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Trustee (2017-2019)

Kress Williamson

Trustee (2018-2020)

Mark Hansen, Jr.

Vennligfolk Lodge

meets the second

Sunday evening, 5:00 pm

September thru May
at Saint Paul's

United Methodist Church
600 Wilshire Blvd
Stevens Point Wisconsin

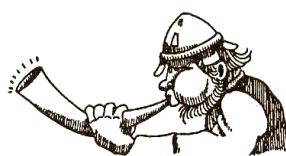
Vennligblad

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

VOLUME 25 ISSUE 4

JULI OG AUGUST 2018

Fra presidenten:



SONS OF NORWAY

Happy summer! After a very busy Vennligfolk year of meetings and activities, it's always a welcome treat to have a summer break.

Our participation in the annual Portage County Cultural Festival on May 12th was another successful fundraiser for our lodge. From the behind the scenes work of planning, attending safety meetings, baking, setting up & taking down, to the up-front scenes of working at the tables that day, it takes many, many people. Mange, tusen takk to all of our members who helped with the Cultural Festival this year.

Our Midtsommer Picnic was again held on the grounds of the picturesque South New Hope Lutheran Church. We certainly have been blessed with wonderful weather for the three years that we have celebrated this Norwegian holiday at the church. It is always a fun time when our Vennligfolk Lodge members get together for a summer picnic. I consider this picnic one of the highlights of my summer. This is another activity that takes a lot of helping hands to make it happen. Thank you to everyone who helped set up tables & chairs, decorated tables, brought food, provided the "campfire," etc., to make this picnic memorable.



Your officers have been planning for our 2018-2019 year of Vennligfolk programs and activities. I'll let you in on a few tidbits of our plans. A possible road trip to *Norskedalen* is in the works for autumn. Violinist Robin Fossum will be presenting a musical program in October. We are inviting other lodges to join us for her concert which includes music played on her Hardanger violin. Julefest will be on Sunday, December 9th, at St. Paul's United Methodist Church, which is our normal meeting time.

Now, with many programs and activities in the works, there are also many opportunities for our members to help with the planning of these events. Please consider being on the committees to plan our road trip and Julefest. We are always looking for new ideas to make these events special.

Vennligfolk Lodge members, Carl & Lynn Rasmussen, returned to Stevens Point just in time to join us at our Midtsommer Picnic after traveling on their "1937 Honeymoon Trip Take Two" since the beginning of May. They retraced Carl's parents' 6,500 mile honeymoon trip out west. If you haven't followed their blog, I encourage you to take some time and enjoy their trip via the computer. It was an amaz- Continued on page 4

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Gratulerer

med
dagen

July

Arno Morton - 1
Marv Lang - 1
Thor Lang - 29
Glenn Aavang - 31

August

Rosy Paulson - 4
Tom Johnson - 4
Jen Haas - 8
Lois Alfsen - 9
Ron Hensler - 15
Bill Beversdorf - 17
Karen Trzebiatowski - 18
Rita Johnson - 21
Jan Flatoff - 27



VENNLIGBLAD

What's Happening at Vennligfolk???

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

Vennligfolk does not have formal Lodge meetings in June, July and August. However special events, like Midtsommer Fest, Finnish-American celebration at the Palmquist Farm are often held in June. And, there are other events of interest to Vennligfolk. A few are announced below.

July 4, 2018 (Wednesday): *New Hope Firecracker Parade* is scheduled to begin at **2:00 pm** and will end at South New Hope Church. The Church building will be open before and after the parade. SNH will have a refreshment stand on the grounds. Directions to SNH Church are as follows: Take US Hiway #10 east out of Stevens Point to Wisc. Hiway #161 to County Road "T" and go north on "T" for approximately one mile to the church. (See page 8 for other activities at SNH)

September 9, 2018 (Sunday): *Beautiful Greenland* is the title of Ron Nowland's presentation scheduled for the "kickoff" meeting of the fall series of programs for Vennligfolk. Ron Nowland is an active member of the La Crosse S/N Lodge known as Wergeland.

October 24, 2018 (Sunday): *Robin Fossum in Concert* - Robin Fossum is a concert violinist from Chetek, Wisconsin who is a master of the Hardinger Fiddle. She will present an evening of Norse music and history through her instruments. Neighboring S/N Lodges will also be invited.

November 11, 2018 (Sunday): *TBA*

December 9, 2018 (Sunday): *Julefest*



Happy National Coffee Month!

In Norway, a cup of coffee means more than just a boost of energy to help you power through your day. Instead, drinking coffee is largely recognized as a cultural custom or social norm that's been bringing people together for more than a century.

