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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

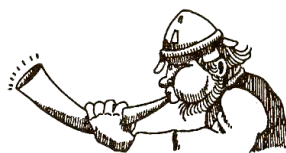
Vennligblad

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 5

SEPTEMBER OKTOBER 2018

Fra presidenten:



SONS OF NORWAY

Here it is already . . . the end of summer. I always love the warm, leisurely days of this season, but I am ready for sweaters (Norwegian, of course), boots, baking, apple & pumpkin orchards, football, and the startup of our Vennligfolk Lodge meetings. I truly miss seeing all of our lodge members every month when we break for summer.

One big change this year is our starting time. Remember that we are now going to start our meetings at 5:00 PM with refreshments to follow the programs. I am happy to announce that this time change goes nicely with the Packer schedule for the fall. You won't be missing Packer games when you attend Vennligfolk Lodge meetings.

In this issue of the *Vennligblad* you will see the schedule for serving and Scandinavian table displays. There are still a couple of openings in each of the categories. I might add that we could really use more servers each month. With the increase in our membership, it would be helpful to have at least three people signed up for each time. If you don't see your name listed to serve, please consider helping out in this area. Send me an email or give me a call to add your name to the list. Mange takk!



Another opportunity to serve will be "Marshalls" at our lodge meetings. This would involve setting up and putting away the flags, name-tags, etc. before and after each meeting. Marshalls would need to be at St. Paul's Church about an hour before each meeting and

would need to stay after for a few minutes to accomplish these duties. Don't worry, I will be there early to get you started, and I will also be there at the end. This would really help me to have the time to meet and greet our guests and members who attend our meetings - something I feel is so important. Please consider signing up for this at least once a year.

In the works are a couple of road trips for the fall. Our first trip will be Monday, September 17th (Rain date is Wednesday, September 19th). This trip will be to Scandinavia and the Waupaca area. We will meet in the parking lot behind Applebee's at 9:00 AM. Our first stop is the ScandiHus in Scandinavia where you can get a cup of coffee as well as pastries while doing a bit of shopping. From there we will go to the Red Mill. Besides touring the lovely grounds, you can shop before we eat lunch at the small café located in the Red Mill. Our last stop will be another

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**Gratulerer
med
dagen**

September

Birdie Granum - 5
Rich Somers - 14
Nick Verlein - 22
Nancy Schroeder - 25
Francis Polson - 25
Gordon Miller - 27
Milo Harpstead - 28

October

Bea Berg - 7
Linda LeVasseur - 9
Barbara Aavang - 16
Karen Clifford - 28



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

September 9, 2018 (Sunday): *Beautiful Greenland, The Coolest Place on Earth* is the title of **Ron Nowland's** presentation scheduled for the "kickoff" meeting of the fall series of programs for Vennligfolk. Ron & Frieda Nowland are active members of the La Crosse S/N Lodge known as **Wergeland**.

In the summer of 2016, the Nowland's daughter, Naomi who was writing a book set in Greenland invited them to go with her when she traveled there. Because of his interest in Norse history, Ron jumped at the chance to go. This presentation will show remnants of three settlements that date back to 1000 AD and discuss the lives of 5,000 Norse who lived there for almost 500 years. Ron's pictures show that present day Greenland has more than ice, although there is a lot of that, even in July. It has interesting landscapes, colorful buildings, pesky flies, fishing and fur processing industries, friendly Inuit and Danish people and very few souvenirs. Greenland is relatively nearby but remains largely unknown and mysterious to most Americans.



September 17, 2018 (Monday): *Road Trip* - A road trip to the Waupaca area is planned. Meet in the Applebee's parking lot at 9:00 am. First stop will be the *ScandiHus* in Scandinavia for coffee and pastries. There is also a stop planned at another Norwegian shop near King followed by lunch at the Red Mill. Should be a fun day. (N.B. Rain date is Wed., 9/19)

October 24, 2018 (Sunday): *What is a Hardanger Fiddle; a Fiddle or a Violin?* Robin Fossum is a concert violinist from Chetek, Wisconsin who is a master of the Hardanger Fiddle. She will present an evening of Norse music and history through her instruments. Robin is President of S/N Dovre Lodge and neighboring S/N Lodges will also be invited.



November 11, 2018 (Sunday): *Finns in Sweden and Norway* - a presentation to be given by **Marv Lang**

December 9, 2018 (Sunday): *Julefest* - Details later

January 13, 2018 (Sunday): *Vesterheim Museum Programs* - a presentation to be given by **Jerry Trzebiatowski**

February 10, 2019 (Sunday): *1937 Honeymoon Trip Take Two* - a program featuring Carl & Lynn Rasmussen's fantastic trip recounting places visited by Carl's parents over 80 years ago.

