



2018 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 Gjevne

Lodge Historian

Lois Hagen

Language Specialist

Jan Flatoff

Cultural Skills Coord.

Karen Trzebiatowski

Trustee (2016-2018)

Carl Rasmussen

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
Stevens Point Wisconsin**

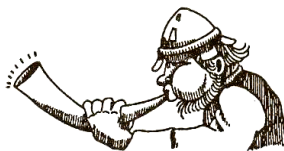
Vennligblad

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 3

MAI OG JUNI 2018

Fra
presidenten:



SONS OF
NORWAY

"Congratulations on your Lodge's member recruitment efforts in 2017!"

This good news came in a big box along with a new banner, award certificates, two DVDs about Norway, and a \$200 Visa gift card. Our lodge received this special recognition for reaching the 10% new member target. Sons of Norway Fraternal Director, Linda Pederson, added this statement: "*Thank you* for everything you and your fellow members do as a *welcoming, awesome* Sons of Norway lodge." I think Linda hit the nail on the head in describing *Vennligfolk Lodge*. We enjoy sharing our love of Norwegian heritage and culture.

The month of May is a busy month for our lodge. Please remember that our May meeting has been changed to the first Sunday night of the month, May 6th, at 7:00 PM. The following Saturday, May 12th, is the Portage County Cultural Festival at SPASH. *Vennligfolk Lodge* has been a part of this community event for over twenty years. It's a great way to let the community and surrounding areas know about *Vennligfolk Lodge*, and it is also our lodge's only fundraiser. Included in this newsletter is a work schedule for that day and a list of what our members signed up to bring to the Cultural Festival. Mange takk to every member who

volunteers their time and skills to make our participation successful.

Syttende Mai is a Norwegian holiday celebrated on May 17th. At our May 6th lodge meeting, you will hear all about past and present traditions of Syttende Mai. In Norway on this holiday, you would see a lot of people dressed in their traditional bunads. If you have a bunad or other traditional Norwegian clothing, you are invited to wear that at our May 6th lodge meeting.

Mark your calendars for our Midsommer Picnic. On Thursday, June 21st, we will celebrate Midsommer at the South New Hope Church. I can't think of a more picturesque and Scandinavian setting than on the lawn next to this historic Norwegian Lutheran Church. As in the past, *Vennligfolk Lodge* will supply the brats, hotdogs, and buns. Members can sign up to bring salads, vegetables, desserts, and drinks at our May lodge meeting.

I appreciate your input about a possible time change for our meetings. At our April meeting you had a chance to vote on three starting times. The first choice was to keep the 7:00 PM for the entire year. That choice only received 5 votes. The second choice



Continued on page 2

In This Issue ...

p.2 "What's Happening at Vennligfolk"
p.3 Syttenda Mai & PC Cultural Fest
p.4 Robots, recipes & dates

p.5 Bones in sea and novel Hotel
p.6 Selfies and Artifacts
p.7 Recipes & Roadside stops
p.8 Family History Conference



Gratulerer

med

dagen

May

Rachel Favor - 1
Ozz Hagen - 4
Helene Anderson - 12
Kress Williamson - 14

June

Louise Lang - 24



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

May 6, 2018 (Sunday): *"History of Syttende Mai"*

NOTE The date and time change; Sunday the 6th and at 7:00 pm. Come and hear lodge members Arno Morton and Marv Lang recount the legacy and history on Norway's *Constitution Day*. There are many stories that need again to be told of this momentous event and the flag that so dearly supports it.

Refreshments: Elaine Anderson, Nancy Schroeder, and Joyce & Francis Polson
An Ice Cream Social is planned

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

As announced at Vennligfolk's April meeting, the Lodge is again a registered participant in the major community event. Please look at the information on page 3 and see where you fit in. Remember, this event is Vennligfolk's major fund raising event for 2018. If you have something to contribute or if you can volunteer some time, please let Susan Morton know.

June 21, 2018 (Thursday): *"Midtsommer Fest"*

Vennligfolk members and friends are welcome to *Midtsommer* at the *South New Home Church*, located at 1410 County Road "T" Amherst Junction, Wisconsin on Thursday, June 21st beginning at 5:30 p.m. We will enjoy a potluck meal, a game or two of KUBB, and possibly an outdoor bonfire (weather permitting). In any event, great Norsk fellowship will be enjoyed. Brats, buns, coffee and service ware will be provided by the Lodge so please bring either a dessert or salad or rolls or whatever you signed up for at our meeting on May 6th. Coordination of the "potluck" is essential. **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. Also, check out: <http://www.southnewhope.org>.

