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Trustee (2016-2018)

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**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 1

JANUAR OG FEBRUAR 2017

Fra presidenten:



SONS OF NORWAY

Happy New Year! I hope you all enjoyed the Christmas season that just ended. For me, there were three highlights: 1. All our children and grandchildren were home for Christmas - - a total of ten of us. 2. Our kitchen remodel (that turned into a whole first floor remodel and "update") is behind us. 3. Our **Vennligfolk Julefest** on December 10th was a splendid evening.



as your lodge president, I need to remind all of our members of some "homework" that is due. Yes, it is time to add up the hours you spent on **Vennligfolk** activities throughout 2016.

Of all the holiday celebrations that Arno and I attended, **Julefest** tops them all! Many of you have related to me in person or via emails that you share my feelings on how special this year's **Julefest** was. This happened because of so many special people that made it happen. I worked with Lois Hagen, Judy Pesanka, and Joyce Polson to plan the event. Charlotte Hensler was in charge of decorating, and along with her husband, Ron, they turned Fletcher Hall into a festive, Scandinavian visual delight. Those beautiful tables, set with exquisite dishes and décor, were compliments of Rachel Favor, Diane Beversdorf, Judy Pesanka, Joyce Polson, Charlotte Hensler, and Susan Morton. And the food . . . so many of you put your cooking and baking talents to work and supplied the delicious food we all enjoyed. Tusen Takk to everyone who had a part in this year's **Julefest!**

Our lodge secretary, Bea Berg, needs to get the total number of hours each of you put in on fraternal events (hours spent doing things like preparing food for meetings, going on "road trips," doing cultural skills activities, working on committees, etc.) and hours for community events (hours spent doing things for the Cultural Festival and the Stevens Point Holiday Parade). Some of you have faithfully recorded these hours on the tracking sheets provided last January. Many of you did not record these hours, but you can give a good estimate of the hours you spent on **Vennligfolk** activities. Bea just needs two numbers from each of you - a total of fraternal events, and a total for community events. If you have any questions about how to do this, I will try to clarify it at our next lodge meeting on January 8, 2017. You may be wondering why you even have to do this. It is important that we have these numbers for Sons of Norway to keep its tax exempt status.

When I taught school, I often had to remind students of homework that was due. Now

Finally, I want to convey how honored I am to be **Vennligfolk's** Lodge President for 2017. This is a position that I never imagined

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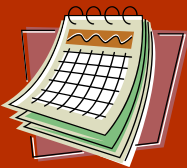
Gratulerer
med
dagen

January

Lynn Rasmussen - 7
Lois Hagen - 16
Susan Morton - 31

February

Conrad Favor - 2



What's Happening at Vennligfolk???

January 08, 2017 (Sunday): ***"Norwegian Sølje Style Jewelry and Fiber Arts"*** by Karen Strain

Karen's presentation will be on the Solje style earrings, necklace, Bunad brooch pins and wedding crowns she creates and sells on Etsy. She will detail the inspiration, tradition and technique used in her designs. Many of her designs are created by visual snapshots of nature or from examples of family heritage. Karen also works with fiber arts, which include spinning, weaving, knitting and wet and dry felting. She has raised hundreds of sheep over the years to provide wonderful wool fibers to use in her countless creations. She has always tried to make items priced so everyone can enjoy these items of interest and beauty. "Time is precious but arts and crafts are meant to be shared." Her creations can be viewed online at: <https://www.etsy.com/shop/KAStrainKreations>.



