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Trustee (2022-2024)
Carl Rasmussen

Trustee (2021-2023)
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Vennligfolk Lodge
meets the second
Sunday evening, 5:00 pm
September thru May
at St. Paul's
United Methodist Church
600 Wilshire Blvd Stevens
Point, WI

Vennligblad

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

Volume 30 Issue 2

DISTRICT 5, ZONE 2

MARS OG APRIL 2023

Fra presidenten:



For the first two months of 2023 I have had a big job that consumed most of my days . . . recovering

from knee replacement surgery. It has not been an easy task, but I survived. Those of you who have had this surgery know what I am talking about. I so appreciate my husband who lovingly cared for me 24/7. I also appreciate the members of **Vennligfolk Lodge!** So many of you sent cards, prayed, and even provided some delicious food during those first few weeks. Mange takk!

Shortly after joining **Vennligfolk Lodge**, I realized that I am probably one of the only members who grew up in a Norwegian home that never made lefse. My parents made some Norwegian foods - - fattimans, Julekaka, kringla, and lutefisk - - but never lefse. Arno and I have helped make lefse, but we never have felt confident trying to make lefse on our own. This is soon going to change. At our April lodge meeting, everyone attending is going to learn all about the history of lefse and how to make it. The teachers will be some of our own lodge members. And the best part of the evening is that we will all get to enjoy eating the lefse that we make that evening!

In May, we will have the opportunity to use our lefse making skills again at the *Portage County Cultural Festival*.

The last three years, this wonderful community event has been cancelled due to Covid, but now it's back. **Vennligfolk Lodge** has participated in the *Cultural Festival* for years, and the delicious Norwegian foods that we make and sell that day provide most of the money we use to run our lodge. So mark your calendars for Saturday, May 13th, and plan on being a part of this event. We will need prebaked foods, people who sell the food, and some lefse makers that day. More information will be coming in March and April.

Are you missing your **Vennligfolk Lodge** nametag? If so, please let me know ASAP. We are going to be sending in an order for nametags soon for new members, and if your nametag is nowhere to be found, we can order a new one for you too.

Some of the dates of our spring lodge meetings have changed. Please check the "What's Happening" page of this newsletter to make sure of the dates.

God Påske
Susan Morton

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Gratulerer med dagen

Congratulations on the day!

Mars

- Cathy Williamson- 14
- Diane Beversdorf - 14
- Patti Rous - 17
- Jerry Trzebiatowski - 21
- Adam Johnson – 25
- International Waffle Day-25

March						
Su	M	Tu	W	Th	F	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

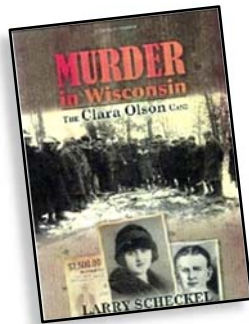
April

- Don Johnson - 1
- Martin Lieber – 2
- Charolene Lieber - 7
- Easter - 9**
- Jane Gjevne - 10
- Tracy Johnson - 12
- Daniel Walvig - 12
- Charlotte Hensler - 15
- Gary Anderson - 27
- Mark Hansen - 29

April						
Su	M	Tu	W	Th	F	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

What's Happening at Vennligfolk???

March 1 – Norwegian Heritage Appreciation Dinner at St. Paul's United Methodist Church prepared by Vennligfolk members for St. Pauls UMC members as part of their regular bi-weekly meal with an "international" theme. Serving starts at 5:15 PM in Hazel Caulkins Hall.



March 12 – "Murder in Wisconsin" by Larry Scheckel. A true story of romance and courtship, intrigue, and the murder of a pretty, devout, Norwegian Lutheran farm girl set among the hills of southwestern Wisconsin in 1926. Larry Scheckel grew up in southwest Wisconsin, is the author of three books and a retired teacher living in Tomah, Wisconsin. 5PM Fletcher Hall St Pauls United Methodist Church. **Servers:** Charlotte Hensler and Karen Clifford; **Marshall:** Martin Lieber; **Table Décor:** TBD

April 2 - Lefse Making: A Demonstration Join Vennligfolk Lodge members teaching members and guests in this demonstration of perfecting the art of making delicious lefse! Learn some history and facts along the way as well! Be sure to enter your name for a door prize drawing! **(note date & place change because of Easter)** 5PM Hazel Caulkins Hall St Pauls UMC; **Servers:** Lori Johnson and Louise Lang; **Marshall:** Don Johnson; **Table Décor:** TBD



