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Sports Director

Jerry Trzebiatowski

Trustee (2014-2016)

Milo Harpstead

Trustee (2015-2017)

Martin Lieber

Trustee (2016-2018)

Carl Rasmussen

**Vennligfolk Lodge
meets the second
Sunday evening, 7:00 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 23 ISSUE 6 NOVEMBER 06 DECEMBER 2016

Fra
presidenten:



SONS OF
NORWAY

As I write my *presidenten* message, my kitchen is being "gutted" in preparation for a brand new kitchen. When the old drywall and soffits were removed, I was amazed at what was behind those walls - - electrical wiring, heating ducts, pipes, headers, etc. - - all the behind the scenes necessities that make the house comfortable and workable. It reminded me of our **Vennligfolk Lodge**. There is much "behind the scenes" work that goes on to make our lodge run smoothly. Since November is election month for our lodge, let me focus on the dedicated officers that I have been honored to work with the past two years. Our officers meet regularly to take care of the business of the lodge and to plan future meetings and events. Besides our business meetings, your officers do some "home-work" to complete the tasks that go along with their positions. They do it willingly and thoroughly. Tusen takk to these fine people who have faithfully served this past year and to our members who are on the slate for officers for 2017. You are greatly appreciated!

With the upcoming holidays, our lodge has some events planned. This year the Stevens Point Holiday Parade is Friday, November 18th beginning at 6:15 pm. Our participation in the parade has always been a good way of



letting the public know about **Vennligfolk Lodge**. There will be opportunities for you to help get our handouts ready, prepare our float, and to walk beside our float during the parade. Please consider helping out in any of these areas, and yes, there will be a sign-up sheet at our November 13th lodge meeting.

Mark your calendars for our *Julefest* gathering on Saturday, December 10th, at St. Paul's United Methodist Church. The *Julefest* committee has already met and planned out what I think is a lovely program with a delicious Scandinavian menu. This is also a chance for you to invite your family and friends who may have an interest in learning about our **Vennligfolk Lodge**. We will be sending out *Julefest* invitations, so please let me know of any nonmembers you would like to invite.

November and December are always such busy months with the Thanksgiving and Christmas holidays and the many activities associated with these holidays. I am thankful that I get to spend a few upcoming holiday evenings with the "friendly folk" of **Vennligfolk**. Let me be the first to wish you all a Happy Thanksgiving and a very Merry Christmas.

*Vennlig hilsen,
Susan Morton*

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Gratulerer

med

dagen

November

Joyce Polson - 9
Cindy Kluck - 26

December

Charmain Fournier - 3
Donna Van Dreser - 8
Ruth Harpstead - 11
Judy Pesanka - 15
Elaine Anderson - 17
Andrea Brown - 17
Lori Johnson - 18
Carl Rasmussen - 23



VENNLIGBLAD

What's Happening at Vennligfolk???

REMEMBER: Vennligfolk Lodge meets the second Sunday evening, 7:00 pm September through May at Saint Paul's United Methodist Church, 600 Wilshire Blvd, Stevens Point, Wisconsin

Nov 13, 2016 (Sunday): *"Iceland - Yesterday, Today, Tomorrow"*

Iceland is an amazing country filled with glaciers, waterfalls and the beautiful North Atlantic. Much of Iceland is still taking shape before your very eyes – raw, dramatic landscapes born from volcanic eruptions and carved out by glaciers. Other parts have hardly changed since the first Viking settlers saw them more than 1,100 years ago. Iceland is a unique destination that offers pristine nature, breathtaking landscapes and vibrant culture. This land of boiling mud pools, spurting geysers, glaciers and waterfalls is an adventure playground.



Sue Kissinger, Interim Director of Academic & Career Advising Center at UWSP has lead five trips to this amazing country through the College of Natural Resources and Becoming an Outdoors Woman program. Sue will present a program about her trips to Iceland and about the upcoming UWSP Adventure Tour trip planned for July 2017.