Servers: Ron & Charlotte Hensler and Arno & Susan Morton **Table:** Bea Berg

February 12, 2017 (Sunday): ***"Sentimental Journey"***

Lodge member **Carl Rasmussen** will reflect on the 1937 Honeymoon Trip of his parents, Earl and Ethel Rasmussen. In January 2016, Carl discovered a 1937 honeymoon photo album of his parents Earl and Ethel Rasmussen. His parents were married that year in Waukegan Illinois and then took off west on an extended 30-day honeymoon car trip that included stops in Denver, Salt Lake City, the Grand Canyon, Hoover Dam, Los Angeles, Yosemite, San Francisco, Oregon, Yellowstone, Mt Rushmore and much more. It was a journey of over 6500 miles taken before dependable paved roads and well developed federal highways, reliable maps, and so many of the modern comforts and gadgets we so take for granted today heading out on the open road. Many pictures lacked information about where they were and sometimes what they showed. This rediscovered album was like most family albums where an owner would sit down and share their adventure page by page, frame by frame with their viewers. Without this narration though, some significant detective work would be required to tell the tale with interest to modern viewers. This year, 2017, marks the 80th anniversary of Earl and Ethel Rasmussen's marriage and 6500 mile car trip. Come join this "Sentimental Journey" 80 years later as Carl shares the results and how-to's of completing this labor of love about a story based on love.



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

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

A Romantic Restoration

A current restoration project taking place at Maihaugen, one of Northern Europe's largest open-air museums in Lillehammer, Norway, is generating anticipation for the project's completion. The endeavor is steeped in Norwegian culture, a bit of romance and a royal twist.

Just weeks ago, the disassembled 1930s childhood home of H.M. Queen Sonja of Norway was moved from its original location at Tuengen allé 1b at Vinderen, Oslo, to Maihaugen in Lillehammer. The home is to be reassembled, furnished in an authentic manner, and opened to the public as part of a popular attraction at the museum that features homes representing each decade from the 1920s through 2001.



Work is now underway to breathe life into the house, which will showcase replicated and original furnishings used from 1935 to 1968. Queen Sonja lived there for most of

her childhood years, until 1968 when she married then Crown Prince Harald. According to Maihaugen's website, the home was one of the few places the couple could meet during the nine years they were dating.



Photo: Jørgen Gonnæs/The Royal Court

The house is constructed in the functionalist style, with hipped roof, horizontal cladding, windows by the corners and balconies with steel rails.

Museum guests can look forward to the official opening of the project on August 29, 2018, the date of Their Majesties' 50th wedding anniversary.

Continued from page 1

myself doing. Two years ago, when there was a need for someone to take over the leadership of this fine group, many of you saw something in me that I did not know I had, and you encouraged me to put my name on the ballot. Thank you. I work with an incredible group of **Vennligfolk** officers, and we serve an incredible group of **Vennligfolk** members. Please join me in making 2017 one of the best years in our lodge's history.

Vennlig hilsen, Susan Morton



Krumkaker with Espresso Cream and Juniper Berry Cream

Makes 40 krumkaker. Adapted from <http://www.northwildkitchen.com/krumkaker-espresso-juniperberry-cream/>

For best results, egg, flour, sugar and butter will all weigh equal amounts.

- 3-4 eggs (weighed on a scale)
- flour (equal weight to eggs)
- sugar (equal weight to eggs)
- butter (equal weight to eggs)
- lukewarm water (½ the weight of other ingredients)
- traditional Norwegian iron and cone-shaped mold

Add butter to a small pan and melt over low heat. Let cool. Mix eggs, flour, sugar and melted butter in food processor or blender. Add water and mix again. Allow batter to rest for a minimum of 15 minutes.

Heat iron on stove over medium heat. Alternatively, if you are using an electric iron, follow the manufacturer's directions for use.

Grease warm iron with butter to prevent sticking. Add 1 Tbsp of batter to iron and close. Cook for roughly 30 seconds on each side until light gold. Remove from iron and wrap around cone-shaped mold. Once set, remove and set aside. Repeat until all batter is used.

Espresso Infused Whipped Cream and Juniper Berry Whipped Cream

- 2 cups (500 g) heavy cream
- ½ cup espresso beans
- ¼ cup dried juniper berries, crushed gently
- 1 tsp sugar

Add espresso beans and half the cream to a jar and cover with a lid. In a second jar, place juniper berries and remaining cream, and cover. Place both in refrigerator overnight.

Strain both mixtures and discard beans and berries. Add 1 tsp sugar to espresso cream and whisk until stiff peaks form. Repeat with juniper berry cream but reduce the amount of sugar by half. Serve with krumkaker.



Ole and Sven visited the Oslo Zoo. Sven asked Ole, "Vaht would yu get if yu mated a giraffe vit a German shepherd?" Ole answered "A five story vatch dog!" Uff da ... Thanks to Don Johnson.