May 7 - Syttende Mai Lodge Celebration – Learn a bit about the Norwegian Holiday and enjoy some of the traditional foods eaten that day, a.k.a. hot dogs and ice cream! **Note our change in regular meeting date because of Mother's Day**

May 13 Cultural Fest After three years, the "Food, Fun, & Music from Around the World" returns again to Stevens Point Area Senior High. Plan to participate is this opportunity to celebrate and demonstrate our Scandinavian heritage plus raise funds for our lodge activities.

May 17 Syttende Mai – Remember to display your colors!

June 22 - Hold this date for our Midtsommer Celebration watch for details.



Help Spread the Sunshine! Bea Berg, our Lodge Sunshine Coordinator wants everyone to note a change in her phone number to: [715-252-8853](tel:715-252-8853) and her email to: beaberg96@gmail.com. If you hear of a member who has been ill, had surgery, a death in their family or, something to celebrate, phone Bea. Takk and stay sunny!

BONUS: If you're looking for a sweet Easter treat to end your meal, check out the December 2017 issue of **Viking** magazine at sofn.com. You'll find recipes using orange and chocolate—favorites in Norway during Easter. Festive Orange Spice Cake and Orange Cardamom Butter Cookies are just two of the tasty featured recipes to enjoy!



2022 in Photos



Vennligfolk at St Paul's UMC "International Night" Bistro March 16



Midtsommer 2022
South New Hope Church



Kendra & Jedidiah Hass share their inspiring story March 13



Cindy Kluck on her 2019 travel to Norway at our April 10 meeting.



August 18 Road Trip to Scandinavia, Nelsonville, & Waupaca



Milo Harpstead, June 2022



Donna Van Dreser, July 2022

Members Remembered



Joyce Wotruba-Polson, August 2022



Julie Faust and her daughter
September 11



Rosie Poulsen

hand-knit
"Norwegian" Easter
Chicks given to
Lodge members,
made by Karen
Trzebiatowski



Julefest 2022

Meet:**Martin & Sherry Lieber**

For Martin, it has been a joy to be a part of Sons of Norway, even though there is not smidgen of Scandinavian blood in him. So, letting him be a part of the group on the shirt-tail of Sherry, who is half Danish and half German, is pretty awesome. I thank you all.



Martin was born in south-west Germany during WW II. In 1951, at age nine and being the youngest of four children, the family emigrated to America. No one could speak English. The family settled in the farm community of Nashua, Iowa and two years later moved to Charles City, Iowa. Martin has two sisters. One lives in Milwaukee and the other in Amana, Iowa. A brother, who lived in Albuquerque, passed away three years ago.

After graduating from Charles City High School, Martin attended Wartburg College, a liberal arts school of the Evangelical Lutheran Church in America, in Waverly, IA. Then, he enrolled in Wartburg Theological Seminary in Dubuque, IA and became ordained in 1970. He is a member of a very select group that are known as "Double Burgers"!

Sherry is from Clintonville, WI. She is the oldest of four children and has three brothers, one living nearby in Almond, WI; one in Rapid City, South Dakota and the third in Dayton, Tennessee. Sherry majored in elementary education and graduated from Wartburg College with a bachelor of science degree.

Martin and Sherry met at the beginning of the Fall term at Wartburg College. Sherry was a freshman and Martin a sophomore. After four months, at Christmas, they got engaged and decided to get married at the end of the following August. That summer, each went to their separate home and job awaiting them. That was in the days before social media and cell phones. We wrote real paper letters to each other! The next time we saw each other was the day before the wedding.

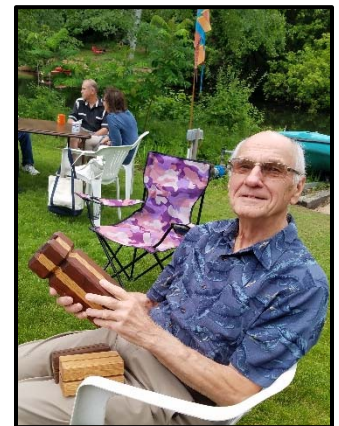
Their marriage was blessed with four children; Christian, Colorado Springs; Anissa, Stevens Point; Johanna, Mazomanie, WI and Kristine, Kendallville, IN. So far, the Lieber's have been also blessed with nine grandchildren and three great-grandchildren and will soon be celebrating their 60th wedding anniversary this August.

