



NORDLYSET NEWS

President's Letter (Mike Palecek)

Do your friends a BIG FAVOR and invite them to register for the Prospective members Luncheon at 11:45 on Saturday April 23. Being of Nordic descent is NOT required for membership. Each month our members participate in many different activities and gain new friendships as you will see reading our newsletter. Membership is about \$43 per year.

Do yourself a BIG FAVOR too! By being a "guest sponsor" and registering your guests in advance, you get to attend the Prospective Members Luncheon too. Mike & Angelos will prepare pizza, pasta, salad, meatballs, and beverages, and the cost will be covered by our Sons of Norway financial benefits counselor, Greg Ragan. Register your friends, adult children and their families, and your neighbors by calling Cheryl Miller at 262 456 0623.

You will be doing the lodge a BIG FAVOR too, because you will be helping Nordlyset grow and be even stronger for the future.



March Cultural Programming

Art of Scandinavian Bread Making

Speakers: Kim and Mark Rutkowski, Owners
Linnea Bakery in Kenosha, WI



Kim and Mark have traveled extensively throughout Scandinavia and the Nordic countries in search of traditional baking recipes to bring back to the United States. Come and join us for a fun-filled evening as they share with us their adventures in learning how to bake Scandinavian breads. We'll learn about the history of Scandinavian bread making, the most common breads types, and what breads are available at Linnea Bakery.

A sampling of 4 breads will be served. 1. Arctic Flatbread (Sami Bread) Similar to pita bread, it's made with a rye flour blend. 2. Finnish Pulla is a sweet cardamom braided bread. It's found in most Nordic countries and similar to the Norwegian Julekake without fruit or nuts. 3. Knäckebröd is a Swedish seeded flatbread. Made with cornstarch, this is the only bread they make that is gluten-free and is popular as a snack with cheese. 4. Swedish Limpa Rye Bread is a dark rye made with molasses, orange zest, and ground spices (star anise, fennel, and caraway). If you are interested in ordering bread to be brought to the meeting, contact Connie Aiello. ***Turn to page 9 for more information.

 **SONS OF NORWAY**
Nordlyset 5-183

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Sons of Norway Meetings
Racine Moose Lodge
Douglas Ave. & 4 1/2 Mile Rd.)
THIRD WEDNESDAY
of most months.
Meal and social time:
5:45 PM
Meeting: 6:30 PM

NATIONAL OFFICE
www.sofn.com
1-800-945-8851

MEMBERSHIP
fraternal@son.com



NEXT MEETINGS
March 16
April 20
May 18

Inside this issue:

Review of Jan. and Feb.

Meet Ruth Wieland

Clubs and Activities

Officers, Membership,

Birthdays

School Visit

Bread Order Form



And the winner is.....

Our first meeting of 2016 began with a chili cook-off, and our taste-buds were invited to enjoy a variety of ingredients and flavors. The above pictures show Diane and Michaela preparing a plate of samples to give to the judges, several containers holding our main course, two of our four judges (Barb Janus & Dave Palecek), our first place winner, and our other top winners. Nicholas Baldukas won the People's Choice Award, Happy Youngs took 3rd, Connie Aiello was 2nd, and Michaela took first.

MANY thanks to those who donated their chili recipes for the evening meal and the committee who added delicious toppings, salad, and dessert.



JANUARY

NEW OFFICERS INSTALLED

***Pictured:
Mike, Ola, Connie,
"Buddy", "Happy" and
Michaela***



During our January meeting, Mike Palecek and Ola Hirth installed our new officers, some of whom you see here. Each shared a description of what they were expected to do in their new position before pledging their service to our lodge. Congratulations!



We hope you didn't miss the chocolate tasting program at our January meeting. Connie Aiello taught us about pairing fruits with chocolates, and we enjoyed every bite as we discovered our favorites. Thank you, Connie !

FEBRUARY

FOOD! ROSES! SKI JUMPING! PRIZES!

