

# Fosselyngen Runespeak

mars og april 2020  
Volume 45 No. 2



Fosselyngen Lodge No. 5-082, Sons of Norway

PO Box 20957, Milwaukee, WI 53220

## FOSELYNGEN LODGE – CALENDAR OF EVENTS

<b>MARCH</b>	9	Monday	Soc/Cult Meeting at Mount Hope Lutheran Church. Eat at 6 PM, Meeting/Program at 7 PM. Program: Pixologie - Learn about digitizing our old photos, movies, & slides. (Page 3)
<b>APRIL</b>	13	Monday	Soc/Cult Meeting at Mount Hope Lutheran Church. Eat at 6 PM, Meeting/Program at 7 PM. Program: Syttende Mai - 17 May - PowerPoint by Daryl Wunrow (Page 3)
<b>MAY</b>	11	Monday	Soc/Cult Meeting at Mount Hope Lutheran Church. Program: Life Under the Nazi Occupation 1940-45 - Jan Hansen returns for Part 2. (Page 3) (See May/June 2020 <i>Runespeak</i> for full Meeting Details.)

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## OTHER ORGANIZATIONS – CALENDAR OF EVENTS

<b>MARCH</b>	14	Saturday	Swed. Amer. Hist. Soc. Mtg. at Redemption Luth. In Tosa. 1:30 PM Program: Exploring Our Swedish Food Heritage (Page 7)
<b>MAY</b>	9	Saturday	Swed. Amer. Hist. Soc. Mtg. at Redemption Luth. In Tosa. 1:30 PM Program: Scandinavian Design & The United States. Presented by Monica Obniski, Curator of 20 <sup>th</sup> & 21 <sup>st</sup> -Century Design at Milwaukee Art Museum. (See May/June 2020 <i>Runespeak</i> for Details.)

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### Contents of This Issue:

- Pg. 1: Calendar of Events; Table of Contents
- Pg. 2: President's Report; Mt. Hope Clothes Closet; Officers
- Pg. 3: March 9<sup>th</sup>, April 13<sup>th</sup>, & May 11<sup>th</sup> Social/Cultural Meetings
- Pg. 4: Welcome New Members; Erika the Red; God Bedring; Sympathy
- Pg. 5: Ribbon Pin Holders; 3 Un-translatable Norwegian Words
- Pg. 6: Sons of Norway 5<sup>th</sup> District Masse Moro Norwegian Heritage Youth Camp
- Pg. 7: Sons of Norway Websites; Norwegian Table Prayer; SAHS Mtg. March 14<sup>th</sup>
- Pg. 8: Dogs Mirror Their Owner's Stress Level (in English & in Norwegian)
- Pg. 9: Notices; Mail Staff; Newsletter Input Deadline Apr. 15<sup>th</sup>; Snow Birds; "Sharing"
- Pg. 10: Postal Page

Like the modern alphabet, runes were the written symbols of our Norse ancestors. Understood only by the very wise, they were used to communicate with others, as well as with the ancient gods.

## **FRA PRESIDENTEN**

(mars og april 2020)

Dear Members,

January 2020 marked the Sons of Norway's 125<sup>th</sup> Anniversary! What an honor it is for us to continue the tradition through our lodge.

Our January meeting included installation of officers by Milt Sande, and then Gretchen Bjork presented a demo of the Sons of Norway website. I think many were amazed at all it has to offer. Great job and many thanks to Gretchen and Milt. Also, many thanks to all of our officers!

March 9<sup>th</sup>, we look forward to learning about digitizing our old photos, movies, and slides with a program on Pixologie. This will be helpful for our genealogy projects as well as family and travel photos. We will enjoy a dinner of mostaccioli and meatballs, salad, bread and dessert. Sounds good, doesn't it?

April 13<sup>th</sup>, Daryl Wunrow will be presenting a Syttende Mai program. A dinner of roast beef and mashed potatoes and vegetable will be served.

Hope to see you at the meetings.

Sue Roedel

### **SPORTS MEDAL PROGRAM**

Just a reminder that forms and information about the Sports Medal Program are available. Contact Dennis Dale at 414-771-3470 or by mail at 1527 Alice Street, Wauwatosa, 53213.