The Lutheran minister was chagrined because the church board denied his request for a chandelier for the church. When pressed for reasons, the chairman explained to the preacher: "Vell, for vun ting ...da secretary can't spell it, For anudder, nobody knows how to play it, so that would be a waste of money. And anudder ting ... if we are going to spend any money, it should be for a light over da pulpit so you can see better!"

The Untold Story of a Norwegian WWII Resistance Fighter

The American Association of University Women (AAUW) prepared for the end of World War II by raising funds before Victory in Europe Day on May 8, 1945, to bring students from formerly occupied European countries to study in the United States under International Fellowships. By September 1945, just in time for the start of the American school year, six women were brought to the United States with the help of AAUW.

One of these first International Fellows was **Anne Sofie Østvedt** of Norway. Her life seems like legend or heart-pounding fiction. But every bit of it is true, from commanding thousands of underground resistance members to running from the Gestapo - from disguises to a love story.



Østvedt was born on January 2, 1920, in Norway. When German forces invaded in 1940, she was a 20-year-old chemistry student at the University of Oslo. Østvedt wasted no time in becoming involved

in the Norwegian resistance, first by writing, editing, and distributing an underground, illegal newspaper and later by formally joining the resistance. In her application to AAUW, Østvedt explained that she continued with her studies until 1942 when she "had to stop when chased by the Gestapo."

Østvedt quickly rose through the ranks to become the deputy commander of the underground intelligence-gathering resistance group XU. According to the top-secret document in her AAUW file, "As from the summer of 1943, she functioned as the proxy of the chief and in that capacity had contacts with the leading underground organizations. During the stays abroad and inspection trips of her chief, she was the acting leader of the whole system, comprising that whole of south Norway (about 3,000 men)." The chief mentioned was Øistein Strømnæs, Østvedt's future husband, whom she married in 1946 while they were both graduate students in California.

While it was common for women to be couriers

and spies in resistance movements throughout Europe, it was far less common for women to be recognized resistance leaders (the highly secret and compartmentalized structure of XU meant that most people didn't even know the second in command was female). Østvedt is among a small group of women who were top commanders of the various resistance movements throughout Europe during World War II. To get a sense of just how important Østvedt was and just how much constant stress she was under for five years, two stories need to be shared.

Soon after taking a bigger role with XU, she had to abandon her education and her life as she knew it. When one of her collaborators was arrested by the Gestapo, a multi-city manhunt began for Østvedt. Some 45 officers blocked all entrances to her house, guarding all the staircases and the apartment itself. She was not found; the Gestapo took her sister as a hostage.

Despite it all, Østvedt insisted on staying in Norway and continuing to work with the resistance. To do this, she had to assume a new identity by breaking all ties with friends, family, and colleagues and by altering her physical appearance. For more than two and a half years she spent all her time with fellow underground workers, completely devoid of a private life and friendships.

Østvedt was so committed to the cause and to protecting her fellow resistance fighters that she never slipped up to reach out to family members. Once she stood next to her father on a tram car without revealing herself and without him recognizing her. The unbelievable strain, pressure, and isolation she must have felt for years while still working full time with the resistance is hard to comprehend.

When she finally arrived in the United States, Østvedt was malnourished, exhausted, and ready to make up for lost time. In her AAUW application she wrote, "After five years of complete isolation and undernourishment ... it is of great importance for our country to try to rebuild the health of the nation on a sound scientific basis." She completed her master's degree in food chemistry from the University of California, Berkeley, and in 1951 returned to Norway, where she lived with her husband. She died in 2009.

Written by AAUW Intern Emily McGranachan

2016 in Pictures - Vennligfolk was active last year!

Day trip to Madison, Wisconsin



Karen T. in full bunad



- Scandinavian Roadshow:
1. Milo Harpstead w/watch
 2. Donna Van Dreser with photo of Arnold Mohn
 3. Bea Berg with carved wooden figures
 4. Elaine Andersen w/1901 Holmenkollen photo

Finn Fest @ Palmqvist Gård

Julefest -Elegantly decorated tables



Lefse makers at Portage County Cultural Fest



Vennligfolk's Dala Hest in Christmas Parade

Fifty members and friends enjoyed Julefest



Midtsommer at historic South New Hope Church

Ole and Lars were discussing their wealthy friend, Bjørnstad, age 82, who had just married a 21 year old young lady. Ole said, "Yah, it's dose 'May-December' marriages. I know what December is going to find in May Good looks, charm, excitement. But what in da world is May going to find in December?" Said Lars with a grin ... "Possibly CHRISTMAS."

a little in English...