June 27-30, 2018: *"District Five Convention"*

The biennial Sons of Norway District Five Convention will be held at the Radisson Hotel in La Crosse, Wisconsin. Workshops, lectures, bus trips and many other sessions are planned in addition to the many working sessions of the Board. Arno & Susan Morton and Marv Lang are delegates from *Vennligfolk* with Bea Berg, Judy Pesanka and Louise Lang are the Lodge's official alternate delegates.

Continued from page 1 was to do what we did this year with a 7:00 start time except for the winter months of January, February, and March where we started a 5:00 PM. That choice received 15 votes. The last choice was to start all of our meetings at 5:00 PM. 10 people chose the early starting time. Then there were many comments. In fact, some members did not vote but chose to just leave comments and suggestions. Some of you indicated that you would like a 6:00 PM starting time for the whole year. It is clear that the majority of members want an earlier starting time. As your President, I do favor an earlier and consistent starting time. At our officers' meeting in April, we had quite a lengthy discussion on the voting results. ***We would like to set the starting time for our lodge meetings at 5:00 PM beginning in September of 2018.*** Feel free to let me know your thoughts on this.

By the time you receive this newsletter, I am hoping we are able to put away our Norwegian sweaters and break out our sandals and summer clothing. It's been a very long winter! I'm sure we all are ready for summer weather and activities.

Vennlig hilsen, Susan Morton



Hurray, It's the 17th of May!

As the nation's most celebrated holiday, Syttende Mai honors the anniversary of the signing of the country's constitution in 1814. Over time the day and what it represents to the people of Norway has evolved greatly. Historically, May 17 stood as a day of politics involving speeches and rallies; today it is filled with national pride, festivities and tradition.

Each year, thousands of people in Norway - and around the world - take part in waving Norwegian flags, marching in city parades and professing their love of Norway. Many of today's festivities are centered on music, food, children and graduating high school students. The largest parade takes place in Oslo and consists of more than 75 schools and marching bands, and is even attended by the Royal Family.

For more facts about Syttende Mai and details on how the day is celebrated, come to the May 6th *Vennligfolk* meeting or perhaps check out the Sons of Norway blog at

https://www.sofn.com/blog/2017/05/16/148/syttende_mai_10_fun_facts.

Also, while you're celebrating with family, friends or your lodge, remember to take lots of photographs. The *Viking* magazine's District Happenings Section is the perfect place to showcase your Norwegian celebrations. For information on how to take and submit photos for consideration in the *Viking* magazine District Happenings Section, check out the updated Viking Photo Guide found in the Member Resources section of the website: https://www.sofn.com/_asset/wj4q66/District-Pages-Photo-Guide.pdf.

Cultural Fest

Saturday, May 12, 2018

Worker Schedule

- 7:30 - 9:00 (Set Up) Arno & Susan Morton,
Mark Hansen
9:00 - 1:00 Elaine Anderson
10:00 - 1:00 Joyce & Frances Polson, Donna
Van Dreser, Marv Lang,
10:00 - 5:00 Ron Hensler, Arno & Sue Morton
12:00 - 3:00 Martin Lieber, Jan Flatoff
1:00 - 4:00 Jane Gjevre
3:00 - 5:00 (clean up) Lois Hagen, Mark Hansen
4:00 - 5:00 (take down) Mark Hansen

Baked Goods

- Rosettes: Bea Berg, Ozz & Lois Hagen, Nancy
Schroeder
Krumkaka: Rita Johnson, Mark Kluck
Kringla/Puff Pastry: Susan Morton, Charlotte
Hensler
Sandbakkels: Judy Pesanka, Elaine Anderson,
Birdie Granum
Macaroons: Sherry Lieber, Ron Hensler
Fudge: Lois Hagen
Norsk Almond Bread: Joyce Polson
Norsk Sugar Cookies: Rachel Favor
Svenska Kaffe Bröd: Louise Lang

Cash Donation in lieu of baked goods:

Jan Flatoff, Jane Gjevre,
Lori Johnson, Donna Van Dreser

Please bring baked goods to SPASH by 9:00 that morning or drop off at Morton's on Friday after 3:00 pm. [440 Cross Bow Drive - Plover; (715) 341-7248] If you are unable to fulfill your commitment, please call Susan at the above number or (715)570-9003.

This activity is the Lodge's fundraiser for the year. Your help is necessary, needed and appreciated.

Vennligfolk Sons of Norway has been assigned to the SOUTH COMMONS area - Parking will be available in West Lot of SPASH. Remember to wear a baseball cap or scarf.



