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Trustee (2017-2019) **Kress Williamson** 

Trustee (2018-2020) Mark Hansen, Jr.

Vennligfolk Lodge meets the second Sunday evening, 7:00 pm **September thru May** at Saint Paul's **United Methodist Church** 600 Wilshire Blvd

# Pennligblad

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 25 ISSUE 2

#### MARS OG APRIL 2018

## Fra presidenten:

t the beginning of the vear, Vennligfolk Lodge decided to try out something new for January, February, and March. We started our monthly meetings at 5:00 PM

with a light supper followed by our program he and his wife decided to become memat 6:00 PM. Our intentions were to get eve- bers. And "welcome back" to Barbara Aaryone home earlier during the dark winter vang who recently joined her husband, months.

members that really like the earlier starting tival is on Saturday, May 12<sup>th</sup>. This is time and would like to continue that for all Vennligfolk's biggest and only fundraiser of our meetings. change. I would like to know how all of our cessful fund raiser for us because our memmembers feel about this issue. If we do bers are very generous with their time and change to an earlier starting time, we may talents. We need bakers, lefse makers, and need to "tweak" it a bit. Perhaps instead of workers at the tables. Later on I will have a light supper, we could continue doing re- sign-up sheets for those needs. Right now freshments as we did previously. In all hon- we need people to attend the Food Safety esty, I feel that the refreshments that our Seminar on either Tuesday, April 24<sup>th</sup> from members have so generously provided, have 6:00 pm - 8:00 pm or Thursday, April 26<sup>th</sup> always been plentiful enough to satisfy any from 1:00 pm - 3:00 pm. Also, please conhunger on a Sunday evening. I would really sider working on the planning committee. If appreciate hearing from all of you via email you have not served on a committee before, or phone call (see listing at the left). Let me this would be a wonderful way to get your know if you prefer to start earlier or keep feet wet. We usually have just two planning the regular 7:00 PM starting time. If you meetings, and we will find convenient times have some thoughts about the refreshments, to meet. Let me know if you are willing to etc., add that also. I've always believed that be on this committee or attend one of the when we work together and share ideas, Food Safety Seminars. Mange takk! better plans come about. Let's work together to make our lodge the best it can be.



It's so exciting to see our lodge grow in membership! A big "welcome" to our newest members, Rich and Carolyn Sommer. Rich presented our January program on his recent family trip to Norway, and a few weeks later

Glen, in rejoining Vennligfolk Lodge.

Well, I have heard from several of our This year, the Portage County Cultural Fes-Before making that of the year. It has always been a very suc-

> Now let's move to our June Midtsommer gathering. Cont'd on page 3

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Gratulerer

med

dagen

#### March

Cathy Williamson - 14 Diane Beversdorf - 14 Everil Quist - 16 Patti Rous - 17 Jerry Trzebiatowski - 21 Adam Johnson - 25

#### April

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#### VENNLIGBLAD

# What's Happening at Vennligfolk???

**REMEMBER: Vennligfolk Lodge** meets the second Sunday evening, 7:00 pm September through December, 5:00 pm January thru March and 7:00 pm April thru May at Saint Paul's United Methodist Church, 600 Wilshire Blvd, Stevens Point, Wisconsin

#### March 11, 2018 (Sunday): "Iceland is Hot"

Lodge members **Carl & Lynn Rasmussen** declare "Iceland is hot!" But not because of its geysers, volcanoes, geothermal heat, Gulf-stream influenced climate, 24-hour summer sun, or hardy Nordic stock inhabitants! No, Iceland is hot because it has become one of the top tourist destinations in the world. Hear why, as our speakers share their 10-day 2017 trip to this unique island nation. **Remember, this Vennligfolk meeting will begin at 5:00 pm; light meal and program at 6:00 pm.** 



Servers: Trzebiatowskis & Bea Berg & Rosie Paulson

Table: Elaine Anderson

April 8, 2018 (Sunday): "Seneca Seasons" - Retired middle school science teacher, Larry Scheckel, takes us back to his boyhood days, growing up with eight siblings on the Crawford County 238 acre farm 2 miles from Seneca, Wisconsin, in the 1940s and 1950s in the hill country of southwestern Wisconsin. With both humor and grace, he shares his memories of seasonal farm life and the one-room country school out on Oak Grove Ridge, which was the social heart of the community, from the basket social to the Christmas program and the end-of-the-year school picnic. Join Scheckel on his nostalgic and evocative journey back to a simpler time when life re-

volved around family, farm, Church, and seasons. Larry and his wife, Ann, will use a Power-Point<sup>®</sup> program as a catalyst to a discussion of rural life in the middle 1900s. This Vennligfolk meeting returns to the regular scheduled time of 7:00 pm with refreshments following the program.

