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Milo Harpstead

Trustee (2018-2020)

Mark Hansen

Trustee (2017-2019)

Kress Williamson

**Vennligfolk Lodge
meets the second
Sunday evening, 5:00 pm
September thru May
at Saint Paul's
United Methodist Church
600 Wilshire Blvd
Stevens Point Wisconsin**

Vennligblad

Friendly pages for the 'friendly people' of Vennligfolk and their friends
Sons of Norway Lodge #5-627 for Central Wisconsin,
Stevens Point, Whiting and Plover, Wisconsin

VOLUME 26 ISSUE 1

JANUAR OG FEBRUAR 2019

Fra presidenten:



SONS of NORWAY

When starting a new year, I often reflect on the highlights of the previous year. In my "top ten" list for 2018 would be **Vennligfolk Lodge's Julefest**. Over 70 people enjoyed our Christmas celebration that evening. The festive Scandinavian decor, delicious food, elegant tables, Christmas music by *Aspiring Acapella*, photography by Stephanie Heitzman, Jule Nisse and his Elf helper . . . what a splendid evening! This lovely event happened because of the efforts of many lodge members. Joining me on the *Julefest* Committee were Charlotte Hensler, Karen Trzebiatowski, Patti Rous, and Lois Hagen. The table settings were provided by Rachel Favor, Charlotte Hensler, Karen Trzebiatowski, Karen Clifford, Lynn Rasmussen, Bea Berg, Judy Pesanka, Lois Hagen, and Susan Morton. Tusen takk to everyone who worked so hard to make this year's *Julefest* so memorable!



tween fraternal and community events. Fraternal events are any hours you spent working on things for the Lodge. Examples are committee work, preparing food for lodge meetings, setting up & cleaning up at lodge meetings, going on road trips, etc. Community events would be any hours you spent on the Cultural Festival - going to the Food Safety meeting, baking, setting up, working at, etc. You may wonder why we have to do this every year. The hours really do matter to our Sons of Norway Organization. It allows Sons of Norway to keep its tax exempt status. This year you need to get your total hours for community events and total hours for fraternal events to Tom Johnson, our new secretary, by the end of January. Tom's e-mail address is: t2johnso@gmail.com. If you have further questions about this, I can answer them at our next lodge meeting on January 13th.

Yes, it's that time of year again. It is time to add up the hours each member spent on fraternal and community events for 2018. If you kept track of your hours on the volunteer hour sheets handed out a year ago, this task will be quite simple. For those members who did not keep track, I need you to put on your thinking caps and make a "guesstimate" of the hours you spent doing activities. Let me clarify the difference be-

With the New Year, we have a few changes in our officers. Bea Berg (Secretary), Joyce Polson (Program Director), and Carl Rasmussen (Trustee) are stepping down. As lodge president, I want to sincerely thank these members for the time and effort they each put in as **Vennligfolk** officers. I also want to welcome our new officers for 2019: Tom Johnson (Secretary), Charlotte Hensler (Program Director), and Milo Harpstead (Trustee). **Vennligfolk Lodge** has been

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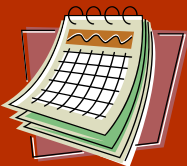
Gratulerer
med
dagen

January

Lynn Rasmussen - 7
Dawn Vertein - 8
Lois Hagen - 16
Susan Morton - 31

February

Conrad Favor - 2
Gene Numsen - 19



What's Happening at Vennligfolk???

January 13, 2019 (Sunday): *Vesterheim Museum Programs*"



Member **Jerry Trzebiatowski** writes "At this meeting of our **Vennligfolk Lodge**, I will be presenting a short program of what the Vesterheim Museum in Decorah, Iowa has done for me. Vesterheim is much more than a museum. It is, as the name implies, my Western Home. The museum provides the images that I need to visualize what my Norwegian immigrant ancestors looked and lived like. The 'much more' part, the Folk School at Vesterheim provides me with the knowledge and experiences I need to find my way home. I have taken eight classes and Karen has taken 4 classes over the past two decades at the Vesterheim Folk school. I am looking forward to sharing my experiences with you."