Among other Scandinavian countries, Norway consistently ranks in the top three coffee drinking nations in the world. Statistics reveal each Norwegian consumes nearly 7.5 kilos (~16.5 lbs.) of coffee beans per

year - far exceeding the world average of just 1.3 kilos.

Norway's love of coffee, and its rise in popularity, is rooted in history, and can be traced back to the 1800s when the country began trading its ample fish supplies for American coffee beans. But it wasn't until the early 1900s when Norway passed prohibition laws that coffee started to secure its status as the nation's preferred social drink. During this time when alcohol wasn't an option, Norwegians wanted another casual drink they could enjoy in social settings and found coffee a safer and healthier alternative. Nation-wide appreciation for coffee has existed ever since then.

Learn more about coffee and the Nordic approach to brewing it from some of the world's most innovative coffee experts by checking out *Viking* magazine's November 2015 cover feature, "Norway's Love of Coffee," available with member login at www.sonsofnorway.com.

Meatballs in a Gjetost Sauce

For the Meatballs

- 2 Lbs Ground Beef
- 1 Tsp Salt
- ½ Tsp Pepper
- 2 Eggs - lightly mixed
- 1 Cup Milk or 1 Cup Beef Broth
- ½ Cup Flour or ½ Cup Fine Dry Breadcrumbs

For the Sauce

- 2 Tbsp Butter
- 2 Tbsp Flour
- ¾ Cup Light Cream
- ½ Cup Chicken Broth
- 1 Cup Shredded Gjetost Cheese
- ¾ Cup Sour Cream
- 2 Tbsp Chopped Parsley or 2 Tbsp Fresh Dill

Making the Meatballs

Step 1

In a large bowl combine the ground beef, salt, pepper, eggs, milk or broth, flour or breadcrumbs using your hands or an electric mixer.

Step 2

Moisten your hands and shape the mixture into ¾ inch meatballs.

Step 3

In a large frying pan at medium heat add 2 tbsp of oil.

Step 4

Add meatballs to the pan and shake the pan gently to turn the meatballs. Cook the meatballs for about 10 minutes and then

remove as they start to brown.

Step 5

Place meatballs on a plate lined with paper towels to drain prior to serving. Save the pan and the cooked-on bits to make the sauce.



Making the Sauce

Step 1

Remove as much of the oil from the pan as possible.

Step 2

Moisten your hands and shape the mixture into ¾ inch meatballs.

Step 3

Evenly stir in the light cream.

Step 4

Add the chicken broth, return pan to the burner at medium heat and bring to a boil. Make sure to stir evenly until thickened.

Step 5

Reduce the heat to low and stir in the gjetost.

Step 6

Mix a small amount of the sauce into the sour cream, return the sour cream to the pan of sauce.

Step 7

Add the chopped parsley or dill.

Step 8

Return the meatballs to the pan and simmer until heated through. Serve with cooked rice, potatoes or egg noodles.

Oh Cod! The Greatest Fishing Adventure

Stunning scenery, breathtaking coastlines and the meanest and biggest fish. All are reasons why cod fishing in Norway is an exhilarating and addictive sport. Every year, the World Cod Fishing Championship takes place on the waters near Svolvær, located on the island of Austvågøya in the Lofoten archipelago. More than 5,000 visitors gather on the small island to watch 80 fishing boats and almost 600 participants battle to set records.



The competition covers both total catch and the biggest individual fish. Cod are often massive in size and weight, usually exceeding 30 pounds. Both amateurs and professionals brave the cooler temperatures and sea sickness to celebrate the fishing season in Lofoten. "Skrei" is the Norwegian name for cod and is a major source of income for many locals. After the competition, the cod is sold to restaurants and stores across the country.

This year the competition was held in March, and the turnout was impressive. Fredrik Mørch-Reiersen took the prize of reeling in a 52-pounder. See the full results at <https://www.vmiskreifiske.no>.

Ole made a special trip to the lumber yard where he ordered a box to be made one and one-half inches wide. "How long?" asked the clerk. "Vell," said Ole, "I'll have it 50 feet long." "One and one-half inches wide by 50 feet long! That surely is an odd shape for a box," said the clerk. "Ya," said Ole, "my brudder forgot his garden hose, and I have to mail it to him!!!"

Edvard Munch as Seen through the Eyes of Andy Warhol

As a pioneer of modern art, Edvard Munch has undoubtedly left behind a legacy of some of the most famous artworks in history. His work has appeared in exhibitions all over the world, and been the inspiration behind many other well-known artists. Among those artists is the late Andy Warhol, a standout in the visual arts movement of the 1960s.



Photo credit: www.edvardmunch.org

While many may think the artistic universes of Andy

Warhol and Edvard Munch to be polar opposites, the Munch Museum's newest exhibition, "Andy Warhol—After Munch," sheds light on the surprising comparisons between the two and the impact that the Norwegian artist had on the pop art icon.

