



# Norsemen of the Lakes

Lodge 5-650

February 2016



*Fra*  
**Presidenten**

We have a very special guest coming for our **Tuesday, February 9th** lodge meeting.

**Chris Brookes** will be presenting...

## **Tales of the Norse Vikings from Creation to the Ragnarock**

Imagine sitting around the hearth on a cold winter's night in the great hall of the Jarl listening to the skald poet recount the ancient tales of Odin, Thor, Loki and the goddesses Frigg and Edunn. Following a traditional Norse feast, Chris Brookes, the Literature Lady, from Lake Geneva will share several of the Norse stories



including the creation myth and the trickster tales of Loki. In garb representing the Northwomen, Chris brings to life the days of dragon boats, shape shifting, and the prophesy of doom.

Chris Brookes is a Lake Geneva native, retired middle school teacher, storyteller and performer. She presents one-woman, researched-based shows to people of all ages at schools, libraries, clubs, organizations, and senior centers. Chris continues to teach for Road Scholar (formerly Elderhostel) and Tools for Learning. She is a member of the Department of Public Instruction Speakers Bureau, American Association of University

## **2015 -16 Calendar**

### **• Tuesday, February 9th Tales of the Norse Vikings!**

- Tuesday, March 8th Movie on the big screen at Sherwood Lodge in Williams Bay
  - Tuesday, April 12th
  - Tuesday, May 10th
  - Tuesday, June 14th
- Meetings will be held at the Williams Bay Lutheran Church beginning at 6:30 unless otherwise noted.

Women, Daughters of the American Revolution, Walworth County Genealogical Society, and Lake Geneva Public Library Board.

Our evening begins with a smorgas-bord supper (bring a dish for the table), Valentines celebration, jokes, fellowship, Paddle Sale table, and our special program. It's going to be a full evening!



Thanks George and Abe!  
And Happy Birthday!

Marra Andreas found a very interesting website that gives a terrific history of "The Viking Mailman." You may have heard him called Snowshoe Thompson. Check out these websites and enjoy.

<http://www.genoanevada.org/snowshoethompson.htm>

<http://snowsnoethompson.org/>

<http://www.travelchannel.com/shows/my/mysteries-at-the-monument/episodes/the-disaster-that-saved-london-the-man-in-the-green-hat-the-viking-mailman>

## **2016 Dinners**

**The Norway Lutheran Church (ELCA) in Wind Lake (Milwaukee SW suburb) has a Lutefisk and Meatball Dinner on Sat. Feb. 13, 2016 with seatings at 11:30 AM, 1:30 PM and 4:00 PM. Contact Marilyn Canfield at 262-895-2281. Her email is: [majacanfield@gmail.com](mailto:majacanfield@gmail.com)**

## **Gratulare Med Dagen**

### **February**

Linda Staveteig, 2/10

Bill Kaul, 2/18

Jeanette Strandjord, 2/19

Corlene Bartels, 2/21

# Tales of the Norse Vikings From Creation to the Ragnarock

Tyrsday, February 9  
6:30 PM

## Sons of Norway

Norsemen of the Lakes Lodge 5-650

at the Williams Bay Lutheran Church

Hear the ancient tales of Odin, Thor, Loki  
and the goddesses Frigg and Edunn  
as presented by Chris Brookes,  
the Literature Lady.



# Stein Eriksen, Olympic Ski Champion Who Heralded Freestyle, Dies at 88



Stein Eriksen, an Olympic ski champion whose competitive triumphs, elegant style and innovative acrobatics made him one of the sport's first superstars, died on Sunday at his home in Park City, Utah. He was 88.

His death was confirmed by the Deer

Valley ski resort in Utah, where Eriksen had been director of skiing for more than three decades.

A Norwegian who had lived in the United States for 60 years, Eriksen was “the most famous skier of his generation,” as *Skiing History* magazine described him on [its website](#) after his death.

He was skiing for his home country when he won a gold medal in the giant slalom and a silver in the slalom in the 1952 Olympics in Oslo. And in 1954, he won three gold medals for Norway — in slalom, giant slalom and Alpine combined — in the world championships at Are, Sweden.

Eriksen moved to the United States in the mid-1950s after he was offered a job as ski school director at Boyne Mountain, Mich.

