



2017 Officers

President

Susan Morton
(715)341-7248
skaymorton@hotmail.com

Vice President

Lois Hagen
(715)344-7460
hagenozzl@gmail.com

Treasurer

Judy Pesanka
(715)344-0719
msbrewer2charter.net

Financial Secretary

Arno Morton
(715)341-7248
mrmorocks@yahoo.com

Secretary

Bea Berg
(715)544-4490
beaberg@charter.net

Program Director

Joyce Polson
(715)341-4545
fpolson@charter.net

Newsletter Editor

Marv Lang
(715)341-3201
cmlang@charter.net

Newsletter Distributor

Louise Lang

Sunshine Coordinator

Rachel Favor

Lodge Musician

Louise Lang

Lodge Librarian

Jane Gjevre

Lodge Historian

Lois Hagen

Language Specialist

Jan Flatoff

Cultural Skills Coord.

Karen Trzebiatowski

Trustee (2015-2017)

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Kress Williamson

**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 24 ISSUE 2

MARS OG APRIL 2017

Fra presidenten:



SONS OF NORWAY

Whenever and wherever I get a chance, I tell other people about our **Vennligfolk Lodge**. It's a group that Arno and I have so enjoyed being a part of for over ten years, and I want others to know about it. This spring our lodge has two great opportunities to let our community know about **Vennligfolk Lodge**.



Schroeder and Lois Hagen who have volunteered to join me on the planning committee for this year's Cultural Festival. Please consider adding your name to the committee as we need a couple more members to help out with the planning.

The first opportunity is happening at Lincoln Center for the whole month of May. Our lodge has been asked to do a Norwegian cultural display in the gallery area of Lincoln Center. There are three display cases (that will be locked) that we get to fill with Norwegian sweaters, rosemaling, hardanger, wood carvings, pewter, trolls, Nisse, straw ornaments, books, etc. Many of you already signed up to have some of your Norwegian belongings displayed, but there is still room for more, so let me know if you have Norwegian things you would like to share. We will also have our **Vennligfolk** brochures readily available for our viewers to take with them.

The second opportunity is the Portage County Cultural Festival at SPASH on Saturday, May 6th. Over 15,000 people attend this annual event, and so many of them stop at **Vennligfolk's** tables to purchase our tasty lefse and baked goods. This has been a very successful fundraiser for our lodge, and it takes many, many helping hands to make this successful. Mange takk to Nancy

What a special evening we had in February when Carl Rasmussen took us on the "Sentimental Journey" of his parents' month long honeymoon in 1937! And what an inspiration for the rest of us to dig into our family history! This all started with a photo book that Carl's mother had lovingly put together to record through pictures the many adventures these newlyweds had on their honeymoon. I was amazed at the information Carl was able to glean through the internet. Thank you, Carl, for sharing this family treasure with our Lodge.

Before closing, I want to add one more thank you to our youngest **Vennligfolk Lodge** member. That would be Thor Lang. This young college student never misses a meeting. He helps with set-up and take-down, and he is an expert at technology . . . something I am sorely lacking in expertise. Thor is a "behind-the-scenes" guy, who quietly goes about helping make our microphone and projector work so smoothly. So "mange takk" to Thor. You are very much appreciated!

Vennlig hilsen, Susan Morton

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Gratulerer

med

dagen

March

- Bob Granum - 3
- Diane Beversdorf - 14
- Cathy Williamson - 14
- Everil Quist - 18
- Adam Johnson - 25
- Jerry Trzebiatowski - 21

April

- Don Johnson - 1
- Charolene Lieber - 2
- Martin Lieber - 2
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- George Alfson - 11
- Tracy Johnson - 12
- Daniel Walvig - 12
- Jerry Ugland - 13
- Charlotte Hensler - 15
- Gary Anderson - 27
- Mark Hansen - 29

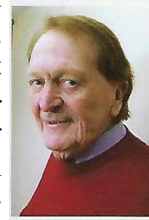


What's Happening at Vennligfolk???

