



NORSEMEN OF THE LAKES

LODGE 5-650

DECEMBER, 2016



FRA PRESIDENTEN

Dear Norsemen of the Lakes Members:

It's been a joy and a pleasure for me to lead our Sons of Norway Lodge for this past year. We have had a variety of interesting speakers, programs, many topics, good interviews from members, fun jokes, a movie night, a picnic in the park, heritage stories, member travel reports, convention news, and "family moments." We've enjoyed wearing Norwegian sweaters, having speakers and guests from other Sons of Norway Lodges, and those great Paddle Sales! One of the highlights of each meeting is the great food we enjoyed on our smorgasbord.

Thanks to each of you for the wonderful recipes that we've enjoyed at each meeting this year.

I look forward to our next year with many, new opportunities to get better acquainted with each of you as members as some of you relay some of the stories from your parent's and grandparent's experiences in Norway. Attached to this report is the official approved ballot for 2017-2018 Norsemen of the Lakes Lodge 5-650. I trust you'll look carefully at it and support those members that have been approved to represent our Lodge for the upcoming two years of programming. Also on that attached schedule are the meeting dates for 2017 for the first six months. Please make sure you put them on your calendar and circle them as important dates to get together with your fellow



Norwegians.

We hope to introduce many new people to our Lodge this year. There is new interest from our Christmas program with some who came and I believe will be open to membership.

I know you'll enjoy the attached pictures from our celebration at Covenant Harbor on Tuesday, December 13th. We had to relocate to another building in their facilities because the one we've used previously had a major maintenance malfunction. Covenant Harbor gave us a great facility, a great meal, and we enjoyed our time together with very funny jokes told by members who were give a script to read and we also had a fun grab bag time. Our singing around the tree was another night to remember as we enjoyed the Christmas carols, the beauty of the Christmas tree, and the importance of the words of those songs.

Thanks for the opportunity to serve you this last year. I look forward to a fun year ahead and I hope you'll plan to be involved in every one of the meetings.

Sincerely, Brian Ogne
President of Sons of Norway
Norsemen of the Lakes



2017 Calendar

January – No meeting.

Tues, February 14th – Williams Bay Lutheran Church at 6:15 p.m. Bring a hot dish, salad, or dessert to pass.

Tues, March 14th – Plan to meet at the Sherwood Lodge in Williams Bay to enjoy a potluck supper at 6:30 p.m. and a fun movie about Norway at 7:15 p.m. in their beautiful theater.

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

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

Tues, June 13th – Enjoy a picnic in the park. Location yet to be determined.

Bring a friend!

Gratulare Med Dagen



December

Emily H. 12/26

January

Dennis W. 1/8

Steven P. 1/15

Cathy N. 1/23

Marra A. 1/26

Rewvor W. 1/27





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. January – No meeting. Stay home, stay warm, and read your “Viking Magazine.”
2. Tues, February 14th – Williams Bay Lutheran Church at 6:15 p.m. Bring a hot dish, salad, or dessert to pass.
3. Tues, March 14th – Plan to meet at the Sherwood Lodge in Williams Bay to enjoy a potluck supper at 6:30 p.m. and a fun movie about Norway at 7:15 p.m. in their beautiful theater.
4. Tues, April 11th – Williams Bay Lutheran Church at 6:15 p.m. Bring a hot dish, salad, or dessert to pass.
5. Tues, May 9th – Williams Bay Lutheran Church at 6:15 p.m. Celebrate our 17th of May Constitution Day with a wonderful buffet with special Norwegian treats.
6. Tues, June 13th – 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.

Winter Activities

As snow begins to fall and the colder months of winter set in, this time of year can be a great opportunity to not only enjoy outdoor activities but also embrace the coziness of the indoors. Whether you opt for an active, outdoor lifestyle or instead choose a cup of coffee next to a warm fire, here is how you can stay connected to Norwegian culture this winter.

For those looking to embrace the great outdoors: From cross-country skiing and snowshoeing to winter nature hikes, there are plenty of outdoor activities to enjoy, even during the colder months. So grab your skis, skates, snowshoes or winter hiking boots and enjoy the great outdoors!

For a fun group activity that gets people outdoors, try setting up a skiing group in your lodge. Then track your skiing mileage using the Sons of Norway Sports Medal program. This can be a great way to connect with other lodge members while also staying healthy and active. Contact your lodge's Sports Director to learn more about the Sports Medal program.