Pass the Coffee and Keep those Cookies Coming!

Do you know that our newest members tell us over and over that sharing favorite Nordic treats – cookies, lefse, torsk and more – keeps them engaged and looking forward to our next meeting? (Good coffee likely helps, too.) So, invite a friend or family member to join you for our next Vennligfolk meeting, and let's wow them with the flavors of Norway.



Hasselback Roasted Potatoes (Hasselbackpoteter)

Find this recipe plus other potato dishes in our Recipe Box at https://www.sofn.com/norwegian_culture/recipe_box/

Ingredients

- 4 oval baking potatoes, medium
- 1 Tbsp butter
- 2 Tbsp butter, melted
- Jarlsberg cheese, grated
- Paprika

Directions

Preheat oven to 425°F (215°C).

As you peel the potatoes, drop them into the cold water to prevent discoloring. Slice the potatoes by placing a peeled potato in the hollow of a large wooden spoon, and slice it in 1/8 inch (1/4 cm) slices 'till about 1/2 inch (1-1/4 cm) from the end. (The spoon prevents the knife from slicing all the way through the potato.)

Butter an oven-proof dish. Drain the potatoes and pat them dry with a paper towel. Place the potatoes side by side, cut side up, in the dish brushed with butter. Brush the potatoes with melted butter and sprinkle with salt. If needed, brush again with melted butter after 30 minutes of baking. Bake for 50 minutes - about 5 minutes before they are completely baked, sprinkle with grated cheese & paprika.

Helga was trying to lose weight, so she took up horseback riding. After the first week, the horse lost ten pounds!

Happy National Potato Month!

Potatoes have been an important part of Norwegian cuisine and culture for more than 250 years. They continue to be a staple ingredient in many traditional dishes like dumplings, lompe lefse, hash and hasselback potatoes, but have also played a significant role in Norway's history.



The potato first originated in the Andes in Latin America where it had exclusively grown for 10,000 years before the first Europeans arrived. Those early settlers then brought the potato to Portugal in 1567, and with the help from European religious leaders potatoes eventually made their way to Norway in 1750. Priests and pastors, commonly referred to as "potato priests," were known for growing potato spuds on the grounds of their parsonage at the time. They would often move from district to district and teach people how to cultivate them on their own.

However, it wasn't until the Napoleonic wars in the early nineteenth century when potatoes were fully integrated into the Norwegian diet. The British navy blocked the seas around Norway. This eliminated grain imports from Denmark and struck Norway with famine. In desperate need of a replacement, Norwegians turned to potatoes, and quickly found them to not only be nutritious but also simple to cook, inexpensive, filling and easily grown in the harsh Norwegian climate and soil conditions. The humble potato has been a Norwegian favorite ever since.

Share the Spirit of VELKOMMEN

Please reach out this month to someone in our community who might enjoy the fun times and friendly folks at our Sons of Norway lodge. Remember, daughters, sons and anyone with an interest in Nordic culture and heritage are welcome to join Sons of Norway. Let's make our community welcoming to all!



Sons of Norway Foundation Month

Fall means blazing colors in nature, cooler temperatures, school activities – and, in October – Sons of Norway Foundation Month. Take a moment to learn more about how our members and lodges support each other through grants, scholarships, camperships and more; and how your lodge can be an integral part of giving back to the institution that gives so much to your lodge. Visit www.sonsofnorway.com/foundation for more info about the Foundation, or contact Foundation Director Corrie Maki Knudson at foundation@sofn.com.

Mrs. Kvistbergen stopped in the newspaper office to place an obituary notice for her husband, Knute. She took along 14 pages of information about Knute. When told that it would cost 25 cents a word, she said "oh never mind ... just put in 'KNUTE KVISTBERGEN DIES.'" The clerk then informed her she could have four more words for a dollar, making it seven words. The widow thought for a moment and then said, "Just put in: Knute Kvistbergen dies, '88 Ford for sale."

More information about Vennligfolk Marv Lang, *Vennligblad* editor

The officers of **Vennligfolk Lodge** recently met to review recent accomplishments, plan for the forthcoming academic year and anticipate the business needs of the Lodge. Once again, the officers express their appreciation of St. Paul's United Methodist Church for allowing us to call it "home & host" for most of our activities. Further, SPUMC has expressed appreciation to **Vennligfolk** for our \$500 contribution to their "furnace replacement fund."

At this meeting, a Road Trip was planned, a proposed 2018-2019 budget was discussed and adopted (\$2,700) and the need for monthly marshals discussed and implemented.