Servers: Bea Berg & The Hagens & The Harpsteads

Table: Karen Trzebiatowski

Dec 10, 2016 (Saturday): *"Julefest"*

Vennligfolk Lodge will celebrate **Julefest** with a Scandinavian style smørgåsbord consisting of a KALD BORD (pickled herring, fruit soup, cucumber salad, pickled beets, broccoli salad, and cheese & crackers), VARM BORD (ham with raisin sauce, Norwegian meatballs, parsley boiled potatoes, rice pudding, scalloped corn, green beans, and baked beans), BRØD BORD (lefse, flat brød, cardamom brød, and rye brød), followed by DESSERTS & BEVERAGES. Watch for sign-up sheets and volunteer to participate in the wonderful event! Too, the 2017 Installation of Officers will take place and we shall be entertained by the singing group "Yesterday's News" who will provide Christmas music. **Again, be reminded that this program is on Saturday, Dec 10 and begins at 5:00 pm.**

Servers: Everyone (potluck for Julefest)

Table: The Henslers

Jan 08, 2017 (Sunday): *"Norwegian Sweaters"* - Vennligfolk member **Karen Trzebiatowski** will discuss the history, styles and meanings of these iconic articles of clothing that are associated with Norway.

Servers: Ron & Charlotte Hensler and Arno & Susan Morton

Table: Bea Berg

Feb 12, 2017 (Sunday): *"Sentimental Journey"* - Another lodge member will share with us a personal family story. **Carl Rasmussen** will reflect on the 1937 Honorary Trip of Earl and Ethel Rasmussen.

Servers: Don & Lori Johnson and Marv & Louise Lang

Table: Lois Hagen

March 12, 2017 (Sunday): *"Under the Gun & On the Run"*

Retired cardiologist Dr. **Lowell Peterson** of Appleton will tell us the tale of desperado John Dillinger and his chance encounter with a bridegroom of Iola, Wisconsin. His booklet by the same name will be on sale at the conclusion of the presentation.

Servers: Francis & Joyce Polson & Rosie Paulson

Table: Marv Lang

April 9, 2017 (Sunday): *"The Iron Brigade"* - S/N Wergeland Lodge President **David Glomstad** will speak about the Civil War exploits of a famous contingent of fighters from La Crosse, Wisconsin who happened to consist mostly of Norwegians.

Servers: Jen Haas & Karen Trzebiatowski & Elaine Anderson

Table: Susan Morton

Hybrid Technology Coming to Hurtigruten Ships



Earlier this month the Norwegian expedition operator and cruise line, **Hurtigruten**, announced the construction of two hybrid expedition ships. Designed by Rolls Royce and constructed by Kleven Yards in Norway, the vessels represent the biggest single investment made by **Hurtigruten** in the company's

history. "It is beyond doubt that the future of shipping is both silent and emission-free. We will use our new expedition ships as 'icebreakers' for this technology and show the world that hybrid operations on large ships are already possible now," says **Hurtigruten** CEO Daniel Skjeldam.

Set to debut in 2018 and 2019, the hybrid ships will be released in two phases. The first phase will see the completion of a single 530-passenger ship outfitted with an auxiliary electric engine, capable of sailing via electric propulsion for 15-30 minutes. A first of its kind in the world, the vessel's combination of hybrid technology, hull design and onboard electricity efficiencies are projected to reduce fuel consumption and carbon dioxide emissions by 20 percent.

The objective of the second phase is to expand upon electric capabilities with a fully-fledged hybrid engine that will sustain the second passenger ship for greater lengths of time and distances. The battery propulsion will also offer a silent and emission-free solution for navigating into fjords and vulnerable port locations.

Bellona, a Norwegian environmental NGO with close ties to the project, is optimistic about the potential for the new hybrid maritime equipment. Bellona founder and President Fredric Hauge says, "This is an historic day for Norwegian shipping and for Norwegian maritime technology. Battery powered propulsion in ships this size shows that batteries are on board to stay. This represents a huge reduction in emissions from shipping, and it is only the beginning."