As the American ski industry grew, he helped it, moving from resort to resort, bringing discipline to instructor staffs and credibility, prestige and design and marketing savvy to developing resorts in California, Vermont, Colorado and elsewhere in Utah before landing at Deer Valley in 1981.

There he helped develop Stein Eriksen Lodge, often cited as among the most opulent ski hotels in the world. It was a favorite destination of former Gov. Mitt Romney, the 2012 Republican presidential nominee and the president and chief executive of the Salt Lake Organizing Committee for the 2002 Winter Olympics. Last spring, Romney was the host of an event there, bringing together donors to his campaign and several of his party's 2016 presidential hopefuls.

An artful skier with a singular style, Eriksen was admired for his swooping grace. He skied with his knees seemingly glued together and helped popularize the so-called reverse shoulder technique — in advance of a turn, tucking his inside shoulder in opposition to the angle of his skis — that propelled his change of direction with great power and efficiency and allowed him to cut slalom gates with time-slicing closeness. He was also a showman on the slopes, a pioneer of flamboyant maneuvers prefiguring freestyle skiing; he was famous for an airborne somersault featuring a swan-dive-like pose at the height of his jump.

In 1990, a ski writer and former skier, Nicholas Howe, writing in *Skiing* magazine, recalled watching Eriksen for the first time on Bald Mountain at Sun Valley, Idaho, in 1953, and compared his athletic grace to that of Joe DiMaggio and Fred Astaire.

Eriksen as the ski school director at Heavenly Valley, Calif., in the mid-1950s. He skied with his knees held tightly together and helped popularize the so-called reverse shoulder technique. Credit Stein Eriksen Collection



“For most of us, even the great ones, skiing seemed to be a muscular, difficult thing,” Howe wrote. “What Stein did was something else. It was all the curves and delicate balances; it was the floating grace of a ballet dancer. Where gravity was concerned, Stein seemed to have choices not open to the rest of us.

“As Michelangelo found a way to infuse the eternal rest of sculpture with motion,” he added, “so Stein could make the most extravagant moves seem restful. Watching him on Baldy that winter, we understood that nobody skied like Stein.”

Eriksen was as gifted a promoter, both of the sport and of himself, as he was a skier, giving numerous interviews and appearing in advertisements, on posters and in ski films, including some by the filmmaker Warren Miller that helped create the image of skiing as glamorously adventurous and sexy. It did not hurt that Eriksen was charismatic, well-spoken, impeccably groomed and movie-star handsome.

Stein represents the archetype, the aspiration of genetic evolution. Thank his parents. Hopefully, his children, his progeny carry on the tradition.

“The dashing blond Norwegian,” Ski magazine called Eriksen in 1990, adding, “He made skiing a national obsession.”

Stein Eriksen was born in Oslo on Dec. 11, 1927. His father, Marius, was a competitive cross-country skier and a ski designer who had been an Olympic gymnast. His mother, Birgit, was the first president of the Oslo Women’s Ski Club.

His older brother, Marius Jr., served with the British as a fighter pilot during World War II before joining Stein on Norway’s 1948 Olympic team.

A family friend, the German skier and skiwear and equipment designer Willy Bogner, who had competed against Marius Sr., was an early influence on Stein, though the relationship was complicated by history. During the war Bogner was a lieutenant in Hitler’s SS and had fought against the Russians in Finland, but according to a 1961 article in Sports Illustrated, after Marius Jr. was shot down and captured, Bogner sent him food.

“He got more Norwegians out of prison than anyone, and was more help to us than any other person could have been,” Stein Eriksen said about Bogner in the same article. “I don’t know how he did it. But he was known and respected for it, and he was never accused of being a real Nazi. In the war he was just doing his duty like a Chinese or you or anybody. And when Marius came home, the first thing he did was go right back to Germany and shake hands with Willy and say, ‘Our friendship still stands.’ ”

Eriksen’s first three marriages ended in divorce. He is survived by his wife of more than three decades, Francoise; a son, Bjorn; three daughters, Julianna, Ava and Anja; and five grandchildren.

After his death, encomiums rained down from the royalty of the ski world, many of them echoing the words of the Olympic champion racer Lindsey Vonn, who wrote on Twitter, “Stein was a legend in skiing.”

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## Leading the Way: 2016 Innovative Leadership Conference

Have you ever thought of yourself as a leader? Have you ever wondered how you can help lead your lodge into a bright future? If you answered yes to either of these questions, then you’ll want to know about an upcoming event, presented by Sons of Norway, that can take your leadership skills to the next level.