We offer a special thank you to Bernard Alberg from the Kenosha SON Lodge for presenting an interesting program about 3 Norwegian-American skiers. The first was Herman "Jackrabbit" Johansen who was a designer and builder of slalom and cross-country ski courses in Eastern US and Canada. The second was Jon "Snowshoe" Thompson who carried mail on a 90 mile route over the Rocky Mountains for 20 years without pay. The third was Torger Togle who was a ski-jumping champion and WW II hero.

We also thank Mette for the lovely decorations, roses and treats and Ann-Mari for organizing a delicious dinner! Additional help was provided by Megan, Diane, Buddy, Pamela and Michaela.

FEBRUARY LODGE MEETING





4 x Medalist, Ruth Wieland !

In November 2014, I had just completed a stem cell transplant at Froedtert. During the month of November, I was restricted to home and the hospital , so in trying to set up a “daily” schedule, I decided to include exercise, devotional reading, and other activities to keep me busy.

The exercise needed to be done at home, and I wanted an activity that could earn a SON sport’s pin. The exercise bike seemed to be my best choice, and I started out slowly with one mile a day and increased it as my stamina increased. Before the end of December, I had enough miles to earn the bronze pin in the “Sykkelmerke.”

In January 2015, I was able to ride 5 miles a day and completed the mileage for the silver pin. Before the end of March, I had enough miles for the gold pin, and by November, I had enough mileage for the enamel pin.

The biking goal really helped me during a stressful time; I have continued the biking and am adding other exercise activities to my list. I would be glad to talk with you if you want more information about the SON sports pins.

CANCELED STAMPS FOR TUBFRIM

Do you still have envelopes with canceled stamps on them? Did you know that Sons of Norway collects these and used phonecards for TUBFRIM in Norway?

Tubfrim is a charity in Norway that originally was created to eradicate TB in Norwegian children by selling used frimerker (stamps) to stamp collectors and wholesalers. This humanitarian program continues to fund tuberculosis research and help children with handicaps.

Shirley Hirth will be happy to have you bring your stamped envelopes to our meetings, and she will cut out the stamps so that they meet the required proportions. Foreign stamps are also appreciated. If you happen to have envelopes or postcards that are more than 50 years old, do NOT cut off the stamp as they want it in its entirety.



Sons of Norway Websites

—Nordlyset Lodge:

<http://www.sonsofnorwayracine.com>

—Sons of Norway District 5:

[http://www.sonsofnorway5.com/
content/](http://www.sonsofnorway5.com/content/)

—Sons of Norway International:

<http://www.sofn.com/home/index.jsp>

—Gofundme page for Nordlyset youth

2017 Norway trip fundraising:

<http://www.gofundme.com/3g3dmc4w>



Book Club ... March 8th and April 12th

Our most recent book club meeting was hosted by Shirley Hirth and we discussed Lauraine Snelling's Red River of the North series describing the experiences of Norwegian immigrants homesteading in the Dakota Territory during the late 1800's.

Our Tuesday, March 8th meeting will be held at 2 PM at Dynasty Restaurant on Lathrop Ave.; Dorothy Holland is the host. We will describe a book we have recently read which may stimulate the group to select one or more of the books for study as a large group.

Plan ahead for our April meeting when we will discuss Bill Bryson's *One Summer: America 1927*.

Anyone interested in finding out more about the Book Club, please contact Ann-Mari Baldukas, (262)598-9994, ann-mari_baldukas@att.net. More detailed information about each meeting is sent out to Book Club members who meet the 2nd Tuesday of each month except July and August.



Texas Hold 'Em

MARCH 18

Meet at Ola & Shirley Hirth's home.

APRIL 29

Meet at Michaela Decker's home.

Congratulations to January winner, Mike Palecek and February winner, Ola Hirth.

Are you interested in being one of our SON Convention delegates this summer? Contact Mike Palecek for additional information.