**Are you interested in helping Mt. Hope's Clothes Closet?** If so, please bring a donation of any new clothing item to our next meeting. Also, any non-perishable food items are always appreciated. All items will go directly to local families in need. Thank you for your generosity and consideration.

### **FOSELYNGEN OFFICERS**

President	Sue Berg Roedel	414-526-8312
Vice-President	*Arlette Johnson	414-368-3324
Treasurer	Gretchen Bjork	262-502-9197
Secretary (Correspondence)	Janice Gregoire	262-784-6953
Secretary (Recording)	Maureen Welli	414-774-0507

If you have any questions, please call one of the above officers.

**\*NOTE:** For membership information, call our Vice-President, Arlette Johnson.

**MONDAY, MARCH 9<sup>TH</sup>, 2020**  
**Social/Cultural Meeting**  
**At Mt. Hope Lutheran Church In West Allis**  
(8633 W. Becher Street)

6 PM Light Meal & Social

Meal: mostaccioli and meatballs, salad, bread and dessert, along with coffee and lemonade. Feel free to bring your own (BYO) drinks if you would like something different.

7 PM Meeting/Program:

Program: Learn about digitizing our old photos, movies, slides, and memorabilia, presented by Ann Matuszak of Pixologie.

**MONDAY, APRIL 13<sup>TH</sup>, 2020**  
**Social/Cultural Meeting**  
**At Mt. Hope Lutheran Church In West Allis**  
(8633 W. Becher Street)

6 PM Light Meal & Social

Meal: roast beef and mashed potatoes and vegetable will be served, along with dessert, coffee and lemonade. Feel free to bring your own (BYO) drinks if you would like something different.

7 PM Meeting/Program:

Program: Syttende Mai - 17 May PowerPoint - Daryl Wunrow shares video of Celebrating National or Constitution Day in 2000 and 2007 in Norway.

**TO ENTER MT. HOPE CHURCH**

**For both the March & April Social/Cultural meetings which have 6 PM start times**, please arrive between 5:50 PM and 6:10 PM as we will have a greeter there to open the door. If you are unable to arrive during that window of time, please call or text the phone number posted on the entrance door and someone will come up to open door. We are required to keep the church door locked at all times. There is also a door bell on the second set of doors which will ring in the kitchen. We don't want to miss you!

**Program for Monday, May 11<sup>th</sup>, 2020**  
**Social/Cultural Meeting at Mt. Hope**

The May program is planned to be:

Life Under the Nazi Occupation 1940-45 - Jan Hansen returns for Part 2, OR  
"Folklore Fights the Nazis: Humor in Occupied Norway", 1940-1945- Author  
Kathleen Stokker.

See May/June 2020 *Runespeak* for full meeting details.

# VELKOMMEN

## Welcome New Members:

Two new members were welcomed at the January 13<sup>th</sup> Social/Cultural Meeting:

Phil & Mary Reykdal

## Erika the Red?

Viking warriors are a big part of Scandinavian history, often depicted as fierce, muscular, bearded men. However, using facial recognition technology, British scientists have challenged this view as they recreated the remains of a woman warrior buried in a Viking graveyard in Solør, Norway.

At first discovery, the burial site was not considered a warrior grave, “simply because the occupant was a woman,” according to archaeologist Ella Al-Shamahi. However, the scientists found that the woman was buried with multiple deadly weapons including an axe, spear and sword. Perhaps more shocking, she had suffered a major head injury that resulted in a serious dent, most likely caused by a sword.

A similar situation occurred with the Birka Warrior in Sweden. The remains were originally believed to be male, but scientists proved later that they were in fact female. Professor Neil Price, a Viking expert, stated “There are so many other burials in the Viking world. It wouldn’t surprise me at all if we find more [female warriors].”