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 dat 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!"

Norwegian Startup Brings Robots to the Classroom

Norwegian startup company *No Isolation* is helping children and young adults around the world use robots to battle loneliness and involuntary isolation.

Founded in 2015, *No Isolation*'s mission is simple: to be a thought leader on issues related to loneliness and find solutions for individuals living in vulnerable situations because of it. Research has proven that social isolation and loneliness among children in particular can lead to many lifelong physical and psychological disorders like depression and anxiety. *No Isolation*

believes a big factor in battling this social issue is simply allowing these individuals to participate in everyday normal life.

To help in this endeavor, *No Isolation* created the world's first telepresence robot called AV1. Specifically developed for children and young adults unable to attend school due to long-term illnesses, AV1 allows them to participate in classes, learning environments and social settings from home, hospital bed or anywhere else they might be.

AV1 is built like an avatar and can be brought indoors and outdoors. It acts as the eyes, ears and voice of the student from inside the classroom as they watch, participate and interact through a hand-held tablet. AV1 is not only instrumental in helping these students learn in ways not possible before, but it also lets them maintain relationships with their school friends—making any return to school easier and more comfortable.

No Isolation currently helps more than 400 individuals across the globe, and has been granted The European Commission's Seal of Excellence Certificate. The company also took home awards for Best Social Tech Startup and Best Newcomer at the 2017 Nordic Startup Awards.



Photo Credit: noisolation.com

Norwegian Stick Bread

- 8 Cups flour
- 4 Tbsp. sugar
- 1 Tsp. salt
- 3 Tsp. baking powder
- 2¼ Cups water
- 1 Tbsp. oil
- Flour for dusting
- Sticks for cooking bread



Step 1: Wash all sticks so that they are free of dirt. Hazel wood sticks seem to work best.

Step 2: Combine all dry ingredients in a large bowl and stir to mix well.

Step 3: Dust your hands with flour and gently knead the dough a few times.

Step 4: Make sure the stick is wet prior to wrapping it in dough so that the stick does not burn in the fire.

Step 5: Form 1/2 C. dough into a long ribbon. Wrap dough around the stick. Place on grill and rotate frequently until bread is browned equally on each side.

May: Dates to remember

May 1 – Bring someone you love flowers on May Day.

May 8 – Norway celebrates Liberation Day (known as V-E Day in the U.S.)

May 17 – Syttende Mai, or Constitution Day in Norway. Celebrate!

May 21 – Canada celebrates Victoria Day. Star Wars fans observe "Talk like Yoda Day."

May 28 - Memorial Day in the U.S. Originally called Decoration Day, its name was changed in 1882.

11,000 year-old Bones Found at the Bottom of the North Sea



Between Britain and Denmark, in the middle of the North Sea, there was a vast land mass 6,000 years ago. People lived there for thousands of years. [In the picture shown] you see a part of a human skull and a cattle bone in which a pattern has been cut. The pattern has been made by humans. The skull is dated at around 11,000 years old, while the cattle bone is around 11,500 years old.

But these bones were not found in an archaeological excavation. Both of them have been pulled from the seabed in the North Sea between Britain and Denmark by fishing boats over the past 10 years.

And no one threw these bones into the North Sea at any point. It's been no more than 6,000 years since this was dry land. A dense land area of almost 750,000 square kilometers is now below sea level, and both humans and Neanderthals lived there for a long period of human history.

Doggerland

The area is called Doggerland. It was probably a fertile region, and among other things, mammoths have been found at the bottom of the North Sea.

This is also not the first time human bones have been pulled up by fishing boats. In 2009, a Neanderthal skull was pulled from the bottom of the North Sea. It turned out to be more than 40,000 years old.

The sea level was much lower at the time than it is now. While northern Scandinavia was covered by thick ice, about 13,000 years ago the sea level was around 60-80 meters below today's level. As the ice melted, Doggerland became slowly but surely flooded. Hence, the living area for the people who lived here also disappeared.

The Pattern

The skull is not complete, so there's not much for scientists to interpret from it. A description of the skull and cattle bone was published in the journal *Antiquity*.

The researchers can't tell if this was a woman or man, but it was an individual between 22 and 45 years old. Bone analysis shows that the person probably lived mainly from food that came from farming.

The animal bone comes from some kind of cattle. The most sensational thing about this leg is that someone has embellished it. Someone carved several rows of a zigzag pattern with a thin, pointed tool.

There are few examples of bone art that are this old, so it's an amazing stroke of luck that this particular bone was drawn from the seabed. Dutch researchers mention a few similar discoveries from Europe: A horse jaw from Wales, moose antlers from Poland and a deer antler from France, all with similar motifs, and all dated as being between 10,000 and 12,000 years old.