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

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

It was an odd time in history when citizens glorified criminals who robbed banks. This presentation focuses on two men; one an innocent law-abiding man, and the other, a lawless thief and cold blooded killer, crossing paths in the most terrifying ride of their lives. 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. Lowell Petersen has a B.A. degree from Luther College and an M.D. degree from the University of Wisconsin. His book-let 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

May 6, 2017 (Saturday): *"Portage County Cultural Festival"*

Vennligfolk Lodge will again have a prominent place in this major event for Stevens Point and all of Portage County. A committee has been established and volunteer workers from the Lodge are needed to work tables, bake Norwegian "goodies", help with lefse preparation, etc. Watch for opportunities to help/serve ...see Susan Morton to express your willingness to help.

May 14, 2017 (Sunday): *"The Sami People of Lapland"*

Our own **Arno Morton** will present a program that will present these interesting and colorful people's lifestyle, so that everyone can appreciate both the struggle and freedom that they have gone through. An ice cream social is planned for this special Mother's Day Treat.

June ??? 2017: *"Midtsommer Fest"*

Watch for the date of this year's Midtsommer Fest. It will be held at the home **Lois and Ozz Hagen** with the usual Scandinavian flair for good food, good fellowship and at least one heated round of Kubb.



Reindeer Police

You may not know it, but Norway has the distinction of having a one-of-a-kind police unit - the *Reinpolitiet* (Reindeer Police). Those unfamiliar with the duties of this group of officers may find the idea of reindeer policing a bit peculiar, however the mission of this unit is an important one.

Founded in 1949, Norway's Reindeer Police are tasked with oversight and environmental protection of the northernmost counties of Finnmark and Troms. Made up of just 15 officers, the unit patrols an area over 21,000 square miles and oversees and assists reindeer herding by the indigenous Sami people.

Each two-person team of officers embarks on weeklong shifts, often traveling via snowmobile from one location to another following the reindeer migration from the mountains to the coast. Along the way officers perform routine tasks like checking permits or issuing snowmobile speeding citations, but the more unique aspects of their work are helping herders move their reindeer from one island to another or settling disputes. Recently, a photojournalist named Gianmarco Maraviglia ventured into the vast, snowy expanse of northwest Norway to document the work of the officers for an assignment for *Vanity Fair Italy* and *Marie Claire France*. An area not open to tourists, Maraviglia's ride-along captured an inside look at the reindeer herd migration that few experience firsthand - aside from Sami herders themselves. Visit <http://www.gianmarcomaraviglia.com/reindeer-police> for outstanding pictures.

Lillestrøm Bicycle Hotel

A new bicycle hotel has opened in Lillestrøm, Norway, as part of a project commissioned by Norwegian National Railways. Finding a natural home in Norway's "best cycling city," the hotel was constructed to further encourage commuting around the city on two wheels.

For a small monthly fee, the Lillestrøm Bicycle Hotel allows cyclers to store bicycles indoors while they're out of town or at work, providing a safe location and convenient storage option. With the hotel's practical location right next to the train station, it also offers commuters an incentive to choose commuting by bicycle and train over driving.

Bicycle hotels are not a new concept in Norway – there are several across the country – but this hotel is the nation's largest yet, with nearly 5,000 square feet (465 square meters) of storage. The Lillestrøm Bicycle Hotel can house 400 bikes at a time, a feat that took some inventive engineering to accomplish. The architects looked for interesting ways to maximize the space in the compact urban location by constructing multi-level storage racks to accommodate as many bicycles as possible.

In an effort to maximize the functionality of the building in a way that would also benefit those living in the area, the roof of the hotel offers a publicly-accessible green space with benches that provide visitors stunning views of Lillestrøm.

Currently there are also bicycle hotels in Norway's cities of Drammen, Gulslogen, Sandefjord, Moss and Asker – more will surely appear across the country as the popularity of the concept rises.

Start riding!

Cycling can be a positive step toward a healthy lifestyle – a step that should be rewarded. Through the Sons of Norway Sports Medal program, you and your fellow lodge members can earn pins for the mileage you bike. Reach out to your lodge sports director or Sons of Norway Headquarters at sportsmedals@sofn.com for more information.