This past June, Sue & Arno Morton along with Marv Lang represented **Vennligfolk Lodge** at the biennial District 5 Sons of Norway Convention held in La Crosse, Wisconsin. At this three day meeting much business was discussed and reports given. District 5 consists of lodges in Wisconsin, Illinois, Michigan, Ohio and Tennessee. While several lodges have "closed" within the District during the past two years, a new lodge was established in southern Illinois. Beginning in 2018, local lodges have been receiving individual rebates for each member who pays S/N dues. The lodges are encouraged to use these funds to enhance their programming and activities. At the Convention, Sue, Arno and Marv made numerous contacts with potential presenters and renewed acquaintance with folks from many area lodges.

2018-2019 REFRESHMENTS SERVING SCHEDULE

SEPTEMBER: Arno & Susan Morton and Patti Rous
 OCTOBER: Ozz & Lois Hagen and Carl & Lynn Rasmussen
 NOVEMBER: Karen Trzebiatowski and Elaine Anderson
 DECEMBER: JULEFEST
 JANUARY: Bea Berg, Diane Beversdorf, and Karen Clifford
 FEBRUARY: Ron & Charlotte Hensler and Rachel & Con Favor
 MARCH: Francis & Joyce Polson and _____
 APRIL: Don & Lori Johnson, Nancy Schroeder, and Marv & Louise Lang
 MAY: Possible Ice Cream Social

TABLE DISPLAYS

SEPTEMBER: Rachel Favor	FEBRUARY: Bea Berg
OCTOBER: Lois Hagen	MARCH: Karen Trzebiatowski
NOVEMBER: Jane Gjevne & Joyce Polson	APRIL: Susan Morton
DECEMBER: Julefest Decorations	MAY: _____
JANUARY: Charlotte Hensler	

Continued from page 1

Scandinavian gift store in Rural. You should be home well before supper that day. There will be sign-up sheet for this trip at our September 9th lodge meeting. We are always looking for ideas for road trips and people willing to plan them. Perhaps you are that person! Feel free to contact any of your officers with your ideas.

We are honored to have violinist Robin Fossum join us for our October 14th lodge meeting. Robin is a concert violinist who plays both a regular violin and a Norwegian Hardanger Fiddle. When I heard Robin give a short concert last fall at the District 5 Leadership Conference, I immediately invited her to present a concert for **Vennligfolk Lodge**. She graciously accepted my invitation. We are inviting our surrounding Sons of Norway lodges as well as the general population. I am thrilled that a violinist with as much talent as Robin will be giving this concert in our area!

We've got a wonderful year of programs for our 2018-2019 **Vennligfolk Lodge** meetings starting with Ron Nowland's program on "Beautiful Greenland, The Coolest Place on Earth" I'll be seeing you at our first meeting on September 9th at 5:00 pm..

Vennlig hilsen, Susan Morton

a little in English...

They Moved Pulpit Rock to India

In the latest "*Mission: Impossible*" movie, Preikestolen (Pulpit Rock) is supposedly set in India. Nevertheless, it is good advertising for Norway, according to people in the tourism industry.

Last fall, actor Tom Cruise came to Lysefjorden in Rogaland. He was going to record scenes for his new "*Mission: Impossible*" movie on top of the mountain Preikestolen (Pulpit Rock).

The superstar hangs from the edge of the famous cliff for four dramatic minutes. This was seen as a major victory for Norwegian tourism. However, director Christopher McQuarrie has placed the Pulpit Rock in Kashmir, India. This was a disappointment for many.

The webpage *minervanett.no* was the first to write about the topic. Daily newspaper *Dagbladet* has talked with Elisabeth Saupstad, a tourism director in the Stavanger office for Visit Norway, the official Tourism Board in Norway. She says that the audience will quickly figure out where the scenes are actually recorded.

"Preikestolen (Pulpit Rock) is almost as famous as the Eiffel Tower in Paris. So I think that will not be a problem."

Hege Kjellevold is the general manager of the Preikestolen Foundation. She also doesn't think it's a big problem that the action takes place in India.

"We were prepared for this. That is how things go in the international blockbusters. It's unlikely that such a storyline would have happened [in Norway]," she told *Dagbladet*.

The Americans filmmakers received six million dollars to shoot the scenes in Norway. They received the money through a contribution by the Norwegian Film Institute. The subsidy will make Norwegian culture, history and nature more well-known.

litt på norsk...

Flyttet Preikestolen til India

I den nye «Mission: Impossible»-filmen er Preikestolen lagt til India. Det er likevel god reklame for Norge, mener folk i reiselivet.