There are probably many more remains from animals and humans who lived on Doggerland on the seabed in the North Sea, so there is still a lot that could emerge.

World's First Powerhouse Hotel

The world's first energy-positive hotel will be nestled on the Svartisen glacier, about 1,000 miles north of Oslo. The hotel **Svart**, meaning "black" in Norwegian, will be built above the arctic circle and will be accessible only by boat. The Arctic's first "powerhouse" is expected to reduce energy consumption by almost 85 percent compared to a regular hotel.

Svart will be built in a circular form due to the study of how mapping of solar radiation behaves. The hotel's energy will be produced by solar panels that will be strategically placed to retain the sun's energy. With expectations to preserve the pristine Northern Norwegian nature, architectural firm Snøhetta has designed the hotel to be built primarily out of environmental materials like wood and stone.

Expected to open in 2021, the hotel will rest on the bottom of the pristine Arctic waters, offering visitors panoramic views of the fjord and glacier. To learn more about **Svart**, visit <https://snohetta.com/projects/366-svart>.



Lars and Tena invited a well-to-do Uncle for dinner. The couple's little boy, Ole, looked him over and finally approached the old Uncle with a request: "Uncle Knute, ... vill you make a noise like a frog for me?" asked Ole. "Vy in da world do you want me to make a noise like a frog?" exclaimed Uncle Knute. "Because," Ole said, "Pappa say ve are going to get a lot of money ven you croak!"

Selfies weaken self-esteem

This is what happens in the mind of someone who takes a selfie. If you take a selfie and share it on social media, your self-esteem is lowered, in most cases. This is what Korean psychology researchers found when they looked into this very common phenomenon.

Sensitivity and self-esteem

The study from South Korea is supposed to have been the first to investigate how the selfie-taker is affected by the action. Seventy-eight students participated in the experiment.

The researchers focused on two factors: something called social sensitivity, and then on self-esteem.

Participants in the experiment took photos with their own smartphones. Then they were told to share the image on social media, or just save the image on their cell phone.

Immediately afterward, the researchers measured participants' reaction time on certain social stimuli that were presented on a computer screen. Self-esteem was examined by measuring how large the participants wrote their signature.

Smaller signatures

The reaction time to social stimuli became shorter after the participants in the experiment had taken a selfie and shared it online. The same shrinkage happened to the size of the participants' signatures.

The first part made the Korean researchers conclude that the sensitivity you feel for people around you increases by taking a selfie and sharing it with others on sites like Facebook, Instagram or Snapchat.

That the signature became smaller, made re-

searchers conclude that self-esteem was weakened. The relationship between small signatures and impaired self-esteem has been determined in previous studies.

This means that the self-esteem was even more weakened if the participants took a selfie - and only saved it to the mobile phone.

Other research on selfies

Several other recent studies have looked at the modern phenomenon of selfies and selfie-sharing on social media.

Researchers have, among other things, confirmed that selfies are about how we want to appear to the outside world. Because selfies can easily be changed with image editing tools on a smartphone, it becomes even easier to manipulate the presentation of ourselves.

Selfies mean according to researchers—not too surprisingly—that we want to receive validation from the outside world.

Social rules for sharing selfies

When someone validates us through commenting on a selfie, it usually happens in alignment within certain social rules.

This is a type of social interaction between people that repeats constantly. Thus it bears the mark of a ritual: You take a picture of yourself.

You put the image on social media (possibly after editing it). A number of friends give you feedback.

It all happens in line with social mores as to just how this interaction should take place and what can go in the comment box.

The new aspect of the South Korean study is that it says something about how this can affect your self-esteem.



Artifacts Unearthed During Headquarters Move

When Sons of Norway prepared to move from its Minneapolis International Headquarters last February, a few surprises surfaced. Among them: A discovery that a "sub-sub" basement existed below the sub-basement of the three-story building. A cache of old tools and bygone office furnishings – nothing too exciting – made up most of the booty. But also found during the course of the move was a hand-hammered copper time capsule that contained early lodge documents. Another find was a collection eight beautifully rosemaled wooden tubes with carved lids. Each was a different color and designs varied. What could they possibly contain? It took but a moment to solve the mystery. The tubes, pictured here, represent each of Sons of Norway's eight districts. They contain a proclamation signed by district delegates that commemorates a century of heritage (1895-1995) and the centennial meeting of the International Lodge. The 1995 find reminds us that we are less than two years away from celebrating Sons of Norway's 125th Anniversary in 2020.