Fiskekaker (Norwegian Fish Cakes)

Makes 6 cakes. Adapted from gooseberrymoosberry.com

- 1 lb white fish fillets (such as cod or haddock)
- ½ tsp salt
- ⅛ tsp pepper
- ⅛ tsp ground nutmeg
- 1 egg white
- 1½ tbsp corn starch
- ½ to 1 cup ice-cold milk, more if needed
- 1 tbsp finely chopped chives
- 1-2 tbsp canola oil for frying



Dry fillets with paper towels and cut into large pieces. Process fillet pieces in a food processor. Add egg white, corn starch, salt, pepper and nutmeg to processor and grind until blended. Set

the processor to a low speed and slowly add milk through the chute until the mixture has a paste-like consistency, using as much milk as the mixture can absorb without becoming too watery to form the cakes. Add chives to mixture and process. Move mixture to a bowl. Heat oil in a large pan on medium heat. Divide mixture into 6 portions and form into cakes (roughly 2-3 inches wide). Fry cakes for four minutes each side or until golden brown. Serve and enjoy.

Remoulade Sauce

Makes 1½ cups

- 1¼ cups mayonnaise
- ¼ cup mustard
- 1 tbsp sweet paprika
- 1-2 tsp cajun or creole seasoning
- 2 tsp prepared horseradish
- 1 tsp pickle juice (substitute lemon juice or vinegar)
- 1 tsp hot sauce
- 1 large clove garlic, minced and smashed

Celebrate Financial Literacy Month

Did you know April marks Financial Literacy Month? That means this month is a terrific time to really think about your financial future. Life insurance and annuities can provide valuable long term financial security for you and your loved ones. Fortunately, our Lodge is equipped with a Financial Benefits Counselor, who can walk you through the many excellent products Sons of Norway has to offer. In that spirit, here are three reasons you should consider a Sons of Norway financial product:

1. **Free Financial Review** - As a Sons of Norway member, you're eligible to meet with a Financial Benefits Counselor to discuss your financial goals and review the Sons of Norway products that will best help you get there.
2. **Support Your Lodge** - Because Sons of Norway is fraternal life insurance company, money from the sale of financial products goes back into our lodges. One of the easiest ways to support yourself and your lodge is through one of our financial products.
3. **Over a Century of Strength** - Providing support has been a cornerstone principle of Sons of Norway since its founding in 1895. You can count on the support and security from Sons of Norway's financial product when you need it most.

Whether it's during Financial Literacy Month or beyond, it's a good idea to meet with our Lodge's Financial Benefits Counselor soon. His name is John Boland of the Boland Insurance Agency, Inc., 715 Schoen Street, Green Bay WI 54302

DON'T MESS WITH LENA! Ole and Lena went to breakfast at a restaurant where "seniors' special" was two eggs, bacon, hash browns and toast for \$1.99. "Dat sounds good," Lena said, "but I don't want the eggs." The waitress said "Then I'll have to charge you two dollars and forty nine cents because you're ordering a la carte." "Vat," said Lena incredulously, "you mean I'd haf to pay for not taking da eggs? Den I'll take the special!" "How do you want your eggs?" ask the waitress. "Raw and in da shell" replied Lena and she took the two eggs home.

Getting the Most out of Norway's Great Outdoors

With nature playing such a large role Norway's national and cultural identity, embracing the outdoors is a must for anyone looking to explore Norway. Grab your hiking boots; here are some tips for getting the most out of Norway's natural beauty.

Enjoy the right to roam

Allemannsretten, known in English as the right to roam, was put into legal effect in 1957 in Norway. This concept honors the idea that everyone should have unlimited access to the great outdoors. This means that the countryside including beaches, mountains and forests are accessible to everyone – even travelers. Take advantage of the right to roam by enjoying everything that Norway has to offer, from mountain views to forest hikes and autumn foraging.

Know the rules

Along with the right to roam comes a personal responsibility. In Norway those who enjoy the outdoors practice "leave no trace." This means that everyone exploring the nation's countryside should leave the landscape just how they found it – this allows everyone the chance to enjoy the undisturbed beauty. For more information on the right to roam regulations, visit the Norwegian Environment Agency's website at <http://www.miljodirektoratet.no/en/Areas-of-activity1/Outdoor-recreation/Right-to-Roam/>.