I fjor høst kom skuespilleren Tom Cruise til Lysefjorden i Rogaland. Han skulle spille inn scener fra sin nye «Mission: Impossible»-film på fjellet Preikestolen.

Superstjernen henger fra kanten av det kjente fjellet i fire, dramatiske minutter. Det ble sett på som en stor seier for norsk turisme. Men regissør Christopher McQuarrie har plassert Preikestolen i Kashmir i India. Det var nok en skuffelse for mange.



Det var nettstedet Minervanett som først skrev om saken. Avisen Dagbladet har snakket med Elisabeth Saupstad. Hun er reiselivs-direktør i region Stavanger i Visit Norway. Hun sier at publikum raskt vil finne ut hvor scenene egentlig er spilt inn.

Preikestolen er nesten like kjent som Eiffeltårnet i Paris. Så det tror jeg ikke blir noe problem.

Hege Kjellevold er daglig leder i Stiftelsen Preikestolen. Heller ikke hun mener det er noe stort problem at handlingen er lagt til India.

Dette var vi forberedt på. Det er slik det foregår i de internasjonale storfilmene. Det er usannsynlig at en slik historie

skulle ha skjedd her, sier hun til Dagbladet.

Amerikanerne som lager filmen, fikk seks millioner kroner for å spille inn scenene i Norge. De fikk pengene gjennom en ordning i Norsk Filminstitutt. Ordningen skal gjøre norsk kultur, historie og natur bedre kjent.



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

Ole and Lena decided to go to a casino. Ole told Lena as they entered, "All right Lena, we'll meet back here in an hour, OK?" Well, an hour later, Ole was broke, but Lena had a bucket full of quarters. "Yumpin' Yimminey, vere did you vin all dose quarters then?" asked Ole. Lena, leaning close whispered, "I don't vant to say dis too loud, but you see dat game over der; every time I put in a dollar, I von four quarters!"



Photo: Jostein Hellevik / courtesy of Natur & Foto

The year's first place photo in the birds category is this shot by the overall winner Jostein Hellevik

Norwegian Jostein Hellevik takes the top prize with photo of a Hunting Osprey

Jostein Hellevik, from Dalen, Norway was named Nordic Nature Photographer of the year earlier this year during a ceremony in Oslo Concert Hall. Knut Erik Alnæs also from Norway was named the Young Nordic Nature Photographer of the year.

The magazine *Natur & Foto* sponsors the competition, which was arranged for the seventh time this year with 4,800 participating pictures from 275 photographers from Nordic countries and other European countries. This is the largest nature photography competition in the Nordic region.

Last year there were Swedish overall winners, but this year the champion is again Norwegian. Jostein Hellevik is known for his work with nature photo shells, but has now proved to be a talented wildlife photographer, too. He won with his picture of the osprey making off with a fish, taken in Telemark.

Knut Erik Alnæs won the Young Nordic Nature Photographer of the Year two years ago. Last year he was number two, but this year he is back on top of the podium.

There are also only two non-Norwegians category winners; the winner of the mammal class is Swe-

dish and the Photo Journey winner is from Israel.

The contest's main sponsor is Nikon, offering a main prize of a Nikon D850, worth around \$5,000 USD. Otherwise, the prize table is sponsored by many different players in the market. The total value of prizes was almost \$20,000.

The pictures are judged by a diverse jury with photographer Pål Hermansen as leader.

Full list of winners:

Nordic Bird Photo: Jostein Hellevik
 Nordic Mammal Photo: Per Karlsson
 Nordic Landscape: Audun Rikardsen
 Nordic Close-Up: Leif Rustand
 Nordic Tour Photo: Ingunn Sørhaug Ranheim
 Nordic Creative Nature Photo:
 Jørn Areklett Omre
 Threatened Nordic Nature: Espen Dergersen
 Photo Journey: Roie Galitz

For more information and to view the winning photos, visit the competition's website at www.nnpc.no

The above article has been excerpted from *Brever Fra Norskeland* (July-August 2018) and the weekly newspaper *Norwegian American*.



Puffed Apple Pancake

Delicious served hot or cold!

Submitted by Julie McCormick,
Nortun Lodge 1-016, Duluth, MN

Ingredients:

- ½ c. butter
- 2 apples, unpeeled and diced

Batter:

- 6 eggs
- 1-1/2 c. milk
- 1 c. flour
- 3 T. sugar
- 1/2 tsp. salt
- 1 tsp. vanilla
- 1 tsp. cinnamon

Topping:

- 3 T. brown sugar
- cinnamon

Directions:

Put a stick of butter (1/4 lb.) in a 12" x 7" glass casserole pan. You can use any shape of a similar size. Place pan in cold oven. Turn oven on to 425 degrees F. Don't let the butter brown! While butter is melting, core 2 peeled apples, and cut up into small pieces. Add apples to melted butter.