(From Sons of Norway Newsletter Service)

## God Bedring

We wish the following member who had health issues since the last newsletter a speedy recovery:

- Betty Anderson

## Sympathy

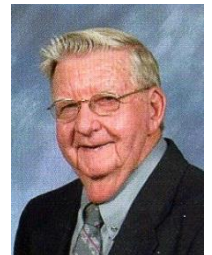
Fosselyngen Lodge extends its sympathy to the following:



- Norma Devine whose husband John passed away December 13<sup>th</sup>.



- The family of Ardell (Art) Brynildson who passed away January 29<sup>th</sup>. He was a member since 2000.



**Please Note:** If you receive a notice or call that a member is sick, in a nursing home or has passed away, call Nancy Sande or Ellie Thoresen so that the person can be remembered and other officers notified.

Also, don't forget to notify Arlette Johnson when a member of the Lodge passes away, since Arlette must notify the Sons of Norway office in Minneapolis. Many people do not purchase a newspaper, and others do not indicate in the obituary that they were a member of Sons of Norway.

## RIBBON PIN HOLDERS

Want to wear your SON membership pins but don't want to poke lots of holes in your clothes or can't remember where you put your pins?

We have made and are selling red, white and blue ribbon pin holders which can hold your pins with just one bar pin bracket (see pictures).

Holders are approximately 8" long and the cost is \$5.00 each. We have a limited number for sale and Arlette Johnson will bring them to the March meeting.

Following are front and back views of the ribbon, shown with typical membership pins put in place.



## 3 Un-translatable Norwegian Words

Some words are easily translated from Norwegian to English—**hund** means dog, for instance, and **ti** means ten—but others, like these, have no English equivalents and can only be approximated.

**Kos(elig)** — The warm, pleasant feeling of enjoying life's simple pleasures with people you like. Although often translated as "nice" or "cozy", these words only capture part of the spirit of kos. It may mean cuddling by a fire on a snowy day, but it can also mean running into an old friend, enjoying yourself at a party, or even spending some peaceful time alone.

**Dugnad** — Roughly translated as "volunteering", but encompassing so much more, a dugnad is a day when communities come together to participate voluntarily in unpaid work for a common cause. Dugnads may be organized by neighborhoods, schools, sports teams, housing complexes or other groups to accomplish tasks that are necessary for the common good, such as outdoor work at the change of seasons.

**Takk for sist** – Literally "thanks for the last time", this is what you say upon encountering someone you haven't seen in a while — whether that means it's been a few days or a few decades.

*(From Sons of Norway Newsletter Service)*

# SONS OF NORWAY 5<sup>TH</sup> DISTRICT MASSE MORO NORWEGIAN HERITAGE YOUTH CAMP

SHARING THE NORWEGIAN HERITAGE CAMP EXPERIENCE FOR 41 YEARS SINCE 1979

## GENERAL INFORMATION FOR 2020 MASSE MORO YOUTH CAMP:

- **DATES:** **SUNDAY, JULY 12<sup>TH</sup> at 2:00 PM (check-in) thru SATURDAY, JULY 25, 2020.**  
(On the final day a culminating program will start at 9:30 for parents and other guests.)
- **ELIGIBILITY:** District 5 youth\*, ages 9 to 15 (as of 1<sup>st</sup> day of camp, July 12<sup>th</sup>, 2020).  
\*Sons of Norway affiliation, while strongly encouraged, is not required for participation at Camp.
- **COST:** \$850.00.
- **CAMP APPLICATION FORMS** are available from our Lodge Secretary (Janice Gregoire), or get forms from the S of N District 5 website [www.sonsofnorway5.com](http://www.sonsofnorway5.com) or [www.MasseMoro.org](http://www.MasseMoro.org)
- **PAYMENT:** Note change in dates for 2020 to better plan for staffing and camp programming.  
**Registration Deadline: April 1, 2020.** A \$50.00 **non-refundable deposit** & processing fee is payable with application. Parent or guardian must sign this form.  
Please mail to **Sandra Olson, District 5 Youth Director, 733 250<sup>th</sup> Street, Woodville, WI 54028.**
- **Matching Funds Deadline to Apply is May 17:** Contact our **LODGE SECRETARY (JANICE GREGOIRE, 262-784-6953)** FOR INFORMATION ABOUT MATCHING FUNDS. Our Lodge has voted to give matching funds of \$500 to each of two youths (**registration deadline is April 1, 2020**). District Five will also contribute UP TO \$150.00 to each of the two youths.
- **Application deadline is April 1, 2020 for those who wish to qualify for further support through District 5 and Draxten Funds. NOTE:** For campers to receive additional monies from the Draxten Fund (that comes from S of N headquarters) toward their cost of camp, **applications MUST** be received by the registration deadline of **April 1, 2020**. The amount of Draxten funding per camper is determined by the number of campers who have applied before the deadline.
- **Final Payment:** Youth Director, Sandra Olson will contact all applicants after receiving their registration fee, matching grant, first time campers, bring a friend, and any and all scholarships they received to establish final payment. **Final payment is due** on or before **June 1, 2020** and should also be sent to Sandra Olson. **Make all checks payable to: Nordic Legacy Foundation. Please print camper name(s) on all check memos.** Campers may make **all** camp fee payments via *PayPal* at [www.MasseMoro.org](http://www.MasseMoro.org) or by check or a combination of both methods.