To learn more about the project, visit <http://tinyurl.com/jxcc9ov>

Announcements of Interest

Day Light Savings Time Ends: Early Sunday morning, **November 6th**, don't forget to set your clocks **BACK** one hour to accommodate the "fall back" procedure of the "Day Light Savings Time Act" passed by the US Congress in 1918.



Stevens Point Holiday Parade, is scheduled for Friday, November 18th beginning at 6:15 pm. Can you help out? Sure you can ... just contact Susan Morton and let her know of your availability.

Portage County Cultural Festival: Planned for Saturday, May 13, 2017. **Vennligfolk** has had a long tradition of participating in a significant manner with hot, made-on-the-spot lefse along with many, many other donated specialty foods. The next day is Sunday, May 14th and that's Mother's Day! Perhaps we ought move our May meeting one week earlier. What do you think???

Election Time

Vennligfolk selects officers and various leaders at the regularly scheduled November meeting each year. Terms begin at the following January meeting. For 2017, the following slate is proposed and will be presented to the Lodge at the November 13th meeting.

2017 Vennligfolk Nominations

- President:** Susan Morton
- Vice -President:** Lois Hagen
- Secretary:** Bea Berg
- Treasurer:** Judy Pesanka
- Financial Secretary:** Arno Morton
- Program Director:** Joyce Polson
- Newsletter Editor/Publicity:** Marv Lang
- Newsletter Distributor:** Louise Lang
- Librarian:** Jane Gjevre
- Musician:** Louise Lang
- Sunshine Coordinator:** Rachel Favor
- Historian:** Lois Hagen
- Language Specialist:** Jan Flatoff
- Cultural Skills:** Karen Trezbiatowski
- Trustee (2017-2019):** Kress Williamson
- Continuing Trustees**
- Trustee (2016 - 2018):** Carl Rasmussen
- Trustee (2015-2017):** Martin Lieber

Each of the above named individuals have agreed to serve the office to which they will be elected. Nominations from the floor will also be accepted.



Gudbrand had a friend named Bjørn who was very sick. Since there was no one else available, Gudbrand told the doctor that he would sit and help his sick friend. The doctor told Gudbrand to give Bjørn a powdered medicine at 10:00 pm and to give him just what he could get on a dime and absolutely no more. The doctor took a dime from his pocket and showed Gudbrand the necessary portion and cautioned him against giving an overdose. Gudbrand said he understood and the doctor left — of course, taking the dime with him. The next morning when the doctor came, he found Bjørn had died. “Did you give him the dose I prescribed?” Gudbrand said, “of course I did. But, I didn’t have a dime so I put it on two nickels.”

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/.

Norwegian Coconut Macaroons

Adapted from <http://thanksthefood.com/kokosmakroner/>

- 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 (180°C) oven for 10-12 minutes.



Hot Apple Grog with Blackcurrant, Honey and Cinnamon

Adapted from <http://newscook.com>

- 1 quart (1 liter) apple juice
- 1 cinnamon stick
- ¼ lb. (100 g) blackcurrants
- 2 tbsp. honey

Boil all ingredients. Sieve and serve.



a little in English...

How to Reduce your Fear of Spiders

Seeing what you fear for short intervals can trick the brain into being less afraid.

Many are terrified of things they have little reason to fear - harmless spiders, heights, flying. The fear prevents them from traveling, sleeping outdoors or enjoying the view. Exposure therapy is a known tool in the treatment of phobias. By gradually exposing yourself to what you are most afraid of, your fear may actually be reduced. You are reassured that the creepy things won't hurt you. But this treatment does not work equally well for everyone. Swedish scientists have therefore tried a new twist to make it more effective: exposure to even more creepy things.

Bombarded with images

The researchers showed terrified subjects pictures of what they were most afraid of: big hairy spiders. Most participants were women in their 20s. All had had arachnophobia much of their lives. They still volunteered themselves to be intimidated by researchers for two consecutive days. The exposure on day one was that they saw many pictures of spiders in succession. But before the participants' brains were awash in spider images, they saw two pictures of spiders. This is supposed to awaken the old fear before the actual treatment.