Pack the essentials

There's a Norwegian saying, "There's no such thing as bad weather, just bad clothes." It's important to understand the conditions for the time of year. Be prepared for anything – this means the cold and the damp – and remember to dress in layers, especially in the more unpredictable times for weather like spring and autumn. Packing the right footwear is also important, so make sure you bring comfortable hiking shoes. Below are the average temperatures for each season and some of the popular outdoor activities to help you plan and pack effectively.

Spring

March – May

32 to 50 degrees Fahrenheit / 0 to 10 degrees Celsius

Activities: Fishing, Kayaking, Canoeing, Cycling, Hiking, Climbing

Summer

June – August

59 to 77 degrees Fahrenheit / 15 to 25 degrees Celsius

Activities: Swimming, Hiking, Climbing, Camping, Sailing, Canoeing, Kayaking, Cycling, Fishing

Fall

September – November

41 to 50 degrees Fahrenheit / 5 to 10 degrees Celsius

Activities: Hiking, Foraging, Fishing, Climbing, Biking

Winter

December – February

5 to 23 degrees Fahrenheit / -5 to -15 degrees Celsius

Activities: Skating, Cross-Country Skiing, Downhill Skiing, Sledding

Don't forget,
"Spring Forward!"

Daylight Savings
Time begins,

Sunday
March 12th



Other significant dates:

March 17th - St. Patrick's Day
March 21st - First Day of Spring
April 9th - Palm Sunday
April 14th - Good Friday
April 16th - Easter
April 17th - Tax Deadline Day
April 22th - Earth Day

Church honored for indigenous people work - by Karl Anders Ellingsen

The Trondheim United Methodist Church - which housed a secret synagogue during Nazi occupation of Norway - was designated a United Methodist historical site on February 5th for the congregation's work for indigenous and marginalized people.

In addition to the work during the Nazi occupation, the church was used in 1917 by the Sami, the indigenous people of the Nordic countries, for a political gathering. At the time, the Norwegian government and society were pressuring the Sami to "become Norwegians" and give up their traditional life. Sami children were forced to learn and speak Norwegian, use "modern" clothing, give up their traditional music and learn "civilized" professions.

The Lutheran state church was an active participant in this effort, so when the Sami people tried to find a place to hold their first political Congress in Trondheim on Feb. 6, 1917, they turned to the Methodist Church. The Trondheim congregation was known locally for social ethics and outreach programs. Some stories say that some Sami people were worshipping at the Methodist Church and were involved in the planning of the congress. The church opened its doors for the Sami to hold the congress, which gathered representatives from Sami people across the Nordic borders. In 1992, the 15th Sami Congress designated February 6th as the national day of the Sami people, in memory of the first congress held at the Methodist Church.

Professor Peder Borgen, a Methodist and member of the congregation, researched the congress, documenting the little-known story from 1917 in a 1997 book. A bronze marker on the façade of the church commemorates the 1917 meeting.



February 1917, the First Congress of people of Sami origin (indigenous people of northern Norway, Sweden, Finland and Russia) gathered in the Trondheim Methodist Church.

The Rev. Steinar Hjerpseth, a district superintendent and a former minister at Trondheim United Methodist Church, said it's a natural role for the Methodist Church to open their doors for marginalized people - back then and now. For several days in February 2017, as the Sami people celebrate the 100-year anniversary of the first Congress, the Sami history and struggle was in the public eye. On Sunday, February 5th, United Methodists from around the world attended the recognition of the church as a denominational historic site by The United Methodist Commission on Archives and History. On the 6th, there was a shorter official service outside the church to recognize the history with the Sami.

The Sami 100-year commemorative service was held in the National Cathedral in Trondheim. King Harald V of Norway, representatives of the government, Sami leaders, Nordic-Baltic Episcopal Area United Methodist Bishop Christian Alsted and Hjerpseth all attended. There was also several seminars exploring the Sami Christian heritage and their relations to different churches in Norway.

A dramatic part of the life of the congregation came during the Nazi occupation. Hitler attacked Norway without warning on April 8, 1940. Although Norway fought, the battle was hopeless and the country was under the rule of Nazi Germany for five years. The Jewish community of about 2,100 people faced restrictions on their professional and private lives. In 1941, the Germans seized the synagogue in Trondheim and banned Jewish people from meeting in public or private, even for religious ceremonies. The minister of the Methodist Church, Einar Anker-Nilsen, had a long relationship with the local rabbi. He and the leader of the board of the congregation, Andreas Unneland, invited the Jewish community to have their meetings in the Methodist Church.