On August 24, as part of the 2016 International Convention, Sons of Norway is hosting its third biennial Innovative Leadership Conference (ILC). This event is dedicated to helping members develop their leadership skills, while providing a balanced mix of leadership theory and practical application. The end result being attendees will receive tangible tools and resources that can be brought back to the lodge and immediately implemented.

The event, which encompasses a full day of learning, will be comprised of 4 distinct educational modules; each dedicated to a different element of good leadership and organizational stewardship. These modules will include one each on teamwork, conflict resolution/negotiation, strategic planning and Mentorship.

Remember—this event is open to ALL Sons of Norway members, regardless of whether they are a delegate or not, and irrespective of their current role within a lodge. What’s more, Sons of Norway is working hard to make this event useful for everyone—be it in their role as a Sons of Norway member, or in their professional lives.

Registration will open soon for this year’s ILC, so be sure to keep checking our website, [www.sonsofnorway.com/convention](http://www.sonsofnorway.com/convention), for updates and additional information about this event!

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## Norsemen of the Lakes Special Tour

We have made arrangements to have a tour of the recently completed Norwegian Heritage Center in Stoughton. We’ll be taking a tour on either Saturday, April 9th or April 16th. We’ll meet at the new building at about 10 a.m., tour the facility, and then enjoy lunch together perhaps at the Mandt Lodge in Stoughton. There will be plenty of time for shopping downtown before heading home. More information will follow - but keep those dates open for now..





## Norwegian Group Wins Guinness World Record for Largest Quilt



The Norwegian Women and Family Association was recently awarded a Guinness World Record thanks to the help of dedicated knitters, crocheters and quilters association-wide. In spirit of the organization's 100th anniversary, members

set a goal to create the world's largest patchwork blanket – a blanket that would also outsize a quilt assembled by a Finnish sister organization.

Tensions were high as to whether or not the group would win the record. But, according to Elisabeth Rusdal, union leader, the organization beat the previous world record by a large margin.

Around mid-September hundreds of quilts that varied in both size and color flowed into Oslo.



The effort's promotional materials stated that participants could either create a large blanket measuring 6.56 feet by 5.24 feet (200 centimeters by 160 centimeters) or a smaller baby blanket measuring 5.24 feet by 2.62 feet (160 centimeters by 80 centimeters). The final quilt was then assembled from the hundreds of smaller blankets to create the unique pattern and record-winning size.

The end result, which weighed in at 686 pounds (311.03 kilograms) and measured 6,095,376 square feet (566,279 square meters), took two years to complete even with the help of many participants across the country. The blanket was made using 2,148,293 feet (654,800 meters) of yarn that has been valued at \$26,365 (229,000 Kroner).

Because participants were allowed to use any desired assembly method – whether it was quilting, knitting or crocheting – the combined blanket displayed an array of colors, patterns, and textures.

## Norwegian Pancakes - Pannekaken

Adapted from allrecipes.com

Makes 6 servings

- 3 eggs
- 1½ cups milk
- 1 cup all-purpose flour
- 1 tsp sugar
- ¼ tsp salt
- topping of your choice



Lightly mix eggs and milk in blender. Add flour, sugar and salt and blend until smooth and no lumps remain. Heat pan over medium-high heat. Coat pan with butter or cooking spray and add ¼ cup of pancake batter. Tilt pan to coat evenly with batter. Cook until the top of the



pancake looks dry, roughly 30 seconds. Use spatula to carefully flip the pancake and cook for a few seconds on the other side until browned. Roll served with your favorite

topping of fresh berries, syrup or lingonberry jam.

## Rømmegrøt Recipe

### Ingredients

1 2/3 cups 35 percent fat sour cream (Recipe for home-made sour cream in Step 1)

1 ¼ Cups flour

5 Cups full fat milk

¾ Tsp salt



### Recipe

#### Step 1

Sour cream porridge with dried meats was festive food in the olden days and is still considered that today. Sour cream porridge must be made from high fat (35%) natural sour cream, with no stabilizers or gelatin added. For the best results, use homemade sour cream. Heat 1 cup whipping cream to 95 F, almost body temperature, then whisk in 2 Tbsp. buttermilk. Let stand at room temperature at least 8 hours, until thickened.

Step 2 - Simmer sour cream, covered, about 15 minutes.