Servers: Langs & D. Johnsons

 Table: Joyce & Francis Polson

May 6, 2018 (Sunday): "Den Syttende Mai" - Lodge members Arno Morton and Marv Lang have agreed to bring a program concerning the "stories, sights and sounds of Norway's Constitution Day;" - a day celebrated on the 17th of May.



Servers: Joyce & Francis Polsons amd Elaine Anderson Table: TBA

### May 12, 2018 (Saturday): "Portage County Cultural Festival"

*Vennligfolk* has been a contributor and participant in this event each of the twentyplus years of its existence. Plan now to be a part of the most popular event in all of Portage County! Watch for "sign-up" sheets to record your participation.

#### June ??? 2018: "Midtsommer Fest"

Watch for the date of this year's Midtsommer Fest. It is tentatively scheduled to be held at the South New Hope Church with the usual Scandinavian flair for good food, good fellowship and at least one heated round of Kubb. Watch for further details.

June 28-30, 2018: "District 5 Convention" to be held at the Radisson Hotel in La Crosse, Wisconsin. Delegates are Susan & Arno Morton and Marv Lang. Alternates are Louise Lang, Bea Berg and Judy Pesanka.

#### Sons of Norway Headquarters Relocation Notice

As of **March 5, 2018**, for approximately two years, Sons of Norway's International Headquarters will be physically located at 11100 Bren Rd W, Minnetonka, MN, 55343. A map and directions may be found online at *www.sonsofnorway.com*. Our mailing address and phone numbers will remain the same: 1455 W Lake Street, Minneapolis, MN, 55408; **28** 800-945-8851; 612-827-3611

#### a little in English...

#### Here's Where to View Old Norse Texts Online Her kan du se norrøne tekster på nett

Norwegian archivists have found hidden treasures in medi- Norske arkivarer har funnet skjulte skatter i regnskapeval accounting protocols, including a slightly different sprotokoller fra middelalderen, blant annet en litt anversion of the saga of St. Olaf.

scripts to reinforce their binding.

you might want to slaughter a sheep for each page. It was gjerne slakte en sau for hver side. Det var dyrt å lage nytt. expensive to make new ones.

national antiquary of the day that there were a considerable mengde biter av gamle manuskripter på pergament number of parchment manuscript scraps "hidden" in ac- «skjult» i regnskapsprotokoller fra 15- og 1600-tallet, skal counting protocols from the 15th and 16th century, he han ha blitt svært opprømt. must have been quite elated.

the Old Norse that Munch was interested in, especially the manuskripter. pieces from saga manuscripts.

but all those pieces that now came to light indicated that in på at det fremdeles på 1600-tallet må ha vært en stor the 1600s there were probably a great many copies of the mengde sagaer rundt omkring i Norge, mente han. sagas all around Norway, he believed.

And saga literature about the old Vikings must have still ha vært populær. been popular.

Oslo, is one of the people who have worked with around norrøne manuskripter som etter hvert ble samlet inn. 550 pieces of Old Norse manuscripts that have been collected over time.

They are now are posted online and can be viewed at www.digitalarkivet.no.

One example is a parchment manuscript scrap which tells manuskriptet er fra siste del av 1100 the story of St. Olaf. This manuscript is from the last part -tallet, og du kan finne flere sider of the 1100s, and you can find multiple pages here: https:// her: https://media.digitalarkivet.no/ media.digitalarkivet.no/view/58518/32

#### litt på norsk...

nerledes versjon av sagaen om Olav den hellige.