Had the Germans discovered the arrangement, all involved would have faced deportation. The Jewish community would come one at a time and gather in the attic of the church for meetings and even Bar Mitzvah ceremonies. They had a good view of the outside from the attic, and there was an escape route to the next building through a small hatch between the two buildings. The Torah and other religious manuscripts and artifacts also were hidden in the church. In 1942, the German occupiers and Norwegian Nazi collaborators ordered the Jews rounded up by Norwegian police and handed over to the Germans. Some had already fled, and others were tipped off about the plans and managed to flee to Sweden. But many were arrested and sent to Auschwitz,



Sven and Lars were stumbling home from the bar one night and found themselves on a road leading past the old cemetery. "Look at dis, it's Nels Nelsen's grave; bless his soul," said Sven. "He lived to be 87." A few minutes later, Lars yelled, "Dat's nothing! Dis guy lived to be 147!" "Yats his name?" Sven asked. Lars stumbled around clumsily, lit a match to see the marker better and said "Miles to Oslo."

a little in English...

Happy Salmon Swim Longer

Salmon's reluctance to swim far may be due to anxiety or fear. After being born in a freshwater river, salmon swim out into the vast ocean to grow big and strong. Many salmon swim far to get where they are going, but it's not always the case.

Scientists at Umeå University in Sweden now think that anxiety or fear may be the reason why some salmon don't want to swim as far as their friends. "By treating salmon with anti-anxiety drugs, we could see that happy salmon wandered further and faster than untreated salmon," said Gustav Hellström, one of the researchers behind the study, in a press release from Umeå University.

Twice as fast

The study was conducted both in controlled environments and in a natural environment, specifically in a farm outside Umeå in northern Sweden. Half of the fish were given doses of the drug oxazepam, which is used to treat people for anxiety and unease, among other things. Half of the fish were given no treatment. In both controlled and natural surroundings the now-anxiety-free salmon swam almost twice as fast as their untreated brothers. This effect diminished gradually, however, as the drug disappeared from their blood.

Two previous studies have shown that anti-anxiety drugs can have an effect on fish. Researchers therefore believe that the increase in migration may be due to lower levels of anxiety which normally would have the effect of the salmon taking fewer risks.

An anxious animal

It is the salmon's nature to be anxious. It has many enemies who want to eat it, and thus it relies on hiding in the river to avoid predators. So says Torbjørn Forseth, senior scientist at the Norwegian Institute for Nature Research, NINA. "One can certainly describe salmon as an anxious animal. We know for example, that the biggest salmon rarely swims up in smaller waterways, probably because it has fewer hideouts there," says Forseth. Young salmon that migrate out to sea, smolt, also have good reason to be anxious. On the way they meet many potential enemies, and there are few who survive the perilous journey. "Fewer than five percent survive, and it could be as little as under one percent," the now-late Ove Skilbrei of the Institute of Marine Research told *forskning.no* last year.

Torbjørn Forseth at NINA says that smolt mostly swim at night, partly because darkness provides protection against predators. He believes that it thus seems logical that a fish with lowered anxiety takes greater chances than a fish with a normal level of anxiety.

litt på norsk...

Glad laks svømmer lenger

Laksens motvilje mot å svømme langt kan skyldes angst eller redsel. Etter at den blir født i en ferskvannselv, skal laksen svømme ut i det store havet for å vokse seg stor og sterk. Mange laks svømmer langt for å komme seg dit de skal, men det er ikke alltid tilfellet.

Nå tror forskere ved Umeå universitet i Sverige at angst eller redsel kan være årsaken til at noen laks ikke vil svømme like langt som sine venner. – Ved å behandle laksen med angstdempende legemidler, kunne vi se at den glade laksen vandret lenger og fortere enn den ubehandlede laksen, sa Gustav Hellström, en av forskerne bak studien, i en pressemelding fra Umeå universitet.