After graduation from college and during Seminary years, Sherry taught 30 first graders and remedial reading under the Title I program. When Martin began parish ministry, Sherry did substitute teaching. Martin's parishes were twice in South Dakota, Iowa, Illinois, Indiana and Wisconsin.

After 20+ years, Martin spent a year in Denver, Colorado to train in CPE (Clinical Pastoral Education) to take up hospital chaplaincy. Upon his return he began as chaplain at St. Michaels Hospital, in Stevens Point. He served in that position for almost eleven years.

Then it was retirement, but continued to be available for pulpit coverage in the local parishes. Sherry discontinued subbing due to Covid-19. Now she enjoys reading, playing Crazy 8 cards and going about town. A personal joy is knowing that one of her granddaughters went into elementary teaching,

Martin's pastimes include reading, woodworking, yard work, and being a repairman of small things in their home. He also has taken on the challenge of writing an autobiography for his children, grandchildren and great-grandchildren and has a fair start completed.



Martin shows his 2021 wood project: an oak & cherry Kubbs set!

International Waffle Day Approaches!

Waffles are a delicacy that are popular worldwide. In fact, there are countless types of waffles from different countries, and they are served in various ways. The origin of waffles dates to Ancient Greece and they are perhaps one of the oldest desserts in history. The country most known for waffles is Belgium; the Belgian waffle is a thicker version of an American waffle that includes yeasted batter to make it light and fluffy on the inside, while staying crispy on the outside.

Another country that shares Belgium's affinity for waffles is Norway. However, Norwegian *vafler* are thinner, softer, heart-shaped and include ingredients as such cardamom and sour cream. To add extra flavor, Norwegians are also known to add brunost—brown goat cheese—on top of their waffles for a sweet and savory combination.



What a perfect time to be dreaming of waffles, as International Waffle Day is coming up on **March 25**. There is no doubt that Norwegians everywhere will be enjoying waffles on that day with their favorite toppings of cheese, jam, or sour cream. Join in with this delicious recipe!

Vaffelhjerter / Waffle Hearts

In North America, waffles are eaten for breakfast, and the waffle irons are round or square with four sections. The usual toppings are butter and syrup. The *vafler* in Norway are served for dessert or as a snack, in heart-shaped sections. They are richer and softer than American waffles and are almost always homemade.

Ingredients:

6 eggs
 1/2 cup sugar
 1 tsp. ground cardamom
 1 1/2 cup flour
 1 tsp. baking powder
 pinch of salt
 1 cup sour cream
 1/2 cup melted butter
 3 Tbsp. butter for waffle iron

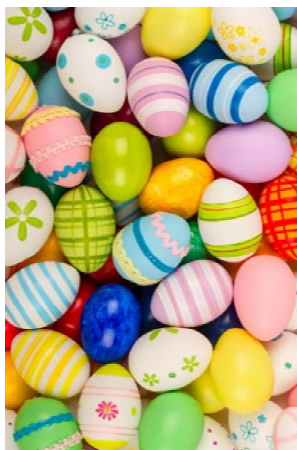


Instructions:

- Step 1** Mix eggs, sugar, and cardamom together in a big bowl.
- Step 2** Add in flour, baking powder, and salt.
- Step 3** Mix these ingredients and beat in sour cream and butter until the batter is smooth. Let the batter sit for about 20 minutes before you begin making the waffles.
- Step 4** Heat up the waffle iron and brush some butter on the surface of the iron.
- Step 5** Pour 1/4 cup batter over the iron and wait for the waffle to become light brown.
- Step 6** Remove waffle (watch out, it's hot!) and serve warm.
- Step 7** Top with jam and whipped cream, or sour cream. Try different toppings and make a sweet or savory waffle sandwich!

God Påske!

Easter is one of Norway's biggest holidays, just as big as Christmas. The entire country seems to shut down during the week of Easter to enjoy the holiday with family, friends and nature. The Norwegians' idea of having a *god påske* consists of hiding away up in the mountains, skiing the last available snow or basking in a wall of early spring sunshine known as *solveggen*.