Cardamom Ring Cake



For the Cake

- 3 Packets active dry yeast
- $\frac{3}{4}$ Cup tepid milk
- 3 Eggs (1 for brushing the cake)
- 4 Cups all-purpose flour
- 3 $\frac{1}{2}$ Tbsp. sugar
- $\frac{1}{2}$ Tbsp. salt
- 1 Tbsp. cardamom
- 11 Tbsp. butter
- 4 Tbsp. raisins
- 4 Tbsp. candied citron
- 4 Tbsp. chopped almonds

For the Filling

- 9 Tbsp. butter
- 4 $\frac{1}{2}$ Tbsp. sugar

Step 1: Combine yeast and warm milk in a medium bowl. Let rest until the yeast dissolves and begins to foam (about 10 min). Gently beat in the eggs.

Step 2: Sift together the flour, sugar, salt and cardamom. Once well combined cut in the butter until the mixture resembles coarse meal. Mix in the eggs and work until you have a smooth elastic dough. Cover and let rise in a warm place until doubled.

Step 3: Before working with your dough prepare your filling. Whip together the butter and sugar until light and creamy. Set side covered in a cool space.

Step 4: Punch the dough down and turn it out onto a floured board. Knead dough, adding flour as needed to prevent sticking, until dough is soft and elastic. Roll out into a 6 x 34 inch long ribbon.

Step 5: Spread this filling all over the roll. Sprinkle with raisins and chopped, candied citron, and chopped almonds for extra taste, if desired.

Step 6: Roll together and form into a twist on a baking sheet, put away to rise once again. Brush with egg white, sprinkle with granulated sugar and chopped almonds. Bake for 20 minutes in a hot oven (400-450°F).

Norway Takes Roadside Stops to a New Level

Natural wonders are being amplified by art, design and architecture on selected roads in Norway. Several Norwegian architects have transformed average resting areas and parking lots into magnificent, must-visit attractions. The scenic route covers 1,336 miles across western Norway, and has taken two decades to complete.

Ureddplassen, one of the most popular attractions, is a wave-shaped bathroom facility that overlooks the open sea. With a wide terrace and sitting area, this rest stop has become a popular spot for locals and visitors to view the northern lights. It is also a memorial to those who died when the submarine "Uredd" hit a mine in World War II.

The Stegastein viewpoint, Steilneset Memorial and Selvika Bay are only a few among a dozen other off-road attractions that have helped boost tourism in the more remote corners of Norway. To learn more about Norway's scenic routes, visit <https://www.visitnorway.com/plan-your-trip/travel-tips-a-z/norwegian-scenic-routes/>.



The reason congressman and congresswomen try so hard to get re-elected is that they would hate to have to make a living under the laws they've passed.



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



Sunday, May 6, 2018
“History of Syttende Mai”
 with Arno Morton & Marv Lang

Thursday, June 21, 2018
“Midtsommer Fest”
 at South New Hope Church

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.

Family History Research Techniques Mini Conference

Preserving Your Home Artifacts and Heirlooms and The United States Federal Census: the Foundation of Building an Ancestor’s Life Relationships, presented by Don and Vickie Schnitzler, will be held at the Lettie Jensen Center Auditorium on Tuesday, May 8th from 7 to 9 p.m. The free event is open to the public and is being co-sponsored by the Lettie Jensen Center and the Tomorrow River Valley Historical Society.

Don and Vickie Schnitzler have been teaching family history research techniques since the early 1980s. Vickie is the current president of the Wisconsin State Genealogical Society (WSGS) and Don is past president of WSGS.

Don Schnitzler is an instructor and locally recognized lecturer, specializing in basic genealogical research techniques and community history. In 1998, he received a Local History Award of Merit from the Wisconsin State Historical Society and in 2010 the Historic Preservation Medal of Honor from the Wisconsin and National Societies of Daughters of the American Revolution. He served as coordinator and co-editor of the book, *The Marshfield Story, Piecing Together Our Past*, and coordinated and edited a second Marshfield history book, *The Marshfield Story, Windows to Our Past*.

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*

Vickie Schnitzler has over 40 years of genealogical experience. She has served in other numerous capacities for WSGS. She is active in her genealogical research as well as for others and projects for WSGS and her local genealogical group in Marshfield. She currently serves as a member of the Marshfield City's Historic Preservation Committee and also took an active role in the production of the two Marshfield history books.

Tuesday: May 8th, 7:00 - 9:00 pm
Lettie Jensen Center
Amherst, Wisconsin

Open to the public