Or, if you're interested in event planning, this could be your chance to shine. By hosting a Barneløpet, or children's ski race, you can get your local community involved in an exciting Sons of Norway event. Check out the Idea Bank in the Member Resources section of the Sons of Norway website for more information on how to start planning.

For the warm-and-cozy lovers: From disaster thrillers like "The Wave," to the popular Slow TV segments, online streaming services like Netflix or digital rental services like Amazon offer a variety of Norwegian films and TV series that you can enjoy in your own home.

For some activities to enjoy in the lodge setting, form a Cultural Skills group or start a Norwegian-themed book club. With units ranging from cooking to literature, there are plenty of Cultural Skills to satisfy a variety of interests. Contact your lodge Culture Director to learn more and get started.



Give the Gift of Sons of Norway this Christmas

Do you have a loved one who is looking for a way to connect with their Norwegian roots? Maybe a friend who's interested in exploring Nordic cooking? Consider giving a membership to Sons of Norway this holiday season. As you know, there's so much to being a Sons of Norway member – whether it's connecting with fellow Norwegians in the lodge or exploring the culture on their own, your loved ones will fuel their interests with a Sons of Norway membership.

A gift membership to Sons of Norway opens up a world of benefits for its recipients: like the outstanding Viking magazine, a welcoming network of lodges, cultural programs that introduce Norwegian arts and crafts or valuable discounts on things like airfare, hotels and so much more. How many other holiday gifts can give so much? A gift membership doesn't only benefit its recipient; it's great for your lodge, too. Giving a membership to a loved one is a great way to introduce them to lodge, especially if they aren't already familiar with Sons of Norway. In fact, many people who've been given gift memberships across the organization have gone on to be long-term members of lodges. If you're interested in giving a gift membership for Christmas, contact Sherry Gorse, Membership Services Coordinator at (800) 945-8851.



Norwegian Coconut Macaroons

- 4 egg whites
- 8.8 oz (250g) flaked, unsweetened coconut
- 5 oz (150g) powdered sugar
- 1.76 oz (50g) vanilla sugar

Whisk the egg whites until stiff peaks form.

Add remaining ingredients and gently fold together. Do not overmix. Line a baking tray with parchment paper and spoon macaroon mixture onto the tray. Cook in 350°F oven for 10-12 minutes.



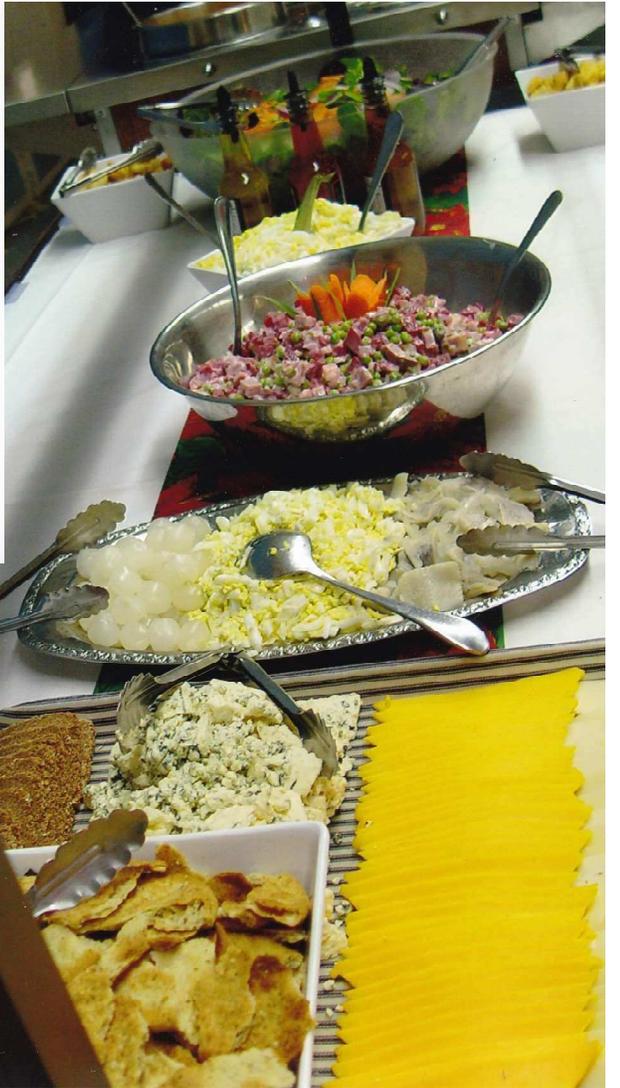
Dr. Axe



**What a wonderful Jul
celebration with
Norsemen of the Lakes
and friends!**









St. Lucia Day



Celebrated across Scandinavia, St. Lucia Day marks the start of the Christmas season and a time to embrace lighter days to come. The national feast day, part of the Christian Calendar of Saints, is celebrated throughout Norway on December 13.