In the 16th and 17th century there was limited access to På 1500- og 1600-tallet var det begrenset tilgang på perparchment, and those who recorded the accounting proto- gament, og de som lagde regnskapsprotokollene, kan ha cols may have considered it a great idea to use old manu- sett det som en svært god idé å bruke gamle manuskripter til å forsterke innbindingen av dem.

Parchment was made from animal skins, most often from Pergament ble nemlig laget fra dyreskinn, som oftest fra calves or sheep. If you needed large pieces of parchment, kalv eller sau. Trengte man store pergamenter, måtte man

Da historikeren P.A. Munch rundt 1850 fikk vite av den Around 1850, when historian P.A. Munch learned from the daværende riksantikvaren at det var en ganske betydelig

Manuskriptene var på latin og norrønt, men de var de The manuscripts were in Latin and Old Norse, but it was norrøne Munch ble interessert i og spesielt bitene fra saga-

Han hadde jo kjent en del bevarte sagamanuskripter fra He had known of many preserved saga scripts prior to this, før, men alle disse bitene som nå kom tilbake i lyset, tydet

Og at sagalitteraturen om gamle vikinger fremdeles måtte

Førstearkivar ved Riksarkivet i Oslo, Tor Weidling er en Tor Weidling, senior archivist at the National Archives in av dem som nå har jobbet med de rundt 550 bitene av

Nå er de lagt ut på nett og du se dem på *digitalarkivet.no*.

Et eksempel er en del av et manuskript på pergament, som forteller sagaen om Olav den hellige. Dette view/58518/32

Cont'd from page 1 The past two years we have celebrated Midtsommer at the South New Hope Lutheran Church grounds. It is such a beautiful setting, and fortunately we have been blessed with absolutely perfect weather for two years in a row. We are checking in to meeting there again, but we are open to having Midtsommer elsewhere. If you would like to host this gathering at your home, please let one of our officers know.

The longer Arno and I are in Vennligfolk Lodge, the more our members feel like "family" to us. Last October we lost one of our charter members with the passing of Wayne Schroeder, and this January we lost another charter member with the passing of Robert Granum. I feel privileged to have known these fine gentlemen even though it was for a relatively short time, and their passing is felt among our lodge "family." Certainly our thoughts and prayers continue for their lovely wives, Nancy Schroeder and Birdie Granum.

Vennlig hilsen, Susan Morton

#### PAGE 4

#### Norwegians Embrace Easter Crime Novel Tradition

While many people currently celebrate Easter as we traditionally know it, for Norwegians, this time of year also brings another unique national pastime known as **Påskekrim**, or Easter Crime.

For more than 90 years, the eagerness to crack open a spine-tingling crime novel during the holiday break has been widely embraced. Throughout Norway you'll find book shelves stocked with murder mysteries, horror programs featured on the local television and radio stations and even crime cartoons printed on the back of milk cartons.



Although nobody knows exactly how this unusual tradition developed into the phenomenon it is today, many believe it originated in the early 1920s when two young men from Bergen wrote the book "*Bergenstoget Plyndret I Natt*" ("Bergen Train Robbed Last Night").

In hopes of promoting their new novel, the pair decided to place a front-page ad in the Oslo daily newspaper, *Afterposten*, and titled it the same as the book. Readers were initially frightened after believing a train had indeed been robbed, and the simple marketing tactic generated such notorie-ty that the book became a huge success. Publishers then capitalized on the infamous Easter-time "crime" in the years to follow, and ultimately turned **Påskekrim** into an annual tradition.

Find your own murder mystery just in time for the holiday break by logging in to the digital edition of *Viking* magazine and checking out the following issues:

Nordic Noir, page 38 - *http://msp.imirus.com/Mpowered/book/vvk14/i4/p38* Read On, page 24 - *http://msp.imirus.com/Mpowered/book/vvk16/i7/p24* Summer Reading Guide, page 20 - *http://msp.imirus.com/Mpowered/book/vvk15/i7/p18* 

#### Europe's Fastest Growing City Makes the Must-Visit List



Travel guide publisher Lonely Planet has named Oslo one of the top 10 must-visit cities for 2018. Nestled between the Oslofjord and forested hills, and known for its captivating landmarks including the Royal Palace, Oslo is Europe's fastest growing city. From new neighborhoods to fashion and art scenes, the city is buzzing with energy.