This happened either 10 minutes or six hours before the intensive slideshow. It turned out that those participants who saw the pictures right before the exposure began were less afraid than when they saw pictures of spiders the next day. A mini-exposure before the massive exposure may therefore appear to be helpful, researchers concluded.

Paid to look at spiders

To study fear, researchers measured both brain activity and how participants behaved. So, what is really happening in the brain when fear takes hold? Part of what happens is increased activity in the amygdala. This can be said to be the fear center in the brain.

The researchers put participants in a brain scanner during exposure. They took the high activity in the amygdala as a sign that arachnophobia was manifested. The participants were also paid to push a button to see a picture of a spider. But was it worth it when the reward was only a few crowns? Not as much for the group that was still afraid. These participants were less willing to expose themselves to the unpleasant than those who had calmed the activity in their brain's fear center.



litt på norsk...

Slik blir edderkoppskrekken mindre

Å se det du frykter mest med korte mellomrom, kan lure hjernen til å bli mindre redd.

Mange er livredde for det de har liten grunn til å frykte – ufarlige edderkopper, høyder, å fly. Frykten hindrer dem i å reise, sove utendørs eller å nyte utsikten. Eksponeringsterapi er et kjent virkemiddel i behandlingen av fobier. Ved gradvis å utsette deg for det du er mest redd for, kan frykten faktisk bli mindre. Du blir trygg på at det skumle ikke skader deg. Men denne behandlingen virker ikke like godt på alle. Svenske forskere har derfor forsøkt en ny vri for å gjøre den mer effektiv. Enda mer av det skumle kan se ut til å være svaret.

Bombardert med bilder

Forskerne viste vettskremte forsøkspersoner bilder av det de var mest redd for: store, hårete edderkopper. Deltakerne var av begge kjønn, men flest var kvinner i 20-årene. Alle hadde hatt edderkoppfobi store deler av livet. De lot seg likevel frivillig skremme av forskerne to dager på rad. Eksponeringen på dag én gikk ut på at de fikk se mange bilder av edderkopper etter hverandre. Men før deltakerne badet hjernen i edderkoppbilder, fikk de se to bilder av edderkopper. Det skulle vekke den gamle frykten til live før selve behandlingen. Dette skjedde enten ti minutter eller seks timer før det intensive bildeshowet. Det viste seg at de av deltakerne som fikk se bildene rett før selve eksponeringen begynte, ble mindre redd da de fikk se bilder av edderkopper dagen derpå. En mini-eksponering før den massive eksponeringen kan derfor se ut til å være nyttig, konkluderer forskerne.

Betalt for å se edderkopp

For å undersøke frykten målte forskerne både hjerneaktivitet og hvordan deltakerne oppførte seg. For hva er det egentlig som skjer i hjernen når frykten griper tak? Noe av det som skjer, er økt aktivitet i amygdala. Dette kan sies å være selve fryktsenteret i hjernen.

Forskerne la deltakerne i en hjerneskaner under eksponeringen. De tok høy aktivitet i amygdala som et tegn på at edderkoppfobien ga utslag. Deltakerne fikk dessuten betalt for å trykke på en knapp for å se et bilde av en edderkopp. Men var det verdt det når belønningen bare var et par kroner? I mindre grad for den gruppa som fortsatt var redd. Disse deltakerne var mindre villige til å utsette seg for det ubehagelige enn dem som hadde roet aktiviteten i hjernens fryktsenter.

Excerpted and translated from: <http://forskning.no/helse-edderkoppdyr-psykologi/2016/08/slik-bli-edderkoppskrekken-mindre>

Ole and Lena won a trip to Paris. While on a conducted tour of the famed Louvre Museum, Ole and Lena wandered away from the crowd. When they came upon the centuries-old statue of the Venus de Milo, Ole nervously grabbed Lena by the sleeve, saying, "Come on Lena, we had better git out of here or they might tink ve wer da ones who broke da arms off!"