**APPLY NOW AS MANY CAMPERS HAVE ALREADY REGISTERED.**

**Bring a Friend: We encourage our youth to bring a friend! Campers who recruit a new camper and they both register by April 1, 2020 will also receive \$25 each toward their registration. Final payment is due on or before June 1, 2020.**

## FOSSELYNGEN GUIDELINES FOR YOUTH HERITAGE APPLICANTS AND MATCHING FUNDS:

- A. The Lodge will provide matching funds from its Masse Moro scholarship fund for two applicants.
- B. Application to be sent to our Lodge Secretary (Janice Gregoire).
- C. The applicant must be the child, grandchild, nephew or niece of a Lodge member in good standing. A member in good standing is identified as being a Fosselyngen member for a minimum of two years and working a minimum of ten volunteer hours during those two years.
- D. The applicant must provide one of the following after attending camp:
  1. A thank you and article written about his/her experience at camp that will be published in the Lodge newsletter. **OR**
  2. A presentation at a Lodge meeting about their experience at camp. They may also wish to bring photos and any type of project, e.g., rosemaling, hardanger, or wood carving.
- E. The applicant and his/her sponsor must sign a contract stating his/her obligations when applying for a scholarship to Heritage Camp.

## Sons of Norway Websites

Have you ever wanted a recipe for open-faced sandwiches or lefse? Did you know that you can earn medals for cooking your favorite recipes, knitting, rosemaling, researching your genealogy, or for being active in general fitness or bicycling? Are you traveling and would like to visit another lodge near your destination? Or looking for a Norwegian-related event near your destination? Did you want to read an article from the Viking and can't find your copy? Are you looking to improve your Norwegian from the comfort of your living room? These are all resources that are available on the Sons of Norway website, <https://www.sofn.com/>. You will need to login or register the first time you visit the members-only portion of the website.

There are also resources available on the website for our district, <http://www.sonsofnorway5.com/>. District 5 includes lodges in Wisconsin, Illinois, Michigan, Indiana, Ohio, and Tennessee. The website has information about the lodges and events in our area, the district's youth camp Masse Moro, the biennial district Convention, scholarships, and useful links to other organizations and websites.

At the January meeting, I provided a glimpse at these websites as well as our own lodge's website, <https://sonsofnorwaymilwaukee.org/index.html>. Take a look today at these websites to see what is available and related to your interests!

Gretchen Bjork

### **NORWEGIAN TABLE PRAYER**

*(How to pronounce the words in Norwegian)*

#### ***Bordbønn***

(boorburnn)

Norwegian Table Prayer

***I Jesu navn går vi til bords,***  
(ee) (Ye-su) (nahvn) (gor) (vee) (til) (bohsh),

***å spise, drikke på ditt ord;***  
(oh) (spees-eh), (drik-eh) (paw) (dit) (oor);

***deg Gud til ære, oss til gagn,***  
(daee) (Gewd) (til) (ah-rah), (oss) (til) (gahwn),

***så får vi mat i Jesu navn.***  
(saw) (fohr) (vee) (maht) (ee) (Ye-su) (nahvn).

***Amen***

(Amen)

*(For reference, following is an English translation of the prayer:)*

In Jesus' name to the table we go  
To eat and drink according to his word.