Though the holiday was first introduced with the spread of Christianity, many of the traditions truly took root when the holiday was readopted during the 20th century in Norway.

Reclaiming its derivations from the Latin word for light, St. “Lucia” is honored with parades of light during the darkest time of year. In schools across Norway, children celebrate with holiday programs and processions.

Throughout hospitals, school buildings and city centers one can find parades of children clad in white, handing out Lussekatte (Lucia cats), saffron-flavored buns, to those passing by. As a way to enjoy the start of the holiday season, families can celebrate this holiday of hope and light by baking the traditional Lussekatte – a recipe for the buns can be found online at

<https://food52.com/recipes/8318-saffron-buns-lussekatte>. Or, in honor of the Norwegian tradition families can join together in singing the St. Lucia Song (lyrics provided below).

Sankta Lucia (Norwegian)

Svart senker natten seg i stall og stuer.

Solen har gått sin vei, skyggene truer.

Inn i vårt mørke hus stiger med tente lys,

Sankta Lucia, Sankta Lucia!

Natten er mørk og stum. Med ett det suser

i alle tyste rom som vinger bruser.

Se på vår terskel står, hvitkledd med lys i hår,

Sankta Lucia, Sankta Lucia!

Saint Lucia (English)

Black night is falling in stables and homes.

The Sun has gone away, the shadows are threatening.

Into our dark house enters with lit candles,

Saint Lucia, Saint Lucia!

The night is dark and silent; suddenly a rush in all quiet rooms, like the waving of wings.

See, at our threshold stands, dressed in white with lights in her hair,

Saint Lucia, Saint Lucia!

For more information about Christmas traditions in Norway, visit the Sons of Norway Information Bank in the Member Resources section of the Sons of Norway website at https://www.sofn.com/member_resources/cultural_programming/information_bank/.

Why Norwegians are Driving More Slowly

Norwegian motorists have slowed their pace year after year. A wild theory has been that older drivers are slowing things down. Now researchers have studied the trend. Several times in recent years traffic authorities have been able to



determine that motorists of all ages are slowing down. Data from monitors in areas around the country with a speed limit of 80 kilometers per hour (50 miles per hour), show that the average speed has fallen by 1 kilometer per hour (0.62 mph) over the course of five years. It's not very much, but still a clear break with the tendency that traffic authorities were seeing decades earlier, which was that motorists were steadily driving faster.

Surveyed and Interviewed Traffic researchers stood on the roadside and interviewed 204 motorists who passed the monitors. In addition, they recorded license plates and extracted data from the Motor Vehicle Registry of the 3,750 cars

and car owners who passed. One of the goals of this study was to deter-

mine how much older age among motorists has had an effect on speed reduction.

Increased age is not important “We conclude that the increased age of the drivers explains maybe 25 percent of the speed reduction. Most of the decline in speed is explained by other factors,” says researcher Torkel Bjørnskau of TØI

(Transportøkonomisk institutt, the Institute of Transport Economics). One such factor is that more cars being on the roads causes motorists to slow down. Another factor is that fewer people are driving recklessly on Norwegian roads. Why there are fewer reckless drivers, researchers don't know. One possible explanation is the increase of boxes with speed counters.

Another possible explanation is the increased media attention on road safety and speed. Gender, engine size and make of car In this study researchers also found that cars with an owner aged 35-44 were driven fastest. After that, speed sinks steadily with increasing age. The researchers also looked at the drivers' gender. They did not find that speed held any connection with the car driver's gender. Some researchers, however, saw that cars with larger engines are driven faster than cars with small engines. And newer cars are driven faster than old cars.

December 23, 2016

From: Cheryl Wille-Schlesser, 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 or by phone: 608-219-4464 to arrange a time. Thank you!