Servers: Ozz & Lois Hagen, Diane Beversdorf, Karen Clifford **Table:** Charlotte Hensler **Marshall:** Mark Hansen

February 10, 2019 (Sunday): *"Sentimental Journey Take-2"*

The discovery of Earl and Ethel Rasmussen's 1937 honeymoon photos of their 6500-mile cross-country car trip was first shared with **Vennligfolk** in February 2017. After their 2018 retirement, **Carl and Lynn Rasmussen** set out to duplicate Carl's parents' original route through 14 western states, eight national parks, and a handful of major US cities. This new presentation updates the original story with photos taken in the same locations 80-years later and filled with the insights and emotions experienced during their own seven-week, 8500 mile "Sentimental Journey Take-2" road trip!



Servers: Ron & Charlotte Hensler and Rachel & Con Favor **Table:** Bea Berg **Marshalls:** Bea Berg & Con Favor

Mar 10, 2019 (Sunday): *"Norske Wedding in Wisconsin"* Patti Rous, a new **Vennligfolk** member will discuss and review the nuptials of her daughter's recent wedding.

Servers: Diane Beversdorf, Karen Clifford, Birde Granum **Table:** Karen Trzebiatowski **Marshall:** Mark Hansen

Apr 14, 2019 (Sunday): *"Medical Memoirs of the Last Century"*

Dr. Lowell Peterson will return to **Vennligfolk** and recount many interesting encounters in the practice of medicine.

Servers: Don & Lori Johnson, Nancy Schroeder, Marv & Louise Lang **Table:** Susan Morton **Marshalls:** Don Johnson

May 05, 2019 (Sunday): *"TBA"*

Servers: Donna Van Dresser **Table:** Susan Morton **Marshalls:** Mark Hansen

May 11, 2019 (Saturday): *"Portage County Cultural Festival"* -

Again, **Vennligfolk** has a significant part in this decades old event at SPASH. Mark your calendar; plan to contribute and participate.

REMEMBER: **Vennligfolk Lodge** meets the second Sunday evening, 5:00 pm September through May at Saint Paul's United Methodist Church, 600 Wilshire Blvd, Stevens Point, Wisconsin

Lena and her ladies group were discussing the new minister. Lena reported that the young Reverend had paid her a compliment. "He said I looked like a breath of spring." Helga snorted and said, "Lena - that's not exactly da vay he put it. What he said vas, you looked like da end of a long winter."

A Hearty Warm-Up for a Chilly Winter's Eve: Grynsodd

You'll feel fortified and able to tackle any January task after enjoying a bowl of this full-flavored barley vegetable soup.

Ingredients

3 Tbsp barley, soaked overnight
 3 Cups water
 ½ leek, washed and sliced
 2 celery tops with leaves, chopped
 2 Cups beef stock or bouillon
 2 Cups cabbage, washed and sliced
 1 Cup carrots, sliced
 ½ Cup rutabagas, diced
 3 potatoes, diced
 Salt and pepper to taste
 Fresh parsley, chopped
 Optional ingredient: 1½ pounds beef chuck diced

Directions:

Step 1: Rinse the barley and soak it in cold water overnight.
 Step 2: Add the barley and soaking water to large soup pot.
 Step 3: Cut the leek in half and wash it well, then slice. Cut the celery and add both to the soup pot. Simmer for about 1 hour.
 Step 4: Add the beef stock and sliced cabbage, simmer for 20 minutes. If you are adding the beef chuck, add it in this step.
 Step 5: Add the carrots and rutabagas, simmer for another 10 minutes.
 Step 6: Add the diced potatoes. Continue to simmer for another 15 minutes until the vegetables are firmly cooked, but not mushy.
 Step 7: Serve hot from the stove sprinkled with the chopped parsley. Pair with a crusty, dark bread.



https://www.sofn.com/norwegian_culture/recipe_box/soups/vegetable_barley_soup_grynsodd/

A Heartwarming, Sweet Treat



In Norway, heart-shaped *vafler* (waffles) are served for dessert or as a treat. Why not make them for your loved ones this Valentine's day or any time soon?