To God the honor, us the gain,  
So we have food in Jesus' name.

Amen.

### **Swedish-American Historical Society of Wisconsin**

**Saturday, March 14, 2020 – 1:30 p.m.**

#### **EXPLORING OUR SWEDISH FOOD HERITAGE**

**at Redemption Lutheran Church  
4057 North Mayfair Rd.  
(Hwy. 100, just north of Capitol Dr.)  
in Wauwatosa**

Join SAHSWI President Barbara Froemming and SAHSWI Members Sonia Hummel and Carol Gustafson as they explore our Swedish food heritage with old Swedish Cookbooks and traditional family recipes.

There'll be stories of Swedish foods of our childhood with a few samples for tasting on our coffee hour table following the presentation and our short meeting.

Visit us at [www.sahswi.org](http://www.sahswi.org). Call 414-352-7890 or 262-781-6113 for further information about SAHSWI.

a little in English

## **Dogs Mirror Their Owner's Stress Level**

**Long-term stress seems to transmit from human to dog.**

Stress is contagious.

At least when we talk about acute stress.

It has also been shown that acute stress spreads between the human and its best friend, the dog.

But what about chronic stress? Recently, Swedish researchers investigated this topic.

And the results show that human stress levels probably reveal a lot about the condition of their pooch.

### **Hair tells about stress**

Acute stress is easy to measure, in terms of the levels of the stress hormone cortisol in blood or saliva samples. But if you want to measure stress over a long time period, this is an impractical method. Fortunately, researchers have something better up their sleeve: hair.

Cortisol builds up in hair, and over time, hair gives a chronological overview of cortisol levels in the body. Thus, one can use hair strands from dogs and owners to analyze and compare the level of stress over time.

### **58 dogs and owners**

Researcher Ann-Sofie Sundman and her colleagues recruited 58 pairs of dogs and female owners. Some were solely pets, while others were active in competitions. The dogs also walked with an activity meter for a week.

### **The owners influenced the dog**

The results showed that the stress level of the owner seemed to have a clear impact on the stress level of the dog. On the other hand, the level of activity did not appear to have anything to do with long-term stress.

litt på norsk

## **Hunden speiler eierens stressnivå**

**Langtidsstress ser ut til å smitte fra menneske til hund.**

Stress er smittsomt.

I hvert fall når vi snakker om akutt stress.

Det er også vist at akutt stress smitter mellom mennesket og dets beste venn, hunden.

Men hva med kronisk stress? Nylig undersøkte svenske forskere akkurat det.

Og resultatet viser at menneskets stressnivå trolig har mye å si for tilstanden hos vovsen.

### **Hår fortalte om stress**

Det er lett å måle akutt stress, i form av nivåene av stresshormonet kortisol i blod- eller spyttprøver. Men skal man vite hvordan det står til over lang tid, er dette en upraktisk metode. Heldigvis har forskerne noe bedre i ermet: Hår.

Kortisol bygges nemlig inn i håret, og med tida gir hårstrået en kronologisk oversikt over kortisolnivåene i kroppen. Dermed kan man altså bruke hårstrå fra hunder og eiere for å analysere og sammenligne stressnivået over tid.

### **58 hunder og eiere**

Forsker Ann-Sofie Sundman og kollegaene hennes rekrutterte 58 par av hunder og kvinnelige eiere. Noen var rene kjæledyr, mens andre var aktivt med i konkurranser. Hundene gikk også med aktivitetsmåler i ei uke.

### **Eierne påvirket hunden**

Og resultatene viste altså at stressnivået hos eieren så ut til å ha klar innvirkning på stressnivået hos hunden. Det så derimot ikke ut til at aktivitetsnivået hadde noe å si for langtidsstresset.

*(From Sons of Norway Newsletter Service)*



## Hey Snow Birds!

Those of you who move from one place to another as the seasons change are asked to contact Sons of Norway International headquarters **each time you move**. Please call 800-945-8851 to notify them so you continue receiving your *Viking* and other mailings the home office may send out.