Next, combine all batter ingredients. Thoroughly mix with egg beaters. Apples should be sizzling and starting to cook in the melted butter. If not, wait a few more minutes. Then take out of oven and pour the batter over cooked apples. Give a quick stir to make sure apples are evenly distributed. Sprinkle 3 Tablespoons of brown sugar evenly over the batter and sprinkle top with more cinnamon. Immediately return to oven and bake for 20 minutes or until the pancake puffs up.

Serves 6-8 people. Can be enjoyed hot or cold, and topped with apple sauce or syrup.



Bold Leif Erikson

October marks the month when famous explorer Leif Erikson is celebrated and remembered for his adventurous spirit. President Lyndon B. Johnson proclaimed October 9 as Leif Erikson Day in the United States in 1964, following congressional approval of a resolution proposed by Minnesota statesman (later Vice Pres.) Hubert H. Humphrey.



The official observance already had momentum: Almost 40 years earlier, President Calvin Coolidge had acknowledged the concept that Erikson had landed on North American shores nearly 500 years before Christopher Columbus. Leif Erikson Day had already been observed in Minnesota and Wisconsin since the 1930s and was established in South Dakota, Illinois, Colorado, Washington and California by 1956.

History reveals some fascinating details about the revered adventurer. Erikson was born around 960-970 A.D. in Iceland to Norwegian parents. He traveled to Norway and Greenland, so he is claimed by many, and is referred to as both Viking and Norse. He earned the nickname "Leif the Lucky" after rescuing a crew of 15 shipwrecked Icelanders.

Icelandic sagas tell us that Erikson established a settlement called Vinland (believed to be in northern Newfoundland at L'Anse aux Meadows) around the year 1001 A.D., four centuries before the birth of Columbus. Erikson was only 24 when he captained this voyage. He bought a boat and set out on commission by Norway's King Olav I to bring Christianity to other lands. Erikson and his group settled and stayed at Vinland for a winter, before returning to Greenland.

The spelling of his name varies from culture to culture. Icelanders call him Leifur Eiríksson, Norwegians use Leiv Eiriksson and, in Old Norse, he was called Leifr Eiríksson. But the American observance uses the more familiar spelling – Leif Erikson. No matter the spelling variances, Leif Erikson's name evokes the spirit of adventure and calls for a designated day to celebrate the bold and beloved explorer.

A Day of Thanks and Celebration

Thanksgiving Day in Canada is celebrated on the second Monday of October. Linking back to European traditions of harvest festivals, Canadians use this opportunity to give thanks for good harvest and to celebrate blessings of the past year.



Happy Thanksgiving, Canada, from all of us at Sons of Norway.

Looking for Leaders

If you have a passion for philanthropy and experience in business, finance or fund development, you may want to join the Sons of Norway Foundation Board of Governors. More details available at www.sonofnorway.com/foundation.

Deadline is September 10th. Apply today!



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



Sunday, September 9, 2018
“Beautiful Greenland”
by Ron Nowland

Sunday, October 14, 2018
“What is a Hardanger Fiddle?”
by Robin Fossum

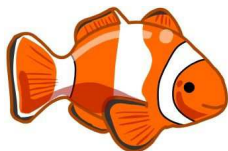
Too Much Chocolate, Not Enough Fish

Children in Norway consume too much sugar. They eat too little fruit, vegetables and fish.

What do children in Norway actually eat? The University of Oslo (UiO) wanted to find out. Every year, they check the eating habits of kids in 4th grade and 8th grade. The survey is called Ungkost, the young diet. This is the third time that youth food habits have been studied. This also took place in 1993 and 2000.

Now experts have again determined that Norwegian children eat too much sugar. They need to eat more fish, fruit and vegetables writes the news agency NTB (Norges Telegrambyrå, Norwegian News Agency).

Most of the time, they get enough vitamins and minerals. The only thing they lack is vitamin D and iron. 4th graders get 196 grams (7 ounces) of fruit, vegetables and berries every day. The 8th graders get a little less. They eat 187 grams (6.5 ounces). But the experts do not like the kids to eat so little fish. They only eat 24 grams (0.8 ounces) of fish each day.



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

Tubfrim ...

Please remember to bring your used postage stamps to the next **Vennligfolk** meeting. Stamps are to be trimmed from the envelope leaving 1/4" free around all edges.



These used stamps help “at risk” children in Norway.