Påskeaften, Easter Eve on Holy Saturday is the big day of celebration. Children get to open large colorful Easter eggs filled with candy, families organize ski races and hikes in the mountains and the biggest meal of the week concludes the day with an Easter lamb or chicken.

Easter Sunday gets underway with a special breakfast at the family *hytte* or at home, sometimes followed by church. It is common to enjoy homemade Easter bread on Sunday. Pastel-colored Easter bunnies, chickens, daffodils and eggs cover the table to set the mood. No Easter break is complete without the popular *påskekrim* (Easter crime) novel.





Ukjent Arving - Genealogy Mysteries

An unknown caller tells you that a distant relation has left you 5 million kroner (roughly US \$500,000). But you have never heard of this relative- how did they track you down?

What happens when a Norwegian citizen dies without creating a will? NRK tv (Norwegian Broadcast Corporation) popular series **Ukjent Arving** (Unknown Heir) places genealogy at the forefront as host Tarjei Strøm and genealogist Kai-Samuel Vigardt race the clock to locate rightful heirs.

Each year between 10 and 20 Norwegians pass away without a will or any known next of kin. If no heir is found and proven within ten years, the deceased's estate goes to the Norwegian government. Often in the process of searching, the program uncovers poignant details about the life of the deceased, reconnecting heirs with lost family stories.



Do **you** have a genealogy mystery to unravel? The Sons of Norway Cultural Skills unit on Genealogy is great place to begin. Log into sofn.com and click "Genealogy" under the Member Resources menu. Anyone with

Genealogy questions can reach out to Vennligfolk group leader, Mark Hansen at 715-498-4155.

Milk Carton Mysteries Return!

The Norwegian national obsession with crime novels cannot be understated, especially around Eastertime. The holiday has been associated with mystery novels for a century, so much so, that there is a single word for it: *påskekrim*.

This fascination with whodunits extends beyond traditional books. For 25 years, dairy company TINE printed Easter detective series on the back of milk cartons, so the whole family could put their heads together



to solve a mealtime mystery. This tradition also led to a unique compound word: *melkekartongkrim*, milk carton mystery.

In 2021, TINE announced that they would no longer be printing crime stories on their cartons but switching to scannable QR codes leading to interactive web games. After widespread backlash and petitioning, TINE decided there was no shame in reversing course and brought back the carton crime series in 2022, introducing a new crime-fighting chicken on skis. TINE doubled down, adding a full nynorsk version for the first time on their cultured milk cartons!



Read more about 100 years of the Easter crime novel in the March/April issue of *Viking*.

Photo credits: TINE

Salmon Eye Floating Exhibition Opens in Hardangerfjord

There's a new, eye-catching feature in the middle of Norway's Hardangerfjord. Called, "Salmon Eye" the feature is a floating exhibition created to educate visitors about the seafood industry and aquaculture. The idea was launched in 2019 by Sondre and Erlend Eide, third generation salmon producers and owners of their family business, Eide Fjordbruk. The installation's architecture was based on a fisheye and features 9,500 stainless steel plates to imitate fish scales. The 7000 square foot interior is split into four floors, one underwater. With an aim of discussing sustainable aquaculture the structure accessed only by ferry.



Photo: Kvorning Design, via lifeinnorway.net

a little in English... Mountain Pick-Up Code

The mountains are one of the most romantic places to meet a girlfriend or boyfriend. Now DNT (*Den Norske Turistforening*, the Norwegian Tourist Association) has introduced the Mountain Pick-Up Code, which should make it easier to meet people.

In 1967, the Norwegian Tourist Association (DNT) and the Red Cross introduced the Mountain Code because too many people were dying in the mountains.

Now the DNT believes there are too many single people and as a result have introduced the "Mountain Pick-Up Code."

Over Easter break 2014, the Norwegian Tourist Association introduced a hat color code to signify relationship status. It started as an April Fool's joke, but after an enormous response on social media, it became a real thing.

"Many people are tired of internet dating and dating apps. The mountains are certainly the most romantic place to meet someone. You can start up a conversation easily, be yourself and share common interests," says Ida Amelie Helgesen, communications advisor for DNT.

"People are far too shy! We need to break the ice. Something has to be done since our culture is so cautious," says Martine Bortheim, who wears a green hat herself.