Ingredients

6 eggs
 ½ Cup sugar
 1 Tsp. ground cardamom
 1 ½ Cup flour
 1 tsp. baking powder
 Pinch of salt
 1 Cup sour cream
 ½ Cup melted butter
 3 Tbsp. butter for frying

Step 1: Mix eggs, sugar, and cardamom together in a big bowl.
 Step 2: Add in flour, baking powder, and salt.
 Step 3: Mix these ingredients and beat in sour cream and butter until the batter is smooth. Let the batter sit for about 20 minutes before you begin making the waffles.
 Step 4: Heat up the iron and brush some of the butter of the surface, you are now ready to make waffles.
 Step 5: Pour 1/4 cup of the batter in the iron and wait for the waffle to become light brown.
 Step 6: Take it out (watch out, it's hot!) and serve it warm.
 Step 7: Top with jam, whipped cream, or sour cream. Try different toppings, or make a waffle sandwich.

https://www.sofn.com/norwegian_culture/recipe_box/baked_goods_breads_and_desserts/vafler_waffles/

Cultural Skills Program for 2019

Family History Class (Genealogy): A cultural skills class in genealogy will be offered during the spring academic semester. Both beginning and intermediate topics will be discussed and researched with the obvious aim to trace ancestors back to Norway. The first meeting will be Thursday, January 19th at St. Paul's United Methodist Church. The instructor will be Marv Lang - please contact him for more information (715)341-3201.

Ole walked into a shoe store and tried on a pair of shoes. "How do they feel?" asked the sales clerk. "Vell dey feel a bit tight," replied Ole. The clerk promptly bent down and had a look at the shoes and at Ole's feet. He noticed that the shoe tongue was curled under the shoelaces. "Try pulling the tongue out," the clerk said. Ole got a puzzled look on his face, held his tongue with two fingers, and said, "Vell, dey sthill feelth a bith tightth."

Researchers Find Large Amounts of Coins, Hairpins and Pearls Under the Floors of Old Churches

Small treasures tell a dark story about Norway's medieval culture

Archaeologists have found more than 20,000 coins, beads and hairpins under the floorboards of old Norwegian stave churches. A total of 10,286 of the coins are from between 1180 and 1320 A.D. In the Middle Ages, there were likely thousands of stave churches in Norway. Today, 28 stave churches remain standing. In addition, Norway probably has a few hundred other churches with roots in the Middle Ages. The coin findings in these churches reveal how widely coins were being used in Norwegian settlements 800 years ago.

One gender on either side

In the Middle Ages people stood during church. Only the old and infirm got to sit on benches along the sides. Presumably there was also a clear division between the sexes. Women stood on the north side of the sanctuary and men on the south side.

"When we investigated where in the church rooms hairpins, beads and other objects associated with women were located under the floorboards, we found that more than 95 percent were below the north side of the sanctuary," says Svein Harald Gullbekk, an archaeology researcher at the University of Oslo.

Thus, Gullbekk confirmed the strict division of medieval churches, where women had to stand on the side that people connected with the dark and cold forces in nature. The men stood on the south side.

Trailblazer Was Known For Preserving Svalbard's Nature



Norwegian botanist **Hanna Resvoll-Holmsen** (1873 –1943) is known for paving the way for women in both academia and polar research. Often working alone, Hanna would take expeditions to Svalbard to study the archipelago and its historic sites and fossils. She crossed glaciers, climbed mountains and walked miles of shoreline to document arctic plants and fossils. Her efforts to preserve nature in Svalbard is why she is recognized as Norway's first nature and environmental conservationist.

Hanna was independent, resourceful, passionate and continuously pushed boundaries. She became the first woman to attain a doctoral degree in botany in Norway and the first female lecturer in phytogeography (the study of the geographical distribution of plants). She was also an accomplished photographer, and the first to capture Svalbard's plants in color.

Hanna was truly a pioneer for women of her time. As such, she was recently honored through art by Anne-Karin Furunes, displayed at the Fram Centre, Tromsø.

Continued from page 1

blessed with past and present hardworking officers who have vision on how to make our lodge the best it can be.

If you are looking for a goal for 2019, how about becoming more involved in our lodge. You all will have opportunities to be a part of Cultural Skills classes, work on committees, plan road trips, suggest possible programs, etc. Please join me in making 2019 the best year ever for Vennligfolk Lodge. I can hardly wait to get started!



Vennlig hilsen, Susan Morton

2018 in Pictures – Vennligfolk was active last year!



Vennligfolk & Portage County Cultural Festival



Above: Ozz Hagen "makin' lefse."



Column Right: What do these four pictures have in common? Check out what they are eating!



Midtsommer at historic South New Hope Church



Aspiring Acapella singing at Julefest



Over seventy members and friends enjoyed Julefest



Day trip to Waupaca, Wisc.