The Book Nook ... Jan Flatoff, Librarian



Would you like to know more about traditional Norwegian Christmas customs and food? If so check out these books by Astrid Karlsen Scott (you can easily see them on our book cart – look for the red 8 ½ by 11 covers).

Ekte Norsk Jul: Traditional Norwegian Christmas includes memories of the author's Christmases when growing up in Norway. Chapters include Advent, St. Lucia, Christmas in Days of Yore, Childhood Christmas, Christmas in Norway Today, Christmas Cards, Sheaf of Oats, Candles, Christmas Gifts, Incense of Kings, Christmas Table, Christmas Flowers, and Yule Log.

Ekte Norsk Jul: Traditional Norwegian Christmas Foods has authentic, time proven, and cherished recipes along with memories of the author. Chapters include Meat & Fish; Breads, Flatbread & Lefse; Desserts; Cakes & Cookies; Candy; Beverages; and Miscellaneous. There is a recipe and pattern for a Pepper Cookie House.

I hope you've all had a chance to look at all the great books, videos, and CDs in our library! Many were added to the cart before the September meeting. We have over 150 items now. They include CDs, fiction and nonfiction videos (DVDs and VHS), contemporary and historical fiction books, humor/jokes, and nonfiction books on many subjects related to Norway (art, food/recipes, Norwegian language and dictionaries, Norway and Norwegians, WWII, Vikings, Scandinavians, Norwegians in America, and sailing/ships). Mange tusen takk to all who have contributed to our library through the years. A special mention to Karen Trzebiatowski who has contributed approximately one-half to two-thirds of the items on our library cart. Her clearing things out of her house has definitely worked to our advantage!

It's been a pleasure being the **Vennligfolk Librarian** these past 7 years. *Jan Flatoff*

New Norwegian Films Breaking into International Market

Løvekvinnen – The Lion Woman

In August, "The Lion Woman" (Løvekvinnen) premiered at the 44th Norwegian International Film Festival in Haugesund and had already been sold for distribution to 40 countries. Based on the bestseller by Erik Fosnes Hansen, the drama follows the trials of Eva, a girl born in 1912 with a disorder that causes fur to grow over most of her body. Her ashamed father first tries to hide her from society, and she later suffers bullying and humiliation from all sides. Written and directed by Vibeke Idsøe, the film was partially filmed in Lillehammer, and has the largest budget for a Norwegian film since "Kon-Tiki." This beautiful tale of otherness, tolerance and redemption shows how the Lion Woman learns to face and overcome these obstacles.

Norwegian nominating committee selects entry for Oscars

Each year a committee from the Norwegian film industry chooses one finalist to represent Norway at the Oscars in the category of best non-English language film. This year's selection is "Kongens Nei" (The King's Choice), a historical drama set in 1940 in which King Haakon VII and the Norwegian government face the German invasion and an ultimatum of capitulation. Haakon VII is expertly played by Danish actor Jesper Christensen, who conveys the humanity and loneliness of the king in this situation. Anders Baasmo Christiansen ("Kon-Tiki," "Buddy") plays Crown Prince Olav, who is fiery and impatient compared with his father's wise self-restraint. The film portrays the turmoil during a momentous chapter in Norwegian history, and the universal theme of making impossible choices in dire situations. The two other nominees were Erik Skjoldbjærg's "Pyro Manen" and Rune Denstad Langlo's "Welcome to Norway!" which also stars Anders Baasmo Christiansen.

Norway to create world's first floating underwater tunnel

The Norwegian coast may be beautiful but with more than a thousand fjords cutting into it, getting from one place to another often requires lengthy journeys. Norway's Public Roads Administration (NPRA) has an ambitious plan to solve the problem by building the world's first floating submerged tunnel system about 30 meters (100ft) underwater.