Convention:
June 22-26 in Marshfield, WI

BOWLING WITH THE CHAMPS !

When? *Sunday, March 6th at 1 PM*

Where? *The Lanes on Washington Ave.*

Cost? *\$10 (shoes are extra)*

Pizza and beverages will be included in your cost.

Reservations must be made by March 1st

Call Shirley Hirth at 639-1000



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MARCH

3 LEAH PEDERSON
6 EJNER LIE
16 VICTOR MITMOEN
20 JUDITH KIRKEBY
22 CAROL KIRKEBY
26 ANDY PATCH
29 JEANNE ANDERSON

APRIL

1 David Palecek
2 Emily Papara
7 Kyle Kirkeby
9 Mette Baran
10 Stan Breiwick
21 Nick Baldukas, Tyler Hirth, and Morgan Patch
22 Jeanette Stensnes
30 Kaja Baran



DUES REMINDER FOR MARCH & APRIL

Don't forget to pay your dues to the national office. You may do this online @ sofn.com, send a check by mail along with the form they mailed to you, or call the national office and use your credit card. It truly helps the Membership Coordinator when you are prompt with payment, and it keeps you in good standing when participating in our activities.

SXXXXXXXXX

MARCH: Ona Mae Brunsvold, Henry Halsted, Petra Harrington, Mike Patino, Jon Eckblad, Mary Halsted, Owen Kirkeby, Dag Rivedal, Nicole Eckblad, John Klingenberg, Victor Mitmoen, Janice & Larry Nielsen, Lois Stattenfield

APRIL: Jeanne Anderson, Ann-Mari Baldukas, Kristin Hahner, Grace Manchester, Erik Benson, April Carlsen, Naomi Hahner, Matt & Michaela Decker, Charles Johnson, Judy Nielsen, Sandra Erickson, Mary Ann Furrie, Heidi Komistra, David Palecek, Johana Pederson, Richard Pederson, Raymond Snodgrass, Diane Tetrault, Roberta Youngs



NORDLYSET LODGE BAKE SALE

March 25th and 26th

Educator's Credit Union (ECU) on Newman Road

WE NEED YOUR HELP ! HOW?

Bakers, Sellers, Contribute plastic bags

***** Sign up to help at our March 18th meeting. *****

Proceeds will help with costs for youth attending Masse Moro and our delegates representing us at District 5 Convention.

If you can't deliver bakery goods to the credit union, please drop them off at Mike & Diane Palacek's (5747 Sandy Lane)

between 9 AM and 6 PM, Thursday, March 24th.

VISITING 2nd Graders at Jefferson Lighthouse Elementary



On February 24th, Ann-Mari Baldukas and Cheryl Miller visited a second grade class at Jefferson Lighthouse Elementary School to share Norwegian culture with the students. Cheryl shared some of her photos as Ann-Mari spoke about farms, ski jumping, and fjords.

Additional topics were holidays, noticing how their alphabet is different from ours, geography, animals, and more. Highlights for the kids seemed to be learning to sing “Row, Row, Row Your Boat” in Norwegian and listening to the story *Three Billy Goats Gruff*.

The students asked many questions about life in Norway, and Ann-Mari and Cheryl delighted in their curiosity. They learned, for example, that there are more sheep than cows and that ski jumping looked a bit scary, but maybe it would be fun to try!

Photo: Ann-Mari reading the story



HELPING MOOSE LODGE

Moose Lodge has been a great place for us to hold our meetings and dinners, and there’s a simple way we can thank them for their hospitality. They collect Box Tops for Education to help an area school, and we can contribute to their project. Cut out the “coupons” and bring them to each lodge meeting where there will be a container for collection, and we will pass them along to Moose Lodge.

**Our Field Representative for
Sons of Norway insurance and financial
products is Greg Ragan FIC.
He may be reached at 800-442-4146.**

Sons of Norway Mission Statement

The mission of Sons of Norway is to promote and to preserve the heritage and culture of Norway, to celebrate our relationship with other Nordic Countries and provide quality insurance and financial products to our members.