The exhibit in Oslo runs from May 26-August 26 and features 15 of Warhol's paintings. Each piece is based off of four of Munch's images and manages to bring a whole new meaning to his original work.

Communications Director for the Munch Museum Gitte Skilbred states, "The exhibit challenges viewers to discover a deeper layer to Warhol's art than he's sometimes given credit for. At the same time, one might find a greater degree of accessibility in Munch's art when his motifs are experienced through Warhol's interpretations."

Learn more by visiting the Munch Museum website at <http://munchmuseet.no/utstillinger/andy-warhol-after-munch>, or check-out the July 2017 *Viking* cover feature to trace Munch's steps throughout Norway.

Continued from page 1

ing journey full of surprising "finds" as Carl & Lynn traveled the route of his honeymooning parents. Log into their blog at: <https://www.1937honeymoontake2.com/>

In closing, I would like to "spotlight" a member who is one of the biggest promoters of "all things Norwegian," and is one of the hardest workers in our lodge. That would be Karen Trzebiatowski, our Cultural Skills Director. Karen has encouraged and helped so many of us complete Cultural Skills Units and earn our pins. She has presented several excellent programs these past few years and is also one of the first people to volunteer for tasks both big and small. Would you believe Karen baked and decorated 12 dozen Norwegian cookies for the District 5 Convention last month? She did! Hats off to Karen! You are appreciated.

*Vennlig hilsen,
Susan Morton*

A note from the Treasurer:

We had a successful day at the recent 2018 Cultural Festival. After expenses, we had excess revenue of \$1,660.74. Thanks to the many efforts and numerous donations of **Vennligfolk** members, the Portage County Cultural Festival was a great success for our Lodge.

Judy Pesanka

a little in English...

Coffee can protect against heart disease

Coffee does not cause arrhythmia, researchers conclude. It might even protect you from it.

Cardiac arrhythmia such as atrial fibrillation or ventricular fibrillation causes the heart to beat irregularly. Heart fibrillation is often harmless, but may also coincide with serious events such as strokes or heart failure.

In the past, people with heart arrhythmia were often told to stay away from caffeine since it was assumed that the drug could increase the risk of rhythm disturbances. But in recent years studies have suggested that there is no such effect.

Recently a team of Australian researchers went through the field research. Their conclusion is as follows: Coffee is safe and may even appear to protect against heart arrhythmia.

Ten cups - no effect

Aleksandr Voskoboinik and his colleagues have looked at the results of several types of studies. For example, population studies where researchers have mapped people's diet and lifestyle, and compared them to data on disease. But they've also looked at experiments where participants have been told to drink coffee or to give it up so that the researchers could compare the effect.

The results seem consistent: Even large amounts of coffee - up to ten cups a day - seem to have no negative effect on the heart rate.

This corresponds to information that the *Landsforeningen for hjerte- og lungesyke* [National Association for Cardiovascular Disorders] published as early as 2015.

According to the new research it is possible that caffeine actually helps by blocking the substance adenosine, which may help trigger atrial fibrillation.

Three cups are safe

Voskoboinik and colleagues may not recommend that everyone toss back ten cups of coffee a day. However, they believe the research data supports that it is completely safe - and perhaps beneficial - to enjoy three cups. It is completely in line with a study of the overall effect of coffee on health, which gave the green light to three to four cups a day.

However, the researchers point out that there may be individual differences. There are cases when patients report experiencing heart rhythm disorders associated with caffeinated drinks. In those cases it may be a good idea to limit intake, they write.

But otherwise, there's no reason to worry. And what if you want a tiny piece of chocolate with your coffee? Yes, we have research that hints that that, too, could prevent heart arrhythmia. Enjoy your coffee break!

litt på norsk...

Kaffe kan beskytte mot hjertesykdom

Kaffe gir ikke hjerteflimmer, konkluderer forskere. Kanskje det til og med beskytter.

Hjerterytmeforstyrrelser som atrieflimmer eller ventrikelflimmer gjør at hjertet banker uregelmessig. Hjerteflimmer er ofte ufarlig, men kan også henge sammen med alvorlige hendelser, som slag eller hjertesvikt.

Tidligere fikk mennesker med hjerteflimmer ofte beskjed om å holde seg unna koffein, siden man antok at stoffet kunne øke risikoen for rytmeforstyrrelser. Men i senere år har studier pekt mot at det ikke finnes noen slik effekt.

Og nå har et team av australske forskere gått igjennom forskningen på feltet. Konklusjonen deres er som følger:

Kaffe er trygt og kan til og med se ut til å beskytte mot hjerteflimmer.