Dobbelt så fort

Studien ble gjennomført både i kontrollerte omgivelser og i et naturlig miljø, nærmere bestemt i et oppdrettsanlegg utenfor Umeå nord i Sverige. Halvparten av fiskene fikk doser av legemiddelet oxazepam, som i mennesker brukes i behandling av blant annet angst og uro. Halvparten av fiskene fikk ingen behandling. I både kontrollerte og naturlige omgivelser svømte den nå angstfrie laksen nesten dobbelt så fort som sine ubehandlede brødre. Denne effekten avtok derimot etter hvert, i takt med at legemidlet forsvant fra blodet.

To tidligere studier har vist at angstdempende legemidler kan ha en effekt på fisk. Forskerne tror dermed at økningen i vandring kan skyldes lavere nivå av angsten som normalt ville gjort at laksen tok færre risikoer.

Et engstelig dyr

Det ligger i laksens natur at den er engstelig. Den har mange fiender som vil spise den, og dermed er den avhengig av skjul i elva for å unngå rovdyr. Det forteller Torbjørn Forseth, seniorforsker ved Norsk institutt for naturforskning, NINA. – Man kan fint beskrive laksen som et engstelig dyr. Vi vet blant annet at den største laksen sjelden svømmer opp i de små vassdragene, sannsynligvis fordi den har færre skjulesteder der, sier Forseth. Unglaks som vandrer ut mot havet, smolt, har også god grunn til å være engstelig. På sin vei møter den mange potensielle fiender, og det er få som overlever den farefulle ferden.

– Under fem prosent overlever, og det kan være så lite som under en prosent, sa nå avdøde Ove Skilbrei ved Havforskningsinstituttet, til *forskning.no* i fjor. Torbjørn Forseth ved NINA forteller at smolt stort sett svømmer om natta, blant annet fordi mørket gir beskyttelse mot rovdyr. Han mener at det dermed virker logisk at en fisk med hemmet angstreaksjon tar større sjanser enn en fisk med normalt angstnivå.

Norway's Easter Thrillers



Easter celebrations in Norway bring to mind visions of springtime ski excursions to mountain cabins, colorful decorations and time spent with friends and family. However, none of these Norwegian traditions are as unfamiliar and unusual to

North Americans as the Norwegian Easter tradition of Påskekrim. Literally translated as “Easter crime,” this phenomenon grips Norway each spring and fills bookstores with dark tales of murder and kidnapping and Norwegian TV and radio programming with popular crime series.

While it is uncertain exactly how Påskekrim has evolved and grown to become the Norwegian phenomenon it is today, it is believed to have started with a pair of students from Bergen who in the spring of 1923 published a crime novel titled, *Bergenstoget plyndret i natt* (“Bergen Train Robbed Tonight”). The students, Nordahl Grieg and Nils Lie wrote the novel under the pseudonym “Jonathan Jerv” and purchased advertisements in *Aftenposten* and other Oslo newspapers to promote their book. The advertisement, cleverly masquerading as an article headline in big, bold letters just beneath the paper’s masthead, featured the novel’s title “BERGEN TRAIN ROBBED TONIGHT” and caused a sensation among readers who believed it to be a real headline. Readers -concerned for the welfare of passengers on the train - had missed the tiny text nearby (Pris 2 kroner, Gyldendal) denoting the price and publisher of the novel. The ingenious marketing stunt created such a buzz in Norway that the novel became a huge success and later was turned into a film in 1928. Publishers soon caught on to the novel’s Eastertime sales success and Påskekrim became an annual tradition.

While Scandinavian crime writers are enjoying tremendous popularity worldwide as of late, efforts by publishers to replicate Påskekrim in Sweden have been unsuccessful and Easter crime remains an unparalleled Norwegian phenomenon.