Smell of Cookies Boosts Coffee Sales

Pleasant aromas may tempt you to buy coffee or rolls, according to Swedish researchers.

Is our desire to shop affected by smells on the street? Swedish researchers wanted to investigate whether consumers were more aware of shop signs when they were exposed to different scents.

They recruited 100 people on Kungsgatan, [a street] in Stockholm. They were equipped with special eyeglasses that can measure the eye's migration, so-called eye-tracking glasses. This enabled the researchers to see exactly what consumers' gaze fell upon.

Participants did not know that some of them were exposed to a steam machine, which pumped the aroma of chocolate chip cookies toward them as they unsuspectingly strolled past a certain café.

More attentive

The analysis of the goggles' data revealed what participants directed their eyes to, and for how long.

The participants who were exposed to the odor were 50 percent more attentive to the café signs than those whose noses did not smell delicious aromas, according to the researchers.

The researchers sprayed steam with the smell of chocolate chip cookies at the participants who passed by on the sidewalk.

A total of 27 percent in this group remembered that they had seen the signs on the sidewalk or on the wall afterwards. They were also more positive about the brand that sponsored the study.

In addition, their propensity to buy something at the café increased by 40 percent compared to the control group.

Fragrance in combination with signage

"The sign material is crucial for the smell to have any effect on sales. The scent must be combined with relevant information in the environment," says Professor Anders Gustafsson in a press release from Karlstad University.

"The insights provided through the eye-tracking study help us optimize how we hang signage," said Leif Sjöblom, who is responsible for innovations in [the café].



litt på norsk...

Duften av sjokoladekjeks kan øke kaffesalget

Godlukt kan gjøre at du bli mer fristet til å kjøpe kaffe eller boller, ifølge svenske forskere.

Blir kjøpelysten vår påvirket av lukten på gata? Svenske forskere ville undersøke om forbrukere ble mer oppmerksomme på butikkskilt når de ble utsatt for ulike dufter.

De rekrutterte 100 personer på Kungsgatan i Stockholm. De ble utstyrt med spesielle briller som kan måle øynenes vandring, såkalte eye-tracking-briller. Dermed kunne forskerne se nøyaktig hva forbrukernes blick falt på.

Deltakerne visste ikke at noen av dem ble eksponert for en dampmaskin, som pumpet duften av sjokoladekjeks mot dem mens de ruslet intetanende forbi en bestemt kafé.

Mer oppmerksomme

Analysen av brillenes data avdekket hva deltakerne rettet blikket mot, og hvor lenge.

De deltakerne som ble eksponert for lukt, ble 50 prosent mer oppmerksomme på kaféskiltene enn de som ikke fikk deilige dufter i nesen, ifølge forskerne.

Forskerne sprøytet ut damp med lukten av sjokoladechips-kjeks til deltakerne som gikk forbi på fortauet.

Hele 27 prosent flere i denne gruppen husket at de hadde sett skiltene på fortauet eller på veggen etterpå. De var også mer positive til varemerket som sponset studien.

I tillegg økte tilbøyeligheten deres til å kjøpe noe på kaféen med 40 prosent i forhold til hos kontrollgruppen.

Duft i kombinasjon med skilt

Skiltmaterialet er avgjørende for å lukten skal ha noen effekt på salget. Duften må kombineres med relevant informasjon i omgivelsene, sier professor Anders Gustafsson i en pressemelding fra Karlstads universitet.

Innsikten som studien med eye-tracking gir, gjør at vi kan optimalisere hvordan vi skilter butikken, sier Leif Sjöblom, som er ansvarlig for innovasjoner hos [kaféen].