Whether you're looking to experience Oslo's cultural life or natural pleasures, this urban metropolis offers a wide range of activities. Visit one of the 50 art museums, hike through the forests of Nordmarka or indulge in popu-

lar Nordic cuisine. Touring the city can be done in various ways; partake in a guided walking tour and learn about architecture and history, or island hop in the Oslo Fjord and see the beaches and charming cottages.

2018 will be a great year to visit Oslo as the King and Queen celebrate their 50th wedding anniversary and the Opera House marks its 10th birthday. It will be a celebratory season of performances, cultural events and culinary festivals. To start planning your trip to Oslo, consult a variety of maps that Sons of Norway offers, with special pricing for members. The maps have been recently updated for travel in 2018, and may be ordered at *https://www.sofn.com/member\_benefits/member\_discounts/norway\_map\_service/* 

da, "It was snowing heavily and the announcement on the radio was to park The next day the announcement was to "Uff on the north side". said Ole to Lena, "I don't care vhat they say, I'm yust going to park in the garage!!!" the following day they were to park again street crews could plow. side of the street so park on the south side of the street - and Another Ole and Lena story goes ... ' your car on the north

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## Call for entries - 2018 International Folk Art Competition & Exhibition

Show off your talent and celebrate Norwegian culture by participating in the International Folk Art Competition & Exhibition, part of the 2018 International Convention in Bloomington, Minn., August 16 -19. Check-in for the event will begin on August 15, and the exhibits will be open for public viewing August 17 and 18.

Amateur and professional Sons of Norway members can compete or exhibit work in several Norwegian folk art categories including rosemaling, hardanger embroidery, hand knitting, photography and several others. All participants will receive a certificate of recognition and have the option to compete for 1st, 2nd and 3rd place ribbons.

Members will also have the chance to compete for the Best in Show Award given to judges' overall favorite item and the People's Choice Award, selected by popular vote.



#### **Register in Advance!**

Pre-registration is the only way to guarantee an artist's spot in the International Folk Art Competition & Exhibition – space is limited. Registration will be available in the coming weeks, and more information regarding requirements, categories, competition guidelines & more will be posted online at *www.sonsofnorway.com/folkart*. Please check back often for details.

#### **Guidelines overview**

- All participants must be Sons of Norway members.
- All items must have been completed within the last two years.
- Members do not have to compete in the district level in order to compete in the international level.
- Artists must bring items to the Folk Art Competition & Exhibition themselves or make arrangements for an attending member of their district to bring the items for them.
- Items mailed to Sons of Norway Headquarters or the International Convention location site will not be accepted.
- If you have questions regarding the competition/exhibition, please contact Sons of Norway Headquarters at (800) 945-8851.

#### Norwegian Christmas Traditions featured in New Disney Short Film

Find yourself missing the holiday season already? If so, you can continue celebrating those beloved Norwegian Christmas traditions well into the New Year by watching the newly released short film, "*Olaf's Frozen Adventure*."

Building further upon the Norwegian references introduced in the original film "*Frozen*," this 22-minute spin-off features a number of Scandinavian holiday customs many will be sure to recognize. The film follows Elsa, Anna and Olaf the snowman on their quest to find a Christmas tradition, and along the way embrace lefse, almond ring cake, straw goats and much more. The flick even goes as far as including a giant cake in the shape of Norway.



Photo Credit: Disney/Pixar "Olaf's Frozen Adventure"

Since its debut, the Disney movie "*Frozen*" has reached record breaking popularity and earned more than 1.2 billion dollars worldwide, making it the highest-grossing animation film of all time. As a result, Norway has attracted global attention: According to Visit Norway, the number of U.S. tourists, airline flights, hotel stays and city tours all increased remarkably during the months following the release of the film. Although it is still unsure if the short film, along with the upcoming sequel coming to theatres November 2019, will have any additional impact on Norway's tourism, one thing is for sure. Audiences can expect to enjoy even more references to the fascinating culture and country of Norway.

Find the trailer for "Olaf's Frozen Adventure" at https://www.youtube.com/watch?v=hb8WDATVB6A

a little in English...