Ole and Lars went ice fishing. Ole pulls out his new thermos and Lars says to him, "Ole, whatcha got dere?" Ole says, "Vell Lars, dis here's a thermos. It keeps hot tings hot and it keeps cold tings cold." After awhile, Lars get curious and says, "Vell Ole, whatcha got in dat dere thermos?" Ole says, "Vell Lars, I got a popsicle and two cups of coffee!"

a little in English...

Queen Sonja Gifts Her Original Art

Queen Sonja is making a gift of her original artwork, "Kolåstind." The lucky recipient is the Norwegian Tourist Association (DNT), which is celebrating its sesquicentennial.

The queen is an honorary member of the organization. She is giving away 45 copies of her work "Kolåstind." It was made using the woodblock printing technique. In the past, the queen has received accolades for her art.

The prints are to be sold to members of the DNT. According to Queen Sonja's wish, proceeds will be donated to the DNT's cabin fund.

The fund will ensure that DNT can carry out their work and make improvements. There are certain things that the organization cannot solve through volunteerism.

"This is a strong acknowledgment from the queen that shows the significance of our cabins. We will continue to make them available to the public. The queen is really giving a gift to the Norwegian people," says Dag Terje Klarp Solvang, the Secretary General of DNT.

DNT has set the price per print at 25,000 kroner [US \$2,950/ CAN \$3,885] for members. They cost 100,000 kroner [US \$11,800 / CAN \$15,545] for businesses that are members.

litt på norsk...

Dronning Sonja gir bort kunst i gave

Dronning Sonja gir bort sitt eget kunstverk «Kolåstind». Den heldige mottakeren er Den Norske Turistforening (DNT). De fyller 150 år.

Dronningen er æresmedlem i organisasjonen. Hun gir bort til sammen 45 eksemplarer av verket «Kolåstind». Det er laget med teknikken tresnitt. Dronningen har tidligere fått skryt for kunsten sin.

Bildene skal selges. Medlemmer i DNT kan kjøpe bildene. Etter dronning Sonjas eget ønske vil det de tjener gis til DNTs hyttefond.

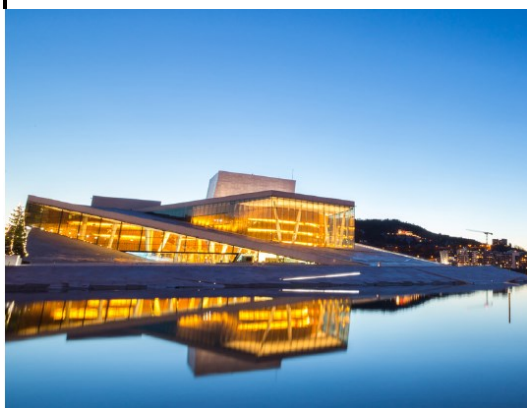
Fondet skal sikre at DNT kan gjennomføre arbeid og oppgraderinger. Det gjelder ting som organisasjonen ikke får løst til gjennom dugnad.

– Det er en sterk anerkjennelse fra dronningen. Hun viser at hyttene våre betyr noe. Vi vil forsette arbeidet med å gjøre tilbudet tilgjengelig for alle. Dronningen gir en gave til det norske folk, sier Dag Terje Klarp Solvang. Han er generalsekretær i DNT.

DNT har satt prisen per trykk til 25.000 kroner for medlemmer. De koster 100.000 kroner for bedrifter som er medlem.



Oslo Plans to go Carbon Neutral by 2030



Norway has plans to stop the sales of gas and diesel-fueled cars in the next four years, and the city of Oslo is working toward an ambitious goal of being carbon neutral by 2030. Here are a few of the initiatives currently underway in Oslo that will help the city meet its impressive goal.

Since transportation makes up the largest part of the city's carbon footprint, Oslo is promoting electric cars by creating new "low-emissions zones" where only electric cars can drive. The city is also removing parking spaces to add 40 miles of bike lanes. To promote biking even more, the city is providing grants for electric cargo bikes.

Businesses are working diligently to support this initiative. Construction companies are purchasing new electric-powered equipment that comply with a zero emissions standard for new building construction sites. A computer data center in Oslo pumps heat from servers into a heating system that heats approximately 5,000 apartments in the city. Newly built office space are encouraging their employees to go carbon neutral by including space for 500 bikes and 10 electric car charging stations.

If all goes according to plan, Oslo will be leading the way for other cities striving toward a carbon-neutral environment.