## SHARING

(from Reidun Mayer)

Make 2020 to be a year of sharing, using talents and moving on to be an inspiration for each other.

Be fulfilled and strong

Let positive thinking be your goal in life.

Make gloom and doom go away!

## CHANGE OF ADDRESS

If you have a change of postal address, **please** notify the Sons of Norway International Headquarters Membership Department at 800-945-8851.

## NORSE ROSEMALING GROUP

The new contact person for the Norse Rosemaling Group is Judy Dimmick. Her phone number is 262-370-1712.

## HOW TO CONTACT FOSSELYNGEN LODGE:

**To Phone:** Call 414-526-8312

### To Send Postal Mail:

Fosselyngen Lodge No. 5-082  
Sons of Norway  
PO Box 20957  
Milwaukee, WI 53220

### Fosselyngen Lodge Web Site:

<https://sonsofnorwaymilwaukee.org/index.html>

**Ride Share:** If you need help getting to or from a meeting or event, please contact Arlette Johnson at 414-368-3324, and we will make every effort to find a ride for you. Thank you.

## [www.sonsofnorwayblog.blogspot.com](http://www.sonsofnorwayblog.blogspot.com)

Designed to provide up-to-date commentary or news on issues related to Norway and Sons of Norway.

## NEWSLETTER MAILING STAFF

Glendean Schmidt, Daryl & Bonnie Wunrow,  
John Seastrand and Karen Riccobono.

Thanks for helping with the  
January/February issue.

## Have You Had a Financial Checkup Lately?

If not, contact your field staff representative, Greg Ragan, to set up an appointment to discuss your financial needs at no cost to you. This is a benefit of membership.

Greg Ragan, Sons of Norway  
Fraternal Benefits Counselor,  
Insurance & Investments

7042 Kinnikinnick Drive  
Roscoe, IL 61073-9661

Phone: (800) 442-4146

Fax: (815) 623-8252

Email: [gragan51@gmail.com](mailto:gragan51@gmail.com)

Dear Members,

If you would like your newsletter emailed to you, please email me at [csjohn@att.net](mailto:csjohn@att.net).

John Schneble, Editor

**Notice:** All articles & information for the May/June 2020 newsletter are **due by April 15<sup>th</sup>**.

Email articles to the editor, John Schneble, [csjohn@att.net](mailto:csjohn@att.net) or mail to: 1024 North 121<sup>st</sup> Street, Wauwatosa, WI 53226. The editor reserves the right to edit all articles.



**Fosselyngen Lodge No. 5-082**  
**Sons of Norway**  
**PO Box 20957**  
**Milwaukee, WI 53220**

NON-PROFIT  
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**Dated Material Postmaster:**  
**Please deliver by March 4**

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Ole and Lena were boarding the cruise ship for a long-awaited trip to the South Seas when Ole said, "Gee, Lena, I wish dat I'd brought along da ice box."

"Are you crazy, Ole?" asked Lena irritably. "What makes you say a ting like dat?"

"Because I left our two tickets on top of it."

-----

Ole: "How come you bought a baby turtle as a pet?"

Sven: "They say turtles live for two hundred years, and I wanted to see if it was true."

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Ole and Sven were driving through the back woods of Maine when they came to one of the state's famous covered bridges. The sign at the top said: CLEARANCE TEN FEET.

Ole and Sven measured the height of their camper. "It's eleven feet," said Sven.

"How high is the bridge?" asked Ole.

"The sign says ten feet," answered Sven.

"Ah, come on, let's take a chance," said Ole. "There's no cops around!"

Monthly meetings vary. Please see page one for dates, times, and location of meetings.  
 Web site: <http://sonsofnorwaymilwaukee.org>

The mission of Sons of Norway is to promote and preserve the heritage and culture of Norway and provide quality insurance and financial products to its members.

Sons of Norway's mission er a fremme og ivareta norske kulturtradisjoner, og samtidig tilby de beste forsikrings-og finansprodukter til alle medlemmer.

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