To learn more about Norway’s popular crime writers or to find titles, log in to the digital edition of *Viking* magazine and check out these issues:

Nordic Noir - <http://msp.imirus.com/Mpowered/book/vvk14/i4/p38>
Murder She Wrote - <http://msp.imirus.com/Mpowered/book/vvk15/i7/p38>

Read On - <http://msp.imirus.com/Mpowered/book/vvk16/i7/p24>
The Golden Touch - <http://msp.imirus.com/Mpowered/book/vvk13/i3/p16>

Summer Reading Guide - <http://msp.imirus.com/Mpowered/book/vvk15/i7/p18>

Kvikk Lunsj with Apples and Mascarpone Cream

Adapted from *newscancook.com*

Kvikk Lunsj is the Norwegian equivalent of the wafer and chocolate Kit Kat™ bar. Introduced by Freia founder and hiking enthusiast Johan Throne Holst in 1937 as the perfect portable snack to enjoy while hiking or skiing, Kvikk Lunsj has become a favorite of Norwegians during Easter time family hikes and cross-country ski trips to the mountains.

- 3 apples, peeled and coarsley chopped
- 2 lemons
- 2 tbs. icing sugar (powdered sugar)
- 1 tsp. cardamom
- ¾ cup mascarpone
- 2 tbs. icing sugar (powdered sugar)
- 4 Kit Kat™ bars (Kvikk Lunsj), coarsley chopped

Add chopped apples, sugar, cardamom and juice from two lemons to a pan. Cover with lid and simmer for 2-3 minutes. Mash apple compote with a whisk and cool. Add remaining sugar to mascarpone and whisk together. Serve apple compote topped with mascarpone cream and coarsley chopped chocolate bars in a glass or a bowl and enjoy.

Tubfrim Winner Announced

Friday, Jan. 13, 2017, was a lucky day for **Vennskap 1-554** in Canby, MN. Drawn from over 1000 other cards, the lodge was the winner of the Tubfrim drawing to give away an airline ticket to Norway, worth up to \$1,000. With each card representing one pound of collected stamps, Sons of Norway sent at least 1,084 pounds of stamps to Tubfrim in 2016. **Vennskap** contributed 21 pounds to that total. This past year, 70 lodges participated in the program, clipping 1,626,000 stamps.

For over 30 years, Sons of Norway members have been clipping canceled postage stamps and sending them to Tubfrim, who then sells them to dealers and collectors.

Originally, the money raised went to help children afflicted by tuberculosis. Since tuberculosis is no longer the threat to health that it once was, the proceeds from the resale of stamps now helps to improve the quality of life for children and youth with disabilities and special needs. Sons of Norway members are the largest contributor outside of Norway to Tubfrim’s efforts, sending nearly 30 percent of all stamps collected.

For more information or questions, contact Sons of Norway Tubfrim Chairperson Mary Bennett at (608)837-8335 or mjbenn4@gmail.com.




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




Sunday, March 12, 2017
“Under the Gun & On the Run”
 by Lowell Peterson

Sunday, April 9, 2017
“The Iron Brigade”
 by David Glomstad



 **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.

 Remember 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.

(Continued from page 5) the infamous concentration camp in Poland. Small children, the sick and anyone over 50 years old were killed on arrival, while the rest were used as slave labor. Of the 767 Norwegian Jews sent to Auschwitz, only 26 survived. After the deportations, the Methodists hid the Torah and other religious manuscripts and artifacts in the church, returning everything when the surviving Jewish community in Trondheim reopened their synagogue in 1947. When the Germans retreated from Northern Norway in the face of the advancing Soviet Army, they evacuated the population to create a buffer zone against the Soviets. They demolished and burned homes, factories, shops and churches and evacuated the residents to the south. In Trondheim, the church opened its doors to evacuated people who lived there until more permanent shelters were found.

In the early 1990s, a stricter immigration policy in Norway meant that many immigrants faced deportations since they did not fulfill the new requirements for asylum. Norway has an old tradition of asylum in the churches, and Trondheim was among the churches that gave sanctuary to immigrants facing deportation. It was not an easy decision for the congregation, but it was the right one, said Hjerpseth who served as minister at the church after the asylum was over. The congregation sheltered two families for almost three years, providing food, comfort and teaching the children.

More recently, Hjerpseth said, the church in Trondheim has reached out to Romani or Romany people, also known as gypsies. The Romani are marginalized all over Europe, including Norway. The church distributed food, clothes, gave support and other help. “This congregation has consistently showed a willingness and ability to make a stand for marginalized people and help those in need. Over the years, the small congregation has been guided by the laws of God and not followed the immorality of the powers and public opinion. This is an example for the world to see,” Hjerpseth said.