Ti kopper – ingen virkning

Aleksandr Voskoboinik og kollegaene hans har sett på resultatene fra flere typer studier. For eksempel fra befolkningsstudier hvor forskere har kartlagt folks kosthold og livsstil, og sammenlignet det med data over sykdom. Men også fra eksperimenter der deltagerne har fått beskjed om å drikke kaffe eller å la være, slik at forskerne kunne sammenligne virkningen.

Resultatene virker samstemte: Selv store mengder kaffe – opptil ti kopper om dagen – ser ikke ut til å ha noen negativ effekt på hjerterytmen.

Dette stemmer med informasjon som Landsforeningen for hjerte- og lungesyke la ut på sine nettsider, allerede i 2015.

Ifølge den nye forskningen er det mulig at koffeinet faktisk hjelper, ved å blokkere stoffet adenosin, som kan være med på å utløse atrieflimmer.

Tre kopper er trygt

Voskoboinik og kollegaene vil kanskje ikke akkurat anbefale alle å tulle ned ti kopper kaffe om dagen. Men de mener det er støtte i forskningsdataene til å si at det er helt trygt – og kanskje beskyttende – å nyte tre kopper. Det er helt i tråd med en studie av kaffens generelle virkning på helsa, som ga grønt lys for tre til fire kopper om dagen.

Forskerne påpeker imidlertid at det kan være individuelle forskjeller. Det finnes tilfeller hvor pasienter rapporterer at de opplever hjerterytmeforstyrrelser i forbindelse med koffeinholdig drikke. Da kan det være en god ide å begrense inntaket, skriver de.

Men ellers er det altså ingen grunn til bekymring. Og om du vil ha en ørliten bit med sjokolade til kaffen? Ja, da har vi jammen forskning som henter om at det også kan virke mot hjerteflimmer. God pause!

Vennligfolk and Portage County Cultural Festival

Two Norwegians are sitting in a boat So Ole asks Sven, "Vey do scuba divers always fall backwards off der boats?"
To which Sven replied, "Vell, you know, if dey fell forewards they'd still be in da boat!"

A Norwegian went on an elephant hunt. But had to quit when he developed a hernia from carrying the decoy.



Mayor Wiza enjoyed at least one rosette during "inspection"



The Portage County Cultural Festival was a fun time for all participating Vennligfolk members and even for non-members. Just look at the smiles on all these faces!



For the third year in a row, Vennligfolk had beautiful weather, great food and fantastic desserts at Midtsommer 2018.

Vennligfolk Celebrates Midtsommer at South New Hope Church



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



Happy 4th of July



SOUTH NEW HOPE CHURCH

CALENDAR OF ACTIVITIES

June 10, 2:00 P.M. Wendell Nelson presents "Norwegian Lutheran Churches of Portage County". Wendell will trace the history of old church buildings in our area through pictures and stories.

June 21, 5:30 P.M. Stevens Point "Vennligfolk" Sons of Norway Midsummer Picnic. Private party.

July 4, 2:00 P.M. New Hope Firecracker Parade, ending at SNH Church. The church will be open before and after the parade. SNH will have a refreshment stand on the grounds.

July 14: Wedding: Francesca (Frankie) Skyles and Chris Martin. Private party.

July 29, 2:00 P.M. *Strangers Like Me* features Cray Rieckman on guitar/vocals, Desiah Melby on fiddle, and Tim Benn on drums. This trio creates a relaxing and warm musical experience.

September 15, 8:30-12:30 Fall workday. Volunteers welcome.

October 6, 11:00 A.M. Pie Social, goes to 4:00 or when the pies run out. A great way to relax, eat pie, visit and at the same time enjoy a walk through the church and grounds which is located in a beautiful setting. SNH is close to many of the Hidden Studios art studios.

October 14, 2:00 P.M. Lorre Lynn Trytten, Stevens Point native, professional violinist and composer, accompanied by David Becker, also of Stevens Point.

December 15, 10:30 A.M. Wreaths Across America. A chance to honor our veterans by laying wreaths on their graves.

We welcome you to these events. See our website and Facebook page for details and possible program additions as the season unfolds.

Located ½ mile north of Hwy 161 on Cty. Rd. T
at 1410 Cty. Rd. T, Amherst Jct., WI

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

Sons of Norway's 'Call for Recipes'

Do you have a delicious Norwegian recipe you'd like to share – perhaps one that's a favorite among those in your lodge? We'd love to hear about it! Sons of Norway invites all members to submit their favorite Norwegian or Nordic inspired recipes to be considered for inclusion in our Recipe Box located on the homepage at sonsofnorway.com.

For a chance to be featured, simply email your recipe to jkohlhofer@sofn.com. Feel free to include a high quality photo of your dish or dessert if you have one, as well as a brief description explaining its history or family connection. We'll make sure all entries receive full credit if posted.