Re-enactments Provide Glimpse into the Viking Age

Viking re-enactment groups are becoming more prevalent than ever, with groups popping up in the United Kingdom, mainland Europe and Northern America. Related Facebook groups may be a reason for the rise in awareness and popularity, with several groups each boasting thousands of members.

Reenactment groups strive for authenticity in their activities, be it scenes from everyday life (baking, forging, gardening, carving) or participating in recreated battles. Many members of these groups study Viking life and culture in detail, from exploring ancient Viking sites, studying Norse sagas or scrutinizing artifacts and old trade routes.

There are active online marketplaces for buying, selling and trading Viking replicated clothing, accessories and equipment. On websites such as *Etsy.com* one can source jewelry, tunics, headwear, footwear, tankards, shields, props and more.

To get a real flavor for Viking re-enactment, check out a recent issue of *National Geographic*, "The Vikings, Lords of Sea and Sword." Re-enactors were used in photographs to illustrate in detail various aspects of Viking life.



ESTONIA, LATVIA, AND LITHUANIA ARE NORDIC?

In the Baltic countries of Estonia, Latvia, and Lithuania, to the east across the Baltic Sea from Scandinavia, the citizens dislike being classed as Eastern Europeans and increasingly wish to be considered Nordic. That sentiment has become so evident that the July 29, 2018 edition of *Aftenposten* devoted its page one feature to it.

The three countries share a tumultuous history of long being occupied by others, declaring independence in the aftermath of World War I, being occupied by the Soviet Union in World War II, and regaining independence after the dissolution of the Soviet Union in 1991.

The sense of being Nordic may be strongest in Estonia. At the outbreak of World War II, Estonia had the largest Nordic population of the Baltic countries, with 10,000 Swedes, most of whom fled over the sea to Sweden. Today, the Estonian citizenry has strong bonds to their neighbors across the sea. One upshot has been a proposal for redesigning the tricolor Estonian flag in the form of a Nordic flag cross.

In January 2017, when former Latvian Minister of Foreign Affairs Artis Pabriks found that the United Nations had officially reclassified the Baltic countries from Eastern to Northern Europe (unstats.un.org/unsd/methods/m49/m49regin.htm) he proudly tweeted that "This is where we belong." On today's world stage there are many Baltic natives, including Toomas Hendrik who lives in Estonia (and was the fourth President of Estonia) was born in Stockholm, raised and educated in the United States, and is a recognized world leader on security. Arvo Part, Estonian composer of classical and religious music who is since 2010 the world's most performed living composer; and Mariss Jansons, the Latvian conductor who was music director of the Oslo Philharmonic and Pittsburgh Symphony Orchestra.

This article originally appeared in the September 21, 2018 issue of *The Norwegian American*.



Vennligfolk Lodge #5-627
 Marv Lang, *Editor*
 3015 Cherry Street
 Stevens Point, WI 54481 U.S.A.



Sunday, January 13, 2019
“Vesterheim Museum Programs”
 by Jerry Trzebiatowski

Sunday, February 10, 2019
“Sentimental Journey Take 2”
 by Carl & Lynn Rasmussen



Vennligblad, the official newsletter of Sons of Norway’s Vennligfolk Lodge (#5-627), is published at the beginning of the odd-numbered months of the year. If you have an item of interest to Vennligfolk members, please submit it to the Editor by the 15th of the even-numbered months. You may send it to Marv Lang at 3015 Cherry Street, Stevens Point, WI 54481 or by e-mail to cmlang@charter.net.

Mange Tusen Takk

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



This is the season of the year when we get many colorful postage stamps. Recall Sons of Norway’s *Tubfrim* project ... cut the postage off the envelope leaving an ¼ inch boarder. Bring your stamps to the next regular Vennligfolk meeting.

Dreaming of a Trip to Norway this Year?

Sons of Norway Member discounts are available on fjord and river cruises, guided tours and auto and hotel rentals.



Save on your travel in North America, Scandinavia and beyond. Learn more from your local lodge's cultural director (Karen Trzebiatowski) or log in at sofn.com and go to Member Resources.

Be a Lifelong Learner!

Start 2019 by exploring your heritage with one (or more) of our fascinating Cultural Skills topics.

Dive into a new subject with lodge friends and earn a Cultural Skills pin to recognize your achievement. Or, expand your existing skills and be recognized with additional



skill bars. Learn more from our local lodge's cultural director (Karen Trzebiatowski) or log in at sofn.com and go to Member Resources.