The Mountain Pick-Up Code

1. Feel free to flirt on mountain trails without previous experience. Practice makes perfect!
2. Let people know the route that you'll be taking, so that you can meet up with them again.
3. Show respect for the color of other people's hats. A green hat means single, a red hat means in a relationship and orange or yellow hat means open to flirting.
4. In case of bad weather, stay put- you'll have an extra day's time to find your special someone.
5. Always bring plenty of hiking snacks to share. The way to the heart is often through the stomach.
6. Listen to the advice of experienced mountain flirts.
7. Remember your map and compass, so you can ask others for help with using them.
8. Don't hike alone, ask someone to join you.
9. Turn back if need be—there is no shame in running after someone to ask for their phone number.
10. Smile freely and laugh at bad jokes if necessary.

The Norwegian Trekking Association

**litt på norsk... FJELLSJEKKEREGLER**

Fjellet er det mest romantiske stedet å treffe en kjæreste. Nå innfører DNT Fjellsjekkeregler som skal gjøre det lettere å komme i kontakt med andre.

I 1967 innførte Den Norske Turistforening og Røde Kors Fjellvettreglene fordi det var for mange som døde i fjellet.

Nå mener DNT det er for mange single og innfører derfor i dag «Fjellsjekkeregler».

Den Norske Turistforening innførte lumerking etter sivilstatus i påsken 2014. Det begynte som en aprilspøk, men etter en enorm respons på sosiale medier ble det virkelighet.

Mange begynner å bli lei av nettdating og sjekkeapp'er. Fjellet er absolutt det mest romantiske stedet for å finne noen. Her kommer man lett i prat, man er naturlige og deler felles interesser, sier Ida Amelie Helgesen, kommunikasjonsrådgiver i Den Norske Turistforening.

Folk er altfor sjenerte! Vi må begynne å snakke sammen. Noe må gjøres når kulturen vår er så forsiktig, sier Martine Bortheim, som selv har på seg en grønn lue.

Fjellsjekkereglerne

1. Legg gjerne ut på sjekking på fjellet uten trening. Øvelse gjør mester!
2. Meld fra hvor du går, slik at man kan møtes igjen.
3. Vis respekt for andres luefarge. Grønn lue betyr ledig, rød lue betyr opptatt og oransje eller gul betyr kanskje åpen for kontakt.
4. Bli værfast – og få en ekstra dag til å finne din utvalgte.
5. Ta alltid med rikelig tursnacks som kan deles. Veien til hjertet går ofte gjennom magen.
6. Lytt til erfarne fjellsjekkere.
7. Husk kart og kompass, slik at du kan spørre om hjelp til å bruke det.
8. Gå ikke alene, spør om dere skal slå følge.
9. Vend i tide, det er ingen skam å løpe etter for å spørre om telefonnummeret.
10. Spar ikke på smilene og le av dårlige vitser om nødvendig.

(Source: <https://www.dnt.no/artikler/nyheter/428-turistforeningen-innfrer-fjellsjekkeregler/>)



Vennligfolk Lodge #5-627
 Carl Rasmussen, Editor
 3136 Dans Ave
 Stevens Point, WI 54481

“Murder in Wisconsin”
March 12
 Larry Scheckel, presenter

Lefse Making Demonstration
April 2 (date change alert!)
 Presenters: Vennligfolk lefse makers



***Amazing, Incredible Experiences...
 that's Sons of Norway Membership!***

Don't let anyone miss out on the incredible experiences that come with Sons of Norway membership. One new member described membership as an “...
 amazing way to connect to Nordic heritage, tradition, and community,” and another said, “I have learned a few things from the genealogy hints and tips...I am looking forward to learning and reading more.” Please invite new friends to share Norwegian culture and heritage in 2023—it's an amazing experience they'll love too.



Visited Vennligfolk on Facebook Lately?

It can be a long time between newsletters! Stay current with Vennligfolk member posts and photos. Join in the fun. Search for **@sofnvennligfolk**; or, **SOFN #5-627 Vennligfolk Lodge** on Facebook. Click “Like” and “Follow.” If you need help, Lodge member Kathy Clucas is willing to help you to get going. Grab a bite!

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 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 10th of the even-numbered months. Send it to Carl Rasmussen at 3136 Dans Dr., Stevens Point, WI 54481 or by e-mail addressed to: Vennligblad@gmail.com; Takk Carl Rasmussen, Editor