says Bård Ylvisåker.

Other odd stories are less well-known. This applies, for example, to the diving platform in Hamar in Hedmark. The platform became much more expensive than planned.

"The budget broke 2,000 percent," says Bård Ylvisåker. He adds: "We have always enjoyed finding humor in real-life things. So we also interview people who have experienced whatever we are investigating. Then we look at what they say, and what kind of fun things come up," he explains. TV Norway announced this new series on its 2018 line-up. The channel will also show new episodes of older shows in 2018. Both the series *Neste sommer* (Next Summer) and *Helt perfekt* (Absolutely Perfect) will have new episodes. The entertainment programs *Mandagsklubben* (Monday Club) and *Brille* (Lens) continue as well.

Additionally, returning to reality TV are *71 grader nord – Norges tøffeste kjendis* (71 Degrees North – Norway's Toughest Celebrity), *4-stjerners middag* (4-Star Dinner), *Gift ved første blick* (Married at First Sight), *Sinnasnekker'n* (The Mad Carpenter), og *Jegertvillingene* (The Hunting Twins).

*Danskebåten* (The Danish Boat) and *Vintereventyret* (The Winter Adventure) are two new reality series. They are about life on the boat *Stena Saga* and about tourism in northern Norway

## From Ashes to an Art Nouveau Inspired Town

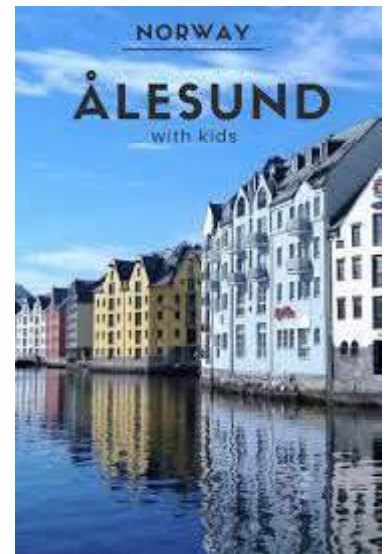
What used to be a town of ashes is now one of Norway's most beautiful cities. In 1904, the town of Ålesund burnt to the ground after an oil lamp fell to the ground. More than 10,000 residents were without a home, and nearly 800 buildings destroyed. Shortly after, a group of Norwegian architects and designers embarked on rebuilding Ålesund. They used the Art Nouveau period as their inspiration in the redevelopment



of the town. Today, Ålesund is known for having the world's most exquisite

concentrations of Art Nouveau architecture. While touring Ålesund, visitors will find hewn stone buildings, crested roofs or towers typical of medieval wooden churches, and an occasional sculpted head of a Viking. The best time to experience the charming town of Ålesund is during the summer months of April to August. With warmer temperatures and very little rainfall, you could go hiking, explore the fjords – or just relax and enjoy the view.

To learn more about visiting Ålesund, go to [www.visitalesund.com](http://www.visitalesund.com).



# Cherry Cream Cake (Kirsebærkremkake)

## Recipe for the Cake

- 2 Cups almonds or other nuts
- 2 Cups confectioners' sugar
- 8 Egg whites
- Grind almonds twice, the second time with the confectioners' sugar. The almonds should have the consistency of flour.
- Whip the egg whites until stiff but not dry, and blend with the nuts.
- Divide and spread batter in two greased 9-inch (23 cm) springform pans, and bake at 320 degrees F 25 to 30 minutes.
- Cool slightly in pan before removing to rack to cool completely. Makes two 9-inch layers.

## Recipe for the Cherry Cream

- 1/3 Cup whipping cream
- 2 Egg yolks
- 2 Tbsp confectioners' sugar
- 3 ½ Tbsp chocolate sauce or syrup
- 3 ½ Tbsp cherry juice
- Beat the cream until firm and glossy. Add eggs and confectioners' sugar which have been whipped together until light and fluffy.
- Stir in the chocolate sauce or syrup, and add cherry juice to taste.
- Place one cake layer on platter, baked side down, and cover with half of the cream mixture.
- Add second layer, baked side up, and top with remaining cream. Keep refrigerated until serving time.



## Experience a True Arctic Wilderness

Rich wildlife, arctic nature, and a few thousand polar bears are all found on the island of Svalbard. Known for being the world's largest untouched wilderness area, many find this untamed nature enticing. With warmer temperatures arriving and ice encompassing the archipelago beginning to melt, visitors set out on an expedition for an unforgettable experience. The snow-drowned peaks and vast ice fields of Svalbard call to explorers longing for adventure. As the sun never seems to set in the summer months, visitors can experience the Arctic landscape by participating in a wide range of attractions all day long and into the evening. Activities include dog sledding through the snow-covered landscape, sailing around the rugged fjords and witnessing polar bears roam the sea ice, or walking around the settlements of Longyearbyen and Barentsburg. Svalbard offers visitors cultural events and festivals all year round. Only a three-hour flight from Oslo, the island of Svalbard is growing to be a tourist attraction for thousands of visitors around the world. To learn more about experiencing Svalbard, visit <https://svalbard.nordicvisitor.com/>.





# 2018 International Folk Art Competition & Exhibition

Show off your talent and celebrate Norwegian culture by participating in the International Folk Art Competition & Exhibition, part of the

2018 International Convention in Bloomington, Minn., August 16-19.

Check-in for the event will begin on August 15, and the exhibits will be open for public viewing August 17 and 18. Amateur and professional Sons of Norway

members can compete or exhibit work in several Norwegian folk art categories including rosemaling, hardanger embroidery, hand knitting, photography and several others. All participants will receive a certificate of recognition and have the option to compete for 1st, 2nd and 3rd place ribbons.

Members will also have the chance to compete for the Best in Show Award given to judges' overall favorite item and the People's Choice Award, selected by

popular vote. Register in Advance!

Pre-registration is the only way to guarantee an artist's spot in the International Folk Art Competition & Exhibition – space is limited. Registration will be available in the coming weeks, and more information regarding requirements, categories, competition guidelines and more will be posted online at [www.sonsofnorway.com/folkart](http://www.sonsofnorway.com/folkart).

Register in Advance!



Please check back often for details.  
Guidelines overview



- All participants must be Sons of Norway members.
- All items must have been completed within the last two years.
- Members do not have to compete in the district level in order to compete in the international level.
- Artists must bring items to the Folk Art Competition & Exhibition themselves or make arrangements for an attending member of their district to bring the items for them.
- Items mailed to Sons of Norway Headquarters or the International Convention location site will not be accepted.

If you have questions regarding the competition and exhibition, please contact Sons of Norway Headquarters at (800) 945-8851.



## Cucumber Salad (Agurksalat)

- 1 Cucumber
- 2/3 Cup vinegar, white
- 2/3 Cup water
- 3½ Tbsp sugar
- 1/4 Tsp salt
- Dash of white pepper
- Fresh parsley

This sweet and sour cucumber salad is a classic side dish that is light, refreshing and easy to make.

Slice the cucumbers thin and place in a bowl. Mix vinegar, water, sugar, salt and white pepper in a small bowl. Pour the dressing over the cucumbers and mix well. Refrigerate for at least 30 minutes, then sprinkle with finely chopped parsley and serve.