#### Holding Back a Sneeze Can Be Dangerous

In the worst cases, holding in a sneeze can lead to throat tearing, a ruptured eardrum, or cause a vein in the brain to burst, doctors warn.

Some people choose to block their respiratory tract when they know that a sneeze is on its way and in doing so they "swallow" the explosive force of the sneeze.

Usually it is harmless, but in some cases it may turn out to be very painful and in fact, dangerous. This was recently illustrated when a 34-year-old man appeared in a Leicester, England emergency room with a swollen neck and extreme pain.

"The patient described the feeling of a pop in his neck after trying to restrain a sneeze by holding his nose and closing his mouth," explain physicians in a study published in the medical journal BMJ Case Reports.

A CT scan confirmed the physicians' suspicion: the power of sneezing had torn the back of the throat. The man—who could hardly swallow or speak—was admitted to hospital, where he was fed through a tube and given antibiotics until the swelling and the pain let up. He was discharged after a week.

"Stopping a sneeze by blocking the nostrils is a dangerous maneuver, and should be avoided," conclude the doctors behind the study.

In rare cases, holding in a sneeze has led to a condition where air is trapped between the lungs, "and even caused cerebral aneurysm." A cerebral aneurysm is a condition where a vein in the brain has swelled up.

#### litt på norsk...

#### Å holde tilbake et nys kan være farlig

Å holde tilbake et nys kan i verste fall føre til rifter i halsen, at trommehinnen ryker eller at en blodåre i hjernen sprekker, advarer leger.

Enkelte velger å blokkere luftveiene når de kjenner at et nys er på vei og dermed «svelge» hele den eksplosive kraften i nyset.

Vanligvis er det ufarlig, men i enkelte tilfeller kan det vise seg å bli svært smertefullt og direkte farlig. Dette ble nylig illustrert da en 34 år gammel mann dukket opp på legevakten i Leicester i England, med hoven nakke og ekstreme smerter.

Pasienten beskrev følelsen av et puff i nakken etter at han prøvde å stagge et nys ved å holde seg for nesen og lukke munnen, forklarer leger i en studie publisert i det medisinske tidsskriftet BMJ Case Reports.

En CT-skann bekreftet legenes mistanke: kraften fra nyset hadde revet opp baksiden av halsen. Mannen – som nesten ikke kunne svelge eller snakke – ble innlagt på sykehus, hvor han ble matet gjennom slange og gitt antibiotika fram til hevelsen og smerten ga seg. Han ble skrevet ut etter en uke.

Det å stoppe et nys ved å blokkere neseborene er en farlig manøver, og bør unngås, konkluderer legene bak studien.

I sjeldne tilfeller, har det å stagge nys ført til en tilstand hvor luft blir innestengt mellom lungene, «og til og med at en cerebral aneurisme sprekker». En cerebral aneurisme er en tilstand hvor en blodåre i hjernen har svulmet opp.

#### Vennligfolk Charter Member Passes

Sadly, **Vennligfolk** has lost one of its Charter Members, **Robert L. Granum.** He passed away January 25, 2018 at age 86. Bob was raised in Holmen, Wisconsin and was a graduate of UW - River Falls with a BS in Agriculture. He spent his entire working life in agriculture - farming, UW Extension, UW Department of Agriculture as County Executive Director of Agricultural Stabilization and Conservation Services and many other positions. Bob met the love of his life, Birdie, while attending college. They wed in 1953. Bob was a



lifelong member of the Lions Club International and was recipient of their 2001 Melvin Jones Fellowship Award. Also, Bob and Birdie were proud of their Scandinavian heritage and became charter members of Sons of Norway's **Vennligfolk Lodge**. Sincere condolences go to Birdie and their children, grandchildren, great-grandchildren and family. Bob Granum will be sorely missed.

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#### Cucumber Salad (Agurksalat)

- 1 Cucumber
- 2/3 Cup vinegar, white
- 2/3 Cup water
- 3<sup>1</sup>/<sub>2</sub> Tbsp sugar
- 1/4 Tsp salt
- Dash of white pepper
- Fresh parsley

This sweet and sour cucumber salad is a classic side dish that is light, refreshing and easy to make.