The \$25 billion project will allow ve-



hicles to travel under the Norwegian Sea avoiding a 21-hour drive along the coastline. The route from the southern city of Kristiansand to Trondheim in the north currently includes seven ferry crossings. As most of the waterways are wide with the largest a mile deep, it is not feasible to construct a traditional bridge. The tunnel would shorten the trip to just over 10 hours.

The first-of-its kind structure will be made up of two 1,200 meter (4,000ft) curved concrete tubes, floating up to 30 meters (100ft) below the surface. The tubes will be supported by pontoons on the surface and kept stable with connecting trusses. For extra stability, the construction might be bolted to the bedrock as well.

On the surface, there would be wide gaps between the pontoons to allow ferries to pass through. The first underwater tunnel will connect Oppedal and Lavik, passing through the 1,300 meter (4,300ft) deep, 1,000 meter (3,300ft) wide Sognefjord. Traveling along the new route would feel like driving through any other tunnel, according to Arianna Minoretti, a senior engineer with the NPRA.

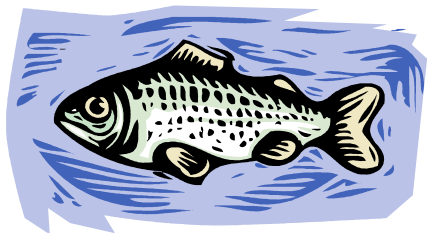


The submerged construction will be able to cope with rough weather that is typical for the country, according to NPRA. It will also allow easier access to rural communities. "Having this connection means that people there do not have to wait for a helicopter to go to the hospital," Minoretti says. The project is planned to be completed by 2035, and will preserve the landscape for those who still want to take the scenic route, the agency says.

From the website <https://www.rt.com/business/353690-norway-underwater-floating-tunnels/>

Calling all hungry people and Lutefisk lovers ...

The Marshfield Sons of Norway lodge, *Myrmarken*, is having a Lutefisk Supper along with a Bake Sale & Raffle; Tuesday, November 15, 2015 beginning at 6:00 pm at the Eagles Club, 1104 South Oak Avenue, Marshfield. Cost is \$16.00 per person and includes lutefisk, lefse, authentic Swedish meatballs, potatoes, salad, rutabagas and Scandinavia pastries. Reservation ONLY by Friday, November 11, 2016. Call 715-387-6675 or 715-384-4576.



Hei Ole ... did you hear "da Norveegans pronounce it *lut-e-fisk* and pour melted butter on da fisk, while Svedes pronounce it *lut-fisk* and yust pour a viite sauce on da fisk. And I also herd dat cats put sand on it and bury it da back yard!" *Uff da ...*



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



*Happy Thanksgiving
 and
 Merry Christmas*



Miscellaneous Items and Random Thoughts

1. Norwegian language class

Kan du norsk? Do you know Norwegian? If not, perhaps you'd like to learn some basics. If so, perhaps you'd like some practice or to converse with those learning it. I'd like to find out if there's enough interest to hold a beginning-level Norwegian language class starting in January 2017. The meeting time would depend on our schedules; I'm available Sunday and Monday evenings and during the day-time. If you have any interest in a class, or any questions, please contact me by the end of December. I can be reached at either (715)344-7935 or at emaj@charter.net.

Jan Flatoff

2. Basic & Intermediate Genealogy class

Are you interested in your heritage? Last year several members expressed such an interest and eventually earned their first level Cultural Skills award in Norwegian genealogy. Should we start another class to continue pushing back the curtains of time? Are there those who would like to start such an endeavor? I've got the time early next year to conduct several sessions. So, if you're interested, I can be reached at (715)341-3201 or cmlang@charter.net.

Marv Lang

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.



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, Marv Lang, Editor

3. Red Vests

Yes, we know that the vest shown here is not red! But would you like a red vest with the logo of the Sons of Norway along with our Lodge's name silkscreened on the back? A source of such vests has been identified in Wisconsin and the price is about \$25. If you are interested, please contact Arno Morton or Marv Lang and we'll see about ordering some. Sizes are medium, large and extra-large. Remember, Christmas is around the corner.