Excerpted and translated from: <http://forskning.no/2016/10/bolleduft-far-oss-til-kjopemer-kaffe>



The Book Nook ... Jan Flatoff, Librarian



Vennligfolk Library Collection as of December 31, 2016

We have 192 items in our library! Most of these are from donations – *tusen takk!!* Below is a breakdown of the items we have. A complete list can be found on the library cart.

CDS, VIDEOS, AND PERIODICALS

CDs, music: 9 of Grieg; 12 of other vocal and instrumental music in English and/or Norwegian

CDs, stories: 1 of Norwegian stories and songs

DVDs and VHS videos: 3 fiction and 11 nonfiction, most about Norway and Norwegians

Periodicals: 10 magazines with articles about Iceland, the Vikings, Norway, and immigrants

BOOKS, FICTION

Contemporary novels: 7 books including 5 mysteries

Biographies: 9 historical or contemporary books based on real people/families, set in Norway or America; 4 of these books are about Swedish immigrants

Historical novels: 22 books including classics by Knut Hamsun, Henrik Ibsen, O.E. Rølvaag, and Sigrid Undset

Fairy Tales: 4 books

Myths & Legends: 1 book

Humor & Jokes: 5 books

BOOKS, NONFICTION

Culture: 14 books – 7 about art, 5 of food and recipes, 1 about bunads, and 1 about Christmas

Norwegian language: 12 items – 5 course books, 1 CD course, 1 travel book with cassette, and 5 dictionaries

Ships: 3 books including 2 biographical accounts

Scandinavia and Scandinavians: 13 books – 2 of Finland, 7 of Scandinavia, and 4 of Vikings

Norway and Norwegians: 19 books – 6 of photos, 3 biographies, 5 of World War II, 4 of Norwegian history, and 2 of Norwegian history and culture

Americans, biographies: 1 German-American, 1 Swedish-American, and 20 Norwegian-Americans

Norwegians in America: 14 books on a variety of subjects, including 2 set in Wisconsin

* * * * *

Please note: This is **Jan Flatoff's** last *Book Nook* column. She is retiring from the Librarian position; *Mange Tusen Takk* for all your efforts in giving, cataloguing and maintaining a first rate collection for **Vennligfolk Lodge** and its membership. Beginning in January 2017, **Jane Gjevre** will be the Lodge's new Librarian; best wishes Jane.

Cultural Skills Programs for 2017

Norwegian Language Class: A class in Norwegian language will be offered on Tuesdays from January 10th through May 23, 2017. It will meet from 5 – 7 p.m. at Good Shepherd Lutheran Church in Plover. This is part of the Cultural Skills program. If you are interested in being a part of this class, please contact Jan Flatoff at (715)344-7935 or ernaj@charter.net as soon as possible.

Family History Class (Genealogy): Another 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.





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

Sunday, January 8, 2017
“Norwegian Sølje Style
Jewelry and Fiber Arts”
 by Karen Strain

Sunday, February 12, 2017
“Sentimental Journey”
 by Carl 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.

Norwegian Couple Serves Pizza and Coffee to Burglar

Retired couple Arne and Kari Solli were awakened in the middle of the night by sounds coming from their kitchen at home in Skien, Telemark. Someone had broken in, so Kari (68) went to investigate. Catching the intruder red-handed, Kari made it to the kitchen first and shouted for Arne (70) to come to her aid. He ran into the room to find an incoherent man standing in just a t-shirt and underwear. Without hesitation, Arne angrily threw him out into the cold night. Within moments, however, he realized that the intruder seemed to have problems and that he felt sorry for him.

That is when the Sollis decided to invite the burglar back in. Kari brewed some coffee and they gave the man pizza and some warm socks. Arne offered to drive him home or call the

the man’s friends, but the man couldn’t remember where he lived and barely knew who he was. Arne then called the police to have the burglar picked up.

Arne Solli says that it was an odd situation. Though the intruder had rifled through drawers and taken a few things, they decided not to prosecute. As they sat in the kitchen for about an hour, Arne had to reassure the man that it was safe to stay. The Sollis felt at ease with the man, but the burglar was a bit nervous.

When asked whether he’d take in an intruder again, Arne said, “We can’t have all kinds of people running through the door - we have more coffee, but we’re out of pizza,” he said, chuckling.