BOARD MEETINGS 2016

MAR. 5
SEP 10

APRIL 2
OCT 1

MAY 7
NOV 5

JUNE 4
DEC 3

LOOKING FORWARD....

April Cultural Programming

Sons of Norway Cultural Pins and Sports Medal Programs

Speakers: Connie Aiello, Cultural Director

Ruth Wieland and Shirley Hirth, Sports Directors

What are Sons of Norway Cultural Pins or Sports Medals? How can I earn them? Join us at the April meeting as we go over what programs are available to members. Do you have a number of Cultural Pins and Skills bars already? Learn how you can become a Cultural Skills Master.

Here are a few of the Cultural pins that can be earned: Norwegian Cooking, Knitting, Weaving, Stamp Collecting, Wood Carving, Family History & Culture, and Dancing. There are three skill bar levels you can earn for each Cultural pin. *Friluftsliv* (outdoor life and recreation) is a Norwegian tradition. Sons of Norway Sports Medal program is uniquely designed to reward healthy habits at every age, activity level, and exercise preference. Program medals: general fitness, walking, biking, swimming, and skiing. NEW!! Sons of Norway Virtual Pilgrimage.

We haven't forgotten our Youth! Sons of Norway has a Youth Cultural Skills program. Youth are eligible to earn Sports Medals too.

Materials will be available for you to review (NO, you don't have to do this alone!). We'll go over upcoming cultural pin classes and sport medal events. Before the evening is out, you'll be signed up and on your way to earning your first Sons of Norway Cultural Pin or Sports Medal.

BREAD ORDER FORM FOR MARCH MEETING

If you are interested in ordering bread to pick up at our March meeting when we learn about Scandinavian breads, use the information below to place your order with Connie Aiello no later than March 11th. Your check should be made out to Linnea Bakery . Make sure you plan to be at the meeting to pay for and pick up your order.

- 1. Arctic Flatbread \$6.50 (4-pack)**
- 2. Finnish Pulla \$7.50**
- 3. Knäckebröd \$6.50**
- 4. Swedish Limpa Rye Bread \$6.50**

To Order: E-mail Connie at cdaiello31@gmail.com or Call/Text 623-252-8861.



1



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3



4

CALENDAR / NORDLYSET LODGE

March 6	Bowling / The Lanes on Washington Ave.	Cost : \$10 (+ cost of shoes)
March 18	Dinner / Lodge Meeting / Program: Scandinavian Breads Meal: Spaghetti Dinner fund raiser / Cost \$5 members; \$6 guests	In charge: Rachael, Melissa, Connie, and “the kids”
March 24-25	BAKE SALE / Educators Credit Union on Newman Road	In charge:
April 20	Dinner / Lodge Meeting / Program: Cultural Pins Meal: Meatball dinner is a fund raiser / Cost \$5 members; \$8 guests (take-out available)	In charge: Mette and “the kids” Sonia....dessert
April 23	Perspective Members Luncheon Mike & Angelo's / 11:45 AM	In charge: Ann-Mari and Nicholas Baldukas
May 18	Dinner / Lodge Meeting Celebrating Syttende Mai	In charge: Mette, Cheryl, Carol, Jeanne, Ann-Mari
June 18	Midsummer Picnic / Smolinski Park	In charge: Stan/Karen, Audrey, Happy, Connie Youth: Help organize games
June 22-26	District 5 Convention in Marshfield, WI	

**** On regular meeting nights, SOCIAL time / dinner is from 5:45 –6:30 ; the meeting begins at 6:30.**

***** When we have special dinners (like Valentine's), there is still social time, but dinner begins at 6:30.**

More hands make light work! If you have NOT signed up to help with dinner for one or more of our meetings OR if you need to change a date you signed up for, please contact Ann-Mari.

Nordlyset News
 Nordlyset 5-183
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