Step 3 - Sift over S! of the flour. Simmer until the butterfat begins to leach out. Skim off the fat.

Step 4 - Sift over the remaining flour and bring to a boil. Bring the milk to a boil and thin the porridge to desired consistency. Whisk until smooth. Simmer about 10 minutes, and season with salt. Serve with the fat, sugar and cinnamon.

*Visit Our Kitchen*

*Var so Gud*



# Lillehammer Hosts 2016 Winter Youth Olympic Games



This month 1,100 youth athletes from around the globe will gather in Lillehammer, Norway for the second Winter Youth Olympic Games (YOG). In addition

to a competition schedule including 15 winter events, athletes will also dedicate their time to the “learn and share program” of the YOG which focuses on team building, exploring other cultures, skill development and interactive workshops and exercises.

“It’s a program that’s less about the competition—although the competition is a big component—and more about getting together for learning opportunities, and then taking those lessons and going back into their home communities,” said Wes Barnett, Team USA’s chef de mission for the Lillehammer event.

A key component of the planning for the youth games is the reuse of existing Olympic facilities and this year’s event in Lillehammer is no exception. Many of the Olympic facilities from the 1994 Olympics have been updated and will be used. In addition, there are also new venues for ice hockey and curling and Oslo Vinterpark’s halfpipe will be the home of freestyle skiing and snowboarding events.

As well as reusing many of the original 1994 Winter Olympic venues in Lillehammer, the youth games will also build upon Norway’s proud history as hosts. For



example, when the Olympic flame is lit by Her Royal Highness Princess Ingrid Alexandra in Lysgårdsbakkene Ski Jumping Arena at the opening of the youth games it will mark 22 years since her

father, His Royal Highness Crown Prince Haakon, lit the Olympic flame in the same arena at the 1994 Games.

Lillehammer YOG Did you Know?

- The event is hosted from Feb. 12-21, 2016 in Lillehammer, Hamar, Gjøvik, Øyer and Oslo.
- There are 15 winter disciplines on the schedule, with some brand new events included like monobob and cross-country cross.
- Young athletes range in age from 15 to 18 and hail from 70 nations.
- Snowboarder Silje Norendal, New York Rangers hockey player Mats Zuccarello, figure skater Yuna Kim

and alpine skiers Lindsey Vonn and Kjetil Jansrud are athlete Ambassadors for the games.

- Norwegian high school students studying building and construction and art and design participated in a program called “Learn and Freeze” in which art and sculptures of snow and ice were made to decorate Lillehammer during the games.

- Follow along with the action via updates at:

<https://www.facebook.com/Lillehammer2016/>

## The Art of the Perfect Pause

Research shows that a half second does the trick.

“The right word may be effective, but no word was ever as effective as a rightly timed pause.” Research Fellow Kristina Lundholm Fors used the above quotation from Mark Twain in the introduction of her doctoral dissertation. She has studied how and why pauses occur in conversations.

Silence in the course of a conversation has many different purposes and results. And the duration of such a pause actually has a powerful effect on the flow of discourse including what the person listening remembers of your side of the discussion. If you listen to a speech by President Obama you can’t help noticing how intentionally the charismatic leader places pauses between his words. Fors has now shown exactly how long the pause in your speech can last before it starts getting embarrassing. Time to inhale

There are all sorts of reasons for pausing amongst a stream of words. Physically, of course, we need to stop to breathe in. Most of us need pauses to plan what to say next. We are also giving other people the opportunity to enter the conversation. In Fors’ world there are clear distinctions between the different types of pauses: what they mean, what causes them and why. And the longer the pause, the more awkward it gets.

Fors shows that if the pauses in a conversation run longer than four seconds the listener will have trouble understanding the content. “Four seconds does not sound like a long time, but in the context of pauses this can feel like an eternity,” she says in a press release from the University of Gothenburg. A half second is just right

The researcher operated with three types of sentences: sentences without pauses, sentences with a half-second pause and sentences with a four-second pause. Then she had volunteers sit in front of a screen showing various images. The sentences were played, telling the participants to touch a specific object on the screen. When the pause lasted four seconds, lots of the participants pressed an object before the sentence was completed. The sentence seemed to have been finished because the break was so long. Also, the test persons had trouble remembering the content of the sentences without pauses or with the long-lasting pauses.

The sentences that gave the best results were the ones with a well-placed pause lasting a half second.