Slice the cucumbers thin and place in a bowl. Mix vinegar, water, sugar, salt and white pepper in a small bowl. Pour the dressing over the cucumbers and mix well. Refrigerate for at least 30 minutes, then sprinkle with finely chopped parsley and serve.

#### **Experience a True Arctic Wilderness**



Rich wildlife, arctic nature, and a few thousand polar bears are all found on the island of Svalbard. Known for being the world's largest untouched wilderness area, many find this untamed nature enticing. With warmer temperatures arriving and ice encom-

passing the archipelago beginning to melt, visitors set out on an expedition for an unforgettable experience.

The snow-drowned peaks and vast ice fields of Svalbard call to explorers longing for adventure. As the sun never seems to set in the summer months, visitors can experience the Arctic landscape by participating in a wide range of attractions all day long and into the evening. Activities include dog sledding through the snow-covered landscape, sailing around the rugged fjords and witnessing polar bears roam the sea ice, or walking around the settlements of Longyearbyen and Barentsburg. Svalbard offers visitors cultural events and festivals all year round.

Only a three-hour flight from Oslo, the island of Svalbard is growing to be a tourist attraction for thousands of visitors around the world. To learn more about experiencing Svalbard, visit *https://svalbard.nordicvisitor.com/*.



#### **Deviled Eggs with Prosciutto**

- 10 large eggs
- <sup>1</sup>/<sub>4</sub> cup plus 1 Tbsp. mayonnaise
- 3 cornichons (tiny dill pickles), minced
- 2 Tbsp. goat cheese at room temperature
- 2 tsp. Dijon mustard
- 1<sup>1</sup>/<sub>2</sub> minced shallot
- 2 tsp. snipped chives
- Kosher salt and freshly ground pepper
- 1 oz. prosciutto, torn into 20 pieces

In a large saucepan, cover the eggs with cold water and bring to a boil over high heat. Remove eggs from heat and let stand in the hot water for 10 minutes. Transfer the eggs to cold water until chilled, about 5 minutes.

In a medium bowl, mix the mayonnaise, cornichons, goat cheese, mustard, shallot and 1 teaspoon of the chives. Peel the eggs and halve them lengthwise. Add yolks to the bowl, mix until smooth and season with salt and pepper. Thin the mixture with 1 tablespoon milk as needed. Set the egg whites on a serving platter. Scrape the egg yolk mixture into a pastry bag fitted with a large, round tip and pipe the filling into the whites; alternatively, use a plastic Ziplock<sup>®</sup> bag with a corner snipped off or spoon in the filling with a teaspoon.

Top each egg with a piece of prosciutto, sprinkle with the remaining 1 teaspoon of chives and serve.

For a meatless option, substitute 1 oz. of thinly-planed slices of Norwegian gjetost (goat cheese) for prosciutto.







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 <sup>1</sup>/<sub>4</sub> inch boarder. Bring your stamps to the March 2018 **Vennligfolk** meeting.

#### 60th High School Class Reunion

He was a widower and she a widow. They had known each other for a number of years, having been high school classmates and having attended class reunions in the past without fail. This 60<sup>th</sup> anniversary of their class, the widower and the widow made a foursome with two other singles. They had a wonderful evening, their spirits high, with the widower throwing admiring glances across the table and the widow smiling coyly back at him.

Finally, during one dance, he picked up courage to ask her, "Will you marry me?" After about 6 seconds of careful consideration, she answered, "Yes, yes I will!"

Needless to say, the evening ended on a happy note for the widower. However, the next morning he was troubled. Did she say "Yes" or did she say 'No'? He couldn't remember. Try as he would, he just could not recall. He went over-and-over the conversation of the previous evening, but his mind was blank. He remembered asking the question, but for the life of him could not recall her response.

With fear and trepidation, he picked up the phone and called her. First, he explained that he couldn't remember as well as he used to. Then he reviewed the past evening. As he gained a little more courage, he then inquired of her, "When I asked if you would marry me, did you say "Yes" or did you say "No"?

"Why, you silly man." she replied, I said Yes. Yes, I will! And I meant it with all my heart!" The widower was delighted. He felt his heart skip a beat. Then she continued, "And I'm so glad you called. I couldn't remember who asked me!"